5 Quick Prep Steps

Set Yourself Up for Success

1 Divergence Login

- Watch for an email from Divergence
- Verify your account
- Set your password
- Use this login on the tablet

2 Supplies Nearby



- Rubbing alcohol
- Paper towels or cotton pads
- Water
- Wired headphones, if using them

3 Set Up Your Space

- Join from a quiet place
- Be on camera for your first session
- Sit in a supported position
- Keep your phone at least 3 feet away

4 During Training

- Follow your technician's guidance
- Relax your shoulders, jaw, and forehead
- Take a few steady breaths
- No need to get everything perfect

5 After Your Session

- Wipe sensors with a warm towel
- Every 10 sessions, clean sensors warm water and gentle cleanser (baby shampoo, ivory free & clear)
- Shut down the device and tablet
- Plug equipment in to charge

Questions? Text **843-438-7775**