INSTRUCTIONS v1.1
for updates and languages visit
http://www.foc.us
Welcome

The foc.us v2 is an advanced micro current signal generator.

Download the latest version of this manual from:
http://www.foc.us/v2/downloads

foc.us is designed to be used by healthy adults who do not suffer from epilepsy, brain or mental health conditions or have a metallic implant such as a skull plate, cochlear implant, pace-maker or others.
**Warning**

If you suffer from epilepsy, seizures, brain lesions, bipolar depression or severe heart disease you should not use the foc.us headset.

If you experience short term negative effects with foc.us you should immediately stop using it.

This is not a toy and is not intended to be used by anyone under the age of 18 years old.

If using your own electrodes it is not recommended to create novel electrode placements.

Do not position the electrodes so that the current may pass through the brainstem.

Do not position the electrodes over cuts, grazes or damaged skin.

Allow at least 48 hours between usage.

Always use the electrodes with wet sponges.

Do not touch the metal electrodes as this can lead to burns.
What you need to understand before using foc.us

foc.us is designed to improve your mental gaming skills.
You are exciting and inhibiting sections of your pre-frontal cortex with an electric current.
Possible side effects include tingling sensations under the electrodes or on the scalp, visual artifacts, nausea, headaches and fatigue.
If you experience any of these you should stop using foc.us.
Repeated use may lead to skin irritation.
If you exceed the recommended durations you increase the risk of consolidating both the excitatory and inhibitory processes. You may feel a tingling sensation, or a hot or cold sensation.
If this is uncomfortable or painful then you should stop session and remove the electrodes.
Redness may appear under electrodes after use which will disappear after a short time.
Foc.us should not be used during any activities other than seditary gaming.
If you see white flashes, or phosphenes you should adjust the position of the headset on your head, pushing it further back away from your eyes.
What’s in the box

1. foc.us v2
2. foc.us dock
3. micro-usb cable for recharging
4. this instruction booklet
Before starting

Firmly push the v2 into the provided dock and connect the dock to a USB power supply to recharge.

Install the foc.us software and check for firmware updates.

http://www.foc.us/v2/downloads
Getting started

Wake the foc.us v2 by pressing the blue joystick and holding to turn on.

Connect a compatible “Made for foc.us” headset.

A list of compatible headsets can be found here:
www.foc.us/made-for-focus
Calibrate your foc.us

The calibration function allows you to find a current level that is comfortable for you.

Start the calibrate function and follow the on-screen instructions.

You can recalibrate your foc.us at any time by entering the calibrate menu.

Ensure sponges are wet before use.
Programs

A program is a combination of settings used during a session.

Foc.us ships with two programs - Gamer and Endurance

You can create your own program with custom settings.

Your calibration settings will override any program settings.
Starting & Stopping a Session

Follow the onscreen instructions to start a session.

You can stop a session at any time from the stop menu onscreen or by vigorously shaking.
Setup options

The setup menu contains options for language, security and communication settings.

- Airplane mode - turns off bluetooth
- PIN - the default PIN is 000000
- Reset - reset your foc.us device to factory settings
- Security - please set your foc.us device to lock to prevent un-authorised usage.

Language - if your language is not supported please contact help@foc.us

Session - foc.us+ session sharing settings

Warnings - it is not recommend to use your foc.us more than once every 48 hours.
foc.us dock & software

The foc.us dock and software can be used to update the firmware of your v2.

It can also be used to sync your program and session data with foc.us+
Intended use
Use foc.us in accordance with the guidelines of the connected headset.

WARNING: If you attach external electrodes, make sure you know what you are doing.
You have a responsibility to ensure they are not placed in positions that could be dangerous including but not limited to passing current through the brain stem.

Bluetooth® connection
foc.us can be controlled by bluetooth.

Approved apps can be found here: http://www.foc.us/v2/apps

Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannot turn on</td>
<td>Ensure battery is charged by placing in dock</td>
</tr>
<tr>
<td>Error mode</td>
<td>Ensure sponges are wet</td>
</tr>
<tr>
<td>Battery will not charge</td>
<td>check connection of micro-usb to 5v power source.</td>
</tr>
</tbody>
</table>
Specifications
Size: 56mm x 29mm x 14mm
Weight: 21g
Battery: 3.7V Li-Po 180mAh rechargeable
Max current: 2.05mA
Max voltage: 60V
Bluetooth: 4.0 bluetooth low energy GATT profile
FCC ID: 2AAH6NUFC9

Support
More information is available on the website:
http://help.foc.us/
you can also email help@foc.us

Glossary
Activate: start the current flowing between the electrodes
Anode: positive electrode
Cathode: negative electrode
Montage: the positioning of electrodes
tDCS: transcranial Direct Current Stimulation
tRNS: transcranial Random Noise Stimulation
Phosphenes: visual artifacts
Sedentary: sitting, not physically active
Output Waveforms
Direct Current Stimulation
Constant current, max 2.0mA at 29K Ohms
Supports 1 anode and 1 cathode
Maximum DC output 58V, user configurable

Qualified Accessories
foc.us EDGE
- 2 x 10cm² nickel plated electrodes
- arm and head placement
- use before training

foc.us GAMER
- 2 x 10cm² nickel plated electrodes
- left and right head placement
- use before video gaming

Cleaning and maintenance
Clean with a dry cloth
Battery should not be serviced. Opening the device voids the warranty.
Equipment providing body floating protection against electric shock.

Simultaneous connection of a patient to a h.f. surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator. Operation in close proximity to a shortwave or microwave therapy equipment may produce instability.
FCC

FCC warning statement:
This device complies with Part 15 of the
FCC Rules.
Operation is subject to the following two
conditions:
(1) This device may not cause harmful
interference, and
(2) This device must accept any
interference received, including interference
that may cause undesired operation.
This equipment complies with FCC
radiation exposure limits set forth for an
uncontrolled environment. End users must
follow the specific operating instructions
for satisfying RF exposure compliance.

This transmitter must not be co-located or
operating in conjunction with any other
antenna or transmitter.
Changes or modifications not expressly
approved by the party responsible for
compliance could void the user’s authority
to operate the equipment.

Warranty & Guarantee
foc.us warrants the foc.us headset (the
“Product”), and only the Product, against
defects in materials and workmanship
under normal use for a period of twenty
four (24) months commencing on the
date of original purchase by the original
purchaser (the Warranty Period). This
warranty does not cover damage caused by misuse, accident, abuse, natural and/or external causes (i.e. fire, earthquake, flood, etc.), use other than as intended and described in the Product instruction manual, finishes, normal wear and tear, tampering, unreasonable use, service performed by unauthorised service agents, or loss or damage to the battery. foc.us does not warrant that the operation of the Product will be uninterrupted or error-free.

Limitation of remedies
Under this Limited Warranty, foc.us liability and customer’s exclusive remedy under the foregoing paragraph will be limited to replacement or repair of the Product by foc.us or its authorized service centers. A replacement Product or part assumes the remaining warranty of the original Product or Ninety (90) days from the date of replacement or repair, whichever is longer. To obtain warranty service contact help@foc.us
For your security, please return your Product with an insured carrier (e.g., FedEx, UPS, USPS Parcel Post) and retain your receipt. foc.us is not responsible for items damaged or lost in transit. Other than for the reason of hardware defects, the return freight cost responsibility belongs solely to the customer.
Limitation of damages

In no event will foc.us or any of its affiliated or subsidiary companies be responsible for any special, incidental, or consequential damages resulting from the use of this Product, or based on any breach of warranty, breach of contract, negligence, tort or any other legal theory. Such damages may include without limitation, loss of savings or revenue; loss of profit; loss of use; the claims of third parties, including without limitation retailers; any cost of any substitute equipment or services. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. The warranty gives specific legal rights, and you may have other legal rights, which vary from state to state or country to country. This Limited Warranty is valid only in the the United States and Europe for Products sold in the United States and Europe. Resellers, agents, or employees of foc.us are not authorized to make any modification, extension, or addition to this Limited Warranty.
take charge

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