

# Remote Scanning & Client miHealth

## Quickstart Guide





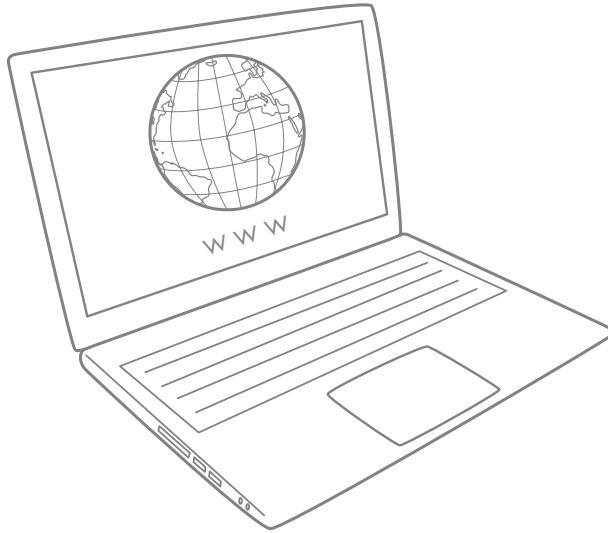
**NES HEALTH**

Through Energy & Information

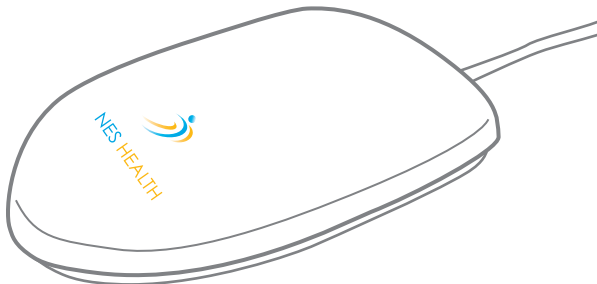
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# What do you need?



NES Desktop Download

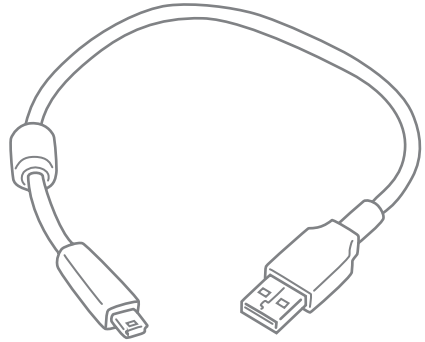


NES Scanner

AND/OR



miHealth Battery



miHealth Cable



NES miHealth

**SOMETHING MISSING?**

Contact your local support at: [www.neshealth.com/contact-us](http://www.neshealth.com/contact-us)

# Getting Started

## System Requirements

The computer system specifications required to run the NES Desktop software are as follows:

- Windows XP (Service Pack 2 or higher), Windows Vista, Windows 7, Windows 8, Windows 8.1v
- One free USB port
- 2GB RAM (recommended)
- 5GB free hard disk space (recommended)

## Installing the NES Desktop Software

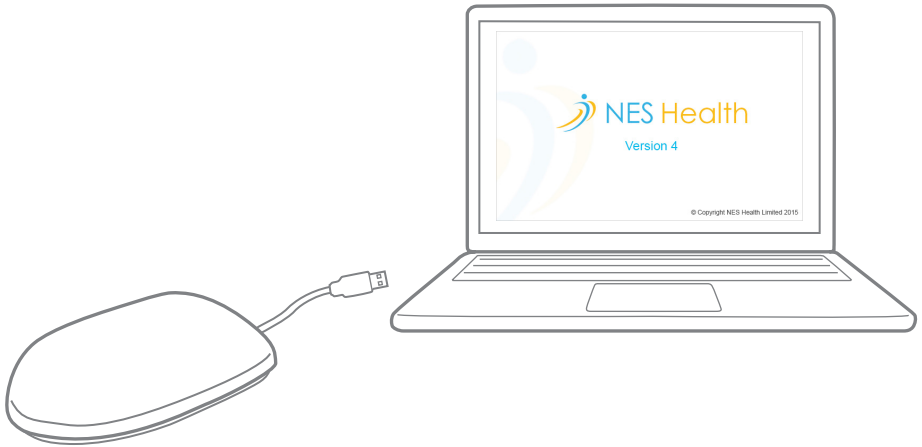


**Step 1** - Use web link supplied by your practitioner to download the NES Desktop software follow instructions fully.



**Step 2** - Launch NES Desktop from the icon on your desktop.

# Creating a new Scan

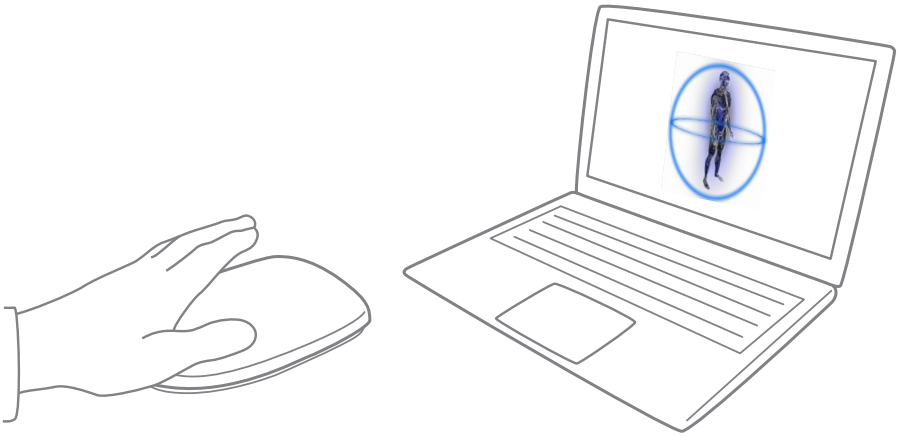


**Step 1** - With your computer on, plug the NES Scanner or the miHealth into the USB port of your computer and start up your NES Desktop Software by double clicking on your NES Desktop icon.



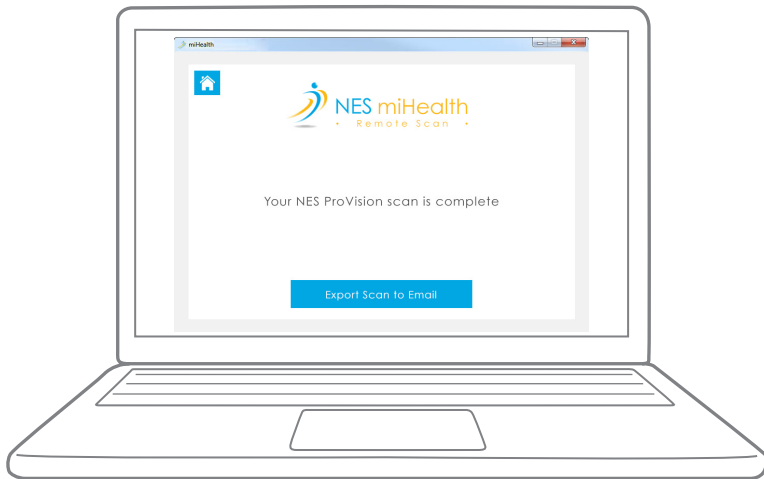
**Step 2** - Click Remote Scan and enter the login details supplied by your practitioner.





**Step 3** - You should now see a message to place your hand on the scanner.

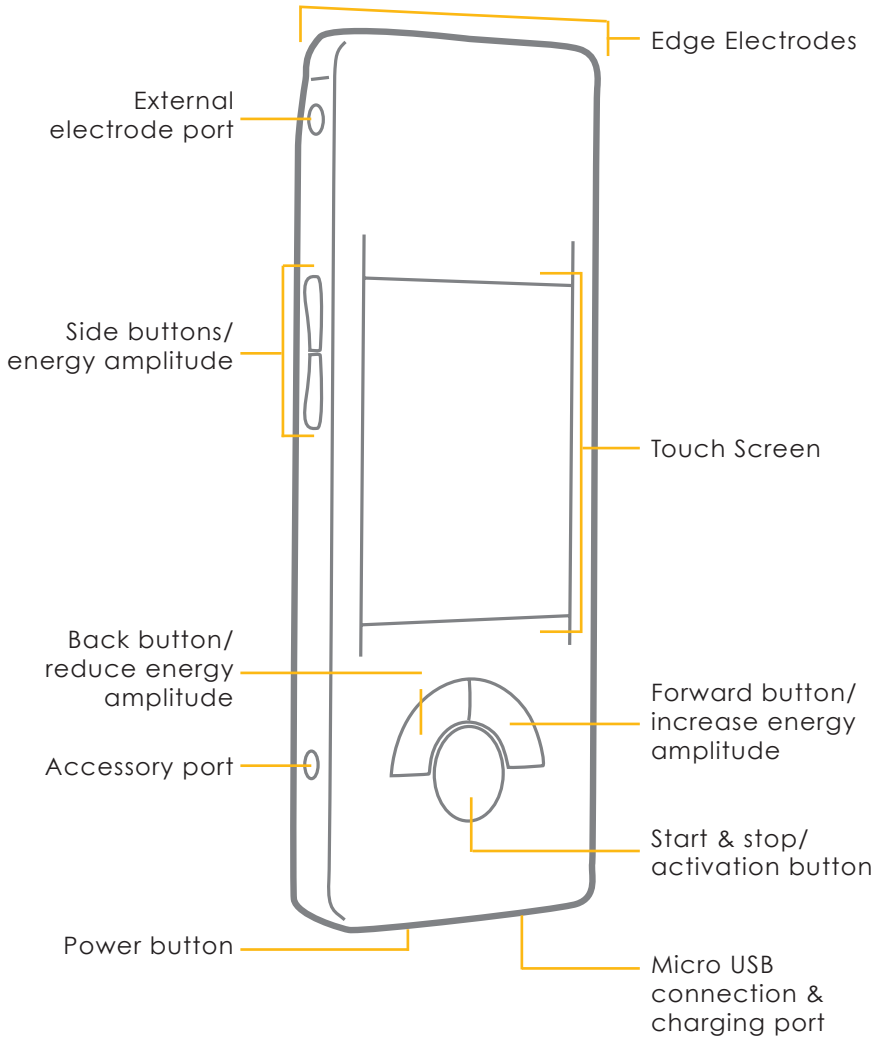
Place your hand on the NES Scanner and click Start Scan. Keep your hand on the scanner until the scan has completed.



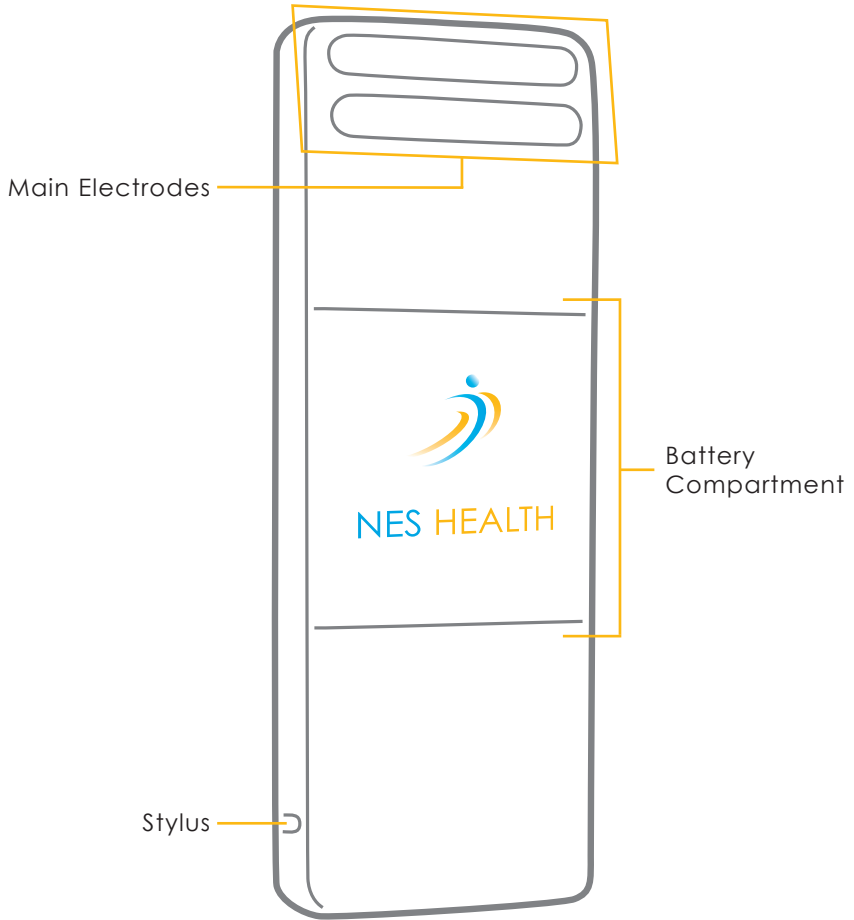
**Step 4** - The scan is now complete. Click Send to Practitioner which will upload your scan information.

# NES miHealth

## Get to know your NES miHealth

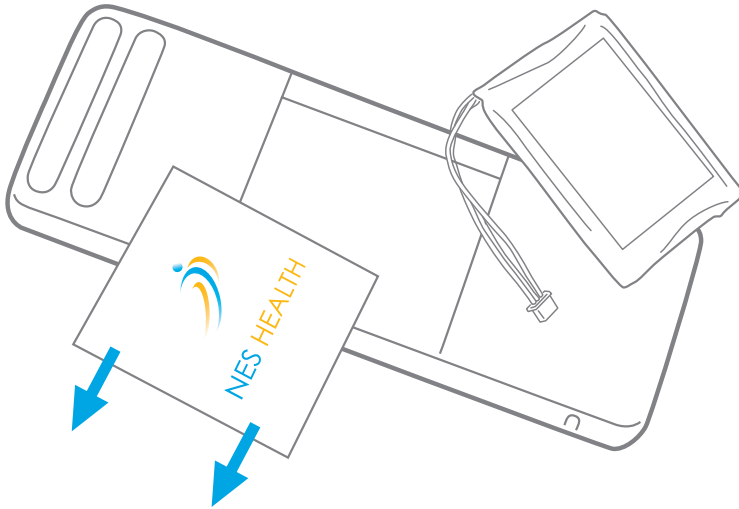


Front View

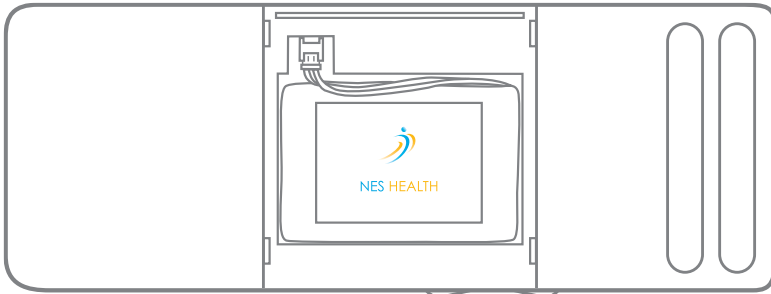


Rear View

## Inserting battery and turning on for the first time



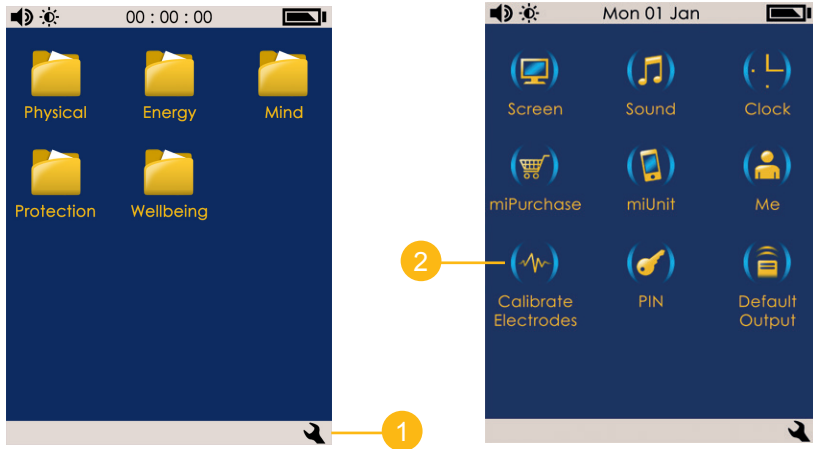
Locate the battery compartment on the back of the NES miHealth and carefully slide it out.




Next, plug in miHealth battery as shown above.

Replace the battery compartment, then press the Power button to turn on your miHealth.

If the charge level is low, plug in your miHealth, using the cable provided, and charge for 3 hours.



Once your miHealth is on, you must calibrate the electrodes.

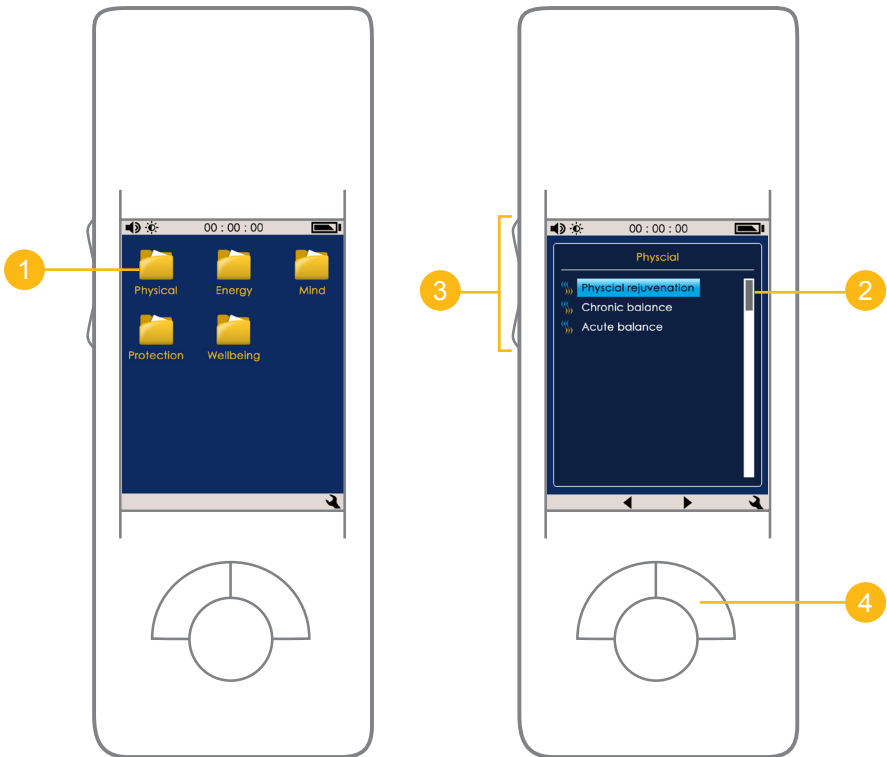
- 1 Press the Settings icon  found on the bottom right of the screen.
- 2 Press Calibrate Electrodes, and follow the instructions on screen.

### NEED MORE INFO?

Please consult your practitioner if you need further information.

# Functions on the NES miHealth

## Selecting a Function



With the miHealth switched on (Example) -

- 1 Touch the Physical folder on the Home screen using your finger or the stylus provided.

The next screen will display all Physical functions.

- 2 Use the scroll bar on the right to look through the functions by dragging the gray bar up and down.
- 3 You can also scroll through the functions using the 'Side Buttons'.
- 4 To select a function, highlight your desired function by touching it.

To proceed to the Run screen, press the 'Forward Button'.

## Run Screen - Using a Function

- 1 Click this icon to toggle between on-body and off-body mode.
- 2 Once you are ready, click the 'Start/Stop Button'.
- 3 Place the miHealth device on (on-body) or over (off-body) the area you want to treat.

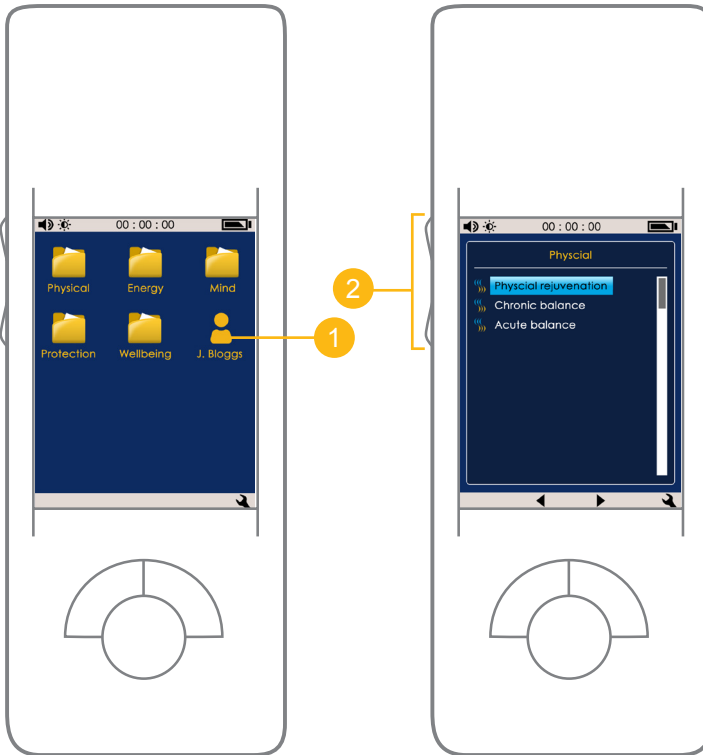
To stop, double-click the 'Stop/Start Button'.

- 4 To select another function, simply click the 'Previous



# Custom Cycles on the NES miHealth

## Selecting a Custom Cycle



With the miHealth switched on -

- 1 Touch the Custom Cycle on the Home screen using your finger or the stylus provided.

The next screen will display all functions in the Custom Cycle.

- 2 Use the side buttons to select a function.



## Run Screen - Using a Custom Cycle

- 1 Click this icon to toggle between on-body and off-body mode.
- 2 Click this icon to toggle pausing functions or running through the list without stopping.
- 3 Once you are ready, click the 'Start/Stop Button'.
- 4 Place the miHealth device on (on-body) or over (off-body) the area you want to treat.

To stop, double-click the 'Stop/Start Button'.



### REMINDER...

Get training! Sign up to the next training event in your region.

# NES Portal Recommendations

## Viewing your Recommendations

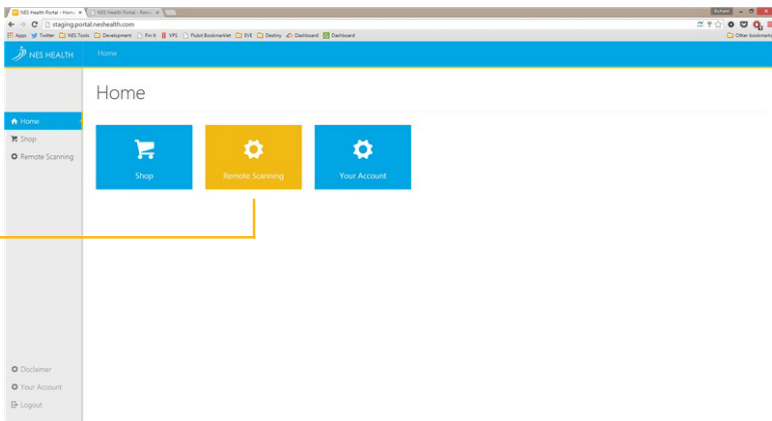
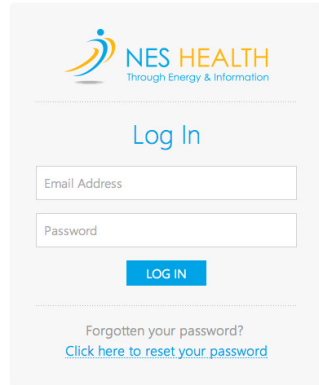
When scanning remotely you can view your miHealth recommendations.

Enter the following address into a web browser eg. Google Chrome.

[www.neshealth.com/portal](http://www.neshealth.com/portal)

Input your email address and password in the login box provided, then click the 'LOG IN' button.

If you have forgotten your password, click on the 'Click here to reset your password' link and follow the instructions to reset your password.



You will be presented with your Home page (as seen above).

- 1 Click on the Remote Scanning button and then My Recommendations button.

You will then be presented with the functions available for use on your miHealth device. Selecting a function will show the position to use it on the body.

The screenshot displays the 'Remote Scan Recommendations' page on the NES Health Portal. The page features a navigation bar with 'Home', 'Remote Scanning', and 'Recommendations'. A sidebar on the left contains 'Home', 'Shop', 'Remote Scanning', 'Disclaimer', 'Your Account', and 'Logout'. The main content area is titled 'Remote Scan Recommendations' and includes a 'Select scan:' dropdown menu set to '3/5/2015 (latest)'. A human figure is shown with a scan point on the chest. A list of 'Recommended ERs' includes ER10, ER30, ER31, ER39, ER41, and ER6. A detailed box for 'ER-30 (EI-8) Diaphragm' provides application instructions and body-mind associations.

**Recommended ERs**

- ER10
- ER30
- ER31
- ER39
- ER41
- ER6

**ER-30 (EI-8) Diaphragm**

Area of application: along the lower edge of the ribs. Use on or off body techniques for 2 minutes.

Helps rejuvenate and clear energy blocks within the diaphragm and the liver meridian.

Body-mind associations for the diaphragm suggest it represents the link between the upper and lower body and the link between higher thoughts and sexual energy. Problems may occur when we try to deny our base urges and instincts.



# NES HEALTH

Through Energy & Information

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