

vive®



WIRELESS TENS DEVICE

Owner's Manual
RHB1O38

vivehealth.com

WHAT'S INCLUDED

- 1 Wireless Tens Device
- 1 Remote Control
- 2 Gel Pads
- 1 CR2032 Lithium Battery
- 1 Micro-USB Charging Cable



OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Wireless Tens Device as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you through the process.



To see all of the FAQs in one place
visit vhealth.link/3d527


HOW TO USE



Want to watch us do this?

Check out <http://vhealth.link/8ed10>

for an easy instructional video.

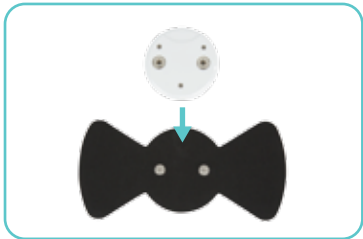
Note: The wireless device should be charged for more than 3 hours before use. To indicate charging, the  button will light up blue. DO NOT use the device when charging.

1. Prepare the treatment area by washing and drying the skin thoroughly.

2. Insert a CR2032 battery into the remote control by sliding off the lower back cover. The top of the battery (+ side) with the lettering should be facing up when inserted.




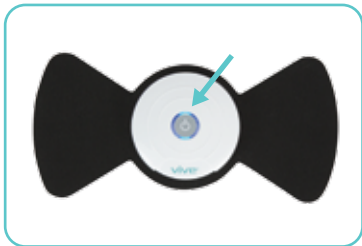
3. Remove gel pad from the package and snap the pad onto the Wireless Tens Device.




4. DO NOT activate stimulation of the device prior to applying the device to your body.
5. Remove the clear protective film from the gel pad. DO NOT discard the protective film as it will be reapplied to the gel pad for storage after use. Be sure not to allow dirt to come in contact with the gel pad as this may interfere with the adhesion properties of the gel pad.
6. Place the gel pad onto your body. (See warnings for areas to avoid) Make sure the gel pad makes good contact with the skin.



7. Press the  button on the Wireless Tens device. The blue light will begin blinking.



8. On the remote control, press the  button. The small "A" LED mode light will turn on. There are 6 modes in the unit. (See an explanation of each mode on the next page.) Press MODE to change the modes.



9. Press the INCREASE INTENSITY (+) button to increase the stimulation to a comfortable level. To decrease the stimulation intensity anytime during treatment, press the DECREASE INTENSITY (-) button. When the user switches the mode, the intensity will automatically go down to the minimum for safety reasons.



10. Treatment will automatically stop after 20 minutes. Treatment can be paused at any time by pressing ▶|| or stopped by pressing the power button ⏻ on the remote control or Wireless Tens Device. DO NOT remove the device until treatment has stopped.



Note: Device will automatically power off after each 20 minute cycle is complete, and the activation instructions will need to be followed again for a new cycle.

11. When you are finished with the device, replace the protective film on the pad for storage.

OPERATING MODES

- A. **Oscillating Pulse:** Great for joint pain.
- B. **Continuous Rhythmic Pulse:** Works on chronic pain areas.
- C. **Rolling Massage Pulse:** For reaching deep seated pain.

- D. **Deep Alternating Massage Wave:** Great for large muscles.
- E. **Medium Rhythmic Wave:** Relieve muscle cramps.
- F. **Light Rhythmic Wave:** For sensitive areas and small muscles.

FAQ

Can I change the batteries in the Wireless TENS Device?

No, the battery is rechargeable, but not replaceable.

Can I wear the device under my clothes?

Yes. Just be sure that you position the device where it won't be bumped or compressed too tightly.

What's the range of the remote?

The remote should work up to 10 meters from the TENS device.

How long will the gel pads last?

If applied to clean skin, and properly stored on the clear sheets when not in use, the pads should last for at least 10 applications.

Do I have to sit still while using the TENS?

No. The TENS can be used while you're moving, but avoid using it while exercising, as sweat can cause the pads to lose their adhesion.

Can I charge the device with a 220v plug?

No. The TENS must be charged with a 110v power source, either from the included USB charging cable or a wall plug.

TECHNICAL SPECIFICATIONS

- Intensity Levels: 20 levels
- Output Current: 40mA
- Power Voltage: 3.7V
- Pulse Frequency: 110Hz
- Pulse Width: 100µs
- Timer Control: 20 minutes
- Control Range: 10 meters
- Remote Control: One (1) CR2032 Lithium battery (Internally Powered)
- Wireless Unit: DC 3.7v lithium battery

WARNINGS

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device.

- Do not use the device across or through your chest.
- Do not use this device over your neck.
- Do not use the device over, or in proximity to, these skin conditions: abnormal skin that is not intact, untidy, unhealthy, open wounds, rashes, swollen, red, infected, inflamed areas, skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins), or cancerous lesions.
- The device should be operated, transported and stored at temperatures between 50 °F and 104 °F (10 °C and 40 °C), with relative humidity between 30% - 85%.
- Do not use the device when in the bath or shower, sleeping, driving, operating machinery or any activity in which electrical stimulation can put you at risk of injury.
- Using the device around electronic monitoring equipment (e.g., cardiac monitors, ECG alarms) may cause equipment malfunction.
- Do not use the device on children or let children handle the device.
- Do not use this device if you are pregnant, or suspect that you are pregnant, unless under the direction of your physician.
- Do not apply the device across your head.
- Do not disassemble or modify the device.

- Do not use this device if you have suspected or been diagnosed with epilepsy or heart disease, when suffering from a malignant tumor, or having a high fever.
- Consult your physician before using the device.
- Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

QUESTIONS?

Our friendly customer service team is standing by to assist you. Feel free to connect on the phone, email or chat.



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1-800-487-3808



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