

Backup Relief Belt

Model No.: 001

Unikia AS

Sandakerveien 24c, Bygg C1

0473 Oslo, Norway

Norway

post@unikia.com

www.unikia.com

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Manual version 001



USER MANUAL

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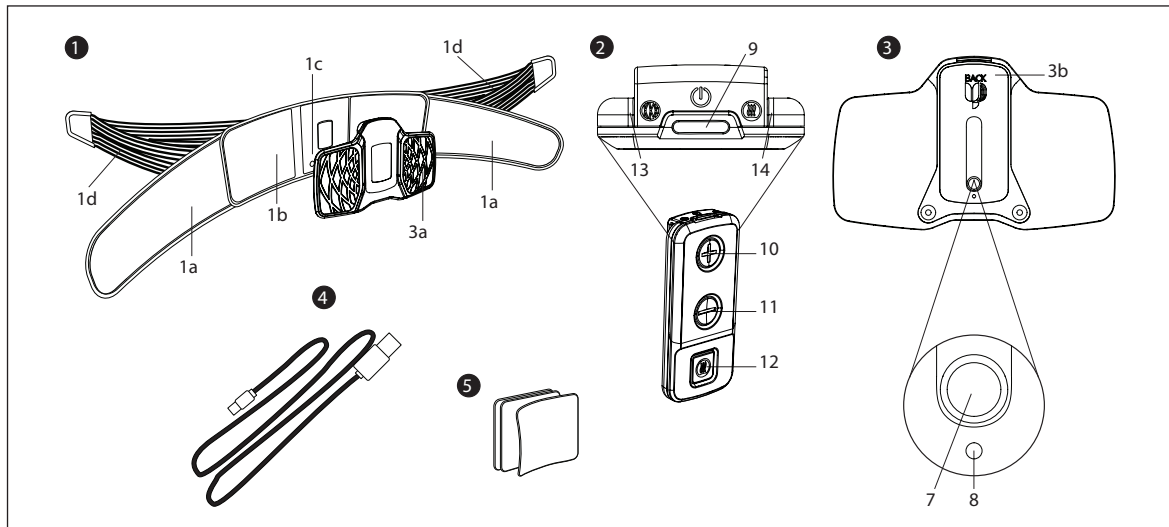
Parts & Controls

PARTS

1. Belt
 - a. Inner belts (right & left)
 - b. Belt backplate
 - c. Magnetic connectors
 - d. Tensioning belts (right & left)
2. Remote
3. Main unit
 - a. Electrode Area: Surface where the gel pads are placed
 - b. Electronics housing
4. USB cable
5. Gel pads
6. Manual

CONTROLS

7. Main unit On/Off
8. Main unit Indicator Light
9. Remote unit On/Off
10. TENS On/"+" button
11. TENS Off/"-" button
12. HEAT On/Off button
13. TENS signal light
14. HEAT signal light



Introduction

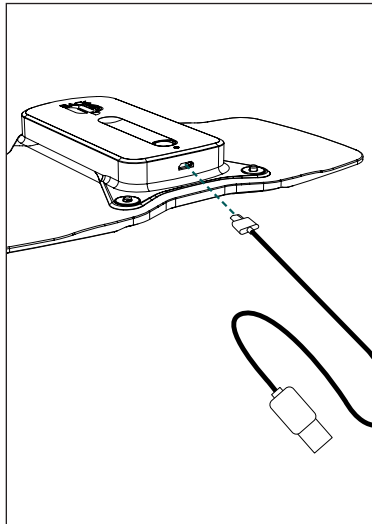
Congratulations on your purchase of the Backup Relief Belt. It is a unique wireless remote controlled pain relief device incorporating active heating, structural support and TENS technology to specifically target back pain.

This innovative device is safe, drug-free, easy to use, discreet and comfortable to wear, and most importantly allows you to control your pain to maintain an active lifestyle.

Before use

Your Backup Relief Belt has been designed with the home user in mind. Please consult the safety precautions and contraindications in this manual prior to use.

Before using the main unit the first time please charge the main unit. Insert the usb cable to the charger. Plug the charger into the mains making sure before that the charger is compatible to the mains in your current location. Then connect the main unit. The main unit indicator light will flash green every 5th second during charging. The unit is fully charged after 2 hrs (2000 mAh).

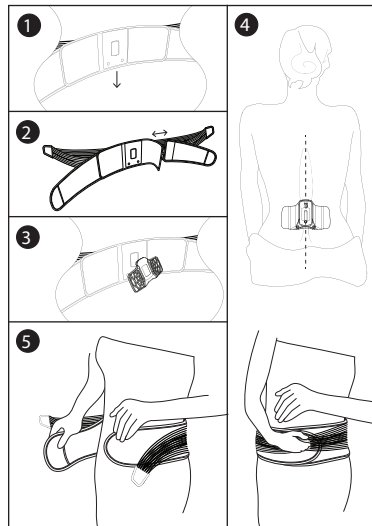


Support functionality

The support function of your Backup Relief Belt is completely analog and ready to use. Put on the belt like this:

1. Make sure the belt is facing the right way. The magnetic connectors should face towards your body and down.
2. The belt length can be adjusted by moving the inner right & left belt along the belt backplate, fastening by means of the velcro.
3. To insert the main unit insert the notch in the top of the main unit into the matching tab on the belt backplate. Then press main unit through the opening allowing the magnetic connectors on the main unit & belt backplate to connect.

4. Hold the backplate with main unit towards your lower back. If using the gel pads see next page for detailed instructions. Grab the inner fastening belt and wrap it around your body. Tighten comfortably and fasten with the Velcro. Right hand side goes over the left hand side.
5. To tighten the supporting belt grab both outer tensioning belts and pull them until you feel you have desired support. Fasten with the Velcro. Right hand side goes over the left hand side here too.



TENS functionality

Before using the TENS functionality of your Backup Relief Belt you will need to apply the gel pads to the main unit, Insert the main unit in the belt and prepare the device for a treatment.

APPLYING THE GEL PADS TO THE MAIN UNIT

The gel pads are intended for single person use. They will last, depending on skin type, oils, and pH levels, approximately two to five applications. Replace the gel pads when they no longer adhere completely. Follow these steps to apply the gel pads:

1. Trim, not shave, excessive hair on the treatment area.
2. Wash the skin and dry completely
3. Separate the two gel pads.
4. Remove the film with print reading "ELECTRODE" from the side being applied to the electrode area. This film is the smallest of the two. Do not remove the protective liner on the "skin side" yet.
5. Align the shape of the first gel pad with the electrode area. Apply the gel pad onto the electrode area and firmly press across the entire surface to ensure good adhesion.
6. Repeat steps 3 – 5 for the second gel pad.

HOW DOES IT WORK

Tens treatment works in two ways. It stimulates nerves that normally carries pain signals thus "blocking" these ("closing the pain gate"). It also releases endorphins as if from exercise, endorphins is the body's "natural pain killers".

TREATMENT RECOMMENDATIONS

- You can leave the device in position for multiple treatments during the day. It will automatically turn Off after one (1) hour of treatment. If no treatment is active the unit will turn off completely after 15 minutes.
- It is recommended you wait a minimum of 30 minutes between treatments.

CONDUCTING A TENS TREATMENT

Always read the safety warnings before conducting a treatment. Follow these steps to conduct a treatment:

1. Remove the protective liners from the "skin side" of the gel pads by slowly peeling the liner diagonally from an inside corner to the opposite outside corner.

Important! Avoid contact of the gel pad with other objects. Contact with other objects may affect the pads adhesion properties. Save the liners for storage of the device.

2. Align the center of the device over the spine and place the device on your back in the area of pain. If you cannot place the device properly, ask another person for assistance.

Important! Do not apply the gel

pads/electrodes directly over the spine.

3. Press the On/Off button on the main unit. The LED will flash green for 10 seconds indicating the device is ready for use.
4. Press the ON/OFF button on the remote. Both signal lights will blink twice to signal remote is on. Then press the "+" button on the remote control to begin the treatment. The TENS signal light on the remote will blink once to indicate signal is sent from remote.
Note: The LED on the main unit will flash blue for 10 seconds to indicate TENS treatment is activated.
5. Press the (+/-) buttons to increase or decrease the intensity of the stimulation until it is at a

comfortable level. There are 4 levels.

6. Press the ON/OFF button on the remote control to stop the treatment at any time. Both indicator lights will blink twice to signal remote is off. Treatment will automatically stop after 1 hour of inactivity (not pressing any buttons) - Alternatively press the "-" button several times to reduce intensity and finally turn off the treatment.

Note: If a treatment is stopped and restarted the treatment will restart at the first stage, and will run for a new full hour.

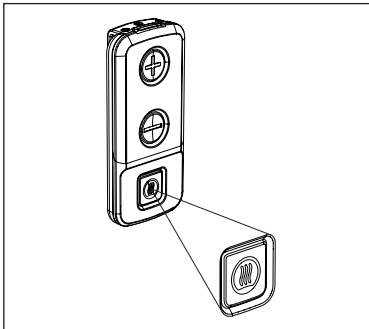
Note: Turning the remote off will also turn the main unit off! To resume treatment both main unit & remote must be turned back on separately.

HEAT functionality

CONDUCTING A HEAT TREATMENT

1. Press the HEAT button on the remote. The heat signal light on the remote will blink once to show that a signal is sent to the main unit.
2. The belt will start the heating and last for 20 minutes before automatically turning off. The main unit indicator light will blink yellow for 10 seconds to indicate a heat treatment has started. The heating temperature is 42°C. It will take a bit of time before you can feel the heat after activation. The unit will have enough battery for 8 full HEAT treatments per full charge.

3. To stop the HEAT treatment before the 20 minutes have passed simply press the HEAT button on the remote one more time. Alternatively press and hold the remote ON/OFF button to turn off both remote and main unit instantly.



Removing the Backup Relief Belt

1. After treatment, or when you want to remove the device, loosen the support belt, grasp the edge of the device and gel pad to ensure the gel pad does not stay on the skin. Slowly peel the device away from the skin.
2. Align, and place the protective liners back on the gel pads. Ensure the pads are completely covered.
Important! Do not remove the device until tens treatment has stopped.

Batteries & charging

When main unit recharge is needed the main unit indicator will flash red:
Recharge with USB charger.

We suggest the customer use a DC 9V/1A USB charger for charging.
The specific parameters for the recommended charger are as follows:
Input---AC 100~240V, 50/60Hz
Output: DC 9V/1A

When you use a charger for charging, adapter shall be installed near the equipment and shall be easily accessible.

CAUTION: RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

When the remote control is low on battery no indications will light up if buttons are pressed.

TO REPLACE THE REMOTE CONTROL BATTERY:

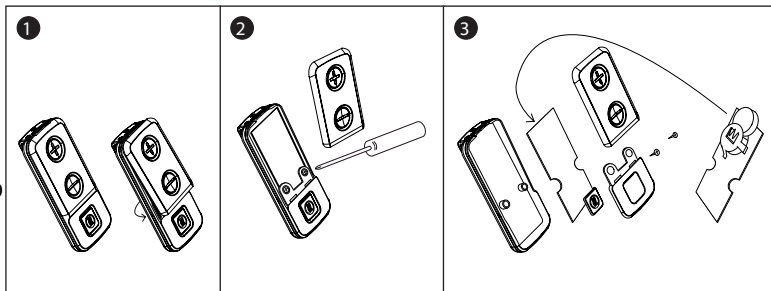
1. Gently snap off the front cover where the "+" & "-" buttons are, you will then see 2 screws.
2. Unscrew these with a screwdriver to access the battery on the back of the PCB.

Note: The USB2.0 interface is only used for charging.

3. Slide the old battery out, and slide a new (1) CR2016 lithium battery into the slot.

Note: The (+) is facing upward.

Reverse the process to close the remote.



Maintenance and storage

- Clean the device using a damp cloth and mild soap. Gently wipe clean.
- The right & left inner belts can be washed at 30 degrees. Do NOT wash the belt backplate as it contains electronics for the heating functionality.
- Do not submerge the product in liquid.
- Extreme Temperature +45°C MAX.

All values have +/- 10% tolerance.

- Store the device, remote control and gel pads in the original packaging when not in use.
- If the device is not working properly, stop using immediately. Do not disassemble or modify the device. Contact Unikia Customer Service at post@unikia.com

Technical Specifications

Operating Frequency: 433.92 MHz

Modulation Type: ASK

Timer Control: (mins) 20 mins for heat, 60 mins for tens

Power Supply: Lithium-polymer rechargeable battery

Remote Control: One (1) CR2016 Lithium battery

Size (D x W x H): 18 mm x 191 mm x 90 mm

Weight (including battery): Main unit 200g, remote 17g

R&TTE Standards: EN300220-1, EN300220-2, EN301489-1, EN301489-3, EN62479, EN60950-1

WARRANTY

COMPANY SHALL NOT BE LIABLE IN ANY EVENT FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Unikia ("Company") warrants the Backup Relief Belt ("Product") is free of defects in materials and workmanship. This warranty shall remain in effect as per the legislation of the country in which the unit was purchased.

FCC WARNING

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Safety information

INDICATIONS FOR USE

For temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.

SAFETY CONTRAINDICATIONS

Do not use the TENS treatment on this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, or electrical interference or death.

WARNING!

- The device's TENS treatment may cause rhythmic disturbances to the heart. Do not use the device across or through your chest. If you are susceptible to rhythm disturbances of the heart, use of the device must be done under the direction of a physician.*
- Use of the device's TENS treatment over your neck could cause muscle spasms resulting in airway closure, difficulty in breathing, adverse effects on heart rhythm or blood pressure. Do not use the device's TENS treatment over your neck*
- Use of the device's TENS treatment when you are in the care of a physician or have had medical or physical treatment for your pain.*

Consult with your physician before using the device's TENS treatment.

- Continued use of the device's TENS treatment when pain does not improve, becomes more severe, or lasts more than five days may indicate a severe condition. Stop using the device's TENS treatment and consult with your physician.*
- Use of the device's TENS treatment on the following skin conditions may cause a condition to become worse. Do not use the device's TENS treatment over, or in proximity to, these skin conditions: abnormal skin, skin that is not intact, uncleaned, unhealthy, open wounds, rashes, swollen, red, infected, inflamed areas, skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins),*

- *or cancerous lesions.*
- *Electrical stimulation during common activities may increase the risk of injury. Do not use the device's TENS treatment when in the bath or shower, sleeping, driving, operating of machinery or any activity in which electrical stimulation can put you at risk of injury.*
- *Using the device around electronic monitoring equipment (e.g., cardiac monitors, ECG alarms) may cause equipment malfunction. Do not use this device around electronic monitoring equipment.*
- *The effect, and safety, of using the device on children, during pregnancy, or use across the head has not been evaluated or established and is unknown. Do not use the device on*

children or let children handle the device. Do not use this device if you are pregnant, or suspect that you are pregnant, unless under the direction of your physician. Do not apply the device across your head.

PRECAUTION

- *Using the device's TENS treatment when you have suspected or diagnosed epilepsy or heart disease may cause unexpected reactions. Always consult your physician before using the device's TENS treatment.*

DECLARATION OF CONFORMITY

Hereby, Unikia AS, declares that Backup Relief Belt is in compliance with the essential requirements and other relevant provisions of directive 1995/5/EC.

IC warning statements:

-English Warning Statement:

"This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device."

The digital apparatus complies with Canadian CAN ICES - 3 (B)/NMB-3(B).

-French Warning Statement:

"Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

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