# User Manual

Lectra Myto

Model: Myto 1.0

## *Your Lectra*

The Lectra Myto device uses neuromuscular electrical stimulation (NMES) and transcutaneous electrical nerve stimulation (TENS) technologies to stimulate your muscles and nerves for therapeutic purposes.

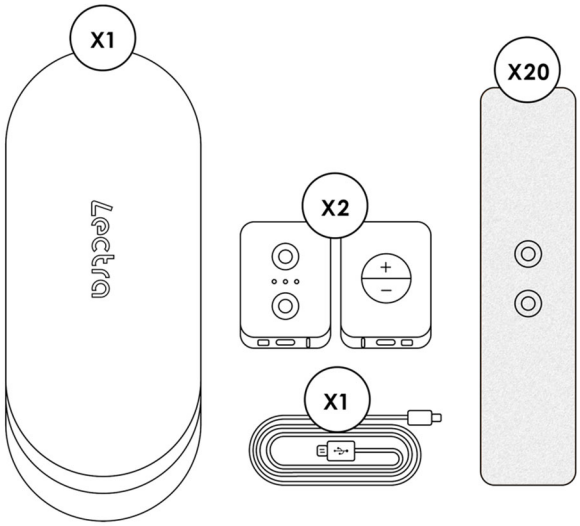
For your convenience, you can operate your Lectra wirelessly using the companion Lectra Android or iOS mobile applications running on your mobile phone.

## *Indications for Use*

Lectra Myto has the following indications for use:

- The device is intended for use by healthcare providers and laypersons above 18 years of age in clinical, hospital, healthcare center, and home environments.
- Stimulation of healthy muscles in order to improve or facilitate muscle performance
- Temporary relief of pain associated with sore and aching muscles due to strain from exercise or normal household and work activities

## *Package Contents*




*(from left to right)*

***Carry Case***

For storing and carrying your Lectra Myto, a roll of conductive AG tape and any charging cables in between your stimulation sessions.

***Lectra Myto Unit (Pod)***

Generates and sends electrical signals via conductive AG tape, to your muscles and nerves.

***Conductive AG tape***

Self-adhesive conductive AG tape is connected to the device via magnetic connectors. Always follow the tape placement instructions from the Lectra Mobile App or this manual.

***USB-C Charging Cable***

For charging and recharging Lectra, but only from a reliable USB-C cable or the peripheral carry case.

# Warnings and Safety Guidelines

## *1. MAIN COUNTER-INDICATIONS*

Do not use Lectra without medical approval if you have any of the following conditions:

- Implanted medical devices, such as pacemakers, defibrillators, or other electronic/metallic implants. Use may result in electric shock, burns, interference, or serious injury.
- Epilepsy or seizure disorders
- Cancer or malignant tumors
- Known heart conditions
- Pregnancy (avoid application on or near the abdomen)
- Hernias (abdominal or inguinal)

## *2. SAFETY PRECAUTIONS*

To ensure safe operation of Lectra, follow these guidelines:

**Device Usage & Handling:**

**- Do not recharge** the device while it is attached to your body.

**- Avoid water exposure** – Do not use the device in bath tubs, showers, pools, saunas, or humid environments.

**- Keep dry and clean** – Prevent foreign objects (dirt, water, metal, etc.) from entering the device.

**- Avoid extreme temperatures** – Sudden temperature changes may cause condensation. Allow the device to reach room temperature before use.

**- Do not modify or connect** the device to unauthorized accessories or other electrical equipment.

**- Product is not used in Category AP or Category APG in an anesthetic gas environment,**

**Electrode Placement & Stimulation:**

**Never apply stimulation:**

- **Near implanted devices** (pacemakers, cochlear implants, neurostimulators, etc.), as it may cause electric shock, burns, or device malfunction.
- **Over metal objects** – Remove jewelry, piercings, belts, or other metallic items near the treatment area.
- **On or near the abdomen** - if pregnant or menstruating.
- **While** sleeping, driving, operating machinery, or during any activity where muscle contractions could pose a risk.
- **Prevent movement during use** – Stimulate muscles in an isometric (fixed) manner to avoid uncontrolled contractions (only applies to Performance stimulation programs at higher intensities).
- **Stop stimulation before removing electrodes** – Do not disconnect while the device is in active stimulation.

**Environmental & Medical Interference:**

**Avoid high-risk environments:**

- **Oxygen-rich areas** (increased fire hazard).
- **High altitudes** (above 3,000 meters).
- **Near medical equipment** (MRI, CT scans, diathermy, X-rays)

- **Near electromagnetic sources (**RFID systems, metal detectors, strong radio transmitters)


***Lectra is an MRI unsafe device and can't be used in or near MRI rooms.***

***Some RF emitters, such as RFID systems, might not be visible to you. If stimulation intensity changes unexpectedly, please stop use immediately.***

**General Warnings:**

**Supervise children & pets** – Keep the device and accessories out of reach.

**Exercise caution –** Do not overexert yourself during stimulation; use a comfortable intensity level.

## *3. TAPE PLACEMENT GUIDELINES*

To ensure safe and effective use, avoid applying conductive AG tape in the following areas:

**High-Risk Zones (Avoid Completely)**

**Head** – Stimulation effects on the brain are unknown.

**Neck & throat (front or sides) –** May cause severe muscle spasms, airway obstruction, breathing difficulties, or heart/blood pressure complications.

**Chest (across the heart area) –** Electrical current in this region may disrupt heart rhythm, posing a serious risk.

**General Placement Warnings**

**Do not apply tape** simultaneously to both the front torso (chest, abdomen) and back torso (upper/lower back).

**Avoid damaged or sensitive skin –** Do not place tape over:

- Open wounds, rashes, or infections.
- Swollen, red, or inflamed areas (e.g., phlebitis, varicose veins).
- Cancerous lesions or tumors (active or suspected).

**Compatibility & Maintenance**

- **Use only Lectra-brand conductive tape** - Third-party electrodes may cause allergic reactions or improper functionality due to incompatible electrical properties. Replacement tapes are available through authorized Lectra distributors and our official online store (http://Lectra.tech).
- **Avoid liquid exposure** - Do not immerse tape in water or apply any solvents.
- **Proper skin preparation** - Clean and dry skin thoroughly before application to remove oils and ensure optimal adhesion.

**Application & Hygiene**

- **Ensure full skin contact -** The entire tape surface must make complete contact with the skin.
- **Visible areas only** - Do not apply tape to body parts you cannot see clearly without assistance.

- **Single-user policy** - Each individual must use their own set of tape to prevent cross-contamination.
- **Replace regularly** - Discard tape after 20 stimulation sessions or after 3 days of wearing as adhesive properties degrade over time, affecting comfort and performance.

**Special Considerations**

**Exercise caution with:**

- Areas of reduced skin sensitivity
- Patients with bleeding disorders or recent injuries/fractures
- Never apply tape to numb or insensate areas without medical supervision

## *4. POTENTIAL SIDE EFFECTS*

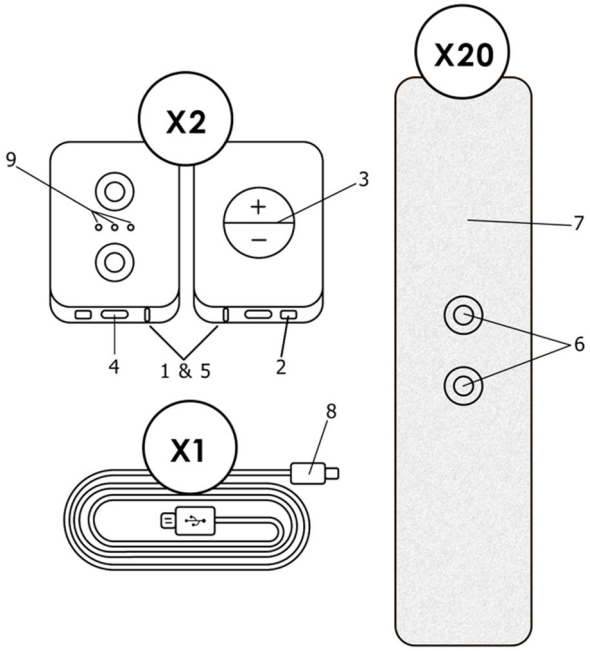
**Skin irritation:** Some users may experience temporary redness under electrode areas after use. This typically resolves within 15-20 minutes. Wait until redness completely subsides before reapplying stimulation to the same area.

**Head/face discomfort:** Stimulation near the eyes, head, or facial regions may cause headaches or other painful sensations during or after use.

**Immediately stop using Lectra and consult your healthcare provider if you experience:**

- Persistent skin irritation
- Unusual pain or discomfort
- Any other unexpected reactions

**Lectra Myto Device & Accessories**




1) POWER/STIMULATION LEDs
2) POWER Button
3) INTENSITY ADJUSTMENT Buttons
4) USB-C Charging Connector
5) Charging Indicator LED
6) Female Magnetic Tape Connectors
7) Lectra AG tape (with male magnetic connectors)
8) Braided USB-C Charging Cable
9) Charging Pogo Pins (to be used with optional Pogo-Pins Charger)

***Power/Stimulation LED (1):***

Can be either GREEN (when the Lectra is on or on standby mode) or ORANGE (when it's being used for stimulation).

POWER ***Button (2) Modes:***

POWER Button carries out several Lectra functions:

| **POWER Button Action** | **Lectra Initial State** | **Lectra Resulting State** |
|---|---|---|
| Hold for ~1 second | Lectra is OFF (no visible LEDs) | Lectra is now ON (WHITE LED is on) |
| Hold for ~1 second | Lectra is ON (WHITE LED is on) | Lectra is now OFF (no visible LEDs) |
| Quick Click | Lectra is in Stimulation (ORANGE LED is on) | Stimulation stops (ORANGE light is OFF) |
| Hold for 3 seconds | Lectra is ON (WHITE LED is on) | Full Factory Reset: WHITE LED blinks for several times and then Lectra turns OFF |

***INTENSITY ADJUSTMENT Buttons (3):***

'+" and "-" INTENSITY ADJUSTMENT Buttons are used to adjust stimulation intensities during stimulation session.

"+" button can be also used to start pre-loaded stimulation programs directly from the device. Lectra allows users to pre-load and then execute stimulation programs directly from the device without Mobile Application. To start the pre-loaded stimulation program, turn ON Lectra and then hold "+" button for around 1 second. Once the session is started, the ORANGE LED will turn ON and now "+" button can be used to increase the intensity.

***USB-C Connector (4):***

Lectra uses the USB-C connector (4) for charging.

***Charging LED (5):***

While the device is still charging, you will see the BLUE LED (5) next to the USB-C charging connector. Refer to the **Recharging Lectra** section below for more information on Lectra charging.

***Magnetic Tape Connectors (6):***

Used to attach and hold the Lectra device in place on the conductive AG tape.

***Conductive AG tape (7):***

Lectra uses a conductive AG tape. The tape also acts as a holder for the Lectra device itself.

Lectra tape uses unique skin biocompatible adhesive with superb conductive quality.

The lifetime of Lectra tape depends a lot on your individual skin properties, level of hairlessness and the quality of maintenance. On average, each tape lasts for around 20 stimulation sessions or 3 days. After that, adhesiveness and conductive properties of the tape may start deteriorating.

***Store your tape on the safety film, in a dry environment (either in the original zipper plastic bag or inside the Lectra carry case). Make sure you attach the tape to clean and dry skin!***

# Directions For Use

### *1. Installing/Launching Lectra Mobile App*

1) Launch your smartphone's App Store application, search for the "Lectra" Mobile Application and install it.

2) Launch the installed Lectra application, and then follow instructions to locate and activate your Lectra for the first use.

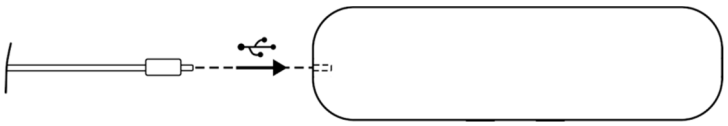
### *2. Turning Lectra ON/OFF*

To turn on your Lectra unit, hold the POWER Button for approximately 1 second, until you see the WHITE light turn on. When Lectra is not in stimulation mode, you can turn it off by holding the POWER Button again for approximately 1 second.

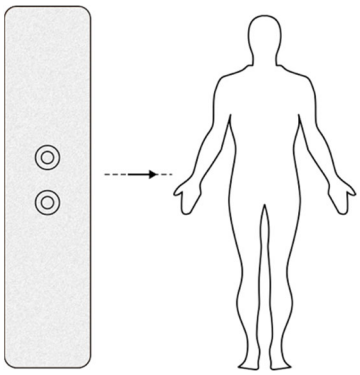
When a stimulation is ongoing, click on POWER Button once to stop the stimulation and then hold the POWER Button to turn off the Lectra.

### *3. Preparing and Placing Lectra*

1) Plug the charging cable you intend to use into the USB-C connector on your Lectra device. Alternatively, put the device into an optional Pogo Pin Charger.



2) Detach tape from its safety film and apply it to the targeted part of your body, according to the tape placement visual guidelines provided in this manual or the Lectra Mobile App.



3) Make sure that the entire surface of the tape is completely and securely attached to your body;

4) Orientate and attach Lectra device female magnetic connectors to the male snaps on the tape;

5) It's a good time to turn on your Lectra if you haven't done it yet.

***Always thoroughly inspect the tape and Lectra device for any signs of damage BEFORE every stimulation session. Do not use damaged accessories or devices. For your safety, you are strongly advised to replace either the tape or Myto device before using again.***

### *5. Launching & Controlling A Stimulation*

Select a muscle group for stimulation on your Lectra Mobile App. Once the tape and device are connected as advised above, the App will automatically check the device status (including system health, remaining battery level, etc). After the checks, the Start button will appear, which means you can already launch the stimulation session.

Using the Lectra Mobile App, you can control your stimulation session from the Stimulation screen.

Use Stop, Pause, Resume, Adjust controls to control the execution of your stimulation session.

Alternatively, a previously ran, pre-loaded stimulation program can be started directly from your Lectra device by holding INTENSITY ADJUSTMENT "+" button for 1 second.

***If you experience major discomfort or pain – PAUSE your stimulation session and/or DECREASE intensities. For your safety, after a PAUSE, your stimulation session will resume at only 80% of your previous intensity values.***

### *6. Adjusting Intensities*

Stimulation intensities can be adjusted either by using INTENSITY ADJUSTMENT "+" and "–" buttons on the device or by using intensity controls from Stimulation screen in Lectra Mobile Application.

### *7. Terminating Stimulation*

It's important to know the quick ways to end your stimulation when something unexpected happens (e.g. one of the tape gets detached; the stimulation area gets wet, etc.).

There are 3 main ways to immediately terminate stimulation:

1) The recommended/most commonly used option: Tap Pause or Stop on the Stimulation screen in the Lectra Mobile App.

2) *Alternatively* press the POWER Button on your Lectra.

3) *Or (least recommended):* quickly unplug the device from the tape.

### *8. Carrying & Storing Lectra*

The Lectra Myto carry case is specifically designed for carrying and storing up to 2 Lectra devices, their charging cables and the conductive AG tape.

To keep the conductive AG tape clean and make them last longer, always re-attach them to the safety film in between use, then store them in your carrying case pocket. You can use both sides of a single safety film to attach one set of Lectra's conductive AG tape (one side for the rectangular tape and the other for the two round tape).

# Usage Guidelines

## *1. Tape Placements*

⚠ ***ALWAYS follow tape placement guidelines from Lectra Mobile App. The manufacturer disclaims all responsibility injuries, damages and other consequences arising from the stimulation where tape placement recommendations were ignored.***

## *2. Adjusting Stimulation Intensities*

**For TENS and Recovery/Activity Prep programs:**

- Gradually increase intensity until you observe mild muscle twitches or reach a comfortable sensation level.

**For Performance NMES programs:**

- The effectiveness often correlates with muscle fiber engagement
- Adjust intensity to the highest tolerable level without discomfort

Note that maximum comfortable levels may fluctuate:

- Between different sessions
- During a single session as muscles adapt
- Due to factors like skin moisture/sweat levels and electrode tape condition degradation

⚠ ***When adjusting your stimulation levels, always let your body be your guide. Begin by familiarizing yourself with milder intensities before progressing to stronger settings. It's important to remember that effective stimulation should always remain within your comfort zone - more intensity doesn't necessarily mean better results. Make all adjustments gradually, allowing time to assess your tolerance at each level. Your personal comfort and safety should always take priority over reaching maximum intensity settings.***

## Recharging Lectra with USB-C cable

Lectra can be recharged from any reliable USB connection (e.g. your laptop, mobile phone charger, wall USB charger, etc.). It takes around 60 minutes for the device to go from zero level to full charge.

***NEVER charge or recharge your Lectra when it is attached to your body.***

***Always use an original charging cable provided in your Lectra package.***

***Never charge or recharge Lectra from unreliable or problematic sources!***

***When using 3rd party USB AC chargers, we recommend unplugging the AC plug from the wall before contacting your Lectra device.***

Lectra uses a built-in Lithium Polymer battery, which requires recharging after approximately 5-6 hours of continuous usage. The battery will last for at least 500 charging cycles.

If you plan to store your Lectra, unused, for longer than six months, charge it to at least 50% every six months.

In the Lectra Mobile App, the current battery charge level is displayed at the Stimulation Dashboard next to the Lectra device silhouette.

When you see the BLUE charging light next to the USB-C connector, this means your Lectra is charging.

Once Lectra is fully charged, the BLUE charging light will turn off.

# Troubleshooting

### *DEVICE DOESN'T TURN ON*

Lectra is probably very low on the battery. Charge your Lectra for a few hours.

### *DURING PRE-STIMULATON SET UP, Lectra CAN'T BE FOUND (OR CAN'T BE CONNECTED) .*

Check out the Lectra Mobile App screen and make sure that the Lectra device you're trying to use is in the list of active devices.

Make sure your Lectra device is turned on (the WHITE light is ON in the device).

If device is charged and active but still doesn't connect: reset Lectra device by holding Power button for several seconds until the WHITE light blinks several times and device turns off. Remove the problematic Lectra device from your Bluetooth Settings and from Lectra Mobile App and add it again.

### *STIMULATION DOES NOT PRODUCE THE USUAL SENSATION*

Check that the conductive AG tape is firmly attached to your body and is correctly positioned (as advised in the Lectra Mobile App). Put the stimulation on pause, re-attach or reposition tape, then resume the stimulation.

### *THE STIMULATION CAUSES DISCOMFORT, NEEDLES SENSATION OR A BURNING FEELING*

If you're using your standard intensity modes, then most probably your tape is worn out and/or losing its bonding strength. Pause the stimulation and re-attach your tape firmly, then resume stimulation. If the same sensation continues, pause the stimulation again and replace your tape. If you experience a "pins & needles" sensation, try to run the stimulation program on lower intensities for 30-40 seconds and then try increasing the intensities.

### *CONDUCTIVE AG TAPE DOESN'T STICK TO THE BODY OR STIMULATION IS SURPRISINGLY WEAK EVEN ON HIGHER INTENSITIES*

Replace your conductive AG tape. Most probably it is worn out. If it doesn't work, check your device for physical damage.

# Tape Placement Guidelines

Please refer to placement photos and videos in the Lectra App.


Hip Flexor
IT Band
Knee
Lat
Lower back / Lumbar
Lower Back SI
Middle Back


Neck / Upper Back
Posterior Rotator Cuff
Quad
Shoulder
Side Hip
Tricep

## Lectra Maintenance

The Lectra device, together with its accessories, should be kept in a Lectra carry case and carefully stored on a secure surface and protected conditions listed in the Warnings above.

***Keep replacing your conductive AG tape after 3 days of use as recommended. Deteriorated & worn out tape can cause major discomfort during stimulation, affect the effectiveness and even lead to minor injury.***

***Cleaning: only clean Lectra device using a dry soft cloth.***

***Keep the Lectra device and conductive AG tape away from water. Store them in a dry place, in protective packaging or in the Lectra carry case.***

Lectra devices do not require calibration or verification of performance parameters. The characteristics are systematically verified and validated for each device manufactured. Those characteristics are stable and do not vary when used under normal conditions.

The manufacturer states that Lectra cannot be repaired by personnel external to the company. Any work of this nature carried out by personnel not authorized by the manufacturer will be classified as tampering with the unit, releasing the manufacturer from any responsibility with regards to the warranty and hazards that the operator or user may be exposed to.

## Lectra Warranty

The Lectra device is covered by a worldwide warranty of 2 years, which comes into effect on the date of purchase of the device (proof of purchase is required).

The warranty does not apply to the conductive AG tape and carry cases. Within the warranty period, manufacturer will replace your faulty Lectra or accessories at no charge (except shipping & handling fees in some cases), provided that the product:

- Has been used for the intended purpose and in the manner described in this manual
- Has not been connected to an unsuitable power source
- Has not been subjected to misuse or neglect
- Has not been modified or repaired
- Has not been damaged further by shock

Legal rights are not affected by this warranty.

## Technical Specifications

**Battery:** Lithium Polymer (LiPo) rechargeable 3.7 V, 150 mAh (~4-5 hours of continuous stimulation on average parameters).

**Charging Input:** 5V through USB Type C connections (custom USB-C to USB charging cable is provided as part of the package), I/P rating: 5Vdc 0.2A

**Stimulation Waveform:** Bi-phasic rectangular with zero mean (under load)

**Supported Stimulation Frequency Range:** 1-150 Hz

**Supported Stimulation Pulse Width:** 64-400 µs (for each phase)

**Maximum output voltage/amperage:** 80Vp/160mA (+-5%) at 500 Ohm

**Bluetooth:** Built-in Bluetooth Low Energy 4.0

**Electro-compatibility (EMC):** ETSI EN 301 489-1/EN 301 489-17/EN 50385/EN 55011/IEC 60601-1-2

**C RF Data:**

- Operating Frequency Range: 2402 MHz-2480 MHz (ISM range)
- Modulation Type: GFSK with AFH
- Peak Transmit Power: -4dBm
- Channel Spacing/Number of Channels: 2 MHz, 40 channels (3 for advertising, 37 for data)
- Antenna Type: PCB Antenna

**Device Dimensions:** 60.4x43.5x13.6 mm

**Device Weight:** 30 g

**Environment Specifications:**

- **Operating/Storage/Transport:** Temperature from 0 C to +40 C
- **Humidity:** 10-90% RH
- **Atmospheric pressure:** from 700 hPa to 1060 hPa

**Product Expected Lifetime:** 5 years

**Housing:** ABS

**Limitations:** product is not suitable for use in the environments with a high concentration of oxygen and/or flammable liquids and/or flammable gas; do not use with equipment for electro surgery or short-wave or microwave therapy; the device may be interfered by other equipment, even if that other equipment complies with CISPR EMISSION requirements.

## Wireless Connectivity

The Lectra Myto device is controlled through Bluetooth Low Energy wireless radio interface.

The device is specifically designed to be used together with Lectra Mobile App, which is supported for the selected iOS mobile devices.

### *Secure Pairing*

Your Lectra is securely paired with your mobile phone using standard Bluetooth pairing mechanism. Once the device is paired, all the communication between your mobile phone and Lectra device becomes securely encrypted using Bluetooth AES-128 encryption protocol.

### *Disconnections and Quality of Service*

The Lectra Myto device features robust Bluetooth functionality designed to maintain treatment continuity. The device and mobile app incorporate specialized protocols to handle temporary connection drops seamlessly. During disconnections, the device continues operating using the last programmed settings while automatically attempting to re-establish the Bluetooth link.

Our engineering ensures reliable performance in typical wireless environments. While radio frequency interference from multiple Bluetooth/Wi-Fi devices may occur, it won't compromise treatment safety or effectiveness. The system includes hardware-level safety mechanisms that maintain protection even during prolonged disconnections, though you may need to reschedule sessions in areas with persistent connectivity issues.

The device emits minimal RF energy and incorporates shielding against common electromagnetic disturbances including:

- Electrostatic discharges
- Power supply fluctuations
- Standard RF transmitter interference

Note that while the device resists most environmental interference, exceptionally strong RF fields (such as those near industrial equipment or microwave ovens) may affect operation. In such cases, we recommend relocating to an area with cleaner electromagnetic conditions.

***Try not to use Lectra closer than 1.5 meters to the working microwave oven as radio interference from the microwave is likely to cause disconnection between Lectra and your mobile phone.***

### *Troubleshooting Wireless Connectivity*

If you experience Bluetooth connectivity problems during your session—such as unresponsive Mobile Application controls or connection failures — please remain calm and follow these steps:

### *Immediate Safety Measure*

Briefly press the Power button on your Lectra Myto device to manually terminate stimulation if needed.

### *Automatic Reconnection*

The Lectra Mobile App features intelligent reconnection technology that typically restores the link automatically within moments. When reconnected, simply tap the "Resume" button on your screen to continue your session.

### *Persistent Issues*

If multiple reconnection attempts fail:

- Tap "Stop" on the Stimulation Screen to end the current session

- Consider rescheduling your treatment for when wireless conditions improve

## RF Emissions and Immunity

Lectra Myto has been tested to the compliance with the following Emission and Immunity standards:

***Emission:***

| STANDARD | ITEM | REMARKS |
|---|---|---|
| CISPR 11: 2011 | Conducted | Class B |
| | Radiated | Class B |
| IEC 61000-3-2:2014 | Harmonic current emissions | |
| IEC 61000-3-3:2013 | Voltage fluctuations & flicker | |

IMMUNITY:

| STANDARD | ITEM | IEC 60601-1-2 Test Levels for Home Healthcare Environment | Lectra PD-01 Test Levels | REMARKS |
|---|---|---|---|---|
| IEC 61000-4-2:2008 | ESD | ± 8 kV contact;<br>± 2 kV, ± 4 kV,<br>± 8 kV, ± 15 kV air | ±2 kV, ± 4 kV, ± 8 kV contact;<br>± 2 kV, ± 4 kV,<br>± 8 kV, ± 15 kV air | No performance degradation observed. |
| IEC 61000-4-3:2010 | RS | 10 V/m<br>80 MHz – 2.7 GHz<br>80% AM at 1 kHz | 10 V/m<br>80 MHz – 5.785 GHz<br>80% AM at 1 kHz | No performance degradation observed. |
| IEC 61000-4-4:2012 | EFT | ± 2 kV<br>100 kHz repetition frequency | ± 2 kV<br>100 kHz repetition frequency | No performance degradation observed. |
| IEC 61000-4-5:2014 | Surge | ± 0.5 kV, ± 1 kV | ± 0.5 kV, ± 1 kV | No performance degradation observed. |
| IEC 61000-4-6:2013 | CS | 3V 0.15 MHz – 80 MHz<br><br>6V in ISM and amateur bands between 0.15 MHz and 80 MHz<br><br>80% AM at 1 kHz | 10V 0.15 MHz – 80 MHz<br><br>80% AM at 1 kHz | No performance degradation observed. |
| IEC 61000-4-8:2009 | PFMF | 30 A/m<br>50 Hz or 60 Hz | 30 A/m<br>50 Hz | No performance degradation observed. |
| IEC 61000-4-11:2004 | Voltage dips & voltage variations | **Voltage Dips:**<br>1) 0% $U_T$; 0,5 cycle at 0º. 45º, 90º, 135º, 225º, 270º, 315º<br><br>2) 0% $U_T$; 1 cycle; Single phase at 0º<br><br>3) 70% $U_T$; 25/30 cycles; Single phase at 0º<br><br>**Voltage Interruptions:**<br>0% $U_T$; 250/300 cycle; | As on the previous column | **Voltage Dips:**<br>1) No performance degradation observed<br><br>2) No performance degradation observed<br><br>3) No performance degradation observed |

| | | | | |
|---|---|---|---|---|
| | | | | **Voltage Interruptions:** Performance degradation (device stopped charging) has been observed only during voltage interruption testing, but no degradation observed after the testing |

## Electromagnetic Compatibility

Lectra Myto is designed to be used in home healthcare environments in accordance with the EMC safety standard IEC 60601-1-2 (4th Edition) and with limitations, defined by the warnings and precautions in this manual (e.g. operation near RFID emitters, working microwave ovens, etc.).

Examples of home healthcare environment include restaurants, cafes, shops, stores, markets, schools, churches, libraries, outdoors (streets, sidewalks, parks), domiciles (residences, homes, nursing homes), vehicles (cars, buses, trains, boats, planes, helicopters), train stations, bus stations, airports, hotels, hostels, pensions, museums, theatres.

Lectra Myto is designed to support anticipated disturbance originating from electrostatic discharge, magnetic fields for the power supply or radiofrequency emitters.

However, the performance of the Lectra Myto device can still be affected by radio frequency fields originating from other sources.

For more information about EMC emissions and immunity, contact the manufacturer.

⚠ ***The device should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the device should be observed to verify normal operation in the configuration in which it will be used.***

⚠ ***The use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.***

⚠ ***Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the Lectra Myto, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.***

⚠ ***Lectra Myto battery charging performance might degrade in the environments with frequent voltage interruptions (when charging from the wall adapter). To support consistent and reliable charging, the usage of uninterrupted power supply (UPS) is highly recommended, if operating in such environments.***

The following device function is considered essential to the safety of the user: ability to maintain consistent stimulation intensity (amplitude), pulse frequency and pulse waveform (both shape and width).

In case if the essential performance is lost or degraded due to electromagnetic disturbances, stimulation safety and effectiveness can be compromised. Whenever the user realizes an unexpected change in any of the stimulation parameters, it is advised to terminate the stimulation session immediately by using one of the methods provided in the Terminating Stimulation section.

## Manufacturer & After-Sale Service:

Lectra Technologies, Inc

2109 Art School Road, Chester Springs, PA 19425

E-Mail: service@Lectra.com

Phone: +1(844) 479-7368

***Contact for any assistance in setting up, using, maintaining, or reporting unexpected operation or events.***

## Used Symbols

| | |
|---|---|
| SN | Serial Number |
|  | Stand by |
|  | Attention |
|  | Direct Current (DC) |
|  | Manufacturer |
|  | Date of manufacture |
|  | Serial number |
|  | Lot number |
|  | Quantity |
|  | Use by date |
|  | Keep away from sunlight |
|  | Consult instructions for use |
|  | Caution |

| | |
|---|---|
|  | Refer to instruction manual/booklet |
|  | WEEE wheeled bin |
|  | Stand By |
| IP22 | Ingress Protection Rating |
|  | Type BF applied part |
| MD | Medical device |
| UDI | Unique Device Identifier |
|  | DC power only |
|  | Product storage environment temperature |
|  | Product storage environment humidity |
|  | Product storage environment atmospheric pressure |
|  | Self-adhesive Electrodes Pads is single patient multiple use |
|   | Self-adhesive Electrodes Pads is nonsterile product. |

## Federal Communication Commission Interference Statement

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.

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 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.

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

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

**Radiation Exposure Statement:**

The product comply with the FCC portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

FCC ID: PDSLECTRAMYTO