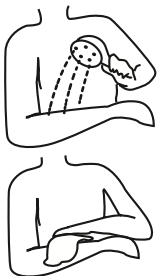


Quick Guide

Attention

This Quick Guide only provides some basic operation information on how to use the TENS device and how to attach the pads to different body parts, so the contents of this Quick Guide are not a substitute for the user manual. This device is not suited for everyone, if you're unsure whether you can use this device, please read the user manual carefully to understand the contraindications and warnings or consult your doctor before use.

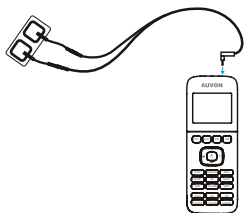
Operation Instruction



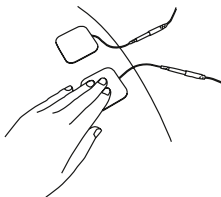
1. Clean your skin, no hair.



2. Connect the lead wire with a pair of pads.

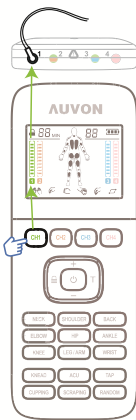
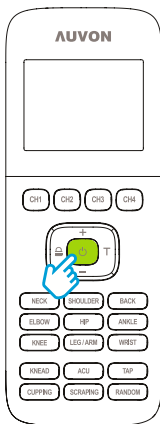


1 Inch Apart



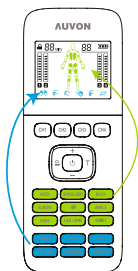
3. Connect the lead wire with the device.

4. Attach the pads to your skin in pairs. NOTE: The device must be off.



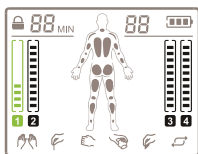
5. Turn on the device.

6. Choose the connected channel.



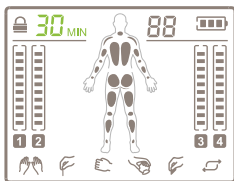
7. Select mode.

Note: Some mode buttons may control more than one mode. The mode number is displayed at the top right of the screen. See “Mode Description” in the user manual for more information.



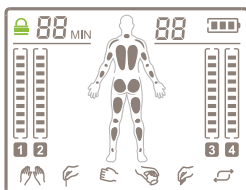
8. Adjust intensity.

NOTE: Each time you change the mode or massage area, it is recommended to increase the intensity slowly from 0 and experience each level of intensity for a few minutes.



9. Set time.

NOTE: Do not use the pads for too long, 30 minutes is optimal.



10. Lock the screen.

NOTE: The mode, intensity, and time can only be adjusted in the unlocked state.



USER MANUAL

TENS & EMS Device

Relaxation, Anywhere, Anytime

Model TU3424-F

Device Name: TENS & EMS Device

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1. Explanation of TENS & EMS

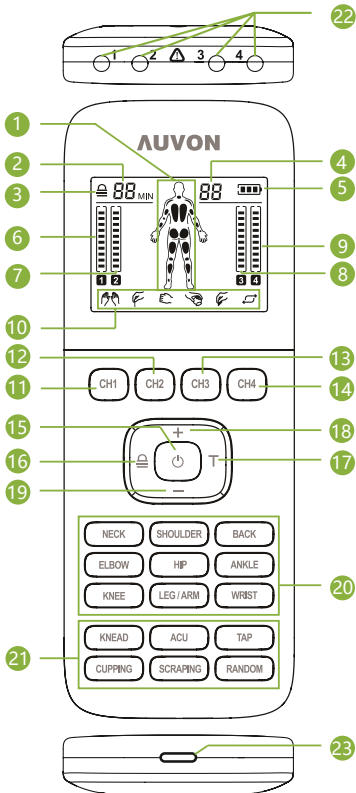
Transcutaneous Electrical Nerve Stimulation (**TENS**) is a non-invasive, drug-free method of pain control. TENS sends tiny electrical impulses through the skin to nerves to modify your pain perception. TENS does not cure any physiological problems, and it only helps control pain. TENS does not work for everyone, however, for most patients, it is effective in reducing or eliminating the pain, allowing them to return to normal activities.

Electrical Muscle Stimulation (**EMS**) stimulates the muscles rather than the nerve cells. EMS stimulates your motor nerves, which induces muscle contractions, and mimics the way they contract during a workout. It will force the muscles to rapidly contract and relax.

2. Standard Package

- AUVON® Four-Channel TENS Massager
- Pin Pads
- Pouch
- Set of Lead Wires
- Type C
- User Manual

3. Product Illustrations



- ① Indicator for massage areas
- ② Time indicator
- ③ Lock indicator
- ④ Mode number indicator
- ⑤ Battery indicator
- ⑥ Intensity indicator (CH1 Channel)
- ⑦ Intensity indicator (CH2 Channel)
- ⑧ Intensity indicator (CH3 Channel)
- ⑨ Intensity indicator (CH4 Channel)
- ⑩ Massage icon
- ⑪ Channel 1 selection button
- ⑫ Channel 2 selection button
- ⑬ Channel 3 selection button
- ⑭ Channel 4 selection button
- ⑮ On/Off
- ⑯ Lock button
- ⑰ Time selection button
- ⑱ Intensity increase button
- ⑲ Intensity decrease button
- ⑳ Suggested stimulation areas
- ㉑ Massage techniques
- ㉒ Output ports
- ㉓ Type-C

4. Operating Instructions

4.1 Notes Before Use

1. Do not use this device during charging. (Fully charged in 2-3 hours)
2. This device provides 4 separate output channels with independent mode and intensity.
3. When the device has no output, it will automatically shut down if there is no further action within 10 minutes.
4. When using the device, you may experience tingling, trembling or muscle pulling sensations, all of which depends on the mode you're using, so please choose the mode that makes you feel comfortable.
5. It is recommended to use the device for 20-30 minutes and to stop using it when pain is relieved.


4.2 How to Use

1. Clean your skin before use. Use the pads on clean and flat areas with no sweat and no oil.
2. Connect 1 pair of electrode pads to one lead wire, and connect the other pair of electrode pads to the other lead wire if you want to use this device in 2 different body areas. Plug the other end of the lead wire into the output of the device.
3. Attach the pads to the massage area, such as shoulder or leg (Make sure the unit is off when you attach the pads.)

Notes:

Do not move the pads during use.

Make sure both pads on the skin are not overlapping.

4. Turn on the device by pressing the “” button for 2 seconds.

5. Select channel with the button of the corresponding number according to the connected output port, for example, if you connect output port 1, press the "CH1" button, then channel 1 will flash on the screen, in this case, the intensity and mode you selected are for channel 1.

6. Then press the mode button on the device according to where you feel pain, and make sure that the mode is adjusted for the right output channel.

7. To increase or decrease the intensity of the selected channel, please press "+" or "-" button. Please keep the intensity within your tolerance, because the high-intensity may cause muscle pain or spasm and make you feel uncomfortable.


Note: The intensity of the channel will revert to the lowest setting with each mode selection.

8. After that, set the time for your device with "T" button. The usage time ranges from 10-90 minutes as well as the continuous mode (infinite time). When the remaining time is less than 1 minute, the screen will flash 3 times to remind you, and then the device will automatically turn off when time is reached.


NOTE: When the device is set in continuous mode and the channel has output, the massage will go on until the battery is exhausted unless it is manually turned off. If the channel has no output and no operation, the machine will automatically shut down within 10 minutes.

9. Press the "🔒" button to lock the screen, then the intensity, mode and time option can't be adjusted. When you need to cancel the lock state, press the "🔒" button again to unlock the screen.

4.3 After Use

1. Turn off the device by pressing the “” button for 2 seconds.
2. Grab a corner of the electrode pad and slowly peel it away from the skin, do not pull the wire, and avoid touching the gel as much as possible.
3. Place the sticky side of the pad on the transparent film or pad holder and remove the lead wire connector from the electrode pads gently.
4. Store the electrode pads in the storage bag and reseal tightly to prevent them from dry-out. Store them at room or cool temperature (between 5 °C-35 °C/41°F-95°F) and keep out of direct sunlight.
5. Organize the wires with the cable tie and store all of them in the pouch for the store.

4.4 Charge the Battery

- When the battery icon shows “” or the massage strength decreases, it indicates that the battery needs to be charged. Turn off the unit before charging.
- Connect the device and the adaptor with a USB extension cord.

It is suggested to use the AC adaptor with ANSI/AA-MI/ES60601-1 certified (the device does not come with a power adaptor).

Plug the charger into the outlet, and other icons will disappear except the battery icon. The battery icon will blink, and the charging progress (battery percentage) will be shown on the time value.

Charging Parameters	Input Voltage Range	100-240V AC
	Input Frequency Range	50-60Hz 0.25A
	Output Voltage Range	DC 5V
	Output Current Range	1000mA

● The machine does not work while charging. Normal charging will last approximately 2-3 hours.

TIP: Charge the unit at least every 3 months if it is not used regularly.

4.5 Electrodes Care & Storage

● Do not cover the sticky side of the electrode pads with subjects like dry paper or dust, if you do, please drop a few drops of water and clean with finger pulp to remove dirt.

● To extend the electrode pads' lifespan, drop a few drops of water on the sticky side and dry it naturally on the pad holder with the gel side facing up, then it will become sticky again. (Excessive water will decrease the stickiness.)

● Cover the sticky side of the electrode pads with the transparent film, and store them in the sealed bag. (Dust on the gel will decrease the stickiness of the electrode pads.)

● Please store the electrode pads in a cool (between 5°C-35°C/41°F-95°F) and dry place. Do not expose

.....
the electrode pads to sunlight or any extreme temperatures to prolong the lifespan of the electrode pads.

●When the electrode pad has the following conditions, please do not use it and promptly replace it: gel melting; gel damaged; electrode pads not sticking; electrode pads deformed.

5. Mode Instruction

5.1 Mode Description

This unit divides its modes into 2 parts.

Modes in part 1 are named after different body parts which intuitively indicate the body part each mode best suits, but that doesn't mean a specific mode is only for a specific body part, other modes will be your choice for pain/muscle rehabilitation too. Just try each mode and find the most comfortable one!

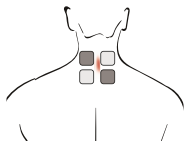
Modes in part 2 are named after some commonly used massage techniques such as KNEAD, ACU, TAP, CUPPING, and RANDOM.

Number of Mode		Type of Mode
1	NECK	TENS
2	SHOULDER	TENS
3	BACK	TENS
4	ELBOW	TENS
5	HIP	TENS

6	ANKLE	TENS
7	KNEE	TENS
8	LEG	TENS
9	ARM	TENS
10	WRIST-1	EMS
11	WRIST-2	TENS
12	KNEAD-1	TENS
13	KNEAD-2	TENS
14	ACU	TENS
15	TAP	TENS
16	CUPPING-1	TENS
17	CUPPING-2	TENS
18	SCRAPING-1	TENS
19	SCRAPING-2	EMS
20	SCRAPING-3	EMS
21	RANDOM-1	TENS
22	RANDOM-2	TENS
23	RANDOM-3	TENS
24	RANDOM-4	EMS

5.2 Pad Placement Suggestion

Neck



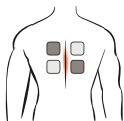
Modes: 1, 12, 17, 18,
19, 22, 24

Shoulder



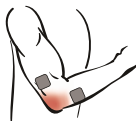
Modes: 1, 2, 9, 17,
18, 19, 22, 24

Back



Modes: 2, 3, 4, 8, 10,
12, 13, 14, 17, 18, 19,
22, 23, 24

Elbow



Modes: 4, 9, 14, 17,
20, 22

Hip



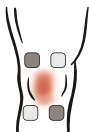
Modes: 5, 20, 22

Ankle



Modes: 6, 9, 11, 15,
21, 22

Knee



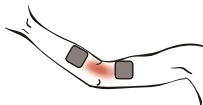
Modes: 7, 12, 14, 16,
20, 22

Leg



Modes: 1, 8, 11, 15,
17, 19, 24

Arm



Modes: 1, 5, 9, 14, 20

Wrist



Modes: 4, 10, 11, 15,
22

The electric current can be felt differently in your body by changing the distance between electrodes or the direction of the electrodes.

6. Safety Precautions & Warnings

6.1 Prohibited Conditions

- The wire is broken.
- The electrode pads are not sticky, deformed, or damaged.
- The lead wire connection port is broken.

6.2 Prohibited Individuals

- Pregnant women, infants, and children.
- People who are unable to express their thoughts or intentions.
- People who are incapable of operating the device by themselves.
- People who tend to bleed internally after an injury or fracture.
- Patients with suspected or confirmed heart disease or epilepsy.

6.3 Prohibited Areas

- Any part of the head or face.
- Any part of the throat and its vicinity, can cause severe muscle spasms and lead to choking.
- The heart and its vicinity or genital area.
- Open wounds or rash areas.
- Swollen, red, infected, or inflamed areas.
- Areas of skin erosion (caused by varicose veins, phlebitis, thrombophlebitis, and thrombosis).
- Sites on or near cancerous lesions.
- Skin that lacks normal sensation.
- Do not use the electrode pads in the following two areas at the same time, because the current may cause heart rhythm disorders, or even cause death.
 - a. Both sides of the chest (left and right or front and back) or through the chest.
 - b. Calves of both legs.
 - c. Bottom of both legs.

6.4 Prohibited Activities

- Shower or bath.
- Sleeping.
- Driving or operating machines.


- Exercising.
- Any activities that cannot be interfered with.

7. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the problem still exist, please contact customer service support@iauvon.com

Problem	Possible Cause	Solution
The unit is on while no pulse is felt in the pads.	Have you increased the intensity for the right channel?	Try to increase the intensity for the right channel and wait for 1 minute to feel the pulse.
	Only apply 1 pad on the massage area?	Attach a pair of pads (of the same channel) to the massage area.
	Poor connection between the pads and the device?	Connect both ends of the lead wires to the pads and the device tightly or change a new lead wire.
	Poor contact between the pads and massage area.	Attach pads to the skin (no hair, unbroken and flat) firmly.

Problem	Possible Cause	Solution
One pad feels stronger than the other.	Different body areas react differently.	Try to change the position of the pads.
	Poor wire connection.	Plug the wire into the output port completely. If it does not work, replace the wire and try again.
	The pads are close to each other.	Make sure the distance between the pads is more than one inch apart.
The device can't turn on.	Low battery.	Charge the battery and a full charge may need 2-3 hours.
	The device is charging.	Unplug the charging cable and then turn it on again.

Problem	Possible Cause	Solution
Can't adjust the intensity/ mode/ time.	Adjust the intensity for the wrong channel.	If you want to adjust the intensity for channel CH1, press CH1 and "+/-" adjust its intensity. (The selected channel will blink.)
	The screen is locked.	If there's a lock icon on the top left side of the screen, please press the key button  to unlock it.
The intensity felt is very weak.	Pads are not attached to the body firmly.	Attach both pads firmly to the flat skin.
	The intensity is too low.	Increase the intensity level and wait for 1 minute to feel the pulse.
	Low battery.	Charge the battery and a full charge may need 2-3 hours.

Problem	Possible Cause	Solution
Power cuts off during use.	Low battery.	Charge the battery and a full charge may need 2-3 hours.
	The count-down is finished.	Set the time for your device with the "T" button from 10-90 minutes and the continuous mode (infinite time).

8. Certification

The device complies with following normative documents: ANSI/AAMI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10.

9. Customer Service



36-Month Limited Warranty



Lifetime Technical Support



+1(678)829-7256



support@iauvon.com



