

Q1: 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.

Q2: 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.

Q3: 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.

Q4: 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 Trans cutaneous 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.

Q5: 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.

Q6: 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.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com