Introducing AudioCardio™

What is AudioCardio?

AudioCardio is a mobile app designed to protect, maintain and strengthen your hearing using Threshold Sound Conditioning™, our patented and clinically proven sound therapy.

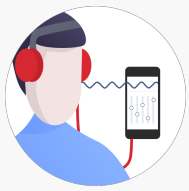
AudioCardio uses personalized sound signals to stimulate the cells at the barely audible level. By setting or calibrating these sound signals using the app, you create a personalized sound therapy that fits your specific needs.

How long do I use it?

We recommend using the AudioCardio sound therapy for one hour per day. Everyone's hearing is different, but people tend to notice results within 14 days of consistent use. We recommend continuous usage to further improve protection, maintenance, strengthening and overall results. You can use AudioCardio™ with or without music so you can do other activities while you receive your sound therapy.

How does it work?

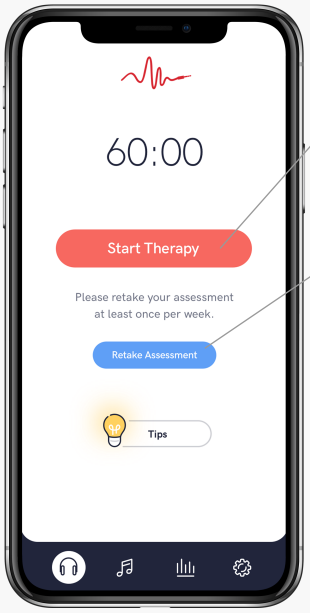
Our hearing works by processing sound waves travelling through the air. These frequencies are then processed through the auditory system and sent as nerve signals to the brain.



AudioCardio generates and repeatedly plays a personalized sound to stimulate the cells inside your ear, causing the cells to fire. This stimulation promotes and supports the creation of new neural pathways to help protect, maintain and strengthen your hearing. This remapping of your auditory pathways is more commonly known as neuroplasticity.

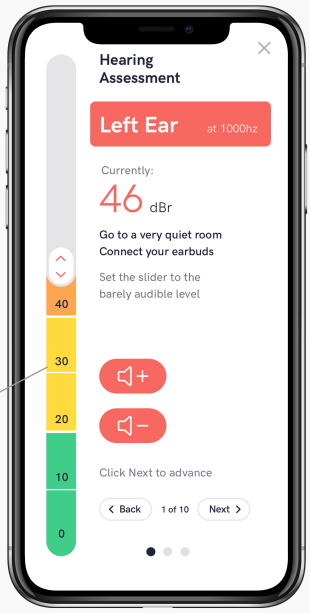
Threshold Sound Conditioning™ was clinically tested with conclusive results with Stanford University, Palo Alto Medical Foundation, Samsung Medical Center, Nanjing University and Chung Ang University.

Navigating AudioCardio™



Start/Stop Therapy
Starts/Stops the sound therapy

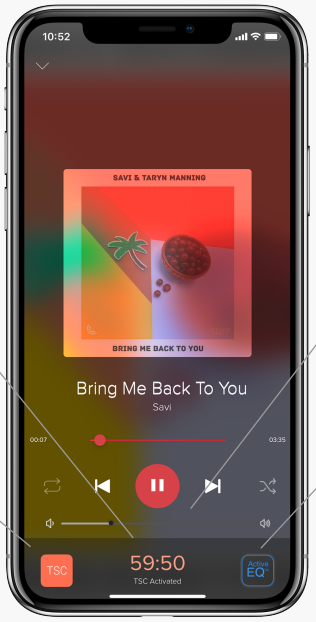
Retake Assessment
Return to hearing assessment



Hardware Volume Buttons
Adjusts the volume of the therapy

Frequency Slider
Adjusts the volume of the frequency being assessed

OPTIONAL:
Music Player
Listen to music and receive your sound therapy



Therapy Timer
Shows therapy time countdown

Start/Stop Therapy

Music Volume Slider
Adjusts the volume of the music

Active EQ™
Creates a fuller, more balanced music experience

User Guide

Getting Started

1. Connect your earbuds or headphones and go to a very quiet room.
   *Avoid rooms with ambient noise (appliances, passing cars, etc.)

2. Select “I’m New Here” and you will be shown several tips and notifications.

3. Move the slider up until you can comfortably hear the tone being played and then move and set it at the point where you can barely hear it. You may also use the two volume buttons on the screen to move and set the slider.
   *This assesses your threshold and generates your personalized therapy.

4. You will do this a total of ten times. First you will do this for the left ear, then the right.

5. After completing the assessment, select the “Start Therapy” button to start your personalized sound therapy. You may or may not hear faint frequencies coming from each side.

6. Enjoy your sound therapy for **one hour per day** while doing your favorite everyday tasks like cooking, watching TV, exercising, and so on!

7. When the sound therapy becomes noticeable after consistently using it, it’s time to retake your assessment to receive your new sound therapy for your new hearing thresholds! We strongly recommend retaking the assessment at least once a week or every time you change your earbuds or headphones.

Connect Your Music (optional)

1. After you select “Start Therapy,” you can go to the “Music” icon at the bottom of the screen and connect to your premium (paid) Apple Music, Spotify or YouTube accounts and listen to your sound therapy and your music at the same time.

2. Adjust the music volume within the app on the music player screen using the music volume slider. Changing the hardware volume will interrupt the therapy and make it ineffective.

Best Practices

Helpful Tips

Consistency is key to better results. Be sure to maintain consistency with daily usage and using the same hardware (earbuds/device).

Time: Use the therapy for one hour a day. We recommend a minimum of 14 days of consistent use to see initial results and continuous usage to further strengthen and improve overall outcomes.

Volume: Set your volume to 60% and keep it there. Changing the hardware volume will make your therapy ineffective.

Earbuds/Device: Use the same earbuds and device for your assessment and therapy. You must retake your assessment each time you change your device or earbuds/headphones.

If you love music, you can use the AudioCardio™ sound therapy while listening to your favorite songs. AudioCardio™ connects to Spotify, Apple Music, YouTube, and on-device media.

To adjust the volume of the music, use the music volume slider found within the app on the music player screen.

Active EQ™ automatically equalizes the music based on your hearing ability to deliver a fuller and more balanced sound experience. Try listening to your favorite song without Active EQ™, then engage it to hear your music the way it was intended.