



Wireless TENS/EMS System

Relieve Pain
and Improve
Muscle
Performance!



General Description

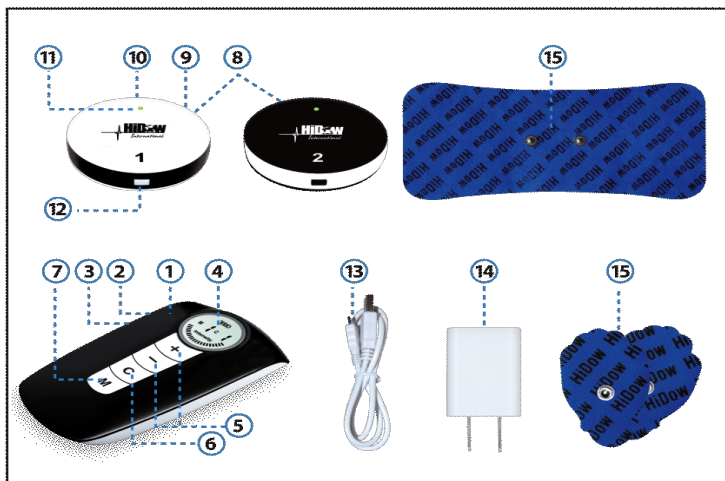
The Hi-Dow Wireless TENS/EMS System is a battery operated wireless pulse generator that sends electrical impulses from a REMOTE control to a RECEIVER (round disk) with ELECTRODES attached to them that are placed on the body to stimulate the nerves causing pain. When this happens, the nerves “FEEL” gentle electrical sensations instead of the pain.

The Wireless REMOTE controls the INTENSITY and MODE functions of the RECEIVER. The RECEIVER with the electrodes attached to it adheres easily and firmly to the skin.

The LCD display shows the exact modes and values of the functions being used.

See the pictures in this Manual that show the different COMPONENTS and CONTROLS of the Hi-DOW System and how to operate it properly to get the best PAIN RELIEF.

Because the Hi-Dow system is Wireless - Needing No Lead Wires - you must use only Hi-Dow SNAP Electrodes.

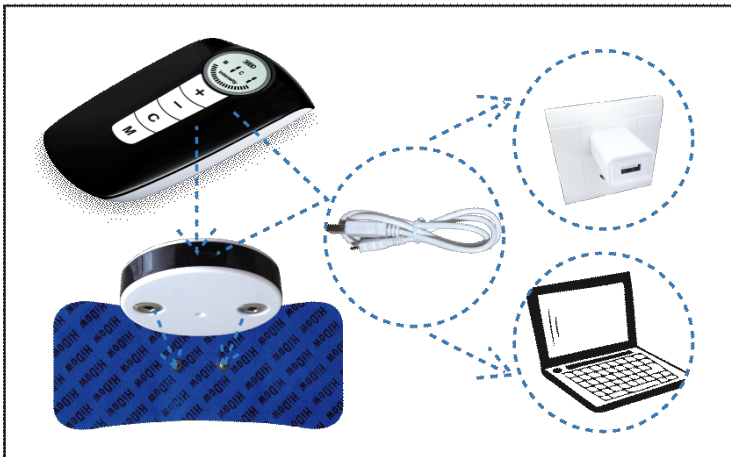


Structure:

- | | |
|--|--------------------|
| 1.REMOTE | 2.On/Off Switch |
| 3.USB Port | 4.LCD Screen |
| 5.Intensity Adjustor | 6.Channel Switch |
| 7.Mode Selector | 8.RECEIVER |
| 9.Reset Button | 10.USB Port |
| 11.Working Indicator Light (Green) Charging Indicator Light (Yellow) | |
| 12.Power Switch | 13.USB Cable |
| 14.AC Adapter | 15. Electrode Pads |

Included in this package:

- 1 REMOTE Control
- 2 RECEIVERS (NUMBERED 1 and 2)
- 1 piece of HUGE back-side adhesive electrode pads (4×9 inches - rectangular shape)
- 1 set of LARGE single sided adhesive electrode pads (2×3 inches - hand shape)
- AC Adapter
- USB Cable for Recharging
- User Manual



Quick start guide for simple use

1. Snap the electrode pads onto the round RECEIVER.
2. Remove the electrode pad film and securely place the adhesive pads directly on the skin over the pain area.
3. Turn on the REMOTE using the ON/OFF switch on the side. Then turn on the RECEIVER by pressing the power button.

4. Choose Channel 1 or Channel 2 by pressing “C” on the REMOTE, number 1 or 2 will display on LCD screen. For more RECEIVERS by pushing “C” on the REMOTE and seeing 3 or 4 appear in the LCD display.
5. Set the mode of the selected RECEIVER to Mode 1, Mode 2, Mode 3, Mode 4, Mode 5, Mode 6, Mode 7, Mode 8 or Mode 9 by pressing “M” on REMOTE, 1, 2, 3, 4, 5, 6, 7, 8, 9 will appear in the LCD display next to the “M”. (This function will only work when both the REMOTE and the RECEIVER are turned ON)
6. Adjust the Intensity of the selected RECEIVER by pushing + or - on the REMOTE. Do this until the sensation under the RECEIVER and electrode pads is felt as being comfortable. NOTE: The intensity level will need to be adjusted each time the mode is changed. (This function will only work when both the REMOTE and the RECEIVER are turned ON)

NOTE: The default setting time of REMOTE is 45 minutes. The REMOTE will shut off automatically after that time, or you can manually turn off.

Maintenance, Transportation and Storage

1. Non-flammable cleaning solution is suitable for cleaning the device.
2. Stains and spots can be removed with a cleaning agent.
3. Do not submerge the device in liquids or expose it to large amounts of water.
4. Return the device to the carrying box to ensure that the unit is well-protected before transportation.

Suggested for pain relief

1. Legs, Arms, Hands - Mode 1, Mode 3, Mode 7, Mode 8, Mode 9
2. Feet - Mode 4
3. Ears - Mode 5
4. Calories Consumption- Mode 6
5. Knees - Mode 1, Mode 3
6. Lower Neck, Hip, Stomach - Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
7. Shoulders, Upper Back- Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
8. Neck - Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
9. Combination Waves Mode 7, Mode 8 and Mode 9 are for multiple types of sensations that alternate automatically for your convenience and work well on all Pain Conditions.

Contraindications:

DO NOT use the device if you have any of the following medical conditions:

- An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device.
- Are pregnant under 37 weeks.
- Have epilepsy.

It is recommended that you consult your medical practitioner before use if you:

- Have been diagnosed with cancer.
- Have suffered acute trauma or a recent surgical procedure.
- Have cardiac problems or cardiac disease.
- Have an abdominal hernia.
- Have venous thrombosis.

The device is intended for use by adults. Use on children is possible, but should only occur with adult supervision.

Warnings:

- Stimulation should not be applied directly over the heart, on the neck area or on the temples.
- Apply the electrode pads only to normal, intact, clean skin.
- Do not apply over open wounds or over swollen or infected areas.
- Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may endanger yourself or others.
- Never immerse the device in any liquid.
- Never use the device while sleeping.
- This device should only be used with the accessories provided by the manufacturer.

Adverse Reactions:

If you experience skin irritations or any other adverse reactions then treatment should be stopped immediately.

You should consult with your medical practitioner about further use of the device.

Troubleshootings

1. The REMOTE is not turning on or I can't see anything on the screen.
 - Make sure the REMOTE has been fully charged.
2. The indicator light of RECEIVER becomes red.
 - Charge the RECEIVER soon or it will turn off automatically.
3. The REMOTE and/or RECEIVER do(es) not seem to be charging.

- Ensure the USB cable is firmly in the REMOTE/RECEIVER on one side and plugged into the AC adapter into the electrical socket on the other side - Isolate whether there is a problem with the AC adapter by plugging the USB cable from the REMOTE/RECEIVER into a computer.
- 4. Adhesive electrode pads do not stick to skin even after cleaning and moistening their surface.
- Replace the adhesive gel pads. Pads can be purchased from your distributor or from **www.hidow.com**.
- 5. During use the skin feels a painful burning sensation or the stimulation becomes weakened.
- Apply a few drops of water to adhesive surface of the pads and make sure the pads are pressed firmly to the skin during application.
- 6. When pressing "M" (Mode) and "+" "-" (Intensity adjustor) of the REMOTE, there is no any reaction.
- Make sure both REMOTE and RECEIVERS are turned on, and the Channel number on the remote matches the RECEIVER number correctly.
- If still no any reaction, the user should match the REMOTE and RECEIVERS as to the following steps: Press the "C" button on the REMOTE for more than 3 seconds, you will see "C" and Number (1, 2, 3 or 4) flashing, and then quickly double click the power switch of the RECEIVER, you will see the RECEIVER flashing. When you see the Number on the REMOTE stops flashing and turns to the next number, which means this RECEIVER is matched successfully. And also you could match the other RECEIVERS as to the above steps. **Note: The matching should be done within 5 seconds after you turn on the REMOTE.**
- 7. The REMOTE can't control the RECEIVER well.
- Make sure the distance between the REMOTE and RECEIVER is less than 8 meters.



For more information please visit our website at:

www.hidow.com