THERAGUN

User Manual

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Revision History

Modification date	Change description	Rev	Modified by
2023-4-24	Initial release.	1	Team

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1. Recommendation of Use

Device name :Theragun SENSE model :Theragun SENSE

Read the full Warnings and Guidance prior to using the Theragun SENSE.

-Provide a guided and non-guided in-dept massage therapy (percussion therapy) around the body to increase blood blow, reduce tension and knots, enhance pre and post workout routines leading to a faster recovery.

-Measure and report HR and HRV to the user as part, but not limited to, the preset programs

Relax and reduce stress throughout the smart sense technology (haptic vibration)

This device is contraindicated against and should not be used by those with acute or severe cardiac, liver, or kidney disease/condition or other underlying conditions linked to these diseases. It is not recommended that this device is used overvarious skin infections and conditions, or directly over a surgical site/hardware, bone fracture, or if you are experiencing unexplained pain in the area. It isalso advised that this device is not used for those who have neurological and/or peripheral conditions as well as other conditions that may influence oralter sensation and perception. In the event of any adverse reaction, discontinue use. Please consult your physician prior to use if you are unsure if youhave any of the previously listed conditions. Immediately stop using the device at the first sign of discomfort.

Adult supervision should be provided for those under the age of 18 using this device. If you have any medical concerns regarding the use of this device,please consult your physician prior to use.

The Supersoft attachment should not be used more than 2 minutes at one time to avoid overheating and/or melting.

1.1 Contraindications

The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rash, open wounds, blisters, local tissue inflammation, bruises, infections or tumors

· Deep vein thrombosis, osteomyelitis
- Bone fracture or myositis ossificans
- Hypertension (uncontrolled)
- Acute or severe cardiac, liver, or kidney disease
- Neurologic conditions resulting in loss or altered sensation
- Direct application to the face, throat, or genitalia
- Bleeding disorders
- Recent surgery or injury
- Connective tissue disorders
- Peripheral vascular insufficiency or disease
- Medications that thin the blood or alter sensations
- Direct pressure over surgical site or hardware
- Direct pressure over eyes or throat
- Extreme discomfort or pain felt by client
- Severe scoliosis or spinal deformity
- Pacemaker, ICD, or history of embolism

For a full list of contraindications and additional warnings, please visit www.therabody.com. Patents & Pending Patents at www.therabody.com.

Used to identify symptoms or medical conditions for apersonto not receive aparticular treat mentor procedure be cause it may be harmful.

1) Neverusethisdeviceoveranydamagedtissueorothertypeofskinconditioncan resultindelayingthebestmedicaltreatment.

2) Donotuseifyouhavehadanysurgeryprocedure–consultyourdoctor.

3) Never use the device to the patient with Implant Electronic Devices(such as cardiacpace maker).‘

1.2 Precautions

Due care is required in these circumstances and the use of the devices may need to be modified (such as attachment used, the force applied, the position of the body, avoidance of use in direct contact with an area, etc.). Where appropriate or if you have any concerns, seek the advice of a medicalprofessional.

- Hypertension (controlled)
- Osteopenia
- Osteoporosis

- Pregnancy
- Diabetes
- Varicose veins
- Bony prominences or regions
- Abnormal sensations (e.g., numbness)
- Sensitivity to pressure
- Recent injury or surgery
- Scoliosis or spinal deformity
- Medications that may alter client sensations

1.3 Warnings

BEFORE USING THE OR CHARGING THE Theragun SENSE, READ ALL THE INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, O, AND ON Theragun SENSE.

Theragun SENSE is intended for commercial or home use. We strive to make the Theragun SENSE as safe as possible. This is an advanced mechanical device with electric components. If the Theragun SENSE and its accessories are not used or maintained properly, there is a risk of fire, electric shock, or injury. Hazard can be result from unauthorized modification of the Theragun SENSE

Do not place your finger or any objects near the metal piston above the attachment while the Theragun SENSE is in use or immediately after use.

The metal piston can become extremely hot.

Do not use any attachments other than the ones provided by Therabody. and only as instructed by Therabody.

Do not use Theragun SENSEon your head or near your genitals.

Do not use Theragun SENSEabove the waist during pregnancy.

Do not get hair caught in any moving part of the Theragun SENSE.

Do not use tTheragun SENSE above your Adam’s Apple or C4.

Do not get Theragun SENSE wet. Only clean Theragun SENSE with a magic eraser or a lightly damp towel.

Do not block the vents of the motor.

Never expose Theragun SENSE to water.

For long-term storage, Theragun SENSE should be fully charged.

This appliance is not intended to diagnose, treat, or prevent any diseases.

This appliance contains batteries that are non-replaceable.

When using the Theragun SENSE, these basic precautions should always be followed including:

1. USE ONLY AS INSTRUCTED. Use the Theragun SENSE as described in this Theragun SENSE Instruction Manual. Use only Theragun recommended accessories and replacement parts. Do not carry out any maintenance other than what is shown in the Theragun SENSE Instruction Manual or advised by Theragun.

2. NOT FOR CHILDREN. TheTheragun SENSE are not intended for use by young children or persons with reduced physical, sensory or reasoning capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction by a responsible person. Do not allow the Theragun SENSE to be used as a toy. Close attention is necessary when used by or near children. Children should be supervised to ensure that they do not play with the Theragun SENSE

3. CHARGING LOCATIONS. The Theragun SENSE should be charged indoors in a well ventilated, dry location. Do not charge Theragun SENSE outdoors, in a bathroom or within 10 feet (3.1 meters) of a bathtub, or pool. Do not use the Theragun SENSE on wet surfaces and do not expose product to moisture, rain, or snow. Do not use Theragun SENSE in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.

7. DO NOT OVERCHARGE. Do not leave connectTheragun SENSE to the charger for more than an hour after the Theragun SENSE has been fully charged. The Theragun SENSE includes a protection system to avoid the risk of overcharging, however, overcharging the Theragun SENSE may reduce its life over time. Can use the adaptor 5v-15v, 2.5A adaptor .

8. DO NOT BLOCK MOTOR VENTS. Do not put any obstructions into vents. Do not use if any vent is blocked. Keep free of dust, lint, hair, and anything that may reduce airflow. Keep hair, loose clothing, and fingers from vents and moving parts.

9. DO NOT BURN OR INCINERATE THE Theragun SENSE. The internal battery may explode, causing personal injury or damage. Toxic fumes and materials are created when battery is burned.

10. DO NOT CRUSH, DROP, OR DAMAGE. Do not use a charger that has received a sharp blow, been dropped, run over, or damaged in any way.

11. BATTERY CHEMICALS CAUSE SERIOUS BURNS. Never allow the internal battery to come into contact with the skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water for 20 minutes and seek medical attention. Remove and dispose of contaminated clothing.

12. DO NOT OPERATE UNDER BLANKET AND PILLOW. Excessive heating can occur and cause fire, electric shock, or injury to persons.

13. STORING THE Theragun SENSE Store in a cool, dry place. Do not store the Theragun SENSE where temperatures may exceed 50° C/104° F such as in direct sunlight, in a vehicle, or metal building during the summer.

14. DISPOSING OF BATTERIES. The internal Theragun Lithium-ion batteries for the Theragun SENSE are more environmentally friendly than some other types of batteries (e.g., nickel-cadmium). Always dispose of the Theragun SENSE according to federal, state, and local regulations. Contact a recycling agency in your area for recycling locations. Even discharged batteries contain some energy. Before disposing, use electrical tape to cover the Theragun SENSE's 12V connecter to prevent the battery from shorting, which could cause a fire or explosion.

15. DO NOT DISASSEMBLE. Disassembly or incorrect reassembly may result in the risk of electric shock, fire, or exposure to battery chemicals. The warranty will be void if the Theragun SENSE are disassembled or if any parts have been removed.

16. SERVICE. If the Theragun SENSE is not working properly, has received a sharp blow, has been dropped, damaged, left outdoors, or dropped into water, do not use and contact Theragun by emailing info@therabody.com for repair or service. Do not attempt to repair or disassemble the Theragun SENSE which may result in an electric shock or fire.

17. DO NOT USE WHILE BATHING OR IN THE SHOWER, TUB, OR SINK. Do not place or store the Theragun SENSE where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. Do not reach for an appliance that has fallen into water. Unplug immediately.

18. THERMAL LIMITER. The Theragun SENSE employs an automatic reset thermal limiter that shuts off the Theragun SENSE to prevent overheating and fire.

Strangulation due to cables and hoses particularly due to excessive length

Potential allergic reactions to accessible materials used in the ME EQUIPMENT

Available for immediate use when device cool from the maximun storage temperature between uses and Device warm from the minimum storage temperature between uses.

1.4 Label & Symbols

The following labels and symbol sappearonTheragun SENSE:

No.	Symbols	Description
1		CEmark
2		the Restriction of Hazardous Substances
3		“WEEE(Waste Electrical and Electronic Equipment)”.The was teproducts should be handle dlegally.
4	IP22	IP Classification: The first number 2:Protected again staccess to hazardous parts with afinger,and the jointed test finger of 12mmΦ,80mm length,shall have adequate clearance from hazardous parts,and protected against solid for eignobjects of 12.5mm Φ and greater.
5		Please read the user manual before use.

6		Type BF apply part
7		Manufacturer information
8		UKCA Mark for UK

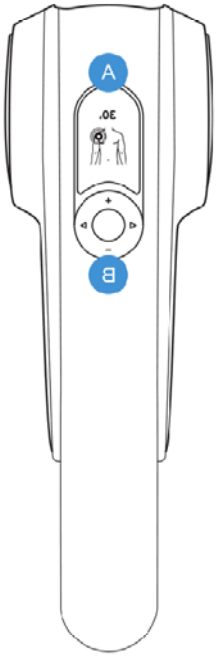
2. IntendedUse&IndicationsforUse

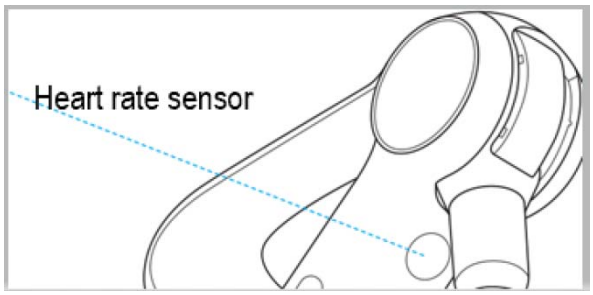
-Provide a guided and non-guided in-dept massage therapy (percussion therapy) around the body to increase blood blow, reduce tension and knots, enhance pre and post workout routines leading to a faster recovery.

-Measure and report HR and HRV to the user as part, but not limited to, the preset programs

Relax and reduce stress throughout the smart sense technology (haptic vibration)s.

3. DeviceDescription



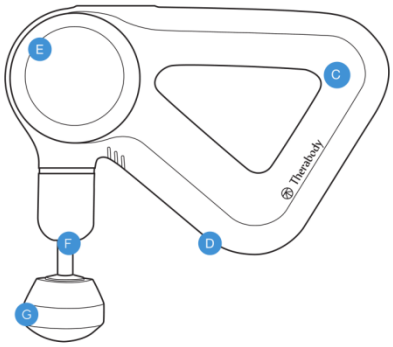


A High-res color display screen

B Button pad

C Theragun Triangle ergonomic handle design

D USB-C Port



E Proprietary brushless commercial-grade motor with QuietForce Technology™

F 16mm amplitude for deep muscle treatment

G Interchangeable attachments

Device Certification display in Screen guide as below :

Information about your device's certification can be found in your device's settings. To

access your device's settings. long press the center button to power the device on. Press the down button to toggle through the routines until you reach "Settings." Select your device and press the down button to view device certificate information.

3.1 Smart Features

Theragun SENSE is smart device enabled with Bluetooth connectivity, designed to pair seamlessly with the Therabody app. When you download the app, you'll be guided through a step-by-step setup and shown how to pair your device.

Once paired with your device, the app can remotely adjust speed, activate guided treatment presets, and make real-time recommendations based on your feedback and recent activity. It's truly your intuitive wellness partner on your journey to feeling better and moving more freely. Every day.

Scan the QR code to get started.

Download on the App Store

GET IT ON Google Play

3.2 Attachments

Theragun SENSE comes with 4different attachments designed for every muscle and need.Applied parts is massager head

Attachments	QTY	Using	Figure
Dampener	1	For use on tender areas or near bones	
Standard Ball	1	For overall, general use	
Thumb	1	For lower back and trigger point therapy	

Wedge	1	For scraping, shoulderblades, or IT bands	

3.3 Accessories

A type-c (USB-C to USB-C SENSE USB-Aor Use C to C)Line is provided together with the Theragun SENSE.

3.4 Getting started

Step 1 Turn on and float

Firmly press and hold the center button on the button pad, then float the Theragun SENSE across areas in need. Use the up (**∧**) and down (**v**) buttons on the button pad to adjust speed. Apply light to moderate pressure as needed.

Step 2 Get the Therabody app

We'll guide you through a stress-free setup and show you how to get the most out of your fully personalized app experience.

Step 3 Feel the difference.™ Every day.

Take a deep breath and treat yourself with guided treatment presets or go freestyle with 5 preset speeds. It's all designed for you.

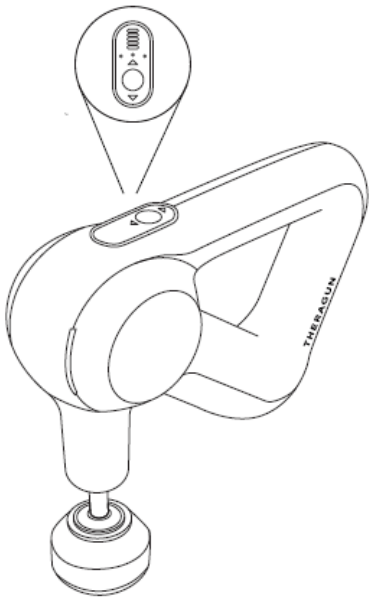
Set up :Select "▸" on the main interface, press the middle button, and the device enters the start and operation interface, and starts to run from 1750rpm. Time timing is displayed at the top of the interface, pressure bar is displayed in the middle, speed value is displayed below the pressure bar, and "II" sign is displayed below. Short press the top button to increase speed, short press the bottom button to reduce speed. Press the middle button to stop the device and return to the main interface. Align the massage head with the tip of the rotating elbow arm and press in before using the device. To remove the massage head, hold the massage head, place your fingers on each side of the plastic joint, and pull down the massage head. (Note 1: There are 5 pressure bars, and each one turns blue, indicating that the pressure is increasing. Note 2:5 options for speed value, 1750-1900-2100-2200-2400) holding down the middle button will turn off the device at any time.

HR sensor: Double click the heart rate sensor with your finger to enter the heart

rate detection interface, accompanied by the release of the vibration motor. Do not move your finger on the heart rate detection site. After the heart rate is measured and displayed on the screen. Double-click the heart rate detection and return to the main interface or press the center button to return to the main interface (the heart rate graph is displayed at the top of the heart rate detection interface, HR value is displayed in the middle and HRV value is displayed at the bottom).Holding down the middle button will turn off the device at any time

3.5 Using theTheragun SENSE

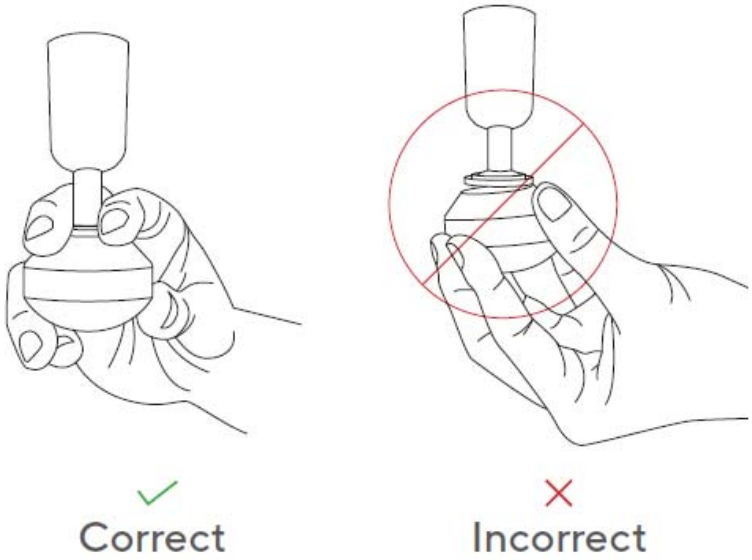
1) To turn on the Theragun SENSE, firmly press and hold the center button on the button pad.
2) Press the up (**∧**) and down (**v**) arrows to toggle between 5 preset speeds and adjust your treatment level.
3) To turn off the Theragun SENSE, firmly press and hold the center button on the button pad.



3.6 Connecting the attachments

Align the attachment with the tip of the rotating arm and push to connect. To

remove, grip the attachment, placing 1 finger on each side of the plastic connector. Pull off the attachment.

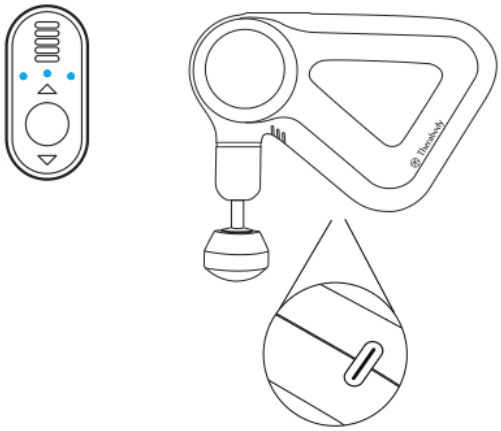


3.7 Charging the Theragun SENSE

1) Your device includes a USB-C to USB-C SENSE USB-A cable so you can use a widervariety of adapters. The 3 circular LEDlights on the control panel of the deviceindicate battery level

2) The LED battery indicator, located under the 5 LED speed indicator bars, will start flashing.

3) Charging is complete when all 3 LED lights of the LED battery indicator are lit.



4. Cleaning Instructions

For the most hygienic Theragun device experience, sanitize it after each use by:

1) Wiping the device with a disinfectant wipe to remove any residue.
2) Once the device is residue-free, use a new wipe to disinfect the surface area by wiping all sides in a downward motion.

5. Trouble Shooting

In the event that the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

Problem	Solution
Device turns off automatically	Maybe reach the set time or low power
Device cannot turn on	Maybe battery is in low power and you should recharge batteries. .
Device shuts off in mid-treatment or only after few treatments	Check and recharge batteries.
Cannot charge battery	Check if the adapter output connector insert into the charging port in the device firmly

6. Service

Operation Instruction has no parts you can fix. Do not try to repair it.

Ifservicing is required, please contact the selling retailer. All returned units to the manufacturer for repair, including Warranty repair and Out-Of-Warranty repair, must include the following:

During Warranty Period with proof of Purchase (store receipt).

RMA Number: Should your product become defective during the warranty period, call our service center or contact your retailer.

Package the item securely and return it prepaid/insured – along with proof of purchase to:

Therabody, Inc.

6100 Wilshire Blvd. Suite 200 Los Angeles, CA 90048-5107, USA

To ensure prompt repair, provide complete, legible name, address and phone number information, RMA number and a note indicating the nature of the product defect and a copy of the original invoice issued for purchase of the unit. We willRepair or Replace (at our sole discretion) product at no charge. Ship unit to themanufacturer in the original container with all accessories and information asrequired above.

Service Life
When used and maintained as instructed, the expected service life of Theragun SENSE two years.

7. Product Specification

Basic Unit Characteristics	
Indicator Light	YES
Housing Materials	PC
Additional Features	
Environment for operation	Temperature: 0 ~ 40° C Relative humidity: <93% RH

Environment for storage	Temperature: -10° C ~ 50° C Relative humidity: 10~95% RH
Use atmospheric pressure	70-106Kpa
Software version	V1.0

8. Safety, EMCRF

This device is Class II equipment with type BF applied. It complies with Medical Electrical Safety Standards (IEC 60601-1).

This device also complies with Medical EMC Standard (IEC 60601-1-2).

The has been tested and found to comply with the electromagnetic compatibility (EMC) limits for medical devices to IEC 60601-1-2: 2007. These limits aredesigned to provide reasonable protection against harmful interference in a typical medical installation.

CAUTION:

Do not apply the device near any devices with Electromagnetic Interference (EMI), such as cell phones, Magnetic Resonance Imaging (MRI), computerized axial tomography (CT), diathermy, Radio Frequency Identification (RFID), etc. or MR environment. EMI, RF devices or MR environment may affect the normal function of the device or would cause user injury.

The patient is an intended operator. The ME EQUIPMENT shall not be serviced or maintained while in use with a patient.

Manufacturer’s declaration – electromagnetic immunity

1* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use isnecessary, this equipment and the other equipment should be observed to verify thatthey are operating normally.”

2* WARNING: 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.”

3* WARNING: 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 ME EQUIPMENT, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment couldresult.”

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

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: 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.

This device complies with Innovation, Science, and Economic Development Canad licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d' Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil nedoit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This device complies with FCC/ISEDC radiation exposure requirement set forth for an uncontrolled environment. The transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

L'appareil est conforme aux exigences d'exposition aux rayonnements imposées par la FCC/ISEDC pour les environnements non contrôlés. L'émetteur ne doit pas coexister ou fonctionner en synergie avec une autre antenne ou un autre émetteur.

Table1

declaration-electromagn eticemission	
Emissions test	Compliance
RFemissions CISPR11	Group1
RFemissions CISPR11	ClassB
Harmonic emissions IEC61000-3-2	Not applicable
Voltage fluctuations/ flick eremissions IEC61000-3-3	Not applicable

Table2

declaration-electromagnetic immunity		
Immunitytest	IEC60601testlevel	Compliancelevel
Electrostatic discharge (ESD) IEC61000-4-2	±8kVcontact ±2kV,±4kV,±8kV,±15 kVair	±8kVcontact ±2kV,±4kV,±8kV,±15kVair
Electricalfasttr ansient/burst IEC61000-4-4	±2kVforpower supplylines ±1kVforinput/outputlin es	Notapplicable
Surge IEC61000-4-5	±0.5kV,±1kVline(s)toli nes ±0.5kV,±1kV,±2kVline(s)toearth	Notapplicable
Voltagedips, short interruptions andvoltage variationson powersupply inputlines IEC61000-4-11	0% U_T UT;0.5cycleat0°,45°,90 °,135°,180°,225°,270°a nd 315° 0% U_T UT;1cycleand70%UT;2 5/30cycles Singlephase:at0° 0%UT;250/300 cycles	Notapplicable
Power frequency (50/60Hz)ma gneticfield	30A/m	30A/m

IEC61000-4-8		
NOTE:UT is the a.c. mains voltage prior to application of the test level.		

Table3

declaration-electromagnetic immunity		
Immunitytest	IEC60601test level	Compliancelevel
Conducted RF IEC61000-4-6	3V 0.15MHzto80MHz 6VinISMbandsbetween0.15MHzand80MHz	Notapplicable
RadiatedRF IEC61000-4-3	10V/m 80MHzto2.7GHz	10V/m

Table4

declaration-IMMUNITY to proximity fields from RF wireless communication sequipment					
Immunity test	IEC60601testlevel				Compliancelevel
	Test frequency	Modulation	Maximum power	Immunity level	
Radiated RF IEC 61000-4-3	385MHz	**Pulse Modulation: 18Hz	1.8W	27V/m	27V/m
	450MHz	*FM SENSE5 Hzdeviation:1kHzsine	2W	28V/m	28V/m
	710MHz 745MHz 780MHz	**Pulse Modulation: 217Hz	0.2W	9V/m	9V/m
	810MHz 870MHz 930MHz	**Pulse Modulation: 18Hz	2W	28V/m	28V/m
	1720 MHz 1845 MHz 1970 MHz	**Pulse Modulation: 217Hz	2W	28V/m	28V/m
	2450 MHz	**Pulse Modulation: 217Hz	2W	28V/m	28V/m
	5240 MHz 5500 MHz 5785 MHz	**Pulse Modulation: 217Hz	0.2W	9V/m	9V/m

Note*-As analternative to FM modulation,50% pulse modulation at 18Hz may be used because while it does not represent actual modulation,it would be the worst case.

Note**-The carrier shall be modulated using a 50% duty cycles quare wave signal.

9. Manufacturer Information

	Therabody,Inc. 6100 Wilshire Blvd., Suite 200 Los Angeles CA 90048-5107, USA

10. LIMITED WARRANTY

For full warranty information, please visit www.therabody.com/warranty.To request acopy of the warranty by mail,you may send are quest to the following address:

Therabody-Warranty

Attn:CustomerService

Therabody,Inc.

6100 Wilshire Blvd., Suite 200 Los Angeles CA 90048-5107,USA

Pleasenote, this is not are turn address or are taillocation.No Theragun Products or packages will be accepted at this location.

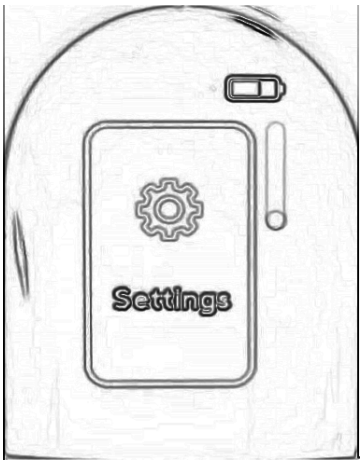
The E-label information

A. Access to the required information on the e-label

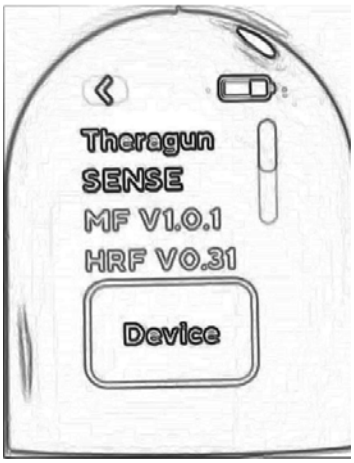
1. Users are able to access the information in no more than three steps in a device' s menu. The actual steps are:
   To access the e-label information, in the device,
   Choose: Settings >Device
   No special access codes or permissions are required to go through the above steps.
2. The information is stored on the device, no special accessories or supplemental plug-ins (e.g.,a SIM/USIM card) are required to access the information.
   Yes
3. Users are provided specific instructions on how to access the information.
   The information to the user is provided in the E-label Info document.

Detailed as follows:

Switch downin the menu to find and select Settings.



Switch down in Settings to find and select Device.



The e-label will display Regulatory information

B. Labeling for Importation and Purchasing

1. Products utilizing e-labels are required to have a physical label on the product at the time of1.importation, marketing and sales. For devices imported in bulk and not packaged individually, a removable adhesive label or, for devices in protective bags, a label on the bags isacceptable for this purpose. Any removable label shall be of a type intended to survivenormal shipping and handling and must only be removed by the customer after purchase. For devices imported already in individual packages ready for sale, the information mayalternatively be provided on the package. It shall contain:
   1. The FCC ID and/or the DoC logo (if applicable); and
   2. Any other information required by specific rule to be provided on the surface of theproduct unless such information is permitted to be included in the User' s manual or otherpackaging inserts.

C. Other considerations

1. The above information must be programmed by the responsible party and theinformationmust be secured in such a manner that third-parties cannot modify it.

The e-label information is pre-programmed by the grantee. The user cannot modify the e-label information.