

# TENS MASSAGER



Before use, please read the manual carefully  
and keep it properly.

**BELMiNT**



# TENS MASSAGER

## USER GUIDE

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**USER GUIDE**  
for the  
Belmint Tens Massager

Model: BEL-TMU

Rated Voltage: DC 3 V  
Rated Frequency: 1~120Hz

### Congratulations on your purchase of a Belmint Tens Massager

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

Pain relief is just minutes away with the Tens Massager. 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 and 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

# IMPORTANT INFORMATION

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## IMPORTANT:

Complete the information below and retain for your records. You may need this information when calling Belmint Customer Services at:

**845-388-1270**

## MODEL NUMBER:

BEL-TMU

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## PURCHASED AT:

.....

## DATE PURCHASED:

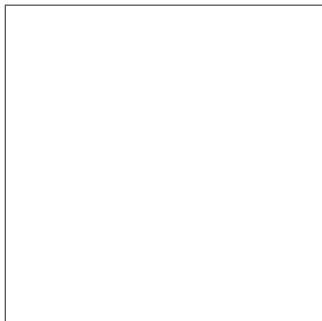
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## BEFORE YOU GET STARTED:

### WHAT'S IN THE BOX?

Let's do a quick check of what's included in your purchase. You should have the following items:

- 1 Tens Unit
- 4 Tens Pads
- 1 Manual
- 2 Connecting Line
- 2 AAA Batteries



## PRODUCT DETAILS:

### CAUTION:

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

### NOTE:

The Belmint Tens Massager will automatically shut off after 15 minutes for your safety.



# PRODUCT OVERVIEW:

## READ ALL INSTRUCTIONS BEFORE USING

### PRODUCT INTENDED USE

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

### PRODUCT PERFORMANCE AND STRUCTURE

#### PRODUCT INTRODUCTION

The Low-Frequency Therapy Instrument BEL-TMU is a product that adopts modern electronic science and technology to produce low-frequency electrical pulse and transmit that through the skin to the underlying peripheral nerves by electrodes, in order to reach the therapeutic aim.

It is to be used by adult and for indoor use only.

#### PACKAGE CONTENT

Upon opening the product package, you will find the following contents inside:

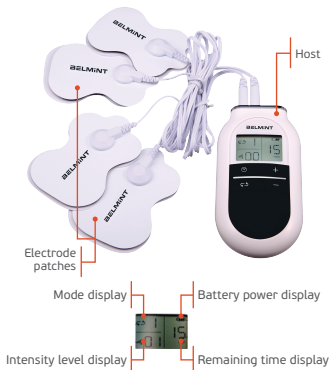
- 1 Tens Unit
- 4 Tens Pads
- 1 Manual
- 2 Connecting Line
- 2 AAA Batteries

#### PRODUCT MAIN STRUCTURE

The product is mainly composed of the host and conductive adhesive skin electrodes ( refer to as electrode patches for short ) as shown below:

#### FUNCTIONS OF HOST AND ACCESSORIES

- **Host:** User can select appropriate treatment mode and other parameters, such as intensity, through function buttons on the host and know about the current status through LCD at any time (as shown below). The descriptions of the function buttons are described in detail in below section.
- **Electrode patches:** They are to be attached to bare skin to perform stimulation.
- **Connecting line:** It's used to make the connection between the host and electrode patches.
- **AAA batteries:** Provide power for the product to operate.



# PRODUCT OVERVIEW:

## READ ALL INSTRUCTIONS BEFORE USING

### PRODUCT CHARACTERISTICS



- The product is small, exquisite and portable.
- Microcomputer controlled system and LCD display make the operation simple and easy.
- It has four manual modes and a full-automatic mode which can satisfy different massage demands, thus can be used by a wider range of people.
- Display battery power.

## CONTRAINDICATIONS:

- 1) Do not use this product on pregnant women, children or people with no ability to express their own consciousness.
- 2) Do not use it on patients with cardiac demand pacemaker, defibrillator or implanted metallic or electronic device.

## SAFETY PRECAUTIONS:

- The purpose of the warning signs and symbols in this user manual is to make sure that the user can use this product safely and correctly, and thus prevent damage to the user or other people.
- Warning signs and their meanings are as follows:

Warning signs	Meaning
 Warning	Alert the reader about a situation which, if not avoided, could result in death or serious injury.
 Precaution	Warn the reader of a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

 **WARNING!**

- 1) Never use this product along with other medical electronic instruments, such as cardiac pacemaker, artificial heart-lung which are used to maintain life, and electrocardiograph. Otherwise it may cause danger.
- 2) If the user is using high frequency surgical equipment and this therapy instrument at the same time, then there might be burn in the place where the electrode patch is pasted to or damage to the instrument; If this instrument is used in the vicinity (1m) of short wave or microwave therapy instrument, then the output of this instrument might not be stable.
- 3) Do not use this product near the heart, over the head, neck, mouth cavity, private parts, parts with skin disease and so on.
- 4) People with abnormally sensitive skin, heart disease, abnormal blood pressure, malignant tumor, serious cerebrovascular disease, acute disease, epilepsy or currently under doctor's treatment, should consult a doctor before using this product.
- 5) Do not use this product in places where there are high heat, inflammables and electromagnetic radiation.
- 6) Do not use this product while bathing or sleeping.
- 7) Do not use this product while driving or operating machinery or during any activity in which involuntary stimulation may put the user at undue risk of injury.
- 8) Do not modify the product, or else electric shock might occur.
- 9) Do not inhale or swallow small parts, which might lead to life-threatening condition.
- 10) The long-term effects of chronic electrical stimulation is unknown.
- 11) Stimulation should not be applied:
  - over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex;
  - transthoracically and transcerebrally;
  - over swollen, infected, or inflamed areas or skin eruptions;
  - over, or in proximity to, cancerous lesions.



**⚠ WARNING!**

- 12)** Do not arbitrarily disassemble, repair and reform this instrument, otherwise it might cause malfunction or electric shock accidents.
- 13)** Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing
- 14)** Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- 15)** Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.

**⚠ PRECAUTION**

- 1)** Do not move the instrument while using, or when the user wishes to change treated area, first be sure to turn off the instrument then use it, or it might cause strong stimulation.
- 2)** If the user doesn't feel well due to instrument anomaly, please stop using at once and consult a doctor.
- 3)** If the instrument is not to be used in a long time, please take out the battery to avoid leakage which may damage the instrument.
- 4)** Do not use this instrument under circumstances that are beyond the range of application.
- 5)** Do not use or contact with the product for a long time.

## **ADVERSE REACTIONS:**


Some users may experience skin irritation or burns beneath the electrode patches. Please stop using the instrument and consult a doctor.

# OPERATION METHOD:

## PREPARATIONS BEFORE USE


- Open battery cover and insert two AAA LRO3 batteries into the battery holder of host according to polarity;

## CAUTION:

- 1) When the host LCD displays "", it means the battery is low and a new battery should be replaced.
- 2) When the product is not to be used for a long time, please take out the battery. Or else battery leakage may cause product malfunction.
- 3) Please do not use batteries that are not of specified type.
- 4) Please do not install the battery's positive and negative poles wrongly. See clearly the "+" "-" marks.
- 5) Please replace batteries after the power has been shut off
- 6) Dispose the battery according to local pollution control regulation.
  - Insert one end of two-core connecting line to host socket and connect the other to electrode slice.

**Caution:** The connecting line can only be used to connect electrode patch and the host, it is prohibited to be used for other purposes. Do not put the connecting line around the neck in case of strangulation.

## GET STARTED

Tear off the protective films on electrode patches, then paste the electrode patches onto painful areas. Relax your body completely. Press "" button on the host to power on. It's recommended to use the instrument twice a day, 15 minutes each time.





## Caution:

- 1) Only use electrode patches equipped with the product.
- 2) Do not dispose the electrode patch casually. Please follow the local environmental requirements
- 3) Make sure the connection between electrode patch and host is good, or else it might affect the function of the product.
- 4) One pair of electrode patches can only be used by one person.

## OPERATION METHOD:

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### USAGE METHOD OF THE HOST

- A.** The working procedure is started after the instrument has been powered on. The default settings are as below:
- 1) Enter into Mode 1;
  - 2) Intensity is 1st level;
  - 3) Timing: 15 min
- To stop, press power button "  " once again.
- B.** Press "  " button to choose from 5 modes which are Mode 1 to Mode 5. Mode 1 is the circulation of other modes
- C.** C.The intensity is divided into 16 levels and it's set to 1st level when the instrument powers on. Press "+" button to enhance the intensity and "-" button to weaken the intensity. Slowly adjust the intensity to keep it in the range of self acceptance. The user can use one side of the electrode patches or both sides at the same time.
- D.** Automatic timing function : The working time is set to 15 minutes after each time of start up With the "  " button, you may select among 5, 10 and 15 minutes. The instrument will automatically shut off when this time limit is surpassed. If the user needs to use the instrument again, then press power button "  " to reboot the instrument.

## MAINTENANCE AND STORAGE:

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### CLEANING AND MAINTENANCE

- 1) When the host is dirty, use dry soft cloth or dry towel to wipe it.
- 2) Keep the surface of electrode patches clean, avoid dust, oily matter, viscous matter, or else the viscosity of electrode patches will lower. When the surface of electrode patch is dirty, use water to clean it and dry it before use it again.
- 3) User does not need to calibrate or maintain the instrument, and is prohibited from opening, disassembling and maintaining the instrument arbitrarily. If there's something wrong, please contact the dealer for maintenance.
- 4) Please take out the batteries if the instrument is not to be used for a long time.

## MAINTENANCE AND STORAGE:

### STORAGE

- 1) Please keep the instrument out of children's reach.
- 2) Do not store the instrument in places where it will be exposed to direct sunlight, high temperature and moisture.
- 3) Please store the instrument in dry and ventilated places.
- 4) Do not arbitrarily disassemble, repair and reform this instrument, otherwise it might cause accident or malfunction.

## PRODUCT DISPOSAL:

In order to avoid environmental pollution, please dispose this instrument according to local environmental requirements and do not discard casually.

## TROUBLESHOOTING:

Fault phenomenon	Reason	Solution
No display in LCD	Is the battery running out or placed inversely?	Replace new battery or put the battery correctly.
	Are there any foreign bodies in the battery holder?	Check and remove
	Is the contact between battery and battery spring piece bad?	Use suitable tool to scrape the battery spring piece clean.
The LCD displays normally, but there's no stimulation felt.	Is the two-core connecting line connected well?	Connect the two-core connecting line correctly.
	Has the protective film on the electrode patch been torn off?	Tear off the protective film.
The stimulation is weak.	Are the electrode patches pasted closely to the skin?	Please paste the electrode patches closely to the skin.
	Are the electrode patches dirty?	Clean the electrode patches.
	Are the electrode patches overlapping with each other?	Please separate the electrode patches and then paste.

## TROUBLESHOOTING:

Fault phenomenon	Reason	Solution
There is a sense of piercing pain and the skin is red.	Is the treatment time too long?	The suitable time is 15 minutes.
	Is the treatment intensity too high?	Turn down the intensity properly.
	Is the skin allergic to electrode patch?	Check whether the skin has an allergic history. If the allergy is mild, then all the user have to do is to just change the position where the electrode patches are pasted to or shorten the treatment time. If the allergy is severe, you should stop using and receive desensitization treatment first.
	Are the electrode patches dirty?	Clean the electrode patches
	Are the electrode patches pasted closely to the skin?	Please paste the electrode patches closely to the skin.

## TECHNICAL PARAMETERS AND SPECIFICATION

<b>Basic Unit Specifications</b>		
Dimensions	Host	104mm x 56mm x 26mm
	Electrode patches	83mm x 59mm x 6mm
	Connecting line	1.2m
Connecting line		1.7oz
Power supply		d.c.3V (AAA LR03 battery *2 )30mA
Number of channels		2
Number of modes		5
Output Intensity Level		16 levels
Safety category		BF type
Service life		3 years
<b>Output Specification</b>		
Waveform and Shape		Pulsed symmetric, biphasic, square wave
Maximum Output Voltage( ±10%)		34V@500Ω    48V@2kΩ    60V@ 10kΩ

## TECHNICAL PARAMETERS AND SPECIFICATION:

<b>Output Specification</b>	
Maximum Output Current ( $\pm 10\%$ )	68mA @ 500 $\Omega$ 24mA @ 2k $\Omega$ 6mA @ 10k $\Omega$
Net Charge (per pulse)	01 $\mu$ C @ 500 $\Omega$
Maximum Phase Charge	11.71 $\mu$ C@ 500 $\Omega$
Maximum Average Current	7.4mA @ 500 $\Omega$
Maximum Current Density	0.15mA/ cm <sup>2</sup> @ 500 $\Omega$
Maximum Power Density	0.00056W/ cm <sup>2</sup> @ 500 $\Omega$
Pulse Duration	20 $\mu$ s-220 $\mu$ s
Frequency	1Hz-120Hz
Default Treatment Time	15 min
<b>Additional features</b>	
Environment for operation	Temperature: +5 $^{\circ}$ C to + 40 $^{\circ}$ C Humidity: 15% to 93%RH Barometric pressure: 700hPa to 1060hPa
Environment for storage	Temperature: -25 $^{\circ}$ C to + 70 $^{\circ}$ C Humidity: 0 to 93%RH Barometric pressure: 700hPa to 1060hPa
Environment for transport	Temperature: -10 $^{\circ}$ C to 40 $^{\circ}$ C Humidity: 15% to 93%RH Barometric pressure: 700hPa to 1060hPa















## EMC STATEMENT:

- 1) Model BEL-TMU needs special precautions regarding EMC and need to be installed and put into service according to the EMC information provided in the accompanying document;
- 2) Portable and mobile RF communications equipment can affect model BEL-TMU.

### **WARNING:**

- 1) The use of accessories, transducers and cables other than those specified with the exception of transducers and cables sold by the manufacturer of the model BEL-TMU as replacement parts for internal components, may result in increased emissions or decreased immunity of the model BEL-TMU.
- 2) Model BEL-TMU should not be used adjacent to or stacked with other equipment  
Guidance and Manufacturer's declaration can be seen in the attachment.

## 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.
	<a href="#">Follow instructions for use</a>
CE 0120	CE mark
	Fragile, handle with care
	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 TEST STANDARDS:

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- 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 – Part1-6: 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 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

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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.

## TECHNICAL INFORMATION

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<b>Model/type</b>	PL-009	Weight	137g
<b>Power supply</b>	2 AAA batteries	Automatic shutoff	15 minutes
<b>Waveform and wave shape</b>	Single wave pulse	Degree of protection against electric shock	Type BF applied part
<b>Pulse duration</b>	100-500us (Microseconds)	Type of protection against electric shock	Internally powered equipment (Not applicable)
<b>Pulse frequency</b>	1-62.5Hz (Hz=vibration per second)	Grade of waterproof	IP22

## TECHNICAL INFORMATION

<b>Treatment time</b>	15minute	Lifetime for electrode	Storage for 2 years (no use), Times of reusable: 30 times
<b>Output intensity</b>	0 to 10 levels, adjustable	Mode of operation	Continuous operation
<b>Modes</b>	3 auto modes	Software version	A0
Note: Not intended to be sterilized.			
Not for use in an OXYGEN RICH ENVIRONMENT			

## PROGRAMS

<b>Program</b>	<b>Pulse Rate (Hz)</b>	<b>Pulse Width (<math>\mu</math>s)</b>
Mode 1	62.5	100~240
Mode 2	1	500
Mode 3	62.5	100~240


## ATTACHMENT:

<b>Guidance and manufacturer's declaration - electromagnetic emissions</b>			
The model BEL-TMU is intended for use in the electromagnetic environment specified below. The customer or the user of the model BEL-TMU should assure that it is used in such an environment.			
<b>Emissions</b>	<b>Compliance</b>	<b>Electromagnetic environment- guidance</b>	
RF emissions CISPR 11	Group1	The model BEL-TMU uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby ele-ctronic equipment.	
RF emissions CISPR 11	Class B		
Harmonic emissions IEC 61000-3-2	Not applicable	The model BEL-TMU is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable		
<b>Guidance and manufacturer's declaration — electromagnetic immunity</b>			
The model BEL-TMU is intended for use in the electromagnetic environment specified below. The customer or the user of the model BEL-TMU should assure that it is used in such an environment.			
<b>Immunity test</b>	<b>IEC 60601 test laval</b>	<b>Compliance level</b>	<b>Electromagnetic environment -guidance</b>
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	Floors should be wood,concrete or ceramic tile. If floors are cove-red with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2kV for power supply lines ±1 kV for Input/ output lines	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.

## ATTACHMENT:

Immunity test	IEC 60601 test laval	Compliance level	Electromagnetic environment -guidance
Surge IEC 61000-4-5	$\pm 1$ kV line to line $\pm 2$ kV line to earth	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% $U_r$ (>95% dip in $U_r$ ) for 0.5 cycle 40% $U_r$ (60% dip in $U_r$ ) for 5 cycles 70% $U_r$ (30% dip in $U_r$ ) for 25 cycles <5% $U_r$ (>95 % dip in $U_r$ ) for 5 sec	Not applicable	Mains power quality should be that of a typical commercial or hospital environment. If the user of the model BEL-TMU requires continued operation during po-wer mains interruptions, it is re-commended that the model BEL-TMU be powered from an uninterruptible power supply or a battery.
<b>NOTE:</b> Uris the a.c. mains voltage prior to application of the test level			
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	30Aim	30Aim	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
<b>Guidance and manufacturer's declaration - electromagnetic immunity</b>			
The model BEL-TMU is intended for use in the electromagnetic environment specified below. The customer or the user of the model BEL-TMU should assure that it is used in such an environment.			
Immunity test	IEC 60601 test laval	Compliance level	Electromagnetic environment -guidance
	3Vrms 150kHz to 80 MHz	Not applicable	Portable and mobile RF communications equipment should be used no closer to any part

## ATTACHMENT:

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment -guidance
Conducted RF IEC 61000-4-6	6 Vnns in ISM bands	Not applicable	of the model BEL-TMU, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
	10V/m 80 MHzto2.7 GHz	10V/m 80 MHzto2.7 GHz	Recommended separation distance
Radiated RF IEC 61000-4-3	385MHz-5785 MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601 -1-2:2014)	385MHz-5785 MHz Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communication equipment (Refer to table 9 of IEC 60601 -1-2:2014)	$d=[3,5/\sqrt{f}] \times P^{1/2}$ $d=1.2 \times P^{1/2}$ 80 MHz to 800 MHz $d=2.3 \times P^{1/2}$ 800 MHz to 2.7 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>a</sup> , should be less than the compliance level in each frequency range <sup>b</sup> . Interference may occur in the vicinity of equipment marked with the following symbol: 
<p><b>NOTE 1:</b> At 80 MHz and 800 MHz, the higher frequency range applies.</p> <p><b>NOTE 2:</b> These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.</p>			
<p><b>a.</b> Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the model BEL-TMU is used exceeds the applicable RF compliance level above, the model BEL-TMU should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the model BEL-TMU.</p> <p><b>b.</b> Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.</p>			

## ATTACHMENT:

### RECOMMENDED SEPARATION DISTANCES BETWEEN PORTABLE AND MOBILE RF COMMUNICATIONS EQUIPMENT AND THE MODEL BEL-TMU

The model BEL-TMU is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the MODEL BEL-TMU can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the model BEL-TMU as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter <b>w</b>	Separation distance according to frequency of transmitter <b>m</b>		
	150kHz to 80MHz $d=1.2x P^{1/2}$	80MHz to 800MHz $d=1.2x P^{1/2}$	800MHz to 2,5GHz $d=2.3x P^{1/2}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

**NOTE 1:** At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

**NOTE 2:** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

## TROUBLESHOOT GUIDE:

If you encounter operational issues with your Belmint Tens Massager, please refer to the Tips and Guidelines listed below.

If the problem persists, please turn the POWER OFF and unplug the unit or call Belmint Customer Service at **845-388-1270**.

DO NOT attempt to make adjustments to the plug or alter the plug, cord, or message unit. Doing so may nullify the warranty.

CONDITION	REASON	SOLUTIONS
Massager won't start or turn ON.	Unit may be unplugged.	Check that the unit is plugged into the appropriate outlet or power source. Check that the unit is plugged into the adapter. Press the POWER button. You should feel it click. If problem persists, please <b>contact Customer Service at 845-388-1270</b> .
Massager stops working.	Unit may be unplugged.	Check that the unit is plugged into the appropriate outlet or power source. It may have come unplugged.
	Unit may have automatically shut OFF.	Press the POWER button. The unit may have shut OFF due to the automatic timer.
	You may have accidentally pressed the POWER button and turned the massager off.	Pressing the POWER button will also turn the massager back on if you inadvertently turned the unit off.
	Unit may have overheated.	Unplug unit from wall and let it cool before using again.





