ReliefforMe

Healthier and Better

Manual
ReliefforMe UPK-GE01

Note: Please read this manual carefully before using the device.

[Indications for Use]

1. It is intended for temporary relief of pain associated with sore and aching muscles in the Shoulder, Upper back, Back, Lower back, Abdomen, Buttock, Thigh, Knee, Calf, Ankle, Foot, Upper Arm, Elbow, Forearm, Wrist due to strain from exercise or normal household and work activities.
2. It is also intended for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.
3. To stimulate healthy muscles to improve and facilitate muscle performance. To be used for the improvement of muscle tone and firmness, and for strengthening muscles in the intended areas on the body.
4. To be used for relaxation of muscle spasm, increase of blood flow circulation, prevention or retardation of disuse atrophy, muscle re-education, maintaining or increasing range of motion, and immediate post-surgical stimulation of calf muscles to prevent venous thrombosis.
5. To release stress and to relax the intended muscles and joints on the body.
6. The device offers many therapy programs for pain relief, muscle and body strengthen, and relaxation. It makes your choice easier and user experience better by recommending the programs that might be right for your particular need or situation.

[Contraindications]

- DO NOT USE if you have a cardiac pacemaker, implanted defibrillator, or other implanted electronic or metallic device.
- DON NOT USE while connected to high-frequency surgical equipment to avoid burn injuries on the skin under the electrodes, as well as problems with the device.

[Warnings]

- Keep this device out of the reach of children.
- Do not use this device across or through your chest because the electrical currents may cause rhythm disturbances to your heart, which may be lethal.
- Do not use this device if you have heart rhythm disturbances unless under the direction of your physician.
- Do not use this device over your eyes, mouth, face, throat, or head because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or change in blood pressure.
- If you are in the care of a physician or if you have had medical or physical treatment for your pain, consult with your physician before using this device.

- Stop using this device and consult your physician if your pain does not improve, or becomes more than mild for more than 5 days.
- Do not use this device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- This device should not be applied over open or damaged skin, infected, inflamed areas, abnormal skin, or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.).
- This device should not be used when cancerous lesions are present in the treatment area.
- Do not use during pregnancy.
- Do not use this device on children.
- The device should not be used while electrical monitoring equipment (such as Cardiac monitors, ECG monitors and ECG alarms) is in use.
- Never use in environments with high humidity such as in the bathroom or when having a bath or shower.
- Never use the device during sleeping. Never wear the device while charging.
- Do not use the device in the vicinity of shortwave or microwave therapy equipment to avoid the impact to the output power of the device.
- Do not use the USB cable if it's visibly damaged.
- Do not use the device when a pain is not muscular.
- Do not store the device near or on a hot surface.
- Do not step on or kick the device.
- Do not use the device when On/Off button is broken.
- Do not use the device if the buttons are non-functional.
- Do not remove the device before treatment is finished.
- Do not leave the device on the body in between treatments.
- This device is not to be used in the presence of flammable or anesthesia gasses.
- Stop using the device if you feel any discomfort.
- Do not use when your clothing, body or environment is too wet.
- Never attempt to disassemble, repair or modify the device.

[Precautions]

- This device is for symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.

- Use this device with caution if you have a tendency to bleed internally, such as following an injury or fracture.
- Consult with your physician prior to using this device after a recent surgical procedure, because simulation may disrupt the healing process.
- Do not use this device for pain of central nervous system origin, including headache.
- This device does not provide curative value.
- The long-term effects of nerve stimulation are unknown.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or adhesive medium (gel pads).
- Use this device only with the gel pads and accessories recommended by the manufacturer.
- Keep the pad clean.
- Do not allow young children, pets, or pests contact with the device as alterations to the device may compromise product safety and/or performance.
- Handle the unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- Stop use if you experience skin irritation, if skin reddening or discoloration lasts more than 24 hours, or if new symptoms occur.
- Please use the device within shelf life.

[Adverse Reactions]

- Isolated cases of skin irritation or burns may occur due to electrical stimulation or adhesive medium (gel pads).
- Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

[Battery Safety]

- Never throw the device into a fire.
- Do not expose the device to high temperatures(>50℃, for example, at strong direct sunlight or a vehicle in extremely hot conditions).
- Never immerse the device in water or other liquids.
- Power off the device before cleaning.
- Do not charge or discharge the battery at high temperature (>40℃) or at low temperature(<5℃).
- The device should be charge-discharged at least once per year.
- Battery is certified with UL1642/UL2054/IEC 62133-2/ UN 38.3.

[How to Apply the Pad]

1. Leave the electrode pad on the film and snap the pad to the bottom of the device.

2. Remove film sheet from pad.
3. Follow the diagrammatic presentation of the pad placement in the therapy program to put the pad on the targeted body location.
4. Remove pad from skin after treatment.
5. Peel off pad from film.
6. Pad will be reusable for multiple uses, up to 2 week of use or 50 times.

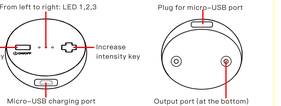
[How to Use with the ReliefforMe APP]

1. Go to Google APP Store to search and download ReliefforMe APP.
2. Start the APP.
3. Register with either your mobile phone number or your email address as the account user name.
4. Request verification code via your mobile phone or your email.
5. Extract the verification code from the short message of your mobile phone or your email.
6. Enter the verification code along with your login password in the APP.
7. You should receive a successful registration confirmation from the APP.
8. You can then use your account user name and your password to login to your account.
9. In case you forget your password, you can click on the Forget Password and follow the guidance of the APP to reset your password.
10. After you successfully login to your account you can explore the full features of the APP with the UPK-GE01 device you purchased.
11. Follow the guidance of the APP to pair your and securely pair with the device.
12. You can then go to the Control Panel page to run the default or the last-used therapy program.
13. Or you can go to My Programs page to obtain the therapy programs recommended for your needs in terms of pain relief, strengthen, and relax.
14. Or you can go to Program Library page to look through the therapy programs under the category Relieve, Strengthen, and Relax and select the one you like.
15. Read the instructions in the program description carefully, especially the suggested limit of the number of time of use per user per day. Make sure you do not exceed the limit.
16. Snap the pad with the device as shown in the below figure. Place the pad over the area on the body for therapy as shown in the pictures in the APP.
17. Run the selected therapy program with the desired intensity by pressing the "−" or "+" key.
18. You can stop the therapy in any time by click on the Stop button on the Control Panel or simply long-pressing the "−" key on the device.

[How to Use without the APP]

1. Snap the pad with the device as shown in the above figure and place over the treatment area.
2. Pressing the "−" key to power on the device, then pressing the "+" key to kick off the running of the default program or the last-used program in the device. You can increase the intensity by pressing the "+" key and decrease the intensity by pressing the "−" key.
3. You can always stop the therapy in any time by long-pressing the "−" key.

[Product Overview]



Intensity:
Level 01-29:LED 2 lit from dim to bright. Level 30: LED 2 full bright.
Level 31-59:LED2 full bright and LED 3 lit from dim to bright. Level 60: LED2 and LED 3 full bright.

Battery level:
LED 1 blinks red in 1s interval while charging and in 10s interval when may not be enough for 1 dose.
LED 1 steady red: indicates the battery is low, cannot be used for therapy, and should be re-charged.
If connected with the APP, the APP will give a battery charging reminder. The device will be turned off after LED 1 steady red for 15s. Charge it with the supplied USB cable as directed.

Bluetooth: LED 1 blinks in blue when disconnected and steady blue when connected.

Contact: All 3 LEDs blue blink if the pad is not fully contacted with the body when therapy.

Key pressing indicator: LED 1 will fast blink in blue 3 times when user presses the "+" key for 2 seconds by the request of the APP to start secure pairing.

[Product Specification]

Name: ReliefforMe UPK-GE01. Dimension: 48mm(D)x12.5mm(H). Weight: 18g.
Battery capacity: 3.7V, 205mAh.
Device operational: ~4 hours with average load per charge.
Output: 0-60V (500Ω); 1Hz-1200Hz pulse width ≤ 400μs.
Operating environment: Temperature: 5℃-40℃. Humidity: 15%-60%RH.
Storage environment (long term): Temperature: 16℃-28℃. Humidity: ≤ 85%RH.
BLE : 4.0 and above; Can connect at a distance of up to 10m without wall, 3m with wall (obstructed).
OS: Android 4.3 and above.
In the box: 1 ReliefforMe UPK-GE01 device, 1 small and 1 large electrode pad, 1 micro USB charging cable, 1 user manual, 1 carry bag.
Device ID: or series number , can be found via My Device under the More page in the APP after paired.

[Therapy Programs]

There are 30 therapy programs with various TENS and EMS waveforms for selection. They are listed in the following tables under different categories. More detailed information on each program in terms of description, use instructions, pad placement pictures, therapy duration, precautions, and more can be found under category Relieve, Strengthen, and Relax in the Program Library page of the APP.

Category in the APP	Program under the category in the APP	Treatment Time (min)
Relieve	General Pain Relief	20
	Advanced Pain Relief	20
	Joint Pain Relief	20
	Short-term Pain Relief - Basic	20
	Short-term Pain Relief - Advanced	20
	Pain Block	20
	Chronic Pain Relief - Mild	60
	Chronic Pain Relief - Moderate	60
	Chronic Pain Relief - Advanced	60
	Pain Relief Massage - Pounding	30
	Pain Relief Massage - Combination of rubbing and pounding	30
	Back of Neck Pain Relief	20

[Therapy Programs]

Category in the APP	Program under the category in the APP	Treatment Time (min)
Relieve	Back of Neck Pain Relief	20
	Back Pain Relief	20
	Lower Leg Pain Relief – Basic	15
	Lower Leg Pain Relief – Advanced	20
Strengthen	Muscle Strengthening – Basic	32
	Muscle Strengthening – Intermediate	32
	Muscle Strengthening – Advanced	32
	Improve Muscle Performance & Endurance – Basic	45
	Improve Muscle Performance & Endurance – Intermediate	45
	Improve Muscle Performance & Endurance – Advanced	45
	Prevention Muscle Disuse Atrophy – Basic	35
	Prevention Muscle Disuse Atrophy – Advanced	35
Relax	Stiff Muscle Massage – Basic	15
	Stiff Muscle Massage – Advanced	20
	Sore Muscle Massage	30
	Tension Relief Massage	30
	Muscle Spasm Massage	35
	Complete Massage	20
	Stress Relief Massage	28

[Daily Maintenance]

Device

1.Keep the device clean, wipe with dry soft cloth. For tough greasy dirt, use neutral detergent with slightly wet cloth to wipe it off. Do not use alcohol, gasoline, corrosive liquid to wipe.
2.Avoid water get into the device.
3.Keep in cool and dry place and avoid direct sunlight, high temperature, high humidity, and dust.

Pads

1.Keep pads out of reach of children.
2.The pads should be kept clean. Avoid sticky oil and dust.
3.Place pad back on film sheet after use.

4.Dirt on the pad will decrease its ability to stick to the skin. Use cool water to gently wash it for a few second and let it dry. The adhesiveness may be regained. Avoid using too much water, chemical substances and hot water.
5.Do not use paper or cloth to clean the adhesive side of the pad.
6.Do not use finger nails, brush or other hard objects to scratch the adhesive.
7.Keep in cool and dry place and avoid direct sunlight, high temperature, high humidity, and dust.

[Warranty]

1. Within 365 days of purchase, if the device has quality problem we will provide repair services free of charge.
2. The proof of purchase is required for warranty services.
3. Use only with the original accessories supplied, that can be re–ordered. Failure to do so invalidates the warranty.

[Symbols Glossary]

See instructions for use

Type BF Applied Part

LOT Batch code

Use–by date (YYY–MM–DD)

IP22 Enclosure protection rating against the ingress of solids and water

FC FCC certification

Keep out of reach of children

[Warranty Exclusion]

1. Electrode pad(s) that are consumables.
2. Warranty period expired.
3. No proof of purchase.
4. Defects due to：
   •disassembly and modification.
   •purposely damages to the device.
   •abuse of the device.
   •not following the instructions in the manual.
   •using non–origin

[EMC Safety]

Guidance and manufacturer's declaration – electromagnetic emissions

RelieforMe UPK–GE01 is intended for use in the electromagnetic environment specified below. The user of RelieforMe UPK–GE01 should assure that it is used in such an environment.

Emissions test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	RelieforMe UPK–GE01 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	RelieforMe UPK–GE01 is suitable for use in all establishments including domestic and those directly connected to the public low–voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000–3–2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000–3–3	Not applicable	

Guidance and manufacturer's declaration – electromagnetic immunity

RelieforMe UPK–GE01 is intended for use in the electromagnetic environment specified below. The customer or the user of RelieforMe UPK–GE01 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge(ESD) IEC 61000–4–2	±8kV contact ±15kV air	±8kV contact ±15kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast Transient burst IEC 61000–4–4	±2kV for power supply lines ±1kV for input/ output lines	±2kV for power supply lines ±1kV for input/ output lines	Mains power quality should be that of a typical commercial or hospital environment.

Surge IEC 61000–4–5	±1kV differential mode ±2kV common mode	±1kV differential mode ±2kV common mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, Short interruptions and voltage variations on power supply input lines IEC 61000–4–11	<5% U_T (>95% dip in U_T)for 0.5 cycle 40% U_T (60% dip in U_T)for 5 cycles 70% U_T (30% dip in U_T)for 25 cycles <5% U_T (>95% dip in U_T)for 5 sec	<5% U_T (>95% dip in U_T)for 0.5 cycle 40% U_T (60% dip in U_T)for 5 cycles 70% U_T (30% dip in U_T)for 25 cycles < 5% U_T (>95% dip in U_T)for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the [EQUIPMENT or SYSTEM] requires continued operation during power mains interruptions, it is recommended that the [EQUIPMENT or SYSTEM] be powered from an uninterruptible power supply or a battery.
Power frequency (50/60Hz) magnetic field IEC 61000–4–8	3A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_T is the a.c. mains voltage prior to application of the test level.

Recommended separation distances between portable and mobile RF communications equipment and RelieforMe UPK–GE01

RelieforMe UPK–GE01 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of RelieforMe UPK–GE01 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and RelieforMe UPK–GE01 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHZ $d=1.17\sqrt{P}$	150 kHz to 80 MHZ $d=1.17\sqrt{P}$	800 MHz to 2.5 GHz $d=2.33\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.37	0.37	0.74
1	1.17	1.17	2.33
10	3.70	3.70	7.37
100	11.70	11.70	23.30

For transmitters rated at a maximum output power not listed above, the recommended separation distanced d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.
NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Guidance and manufacturer's declaration – electromagnetic immunity

RelieforMe UPK–GE01 is intended for use in the electromagnetic environment specified below. The customer or the user of RelieforMe UPK–GE01 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000–4–6	3Vrms 150 kHz to 80 MHz	3Vrms 150 kHz to 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of RelieforMe UPK–GE01, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1.17\sqrt{P}$ 150 kHz to 80 MHZ $d=1.17\sqrt{P}$ 80 MHz to 800 MHZ $d=2.33\sqrt{P}$ 800 MHz to 2.5 GHz where **P** is he maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and **d** is the recommended separation distance in meters (m).
Radiated RF IEC 61000–4–3	3V/m 80 MHz to 2.5 GHz	3V/m 80 MHz to 2.5 GHz	Field strengths from fixed RF transmitters, asdetermined by an electromagnetic site survey, [a] should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol:

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

[a]Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which RelieforMe UPK–GE01 is used exceeds the applicable RF compliance level above, RelieforMe UPK–GE01 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such a re–orienting or relocating RelieforMe UPK–GE01.
[b]Over the frequency range 150 kHz to 80 MH, field strengths should be less than 3 V/m.

[Services Contact]

E–mail：service@umeheal.com
Manufacture：UMEHEAL Ltd
Address：Floor 5，Bld F4, 1001 Zhongshanyuan Rd, TCL E City, Nanshan District, Shenzhen, Guangdong, P.R. China 518055

Warranty Card

Maintenance services are provided for the normal use of the product within the warranty period.

Product name:	RelieforMe UPK–GE01
Purchase date:	
Phone:	
E–mail:	
Address:	
Signature:	
Warranty Period:	12 months
Issues:	

Federal Communication Commission (FCC) Radiation Exposure Statement

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

Federal Communication Commission (FCC) Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment.

Such modifications or changes could void the user ' s authority to operate the equipment.

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.

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