



## Electronic Pain Relief Stimulator

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Made in China



EHE019

**User Manual**

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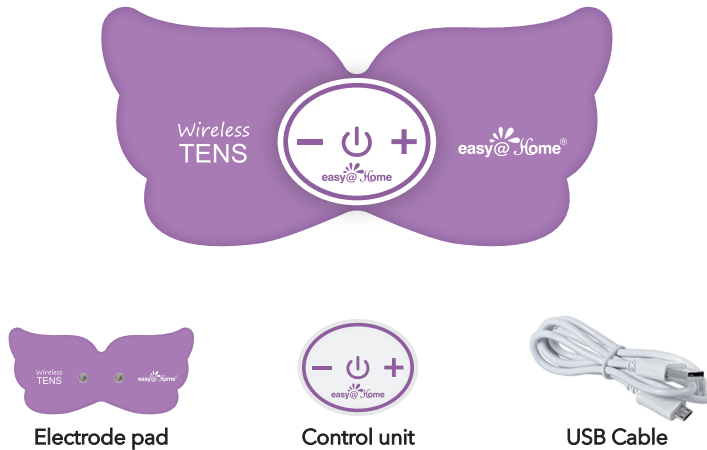
## Easy@Home EHE019 TENS Overview

Easy@Home EHE019 Electronic Pain Relief Stimulator is an effective and portable TENS and PMS combo device with a rechargeable battery. This reusable unit is intended to temporarily target and relieve intractable pain and increase local blood circulation in healthy muscles. It is also capable of providing symptomatic alleviation and management of chronic pain associated with muscle, nerve and more. The device is lightweight and sends pulses that combat pain signals to help you find the relief you are looking to attain. This TENS/PMS combo offers a simple 2 button control with 6 automated massage modes and 20 intensity levels to effortlessly customize your pain management experience.

TENS (Transcutaneous Electrical Nerve Stimulation) Unit is an effective, drug-free, and safe device that is helpful for pain relief.

PMS (Powered Muscle Stimulation) Unit sends electronic pulses to muscles benefiting for muscle toning and firmness, endurance improvement, and reducing recovery time between workouts.

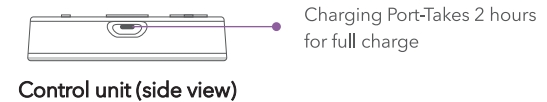
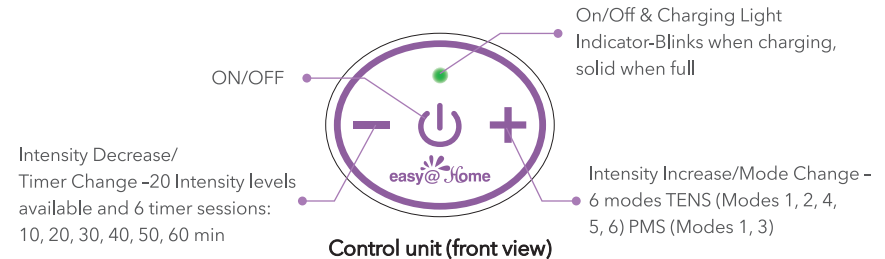
## What's in the Box



## Device Components

Turning the device on and off is as simple as pressing the middle button. The plus (“+”) button increases the intensity level for the given program/mode selected; the minus (“-”) button decreases the intensity. If you hold the plus or minus down longer, you can change the mode or timer. The green LED button flashes during charging and will be solid green to indicate a full charge.

- + Intensity increase and mode change
- Intensity decrease and timer change
- ⏻ On/Off
- Light indicator



Tab to hold electrode pad, this will help keep pad sticky and elongate pad life



## Let's Get Started with EHE019 (Setup)

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### ● Setup

Unpack the box by taking out the product and accessories, then connect the electrode pad onto the device. The electrode pad simply snaps into the back of the control unit. It's that easy! The following steps are used to prepare the device for proper operation, and the details for each step are listed in the category sections below.

**Step 1:** Make sure the EHE019 TENS Unit is fully charged

**Step 2:** Snap the electrode pad onto the back of the Electronic Pain Relief Stimulator Control Unit

**Step 3:** Place the Electronic Pain Relief Stimulator on the body area that requires treatment

### ● Battery charging-check the battery power for the electronic pulse stimulator

The Electronic Pain Relief Stimulator comes with a built-in rechargeable battery; make sure device is fully charged before using it. The device takes 2 hours for a full charge.

If the control unit has a flashing LED light when turned on, it means the battery is running out of power. Turn off and charge the control unit with the enclosed USB cable. The LED light will flash during charging and will appear solid green when the control unit is charged fully and ready for use.

### ● Electro-pad installment

The electrode pad has two snap-on male connectors, and the Electronic Pain Relief Stimulator has two snap-on female connectors on its back side.

Snap the enclosed electrode pad onto the Electronic Pain Relief Stimulator through the snap-on connectors. (This should be done prior to applying the device onto the skin of the treatment areas.)

### ● Electrode pad placement on body areas

Peel the clear side off the electrode pad after you have snapped the control unit to the electro-pad.

Place the device on the body area. Make sure the area you choose is both clean and dry.

Place the plastic backing on the unit when done to keep the electro pad clean and to retain its stickiness.

(PLEASE NOTE: Another way to elongate the life of your electrode pad and to retain the stickiness is to make sure only to touch the tab on top and not the electrode pad itself when handling the device.)

## Features & Benefits

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EHE019 Electronic Pain Relief Stimulator is a combo unit not only ideal for recurrent pain management, targeting common pain areas such as waist, abdomen and lower back, but also can increase local blood circulation in lower extremities. As a wireless and portable device, EHE019 can be used directly under the clothes at home, on-the-go, even in the car or plane.

Those suffering from recurrent pain will find this unit quite helpful because of the TENS modes effectiveness in alleviating pains and sores. The device can also trigger the natural release of pain-relieving endorphins for various body pain and stimulate nerves to block out pain sensations at local body area.

The EHE019 with its PMS modes is helpful for someone longing to tone, firm or enhance their muscles. This wireless unit is suitable for various occasion, like traveling, hiking, or going to the gym.

For anyone afflicted with abdomen and lower back pain caused by weak blood circulation, the EHE019 is effective in pain alleviation because it can enhancing blood circulation. In addition, the EHE019 can be used on other body areas as a massage device (please see Warnings section below for body areas to avoid).

## Instructions for Use/Modes

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The following are step to step guides on how to operate the EHE019, please refer to the Mode Reference Chart for additional details.

**Step 1:** Press the "ON/OFF" to turn on the power. If you would like to keep the default mode (#1) and default stimulation time (20 minutes), go to step (4) directly.

**Step 2:** Select one of the stimulation modes.

**Step 3:** Choose the stimulation time.

**Step 4:** ADJUST STIMULATION INTENSITY to proper level and enjoy.

**Step 5:** Press the "ON/OFF" to power off when done.

**\* The device will automatically shut off after 20 minutes of non-use.**

## ● "ON/OFF" button to turn on the power

Press the On/Off button to turn on the unit.

## ● Selecting stimulation modes

Press Plus Button

Your mode choice can be adjusted easily. **To change modes, press the plus "+" button down for 3 seconds (indicated by the green light flashing), there will be a beeping which represents the modes.**

1 beep means mode 1 is chosen, 2 beeps mean mode 2 and so on. Let go of the plus button after initial 3 seconds hold and press down again to move to the next mode selection. The modes increase by one beep each time to indicate the next mode. There are 6 modes available.

**TENS (Modes 1, 2, 4, 5, 6)**

**PMS (Modes 1, 3)**

### Basic Mode Change Instructions:

1. Press "+" button for 3 seconds, beeps coincide with modes. (See Mode Reference Chart on page 7 for further information on all modes)
2. Let go of "+" button and press again to get to the next mode selection.

## ● Choosing stimulation time

Stimulation time can be easily adjusted. Press the minus "-" button down for 3 seconds (indicated by the green light flashing); there will be a beeping which represents the stimulation time. One beep means 10 minutes, 2 beeps mean 20 minutes and so on. Let go of the minus "-" button after initial 3 seconds push and press down again to get to the next time selection. The timer increases by one beep each time indicating the stimulation time period selected.

1,2,3,4,5,6 beeps indicate 10,20,30,40,50,60 min

### Basic Time Changing Instructions:

1. Press the "-" button for 3 seconds, beeps coincide with time chosen.
2. Let go of "-" and press again to get to the next time selection.

## ● Adjust stimulation intensity

**Press and release the "+" button to increase the stimulation intensity, and press and release the "-" button to decrease the intensity.**

Note: With the increase of intensity, you may experience sensations like tingling, vibration, etc. Therefore, gradually increase the intensity, and stop when a comfortable level is reached.

**Basic Stimulation Intensity Adjustment Instructions:** Press the "+" button each time to increase intensity. Press "-" button each time to decrease intensity.

## ● Enjoy the therapy

Once the electrode pad is placed on a bodily area, and the mode/settings are chosen, just relax and delight in the EHE019 stimulation experience.

The device returns to the default setting when it is turned off and back on. After using the EHE019 and turning it off, the device will automatically return to the lowest intensity and time mode 1 next time when you turn the device back on.

## ● "ON/OFF" button to turn off the power

Press the "ON/OFF" to turn off the power.

When the timer is up, the device will turn off automatically. The device will also turn off by pressing the On/Off button before the time is up.

**Note 1:** When not in use, store the device and accessory in a cool place, out of direct sunlight.

**Note 2:** When the unit turns off, the mode and stimulation time will be reset to default. The previous adjusted mode and stimulation time will not be saved.

## ● 20 minutes automatic shutoff

The unit will automatically shut off after 20 minutes of non-use.

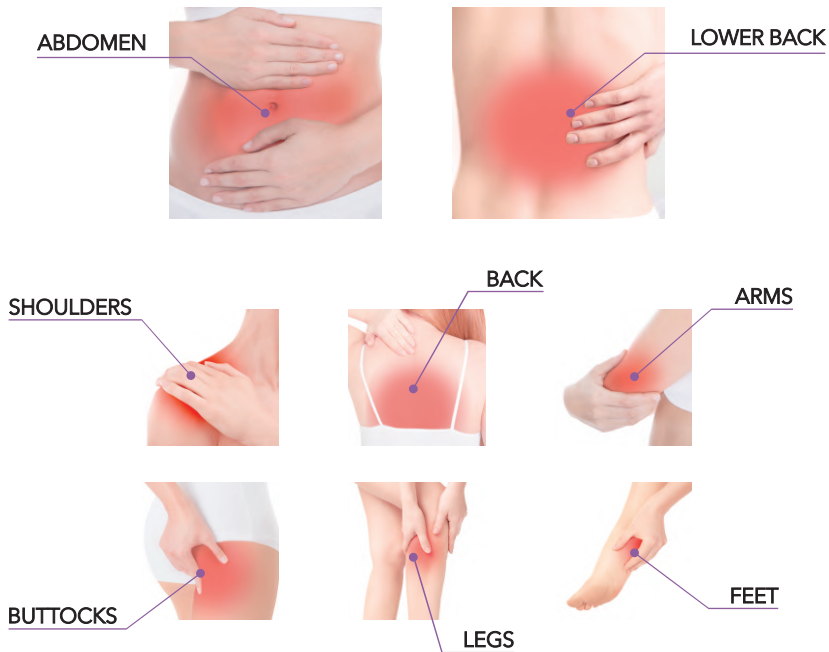
## Mode Reference Chart

MODE	TYPE	TENS RESPONSE	PULSE FREQUENCY
1	TENS/PMS	Combination of modes 2-5	Each mode on for 30-40s
2	TENS	Massage	On for 3.4s and off for 1.6s
3	PMS	Acupuncture	On for 20s and off for 1s
4	TENS	Beat	always on
5	TENS	Scraping	On for 10s and off for 2.5s
6	TENS	Relaxing	On for 20s and off for 1s

## Position Placement for Best Use

The EHE019 is a device for pain alleviation and massage, wireless, portable, and with multiple modes adjustments to target wide range of pain relief needs.

- TENS Modes are great for pain management around the torso, waist, abdomen, and lower back areas. If a body area is difficult to reach by yourself, please ask someone to assist you in the placement.
- PMS Modes are beneficial for muscle toning, endurance improvement, and can lessen recovery time between workouts.



### ● NOTE: Areas to avoid

Do not use your TENS on your head, neck, chest near heart, genitals, and face. The device is not made for this and can cause bodily harm.

## Practices for Best Use

### ● Electrode pad

The included electrode pad can be reused until it loses stickiness and/or conductivity. The pad's lifetime greatly depends on the length of use, skin condition, and general protection/care of the device.

Purchase a new electrode pad when needed, to maximize your pain management experience.

### ● Low intensity to start

With the increase of intensity, you may experience sensations like tingling, vibration, etc. Therefore, gradually increase the intensity, and stop increasing when a comfortable level is reached.

### ● Cleanliness

Keep the device clean by wiping with a moistened cloth from time to time. This prevents growth of germs and dirt and can extend the life of the pad. Avoid sticky side of electrode pad or keep the side covered when cleaning.

### ● Storing the device

When not in use, store the device and accessory in a cool place and out of direct sunlight.

### ● Desired results

Most users experience best results when using the EHE019 once a day, at 10-30 minute sessions at a comfortable intensity. You can choose your own intensity level and sensation mode based on your own comfort level.

## Frequently Asked Questions

### - How does my TENS unit relieve pain or stimulate muscles? How does it work?

EHE019 relieves pain by blocking pain signals and stimulate the release of natural "painkilling" neurotransmitters known as endorphins. This unit can also stimulate muscles tissues, and help with muscle performance and blood circulation in the lower extremities.

### - How many modes and intensity levels do the EHE019 have?

This unit has 6 modes, 2 of which are PMS, 4 for TENS, and 1 a PMS/TENS combination. The device has 20 intensity levels you can choose from so you can get the most benefits at your own comfort level.

### - Is it safe to use my TENS anywhere on the body by anybody?

This unit is extremely helpful for waist, abdomen, lower back, arms, legs, feet, hips and knee area. It can be extremely beneficial when used properly.

DO NOT use the device near the heart on the chest, genitals, neck, face or head. **If you have any medical condition and are unsure about using the device safely, consult your physician first (also refer to Safety Warnings in this manual).**

### - What is the difference between PMS and TENS? Does this unit provide both?

PMS stands for Powered Muscle Stimulation and TENS stands for Transcutaneous Electrical Neural Stimulation. TENS modes on the device are specifically for pain and soreness. The PMS modes are for muscle stimulation and better blood circulation in the lower body.

### - What can I do to elongate the life of my electrode pad?

Cleanse the area of skin you will be placing the electrode pad with soap and water, or with a damp cloth. Make sure the area is dry before applying the electrode pad. When storing the electrode pad, it is recommended that you place it back onto the plastic film pad that originally came attached.

Electrodes that become wet from sweat or water and do not stick anymore need to be replaced.

You can also cleanse the pad with a damp cloth. If it is too dirty or your skin feels numb after the pad is cleaned, replace the pad.

### - What type of conditions does TENS/PMS really benefit?

TENS modes are great for many kinds of muscle and nerve pains, and our electrode pad is designed to fit onto various body areas, such as waist, abdomen, and lower back. PMS modes are great for improving muscle performance or increasing blood circulation (i.e., in lower extremities) from a sedentary lifestyle or your muscles lack toning and firmness.

## Cleaning and Maintenance

Please use cloth moistened by water or neutral detergent to clean the device first, and then use dry cloth to wipe it dry. The electrode pad coming with the device is disposable and should be replaced when it's not sticky enough for use. Contact the seller for replacements. Keep the sticky side of the pad from contact with anything except the applied skin area and storage film. Do not touch the sticky side of the pads with greasy fingertips. If TENS is not used for a long time, charge it at least once every 3 months.

## Troubleshooting

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 the seller.

PROBLEM	POSSIBLE CAUSE	SOLUTION
The intensity is not felt or has a very weak intensity level	Pad is not attached to the body firmly	Attach both pads firmly to the skin
	The transparent films are stuck to the pad	Peel off film on the adhesive surface of pad
	The pad stack together or overlap	Do not stack pad together or overlap pad
	The intensity setting is getting weak	Increase the intensity level
	The battery is running out	Charge the battery
The skin turns red or feels irritated	The adhesive surface of the pad is dirty or dry	Apply a few drops of water to adhesive surface of each pad and dry the pads before next use
	The therapy time is too long or the intensity is set too high	Reduce the application time or reduce the intensity
	The electrode pad surface is worn out	Replace electrode pad
No power output, no indication light after switching on	The battery is running out	Charge the battery
Power cuts off during use	The battery is running out	Charge the battery

It is difficult to attach the pad to the skin	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads
	Was the pad applied immediately after washing?	Dry the pad
	Is the adhesive surface of the pad damaged?	Replace the pad
Adhesive surface of pad is not sticky	Pad gets deteriorative	Contact the vendor for replacements
	Is the pad stored under high temperature, high humidity, or direct sunlight?	Replace the pad

### ● Environmental conditions for normal operation, transport and storage

- Normal working ambient temperature: 5~40°C (41~104°F)
- Normal working ambient humidity: 15~90%RH
- Store and transport ambient temperature: -25 ~70°C (-13~158°F)
- Store and transport ambient humidity: 0~90% RH
- Atmospheric pressure: (70~106) kpa

### Warranty

We are so confident you will love this product that we offer a 1 Year PRODUCT QUALITY GUARANTEE.

### Warnings/Considerations

#### ● Contraindications

Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.

Do not use this device on patients whose pain syndromes are undiagnosed.

#### ● Warnings

Do not use your new TENS on your head, neck, chest near heart, genitals, and face. The device is not made for this and can cause bodily harm.

Do not apply stimulation over the patient's neck because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

Do not use the device if you are pregnant.

Do not apply stimulation over, or in proximity to, cancerous lesions.

Do not apply stimulation when the patient is in the bath or shower.

If you have one of the following conditions, please consult with your physician before purchasing or using this device: Acute disease, malignant tumor, infectious disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician.

#### ● Precautions

- Do not use this device while driving.
- Do not use this device while sleeping.
- Do not use this device in high humidity areas, such as a bathroom.
- Keep the device away from places that are wet, hot, or receive direct sunlight.
- Keep this device out of reach of children.
- Stop using this device if you feel pain, discomfort, dizziness, or nausea and consult your physician.
- Do not attempt to move the electrode pads while the device is operating.
- Do not use the device around the heart, on the head, mouth, genitals, or blemished skin areas.



**Do not apply stimulation of this device in the following conditions:**

- (1) across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.
- (2) Extremely painful areas. Please consult with your physician before using this device if you have extremely painful areas.
- (3) over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin.
- (4) in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic stimulator may not operate properly when the electrical stimulation device is in use.
- (5) while operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- (6) on children.

**Be aware of the following:**

- (1) to consult with your physician before using this device. The stimulation with the device may:
  - i. cause lethal rhythm disturbances to the heart in susceptible individuals, and,
  - ii. disrupt the healing process after a recent surgical procedure.
- (2) that the device is not effective for pain, including headache.
- (3) that the device is not a substitute for pain medications and other pain management therapies.
- (4) that the device has no curative value.
- (5) that the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- (6) that the long-term effects of electrical stimulation is unknown.
- (7) that the user may experience skin irritation, burns, or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
- (8) if the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician.
- (9) to use caution if the user has a tendency to bleed internally, such as after surgery, injury or fracture etc.
- (10) use caution if stimulation is applied over areas of skin that lack normal sensation.
- (11) stop using the device if the device does not provide pain relief.

(12) use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

(13) Do not share the use of the electrode pads with others.

(14) Do not use the device while it's charging.

(15) The device contains the lithium battery. If overheating of the device occurred during the charging, stop the charging or operation immediately and report to the distributor/seller.

(16) Dispose of the battery-containing device according to the local, state, or federal laws.

The long-term effects of electrical stimulation are unknown.

Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrode should not be placed on opposite sides of the head.

**The safety of electrical stimulation during pregnancy has not been established.**

Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).

Patients with suspected or diagnosed heart disease should follow precautions recommended by their physicians.

Patients with suspected or diagnosed epilepsy should follow precautions recommended by their physicians.

**● Adverse reactions**

Patients may experience skin irritation and burns beneath the stimulation electrodes applied to the skin.

Patients may experience headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.

Patients should stop using the device and should consult with their physicians if they experience adverse reactions from the device.

**● EMC Guidance**

**Warning:** Don't use near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

**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 is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

**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.

**Warning:** Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 in (30 cm) to any part of the equipment, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

**Technical description:**

1. All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the expected service life.
2. Guidance and manufacturer's declaration -electromagnetic emissions and Immunity

Guidance and Manufacturer's Declaration – Electromagnetic Emissions	
EMISSION TEST	COMPLIANCE
RF emissions CISPR 11	Group 1
RF emission CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies

Guidance and Manufacturer's Declaration – Electromagnetic Immunity		
IMMUNITY TEST	IEC 60601-1-2 TEST LEVEL	COMPLIANCE LEVEL
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2 kV for power supply lines ±1 kV for input/output lines
Surge IEC61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0.5 cycle at 0°,45°,90°, 135°, 180°, 225°, 270°, 315° 0 % UT; 1 cycle 70 % UT; 25/30 cycle 0% UT; 250/300 cycle	0 % UT; 0.5 cycle at 0°,45°,90°, 135°, 180°, 225°, 270°, 315° 0 % UT; 1 cycle 70 % UT; 25/30 cycle 0% UT; 250/300 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conducted RF IEC61000-4-6	3 Vrms 150 kHz to 80 MHz 3 V RMS outside the ISM band, 6 V RMS in the ISM and amateur bands	3 Vrms 150 kHz to 80 MHz 3 V RMS outside the ISM band, 6 V RMS in the ISM and amateur bands

Radiated RF IEC61000-4-3	10 V/m 80 MHz - 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz - 2,7 GHz 80 % AM at 1 kHz
<b>NOTE:</b> UT is the a.c. mains voltage prior to application of the test level.		

Guidance and manufacturer's declaration - electromagnetic immunity						
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device, should assure that it is used in such an environment.						
Test frequency (MHz)	Band <sup>a)</sup> (MHz)	Service <sup>a)</sup>	Modulation <sup>b)</sup>	Maximum power (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
385	380 - 390	TETRA 400	Pulse modulation <sup>b)</sup> 18 Hz	1.8	0.3	27
450	430 - 470	GMRS 460, FRS 460	FM <sup>c)</sup> ±5 kHz deviation 1 kHz sine	2	0.3	28
710	704 - 787	LTE Band 13, 17	Pulse modulation <sup>b)</sup> 217 Hz	0.2	0.3	9
745						
780						
810	800 - 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation <sup>b)</sup> 18 Hz	2	0.3	28
870						
930						

1720	1700 - 1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; MUTS	Pulse modulation <sup>b)</sup> 217 Hz	2	0.3	28
1845						
1970						
2450	2400 - 2570	Bluetooth, MLAN, 802, 11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation <sup>b)</sup> 217 Hz	2	0.3	28
5240	5100 - 5800	WLAN 802.11 a/n	Pulse modulation <sup>b)</sup> 217 Hz	2	0.3	9
5500						
5785						
<b>NOTE:</b> If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT OR ME SYSTEM may be reduce to 1 m. the 1 m test distance is permitted by IEC 61000-4-3.						
<p><b>A)</b> For some services, only the uplink frequencies are included.</p> <p><b>B)</b> The carrier shall be modulated using a 50% duty cycle square wave signal.</p> <p><b>C)</b> As an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.</p>						

<b>Model / type</b>	EHE019	<b>Weight</b>	20g
<b>Power supply</b>	Powered by internal 3.7V li-ion battery	<b>Automatic shutoff</b>	20 minutes
<b>Wave form and wave shape</b>	Biphasic rectangular wave pulse	<b>Degree of protection against electric shock</b>	Type BF applied part












<b>Pulse width</b>	100µsec	<b>Type of protection against electric shock</b>	Internally powered equipment
<b>Pulse frequency</b>	1-160Hz (Hz= vibration per second)	<b>Grade of waterproof</b>	IP22
<b>Output Voltage</b>	Max. 70Vpp ±20%(at 500ohm load)	<b>Typical service life of Battery</b>	300 cycles of recharging
<b>Treatment time</b>	10, 20, 30, 40, 50, 60 minutes	<b>Lifetime for electrode</b>	Storage for 2 years (no use), Times of reusable: 30 times*
<b>Output intensity</b>	0 to 20 levels, adjustable	<b>Mode of operation</b>	Continuous operation
<b>Modes</b>	6 auto modes	<b>Software version</b>	A0
<b>Typical operation time of battery</b>	When used at the highest level, the battery can be used for about 150 minutes after fully charged	<b>The time required for the equipment to warm from the minimum storage temperature between uses until it is ready for intended use</b>	30 minutes
<b>Indication of charging</b>	The indication light will flash during charging and become still when fully charged.	<b>The time required for the equipment to cool from the maximum storage temperature between uses until it is ready for intended use</b>	15 minutes

<b>Adapter for charging</b>	Please use output DC5V and output current 0.3-2.0A adapter for charging
<b>NOTE:</b> * The actual lifetime greatly depends on the body skin condition and protection. * Not intended to be sterilized.	
Not for use in an OXYGEN RICH ENVIRONMENT	

#### Product programs

PROGRAM NAME	TIME MIN.	FREQUENCY (Hz)	PULSE WIDTH (µs)
Mode 1 (Combination mode)	10, 20, 30, 40, 50, 60	62.5, 12.5-55.5, 1.2, 100,160	100
Mode 2	10, 20, 30, 40, 50, 60	62.5	100
Mode 3	10, 20, 30, 40, 50, 60	12.5-55.5	100
Mode 4	10, 20, 30, 40, 50, 60	1.2	100
Mode 5	10, 20, 30, 40, 50, 60	100	100
Mode 6	10, 20, 30, 40, 50, 60	160	100

## Symbols interpretation

	Fragile, handle with care		Type BF applied part
	Keep the product in a dry place. Away from water and rain.		CAUTION, Avoid injury. Read and understand owner's manual before operationg this product.
	Product package should be recycled		Unrecyclable
	Temperature limit of -25°C - 70°C (-13°F-158°F)		Humidity limitation of 0% - 90%
	Atmospheric pressure limitation of 70kPa - 106kPa		Batch code
	Date of manufacture	<b>IP22</b>	IP code of the device

## Technical Specifications

### Accessories included in the package:

- (1). EHE019 TENS control unit \* 1pc
- (2). Electrode gel pad \* 1pc
- (3). USB line \* 1pc
- (4). Manual \* 1pc