

# Quick Guide

## Attention

The purpose of this Quick Guide is to help you understand the operation of the TENS unit much more quickly, and the contents of the quick guide are not a substitute for the user manual. Please read the user manual carefully before use to understand the contraindications and warnings. Please consult your doctor before use if you're not sure whether you can use this device.

## Operation

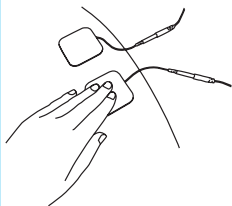
**Note: Do not use it while charging.**



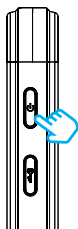
1. Clean and dry the application areas.



2. Connect the lead wire to a pair of pads and the device (keep the unit off).



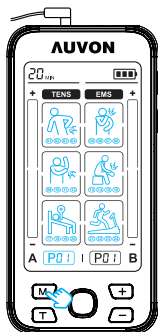
3. Attach the pads to the skin firmly.



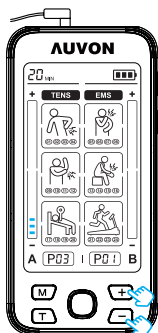
4. Turn on the device.



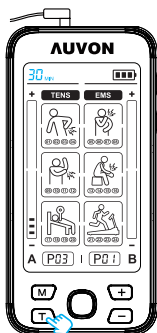
5. Choose the connected channel A1/A2 or B1/B2.



6. Select a mode.



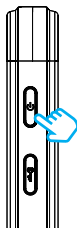
7. Adjust intensity.



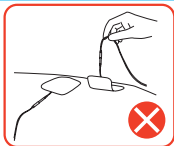
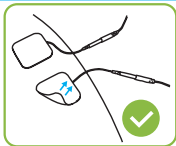
8. Set time.



9. Long press to lock/unlock the screen.

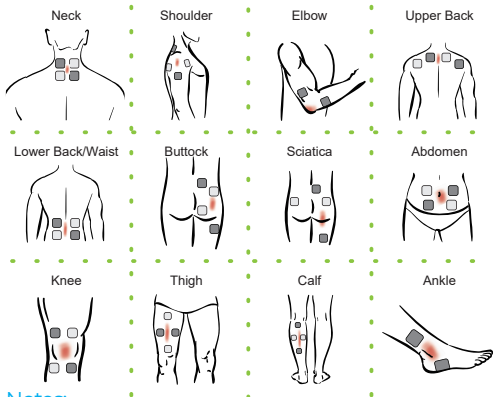


10. Turn off the device after massage.



11. Remove the pads (do not pull the wire).

## Pad Placement Suggestion



### Notes:

1. Do not use the unit while bathing, sleeping, driving, operating machinery, or during any electrical-stimulated activity.
2. The electrode pads should not be overlapped nor placed on the artery, broken skin, or on the same side of the arm/leg.



# USER MANUAL

## **TENS and Powered Muscle Stimulator**

Please read the product introduction carefully before using the product

**Model AS8016**

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## 1. Explanation of TENS & EMS

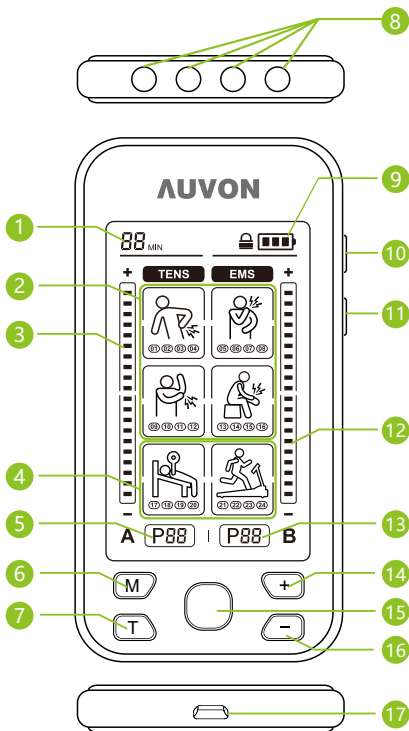
**Transcutaneous Electrical Nerve Stimulation (TENS)** is a non-invasive, drug-free method of pain control. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work 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® TENS & EMS Device
- Pin Pads
- Pads Holder
- Pouch
- Set of Lead Wires
- USB Cable
- User Manual

### 3. Illustrations of the Device





- ① Time indicator
- ② TENS modes (P01-P16)
- ③ Adjustable Intensity (Channel A1 and A2)
- ④ EMS modes (P17-P24)
- ⑤ Mode number (Channel A1 and A2)
- ⑥ Mode button
- ⑦ Time button
- ⑧ Four output connectors
- ⑨ Battery indicator
- ⑩ Power button
- ⑪ Lock button
- ⑫ Adjustable Intensity (Channel B1 and B2)
- ⑬ Mode number (Channel B1 and B2)
- ⑭ Intensity Increase button
- ⑮ Channel selection button
- ⑯ Intensity decrease button
- ⑰ USB port

## 4. Operating Instructions

### 4.1 Note Before Use

4.1.1 Do not use this device during charging.

4.1.2 The backlight of the screen will automatically come off after 20 seconds of no operation; when the device has no output, it will automatically shut down if there is no further operation within 5 minutes.

4.1.3 You may experience tingling, trembling, or muscle pulling when using the device, so please try out all the modes and select the one that's most comfortable for you.

4.1.4 For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.

4.1.5 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 and dry the application area, and do not attach electrode pads to the hairy and broken skin.

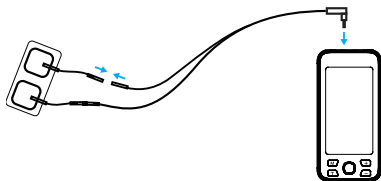


**TIP:** Use it on the hairless, no oil and no sweat part, or it will reduce the pads' adhesion.

2. Take out the pads from the sealed packaging and keep the packaging for future storage.

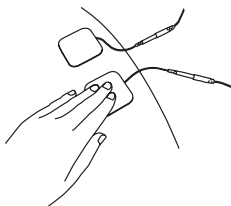


3. Connect one pair of electrode pads to one lead wire and plug the other end of the wire into the A1/A2 or B1/B2 output of the device.

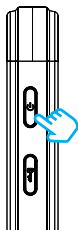


4. Grab the corner of the electrode pad and peel it off the protective film, and do not pull the wire directly. Attach one pair of electrode pads to the massage area and press the edge of the electrode pads firmly on your skin to make sure full contact. For additional relief, you can use the second port with two additional pads for other pain areas. **(Make sure the unit is off when you attach the pads. )**

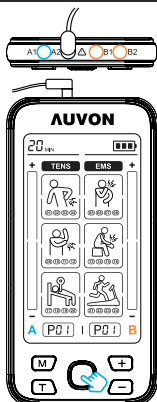
**NOTE:** Each lead wire needs to be connected to a pair of pads (2 pads), or it won't work.



5. Turn on the device by pressing the power button for 1-2 seconds.

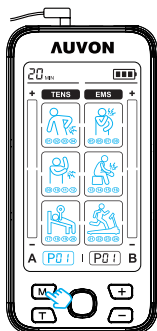


**6. Channel Option:** Press the center button, "A" flashes to indicate A1 and A2 are selected, while "B" flashes to indicate B1 and B2 are selected.

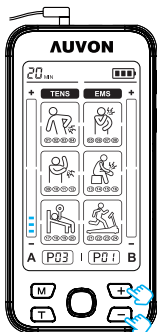


**7. Mode Option:** Press the "M" button to choose different modes for channel A1/A2 or channel B1/B2.

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

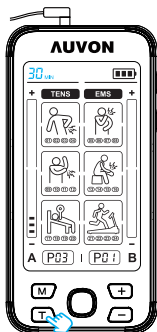


8. Intensity Option: To increase or decrease the intensity of the selected channel, please press the “+/-” button for the selected channel. For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.



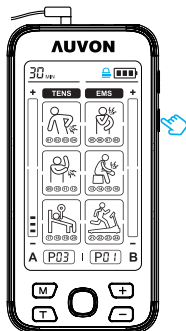
9. Use the “T” button you can set the massage time from 10-90 minutes and when the remaining time is up, the device will automatically turn off.

**NOTE:** It is recommended that each area should not use this device for more than 30 minutes at a time. Stop using it if the pain is relieved.



10. Press and hold the lock button for 2-3 seconds to lock the device, then the intensity, mode, and time can't be adjusted. Press the lock button for 2-3 seconds again to unlock the screen.

**NOTE:** Do not move the electrode pads or remove the lead wires during the use, or you may be shocked.



## 4.3 After Use

4.3.1 Turn off the device by pressing the power button for 1-2 seconds.


4.3.2 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.

4.3.3 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.

4.3.4 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.

4.3.5 Organize the wires with the cable tie and store all of them in the pouch for the store.

## 4.4 Charge the Battery

4.4.1 When the battery icon shows “” or the massage strength decreases, it indicates that the battery needs to be charged. Turn off the unit and charge the unit.

4.4.2 Connect the device and the charger with a USB extension cord. Plug the charger into any power outlet, the power icon appears and blinks, and the time display value will update to the percentage of charge. Other icons will not display on the screen.

<b>Charging Parameters</b>	<b>Input</b>	DC 5V
	<b>Output</b>	100V at 500 ohm Load


4.4.3 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.**






## 5. Mode Instruction

### 5.1 Mode Description

The modes 1 to 16 are TENS and modes 17 to 24 are EMS.

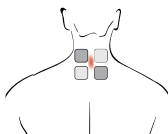
	<b>Mode Type</b>	<b>Mode Number</b>	<b>Pulse Rate (Hz)</b>	<b>Pulse Width (μs)</b>
	TENS	1	85	200
	TENS	2	50	100
	TENS	3	100	150
	TENS	4	80	150



	TENS	5	10-100-10	240
	TENS	6	2	240
	TENS	7	2/100	200/150
	TENS	8	2/50	200/150
	TENS	9	43	240
	TENS	10	43	240
	TENS	11	2~131	240
	TENS	12	42	240
	TENS	13	42	240
	TENS	14	8	240
	TENS	15	43	240
	TENS	16	2~43	240
	EMS	17	5	200
	EMS	18	7	240
	EMS	19	4~20	200
	EMS	20	15	240
	EMS	21	40~100	240
	EMS	22	100	200
	EMS	23	50	240
	EMS	24	5/60	200

## 5.2 Pad Placement Suggestion

### Neck Pain



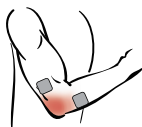
Modes: 9, 10, 12, 16

### Shoulder Pain



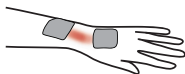
Modes: 5, 6, 7, 8, 14,  
17, 23

### Tennis Elbow



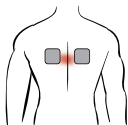
Modes: 16, 19, 20

### Carpal Tunnel Syndrome



Modes: 3, 22

### Back Pain



Modes: 1, 3, 4, 5, 8, 17,  
21

### Sciatica



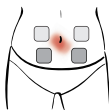
Modes: 1, 2, 3, 4, 5, 14

### Hip/Thigh Pain



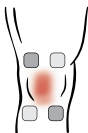
Modes: 15, 17, 18, 19, 20,  
21, 22, 23, 24

### Period Pain



Modes: 1, 4, 11

### Knee Pain



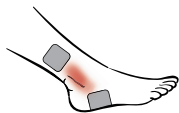
Modes: 4, 9, 10, 12, 13,  
16, 19

### Calf Pain



Modes: 3, 6, 13, 15, 17,  
18

### Ankle Pain



Modes: 6, 17, 18, 20

### Plantar Fasciitis



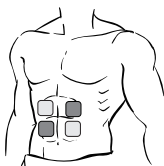
Modes: 9, 10, 12

### **Biceps**



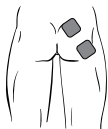
Modes: 19, 20

### **Abs**



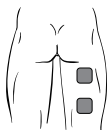
Modes: 23, 24

### **Glutes**



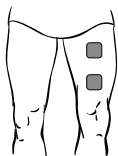
Modes: 21, 22, 23, 24

### **Hamstrings**



Modes: 18, 20, 21

### **Quadriceps**



Modes: 17, 19, 20

### **Calves**



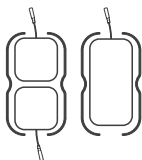
Modes: 17, 18

## 6. TENS Electrode Pads & Pads Holder

### 6.1 Features



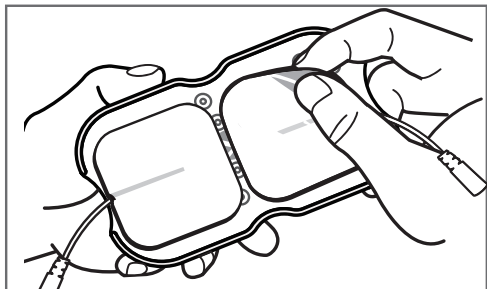
High-quality ABS material to make sure you use it safely.



Widely compatible with pads in different sizes.

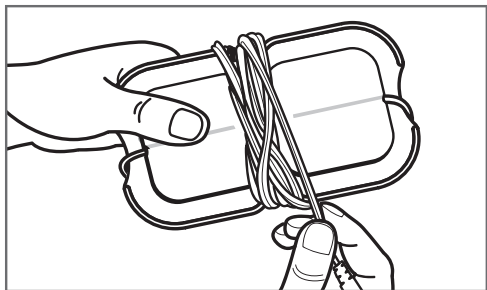
The salient points are designed specially to lessen damage to the pads.

## 6.2 Instruction



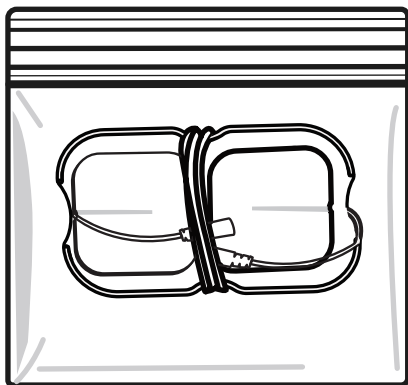
Step 1

Stick the electrode pads on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as shown.



**Step 3**

Step 3: Store the electrodes in the storage bag and reseal the bag tightly.

### 6.3 Electrode Pads Care and Storage

- Do not cover the sticky side of the electrode pads with subjects like dry paper or dust, but 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 sticky side facing up, and 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 get damaged; electrode pads not sticking; electrode pads deformed.

## 6.4 Electrode Pads Precautions

- Do not use it when driving a motor vehicle, bathing, showering, swimming, or exercising.
- Do not use the following areas: heart, spine, eyes, mouth, carotid artery, or throat; broken, excessively swollen and red, infected and inflamed, or rash skin (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not apply ointment or solvent to the electrode pads or the area where to be used.
- The electrode pads should not touch metal objects like belt buckles, necklaces, or other metal worn under clothes.
- Please refer to the following principles when using:
  - \* During use, please ensure your hands and application area are clean and dry to avoid electric shock when inserting and removing electrode pads and wires.
  - \* Please attach electrode pads to a flat area to ensure the electrode does not warp. Avoid placing the electrode pads on joints such as the knee, elbow, ankle, etc.
  - \* Do not overlap or bend the electrode pads when applying to the skin, or the device may stop working,



and the gel may be damaged when separating. The electrode pads should be at least one inch apart from each other. Changing the distance between the electrode pads or the orientation of the electrode pads can change the electrical sensation.

\* Ensure each connection port is well connected before use, or the current may be unstable. Do not move the electrode pads or unplug the lead wires by hand during the usage, or you will be shocked.

\* It is recommended to use the electrode pads for 20-30 minutes per part, 1-2 times a day, with the intensity based on personal feeling. Attaching the pads to one area for a long time will make the skin unbreathable and lead to redness or itching. If your skin is irritated during the use, stop using the electrode pads and consult your doctor.

\* Please turn off the unit first and remove the pads from your skin, or you will be shocked.

\* When removing the electrode pads, grab the corner of the electrode pad with your finger pulp and peel it off, do not touch the gel with your nail, and do not pull the wire, or the electrode pad and lead wire will be damaged.

- Keep electrode pads out of the reach of children or pets.

## **7. Safety Precautions & Warnings**

### **7.1 Prohibited Conditions**

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

## **7.2 Prohibited Individuals**

- Pregnant women, infants and children.
- People who do not have the ability to express their thoughts or intentions.
- People who are incapable of operating the device by themselves.
- People who have a tendency to bleed internally after an injury or fracture.
- Patients with suspected or confirmed heart disease or epilepsy.
- Do not use this product if you have a implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device.

## **7.3 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.

## 7.4 Prohibited Activities



- Shower or bath.
- Sleeping.
- Driving or operating machines.
- Exercising.
- Any activities that cannot be interfered with.

## 8. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact customer service: [support@iauvon.com](mailto:support@iauvon.com)

Problem	Possible Cause	Solution
The unit is on but no pulse is felt from the pads.	The intensity is not increased 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 electrode pad to the massage area.	Attach a pair of electrode pads(of the same channel) to the massage area.
	Poor connection between the electrode pads and the device.	Reconnect the lead wires to the electrode pads and the device tightly or try another lead wire.
	Poor contact between the electrode pads and massage area.	Attach electrode pads to the skin (no hair, unbroken and flat) firmly.

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
One pad feels stronger than the other.	Different body areas react differently.	Try to change the position of the electrode pads.
	Poor wire connection.	Plug the wire into the output port completely. If it does not work, replace the wire and try again.
Power cuts off during use.	Low battery.	Charge the battery and a full charge may take 2-3 hours.
	The default timer is finished.	Set the time again with the "T" button from 10-90 minutes.

Problem	Possible Cause	Solution
The device does not turn on.	Low battery.	Charge the battery and a full charge may take 2-3 hours.
	The device is charging.	Unplug the charging cable and then turn it on again.
	The power button fails.	Try to press the power button for 3 seconds again to restart. If it still can't work, please contact customer service.
Can't adjust the intensity/ mode/ time.	Adjust the intensity for the wrong channel.	If you want to adjust the intensity for channel A/B, make sure the "A/B" icon is selected and blinking (press the center button  to select the A/B channel).
	The screen is locked.	If there's a lock icon on the top right side of the screen, please long press the key button  on the right side of the device for 2-3 seconds to unlock it.










Problem	Possible Cause	Solution
The skin turns red or the skin feels irritated.	Excessive usage time or the intensity is too high.	Reduce the application time or decrease the intensity.
	The electrode pad surface is worn out.	When the pad has the following conditions, please do not use and promptly replace it: gel melting; patch does not stick; pads deformed; gel damaged.

## 9. Features

Mechanism	Technical Description
Wave Form	Symmetrical Bi-Phasic Square
Pulse Voltage	0-100V (Load: 500 ohm)
Power source	180mAh lithium battery
Size	12.78cm(L)x6.28cm(W)x1.28cm(H)
Weight	110grams.
Operating Condition	Atmosphere Pressure: 700Hpa~1060Hpa.

Remark	There may be a +/-5% tolerance of all parameters and +/-20% tolerance of amplitude & voltage.
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## 10. Symbols

Symbol	Meaning
	Attention, consult accompanying documents
	BF Isolated Applied Part
	Class II equipment
	Disposal in accordance with Directive 2002/96/EC
	MANUFACTURER
	Date when the medical device was manufactured.
	AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY
	Pls read the user manual before use
	CE Mark, meets compliance of applicable directives and regulation in EU

Symbol	Meaning
<b>IP22</b>	IIIP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm $\Phi$ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm $\Phi$ and greater. The second number: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

## 11. Certification

The device complies with following normative documents: ANSI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10,FDA,MDD,CA65.

## 12. Customer Service

-  24-Month Limited Warranty
-  Lifetime Technical Support
-  +1(678)829-7256
-  [support@iauvon.com](mailto:support@iauvon.com)

