



RIFE APP USER GUIDE

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I. BASIC CONTROLS AND FUNCTIONS

A. Main Menu



1. Programs

- List of available programs. Programs are unique sequence of 2 or more frequencies, which are grouped together for specific conditions.

2. Frequencies

- List of available frequencies. You can directly listen to individual frequencies by selecting them.

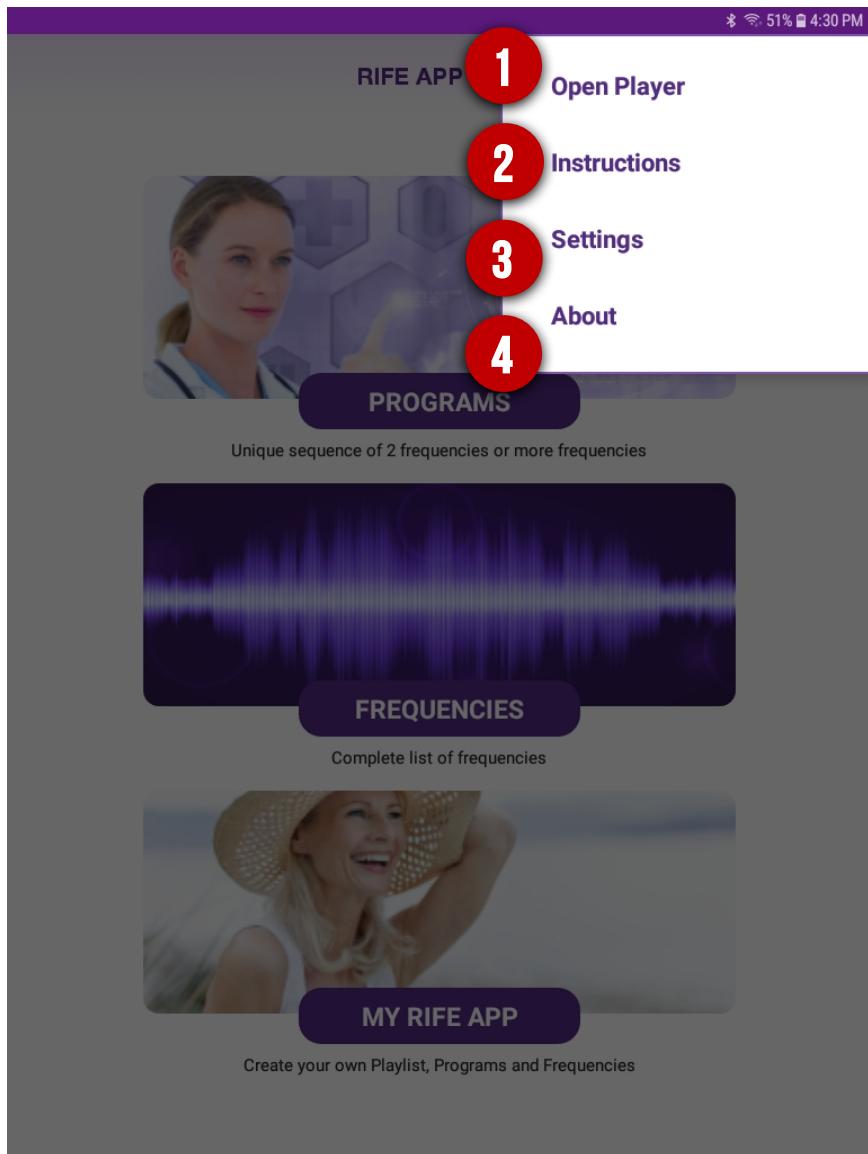
3. My Rife App

- Customization options. Create and save your own custom programs by choosing your own frequencies. Also save your own frequencies that are not yet on the list.

4. Options

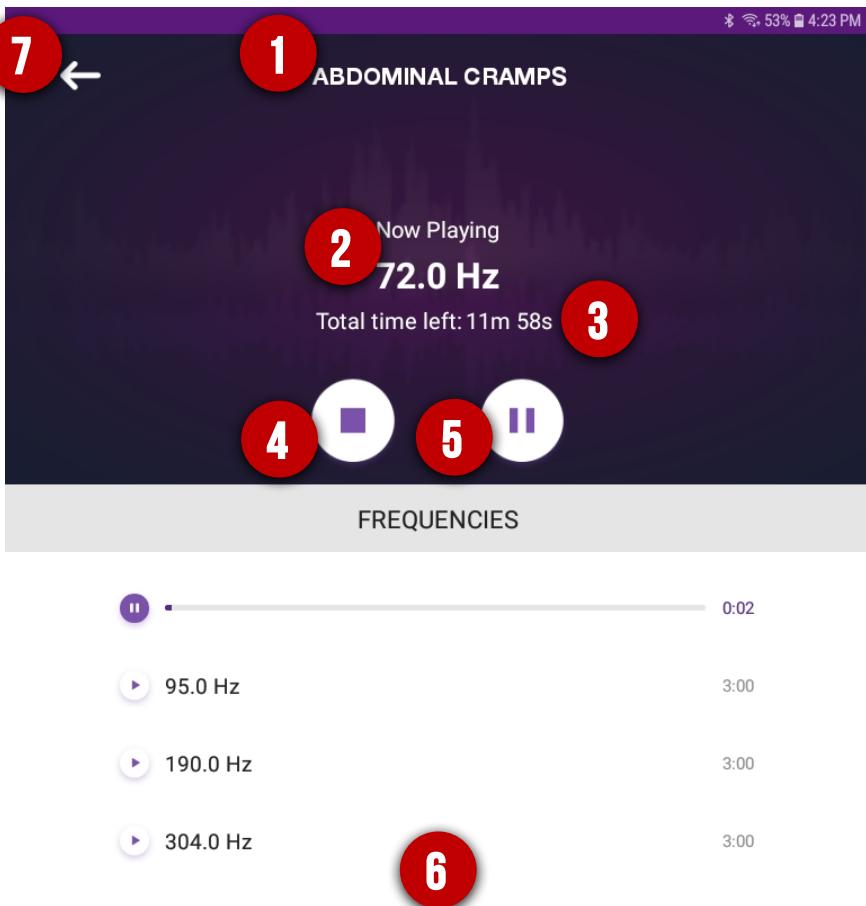
- Open audio player
- Instructions
- Settings
- About the app

B. Options



1. Open Player
 - View the currently playing program or frequency
2. Instructions
 - View the complete user guide for the app
3. Settings
 - Frequency duration adjustment
 - Notification settings
 - Audio calibration
4. About the app

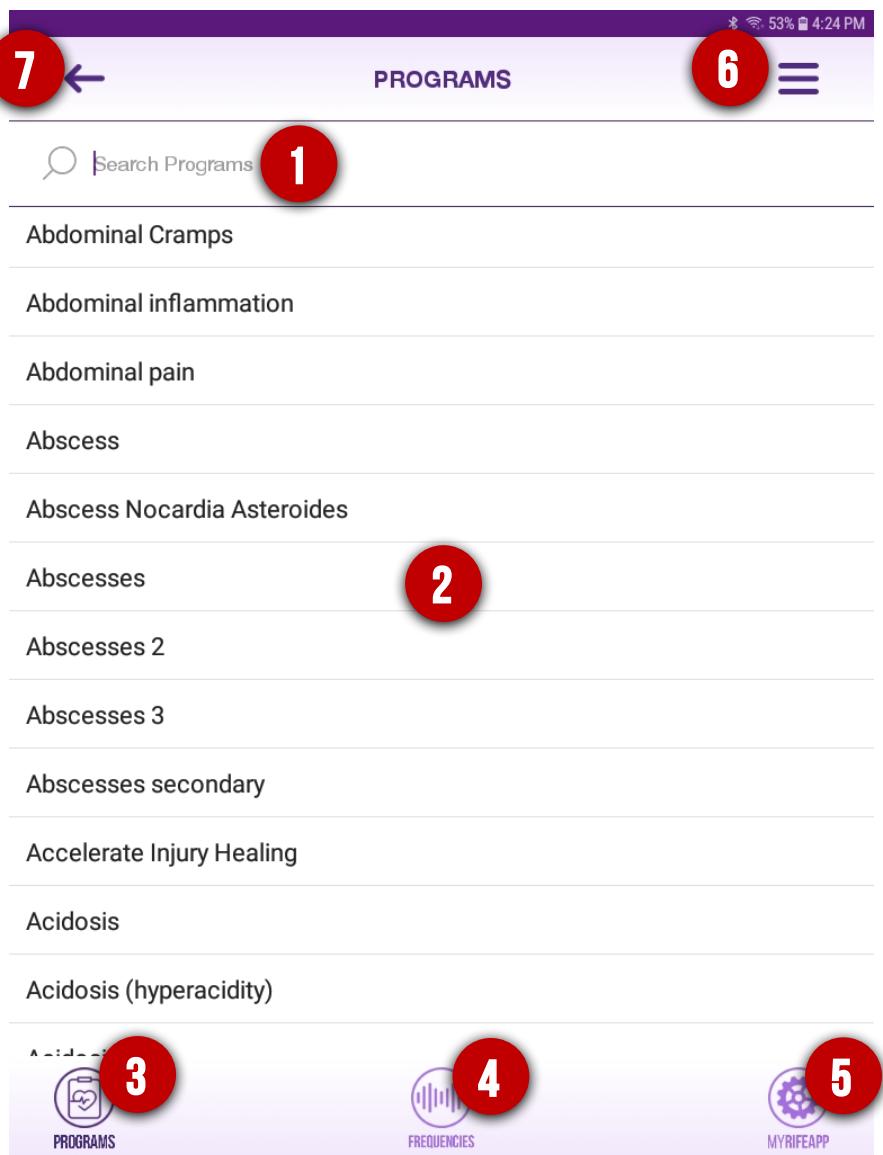
C. Audio Player



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1. Title of the selected program
2. Currently playing frequency
3. Total time left
 - Combine total time left for all of the frequencies in the program.
4. Stop button
 - Stop the currently playing program.
 - Will exit the audio player, and return to the program list.
5. Play/Pause button
 - Play and pause the audio player.
 - Will keep the program/frequency playing or paused in the background even after pressing the back button or dimming the screen
 - Will only exit the music player totally if you press the stop button.
6. Frequency list
 - List of frequencies in the program.
7. Back
 - Press to go back to the programs list.

D. Programs

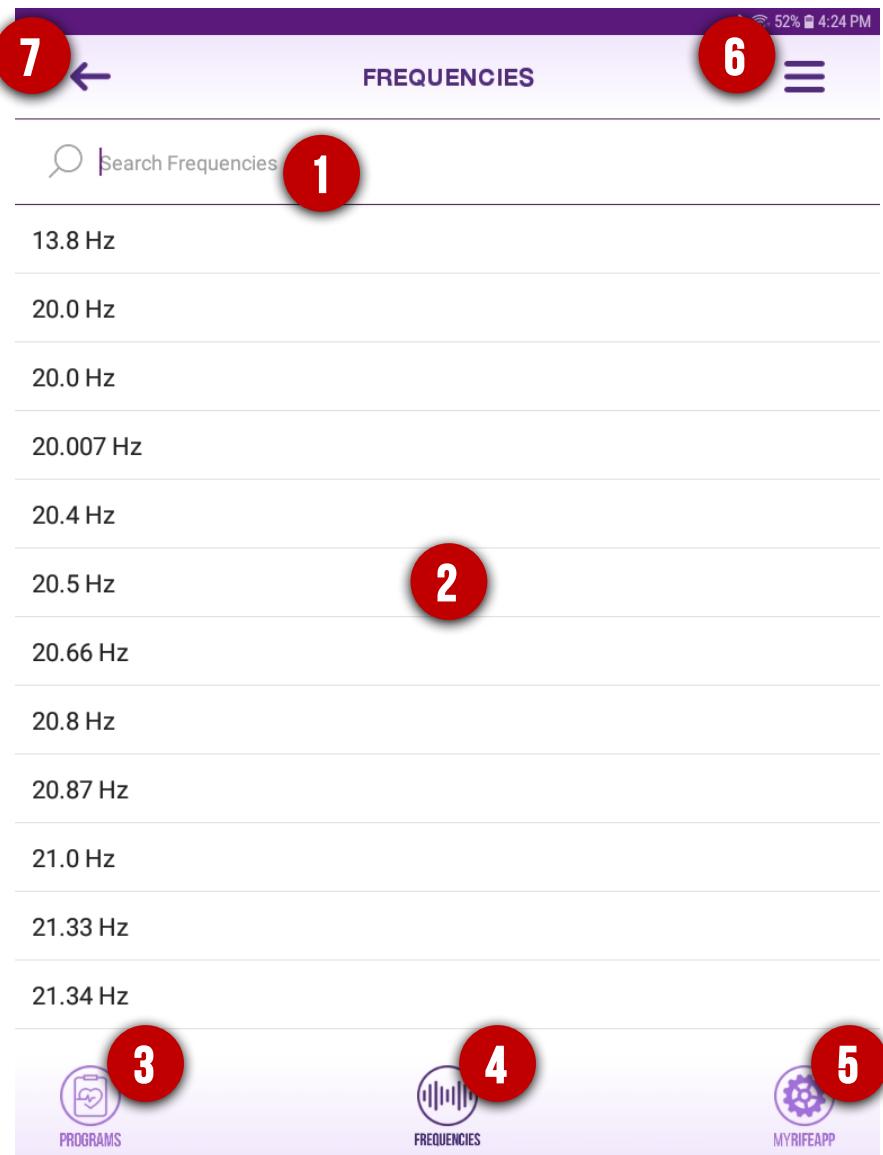


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1. Search
 - Enter specific conditions or keywords to search for programs.
2. Programs list
 - List of all the available programs you can choose from.
3. Programs Shortcut
 - Go directly to Programs
4. Frequencies Shortcut
 - Go directly to Frequencies
5. My Rife App Shortcut
 - Go directly to My Rife App
6. Options
7. Back

E. Frequencies

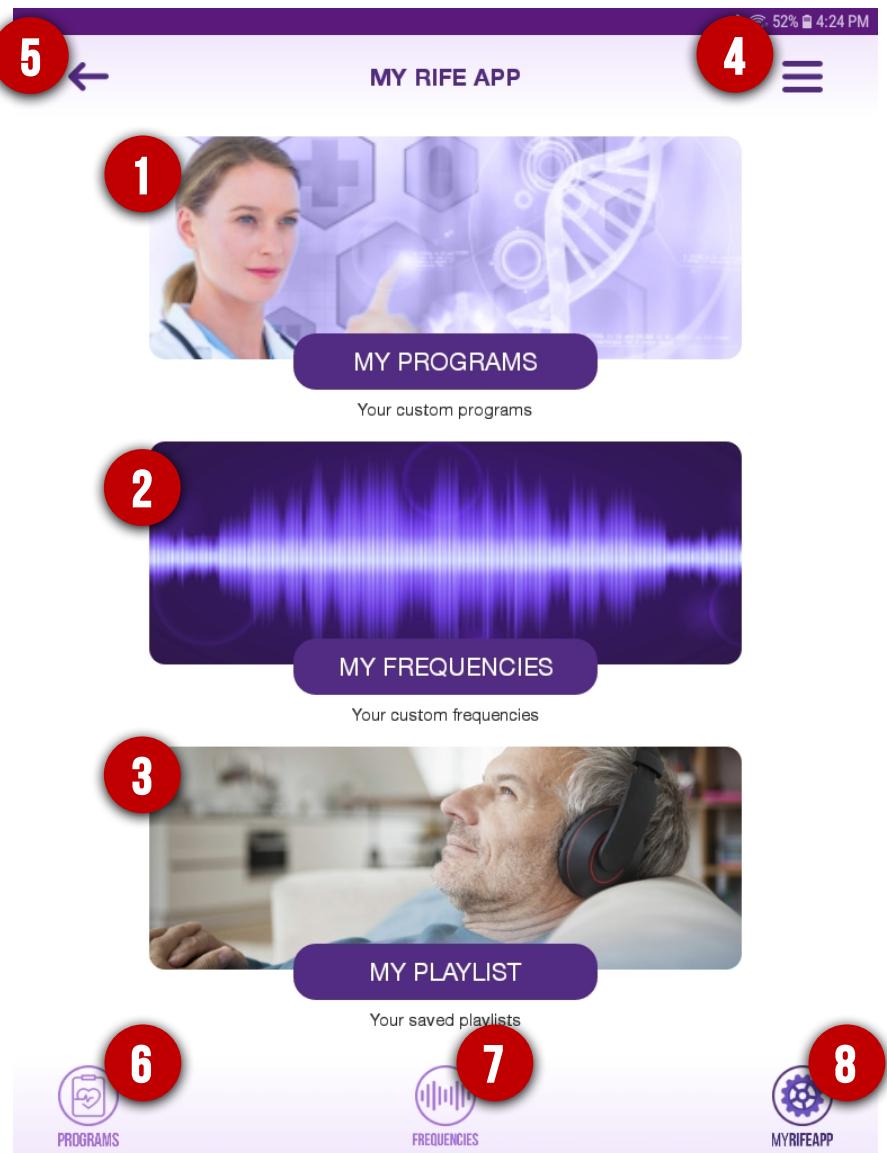
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1. Search
 - Enter number to search for specific frequencies.
2. Frequencies list
 - List of all the available frequencies you can choose from.
3. Programs Shortcut
 - Go directly to Programs
4. Frequencies Shortcut
 - Go directly to Frequencies
5. My Rife App Shortcut
 - Go directly to My Rife App
6. Options
7. Back

F. My Rife App

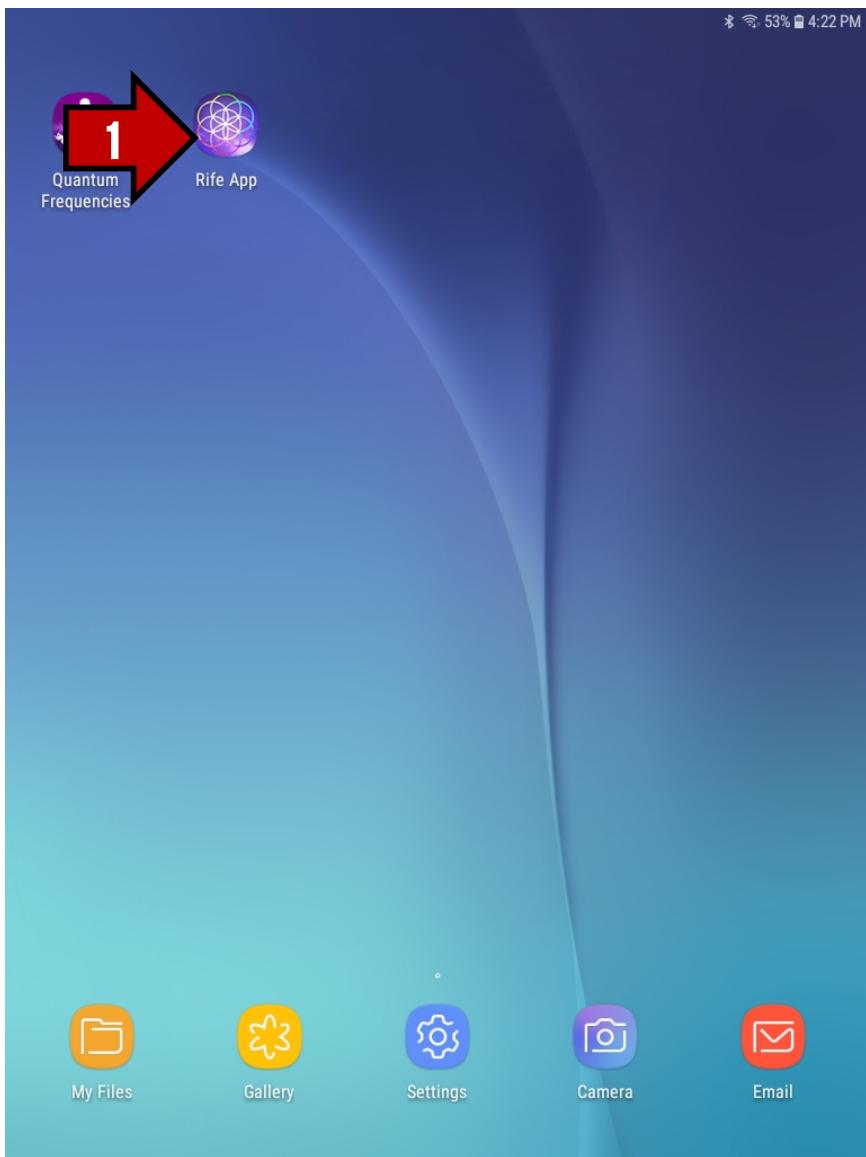
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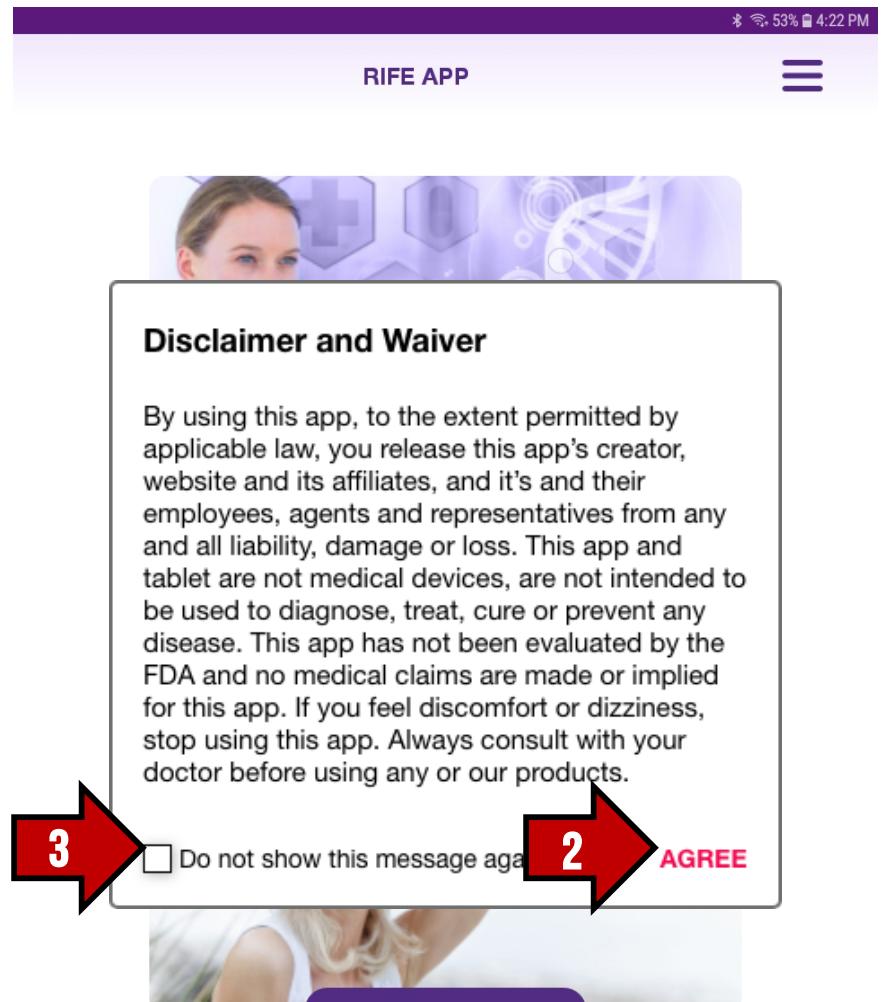
1. My Programs
 - Create custom programs with your own set of frequencies.
2. My Frequencies
 - Save your own frequencies.
3. My Playlist
 - Create custom playlists with your own set of programs.
4. Options
5. Back
6. Programs Shortcut
 - Go directly to Programs
7. Frequencies Shortcut
 - Go directly to Frequencies
8. My Rife App Shortcut
 - Go directly to My Rife App

II. GETTING STARTED

- From the tablet's home screen, select the Rife App icon to open the app:



- Be sure to read the Disclaimer and Waiver and press AGREE if you understand and agree to proceed.
- You will go to the MAIN MENU screen once you agree.



MY RIFE APP

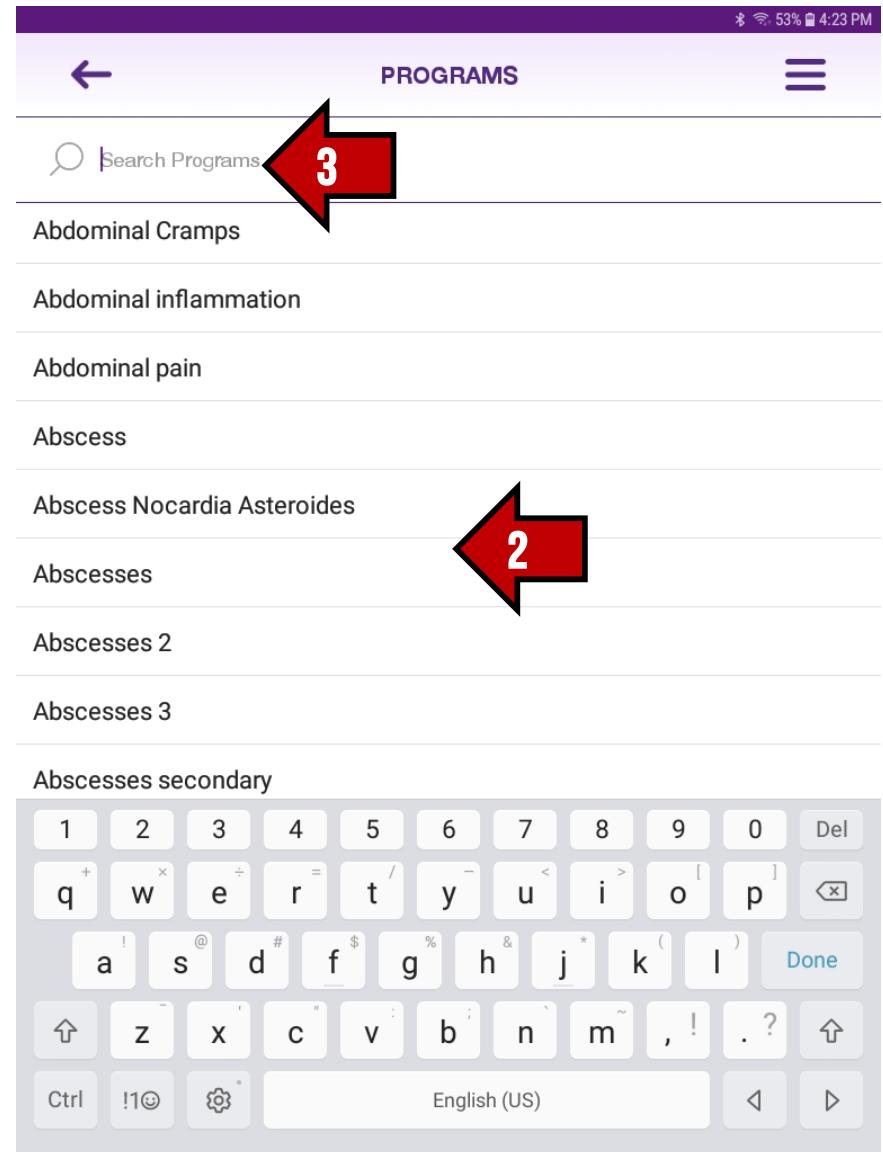
Create your own Playlist, Programs and Frequencies

III. Selecting and Playing a Program

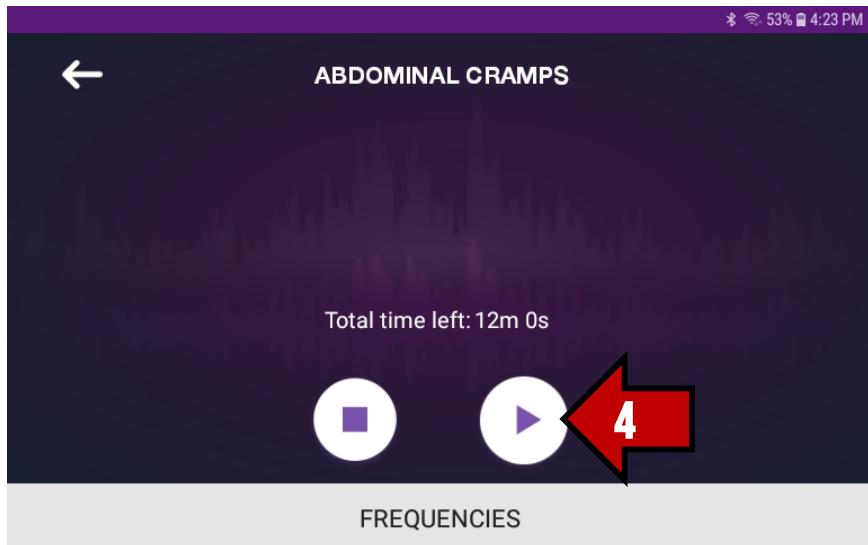
1. Tap PROGRAMS



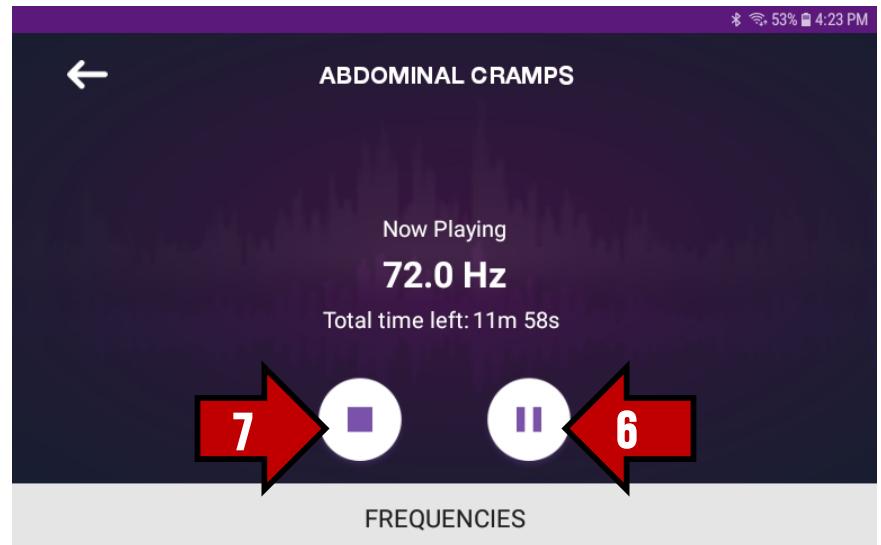
2. You can scroll through the list of programs then tap on the program you want to open.
3. You can also type on the search field to find the program from the list.



4. Tap the PLAY button to start playing the program.
5. The frequencies will play one by one, 3 minutes each.
Will automatically exit back to the programs list once done playing all frequencies on the list.



6. You can pause and resume the program by tapping the PAUSE/PLAY button
7. Tap the STOP button to stop playing the program and exit back to the programs list.

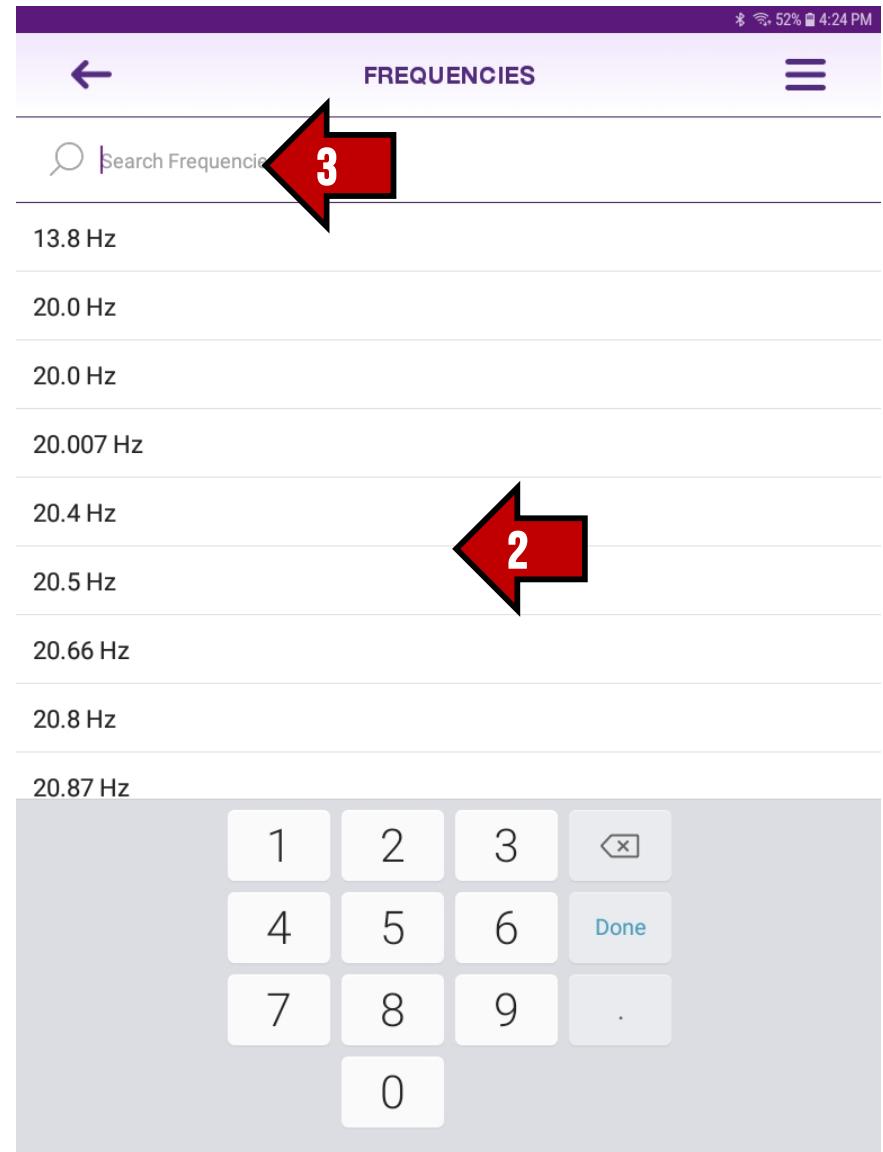


IV. Selecting and Playing Frequencies

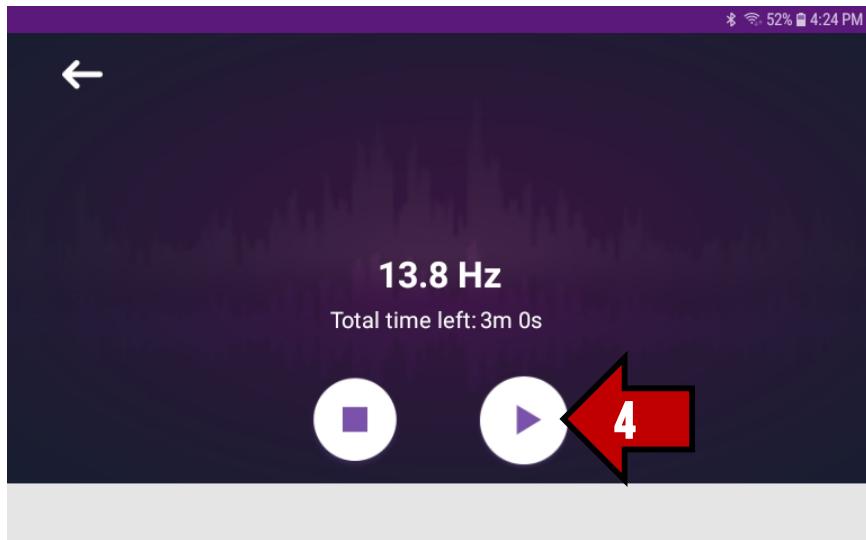
1. Tap FREQUENCIES



2. You can scroll through the list of frequencies then tap on the frequency you want to play.
3. You can also type on the search field to find the specific frequency from the list.

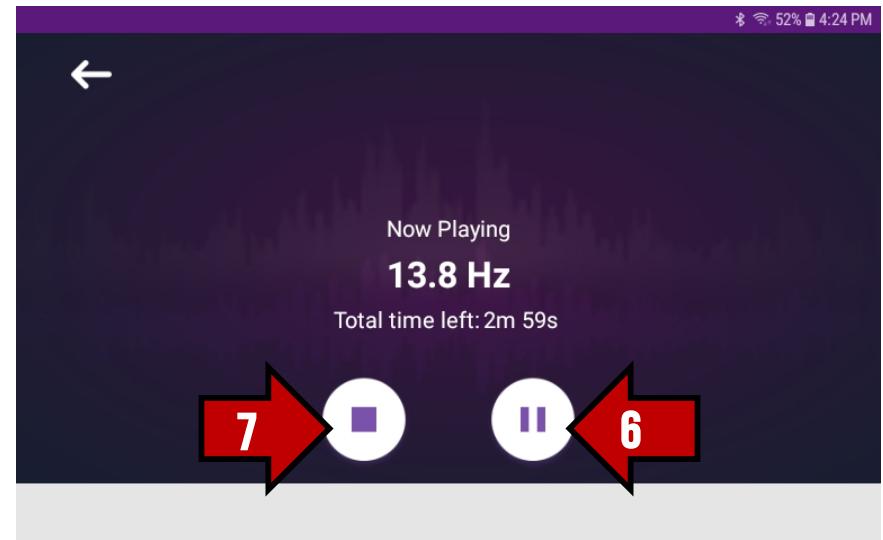


4. Tap the PLAY button to start playing the frequency.
5. The frequency will play for 3 minutes. Will automatically exit back to the frequencies list once done playing playing.



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6. You can pause and resume the frequency by tapping the PAUSE/PLAY button
7. Tap the STOP button to stop playing the frequency and exit back to the frequencies list.



V. Creating Your Custom Program

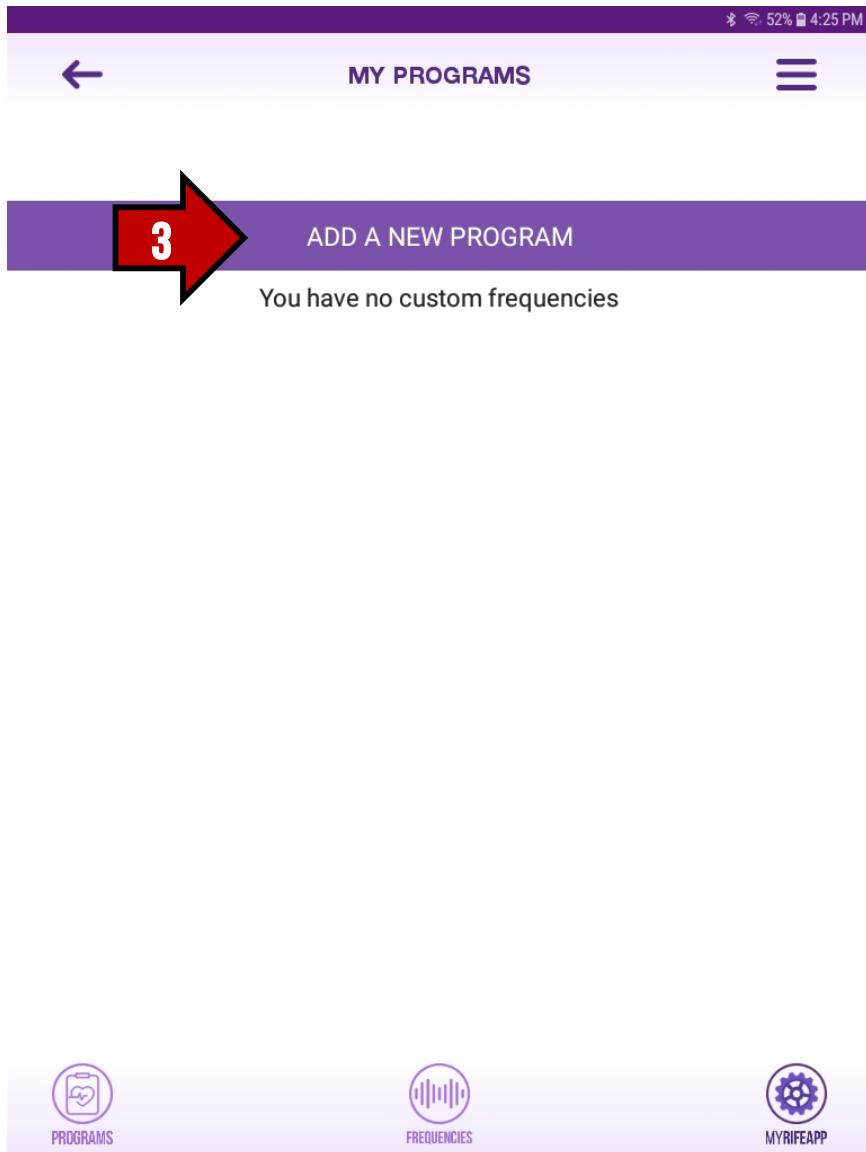
1. Tap MY RIFE APP



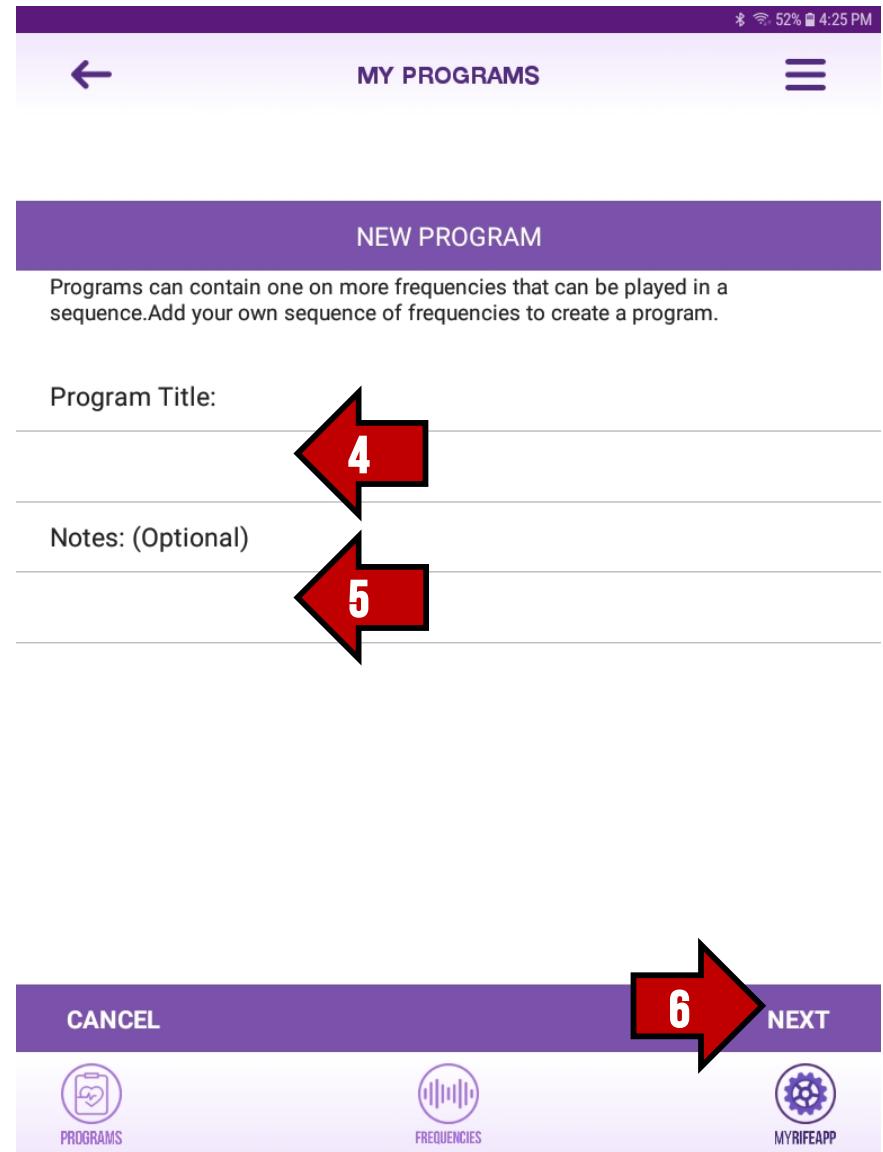
2. From the MY RIFE APP menu, Tap MY PROGRAMS.



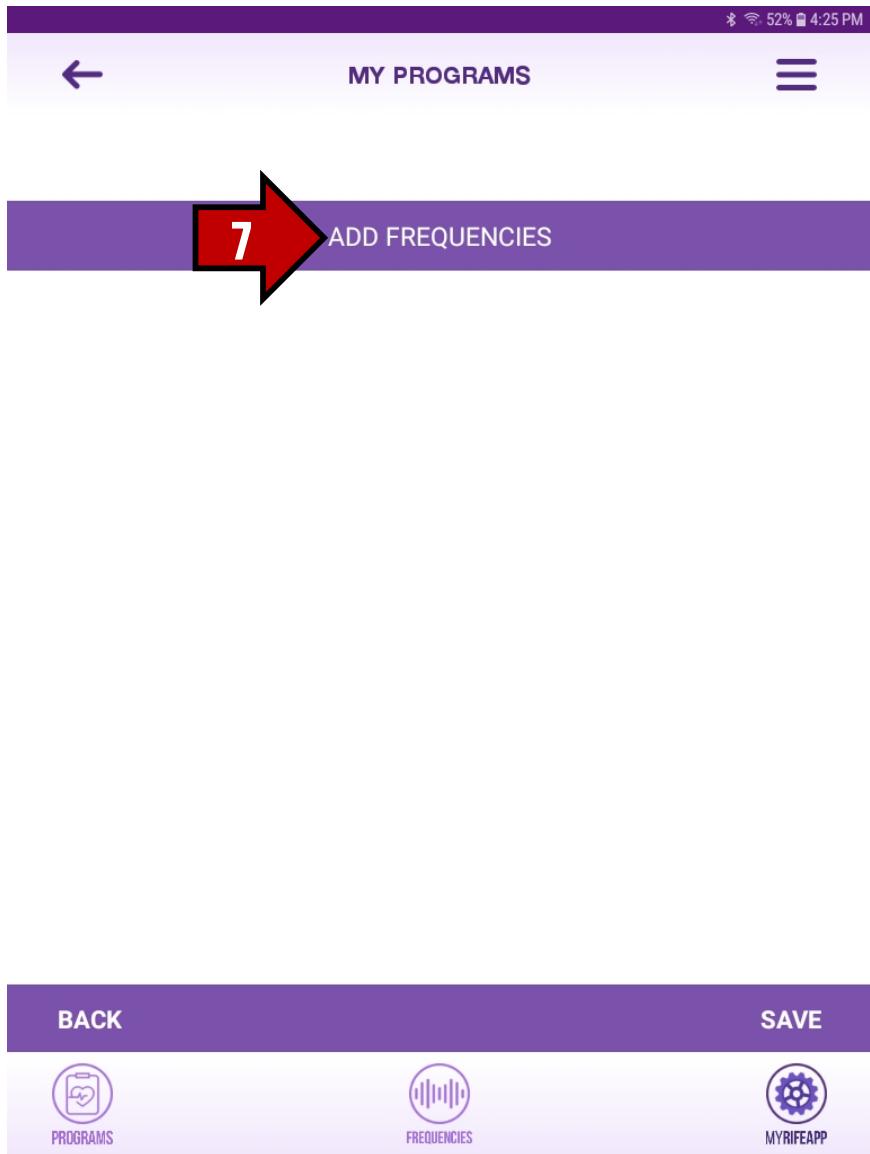
3. Tap ADD A NEW PROGRAM.



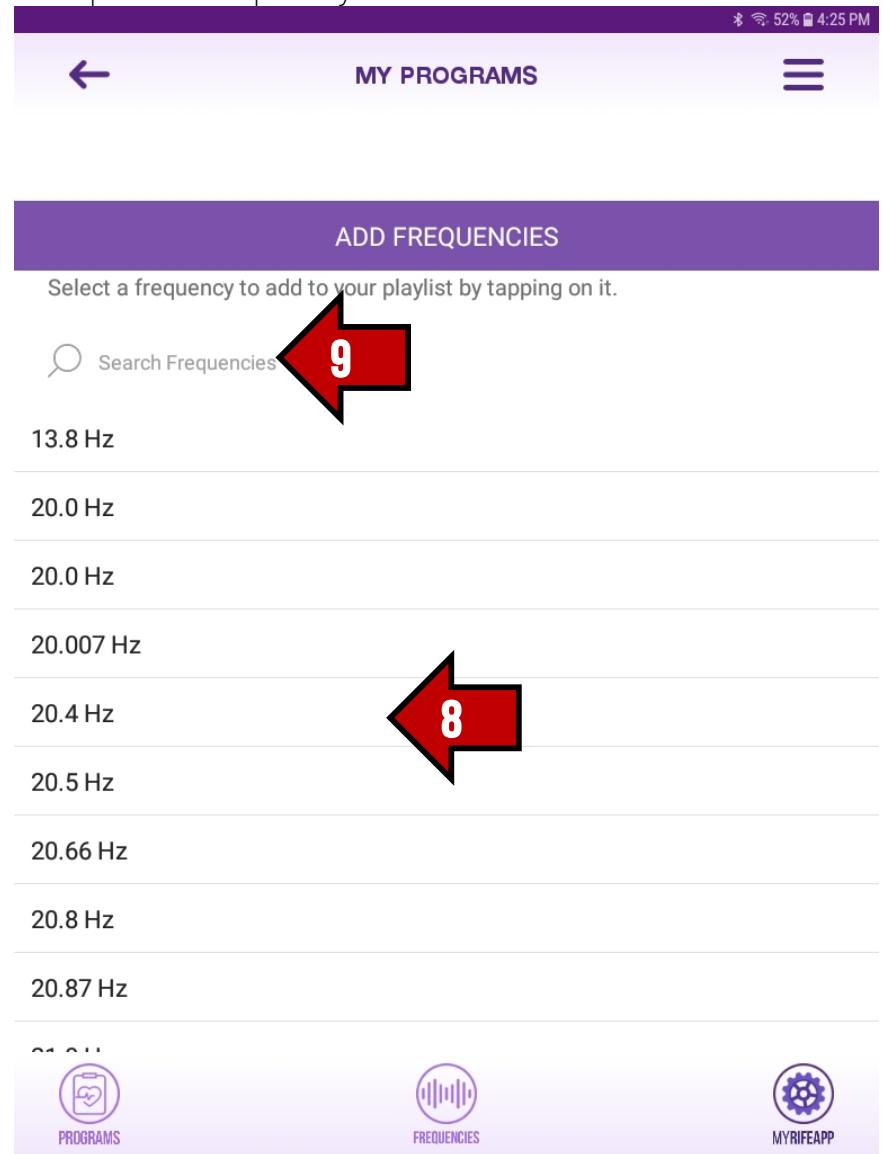
4. Type in your custom Program Title
5. You can also add Notes about your custom Program (Optional)
6. Tap NEXT once you add your custom Program title.



7. Tap ADD FREQUENCIES

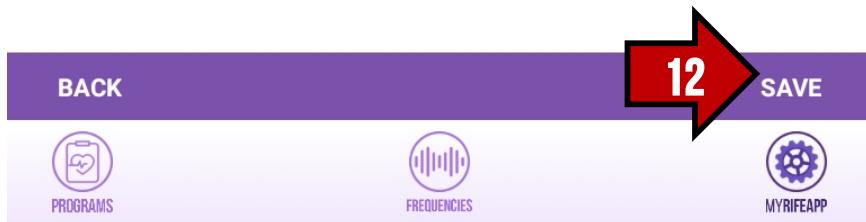
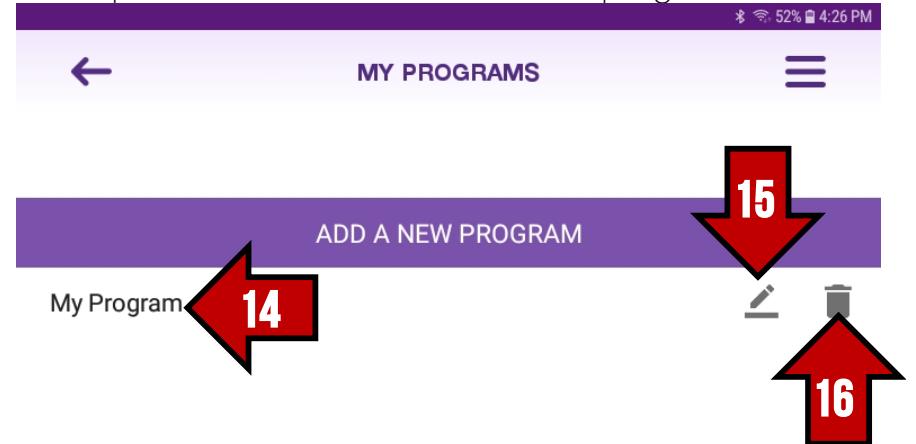
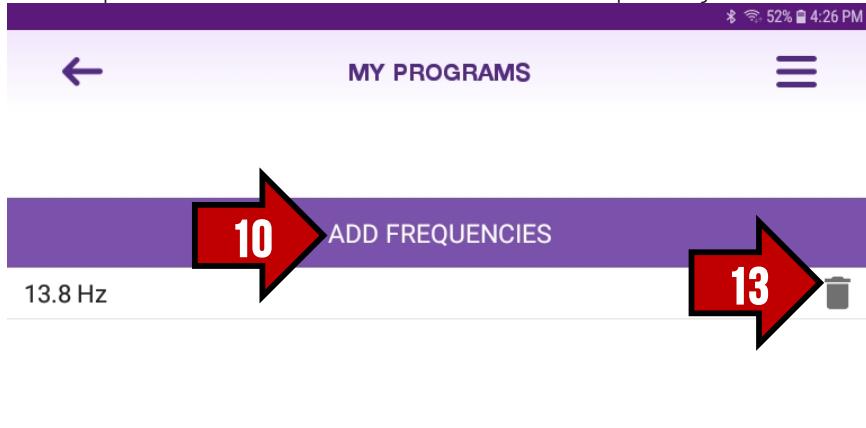


8. You can scroll down to look for the frequency that you want to add to your custom program, then tap on the frequency once you find the specific frequency.
9. You can also type on the search field to find the specific frequency from the list.



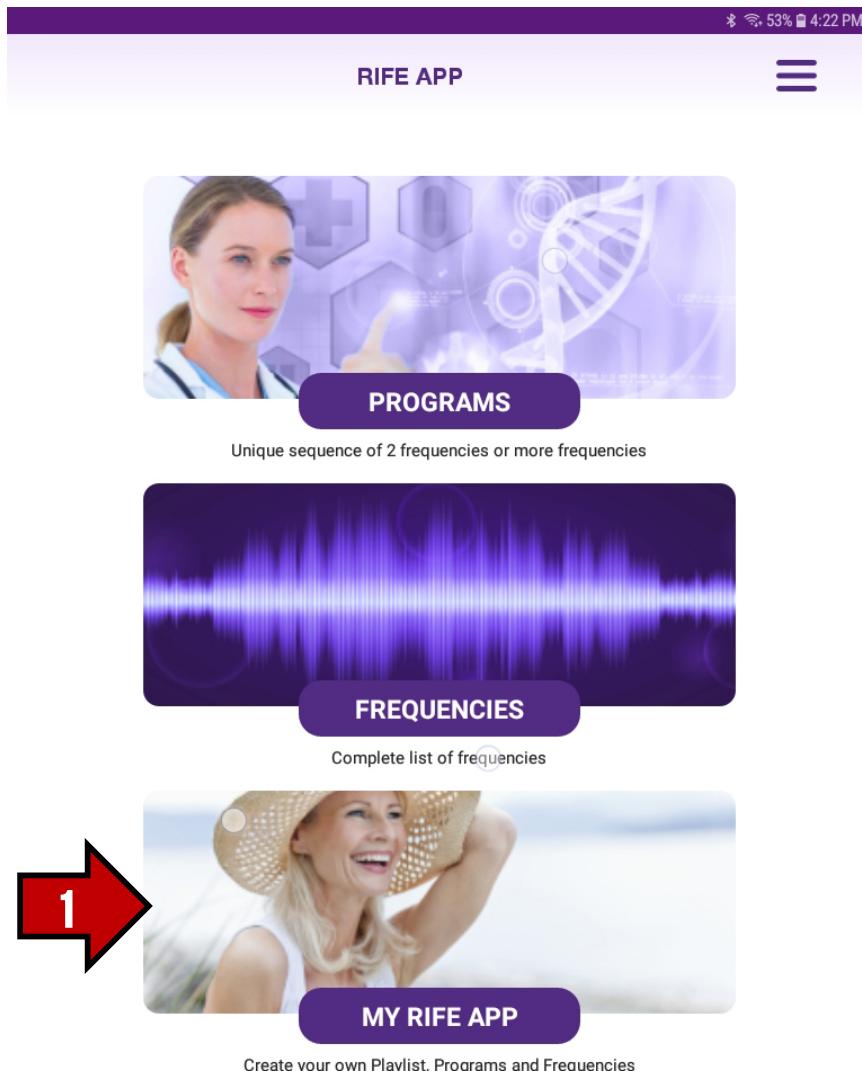
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10. Tap again on ADD FREQUENCIES to add another frequency.
11. Repeat steps 8-9 to add more frequencies.
12. Tap SAVE once you finished adding all frequencies.
13. Tap the trash button to delete a frequency from the list



VI. Adding Your Custom Frequencies

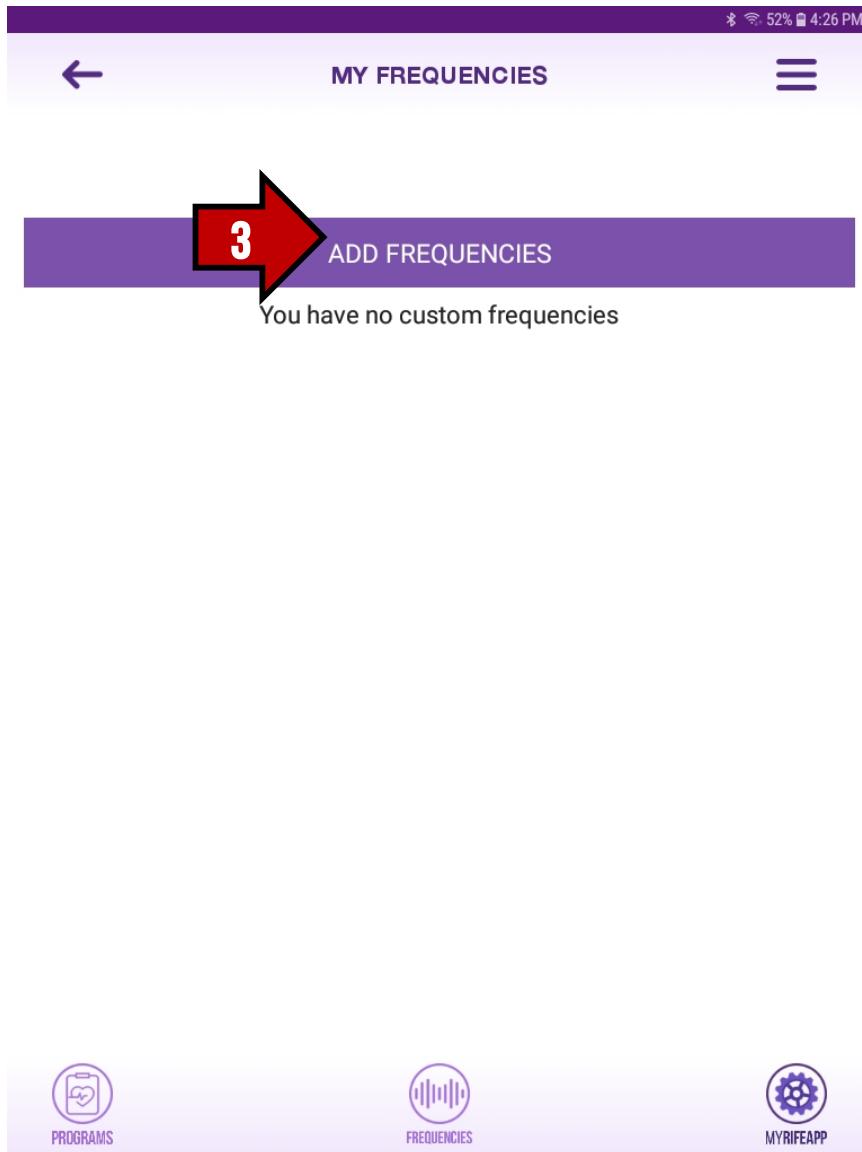
1. Tap MY RIFE APP



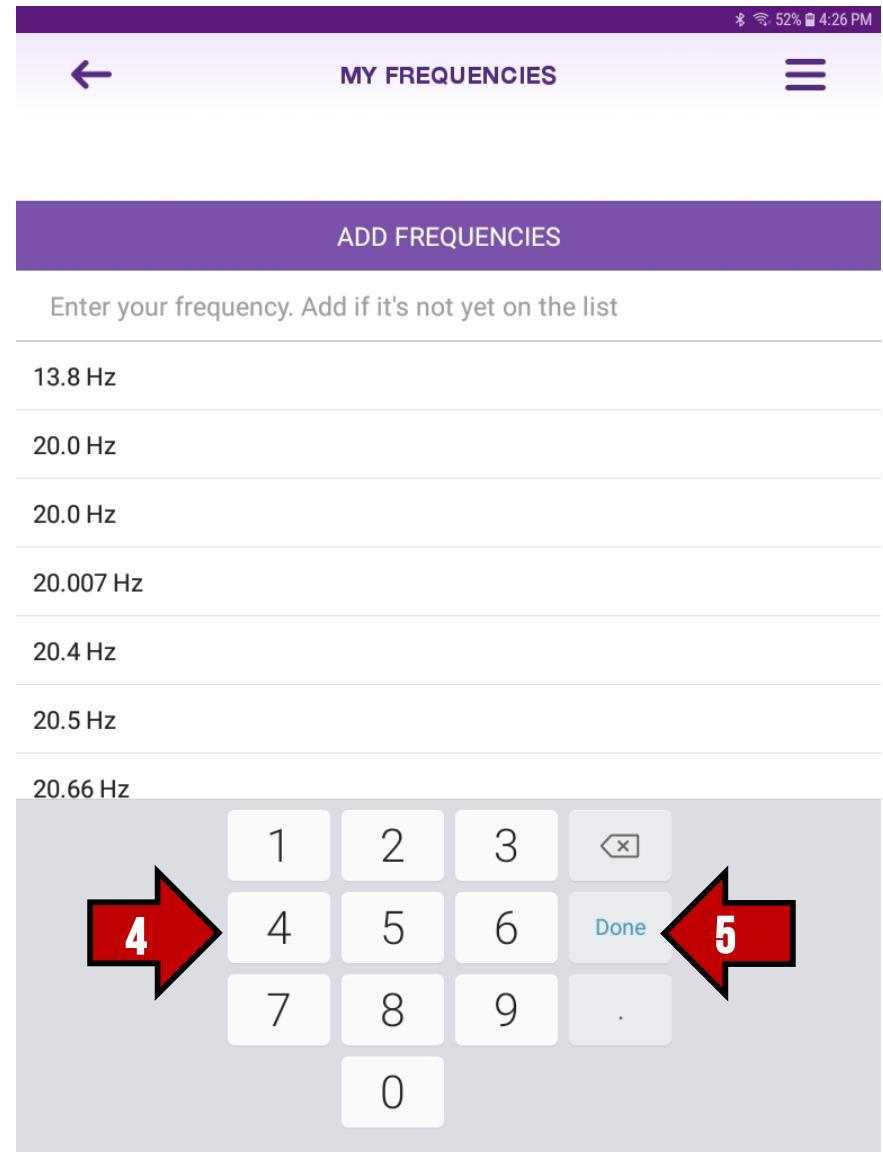
2. From the MY RIFE APP menu, Tap MY FREQUENCIES.



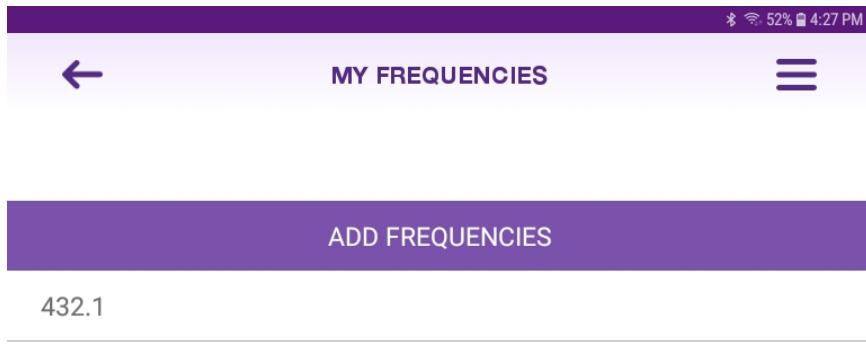
3. Tap ADD A NEW PROGRAM.



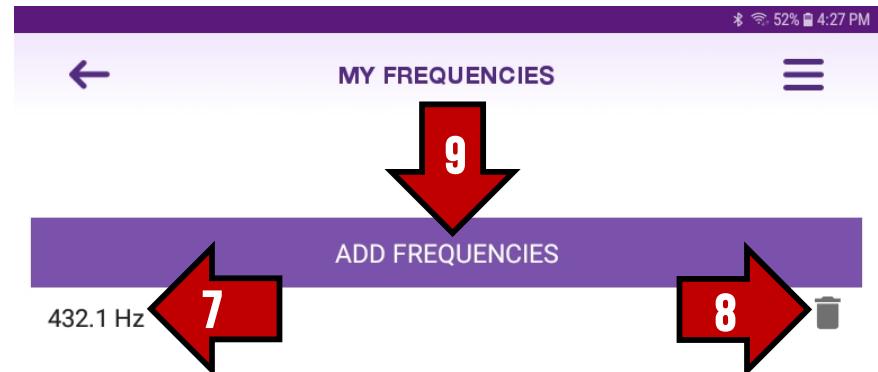
4. Type in your custom frequency. You'll know if it's not yet on the list as it will show on the list when you add a digit
5. Tap DONE once you enter your frequency.



6. Tap ADD to save the frequency.

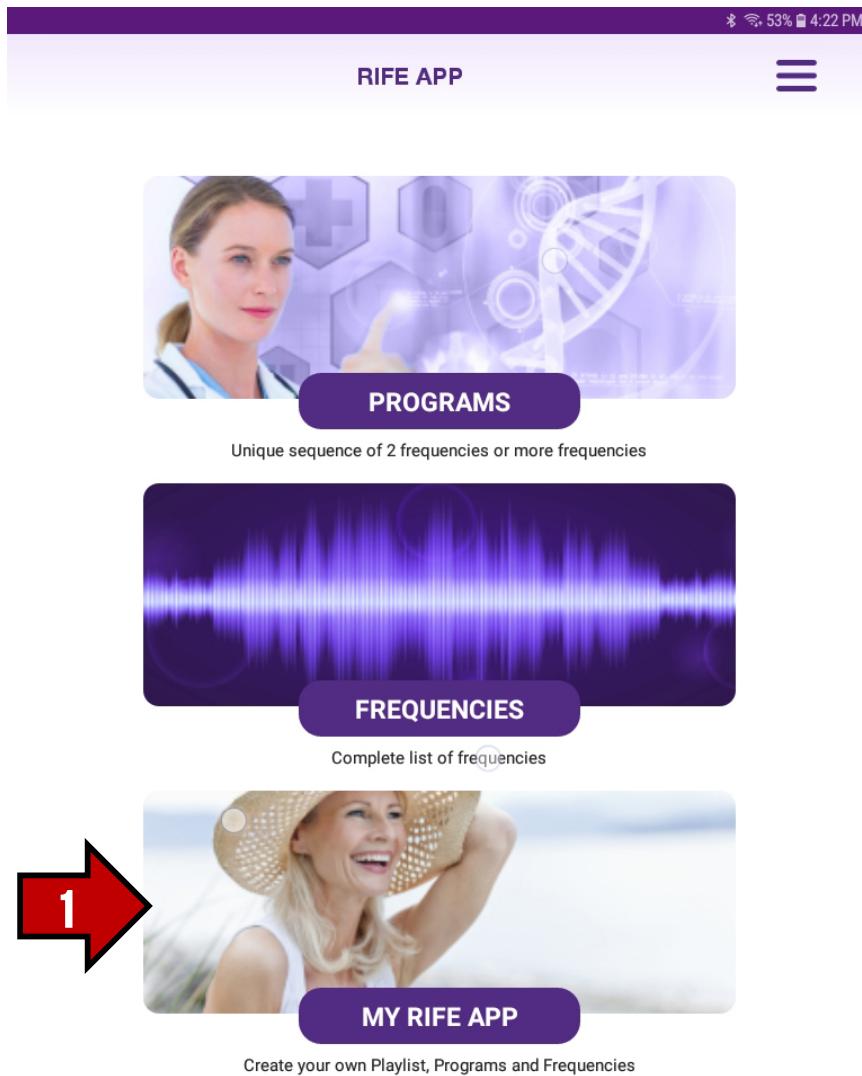


7. Tap the frequency you added to open/play it.
8. You can tap the trash button to delete the frequency.
9. You can tap ADD FREQUENCIES and repeat steps 3-6 to add more frequencies.



VII. Creating Your Custom Playlist

1. Tap MY RIFE APP



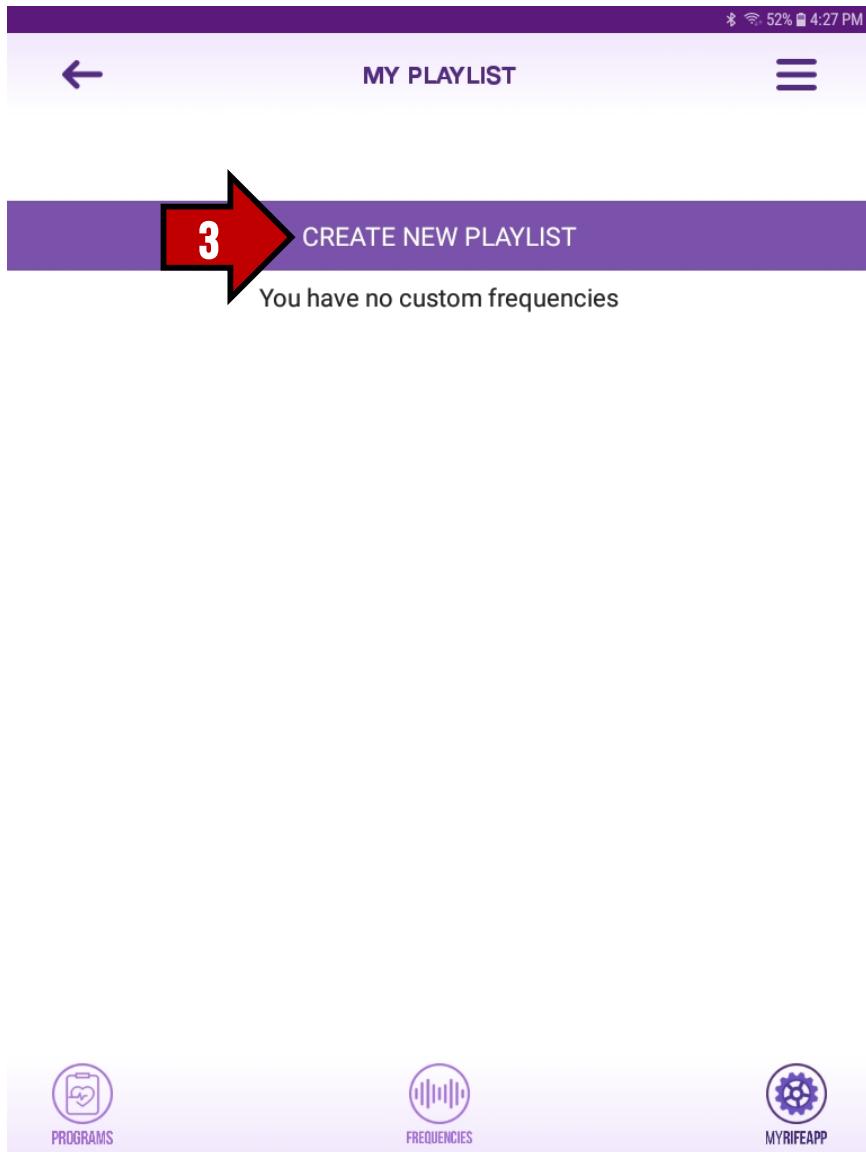
1

2. From the MY RIFE APP menu, Tap MY PLAYLIST.

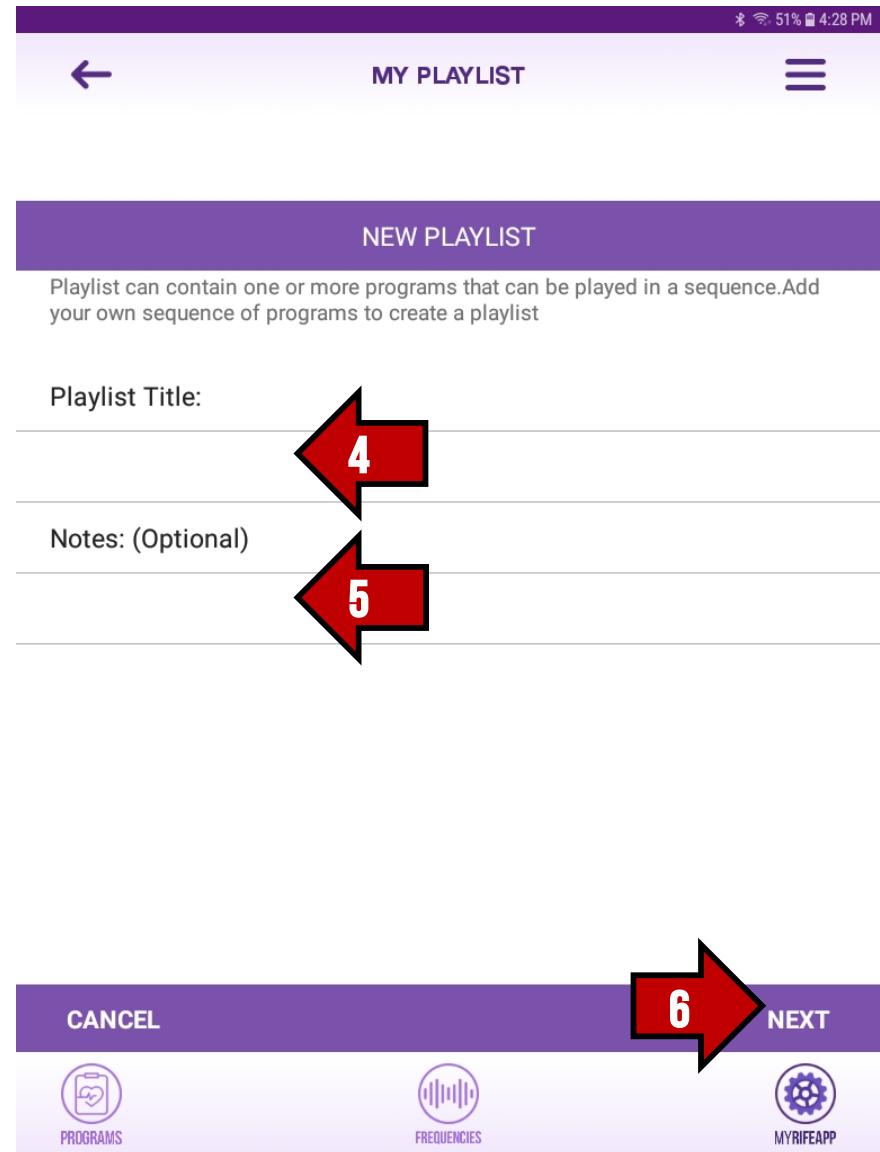


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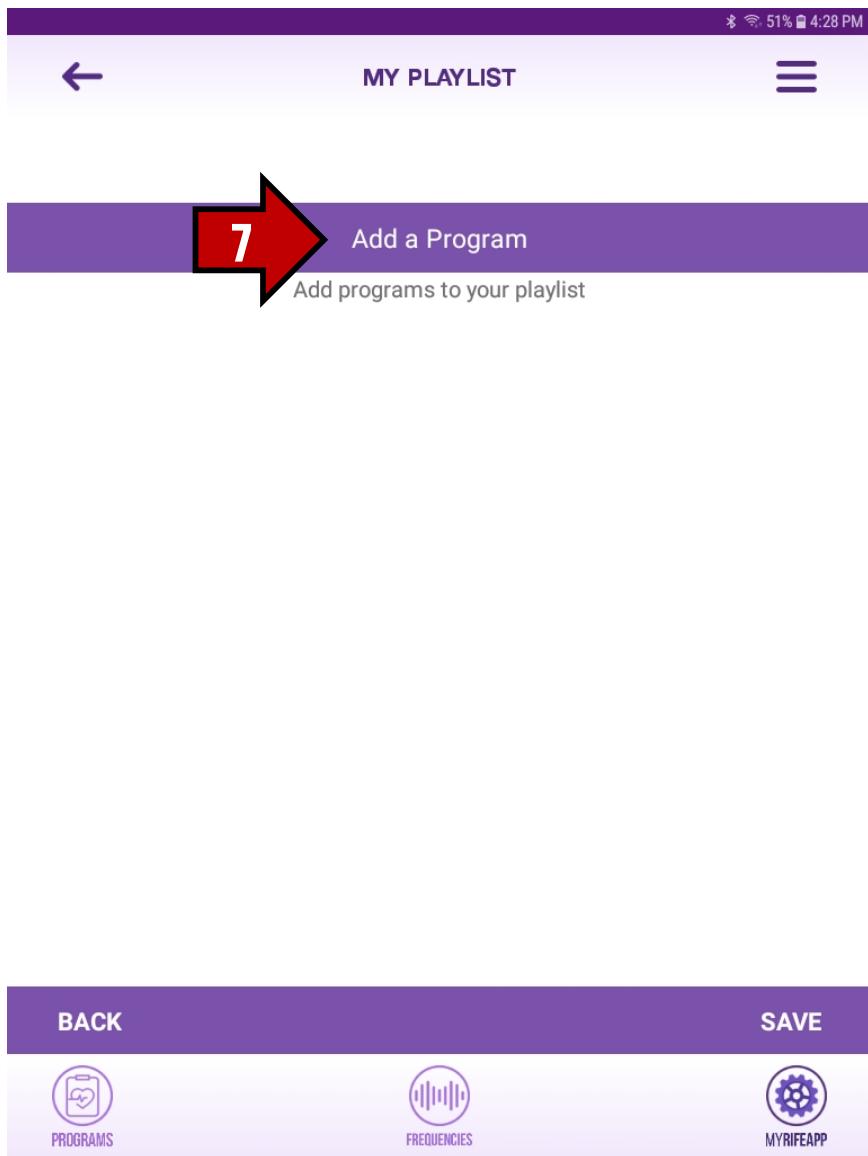
3. Tap CREATE A NEW PLAYLIST.



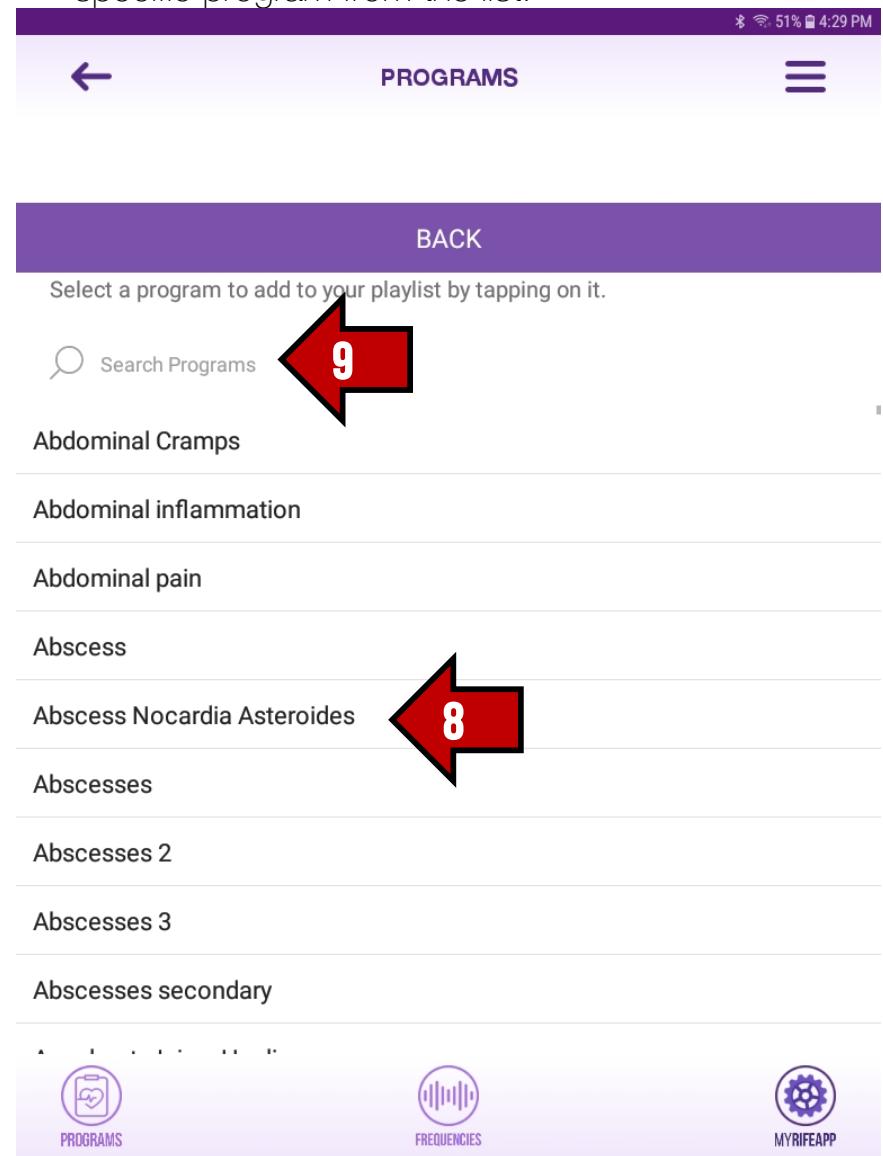
4. Type in your custom Playlist Title.
5. You can also add Notes about your custom Playlist (Optional)
6. Tap NEXT once you add your custom Program title.



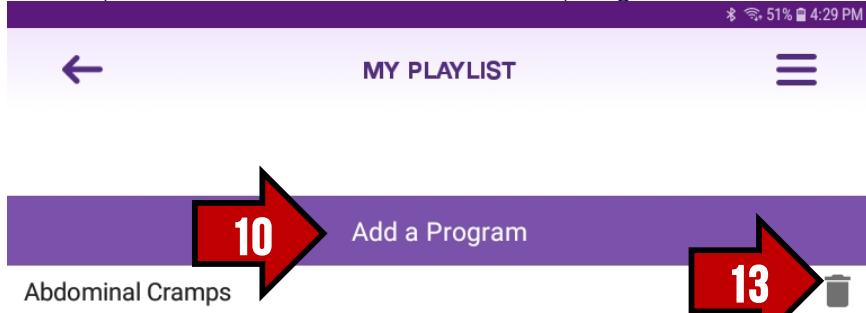
7. Tap Add a Program



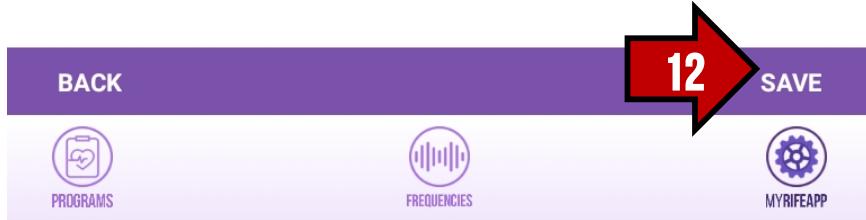
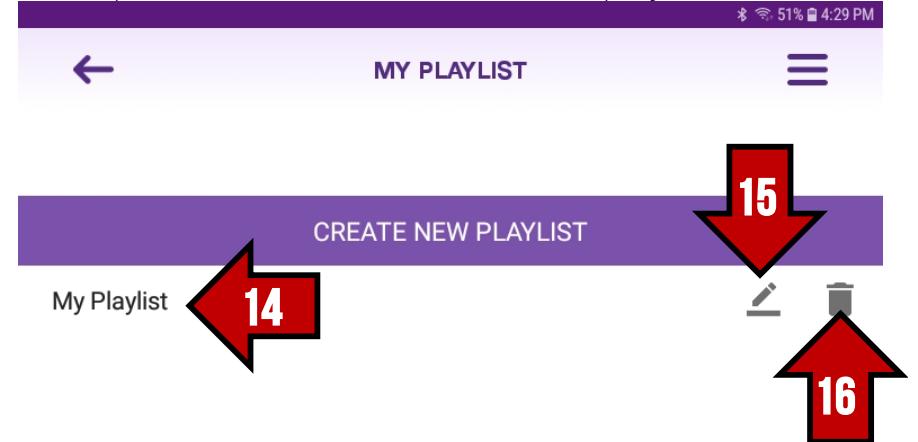
8. You can scroll down to look for the program that you want to add to your custom playlist, then tap on the program to add it to your playlist.
9. You can also type on the search field to find the specific program from the list.



10. Tap again on Add a Program to add another program to your playlist.
11. Repeat steps 8-9 to add more programs.
12. Tap SAVE once you finished adding all programs.
13. Tap the trash button to delete a program from the list

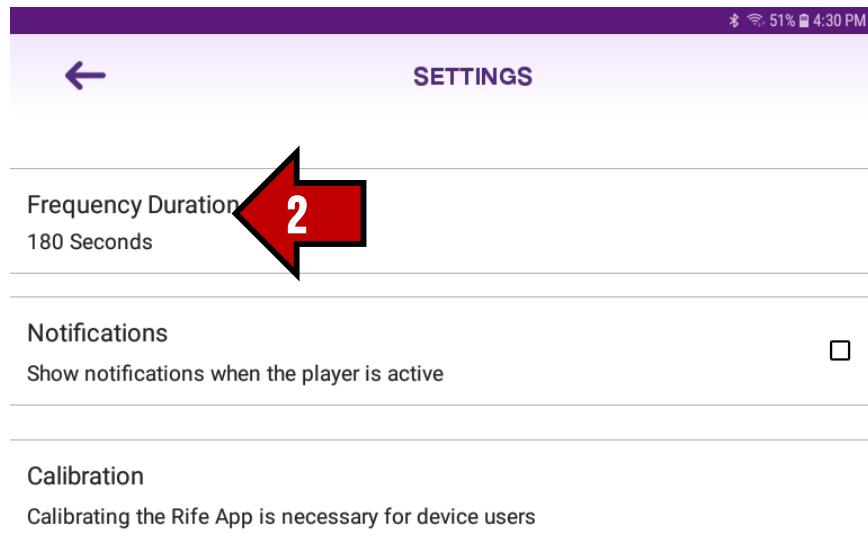


14. The created playlist should appear on the list of MY PLAYLIST. Tap the name of the playlist you created to open it.
15. Tap the edit button to make changes to your playlist.
16. Tap the trash button to delete the playlist.

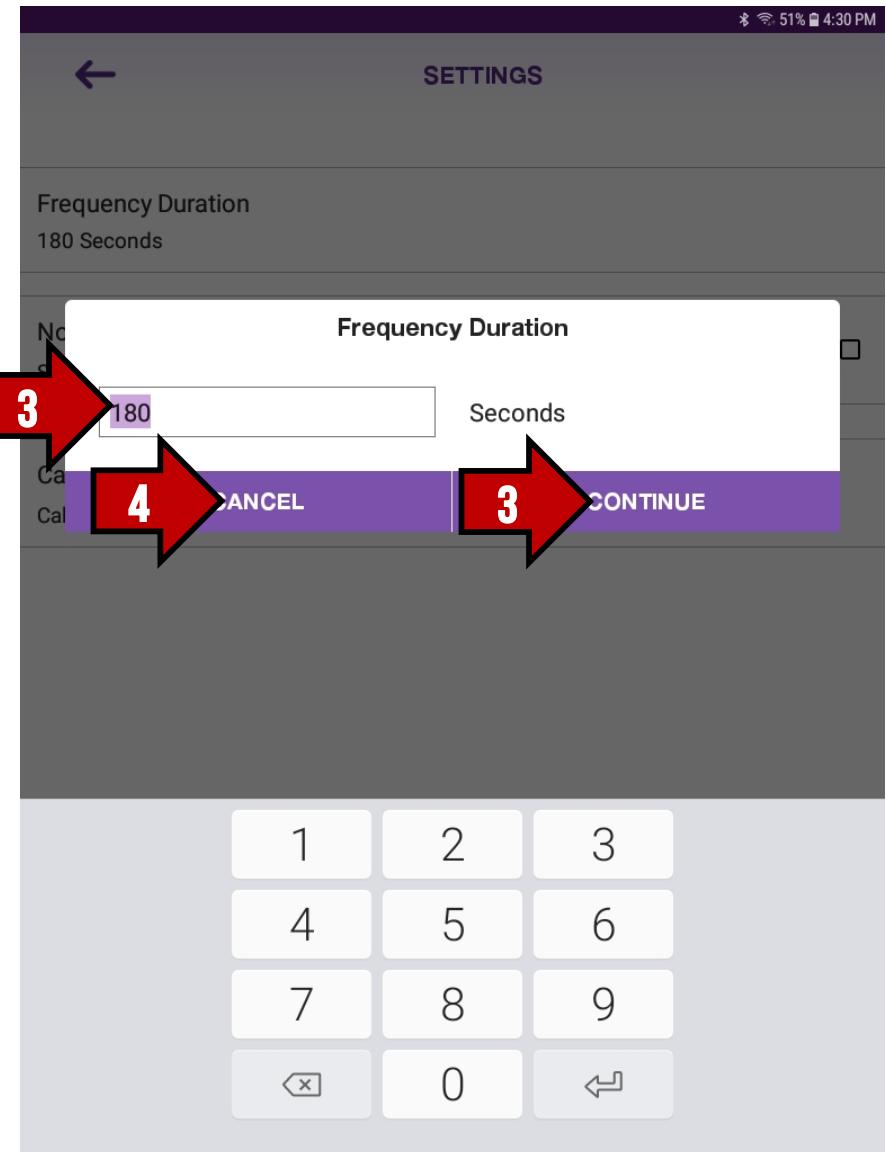


VIII. Changing Frequency Duration

1. Go to Options > Settings
2. Default duration for frequencies playback is 180 seconds or 3 minutes. Tap to change it.

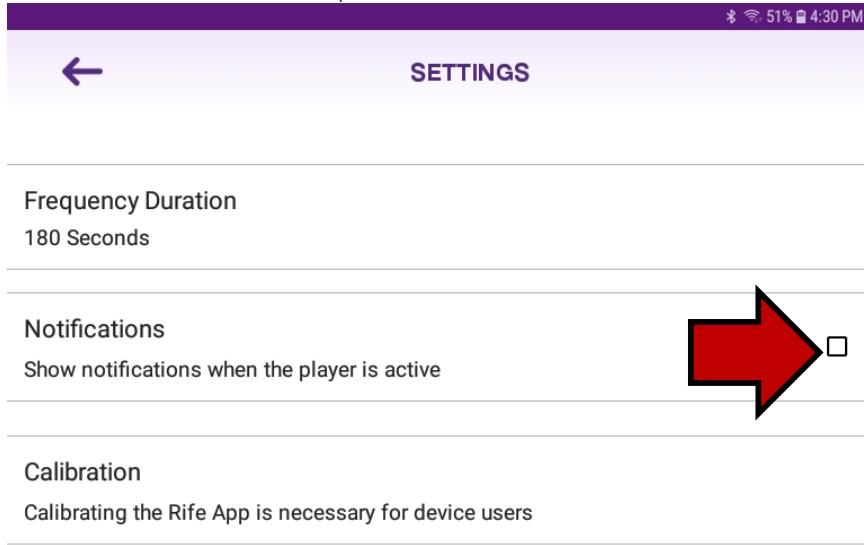


3. Enter the time you want the frequencies to play.
4. Tap CONTINUE to save settings or
5. CANCEL to abort changes.



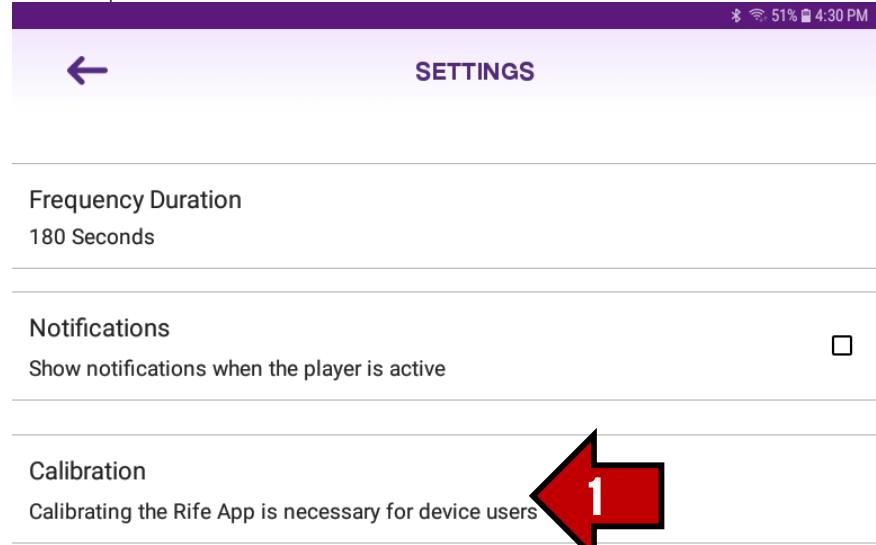
IX. Notification Settings

- Notifications is unchecked by default. This will avoid interruptions during playback sessions.
- You will receive notifications from other apps from your tablet when this option is checked.

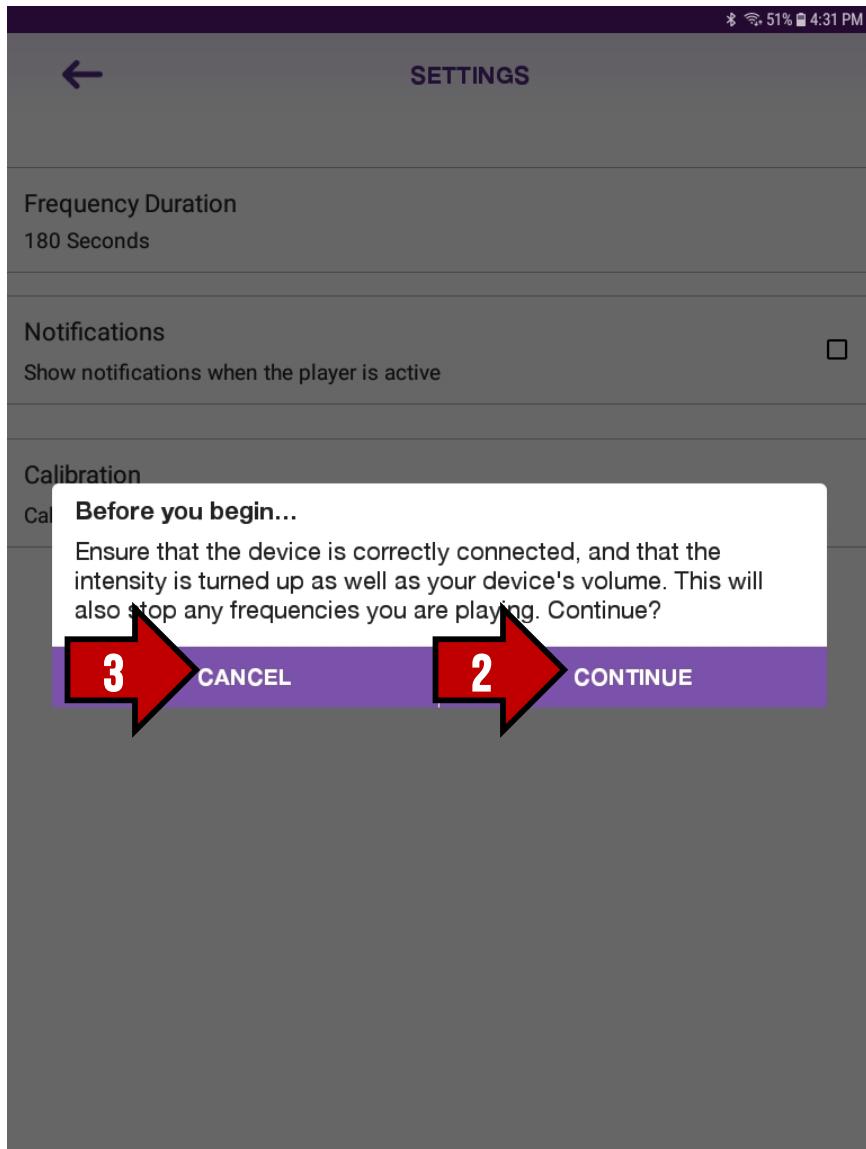


X. AUDIO CALIBRATION

- Use this option to calibrate your device's sound and achieve optimal settings together with your machine/amplifier connected to your tablet.
- 1. Tap to start calibration



2. Once your device is connected properly, tap CONTINUE to hear the test frequency.
3. You can CANCEL to abort the calibration.



4. The test frequency will keep on playing and will do adjustments if you cannot hear it properly when you select NO
5. Tap YES once you can hear the frequency properly.

