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EHE015

easy@Home®

Mini Wireless TENS Pulse Stimulator

User Manual

Contents

Easy@Home EHE015 TENS Overview

Easy@Home EHE015 Mini Wireless TENS Pulse Stimulator is an effective and portable TENS and EMS combo unit with a rechargeable battery. EHE015 is a new edition to Easy@Home broad TENS and EMS product line. All Easy@Home TENS and EMS Units are FDA 510k OTC (over the counter) approved for purchase and use at home without a prescription.

TENS (Transcutaneous Electrical Nerve Stimulation) Unit is an effective, drug-free, safe, and easy to use device to relieve the pain and soreness from the comfort of your home or on-the-go.

EMS (Electrical Muscle Stimulation) Unit sends electronic pulses to muscles to help with muscle toning and firmness, endurance improvement, and to lessen recovery time between workouts.

EHE015 device is also FDA approved to be used for improving local blood circulation in healthy muscles of lower extremities for those who travel, are sedentary for long periods of time, or need to enhance their blood circulation due to health conditions.

As a leading personal healthcare brand in Pain Management, Easy@Home brings years of experience and understanding on pain management from the professional field to the personal healthcare sector. We are proud to present you with the Easy@Home TENS and EMS product line.

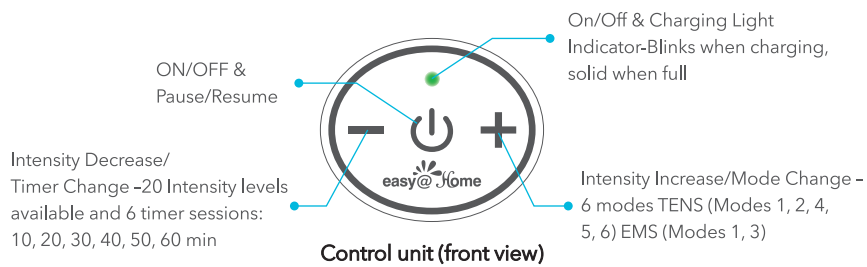
What's in the Box

Electrode pad | Control unit | USB Cable

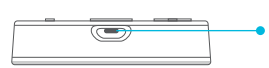
Device Components

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 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

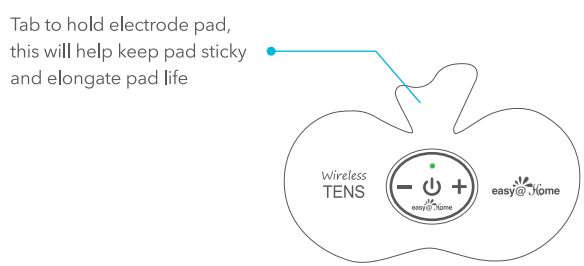


Control unit (front view)



Charging Port-Takes 2 hours for full charge

Control unit (side view)



Let's Get Started with EHE015 (Setup)

- **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 EHE015 TENS Unit is fully charged

Step 2: Snap the electrode pad onto the back of the Electronic Pulse Stimulator Control Unit

Step 3: Put the Electronic Pulse Stimulator on the body area that requires treatment

- **Battery charging-check the battery power for the electronic pulse stimulator**

The Electronic Pulse 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 Pulse Stimulator has two snap-on female connectors on its back side.

Snap the enclosed electrode pad onto the Electronic Pulse 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

EHE015 is not only a **TENS Unit (Transcutaneous Electrical Nerve Stimulation)**, but also **Electrical Muscle Stimulation (EMS) also known as PMS (Powered Muscle Stimulation)**. This means the EHE015 unit is a combo unit that is FDA approved for both pain relief and muscle stimulation. As a wireless and portable device, EHE015 can be used discretely under the clothes at home, on-the-go, or even on a plane or train.

Those **suffering with chronic pain** related to muscles or nerves, tension, or even many kinds of arthritis, will find this unit quite helpful. The device will stimulate nerves to block pain sensations and release natural pain-relieving endorphins.

EHE015 will also **stimulate muscles for** those looking to tone, firm, or enhance their muscles with its EMS modes available on the device. This wireless unit is extremely easy to travel with and use just about anywhere.

Finally, **those with any blood circulation issues** (such as those who travel a lot or are sedentary often) will find the EHE015 can increase the blood flow of the lower body parts such as the leg or foot. This provides much needed relief and better mobility by revitalizing body tissues and promoting blood flow recovery.

Instructions for Use/Modes

The following steps are a guide to use the device, and the details for each step are listed in the table below.

Step 1: Press the "ON/OFF" to turn on the power. If you would like 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.

Press the center button to Pause, Press center button again to resume.

● Selecting stimulation modes

Press Plus Button

Adjust to the mode of choice easily. **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 means mode 2 and so on. Let off the plus button and press down again to get to the next mode selection. The modes increase by one beep each time indicating the next mode. There are 6 modes available.

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

EMS (Modes 1, 3)

(See reference mode chart page 7 for further information on EHE015 modes)

Briefly Stated (Choose mode):
1. Press + for 3 seconds, beeps coincide with modes.
2. Let off plus and press again to get to the next mode selection.

● Choosing stimulation time

Adjust to the stimulation time easily. **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 is the chosen time, 2 beeps means mode 20 minutes and so on. Let off the minus button and press down again to get to the next time selection. The timer increases by one beep each time indicating the minutes.

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

Briefly Stated (choose treatment time):
1. Press the " - " button for 3 seconds, beeps coincide with time chosen.
2. Let off minus 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.

Briefly Stated (adjust intensity level): 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 the area of choice, and the mode/settings are chosen, just relax and delight in the EHE015 TENS experience.

The device returns to the default setting when you turn off and back on. After using the EHE015 and turning off, the device will automatically return to the lowest intensity and mode 1 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 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/EMS	Combination of modes 2-5	Each mode on for 30-40s
2	TENS	Massage	On for 3.4s and off for 1.6s
3	EMS	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

This wireless unit doesn't have a remote control and doesn't have wires attached. This makes it very easy to place and use discretely whenever you prefer. If a body area is difficult to reach, you may want to ask someone you know to assist you in placement and adjustment for intensity and mode.

TENS Modes are great for pain relief on shoulders, back, arms, legs, feet, hands, hips and knees.

EMS Modes are great for stimulation and relaxation on abdomen, arms, buttocks, shoulders, hamstrings, calves, legs, triceps and feet.

SHOULDERS
Whether you have posture issues or injuries or other stress

BUTTOCKS
The EMS mode can be used for muscle stimulation in the abs. You may want to stay at a low intensity for this sensitive area

ARMS
Arms can be a sensitive area. Start at a low intensity. Some may use for carpel tunnel

BACK
Whether sciatica or general pain, tens can relief many kinds of back pain

ABDOMEN
The EMS feature can help stimulate the gluteus muscles for better athletic performance

LEGS
TENS and EMS modes are commonly used for legs, both for pain and muscle stimulation

FEET
EMS modes are great for blood circulation for the feet and lower extremities

Practices for Best Use

- **Electrode pad**

The electrode pad could be used until it loses the stickiness and/or conductivity. The pad's lifetime greatly depends on the body skin condition and protection.

Purchase a new electrode pad as needed.

- **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.

- **Storing device**

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

- **Desired results**

Most find that using the TENS once a day from 10-30 minutes each session provides the best benefits. You can choose your own intensity level and sensation mode based on your own comfort level.

- **Areas to avoid**

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.

Frequently Asked Questions

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

EHE015 relieves pain by blocking pain signals and stimulating natural painkillers known as endorphins. This unit can also stimulate muscles, with helps with muscle performance and blood circulation in the lower extremities.

- How many modes and intensity levels do the EHE015 have?

This unit has 6 modes, 2 of which are for EMS and 5 for TENS. The device has 20 intensity levels you can choose from so you can get benefits at your own level of comfort.

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

This unit is extremely helpful for shoulders, 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 EMS and TENS? Does this unit provide both?

EMS stands for Electrical Muscle Stimulation and TENS stands for Transcutaneous Electrical Neural Stimulation. TENS modes on the device are specifically for pain and soreness. The EMS 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, we recommend placing it back onto the plastic film the pad 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/EMS really benefit?

TENS is great for many kinds of muscle and nerve pains such as lower back pain, knee pain, sciatica, and fibromyalgia. EMS modes are great for improving muscle performance or increasing blood circulation in the lower extremities from a sedentary lifestyle or your muscles lack tone and firmness.

Cleaning and Maintenance

Please use moistened cloth 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.

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 pad 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	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 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 sunshine?	Replace the pad

- **Environmental conditions for normal working, 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 Hassle Free Money back or PRODUCT REPLACEMENT 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 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 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) 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, and,

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

(2) that the device is not effective for pain of central origin, 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 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 distributor/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 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.

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

- 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 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 of 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 network that 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 of 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 in 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.

Model / type	EHE015	**Weight**	20g
Power supply	Powered by internal 3.7V li-ion battery	**Automatic shutoff**	20 minutes
Wave form and wave shape	Biphasic rectangular wave pulse	**Degree of protection against electric shock**	Type BF applied part

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

Adapter for charging	Please use output DC5V and output current 0.3-2.0A adapter for charging		

NOTE:

* 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
	Date of manufacture	LOT	Batch code
SN	Serial number	IP22	IP code of the device

Technical Specifications

Accessories included in the package:

(1). EHE015 TENS control unit * 1pc

(2). Electrode gel pad * 1pc

(3). USB line * 1pc

(4). Manual * 1pc