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Med-Fit 2EV

Med-Fit Dual Channel Combo 3 Wireless TENS, EMS, and Massager User Manual

Model: 2EV

1. INTRODUCTION

The Med-Fit Dual Channel Combo 3 is a versatile 3-in-1 device designed for pain relief, muscle stimulation, and massage therapy. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and massage functions into a single, powerful wireless unit. This professional-grade, rechargeable device features 18 clinically tested pre-defined programs to address various needs. Its independent module control allows for tailored treatment across multiple body areas simultaneously.

PAIN RELIEF

Wireless TENS

The Med-Fit Combo 3 Wireless TENS Uses Mild, Safe Electrical Signals To The Nervous System To Inhibit Pain.

- TENS Pain Relief
- Dual Channel
- Wireless Operation
- Simple Operation



Release
Endorphins



Inhibit
Pain Signals



Directly Target
Painful Areas



Alternative To
Prescription
Medication



Image 1.1: Overview of Med-Fit Combo 3 Wireless TENS features for pain relief.

PREMIUM QUALITY

Med-Fit Combo 3 TENS | EMS | Massage

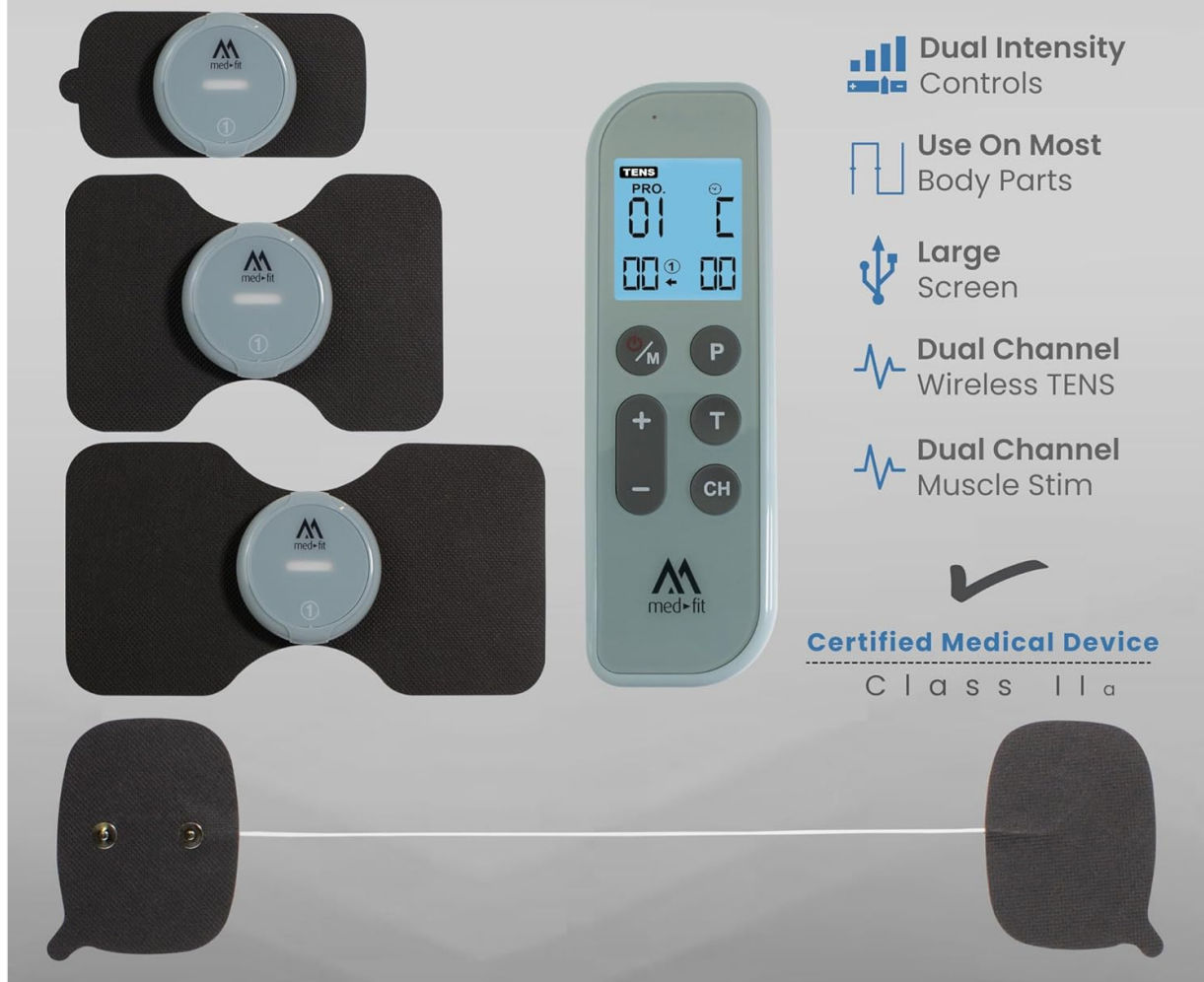


Image 1.2: Key features of the Med-Fit Combo 3, emphasizing its TENS, EMS, and Massage capabilities.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Med-Fit Dual Channel Combo 3. Failure to follow these instructions could result in injury or damage to the device.

- **Do not use** if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- **Do not use** if you are pregnant or suspect you might be pregnant.
- **Do not use** on areas of skin that are broken, damaged, or have open wounds.
- **Do not use** over the carotid sinus nerves (front of the neck), on the head, or over the eyes.
- Consult your doctor before use if you have epilepsy, heart disease, cancer, or any other serious medical condition.
- Keep out of reach of children.
- Discontinue use immediately if you experience any adverse reactions such as skin irritation, discomfort, or dizziness.
- This device is for external use only.
- Do not operate heavy machinery or drive while using the device.

3. PACKAGE CONTENTS

The Med-Fit Dual Channel Combo 3 kit includes everything necessary for your wireless TENS, EMS, and massage treatment. Please check that all items listed below are present in your package.

- 1 x Wireless Remote
- 2 x Wireless Modules
- 1 x Large Lumbar Electrode (20cm x 10cm)
- 2 x Butterfly Electrodes (15cm x 10cm)
- 1 x Small Electrode (12cm x 6cm)
- 1 x Range Extended Electrode (9cm x 7cm)
- 1 x Dual USB-C Charging Cable
- 1 x Single USB-C Charging Cable
- 1 x Power Adaptor
- 1 x Protective Storage Pouch
- 1 x User Manual (this document)
- 1 x Quick Start User Guide



Image 3.1: The complete accessory package for the Med-Fit Combo 3.

4. DEVICE COMPONENTS

The Med-Fit Combo 3 consists of a wireless remote control, two wireless modules, and various self-adhesive electrode pads.

4.1 Wireless Remote Control

The ergonomic remote control features a large, clear display for easy navigation through settings. It allows you to select programs, adjust intensity, and set the treatment timer.

4.2 Wireless Modules

The two wireless modules are designed with a flat, round profile, making them discreet and comfortable to wear under clothing. Each module can be controlled independently, allowing for different programs to run simultaneously on separate body areas.

4.3 Self-Adhesive Electrodes

The kit includes various sizes of self-adhesive electrodes with magnetic clip-on connections for enhanced durability and a secure link to the modules. These electrodes feature 35mm wide magnetic studs, are super flexible, conform to body contours, and use highly conductive carbon with top-quality hypoallergenic gel.

HIGH QUALITY
Self Adhesive Electrodes

The Only Wireless TENS With A Large Lumbar Electrode

UK Medical Company
Tens NHS Main Supplier

Medical Grade 3rd Generation Gel

35mm Wide Magnetic Studs

Super Flexible & Conforms To All Areas Of The Body

Highly Conductive Carbon

Top Quality Hypoallergenic Gel

The Module Snaps Into Place For An Easy Connection

The image shows two views of a black, butterfly-shaped self-adhesive electrode. The top view highlights two circular magnetic studs with green callouts. The bottom view shows a small black module snapping into a recessed area between the studs. To the right, three callout boxes describe the electrode's properties: flexibility, conductivity, and gel quality. A circular logo for 'UK Medical Company' is also present.

Image 4.1: Detailed view of the high-quality self-adhesive electrodes.

DIFFERENT SIZE PADS

All Supplied As Standard

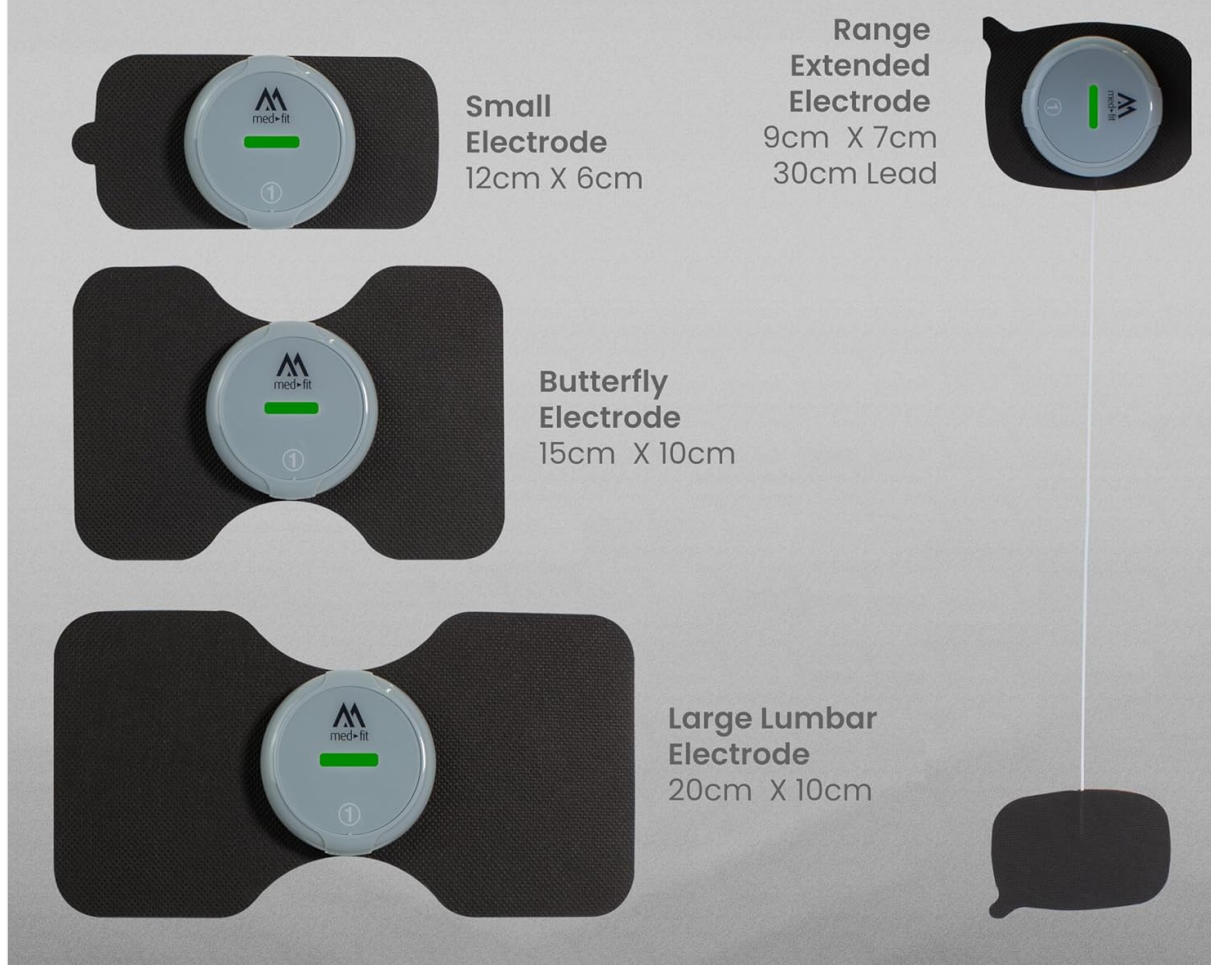


Image 4.2: Different sizes of electrode pads included in the standard package.

5. SETUP

5.1 Charging the Device

Before first use, fully charge the wireless remote and both modules.

1. Connect the dual USB-C charging cable to the power adaptor.
2. Plug one USB-C end into the charging port of the remote control and the other into one of the wireless modules.
3. Use the single USB-C charging cable to charge the second wireless module.
4. Plug the power adaptor into a wall outlet.
5. The charging indicator on the remote and modules will show charging status. Charge until fully charged (indicator light changes or turns off).

5.2 Attaching Electrodes to Modules

The electrodes feature magnetic clip-on connections for easy and secure attachment.

1. Ensure the wireless module is turned off.

2. Align the magnetic studs on the back of the wireless module with the corresponding magnetic connectors on the self-adhesive electrode pad.
3. Gently press the module onto the electrode until it snaps securely into place.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

- To turn on the remote: Press and hold the power button until the screen illuminates.
- To turn on a module: Press and hold the power button on the module until the indicator light turns on.
- To turn off: Press and hold the power button on the remote or module until the device powers down.

6.2 Program Selection

The Med-Fit Combo 3 offers 18 pre-defined programs, including TENS for pain relief, EMS for muscle stimulation, and massage therapy.

1. After powering on the remote, the device will automatically activate TENS Program 1.
2. Use the 'P' button on the remote to cycle through the available programs (TENS, EMS, Massage).
3. Once a program type is selected, use the '+' and '-' buttons to select a specific program number within that category.

6.3 Adjusting Intensity

The device features dual intensity control, allowing you to adjust the intensity for each module independently.

1. Press the 'CH' button to select the channel (Module 1 or Module 2) you wish to adjust.
2. Use the '+' button to increase intensity and the '-' button to decrease intensity.
3. Adjust the intensity to a comfortable, yet effective, level. Avoid setting it too high, which may cause discomfort.

6.4 Setting the Timer

The versatile timer allows you to set treatment durations from 10 minutes to continuous operation.

- Press the 'T' button to cycle through the pre-set timer options.
- Select your desired treatment duration. For continuous operation, select the 'C' or 'Continuous' setting.

7. ELECTRODE PLACEMENT

Proper electrode placement is crucial for effective treatment. The Med-Fit Combo 3 allows for treatment of various body areas, including the back, shoulders, knees, and elbows.

- Clean and dry the skin area where electrodes will be placed.
- Remove the protective film from the electrode pads.
- Place the electrodes directly onto the skin, ensuring good contact. For TENS, place electrodes around the painful area, not directly on it. For EMS, place electrodes on the muscle belly.
- The unique dual-range extension electrode allows for treatment around joints like the knee, ankle, elbow, and shoulder.

RECOMMENDED BY

Most Pain Clinics Across The UK

Treat Two Areas Of The Body At The Same Time



Image 7.1: Recommended electrode placement for various body areas.

Refer to the included "TENS Electrode Placement" chart for detailed diagrams specific to different conditions and body parts.

8. MAINTENANCE

8.1 Cleaning the Device

- Wipe the remote control and wireless modules with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Ensure the device is completely dry before storing or recharging.

8.2 Electrode Care and Storage

Proper care extends the life of your electrode pads, which can be used up to 30 times.

- After each use, gently re-apply the protective film to the adhesive side of the electrodes.
- Store electrodes in the provided protective storage pouch in a cool, dry place.
- If the adhesive becomes less effective, gently dab the adhesive surface with a drop of water to reactivate it. Replace electrodes when they no longer adhere well to the skin.

8.3 Battery Care

- Recharge the device regularly, even if not in frequent use, to maintain battery health.
- Do not expose the device to extreme temperatures.

9. TROUBLESHOOTING

If you encounter any issues with your Med-Fit Dual Channel Combo 3, please refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Ensure the device is fully charged. Press and hold the power button firmly.
No sensation or weak sensation.	Electrodes not properly attached, low intensity, or worn-out electrodes.	<ul style="list-style-type: none">• Ensure electrodes are firmly attached to the skin and modules.• Increase intensity using the '+' button.• Replace old electrodes with new ones if adhesion is poor.• Ensure skin is clean and dry.
Skin irritation after use.	Allergic reaction, prolonged use in one spot, or dirty electrodes.	<ul style="list-style-type: none">• Discontinue use immediately.• Clean skin thoroughly.• Try repositioning electrodes or using a different type if available.• Ensure electrodes are clean and stored properly.
Modules lose connection.	Out of range, low battery, or interference.	<ul style="list-style-type: none">• Ensure remote and modules are within close proximity.• Recharge modules and remote.• Restart both the remote and modules.

10. SPECIFICATIONS

Model Number	2EV
Brand	Med-Fit
Device Dimensions (L x W x H)	10 x 15 x 3 cm
Device Weight	630 grams
Battery Type	1 Lithium-ion (included)
Programs	18 pre-defined (TENS, EMS, Massage)
Channels	Dual Channel (independent control)

Timer	Adjustable (10 minutes to continuous)
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11. WARRANTY AND SUPPORT

Med-Fit products are manufactured to high standards and undergo rigorous quality control.

11.1 Warranty Information

Your Med-Fit Dual Channel Combo 3 device comes with a standard manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included in your package or visit the official Med-Fit website for specific warranty terms and conditions. Keep your proof of purchase for warranty claims.

11.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or to inquire about replacement parts and accessories, please contact Med-Fit customer support.

- **Website:** Visit the official Med-Fit website for FAQs, support resources, and contact information.
- **Email/Phone:** Refer to the contact details provided in your product packaging or on the Med-Fit website.

When contacting support, please have your model number (2EV) and purchase date ready.