Beurer EM 89 HEAT

Beurer EM 89 Digital TENS/EMS Device User Manual

Model: EM 89 HEAT

Introduction

The Beurer EM 89 Digital TENS/EMS device is an innovative 4-in-1 solution designed for comprehensive pain relief and muscle stimulation. It integrates Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), massage, and heat therapy functions. This manual provides essential information for the safe and effective operation of your device.
Key features include:

- 4-in-1 Function: TENS, EMS, massage, and heat therapy for holistic pain relief and relaxation.
- Extensive Programs: 64 pre-programmed settings and 6 freely programmable options for individualized treatment.
- User-Friendly Interface: Backlit display and favorite program function for easy navigation and selection.
- Portability: Rechargeable lithium-ion battery and practical storage bag for flexible use anywhere.
- Enhanced Safety: Equipped with a safety shut-off feature for secure daily operation.

Important Safety Information

Please read all instructions carefully before using the device. Failure to follow safety guidelines may result in injury or damage to the device.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- Consult a physician before use if you have any medical conditions, including but not limited to heart disease, epilepsy, cancer, or are pregnant.
- Do not apply electrodes to the head, face, front of the neck, over the heart, or on broken or irritated skin.
- Keep out of reach of children.
- Do not use while driving or operating machinery.
- Only use original Beurer electrodes and accessories.

Package Contents

- Beurer EM 89 Digital TENS/EMS Device

- 8 Self-adhesive Electrodes
- Connection Cables (4)
- Rechargeable Lithium-ion Battery (pre-installed)
- USB Charging Cable
- Storage Bag
- Instruction Manual



Image: The Beurer EM 89 device, showing the main unit, eight electrodes (four red, four grey), connection cables, and the product packaging. This illustrates the complete set of components included with the device.

Device Components and Controls

Familiarize yourself with the main components and controls of your EM 89 device:



Image: A close-up of the Beurer EM 89 device's display, highlighting key indicators such as program type (TENS/EMS/massage), timer function, pulse intensity for channels 1-4, electrode positioning indicator, heat function (low/high), and display for frequency (Hz) and pulse width.

- **Display Screen:** Shows program type, intensity, timer, and electrode placement.
- **MENU Button:** Accesses the main menu for program selection.
- **ENTER Button:** Confirms selections.
- **Arrow Buttons (Up/Down/Left/Right):** Navigate through menus and adjust settings.
- **Power Button:** Turns the device on/off.
- **Channel Outputs (CH1-CH4):** Connect electrode cables.
- **Heat Function Button:** Activates/deactivates heat therapy.

Setup

1. **Charging the Device:** Before first use, fully charge the device using the provided USB charging cable. The battery

indicator on the display will show charging status.

2. **Connecting Electrodes:**
    - Ensure the device is turned off.
    - Connect the electrode cables to the desired channel outputs (CH1-CH4) on the device.
    - Attach the self-adhesive electrodes to the ends of the electrode cables.
3. **Preparing Skin:** Clean and dry the skin area where electrodes will be applied. Ensure the skin is free of oils, lotions, or hair for optimal adhesion and conductivity.

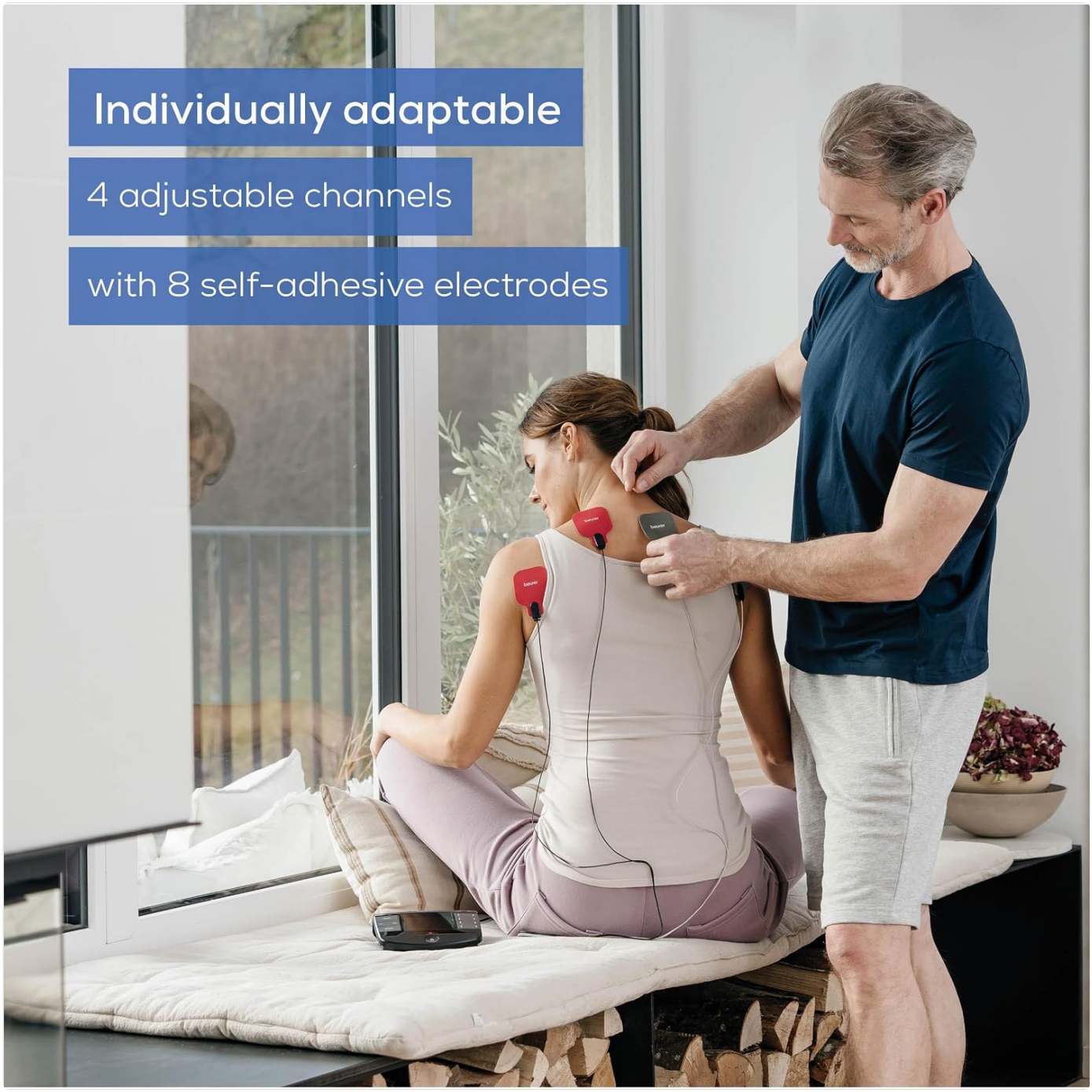


Image: A man assisting a woman in applying self-adhesive electrodes to her upper back and shoulder area. This demonstrates the application of the 8 electrodes across 4 adjustable channels for targeted therapy.

Operating the Device

Electrode Placement

Proper electrode placement is crucial for effective and safe therapy. Refer to the device's display for recommended placement for specific programs or consult a healthcare professional. Always place electrodes on healthy, intact skin.

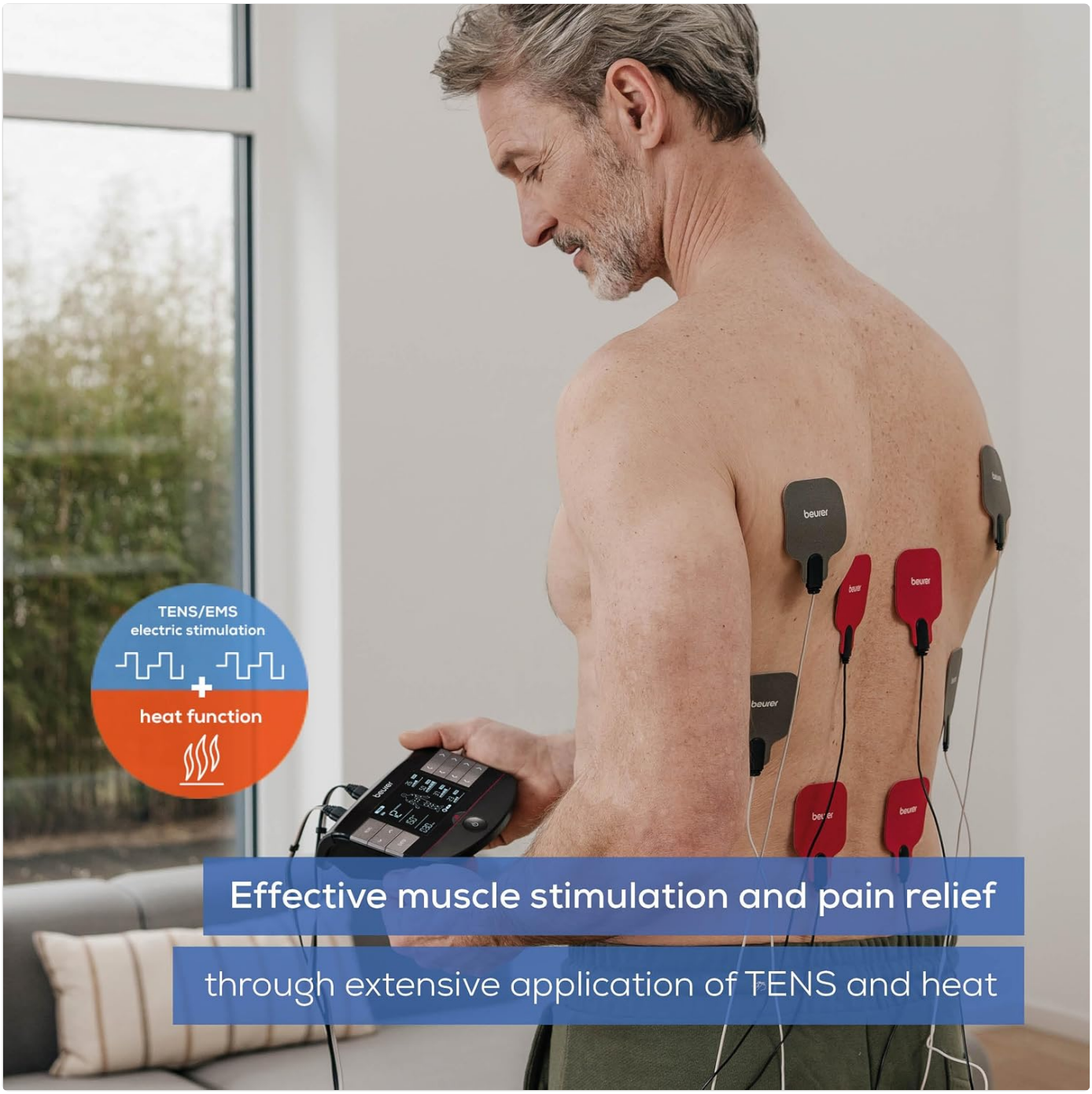


Image: A man with multiple electrodes placed on his back, illustrating effective muscle stimulation and pain relief through extensive application of TENS and heat functions. The image shows the device connected to the electrodes.

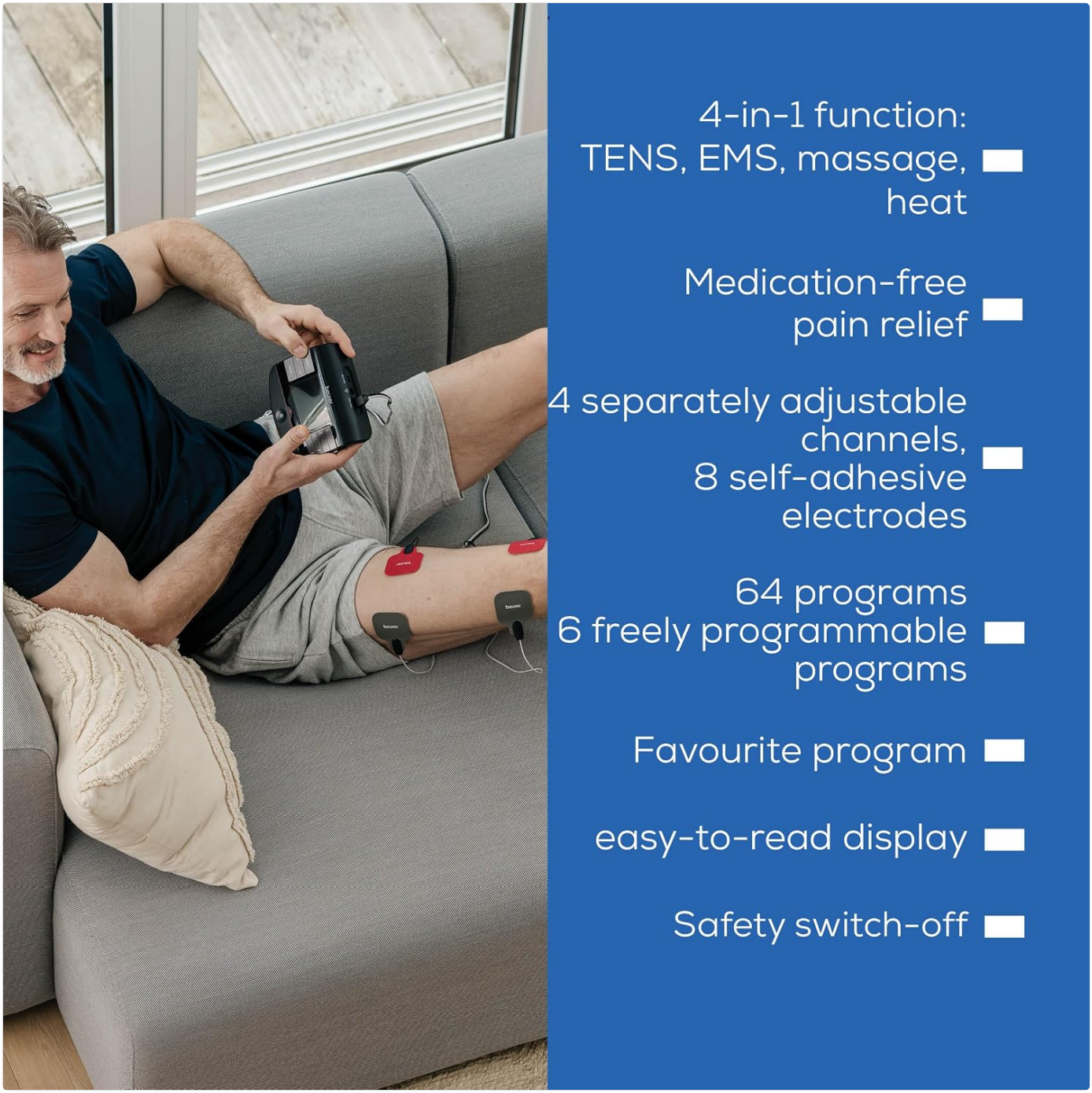


Image: A man relaxing on a couch, using the Beurer EM 89 device with electrodes placed on his leg. This image highlights the device's portability and its 4-in-1 function, 4 adjustable channels, 8 electrodes, 64 pre-programmed and 6 freely programmable programs, favorite program function, easy-to-read display, and safety switch-off.

Program Selection

1. Turn on the device by pressing the Power button.
2. Press the MENU button to access the program selection.
3. Use the arrow buttons to navigate through the 64 pre-programmed settings or select one of the 6 freely programmable slots.
4. Press ENTER to confirm your program selection.
5. The display will show the selected program type (TENS, EMS, Massage) and recommended electrode placement.



Image: A detailed view of the Beurer EM 89 device and its electrodes, emphasizing its 4-in-1 function (TENS, EMS, massage, heat). The display shows program selection, indicating 64 pre-programmed and 6 freely programmable options, suitable for use on the entire body.

Adjusting Intensity and Timer

- After selecting a program, use the arrow buttons to adjust the pulse intensity for each channel (CH1-CH4) individually. Increase intensity gradually until you feel a comfortable, strong sensation, but no pain.
- The timer function allows you to set the duration of your therapy session. Use the arrow buttons to adjust the time.
- To activate the heat function, press the dedicated heat button. You can select low or high heat settings.

The device features a safety shut-off that automatically turns off the unit if electrodes are not properly connected or if the intensity is set too high for an extended period without proper contact.

Maintenance and Care

- **Cleaning the Device:** Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.

- **Electrode Care:**
  - After each use, reattach the protective film to the adhesive side of the electrodes to preserve their stickiness.
  - If electrodes lose their adhesion, they can be gently cleaned with a damp cloth (water only). Allow them to air dry completely before re-applying the protective film.
  - Replace electrodes when they no longer adhere well or if they cause discomfort during use.
- **Storage:** Store the device and electrodes in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.



Image: The Beurer EM 89 device, its electrodes, and cables neatly stored inside a black fabric storage bag. This illustrates the practical storage solution for maintaining the device and its accessories.

TROUBLESHOOTING

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Device does not turn on.	Battery is low or depleted.	Charge the device fully.
No sensation or weak sensation.	Electrodes not properly adhered; intensity too low; electrodes worn out.	Ensure electrodes are firmly attached to clean, dry skin. Increase intensity gradually. Replace electrodes if necessary.
Device shuts off unexpectedly.	Safety shut-off activated (poor electrode contact); battery low.	Check electrode connection and skin contact. Recharge battery.
Skin irritation under electrodes.	Skin not clean; allergic reaction; electrodes used too long in one spot.	Clean skin thoroughly before use. Discontinue use if irritation persists and consult a doctor. Rotate electrode placement.

Technical Specifications

- **Model:** EM 89 HEAT
- **Functions:** TENS, EMS, Massage, Heat Therapy (4-in-1)
- **Channels:** 4 Separately Adjustable Channels
- **Electrodes:** 8 Self-adhesive Electrodes
- **Programs:** 64 Pre-programmed, 6 Freely Programmable
- **Battery:** Rechargeable Lithium-ion (included)
- **Product Dimensions:** 10.4 x 21.5 x 16.6 cm
- **Weight:** 910 g
- **Manufacturer:** Beurer GmbH

Warranty and Support

Beurer GmbH provides a warranty for this product. For detailed warranty terms and conditions, please refer to the warranty card included in your package or visit the official Beurer website. For technical support, replacement parts (such as electrodes), or service inquiries, please contact Beurer customer service or your local distributor.
You can find more information and contact details on theBeurer Store on Amazon.

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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

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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