

STEP BY STEP OPERATION GUIDE

STEP 1 - Preparing Your Skin Before Using

Following the steps below can help prepare the skin for optimal electrical dispersion and increased stimulation sensitivity. Such care may also help extend electrode pad life and may reduce the risk of skin irritation.

1. Determine the electrode pad placement sites for the electrode pad(s).
2. Wash the area with mild soap and water (do not use alcohol). Rinse and dry thoroughly.
3. Trim excess body hair from the area with scissors (do not shave).
4. If desired, apply iReliev® Conductive Gel or Conductive Spray to help increase conductivity. This may also reduce the chance of skin irritation and may extend the life of the electrode pads.
5. When removing electrode pads, always remove by pulling in the direction of hair growth.
6. It may be helpful to apply iReliev® After Use Electrotherapy Lotion on electrode pad placement area when system is not in use to help increase moisture of skin.




STEP 2 - Attach Electrode Pad to Receiver Pod

1. Place the electrode pad with the contact plugs up onto a flat surface. Place the receiver pod with the contact jacks down onto the electrode pad so that plugs and jacks are aligned. Then press down until they are completely snapped in.
2. Do not remove the clear plastic shield from electrode pad until the unit is ready to be placed on the body.

STEP 3 - Attach Pod and Electrode Pad to Your Body

1. Place the pod and electrode pad on your body

STEP 4 - Turning On and Off Receiver Pod(s)

1. To turn on the receiver pod(s), press and hold the power button for 3 seconds.
2. Blue backlight of the receiver pods will blink two times when it receives the signal from the remote.
3. Wireless symbol  will appear next to "CH" on remote when successfully paired.
4. To turn **off** the receiver pod(s):
 - **When treatment minutes are remaining**, reduce intensity to "0" then press and hold the OFF/- button for 3 seconds.
 - **When treatment minutes have not been set**, press and hold the OFF/- button or 3 seconds.

Note: Pods will only turn off automatically under the following conditions:

- Treatment minutes have expired.
- No activity or if treatment intensity has not been set for 3 minutes.

Note: To prevent unpleasant electric shocks, never remove the pod and electrode pad while it is still turned on. However, in an emergency, you may unsnap the receiver pod from the electrode pad.



STEP 5 - Turning On and Off Remote

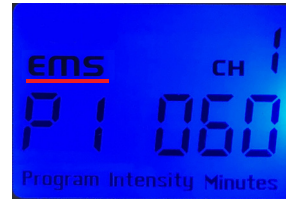
- To turn **on** the remote, press and hold the ON/+ button for 3 seconds. Settings will be shown on the display with backlight for 10 seconds. The most recently selected program will display.
- To turn **off** the remote manually, press and hold the OFF/- button for 3 seconds. Or it will automatically turn off when no button is pressed for 3 minutes.

Note: Do not turn the remote on until the receiver pod(s) are properly attached to electrode pad(s).

Note: When stimulating the muscles of the arms or legs, muscle contraction may cause involuntary limb movement which may cause injury to yourself or others. Ensure limbs are secured to prevent movement.

STEP 6 - Select TENS or EMS Mode

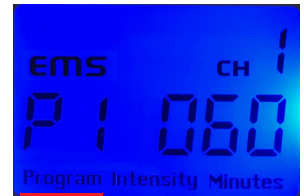
1. Press SET button on remote; the preset therapy mode TENS or EMS will flash on the display.
2. While flashing, use the ON/+ button to toggle between TENS or EMS. Once desired mode is selected, then press SET.



STEP 7 - Select Therapy Program

(TENS P1-P8 or EMS P1-P6)

1. While flashing, press the ON/+ button (to increase) or the OFF/- button (to decrease) repeatedly until the desired therapy program (TENS P1-P8 or EMS P1-P6) flashes on the display. Once the desired therapy program is selected, then press SET.



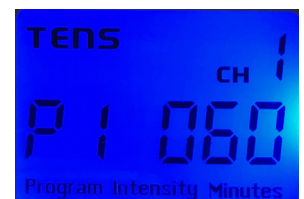
Note: The device offers 8 preset TENS programs and 6 EMS programs; the programs differ with respect to varying pulse widths and frequencies. The program you choose determines the impulse output type. Choose the program that is appropriate to your needs as shown on pages 18-19 or is most comfortable to you.

STEP 8 - Select Treatment Minutes

1. While flashing, press the ON/+ button (to increase) or the OFF/- button (to decrease) repeatedly until the desired treatment time flashes on the display. Once desired treatment minutes is selected, then press SET.

Note: The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60 minutes. Time will countdown on the display in 1-minute increments for the duration of your treatment.

Note: The last treatment program used is stored and appears on the display when turned on.



STEP 9 - Select Intensity Level

1. While flashing, press the ON/+ button (to increase) or the OFF/- button (to decrease) repeatedly until the desired intensity level flashes on the display. Once desired intensity level is selected, then press SET.

Note: The device offers 25 intensity levels. Intensity levels are adjustable per receiver pod channel selected. Make sure the respective receiver pod is turned on and set if you are using advanced pairing option to create isolated channels.

Note: While you are using, you will feel the intensity level increase or decrease as you select the intensity level. Always start with the lowest intensity gradually increasing until you feel a "tingling" sensation. Never increase the intensity to a level that causes pain. Stay under point of discomfort. You can use this as a guide to select an intensity level that is comfortable for you.

Note: If you change therapy mode/program during a therapy session, the intensity level will reset to "0" to avoid unpleasant and unexpected impulses; it's a safety and precautionary feature.

