

Q1: What are the temperature ranges for the two heat levels?

Heat Level 1 can reach a temperature of 104° F or 40° C. Heat Level 2 can reach a temperature of 105.8° F or 41° C.

Q2: Can I use the device with other modes besides the heating function?

Yes, the device can be used with Electronic Muscle Stimulation (EMS) mode and Transcutaneous Electrical Nerve Stimulation (TENS) mode in addition to the heat function. The most recommended mode to be used with heat is TENS+HEAT. However, if you're unsure about which mode to use for your particular situation, it's advisable to consult your physician. Additionally, it is important to periodically check your skin during use to prevent burns and avoid using the heat feature for a long period of time. If you feel very uncomfortable or too hot, stop using the heat function immediately.

Q3: Can I use it all the time?

A: The EHE018 device should not be used continuously. It is recommended to use the device for a maximum of 30 minutes per session and avoid exceeding two sessions per day. Adhering to these usage guidelines ensures the safe and effective application of the device.

Q4: What are the differences between EMS, TENS, and Heating Mode?

EMS devices primarily target muscles using electrical impulses to provide pain relief for muscle soreness, stiffness, and other related conditions. They can also be used to improve muscle tone through electrical stimulation.

TENS devices generate electrical signals that specifically target nerve centers and address nerve-related pain, often associated with chronic back pain and other chronic ailments. While both devices serve the purpose of pain relief, they operate through different mechanisms and focus on different areas of the body.

In addition, the Heating Mode of this product offers temporary relief for minor aches and pains, including menstrual pain, arthritis pain, back pain, and sore and tired muscles. This mode utilizes heat to alleviate discomfort in various areas of the body.

Q5: What kind of painful conditions can TENS help?

Numerous painful conditions can be helped with TENS including:

- Back pain
- Sciatica
- Tension headaches and Migraines
- Whiplash
- Neck Pain
- Sports Injuries
- Arthritis

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](https://www.healthcare-manager.com)