

# iReliev<sup>®</sup>

**Pain Relief & Recovery System**  
TENS + EMS Muscle Stimulator



Model # ET-7070



Instruction Manual



CE 1639



## **INDICATIONS**

Read this instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in this manual. Failure to follow and implement according to the use and operating instructions can cause harm to the user or device.

**The device is intended for over-the-counter use however if you have medical questions we strongly encourage you to consult with your physician regarding indications for use of this device.**

### **What is TENS?**

TENS stands for transcutaneous electrical nerve stimulation. This TENS unit is intended to deliver electrical current to electrode pads applied to your skin to relieve pain associated with sore or aching muscles.

### **What is EMS?**

EMS stands for electrical muscle stimulation. This electric muscle stimulator is used to stimulate healthy muscles to improve muscle strength and performance.

### **Indications for Use**

The iReliev Pain Relief and Recovery System is a TENS + EMS system for active treatment as per intended use:

- For temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities. (Choose TENS programs P1 through P7)
- For temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities. (Choose TENS programs P1 through P7)
- For symptomatic relief and management of chronic, intractable pain, and relief of pain associated with arthritis. (Choose TENS program P8)
- For use by healthy adults for the stimulation of healthy muscles to improve or facilitate muscle performance. (Choose EMS programs P1 through P6)

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## **EMS CONTRAINDICATIONS**

Powered muscle stimulators should not be used on people with cardiac demand pacemakers.

## **WARNINGS**

- The long-term effects of chronic electrical stimulation are unknown.
- Stimulation should not be applied over the carotid sinus nerves, particularly in people with a known sensitivity to the carotid sinus reflex.
- Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- Stimulation should not be applied transcerebrally.
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- Stimulation should not be applied over, or in proximity to, cancerous lesions.

## **PRECAUTIONS**

- Safety of powered muscle stimulators for use during pregnancy has not been established.
- Caution should be used for people with suspected or diagnosed heart problems.
- Caution should be used for people with suspected or diagnosed epilepsy.
- Caution should be used in the presence of the following:
  - When there is a tendency to hemorrhage following acute trauma or fracture.
  - Following recent surgical procedures when muscle contraction may disrupt the healing process.
  - Over the menstruating or pregnant uterus.
  - Over areas of the skin which lack normal sensation.
- Some people may experience skin irritation or hypersensitivity due to electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate pad placement.
- Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
- Powered muscle stimulators should be kept out of the reach of children.

- Powered muscle stimulators should only be used with the leads and electrodes provided for use by the manufacturer.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- **Muscle contractions may put the user at undue risk of injury which may include use while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.**

### **ADVERSE REACTIONS**

Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators.

### **TENS CONTRAINDICATIONS**

- TENS should not be used if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic electronic device. Such use could cause electric shock, burns, electrical interference, or death.

### **WARNINGS**

- If you are in the care of a physician consult with your physician before using this device.
- If you have had medical or physical treatment for your pain, consult with your physician before using this device.
- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician.
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not apply stimulation when in the bath or shower.

- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use the device on children, if it has not been evaluated for pediatric use.

**We also recommend the following:**

- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.
- Apply stimulation only to normal, intact, clean, healthy skin.

**PRECAUTIONS**

- TENS is not effective for pain of central origin, including headache.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices have no curative value.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- Effectiveness is highly dependent upon the individual using. Results may vary.
- 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 your head, and electrodes should not be placed on opposite sides of your head.
- The safety of electrical stimulation during pregnancy has not been established.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.

**We also recommend the following:**

- Use caution if you have a tendency to bleed internally, such as following an injury or fracture. Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating or pregnant uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children.
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer to avoid adverse reactions.
- Electrode pads are intended for single person use only.

**Please be aware of adverse reactions and precautions below:**

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
- You may experience headaches and other painful sensations during or following the application of electric stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

## WHAT'S INCLUDED

### Package Content

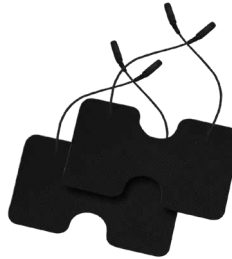
1. iReliev TENS + EMS Device (1)
2. Belt Clip & Holster (1)
3. 3.5" x 5" XL Electrode Pads (2)
4. 2" x 2" Electrode Pads (4)
5. AAA Batteries (3)
6. Lead Wires (2)
7. Tote Bag (1)



1.



2.



3.



4.



5.

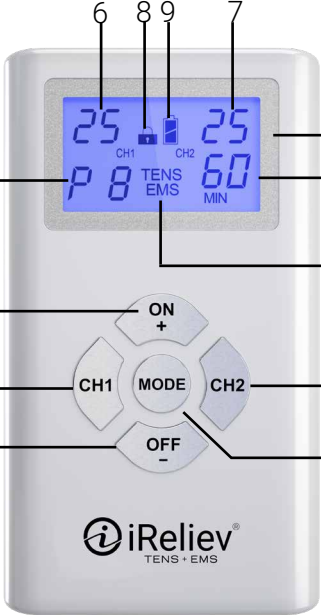


6.



7.



DEVICE FEATURES	DESCRIPTION																										
 <p>The diagram shows a white, rectangular TENS + EMS device. At the top, there is a blue backlit LCD display showing '25' for CH1, a lock icon, a battery icon, and '25' for CH2. Below the display, it shows 'P 8' for TENS, 'EMS' for EMS, and '60' for treatment minutes. The control panel below the display has five buttons: 'ON +' at the top, 'CH1', 'MODE', and 'CH2' in a row, and 'OFF -' at the bottom. The iReliev logo and 'TENS + EMS' text are at the bottom of the device.</p>	<table border="1"> <tr> <td data-bbox="768 169 824 219">1</td> <td data-bbox="824 169 1314 219">Power OFF/Decrease Key</td> </tr> <tr> <td data-bbox="768 219 824 269">2</td> <td data-bbox="824 219 1314 269">Power ON/Increase Key</td> </tr> <tr> <td data-bbox="768 269 824 319">3</td> <td data-bbox="824 269 1314 319">CH1 (Channel 1) Key</td> </tr> <tr> <td data-bbox="768 319 824 368">4</td> <td data-bbox="824 319 1314 368">CH2 (Channel 2) Key</td> </tr> <tr> <td data-bbox="768 368 824 418">5</td> <td data-bbox="824 368 1314 418">Mode (Setting Select/Set)</td> </tr> <tr> <td data-bbox="768 418 824 468">6</td> <td data-bbox="824 418 1314 468">CH1 Intensity Level</td> </tr> <tr> <td data-bbox="768 468 824 518">7</td> <td data-bbox="824 468 1314 518">CH2 Intensity Level</td> </tr> <tr> <td data-bbox="768 518 824 567">8</td> <td data-bbox="824 518 1314 567">Lock Status Indicator</td> </tr> <tr> <td data-bbox="768 567 824 617">9</td> <td data-bbox="824 567 1314 617">Battery Status Indicator</td> </tr> <tr> <td data-bbox="768 617 824 741">10</td> <td data-bbox="824 617 1314 741">Therapy Program: TENS (P1-P8) EMS (P1-P6)</td> </tr> <tr> <td data-bbox="768 741 824 791">11</td> <td data-bbox="824 741 1314 791">Treatment Minutes</td> </tr> <tr> <td data-bbox="768 791 824 841">12</td> <td data-bbox="824 791 1314 841">Therapy Mode</td> </tr> <tr> <td data-bbox="768 841 824 890">13</td> <td data-bbox="824 841 1314 890">Backlit Display</td> </tr> </table>	1	Power OFF/Decrease Key	2	Power ON/Increase Key	3	CH1 (Channel 1) Key	4	CH2 (Channel 2) Key	5	Mode (Setting Select/Set)	6	CH1 Intensity Level	7	CH2 Intensity Level	8	Lock Status Indicator	9	Battery Status Indicator	10	Therapy Program: TENS (P1-P8) EMS (P1-P6)	11	Treatment Minutes	12	Therapy Mode	13	Backlit Display
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	12	Therapy Mode																									
13	Backlit Display																										

## STEP BY STEP OPERATION GUIDE FOR TREATMENT

### STEP 1 - Preparing Your Skin Before Using

Clean and dry treatment area so its free of all lotions, oils, and sweat. The electrode pad(s) should be applied only to normal, intact, clean, healthy skin that is not experiencing any swelling or inflammation.

Following the steps below can help prepare the skin for optimal electrical dispersion and increased stimulation sensitivity.

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.

**Note:** 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.

**Note:** Pads are for single person use only.

**Note:** When removing electrode pads, always remove by pulling in the direction of hair growth.

## STEP 2 - Install Batteries

1. The battery compartment is located on the back of the device. Open the battery compartment by pushing the battery cover marked "Open" downward.  
(This area features raised marks for easy identification)
2. Insert 3 AAA (1.5V) batteries into the battery compartment. Insert the outside batteries first with the (+) side up, and then the center battery with the (+) side down.
3. Close the battery compartment carefully by placing the cover with the studs into the slots and sliding it upwards with slight pressure until you hear and/or feel it click into place.



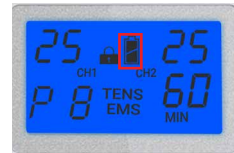
**Low Battery Status Indicator:** The low battery status indicator will appear on the LCD screen when the batteries are low. Change the batteries when you see this symbol appear.

## STEP 3 - Connect Lead Wire(s) to Channel 1 (CH1) and/or Channel 2 (CH2)

Insert one lead wire into each desired channel.

**Note:** Fully insert lead wire(s) into respective channel socket(s). This will ensure the safety feature intensity level reset is not activated. In the event you only want to run one channel, please insert the lead wire into channel 1 (Upper left-hand side).

**Note:** The device will auto-reset by default to "0" Intensity Level on the respective channel if the lead wire is not fully inserted.



#### **STEP 4 - Connect Electrode Pads to Lead Wire(s)**

Connect the lead wire pins to the electrode pad(s) for each channel. The device requires a minimum of 2 small pads or 1 XL electrode pad per lead wire.

**Note:** The device will auto-reset by default to "0" Intensity Level on the respective channel if the lead wire is not fully inserted into the device and/or electrode pad and placed on your skin.

#### **STEP 5 - Remove Electrode Pads from Plastic Film**

**Note:** To help extend the life of the electrode pad(s), please place the pad(s) back on to the plastic film after your treatment therapy is completed.

**Note:** The electrode pad(s) are disposable and use an adhesive gel that will dry out and deteriorate after prolonged use and/or storage. The pad(s) can be used approximately 20-30 times based on 30-minute intervals. The electrode pad(s) should be replaced when they lose their adhesiveness and/or when you sense a change in the stimulation "tingling sensation".

#### **STEP 6 - Place Electrode Pads on Skin**

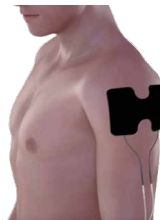
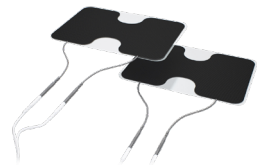
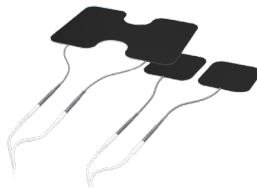
Electrode pad placement location recommendations can be found on pages 16-17.

**Note:** If using more than one electrode at a time, please do not overlap pads on top of each other and place pads at least 1 inch apart.

**Note:** Pads are for single person use. Never share the pads with another person.

**Note:** Do not use pads after expiration date.

**Note:** Do not place pad(s) on your body where it cannot be reached by your own hand.



### STEP 7 - Turning On & Off the Device

**To Power On:** Press and hold the "ON/+" button for 3 seconds.

**To Power Off:** Press and hold the "OFF/-" button for 3 seconds.

**Note:** If any of the treatment settings are flashing, the device will not turn off.

**Note:** To prevent unpleasant electric shocks, never remove the electrode while the device is still turned on. In case of an emergency, you may unplug the respective lead wire directly from the device.

**Note:** The last treatment program will be stored and appear on the display when you turn on the device.

### STEP 8 - Select Treatment Minutes

Press the mode button (center button) and the Treatment Minutes in the lower right corner of LCD screen will begin flashing. Press the "ON/+" (to increase) or the "OFF/-" (to decrease) button until desired Treatment Minute is flashing, then press "MODE".

**Note:** The device offers 12 preset times: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 minutes.

**Note:** Time will countdown on the display in 1-minute increments for the duration of your session.

### STEP 9 - Select TENS or EMS Mode

The TENS or EMS Mode will now be flashing. To select TENS or EMS, press the "ON/+" button for TENS or the "OFF/-" button for EMS, then press "MODE".



### STEP 10 - Select Therapy Program (TENS P1-P8 or EMS P1-P6)

The Therapy Program will now be flashing. Press the "ON/+" (to increase) or the "OFF/-" (to decrease) button until desired program is flashing, then press "MODE".

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 11 - Select Intensity Level

To adjust the Intensity Level, select the channel by pressing CH1 or CH2. The Intensity Level for the respective channel will begin flashing. Press the "ON/+" (to increase) or the "OFF/-" (to decrease) until the desired intensity level is flashing on the display, then press "MODE".

**Note:** Intensity is adjustable according to the channel selected.

**Note:** You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.

**Note:** Always start with the lowest intensity gradually increasing until you feel a "tingling sensation". Never increase the intensity to a level that causes additional pain. Stay under the point of discomfort. Start with short sessions of 5-10 minutes until you are comfortable with the stimulation.



## SPECIAL FEATURES

### Lock Function

Press and hold "ON/+" and "OFF/-" keys simultaneously for 3 seconds to lock/unlock the device. The key symbol (🔒) will appear. The locking function prevents accidental setting changes. This feature is particularly helpful when placing the device inside your pocket, purse, or wearing on your belt clip.

To unlock press "ON/+" and "OFF/-" keys again.

### Intensity Level Reset

For your safety, the intensity level will default to "0" and will not increase past "1" if the device is not set up properly. Please follow the necessary steps 1-11. Be sure to have quality electrode pads firmly affixed according to placement guide on the following pages.

### Intensity level reset will occur in the following instances:

- After the therapy session has elapsed.
- If electrode pads are not affixed firmly or setup procedure is not followed.
- If therapy type or program has been changed.

### System Defaults & Features

- Automatic shut off: The device turns off automatically when the therapy time has elapsed or when no button is pressed for 60 seconds.
- Memory: The last treatment program will be stored and appear on the display when you turn on the device.
- When device battery is low:
  1. The battery icon on the device will start flickering.
  2. The backlight will shut off.
  3. The device will keep working without backlight until the battery is all out of charge.



# Small Electrode Pad Placement



Ankle



Calves



Elbow



Feet



Knee



Lower Back



Quad



Shoulder



Upper Arm



Upper Back



Wrist



# Large Electrode Pad Placement



Abs



Calves



Knee



Lower Back



Shoulder



Upper Arm



Upper Back

For more electrode pad placement information visit <https://iReliev.com/electrode-placements/>

## TENS programs:

When using any of the 8 programs for pain relief, always start with the lowest intensity and gradually increase the level of intensity until you feel a “tingling” sensation. All programs are different and therefore have a different sensation. You may try all 8 programs in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts; always stay under the point of discomfort. Start with short sessions of 5 to 10 minutes until your body gets used to the stimulation.

Program/Mode	Benefits	You should feel
P1	For temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain from exercise or normal household and/or work activities.  For temporary relief of pain associated with sore and/or aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.
P2		Comfortable pulsing sensation. The underlying pain should decrease.
P3		Comfortable pulsing sensation. The underlying pain should decrease.
P4		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.

## EMS programs:

For muscle stimulation (EMS) any of the 6 programs may be used. The intent is to cause a muscle contraction, and then release. All 6 programs will achieve contraction and vary by rate and duration of the contractions. Start out slowly with low intensity levels for a warm-up (5-10 min). Increase intensity level and treatment time as you progress. Use the device regularly or for longer sessions to achieve benefits similar to passive "exercise".

<b>Program/Mode</b>	<b>You Should Feel &amp; Benefits</b>	<b>Suggestion</b>
<b>P1 Exercise Prep</b>	P1 gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	Increase intensity until you get a strong but comfortable muscle movement; 10 min/duration.
<b>P2 Muscle Recovery</b>	P2 produces muscle twitches at a very low frequency and it feels like a tapping massage; for muscle recovery from fatigue and becoming more relaxed with reduced stiffness.	Use it after intense exercise to promote recovery and relaxation; 30 min/duration.
<b>P3 Active Recovery</b>	P3 is similar to P2, except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than P2.	Use it after intense exercise to promote recovery and relaxation; 20 min/duration.
<b>P4 Active Recovery</b>	P4 activates the muscle in a short contraction/relaxation cycle. It feels like a kneading massage, smoother than P2/P3.	Use it after intense exercise to promote recovery and relaxation; 20 min/duration.
<b>P5 Build Endurance</b>	P5 uses a low frequency pulse which may favor slow twitch fibers, for potential development of aerobic capacity and capillary supply. It may help improve fatigue resistance during long duration and moderate intensity exercise.	The exercise comprises of an alternating sequence of work and rest phases lasting several seconds. Increase the intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level; 20min/duration.
<b>P6 Muscle Strengthening</b>	P6 uses a pulse frequency appropriate to help fast twitch muscle fibers. It may help improve their anaerobic capacity and may help improve muscle strength.	The exercise comprises of a sequence of work phases separated by longer relaxation phases. Increase the stimulation intensity until you get a strong and deep contraction. Do not exceed your comfort level; 20 min/duration.

## CARE & MAINTENANCE

### Device and Lead Wires

- To clean exterior of system, please lightly wipe with a clean, wet cloth. Do not submerge the stimulator in liquid or expose it to large amounts of water.
- The system should be cleaned each time before use, and kept safe away in a drawer.
- Never use aggressive cleaning products or stiff brushes to clean the device.
- Do not use the device until it is completely dry.
- Do not expose the device to direct sunlight and protect it from dirt and moisture.
- Store the system in a clean, dry place.
- Do not dispose of the device(s) in a fire. The batteries could explode, causing injury or death.

### Electrode Pads

The electrode pads are disposable and use an adhesive that will dry after prolonged usage or storage. Electrode pads should be replaced when they lose their adhesive quality or when you sense a change in stimulation sensation.

**Note:** Electrode pads are for single person use only.

If you have questions about the integrity of the electrode pads or if you want to order new electrode pads, please order online at [www.iReliev.com](http://www.iReliev.com) or call us at 855-723-2582.

## TROUBLESHOOTING

Always check the unit and accessories before use to prevent damage and defects.

<b>If this happens...</b>	<b>Cause</b>	<b>Try this solution...</b>
Device doesn't turn on.	<ul style="list-style-type: none"><li>• No batteries are detected or are expired.</li></ul>	<ul style="list-style-type: none"><li>• Replace batteries.</li></ul>
The device turns on and then off again.	<ul style="list-style-type: none"><li>• Batteries not inserted or life expired.</li></ul>	<ul style="list-style-type: none"><li>• Re-insert batteries according to instructions or replace batteries.</li></ul>
The device turns on, but intensity cannot be increased beyond "1" for extended period. Will default to "0." Auto intensity reset safety feature is initiated.	<ul style="list-style-type: none"><li>• System not set-up properly or resistance to pads not detected by device.</li></ul>	<ul style="list-style-type: none"><li>• Connect lead wires to device, electrodes to lead wires, and place on body part. 2 small electrode pads per channel is required.</li><li>• Replace used electrode pads. The quality of the gel may be diminished.</li></ul>
The device turns on, but does not generate electric pulses.	<ul style="list-style-type: none"><li>• Lead wires or electrode pads are disconnected.</li><li>• Treatment time expired.</li></ul>	<ul style="list-style-type: none"><li>• Replace/reconnect lead wires.</li><li>• Ensure lead wires are properly seated in CH1 or CH2.</li><li>• Switch the device to the OFF position and then power ON.</li></ul>
The device doesn't turn on even though new batteries are installed.		<ul style="list-style-type: none"><li>• Contact ExcelHealth at 855-723-2582 or visit us at <a href="http://www.iReliev.com">www.iReliev.com</a>. We want your iReliev experience to be great.</li></ul>

## TECHNICAL SPECIFICATIONS

**Channel:** Dual channel, isolated channels.

**Pulse Amplitude:** Adjustable 0-80mA peak into 500Ω load per channel.

**Pulse Rate:** As pre-programmed, in operation mode.

**Pulse Width:** As pre-programmed, in operation mode.

**Timer:** 5-60 min. adjustable.

**LCD:** Shows modes, pulse rate, pulse width, timer, CH1/CH2, intensity level.

**Wave Form:** Symmetrical bi-phasic square pulse.

**Max Charge per Pulse:** 20.8 microcoulombs maximum.

**Essential Performance:** The stimulation output as defined in the following specification table for TENS & EMS.

### TENS Programs :

Program	Pulse width(μs)	Frequency(Hz)	Function Mode
P1	260	15	Constant
P2	260	60	Burst
P3	260	60	Constant
P4	260~156	2~60	Modulation
P5	260~156	60	Modulation
P6	260	7~60	Modulation
P7	260~156	60	Modulation
P8	210	2.45~245	Cycle

**EMS Programs:**

Programs	Pulse Width (uS)	Pulse Rate (Hz)	Ramp up (sec)	On Time (sec)	Ramp down (sec)	Off Time (sec)
P1	300	40~99	-	2	-	1
P2	200	4	-	-	-	-
P3	300	5	-	-	-	-
P4	200	99	-	2	-	1
P5	200	4~20	2	6	2	1
P6	300	50	2	5	3	10

**\*\*All electrical specifications are  $\pm 10\%$  at 500 $\Omega$  load.**

**Power Source:** 3 x AAA/1.5 Volt Batteries

**Device Weight:** Device Weight: 68 grams or 2.4 ounces (battery included)

**Device Dimensions:** 3.55" (H) x 2" (W) x .57" (D) or .74" at Battery Compartment

**Operating Conditions:** +50°F (10°C) to +104°F (40°C), 40-90% max. Relative humidity

**Transport and Storage Conditions:** +14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity

**Operation Altitude:** 3000m.

**Operating Atmospheric Pressure Range:** 700~1013 hPa

**Transport and Storage Atmospheric Pressure Range:** 500~1060 hPa

There are a number of technical symbols on your device and electrodes, explained as follows:



### ET-7070 Label



This symbol means "**Serial number**" on the back of the device.



This symbols means "**Attention, consult the accompanying documents.**"



This symbol means "**Manufacturer.**"



This symbol means "**type BF equipment**"; this device offers protection against electrical shock by standard compliance to leakage currents of electrode pad.



There is a label on the package explained as:

This symbol means "**use before**", represented as "YYYY-MM" (for year and month).



## INFORMATION ABOUT ELECTROMAGNETIC COMPATIBILITY (EMC)

- The iReliev Pain Relief & Recovery System is designed to be used in typical approved environments in accordance with the safety standard EMC EN60601-1-2.
- The iReliev Pain Relief & Recovery System is designed to support anticipated disturbances originating from electrostatic discharge, magnetic fields for the power supply, or radio frequency emitters.
- However it is not possible to guarantee that the stimulator will not be affected by powerful RF field (radio frequency) originating from other sources.

### Electromagnetic Compatibility

- The device complies with current specifications with regards to electromagnetic compatibility and is suitable for use in all premises, including those designated for private residential purposes.
- The radio frequency emissions of the device are extremely low and in all probability do not cause any interference with other devices in the proximity.
- It is recommended that you do not place the device on top of or close to other electronic devices. Should you notice any interference with other electrical devices, move the device as radio equipment may affect the operation of this device.

### Electromagnetic Compatibility Information

**Table 1 Recommended separation distances between portable and mobile RF communications equipment and the ME equipment**


The iReliev Pain Relief & Recovery System is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the system can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the iReliev Pain Relief & Recovery System 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 $d = \left[ \frac{3.5}{V_1} \right] \sqrt{P}$	80 MHz to 800 MHz $d = \left[ \frac{3.5}{E_1} \right] \sqrt{P}$	800 MHz to 2.5 GHz $d = \left[ \frac{7}{E_1} \right] \sqrt{P}$
0.01	0.1	0.1	0.2
0.1	0.4	0.4	0.7
1	1.2	1.2	2.3
10	3.7	3.7	7.4
100	11.7	11.7	23.3

Declaration – electromagnetic emissions and immunity for EQUIPMENT and SYSTEMS that are not LIFESUPPORTING and are specified for use only in a shielded location.

**Table 2 The iReliev Pain Relief & Recovery System declaration – electromagnetic immunity**

The iReliev Pain Relief & Recovery System is intended for use in the electromagnetic environment specified below. The customer or the user of the iReliev Pain Relief & Recovery System 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 ; 6 Vrms 150 kHz to 80 MHz	3 Vrms ; 6 Vrms 150 kHz to 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of the <b>EQUIPMENT</b> or <b>SYSTEM</b> including lead wires, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.  Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	3 V/m ; 10 V/m 80 MHz to 2.7 GHz 80%	3 V/m ; 10 V/m 80 MHz to 2.7 GHz 80%	

**Table 3 Declaration – electromagnetic immunity**

The iReliev Pain Relief & Recovery System is intended for use in the electromagnetic environment specified below. The customer or the user should assure that it is used in such an environment.

<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment guidance</b>
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV , ±4 kV , ±8 kV , ±15 kV air	±8 kV contact ±2 kV , ±4 kV , ±8 kV , ±15 kV air	Floors should be wood, concrete or ceramic tile. If floors are 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	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±0.5 kV ±1 kV differential mode ±2 kV common mode	±0.5 kV ±1 kV differential mode ±2 kV common mode	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	0 % UT ; 0 , 5 cycle At 0o, 45o, 90o, 135o, 180o ,225o, 270o and 315o 0 % UT ; 1 cycle and 70 % UT ; 25/30 cycle Single phase: at 0o	0 % UT ; 0 , 5 cycle At 0o, 45o, 90o, 135o, 180o ,225o, 270o and 315o 0 % UT ; 1 cycle and 70 % UT ; 25/30 cycle Single phase: at 0o	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EQUIPMENT or SYSTEM requires continued operation during power mains interruptions, it is recommended that the EQUIPMENT or SYSTEM be powered from an uninterruptible power supply or a battery.

Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. The magnetic field from common appliances are not expected to affect the device.
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**NOTE:**  $U_T$  is the a.c. main voltage prior to application of the test level.

<b>Table 4 Declaration – electromagnetic emissions</b>		
The iReliev Pain Relief & Recovery System is intended for use in the electromagnetic environment specified below. The customer or the user of the system should assure that it is used in such an environment.		
<b>Emissions test</b>	<b>Compliance</b>	<b>Electromagnetic environment guidance</b>
RF emissions CISPR11	Group 1	The iReliev Pain Relief & Recovery System uses 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.  The iReliev Pain Relief & Recovery System 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.
RF emissions CISPR11	Class B	
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/Flicker emissions IEC 61000-3-3	Complies	

## **FCC INFORMATION**

The Federal Communication Commission Radio Frequency Interference statement includes the following paragraph:

The equipment 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. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Consult the dealer or an experienced radio/TV technician for help.

The user should not modify or change this equipment without written approval from ExcelHealth Inc. Modification could void authority to use this equipment.

**Note:** The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Important Note:** To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user's authority to operate the device.

## **WARRANTY**

This iReliev Pain Relief & Recovery System carries a one-year warranty from the date of purchase. Extended warranties are provided with device registration at [iReliev.com/registration](http://iReliev.com/registration).

The warranty applies to the main device and necessary parts and labor.

Consumable items like lead wires, electrode pads, and other accessories are guaranteed to be free from defects in workmanship and materials at the time of delivery.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations, or disassembly by unauthorized individuals.

ExcelHealth reserves the right to replace or repair the unit at their discretion.

### **ExcelHealth Inc.**

#### **iReliev Products**

Attn: Warranty  
5825 Park Vista Circle  
Fort Worth, TX 76244

#### **[www.iReliev.com](http://www.iReliev.com)**

Phone: 855-723-2582

Email: [WeCare@iReliev.com](mailto:WeCare@iReliev.com)

## **THANK YOU FOR PURCHASING**

Your new iReliev® product is one of the best in the industry, and in many ways, leads the industry, particularly in the warranty coverage and customer satisfaction. Customer satisfaction is a key factor in every iReliev® transaction.

We are a company with a passion for affordable and effective electrotherapy products. At iReliev®, word-of-mouth recommendations result in a large percentage of our business. This is a testament to our excellent product value and customer satisfaction.

## REGISTER YOUR DEVICE

Please go to <https://www.iReliev.com/register> to register your iReliev Pain Relief & Recovery System, model # ET-7070, within 14 days of purchase to receive free gifts and discounts. Enter the serial number on the warranty registration form. The serial number may be found on the underside of the device or retail box.

If you do not have access to the internet you may complete warranty card on page 43. Please send registration card within 14 days of purchase in a stamped envelope. All iReliev® devices have separate serial numbers.





# ***OTHER PRODUCTS***

YOU MAY ALSO LIKE THESE OTHER  
IRELIEV® PRODUCTS

Wireless

## Premium TENS + EMS Therapeutic Wearable System

Experience the freedom of wireless TENS + EMS muscle stimulation coupled with powerful medical grade strength technology and a low-profile design. The convenience and simplicity of this system make it the clear leader within the iReliev® line-up of pain relief and muscle stimulation devices.



Model # ET-5050

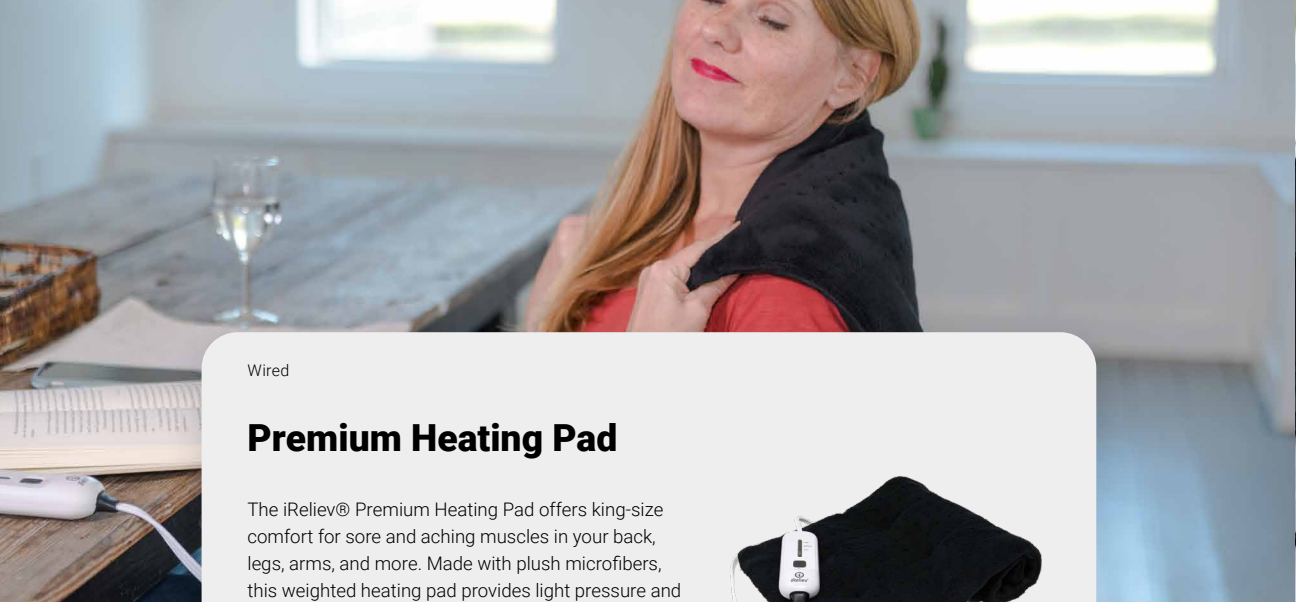
Wired

## Premium TENS + EMS Pain Relief & Recovery

Our best selling 2-in-1 Pain Relief and Recovery System just got better, combining the best features of our previous TENS + EMS system but with the added benefits of rechargeability, backlit, and extra-large digital display.



Model # ET-8080



Wired

## Premium Heating Pad

The iReliev® Premium Heating Pad offers king-size comfort for sore and aching muscles in your back, legs, arms, and more. Made with plush microfibers, this weighted heating pad provides light pressure and an ultra-soft heat therapy solution for arthritic pain, muscle ache, and stiff joints.



Model # HC-2412



Wired

## Far Infrared Heating Pad

Combining all-natural jade and tourmaline, the iReliev® Far Infrared Heating Pad is designed to relieve pain and inflammation. Far infrared wavelengths are engineered to penetrate deeper through the surface of the skin to increase blood flow. Our all-natural carbon heating element can result in higher negative ions for increased therapeutic benefits.

Model # HC-2416



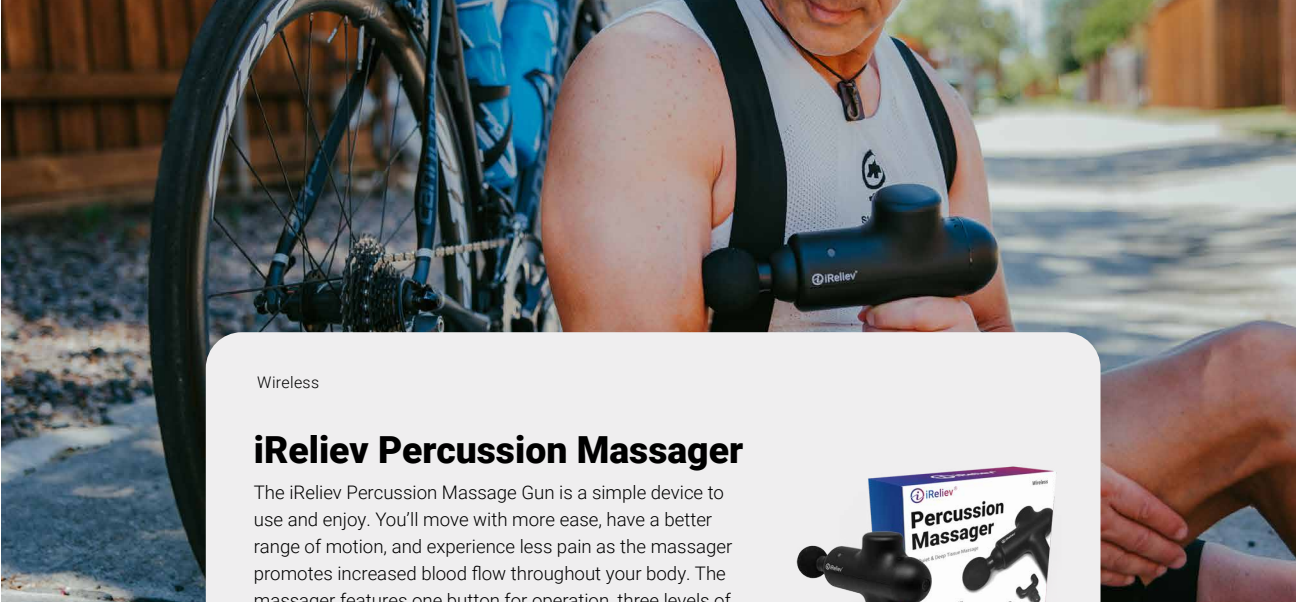
Wired

## Shiatsu Neck & Back Massager

The iReliev® Shiatsu Neck & Back Massager with heat delivers a deep kneading shiatsu massage that helps relieve stress and promotes relaxation.. The inline control puts you in charge of your massage and heat modes. Choose between a deep kneading shiatsu massage with or without heat. 20 multi-size bi-directional nodes rotate to provide you a deep tissue muscle massage.

Model # MA-4040





Wireless

## iReliev Percussion Massager

The iReliev Percussion Massage Gun is a simple device to use and enjoy. You'll move with more ease, have a better range of motion, and experience less pain as the massager promotes increased blood flow throughout your body. The massager features one button for operation, three levels of intensity, and a modern ergonomic design. Whether you need relaxation or relief, you can enjoy life with a renewed passion.

Model # MA-2020





Reusable & Versatile

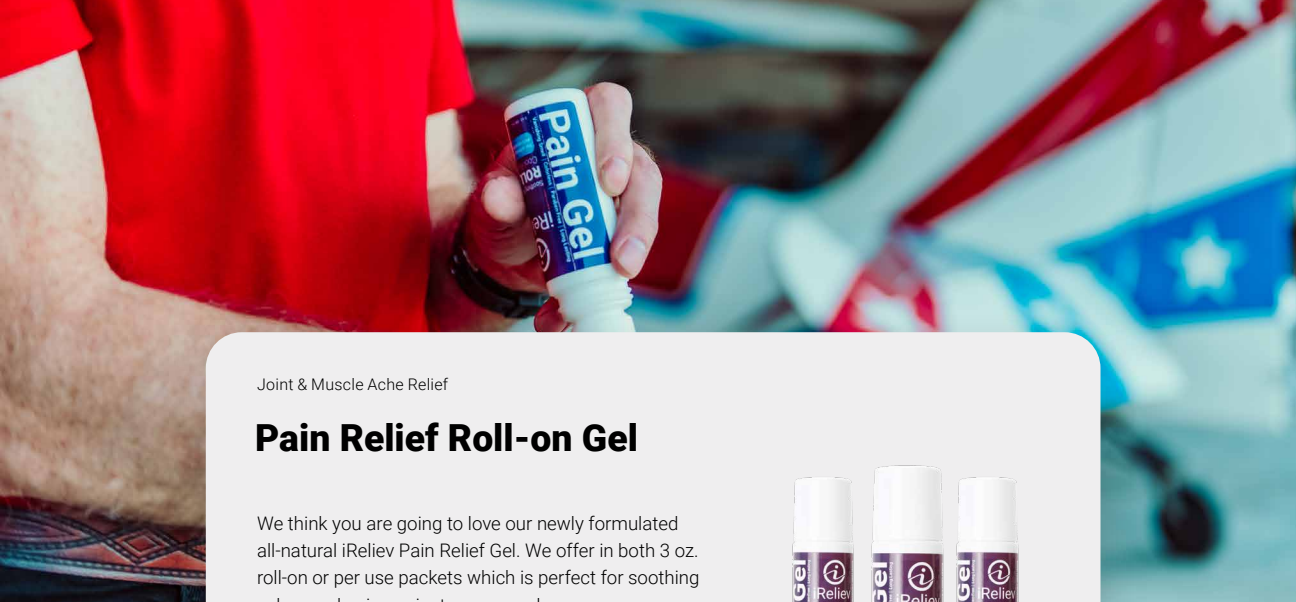
## Hot and Cold Therapy Gel Pack

Soothe your strains & pain with our reusable microwaveable hot/cold pack. It stays flexible even when frozen, so you have the freedom to use this pack however you like. Our packs are made of soft-touch vinyl and features a velcro material so you can secure your pack with the included straps on your arms or legs.

Comes in 3 sizes







Joint & Muscle Ache Relief

## Pain Relief Roll-on Gel

We think you are going to love our newly formulated all-natural iReliev Pain Relief Gel. We offer in both 3 oz. roll-on or per use packets which is perfect for soothing aches and pains or just sore muscles.



Model # TO-3RO

# Registration Card

Send this copy to: iReliev® Products 5825 Park Vista Circle, Fort Worth, TX 76244

**Why did you buy iReliev:** \_\_\_\_\_

**Product Model Name:** \_\_\_\_\_

**Date of Purchase:** \_\_\_\_\_ **Where Purchased:** \_\_\_\_\_

**Serial Number:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Country:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**How did you hear about iReliev?** \_\_\_\_\_

*Please mail registration card in a stamped envelope within 14 days from date of purchase to receive free gifts and discounts.*







**iReliev**<sup>®</sup>

ExcelHealth Inc.

**[www.iReliev.com](http://www.iReliev.com)**

5825 Park Vista Circle

Fort Worth, TX 76244

If you have any questions regarding your  
iReliev™ Pain Relief & Recovery System  
Model # ET-7070, contact ExcelHealth Inc. at:  
855-723-2582 or visit [www.iReliev.com](http://www.iReliev.com)

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