

HealthmateForever HM8GL

HealthmateForever HM8GL Silver Electrotherapy Device User Manual

Model: HM8GL

1. INTRODUCTION

The HealthmateForever HM8GL Silver Electrotherapy Device utilizes bioelectricity technology to deliver frequency electrical pulses to your muscles via conductive electrode pads. This process causes muscles to contract and relax rhythmically, creating massage-like sensations. This device is designed to provide temporary pain relief and muscle stimulation.

The control unit incorporates modern human body simulation technology and digital programming to offer various massage modes, including Tuina, Acupuncture, Tapping, Guasha, Bodybuilding, and an auto mode. By placing electrode pads on pain points, users may experience relaxation and pain relief.

Electrotherapy works by passing a gentle electrical current through electrodes attached to the skin. These pulses interact with the central nervous system, helping to block pain receptors.

2. PACKAGE CONTENTS

The HealthmateForever HM8GL kit includes the following items:

- 1 HealthmateForever HM8GL device
- 8 self-adhesive conductive reusable gel pads
- 2 sets of electrode wires
- 1 USB Charger/Wall Unit
- 1 Pads holder
- 1 Operating Manual (this document)
- 1 VIP Card

3. SETUP

3.1 Charging the Device

1. Connect the USB charger cable to the HM8GL device's charging port.
2. Plug the USB charger/wall unit into a standard electrical outlet.
3. Allow the device to charge fully before first use. The charging indicator light will typically change or turn off when charging is complete.

3.2 Attaching Electrode Pads and Wires

1. Ensure the device is turned off.
2. Connect the electrode wires to the output ports on the HM8GL device.
3. Attach the self-adhesive gel pads to the ends of the electrode wires. Ensure a secure connection.
4. Carefully peel the protective film from the gel pads.
5. Apply the gel pads to clean, dry skin in the desired treatment area. Ensure the pads are flat against the skin and not overlapping.



Image: The HealthmateForever HM8GL device with electrode pads and wires connected, ready for application.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- To turn on: Press and hold the Power button until the screen illuminates.
- To turn off: Press and hold the Power button until the screen turns off.

4.2 Selecting a Mode

The HM8GL offers several pre-programmed modes. Use the Mode button to cycle through the available options (e.g.,

Tuina, Acupuncture, Tapping, Guasha, Bodybuilding, Auto mode). The selected mode will be displayed on the screen.

4.3 Adjusting Intensity

After selecting a mode, use the Intensity buttons (usually marked '+' and '-') to increase or decrease the strength of the electrical pulses. Start with the lowest intensity and gradually increase it until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which may cause discomfort.

4.4 Setting Treatment Time

The device may have a timer function. Refer to the on-screen display or specific buttons to adjust the desired treatment duration. The device will automatically shut off once the time expires.

4.5 During Treatment

- Remain still and relaxed during treatment.
- If you experience any discomfort, reduce the intensity or stop the treatment immediately.
- Do not move the electrode pads while the device is operating. Turn off the device before repositioning pads.

5. MAINTENANCE

5.1 Cleaning the Device

- Turn off the device and disconnect all wires before cleaning.
- Wipe the device body with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure the device is completely dry before storing or next use.

5.2 Electrode Pad Care and Replacement

- After each use, reattach the protective film to the gel pads to preserve their adhesive quality and extend their lifespan.
- Store the pads on the provided pads holder or in a sealed bag to prevent drying out.
- Replace electrode pads when they lose their stickiness or if they become damaged. Using worn-out pads can reduce effectiveness and potentially cause skin irritation.

5.3 Storage

- Store the HM8GL device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep out of reach of children.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no charge.	Charge the device fully using the provided USB charger.
No sensation or weak sensation.	Pads not properly adhered to skin. Pads are dry or worn out. Intensity setting is too low. Electrode wires are loose or damaged.	Ensure pads are flat and firmly pressed against clean, dry skin. Replace old or dry pads with new ones. Increase the intensity gradually. Check wire connections; replace if damaged.

Problem	Possible Cause	Solution
Skin irritation under pads.	Pads left on too long. Skin not clean before application. Allergic reaction to pad adhesive.	Reduce treatment duration. Clean and dry skin thoroughly before applying pads. Discontinue use if irritation persists and consult a healthcare professional.

7. SPECIFICATIONS

- **Model:** HM8GL
- **Manufacturer:** Healthmate International
- **Power Source:** DC 5V (via USB Charger/Wall Unit)
- **Modes:** 8 pre-programmed modes (e.g., Tuina, Acupuncture, Tapping, Guasha, Bodybuilding, Auto)
- **Channels:** Typically 2 independent channels for simultaneous use of multiple pads.
- **Dimensions:** Approximately 3.5 inches (8 cm) in length.

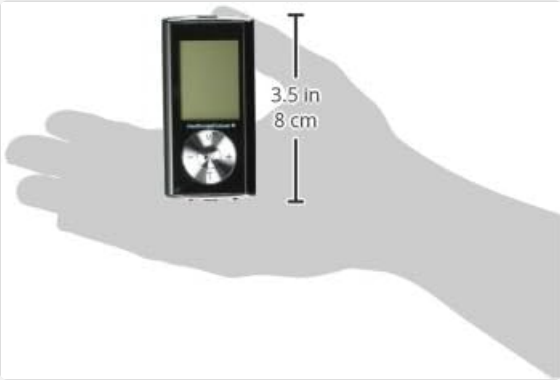


Image: The HealthmateForever HM8GL device, illustrating its compact size with approximate dimensions.

8. IMPORTANT SAFETY INFORMATION AND LEGAL DISCLAIMER

Medical Disclaimer: All information provided in this manual is intended for general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. This device is not intended to diagnose, treat, cure, or prevent any disease. Consult a medical doctor before using this product if you have any pre-existing medical conditions, are pregnant, have a pacemaker, or if you are unsure about the cause of your pain or symptoms.

Do not use this device on open wounds, swollen, infected, or inflamed areas, or over cancerous lesions. Avoid using near the heart, on the head, or on the front of the neck. If any adverse reaction or side effect occurs, discontinue use immediately and seek professional healthcare advice.

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.

9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts (such as electrode pads or wires), please contact HealthmateForever customer service. Refer to the VIP Card included in your package for specific contact details or visit the official HealthmateForever website.

Manufacturer: Healthmate International

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