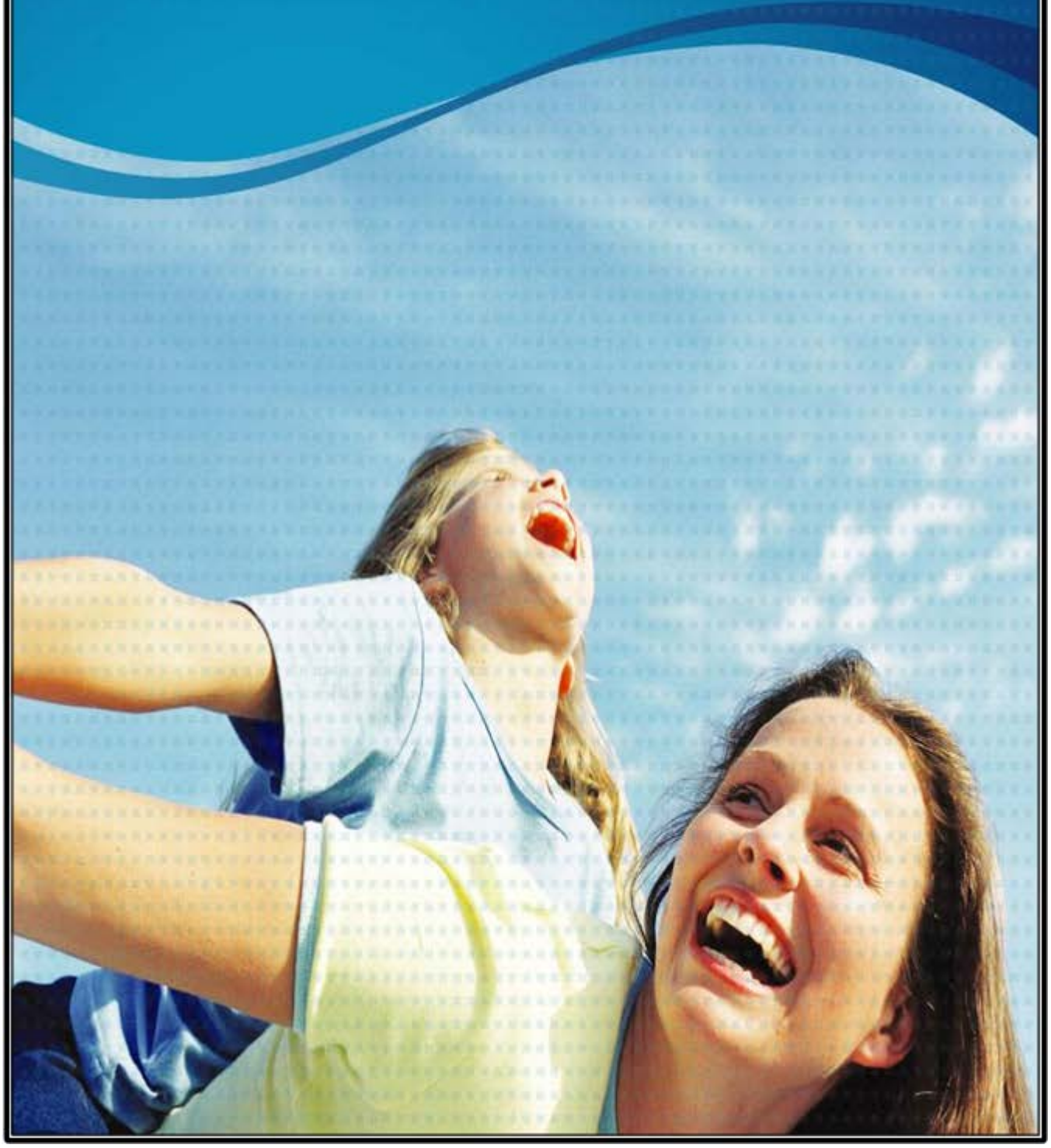
Furun Medical

NONE Insertion Biofeedback

Enterprise with firm will for human health and customer value creation



Patent

HnJ-350 has co-developed by Furunmedical Co.,Ltd. and professors in university and doctors in the hospital. It is high-tech device and has patents. Anyone who infringe the patent, will be subjected to legal penalty.

User Manual

Thank you for your purchasing HnJ-350. For the safety and proper operation, it is described for the function of each mode, operation method and maintenance in this user manual.

Please read this manual carefully before using and keeping it nearby the device and retain it for future reference.

- The assembling, modification, repair service etc for this device shall be performed by the Authorized person only who is recognized from the manufacturer.
- Please use the device by the instruction in user manual.

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1. Safety

The manufacturer or distributor doesn't have a responsibility on damages or impairs caused by improper use or management of the device by the user.

1-1. Warnings and Cautions

⊘	In case of ignoring "Warning", it may cause critical damages or impairs.
ⓘ	"In case of ignoring "Caution", it may cause damages or impairs.

⊘ In case of abnormal sound or smell and smoke, disconnect the power immediately and contact the service center.

It may cause damage of the machine.

⊘ Do not spray or impregnate the liquid into the machine.

It may cause electric shot or damage.

⊘ Do not place the machine near heater (Electric heater, brazier).

There is a risk of a fire by melted plastic or cable.

⊘ Never use the device during driving because it is dangerous.

ⓘ Do not place heavy stuff or step on the sensor in the middle of the machine.

It may cause damage of the machine.

ⓘ Do not move body during operation.

It is disturbing for exact measurement.

ⓘ You have to adjust the proper pressure for the perineal region by using dial under the device

(it would be the best if the arrow placed on the middle of the graph when seated on device)

ⓘ Do not drop the device on the hard surface, or it may be damaged by impact

ⓘ When turn off the power, do not pull the cable. Please hold the end part of plastic molding and disconnect the power cord.

It may cause damage of the cable.

Disconnect the cable when do not use the machine for long time.

You can use the machine safely.

Do not disassemble, modify, repair except the authorized person only.

For the repair service, please contact the dealer or manufacturer you purchased, or refer to the user manual.

2. Introduction

2-1. Pelvic floor muscle exercise (Kegel Exercise)

Kegel exercises strengthen the muscles of the pelvic floor, the "hammock" of muscles that control the flow of urine and hold the pelvic organs in place. Weakness in the pelvic floor muscles can cause bladder control problems (urinary incontinence) or the sagging of some pelvic organ specially after childbirth. Kegel exercise recovers this weakened pelvic floor muscle and gives the increased satisfaction for sex life as well.

2-1-2. The difficulties of Kegel Exercise doing by your self

- It is difficult to recognize the pelvic floor muscle by yourself because you do not use these muscles normally.
- If you don't know how to contract the pelvic floor muscle, other lower abdominal muscles or leg's muscles are contracted when you do Kegel exercise, as the association reaction, finally it makes bad effects for the symptom.
- In case you don't know how to contract the pelvic floor muscles and its improvement, it is difficult to maintain the exercise and makes you give up the exercise on the way.

** With these reasons, Conventional Kegel exercise devices, inserted the small probe into vagina and showed how to contract and relax the pelvic floor muscle

2-2. Specification

(1) It doesn't need to insert the probe into the vagina and you can do the pelvic floor muscles exercise with your clothes on, the world's first and shows real time muscle contraction and relax.

(2) Everybody for both man and woman even for all family members, easily uses and does exercise any time and any place.

(3) It uses smart phone application for its program added game mode, so you can do the Kegel exercise with fun and easy.

(4) It shows the contraction of pelvic floor muscle with in real time through the smart phone display and learn how to do the pelvic floor muscles exercise while checking your muscle's contraction and relaxing, so you can do and maintain the exercise with your goal.

2-3. Contraindication

Do not use the device during artificial insemination, Embryo Implantation and on period. (Be careful for over exercise. It may harm your health.)

2-4. Notes during exercise

1) If any abnormality is founded during exercise from the user, please stop operation and guide the patient to comfortable situation and consult with your doctor.
2) If the skin turns red during use or after use, if any side effects such as inflammation, skin disorder, or irritation occur, Please discontinue use immediately and consult with your doctor promptly.
3) When you feel the symptoms like Dizziness, vomiting, etc. immediately stop using device and consult with your doctor promptly.
4) Do not use the product for any purpose other than its intended use.
5) Do not use too long time during single exercise.

2-5. Equipment description and configuration

This product has an elongated protruding head (1) at the center of the cushion type body, so that the protruding head (1) is closely contact with the seated person and put the pressure to the perineum part between the buttocks. A sensor for sensing a load applied to the protruding head (1) is installed in the cushion under the protruding head (1). A pair of electrodes for applying a low frequency pulse to the perineal part of the person is provided (2).

Accordingly, when the user sits on the cushion-shaped body, the pelvic muscle of the perineum is pressed by the protruding head (1) on the upper surface of the cushion so that the pelvic floor muscle can be easily be recognized by the seated person

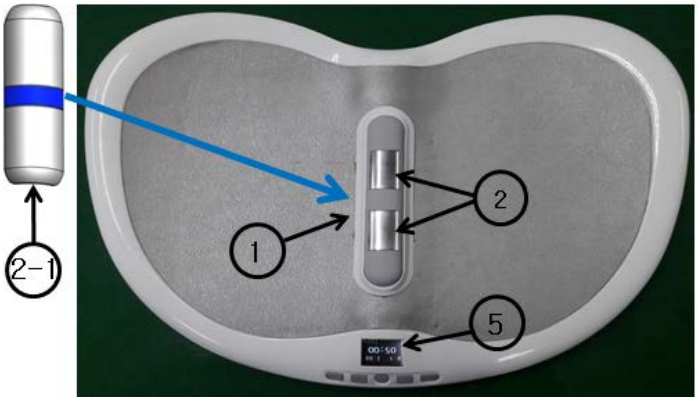
Then, when the seated person contract his or her pelvic muscles, then the sensor Under the protruding head (1) detect the contractive force at this time,

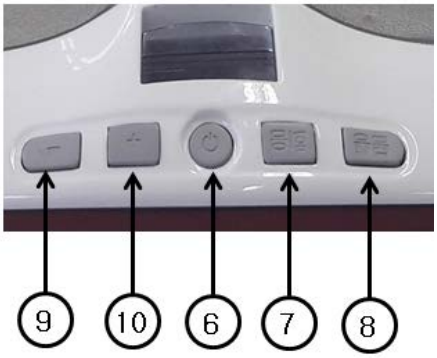
and the contraction force data of the pelvic floor muscles of the body is transmitted to the user's smartphone or the like, and display the status to the screen at real time basis ,this device that teach a person how easily learn to do Kegel exercise (make your pelvic floor muscles contract and relax).

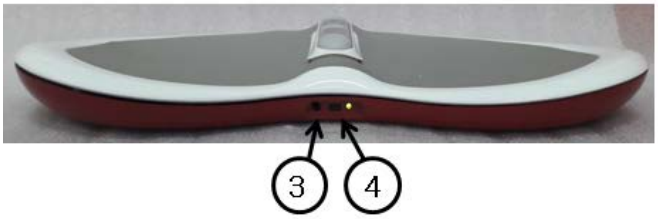
In addition, a pair of perineal electrode (2) may be provided on the upper surface of the protruding head 1 to induce passive contraction of the pelvic muscle by applying a low frequency pulse to the perineum of the seated person, if necessary,

and low frequency jack at the real side of the body (3) for applying low-frequency pulses to the body, such as arms, legs and waist, and a charging jack (4) for supplying power to the built-in battery. Also LCD window (5) and adjustment buttons (6) to (10) for adjusting the level of low frequency intensity and pulse are provided on the front side of the main body

Power on/off button (6) is located in the middle of the control button.







* Smartphone model: Android phone

2-6. Specification

Articles	Sub-Articles	Specification
Power	Input Voltage	DC 3.7V
	Input Current	1.5A
Dimension/ Weight	Dimension	400mm(width)×297mm(length)×49mm(height)
	Weight	3kg
Measurement	Measuring range	0 ~ 20kg

Warning statement:

FCC 15.19:

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.

FCC 15.105

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.

SAR Statement:

It has been tested and meets applicable limits for radio frequency (RF) exposure.

Specific Absorption Rate (SAR) refers to the rate at which the body absorbs RF energy. The SAR limit is 1.6 watts per kilogram in countries that set the limit averaged over 1 gram of tissue and 2.0 watts per kil ogram in countries that set the limit averaged over 10 grams of tissue. During testing, it was set to their highest transmission levels and placed in positions that simulate uses against the head, with no separation, and when worn or carried against the torso of the body, with 0mm separation.

3.Operations

1. Sitting on the Device

Vertically sit with your body so that the protruding head in the middle of the cushion presses the perineum (between the anus and the urethra).

★ Do not move your body, but contract your pelvic floor muscles with a feeling like to stop urination.

-If you move the body during operation, It might affect to the measurement.

- Sit on the comfortable position and contract only the pelvic floor muscles only (the area which is being pushed by the sensor).

  At this time, please do not put the power to the other muscles such as abdominal muscle or hip

2 How to use

A. Control by smartphone

(1) Kegel exercise mode (control by smartphone)

a) Down load smart phone app(DressFun Kegel) and click it

b) Press power button on the top of the body for at least 2 seconds to turn on product.

c) Click the Kegel exercise button(1) to select the exercise mode in figure 1.

d) Select the desired mode(2), such as Measure, Game 1, Game 2,in figure 2

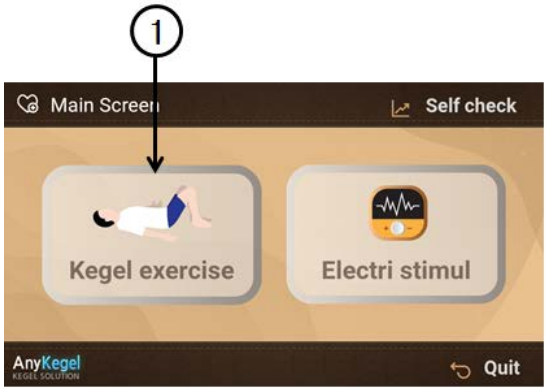


Fig 1(Main screen)

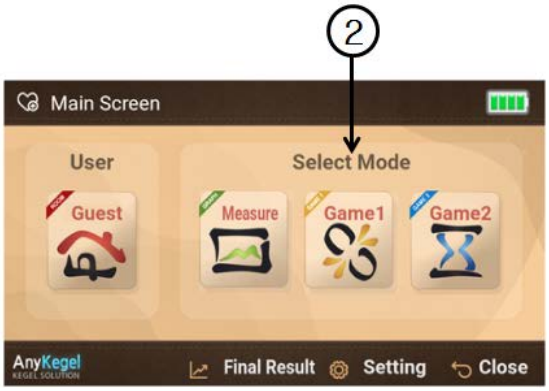
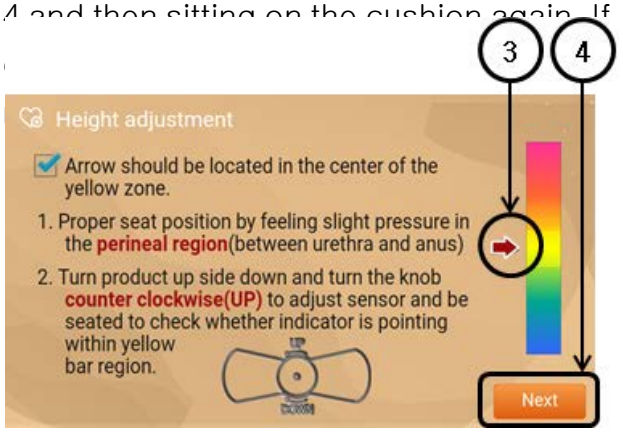


Fig 2(Select training mode)

e) If the height of the protruding head does not match, adjust the height of the protruding head by turning the dial (5) on the bottom of the body as shown in Fig. 4 and then sitting on the cushion again. If arrow indicate the yellow section in the



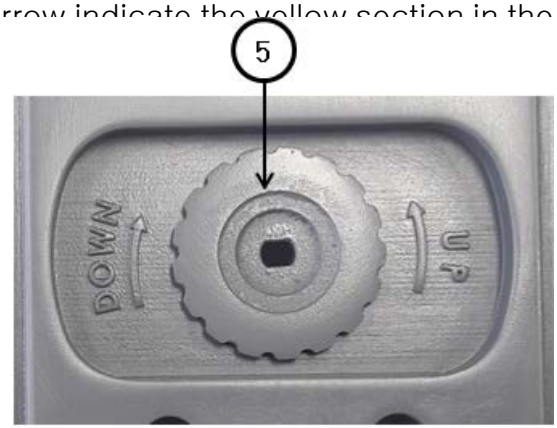


Fig 4 (Adjust height control)　　Fig 5(Bottom side of the body)

f) In the graph mode, as shown in Figure 6, when you apply force to the pelvic muscles along the green target graph (6), the graph of red muscle strength (7) goes up, and when you release the force, it goes down again. (7) is higher than the target graph (6), click on the difficulty level (8) on the upper right of the screen to raise the difficulty level appropriately as shown in Figure 16, If force graph (7) does not go up to the target graph (6) even if force is applied, it can be used to lower the difficulty level and adjust the muscle force graph (7) to rise easily.

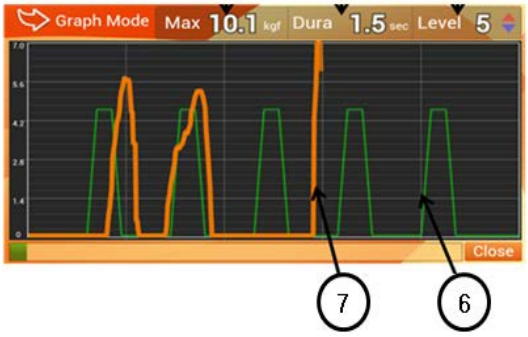


Fig 6 (Graph mode)

Fig 7(Difficulty control)

g) In Game 1 or Game 2 mode, as shown in Figure 8 and Figure 9, when you contract the pelvic floor muscles, then the balloon or airplane character (10) climbs up and plays a game of eating a coin or fruit target (9). in this time, you have to contract the pelvic floor muscles as much as you can. If the character (10) is too higher than the target (9) or does not reach the target (9) well, then it is necessary to adjust the difficulty level bar to the proper level which is suitable to person.

Fig 8(Game 1)

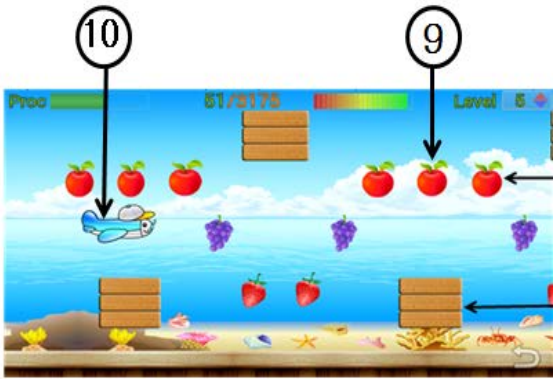


Fig 9(Game 2)

h) Additional explanations about screen

1). Main screen (Kegel exercise mode)

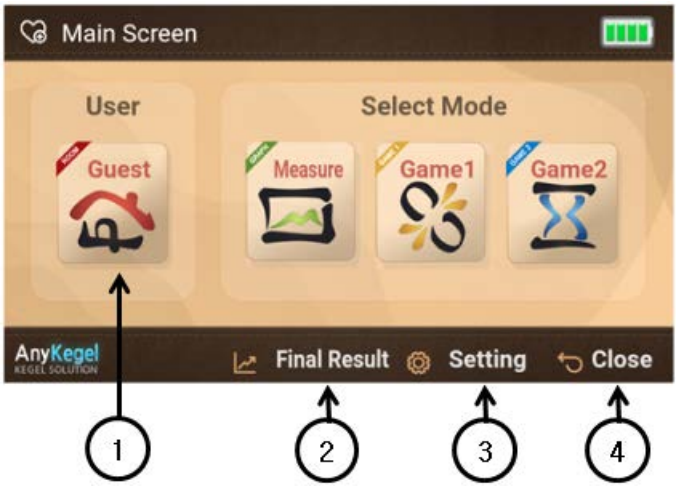


Fig 10 (Main screen Kegel exercise mode)

No	Button	Description
①	User	Choose among Room1 ~ Room5 and guest, then the exercise data is saved to the selected Room No.
②	Graph mode	Appearing various short and long goal graphs and contract the sphincter muscles strongly according to various goal graphs.
③	Game 1mode	If you contract your pelvic floor muscles, you can get the coin during the game, so it can improve pelvic floor muscle strength.
④	Game 2mode	Improving controlling ability for the pelvic floor muscle with contracting and relaxing while avoiding the obstacles and getting the fruits.

2) Select room

Fig 11 Select room

Select among Room1~ Room5 and guest, and then exercise data is saved and managed in the selected Room.

3)Setting

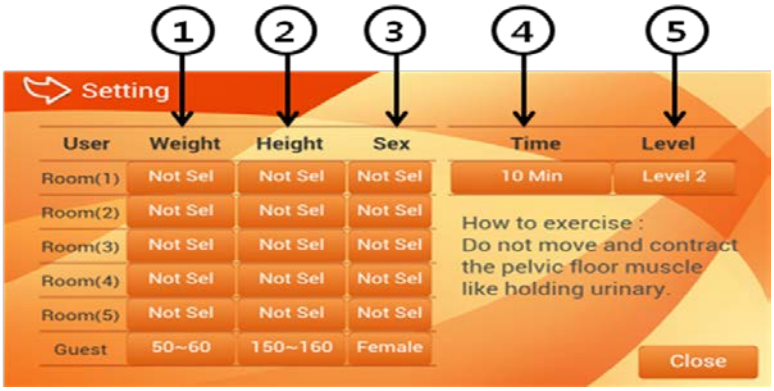


Fig 12 Setting

Input user's weight, height, exercise time and level. It is for ideal exercise setting for individual user. If you do not choose "Not selected", pop up window comes to choose the data.

No	Button	Description
①	Weight	Input the user's weight
②	Height	Input the user's height
③	sex	Button to select male or female
④	Exercise time	Set the exercise time normally 10~20minutes without overdoing.
⑤	Level	Select the exercise level. For the beginner, start from the low level and increase the level up little by little if you are accustomed to the current exercise level. For the effective exercise, set the level a little high which you can reach the target graph with your maximum strength.

4) Height control

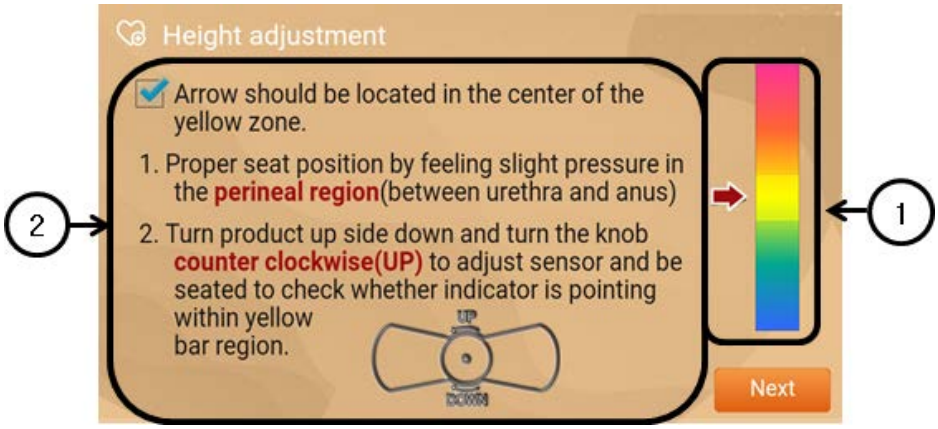


Fig 13 Height control

No	Button	Description
①	Balancing weight graph	Setting the height of sensor at the middle of the device according to user's condition. If the arrow is placed at the middle of the graph, it is ready for the pelvic floor exercise.
②	The method controlling proper weight	If you turn the dial at the bottom of the device, the height of sensor is changed. If you sit on the device again after changing the dial, the position of the arrow is changed. Set the arrow at the middle of the graph with this method and set the exercise condition.

5) Difficulty level control

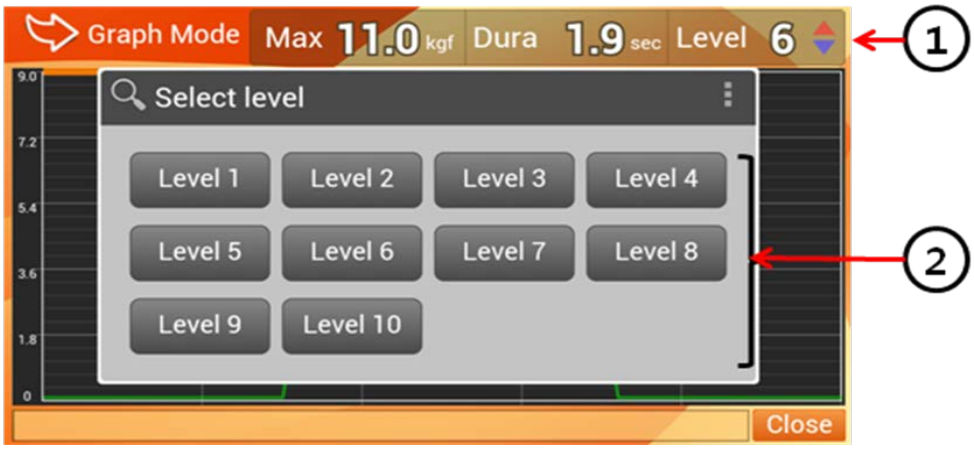


Fig 14 Difficulty level control

No	Button	Description
①	Grade	It controls the height of the graph when contract the muscles.
②	Level	There are 1~10 levels, when the level is low, the graph goes up easily with weak muscles contraction, but in cast of high level, the strong muscles contraction is required for the target graph.

* After familiar with the Kegel exercise you must raise your difficulty level and exercise as much power as possible to recover your pelvic floor muscle strength quickly.

6) Current result

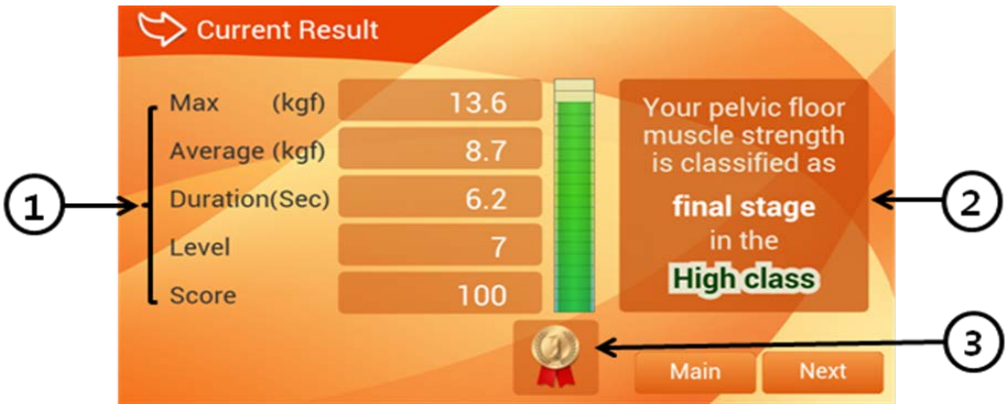


Fig 15 Current result

No	Button	Description
①	Articles	The score is mean date which performed this time.
②	Strength	It shows the average of the user's pelvic muscle strength.
③	Item	In case of over 90 score, users get gold medal.

7) Final result

Fig 16 Final result

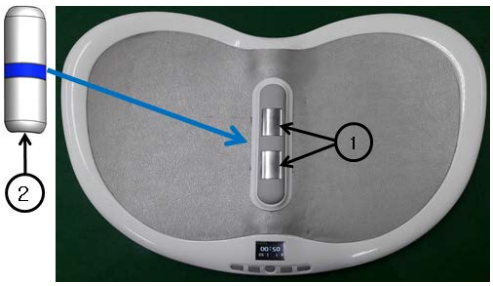
No	Button	Description
①	Result Graph	It shows the daily exercise result with graphs.
②	Item storage	The storage acquired the items currently. If you acquired 10 gold metals, it is changed to trophy and if you acquired 10 trophies, it is changed to Crown. So it motivates users to challenge the next level.

(2) Low frequency Stimulation mode(control by smart phone)

a) Low frequency stimulation to perineum (between the anus and the urethra).

1) Press the power button on the top of the cushion for more than 2 seconds to turn on the product.

2) After covering the conductive cover (2) on the electrode (1) of the protruding head, cover the wet tissue again on the conductive cover (2) so that the low frequency pulses applied through the electrode(1) are transmitted to the perineal pelvic muscles.



(Figure 17. Body top view)

3) Click the electric stimulus (3) in Figure 19 to select the low frequency stimulation mode, and then select the low frequency (perineum) (4).

4) Use the mode button (6) in Figure 20 to select the waveform of the stimulus, adjust the operating time from 1 to 20 minutes using the time button (7) Adjusting the intensity starts low-frequency stimulation of the pelvic muscles.

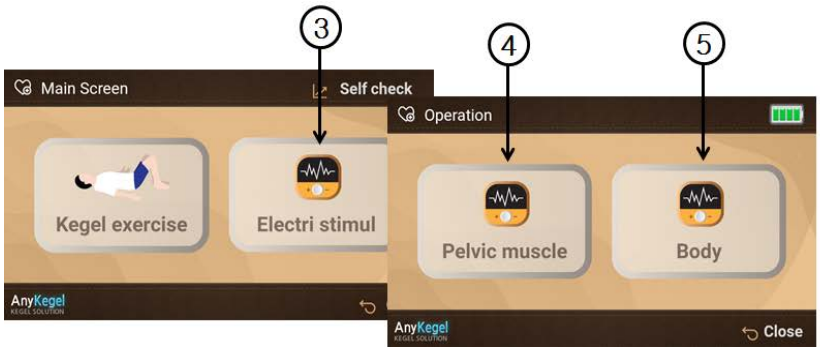


Fig 18 Select low frequency

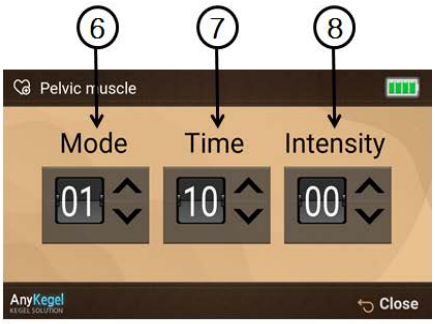


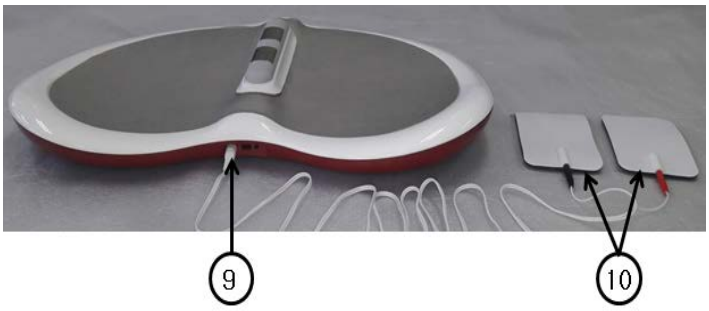
Fig 19 Adjust mode/time/Strength

b) Low frequency stimulation to body

1) Press the power button on the top of the cushion for more than 2 seconds to turn on the product.

2) Connect the low frequency cable to the low frequency jack (9) on the back

of the cushion and attach the low frequency pad (10) to the desired area such as the waist, shoulder, and arm



(Figure 20. Body low frequency diagram)

3) Click the electric stimulus (3) in Figure 18 to select the low frequency stimulation mode, and then select the low frequency (Body) (5).

4) Use the mode button (6) in Figure 19 to select the waveform of the stimulus, adjust the operating time from 1 to 20 minutes using the time button (7) Adjusting the intensity then low-frequency stimulation be started to the body.

B. Control by key button on the main body

a) Low frequency stimulation to perineum (between the anus and the urethra).

1) Press the power button (1) on the top of the cushion for more than 2 seconds to turn on the product.

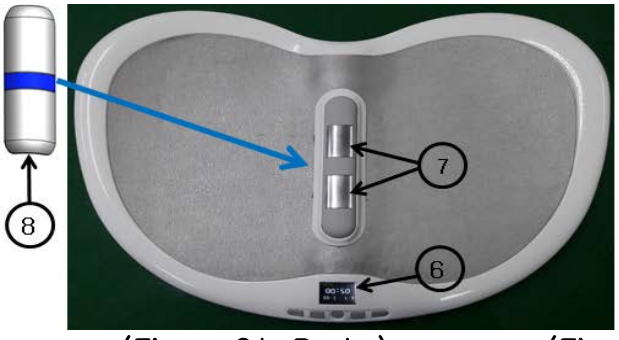
2) Cover the conductive silicone cover (8) on the electrode (7) of the protruding head and cover the wet tissue on the silicon cover (8) so that the low frequency pulses are well transmitted to the human body.

3) Click the perineum button (2) on the top of the cushion one time and then press the + button (4) and the – button (5), and the mode (9) is changed on the LCD screen in Fig.23 so that can select mode

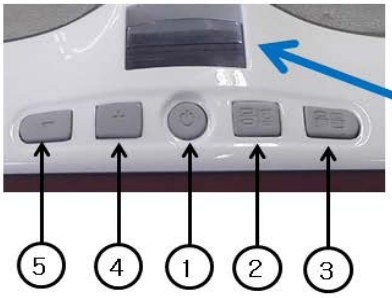
4) Click the perineum button (2) twice and then press the + button (4) and the – button (5) and then time (11) is changed on the LCD screen in Fig23

So that can select stimulation time .

5) Click the perineum button button (2) three times and then press the + button (4) and the – button (5) to change the intensity (10) on the LCD screen in Fig.23



(Figure 21. Body)



(Figure 22.Control Buttons)

(Figure 23. LCD)

b) Low frequency stimulation to body

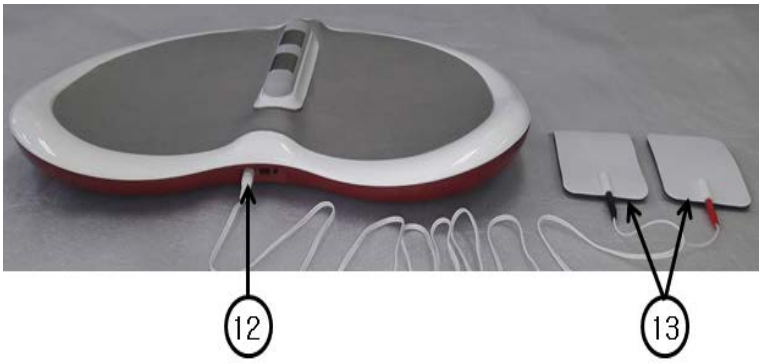
1) Press power button on the top of the cushion for at least 2 seconds to turn on the product.

2) Connect the low frequency cable to the low frequency jack (12) on the back of the cushion and attach the low frequency pad (13) to the desired area such as the waist, shoulder, and arm as shown in Fig 25.

3) Click the body button (3) in Figure 22 once and then press the + button (4) and the – button (5), and the mode (9) is changed on the LCD screen in Figure 23 to select the desired mode.

4) If you press the body button (3) twice and then press the + button (4) and the – button (5), the time (11) changes on the LCD screen in Fig. 23 and the desired stimulation time is selected.

5) Click the body button (3) three times and then press the + button (4) and the – button (5) the intensity (10) changes on the LCD screen in Fig 23 so that you can adjust it to the desired intensity.



(Figure 24. Connecting a low-frequency pad) (Figure 25. Using for body)

WARRANTY

Name	Pelvic Floor Muscles Exerciser	
Model Name	Dress Fun Kegel (HnJ-350)	
Date		
Warranty	1 year after purchasing date	
Customer	Name	
	Address	
	Phone	
Distributor	Company	
	Phone	

1. This device is manufactured under strict quality control and inspection.
2. In case of the problem happened again within 1 year, you can get the A/S service in free of charge.
   (Customers will be charged repair service cost for the problems caused by customer's faults even in warranty period.)
3. Please submit this warranty for the A/S service.
4. The compensation rule of this device is followed by Consumer Compensation regulations.

Consumer Compensation Regulations Guide

Consumer Compensation Classification		Compensation Standard	
Malfunction or severe problems within 10 days after purchasing date at the normal operation circumstance.		Exchange or refund	
Malfunction or severe problems within 1 month after purchasing date at the normal operation circumstance.		Free repair service or exchange the device	
Malfunction or operation problems at the normal operation circumstance	Period	Within warranty	After warranty
	Payment	Free repair service	Shall be payed
	In cast of 4th same problem happened after repair service served three times	Exchange or refund	Shall be payed
The problem, malfunction caused by user's faults		Shall be payed	Shall be payed

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HnJ-350K User's Manual

1.Composition of the product

Main body

Smart phone or Tablet PC
(Need to use customer's smartphone)

Charging adaptor

User manual /Quick manual

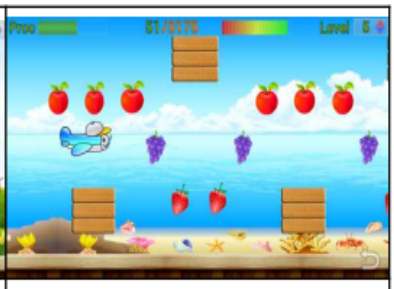
Data cable

- Supplying package per unit

1. Main Body (Cushion) ··· [1EA]
2. Charging Adaptor ····· [1EA]
3. Data Cable(Main Body <---> Smart phone, 1.5m) ····· [1EA]
4. User/Quick Manual ····· [1EA/Each]

2. Function of the product

- Kegel exercise mode

screen			
	Graph mode	Game 1	Game 2
Description	Graph mode appearing various short and long twitch exercise graph.	Designed to score coins by exercise pelvic floor muscles to improve pelvic floor muscle strength	Improving controlling ability for the pelvic floor muscles with contraction and relaxation.

3, Installation & Preparation before use

Please refer Page 11 ~Page 13 of the HnJ-350 General User's Manual

4. How to use Kegel exercise mode

Please refer Page 13 ~Page 17 of the HnJ-350E General User's manual

***Note: Please understand that HnJ-350K do not provide stimulation function,So please ignore functional explanation in the HnJ-350 General User's Manual about stimulation function.**