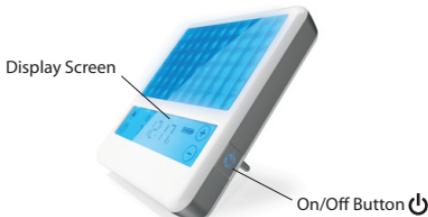
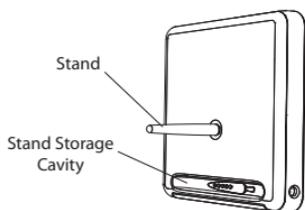


# Quick Start Guide

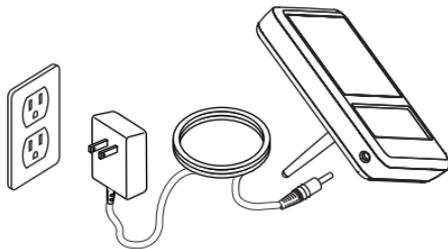
## goLITE BLU

*This guide provides you with basic instruction on using your goLITE BLU.  
Refer to the goLITE BLU user guide for more information.*

- 1 To begin using the goLITE BLU, remove the stand from the stand storage cavity and place into the hole on the back of the device. Place the goLITE BLU on a flat surface.



- 2 **IMPORTANT:** Charge your goLITE BLU for at least 8 hours before initial use. Subsequent charges should be complete in 3-4 hours. A single charge should last for 3-5 sessions.

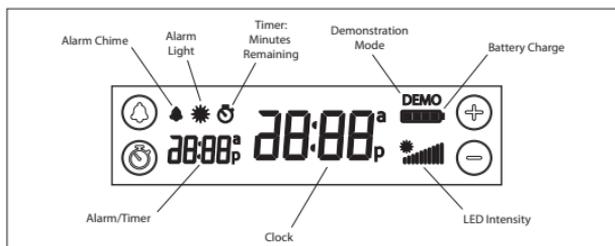


- 3 Use the goLITE BLU at a slight angle to your face. It is not necessary to look directly into the light. For best results, place the goLITE approximately 20-30 inches from your eyes. Allow the light to bathe your face from the side.

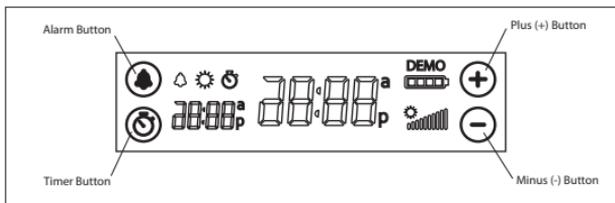


**NOTE:** 15-30 minutes of usage each day should yield beneficial results. You can start using your goLITE BLU at 50% intensity and increase the level of light if your body is not responding within a week of beginning treatment.

## goLITE BLU Display Elements:



## Interactive Touch Screen Buttons:



**Turning On:** Push the On/Off button  on the side of the device to turn the display on or off.

**Setting the Clock:** Press and hold both the ALARM and TIMER buttons for at least 2 seconds until the clock display flashes. Press either the PLUS (+) or MINUS (-) button to adjust the clock. When finished, press either the ALARM or TIMER button to exit the clock setting mode.

**Quick On:** To turn the light source on or off, push the On/Off button on the side of the device.

**Timing a Session:** Press the TIMER button. The timer icon and minutes will flash. Set the usage time by pressing either the PLUS or MINUS button. The timer can be set between 1 and 60 minutes. When the light source is turned on, it will count down from this stored setting.

**Pausing a Session:** Press the On/Off button to pause a timed session. Press the On/Off button again to continue the session.

**Changing the Intensity:** While the light source is on, you can change light intensity by pushing either the PLUS or MINUS button.

**Setting the Alarm:** The alarm can be set to 3 modes: chime, light or both. To set the mode, press the ALARM button, then press either the PLUS or MINUS button to cycle between the 3 modes. Once you make your choice, press the ALARM button twice to store the setting. To set the alarm time, press the ALARM button twice. Press either the PLUS or MINUS button to set the desired time. Once finished, press the ALARM button to store your alarm setting.

**Stopping the Alarm Sound:** To turn off the alarm while it is sounding, press any of the 4 touch screen buttons or the On/Off button on the side of the goLITE BLU.

**Disabling the Alarm:** To disable the alarm, press and hold the ALARM button until the alarm icon and alarm time disappear.

