

BODY BENEFITS[®]

by **CONAIR**

TENS ELECTROTHERAPY



HAVE A QUESTION?

Please do not return this product to the retailer.

CALL US FIRST!

Our customers service and product experts are ready to answer ALL your questions.

Please call our TOLL-FREE customer service number at : 1-855-926-6247

Or visit us online at www.conaircanada.ca

All TN100C Models Instruction Booklet

For your safety and continued enjoyment of this products,
always read the instruction book carefully before using.

Congratulations on purchasing the BodyBenefits® by Conair TENS Electrotherapy unit for quick and effective pain relief.

TENS TECHNOLOGY

TENS (Transcutaneous Electrical Nerve Stimulation) has been used for decades by doctors and physical therapists for the safe and effective management of acute and chronic pain. This technology is now available for home use without a prescription.

HOW DOES IT WORK?

The TENS device generates safe, electronic pulses delivered through your skin to the nerves and muscles underneath. Scientific evidence shows that TENS is effective in blocking your body's pain signals from reaching your brain: a convenient, drug-free method of controlling pain that can be used without side effects. Different modes target different subgroups of muscles and nerves to work on different kinds of pain. Certain pulses can also trigger the production of endorphins, your body's natural pain fighters. TENS allows many people to experience temporary relief from aches and pains in different parts of their bodies.

INDICATIONS FOR USE

To be used for temporary relief of pain associated with sore and aching muscles in the shoulders, waist, back, arms, and legs due to strain from exercise or normal household and work activities.

SAFETY INFORMATION AND WARNINGS

CONTRAINDICATIONS

Do not use this device on users who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices because this may cause electric shock, burns, electrical interference, or death. Do not use this device on users whose pain syndromes are undiagnosed.

WARNINGS

1. This Electrotherapy unit is not a toy!
2. Do not apply stimulation over the user's neck. This could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
3. Do not apply stimulation across the user's chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the user's heart, which could be lethal.

4. Do not apply stimulation over, or in proximity to cancerous lesions.
5. Do not apply stimulation while bathing or in a shower. Use only on clean, dry skin and in a dry area.
6. If you have one of the following conditions, please consult with your physician before purchasing or using this device:
Acute disease, malignant tumor, infectious disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician.

PRECAUTIONS

1. Do not use this device while driving.
2. Do not use this device while sleeping.
3. Do not use this device in high humidity areas such as a bathroom.
4. Keep the device away from wet areas, high temperature, and direct sunlight.
5. Keep this device out of reach of children.
6. Stop using this device at once if you feel pain, discomfort, dizziness, or nausea, and consult your physician.
7. Do not attempt to move the electrode pads while the device is operating.
8. Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.
9. **Do not apply stimulation of this device in the following conditions:**
 - **Across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal;**
 - Over painful areas. Please consult with your physician before using this device if you have painful areas;
 - Over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin;
 - In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic stimulator may not operate properly when the electrical stimulation device is in use;
 - While operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
 - On children, or individuals with certain disabilities.
10. Be aware of the following:
 - Consult with your physician before using this device. The stimulation with the device may:
 - cause lethal rhythm disturbances to the heart in susceptible individuals, and,
 - disrupt the healing process after a recent surgical procedure;
 - That the device is not effective for pain of central origin, including headache;

- That the device is not a substitute for pain medications and other pain management therapies;
 - That the device has no curative value;
 - That the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
 - If the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician;
 - To use caution if the user has a tendency to bleed internally, such as following an injury or fracture;
 - Use caution if stimulation is applied over areas of skin that lack normal sensation;
 - Stop using the device if the device does not provide pain relief;
 - Use this device only with the electrodes and accessories that the manufacturer recommends;
 - Do not share the electrode pads with others;
 - Do not use the device while it's charging;
 - The device contains a lithium battery. If overheating of the device occurred during the charging, stop the charging or operation immediately and report to the distributor/seller.
11. The long-term effects of electrical stimulation are unknown.
 12. **Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be placed on opposite sides of the head.**
 13. The safety of electrical stimulation during pregnancy has not been established.
 14. Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
 15. Users with suspected or diagnosed heart disease should follow precautions recommended by their physicians.
 16. Users with suspected or diagnosed epilepsy should follow precautions recommended by their physicians.
 17. Use caution if stimulation is applied over the menstruating or pregnant uterus.

ADVERSE REACTIONS

1. Users may experience skin irritation and burns beneath the stimulation electrodes applied to the skin.
2. Users should stop using the device and should consult with their physician if they experience any adverse reactions from the device.

ENVIRONMENTAL CONDITION FOR TRANSPORT AND STORAGE



Fragile; handle with care



Keep dry



Dispose of the battery-containing device according to local, state or federal laws. Properly recycle.

Normal working ambient temperature: -5°C – 40°C (23°F – 104°F)

Normal working ambient humidity: $\leq 80\%$

Store and transport ambient temperature: -10°C – 50°C (14°F – 22°F)

Store and transport ambient humidity: $\leq 90\%$

OPERATING INSTRUCTIONS

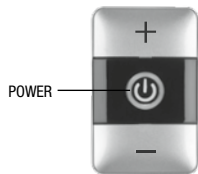
Please follow the step-by-step instructions below to operate your Theralief™ device.

1. Check the battery used in the control unit.
2. Snap the control unit onto the white side of the gel electrode pad.
3. Remove the clear backing from the black side of the electrode pad and keep it in a safe place. Do not discard! Then stick the black side of the pad to your skin in an area where you feel pain. **Please re-read the safety information and warnings for conditions under which you should not use the TENS unit.**
4. Press the ON/OFF button to turn on the power.
5. Select one of the stimulation modes.
6. Adjust the stimulation intensity.
7. Enjoy the treatment.
8. The unit will turn off after 30 minutes of use. To manually turn off, press the power button in the center of the unit.

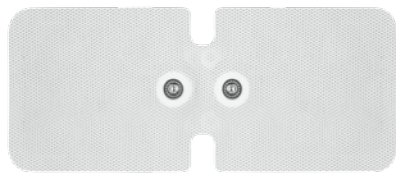
FOR THE DETAILS OF OPERATION, PLEASE SEE THE FOLLOWING OPERATING INSTRUCTIONS.

SETUP

Take the product and accessories out of the box, and snap the control unit onto the gel electrode pad.



CONTROL UNIT

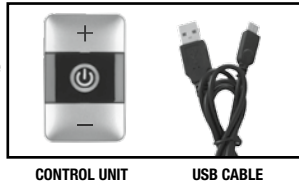


GEL ELECTRODE PAD

STEP 1

CHECK THE BATTERY USED IN THE CONTROL UNIT

The control unit comes with a built-in rechargeable battery, and can be used directly out of the box. If the LED light on the turned-on control unit keeps flashing (once per second), it means the battery is running out. Charge the control unit with the enclosed USB cable. The LED light flashes (three times per second) during charging, and becomes solid when the control unit is fully charged.



CONTROL UNIT

USB CABLE

STEP 2

INSTALL THE CONTROL UNIT ONTO THE ELECTRODE PAD

Snap the control unit onto the white side of the electrode pad. This should be done before applying the device onto the skin of treatment areas.



ELECTRODE PAD INSTALLMENT

STEP 3

PLACE THE ELECTRODE PAD WITH THE CONTROL UNIT SNAPPED IN PLACE ONTO THE TREATMENT AREA (SUCH AS YOUR ARM, YOUR BACK, ETC.)

You can start by applying the pad directly over an area where you experience pain. However, you may also want to experiment by moving the pad to adjacent areas. Pain in one area may be caused by a tight muscle in another area, for instance. After using the device for a while, you will find what works best for you. Press down firmly and ensure the pad makes full and firm contact with skin.

NOTE: Make sure your skin is clean, dry, and free of grease or lotion before putting on the pad.



STEP 4

PRESS THE ON/OFF BUTTON TO TURN THE POWER ON

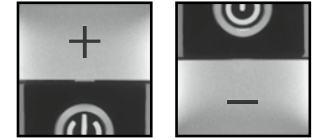
Press the ON/OFF button to turn on the unit, indicated by a beep and a steady green LED light. The countdown timer is 30 minutes.



STEP 5

SELECT ONE OF THE STIMULATION MODES

Press the “+” or “-” button and hold for 2 seconds to select the desired pulse mode indicated by the light flashing and sound beeping: 1, 2, 3, 4, or 5 times represents Mode 1 (combination), Mode 2 (62.5Hz), Mode 3 (12.5–55.6Hz), Mode 4 (1.2Hz), and Mode 5 (100Hz), respectively. The default mode, when you turn on this unit, is Mode 1, the combination mode.



STEP 6

ADJUST THE STIMULATION INTENSITY

Press and release the “+” button to increase the intensity, indicated by one slightly longer beep (0.5 second) and flashing light. Press and release the “-” button to decrease the intensity, indicated by one very short beep (0.1 second) and flashing light. As a safety feature, the unit will go back to the lowest intensity level (level 1) every time you change modes. Simply readjust the intensity to a level that feels comfortable to you. **NOTE:** With the increase of intensity (total of 20 levels), you may experience sensations such as tingling or vibration. Therefore, gradually increase the intensity and stop increasing when a comfortable level is reached. You may prefer different levels of intensity in different modes, on different days, and on different parts of the body.

STEP 7

STIMULATION DURATION

After the above mode and intensity are set up, the unit will remain on for 30 minutes, or until you press the power button to manually turn the unit off.



STEP 8

PRESS THE ON/OFF BUTTON TO TURN OFF THE POWER AFTER COMPLETED

When the countdown timer of 30 minutes is up, the unit will turn off automatically. The unit can also be turned off by pressing the ON/OFF button, indicated by one beep. The green LED light will turn off. To save power and to avoid possible electric shock, the device will automatically turn off when removed from the skin. This is indicated by a flashing light and beeping sound (6 times).



DIRECTIONS FOR USE

ELECTRODE PAD:

1. Clean and dry skin thoroughly prior to each application of electrode pad. Pad will not stick well if lotion, makeup, or dirt is left on the skin.
2. Do not turn the Electronic Pulse Stimulator on before applying the electrode pad to the skin.
3. Snap the pad to the control unit (white side facing the controller).
4. Apply the pad with the control unit firmly on the skin.

WRAP:

While the electrode pad adheres well to many areas of the body, there are some areas, such as forearms, wrists, knees, ankles, etc. that are smaller and more curvy. We suggest using the wrap when you are treating those areas. It will hold the pad comfortably and securely in place, even when you move around.



1. Snap the pad onto the wrap (white side of the pad facing the smooth side of the wrap).
2. Snap the control unit onto the other side (the soft side) of the wrap.
3. Press the pad firmly against your skin in the treatment area and secure the wrap with the elastics wrapped around your body part (for instance, your knee). Then adhere the part of the elastics against the fuzzy side of the wrap.
4. Follow directions (STEP 4, etc.) above.

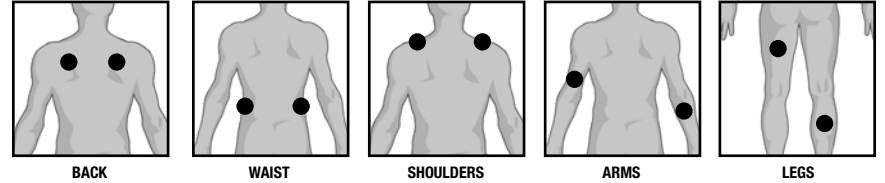
REMOVAL AND STORAGE

1. Turn the device off before removing the electrode pad from your skin.
2. Lift at the edge of the electrode pad and slowly peel.
3. Replace clear backing to protect the gel coating.
4. When not in use, store the electrode pad in a resealable plastic bag in a cool place, out of direct sunlight.

RECOMMENDED PRACTICE

- Start from the lowest intensity and gradually adjust the intensity to a comfortable level on a scale from 1 to 20.
- Good skin care is important for comfortable use of the device. Be sure the treatment area is dry and clean of dirt and body lotion.
- Keeping the electrode pad covered with the clear backing after use will extend its lifespan. The electrode pad is disposable and should be replaced when it loses its adhesiveness. To purchase additional electrode pads, please contact Conair Corporation at 1-855-926-6247.

RECOMMENDED USE POSITIONS



PERFORMANCE SPECIFICATIONS

Power Source	3.7V Battery
Number of Output Modes	5
Timer Range (minutes)	30
Dimensions (mm) [L x W x D]	188x85x10
Waveform	Biphasic
Shape	Rectangular
Maximum Output Voltage	66V@500Ω
Maximum Output Current	132mA@500Ω
Pulse Duration	100μSec
Maximum Frequency	100Hz

CLEANING AND MAINTENANCE

Use a damp cloth to clean the device first, and then use a dry cloth to wipe it again. The included electrode pad is disposable and should be replaced when its adhesiveness becomes ineffective. Contact Conair for replacements at 1-800-3-CONAIR. Do not let the sticky side of the pad touch anything other than your skin. Be careful not to handle with greasy fingertips.

TROUBLESHOOTING

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact Conair at 1-855-926-6247.

STIMULATION IS WEAK OR NONEXISTENT

- Be sure skin is clean and pad is firmly attached to skin.
- The battery is low and needs to be charged.

DEVICE DOES NOT TURN ON

- Check if battery is low and needs to be charged.
- Device must be applied to skin to operate. The device will not operate unless the electrode pad is making contact with the skin.

ELECTRODE PADS ARE NOT STICKY



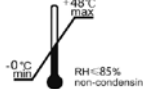

- The pads will lose adhesiveness over time with repeated use. You can try applying one or two drops of water to the area where you are trying to stick the pad. If the moisture does not help to make the pad adhere better, you will need to order a replacement. You can order a replacement at www.conair.com or call Conair for replacements at 1-855-926-6247.

SKIN TURNS RED

- Stop treatment and move pads to another area.
- If problem persists, stop using the device and contact your physician.


ELECTROMAGNETIC COMPATIBILITY

1. This product needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided. This unit can be affected by portable and mobile radio frequency (RF) communications equipment.
2. Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
3. **Caution:** This unit has been thoroughly tested and inspected to assure proper performance and operation!
4. **Caution:** This machine should not be used adjacent to or stacked with other equipment: If adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

	Type BF applied part
	Attention, Consult accompanying documents
	Storage temperature & relative humidity
	Date of manufacture

Guidance and manufacturer's declaration – electromagnetic emission		
The device is intended for use in the electromagnetic environment specified below. The customer of the user of the device should assure that it is used in such an environment.		
Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The user of the device should assure that it is used in such an environment.			
Emission test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U _T (>95% dip in U _T) for 0.5 cycle 40% U _T (60% dip in U _T) for 5 cycles 70% U _T (30% dip in U _T) for 25 cycles <5% U _T (>95% dip in U _T) for 5 sec	<5% U _T (>95% dip in U _T) for 0.5 cycle 40% U _T (60% dip in U _T) for 5 cycles 70% U _T (30% dip in U _T) for 25 cycles <5% U _T (>95% dip in U _T) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE U _T is the a.c. mains voltage prior to application of the test level.			

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The user of the device should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = 1.2\sqrt{P}$ $d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 2.3\sqrt{P}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, ^a should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000-4-6	3 V/m 80 MHz to 2.5 GHz	3 V/m	
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. (continued next page)			

To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
^b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the device.

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz	80MHz to 800 MHz	800 MHz to 2.5 GHz
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distanced in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
 NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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.

Caution: Any changes or modifications not expressly approved by Conair Corporation, the manufacturer of this product and the party responsible for compliance, could void the user's authority to operate the equipment.

LIMITED TWO YEAR WARRANTY

Conair will repair or replace (at our option) your unit free of charge for 24 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service centre listed below that is nearest you, together with your purchase receipt and \$7.50 for postage and handling. In the absence of a purchase receipt, the warranty period shall be 24 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 24 MONTH DURATION OF THIS WRITTEN, LIMITED WARRANTY.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER.

This warranty gives you specific legal rights, and you may also have other rights, which vary from province to province.

SERVICE CENTRE:

Conair Consumer Products ULC
100 Conair Parkway, Woodbridge, Ontario, L4H 0L2.

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For information on any Conair product call
1-855-926-6247 or visit us on the web at:
www.conaircanada.ca.

Consumer Call Centre E-mail :
Consumer_Canada@Conair.com

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