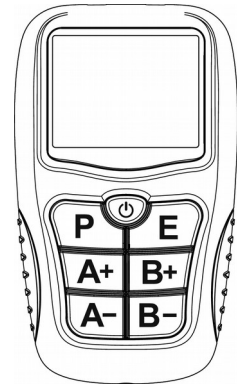


TENS & EMS Multi Mode Therapy Massager BVTENSPEMSA Quick Start Guide

- Only use on clean and undamaged skin. Clean the device after use with a soft, damp cloth. Do not allow water to enter the device and do not use any abrasive cleaners. Consult your physician before beginning any treatment or if you experience any adverse effects.
- Do not use over the carotid sinus nerves, neck, mouth, chest, eye or genital areas.
- Please observe basic safety instructions and refer to the full health and safety instructions detailed in the full user manual at the link below

<http://www.kogan.com/usermanuals/>



Power-Saving Mode






- There is no display on the LCD while under “Power-saving” mode

In order to turn on the device, keep the [⏻] button pressed down until you hear 3 beeps: the device will then start up in standby mode.

Under standby mode, press [⏻] and hold for 3 seconds to enter “Parameter setting” mode.

Standby Mode

There are 3 types of therapeutic mode in this stimulator: TENS (transcutaneous electrical nerve stimulation), SPORT and MASSAGE, which can be selected by the [P] button.

	The flashing "TEN" symbol indicates TENS mode has been selected.
	The flashing "SPORT" symbol indicates SPORT mode has been selected.
	The flashing "MASSAGE" symbol indicates MASSAGE mode has been selected.
	This symbol represents EMS waveform.
	This symbol represents TENS waveform.

- Press [E] to switch between TENS, SPORT and MASSAGE mode.
- Press and hold the [P] button for 3 seconds enter into “buzzer setting” mode, which is the key sound function.

 Sound (key tones and alarms)

 Muted

- Press [P] and [⏻] button for 3 seconds to restore “Factory Defaults”.

Pre-Work Mode

- Under this mode, press [P] to select programme number, then press and hold [P] button to select "quick selection": programmes starting with "P" are pre-set and programmes starting with "U" are customised.

The amplitude of output channels can be adjusted.

Output Mode

The amplitude of output channels can be adjusted. Press and hold [A+] or [B+] to enter quick adjustment.

The device will lock automatically after 15 seconds with no button input. Only the [A-] and [B-] buttons will be able to unlock it.

- Press [P] to set output to the lowest values and pause the output. Press [P] again and the output will change to the previous value over 2 seconds.
- Press [⏻] to set output to the lowest values and return to standby.

The device will beep and return to standby when the programme has been completed.

Setting Mode

Under "Setting" mode, the selected symbol will flash.

- Press [P] button to select TENS/SPORT mode
- Press [E] button to confirm selection on and enter "Parameter setting" mode.
- Press [⏻] button to return to "Standby" mode.

Parameter Setting Mode

Under "Parameter Setting" mode, the selected parameter symbol will flash.

- Press the [E] button to confirm the selected parameter and switch to the next parameter.

Under TENS mode: time, pulse rate and pulse width can be set.

In SPORT mode: ramp up/down time and keep/release time can be set.

- Press [A+] / [A-] and [B+] / [B-] button to increase/decrease parameters. Hold button for 2 seconds to go into quick adjustment.

Notes

- When the power supply voltage is less than $4.4 \pm 0.2(V)$, the battery symbol will flash to prompt the user to replace the battery.
- The LCD light will turn off automatically after 10 seconds.
- The device will switch off after 180 seconds.

User manual is subject to change without notice. For the latest version of your user manual, please visit <https://www.kogan.com/usermanuals/>

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