kinetik
WELLBEING



PRECISION PERIOD PAIN RELIEVER

WITH TENS TECHNOLOGY

Instruction Manual

SKU WW-200
REF AD-2300S

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BRAND STORY

At Kinetik Wellbeing we are driven by the belief that everyone deserves to take control of their health from the comfort of their own home. Designed with simplicity in mind, our clinically validated devices empower you to proactively monitor and manage your long-term health journey.

We created our Women's Wellness range to empower and support women through every stage of life, addressing everything from menstrual discomfort to menopausal symptoms.

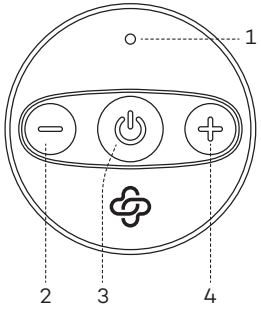
INTRODUCTION

Introducing the Precision Period Pain Reliever with TENS technology, your ultimate solution for managing period pain and endometriosis.



Designed with TENS technology, it effectively blocks pain signals to the brain and triggers endorphin release for fast, natural relief. Featuring a control unit with two precision pads, it delivers targeted pain relief exactly where you need it. With 20 intensity levels and 6 treatment modes, you can customise your experience for maximum comfort. Its discreet and portable design makes it easy to use at home or on the go. Take control of your pain and reclaim your day with this advanced, easy-to-use device.

GETTING TO KNOW YOUR PRECISION PERIOD PAIN RELIEVER WITH TENS TECHNOLOGY



1. Indicator Light
2. Intensity -
3. Mode / On-Off
4. Intensity +

Features:

- Targeted pain relief
- 6 TENS programmes
- Rechargeable
- Drug free pain relief
- Clinically validated

Box Includes:

- Control Unit
- Belt Clip
- Wires for Precision Pads
- 1x Type-C Charging Cable
- Pair of Precision Pads x2
- Storage Pouch
- User Manual

INTENDED USE

The TENS is a Transcutaneous Electrical Nerve Stimulation (TENS) unit that is intended to provide temporary relief from muscle soreness caused by exercise, household tasks, or work activities. It is also effective in alleviating chronic pain, intractable pain, and pain associated with arthritis. It is important to apply the electrode pads only on intact skin. The TENS device is suitable for adult users, including laypersons and professionals.

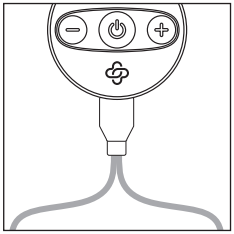
CONTRAINDICATION

Patients with implanted electronic devices such as pacemakers, life-sustaining medical devices (e.g., artificial hearts or lungs), or electrocardiographs should not use this device.

HOW TO GUIDE

Preparing the Electrode Pads

Attach the end of the electrode cord with the two metal buttons to the two electrode pads. Connect the other end of the electrode cord with one plug into the type-C socket on the bottom of the main unit.



Each electrode pad is protected by a layer of transparent film. Remove the layer of film before applying the pads to the skin.

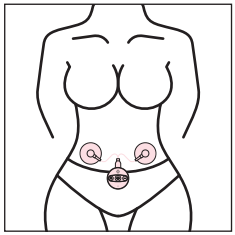
Note:

- Hold the plug when pulling it out. Do not pull on the wire.
- Never stick two adhesive electrode pads together.
- The electrode pads must fit precisely inside the conductive surface.
- The electrode pad has a service life and is generally not recommended to be used for a long time. It is recommended to use the electrode pads less than 20 times in total. The specific number of times depends on usage and storage conditions

Using Your TENS Device

- Clean the areas of skin you intend on placing the electrode pads.
- Place the electrode pads around the treatment areas.
- Hold down the power button for 2 seconds to turn it on.
- Press the power button to choose your desired treatment mode.
- After selecting your treatment mode, the default intensity is set to zero. Use the + or - button

  to adjust the intensity and start the treatment.



- Once the 15-minute treatment cycle is completed, the intensity will change to 0 and the main unit will automatically shut off.
- Press and hold the power button for 2 seconds to power off the main unit during the treatment.

Note:

- Precision pads must be used in pairs. A single pad only will not work.

Setting the Volume

There are 4 volume settings, ranging from 0 (mute) to 3, its default setting is 1.

Continuously hold the – button, after 3 seconds, press the + button, the indicator light will flash slowly to show it is ready to change the volume setting.

Press the + button until you have chosen your desired volume. Release the - button to save the settings and power off the device.

Alternatively, to activate the mute setting, press the – and + buttons simultaneously for two seconds to set the volume to 0 (mute), then the device will turn off.

Treatment Chart

Table 5.1 Treatment Descriptions

Mode	Sensation
Composite	Less intense, numbing electrical stimulation
Knock	Knocking feeling that alternates from fast to slow and back to fast
Rub	A slight sense of kneading
Tapping	Tapping sensations that vary in duration, intensity, and interval
Muscle Relaxation	A special waveform designed to relieve muscle fatigue
Press	Simulates manual pressing, providing a repeated pressing sensation

Charging

Ensure the main unit is fully charged before first use. The TENS device will indicate it needs to be charged when the indicator light continuously blinks.

Ensure the device is off before charging.

Insert the TYPE-C port of the charging cable into the main unit and insert the USB port of the charging cable into an USB compatible plug. Plug it into a socket and switch it on.

The TENS Device will indicate that it is charging when there is an initial beep and the indicator light flashes, this will change to a steady light once it is fully charged.

Avoid positioning the device in a manner that obstructs access to the disconnection device.

During normal use, when the indicator light continuously blinks and continuous buzzes appear, it indicates that the power is insufficient and needs to be charged.

Warning:

- Do not plug or unplug the power cord into the electrical outlet with wet hands.
- Do not overload power outlets, ensure to plug the device into the appropriate voltage outlet.
- If the AC adapter is abnormal, please change the adapter.
- Do not use any other type of charging cable as it may harm the main unit.
- Don't use this main unit when charging.



The main unit, the lithium batteries, the electrode pads, and the electrode cords must be disposed of according to local regulations at the end of their usage.

⚠ CARE & MAINTENANCE

- Avoid dropping or subjecting the device to strong impacts.
- Avoid high temperatures. Do not immerse the device in water, as this will result in damage.
- Do not disassemble or attempt to repair the device or components.
- Lithium battery replacement should only be performed by a qualified service centre technician.
- Clean the main unit with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently. Do not use chemicals (like thinner. benzene).
- Wash the electrode pads when the adhesive surface becomes dirty, or they are difficult to attach.
- First, remove the electrode cord from the electrode pads. Then wash the electrode pads softly with your fingertips under slow-running cold water for several seconds (do not use a sponge/cloth/sharp object like a nail on the adhesive side, and do not use detergents, chemicals, or soap.) Dry the pads and let the adhesive surface air dry completely. Do not wipe with tissue paper or cloth.
- Please wait for approximately 2 hours for the device to warm up or cool down before use when the device is transferred from the temperature of storage and transportation to the normal operating temperature environment.
- Your device was tested before being sold and does not require calibration or regular maintenance.

TROUBLESHOOTING

Problem	Question	Answer
Main unit cannot be turned on properly	• Is the battery exhausted?	• Charge the battery.
No stimulation feeling	• Is the electrode cord properly connected to the main unit and the electrode pads?	• Ensure the main unit and the pads are connected.
	• Have the protective film been removed from the pads?	• Remove the protective film from the pads using.
	• Is the intensity > 0?	• Press the intensity + to increase intensity.
Weak stimulation	• Are the electrode pads firmly adhered to the skin?	• Ensure the pads are firmly adhered to the skin for optimal performance.
	• Are the electrode pads overlapped?	• Separate the pads and ensure the pads individually attached to the skin.
	• Is there any dirt on the electrode pads?	• Gently clean the pads to maintain their effectiveness.
	• Is the level of intensity too low?	• Increase the intensity to a level that suits your personal comfort.
	• Have the electrode pads been placed in the proper position?	• Please correctly connect the electrode pads and attach them to the appropriate body parts.

TROUBLESHOOTING

Problem	Question	Answer
The skin becomes red or uncomfortable	• Are the electrode pads too dry?	• Rinse with a small amount of running water, scrub gently with your fingers for a few seconds, and dry naturally before using.
	• Do the electrode pads stick closely to the skin?	• Stick the electrode pads closelt to the skin.
	• Are the electrode pads dirty?	• Clean the electrode pads.
	• Are the surface of the electrode pads scratched?	• Replace the electrode pads with new ones.
Power cut off during use	• Are the electrode pads detached from the skin?	• Turn off the power and stick the electrode pads firmly to the skin.
	• Are the electrode cords disconnected?	• Turn off the power and connect the electrode cords.
	• Has the battery been exhausted?	• Charge the battery.

Note: If the monitor is still faulty, please contact the local distributor or the factory.

OPERATION PRINCIPLE

The electrical impulses {Output pulse frequency: 0-100 Hertz (Hz); Output voltage: max. 110 peak-to-peak voltage (Vpp) (500 ohms); Output pulse width: 0-250 μs} generated by the TENS device are transmitted to the nerves under the skin to block or shut out the pain message from the source of pain to the brain. Additionally, these electrical impulses also increase the production of the body's natural painkillers, such as endorphins. Furthermore, low-frequency vibrations can promote blood circulation and relieve pain.

SPECIFICATION

Product name: Precision Period Pain Reliever Transcutaneous Electrical Nerve Stimulators (TENS)

Model: AD-2300S

Classification: Internally powered; Class II, Type BF applied part; IP22; No AP or APG; Continuous operation; not intended to be used in an oxygen-rich environment

Size: Approx. 49.8mm X 49.8mm X 12mm (1.96" X 1.96" X 0.5")

Weight: Approx. 18.5g (0.65 oz.) (exclude pads)

Electrode pads:

a. Circular Electrode Pads: Approx. Φ50mm (Φ2.0");
Model: EP5036N01

Electrode cords: Approx. 600 mm(23.6");
Electrode Cords model: TC6-3.8-0600

Output channel: 1

Number of treatments: 6 treatments

Intensity levels: 20

Output pulse frequency: 0-100 Hz

Output voltage: max. 110 Vpp (500 ohms)

Output pulse width: 0-250 μs

15-minute countdown timer

Power source:
Medical AC adapter: DC 5V ⎓ 1A
Lithium battery: 1X3.7V ⎓ Li-ion 100mAh

Environmental temperature for operation/storage: 5°C to 40°C (41°F to 104°F)

Environmental humidity and pressure for operation/storage: ≤80%RH, 80-105kPa

Environmental temperature for transport: -20°C to 55°C (-4°F to 131°F)

Environmental humidity for transport: ≤90%RH

Environmental pressure: 80 kPa to 105 kPa

Main unit life: Three (3) years

Battery life: Approx. 1 month (when used for one time a day)

EXPLANATION OF SYMBOLS


Symbol for "THE INSTRUCTION MANUAL MUST BE READ" (The sign background-color: blue. The sign graphical symbol: white)


Symbol for TYPE BF APPLIED PARTS" (The electrode pads are type BF applied part)


Symbol for *ENVIRONMENT PROTECTION. Electrical products should not be disposed of as household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice."


Symbol for "MANUFACTURER"



Symbol for "COMPILES WITH REGULATION (EU) 2017/745"



Symbol for “DATE OF MANUFACTURE” and “MADE IN CHINA”



Symbol for " SERIAL NUMBER"

IP22 The first characteristic numeral symbol for "Degrees of protection against access to hazardous parts and against solid foreign objects. " The second characteristic numeral symbol for "Degrees of protection against ingress of water."



Symbol for "MR Unsafe"



Symbol for "EUROPEAN REPRESENTATION"


Symbol for "RECYCLABLE"



Symbol for "MEDICAL DEVICE"


Class II Equipment



Batch Code



Catalogue Number / Model Number



Unique Device Identifier


Importer’s Information

WARNINGS

- Use alongside implanted electronic devices(e.g., pacemakers, intracardiac defibrillators, etc.) may result in electric shocks, burns, interference, or even be life-threatening.
- Simultaneous connection of a PATIENT to high-frequency surgical medical electrical (ME) equipment may result in burns at the site of the stimulator electrodes and possible damage to the device.
- For Hospitals and Clinics: In the presence of, or when attached to the body, electronic monitoring equipment (e.g., cardiac monitors, ECG alarms, etc.) may not operate properly when the electrical stimulation device is in use.
- Operation within proximity (e.g., 3 feet or 1 meter) to shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Pregnant women should not use the device.
- This device is designed for adults and should never be used on infants or young children.
  Consult your physician or other health care professionals before use on older children.
- Never let children or persons who are incapable of expressing their own use the TENS device.
  Keep the device safely stored and inaccessible to children to prevent from swallowing the batteries or small parts.
- Never use the device while sleeping or driving. Never use the device in humid environments (e.g., bathroom), as it may cause intense stimulation.

- Never apply the pads to these body areas
  a. Avoid placing the electrode pads near to the heart, or on both sides of the thorax simultaneously (lateral or front and back), or across your chest (especially on the two large pectoral muscles). Otherwise, it can increase the risk of ventricular fibrillation and may induce cardiac arrest.



  b. Avoid placing the electrode pads on the following areas: head, eyes, mouth, any area of the face, neck (especially the carotid sinus), private parts, or affected skin. Once you feel unwell or your skin appears abnormal while using the device, please stop using it immediately and seek medical attention.



- If you are allergic to the device's material, please do not use it.
- See the section regarding ELECTROMAGNETIC COMPATIBILITY INFORMATION for information regarding potential electromagnetic interference (EMI), or other interference, between the TENS device and other devices. Please do not use the device within the environment of the following devices: Magnetic Resonance Imaging (MRI), computerized axial tomography (CT), diathermy, Radio Frequency Identification (RFID), active HF SURGICAL EQUIPMENT, and electromagnetic security systems such as metal detectors.

- Place the electrode pads on intact skin only. Do not place on cuts, wounds, or areas with skin conditions.
- Please do not share electrode pads to prevent the risk of infection and cross-contamination.
- Please do not use any other electrode pads and/or electrode cords other than those supplied by the original equipment manufacturer, otherwise injury, discomfort, or equipment damage could result.
- Medical AC adapter (input: AC 100-240V, 50/60Hz, 0.2A; output: DC 5V, 1A) is suitable for this device, please use the AC adapter that was supplied by the manufacturer.
- Keep all electrode cords away from babies and children to prevent suffocation and death from winding cords around the neck.
- If the electrode pads are damaged or the adhesive starts to weaken, please replace them immediately to prevent potential skin injuries.
- Do not use this device for anything other than its intended purpose.
- Limit therapy time to no more than 30 minutes per session if using the electrode pads on the same part of the body.
- Power off the main unit before shifting or moving the position of the electrode pads.
- During stimulation and therapy, please do not let any metal (e.g., a part of a leather belt, wristwatch, jewellery, etc.) touch the electrode pads.

- The device might not meet its performance specifications or may cause safety hazards if stored or used outside the specified temperature and humidity ranges listed in the specifications section.
- The output wave parameters are not to be influenced by load resistance, except output voltage.

ELECTROMAGNETIC COMPATIBILITY INFORMATION

- The essential performance in normal working mode is output frequency 0Hz~100Hz, intensity max—110 Vpp (500 ohms) pulse waveform.
- When EMI affects the above performance, please stop using the device.
- Use of this equipment and accessories adjacent to, or stacked with, other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- The use of accessories 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 improper operation.
- 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 device, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result

Phenomenon	Compliance	Electromagnetic environment
Conducted and radiated RF emissions	CISPR 11 Group 1, Class B	The device is intended to be used in home healthcare environment
Harmonic distortion	IEC 61000-3-2 NA	The power of the device is below the 75-watt limit
Conducted and radiated RF emissions	IEC 61000-3-3 NA	The standard for low-power equipment, which does not produce voltage fluctuations and flickers, specifies that the EUT (Equipment Under Test) power should be less than 75W.

Table 2. Enclosure Port

Phenomenon	Basic EMC Standard	Immunity Test Levels
		Home Healthcare Environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Radiated RF EM field	IEC 61000-4-3	10V/m 80MHz-2.7GHz 80% AM at 1kHz
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	Refer to table 4
Rated power frequency magnetic fields	IEC 61000-4-8	30A/m 50Hz or 60Hz
Proximity magnetic fields	IEC 61000-4-39	Refer to table 3

Table 3. Test specifications for ENCLOSURE PORT IMMUNITY to proximity magnetic fields

Test frequency	Modulation	Immunity Test Level (A/m)
30 kHz	CW	8
134,2 kHz	Pulse modulation 2, 1 kHz	65
13,56 MHz	Pulse modulation 50 kHz	7.5

Table 4.

Test Frequency (MHz)	Band (MHz)	Immunity Test Levels
		Home Healthcare Environment
385	380-390	Pulse modulation 18Hz, 27V/m
450	430-470	FM, ±5 kHz deviation, 1k Hz sine, 28 V/m
710	740-787	Pulse modulation 217Hz, 9V/m
745		
780		
810	800-960	Pulse modulation 18Hz, 28V/m
870		
930		
1720	1700-1990	Pulse modulation 217Hz, 28V/m
1845		
1970		
2450	2400-2570	Pulse modulation 217Hz, 28V/m
5240	5100-5800	Pulse modulation 217Hz, 9V/m
5500		
5785		

Table 5. Patient Coupling Port

Phenomenon	Basic EMC Standard	Immunity Test Levels
		Home Healthcare Environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Conducted disturbances induced by RF fields a)	IEC 61000-4-6	3 V 0,15 MHz - 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz

Table 6. Signal Input/Output Parts Port

Phenomenon	Basic EMC Standard	Immunity Test Levels
		Home Healthcare Environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Electrical fast transients / bursts	IEC 61000-4-4 NA	SiP/SOPS whose maximum cable length is less than 3 m in length are excluded.
Surges Line-to-ground	IEC 61000-4-5 NA	This test applies only to output lines intended to connect directly to outdoor cables.
Conducted disturbances induced by RF fields	IEC 61000-4-6	3 V 0,15 MHz - 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz

Table 7. Input a.c. Power Port

Phenomenon	Basic EMC Standard	Immunity Test Levels
		Home Healthcare Environment
Electrical fast transients / bursts	IEC 61000-4-4	±2 kV 100kHz repetition frequency
Surges Line-to-ground	IEC 61000-4-5	±0.5 kV, ±1 kV
Conducted disturbances induced by RF fields	IEC 61000-4-6	3V, 0.15MHz-80MHz 6V in ISM and amateur radio bands between 0.15MHz and 80MHz 80%AM at 1kHz
Voltage dips	IEC 61000-4-11	0% U_T; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°
		0% U_T; 1 cycle and 70% U_T; 25/30 cycles Single phase: at 0°
Voltage interruptions	IEC 61000-4-11	0% U_T: 250/300 cycles

SUPPORT

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