

HealthmateForever NK8ML

HealthmateForever NK8ML TENS Unit Muscle Stimulator

User Manual

1. INTRODUCTION

The HealthmateForever NK8ML is an FDA-cleared Transcutaneous Electrical Nerve Stimulator (TENS) and Powered Muscle Stimulator (PMS) device designed for pain management. It delivers electronic pulses to sensory nerves and muscles, activating natural pain gate mechanisms to help relax the body and manage various types of pain. This manual provides essential information for the safe and effective use of your device.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions and warnings carefully before using this device. Failure to do so may result in injury or device malfunction.

- Consult your physician before using this device, especially if you have pre-existing medical conditions, are pregnant, have a pacemaker, or any other implanted electronic device.
- Do not use on open wounds, rashes, or irritated skin.
- Do not place electrode pads on your head, face, neck (carotid sinus area), or across your chest.
- Keep out of reach of children.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put you at risk.
- Discontinue use if you experience any adverse reactions such as skin irritation, discomfort, or dizziness.

3. PACKAGE CONTENTS

Verify that all items are present in your HealthmateForever NK8ML package:

- 1 x Dual Channel TENS Machine

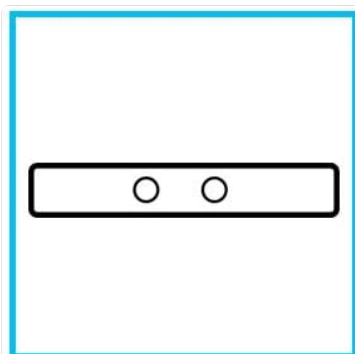
- 4 x 3"x1.75" Hands Electrode Pads
- 2 x 4"x2" Rectangle Pads
- 1 x 13"x1.5" Electrode Pad
- 2 x 1.75"x1.25" Electrode Pads
- 2 x 2-in-1 Lead Wire Cables
- 1 x 4-in-1 Lead Wire Cable
- 1 x USB Cable
- 1 x USB Charger
- 1 x User Manual (this document)
- 1 x Pad Holder



Image: The HealthmateForever NK8ML TENS unit, electrode pads of various sizes, lead wires, USB charging cable, and wall adapter.

4. PRODUCT FEATURES

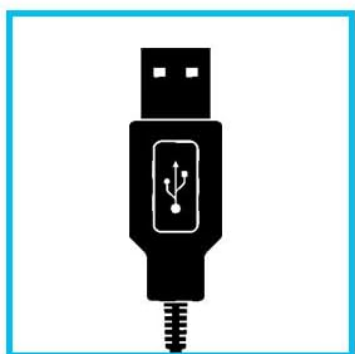
- **FDA Cleared:** This TENS unit and PMS machine is FDA cleared for safety and effectiveness.
- **LCD Screen:** Features a 3.75-inch LCD screen with backlighting for clear visibility and a safety pause button.
- **8 Pre-Programmed Modes:** Includes Tuina (Push & Pull), Acupuncture, Tapping, Guasha (Scraping), Cupping, Body Building, Body Building 2, and Combination modes.
- **20 Intensity Levels:** Allows for precise adjustment of stimulation strength.
- **Adjustable Timer:** Programs can be set for durations from 10 to 80 minutes.
- **Independent A/B Channels:** Two individual outputs enable simultaneous treatment of multiple body parts or two users with different modes and intensities.
- **Reusable Electrode Pads:** FDA 510K cleared, non-irritating, self-stick, pre-gelled, and latex-free for excellent adhesion.
- **Portable Design:** Pocket-sized with a dust-proof storage pouch, offering up to 20 hours of continuous use on a single charge.



2 Outputs



10 Pre-Programmed Modes



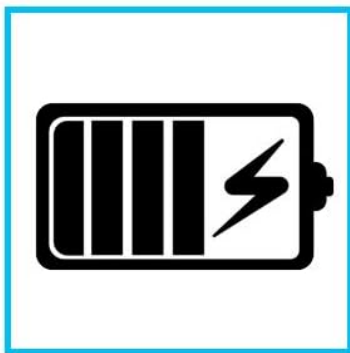
USB Rechargeable



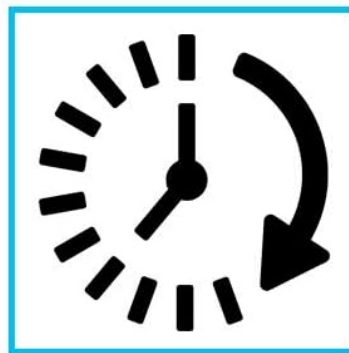
20 Intensity Levels



LCD Backlit Display



20h Usage



Adjustable Timer

Image: Visual representation of key features including dual outputs, 10 pre-programmed modes (note: device has 8 modes as listed above), USB rechargeable, 20 intensity levels, LCD backlit display, 20 hours usage, and adjustable timer.

5. SETUP

5.1 Charging the Device

1. Connect the small end of the USB cable to the charging port on the bottom of the TENS unit.
2. Connect the large end of the USB cable to the USB charger, then plug the charger into a standard wall outlet.
3. The battery indicator on the LCD screen will show charging status. A full charge provides up to 20 hours of continuous use.

5.2 Attaching Electrode Pads

1. Ensure your skin is clean and dry before applying pads.
2. Snap the lead wire connectors onto the electrode pads. The pads are designed with a snap-on style for secure connection.
3. Remove the protective film from the gel side of the electrode pads.

4. Apply the pads firmly to the desired treatment area on your skin.

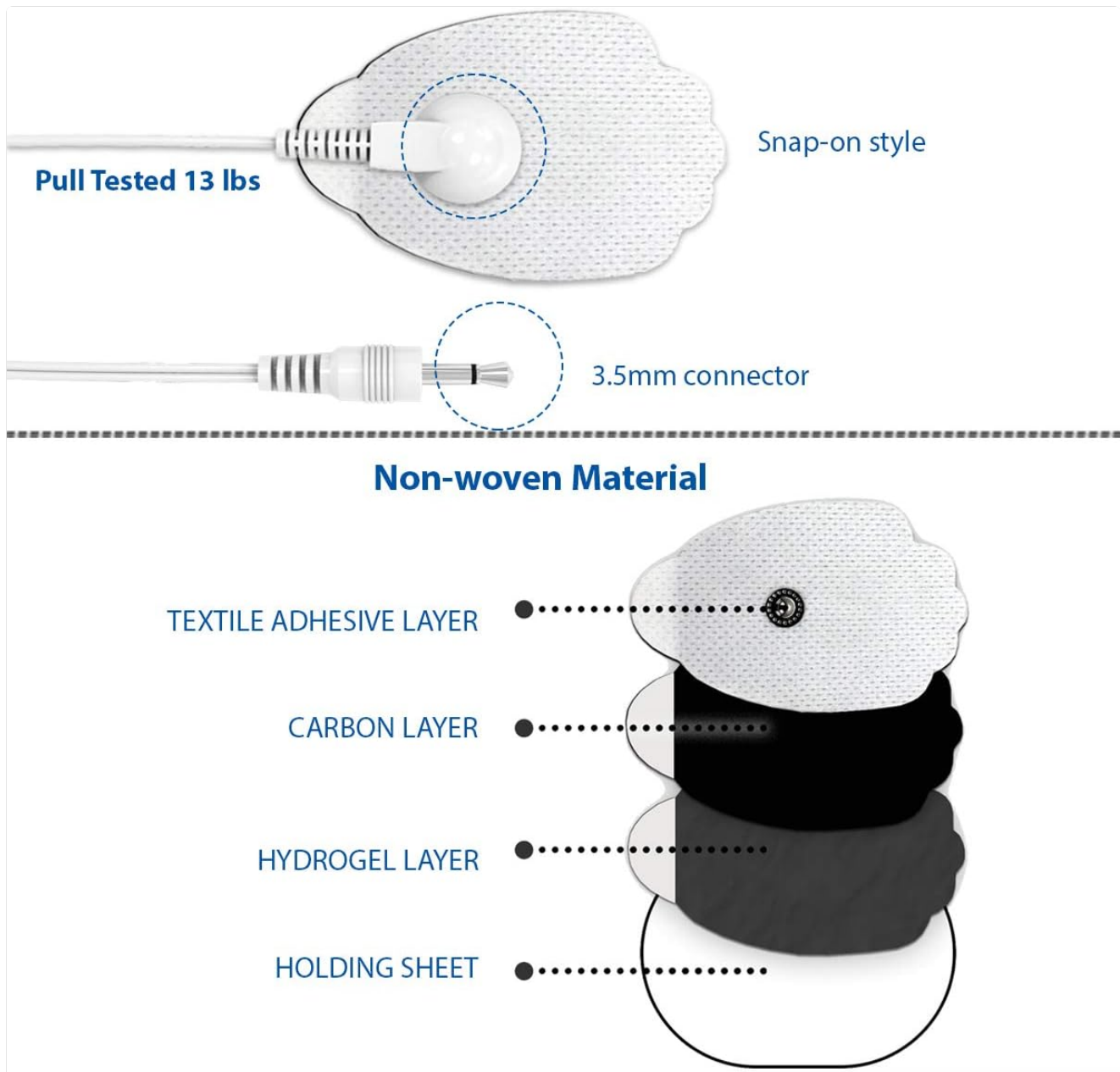


Image: Close-up view of a snap-on electrode pad, showing the connection point and the 3.5mm connector of the lead wire. The diagram also illustrates the non-woven material layers of the pad, including textile adhesive, carbon, hydrogel, and holding sheet.

5.3 Connecting Lead Wires to the Device

1. Insert the 3.5mm plug of the lead wire cable into either the 'A' or 'B' output port on the top of the TENS unit.
2. The NK8ML features two independent channels (A and B), allowing for different settings for each pair of pads.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

- To turn on: Press and hold the 'ON/OFF' button (usually the central button with a play/pause icon) until the screen illuminates.
- To turn off: Press and hold the 'ON/OFF' button until the screen turns off.

6.2 Selecting a Mode

- Press the 'M' (Mode) button to cycle through the 8 pre-programmed massage modes. The selected mode will

be displayed on the LCD screen.

- The available modes are: Tuina (Push & Pull), Acupuncture, Tapping, Guasha (Scraping), Cupping, Body Building, Body Building 2, and Combination.

6.3 Adjusting Intensity

- Use the '+' button to increase intensity and the '-' button to decrease intensity for the active channel.
- The device offers 20 intensity levels. Start with the lowest setting and gradually increase until you feel a comfortable, yet effective, sensation.
- For independent channels, select channel 'A' or 'B' (if applicable, usually by pressing a dedicated channel button or cycling through) before adjusting its intensity.

6.4 Setting the Timer

- Press the 'T' (Timer) button to adjust the treatment duration.
- The timer can be set from 10 to 80 minutes. The device will automatically shut off once the timer expires.

7. ELECTRODE PAD PLACEMENT GUIDE

Proper electrode pad placement is crucial for effective and safe treatment. Refer to the diagrams and tables below for recommended treatment points. Always ensure pads are placed on clean, dry skin.

Schematic Presentation of Normal Treatment Points

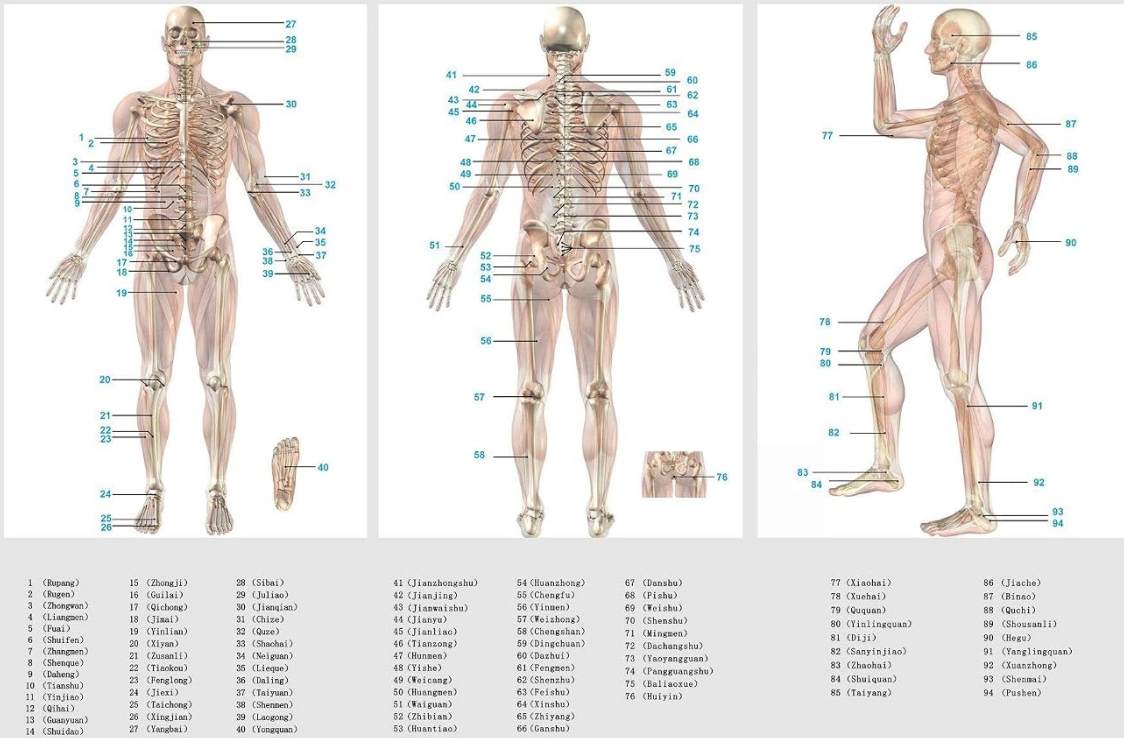


Image: Schematic diagrams of the human body (front, back, and side views) indicating numerous numbered points for electrode pad placement. These points correspond to various anatomical locations for targeted therapy.

Normal Points Functions List

Points	Functions
1 Fengong	dispending pain of breast, hypogastric, breast abscess, relieving cough and stopping vomiting
2 Bagei	cough and asthma, breast abscess, hypogastric
3 Zhongwan	gastritis, gastric ulcer, abdominal distension, diarrhea, constipation, indigestion
4 Lingshen	stomachache, vomit, diarrhea, abdominal pain, anorexia
5 Jian	abdominal pain, diarrhea, constipation, indigestion
6 Shaoze	dropsy, abdominal pain, nephritis, diarrhea
7 Zhongmen	abdominal pain, diarrhea, hypochondriac pain, abdominal mass
8 Shengque	abdominal distension, diarrhea, proctopositis, hemorrhoids
9 Dabao	diarrhea, constipation, abdominal pain, weight-reducing
10 Tianhu	acute and chronic enteritis, dysentery, constipation, intestinal obstruction, abdominal pain
11 Yujiao	irregular menstruation, painful menstruation, dropsy, prolapse of uterus
12 Qihai	abdominal distension, abdominal pain, irregular menstruation, cervicitis, seminal emission, neurasthenia
13 Guanyuan	diarrhea, irregular menstruation, painful menstruation, impotence, sterility, frequent urination
14 Shaoao	lower abdominal pain, dysuria, constipation, irregular menstruation, painful menstruation
15 Zhongji	sterility, impotence, painful menstruation, prostate disease
16 Guilai	abdominal pain, amenorrhea, painful menstruation, sterility
17 Qichong	irregular menstruation, leucorrhea, dribbling urination, seminal emission
18 Jinai	irregular menstruation, impotence, leucorrhea, lower abdominal pain

19 Yutian	irregular menstruation, lower limbs varicosity, priapism
20 Xiyao	knee pain, lower limbs paralysis, swelling and distension
21 Zusanli	stomachache, diarrhea, constipation, indigestion, hypertension, hemiplegia
22 Tiankuo	knee, cross ache, upturn, abdominal pain, shoulder pain
23 Fenglong	dropsy, abundant expectoration, cough and asthma, headache, constipation
24 Jieci	walk-joint pain, headache, dizziness, abdominal distension, weakness of ankle
25 Taohong	headache, dizziness, reddish swollen and painful eyes, distension in chest and hypochondrium
26 Xingjian	headache, dizziness, painful menstruation, dysuria
28 Shuai	all kinds of eye diseases, headache, dizziness, facial paralysis
29 Julao	nasal obstruction, nosebleed, toothache, swelling and pain of lip and cheek, facial paralysis
30 Jueyan	inability to raise shoulder due to emaciation, paralysis and numbness of upper limbs
31 Chou	cough, swelling and pain of throat, swelling and pain of elbow and arm
32 Qiao	cardiac pain, palpitation, vomit, stomachache
33 Shaohai	intercostal nerve pain, radial nerve pain
34 Neiguan	pain of hypochondrium, stomachache, flustered, vomit, swelling and pain of throat
35 Lique	headache, stiffness and pain of neck and nape, cough, facial nerve paralysis
36 Daling	wrist pain, pain of hypochondrium, stomachache

37 Teyuan	asthma, cough, pain in chest, pain of wrist and arm
38 Shimen	cardiac pain, dysphoria, insomnia and anorexia, epilepsy
39 Lungong	cardiac pain, vomit, epilepsy, faint anguine
40 Yunguan	vertex pain, convulsion, unconsciousness, heart stroke, insomnia
41 Juehuodu	cough, stiff nape, pain in shoulder and back
42 Jueji	shoulder pain, pillow falling, difficulty in raising arm, cold
43 Jianzhu	pain in shoulder and back, stiff neck and nape, cold pain and numbness of upper arm
44 Jianyu	pain in shoulder and arm, upper arm joint pain, hemiplegia, paralysis
45 Jianlao	pain in shoulder and arm, stiffness and pain in neck and nape, stiff back
46 Tianrong	pain in nape, swelling and pain in chest and eye, proliferation of mammary
47 Hamen	distending pain in chest and hypochondrium, vomit, diarrhea
48 Yubei	nausea, vomit, jaundice, abdominal distension
49 Weizang	stomachache, abdominal pain, abdominal distension and fullness, pain in spine and back
50 Jueguan	abdominal pain, lumbargia, constipation
51 Weiguan	hemiplegia, stupor, diarrhea, tetanus, pillow falling
52 Zhubai	hemorrhoids, sciatica, paralysis and numbness of lower limbs
53 Jianlao	lumbargia and sciatica, sciatica, numbness and paralysis of lower limbs
54 Jianzhong	betwixt pain, sciatica
55 Chongli	pain of waist and back, sciatica, hemorrhoids, constipation, tendinitis
56 Yamen	pain of waist and back, sciatica, lower limbs numb and paralysis
57 Weidong	pain in waist and back, leg pain, sciatica, hemiplegia
58 Chongdu	pain in waist and back, leg pain, paralysis, proctopositis, hemorrhoids
59 Duguan	arthritis, cough, pain in shoulder and back
60 Dabai	pain and stiffness in spine and back, rigidity and pain of neck and nape
61 Fengmen	cough due to cold, fever and headache, back pain
62 Shenshu	cough, asthma, rigidity and pain of spine and back
63 Jianshu	cough, asthma, night sweat, cold
64 Xianshu	cardiac pain, insomnia and anorexia, epilepsy
65 Zhongyu	hepatitis, cholecystitis, stomachache, intercostal nerve pain
66 Ganshu	liver disease, stomach disease, eye disease, neurasthenia, intercostal nerve pain
67 Dazhu	cholecystitis, hepatitis, bitter taste in the mouth, pain of hypochondrium
68 Fushu	abdominal distension, vomit, hemorrhoids, dropsy
69 Weishu	gastritis, gastric ulcer, hepatitis, indigestion, dropsy
70 Shenshu	lumbargia, impotence, irregular menstruation, chronic pelvic inflammation, nephritis
71 Mingshu	lumbargia, impotence, seminal emission, adenitis, headache
72 Dazhiguan	enteritis, diarrhea, constipation, lumbargia
73 Yeyinguan	lumbargia, lower limbs paralysis, painful menstruation, impotence, lower limbs paralysis
74 Pangongshu	enteritis, lumbargia, pain, sciatica, diarrhea, constipation
75 Baimen	lumbargia, lower limbs paralysis, irregular menstruation, dysuria, sterility
76 Baqian	dysuria, irregular menstruation, ankylositis, hemorrhoids, impotence
77 Xianshu	headache, tetanus, swelling in cheek, epilepsy
78 Xianshu	irregular menstruation, amenorrhea, painful menstruation, skin eczema
79 Qiyao	dysuria, leucorrhea, irregular menstruation, gonitis, vulva
80 Yinyinguan	abdominal pain, dropsy, seminal emission, irregular menstruation, dysentery
81 Di	painful menstruation, abdominal pain, irregular menstruation, dropsy
82 Songyao	irregular menstruation, painful menstruation, sterility, impotence, gonorrhea, testicularitis, anorexia, frequent urination, tendinitis, hemiplegia, neurasthenia
83 Zhubai	dry and painful throat, beriberi, dropsy, irregular menstruation, anorexia, hypoxia
84 Shouqian	heel pain, painful menstruation, irregular menstruation, blurred vision
85 Taiyang	headache, migraine, dizziness, toothache, reddish swollen and painful eyes
86 Juechi	toothache, mumps, facial nerve paralysis
87 Binao	ear pain, hemiplegia, eye disease
88 Juechi	swelling and pain of throat, dizziness, abdominal pain, diarrhea, hemiplegia
89 Shouli	pain in shoulder and arm, upper limbs paralysis, abdominal pain, diarrhea
90 Hugu	headache, rhinitis, stiffness and pain of throat, eye disease, facial nerve paralysis, exogenous fever, hemiplegia, neurasthenia
91 Yanyinguan	knee joint pain, hemiplegia, pain of hypochondrium, distension and fullness in chest and hypochondrium, cholecystitis
92 Xuanzhong	headache, rigidity and stiffness in neck and nape, pillow falling, migraine, distension and fullness in chest and abdomen
93 Shumen	ankle joint pain, headache, dizziness, water and leg pain, hypoxia
94 Pashu	heel pain, dermatophytosis, lumbargia, ankle joint pain

Conditions that May Be Assisted	Guide to Treatment Points	Acupuncture Treatment Points Guide		Conditions that May Be Assisted	Guide to Treatment Points
		Conditions that May Be Assisted	Guide to Treatment Points		
Abdominal Pain/Distention	2, 4, 5, 6, 7, 8, 9, 10, 12, 14, 16, 18, 22, 24, 40, 49, 50, 68, 80, 81, 88, 89, 92	Eyes - Red/Swollen/Painful	25, 27	Noise Bleed	29
Abundant Expectoration (cough)	23	Eye Disease of Any Kind	28, 66, 87, 90	Palpitation	32
Adenitis (inflammatory disease of ovaries, salivary glands and others)	71	Facial Paralysis	28, 29, 35, 86, 90	Paralysis	44, 58
Ankle Pain	24, 93, 94	Fever	61, 90	Paralysis of Face	28, 29
Ankle Weakness	24	Fungal Nail Infection	39	Paralysis of Lower Limbs	52, 56, 73
Amenorrhea (absence of a period by age 16)	16, 78	Gastric Ulcer	3, 69	Paralysis and Numbness of Upper Limbs	50, 69
Anorexia	38, 64	Gastritis (inflammation of stomach lining)	3, 69	Pelvic Inflammation	70
Anorexia	4	Headache	23, 24, 25, 26, 27, 28, 35, 71, 77, 80, 82, 93	Proctopositis (prolapse of rectum)	8, 58
Anxiety	34	Heart Stroke	40	Protracted Uterus	11
Arm Pain/Stiffness	42, 44, 45, 87, 89	Heel Pain	84, 94	Protopermis (premature ejaculation)	82
Asthma	2, 23, 37, 59, 62, 63	Hematochezia (passing of blood in stool)	68	Prostatitis (inflammation of the prostate gland)	18
Back Pain	41, 43, 55, 56, 57, 58, 59, 60, 61, 62	Hemiplegia (paralysis of one side of body)	21, 44, 51, 57, 82, 87, 88, 90, 91	Prostatic Disease	15
Back Stiffness	45, 60	Hemorrhoids	8, 52, 55, 58	Pruritus Vulvae (itching of female genitalia)	19, 79
Beriberic Dropsy	83	Hepatitis	65, 67, 69	Rhinitis (nasal intation or inflammation)	80
Bitter Taste in Mouth	67	Hernia	17, 78, 89	Scapula Pain (shoulder blade)	46
Bleat Pain	1, 2	Hypertension (high blood pressure)	21	Sciatica (pain in leg)	53
Buttock Pain	54	Hypochondrial Pain (upper part of abdomen)	34, 36, 67, 91	Sciatica (form of lower back & leg pain)	52, 53, 54, 55, 56, 57, 74
Cardiac Pain	32, 38, 39, 64	Hypogastria (deficiency of milk secretion)	1, 2	Seminal Emission	12, 17, 71, 80
Cheek/Jaw Pain and Swelling	46, 77	Impotence	13, 15, 16, 70, 71, 72, 73	Shin Sprains	22, 58
Chest Pain	37	Indigestion	3, 5, 21, 69	Shoulder Pain/Frozen Shoulder (Osteoarthritis)	22, 30, 41, 42, 43, 44, 45, 59, 69
Chest & Hypochondrium Distention/Swelling	25, 47, 91, 92	Insomnia	38, 40, 64, 83	Spine and Back Stiffness	49, 60, 62
Cholecystitis (inflammation of gallbladder)	65, 67, 91	Intestinal Obstruction	10	Sterility	16, 62
Cold and Flu Symptoms	61, 63	Jaundice	48	Stomach Ache	4, 21, 32, 34, 36, 49, 65
Constipation	3, 5, 6, 10, 14, 21, 23, 30, 35, 72, 74	Knee Pain/Knee Joint	20, 22, 91	Stomach Disease	66
Convulsion	40	Leg Pain	53, 57, 58, 93	Swelling and Pain of Lip and Cheek	29
Cough Relief	1, 2, 23, 31, 35, 37, 41, 59, 61, 62, 63	Liver Disease	66	Swelling/Distention	20
Cystitis (bladder inflammation)	74	Lower Limb Paralysis/Numbness	20, 53, 73	Tesiculitis (inflammation of the scrotal gland)	82
Deathness	51	Lumbargia (lower back pain)	50, 53, 70, 71, 72, 73, 82	Throat Pain and Swelling	31, 34, 63, 68, 90
Dermatophytosis (fungal infection of the skin)	94	Lumbosacral Pain (where spine meets sacrum)	73, 74, 75	Tinnitus	51, 77
Dizziness	24, 25, 26, 28, 88, 90	Mammary Proliferation	46	Toothache	29, 86, 90
Diarrhea	3, 4, 5, 6, 7, 8, 9, 11, 21, 47, 72, 74, 78, 79, 81, 83, 84, 88, 89	Menstruation Irregularity	11, 12, 13, 14, 17, 18, 19, 20, 73, 75, 76, 77, 78, 79, 81, 83, 84, 88, 89	Upper Arm Pain	44
Distention (swelling from internal pressure)	3	Menstruation Pain	11, 13, 14, 15, 16, 26, 73, 78, 81, 82, 84	Upper Arm Numbness	43
Dropsy (swelling due to excess liquid)	6, 11, 23, 68, 69, 80, 81	Migraine	92	Urination Frequency/Dribbling	13, 17, 82
Dysphoria (sadness/anxiety)	38	Mumps	51, 86	Urination	13, 15, 55, 75, 82
Dysuria (painful urination)	14, 26, 75, 79	Nasal Obstruction	29	Varicose of Lower Limbs (swollen, twisted painful veins)	19
Dysuria	10, 80	Nausea	48	Vertex Pain (pain in back of head)	40
Eczema	78	Neck and Nape Pain/Stiffness	35, 41, 43, 45, 60, 92	Vision Blurred	27, 84
Elbow and Arm Swelling and Pain	31	Nephritis (inflammation of kidney)	6, 70	Vomiting	1, 4, 32, 34, 39, 47, 48
Enteritis (inflammation of small intestine)	10, 72	Nerve Pain - Intercostal and Radial	33, 65, 66	Wrist Pain	55, 56, 57, 58, 93
Enuresis (bed wetting)	12, 82	Neurasthenia (chronic fatigue and weakness)	12, 66, 82, 90	Wrist Pain	9
Epilepsy	38, 39, 54, 77	Night Sweats	63		36

Image: A detailed table titled 'Normal Points Functions' listing numbered points, their corresponding functions, conditions that may be treated, and a guide to treatment points. This table provides guidance on where to place electrodes based on specific pain or condition.

How to use the guide:

1. Identify the area of your body where you wish to apply therapy.
2. Locate the corresponding numbered point(s) on the 'Schematic Presentation of Normal Treatment Points' diagram.
3. Refer to the 'Normal Points Functions' table to understand the function of each point and the conditions it may help treat.
4. Apply electrode pads to the identified points. For optimal results, place at least two pads to create a circuit for the electrical impulses.

8. MAINTENANCE

8.1 Cleaning the Device

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

8.2 Cleaning and Storing Electrode Pads

- After each use, gently wipe the adhesive side of the pads with a damp cloth to remove any skin oils or debris.
- Re-apply the protective film to the gel side of the pads.
- Store the pads on the provided pad holder or in a sealed plastic bag to prevent them from drying out.
- Store the device and accessories in the dust-proof storage pouch in a cool, dry place.

9. TROUBLESHOOTING

- **No power:** Ensure the device is fully charged. Connect to the USB charger and allow sufficient time to charge.
- **No sensation or weak sensation:**
 - Check that the lead wires are securely connected to both the device and the electrode pads.
 - Ensure electrode pads are firmly applied to clean, dry skin.
 - Increase the intensity level gradually.
 - Replace electrode pads if they have lost their adhesiveness or are damaged.
- **Irritation at pad site:** Discontinue use immediately. Ensure skin is clean before application. Consider using hypoallergenic pads if irritation persists.

If you experience issues not covered here, please contact customer support.

10. SPECIFICATIONS

Model	NK8ML
Manufacturer	Healthmate International, LLC
Package Dimensions	5.7 x 3.3 x 2.8 inches
Weight	11.22 ounces
Power Source	Rechargeable Lithium Battery (USB charged)
Battery Life	Up to 20 hours continuous use
Output Channels	Dual (A/B)
Modes	8 Pre-programmed
Intensity Levels	20
Timer	10-80 minutes



Image: The HealthmateForever NK8ML device held in a hand, illustrating its compact size and showing a measurement of approximately 3.8 inches (9 cm) in height.

11. WARRANTY AND CUSTOMER SUPPORT

The HealthmateForever NK8ML comes with a 3-month warranty. Local U.S.-based customer service is guaranteed to assist with any product inquiries or support needs.

For warranty claims or technical assistance, please contact Healthmate International, LLC customer support.

12. LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is intended for pain management and muscle stimulation as indicated by its FDA clearance. Always consult with a healthcare professional for medical advice.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question