

Quick Guide

Attention

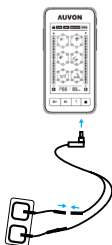
This Quick Guide is intended to help you understand the operation of the TENS unit faster, but it cannot take the place of the user manual. Be sure to read the user manual before use so you are aware of any contraindications and warnings. If you're not sure whether this device is suitable for you, consult your doctor first.

OPERATION STEPS

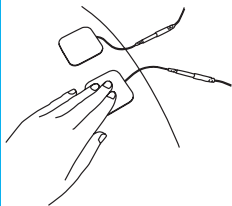
Note: Do not use it while charging.



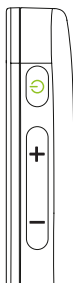
1. Clean the application areas.



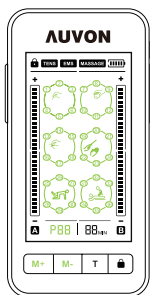
2. Connect the lead wire to a pair of pads and the device (keep the unit off).



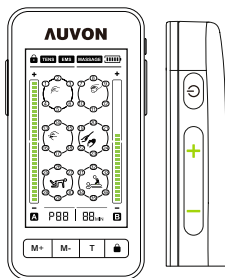
3. Attach the pads to the skin firmly.



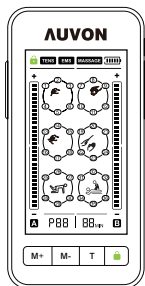
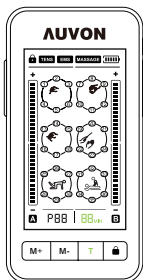
4. Long press the “⏻” button to turn on the device.



5. Choose a mode.




6. Adjust intensity with the buttons +/-.



7. Set time.

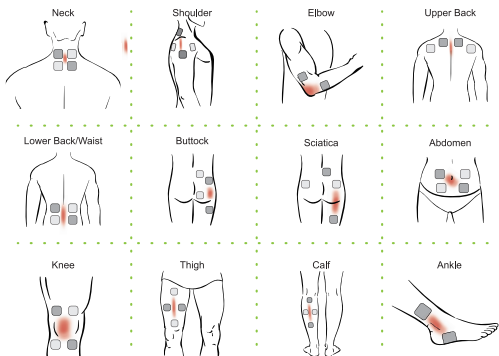
8. Press  to lock/unlock the unit.



9. Long press the “” button to turn off the device after massage.

10. Remove the pads; do not pull the wire.

Pad Placement Suggestion



Notes:

1. Do not use the unit in the shower, sleeping, driving, operating machinery, or during any electrical-stimulated activity.
2. The electrode pads should not be overlapped nor placed on the artery, broken skin, or on the same side of the arm/leg.



AUVON

USER MANUAL

TENS & EMS Device

Please read the product introduction
carefully before using the product

Model TU3236

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1. Explanation of TENS & EMS & Massage

Transcutaneous Electrical Nerve Stimulation (**TENS**) is a non-invasive, drug-free method of pain control. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

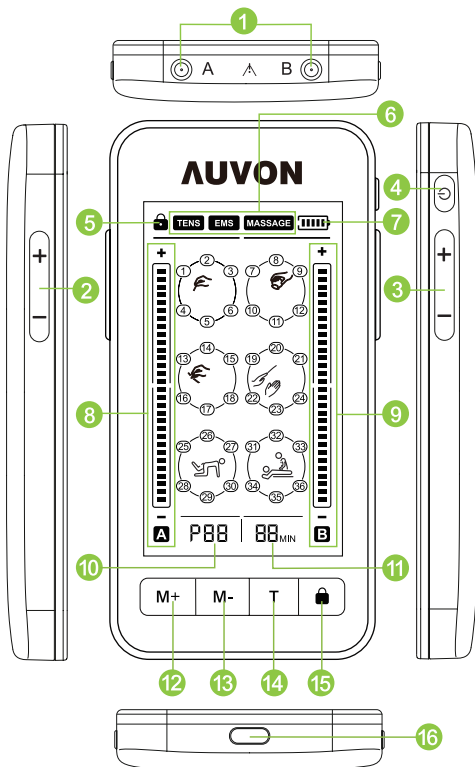
Electrical Muscle Stimulation (**EMS**) stimulates the muscles rather than the nerve cells. EMS stimulates your motor nerves, which induces muscle contractions, and mimics the way they contract during a workout. It will force the muscles to rapidly contract and relax.

Massage could increase blood flow to the affected area by transmitting electrical impulses to your muscles via the pads. In addition, Massage causes your body to release endorphins, which help to reduce stress.

2. Standard Package

- AUVON TENS & EMS & Massage Device
- Pin pads
- Pads Holder
- Pouch
- Set of Lead Wires
- USB-C Cable
- User Manual

3. Illustration of the Device



- ① Two output connectors
- ② A intensity adjustment (+/-)
- ③ B intensity adjustment (+/-)
- ④ Power button
- ⑤ Lock indicator
- ⑥ Main mode indicator
- ⑦ Battery indicator
- ⑧ Intensity indicator (Channel A)
- ⑨ Intensity indicator (Channel B)
- ⑩ Pulse rate indicator
- ⑪ Pulse width indicator
- ⑫ Mode increase (+)
- ⑬ Mode decrease (-)
- ⑭ Time Selection
- ⑮ Lock button
- ⑯ USB port

4. Operation Instructions

4.1 Note Before Use

4.1.1. Do not use this device while charging.

4.1.2. The backlight of the screen will automatically come off after 15 seconds of no operation; when the device has no output and no operation, it will shut down automatically in 5 minutes.

4.1.3. You may experience tingling, trembling, or muscle pulling when using the device, so please try out all the modes and select the one that's most comfortable for you.

4.1.4. For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.

4.1.5. It is recommended to use the device for 20-30 minutes and to stop using it when pain is relieved.

4.2 How to Use

4.2.1 Clean and dry the application area, do not attach electrode pads to the hairy and broken skin.

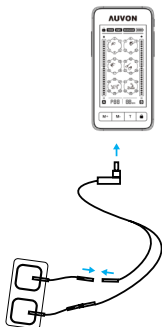


TIP: Use it on the hairless, no oil and no sweat part, or it will reduce the pads' adhesion.

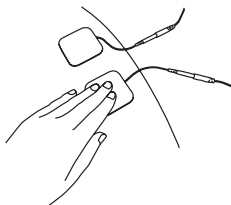
4.2.2 Take out the pads from the sealed packaging and keep the packaging for future storage.




4.2.3 Connect one pair of electrode pads to one lead wire and connect the other end of the wire to the A or B output of the device.

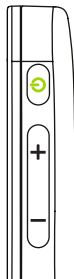


4.2.4 Grab the corner of the electrode pad and peel it off the protective film, and **do not pull the wire directly**. Attach one pair of electrode pads to the massage area and press the edge of the electrode pads firmly on your skin to make sure full contact. Use the second port with two additional pads on other pain areas for relief. **(Make sure the unit is off when you attach the pads.)**

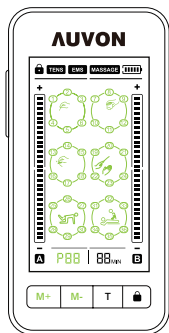


NOTE: Each lead wire should be connected to a pair of pads (2 pads), or it won't work.

4.2.5 Turn on the device by pressing the “” button for 2 seconds.

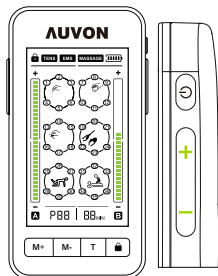


4.2.6 Press the M+/
M- button to choose a
mode.

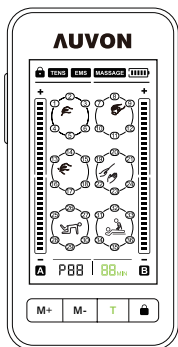


4.2.7 To increase or decrease the intensity of the selected channel, please press the A/B intensity adjustment (+/-) button. For initial use, the intensity should be set between 1-3. If you feel the intensity is insufficient in 1-2 minutes, gradually increase it and select the most comfortable setting.

NOTE: The intensity will revert to the lowest setting with each mode selection.



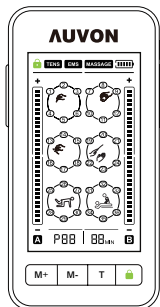
4.2.8 Use the “T” button to set the massage time from 10-90 minutes and continuous mode (unlimited time). When the remaining time is less than 1 minute with no action, the screen will flash 3 times to remind you, and then the device will automatically turn off when the time is up.



NOTE: When the device is in continuous mode and the channel has output, the unit will go on until the battery is exhausted unless it is manually turned off. If the channel has no output and no operation, the device will automatically shut down within 5 minutes.

4.2.9 Press the “🔒” button to lock the screen, then the intensity, mode and time can't be changed. Press the “🔒” button again to unlock the screen.

NOTE: Do not move the pads or remove the lead wires during the use, or you may be shocked.



4.3 After Use

4.3.1 Turn off the device by pressing and holding the ⏻ for 2 seconds.


4.3.2 Grab a corner of the electrode pad and slowly peel it away from the skin, do not pull the wire, and avoid touching the gel as much as possible.

4.3.3 Place the sticky side of the pad on the transparent film or pad holder and remove the lead wire connector from the electrode pads gently.

4.3.4 Store the electrode pads in the storage bag and reseal tightly to prevent them from dry-out. Store them at room or cool temperature (between 5°C-35°C/41°F-95°F) and keep out of direct sunlight.

4.3.5 Organize the wires with the cable tie and store all of them in the pouch for the store.

4.4 Charge the Battery

4.4.1 When the battery icon shows “” or the massage strength decreases, it indicates that the battery needs to charge. Turn off the unit.

4.4.2 Connect the device and the charger with a USB extension cord. Plug the charger into any power outlet, the power box appears and blinks, and the time display value will update to the percentage of charge. All other icons are removed and not displayed.

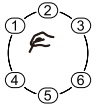

Charging Parameters	Input	DC 5V
	Output	117V at 500 ohm Load





4.4.3 The machine does not work while charging. Normal charging will last approximately 3-4 hours.

TIP: Charge the unit at least every 3 months if it is not used regularly.

5. Mode Instruction

5.1 Mode & Function

Main Mode 1: Acupuncture		Modes 1~6	Suitable for relieving joint pain in limbs.
Main Mode 2: Cupping		Modes 7~12	Suitable for back, shoulder, and neck pain relief.

Main Mode 3: Scraping		Modes 13~18	Suitable for upper limb muscle pain relief.
Main Mode 4: Tui na		Modes 19~24	Suitable for lower limb muscle pain relief.
Main Mode 5: EMS		Modes 25~29	Auxiliary exercises, used to strengthen muscles.
Main Mode 6: Massage		Modes 30~36	Suitable for muscle fatigue after exercise, and muscle relaxation.

5.2 Mode Description

Mode Type	Mode Number	Frequency (Hz)	Pulse Width (uS)
TENS	1	8~21.65	240
	2	8~23.89	240
	3	20.4	240
	4	30.38	240

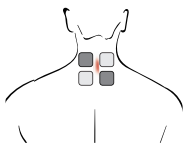
Mode Type	Mode Number	Frequency (Hz)	Pulse Width (uS)
TENS	5	32~23~32	240
	6	0-5	0-300
	7	32~23~32	240
	8	0~25.15	240
	9	32~23~32	240
		2	
	10	2	240
		21.62	
		32~23~32	
		2	
	11	10-55	80
	12	75	80
		11-98	
	13	2. 7-30	240
	14	1.6-13. 7	240
	15	41.6	240
	16	85	200
	17	100	150

TENS	18	75	80
		11-98	
	19	43	240
	20	8	240
	21	1.42	240
	22	42	240
	23	47	80
	24	67	80
		90	
EMS	25	5	240
	26	7	240
	27	4~20	240
	28	50	240
	29	15	240
MESSAGE	30	43	240
	31	63	80
		98	
		1.6	

MESSAGE	32	92	80
		92	
		98	
		1.6	
	33	2.7-32	240
		40	
		42	
	34	2	80
		11-98	
		90	
	35	67	80
		90	
	36	2.6-1.1	80
		80	

5.3 Pad Placement Suggestion

Neck Pain



Modes: 7, 8, 9, 10, 19, 20,
22

Shoulder Pain



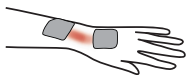
Modes: 11, 12, 19, 20,
21, 22, 32, 35, 36

Tennis Elbow



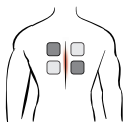
Modes: 1, 2, 3, 4, 27, 34

Carpal Tunnel Syndrome



Modes: 1, 2, 3, 4, 5, 6,
17

Back Pain



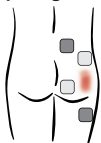
Modes: 16, 17, 18, 30, 31,
32, 33, 34

Sciatica



Modes: 19, 20, 22, 31,
32

Hip/Thigh Pain



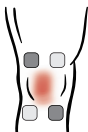
Modes: 19, 20, 22, 25, 28,
31, 32

Period Pain



Modes: 9, 35, 36

Knee Pain



Modes: 1, 6, 28, 30

Calf Pain



Modes: 14, 15, 19, 20,
21, 22, 23, 24, 25, 26

Ankle Pain



Modes: 1, 13, 25, 26, 29

Plantar Fasciitis



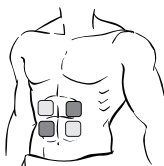
Modes: 19, 20, 21, 22

Biceps



Modes: 25, 26, 27, 29, 32,
35, 36

Abs



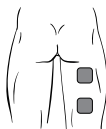
Modes: 28, 35, 36

Glutes



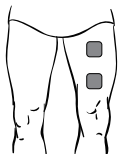
Modes: 25, 26, 27, 28, 29,
31, 32

Hamstrings



Modes: 30, 31, 32, 33,
34

Quadriceps



Modes: 25, 26, 27, 28, 29,
31, 32

Calves



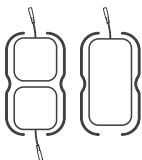
Modes: 25, 26

6. TENS Electrode Pads & Pads Holder

6.1 Features



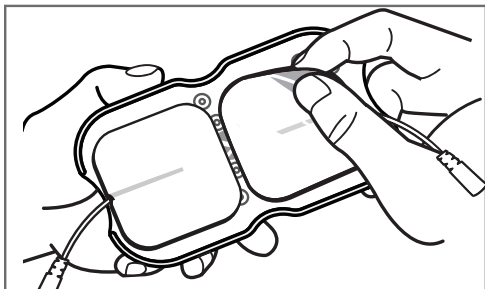
High-quality ABS material to make sure you use it safely.



Widely compatible for patches in different sizes.

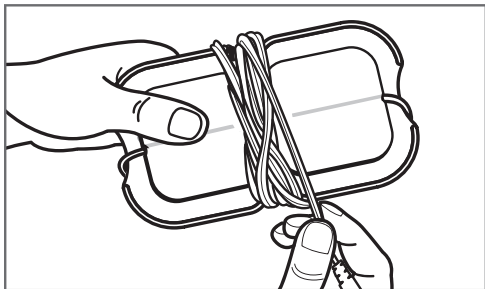
The salient points are specially for lessening damage to the pads.

6.2 Instruction



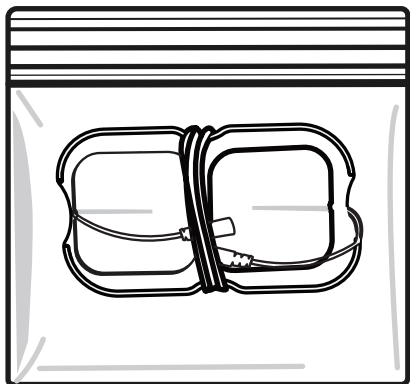
Step 1

Stick the electrode pads on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as shown.



Step 3

Store the electrodes in the storage bag and reseal the bag tightly.

6.3 Electrode Pads Care and Storage

- Do not cover the sticky side of the electrode pads with subjects like dry paper or dust, but if you do, please drop a few drops of water and clean with finger pulp to remove dirt.
- To extend the electrode pads' lifespan, drop a few drops of water on the sticky side and dry it naturally on the pad holder with the sticky side facing up, and then it will become sticky again. (Excessive water will decrease the stickiness.)
- Cover the sticky side of the electrode pads with the transparent film, and store them in the sealed bag. (Dust on the gel will decrease the stickiness of the

electrode pads.)

- Please store the electrode pads in a cool (between 5°C-35°C/41°F-95°F) and dry place. Do not expose the electrode pads to sunlight or any extreme temperatures to prolong the lifespan of the electrode pads.
- When the electrode pad has the following conditions, please do not use it and promptly replace it: gel melting; gel get damaged; electrode pads not sticking; electrode pads deformed.

6.4 Electrode Pads Precautions

- Do not use it when driving a motor vehicle, bathing, showering, swimming, or exercising.
- Do not use the following areas: heart, spine, eyes, mouth, carotid artery, or throat; broken, excessively swollen and red, infected and inflamed, or rash skin (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not apply ointment or solvent to the electrode pads or the area where to be used.
- The electrode pads should not touch metal objects like belt buckles, necklaces, or other metal worn under clothes.
- Please refer to the following principles when using:
 - * During use, please ensure your hands and application area are clean and dry to avoid electric shock when inserting and removing electrode pads and wires.
 - * Please attach electrode pads to a flat area to ensure the electrode does not warp. Avoid placing the electrode pads on joints such as the knee, elbow,

ankle, etc.

* Do not overlap or bend the electrode pads when applying to the skin, or the device may stop working, and the gel may be damaged when separating. The electrode pads should be at least one inch apart from each other. Changing the distance between the electrode pads or the orientation of the electrode pads can change the electrical sensation.

* Ensure each connection port is well connected before use, or the current may be unstable. Do not move the electrode pads or unplug the lead wires by hand during the usage, or you will be shocked.

* It is recommended to use the electrode pads for 20-30 minutes per part, 1-2 times a day, with the intensity based on personal feeling. Attaching the pads to one area for a long time will make the skin unbreathable and lead to redness or itching. If your skin is irritated during the use, stop using the electrode pads and consult your doctor.

* Please turn off the unit first and remove the pads from your skin, or you will be shocked.

* When removing the electrode pads, grab the corner of the electrode pad with your finger pulp and peel it off, do not touch the gel with your nail, and do not pull the wire, or the electrode pad and lead wire will be damaged.

● Keep electrode pads out of the reach of children or pets.

7. Safety Precautions & Warnings

7.1 Prohibited Conditions

● The wire is broken.

- The electrode pads are not sticky, deformed or damaged.
- The lead wire connection port is broken.

7.2 Prohibited Individuals

- Pregnant women, infants, and children.
- People who are unable to express their thoughts or intentions.
- People who are incapable of operating the device by themselves.
- People who tend to bleed internally after an injury or fracture.
- Patients with suspected or confirmed heart disease or epilepsy.

7.3 Prohibited Areas

- Any part of the head or face.
- Any part of the throat and its vicinity, can cause severe muscle spasms and lead to choking.
- The heart and its vicinity or genital area.
- Open wounds or rash areas.
- Swollen, red, infected or inflamed areas.
- Areas of skin erosion (caused by varicose veins, phlebitis, thrombophlebitis, and thrombosis).
- Sites on or near cancerous lesions.
- Skin that lacks normal sensation.
- Do not use the electrode pads in the following two areas at the same time, because the current may cause heart rhythm disorders, or even cause death.
 - a. Both sides of the chest (left and right or front and back) or through the chest.
 - b. Calves of both legs.
 - c. Bottom of both legs.


7.4 Prohibited Activities

- Shower or bath.
- Sleeping.
- Driving or operating machines.
- Exercising.
- Any activities that cannot be interfered with.

8. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact customer service.

Problem	Possible Cause	Solution
The unit is on while no pulse is felt in the pads.	Have you increased the intensity for the right channel?	Try to increase the intensity for the right channel and wait for 1 minute to feel the pulse.
	Only apply 1 pad on the massage area?	Attach a pair of pads (of the same channel) to the massage area.
	Poor connection between the pads and the device?	Connect both ends of the lead wires to the pads and the device tightly or change a new lead wire.
	Poor contact between the pads and massage area.	Attach pads to the skin (no hair, unbroken and flat) firmly.

Problem	Possible Cause	Solution
One pad feels stronger than the other.	Different body areas react differently.	Try to change the position of the pads.
	Poor wire connection.	Plug the wire into the output port completely. If it does not work, replace the wire and try again.
The device can't turn on.	Low battery.	Charge the battery and a full charge may need 3-4 hours.
	The device is charging.	Unplug the charging cable and then turn it on again.
Can't adjust the intensity/ mode/ time.	Adjust the intensity for the wrong channel.	If you want to adjust the intensity for channel A, press “+/-” on the left side to select channel A and adjust its intensity, while press “+/-” on the right side to select channel B and adjust its intensity. (The selected channel will blink.)
	The screen is locked.	If there's a lock icon on the top right side of the screen, please press the key button  to unlock it.




Problem	Possible Cause	Solution
The intensity felt is very weak.	Pads are not attached to the body firmly.	Attach both pads firmly to the flat skin.
	The intensity is too low.	Increase the intensity level and wait for 1 minute to feel the pulse.
	Low battery.	Charge the battery and a full charge may need 3-4 hours.
Power cuts off during use.	Low battery.	Charge the battery and a full charge may need 3-4 hours.
	The countdown is finished.	Set the time for your device with the “T” button from 10-90 minutes and the continuous mode (infinite time).







9. Features

Mechanism	Technical Description
Wave Form	Symmetrical Bi-Phasic Square

Pulse Voltage	0- 100V (Load: 500 ohm)
Power source	300mAh lithium battery
Size	12.7cm(L)x6.4cm(W)x1.3cm(H)
Weight	101grams.
Operating Condition	Atmosphere Pressure: 700 Hpa~1060 Hpa.
Remark	There may be a +/-5% tolerance of all parameters and +/-20%tolerance of amplitude & voltage.

10. Symbols

Symbol	Meaning
	Attention, consult accompanying documents
	BF Isolated Applied Part
	Class II equipment

Symbol	Meaning
	<p>Disposal in accordance with Directive 2002/96/EC</p>
	<p>MANUFACTURER</p>
	<p>Date when the medical device was manufactured.</p>
	<p>AUTHORIZED REPRESENTATIVE IN THE EUROPEAN COMMUNITY</p>
	<p>Please read the user manual before use.</p>
	<p>CE Mark meets compliance of applicable directives and regulations in EU</p>

Symbol	Meaning
IP22	IIIP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm Φ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm Φ and greater. The second number: Protected against vertically falling water drops when the enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

11. Certification

The device complies with following normative documents: ANSI/AAMI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10.

12. Customer Service



24-Month Limited Warranty



Lifetime Technical Support



+1(678)829-7256



support@iauvon.com