vive®

EMS TENS UNIT

Owner's Manual
RHB2026GRY

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WHAT'S INCLUDED

- EMS TENS Unit
- Belt Clip
- 4 Square Electrodes
- 4 Rectangular Electrodes
- 2 Lead Wires
- 3 AAA Batteries

FUNCTION OF THE EMS UNIT

The device has 22 programs (9 TENS programs, 8 EMS programs, and 5 MASSAGE programs) and applies electric currents in the low-frequency range for therapy. Each program controls the generated electric impulses, their intensity, frequency, and pulse width.

Based on stimulating the body's natural pulses, the mechanism of electrical stimulation equipment is to create electric impulses that are transcutaneous transmitted to nerves or muscle fibers through the electrode. The intensity of the dual channel device can be used with four pieces of electrodes, which allow you to stimulate one

muscle group simultaneously with a wide selection of standard programs. The electrical pulse is firstly transmitted to the tissue then it affects the transmission of stimulation in nerves as well as muscle tissues in the body parts.

INSTRUCTIONS

Intended Use

TENS Mode

TENS mode is used for temporary relief of pain associated with sore and aching muscles in the neck, shoulder, back, joint, hip, hand, abdomen, foot, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household and work activities.

EMS Mode

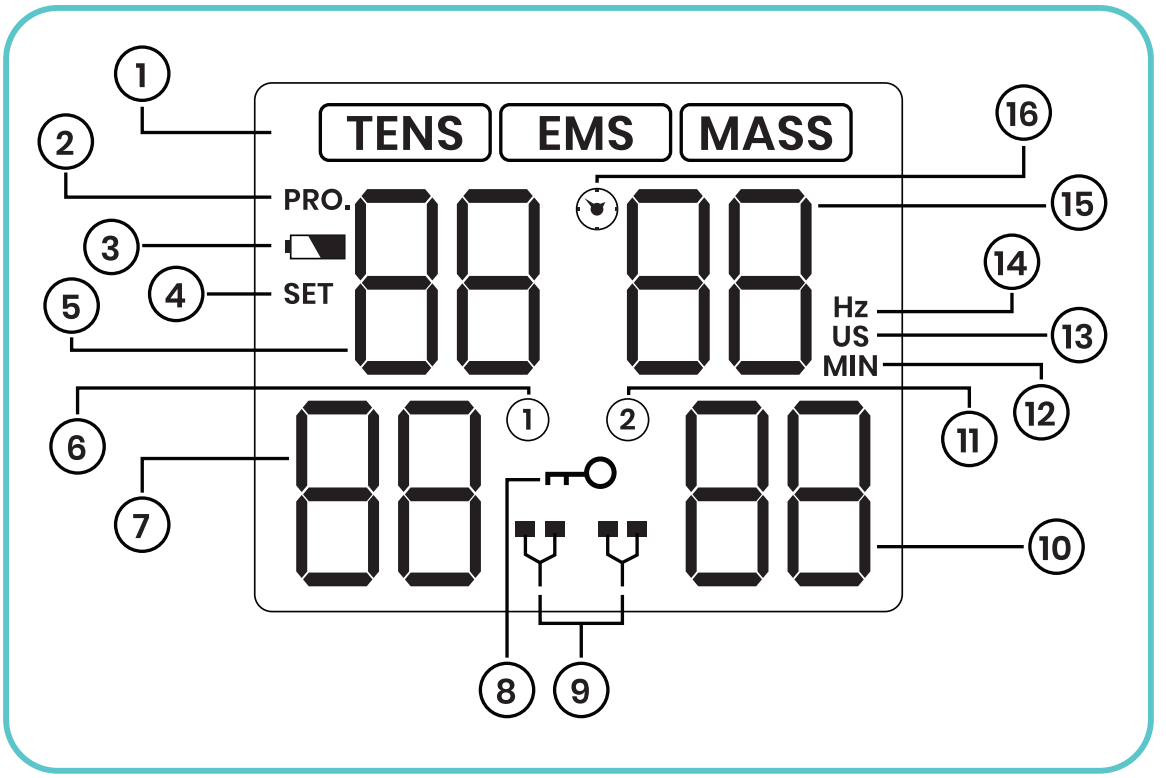
The EMS stimulation program stimulates healthy muscles in order to improve and facilitate muscle performance.

Massage Mode

The Massage stimulation program provides relaxing muscle vibration to loosen tight muscles.

GETTING TO KNOW YOUR DEVICE

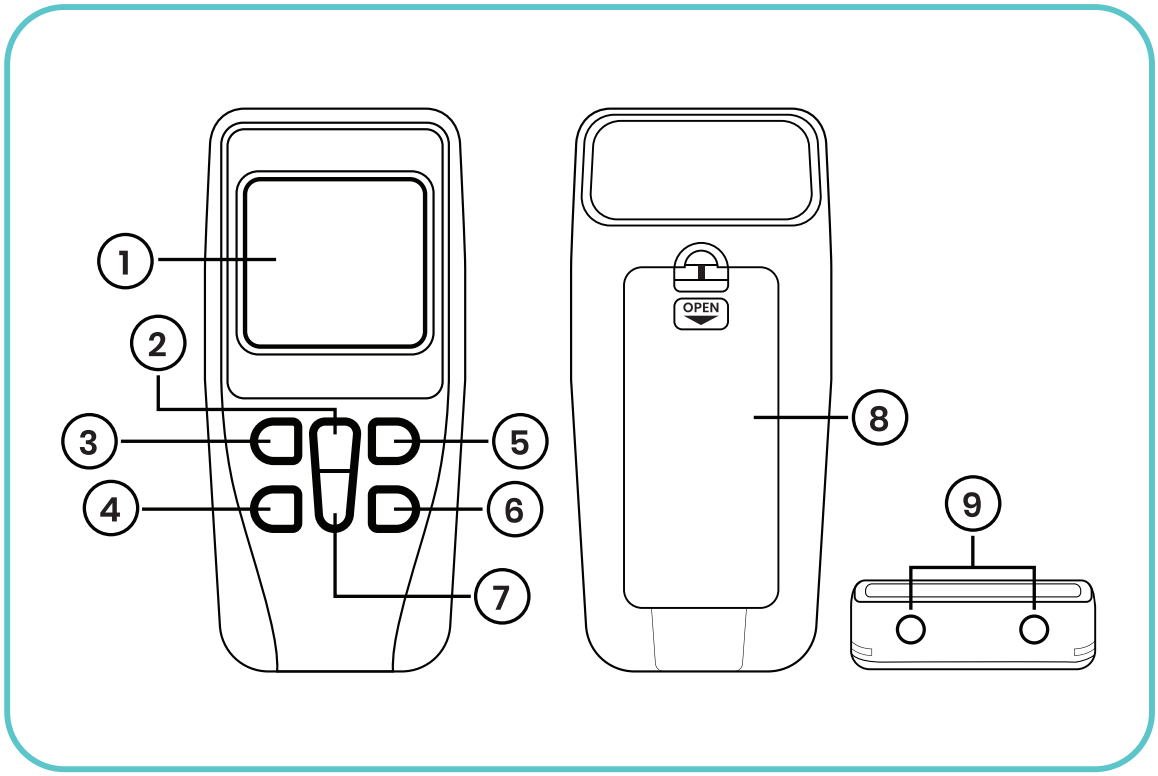
LCD Display Definitions



No.	Function Description
1	Treatment Mode
2	Symbol of Program
3	Low Battery Indicator
4	Symbol of SET
5	Program Number

6	Symbol of Channel 1
7	Intensity for Channel 1
8	Key Locking Symbol
9	Indicator of No Load (Channel 1 and Channel 2)
10	Intensity for Channel 2
11	Symbol of Channel 2
12	Symbol of Treatment Time (min)
13	Symbol of Pulse Width (uS)
14	Symbol of Pulse Rate (Hz)
15	Treatment Time
16	Timer Sign

Device Illustration



No.	Description
1	LCD display
2	[ON/OFF/M] button: At power saving mode, press the [ON/OFF/M] button to turn on the device; At standby mode, press the [ON/OFF/M] button to select treatment mode; At standby mode, press and hold the

	[ON/OFF/M] button to turn off the device; At treating mode press the [ON/OFF/M] button to stop the treatment.
3	[+] button: At standby or treating mode, press the [+] button to increase the intensity of the CH1; At setting mode, press the [+] button to increase the corresponding data for the pulse rate, pulse width, or treatment time.
4	[-] button: At treating mode, press the [-] button to decrease the intensity of the CH1. At the key locking mode, press the [-] button to unlock the keys. At setting mode, press the [-] button to decrease the corresponding data for the pulse rate, pulse width, or treatment time.

5	[+] button: At standby or treating mode press the [+] button to increase the CH1 or CH2; At setting mode, press the [+] button to increase the corresponding data for the pulse rate pulse width, or treatment time.
6	[-] button: At treating mode, press the [-] button to decrease the CH2. At the key locking mode, press the [-] button to unlock the keys. At setting mode, press the [-] button to decrease the corresponding data for the pulse rate, pulse width, or treatment time.
7	[P] button: At standby mode, press the [P] button to select the treatment program. At standby mode, press and hold the [P] button to enter the setting mode.

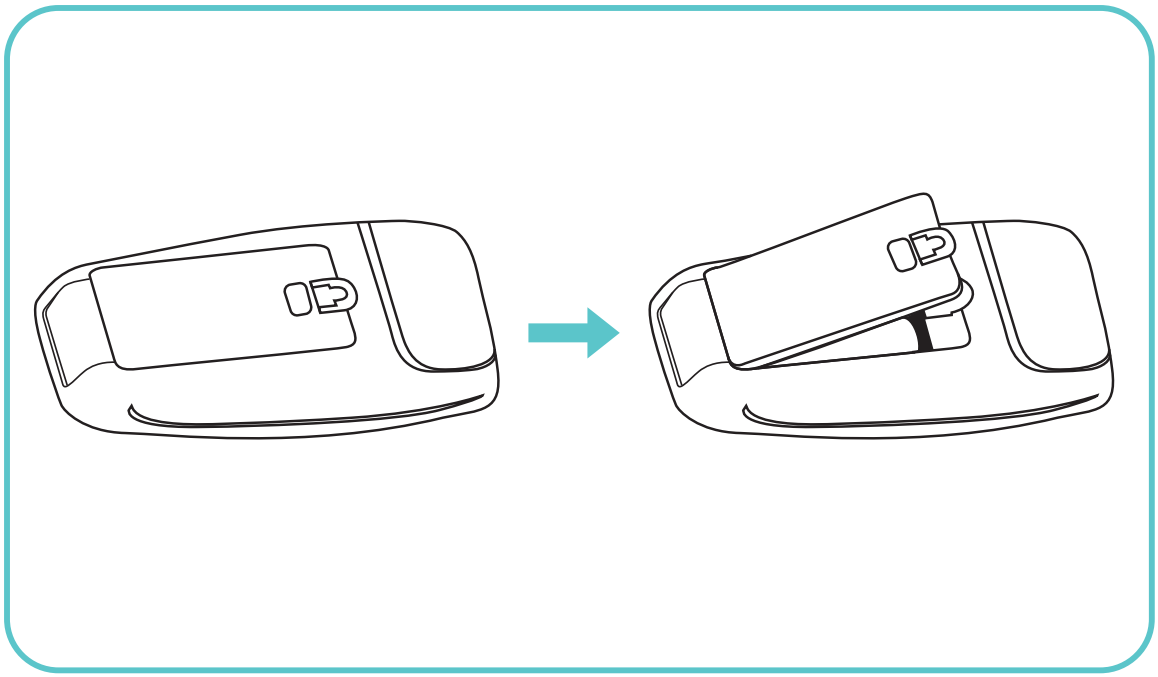
8	Battery cover
9	Output socket

OPERATING INSTRUCTIONS

Battery

Check/Replace Batteries

Open the battery cover, insert three batteries (type AAA) into the battery compartment. Make sure you are installing the batteries properly. Be sure to place the batteries according to the markings of positive terminal (+) and negative terminal (-) in the battery compartment of the device.



Disposal of Batteries

Spent batteries do not belong to the household waste. Dispose of the batteries following the current regulations. As a consumer, you have a legal obligation to return spent batteries to a proper receptacle.

1. If a battery is swallowed accidentally, please seek medical assistance immediately!
2. In case of battery leakage, please avoid contact with the battery through skin, eyes, and mucus membranes. If contact occurs, flush the area thoroughly with clean water and contact your doctor immediately.
3. Batteries cannot be dismantled, thrown into fire, or short-circuited.
4. Protect the batteries from excess heat; Take the battery out of the product if they are spent or you don't use it for a long time. This can prevent device damage due to battery leakage.
5. Replace all batteries simultaneously.
6. Always replace with the same type of battery.

Connect the Electrode Pads to the Electrode Wires

Insert the electrode wire connector into the electrode connector. Make sure they are properly connected to ensure good performance.

CAUTION: Always use the electrode pads which comply with the requirements of the IEC/EN60601-1, ISO10993-1/-5/-10 and IEC/EN60601-1-2, as well as CE and FDA 510(K) regulations.

Connect the Electrode Wires to the Device

Before proceeding to this step, ensure that the device is completely switched OFF.

Hold the insulated portion of the electrode wire connector, and insert the plug into the receptacle on the top of the main device.

Ensure that the electrode wires are inserted correctly. The device has two output receptacles controlled by Channel A and Channel B at the top of the unit. You may choose to use one channel with one pair of electrode wires or both channels with two pairs of electrode wires.

Using both different areas at the same time.

CAUTION: Do not insert the plug of the electrode wires into any AC power supply socket.

ELECTRODE

Electrode Options

The electrodes should be routinely replaced when they start to lose their adhesiveness. If you are unsure of your electrode adhesive properties, replace your current electrodes with new electrodes. Replacing electrodes should be re-ordered under the advice of your physician or the device manufacturer to ensure proper quality. Follow application procedures outlined on electrode packaging when using the new replacement electrodes to maintain optimal stimulation and to prevent skin irritation.

Place Electrodes on Skin

Place the electrode on the body part in need of treatment, according to the instruction of this user manual. Please make the skin clean before use and ensure the skin and electrode connect well.

CAUTION:

1. Always remove the electrodes from the skin with a moderate pull in order to avoid injury in the event of highly sensitive skin.
2. Before applying the self-adhesive electrodes, it is recommended to wash and degrease the skin, and then dry it.
3. Do not turn on the device when the self-adhesive electrodes are not positioned on the body.
4. To remove or move the electrodes, switch off the device or the appropriate channel first in order to avoid unwanted irritation.
5. It is recommended that, at minimum, 1.97” x 1.97” self-adhesive square electrodes are used at the treatment area.
6. Never remove the self-adhesive electrodes from the skin while the device is still on.

A - Output A B - Output B

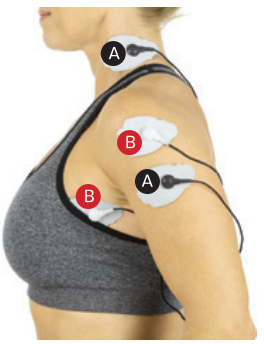
Stiff Shoulder

Cervical Pain

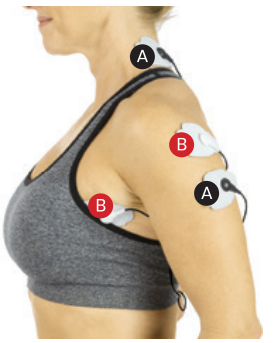
Erector Spinalis

Lower Back

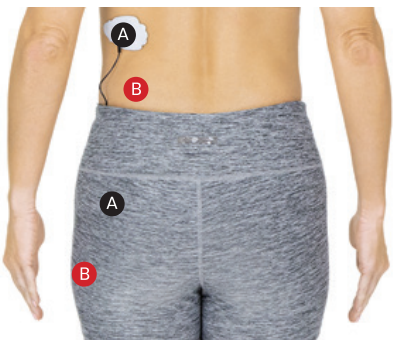
Shoulder Pain



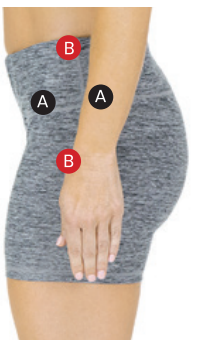
Bicipital Tendonitis



Hip Neuralgia



Hip Pain

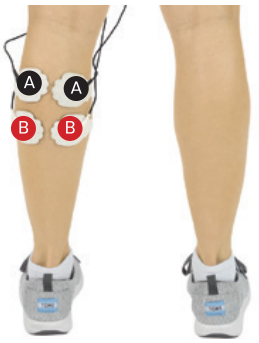


Sciatica

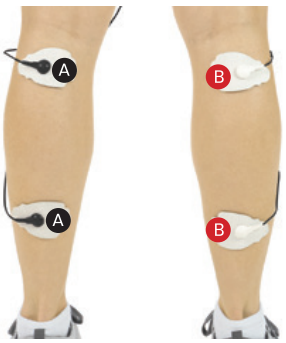
Slipped Disc

Knee Pain

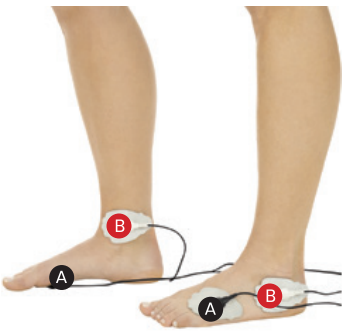
Calf Muscle



Lower Leg Pain

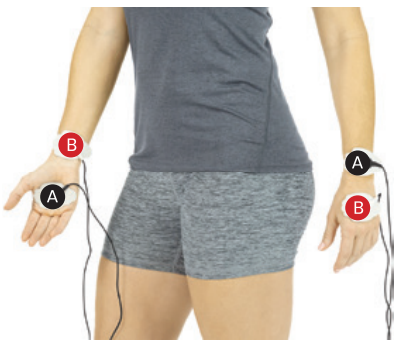


Foot Pain

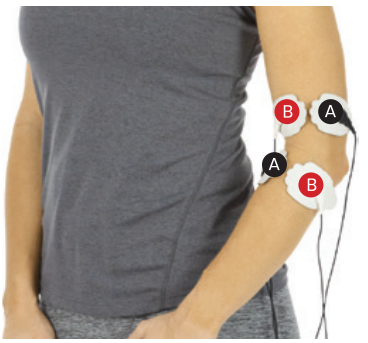


Place Under Forefoot

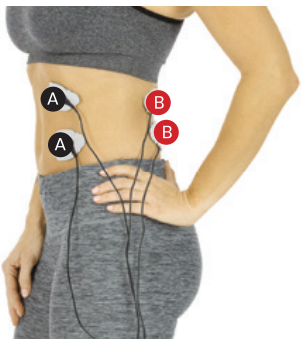
Carpal Tunnel Syndrome



Elbow Pain



Stomach Pain

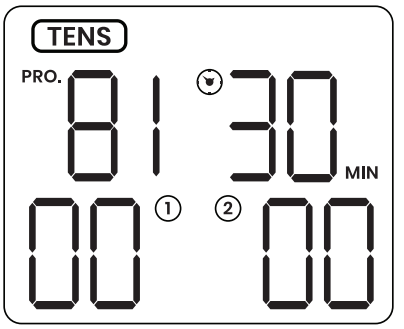


Abdominal Pain

INSTRUCTIONS FOR USE

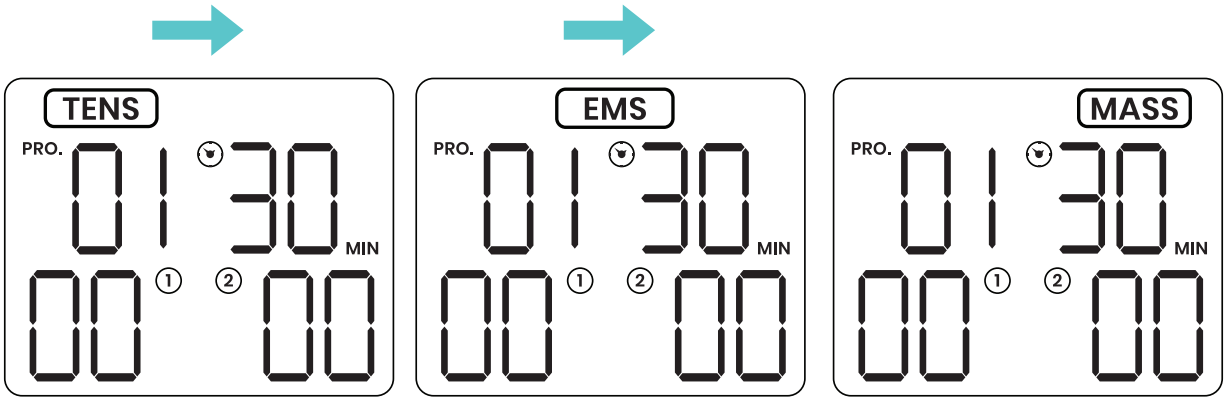
Turn On the Device

Ensure batteries are installed. Press the [ON/OFF/M] button to turn the device on, the LCD will illuminate. Standby mode will initiate as pictured below:



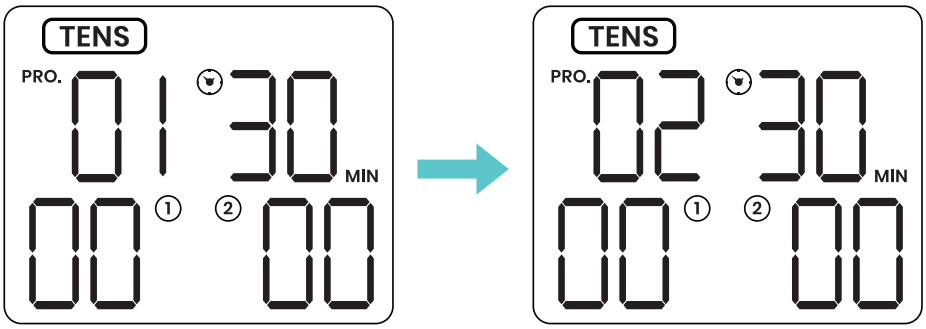
Select Treatment Mode

Press the [ON/OFF/M] button to turn the device on, the LCD will illuminate. Standby mode will initiate as pictured below:



Select Treatment Program

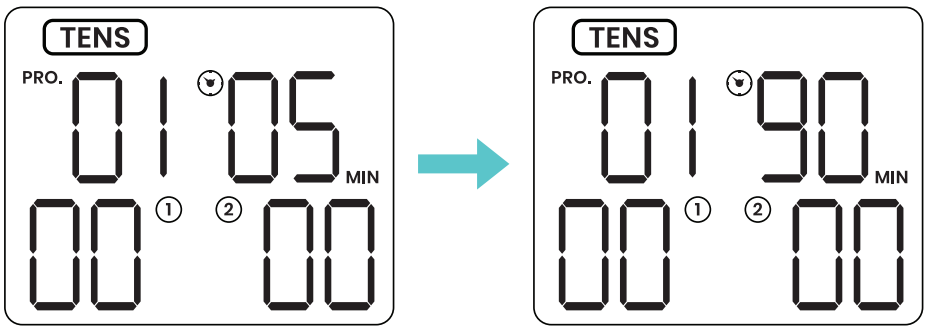
Based on your needs, press [P] button to select the treatment program. The LCD displays as follows:



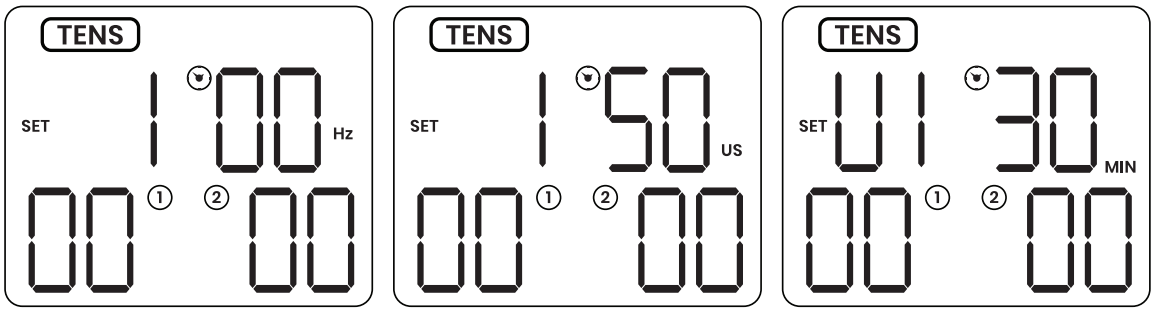
Set Program Parameter

Press and hold [P] button to enter the setting mode.

1. In the program p1 to p6 of the TENS mode, and the program p1 to p5 of the EMS mode, press [+]/[-] button to adjust treatment time. The LCD displays as follows:



2. In the program U1 to U3 of the TENS mode, and the program U1 to U3 of the EMS mode, press [P] button to adjust pulse rate -> pulse width -> treatment time by setting the parameter.



3. Press [+]/[-] button to adjust corresponding data.

Treatment Mode	Program No.	Treatment time (min)	Frequency (Hz)	Pulse width (us)	Type
TENS	PU1	Default: 30 Adjustable: (5-90)	Default: 50 Adjustable: (2-100)	Default: 180 Adjustable: (100-300)	Con.
	PU2	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 160-260 Adjustable: (100-300)	PWM

	PU3	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 260 Adjustable: (100-300)	IM
TENS	PU2	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 200 Adjustable: (100-300)	SY
	PU3	Default: 30 Adjustable: (5-90)	Default: 70 Adjustable: (2-100)	Default: 200 Adjustable: (100-300)	AL

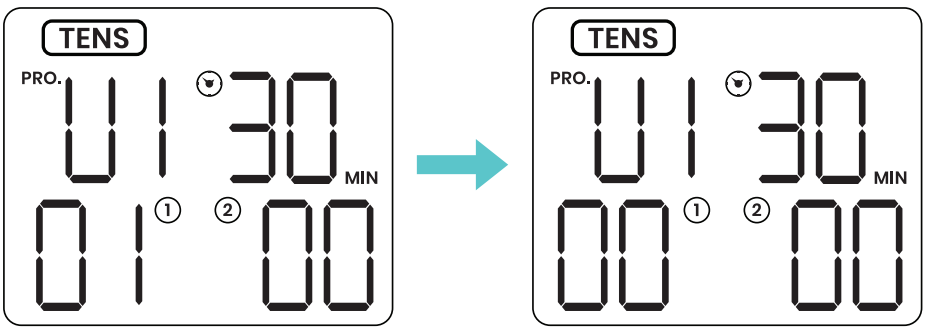
Treatment Programs

Mode	Pro-gram	Treatment time (min)	Pulse rate (Hz)	Pulse width (us)	Type of wave-form
TENS	P01	Default: 30 Adjustable: (5-90)	100	150	Modula-tion
	P02	Default: 30 Adjustable: (5-90)	60	200	Contin-uous
	P03	Default: 30 Adjustable: (5-90)	15	260	Contin-uous
	P04	Default: 30 Adjustable: (5-90)	2-60	260-160	Modula-tion
	P05	Default: 30 Adjustable: (5-90)	60/50/45/10 /50/35	200	Modula-tion

	P06	Default: 30 Adjustable: (5-90)	40/6/50	200	Modulation
TENS	PU1	Default: 30 Adjustable: (5-90)	Default: 50 Adjustable: (2-100)	Default: 180 Adjustable: (100-300)	Continuous
	PU2	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 160-260 Adjustable: (100-300)	Modulation
	PU3	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 260 Adjustable: (100-300)	Modulation
EMS	P01	Default: 30 Adjustable: (5-90)	4	299	Continuous
	P02	Default: 30 Adjustable: (5-90)	20	200	Synchronous
	P03	Default: 30 Adjustable: (5-90)	50	200	Synchronous
	P04	Default: 30 Adjustable: (5-90)	60	200	Alternate
	P05	Default: 30 Adjustable: (5-90)	50	200	Alternate
	PU1	Default: 30 Adjustable: (5-90)	Default: 5 Adjustable: (2-100)	Default: 300 Adjustable: (100-300)	Continuous

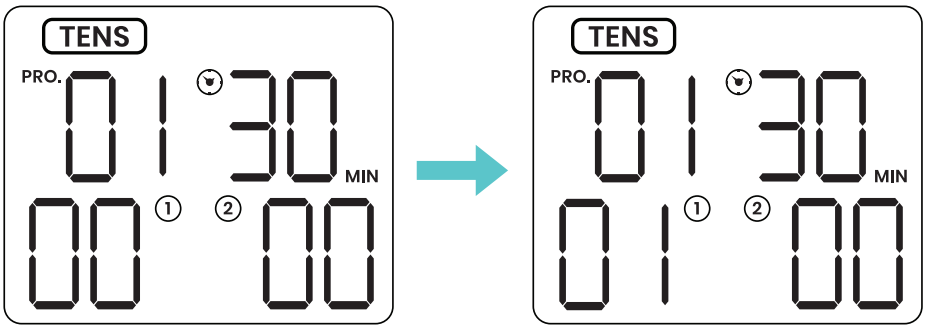
	PU2	Default: 30 Adjustable: (5-90)	Default: 60 Adjustable: (2-100)	Default: 200 Adjustable: (100-300	Syn- chro- nous
EMS	PU3	Default: 30 Adjustable: (5-90)	Default: 70 Adjustable: (2-100)	Default: 200 Adjustable: (100-300)	Alter- nate
Mas- sage	P01	30	8	300	Contin- uous
	P02	30	100	300	Contin- uous
	P03	30	28-45	120-250	Modula- tion
Mas- sage	P04	30	25-80	120-250	Modula- tion
	P05	30	50-100	100-240	Modula- tion

4. Press [ON/OFF/M] button to return to the standby mode.



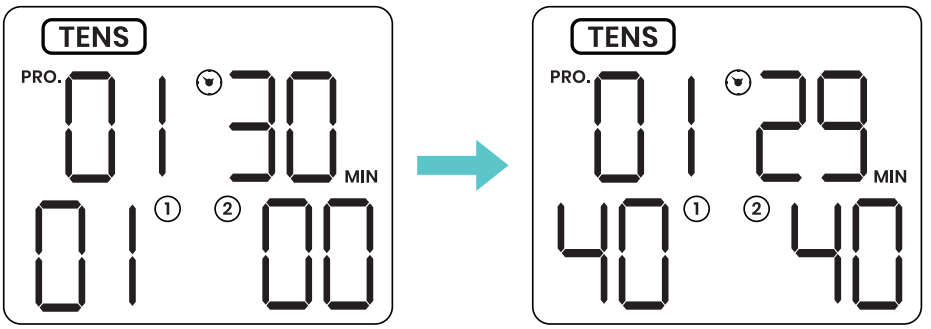
Start Treatment

Press the [+] button of CH1 to increase the channel 1 intensity. Press the [+] button of CH2 to increase the channel 2 intensity. The LCD displays as follows:

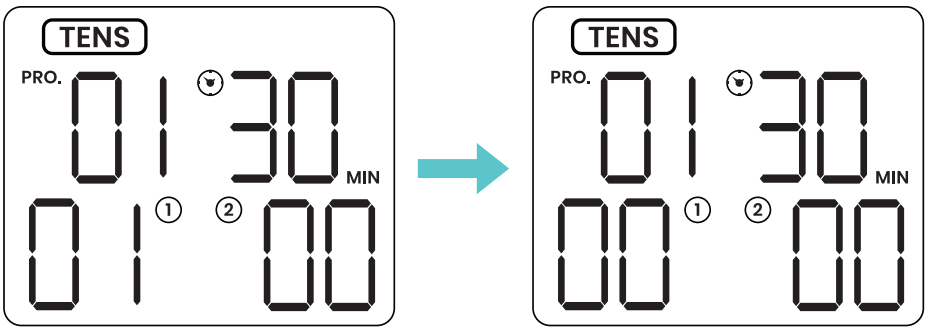


Adjust the Output Intensity

Place the electrodes on the body parts, press the [+] button to increase output intensity. It will be increased to a higher level after each press. The device has 40 levels of output intensity. Please adjust the intensity to the condition that you feel comfortable. The level of output intensity will be shown on the LCD:



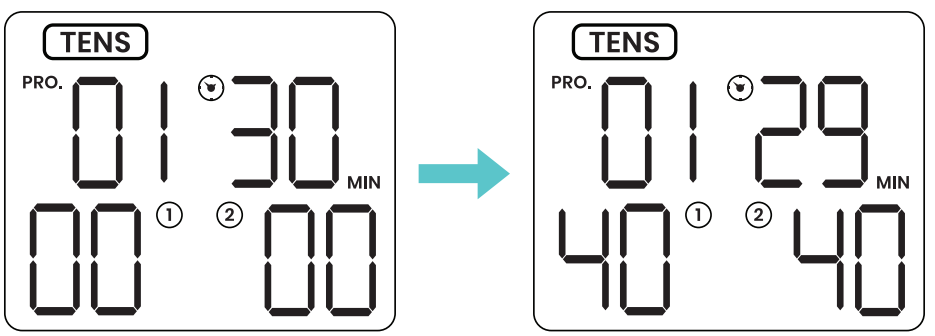
If the intensity level is too strong, press the [-] button to decrease the intensity level. When the output intensity of both channels decreases to 0. The stimulator will return to standby mode. The LCD displays as follows:



CAUTION: If you feel or become uncomfortable, reduce the stimulation intensity to a more comfortable level and consult with your medical practitioner if problems persist.

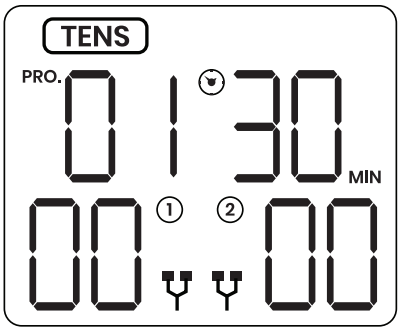
Stop Treatment and Turn Off the Device

Press the [ON/OFF/M] button to stop treatment during treating mode. Press the [ON/OFF/M] button again to turn off the stimulator. The LCD will go blank.



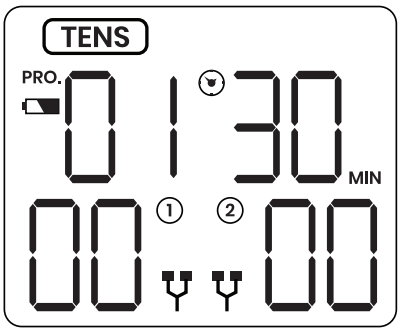
Load Detection

It will automatically detect the load if the intensity is above level 4. If a load is not detected or if skin contact with the electrode is not sufficient, the intensity will automatically return to level 0 and the symbol twinkles. The stimulator will return to standby mode.



Low Battery Detection

When the battery is low, the icon will twinkle to indicate that a low battery has been detected. Stop the device and replace the batteries.



Notice of Batteries:

A. Batteries may be fatal if swallowed.

Therefore, keep the batteries and the product out of the reach of children. If a battery is swallowed, go to a hospital immediately.

B. If there's battery leakage, avoid contact with the skin, eyes, and mucus membranes. Rinse the affected spots with plenty of clear water immediately and contact a physician right away.

C. Batteries must not be charged, dismantled, thrown into fire or short-circuited.

D. Protect batteries from excess heat. Take the batteries out of the device if they are spent or in case that you will no longer use them. This prevents damage caused by leaking batteries.

Usage of Electrode Pads

A. The electrode may only be connected with the EMS TENS Unit stimulator. Make sure that the device is turned off when attaching or removing the electrode pads.

B. If you want to reposition the electrode during the application, turn the device off first.

C. The usage of electrodes may lead to skin irritation. If you experience such skin irritations, e.g. redness, blistering or itching, discontinue using them. Do not use the EMS TENS Unit stimulator permanently on the same body part, as this stimulator permanently on the same body part, as this may also lead to skin irritations.

D. Electrode pads are private and intended for single person use. Please avoid using them by different persons.

E. The electrode must connect entirely to the skin surface to prevent hot spots, which may lead to skin burns.

F. Do not use the electrode pads for more than approximately 10 times, as connection between the electrodes and the skin deteriorates over time.

G. The adhesive force of the electrodes depends on the skin properties, storage condition, and the number of applications.

If your electrode pads no longer fully stick to the skin's surface, replace them with new ones. Stick the electrode pads back onto the protective foil after use and store them in the storage bag to prevent them from drying out. This retains the adhesive force for a longer period.

CAUTION:

1. Before applying the electrode, it is recommended for users to wash and degrease the skin, and then dry it.
2. Never remove the electrode from the skin while the device is still on.
3. Only use the electrode pads provided by the manufacturer. Usage of other companies' products could result in injuries to the user.

Where Do I Attach the Electrode Pads?

A. Each person reacts differently to electric nerve stimulation. Therefore, the placement of the electrodes may deviate from the standard. If application is not successful, contact your physician to find out which placement techniques are best for you.

B. Do not use any adhesive electrodes with a size smaller than those the original manufacturer attached. Otherwise the current density may be too high and cause injuries.

C. The size of the adhesive pads may not be changed, e.g. by clipping off parts of them.

D. Make sure that the region radiating the pain is enclosed by the electrodes. In case of painful muscle groups, attach the electrodes in such a way that the affected muscles are also enclosed by the electrodes.

Usage Advice for TENS

If you feel the output intensity too strong, you can press [-] button to decrease it;

If you don't feel any discomfort during the treatment, we advise you to use the device until the session ends. Normally, the pain relief occurs after 5-10 minutes of treatment;

After a period of treatment, if pain relief is not achieved or the pain gets worse, please consult your doctor.

Usage Advice for EMS

Place the electrodes on the body part you want to treat.

Use the device one session length per treatment. If you feel discomfort during treatment, pause treatment or decrease the intensity setting.

IMPORTANT SAFETY PRECAUTIONS AND WARNINGS

It is important that you read all warnings and precautions included in this manual because they are intended to keep you safe, prevent risk of injury and avoid a situation that could result in damage to the device.

Contraindications

1. Do not use this device if you are using a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices. Such use could cause electric shock, burns, electrical interference, or death.

2. The device should not be used when cancerous lesions or other lesions are present in the treatment area.

3. Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.).

4. Electrode placements must be avoided in the carotid sinus area (anterior neck) or transcerebrally (through the head).

5. This device should not be used in overlay enervated areas.

6. Inguinal hernia.

7. Do not use on scarred areas following a surgery for at least 10 months after the operation.

8. Do not use with serious arterial circulatory problems in the lower limbs.

WARNING

1. If you have had medical or physical treatment for your pain, consult with your physician before use.

2. If your pain is not subdued, becomes more than mild, or lasts for more than five days, stop using the device and consult with your physician.
3. Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty breathing, or adverse effects on heart rhythm or blood pressure.
4. Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
5. Do not apply stimulation over, or in proximity to, cancerous lesions.
6. Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when an electrical stimulation device is in use.
7. Do not apply stimulation when in the bath or shower.
8. Do not apply stimulation while sleeping.

9. Do not apply stimulation while driving, operating machinery, or during any activity when electrical stimulation can put you at risk of injury.

10. Apply stimulation only to normal, intact, clean, healthy skin.

11. The long-term effects of electrical stimulation are unknown. Electrical stimulation devices cannot replace drugs prescribed by your doctor.

12. Stimulation should not take place while the user is connected to high-frequency surgical equipment, which may cause burn injuries on the skin under the electrodes, as well as problems with the stimulator.

13. Do not use the stimulator in the vicinity of shortwave or microwave therapy equipment, since this may affect the power output of the stimulator.

14. Never use the stimulator near the cardiac area. Stimulation electrodes should never be placed anywhere on the front of the thorax (marked by ribs and breastbone), but above all not on the two large pectoral muscles.

There it can increase the risk of ventricular fibrillation and lead to cardiac arrest.

15. Never use the stimulator on the eye, head, or face area.
16. Never use the stimulator near the genitals.
17. Never use the stimulator on areas of the skin which lack normal sensation.
18. Keep electrodes separated during treatment. It could result in improper stimulation or skin burns if electrodes are in contact with each other.
19. Keep the stimulator out of the reach of children.
20. Consult your doctor if you are in any doubt whatsoever.
21. Discontinue use immediately if you feel discomfort during use.

Precautions

1. TENS is not effective for pain of central origin including headache.
2. TENS is not a substitute for pain medications and other pain management therapies.

3. TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
4. Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
5. Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head.
6. The safety of electrical stimulation during pregnancy has not been established.
7. You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (silica gel).
8. If you have suspected or diagnosed heart disease or epilepsy, you should follow precautions recommended by your physician.
9. Caution if you have a tendency to bleed internally, e.g., following an injury of fracture.

10. Consult your physician prior to use of the device after a recent surgical procedure, because stimulation may disrupt the healing process.
11. Caution if stimulation is intended to be applied over the menstruation or pregnant uterus.
12. This stimulator should not be used by a patient who is noncompliant or emotionally disturbed, including those with dementia or low IQ.
13. The instruction of use is listed and should be obeyed. Any improper use may be dangerous.
14. Rare cases of skin irritation may occur at the site of the electrode placement following long-term application.
15. Do not use this device in the presence of other equipment which sends electrical impulses to the body.
16. Do not use sharp objects such as a pencil or pen to operate the buttons on the control panel.

17. Check the electrode connections before each use.

18. Electrical stimulators should be used only with the electrodes recommended for use by the manufacturer.

Adverse Reactions

1. Possible skin irritation or electrode burn under the electrodes may occur.

2. On very rare occasions, first-time users of TENS report feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

3. If the stimulation makes you feel uncomfortable, reduce the stimulation intensity to a comfortable level and contact your physician if problems continue.

CLEANING AND MAINTENANCE

Fully comply with the following necessary daily maintenance requirements to make sure the device is intact and guarantee its long-term performance and safety.

Cleaning and Care for the Device

1. Pull the electrodes out of the stimulator, clean the device with a soft, slightly damp cloth. In case of heavier dirt build-up, you may also apply a mild detergent.

2. Do not expose the EMS TENS Unit stimulator to moisture or dampness. Do not hold the EMS TENS Unit stimulator under running water. Do not submerge in water or other liquids.

3. The EMS TENS Unit stimulator is sensitive to heat and may not be exposed to direct sunlight. Do not place on hot surfaces.

4. Clean the surface of the electrode pads carefully with a damp cloth. Make sure the device is turned off.

5. For reasons of hygiene, each user should use his/her own set of electrodes.

6. Do not use any chemical cleaners or abrasive agents for cleaning.

7. Ensure that no water penetrates into the machine. Should this happen, use the device again only when it is completely dry.

8. Do not clean the device during treatment. Be sure that the device is turned off before cleaning.

Maintenance

1. If your device malfunctions, contact your distributor.
2. Do not attempt repairs to the device or accessories. Contact retailer for repair.
3. Opening of the equipment by unauthorized agencies is not allowed and will terminate any claim to warranty.

Each product in manufacturing has been inspected through the systematic validation. The performance is stable and does not need to undertake calibration and validation. If your product can't reach the expected performance and the basic function has changed in normal use, please contact the retailer.

SPECIFICATIONS

Technical Specifications

Device Name	EMS TENS Unit
Model/type	RHB2026GRY
Power sources	4.5V DC, 3x AAA batteries
Output channel	Dual channel
Waveform	Bi-phase square-wave pulse
Output current	Max. 120mA (at 500ohm load)
Output intensity	0 to 40 levels, adjustable
Treatment mode	TENS, EMS, and MASSAGE mode
Operating condition	41°F to 104°F with a relative humidity of 15%-93%, atmospheric pressure from 700 hPa to 1060 hPa

Storage condition	14°F to 131°F with a relative humidity of 10%-95%, atmospheric pressure from 700 hPa to 1060 hPa
Dimension	4.29in x 2.14in x 0.91in (L x W x T)
Weight	About 2.5oz (without batteries)
Automatic shutoff	1 minute
Classification	BF type applied part, internal power equipment, IP22
Size of electrode pad	2in x 2in, square
Output precision	±20% error is allowed for all output parameters

TENS Mode Specifications

Number of programs	9 programs
P.W. (Pulse Width)	100-300μs
P.R. (Pulse Rate)	2-120Hz (Hz=vibration per second)
Treatment time	5-90 minutes

EMS Mode Specifications

Number of programs	8 programs
P.W. (Pulse Width)	100-300μs
P.R. (Pulse Rate)	2-100Hz (Hz=vibration per second)
Treatment time	5-90 minutes

MASSAGE Mode Specifications

Number of programs	5 programs
P.W. (Pulse Width)	100-250μs
P.R. (Pulse Rate)	8-100Hz (Hz=vibration per second)
Treatment time	30 minutes

TROUBLESHOOTING

Should any malfunction occur while using the device, check whether the parameters are set appropriately for therapy, and adjust the control correctly. Please see the following table:

Malfunction	Common Reasons	Counter-measure
No display after replacing the battery.	1. There's a foreign body in the battery compartment.	1. Check and clean the compartment.

	2. The battery has been used up or installed oppositely. 3. There is a foreign body in the battery interface. 4. The battery is not the right model or something goes wrong with the battery interface. 5. Exception reset.	2. Replace the new battery or install the battery correctly. 3. Check and clean the interface. 4. Replace the battery with the right model.
No sensation of stimulation	1.The electrode does not connect well to the skin. 2. If the connection between electrode	1. Check and reattach to the skin. 2. Check the connection. 3. Replace the batteries.

	connects well to the stimulator. 3. The battery is spent. 4. The skin is too dry.	4. Wipe the electrode and the skin with a wet cotton cloth.
Devices stops suddenly.	1. The electrode loses connection with the skin. 2. The batteries are used up.	1. Check and place the electrode properly on the skin. 2. Replace the batteries.
Rash or tickle on the skin occurs in the treatment	1. The treatment time lasts too long. 2. The electrode does not stick well to the skin.	1. Do the treatment once a day and shorten the treatment time. 2. Check and stick the electrode well.

	3. The interface of the electrodes is dirty or dry. 4. The skin is sensitive to the electrode.	3. Wipe the electrode with a wet cotton cloth before use. 4. Check your allergic history. Please change the sticking place or shorten the treatment time. If your skin is overly sensitive, you should stop the treatment or go see your doctor.

STORAGE

Storing the Electrode Pads and Lead Wires

1. Turn the device off and remove the lead wires from the unit.

2. Remove the electrodes from your body and disconnect the lead wires from the electrodes.

3. Place the electrodes onto the plastic film and then store into the sealed package.

4. Wrap the lead wires and store into the sealed package.

Storing the Unit

1. Place the unit, electrodes, lead wires and manual in the box. Store the box in a cool, dry place, 14°F – 131°F; 10% – 90% relative humidity.

2. Do not keep in places that can be easily reached by children.

3. When not in use for long periods, remove the battery prior to storage.

DISPOSAL

Spent batteries do not belong in household waste receptacles. Users should dispose of batteries according to local regulations. As a consumer, you have the obligation to dispose of batteries correctly.

Consult your municipal authority or your dealer for information about disposal.

At the end of the product life cycle, do not throw this product into household waste receptacles. Bring it to a collection point for recycling of electronic equipment.

Obsolete electrical and electronic equipment may have potentially harmful effects on the environment. Incorrect disposal can cause toxins to build up in the air, water, and soil and jeopardize human health.

ELECTROMAGNETIC COMPATIBILITY (EMC) TABLES

Guidance and manufacturer's declaration - electromagnetic emissions
The device is intended for use in the electromagnetic environment specified below. The customer or the user has to assure that it is used in such an environment.

Emissions Test	**Compliance**	**Electromag-netic environment - guidance**
RF emissions CISPR11 Test	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR11	Group B	The device is suitable for use in all establishments including those directly
Harmonic emissions IEC 61000-3-2	Not applicable	

		connected to the public low-voltage power supply network that supplies to buildings power used for domestic purposes.

Guidance and manufacturer's declaration - electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user has to assure that it is used in such an environment.			
Immunity Test	**IEC 60601 Test Level**	**Compliance Level**	**Electro-magnetic environ-ment guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	±8kV direct and indirect contact; ±15kV air	±8kV direct and indirect contact;	Floors should be wood, concrete or

	discharge	±15kV air discharge	ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2kV for power supply lines	Not applicable	Not applicable (for INTERNALLY POWERED ME EQUIPMENT)
Surge IEC 61000-4-5	±1kV line(s) to line(s)	Not applicable	Not applicable (for INTERNALLY POWERED ME EQUIPMENT)

Voltage dips, short interruptions, and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 seconds	Not applicable	Not applicable (for INTERNALLY POWERED ME EQUIPMENT)
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	10V/m	10V/m	Power frequency magnetic fields should be at levels characteristic of a typical commercial or hospital environment
NOTE: U_T is the a.c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration - electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user has to assure that it is used in such an environment.			
Immunity Test	**IEC 60601 Test Level**	**Compli-ance Level**	**Electromag-netic environ-ment guidance**
Radiated RF IEC 61000-4-3	10V/m and Table 9	10V/m and Table 9	Portable and mobile RF communicatio ns equipment should be used not closer to any part of the device, including cables, than the recommended separation distance calculated from the equation

			applicable to the frequency of the transmitter. Recommended separation distance $d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined

			by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:

NOTE 1: At 80MHz and 800MHz, the higher frequency range applies.
NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

A. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered.

If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the device.

B. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than [Vi] V/m.

Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment (Table 9)

Test frequency (MHz)	**Band (MHz)**	**Service**	**Modulation**	**Maximum power (W)**	**Distance (m)**	**Immunity Test Level (V/m)**
385	380–390	TETRA 400	Pulse modulation 18Hz	1.8	0.3	27
450	430–470	GMRS 460, FRS 460	FM ±5kHz deviation 1kHz sine	2	0.3	28
710	704–787	LTE Band 13, 17	Pulse modulation 217Hz	0.2	0.3	9
745						
780						

810 870 930	800–960	GSM800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18Hz	2	0.3	28
1720 1845 1970	1700–1990	GSM1800; CDMA 1900; DECT; LTE Band 1,3,4,25; UMTS	Pulse modulation 217Hz	2	0.3	28
2450	2400–2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217Hz	2	0.3	28
5240 5500 5785	5100–5800	WLAN 802.11 a/n	Pulse modulation 217Hz	0.2	0.3	9

NOTE: If it is necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m. The 1 m test distance is permitted by IEC 61000-4-3.

A. For some services, only the uplink frequencies are included.
B. The carrier shall be modulated using a 50% duty cycle square wave signal.
C. As an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because it does not represent actual modulation. It would be worst case.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at **vhealth.link/f0l** for helpful answers.

And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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