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› HealthmateForever YK15AB TENS unit EMS Muscle Stimulator 4 outputs 15 modes Handheld Electrotherapy device | Electronic Pulse Massager for Electrotherapy Pain Management Pain Relief Therapy User Manual

HealthmateForever YK15 white

HealthmateForever YK15AB TENS unit EMS Muscle Stimulator User Manual

Model: YK15 white | Brand: HealthmateForever

PRODUCT OVERVIEW

The HealthmateForever YK15AB is a versatile handheld electrotherapy device designed for pain management and muscle stimulation. It features 4 outputs and 15 modes, offering a comprehensive solution for various body areas including the neck, shoulders, back, elbows, hips, ankles, knees, feet, hands, and wrists. This device utilizes Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) to provide pain relief and muscle conditioning.



Figure 1: HealthmateForever YK15AB TENS unit and included accessories.

SAFETY INFORMATION

Before using the HealthmateForever YK15AB device, please read and understand all safety precautions. Consult a physician if you have certain medical conditions, especially if you have had recent surgical procedures. Always follow the instructions for proper use and placement of electrodes to ensure safe and effective treatment.

- Consult physician for certain medical conditions.
- Cautions for recent surgical procedures.
- Follow instructions for proper use and placement of electrodes.

SETUP INSTRUCTIONS

1. **Insert Batteries:** Open the battery compartment on the back of the unit and insert 3 AAA batteries (included), ensuring correct polarity.

2. **Connect Wires:** Press the wire plug firmly into the output port at the top of the unit. The device has four output ports (A1, A2, B1, B2).
3. **Attach Electrode Pads:** Connect the electrode pads to the electrode wire by inserting the pins into the female pin electrodes. Ensure each part is connected firmly.
4. **Prepare Skin:** Clean and dry the skin area where the pads will be placed.
5. **Apply Pads:** Remove the protective film from the electrode pads and place them on the targeted area. Ensure both pads are attached tightly to the skin and are not overlapping.

OPERATING INSTRUCTIONS

1. **Power On:** Turn on the unit via the ON/OFF switch located on the side of the device. The unit will automatically start from Mode 1 and Intensity Level 1.
2. **Select Mode:** Change the modes by pressing one of the 15 different mode buttons displayed on the front of your device (e.g., Neck, Shoulder, Back, Elbow, Hip, Ankle, Knee, Foot/Hand, Wrist, Knead, Acu, Tap, Cupping, Scraping, Random).
3. **Adjust Intensity (Channels A1/A2):** To control the A1/A2 ports, use the intensity buttons located on the left-hand side of the device. Increase intensity by pressing the Intensity (+) button for the channel A in use. Decrease intensity by pressing the Intensity (-) button. Increase intensity gradually and gently to test your acceptance level.
4. **Adjust Intensity (Channels B1/B2):** To control the B1/B2 ports, use the intensity buttons located on the right-hand side of the device. Gradually increase intensity by pressing the Intensity (+) button for the channel B in use. Decrease intensity by pressing the Intensity (-) button.
5. **Set Intensity Level:** Intensity should be set at a level where you experience muscular vibration and involuntary muscle movements. The treatment should be comfortable, not painful.
6. **Adjust Speed/Frequency:** Gradually and gently increase the frequency by pressing the Speed (+) button for the channel in use. To decrease the speed, press the Speed (-) button. The Speed buttons are located on the front of the device and control A1/A2 and B1/B2 ports.
7. **Session Duration:** The device typically runs for 80 minutes per session.
8. **Power Off:** Turn off the unit using the ON/OFF switch when finished.

Important Note: Incorrect operation might cause unexpected shocking. Please follow the directions in this user manual carefully. YK15AB is a powerful TENS & PMS Device.

PRODUCT FEATURES

- Liquid Crystal Display for all indications.
- 9 Auto Stimulation Programs.
- Adjustable Speed and Intensity.
- Lightweight Design.
- 6 Selectable Massage Settings.
- High Frequency Pulses Provide Pain Relief.
- Easy to Use.
- Simultaneous application of 8 pads using 4 outputs.

MAINTENANCE

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.

- **Electrode Pads:** After each use, place the electrode pads back on their protective film or the provided pad holder to maintain stickiness and prolong their lifespan. If pads lose stickiness, gently clean them with a damp cloth and air dry.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or when the unit's performance diminishes.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Low battery; pads not properly attached; intensity too low; broken wire.	Replace batteries; ensure pads are firmly on skin; increase intensity gradually; check wire connections or replace if damaged.
Pads not sticking	Pads are dirty or dry; pads are worn out.	Clean pads with a damp cloth and air dry; replace pads if they are old or severely worn.
Device not turning on	No batteries or incorrect battery insertion; faulty ON/OFF switch.	Check and correctly insert batteries; replace batteries; contact customer support if switch is faulty.

SPECIFICATIONS

- **Item Model Number:** YK15 white
- **Batteries:** 3 AAA batteries required (included)
- **Power Source:** Battery Powered
- **Item Weight:** 16 ounces
- **Package Dimensions:** 9.45 x 7.44 x 1.46 inches
- **Special Feature:** Simultaneous application of 8 pads using 4 outputs
- **Use for:** Whole Body
- **Manufacturer:** HealthmateForever
- **Date First Available:** October 6, 2014

WARRANTY AND SUPPORT

For warranty information or technical support, please contact HealthmateForever customer service. Statements regarding this device have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Please refer to the official HealthmateForever website or the contact information provided with your product packaging for the most up-to-date support details.

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