

iHealth AD-2126

iHealth Dual-Channel TENS Unit Muscle Stimulator User Manual

Model: AD-2126

INTRODUCTION

The iHealth Dual-Channel TENS Unit Muscle Stimulator is designed to provide customizable pain relief for various muscle soreness and discomfort. This device utilizes Transcutaneous Electrical Nerve Stimulation (TENS) technology to help manage pain caused by physical activities, prolonged sitting, household chores, and is suitable for seniors and post-surgery recovery. It offers independent control over two channels, allowing for personalized treatment across different body areas.

Important Safety Note: The TENS unit should not be used on open wounds.

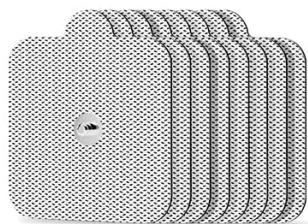
WHAT'S IN THE BOX

Upon unboxing your iHealth Dual-Channel TENS Unit, please ensure all components listed below are present:

- 1 x Main Unit
- 1 x Storage Bag
- 2 x Pad Holders
- 2 x Electrode Cords (Model: 23507-3.8-1201)
- 2 x Rectangle Electrode Pads (Model: EP5010036N01)
- 8 x Square Electrode Pads (Model: EP505036N01)
- 4 x AAA Batteries
- 1 x Instruction Manual
- 1 x Quick Start Guide

iHealth tens unit

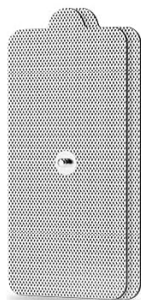
What's in the Box



Square electrode pads × 8



Pad holders × 2



Rectangle electrode pads × 2



Main unit / Storage bag × 1



Electrode cords × 2



AAA batteries × 4



Instruction manual / Quick start guide × 1

Image: All components included in the iHealth Dual-Channel TENS Unit package.

SETUP

1. **Insert Batteries:** Open the battery compartment on the back of the main unit. Insert 4 AAA batteries, ensuring correct polarity. Close the compartment securely.
2. **Connect Electrode Cords:** Plug the electrode cords into the A and B ports located at the top of the main unit.
3. **Attach Electrode Pads:** Snap the electrode pads onto the ends of the electrode cords. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Avoid placing pads on broken skin, open wounds, or sensitive areas.
5. **Apply Electrode Pads:** Remove the protective film from the electrode pads and firmly press them onto the desired treatment areas on your body. Ensure good contact with the skin for optimal performance.



10 Pads

Suitable for different parts



15 Intensities

More choices, more comfortable



24 Modes

Experience versatile relief



0-30 Mins

Adjustable treatment timer



90 Hours

4 x AAA Batteries



Image: The iHealth TENS unit in use, highlighting its features and portability.

A/B Dual Channels

Allow you to set different mode, intensity on two out put connectors.



Image: Illustration of the A/B Dual Channels feature, allowing independent control of two treatment areas.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button (**U**) to turn on the device. The large backlit LCD display will illuminate.
2. **Select Mode:** Use the mode button to cycle through the 6 available treatment modes: Composite, Knock, Press, Slap, Acupuncture, and Muscle Relaxation. Each mode has 4 variations.
3. **Adjust Intensity:** Use the up (**^**) and down (**v**) arrow buttons to adjust the intensity level. There are 15 intensity levels available. Start with a low intensity and gradually increase until you feel a comfortable, stimulating sensation.
4. **Set Timer:** The device features an adjustable treatment timer from 0 to 30 minutes. Use the timer controls to set your desired session duration.
5. **Dual-Channel Control:** The A/B button allows you to switch between and independently control the intensity and mode for each channel (A and B). This is useful for treating two different areas simultaneously with different settings.

6. **Power Off:** Press and hold the power button (**U**) to turn off the device after your session.



**RELIEVE
YOUR PAIN**
*Safe, non-invasive pain
relief without medication.*

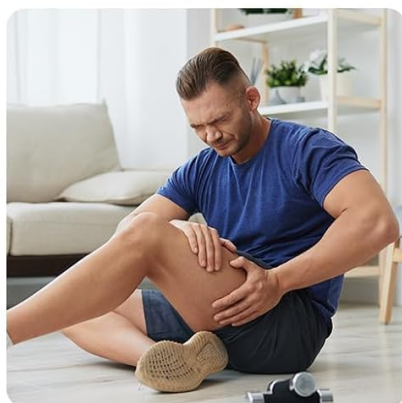
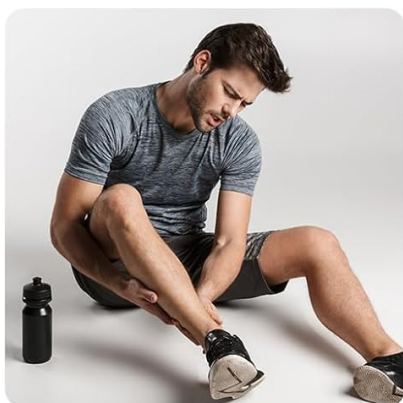


Image: The iHealth TENS unit provides safe, non-invasive pain relief for various body parts.

MAINTENANCE

- **Cleaning Electrode Pads:** After each use, gently wipe the adhesive side of the electrode pads with a damp cloth to remove any residue. Allow them to air dry completely.
- **Storing Electrode Pads:** To extend the lifespan of your electrode pads, place them back onto the provided pad holders after cleaning and drying. This protects the adhesive from dust and debris.
- **Battery Replacement:** When the battery indicator on the display shows low power, replace all 4 AAA batteries with new ones to ensure consistent performance.
- **Device Storage:** Store the main unit, electrode cords, and pads in the convenient storage bag provided when not in use. Keep the device in a cool, dry place away from direct sunlight and extreme temperatures.

High-Performance Reusable Pad

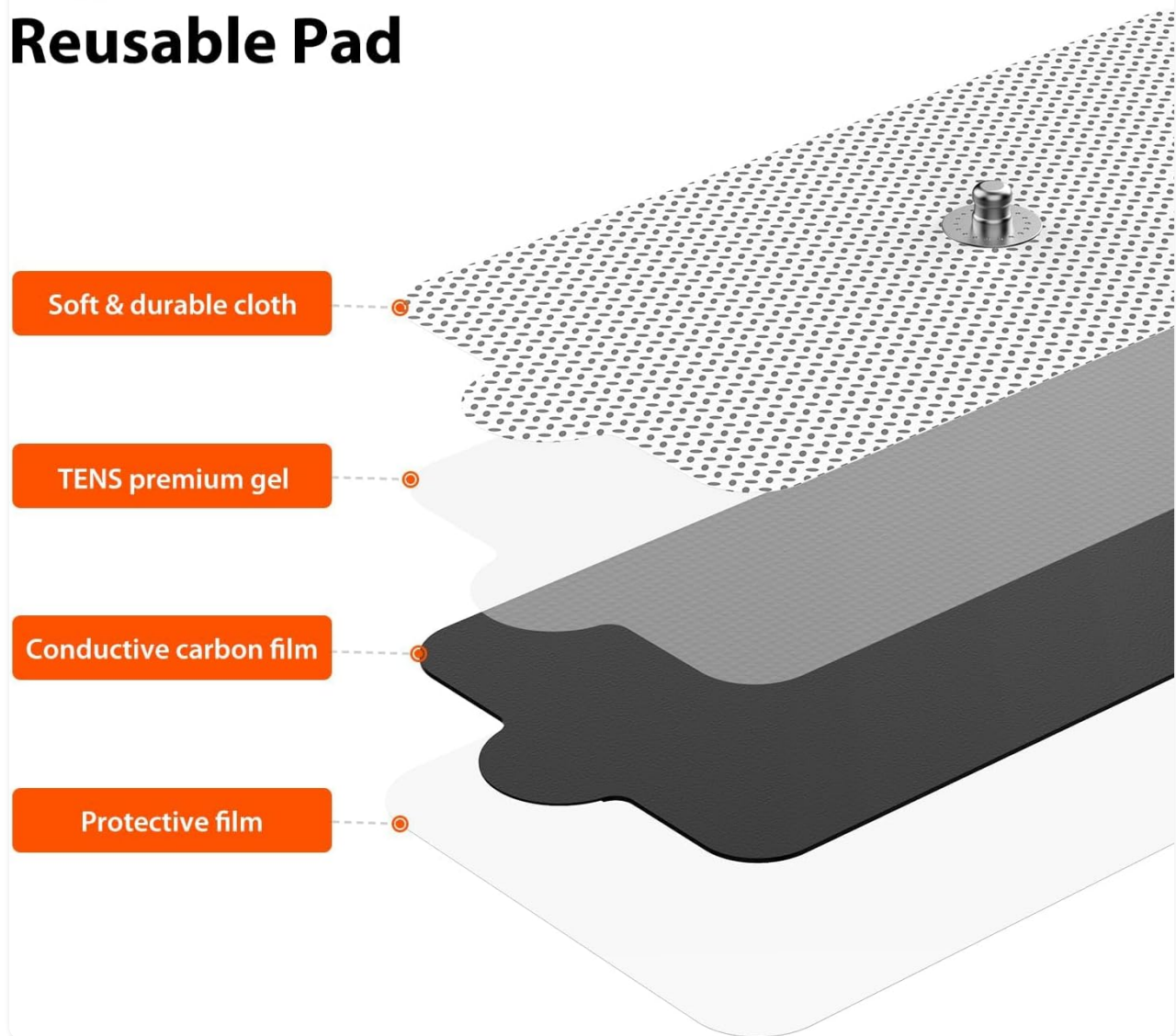


Image: Detailed view of the reusable electrode pad construction.



Image: Proper storage of electrode pads and the TENS unit for longevity and portability.

TROUBLESHOOTING

If you encounter any issues with your iHealth Dual-Channel TENS Unit, please refer to the following common

troubleshooting steps:

- **No Sensation or Weak Sensation:**
 - Ensure the electrode pads are firmly attached to your skin and the cords are securely plugged into the device.
 - Increase the intensity level gradually using the up arrow button.
 - Check the battery level on the display. Replace batteries if low.
 - The electrode pads may have lost their adhesiveness. Clean them or replace them if necessary.
- **Electrode Detachment Warning:** The device features an electrode detachment warning. If a flashing indicator appears for Channel A or B, it means there is an issue with the electrode attachment. This could be due to loose or improper pad placement, insufficient contact with the skin surface, or the electrode pad exceeding its recommended usage life. Also, check if the wire-to-electrode connection needs adjustment or if the cable is not fully inserted into the device.

Esay to Use in Simple Steps

Follow our intuitive quick-start guide for immediate relief.



Insert 4 AAA batteries (included).



Attach electrode pads securely to desired treatment areas.



Choose your preferred therapy mode and adjust intensity level for comfort.



Begin your therapy session and relax.

Image: Understanding the Electrode Detachment Warning system.

SPECIFICATIONS

Feature	Specification
Model	AD-2126
Output Pulse Frequency	0-100Hz
Output Pulse Width	20-100µs
Batteries	4 x 1.5V AAA Size
Environmental Temperature for Operation	41°F - 104°F (5°C - 40°C)
Environmental Humidity for Operation	≤80%RH
Environmental Temperature for Storage and Transport	-4°F - 131°F (-20°C - 55°C)
Environmental Humidity for Storage and Transport	≤90%RH
Environmental Pressure	80kPa-105kPa

WARRANTY AND SUPPORT





The iHealth Dual-Channel TENS Unit comes with a 1-Year Limited Warranty, ensuring reliability and quality assurance. It is also eligible for FSA/HSA, providing ease of access for effective pain management. For any questions or assistance, iHealth offers US-Based Customer Support. Our dedicated team in the San Francisco Bay Area provides real-time assistance for all your needs. You can find contact information in the included instruction manual or on the official iHealth website.

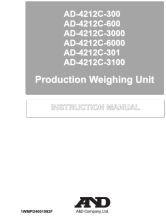

LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

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Related Documents - AD-2126

	<p>Kinetik Wellbeing Dual-Channel TENS Pain Reliever User Manual</p> <p>Comprehensive user manual for the Kinetik Wellbeing Dual-Channel TENS Pain Reliever (Model AD-2126), covering intended use, operation, maintenance, troubleshooting, and safety guidelines.</p>
	<p>GIMA KURA TENS AD-2126 User Manual and Operation Guide</p> <p>Comprehensive user and operation guide for the GIMA KURA TENS AD-2126 device, detailing intended use, specifications, setup, operation, troubleshooting, and maintenance for pain relief.</p>
	<p>Silvercrest Shiatsu Nacken- und Rückenmassagekissen Bedienungsanleitung</p> <p>Umfassende Bedienungsanleitung für das Silvercrest Shiatsu Nacken- und Rückenmassagekissen (SSNR 12 B2). Erfahren Sie mehr über sichere Bedienung, Funktionen, Reinigung und Garantie.</p>
	<p>Star Bright Throw Knitting Pattern</p> <p>A detailed knitting pattern for the Star Bright Throw blanket by Premier Yarns, featuring intarsia technique and garter stitch. Includes materials, gauge, and step-by-step instructions for squares and borders.</p>

	<p>A&D AD-4212C Series Production Weighing Unit Instruction Manual</p> <p>Comprehensive instruction manual for the A&D AD-4212C series production weighing units, detailing features, installation, operation, specifications, and troubleshooting for industrial weighing applications.</p>
	<p>A&D AD-4212D-S Production Weighing Unit Simplified Instruction Manual</p> <p>Simplified instruction manual for the A&D AD-4212D-S Production Weighing Unit, detailing its features, installation procedures, specifications, and communication capabilities.</p>

Documents - iHealth – AD-2126



[\[pdf\]](#) User Manual

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CZ Soothe MANUL iHealth Soothe duĤn TENS jednotka Model:**AD-2126** Ped pouzitm
produktu si prosm pečliv pečtte tento nvod k pouzit. Dkujeme vm za zakoupen
dvoukanlovho pstroje iHealth Soothe TENS. Tento nvod k pouzit si prosm uschovejte
pro ppadn budouc pouzit. ZAMSLEN POUZIT DuĤn jednotka iHealth S...

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