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> Vive EMS Muscle Stimulator RHB2026GRY User Manual

## Vive RHB2026GRY

# Vive EMS Muscle Stimulator RHB2026GRY User Manual

Model: RHB2026GRY

## 1. INTRODUCTION

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The Vive EMS Muscle Stimulator (Model RHB2026GRY) is a versatile 3-in-1 device designed for Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Massage therapy. This non-invasive device provides temporary relief for sore, aching muscles by stimulating nerves and muscles. It is intended for use in managing various conditions such as overuse, tendonitis, sciatica, carpal tunnel, bursitis, and plantar fasciitis, by targeting pain, reducing inflammation, and promoting natural healing.

This manual provides essential information for the safe and effective operation of your Vive EMS Muscle Stimulator. Please read it thoroughly before first use and retain it for future reference.



Image 1.1: Vive EMS Muscle Stimulator in use, showing electrode pad placement.

## 2. SAFETY INFORMATION AND WARNINGS

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**Important:** Consult your physician before using this device, especially if you have pre-existing medical conditions.

- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Do not use if you are pregnant.
- Do not use on areas of skin that are broken, irritated, or have open wounds.
- Do not use over the carotid sinus nerves (front of the neck), across the chest, or on the head.
- Keep out of reach of children.
- Discontinue use if you experience any adverse reactions such as skin irritation, discomfort, or dizziness.
- Do not operate heavy machinery or drive while using the device.
- Use only as directed in this manual. Improper use can lead to injury.

## 3. PACKAGE CONTENTS

Verify that all items are present in your package:

- Vive EMS Muscle Stimulator Device
- 4 Square Self-Adhesive Electrode Pads (2"x2")
- 4 Rectangle Self-Adhesive Electrode Pads (2"x4")
- 2 Lead Wires
- Belt Clip
- 3 AAA Batteries
- User Manual (this document)

## What's Included:



Image 3.1: Included components of the Vive EMS Muscle Stimulator kit.

## 4. PRODUCT FEATURES

- **3-in-1 Therapy:** Combines TENS (Targeted Pain Relief), EMS (Muscle Toning), and Massage (Recovery & Relaxation) functions.
- **22 Modes:** 9 TENS modes, 8 EMS modes, and 5 Massage modes for varied treatment options.

- **40 Intensity Levels:** Each channel offers 40 adjustable intensity levels for personalized comfort and effectiveness.
- **A/B Dual Channels:** Allows independent control of two separate treatment areas simultaneously with different modes and intensities.
- **Reusable Electrode Pads:** Self-adhesive, pre-gelled pads in two sizes (square and rectangle) for strong conduction and even electrical distribution.
- **Backlit Display:** Large, high-resolution display for easy navigation and visibility in low-light conditions.
- **Compact & Portable:** Designed for on-the-go use, includes a belt clip for convenience.
- **Battery Life:** Up to 25 hours of continuous relief on 3 AAA batteries.

# 3 Customizable Treatments

## 22 modes, 40 intensity levels each



**TENS**  
Targeted Pain Relief (9 Modes)



**EMS**  
Muscle Toning (8 Modes)



**MASSAGE**  
Recovery & Relaxation (5 Modes)



Image 4.1: Overview of the 3 customizable treatment types and their modes.

# A/B Dual Channels

Control each channel independently

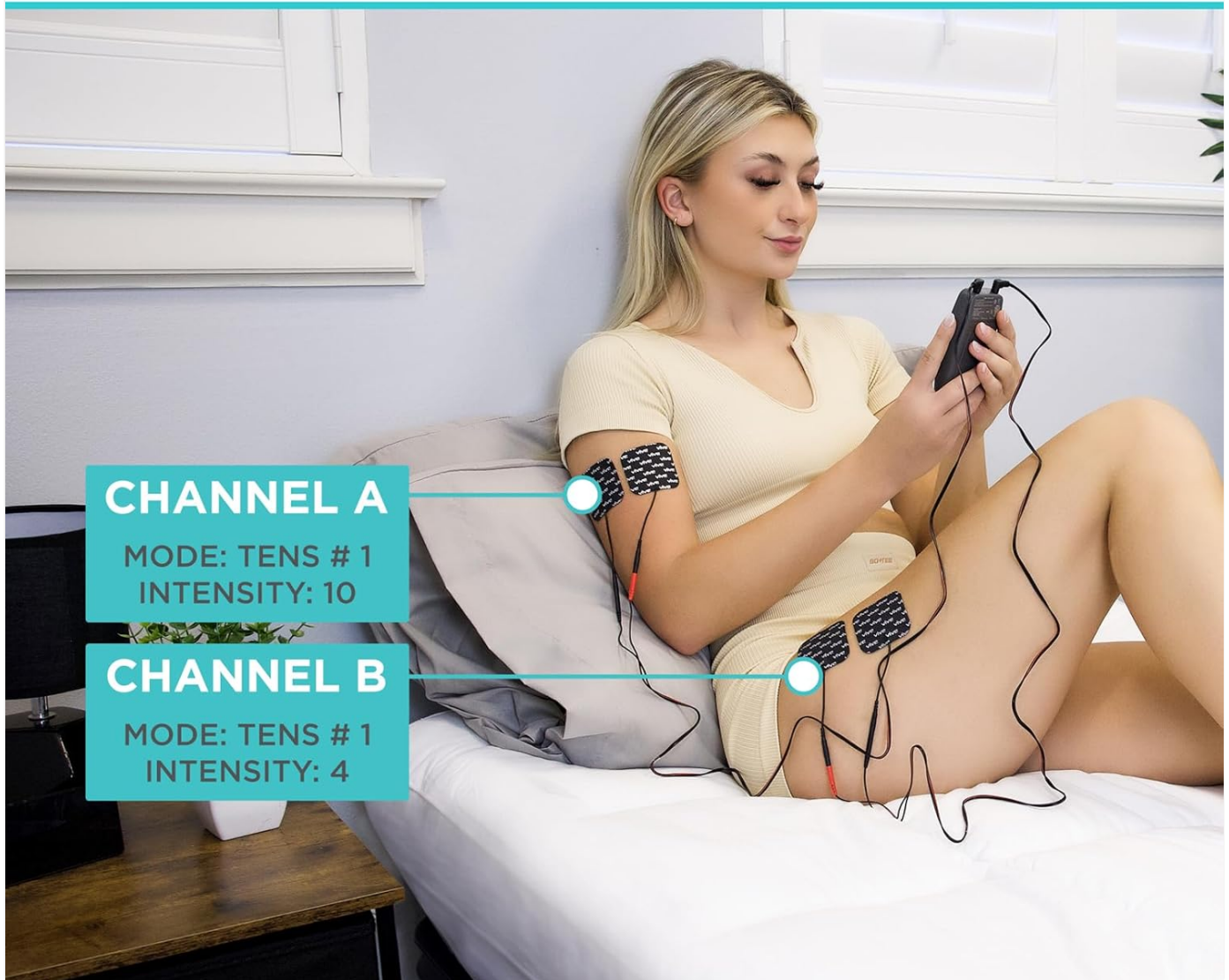


Image 4.2: Illustration of A/B Dual Channels for independent control.

## 5. SETUP

1. **Insert Batteries:** Open the battery compartment on the back of the device. Insert 3 AAA batteries, ensuring correct polarity (+/-). Close the compartment securely.
2. **Connect Lead Wires:** Plug the lead wires into the output ports (CH1 and CH2) on the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the pins at the end of the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Avoid applying lotions or oils.
5. **Apply Electrode Pads:** Remove the protective film from the electrode pads and firmly press them onto the desired treatment area. Ensure the pads are flat against the skin and not overlapping.

# Reusable Electrode Pads

Designed to contour to the body

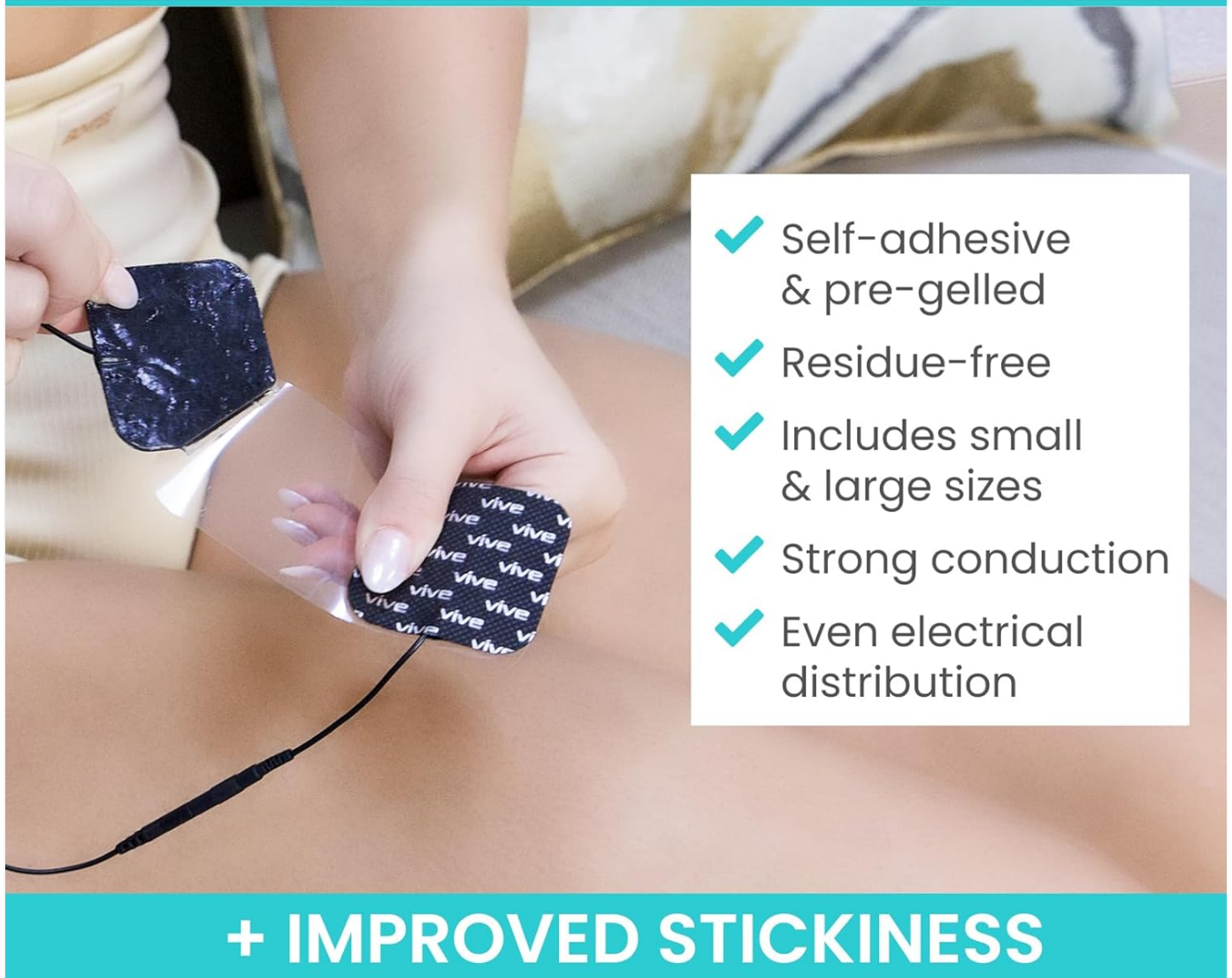


Image 5.1: Reusable electrode pads and their features.

## 6. OPERATING INSTRUCTIONS

Follow these steps to operate your Vive EMS Muscle Stimulator:

1. **Turn On Device:** Press the **ON/OFF/M** button to power on the device. The backlit display will illuminate.
2. **Select Treatment Option:** Press the **ON/OFF/M** button repeatedly to cycle through the available treatment types: TENS, EMS, or MASSAGE. Once the desired type is selected, press the **P** button to select a specific program (mode) within that type. There are 22 modes in total.
3. **Adjust Intensity:**
  - Press the **CH1** button to activate Channel 1. Use the **+** and **-** buttons on the left side to increase or decrease the intensity for Channel 1.
  - Press the **CH2** button to activate Channel 2. Use the **+** and **-** buttons on the right side to increase or decrease the intensity for Channel 2.

Adjust the intensity gradually to a comfortable level. Do not set the intensity too high, as this may cause discomfort. The device offers 40 intensity levels.

- Session Duration:** The device has a default session duration, typically 30 minutes. This timer cannot be adjusted.
- Turn Off Device:** Press and hold the **ON/OFF/M** button to turn off the device. Always turn off the device before removing electrode pads.

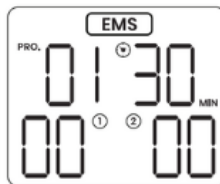
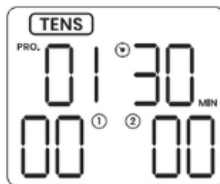
# HOW TO USE

## 1.) Turn on the device

Press [ON/OFF/M] button.

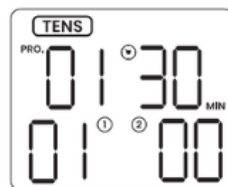


## 2.) Select treatment option



Choose from TENS , EMS, or MASSAGE for your desired treatments.

## 3.) Adjust intensity and level



Press the [+] button to increase output intensity with up to 40 levels of output intensity. Adjust according to your comfort.

Image 6.1: Step-by-step guide for operating the device.

# Simple to Use Interface

Large display with high resolution  
& intensity control buttons



Image 6.2: Device interface and button functions.

## 7. ELECTRODE PLACEMENT GUIDE

Proper placement of electrode pads is crucial for effective therapy. Refer to the diagrams below for suggested placement areas for various body parts. Always ensure pads are placed on clean, dry skin and are not overlapping.

# USE FOR WHOLE BODY

**A** - Output A      **B** - Output B



Image 7.1: Recommended electrode pad placements for whole body use.

**Note:** The diagrams illustrate general placement. For specific conditions or if you are unsure, consult a healthcare professional.

## 8. MAINTENANCE AND CARE

- **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 the adhesive pads lose their stickiness, gently wipe the adhesive surface with a damp cloth or a drop of water. Allow them to air dry completely before re-applying the protective film.
- **Storage:** Store the device and pads in a cool, dry place away from direct sunlight and extreme temperatures. Always re-apply the protective film to the electrode pads after each use to prolong their lifespan.
- **Battery Replacement:** Replace AAA batteries when the low battery indicator appears on the display or when the device no longer powers on.

## 9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Dead or incorrectly inserted batteries.	Check battery polarity. Replace with fresh AAA batteries.
No sensation or weak sensation.	Pads not making full contact. Lead wires not connected properly. Intensity set too low. Pads have lost adhesiveness.	Ensure pads are firmly pressed onto clean, dry skin. Check lead wire connections to both device and pads. Increase intensity gradually using the '+' button. Clean pads or replace with new ones if necessary.

Problem	Possible Cause	Solution
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Skin irritation under pads.	Allergic reaction to adhesive. Pads left on too long. Skin not clean before application.	Discontinue use immediately. Reduce session duration. Ensure skin is clean and dry before applying pads.
Display is dim or flickering.	Low battery power.	Replace AAA batteries.

## 10. SPECIFICATIONS

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- **Model Number:** RHB2026GRY
- **Power Source:** 3 x AAA Batteries
- **Number of Modes:** 22 (TENS, EMS, Massage)
- **Intensity Levels:** 40 per channel
- **Channels:** Dual (A/B)
- **Electrode Pad Sizes:** 2"x2" (Square), 2"x4" (Rectangle)
- **Device Dimensions:** Approximately 5.5" x 3"
- **Manufacturer:** Vive Health

## 11. WARRANTY AND SUPPORT

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The Vive EMS Muscle Stimulator (Model RHB2026GRY) is backed by a **60-day warranty** from the date of purchase. This warranty covers manufacturing defects and ensures your satisfaction with the product.

For warranty claims, technical support, or any questions regarding your device, please contact Vive Health customer service.

**Contact Information:** Please refer to the product packaging or the official Vive Health website for the most current customer support contact details.

# Vive 60 Day Guarantee

So you can purchase now  
with confidence



Image 11.1: Vive Health 60-Day Guarantee.

## 12. PRODUCT VIDEO OVERVIEW

Watch this official product video for a visual guide on the Vive EMS Muscle Stimulator's features and benefits.

Your browser does not support the video tag.

Video 12.1: Official overview of the Vive EMS Muscle Stimulator, demonstrating its use and key features.



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