Beurer EM50

Beurer EM50 TENS Unit and Heating Pad User Manual

Model: EM50 | Brand: Beurer

Introduction

The Beurer EM50 is an FDA-cleared 2-in-1 device designed to provide on-the-spot relief from menstrual cramps and associated pain. It combines long-lasting heat therapy with gentle Transcutaneous Electrical Nerve Stimulation (TENS) to target discomfort effectively. This lightweight and portable unit can be used discreetly under clothing, making it suitable for use at home, in the office, or while traveling. This manual provides essential information for the safe and effective use of your Beurer EM50 device.



The Beurer EM50 TENS Unit and Heating Pad, showcasing its compact and ergonomic design.

Safety Information

Please read all safety warnings and instructions carefully before using the Beurer EM50. Failure to do so may result in injury or damage to the device.

- Avoid using the device near water or in wet environments.
- Do not apply excessive heat to the device or use it on sensitive skin areas without proper guidance.
- Discontinue use immediately if you experience any discomfort, pain, or adverse reactions. Consult a healthcare professional if symptoms persist.
- Keep the device out of reach of children and pets to prevent accidental misuse or damage.
- Do not use the device if you have a pacemaker, implanted defibrillator, or any other implanted electronic device.
- Consult your doctor before use if you are pregnant, have epilepsy, heart disease, or any other serious medical condition.

Product Features

The Beurer EM50 offers a range of features designed for effective and convenient pain relief:

- **Natural Pain Relief:** Combines soothing heat (up to 109.4°F) and gentle TENS therapy to target discomfort.
- **Discreet & Comfortable:** Ultra-slim and flexible design allows for discreet wear under clothing.
- **Customizable Comfort:** Features 15 adjustable TENS settings for personalized intensity and 20-minute sessions with auto shut-off.
- **Drug-Free Solution:** Provides medication-free pain relief using replaceable self-adhesive gel pads.
- **Rechargeable & Sustainable:** Fully rechargeable, offering up to 6 sessions per charge, making it an eco-friendly option.



This image illustrates the dual functionality of the Beurer EM50, combining both heat and TENS (Transcutaneous Electrical Nerve Stimulation) therapy for comprehensive pain relief.



A visual representation of how TENS and heat therapy work together to provide natural pain relief.

Setup

Initial Charging

Before first use, fully charge the Beurer EM50. Connect the provided USB-C cable to the device and a suitable USB power source (e.g., wall adapter, computer USB port). The charging indicator light will show the charging status. A full charge provides up to 6 sessions.



The Beurer EM50 is fully rechargeable via a standard USB-C cable, providing convenience and sustainability.

Attaching Gel Pads

The Beurer EM50 uses self-adhesive gel pads for application. Ensure your skin is clean, dry, and free of lotions or oils before applying the pads. Carefully peel the protective film from the gel pads and firmly attach them to the designated areas on the device. The device comes with two self-adhesive gel pads.



The unit comes with two self-adhesive gel pads, which are essential for effective TENS and heat application. Replacement pads are available for purchase.

Operating Instructions

Application

Once the gel pads are attached, place the device directly onto the area of discomfort, such as the lower abdomen or lower back. Ensure good skin contact for optimal performance.



Designed to be ultra-slim and flexible, the Beurer EM50 can be worn discreetly under clothing, allowing for pain relief on the go.



The Beurer EM50 is specifically designed to provide relief from menstrual pain and discomfort associated with conditions like endometriosis.

Power On/Off

Press and hold the power button (**U**) to turn the device on or off. The device will emit a sound and indicator lights will illuminate upon powering on.

Adjusting Settings

The Beurer EM50 allows you to adjust both TENS intensity and heat levels. Use the up (**^**) and down (**v**) arrow buttons to increase or decrease the intensity of the TENS stimulation. There are 15 adjustable TENS settings. The heat function can be activated or deactivated separately. Refer to the indicator lights for current settings.

Session Duration

Each session is pre-set to 20 minutes. The device will automatically shut off after this duration to ensure safety and prevent overuse.



The device features an automatic shut-off after 20 minutes of use, ensuring safety and optimal session duration.

Maintenance

Cleaning

After each use, gently wipe the device and the non-adhesive side of the gel pads with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

Storage

Store the Beurer EM50 in a cool, dry place, away from direct sunlight and extreme temperatures. Reattach the protective film to the gel pads after each use to preserve their adhesive quality and extend their lifespan.

Gel Pad Replacement

The self-adhesive gel pads are consumable items and will lose their stickiness over time. Replace the gel pads when they no longer adhere well to the skin or device, or if you notice a decrease in stimulation effectiveness. Replacement gel pads

are available for purchase from authorized retailers.

Troubleshooting

If you encounter any issues with your Beurer EM50, please refer to the following table for common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Ensure the device is fully charged using the USB-C cable.
No sensation or weak stimulation.	Gel pads are not adhering properly or have lost stickiness; intensity setting is too low.	Ensure gel pads are firmly attached to clean, dry skin. Replace gel pads if they are no longer sticky. Increase the intensity setting using the up arrow button.
Device turns off unexpectedly.	Session duration completed (auto shut-off); low battery.	This is normal if 20 minutes have passed. If not, recharge the device.
Flashing orange light and beeping.	Indicates low battery or an issue with power delivery.	Charge the device for several hours. If the issue persists after charging, contact customer support.

Specifications

Detailed specifications for the Beurer EM50 TENS Unit and Heating Pad:

Specification	Detail
Model Number	EM50
Product Dimensions	7.6 x 3.7 x 0.6 inches
Item Weight	0.13 Kilograms (4.66 ounces)
Battery Type	1 Lithium Polymer battery (included)
Material	Silicone
Color	Pink
Special Features	Portable, Automatic Shut Off
Manufacturer	Beurer North America LP
Country of Origin	China



This image provides the compact dimensions of the Beurer EM50, measuring approximately 7.5 inches by 3.1 inches.

Warranty and Support

Specific warranty details for the Beurer EM50 TENS Unit and Heating Pad are not provided in this manual. For information regarding warranty coverage, product registration, or technical support, please visit the official Beurer North America website or contact their customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims.

For additional support or frequently asked questions, you may also refer to the product page on Amazon or contact Amazon customer service.

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