



health

## Laeq Health 3.0

Product manual



**Healthier every day  
Energized every day  
Fitter every day  
Better every day!**

Please read the product manual in its entirety to ensure safe use!



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## 1 Introduction

Please take the time to read through the product manual prior to using the device. The Laeq Health is intended for personal use. Components may never be exchanged with other Laeq purchases or equipment from other brands or suppliers. Only use the Laeq Health for its intended purpose.

Thank you very much for choosing the Laeq Health. This product is a completely safe method that only leads to optimization of your body in daily use. Clinical studies have proven the effectiveness of this device during the treatment of Diabetes type 2, Fibromyalgia, ME/CVS, Cholesterol and is shown to improve the immune system, improve the blood flow and oxygen transport, as well as the transport of nutrients and waste products to and from the cells. Therefore athletes also use the device.

**The Laeq Health is only functional in combination with the Laeq Health app on smartphones and tablets with operating systems Android (version 4.3 and higher) and iOS (version 9.0 and higher). The Laeq connector requires Bluetooth 4.0 or newer on your smartphone or tablet.**

It is important that you carefully read through the product manual in its entirety prior to using the Laeq Health.

To read more about the treatment, its inner workings and the results, we refer you to our website at [www.laeqhealth.com/en/](http://www.laeqhealth.com/en/).

## 2 Device and accessories

Illustration and part numbers:

1. Laeq PBM clip
2. Cord clip
3. Laeq connector
4. Power plug
5. Power port
6. USB mini cable
7. On/off switch
8. Bluetooth indicator
9. Battery indicator
10. QR code
11. Laeq carrier
12. Mobile device with Android or iOS operating system (not included)
13. Laeq Health app (free to download from Google Play or App store)



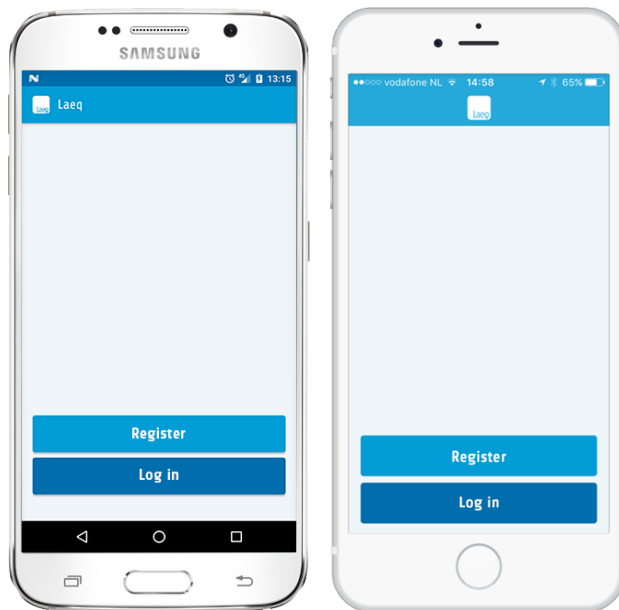
### 3 Safety measures

1. Children below the age of 16 are to be supervised by an adult when they use the product. Self-use in minors is discouraged.
2. Keep the contents of the package out of reach from children.
3. Keep the device out of reach from children.
4. Never look at the light beam directly, even when using optical aids (e.g. glasses or sun glasses).
5. To prevent cross-contamination, the nose clip may not be used by multiple people.
6. Do not use the Laeq Health while charging the Laeq connector.
7. Just to be certain, we advise against using the Laeq Health during your pregnancy, even though we do not know of any direct risks or negative experiences. If you want to continue or start the treatment, please consult your doctor first. If requested, we can provide the required information on the working of Photobiomodulation via Laeq Health.

### 4 Application of the Laeq Health

#### 4.1 First use

1. Prior to first use, fully charge the Laeq connector. To do this, connect the included USB mini cable (6) to a charger (not included) or a USB port of a plugged in laptop or desktop computer. The charger, laptop or desktop computer are required to be connected to the power grid. The Laeq connector is being charged when the battery indicator (9) shows a red light. The Laeq connector is fully charged when the battery indicator is turned off.  
**Please recharge your battery at lease once a week.**
2. Download the Laeq Health app in the Google Play store (for Android) or the App store (for iOS) (IOS; check for iphone app's). Please restart your smartphone or tablet first so that sufficient bluetooth memory is available.
3. Start the Laeq Health app and follow the instructions to activate your device.



Android app

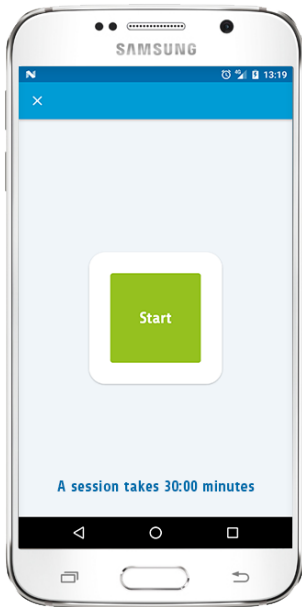
iOS app

## 4.2 Using the Laeq Health

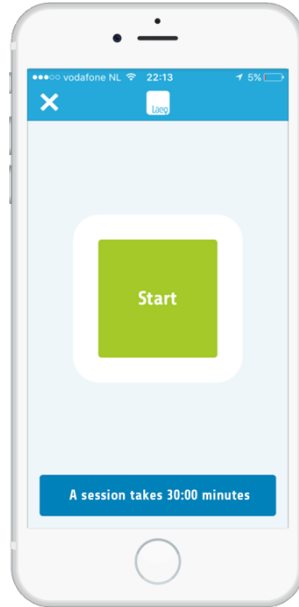
1. Your smartphone or tablet needs to be connected to the internet prior to using the Laeq Health.
2. Connect the Laeq PBM clip (1) by plugging the power plug (3) in the power port (5) of the Laeq connector (4) and turn the Laeq connector on with the on/off switch (7). The blue Bluetooth indicator (8) and red battery indicator (9) will blink alternately.
3. Check whether or not Bluetooth has been activated on your smartphone or tablet. (To ensure proper functioning of the Bluetooth, it is necessary to switch off the phone from time to time).
4. Start the Laeq Health app on your smartphone or tablet.
5. Answer the questions that the app displays.  
The questions we ask are intended to measure your treatment progress. You can review your progress in your personal file. We also collect fully anonymized data regarding the entire therapy. We constantly work towards new applications in cooperation with (health) sciences.
6. The connection between the smartphone or tablet and the Laeq connector has been established when the blue Bluetooth connector (8) blinks.
7. Place the Laeq PBM clip on your nose, pushing it in as far as you can while still being comfortable (see picture).



8. Start the session by pressing the green button.



Android app

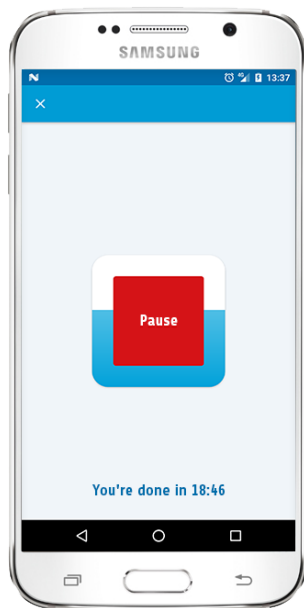


iOS app

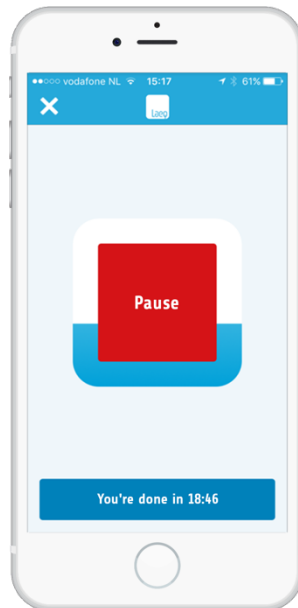
9. The duration and progress of the session appears on-screen. Finish the full session without disconnecting the Laeq PBM clip. Should you suddenly stop the session, the session is unfinished, which will lead to diminished results.

**IMPORTANT!**

- do not shut down the app during the session!
- keep the smartphone in close proximity to the Laeq connector.

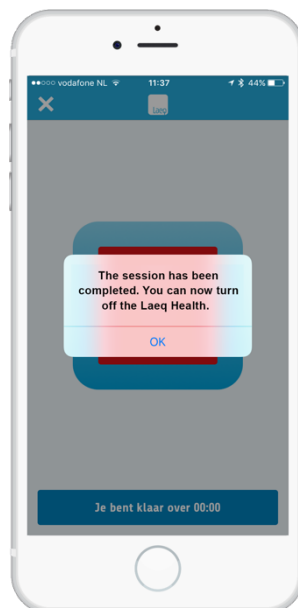
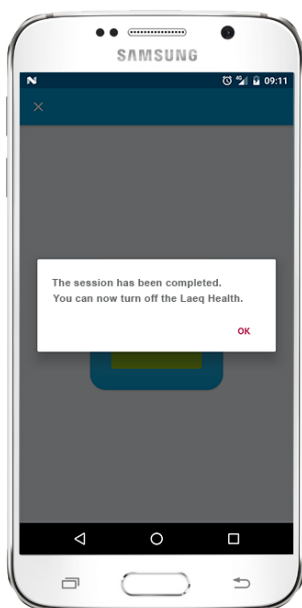


Android app



iOS app

10. After terminating the session, your session data is stored in your personal file. **Please close the Laeq App.**



11. Turn the Laeq connector off with the on/off switch (7).
12. After the session, the Laeq PBM clip can be cleaned with a slightly moistened cloth or a cleaning wipe with alcohol.

The Laeq Health has a set treatment protocol, completely controlled by the Laeq app, which has been programmed in such a way that all mitochondria/cells are charged at least once every day by the Laeq Health 3.0. In most cases, this is sufficient to optimize the blood values. When you want to become fitter or need more energy, we advise you to use the Laeq Health twice per day. These two sessions need to be at least six hours apart for an optimal result. New sessions cannot be started before these six hours are up.

Note: If you experience any discomfort or pain during the application of the device, terminate the treatment immediately and shut down the device. Consult with your practitioner or contact the Laeq Health customer service.

#### 4.3 Using multiple Laeq Health users on the same smartphone or tablet

You can use multiple Laeq Health users on the same smartphone or tablet. For this, you need to log out under <user settings> and log in with a different user.

Note: The app will only send notifications to the active (logged in) user on the smartphone or tablet.

#### 4.4 Reviewing your personal file

You can review your personal file on the website <https://laeqhealth.com/en/log-on/>.

### 5 Battery information

When the Laeq connector battery is running empty, the control light will blink, indicating that the battery needs to be recharged. To do this, follow the instructions given in paragraph 4.1.



## 6 Technical specifications

Product name:	Laeq Health
Model number:	3.0
Application technique:	Photo Bio Modulation (PBM, a.k.a. Low Level Laser therapy)
Illuminated position Laeq PBM clip:	Nostrils
Wavelengths Laeq PBM clip:	650 nm $\pm$ 20 nm
Maximum power	5 mW $\pm$ 20%
Radiation mode:	Continuous
Treatment time:	30 minutes
Operating temperature / humidity	15 °C - 40 °C / 30% - 85% RH
Storage temperature / humidity	-20 °C - 60 °C / 30% - 85% RH
Laeq connector (rechargeable)	3,7 V, 300 mAh Li-Polymer
Lifespan Laeq connector	Circa 14 sessions
Dimensions Laeq connector	60 mm x 36 mm x 15 mm
Charge time Laeq connector	2,5 hours
Weight Laeq connector	28 g
Laeq connector interface:	Bluetooth v2.1+ADR, Class II
Bluetooth frequency range	2,4 GHz – 2,4835 GHz
Laeq connector range	Up to 8 m

### Electromagnetic tolerance

The device complies with the requirements of regulation standard EN 60601-1-2 for electromagnetic tolerance.

## 7 Cleaning and maintenance

1. The Laeq Health is not waterproof. Do not use aggressive cleaning detergents or strong brushes. Clean the device with a soft, slightly moistened cloth and/or a cleaning wipe with alcohol. Liquid may not penetrate the device.
2. Only use the original Laeq Health components. Components from other sources can damage the device. This also invalidates any warranty agreements.
3. Do not open or repair any of the components in case of malfunctioning or for any other reason. This will invalidate your warranty.
4. Store the Laeq Health away from direct sunlight at a dry location (30% - 85% RH) at regular temperatures (15 °C - 40 °C).

## 8 Quality

The optimal functioning of the Laeq Health is of vital importance for the best therapy results. The intensity of the Laeq PBM clip, as well as the capacity of the Laeq connector, diminishes after half a year. Cables deteriorate with time and can cause malfunctions as well. This is why we have set the maximum lifespan of the Laeq Health at 6 months.

## 9 Safety

Lasers are categorized into four main classes, where the user risk increases for every class. Most classes are further divided into two sub-classes, based on power and wavelength. Class 1 lasers present no risk to the user, whereas class 4 lasers are very dangerous and may only be used when a wide range of safety measures is applied.

*Overview of LED/Laser Classifications according to EN 60825-1 and IEC 60825-1*

The IEC (International Electrotechnical Commission) has devised an international standard (IEC-60825 -1) for the classification, requirements and use of lasers.

*Class 3R*

This class is not regarded as dangerous (low risk). The limit for class 3R is 5 mW.

The Laeq Health has a power capacity of 5 mW and belongs to the class 3R lasers. To guarantee a power capacity of 5 mW, a power control unit has been built-in that prevents the device from ever crossing that 5 mW boundary.

A specific diverging lens is also installed in our laser clip, equally spreading the monochrome laser beam.

The optimal amount of energy that is absorbed by the mitochondria is 2 to 4 Joules per  $\text{cm}^2$ . This can be calculated with the formula  $\text{J}/\text{cm}^2 = \text{W} \times \text{T}$ , which is published in numerous scientific studies. If the intensity is higher than the 2 to 4 Joules per  $\text{cm}^2$  mark, the laser treatment could have a negative effect.

To guarantee an optimal amount of energy, our laser is controlled with an app that is programmed to never cross that 4 Joules per  $\text{cm}^2$  boundary. The laser cannot be activated when the maximum amount of time per day has been reached.

The placement of the clip in the nose and the corresponding maximum treatment time has been empirically set. During a period of 30 minutes, every cell in the blood will be radiated 12 times.

The use of the Laeq Health is always safe because:

- The 5 mW boundary cannot be crossed – power control
- Overdosing is impossible – Laeq Health App
- It cannot cause addictions – Laeq Health App
- Misuse is impossible – Laeq Health App

## 10 Environment and preventing unauthorized use

Laeq Health strives to dispose of the used components in a 100% environmentally-friendly manner. We also want to prevent incorrect use of the components. We therefore ask you kindly to return any components that have been used after the 6 month period is over. You can use the included return envelope for this purpose, at no additional costs.

## 11 Troubleshooting

Problem	Possible cause	Solution
The Laeq connector does not turn on	The Laeq connector battery is empty	Fully charge the battery
No laser output when the Laeq App is started	The power plug is not plugged in correctly	Plug in the Laeq connector all the way.
	The PBM clip is defective	Contact customer service
I cannot start the ap	No internet connection	An internet connection is needed at the start of each session.
Weak or no laser output	Battery levels are insufficient	Fully charge the battery
I cannot start a session	No Internet connection	Start your Wifi or 3g/4g internet connection. This is only necessary at the start of a session.
	Bluetooth needs to be reset.	It is important that you switch the Smartphone or Tablet off and on again regularly. When it does not work on your smartphone, you can also control the Laeq via your tablet, provided it has Bluetooth 4.0 or higher.
On the App the daily compliance is not correct	The App is not properly shut down at the end of a session or the battery is drained during a session.	For both proper registration for yourself (my laeq & app) it is important to close the app well at the end of a session. Then the correct operation of the protocol also takes place.

For other questions, we refer you to the **FAQ** on our website:  
<https://laeqhealth.com/en/customerservice/faq/>.

## 12 Explanation of symbols



Read the product manual



The product is of type BF. BF stands for Body Floating. This means that any power/electricity can never flow into the user.



Environment protection. This device may not be disposed of with regular household waste. Send it back to the sender for environmentally-friendly disposal.



Protect against moisture.



Laser radiation; avoid direct eye exposure; class 3R laser product

## 13 Changes

Due to our continuous efforts to improve, we reserve the right to make design and technical changes to our product.

The current version of this product manual can be found on [www.laeqhealth.com/en/](http://www.laeqhealth.com/en/).

## 14 Warranty and repair terms and conditions

In warranty cases, always refer to your supplier or our customer service. If, after consulting with your supplier or our customer service, you are required to return the device, please send it to our customer service along with your complaint and a copy of the purchase invoice. You may use the included return envelope for this purpose.

The warranty is subject to the following terms and conditions:

1. Products of Laeq Health have a warranty period of 1 year, starting at the date of purchase. This can be proven by presenting a purchasing receipt or invoice. After activating the Laeq Health, the warranty period is adjusted to 6 months.
2. All deficiencies related to material or manufacturing errors within the warranty period will be redressed free of charge.
3. A case where the warranty is applied does not automatically lead to an increase of the warranty period for the device or the replaced components.
4. The following cases are excluded from the warranty:
  - a. All damage incurred from incorrect use, e.g. incorrectly following the instructions in the product manual.
  - b. Damage incurred from careless use, e.g. dropping components or not disconnecting the plugs from the equipment.
  - c. Opened or deconstructed components.
  - d. Damage incurred from repairs by the buyer or an unauthorized third party.
  - e. Components that have become wet due to water or other liquids.
  - f. Damage incurred during transport from the supplier to the user, or during return transport to the customer service.
  - g. Accessories that are subject to function-related wear (batteries, etc.)
5. Laeq Health is not responsible for direct or indirect **consequential** damage caused by the device. This includes a damaged device that is included by the warranty agreement.

## 15 Contact data Laeq Health

Contact: <https://laeqhealth.com/en/customerservice/>  
FAQ: <https://laeqhealth.com/en/customerservice/faq/>