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EHE018

easy@Home®

Heat TENS Unit

User Manual

Contents

Easy@Home Tens EHE018 Overview

EHE018 Heat TENS Unit is our new edition to the Easy@Home TENS product line. Easy@Home TENS units are drug free, natural alternatives to ease soreness and pain without the side effects of medication. TENS units stimulate your body to generate the endorphin hormone, which naturally relieves pain, reduces stress, and increases relaxation so you will feel better for some time even after a session.

This new model, EHE018, has the added heat therapy (thermotherapy) option which is a commonly used therapy for relaxation, soothing and pain relief. Heat therapy, with or without TENS, is perfect to relieve the menstrual cramps, arthritis pain and many other kinds of stiff and sore muscles. Sometimes you may require pain relief, other times soothing for aching muscles, and other times muscle stimulation. Sometimes you may want more than one option.

EHE018 - 3 in 1 Solution

The newly created EHE018 Heat TENS Unit is a complete 3 in 1 solution. It provides 3 modes: TENS (pain management), heat therapy (soothing pain relief), and EMS (muscle stimulation). Whether you have aching or sore muscles, want to enhance your muscle performance, or want to sooth pain with heat therapy, EHE018 Heat TENS will help you quickly reach your relief, relaxation, or toning goals. It has many options available for whatever your pain relief need is at any given time: menstrual bloating, fatigue, backaches, muscles tension, chronic pain.

Safety is a Priority

Easy@Home always puts safety first. When EHE018 Heat TENS unit is used according to guidelines, it is perfectly safe and a very beneficial device. This device is FDA approved for over the counter use without a prescription and without the side effects.

Please take note of the following safety concerns and read over the safety policies on pages (18-20) before use. This is to ensure you can enjoy the unit safely.

DO NOT USE if you have a cardiac pacemaker, implanted, defibrillator, or other implanted metallic or electronic device. DO not use if you have paresthesia (abnormal sensation) or peripheral neuropathy (damage to your peripheral nerves).

If you have medical or physical treatment for pain, consult your physician before use.

DO NOT use device on the head, chest near heart, face, neck, or genital area.

DO NOT apply two pads in two areas to introduce electrical current into the chest. For example, avoid putting one pad on one arm and putting another pad on another arm.

DO NOT throw in heat, puncture, rush or apply heat for risk of overheating.

Children or pregnant women should not use this device unless approved by the doctor.

Use caution while using device. Gradually increase intensity or heat to avoid muscle shock and skin burning.

Adverse Reactions: You may experience skin irritation, redness, or burning or hypersensitivity due to gel pad, electrical stimulation, or heat. Stop using the device and consult your physician immediately in this instance.

Do Not place this device in a room with high humidity such as a bathroom.

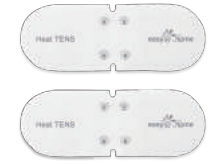
DO NOT touch pads to any metal object (such as a necklace or belt buckle).

Make sure the device is not close to any other heated objects such as an electric blanket, etc.

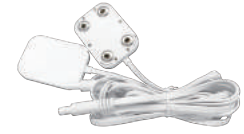
Finally, always turn device off after each use. Make sure device is off and cools off properly if using the heat feature.

What's in the Box

When unpacking the item box, take the device and accessories out. The accessories include 2 electrode pads, 1 USB cable, and 2 output connecting lead wires that snap on to the electrode pads and connect to the device itself from the other end. The USB cable is used to charge the device.



• 2 ELECTRODE PADS EACH CONNECTS TO ITS OWN LEAD WIRE/ CHANNEL



• 2 ELECTRODE LEAD WIRES WITH 4 FEMALE CONNECTORS EACH

• USB CABLE
CHARGING TAKES 4.5 HOURS FOR FULL BATTERY

Operation-EHE018

The following steps are used to guide the device operation, and the details for each step are listed.

● Charging the battery

The device comes with a built-in rechargeable battery. If the battery icon is flashing on the turned-on device, it means the battery is running out. Charge the device with the enclosed USB cable, which connects to any certified adapter (like the one that comes with a phone or tablet) or a computer USB port. The battery icon on the device display flashes during charging and becomes solid when the device is fully charged.

It is recommended to fully charge the battery for 4.5 hours before first use, which is the length of a full battery recharge.

● Electrode pads installment

CONNECTING LEAD WIRES to the ELECTRODE PADS: Snap the 4 female connectors of the lead wire onto the electrode pads and plug the other white end of the lead wires into the device (both left and right ports on the top).

*** This should be done before applying the electrode pads onto the skin of the treatment area.**

● Electrode pads placement

Place the electrode pad(s) onto the body treatment area (such as the abdomen, back, or shoulder). Press down firmly and **ensure a firm contact with the body skin before use**. When using two pads at same time, make sure that two pads don't touch each other.

*** Keep the skin clean and dry before placing the electrode pad(s) to elongate the pad life.**

*** DO NOT apply two pads in two areas to introduce electrical current into the chest. For example, avoid putting one pad on one arm and putting another pad on another arm.**

● Power on device

Press and hold the " ⏻ " button down for one full second to turn on the device. The LCD display with blue backlight will light up. Pressing the Lock button (🔒) will pause / resume operation.

● Stimulation modes selection

There are totally 8 preset stimulation modes on the device. Press the "Mode" button on the control panel to select a desired pulse mode. The selected mode icon will flash on the display (meaning this is the selected mode), and the intensity will go down to zero level to start.

*** The two output channels (A and B) share the same selected mode. 2 different intensity levels can be chosen for each individual channel independently.**

● Stimulation time

The default timer is 20 minutes. Press the "Time" button to select a desired time (10, 20, 30, 40, 50, 60 min are the selection options). The chosen timer displays at the center of the LCD display.

*** The two output channels (A and B) share the same selected timer.**

*** The device times out after 20 minutes if no use as a safety feature.**

● Stimulation intensity

The stimulation intensity of the two output channels (A and B) can be adjusted separately. Press "A +" or "B +" to increase the intensity of Channel A or Channel B. Alternatively, press "A-" or "B -" to decrease the intensity of Channel A or Channel B. A line of bars progresses on the LCD display to indicate the adjusted intensity level. More bars mean a higher intensity level is chosen.

A+ / B+ Intensity increase

A- / B- Intensity decrease

*** With the increase of intensity (totaling 20 levels, 20 being the highest), you may experience sensations like tingling, vibration, pain, etc. Therefore, gradually increase the intensity and stop increasing when a comfortable level is reached.**

*** It is recommended to start and stay on a low intensity for sensitive areas like the abdomen.**

*** The device will automatically start with lowest intensity level when turning the device on or changing modes. This is a safety mechanism, so you can gradually increase to a comfortable intensity level.**

● Activate the heating function

Press the Heating button (♨) which will blink to show the heating function Level 1 is activated and press again to select increase to the heating Level 2. Press a 3rd time to turn off the heating mode.

Heat Level 1 (upper heat icon " ♨ " will blink on display)- the temperature can reach 104°F or 40 °C.

Heat Level 2 (lower heat icon " ♨ " will blink on display)- it can reach 105.8°F or 41 °C).

NOTE: The device can be used with Electronic Muscle Stimulation (EMS mode) and HEAT or TENS (Transcutaneous Electrical Nerve Stimulation) mode and Heat. **TENS + HEAT is the most recommended mode to be used with heat**. Consult your physician if unsure about which mode to use for your particular situation.

⚠ To avoid the skin being burned due to heat, you should check the skin occasionally during use. Do not use the heat feature for a long period of time. If you feel very uncomfortable or too hot, stop using the heat function immediately.

● Turn off the device

When the timer is up, the device will turn off automatically. The device can also be turned off by pressing and holding the " ⏻ " button for a full second.

The device also automatically shuts off after 20 mins of no use.

Device Controls Quick Guide

A+	Intensity up channel A
A-	Intensity down channel A
B+	Intensity up channel B
B-	Intensity down channel B
Mode	Choose mode
⏻	Power on/off
♨	Top Heat Icon blinks (heat on Level 1)
♨	Lower Heat Icon blinks (heat increased Level 2)
♨♨	2 solid heat symbols (no blinking)-heat off
🔒	Pause/Resume
Time	Timer

Recommended Application Positions

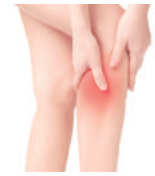
Place Electrodes from 0.5 to 1.5 inches apart. Make good contact with the skin to avoid any bubbles or gaps. The electrode pads should remain in place even when you move. Place the electrode around the area of pain, not directly on it. Once in place, you are ready to turn the EHE018 on and choose a mode that coincides with what type of massage/pain management you are looking to obtain.

* Change the position every 24 hours to avoid irritation. It is recommended not to use the device for more 30 min and 2 times per day.

TENS - **Transcutaneous Electrical Nerve Stimulation (Modes 1, 2, 4, 5, 6, 8) -** For pain management.

EMS - **Electrical Muscle Stimulation (Modes 1, 3, 7) -** To stimulate muscles to improve muscle performance and relax stiff muscles. To improve muscle tone and firmness. Also, to improve blood circulation in healthy muscles of lower extremities.

Heating Mode - temporary relief of minor aches and pain including menstrual pain, arthritis pain, back pain and sore & tired muscles.



LEGS

Stimulate the leg muscles. Stimulating the leg muscles will help with peak athletic performance. Relieve pain associated with injury or strain from work/ home life or increase local blood circulation.

FEET

Sore after exercise, pain after walking around all day or working. Using the EHE018 TENS will help relieve the pain of wear and tear or increase local blood circulation.

SHOULDERS & ARMS

Wanting to tone or firm your arms, maybe you are sore in the upper limbs. EMS will stimulate the arm muscles and tens and/or heat will soothe the arms soreness and manage pain.

Shoulders

Bad posture, injuries, or stress. Place electrodes on either side of the painful area and adjust to the center of the source of the pain for best results.

ABDOMEN

Place electrodes on the abdomen for a few main purposes such as muscle stimulation or menstrual cramps pain relief. EMS Modes will provide muscles invigoration and re-energize this area. This sensitive area does not require a high intensity to see the results.

* EMS modes will enhance and tighten this area for better muscle performance.

* HEAT mode with or without TENS will soothe and relieve the pain signals from menstrual cramps. You should increase the intensity at this sensitive area gradually and slowly.

LOWER BACK

Place the electrodes on your lower back to get relief from the menstrual cramps pain. TENS and HEAT is also great for the pain relief on lower back from any general or chronic back pain.

* HEAT mode with or without TENS will soothe and relieve the pain signals. You should increase the intensity at this sensitive area gradually and slowly.

BUTTOCKS

The buttocks area is a place for muscle stimulation. This area can be tightened and will be worked without added stress on your joints. Facilitating recovery, promoting muscle strength and performance.

WAIST

TENS is perfect for relief from pain in the waist area. Whether weak hip flexors or a sore side muscle, the aching muscles can be alleviated.

LOWER EXTREMITIES

Increase blood circulation of the lower healthy extremities. Improving blood circulation will help deliver essential nutrients and oxygen to all organs and cells in the body.

IMPORTANT:

**** Not intended for use in therapy or medical conditions or diseases**

**** Do not use on head, chest, face, neck, genitals as it can cause harm**

Which Mode is right?

It really depends your situation. The wonderful thing about the EHE018 Heat TENS Unit is that it gives you options. Perhaps you have muscle pain or menstrual cramps, you can use the TENS mode or Heat mode or both. Maybe you want to tone your muscles and decide to use the EMS modes. It is just about what makes sense and the EHE018 does.

Mode Reference Chart

MODE	TYPE	TENS RESPONSE	PULSE FREQUENCY
1	TENS/EMS	Combination of modes 1-7	Combination
2	TENS	Massage	on time: 3.4s off time: 1.6s
3	EMS	Acupuncture	on time: 20s off time: 1s
4	TENS	Beat	always on
5	TENS	Scraping	on time: 10s off time: 2.5s
6	TENS	Cupping	on time: 20s off time: 1s
7	EMS	TAI massage	on time: 5s off time: 1s
8	TENS	Relaxing	on time: 10s off time: 2s

Best Practices

• 30 min and 2 times per day is the suggested use of the device for each body area. Consult with your physician if you think you may require longer and more frequent use.

• Start from the lowest intensity and gradually adjust the intensity to a comfortable level at a scale from 1 to 20.

• Good skin care is important for a comfortable use of device. Be sure the treatment site is clean of dirt and body lotion.

• Keeping the electrode pads in the storage bag on the original plastic after use to extend the electrode lifespan. The electrode pads are disposable and should be replaced when they lose adhesiveness or stickiness. To purchase additional electrodes, please contact the seller.

• Place the electrodes on the skin before turning on the device or the device will not work. This is a safety feature.

• You may not need a high intensity level to feel the relief in sensitive areas like the abdomen. A lower intensity should be all that is needed.

IMPORTANT:

**** When using the heat feature, make sure to be away from any flammable items such as an electronic blanket. Do not have the device near children when using the heat feature. This is a safety precaution.**

IMPORTANT:

**** Not intended for use in therapy or medical conditions or diseases**

**** Do not use on head, chest, face, neck, genitals as it can cause harm**

NOTE: Tens Modes 2, 4, 5, 6, 8 are recommended with heat mode. Although, you can use EMS MODES (1,3,7) with heat mode. Contact your physician if unsure about proper modes for your particular reason for use.

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
One pad feels stronger than the other at the same intensity level	This is normal. Different areas of your body will react differently	Nothing needs to be done. Make sure the pads are moist and making good contact
The intensity is not felt or with a very weak intensity level	Pads are not attached to the body firmly	Attach both pads firmly to the skin
	The transparent films are still stuck to the pads	Peel off the film on the adhesive surface of pads
	The pads stack together or overlap	Do not stack pads together or overlap pads
	The cord is not properly connected to the unit	Connect cord correctly into the jack
	The intensity setting is getting weak	Increase the intensity level
	The battery is running out	Recharge the battery
The skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry	Wash the adhesive surface of pads gently with your fingertips for about 3 seconds under slow running water
	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 worm out	Replace electrode pad
No power output; no display on LCD	The battery has run out	Recharge the battery
Power cuts off during use	The battery has run out	Recharge the battery
	The cord is broken	Replace the cord
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	Pads get deteriorative	Contact the vendor for replacements
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace the pads

Warranty Information

We are so confident you will love this product that we offer a 1-year Hassle Free Money back or PRODUCT REPLACEMENT Guarantee.

Environmental condition for normal working, transport and storage

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

Safety Warning

● 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 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 apply stimulation across the patient's chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the patient's heart, which could be lethal.

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, 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.

● 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 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, 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) 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;

(6) on children.

Be aware of the following:

(1) to consult with your physician before using this device. The simulation with the device may:

i. cause lethal rhythm disturbances to the heart in susceptible individuals;

ii. disrupt the healing process after a recent surgical procedure;

(2) that the device is not effective for pain in your head area, 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 are 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 following an injury or fracture;

(10) use caution if stimulation is applied over the menstruating uterus;

(11) use caution if stimulation is applied over areas of skin that lack normal sensation;

(12) stop using the device if the device does not provide pain relief;

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

(14) Do not share the use of the electrode pads with others;

(15) Do not use the device while it's charging;

(16) 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 seller;

(17) 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 electrodes 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.

Use caution if stimulation is applied over the menstruating or pregnant uterus.

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.

Safety test standards:

• Medical Devices Directive 93/42/EEC

• IEC60601-1:2005+A1:2012/EN 60601-1:2006Medical 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+A1:2001Medical 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 60601-1-11Medical 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

Electromagnetic Compatibility and FCC Compliance Statement

1) This product needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile radio frequency (RF) communications equipment.

2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.

3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!

4) Caution: This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

Guidance and manufacturer's declaration – electromagnetic emission

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.

EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The device 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 electronic equipment.
RF emission CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply networkthat supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration – electromagnetic emission			
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.			
IMMUNITY TEST	**IEC 60601 TEST LEVEL**	**COMPLIANCE LEVEL**	**ELECTROMAGNETIC ENVIRONMENT - GUIDANCE**
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/ output lines	±2kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	±1 kV differential mode	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% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec	<5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (>95% dip in UT) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE: 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.			
IMMUNITY TEST	**IEC 60601 TEST LEVEL**	**COMPLIANCE LEVEL**	**ELECTROMAGNETIC ENVIRONMENT - GUIDANCE**
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. **Recommended separation distance** $d = 1{,}2\sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1{,}2\sqrt{P}$ 80 MHz to 800 MHz $d = 2{,}3\sqrt{P}$ 800 MHz to 2,5 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 metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,[a] should be less than the compliance level in each frequency range.[b] Interference may occur in the vicinity of equipment marked with the following symbol:
NOTE 1: At 80 MHz and 800 MHz, 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.			

a: 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 device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

b: Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the device.

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

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
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.

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.

Cleaning and maintenance

Clean the device with damp cloth or neutral detergent, and then use dry cloth to wipe it dry. The electrode pads coming with the device are disposable, and should be replaced when their adhesiveness becomes poor. Contact the seller for replacements. Do not let the sticky side of the pad touch anything other than the transparent plastic film when it's not in use. Never touch the sticky side with greasy fingertips.

Product Specifications

Accessories included in the package.

(1). Tens unit controller * 1pc

(2). Output wire * 2pcs

(3). Gel pads * 2pcs

(4). USB cable * 1pc

(5). Manual * 1pc

Technical Information

Model/type	EHE018	**Weight**	200g
Power supply	Powered by internal 3.7V li-ion battery	**Automatic shutoff**	20 minutes
Waveform and wave shape	Biphasic rectangular wave pulse	**Degree of protection against electric shock**	Type BF applied part
Pulse duration	100us (Microseconds)	**Type of protection against electric shock**	Internally powered equipment
Pulse frequency	1-200Hz (Hz=vibration per second)	**Output Voltage**	Max. 48Vpp ±20% (at 500Ohm load)
Lifetime for electrode Pads	Storage for 2 years (when not in use) , cycle use times: apprx. 30 times	**Treatment time**	10 min, 20 min, 30 min, 40 min, 50 min, 60 min

Display of charging	The battery icon on the right corner of the screen will flash during charging and will become still after fully charged	**Output intensity**	0 to 20 levels, adjustable
Software version	A0	**Modes**	8 auto modes
Operation time of battery when heating is on	30 minutes	**Typical operation time of Battery when heating is not on**	To use both channels together at level 10, the battery can be used 570 mins after fully charged. If using at level 20, the battery can be used for 180 mins after fully charged
Adapter for charging	Please use output DC5V and output current 1.0-2.0A adapter for charging	**Typical service life of Battery**	300 cycles of recharging
NOTE: 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	10, 20, 30, 40, 50, 60	69, 12.5-55.5,1.2, 100, 100, 20	100
Mode 2	10, 20, 30, 40, 50, 60	69	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	100	100
Mode 7	10, 20, 30, 40, 50, 60	20	100
Mode 8	10, 20, 30, 40, 50, 60	160	100

Symbols interpretation

	Fragile, handle with care		Type BF applied part
	Keep the product in the 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
	Date of manufacture	LOT	Batch code
SN	Serial number	IP22	IP code of the device