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# TENS MASSAGER

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# TENS MASSAGER



## Congratulations on your purchase!

Your Belmint Tens Unit Muscle Stimulator Electronic Pulse Massager enables you to control the amount of massage pressure your tired and sore muscles receive.

Pain relief is just minutes away with the Belmint Transcutaneous Electrical Nerve Stimulator. Gentle electrical pulses provide powerful relief to sore and aching muscles, joints and nerves from overuse, injury, and chronic problems like arthritis. Reusable adhesive pads let you precisely treat the source of the pain. Electrical pulses target the central nervous system, providing relief without conventional medicines.

Portable & lightweight, you can use the Belmint system at home, in the office, or while away on travel. Stores easily in luggage, briefcase, or handbag. With 5 massage modes and 16 intensity levels, it is easy to customize the stimulator for perfect relief with every use. Safe for daily use.

Developed by Belmint engineers using high quality, durable materials, your massager is easy to clean and made to last.

To celebrating your comfort,  
The Belmint Team

## What's In The Box?



## Introduction

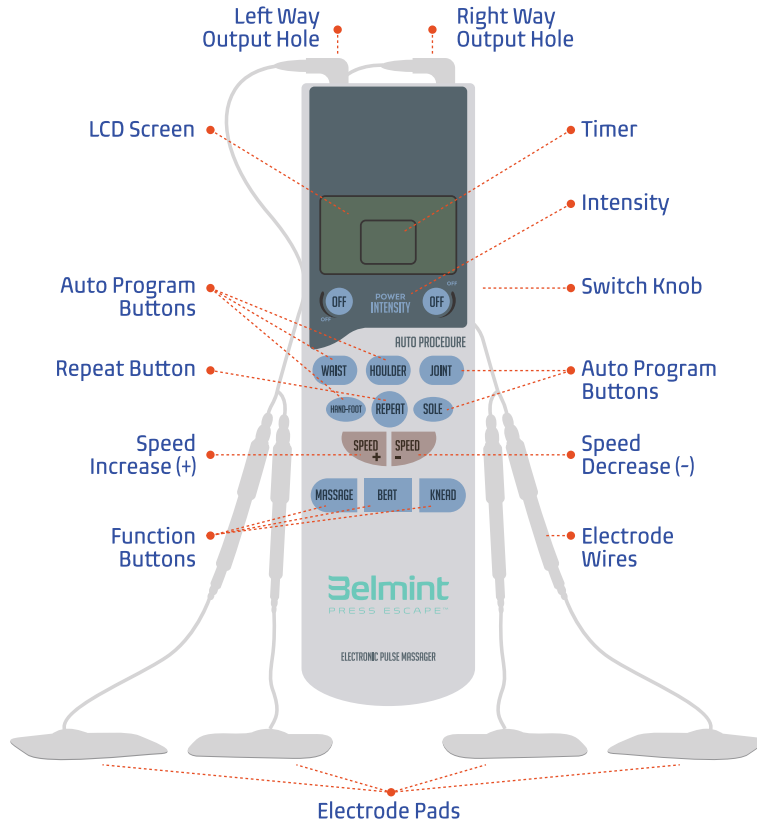
### Read All Instructions Before Using:

BEL-TENS Electronic Pulse Massager is for over the counter use and for home use, which delivers electric pulses to tired and sore muscles. These pulses are generated by the device and delivered through electrodes on the skin to trigger contraction of the muscles. BEL-TENS is portable, compact, and stylish in design. The BEL-TENS device has five auto operational programs represented by five selection buttons of body areas through two channels with four attachment pads and shows graphic information about mode style, intensity and time remaining on a LCD based display which is incorporated within the device body.

### Indications For Use:

To be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, arm, and leg, due to strain from exercise or normal household and work activities

## Product Details



### Caution!

All servicing of this massager MUST be performed by authorized BELMINT personnel ONLY.

### Note:

The Tens Massager Package will automatically Shut OFF after 15 Minutes for your safety.

## Massager Function

### Operation

1. Install 4 AAA Batteries into the device. Match the positive electrode and negative electrode in the right direction;
2. Connect 1 pair of electrode wire into the upper left hole of the device and another pair of electrode wire in the upper right hole.
3. Attach the electrode pads (connecting to the electrode wire) to the treatment area, such as shoulder.
4. Turn the power/intensity switch knob to 1. The screen should show P. This means the device is ready to begin treatment.
5. Press one of the function keys to start treatment, such as shoulder or massage.
6. Press SPEED+ or SPEED- to adjust the speed; Rotate the Switch Knob to adjust the intensity.

### NOTE:

Start from the lowest speed and intensity, and then gradually adjust to a comfortable level on a scale level from 1 to 10.

### Recommended Practices

1. Duration is 10 – 15 Minutes for each treatment area.
2. Frequency is 2 Times per day per area.
3. Intensity and speed selections are based upon the level of your comfort

### Cleaning & Maintenance

Please use water or neutral detergent to clean the device first then using the dry cloth to wipe it again. The electrode pads coming with the device are disposable, and should be replaced when their adhesiveness becomes worse. Contact the seller for replacements. Do not let the sticky side of the pad touch anything, including greasy finger tips.

## Safety Warning

### READ ALL INSTRUCTIONS BEFORE USING:

#### DANGER

Do not use this device if you have an implanted defibrillator or implanted metallic devices. Such use could cause electrical shock, burns, electrical interference or death.

#### WARNING

If you have one of the following conditions, please consult with your physician before purchasing or using this device.

Acute disease, malignant tumor, infective 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.

#### NOTICE

- DO NOT use this device while driving, sleeping, or in high humidity areas: such as bathroom.
- Keep the device away from wet, high temperature and direct-sunlight place.
- Keep this device out of reach of children.
- Stop using this device at once 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, pudendum 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 chest may cause rhythm disturbances to the heart, which could

be lethal;

- 2) Over painful areas. Please consult with your physician before using this device if you have 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; on children

## Features

### BE AWARE OF THE FOLLOWING:

- 1) Consult with your physician before using this device. The simulation with the device may: 1. Cause lethal rhythm disturbances to the heart in susceptible individuals, and, 2. Disrupt the healing process after a recent surgical procedure;

- 2) Device is not effective for pain of central origin, including headache;

- 3) Device is not substitute for pain medications and other pain management therapies;

- 4) That the device has no curative value;

- 5) Device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;

- 6) User may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);

- 7) If user has suspected or diagnosed epilepsy, follow precautions recommended by his or her physician;





- 8) Use caution if stimulation is applied over the menstruating uterus;

9) Use caution if stimulation is applied over areas of skin that lack normal sensation;

10) Use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

Medical Electrical Equipment needs special precautions regarding Electromagnetic Compatibility (EMC) and needs to be installed and put into service according to the EMC information provided. Portable and Mobile Radio Frequency (RF) communication equipment can effect Medical Electrical Equipment.

### ENVIRONMENTAL CONDITION FOR TRANSPORT AND STORAGE:

-  Easily fragile product.
-  Keep the product in the dry place away from water and rain.
-  Product package should be recycled.
-  Stacked up 4 cartons at most.

Temperature Range: 0°C to 48°C

Humidity: 10% to 85%

Atmospheric Pressure: 400hPa to 1060hPa

### SETUP:














Unpack the box of the product, take the product and batteries out, place the batteries into the device at its back compartment, and connect the electrode pads into the device through the wires.

## Technical Details

Model	Rated Voltage	Rated Power	Rated Frequency
BEL-TENS	DC 6V	0.48 W	1-62.5Hz

Program	Pulse Rate (Hz)	Pulse Width (µs)
Mode 1	62.5	100 ~ 240
Mode 2	1	500
Mode 3	62.5	100 ~ 240

### SYMBOLS:

Graphic symbol	Meaning
	Batch code
	Serial number
	Manufacturer
	Date of Manufacturer
	Caution
	Type BF applied part
	Low-frequency electromagnetic radiation
	"WEEE (Waste Electrical and Electronic Equipment)". The waste products should be handled legally.
IP22	Dustproof waterproof level. It can prevent solid object larger than 12mm from intruding, and when tilt for 15 degrees, it can still prevent water from intruding, so no harmful effect will be created.
	Follow instructions for use
CE 1639	CE mark
	Fragile, handle with care
EC REP	Symbol for "AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY"
	This way up
	Keep the product in the dry place Away from water and rain.
	Product package should be recycled.

## Safety Standards

Medical Devices Directive 93/42/EEC

IEC 60601-1:2005+A1:2012/EN 60601-1:2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance.

IEC 60601-1-2:2007/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests.

IEC 60601-2-10:2012/EN 60601-2-10:2000+A1:2001 Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators.

IEC 60601-1-11:2010 Medical electrical equipment -- Part 1-11: General requirements for basic safety and essential performance -- Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment.

EN 980 Symbols for use in the labeling of medical devices.

EN 1041 Information supplied by the manufacturer with medical devices

IEC/60601-1-6/ EN 60601-1-6 Medical electrical equipment – Part 1-6: General requirements for basic safety and essential performance – Collateral standard: Usability.

IEC 60601-1-11/ EN 60601-1-11 Medical electrical equipment – Part 1-11: General requirements for basic safety and essential

IEC 60601-1-11/ EN 60601-1-11 Medical electrical equipment – Part 1-11: General requirements for basic safety and essential performance – Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in home

healthcare environment.

IEC 62304/ EN 62304 Medical device software - Software life-cycle processes.

IEC 62366/ EN 62366 Medical devices – Application of usability engineering to medical devices.

ISO 10993-1 Biological evaluation of medical devices - Part 1: Evaluation and testing within a risk management process.

### FCC COMPLIANCE STATEMENT:

The subject device 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.

The product generates, uses, and can radiate radio frequency energy and, if not installed and used accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that the interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on or off, the user is encouraged to try to correct the interference by one or more of the following measures:

- a.) Reorient or relocate the receiving antenna;
- b.) Increase the separation between the product and the receiver;
- c.) Consult the dealer or an experienced radio/TV technician for help.
- d.) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

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

<b>MODEL TYPE</b>	PL-009	<b>WEIGHT</b>	137g
<b>POWER SUPPLY</b>	4 x AAA Batteries	<b>AUTO SHUTOFF</b>	15 Minutes
<b>Waveform and Wave Shape</b>	Single Wave Pulse	<b>Degree of Protection Against Electric Shock</b>	Type BF applied part
<b>Pulse Duration</b>	100 - 500us (Microseconds)	<b>Type of Protection Against Electric Shock</b>	Internally Powered Equipment (Not Applicable)
<b>Pulse Frequency</b>	1-62.5Hz (Hz=vibration per second)	<b>Grade of Waterproof</b>	IP22
<b>Output Voltage</b>	Max. 30Vpp ± 20% (at 500ohm load)	<b>Product Life</b>	1 Year
<b>Treatment Time</b>	15 Minutes	<b>Lifetime for Electrode</b>	Storage for 2 Years (No Use) Times of Reusable: 30 Times
<b>Output Intensity</b>	0 to 10 Levels, Adjustable	<b>Mode of Operation</b>	Continuous Operation
<b>Modes</b>	3 Auto Modes	<b>Software Version</b>	AO

**Note:** Not intended to be sterilized.

Not for use in an **OXYGEN RICH ENVIRONMENT**

**Belmint**  
PRESS ESCAPE™