

TENS&EMS

Model: HZ9151B, HZ9151C, HZ9151D

Honq Qiangxing (Shenzhen) Electronics
Limited.

User Manual

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Foreword

Thank you very much for your purchase of TENS&EMS. Before using the device, please read the User's manual carefully and pay attention to the SAFETY GUIDE, so that you can operate it correctly for best results. The User's manual should be kept for your future reference.

1. SAFETY GUIDE

Please read the entire instructional manual before using the TENS&EMS. It will give you a better understanding of how the product works. If you are not sure which kind of medical condition, you should preclude yourself from using this device, consult your Chiropractor, Physiotherapist, Osteopath or Medical practitioner.

1.1 Warnings

- The patient should be the intended operator.
- The long-term effects of chronic electrical stimulation are unknown.
- Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
- Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- Stimulation should not be applied transcerebrally.
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- Stimulation should not be applied over, or in proximity to, cancerous lesions.
- This device must not be used on persons with cardiac pacemakers, implanted defibrillator, other implanted metallic or electronic devices. Such use could cause electric shock, burns, electrical interference, or death.
- The device may cause lethal rhythm disturbances in certain susceptible individuals.
- MR Unsafe – keep away from magnetic resonance imaging (MRI) equipment.
- Implanted with a life-supporting medical electronic device such as an artificial heart or lung or respirator.
- In the presence of electronic monitoring equipment (e. g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Over areas of damaged skin, scratched areas or blisters.
- Do not apply the pads to your head, face, the front and sides of the neck, the throat, or on both sides of the thorax at the same time.
- Do not share electrode pads with another person. This may cause a skin irritation or skin infection. Individuals should have their own set of pads for personal use.
- Do not leave pads attached to the skin after treatment.
- Do not use the unit in the presence of a flammable anesthetic gas mixture, compressed Oxygen or Nitrous Oxide.
- If the unit is not functioning properly or you feel uncomfortable during use, stop using the device.
- Do not use for any other purpose except for what it is intended for.
- Do not use the device while wearing other electronic devices as this may damage the device.
- Please keep the device from the reach of infants, children or pets, inhalation or swallowing of small parts is dangerous and can be potentially fatal.
- If you are allergic to plastic, please don't use this device.
- Long cables have the potential to strangulate, therefore, please be careful when using cables around the neck and shoulder areas.
- Do not bend or pull the end of the cord.
- Do not use the device in the presence of the following:
 - a. When there is a tendency to hemorrhage following acute trauma or fracture.
 - b. Following recommendation of doctor after surgery because stimulation may disrupt the healing process.
 - c. Do not use if you are pregnant.
 - d. Over areas of the skin that are damaged, cut, with rash or blistered.
- Do not throw the batteries into fire. The batteries may explode.

- The safety system for pregnancy to use electrical stimulation has not been established; Do not use the stimulator during the pregnancy.
- If you have diagnosed heart disease or have any heart problem, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precaution recommended by your physician.
- Do not directly Stimulate over the front of your neck or mouth. This could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not place pads directly over the heart. Electrical current into the heart may cause cardiac arrhythmias.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices have no curative value.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- Do not use over areas of skin that lack of normal sensation.
- Trans thoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- Please use the rated voltage required by the product label. If the supply voltage is lower than or higher than the additional input voltage, the product will not work properly.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the TENS&EMS, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

DO NOT USE THIS DEVICE DURING THESE ACTIVITIES

- When in the bath or shower;
- The device should not be used while asleep or if intending on falling asleep while treatment is still occurring.
- You have open wounds, rashes, swollen, red, infected or inflamed areas or skin eruptions; (e. g., phlebitis, thrombophlebitis, varicose veins); On top of, or in proximity to, cancerous lesions.

1.2 Precautions

- No special training is required to use this device. However, users must have independent reading comprehension and read this manual before using this device
- Consult with your physician before using this device.
- Safety of the device for use during pregnancy has not been established.
- Caution should be used for patients with suspected or diagnosed heart problems.
- Caution should be used for patients with suspected or diagnosed epilepsy.
- Caution should be used in the presence of the following:
 - a. When there is a tendency to hemorrhage following acute trauma or fracture;
 - b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - c. Over the menstruating or pregnant uterus; and
 - d. Over areas of the skin which lack normal sensation.
- Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate electrode placement.
- The device should be kept out of the reach of children.
- The device should be used only with the leads and electrodes recommended for use by the manufacturer.
- The device should not be used while driving, operating machinery, or during any activity in

- which involuntary muscle contractions may put the user at undue risk of injury.
- If you feel abnormal symptoms during the treatment, please stop using the unit and consult a doctor before resuming treatment.
- Against servicing and maintenance while the ME EQUIPMENT is in use
- During the treatment, if you wish to move the electrodes to another part of your body, switch OFF the unit first, and then move the electrodes before resuming treatment.
- If you have any problems on setting, maintaining or using this device, please contact manufacturer or customer service. Please report to manufacturer if the device malfunctions. Don't open or repair the device by yourself.
- If damage is found to the device casing, please do not use the device and contact the manufacturer.
- Cotton, wool and dust may affect the performance of the unit, please use a soft cloth to clean the device as needed.
- Do not place the device in direct sunlight to avoid affecting its performance.
- Please use the device according to the requirement of the Users' manual, otherwise the effectiveness of the device will be affected.
- Please use accessories that are specified/authorized by manufacturer only. The use of unauthorized accessories may cause damage to the unit or danger to the operator/patient.
- Use/storage environment, cotton wool, dust, lighting (including sunlight) and other effects on the equipment
- Do not bend or fold the pads frequently, this may cause the pads to not function properly. Store the pads on the plastic pad holder or on the protective clear plastic sheet when not in use.
- Do not use the unit in areas of high humidity, such as the bathroom or in the shower as this may cause damage to the unit.
- During treatment ensure that metallic items with conductive capabilities such as necklaces, belts, rings etc. are kept away from the electrodes.
- Make sure the wire is securely plugged into the device, the wires are well connected, and the pads are stuck tightly on the skin area where you wish to treat to ensure effective therapy. Loose pads on the skin can cause uncomfortable pins and needle sensations.
- Replace the cord when it was broken or damaged.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrically conductive medium (gel).
- Electrode placement and simulation settings should be based on the practitioner.
- Should be used only with the leads and electrodes recommended for use by the manufacturer.
- Should not use while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.
- Do not use to treat one region for extended periods of time (more than 40 minutes a session, up to 3 times/day) or muscles in that region may become exhausted and sore.
- Before operation, ensure that the electrode gel is in good contact with the skin. Improper attaching to the motor may cause excessive local current density.

WARNINGS AND PRECAUTIONS REGARDING THE PADS

- Apply pads to normal, healthy, dry clean skin only. Do not apply pads onto wound or damaged skin because it will be painful and may disrupt the healing process.
- If you experience any skin irritation or redness after using this device, do not continue stimulating in that area until skin has returned to normal.
- Pads from the same set of wires must be placed on the body at the same time in order to work. Be sure the pads are not touching each other; otherwise, impulses will not be felt.
- Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

1.3 Contraindications

For the following patients, they should not use the device:

- Patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- Patients whose pain syndromes are undiagnosed.

- During pregnancy.
- Infants or young children.
- Those who cannot express themselves.

1.4 Adverse Reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to the skin.
- You should stop using the device and should consult with their physicians if they experience adverse reactions from the device.

Note:

Adverse Event Report

MedWatch is the Food and Drug Administration's (FDA) program for reporting serious reactions, product quality problems, therapeutic inequivalence/failure, and product use errors with human medical products, including drugs, biologic products, medical devices, dietary supplements, infant formula, and cosmetics.

If you think you or someone in your family has experienced a serious reaction to a medical product, you are encouraged to take the reporting form to your doctor. Your health care provider can provide clinical information based on your medical record that can help FDA evaluate your report.

However, we understand that for a variety of reasons, you may not wish to have the form filled out by your health care provider, or your health care provider may choose not to complete the form. Your health care provider is NOT required to report to the FDA. In these situations, you may complete the Online Reporting Form yourself.

You will receive an acknowledgement from the FDA when your report is received. Reports are reviewed by FDA staff. You will be personally contacted only if we need additional information.

Submitting Adverse Event Reports to FDA

Use one of the methods below to submit voluntary adverse event reports to the FDA:

- 1) Report Online at
www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home
- 2) Consumer Reporting Form FDA 3500B. Follow the instructions on the form to either fax or mail it in for submission. For help filling out the form, see MedWatchLearn. The form is available at www.fda.gov/downloads/aboutFDA/reportsmanualsforms/forms/ucm349464.pdf
- 3) Call FDA at 1-800-FDA-1088 to report by telephone
 - a) Reporting Form FDA 3500 commonly used by health professionals. The form is available at www.fda.gov/downloads/aboutFDA/reportmanualsforms/forms/ucm163919.pdf

1.5 Special Population

This device should not be used by patients with:

- Pacemakers, Defibrillators or extreme Cardiac Irregularities, Metals Implants or Electronic Auxiliary Devices
- Tendency toward internal Bleeding
- Epilepsy
- Pregnant Women

1.6 Intended Use / Indications for Use

TENS:

The device is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, arm, leg and feet, due to strain from exercise or normal household and work activities and also intended for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.

EMS:

The device is used to stimulate healthy muscles in order to improve and facilitate muscle performance.

To be used for the improvement of muscle tone and firmness, and for strengthening muscles in the arms, abdomen, legs, feet and buttocks.

The device is also intended to temporarily increase local blood circulation in the healthy

muscles of lower extremities.

2. DEVICE DESCRIPTION

2.1 General Description

TENS&EMS is pain management device with a combination of TENS and EMS therapy technology.

TENS: The electrodes placed on the skin send small-scale, low-voltage electrical pulses to specific nerves. The purpose is to change the way neurons send signals and prevent pain signals from reaching the brain to relieve pain.

EMS: A powered muscle stimulator for muscle conditioning is a device used for other than medical purposes to apply an electrical current to electrodes on a person's skin to temporarily affect the stimulated muscle's contractile properties, force output, and/or fatigue resistance.

This device is not intended for use in patients with medical conditions and is intended only for muscle conditioning purposes.

TENS&EMS has three models (HZ9151B, HZ9151C, HZ9151D). The device is equipped with output main unit, remote controller, electrode pads, storage bin or storage bag, and charging cable. The only difference among the three models is the accessories. For details, please refer to the accessory list, everything else is the same. The main unit has four buttons, for turning on/off the device, controlling the mode selection and output intensity. The remote controller has six buttons, for turning on/off the device, controlling the mode selection, output intensity, treatment time. Moreover, the remote controller can display the treatment time, the battery level of the remote control, the treatment mode, and the indicators of the paired main unit. When both the main unit and the remote controller are turned on, they can enter the pairing state to connect the main unit and the remote controller. One remote controller can pair up to two main units at most.

Three models: HZ9151B, HZ9151C, HZ9151D have 12 output big modes, called M mode: M1, M2, M3, M4, M5, M6 and M7, M8, M9, M10, M11, M12, every M mode is four output small modes, called P, P1, P2, P3, P4, there were 48 output mode. You can switch modes directly through the buttons on the remote controller. The device only outputs one mode at a time.

The electrode pads are complying with the biocompatibility standards ISO 10993-5 (Cytotoxicity) and ISO 10993-10 (Sensitization) and ISO 10993-23 (Irritation). When using it, please recommend the placement of the electrode pads according to the recommended location in the manual. All types of electrode pads for the device can be placed according to the recommended location.

2.2 Device Drawing

2.2.1 Components and Accessories List for all package is as below:

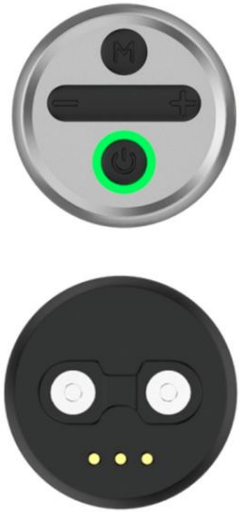
For model HZ9151B:

Item	Components	Amount	Function
Main Unit		2 PCS	The main unit have four buttons, for turning on/off the device, controlling the mode selection and output intensity. There is a pair of magnetic clasps on the back of the device, which are used to connect the electrode pads to output current. In addition, there is a charging contact point for charging.

Storage bin		1 PC	The storage bin can be used to place two main units, and the remote controller can be attached below. There is a magnetic suction interface at the location where the two main units are placed inside. Through the magnetic suction interface, charging and stable storage functions can be achieved.
Remote controller		1 PC	There are six control buttons and a display screen on the remote controller, for turning on/off the device, controlling the mode selection, output intensity, treatment time. The display screen displays the treatment time, the battery level of the remote controller, the treatment mode, and the indicators of the paired main unit.

Big electrode pads Size: 90mm x 46mm	 Cleared in K183154	2 PCS	The big electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Small electrode pads Size: 60mm x 46mm	 Cleared in K183154	2 PCS	The small electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Charging cable		1 PC	The USB cable is used to connect the remote controller and the power grid to charge main unit and remote controller.
Use Manual	/	1 PC	/

For model HZ9151C:

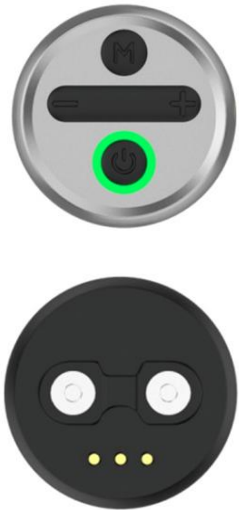
Item	Components	Amount	Function
Main Unit		2 PCS	The main unit have four buttons, for turning on/off the device, controlling the mode selection and output intensity. There is a pair of magnetic clasps on the back of the device, which are used to connect the electrode pads to output current. In addition, there is a charging contact point for charging.

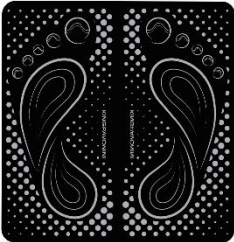
Storage bag		1 PC	The storage bag can be used to place two main units, and the remote controller, electrode pads and charging cable. There is a type C interface on the outside of the storage bag for connecting charging cable, and there is a magnetic suction interface at the location where the remote controller and two main units are placed inside. Through the magnetic suction interface, charging and stable storage functions can be achieved.
Remote controller		1 PC	There are six control buttons and a display screen on the remote controller, for turning on/off the device, controlling the mode selection, output intensity, treatment time. The display screen displays the treatment time, the battery level of the remote controller, the treatment mode, output intensity and the indicators of the paired main unit.

Big electrode pads Size: 90mm x 46mm	 Cleared in K183154	2 PCS	The big electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Small electrode pads Size: 60mm x 46mm	 Cleared in K183154	2 PCS	The small electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Four-head electrode pads Size: 105.75mm x 103.56mm		1PC	The four-head electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Charging cable		1 PC	The USB cable is used to connect the remote controller or storage bag and the power grid to charge main unit and remote controller.
Use Manual	/	1 PC	/

For model HZ9151D:

Item	Components	Amount	Function
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Main Unit		2 PCS	The main unit have four buttons, for turning on/off the device, controlling the mode selection and output intensity. There is a pair of magnetic clasps on the back of the device, which are used to connect the electrode pads to output current. In addition, there is a charging contact point for charging.
Storage bin		1 PC	The storage bin can be used to place two main units, and the remote controller can be attached below. There is a magnetic suction interface at the location where the two main units are placed inside. Through the magnetic suction interface, charging and stable storage functions can be achieved.

Remote controller		1 PC	There are six control buttons and a display screen on the remote controller, for turning on/off the device, controlling the mode selection, output intensity, treatment time. The display screen displays the treatment time, the battery level of the remote controller, the treatment mode, and the indicators of the paired main unit.
Big electrode pads Size: 90mm x 46mm	 Cleared in K183154	2 PCS	The big electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Small electrode pads Size: 60mm x 46mm	 Cleared in K183154	2 PCS	The small electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.
Foot electrode pads Size: 105.75mm x 103.56mm		1PC	The foot electrode pad is used to connect the main unit and stick it to the human body for stimulation output. The electrode pad should be directly connected to the main unit.

Charging cable		1 PC	The USB cable is used to connect the remote controller and the power grid to charge main unit and remote controller.
Use Manual	/	1 PC	/

2.2.2 Device Components

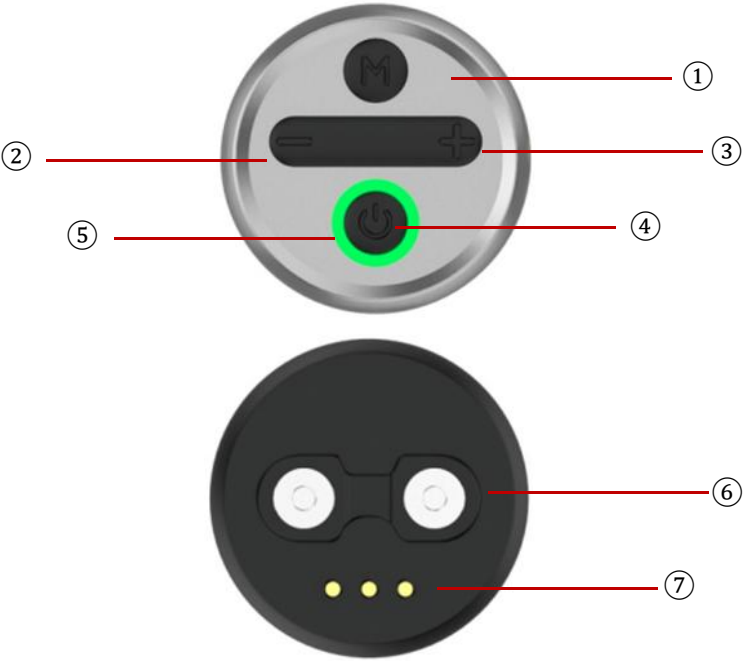


Fig. 2-1 Part Description of Main Unit

EXPLANATION	
Item	Function
①	Mode switching button: When the device is in operation, press this button briefly, each press will switch the mode once. After the device is turned on, the initial mode is P1 of M1 (mode P1 of mode M1). Press this button multiple times, and the mode changes according to the rule of "P1 of M1- P2 of M1- P3 of M1- P4 of M1- P1 of M2- P2 of M2- P3 of M2- P4 of M2.....- P1 of M12- P2 of M12- P3 of M12- P4-M12- P1 of M1- P2 of M1- P3 of M1- P4 of M1.....".
②	Intensity decrease button: ● Decrease intensity: In the working state, press this button briefly, each press decreases the intensity by one level. When the intensity reaches 0, pressing this button again will not cause any change. ● Enter the pairing state: Press and hold the button for 4 seconds, the main unit enters the pairing state.
③	Intensity increase button: In the working state, press this button briefly, each press increases the intensity by one level. When the intensity reaches 30, pressing this button again will not cause any change.
④	Power on/off button: Press and hold for about 2 seconds to power on. When the power is on, press and hold for about 2 seconds to power off.

⑤	Indicator light: - After the main unit is turned on, connect the remote controller and place the electrode pad in the treatment area. The indicator light will turn green and remain constantly on. - After the main unit is started, if the remote controller is not connected or the electrode pad not properly connected and placed at the treatment area, the indicator light will turn green and flash. - In the pairing state, the indicator light turns purple and flashes. - When charging, the red light remains on. When fully charged, the red light goes off and the green light stays on for 20 seconds before going off. - When the battery is low, the indicator light turns red light flashes.
⑥	Magnetic clasp: It is a pair of $\varnothing 8\text{mm}$ magnetic clips. The main unit outputs current to the human skin through the magnetic clips connected to the electrode pads.
⑦	Charging contact point: Below the back of the main unit is the charging contact point. After placing the device in the storage compartment or bag, it can be charged through the charging contact point
Please note that the main unit is equipped with a buzzer. The following are the situations where the buzzer makes sounds: - When the main unit is turned on, the buzzer will beep briefly once. When it is turned off, the buzzer will beep briefly twice. - There are four buttons on the main unit. When one of the buttons is pressed and its corresponding function takes effect, the buzzer will beep briefly. - When the main unit mode is switched to mode P4 of mode M12, or the intensity is increased to 30 gears, or the intensity is reduced to 0, the buzzer will beep briefly for two times. - When the main unit has no load (the main unit is not properly connected to the electrode pad and the electrode pad is placed at the treatment site), the main unit increase intensity, the buzzer will beep briefly three times. - When the main unit has low battery power, the buzzer will sound six times. - When the device starts charging, the buzzer will beep briefly.	

2.2.3 Remote controller



Fig. 2-2 Part Description of Remote controller

EXPLANATION

Item	Function
①	Time icon: When the time icon lights up, it indicates that the number displayed in the middle above the remote controller is the treatment time.
②	Battery icon: It shows the battery level of the remote controller, with a total of four grids. When all four grids light up in green, the battery level is the highest. The grids going out in sequence indicates that the battery level is gradually decreasing. When charging, the

	battery level display will show the number of battery grids in sequence from left to right. When fully charged, all four grids light up in green.
③	M mode indicator light: There is an indicator light on the right side of each M mode. The selected M mode indicator light will light up green, indicating that the user is using this M mode.
④	Treatment time/intensity display: The treatment time and treatment intensity can be displayed. ● When setting the treatment time, the time icon will light up, and the set treatment time will be displayed here. After the time setting is completed, the remaining treatment time can be displayed here. ● When setting the intensity, the treatment intensity will be displayed here. ● When the device enters the pairing state, the pairing situation will be displayed here. For details, please refer to Step 4 in Section 3.
⑤	P mode display: There are four P mode ICONS: P1, P2, P3, and P4. When a certain P mode is selected, the corresponding mode icon will light up green.
⑥	Connection indicator with the main unit: ● The remote controller successfully connected the two main units: Both indicator lights A and B will light up green, representing the two connected main units respectively. When the remote controller selects to control main unit A, indicator light A will flash for 3 seconds and indicator light B will remain on constantly. When the remote controller selects to control main unit B, the indicator light A remains on constantly and the indicator light B flashes for 3 seconds. ● The remote controller successfully connected to a main unit: The green light of indicator A remained constantly on, while indicator B was off. ● The remote controller is not connected to the main unit: Indicator light A is off, and indicator light B is off.
⑦	Power on/off and treatment time control button: ● Power on/off: Press and hold for about 2 seconds to power on the remote controller. When the power is on, press and hold for about 2 seconds to power off. ● Treatment time control: Press this button briefly once. The number displayed in the middle of the upper part of the remote controller is the treatment time. The icon indicator lights up. The initial display time after the device is turned on is 20 minutes. After that, each time this button is pressed, the time increases by 10. Press this button multiple times. The set variation pattern of the treatment time is "20-30-40-50-60-10-20-30-40-50-60-10.....". Please note: When the time set for the first time has not yet arrived, when setting the time again, pressing the button will not increase it by 10 minutes but will first increase it to a multiple of 10. For example, if there are still 5 minutes left in the treatment time, pressing this button will increase it to 10 minutes. There are only 15 minutes left for the treatment. Press this button to increase it to 20minutes, and then change it in a regular pattern of "10-20-30-40-50-60-10.....".
⑧	Main unit A/B switching button: The remote controller can be connected to two main units at a time, corresponding to A and B. By pressing this button, you can select the main unit you need to control.
⑨	M mode switch button: The M mode has twelve modes: M1, M2, M3, M4, M5, M6, M7, M8, M9, M10, M11 and M12. When in operation, press this button briefly. Each press switches to the M mode, and the cycle follows the pattern of "M1-M2-M3-M4-M5-M6-M7-M8-M9-M10-M11-M12-M1-M2-M3-M4-M5-M6-M7-M8-M9-M10-M11-M12.....".
⑩	Intensity increase button: When in operation, briefly press this button. Each press increases the intensity by one level. The intensity remains unchanged when it reaches the maximum.
⑪	P mode switch button: The P mode has four modes: P1, P2, P3, and P4. When in operation, press this button briefly. Each press switches to the P mode, and the cycle follows the pattern of "P1-P2-P3-P4-P1-P2-P3-P4.....".
⑫	Intensity decrease button: ● Decrease intensity: In the working state, press this button briefly, each press decreases the intensity by one level. When the intensity reaches 0, pressing this button again will not cause any change. ● Enter the pairing state: Press and hold the button for 4 seconds, the main unit

	enters the pairing state.
⑬	Charging port: The charging port of the remote controller can be connected to a charging cable to charge the remote controller.
Please note that the remote controller is equipped with a buzzer. The following are the situations where the buzzer makes sounds: ● There are six buttons on the remote controller. When one of the buttons is pressed and its corresponding function takes effect, the buzzer will beep briefly. ● When the device starts charging, the buzzer will beep briefly. ● When the remote controller has low battery power, the buzzer will sound six times. ● When the remote control is manually turned on or turn off, the buzzer will beep briefly.	

2.2.4 Storage bin



Fig. 2-3 Part Description of Storage bin

EXPLANATION	
Item	Function
①	The place where the main unit is placed can accommodate up to two main units at most. The magnetic force at the bottom is connected to the Charging contact point of the main unit, and the charging of the main unit is achieved through this connection.
②	The remote controller can be attached to the bottom of the storage bin. When the remote controller is attached and the main unit is placed in the storage bin, the remote controller can charge the main unit.

2.2.5 Storage bag



Fig. 2-4 Part Description of Storage bag

EXPLANATION	
Item	Function
①	The place where the main unit is placed can accommodate up to two main units at most. The magnetic force at the bottom is connected to the Charging contact point of the main unit, and the charging of the main unit is achieved through this connection.

②	The remote controller can be attached to the bottom of the storage bin. When the remote controller is attached and the main unit is placed in the storage bin, the remote controller can charge the main unit.
③	Place accessories, e.g., electrode pads, electrode cables, charging cables.
④	This is a type C charging port. After placing the main unit and the remote controller in the storage bag, connect the charging port to the charging cable to achieve charging for the main unit and the remote controller.

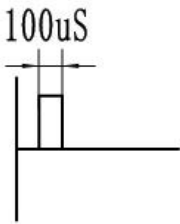
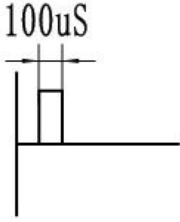
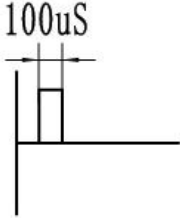
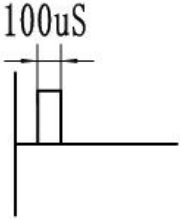
2.3 Specifications

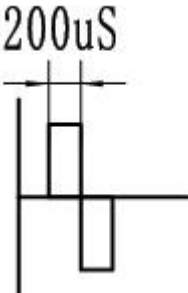
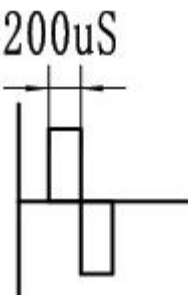
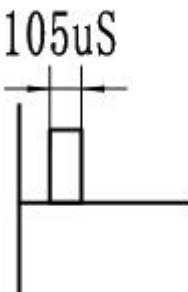
Specification		
Device Name		TENS&EMS
Model		HZ9151B, HZ9151C, HZ9151D
Power Source(s)		Main unit: 3.7V, 120mAh Remote controller: 3.7V, 800mAh
Number of Output Channels		1
Synchronous or alternating		Synchronous
Regulated Current or Regulated Voltage		Regulated Voltage
Software/Firmware/Microprocessor Control?		Software, V1.0
Automatic Overload Trip?		No
Automatic No-Load Trip?		Yes
Automatic shut Off?		Yes
Indication display	ON/Off status?	Yes
	Low Battery?	Yes
	Voltage /Current Level?	Yes
Number of Output Modes		48
Output Intensity Level		30
Timer Range		10-60 minutes
Weight		Main unit: 16.7g Remote controller: 52g
Dimension	Main unit	For model HZ9151B: 107.1mm x 58.8mm x 41.40mm
		For model HZ9151C: 171mm x 141mm x 52mm
		For model HZ9151D: 107.1mm x 58.8mm x 41.40mm
Electrode Surface Area		Big electrode pads: 90mm x 46mm Small electrode pads: 60mm x 46mm Four-head electrode pads: 105.75mm x 103.56mm Foot electrode pads: 105.75mm x 103.56mm
Housing Materials and Construction		Main unit: ABS Electrode pad: conductive hydrogel
Durable period (Service Life)		Main unit: 2 years Remote controller: 2 years Electrode pads: 30-50 times (The life of the electrodes varies depending on skin conditions, storage, amount of use, type of stimulation, and stimulation site.)

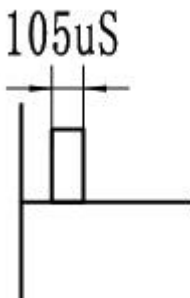
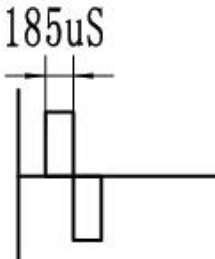
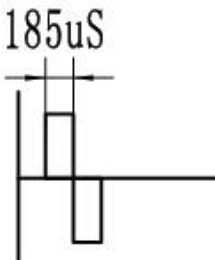
Shelf life		Electrode pads: 2 years
Waveform and Shape		Rectangular
Maximum Output Voltage	@500Ω	TENS: 52V EMS: 50V
	@2KΩ	TENS: 80V EMS: 85V
	@10KΩ	TENS: 110V EMS: 115V
Maximum Output Current	@500Ω	TENS: 104mA EMS: 100mA
	@2KΩ	TENS: 40mA EMS: 42.5 mA
	@10KΩ	TENS: 11mA EMS: 11.5mA
Pulse Duration		TENS: 105~200μs EMS: 82~240μs
Pulse frequency		TENS: 6~40Hz EMS: 30~180Hz
Maximum Phase Charge (μC @ 500Ω)		21.6μC @ 500Ω
Maximum Current Density (mA/cm ² @ 500Ω)		7.031mA/cm ² @ 500Ω
Maximum Average Power Density (mW/cm ² @ 500Ω)		0.0848mW/cm ² @ 500Ω
Operation Environment		Temperature: -5℃~37℃ Humidity: ≤80% RH Atmospheric pressure: 80 kPa~106 kPa
Storage Environment		Temperature: -20℃~+55℃ Humidity: ≤93%RH Atmospheric pressure: 50 kPa~106 kPa
Specification of RF Wireless:		
Communication methods		user-defined protocol
Working Frequency		2.4GHz
Modulation		FSK
Transfer rate		1Mbps
Transmission power		-2.2dBm
Working voltage		3V
Operating distance		10m
Delay		≤100ms

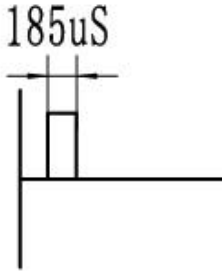
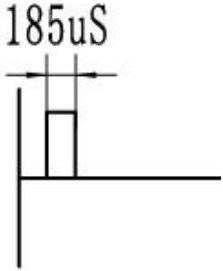
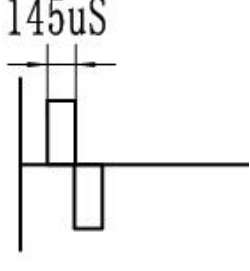
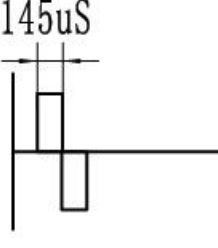
Treatment Modes Specification

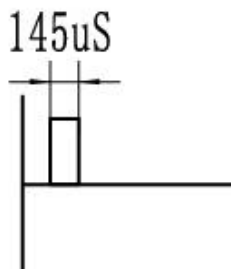
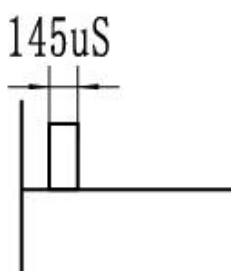
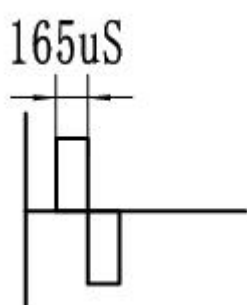
Waveform 48 modes			
Mode M1 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M1 (EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	37V @ 500Ω
Pulse Frequency:			180Hz

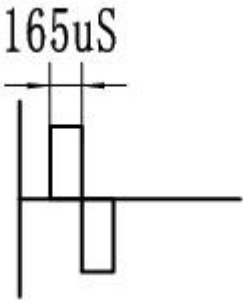
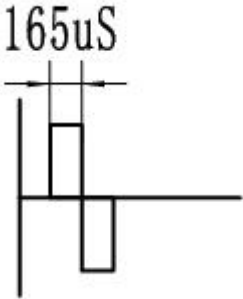
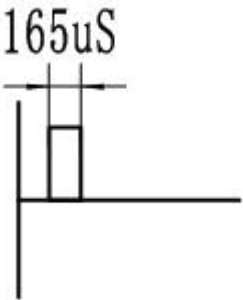
Basic Waveform:			
Output of Little Mode P1 in Mode M1		Outputting basic waveform for 6 seconds, pause the stimulation for 2 seconds, then outputting basic waveform for 6 seconds, pause the stimulation for 3 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M1 (EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	56V @ 500Ω
Pulse Frequency:		180Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M1		Outputting basic waveform for 4 seconds, pause the stimulation for 1.5 seconds, then repeat the output 1 times, finally outputting basic waveform for 4 seconds, pause the stimulation for 3 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M1(EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	54V @ 500Ω
Pulse Frequency:		180Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M1		Outputting basic waveform for 2 seconds, pause the stimulation for 1 second, then repeat the output 4 times, finally outputting basic waveform for 2 seconds, pause the stimulation for 3 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M1 (EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	46V @ 500Ω
Pulse Frequency:		180Hz	
Basic Waveform:			

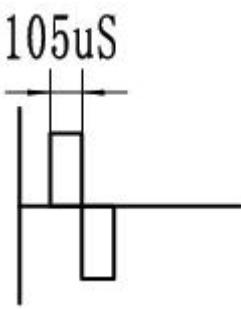
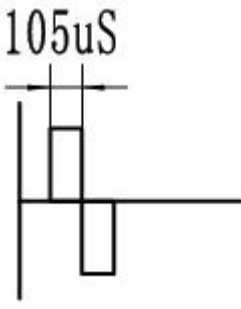
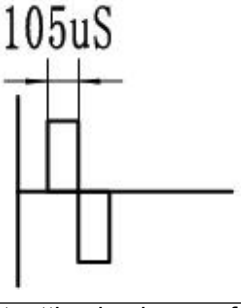
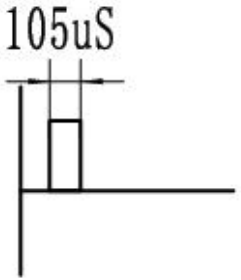
Output of Little Mode P4 in Mode M1		Outputting basic waveform for 1 second, pause the stimulation for 0.5 second, then repeat the output 10 times, finally outputting basic waveform for 1 second, pause the stimulation for 3 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M2 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M2 (TENS)			
Pulse duration:	200μs	Maximum Amplitude of output voltage:	45V @ 500Ω
Pulse Frequency:		25Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M2		Outputting basic waveform for 0.6 second, pause the stimulation for 0.6 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M2 (TENS)			
Pulse duration:	200μs	Maximum Amplitude of output voltage:	41V @ 500Ω
Pulse Frequency:		10Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M2		Outputting basic waveform for 0.8 second, pause the stimulation for 0.8 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M2 (EMS)			
Pulse duration:	105μs	Maximum Amplitude of output voltage:	42V @ 500Ω
Pulse Frequency:		70Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M2		Outputting basic waveform for 0.4 second, pause the stimulation for 0.4 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M2 (EMS)			
Pulse duration:	105μs	Maximum Amplitude of output voltage:	54V @ 500Ω

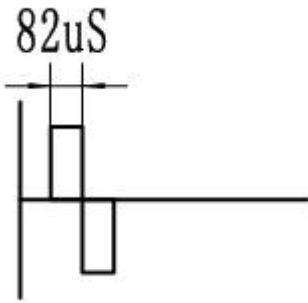
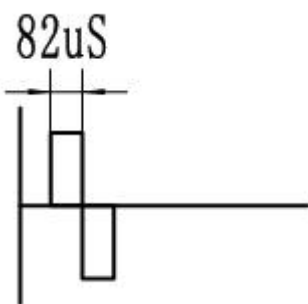
Pulse Frequency:		90Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M2		Outputting basic waveform for 0.2 second, pause the stimulation for 0.2 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M3 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M3 (TENS)			
Pulse duration:	185μs	Maximum Amplitude of output voltage:	54V @ 500Ω
Pulse Frequency:		10Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M3		Outputting basic waveform for 4 seconds, pause the stimulation for 2.5 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M3 (TENS)			
Pulse duration:	185μs	Maximum Amplitude of output voltage:	55V @ 500Ω
Pulse Frequency:		20Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M3		Outputting basic waveform for 3 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M3 (EMS)			
Pulse duration:	185μs	Maximum Amplitude of output voltage:	44V @ 500Ω
Pulse Frequency:		70Hz	

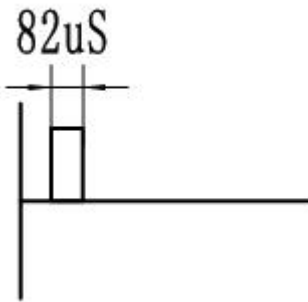
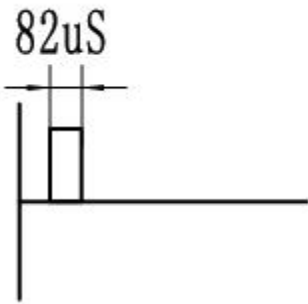
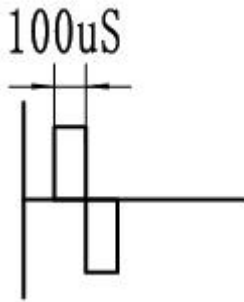
Basic Waveform:	
Output of Little Mode P3 in Mode M3	Outputting basic waveform for 2 seconds, pause the stimulation for 1.5 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode P4 in Mode M3 (EMS)	
Pulse duration:	185µs
Pulse Frequency:	90Hz
Basic Waveform:	
Output of Little Mode P4 in Mode M3	Outputting basic waveform for 1 second, pause the stimulation for 1 second. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode M4 (including little mode: P1, P2, P3, P4)	
Mode P1 in Mode M4 (TENS)	
Pulse duration:	145µs
Pulse Frequency:	15Hz
Basic Waveform:	
Output of Little Mode P1 in Mode M4	Outputting basic waveform for 4 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode P2 in Mode M4 (TENS)	
Pulse duration:	145µs
Pulse Frequency:	30Hz
Basic Waveform:	

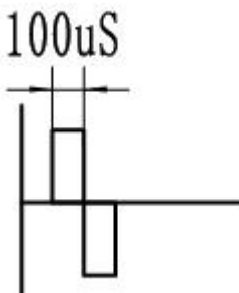
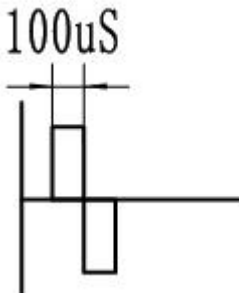
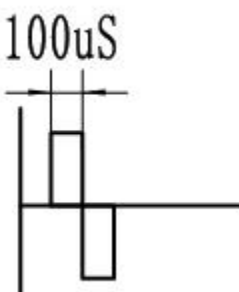
Output of Little Mode P2 in Mode M4		Outputting basic waveform for 3 seconds, pause the stimulation for 1.5 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M4 (EMS)			
Pulse duration:	145μs	Maximum Amplitude of output voltage:	56V @ 500Ω
Pulse Frequency:		70Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M4		Outputting basic waveform for 2 seconds, pause the stimulation for 1 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M4 (EMS)			
Pulse duration:	145μs	Maximum Amplitude of output voltage:	55V @ 500Ω
Pulse Frequency:		100Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M4		Outputting basic waveform for 1 second, pause the stimulation for 0.5 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M5 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M5 (TENS)			
Pulse duration:	165μs	Maximum Amplitude of output voltage:	57V @ 500Ω
Pulse Frequency:		5Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M5		Outputting basic waveform for 12 seconds, pause the stimulation for 4 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M5 (TENS)			
Pulse duration:	165μs	Maximum Amplitude of output voltage:	47V @ 500Ω
Pulse Frequency:		30Hz	

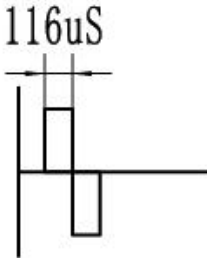
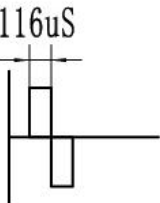
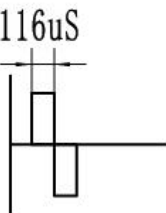
Basic Waveform:	
Output of Little Mode P2 in Mode M5	Outputting basic waveform for 9 seconds, pause the stimulation for 3 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode P3 in Mode M5 (EMS)	
Pulse duration:	165μs
Pulse Frequency:	Maximum Amplitude of output voltage: 41V @ 500Ω 60Hz
Basic Waveform:	
Output of Little Mode P3 in Mode M5	Outputting basic waveform for 6 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode P4 in Mode M5 (EMS)	
Pulse duration:	165μs
Pulse Frequency:	Maximum Amplitude of output voltage: 43V @ 500Ω 90Hz
Basic Waveform:	
Output of Little Mode P4 in Mode M5	Outputting basic waveform for 3 seconds, pause the stimulation for 1 second. Output stimuli according to the above cycle until the scheduled treatment is reached.
Mode M6 (including little mode: P1, P2, P3, P4)	
Mode P1 in Mode M6 (TENS)	
Pulse duration:	105μs
Pulse Frequency:	Maximum Amplitude of output voltage: 38V @ 500Ω 10Hz

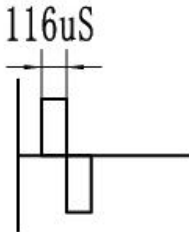
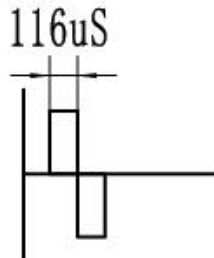
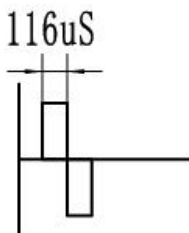
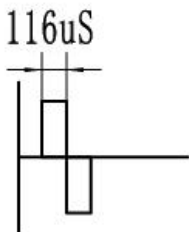
Basic Waveform:			
Output of Little Mode P1 in Mode M6	Outputting basic waveform for 8 seconds, pause the stimulation for 2.2 second. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode P2 in Mode M6 (TENS)			
Pulse duration:	105μs	Maximum Amplitude of output voltage:	38V @ 500Ω
Pulse Frequency:	30Hz		
Basic Waveform:			
Output of Little Mode P2 in Mode M6	Outputting basic waveform for 6 seconds, pause the stimulation for 1.5 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode P3 in Mode M6 (EMS)			
Pulse duration:	105μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:	70Hz		
Basic Waveform:			
Output of Little Mode P3 in Mode M6	Outputting basic waveform for 4 seconds, pause the stimulation for 1 second. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode P4 in Mode M6 (EMS)			
Pulse duration:	105μs	Maximum Amplitude of output voltage:	49V @ 500Ω
Pulse Frequency:	100Hz		
Basic Waveform:			

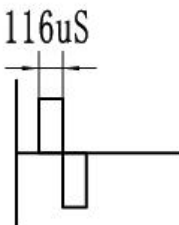
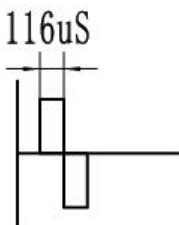
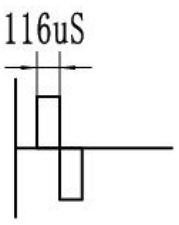
Output of Little Mode P4 in Mode M6		Outputting basic waveform for 2 seconds, pause the stimulation for 0.5 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M7 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M7 (EMS)			
Pulse duration:	82μs	Maximum Amplitude of output voltage:	26V @ 500Ω
Pulse Frequency:		45Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M7		Outputting basic waveform for 2.8 seconds, pause the stimulation for 1 second; Then outputting basic waveform for 2.8 seconds, pause the stimulation for 0.65 second; After outputting basic waveform for 2.8 seconds, pause the stimulation for 0.4 second; Finally outputting basic waveform for 2.8 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M7 (EMS)			
Pulse duration:	82μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:		60Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M7		Outputting basic waveform for 2.1 seconds, pause the stimulation for 1 second; Then outputting basic waveform for 2.1 seconds, pause the stimulation for 0.65 second; After outputting basic waveform for 2.1 seconds, pause the stimulation for 0.4 second; Finally outputting basic waveform for 2.1 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M7 (EMS)			
Pulse duration:	82μs	Maximum Amplitude of output voltage:	51V @ 500Ω
Pulse Frequency:		90Hz	

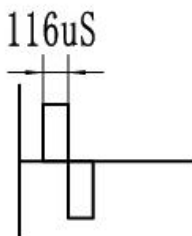
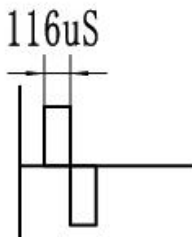
Basic Waveform:			
Output of Little Mode P3 in Mode M7		Outputting basic waveform for 1.4 seconds, pause the stimulation for 1 second; Then outputting basic waveform for 1.4 seconds, pause the stimulation for 0.65 second; After outputting basic waveform for 1.4 seconds, pause the stimulation for 0.4 second; Finally outputting basic waveform for 1.4 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M7 (EMS)			
Pulse duration:	82μs	Maximum Amplitude of output voltage:	51V @ 500Ω
Pulse Frequency:		180Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M7		Outputting basic waveform for 0.7 second, pause the stimulation for 1 second; Then outputting basic waveform for 0.7 second, pause the stimulation for 0.65 second; After outputting basic waveform for 0.7 second, pause the stimulation for 0.4 second; Finally outputting basic waveform for 0.7 second, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M8 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M8 (TENS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	46V @ 500Ω
Pulse Frequency:		10Hz, 20Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M8		Outputting basic waveform for 2 seconds at a pulse frequency of 10Hz, then outputting basic waveform for 2 seconds at a pulse frequency of 20Hz, pause the stimulation for 2 seconds. Output stimuli according to the	

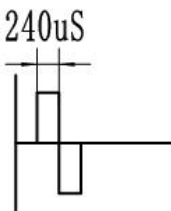
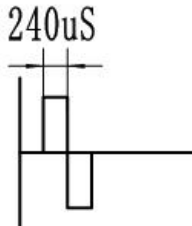
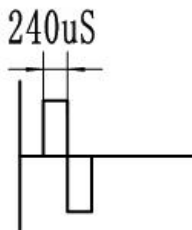
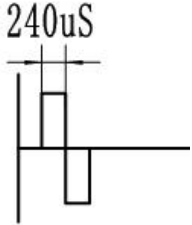
		above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M8 (TENS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	47V @ 500Ω
Pulse Frequency:		20Hz, 40Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M8		Outputting basic waveform for 2 seconds at a pulse frequency of 20Hz, then outputting basic waveform for 2 seconds at a pulse frequency of 40Hz, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M8 (EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:		30Hz, 60Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M8		Outputting basic waveform for 2 seconds at a pulse frequency of 30Hz, then outputting basic waveform for 2 seconds at a pulse frequency of 60Hz, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M8 (EMS)			
Pulse duration:	100μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:		40Hz, 80Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M8		Outputting basic waveform for 2 seconds at a pulse frequency of 40Hz, then outputting basic waveform for 2 seconds at a pulse frequency of 80Hz, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M9 (including little mode: P1, P2, P3, P4)			

Mode P1 in Mode M9 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:		19Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M9		Outputting basic waveform for 1.2 seconds, pause the stimulation for 2 seconds; Then outputting basic waveform for 1.2 seconds, pause the stimulation for 0.2 second; Finally outputting basic waveform for 2.4 seconds, pause the stimulation for 0.4 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M9 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	49V @ 500Ω
Pulse Frequency:		29Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M9		Outputting basic waveform for 0.9 second, pause the stimulation for 1.5 seconds; Then outputting basic waveform for 0.9 second, pause the stimulation for 0.6 second; Finally outputting basic waveform for 1.8 seconds, pause the stimulation for 1.2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M9 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	54V @ 500Ω
Pulse Frequency:		39Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M9		Outputting basic waveform for 0.6 second, pause the stimulation for 1 second; Then outputting basic waveform for 0.6 second, pause the stimulation for 0.4 second; Finally outputting basic waveform for 1.2 seconds, pause the stimulation for 0.8 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M9 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	51V @ 500Ω
Pulse Frequency:		49Hz	

Basic Waveform:			
Output of Little Mode P4 in Mode M9	Outputting basic waveform for 0.3 second, pause the stimulation for 0.5 second; Then outputting basic waveform for 0.3 second, pause the stimulation for 0.2 second; Finally outputting basic waveform for 0.6 second, pause the stimulation for 0.4 second. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode M10 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M10 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	50V @ 500Ω
Pulse Frequency:	10Hz		
Basic Waveform:			
Output of Little Mode P1 in Mode M10	Outputting basic waveform for 5.8 seconds, pause the stimulation for 2.2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode P2 in Mode M10 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	54V @ 500Ω
Pulse Frequency:	20Hz		
Basic Waveform:			
Output of Little Mode P2 in Mode M10	Outputting basic waveform for 4.35 seconds, pause the stimulation for 1.65 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.		
Mode P3 in Mode M10 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	55V @ 500Ω
Pulse Frequency:	30Hz		
Basic Waveform:			

Output of Little Mode P3 in Mode M10		Outputting basic waveform for 2.9 seconds, pause the stimulation for 1.1 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M10 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	55V @ 500Ω
Pulse Frequency:		40Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M10		Outputting basic waveform for 1.45 seconds, pause the stimulation for 0.55 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M11 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M11 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	56V @ 500Ω
Pulse Frequency:		10Hz	
Basic Waveform:			
Output of Little Mode P1 in Mode M11		Outputting basic waveform for 1.8 seconds, pause the stimulation for 1.6 seconds, and repeat the output 9 times; Then outputting basic waveform for 1.8 seconds, pause the stimulation for 3.2 seconds; Then outputting basic waveform for 12.8 seconds, pause the stimulation for 4 seconds; After outputting basic waveform for 1.8 seconds, pause the stimulation for 1.6 second, and repeat the output 9 times; Finally outputting basic waveform for 1.8 seconds, pause the stimulation for 3.2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M11 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	56V @ 500Ω
Pulse Frequency:		15Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M11		Outputting basic waveform for 1.35 seconds, pause the stimulation for 1.2 seconds, and repeat the output 9 times; Then outputting basic waveform for 1.35 seconds, pause the stimulation for 2.4 seconds; Then outputting basic waveform for 9.6 seconds, pause the stimulation for 2 seconds; After outputting basic waveform for 1.35 seconds, pause the stimulation for 1.2 second, and repeat the output 9 times;	

		Finally outputting basic waveform for 1.35 seconds, pause the stimulation for 2.4 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M11 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	57V @ 500Ω
Pulse Frequency:		31Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M11		Outputting basic waveform for 0.9 second, pause the stimulation for 0.8 second, and repeat the output 9 times; Then outputting basic waveform for 0.9 second, pause the stimulation for 1.6 seconds; Then outputting basic waveform for 6.4 seconds, pause the stimulation for 2 seconds; After outputting basic waveform for 0.9 second, pause the stimulation for 0.8 second, and repeat the output 9 times; Finally outputting basic waveform for 0.7 second, pause the stimulation for 1.6 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M11 (TENS)			
Pulse duration:	116μs	Maximum Amplitude of output voltage:	56V @ 500Ω
Pulse Frequency:		31Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M11		Outputting basic waveform for 0.45 second, pause the stimulation for 0.4 second, and repeat the output 9 times; Then outputting basic waveform for 0.45 second, pause the stimulation for 0.8 second; Then outputting basic waveform for 3.2 seconds, pause the stimulation for 1 second; After outputting basic waveform for 0.45 second, pause the stimulation for 0.4 second, and repeat the output 9 times; Finally outputting basic waveform for 0.45 second, pause the stimulation for 0.8 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode M12 (including little mode: P1, P2, P3, P4)			
Mode P1 in Mode M12 (TENS)			
Pulse duration:	240μs	Maximum Amplitude of output voltage:	48V @ 500Ω
Pulse Frequency:		6Hz	

Basic Waveform:			
Output of Little Mode P1 in Mode M12		Outputting basic waveform for 8 seconds, pause the stimulation for 2 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P2 in Mode M12 (TENS)			
Pulse duration:	240µs	Maximum Amplitude of output voltage:	49V @ 500Ω
Pulse Frequency:		12Hz	
Basic Waveform:			
Output of Little Mode P2 in Mode M12		Outputting basic waveform for 6 seconds, pause the stimulation for 1.5 seconds. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P3 in Mode M12 (TENS)			
Pulse duration:	240µs	Maximum Amplitude of output voltage:	38V @ 500Ω
Pulse Frequency:		24Hz	
Basic Waveform:			
Output of Little Mode P3 in Mode M12		Outputting basic waveform for 4 seconds, pause the stimulation for 1 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	
Mode P4 in Mode M12 (TENS)			
Pulse duration:	240µs	Maximum Amplitude of output voltage:	36V @ 500Ω
Pulse Frequency:		30Hz	
Basic Waveform:			
Output of Little Mode P4 in Mode M12		Outputting basic waveform for 2 seconds, pause the stimulation for 0.5 second. Output stimuli according to the above cycle until the scheduled treatment is reached.	

3. INSTRUCTION OF USE

3.1 Preparation before use

Step 1: Charging

- Remote controller

HZ9151B, HZ9151BC, HZ9151D:

Battery level alert: There is a battery icon on the remote controller, with four grids. The following are the display states of the icon at different battery levels.

Battery level of the remote controller	Battery icon display
Battery level $\geq 3.90V$ ($\pm 0.10V$)	All four grids of battery icon light up in green.
$3.9V$ ($\pm 0.10V$) > Battery level $\geq 3.70V$ ($\pm 0.10V$)	The first three grids of battery icon (counting from left to right) light up in green.
$3.7V$ ($\pm 0.10V$) > Battery level $\geq 3.5V$ ($\pm 0.10V$)	The first two grids of battery icon (counting from left to right) light up in green.
$3.5V$ ($\pm 0.10V$) > Battery level $\geq 3.2V$ ($\pm 0.10V$)	The first grid of battery icon (counting from left to right) light up in green.
Battery level lower than $3.2V$ ($\pm 0.10V$)	The icon flashes for 10 seconds, none of the four grids of battery icon shows a green light after 10 seconds. The buzzer rings six times and the device automatically shut down.

Charging method: There is a Type-C charging interface on the remote controller. Connect the charging cable to the charging port and start charging the remote controller.

Please note:

When the remote controller is charging, the battery icon on the remote controller display will show the charging status. the battery level display will show the number of battery grids in sequence from left to right. When fully charged, all four grids light up in green.

- Main unit

HZ9151B, HZ9151BD:

Battery level alert: There is an indicator light on the main unit. When the battery level of the main unit is lower than $3.2V(\pm 0.10V)$, the indicator light will turn red and flash, the buzzer will sound 6 times, and the main unit will automatically shut down after 10 seconds.

Charging method 1: The main unit is placed in the storage bin, and the remote controller is attached to the storage bin. Connect the type C interface of the remote controller to the charging cable to achieve charging for both the main unit and the remote controller simultaneously.

Charging method 2: The main unit is placed in the storage bin, and the remote controller is attached to the storage bin. When no external charger is connected, the remote controller will charge the main unit. When the battery voltage of the remote controller is less than or equal to 3.4 ($\pm 0.1V$), the remote controller will no longer charge the main unit.

HZ9151C:

Battery level alert: There is an indicator light on the main unit. When the battery level of the main unit is lower than $3.2V(\pm 0.10V)$, the indicator light will turn red and flash, the buzzer will sound 6 times, and the main unit will automatically shut down after 10 seconds.

Charging method 1: The storage bag has a type-C interface. Put both main unit and remote controller into the storage bag. Connect the type C interface of the storage bag to the charging cable to achieve charging for both the main unit and the remote controller simultaneously.

Charging method 2: Put both main unit and remote controller into the storage bag. When no external charger is connected, the remote controller will charge the main unit. When the battery voltage of the remote controller is less than or equal to 3.4 ($\pm 0.1V$), the remote controller will no longer charge the main unit.

Step 2: Connect electrode pad to the main unit

1) Take out the main unit and an electrode pad with two magnetic suction ports, place the

magnetic suction interface of the electrode pad corresponding to the magnetic suction interface of the main unit.

- 2) Ensure that the electrode pad is stably connected to the main unit.

Step 3: Electrode placement

Remove the protective film on the electrode and place electrode on clean, dry and healthy skin near the area with pain.

Please follow the "3.2 Treatment site guidance" to place the electrode pad.

Step 4: Operation

1. Connect the main unit and remote controller
 - 1) After placing the electrode pad, please press the power on/off button on the main unit to turn on the main unit, the indicator light of the main unit is green and flashing, and the buzzer beeps briefly twice. Please note that if the main unit is taken out of the storage bin or storage bag, it will automatically turn on.
 - 2) Press the power on/off and treatment time control button on the remote controller to turn on the remote controller, the connection indicator with the main unit on the remote controller is off, and the buzzer beeps briefly.
 - 3) Press and hold the intensity decrease button on the main unit for 4 seconds, the main unit enters the pairing state, the indicator light of the main unit is purple and flashing.
 - 4) Press and hold the intensity decrease button on the remote controller for 4 seconds, the remote controller enters the pairing state.
 Pair up a main unit: The treatment time/intensity display above the remote controller will show 01. When pairing the first main unit, "01" flashes slowly (500ms). When the pairing is successful, "01" flashes fast for about 1 second (100ms). When pairing only one main unit, users need to manually exit the pairing state. Press and hold the power on/off and treatment time control button on the remote controller for 2 seconds or intensity decrease button on the remote controller for 4 seconds to exit the pairing state.
 Pair up two main units: The treatment time/intensity display above the remote controller will show 01 or 02. When pairing the first main unit, "01" flashes slowly (500ms). When the pairing is successful, "01" flashes fast for about 1 second (100ms). Similarly, when pairing the second main unit, "02" flashes slowly (500ms), and when the pairing is successful, "02" flashes quickly (100ms) for about 1 second before automatic exiting the pairing state.
 - 5) After successful pairing, the main unit indicator light turns green and the connection indicator with the main unit of remote controller turns green. When pairing a main unit, the A indicator light is green and the B indicator light is off. When pairing the two main units, both indicator lights A and B light up green.
 - 6) Select the main unit that needs to be controlled. When the remote controller is successfully paired with the two main units, both the A and B indicator lights will light up green simultaneously, representing the two connected main units respectively. The main unit is selected by pressing the main unit A/B switching button. When the remote controller selects control main unit A, the A indicator light flashes for 3 seconds and the B indicator light remains on constantly. When the remote controller selects control main unit B, the A indicator light remains on constantly and the B indicator light flashes for 3 seconds.

Please note: The main unit can operate normally without being connected to a remote controller, but the selected mode, treatment time and intensity cannot be seen.

2. Select the treatment mode

The device has 12 output big modes, called M mode: M1, M2, M3, M4, M5, M6 and M7, M8, M9, M10, M11, M12, every M mode is four output small modes, called P, P1, P2, P3, P4, there were 48 output mode. The method of setting the mode is as follows.

Method 1:	Press this mode switching button on the main unit briefly, each press will switch the mode once. After the device is turned on, the initial mode is P1 of M1 (mode P1 of mode M1). Press this button multiple times, and the mode changes according to the rule of "P1 of M1- P2 of M1- P3 of M1- P4 of M1- P1 of M2- P2 of M2 P3 of M2-
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	P4 of M2·····- P1 of M12- P2 of M12- P3 of M12- P4-M12- P1 of M1- P2 of M1- P3 of M1- P4 of M1·····".
Method 2:	Press M mode switch button on the remote controller briefly. Each press switches to the M mode, and the cycle follows the pattern of "M1-M2-M3-M4-M5-M6-M7-M8-M9-M10-M11-M12-M1-M2-M3-M4-M5-M6-M7-M8-M9-M10-M11-M12·····". Press P mode switch button on the remote controller briefly. Each press switches to the P mode, and the cycle follows the pattern of "P1-P2-P3-P4-P1-P2-P3-P4·····".

The selected mode will be displayed accordingly on the screen of the remote controller, The selected M mode indicator light will light up green, indicating that the user is using this M mode and when a certain P mode is selected, the corresponding mode icon will light up green.

3. Select the intensity

The device has 30 output modes. Both the main unit and the remote controller are equipped with intensity decrease button and intensity increase button for increasing and decreasing the intensity. The method of setting the mode is as follows.

Method 1:	Press intensity decrease button on the main unit briefly, each press decreases the intensity by one level. When the intensity reaches 0, pressing this button again will not cause any change. Press intensity increase button on the main unit briefly, each press increases the intensity by one level. When the intensity reaches 30, pressing this button again will not cause any change.
Method 2:	Press intensity decrease button on the remote controller briefly, each press decreases the intensity by one level. When the intensity reaches 0, pressing this button again will not cause any change. Press intensity increase button on the remote controller briefly, each press increases the intensity by one level. When the intensity reaches 30, pressing this button again will not cause any change.

After the intensity setting is completed, the remote controller will display the set intensity.

4. Time setting

Each mode of the device is set to a default timer of 20 minutes. The timing can be adjusted via the remote controller, and the adjustable range is from 10 to 60 minutes.

Method:

Press power on/off and treatment time control button on the remote controller briefly once. The number displayed in the middle of the upper part of the remote controller is the treatment time. The icon indicator lights up. The initial display time after the device is turned on is 20 minutes. After that, each time this button is pressed, the time increases by 10. Press this button multiple times, the treatment time is increased by 10 minutes each time. The set variation pattern of the treatment time is "20-30-40-50-60-10-20-30-40-50-60-10...". After the time setting is completed, the selected treatment time will be displayed for 5 seconds, and then the intensity will be shown and the time icon indicator lights off.

Please note:

After the timing is set successfully, press power on/off and treatment time control button on the remote controller again. At this point, the time icon will light up, and the treatment countdown will be displayed on the remote controller. Press this button again. First, increase the time to a multiple of 10. For example, if there are still 5 minutes left in the treatment time, press this button once to change it to 10 minutes; There are still 15 minutes left for the treatment. Press this button once to change it to 20 minutes. Then press the button again, the treatment time is increased by 10 minutes each time. The set variation pattern of the treatment time is "10-20-30-40-50-60-10...".

5. Treatment

After setting the above parameters, you can start to enjoy the treatment.

6. Turn off

The device can be shut down automatically or manually.

Automatic shutdown:

1) The treatment time is over

Main unit: After the treatment time is over, the main unit will automatically shut down after the buzzer sounds twice.

Remote controller: If the remote controller is only paired with one main unit, the remote controller will also shut down after the main unit is turned off. If two main units are paired, the remote controller will only shut down after both main units are turned off.

2) No output

Main unit: If the intensity is 0 or the load is disconnected and there is no continuous operation (including not being controlled by the remote controller) for 2 minutes, the main unit buzzer will sound 2 times and then automatically shut down.

Remote controller: If the remote controller is only paired with one main unit, the remote controller will also shut down after the main unit is turned off. If two main units are paired, the remote controller will only shut down after both main units are turned off.

Manual shutdown

Main unit: When the power of the main unit is on, press and hold power on/off button for about 2 seconds to power off, and the buzzer of the main unit will beep briefly twice.

Remote controller: When the power of the remote controller is on, press and hold Power on/off and treatment time control button for about 2 seconds to power off, and the buzzer of the remote controller will beep briefly.

Please note:

- When the remote controller is paired with a main unit, if the main unit is manually shut down, the remote controller will also shut down, and if the remote controller is manually shut down, the main unit will also shut down.
- When the remote controller pairs two main units, if one main unit is manually shut down, the remote controller will not shut down along with it. Only when both main units are shut down will the remote controller shut down along with it. If both main units are manually shut down, they will also shut down along with the remote controller.
- The buzzer of the remote controller will only beep briefly when it is manually turned off. It will not beep when the main unit automatically shuts down.

Step 5: Clean

Please refer to section 4.

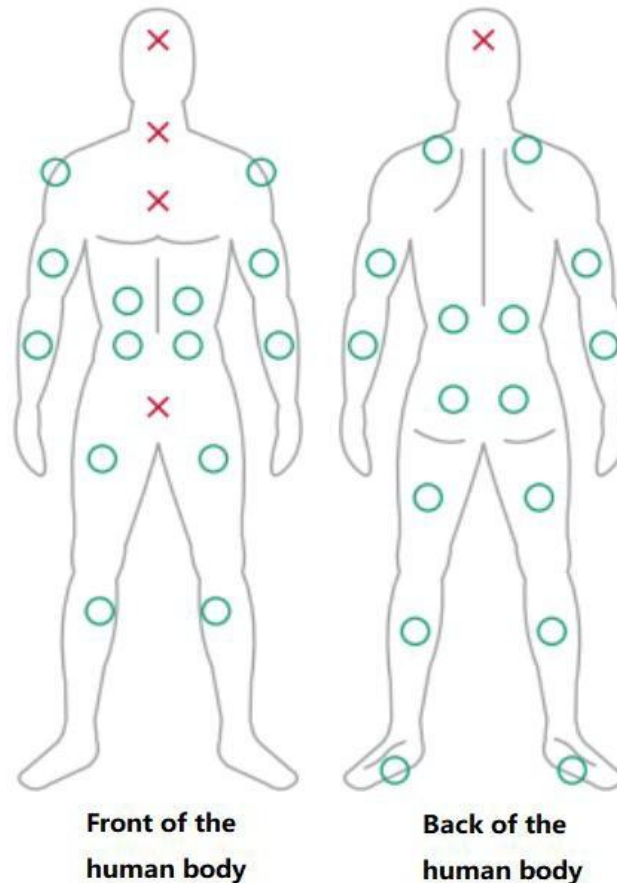
Step 6: Storage

Please refer to section 5.

NOTE:

1. Over-long-time treatment and strong stimulation may cause muscular fatigue and may generate adverse effects. In order to avoid excessive treatment, make sure that at the beginning select short time (10 minutes) and low intensity to treat for a period, and gradually increase time and intensity after you adapt to the stimulation, but never exceed your comfort level. However, each treatment should last less than 60 minutes with at least 2 hours of rest between each use.
2. Recommended usage is 1-2 times a day with at least 2 hours of rest between each use.
3. Select the intensity level that feels right for you. If you want to change the position of the electrode during treatment, turn off the device first before changing the pad position. After you place the electrode onto the new area, then you can turn on the device to start treatment. This procedure helps to avoid potential shock and discomfort.
4. If you want to stop the treatment at any time before the time is up, turn off the device first and then remove the electrode from your skin.
5. Never apply the pads to any other surface other than your skin. If the pads become soiled or dirty, the adhesive power may decrease. In this case, moisten the surface of the pads with water and wipe away the dirty portion. This will allow a temporary restoration of the adhesive power. However, too much water will result in loss of the adhesive power. Do not plunge the pads into water.

3.2 Treatment site guidance



The device is OTC and patients who are not under clinical supervision should have all the information and instructions for using the device. Electrodes placement on patient anatomy for pain application is different than for EMS application. Therefore:

Electrodes placement for TENS application:

TENS:

You can:

- place the electrodes directly on the spot of pain; or
- place the electrodes directly on opposite sides of the pain; or
- placing one electrode on the site of pain and the other 5 or 6 inches away from the site of pain to achieve pain relief.

Electrodes placement for EMS application:

EMS:

You can:

- place the electrodes on the middle of the muscle mass; or
 - place the electrodes on the largest part of the muscle you intend to stimulate; or
 - place the electrodes on opposite ends of the muscle
- for EMS application, such that you are able to stimulate as many muscle fibers as possible to achieve muscle simulation.

3.3 Electrode Pads Guideline

1. Only use the electrode pads supplied by the manufacturer; Using other electrode pads may pose a risk of incompatibility. This may not be able to connect successfully.
2. Do share the electrode pads with others to avoid skin reaction or cross infection.
3. Always turn power off before removing or repositioning the electrodes.
4. Make sure the skin has been washed thoroughly and keep dry before applying the electrodes.

5. Apply the whole surface of the electrode pads firmly to the skin. Do not use electrode pads that do not stick properly to the skin or only partially stick to the skin.
6. In case of skin redness under the electrode pads after stimulation, do not stimulate in the same place since the skin turn to normal condition
7. Please replace the electrode with a new electrode after it loses its viscosity, and you can purchase the electrode that has already been marketed.
8. The number of times can be used of our electrode is 30-50 times, and the life of the electrodes varies depending on skin conditions, storage, amount of use, type of stimulation, and stimulation site.

4. CLEANING AND MAINTENANCE

For main unit:

1. Wiped the main unit by a damp cloth. Do not use thinner or alcohol because they can cause damage to the main unit.
2. After cleaning, please allow the main unit to dry naturally.
3. Visually inspect the main unit for any dirt. If so, repeat steps 1-2. If not, store the device as required.

For remote controller:

1. Wiped the remote controller by a damp cloth. Do not use thinner or alcohol because they can cause damage to the remote controller.
2. After cleaning, please allow the remote controller to dry naturally.
3. Visually inspect the remote controller for any dirt. If so, repeat steps 1-2. If not, store the remote controller as required.

For electrode pad:

1. Clean the sticky surface of the electrode pads by spraying water lightly on the surface of the electrode.
2. After cleaning, please allow the main unit to dry naturally.
3. Visually inspect the electrode pad surface for any dirt. If so, repeat steps 1-2. If not, store the electrode pads as required.

Note:

- Each person should use their own set of electrode pads for best hygiene.
 - It should be replaced after no stickiness at all.
- Always place the clear plastic protective film over the Electrodes pads when not in use. Do not place them on any other surfaces as they will get dirty.
- Never stick two electrode pads to each other.
 - Keep the electrode pads clean, and never put them under high temperature and direct sunshine.
 - Do not clean the electrode pads with hot water or any chemical.
 - Do not touch the sticky surface of the pad, otherwise it will cause the viscosity to decrease.
 - Do not clean the electrode pads with any chemical.

5. TRANSPORT AND STORAGE

Please reapply the release paper to the dry electrode pad and place main unit and remote controller in the storage bin or storage bag to protect it from contamination.
Store the machine in a dry place, out of reach of children. Do not disassemble the device for any purpose.

Storage Temperature: -20°C~+55°C Humidity:
≤93%RH

Atmospheric pressure: 50 kPa~106 kPa

When the unit will not be used for a long duration, remove the battery.

6. TROUBLE SHOOTING

- 1) Please keep the device from the reach of infants, children or pets, inhalation or swallowing of small parts is dangerous or even fatal.

Problem	Possible Causes	Solution
One pad feels stronger than the other	This is normal. Different areas of your body will react differently.	Make sure the pads are sticky and are making good contact.
The intensity is not felt. Very weak intensity level.	Pads are not attached to the body firmly.	Attach both pads firmly to the skin.
	The transparent films are still stuck to the pads.	Peel off film on the adhesive surface of pads.
	The pads stacked together or overlap.	Do not stack pads together or overlap pads.
	The intensity setting is getting weak.	Increase the intensity level.
	The battery capacity is low.	Charge the battery.
The skin turns red or the skin feels irritated.	The adhesive surface of pads is dirty or dry	Wash adhesive surface of pads softly with your finger tips for about 3 seconds under slow running water.
	The therapy time is too long or the intensity is set too high.	Reduce the application time or reduce the intensity.
	The electrode pad surface is worn out	Replace electrode pad
No power source of the main unit	The battery of the main unit is depleted.	Charge the main unit.
No display on the remote controller.	The battery of the remote controller is depleted.	Charge the remote controller.
The main unit or remote controller can not to charge.	The main unit or remote controller is not properly placed in the storage bin or storage bag.	Place the magnetic suction interface in the charging compartment corresponding to the main unit and remote controller correctly.
It is difficult to attach the pad to the skin.	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Was the pad applied immediately after washing?	Dry the pad.
	Is the adhesive surface of the pad	Replace the pad.
Adhesive surface of pads not sticky.	Are you using pad when perspiring?	Use when not perspiring, in a cool room.
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace the pad
Treatment interruption	The device was disturbed by other RF devices.	Wait a few minutes and the device may recover automatically; Turn off the device and wait for a minute to restart; Move to another location for treatment.

7. DISPOSAL

- The device and accessories out of shelf life or use life should not be thrown randomly and should be recycled by the manufacturer.
- To dispose of packing materials, take appropriate actions in accordance with the rules and regulations in force in your area to prevent adverse ecological effects.

8. WARRANTY CARD

We hereby guarantee this consumer purchased product, if it is used normally according to each instruction in manual in a non-commercial setting, in case of failure, please contact us, Plexus Yoga LLC Dba Chirp, first, we will sort the problem for you, please ship or mail to: Honq Qiangxing (Shenzhen) Electronics Limited.

Address: 2F, Yongcheng Blvd, Xicheng Industrial area, Xixiang Street, Bao'an District, Shenzhen City, Guangdong Province, 518126, China

For exchange, please mail the failed unit along with copy of receipt as proof of purchase to us or to the local dealer where did you purchase the product. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend ensuring the product with tracking number and return receipt.

Warranty List

Device Name:	Model:
Purchase date:	User's address:
Name:	Telephone:
Dealer:	Address:
Telephone:	
description of the specific problem:	
Stamp:	

9. LABEL SYMBOLS

Label symbols are shown in the following table:

1.		Medical device. Indicates the item is a medical device
2.		DATE OF MANUFACTURE. This symbol shall be accompanied by a date to indicate the date of manufacture.
3.		Symbol for "MANUFACTURER". This symbol shall be accompanied by the name and the address of the manufacturer.
4.		Collect separately from other household waste
5.		Type BF Applied Part
6.	IP22	IP22: The first number 2: Protected against solid foreign objects of 12.5 mm Φ and greater. The second number 2: Protection against vertically falling water drops when ENCLOSURE tilted up to 15° on either side of the vertical.
8.		Refer to user manual
9.		MR unsafe
10.	FCC	The product has met FCC regulatory requirements and passed FCC certification testing.
11.		Caution
12.		Serial number
13.		Unique device identifier

10. EMC DECLARATION

Before installing or using the device or system, keep an appropriate distance from radio frequency (RF) sources whenever possible. The sources include but not limit to:

Radio and TV stations

Portable and mobile RF communication devices (cell phones, two-way radios, base station, etc.)

High-frequency surgical units, such as diathermy, electrocautery, argon beam coagulators, etc.

X-ray, CT, or MRI devices

These devices are also possible sources of interference as they may emit higher levels of electromagnetic radiation.

WARNING:

EQUIPMENT MALFUNCTION OR INTERFERENCE

Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the TENS&EMS or system, including cables specified by the manufacturer. Degradation of the performance of this equipment could result.

Use of accessories, transducers and cables other than those specified or provided by the Honq Qiangxing (Shenzhen) Electronics Limited. manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

Magnetic and electric fields may interfere with the performance of the device or system. Make sure that all peripheral components operated in the vicinity of the device comply with the relevant EMC requirements. X-ray equipment, MRI devices, radio systems (cellular phones) and so forth, are possible sources of interference because they may emit higher levels of electromagnetic radiation. Verify the performance of the system before use.

ESSENTIAL PERFORMANCE

The essential performance of the system may be lost or degraded because of electromagnetic disturbances. For expected degradations and instructions of the basic safety and essential performance maintenance in the case of electromagnetic disturbances, see the table below:

Essential Performance	Degradation Caused by Electromagnetic Disturbances	Essential Performance Maintenance
Produce Protection	No degradation	Not Applicable
Produce Function	No degradation	Not Applicable
Note: Essential Performance: The device has two functions are TENS and EMS. For TENS: pulse frequency 6~40Hz, pulse width 105~200μs, and the maximum voltage is 52V@500Ω. For EMS: pulse frequency 30~180Hz, pulse width 82~240μs, and the maximum voltage is 50V@500Ω.		

The following tables provide information on compliance of the equipment according to the standard IEC 60601-1-2:2014 + A1:2020.

Guidance and manufacturer's declaration – electromagnetic emissions

This equipment is intended for use in the electromagnetic environments specified below, and the purchasers or users shall ensure that it is used in these electromagnetic environments.

Emissions	Compliance
RF emissions (Radiated) CISPR 11	Group 1 Class B
RF emissions (Conducted) CISPR 11	Group 1 Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/flicker emissions IEC 61000-3-3	Complies

Guidance and manufacturer's declaration – electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Environments
Electrostatic discharge (ESD) IEC 61000-4-2	±4 kV, ±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	HOME HEALTHCARE environment
Electrical fast transient/burst (EFT) IEC 61000-4-4	±2 kV for power supply lines	±2 kV for power supply lines	HOME HEALTHCARE environment
Surge IEC 61000-4-5	± 0.5kV, ± 1 kV line(s) to lines	± 0.5kV, ± 1 kV line(s) to lines	HOME HEALTHCARE environment
Voltage dips, short interruptions and Voltage variations on power supply input lines IEC 61000-4-11	0% UT, 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT, 1 cycle at 0° 70% UT, 25 / 30 cycle at 0° 70% UT, 25 / 30 cycle at 0° 0% UT, 250 / 300 cycle	0% UT, 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0% UT, 1 cycle at 0° 70% UT, 25 / 30 cycle at 0° 70% UT, 25 / 30 cycle at 0° 0% UT, 250 / 300 cycle	HOME HEALTHCARE environment
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	HOME HEALTHCARE environment
Conducted RF IEC 61000-4-6	3 Vrms 0.15 MHz to 80MHz 6 Vrms in ISM bands between 0.15 MHz and 80MHz	3 Vrms 0.15 MHz to 80MHz 6 Vrms in ISM bands between 0.15 MHz and 80MHz	HOME HEALTHCARE environment
Radiated RF IEC 61000-4-3	3 Vrms 80 MHz to 2.7GHz 80% AM at 1KHz	3 Vrms 80 MHz to 2.7GHz 80% AM at 1KHz	HOME HEALTHCARE environment

Proximity magnetic fields IEC 61000-4-39	30 kHz / CW / 8A/m 134.2 kHz / Pulse modulation 2.1KHz / 65A/m 13.56MHz / Pulse modulation 50 kHz / 7.5A/m	30 kHz / CW / 8A/m 134.2 kHz / Pulse modulation 2.1KHz / 65A/m 13.56MHz / Pulse modulation 50 kHz / 7.5A/m	HOME HEALTHCARE environment
NOTE 1. UT is the a.c. mains voltage prior to application of the test level; 25 / 30 and 250 / 300 cycle means 25 / 250 for 50 Hz system and 30 / 300 for 60Hz system. 2. The ISM (industrial, scientific and medical) bands between 0,15 MHz and 80 MHz are 6,765 MHz to 6,795 MHz; 13,553 MHz to 13,567 MHz; 26,957 MHz to 27,283 MHz; and 40,66 MHz to 40,70 MHz. The amateur radio bands between 0,15 MHz and 80 MHz are 1,8 MHz to 2,0 MHz, 3,5 MHz to 4,0 MHz, 5,3 MHz to 5,4 MHz, 7 MHz to 7,3 MHz, 10,1 MHz to 10,15 MHz, 14 MHz to 14,2 MHz, 18,07 MHz to 18,17 MHz, 21,0 MHz to 21,4 MHz, 24,89 MHz to 24,99 MHz, 28,0 MHz to 29,7 MHz and 50,0 MHz to 54,0 MHz. 3. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radio, AM and FM radio broadcast, and TV broadcast cannot, theoretically, be predicted with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, consider conducting an electromagnetic site survey. If the measured field strength in the location the system is used exceeds the applicable RF compliance level listed in this table, observe the system to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the system. 4. At 80 MHz and 800 MHz, the higher frequency range applies. 5. These guidelines may not apply in all situations. Electromagnetic propagation is affected by the reflection from structures, objects, and people. 6. Portable and mobile RF communications equipment should be used no 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. 7. This test is applicable only to ME EQUIPMENT and ME SYSTEM intended for use in the HOME HEALTHCARE ENVIRONMENT. 8. The carrier shall be modulated using a 50% duty cycle square wave signal. 9. r.m.s., before modulation is applied.			

Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment

Test frequency (MHz)	Band a) (MHz)	Service a)	Modulation b)	IMMUNITY TEST LEVEL (V/m)
385	380-390	TETRA 400	Pulse modulation 18 Hz	27
450	430-470	GMRS 460, FRS 460	FM c) ± 5 kHz deviation 1 kHz sine	28
710	704-787	LTE Band 13,17	Pulse modulation b) 217Hz	9
745				
780				
810	800-960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation b) 18Hz	28
870				
930				
1 720		GSM 1800; CDMA 1900;	Pulse	
1 845				

1 970	1 700-1 900	GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	modulation b) 217Hz	28
2 450	2 400-2 570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation b) 217Hz	28
5 240	5 100-5 800	WLAN 802.11a/n	Pulse modulation b) 217Hz	9
5 500				
5 785				

This device complies with part 15 of the FCC Rules. Operation is subject to the two conditions below:

- (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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 measures below:

- 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.

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. "Harmful interference" is defined in 47 CFR §2.1 by the FCC as follows: Interference which endangers the functioning of a radio navigation service or of other safety services or seriously degrades, obstructs, or repeatedly interrupts a radio communication service operating in accordance with the [ITU] Radio Regulations.

RF Exposure:

This device has been evaluated and shown compliant with the FCC portable RF Exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter used in other systems.



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