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› Easy@Home Rechargeable TENS Unit + EMS Muscle Stimulator Instruction Manual

Easy@Home EHE029G-B

Easy@Home Rechargeable TENS Unit + EMS Muscle Stimulator

Model: EHE029G-B

Your comprehensive guide to effective pain relief and muscle stimulation.



Image: Easy@Home TENS Unit and EMS Muscle Stimulator, showing the device, electrode pads, and accessories.

IMPORTANT SAFETY INFORMATION

WARNING: DO NOT use the product if you have a cardiac pacemaker or an existing cardiac condition, implanted metal devices/screws areas of the body, are pregnant, or suffer from epilepsy. If you have any of the following conditions, please consult with your physician before purchasing or using this device: Any acute disease; tumor; infectious disease; heart disease; high fever; abnormal blood pressure; lack of skin sensation or an abnormal skin condition; any condition requiring the active supervision of a physician.

PRODUCT OVERVIEW

The Easy@Home Rechargeable TENS Unit + EMS Muscle Stimulator is a versatile device designed for natural pain relief and muscle stimulation. It combines Transcutaneous Electrical Nerve Stimulation (TENS) for pain management and Electrical Muscle Stimulation (EMS) for muscle toning and performance enhancement.

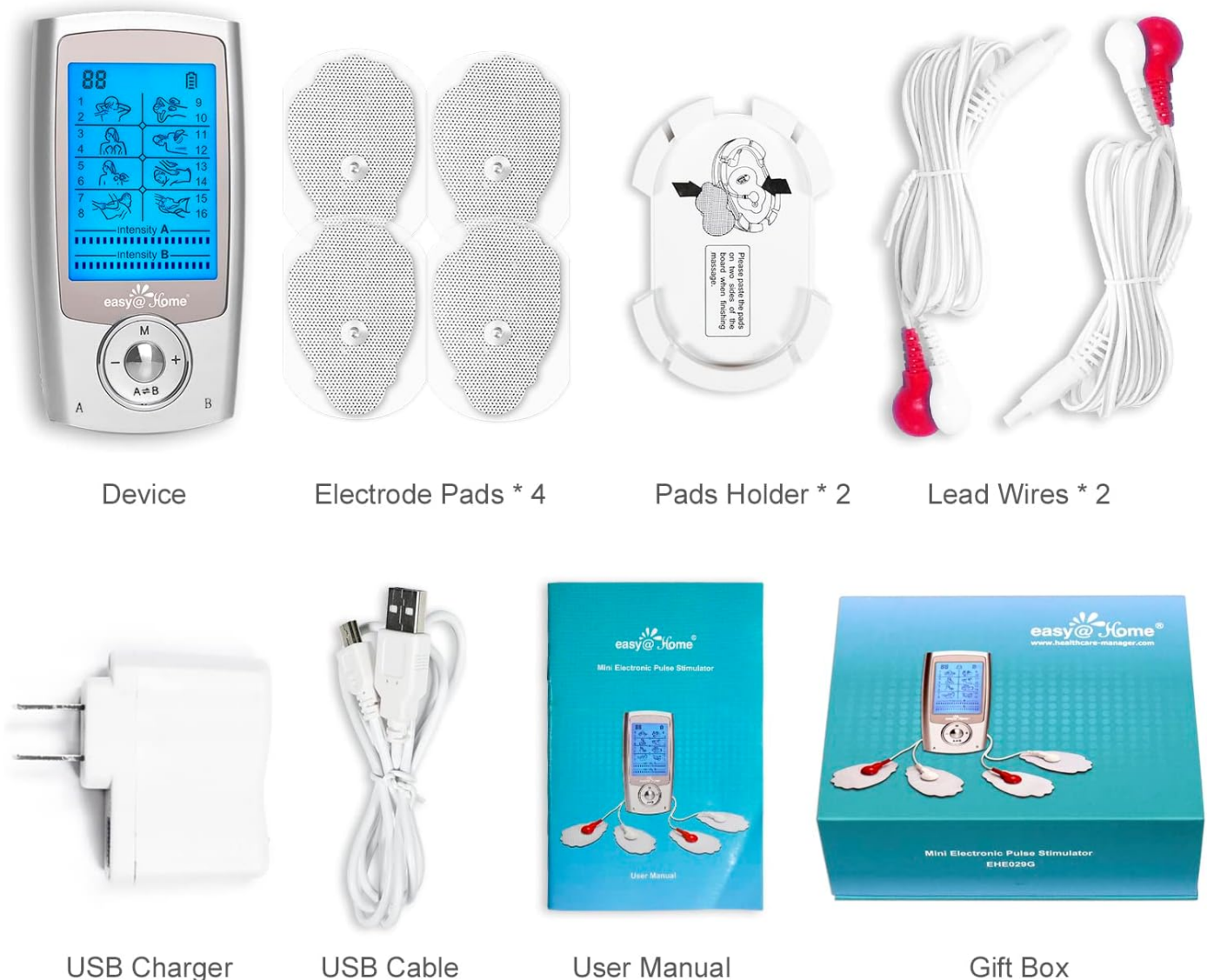
- **Natural Pain Relief:** TENS offers a drug-free alternative for relieving muscle, chronic, nerve, and acute pain.
- **Muscle Toning & Firmness:** EMS modes stimulate muscles, improving performance, ideal for athletes or active individuals.
- **Dual Independent Channels:** Features 2 independent channels with 20 intensity levels each, allowing separate control of 4 electrode pads simultaneously.
- **Multiple Modes:** Choose from 8 massage types and 16 TENS or EMS Auto modes for varied therapeutic experiences.
- **User-Friendly Display:** Large backlit LCD screen for easy adjustment of massage mode, intensity, and time.
- **Built-in Timer:** Adjustable timer from 10 to 60 minutes, with a default of 20 minutes and automatic shut-off.
- **Portable Design:** Compact, handheld, and rechargeable lithium battery provides up to 10 hours of use, making it suitable for travel.

WHAT'S IN THE BOX

Carefully unpack your Easy@Home TENS Unit and ensure all components are present:

- Easy@Home TENS Unit Device
- 4 x High-Quality Electrode Pads
- 2 x Pads Holders
- 2 x Lead Wires
- 1 x USB Charger
- 1 x USB Cable
- 1 x User Manual (this document)
- Gift Box

What's in the Box



Device

Electrode Pads * 4

Pads Holder * 2

Lead Wires * 2

USB Charger

USB Cable

User Manual

Gift Box

Image: All components included in the Easy@Home TENS Unit package, laid out clearly.

DEVICE COMPONENTS AND CONTROLS

Familiarize yourself with the main parts and controls of your TENS Unit:

- **LCD Screen:** Displays mode, intensity, timer, and battery status.
- **Mode Types (1-8):** Indicate 8 message types.
- **Auto Procedure (9-16):** Indicate 16 automatic TENS/EMS modes.
- **Intensity A/B:** Visual bars showing intensity levels for Channel A and Channel B.
- **Channel A/B Output Selector:** Buttons to switch between channels.
- **M Button:** Mode selection button.
- **+/- Buttons:** Intensity adjustment buttons.
- **A/B Output Connectors:** Ports for connecting lead wires for Channel A and Channel B.
- **USB Port:** For charging the device.
- **ON/OFF Switch:** Power switch located on the side.

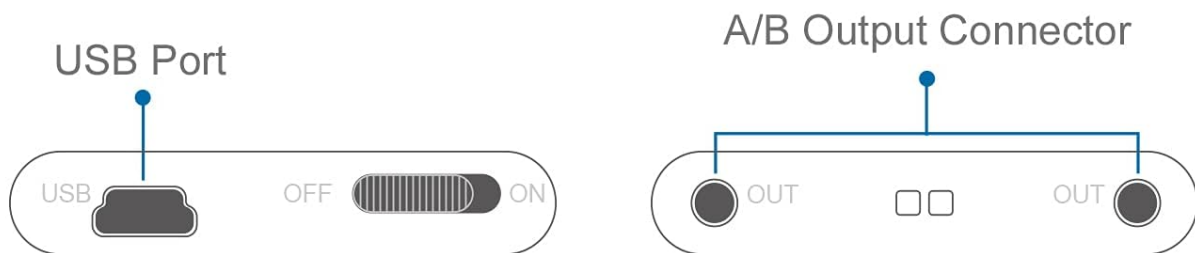


Image: Detailed diagram labeling the LCD screen, buttons, and ports of the Easy@Home TENS Unit.

CHARGING THE DEVICE

The Easy@Home TENS Unit features a built-in rechargeable lithium battery. Before first use, fully charge the device.

1. Locate the USB port on the side of the device.
2. Connect the provided USB cable to the device's USB port.
3. Plug the other end of the USB cable into the USB charger, or a computer USB port.
4. The battery indicator on the LCD screen will show charging status.
5. A full charge can last for up to 10 hours of continuous use.

Powerful Rechargeable Lithium Battery



Image: The Easy@Home TENS Unit being charged via a USB cable connected to a laptop, illustrating the charging process.

ELECTRODE PADS AND LEAD WIRES

The electrode pads are crucial for delivering the electrical impulses. Proper care ensures longevity and effectiveness.

- **Connecting Pads:** Snap the lead wires onto the electrode pads firmly.
- **Pad Adhesion:** The pads are self-adhesive. Ensure your skin is clean and dry before application for optimal adhesion and conductivity.
- **Pad Life:** The pads are reusable. To extend their life, always place them back on the provided pads holder or a smooth, clean surface after each use. Keep them free from dust, oils, and fabrics.
- **Replacement:** If pads lose their stickiness or become damaged, replacement pads are available for purchase separately.

SETUP AND APPLICATION

Follow these steps to set up and apply the device for your therapy session:

1. **Prepare the Device:** Ensure the device is charged and turned OFF.
2. **Connect Lead Wires:** Plug the lead wires into the A/B Output Connectors on the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the ends of the lead wires.
4. **Prepare Skin:** Clean the skin area where you intend to place the pads. Ensure it is free of lotions, oils, and dirt.
5. **Apply Pads:** Carefully peel the pads from their protective film and apply them firmly to the desired treatment area on your body. Ensure good contact with the skin.



Image: Visual guide illustrating recommended placement areas for electrode pads on different body parts, including elbow, buttocks, waist, low back, ankle, shoulder, wrist, neck, and muscle areas.

OPERATING THE DEVICE

Once the pads are applied, you can begin your therapy session.

1. **Power On:** Slide the ON/OFF switch on the side of the device to the 'ON' position. The LCD screen will light up.
2. **Select Channel:** Use the A/B Output Selector buttons to choose which channel (A or B) you want to adjust.

3. **Choose Mode:** Press the 'M' button to cycle through the 8 massage types and 16 TENS/EMS Auto modes. The selected mode will be displayed on the LCD screen.
4. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the intensity level for the selected channel. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation. There are 20 intensity levels.
5. **Set Timer:** The device has a built-in timer from 10 to 60 minutes, with a default of 20 minutes. The device will automatically shut off when the time is due.
6. **Dual Channel Operation:** Since the device has independent dual channels, you can set different modes and intensities for Channel A and Channel B simultaneously.
7. **Power Off:** After your session, slide the ON/OFF switch to the 'OFF' position.

Enjoy your message therapy!

TENS/EMS
 Massage
 Tapping
 Petrissage (TENS)

EMS
 Cupping
 Thai Massage
 Acupunture
 Scraping
 Tuina

Image: The Easy@Home TENS Unit's display showing the different TENS/EMS massage types and auto modes available for selection.

Product Demonstration Video

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CARE AND MAINTENANCE

Proper care will ensure the longevity and optimal performance of your device.

- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Cleaning Electrode Pads:** If pads lose stickiness due to dirt, gently wipe the adhesive surface with a damp cloth (water only) and let them air dry. Do not scrub or use soap.
- **Storage:** Store the device and pads in a cool, dry place, away from direct sunlight and extreme temperatures. Keep pads on their holders to prevent them from drying out or collecting debris.
- **Battery Care:** Recharge the battery regularly, even if not in frequent use, to maintain battery health.

TROUBLESHOOTING

If you encounter issues with your device, try these common troubleshooting steps:

Problem	Possible Cause	Solution
No sensation or weak sensation	Low battery; pads not adhering well; lead wires loose; intensity too low; incorrect mode.	Charge device; ensure pads are firmly applied to clean skin; check lead wire connections; increase intensity gradually; try a different mode.
Device does not turn on	Battery is depleted; device is faulty.	Charge the device for at least 30 minutes; if still unresponsive, contact customer support.
Pads losing stickiness quickly	Skin not clean; pads exposed to air/dust; pads are old.	Clean skin before use; store pads on holder in a sealed bag; replace pads if necessary.
Irregular sensation	Loose connection; damaged lead wire or pad.	Check all connections; inspect lead wires and pads for damage and replace if needed.

SPECIFICATIONS

- **Model Number:** EHE029G-B
- **Channels:** 2 Independent Channels
- **Intensity Levels:** 20
- **Massage Types:** 8
- **Auto Modes:** 16 (TENS or EMS)
- **Timer:** 10-60 minutes (default 20 minutes)
- **Battery:** Rechargeable Lithium Battery
- **Battery Life:** Up to 10 hours of use
- **Dimensions:** Approximately 6.5 x 5.35 x 2.28 inches
- **Weight:** Approximately 14.39 ounces
- **Manufacturer:** Easy@Home

- **Date First Available:** February 21, 2017

WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please visit the official Easy@Home website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

Easy@Home Official Store: Visit Easy@Home Store on Amazon