

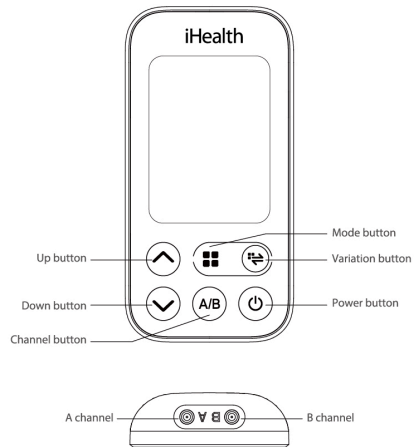
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iHealth[®] Soothe

Dual-Channel TENS Unit

Quick Start Guide

DISPLAY INDICATORS



HOW TO USE ^[1]



1 Unpack main unit and insert batteries. Ensure the battery cover is properly installed.




2 Attach the electrode cord to the electrode pads, then plug it into the top of the main unit.



3 Clean the areas of treatment. Remove protective film and attach electrode pads.^[2]



4 Press the  button to power on the main unit.



5 Press the A/B button to select the channel connected in step 2.




6 Press the  button to choose your primary treatment mode.



7 Press the  button to select your variation.






8 Use the  button to start the treatment and adjust the intensity.




9 Optional: Repeat steps 5-8 to adjust the mode and intensity for the other channel.



10 To change the treatment duration, press and hold the  button until the timer starts flashing. Then, use the  or  buttons to adjust the duration.



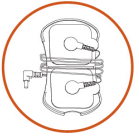
11 Press the  button to end your treatment and power off the main unit.

HOW TO STORE

1 Attach the electrode pads to the pad holder.



2 Wrap the electrode cords around the pad holder.



3 Place the device and pad holders into the storage bag.



[1]: Please read the complete instruction manual carefully to ensure the safe and correct use of this device.

[2]: Refer to the instruction manual for proper pad placement.

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