

QUICK START GUIDE

TENS Therapy Device



USB RECHARGEABLE

Fully charge before your first session (40 minutes)

Red = Charging
Blue = Fully Charged
Flashing Blue = In Use

SET UP DEVICE

Connect control panel to electrode pad
(leave connected for lifespan of pad)



Remove protective plastic film from electrode pad



Place unit directly against the skin



Do not use this device if you are using a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.

USING YOUR DEVICE

To turn **ON** press and release Power Button

Increase intensity by pressing **[+]** button until you feel activity
(up to 20 times)

To cycle between modes **press** and **release** Power Button

1x = Scraping

2x = Tapping

3x = Acupuncture

4x = Cupping

5x = Tai-Chi

6x = Kneading

STORAGE

To turn **OFF** press and **hold** Power Button

Reapply protective plastic film to electrode pad

Leave control panel connected to electrode pad
for entire lifespan of the pad

CLEANING & CARE

If the device is soiled or has a buildup of residue on the gel pad,
use a damp towel with mild soap to clean the gel pad

Always reapply the protective plastic film when device is not
in use to prolong the life of the adhesive

The electrode gel pad needs to be replaced when it
no longer adheres to the skin

This Quick Start Guide is intended for reference only.
Please review the entire User Guide before operating your device.