

60 MODE TENS UNIT

RHB3024WHT

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SM9075

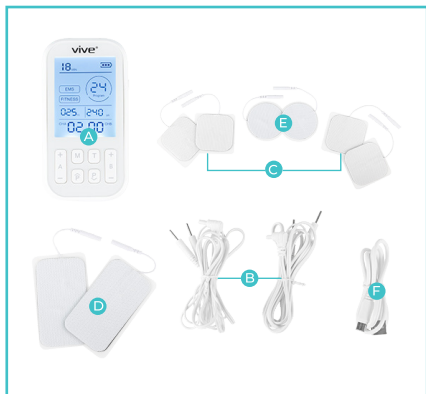


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vhealth.link/Oj1

OWNER'S MANUAL

60 MODE TENS UNIT

WHAT'S INCLUDED



- 1x EMS/Tens Unit (A)
- 2x Channel Cables (B)
- 4x Square Electrode Pads (C)
- 2x Rectangle Electrode Pads (D)
- 2x Circular Electrode Pads (E)
- 1x USB-c Charging Cable (F)
(No Power Adapter Included)

Tens Function (24 Modes)

Transcutaneous Electrical Nerve Stimulation is a therapeutic technique that involves the use of low-voltage electrical currents to provide pain relief. The electrical currents generated by the unit can potentially interfere with the transmission of pain signals, leading to a reduction in pain perception.

Best Used For:

- Chronic Pain
- Acute Pain
- Musculoskeletal Pain
- Back Pain

EMS Function (24 Modes)

Electronic Muscle Stimulation involves using electrical current to stimulate muscle contraction in a controlled manner. Unlike TENS, which focuses on providing pain relief by affecting nerves, EMS directly targets muscles to promote muscle contractions and exercise.

Best Used For:

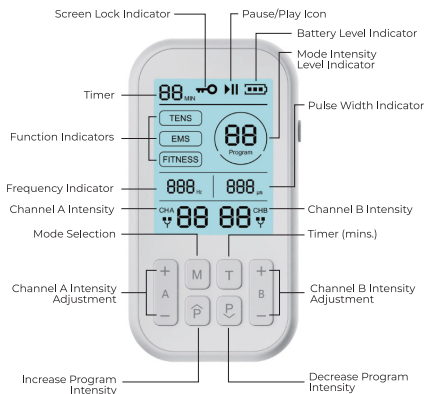
- Muscle Rehabilitation
- Muscle Strengthening
- Muscle Conditioning
- Pain Management
- Improved Blood Flow

EMS is not a replacement for traditional exercise

FITNESS FUNCTION (12 MODES)

Used to improve abdominal tone and strengthen the abdominal muscles.

Diagram



APPLICATION

1. Wipe the skin in the area you want to treat to remove any oils and/or lotions.
2. Make sure the electrode pads are properly plugged into Channel A and/or Channel B, at the top of the device.

3. Apply the electrode pads onto your skin. Use the charts below to see the “Therapy Position Suggestions” to determine the best placement for your needs.
4. Press and hold the power button on the right side of the device, the LCD screen will light up and default to the TENS function, the device is now ready for use.

60 MODE TENS INSTRUCTIONS

1. To switch to and from desired modes, press the “M” button on the device. You will see the selected mode blinking on the left side of the screen.
2. To change the timer on the device, press the “T” button to switch from 10-60 minutes in increments of 10.



- To increase/decrease the Program strength. Press the “P” buttons.



- To lock the device, tap the power button on the right side of the device.



You will see a key icon at the top of the screen to show that it is locked.



5. To Pause/Play the device, press both the “M” & “T” buttons simultaneously. You will see an icon on the top of the screen to show when the device is actively paused.



ELECTRODE PADS

Store in a dry cool area.

Rectangular Pads: 90mm(L) x 50mm(W)

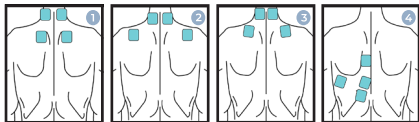
Square Pads: 50mm x 50mm

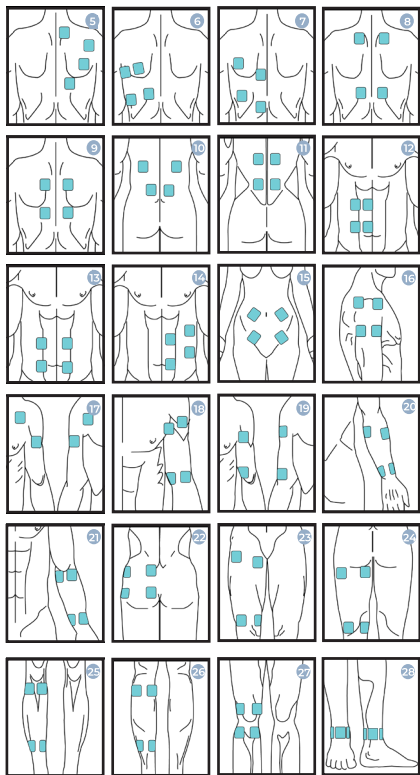
Circular Pads: 50mm

Shelf Life: 3 Years

Number Of Uses Per Pad: 30 - 50 uses per pad.

ELECTRODE PAD POSITIONING SUGGESTIONS





TENS Mode 24	Reasonable areas of application / Indications	Possible electrode positions	Recommended Time (Mins.)
1.	Lower back pain 1	4-11	30
2.	Lower back pain 2	4-11	30
3.	Rheumatic pain 1	1-28 especially 27	30
4.	Rheumatic pain 2	1-28 especially 27	30
5.	Sore thigh 1	22-24	30
6.	Sore thigh 2	22-24	30
7.	Shoulder pain 1	1-9, 16-19	30
8.	Foot pain 1	23-26, 28	30
9.	Shoulder pain 2	1-9, 16-19	30
10.	Rheumatic pain 3	1-28 especially 27	30
11.	Shoulder pain 3	1-9, 16-19	30
12.	Sore thigh 3	22-24	30
13.	Foot pain 2	23-26, 28	30
14.	Shoulder pain 4	1-9, 16-19	30
15.	Low back pain 3	4-11	30
16.	Foot pain 3	23-26, 28	30
17.	Low back pain 4	4-11	30
18.	Sore thigh 4	22-24	30
19.	Sore thigh 5	22-24	30
20.	Shoulder pain 5	1-9, 16-19	30

EMS Mode	Reasonable areas of application / Indications	Possible electrode positions	Recommended Time (Mins.)
24	Used to relax muscle spasms, Promotes physical recovery	1-28	30

Fitness Mode	Reasonable areas of application / Indications	Possible electrode positions	Recommended Time (Mins.)
12	Strengthening local muscle development	1-28, especially 12-14, 16-24	15

TROUBLESHOOTING

Before turning on the main unit, please check whether the battery is charged. If all operations are normal but you are not feeling an electrical pulse, check whether the electrode pads are in direct contact with your skin (they may be obstructed by hair, clothing, etc.).

CLEANING

- Shut down your device and keep electrode wires away from the electrical supply socket.
- Clean the device with a soft cloth.
- If the pads lose their stickiness, they may need to be replaced or cleaned with a few drops of water to remove debris.

Store this device in a dry, ventilated place. When moving the device, handle it with care and avoid shaking it or dropping it. Do not disassemble this device.

BATTERY OPERATING INSTRUCTIONS

Allow the device to charge fully before first use. The LCD display will indicate when the battery has been fully charged. View the battery symbol at the top right-hand side of the screen for an indication of the device's current battery life.

WARNINGS

- Contraindications and Potential Adverse Reactions.
- Please be advised that the long-term effects of chronic electrical stimulation on the human body are not known.
- For safety reasons, you should avoid using this product if you have one or more of the following conditions.
- A cardiac pacemaker.

- Suspected or confirmed epilepsy, heart disease, pregnancy, or heavy menstruation.
- Abnormal Blood Pressure
- Undergoing postoperative or post injury recovery.
- Sensitivity to heat or electrical stimulation.
- Skin conditions such as swelling, infection, general skin sensitivity, phlebitis, or other skin diseases.
- Allergies to metal.
- Cerebral hemorrhage.
- Hyperpyrexia or acute blood poisoning.
- Cardiovascular or cerebrovascular diseases.

DO NOT USE THIS PRODUCT WHILE WET, BATHING, SLEEPING, OR SWEATING. DO NOT USE THIS PRODUCT WHILE DRIVING, OPERATING MACHINERY, OR EXERCISING.

The following adverse reactions may occur. Stop using this device immediately and consult with you physician if you experience:

- Skin irritation and burns beneath the stimulation electrodes applied to your skin.
- Headaches and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.

SAFETY PRECAUTIONS

- Using this device with another electrical device may cause burns.
- Using electrode pads close to the chest may increase the risk of heart fibrillation. Simultaneously connecting high-frequency surgical ME equipment to a patient while this device is in use may result in burns at the site of the electrode pads, and cause damage to the stimulator.
- DO NOT operate this product near (within 1 meter) a shortwave or microwave therapy device.
- DO NOT apply this device to the head, directly on the eyes, over the mouth, at the front of the neck, or near your heart.
- Do NOT modify this equipment.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at
vhealth.link/0jl 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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