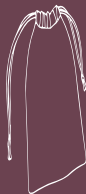


# sensera

**Quick Start Guide**

## What's in the box:

- Sensera self-care device
- Satin storage sachet
- Magnetic USB charger
- Product Manual and Quick Start Guide
- 3 interchangeable lubricant capsules:  
2 pleasure, 1 wellness



## Introduction:

**Meet Sensera, a feminine wellness device that adapts to your changing body and enhances overall comfort, pleasure, and wellness. Sensera is bridging the gap between pleasure and wellness by tracking your unique body responses, including heart rate, friction, pelvic floor muscle contractions, moisture levels, and more. It adapts in real time to your needs and releases supplemental lubrication – resulting in a more comfortable, pleasurable experience. Over time, Sensera will learn about your specific likes and dislikes continuing to both adapt in the short term and the long term. It is a personalized experience that evolves with your body and throughout your life journey. Welcome to our community where pleasure meets wellness.**



## Charging:

To start your journey, we recommend fully charging your device before its first use. This can take up to 150 minutes.

- Connect the magnetic USB charging cable to the device's charging port
- When fully charged, the LED on the button will remain solidly lit
- When fully charged, the LED on the button will stay lit.
- A full charge provides up to one hour of use



## Button Functions:

### Button 1 (Lubricant/Drop):

Press to dispense lubrication press again to stop dispense.

Hold to clean pipes.

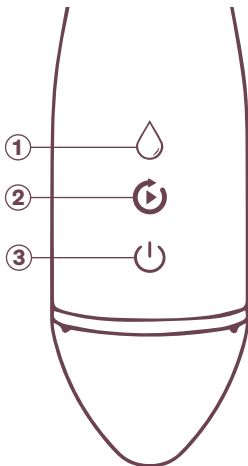
### Button 2 (Program):

Hold the program button to pair your device for the first time with the app. Press to start your favorite program and another press to pause.

### Button 3 (On/Off + vibrations):

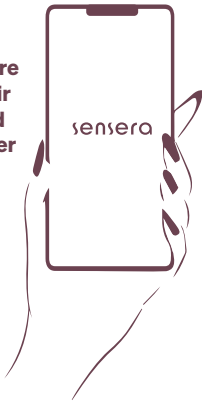
Hold to turn the device on/off.

Press to cycle through 4 vibration levels and patterns.



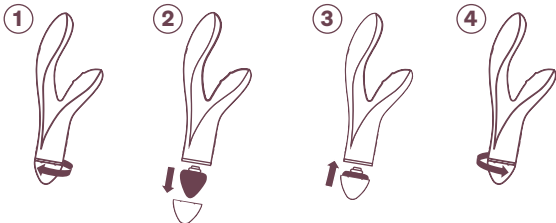
## Customization of Device Settings With the Sensera App:

**Download the Sensera app from the App Store (for iPhone) or Google Play (for Android). Pair your phone with the device via Bluetooth and use the app to switch between inner and outer motors, adjust vibration patterns, and select custom programs.**



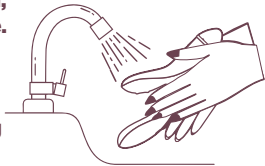
## Capsule Placement Instructions:

1. Open the capsule housing by turning it 180 degrees counterclockwise
2. Insert the capsule with its foiled side up into the capsule housing.
3. Once inserted, close the capsule housing by turning it 180 degrees clockwise
4. Attach the capsule housing with the capsule inside to the device.



## **Cleaning and Storage:**

- 1. Lubricant – Remove the capsule from the capsule housing, then hold the drop button to clean the pipes internally.**
- 2. Remove the charging cable before cleaning.**
- 3. Clean the device thoroughly with warm, soapy water before and after each use.**
- 4. Rinse it with hot water to remove all soap residue.**
- 5. Dry the device with a clean, lint-free washcloth or microfiber towel ensuring no lint remains.**
- 6. Store the device in a convenient location like your nightstand, so it's always within reach when you're ready for fun. Make sure it doesn't touch other objects and is kept out of reach of children.**



## **Safety and Precautions:**

- **This product is for adults only. It is not a contraceptive device.**
- **It is intended for personal use, although it can be used with a partner.**
- **Keep it out of reach of children.**
- **Avoid using excessive force to prevent injury or damage to the product.**
- **If you feel uncomfortable, stop using the device immediately and talk to your healthcare provider.**
- **Inspect your device before and after use.**
- **Do not use it if it's damaged.**

## **Safety and precaution**

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## FCC WARNING

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment .

This transmitter must not be - located or operating in conjunction with any other antenna or transmitter.

## IC WARNING:

1.This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil contient des émetteurs/récepteurs sans licence qui sont conformes aux RSS sans licence d'Innovation, Sciences et Développement économique Canada. L'exploitation est soumise aux deux conditions suivantes :

(1) Cet appareil ne doit pas causer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences qui pourraient causer un fonctionnement indésirable de l'appareil.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Tous les changements ou modifications non expressément approuvée par le responsable de la conformité pourrait vider l'utilisateur est habilité à exploiter l'équipement.

### ISED Radiation Exposure Statement:

The device has been tested and comply with ISED SAR limits.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

L'appareil a été testé et est conforme aux limites SAR de la ISED.

Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou émetteur.

## **Contact Us**

**We'd love to hear from you! Contact us at  
[support@senserawellness.com](mailto:support@senserawellness.com)  
with any questions or suggestions  
(please include your order number)**