

## Warning:

- Before using, please clean and dry your feet or the sensations may not be felt properly.
- DO NOT FOLD THE MAT TO AVOID damaging the MAT.
  - Stop using this device immediately if you feel pain, discomfort, dizziness or nausea and consult your physician.
  - Keep the foot mat away from heat or direct sunlight. Store it in a cool, dry place.

## User Steps:

The foot massage mat is compatible with Easy@Home TENS with correct connector buttons such as EHE015 (wireless TENS), EHE029G (TENS with wires). See the button specifications below. Now we will take our TENS EHE015 and EHE029G for examples to show how this product works.

## Using with Easy@Home Wireless TENS model# EHE015

**Step 1:** Attach the EHE015 control unit by aligning the female/male parts directly.

Foot massage mat

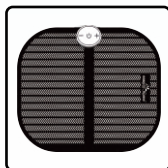
EHE015 control unit



male parts




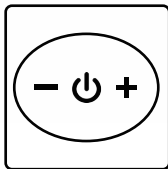
Female parts





**Step 2:** Put your feet on the mat. Each foot should be on one side like below. Make sure to keep bare feet on the mat without socks so that the mat gets good contacts and works properly.



**Step 3:** Briefly press the ON/OFF button  on the EHE015 device control unit that is connected to the mat to turn on.



**Step 4:** Press and release the  button to increase the intensity level on the control unit. There are 20 intensity levels to choose from when using the EHE015 Control unit with the mat.

**Step 5:** Press and release the  button to decrease the intensity level.

**Step 6:** Press and hold the  button for mode selection.

**Step 7:** Briefly press the ON/OFF button  to turn off.

## Using with Easy@Home Wired TENS model# EHE029G

**Step 1:** Snap the foot mat to the lead wire of either channel of EHE029G

**Step 2:** Put your feet on the foot mat, each foot should be on one side like the instruction image in the Step (2) of previous page. Make sure to keep bare feet on the mat without socks so that the mat gets good contacts and works properly.

**Step 3:** Slide "ON/OFF" switch to turn on the power on the EHE029G tens device.

**Step 4:** Press "M" (as shown in the image below) to select one of the stimulation modes on your tens device next.



**Step 5:** Adjust the stimulation intensity. Press and release the "+" button to increase the stimulation intensity, and press and release the "-" button to decrease the intensity from your tens device control.

**Note 1:** With fast increase of intensity, you may experience sensations like tingling, vibration, etc. Therefore, it is highly recommended to gradually increase the intensity, and stop increasing when a comfortable level is reached.

**Note 2:** Make sure you are increasing/decreasing the correct channel that you are actually connected to when using.

**Step 6:** Press and hold the middle round button for 2 seconds to adjust timer:10, 20, 30, 40, 50, 60 minutes options.

**Step 7:** When time is completed, the device will turn off automatically. Or slide "ON/OFF" switch to turn off the device and then remove your feet from the massage mat.

## Specifications:

Size: 13.94\*11.97 inch ( 35.4\*30.4cm)

**Note:** Due to manual measurement, there will be an error of +/-0.3-0.5 cm

Materials: styrene-butadiene rubber (SBR) and conductive silicone

The distance between two snap buttons is about 3 cm and the whole length including the buttons is 3.7cm.

## Cleaning and Maintenance

Please WIPE with a damp cloth using clean water or neutral detergent. Then dry with a lint FREE dry cloth.

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Questions or comments?

Please call toll-free:

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Easy Healthcare Corporation

Made in China

**Model: EFM-05R**