

ReliefforMe

Healthier and Better

Manual
ReliefforMe UPK-GE01

Note: Please read this manual carefully before using the device.

Indications for Use

1. It is intended for temporary relief of pain associated with sore and aching muscles in the Shoulder, Upper back, Back, Lower back, Abdomen, Buttock, Thigh, Calf, Ankle, Foot, Upper Arm, Elbow, Forearm, Wrist due to strain from exercise or normal household and work activities.
2. It is also intended for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.
3. To stimulate healthy muscles to improve and facilitate muscle performance. To be used for the improvement of muscle tone and firmness, and for strengthening muscles in the intended areas on the body.
4. To be used for relaxation of muscle spasm, increase of blood flow circulation, prevention or retardation of disuse atrophy, muscle re-education, maintaining or increasing range of motion, and immediate post-surgical stimulation of calf muscles to prevent venous thrombosis.
5. To release stress and to relax the intended muscles and joints on the body.
6. The device offers many therapy programs for pain relief, muscle and body strengthen, and relaxation. It makes your choice easier and user experience better by recommending the programs that might be right for your particular need or situation.

Contraindications

- DO NOT USE if you have a cardiac pacemaker, implanted defibrillator, or other implanted electronic or metallic device.
- DON NOT USE while connected to high-frequency surgical equipment to avoid burn injuries on the skin under the electrodes, as well as problems with the device.

Warnings

- Keep this device out of the reach of children.
- Do not use this device across or through your chest because the electrical currents may cause rhythm disturbances to your heart, which may be lethal.
- Do not use this device if you have heart rhythm disturbances unless under the direction of your physician.
- Do not use this device over your eyes, mouth, face, throat, or head because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or change in blood pressure.
- If you are in the care of a physician or if you have had medical or physical treatment for your pain, consult with your physician before using this device.

Note: Please read this manual carefully before using the device. Stop using this device and consult with your physician if your pain does not improve, or becomes more than mild for more than 5 days.

Follow the diagrammatic presentation of the pad placement in the therapy program to put the pad on the targeted body location.

Pressing the “+” key to power on the device. Pressing the “-” key to turn off the device.

Remove pad from skin after treatment.

Put the pad back to the skin.

Press the “+” key and increase the intensity by pressing the “+” key.

Press the “-” key and decrease the intensity by pressing the “-” key.

Pad will be usable for multiple uses up to 2 weeks or 50 times.

This device should not be used when cancerous lesions are present in the treatment area.

The long-term effects of nerve stimulation are unknown.

Do not use during pregnancy.

You may experience skin irritation or hypersensitivity due to the electrical stimulation or adhesive medium (gel pads).

Do not use this device on children.

The device should not be used while electrical monitoring equipment (such as Cardiac monitors, ECG monitors and ECG alarms) is in use.

Never use in environments with high humidity such as in the bathroom or when having a bath or shower.

Never use the device during sleeping. Never wear the device while charging.

Handle the unit with care. Inappropriate handling of the unit may adversely affect its characteristics.

Do not use the device in the vicinity of shortwave or microwave therapy equipment to avoid the impact to the output power of the device.

Do not use the USB cable if it's visibly damaged.

Do not use the device when a pain is not muscular.

Do not store the device near or on a hot surface.

Do not step on or kick the device.

Do not use the device when On/Off button is broken.

Do not use the device if the buttons are non-functional.

Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

Level 1-2: LED 2 full bright.

Level 3-5: LED 2 full bright and LED 3 from dim to bright.

Level 6: LED 2 and LED 3 full bright.

Intensity:

General Pain Relief

Advanced Pain Relief

Joint Pain Relief

Short-term Pain Relief - Basic

Short-term Pain Relief - Advanced

Pain Block

Chronic Pain Relief - Mild

Chronic Pain Relief - Moderate

Chronic Pain Relief - Advanced

Pain Relief - Massaging

Pain Relief - Massaging - Combination of pulsing and massaging

Back of Neck Pain Relief

Weight: 18g

Dimensions: 48mmDx125mmH

[Therapy Programs]		
Category in the APP	Program under the category in the APP	Treatment Time (min)
Relieve	Back of Neck Pain Relief	20
	Back Pain Relief	20
	Lower Leg Pain Relief - Basic	15
	Lower Leg Pain Relief - Advanced	20
Strengthen	Muscle Strengthening - Basic	32
	Muscle Strengthening - Intermediate	32
	Muscle Strengthening - Advanced	32
	Improve Muscle Performance & Endurance - Basic	45
	Improve Muscle Performance & Endurance - Intermediate	45
	Improve Muscle Performance & Endurance - Advanced	45
	Prevention Muscle Disuse Atrophy - Basic	35
Relax	Prevention Muscle Disuse Atrophy - Advanced	35
	Stiff Muscle Massage - Basic	15
	Stiff Muscle Massage - Advanced	20
	Sore Muscle Massage	30
	Tension Relief Massage	30
	Muscle Spasm Massage	35
	Complete Massage	20
Stress Relief	Stress Relief Massage	28

[Daily Maintenance]

Device

- Keep the device clean, wipe with dry soft cloth. For tough greasy dirt, use neutral detergent with slightly wet cloth to wipe it off. Do not use alcohol, gasoline, corrosive liquid to wipe.
- Avoid water get into the device.
- Keep in cool and dry place and avoid direct sunlight, high temperature, high humidity, and dust.

Pads

- Keep pads out of reach of children.
- The pads should be kept clean. Avoid sticky oil and dust.
- Place pad back on film sheet after use.

4. Dirt on the pad will decrease its ability to stick to the skin. Use cool water to gently wash it for a few second and let it dry. The adhesiveness may be regained. Avoid using too much water, chemical substances and hot water.

5. Do not use paper or cloth to clean the adhesive side of the pad.

6. Do not use finger nails, brush or other hard objects to scratch the adhesive.

7. Keep in cool and dry place and avoid direct sunlight, high temperature, high humidity, and dust.

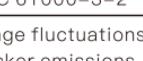
[Warranty]

1. Within 365 days of purchase, if the device has quality problem we will provide repair services free of charge.

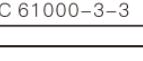
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3. Use only with the original accessories supplied, that can be re-ordered. Failure to do so invalidates the warranty.

[Symbols Glossary]



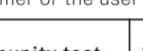
See instructions for use



Batch code



Enclosure protection rating against the ingress of solids and water



FCC certification



Warranty Exclusion

1. Electrode pad(s) that are consumables.
2. Warranty period expired.
3. No proof of purchase.
4. Defects due to:
 - disassembly and modification.
 - purposely damages to the device.
 - abuse of the device.
 - not following the instructions in the manual.
 - using non-origin

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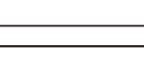
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Type BF Applied Part



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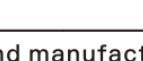
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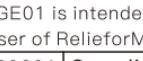
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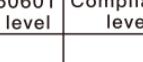
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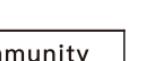
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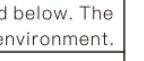
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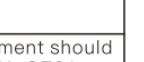
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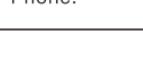
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Federal Communication Commission (FCC) Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement, The device can be used in portable exposure condition without restriction

Federal Communication Commission (FCC) Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment.

Such modifications or changes could void the user 's authority to operate the equipment.

NOTE: 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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC

Part 15

Statement

Power

Interference

Accept

NOTE

Modifications

Changes

Responsible

Authority

Equipment

Interference

Radio

Television

Reorient

Separation

Dealer

Technician

Commission

FCC

Statement

Power

Interference

Accept

NOTE

Modifications

Changes

Responsible

Authority

Equipment

Interference

Radio

Television

Reorient

Separation

Dealer

Technician

Commission

FCC

Statement

Power

Interference

Accept

NOTE

Modifications

Changes

Responsible

Authority

Equipment

Interference

Radio

Television

Reorient

Separation

Dealer

Technician

Commission

FCC

Statement

Power

Interference

Accept

NOTE

Modifications

Changes

Responsible

Authority

Commission

FCC

Statement

Power

Interference

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NOTE

Modifications

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