



TENS and Powered Muscle Stimulator



User Manual

Model No.: EHE020



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## Easy@Home EHE020 TENS Overview

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Easy@Home EHE020 Electronic Pulse Stimulator is an effective and portable TENS and EMS combo unit with a rechargeable battery. EHE020 is a powerful edition to broaden Easy@Home TENS and EMS product line.

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/PMS (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.

As one of the leading personal healthcare brands in pain management, Easy@Home brings years of experience and understanding from the professional area to the personal healthcare sector. We are proud to provide you the Easy@Home TENS and EMS products.

### What's Included

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- |                     |                    |
|---------------------|--------------------|
| 1 TENS control unit | 2 Pads holders     |
| 16 Electrode pads   | 1 Type C USB cable |
| 2 Lead wires        | 1 Manual           |



TENS control unit



Pads holders



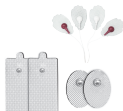
Manual



Type C  
USB cable



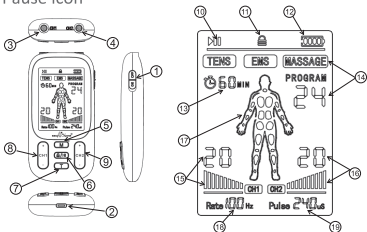
Lead wires



Electrode pads

## Device Components

1. On/off switch
2. TYPE C USB port
3. CH1 channel output
4. CH2 channel output
5. Mode Selector
6. Lock/Pause
7. Timer adjuster
8. (CH1 channel)intensity increase/decrease "+" "-"
9. (CH2 channel)intensity increase/decrease "+" "-"
10. Pause icon
11. Lock icon
12. Battery icon
13. Timer icon
14. Modes icon
15. CH1 channel intensity icon
16. CH2 channel intensity icon
17. Body icon
18. Frequency icon
19. Pulse icon



Operation of the device is as simple as using the following main buttons:

- The “+” and “-” buttons. Increase or decrease the intensity level for the selected channel.
- The “T” button. Adjust the timer: 10, 20, 30, 40, 50, 60 minute options.
- The “M” button. Select one of the 24 auto procedure modes. Pressing this button will move you through each massage type until you find the one you prefer.
- The rounded rectangle button in the middle: Lock/release with a long press of the button for 3 seconds. Short press to pause/restart.

## Let's Get Started with EHE020 (Setup)

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### • Setup

Unpack the box, take out the product and accessories, connect/snap the electrodes pads to the leads, plug in the other end of the lead wire to the controller, remove the plastic backing first from the electrodes, and apply the electrode pads to the area of skin where you want to receive the stimulation. Turn on the power, set the mode and intensity level to your comfort. It is 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 Electronic Pulse Stimulator is fully charged.

Step 2: Connect/Snap two electrode pads on each lead.

Step 3: Connect the other end of the leads to the lead channel output on the top of the device.

Step 4: Apply the electrode pads on the body area that requires treatment, making sure to remove the plastic backing from the electrodes first.

### ● **Battery charging**

The Electronic Pulse Stimulator (TENS Unit) comes with a built-in rechargeable Lithium battery. Make sure the unit is fully charged before using. The unit can be charged with the adapter and cable through a standard wall outlet or through the USB port of your computer with the cable only. The device takes approximately 1.5 hours for a full charge through the wall outlet.

Charge the unit when you see the battery indicator has only one bar left, or the screen is dim, the sensation is weak, or the display does not light up when turning the device on.

### ● **Electrode pads installment**

Connect/Snap the enclosed electrode pads onto the leads. Then plug the other ends of the leads into the lead channel output on the top of the controller.

Make sure to connect two pads to each lead that you

are using (channel CH1 and channel CH2). You must use two electrode pads per channel but you can choose one or both channels; two channels allow you to receive stimulation at two different areas at the same time.

### ● **Electrode pads placement on body areas**

After you have snapped the pads into the leads and plugged them into the controller, peel the transparent protective plastic sheet off the electrode pads. Place the pads on the body area. Make sure the area you choose is clean and dry. Make sure to keep at least a 3/4" gap between each pad of the pair. Never have the two pads touching each other during the massage session in operation, or you can risk hurting your skin.

Place the pads back on either side of the pads holder for proper storage.

1. Only use the electrode pads of the same brand as the controller device.
2. Do not use the same electrode pads on different people. Each user must have his/her own pads.
3. Always turn off the power before removing or re-positioning the electrode pads.
4. Wash skin thoroughly and then dry it before applying electrode pads.
5. Apply the whole surface of the electrodes firmly to the skin. Do not use electrodes that do not stick



properly to the skin or only partially stick to the skin.

NOTE: Place electrode pads on skin area firmly before turning on device to avoid discomfort.

## Features & Benefits

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EHE020 is not only a TENS Unit (Transcutaneous Electrical Nerve Stimulation), but also EMS (Electrical Muscle Stimulation). It is also known as PMS (Powered Muscle Stimulation). This means the EHE020 unit is a combo unit that is FDA cleared for both pain relief and muscle stimulation. As a compact and portable device, EHE020 can be used at home or on-the-go.

It is small and powerful at the same time! In fact, you can choose from 24 modes to personalize your pain relief session.

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.

EHE020 will also stimulate muscles for those looking to tone, firm, or enhance their muscles with its EMS modes available on the device. This portable unit is extremely easy to take with you and use just about anywhere, such as the gym for post workout recovery or at work for pain relief.

## Instruction for Use

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

Step 1: Slide “ON/OFF” switch to turn on the power

Step 2: Select one of the stimulation modes

Step 3: Choose the stimulation time

Step 4: Adjust the stimulation intensity for each channel

Enjoy your massage therapy!

- **“ON/OFF” button to turn on the power**

Slide the On/Off button to turn on the unit.

This button is found on the right of the device.

- **Selecting output channel**

There are two output channels so that you can receive the massage at two different areas of the body at the same time. Each channel can be separately controlled with different massage modes and intensity settings. The default channel is CH1.

### ● **Selecting stimulation modes**

Press the “M” button to switch between 24 auto procedure modes to the most desirable one. For safety reasons, the default intensity is set to the lowest each time after you make a new mode selection. The mode of each channel (CH1 or CH2) can be set separately to the desirable one.

### ● **Selecting stimulation time**

Press the “T” button down. Repeat until you have chosen the time you prefer for your session.

You can choose from 10, 20, 30, 40, 50, 60 minutes. The timer indication is on the upper left part of the display. 20 minutes is the default time. The device will shut off as a safety mechanism once the timer is complete.

### ● **Adjust stimulation intensity**


Press and release the “+” button to increase the stimulation intensity, and press and release the “-” button to decrease the intensity. The intensity of the two channels can be set separately to the desirable level. CH1 or CH2 will flash on the display to indicate which corresponding channel you are currently adjusting.

NOTE: 1. With the increase of intensity, you may experience sensations like tingling, vibration, etc.

Gradually increase the intensity, and stop increasing when a comfortable level is reached.

NOTE: 2. Make sure you are increasing the correct channel. You can see the change of the intensity represented by the change in bars on the display.

### ● Lock and unlock

Press and hold the  for three seconds to lock the entire setting display and avoid accidental changes. Press and hold for three seconds to release the lock.

Note: 1. Pause for 5 minutes, timer will not change, but device will be off automatically after 5 minutes. Slide the On/Off button to turn on the unit again.

2. Device will be off automatically after 5 minutes without any operation.

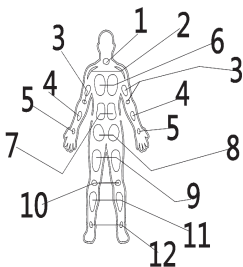
### ● Enjoy the stimulation massage therapy

After the above mode, time, and intensity are set to your preference, enjoy the stimulation provided by the device. Slide the “ON/OFF” to turn off the power to stop use, or the device will automatically shut off when the timer has completed.

## Mode Reference Chart

MODE	TENS RESPONSE	TYPES	Suggested use on body
1	Single pulse kneading	TENS	1
2	Fast pressing	TENS	2
3	1.5HZ gently beat	TENS	3
4	Rapid kneading	TENS	7
5	Double pulse kneading	TENS	11
6	Gently beating from slow to fast	TENS	1
7	5HZ gently beat	TENS	2
8	Heavy beating from slow to fast	TENS	3
9	Kneading	EMS	4
10	Rapid beating	EMS	5
11	Muscle up and down	EMS	6
12	Slowly kneading and pinch	EMS	8
13	Slowly up and down	EMS	9
14	Slowly up and kneading	EMS	10
15	Slap: slow - fast - slow	EMS	12
16	Tapping	EMS	4
17	Gently up and down	EMS	6
18	Up and kneading	EMS	6

19	Gently up and down	EMS	9
20	Kneading + beating	Massage	1. 2. 3
21	Vibration + up + down	Massage	6. 8. 9
22	Gently knock	Massage	7. 11
23	Gently tapping + kneading	Massage	1. 2. 7
24	Combination	Massage	9. 10. 12



1. Upper shoulder	2. Shoulder on the side
3. Upper arm + elbow	4. Lower arm
5. Lower arm 2+ wrist	6. Back
7. Waist	8. Hip
9. Leg	10. Leg 2+ knee
11. Calf	12. Calf 2+ foot

## Position Placement for Best Use

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You can place TENS Pads on many areas of the body to relieve muscle and nerve pain and to stimulate healthy muscles. Some areas are great for the TENS Mode, such as shoulders, back, waist, arms, legs, feet and hips. Muscle stimulation can be applied to many muscle areas on the body, such as abdomen, buttocks, arms and legs.



### LOW BACK

Sitting for too long, having weak hip flexors, or exercising can aggravate pain in our hips and waist. To alleviate tension or pain, attach the electrode pads around your waist and lower back. Space the pads from 2 inches to 6 inches apart for the best results.



### 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. The TENS can soothe the nerves and help with hip pain from issues with tendons and muscles by providing gentle movement.



### BUTTOCKS

The EMS mode can be used for strengthening and tightening muscle on the buttocks or hip areas. TENS mode

can be used to alleviate tension or pain on the hips and buttocks too. Attach the one pair of pads at the lower back and another pair on the hip area. Space the pads at least 2 inches apart.



### **ABDOMEN**

The EMS feature can help stimulate the gluteus muscles for better athletic performance. With the contraction of the muscles this device provides, the muscles in this area can be strengthened. This area is sensitive so it does not need much intensity to feel the effects.



### **ARMS**

Use EMS mode to strengthen arm muscle like biceps by attaching one pair at the upper end of the muscle next to the shoulder and another pair on the lower end of the muscle. Gradually increase the intensity until you get a maximum muscle contraction, without being painful.



### **THIGHS/LEGS**

Bicyclists know the incredible stress and strain that your thigh muscles can experience. Since these large muscles are so crucial to our mobility, it is important to take care of them and help them relax. With TENS mode,



placing the electrode pads on the top and back side of your thighs is an uncomplicated way to relax and de-stress this area.

Use EMS mode to strengthen leg muscles like hamstrings and quadriceps by attaching one pair at the upper end of the muscle and another pair on the lower end of the muscle. Gradually increase the intensity until you get a maximum muscle contraction, without being painful.

## Practices for Best Use

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### ● **Electrode pads**

The electrode pads can be used until they lose the stickiness and/or conductivity. Their lifetime greatly depends on the body skin condition and protection.

Purchase new electrode pads 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 pads.

- **Storing device**

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

- **Areas to avoid**

Do not use your TENS Unit on your head, neck, chest near heart, or genitals.

Do not apply stimulation across the chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the heart. For instance, DO NOT apply one set of TENS pads on one arm and the other set of TENS Pads on the other arm because the electrical current can go through your heart from one arm to another arm.

## Frequently Asked Questions

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

EHE020 relieves pain by blocking pain signals and stimulating natural painkillers known as endorphins. This unit can also stimulate muscles, which helps with muscle performance.

### **How many modes and intensity levels does the EHE020 have?**

This unit has 24 massage modes and 20 intensity

levels you can choose from, so you can get benefits at your own level of comfort.

### **Is it safe for anybody to use my TENS anywhere on the body?**

The EHE020 unit is an effective and drug-free device for pain relief and muscle stimulation when used properly. But, it is not suitable for some body areas or some people. Please read the Safety Warning (on page 20) before using this unit. If you have any medical condition and are unsure about using the device safely, consult your physician first.

### **What is the difference between EMS and TENS? Does this unit provide both?**

The EHE020 Unit is a TENS and EMS Combo Unit. EMS stands for Electrical Muscle Stimulation and TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS modes on the device are specifically for pain and soreness.

The EMS/PMS modes are for muscle stimulation and better blood circulation in the lower body for healthy muscles. Yes, this device provides both.

### **What can I do to elongate the life of my electrode pad?**

Cleanse the area of skin you will be placing the electrode pads on with soap and water, or with a damp cloth. Make sure the area is dry before applying the electrodes. When storing the electrode pads, we

recommend placing them back onto the plastic holders. These come as accessories in the package.

Electrode pads that become wet from sweat or water, and do not stick anymore need to be replaced.

You can also cleanse the pads with a damp cloth. If they are too dirty or your skin feels numb after the pads are cleaned, replace the pads.

### **What type of conditions does TENS/EMS really benefit?**

TENS is useful in relieving many kinds of pain and soreness. TENS is great for lower back pain, knee pain, sciatica, fibromyalgia. These are just some examples.

EMS modes that are great for improving muscle performance or increasing blood circulation in the lower extremities from a sedentary lifestyle if your muscles need toning and firmness.

## **Cleaning and maintenance**

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Please use wipes to clean the device first, and then use a dry cloth to wipe it again. The electrode pads that come with the device are disposable and should be replaced when they lose their adhesiveness. Contact the seller for replacements. Do not let the sticky side of the pad touch anything, including the greasy finger tips.

## Troubleshooting

Problem	Possible Cause	Solution
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. Or there is a loose connection. Or the intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. Make sure all connections are secure from the unit to the wires and the wires to the pads. Increase the intensity level.
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced.	Replace the set of pads. Pads can be purchased from local distributor.
Unit does not turn on or the screen is dim.	Battery is low.	Recharge the battery.
Does not provide adequate pain relief.	Not using it long enough.	Use your massager 20-30 minutes at a time, 3-6 times per day.

## Warranty Information

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This device carries a limited warranty of one year from the date of delivery. The warranty applies to the device only, and the accessories are not covered by this warranty. During the warranty period, defective items will be repaired or replaced at no charge. Any evidence of misuse, abuse, alternations, or externally caused damage may have this warranty invalid. For more information, please contact the manufacturer.

## Safety Warning

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### ● Contraindications

Do not use this device on users 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 if your pain syndromes are undiagnosed.

### ● Warnings

Do not apply stimulation on your neck because this could cause severe muscles spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

Do not apply stimulation across your chest, because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal. For instance, DO not use one of a TENS

pad set on one arm and the other of the same set on the other arm, because the electrical current may go through your heart from one arm to another arm.

Do not apply stimulation on your head, chest, near your heart, or genitals areas.

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 wetness, high temperatures and directly-sunlit places.

Keep this device out of the 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 or on the head, mouth, genitals, or blemished skin areas.

**Do not apply stimulation of this device in the following conditions:**

(1) Across the chest. 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) 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) The device is not effective for pain in your head area, including for headaches;

(3) The device is not a substitute for pain medications and other pain management therapies;

(4) The device has no curative value;

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

(6) The long-term effects of electrical stimulation are unknown;

(7) 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) 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 is charging;

(16) The device contains a lithium battery. If overheating of the device occurs during charging, stop 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 electrode pads should not be placed on opposite sides of the head.

The safety of electrical stimulation during pregnancy has not been established.

Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).

Users with suspected or diagnosed heart disease should follow precautions recommended by their physicians.

Users 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**

You may experience skin irritation and burns beneath the stimulation electrodes applied to the skin;

You may experience a headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.

You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

### ● **Environmental condition for normal working, transport and storage**

- Normal working ambient temperature: 41-104°F(5~40°C)

- Normal working ambient humidity: 15%~90% RH

- Store and transport ambient temperature:  
-13-158°F(-25 ~70°C)

- Store and transport ambient humidity: 0%~90% RH

- Atmospheric pressure: 70~106kPa

## **Safety and essential performance test standards:**

- Medical Devices Directive 93/42/EEC
- IEC 60601-1:2005 + A1:2012 / EN 60601-1:2006 + A1:2013 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
- ANSI/AAMI ES60601-1:2005 + C1:2009 + A2:2010 + A1:2012 Medical electrical equipment — Part 1: General requirements for basic safety and essential performance
- IEC 60601-1-2:2014 / EN 60601-1-2:2015 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance – Collateral Standard: Electromagnetic disturbances – Requirements and tests
- IEC 60601-2-10:2012+A1:2016 / EN 60601-2-10:2005 +A1:2016 Medical electrical equipment - Part 2-10: Particular requirements for the safety and essential performance of nerve and muscle stimulators
- IEC 60601-1-11:2015 / EN 60601-1-11:2015 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.

- ISO 15223-1:2021 / EN ISO 15223-1:2021 Medical devices — Symbols to be used with medical device labels, labeling and information to be supplied — Part 1: General requirements EN 1041 Information supplied by the manufacturer with medical devices
- IEC 60601-1-6:2010+A1:2013 / EN 60601-1-6:2010+A1:2015 Medical electrical equipment – Part1-6: General requirements for basic safety and essential performance – Collateral standard: Usability
- IEC 62304:2006 + A1:2015 / EN 62304:2006 + A1:2015 Medical device software - Software life-cycle processes
- IEC 62366:2007 + A1:2014 / EN 62366:2008 + A1:2015 Medical devices – Application of usability engineering to medical devices
- ISO 10993-1:2009 / EN ISO 10993-1:2009 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.

<b>Guidance and manufacture's declaration – electromagnetic emission</b>		
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 such an environment.		
<b>EMISSION TEST</b>	<b>COMPLIANCE</b>	<b>ELECTROMAGNETIC ENVIRONMENT-GUIDANCE</b>
RF emissions CISPR 11	Group 1	The device use 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 emissions 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	Not applicable (internal battery powered)	
Voltage fluctuations/flicker emissions IEC 61000-3-3	Not applicable (internal battery powered)	

### Guidance and manufacture's declaration -electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of device should assure that it is used in such an environment.

IMMUNITY TEST	IEC 60601 TEST LEVEL	COMPLIANCE	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	Not applicable (internal battery powered)	Main 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	Not applicable (internal battery powered)	Main 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	Not applicable (internal battery powered) Not applicable (internal battery powered)	Main power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power main 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.
<b>NOTE:</b> UT is the a.c. main voltage prior to application of the test level.			

### Guidance and manufacture's declaration -electromagnetic immunity

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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
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 Ghz	3 V/m	



			<p>the frequency of the transmitter.</p> <p><b>Recommended separation distanced</b></p> <p><math>d = 1,2 \sqrt{P}</math></p> <p>80 MHz to 800 MHz</p> <p><math>d = 2,3 \sqrt{P}</math></p> <p>800 MHz to 2,5 GHz</p> <p>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).</p> <p>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 </p>
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NOTE1: At 80 MHz and 800MHz, the higher frequency range applies.  
 NOTE2: 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 of 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 (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.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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 Specifications

<b>Mode/type</b>	EHE020	<b>Weight</b>	85g
<b>Power supply</b>	Powered by internal 3.7V li-ion battery	<b>Default working time</b>	20 minutes
<b>Wave form and wave shape</b>	Biphasic rectangular wave pulse	<b>Degree of protection against electric shock</b>	Type BF applied part
<b>Pulse duration</b>	80us (Microseconds)	<b>Type of protection against electric shock</b>	Internally powered equipment
<b>Pulse frequency</b>	0-100Hz (Hz=vibration per second)	<b>Grade of waterproof</b>	IP 22
<b>Output Voltage</b>	Max.130Vp-p±20% (at 1000ohm load)	<b>Product life</b>	3 Years
<b>Treatment time</b>	10, 20, 30, 40, 50, 60 minutes	<b>Lifetime for electrode</b>	Storage for 3 years (no use)
<b>Modes</b>	24 auto modes	<b>Software version</b>	A0
<b>Typical operation time of Battery</b>	If used at the highest level, the battery can be used for about 4 hours after fully charged.	<b>The time required for my equipment to warm from the minimum storage temperature between uses until it is ready for intended use</b>	30 minutes

<b>Behavior of my equipment while the rechargeable internal electrical power source is charging:</b>	The battery indicator on the display will indicate the battery charging status.	<b>The time required for my equipment to cool from the maximum storage temperature between uses until it is ready for intended use</b>	15 minutes
<b>Typical service life of battery</b>	300 times of recharging	<b>Adapter for charging</b>	Please use output DC5V and output current 0.3-2.0A adapter for charging
NOTE: Not intended to be sterilized.			
Not for use in an OXYGEN-RICH ENVIRONMENT			

### Product programs












<b>PROGRAM NAME</b>	<b>TIME MIN.</b>	<b>FREQUENCY (Hz)</b>	<b>PULSE WIDTH (s)</b>
Mode 1	10,20,30 40,50,60	59	240
Mode 2	10,20,30 40,50,60	59	240
Mode 3	10,20,30 40,50,60	1.42	240
Mode 4	10,20,30 40,50,60	42	240
Mode 5	10,20,30 40,50,60	57	240
Mode 6	10,20,30 40,50,60	2.7-30	240

Mode 7	10,20,30 40,50,60	5	200
Mode 8	10,20,30 40,50,60	1.6-13.7	240
Mode 9	10,20,30 40,50,60	43	240
Mode 10	10,20,30 40,50,60	8	240
Mode 11	10,20,30 40,50,60	41.6	240
Mode 12	10,20,30 40,50,60	43	240
Mode 13	10,20,30 40,50,60	43	240
Mode 14	10,20,30 40,50,60	43	240
Mode 15	10,20,30 40,50,60	5-20-5	200
Mode 16	10,20,30 40,50,60	10-55	100
Mode 17	10,20,30 40,50,60	42	240
Mode 18	10,20,30 40,50,60	59	240
Mode 19	10,20,30 40,50,60	47	100
Mode 20	10,20,30 40,50,60	2	150
		49	200

Mode 21	10,20,30 40,50,60	2.7-32	240
		40	240
		42	240
Mode 22	10,20,30 40,50,60	2	150
		100	200
Mode 23	10,20,30 40,50,60	5	200
		60	
Mode 24	10,20,30 40,50,60	67	100
		90	

## Explanation of Symbols

Information essential for proper use shall be indicated by using the corresponding symbols. The following symbols may be seen on the device and labeling.

Symbol	Title	Symbol	Title
	Batch code		Manufacturing date
<b>IP22</b>	Ingress protection rating		Type BF applied part
	Fragile, handle with care		Keep dry
	Refer to instruction manual		Recyclable
	Atmospheric pressure limitation of 70kPa~106kPa		Temperature limit of -4°F~131°F (-20°C~55°C)
	Humidity limitation of 0% ~ 90%		Radio frequency transmitters

V01:20230227



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Questions or comments?

Please call toll-free:

1-855-822-6999 M-F 9 a.m.-5 p.m. CST

E-mail: [service@healthcare-manager.com](mailto:service@healthcare-manager.com)

Easy Healthcare Corporation

360 Shore Dr., Burr Ridge, IL USA 60527

Made in China