

# App control wirelessTENS UNIT

What is TENS?

*(Transcutaneous Electrical Nerve Stimulation)* provides highly effective treatment for body pain. TENS is used extensively and is recommended by sports coaches, physiotherapy, pain clinics, doctors and other medical practitioners. It's simple and easy to use. It provides quick and dependable pain relief at work and home

There is 2 program on the APP.

Program 1: what's the matter with you?

16 therapy symptoms

Chronic fatigue

Guard against the

flu Chronic stiff

Stiff shoulder

Lumbar Sprain

LDH(Lumber Disc Herniation)

Hangover

Shoulder & Back

pain Hyperhidrosis

Eliminate irritability and relieve tension

Insomnia

Tennis Elbow

Tired

Leg pain

Carsickness

Stiff neck

You can choose any therapy symptom according to your situation

### Program 2:16 Massage area

You can choose the massage area according to your situation



6 Massage modes:

- 1.Scraping
- 2.Beat
- 3.Acupuncture
- 4.Cupping
- 5.Tai-Chi
- 6.Kneading

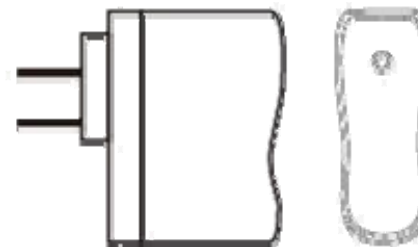
### **TENS Components**



**Device**



**pads**



**Charger**



**Cable**

## User Manual:

For temporary relief of pain associated with sore and aching muscles due to strain from exercise or normal household and work activities.

### Contraindications

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

### Warning

- The device may cause rhythmic disturbances to the heart. Do not use the device across or through your chest. If you are susceptible to rhythm disturbances of the heart, use of the device must be done under the direction of a physician.
- Use of this device over your neck could cause muscle spasms resulting in airway closure, difficulty in breathing, adverse effects on heart rhythm or blood pressure. Do not use this device over your neck.
- Use of the device when you are in the care of a physician or have had medical or physical treatment for your pain. Consult with your physician before using this device.
- Continued use of the device when pain does not

- Use of the device on the following skin conditions may cause a condition to become worse. Do not use the device over, or in proximity to, these skin conditions: abnormal skin, skin that is not intact, untidy, unhealthy, open wounds, rashes, swollen, red, infected, inflamed areas, skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins), or cancerous lesions.

- Electrical stimulation during common activities may increase the risk of injury. Do not use the device when in the bath or shower, sleeping, driving, and operating of machinery or any activity in which electrical stimulation can put you at risk of injury.
- Using the device around electronic monitoring equipment (e.g., cardiac monitors, ECG alarms) may cause equipment malfunction. Do not use this device around electronic monitoring equipment.

- The effect, and safety, of using the device on children, during pregnancy, or use across the head has not been evaluated or established and is unknown. Do not use the device on children or let children handle the device. Do not use this device if you are pregnant, or suspect that you are pregnant, unless under the direction of your physician. Do not apply the device across your head.

### PRECAUTION

- Using the device when you have suspected or diagnosed epilepsy or heart disease may cause unexpected reactions. Always consult your physician before using the device.

## ADVERSE REACTIONS

1) Isolated cases of skin irritation or burns may occur due to electrical stimulation or adhesive medium (gel pads).

2) Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

## Contents

- 1 Wireless device
- 2 pairs gel pads
- 1 Charger with USB extension line
- 1 user manual

## PREPARE your App Wireless device

1. Prepare the treatment area by washing and drying the skin thoroughly. The treatment area should be void of oils and /or lotions. Do not apply the main device over broken skin.

2. Connect the host and patch. Stick the pads on your treatment area.

3. Turn on the APP on your Iphone and turn on bluetooth, Press Add device then the APP and tens device will connect successfully.

4. Enter the operation page. you can choose the massage area and therapy symptom, working method and working time and the power you want. The blue light will shining faster when the power is increase



#### **§ 15.19 Labelling requirements.**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

#### **§ 15.21 Information to user.**

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

#### **§ 15.105 Information to the user.**

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

can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

#### **\* RF warning for Portable device:**

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.