

iTENS package includes:

- 1 iTENS Wireless device with wings

- 1 Pair of iTENS gel pads (2 pads)

- 1 re-sealable poly bag for storing the iTENS device and pads

- 1 lithium-ion battery (pre-installed in the device)
- 1 Battery charger with USB charging cord

- 1 Users Manual (loaded in the app)

- 1 Quick Start Guide (print copy)

- 1 Year Warranty

BATTERY RECHARGING

Gel Pads

The gel pad should be used for 10-12 uses. Beyond this point, the quality of stimulation will diminish. To enhance the gel pad stickiness, dab a few drops of water onto the gel to re-hydrate the electrode. Dry it before applying to the skin. Once gel pads are no longer sticky, rub and pull gel pad away from wings to remove. Replacement gel pads are available for purchase on www.iTENS.com.

Cleaning the Device

Clean the device using a damp cloth and mild soap. Gently wipe clean.

NOTE: This device is manufactured with water detection technology. Do not submerge the device in water or other liquids. Water damage to the electronics will void the warranty.

Storage

The device should be stored at temps between 50° F and 104° F. Always store the electrode wings and gel pads in their re-sealable pouch.

BATTERY

The rechargeable lithium-ion battery holds a charge for 24 continuous hours of use or more. Allow 2.5 hours when recharging for full battery use. The light on the iTENS device will flash when the battery is low. For battery replacement please contact www.iTENS.com

REMOVING THE iTENS

Do not remove the device until the treatment has stopped and/or you have ended the program, and the intensity is set to zero. After treatment, or when you want to remove the device, pinch the edge of the electrode wing and slowly peel the device/wings away from the skin. Align and place the gel pad film back on the exposed side of the gel pads. Ensure the pads are completely covered, and then insert wings into the re-sealable poly bag for storage.

Other features:

- You can save your treatment settings it to your favorites by pressing the star icon.
- You can lock or unlock your app and device settings, by pressing the lock icon.
- The iTENS device will automatically shut off if the app intensity is set to zero for over 30 minutes or if the wings lose contact with skin.
- Additional resource documents, guide, and tips for use are found in the documents folder of the app.

CAUTION: It is normal to get some skin reddening after a session. This fades quickly. You should always take rests between therapy sessions and check your skin underneath the electrode wings periodically. If the reddening does not disappear after a couple hours, discontinue use of the system, and contact www.iTENS.com. There is a small percentage of people that may have allergic reactions to gel and will need special hypo allergic gels.

General Warnings:

1. Do not immerse the iTENS in water.
2. Do not place the iTENS unit close to excessive heat.
3. To replace batteries, contact iTENS for instructions.
4. Environmental Condition:
 - Operating Temperature: +0°C to +40°C
 - Operating Humidity: 10%RH to 93%RH
 - Operating Atmospheric Pressure: 700 hPa to 1060 hPa
 - Storage/Transport Temperature: -25°C to +70°C
 - Storage/Transport Humidity: 8% to 93% R.H

Indication for use: For the temporary relief of pain associated with sore and aching muscles in the lower back or elsewhere on the body due to strain from exercise or normal household and work activities.

Adverse Reactions:

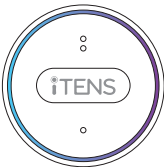
1. You may experience skin irritation and burns beneath the stimulation gel pads applied to your skin;
2. You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face;
3. You should stop using the device and should consult with your physician if you experience any adverse reactions from the device or gel pads.

itens.com

iTENS QUICK START GUIDE

Congratulation on your purchase of the iTENS device.

Warning: iTENS strongly recommends carefully reading this user's manual, the full user's manual located in the app's documents folder, and the "Warnings and Cautions".



OPERATION OF THE iTENS

On-device Settings

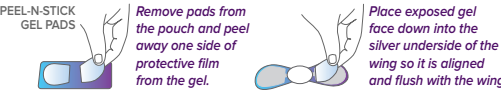
1. Center button acts as a hard reset/pairing button. Press and hold it for more than 3 seconds to turn the iTENS on for the initial set up, or to reset to turn off, disconnect, and unpair from the app in one step. Once paired, use the in-app on/off button to control the device.

2. The area above and below the center button can be used manually controlling the intensity increase/decrease. The area above increases the intensity and the area below decreases the intensity. However, it is recommended that the intensity be adjusted via the app versus the manual controls.

- to lock or unlock all device and app screen settings
- turns the device on/off
- main control screen
- Blue link indicates that the device is paired and connected, and a black broken link indicates that it is disconnected.
- program settings
- adds programs to your favorites
- documents folder
- settings folder
- to adjust intensity

QUICK SET-UP STEPS

1. Remove the iTENS device from electrode wing and place in charging port of battery charger and assemble the battery charger with cord. Charge the device for 2.5 hours before use by plugging it into a USB port of a powered on device (i.e. laptop). An AC wall adaptor is available as an accessory at www.iTENS.com.
2. Once the device is charged, remove from the charger and connect the device to the electrode wing by snapping it into the holder.
3. Apply the gel pad to the electrode wing by peeling off one side of the gel pad film and apply gel pads to the silver space defined on the back side of the wing. Leave the remaining piece of film on each gel pad until the device is ready to use.



4. Install the iTENS app on your smartphone or tablet. The iTENS app is available from the Apple App Store and Google Play Store under the name "iTENS". Or visit www.iTENS.com for download links and up-to-date device compatibility information.
5. Press and hold the center button on the device for 3 seconds to begin pairing (aka discoverable mode). The LED light will begin flashing on the device which means discoverable mode is active. **Bluetooth must be turned on in your smartphone settings to pair with device.**
6. From the app, press the chain link icon on the home screen to search and pair with all available iTENS devices. If you are using more than one iTENS, select all located devices when pairing. A solid light on the device indicates that the app and device have been successfully paired.

7. Your device is now ready to use. Remove remaining layer of film and apply iTENS to the desired treatment area. Save the gel pad film for storage purposes.
8. To begin use, access the treatment settings from the program settings icon on the bottom row of the screen. From there, you can select a program based on one of 3 methods: "Body part" (for specific area treatments), "Condition" (to treat based on a specific ailment), or "Manual mode" (to create a custom setting). It is highly recommended to experiment with the different settings to find the optimal program for your condition.
9. Once you have selected a program setting, begin use by adjusting the intensity with the plus(+) and minus(-) buttons from the app home screen. As you increase the intensity, you will feel a mild tingling sensation; adjust intensity to a level that is comfortable but not overpowering.
10. Initial treatments should last for around 30 minutes, and for some people it may take 3-4 therapy sessions over the first couple days of use, for the body to acclimate to electrotherapy. You should experiment with your settings and placement of the wings to find the optimal treatment settings.

TRACK YOUR RESULTS

- To access the chart and track features of the app, click on the settings folder icon at the bottom row of the screen, and enable the "track your results" settings.
- You will be prompted to enter your pain level before and after your treatment sessions. Other data points regarding your therapy sessions will begin to be tracked as well. Tracking can be disabled whenever needed.
- Access your results by clicking "chart your results" in the settings icon.
- Full detailed device and app settings can be found in the user manual in the documents folder located next to the settings folder on the bottom row of the app screen.

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

1. If you are in the care of a physician, consult with your physician before using this device;
2. If you have had medical or physical treatment for your pain, consult with your physician before using this device;
3. If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;
4. Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure;
5. Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal;
6. Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins);
7. Do not apply stimulation over, or in proximity to, cancerous lesions;
8. Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;
9. Do not apply stimulation when in the bath or shower;
10. Do not apply stimulation while sleeping;
11. Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
12. Do not use the device on children, if it has not been evaluated for pediatric use.
13. Apply stimulation only to normal, intact, clean, healthy skin.

Precautions:

1. TENS is not effective for pain of central origin, including headache;
2. TENS devices have no curative value;
3. TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
4. Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and gel pads should not be placed on opposite sides of your head
5. The safety of electrical stimulation during pregnancy has not been established;
6. You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);
7. If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician;
8. If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
9. Use caution if you have a tendency to bleed internally, such as following an injury or fracture;
10. Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;
11. Use caution if stimulation is applied over the menstruating or pregnant uterus;
12. Use caution if stimulation is applied over areas of skin that lack normal sensation.
13. Keep this device out of the reach of children;
14. Use this device only with the gel pads, and accessories recommended by the manufacturer.