



Electronic TENS Pulse Stimulator

Healthcare-Manager.com

Questions or Comments?

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User Manual

EHE010

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Easy@Home TENS EHE010 Overview

EHE010 Electronic Pulse Stimulator, a TENS (Transcutaneous Electrical Nerve Stimulation) device, delivers electric impulses to tired and sore muscles. The different frequencies of impulses mimic the action potential coming from the central nervous system to trigger contraction of the muscle. It is extremely helpful for relieving aches and pains in various parts of the body such as the waist, shoulders, joints, hands, and feet. The pain signals are blocked and the body's natural painkiller, endorphins, are produced from using the device regularly.

EHE010, a deluxe model of the Easy@Home TENS Unit product line, is a perfect way to address your pain with a safe, drug-free alternative. This model differs from popular EHE009 model in its blue backlight display and soft and smooth touch keypad. It comes with two independent output channels that can relieve pain in two different spots on the body using different intensity levels. It has 10 adjustable intensity levels, 3 massage types: massage, beat, and knead, and 6 automatic procedure modes (mixtures of the massage types) to target a specific area best. This device is portable, very safe, and perfect for pain relief, relaxation, and aching muscles.

The blue backlit LCD display is very convenient, showing you: mode type, body auto-procedure target area, and time remaining through clear visual representations. It has a smooth soft touch keypad and lock/unlock feature. These additional features enhance your user experience so that you can use your tens device anywhere easily with the settings you prefer for your pain relief. This convenient unit is FDA-approved for OTC (over the counter) use without a prescription.

What's in the Box



4 electrode pads



2 electrode wires



4X AAA batteries included



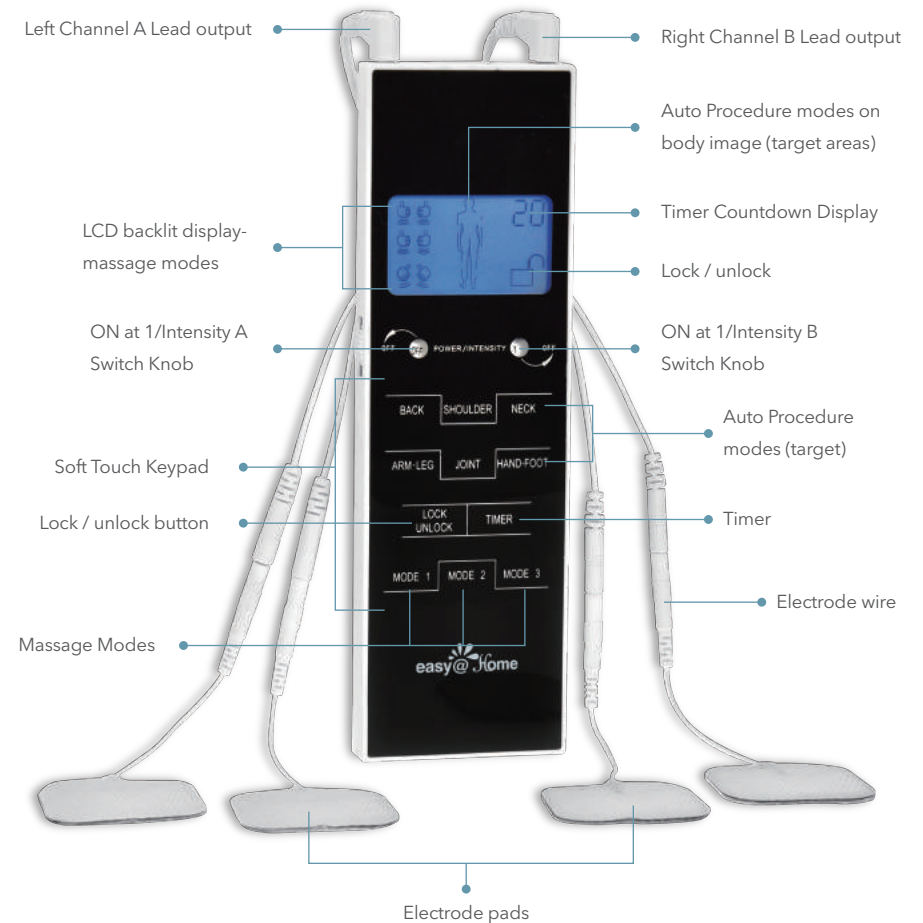
TENS Unit

Let's Get Started with EHE010 (Setup)

Unpackage the product box, taking the product and batteries out.

The following steps are used to guide the device setup.

1. Install 4 AAA batteries in the compartment on the back of the device. Match the polarity of the batteries in the correct direction;
2. Connect 1 pair of electrode pads to a lead wire and place the other end of the lead wire into the upper left opening on the device. Take the other electrode pads pair and attach to the other lead wire and the other end to the upper right opening.
3. Attach the electrode pads (connected to the electrode wires) 1~2 inches apart around the treatment area, such as shoulder or leg.



How to Operate EHE010

● How to operate the product

Turn on the device by spinning one or two spin dials on the side of the unit to click to 1.

Turn on both dials on the side of the device if you want to use both channels for two separate areas. Each channel has its own intensity level which is adjusted via these separate dial knobs. The screen display will light up blue, which means the EHE010 device is ready to use.

You can choose between auto procedure modes or manual customized modes

i. If you prefer one of the auto-procedure modes (mixture of message types), press the button that matches your treatment area best such as SHOULDER or JOINT.

ii. If you prefer to customize the massage sensation by yourself, you can choose one of the manual massage types.

TYPES: MASSAGE, BEAT, or KNEAD labeled as MODE1, MODE2, and MODE3. This will override the auto-procedure mode.

Scrolling the channel knobs will increase the intensity (strength) individually for channel A and channel B.

Each channel has its own individually intensity knob. The intensity will have a max level of 10. Stay at a level that is comfortable for you. Then simply enjoy the therapy. The EHE010 device has a default speed, which is non-adjustable. It remains the same for any given mode and intensity chosen.

There is a default 20-minute countdown timer on the screen. You can tap the "TIMER" button to switch between 20, 40 and 60 minutes. The device will timeout and turn off after the session.

Quick Tips for Using Display and Adjusting Intensity

- Scroll Switch Knob to one to turn on corresponding channel A or B.
- Press one of the mode buttons to start treatment, such as SHOULDER or MODE1.
- Rotate the Switch Knob to adjust the intensity of either independent channel A, independent channel B, or both.
- Press TIMER to adjust the time. Choose from 20, 40, or 60 minutes, let off and press again to get to next time option. 20 min is the default time.
- Press LOCK/UNLOCK to lock/unlock the control board. This allows your setting to stay even if you accidentally press a button.

If you want to conclude the treatment before the timer is up, spin either dial or both dials on each side of unit to the "OFF" label until you hear a clicking sound.

NOTE: It is recommended to begin treatment from the lowest intensity (1) and then **gradually and slowly adjust to a comfortable level** on a scale from level 1 to 10 with 10 being the highest intensity.

NOTE: You may choose to use either the left side or the right side of the unit, or both, but the **electrode pads must be used in pairs to work**. Meaning you cannot use one electrode from each side of the unit.

Auto-Procedure Mode Reference Chart

BUTTON	OUTPUT RESPONSE
BACK (Automatic Mode)	COMBINATION: BEAT output for 10s, KNEAD output for 4s, off for 1s, MASSAGE output for 4s, off for 2.6s, BEAT output for 10s, MASSAGE output for 4.5s, off 2.6s, KNEAD output for 4s, off 1s
SHOULDER (Automatic Mode)	COMBINATION: BEAT output for 10s
NECK (Automatic Mode)	COMBINATION: BEAT output for 10s
ARM-LEG (Automatic Mode)	COMBINATION: MASSAGE output for 4.5s, off 2.6s, BEAT output for 10s, MASSAGE output for 4.5s, off 2.6s, BEAT output for 10s, MASSAGE output for 4.5s, off 2.6s
JOINT (Automatic Mode)	COMBINATION: MASSAGE outputs for 4.5s, off 2.6s, BEAT outputs for 10s, MASSAGE outputs for 4.5s, off 2.6s, BEAT outputs for 10s, KNEAD output for 4s, off 1s
HAND-FOOT (Automatic Mode)	COMBINATION: BEAT output for 10s, KNEAD output for 4s, off for 1s, BEAT output for 10s, MASSAGE output for 4s, off for 1s, BEAT output for 10s

Attaching Electrode Pads to Body

Once you decide on the desired muscles or joints you wish to treat, plug the electrode pads into the lead wires and the lead wires into the top of the device, and press the pads to stick to the desired skin area. Our high-quality electrode pads attach easily to the treatment area, so there is no need to press down too hard. The pads are designed to remain attached during the treatment. The pads are covered with a gel that facilitates the transfer of the micro-currents to your skin. Over time, these pads will wear out and should be replaced. Contact the seller for replacement information .



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.



JOINTS

Athletes and arthritis sufferers can often feel the painful effects of tight joints. Use electrotherapy to massage these areas to bring comfort and relief. Experiment with the placement of the pads to find the position that brings the most relief to you. Although, place pads around the painful area and not directly on it.



FOREARMS / HANDS

Carpal tunnel can be extremely painful and can greatly limit your ability to use your hands and arms. TENS therapy can help alleviate the pain from this and similar ailments. This can be a sensitive area for some individuals; we recommend starting out treatment at the lowest setting and increase gradually as needed.



SHOULDERS

Improper posture, book bags, sports injuries, and natural wear and tear can create stress on our shoulders. To relieve yourself of discomfort and pain, use the EHE010 Tens unit on your shoulders. Start with the electrode pads on either side of the center of the painful area and adjust the distance of the pads to the center of the source of the pain for the best results.



NECK

The neck is a place that can hold on to a lot of tension or even be quite stiff. Neck pain can be due to sleeping in an awkward position, moving something heavy, or even poor posture while watching a computer monitor or tv screen. TENS is perfect for relieving that discomfort. Please be aware to use tens pads only on the back of the neck and avoid using electrodes on the side of the neck. This area is fragile and has major arteries, and should be avoided.



THIGHS / LEGS

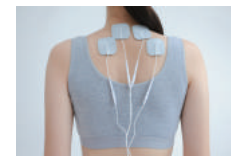
Bicyclists know the incredible stress and strain that thigh muscles can experience. Since these large muscles are so crucial to our mobility, it is important to take care of them and help them relax. Placing the electrode pads on the top and back side of your thighs is an uncomplicated way to relax and de-stress this area.



FEET

Wearing high heels, running, walking, or unexpected trauma can cause muscle spasms and pain in our feet. These muscles are some of the smallest in our body, but also some of the most important. To relieve your feet of the daily stress they endure, attach the electrode pads to the soles of your feet. The pads can also be used on your ankles and the tops of your feet.

TENS Electrode Placement Suggestions



SHOULDERS



NECK



BACK



ARMS



FEET



LEGS

Best Practices

- To enhance and ensure the desired results, each treatment should last approximately 20 minutes. This makes sure that the muscles and deep tissues are stimulated enough to elicit positive results. Using the massager for anything shorter than 10 minutes will not allow your system to adapt to positive changes.

- To maximize results, use unit twice a day.

Think of TENS as a type of massage. You will want to use the EHE010 Electronic Pulse Stimulator Device twice a day for 20 minutes to see consistent results in relieving your pain. Using your TENS infrequently does not allow you to take full advantage of its benefits.

- Intensity and mode are up to you.

- Your level of comfort will determine the intensity used. The Easy@Home EHE010 should never be uncomfortable – it is in fact for pain therapy. Consistent use and application produces the best results.

- Clean the device consistently for your safety.

Bacteria from your skin and sweat can grow on the electrode pads. They will need to be replaced after some time. To ensure cleanliness and extend the life of the pads, wipe the device with a moistened cloth from time to time, and keep the pads clean and store them in cool dry place.

- **You can extend the life of the pads by following these practices:**

- Always cleanse the skin with soap and water before attaching the electrode pads. (The skin should be completely dry before treatment.)

- Place the pads on the plastic sheet they came on when not in use. **The life of the pads can be reduced significantly if they are exposed to air between uses or touched by any other surface such as: clothing, fingertips, carpet, etc.**

- When the pads begin to lose their adhesion, they will need to be replaced.

- Purchase electrode pad replacements as needed.

The electrode pads are not permanent. They are disposable and will lose their stickiness over time. It is recommended to purchase pad replacements when the pads lose adhesion. To ensure the best experience possible, always use genuine Easy@Home compatible accessories.

FAQ

- Why can I only feel massage sensation from one channel?

Since your EHE010 Unit has two independent channels and each channel has its own individual knob that turns the channel on or off and adjusts the intensity, you want to make sure:

- Leads are connected properly on both channels

- TENS pads are applied to the two areas on the body firmly before turning on device

- Make sure 2 pads are attached to each lead you are using

- You turn on the both knobs that control the separate channels

- You turn the both knobs to the proper intensity shown in the round “intensity window” for either side

- Why am I not experiencing any results?

While you might feel refreshed after your first treatment, it takes time for long lasting benefits to occur. Those who stay with a regular treatment routine experience the best results with TENS. For many centuries, many people have experienced the benefits of TENS. Now you can too from the comfort of your home or even on the go (such as at work or traveling). The Easy@Home EHE010 is the comprehensive electronic therapy device for those just starting out with TENS or those who prefer a helpful overall experience in relieving pain.

- Why is the stimulation weak or nonexistent?

Since the Easy@Home EHE010 is a unique electronic device, the lack of stimulation means that it probably is not properly connected somewhere. First, make sure both leads are plugged into the device and the pads are connected to the leads securely. Also, ensure that all the electrode pads are connected closely to the skin and you are using the electrode pads in pairs of two or four. Each pair should be connected to one lead wire.

THINGS TO TRY:

- Disconnect the cables and try reconnecting to ensure that the electrode pads do not touch each other.
- Replace the batteries; weak batteries are the main cause of weak or non-existent pulses.

- Why is my skin red or feeling numb?

If your skin is feeling numb, then either the treatment is too strong, or you may be overusing the device. Reduce usage or lower the intensity of the treatment. If your skin becomes red or a rash develops, you may be having a reaction to the gel on the pads. Particular sensitive people may experience redness or rash.

PLEASE NOTE: If you notice a reaction of redness or a rash, discontinue use immediately and consult a medical professional.

- Why won't my pads stick to my skin?

Over time, the pads will lose adhesion and must be replaced. This is normal. Our pads are specifically designed to be long-lasting and are made using solid-core carbon and high quality gel, certified latex-free, for maximum sessions. Not only does this provide a hygienic experience, it ensures that the electrode pads are always working to the best ability for your convenience. You can extend the life of the pads by following our best practice instructions on page 8.

- Why won't my device turn on?

Check if the battery is out of power. If so, replace the batteries. The device requires **4 AAA batteries DC 6V**. Make sure the unit is “ON” the backlit display appears blue display but **DO NOT** begin treatment until you choose a treatment type and increase the intensity.

PLEASE NOTE: Make sure to press/connect the pads to the skin **BEFORE** increasing the intensity and choosing mode.

Specifications

1. Blue back light LCD display
2. Soft and smooth keypad with Lock screen function
3. Power: DC 6V, 4 AAA batteries
4. Size: 2.28x7.48x0.79 inch
5. Weight: 4.87 oz
6. Two output channels
7. Adjustable intensity
8. Accessories included: 4 electrode pads, 2 electrode wires and 4 AAA batteries

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 side of 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 out of 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 the head area, including headache; electrodes should never be placed anywhere on the head for use;

(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) 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). Consult your physician in this case.

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. Do not use device in this area.

Patients should stop using the device and should consult with their physicians if they experience any adverse reactions from the device.

● Environmental condition for normal working, transport and storage

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










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

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

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

- Atmospheric pressure: (70~106) kPa

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 operating this product.
	Product package should be recycled		Unrecyclable
	Batch code		Serial number
	IP code of the device		

Safety test standards:


- Medical Devices Directive 93/42/EEC
- IEC60601-1:2005+A1:2012/EN 60601-1:2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
- IEC 60601-1-2:2007/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests
- IEC 60601-2-10:2012/EN 60601-2-10:2000+A1:2001 Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators
- IEC 60601-1-11:2010 Medical electrical equipment -- Part 1-11: General requirements for basic safety and essential performance -- Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment.
- EN 980 Symbols for use in the labeling of medical devices
- EN 1041 Information supplied by the manufacturer with medical devices
- IEC/60601-1-6/ EN 60601-1-6 Medical electrical equipment - Part1-6: General requirements for basic safety and essential performance - Collateral standard: Usability
- IEC 60601-1-11/ EN 60601-1-11 Medical electrical equipment - Part 1-11: General requirements for basic safety and essential performance - Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in home healthcare environment
- IEC 62304/ EN 62304 Medical device software - Software life-cycle processes
- IEC 62366/ EN 62366 Medical devices - Application of usability engineering to medical devices
- ISO 10993-1 Biological evaluation of medical devices - Part 1: Evaluation and testing within a risk management process

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 manufacture's declaration - electromagnetic emission		
The EHE010 is intended for use in the electromagnetic environment specified below. The customer or the user of the EHE010 should assure that it is used in such an environment.		
EMISSION TEST	COMPLIANCE	ELECTROMAGNETIC ENVIRONMENT - GUIDANCE
RF emissions CISPR 11	Group 1	The EHE010 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 emission CISPR 11	Class B	The EHE010 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 manufacturer's declaration - electromagnetic immunity			
The EHE010 is intended for use in the electromagnetic environment specified below. The customer or the user of the EHE010 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 is 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)	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	Not applicable (internal battery powered)	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	Not applicable (internal battery powered)	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EHE010 requires continued operation during power mains interruptions, it is recommended that the EHE010 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 EHE010 is intended for use in the electromagnetic environment specified below. The customer or the user of the EHE010 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 EHE010, 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 <i>d</i> 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 EHE010 is used exceeds the applicable RF compliance level above, the EHE010 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the EHE010. 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 EHE010.			
The EHE010 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the EHE010 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the EHE010 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 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.

Warranty

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

Product Specifications

- (1). Tens unit controller * 1pc
- (2). Output wire * 2pcs
- (3). Gel pads * 4pcs
- (4). Manual * 1pc
- (5). 4 AAA 6DC batteries

Technical Information

Model/type	EHE010	Weight	4.87 oz
Power supply	4 AAA batteries	Automatic shutoff	20 minutes
Waveform and wave shape	Biphasic rectangular wave pulse	Degree of protection against electric shock	Type BF applied part
Pulse duration	100-500us (Microseconds)	Type of protection against electric shock	Internally powered equipment (Not applicable)
Pulse frequency	1-62.5Hz (Hz=vibration per second)	Output Voltage	Max. 17Vpp ±20% (at 500ohm load)
Lifetime for electrode	Storage for 2 years (no use), Times of reusable: 30 times	Treatment time	20, 40, 60 minutes
Output intensity	0 to 10 levels, adjustable	Mode of operation	Continuous operation
Modes	3 auto modes	Software version	A0
NOTE: Not intended to be sterilized.			
Not for use in an OXYGEN RICH ENVIRONMENT			

Product Programs

PROGRAM NAME	FREQUENCY (Hz)	PULSE WIDTH (μs)
Mode 1: Massage	62.5	100~240
Mode 2: Beat	1	500
Mode 3: Knead	62.5	100~240

Cleaning and Maintenance

Please use a wet cloth to clean the device first, and then use a dry cloth to wipe it again. The electrode pads coming with the device are disposable and should be replaced when their adhesiveness becomes worse. Contact the seller for replacements. Do not let the sticky side of the pads touch anything, including greasy fingertips.

Troubleshooting

PROBLEM	POSSIBLE CAUSE	SOLUTION
The intensity is not felt or 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 film on the adhesive surface of pads
	The pads stack together or overlap	Do not stack pads together or overlap pads
	The intensity setting is getting weak	Increase the intensity level
	The battery capacity is low	Change the battery
The skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry	Wash 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 if worn out	Replace electrode pad

No power source	The battery capacity is depleted	Change the batteries
Power cuts off during use	The battery is weak	Change the batteries
It is difficult to attach the pad to the skin	Have you remove 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 pads is not sticky	Pads get deteriorative	Contact the vendor for replacements
	Were the pads stored in high temperature, humidity, or direct sunlight?	Replace the pads

If your device is not operating properly, please check for common problems and suggested solutions. If the recommended action does not solve the problem, please contact the seller.