

vive®



## **8-MODE TENS UNIT**

Owner's Manual

RHB1006BLK

## WHAT'S INCLUDED

- (A) 1x TENS Unit
- (B) 2x Input cables
- (C) 8x Electrodes (4x Square Electrodes, 2x Circular Electrodes, 2x Rectangular Electrodes)
- (D) 1x USB Wall Outlet Adaptor
- (E) 1x Mini-USB Charging Cable



## OVERVIEW

Your Vive 8-Mode TENS Unit is a back and muscle pain treatment that uses electrical pulses to contract muscles for a deep massaging effect.

We are constantly answering questions and recording helpful videos to make using your Vive 8-Mode TENS Unit as easy as possible. Check out the included links and QR codes to help you through the process.

## FIRST USE INSTRUCTIONS

1. Before you can begin using your TENS Unit, it must be charged. Insert the Mini-USB Charging Cable into the Mini-USB port, and connect the other end to a USB port or use the included USB Wall Outlet Adapter.



Let the Unit charge until the battery life indicator is full. This may take 2-3 hours.








2. Connect desired Electrodes to the Leads. For first use, use the four (4) Square Electrodes. You can change them later if desired.

3. Connect one set of Leads to the A Output and the other to the B Output, as needed. It is not required to use both outputs. However, you must use all of the connected outputs or the Unit will not operate.



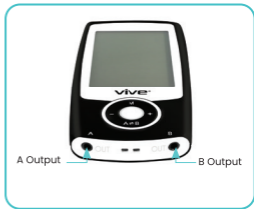
4. Make sure that the skin around the treatment area is clean and free of lotions and oils, and apply the Electrodes according to the examples shown on the Pad Position Chart.


NOTE: The Unit will not operate unless all connected Electrodes are attached to your skin.

5. Slide the ON/OFF switch to the ON position. The Unit screen will turn out, ready to receive input.
6. To select a mode, press the M button to scroll through the options in pairs until coming to the desired mode block. If the mode desired is not selected (flashing), press the  button to toggle between the two (2) modes within that block.
7. Beginning at the lowest intensity setting, press the  button to increase the intensity to the first level. The TENS Unit will begin operating using the A Output Electrodes at the selected mode and intensity for twenty (20) minutes before stopping.
8. Press the A  B button once to select the B Output, and press the  button to increase the intensity there to the first level. The TENS Unit will begin operating using the B Output Electrodes as well at the selected mode and intensity..
9. You can continue to adjust the intensity of each Output by pressing A  B button to switch select the desired Output and the  and  buttons to adjust the intensity level.

10. Press the ○ button to stop the electrotherapy from both Outputs at any time.
11. To adjust the length of the timer setting (shown in the upper left corner of the display), press and hold the ○ button. The time setting will cycle through each option from ten (10) to sixty (60) minutes. Release the ○ button once the desired time is displayed. Most physicians recommend a treatment length of twenty (20) minutes.
12. Once the cycle time is complete, the Unit will automatically turn off. Press the ○ button to begin another treatment.
13. To lock the Unit during treatment and prevent interruption, press and hold the A ⇌ B button. The lock icon will appear at the top of the display. Repeat this step to unlock it.

# TENS UNIT CONTROLS



<b>Component</b>	<b>Description</b>
ON/OFF Switch	Turns the power to the Unit on and off.
Mini-USB Port	Insert the Mini-USB Charging Cable here.
Massage Timer	Shows the current number of minutes left on the massage timer. The default time is set at twenty (20) minutes. This can be adjusted using the  button.
Battery Indicator	Shows the current battery life.
Massage Modes	Shows all of the different massage mode options in eight (8) blocks. Each block shows two (2) possible modes for a total of sixteen (16) potential mode options: <ul style="list-style-type: none"> <li data-bbox="467 1394 767 1438">• 1-2: Massage</li> <li data-bbox="467 1450 752 1495">• 3-4: Beating</li> <li data-bbox="467 1506 772 1551">• 5-6: Cupping</li> </ul>



<p>ON/OFF Switch</p>	<ul style="list-style-type: none"> <li>• 7-8: Thai massage</li> <li>• 9-10: Acupuncture</li> <li>• 11-12: Scraping</li> <li>• 13-14: Tuina</li> <li>• 15-16: Relaxing</li> </ul> <p>The number of each mode will flash to indicate that it is selected. When selected, the mode icons will animate to demonstrate the selected massage.</p> <p>These are selected using the M button.</p>
<p>Output A Intensity Indicator</p>	<p>Shows the current selected intensity level for Output A, from 0-20. The letter on the indicator flashes to show that it is currently selected for adjustment.</p>
<p>Output B Intensity Indicator</p>	<p>Shows the current selected intensity level for Output B, from 0-20. The letter on the indicator flashes to show that it is currently selected for adjustment.</p>

M Button	Cycles through the different massage mode blocks when pressed.
+ and = Buttons	Increases and decreases the intensity level of the currently selected Output from 0-20.
○ Button	<p>When pressed, toggles between selecting the two (2) massage mode options in the currently selected block. These are simply different variations of the selected massage; choose the one that feels most comfortable.</p> <p>When held, adjusts the length of the Massage Timer from ten (10) to sixty (60) minutes in ten (10) minute increments. Release the ○ button once the desired time is displayed. Most physicians recommend a treatment length of twenty (20) minutes.</p>

A ⇌ B Button	<p>When pressed, toggles between selecting the intensity levels for Output A and Output B for adjustment.</p> <p>When held, locks and unlocks the Unit to prevent/allow setting changes during operation.</p>
A Output Port	Insert the Leads for Electrodes A here.
B Output Port	Insert the Leads for Electrodes B here.

## PAD POSITION CHART

NOTE: Never place an Electrode across the chest area as this may cause lethal heart rhythm problems or interfere with the healing of a wound. Never place an Electrode on your head, mouth or other sensitive areas.

**A** - Output A

**B** - Output B

Stiff Shoulder



Cervical Pain



Erector Spinalis



Lower Back



Shoulder Pain



Bicipital Tendonitis



Hip Neuralgia



Hip Pain



Sciatica



Slipped Disk



Knee Pain



Calf Muscle



### Lower Leg Pain

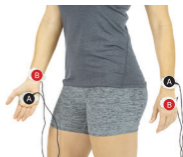


### Foot Pain



Place Under Forefoot

### Carpal Tunnel Syndrome



### Elbow Pain



### Stomach Pain



### Abdominal Pain



## MAINTENANCE

The only maintenance required for your TENS Unit is to clean it occasionally with a soft cloth. Do not use any abrasive or volatile cleaners.

Don't attempt to open or repair the device by yourself. Please report to [vivehealth.com](http://vivehealth.com) if any unexpected operations or events occur.

## TROUBLESHOOTING

### **If the Unit doesn't turn on**

Recharge the battery using the Mini-USB Charging Cable and Wall Adapter. Allow the Unit to charge for two (2) to three (3) hours. NOTE: When fully charged, the Unit should last between five (5) and six (6) days for about thirty (30) minutes per day. It will lose its charge faster with increased usage.

### **If there is no electrotherapy coming from the Electrodes**

Ensure that the Electrodes are properly connected to the Leads and properly attached to the skin. Electrotherapy will not begin if the pads are not properly connected.

## WARNINGS

- Never use the TENS Unit if you have an implanted defibrillator or any other implanted metallic device.

Use could cause burns, electrical interference, electric shock or death.

- Please consult with a physician before using the TENS Unit if diagnosed with any of the following health conditions:
  - Abnormal blood pressure
  - Abnormal skin condition
  - Acute disease
  - Any condition currently being actively monitored by your physician
  - Heart disease
  - High fever
  - Infectious disease
  - Lack of skin sensation
  - Malignant tumor
  - Pregnant
- Consult your physician before using the TENS Unit if the user has ever been diagnosed with epilepsy.
- Do not use the Unit under any of the following conditions:
  - If you experience discomfort, dizziness, nausea or pain during use (Please consult with your physician.)

- If using other electronic monitoring equipment such as cardiac monitors or ECG alarms
- While operating other types of machinery or any other activities that could cause injury
- While in the bath or shower
- Never place the Electrodes across the chest area as this may cause lethal heart rhythm problems or interfere with healing of a wound.
- Never store the Unit in areas of extreme humidity or temperatures or places that are exposed to direct sunlight.
- Keep the TENS Unit stored in a place out of reach of children. The Unit is not intended for use on children.
- Never move the Electrodes while the Unit is in operation.
- Never use the Unit on blemished skin patches, open wounds or rashes.
- Never use this device on your head, mouth, or other sensitive areas.



- The TENS Units is not intended to replace other pain management therapies or pain medication.
- The TENS Units is not an effective form of treatment for central pain originating from the back of the neck.
- Exercise caution if the user has a history of internal bleeding or recently experienced a fracture or injury.
- Exercise caution if applying Electrodes over the uterus while menstruating.
- Exercise caution if applying Electrodes over areas of skin with lower sensation of feeling.
- Stop using the Unit if treatment fails to provide pain relief.
- User could potentially experience skin irritation or burns as a reaction to electrical stimulation.
- Portable and mobile radio frequency communication equipment can also affect the TENS Unit.
- Never attempt to disassemble or repair the TENS Unit.

## SPECIFICATIONS

- Power Supply: DC 3.7V
- Output Voltage: 80V @ 5000Ω
- Pulse width: 100uS
- Frequency: 1-200Hz
- Timer: 10-60 minutes (Default setting is twenty (20) minutes)
- Intensity Levels: 20 levels
- Charger: 110-120V, 50/60Hz: DC 5V, 300mA (output)

WARNING: No modification of this equipment from its original specifications is allowed.

## ENVIRONMENTAL CONDITIONS

For normal operation, transport and storage:

- Normal working ambient temperature: 5-40°C
- Normal working ambient humidity: 15%-90% RH
- Store and transport ambient temperature: -20-75°C

- Store and transport ambient humidity:  
0%~90% RH
- Atmospheric pressure: 70-106kPa

## WARRANTY INFO



### 1 YEAR GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.