

InnovaGoods V0103008

InnovaGoods BeCalm TENS Electrostimulator V0103008 User Manual

1. INTRODUCTION

Thank you for choosing the InnovaGoods BeCalm TENS Electrostimulator V0103008. This device is designed to provide relief, relaxation, and overall well-being through Transcutaneous Electrical Nerve Stimulation (TENS) technology. Please read this manual carefully before use to ensure safe and effective operation.

2. SAFETY INFORMATION

WARNING: Consult your doctor before using this device if you have any pre-existing medical conditions, are pregnant, have a pacemaker, or any other implanted medical device. Do not use on broken skin, sensitive areas, or near the heart. Keep out of reach of children.

- Do not use while driving or operating heavy machinery.
- Do not immerse the device in water.
- Use only the electrodes and accessories provided by the manufacturer.
- Discontinue use if you experience any discomfort or adverse reactions.

3. PACKAGE CONTENTS

The InnovaGoods BeCalm TENS Electrostimulator V0103008 package includes:

- 1 x TENS Electrostimulator unit
- 4 x Electrodes
- 4 x Conductive patches
- 2 x AAA batteries



Image 3.1: The product box containing the InnovaGoods BeCalm TENS Electrostimulator and its components.

4. PRODUCT OVERVIEW

The InnovaGoods BeCalm TENS Electrostimulator is a compact device designed for ease of use. It features a main control unit with a display and buttons for operation, connected to four electrodes via cables. These electrodes deliver gentle electrical impulses to the skin.



Image 4.1: The TENS electrostimulator unit with all four electrodes attached.

5. SETUP

1. **Insert Batteries:** Open the battery compartment on the back of the main unit and insert the two AAA batteries, ensuring correct polarity.
2. **Attach Electrodes:** Connect the electrode cables to the main unit. Then, attach the conductive patches to the electrodes.
3. **Prepare Skin:** Ensure the skin where you intend to place the electrodes is clean, dry, and free of oils or lotions.
4. **Apply Electrodes:** Carefully peel the protective film from the conductive patches and firmly place the electrodes on the desired area of your body. Ensure good contact with the skin.



Image 5.1: Proper application of electrodes to the body and holding the control unit.

6. OPERATING INSTRUCTIONS

1. **Power On:** Press the 'ON/▲' button to turn on the device. The display will light up.
2. **Select Mode:** Press the 'MODE' button to cycle through the available programs. The device offers 8 programs for various types of stimulation.
3. **Adjust Intensity:** Use the 'ON/▲' button to increase intensity and the 'OFF/▼' button to decrease intensity. The device has 10 intensity levels. Start with the lowest level and gradually increase until you feel a comfortable, yet effective, sensation.
4. **Set Time:** (If applicable, based on device features) Some models allow setting a timer for the session duration. Refer to the display for timer options.
5. **Pause/Stop:** Press the 'S/P' button to pause or stop the current program.
6. **Power Off:** Press and hold the 'OFF/▼' button to turn off the device after your session.



Image 6.1: Example of electrode placement on the lower back for TENS therapy.

Instructional Video

Your browser does not support the video tag.

Video 6.2: An official demonstration video showing the setup and use of the InnovaGoods BeCalm TENS Electrostimulator.

7. MAINTENANCE AND CARE

- **Cleaning:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- **Electrode Care:** After each use, place the protective film back on the conductive patches to preserve their adhesive quality. Replace electrodes when they lose their stickiness.
- **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 device stops functioning.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Low or dead batteries; Incorrect battery insertion	Replace batteries; Check battery polarity
Weak or no sensation	Electrodes not making good contact; Low intensity setting; Worn out electrodes	Ensure electrodes are firmly applied; Increase intensity; Replace electrodes
Irritation on skin	Skin not clean; Allergic reaction to adhesive; Electrodes placed incorrectly	Clean skin thoroughly before use; Discontinue use if irritation persists and consult a doctor; Reposition electrodes

9. SPECIFICATIONS

Feature	Detail
Model Number	V0103008
Material	ABS
Intensity Levels	10
Programs	8
Electrodes Included	4
Power Source	2 x AAA batteries (included)
Dimensions	Approx. 19 x 13 x 4 cm
Weight	Approx. 180 g

10. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. For detailed warranty information, technical support, or customer service inquiries, please refer to the contact information provided on the product packaging or visit the official InnovaGoods website.

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