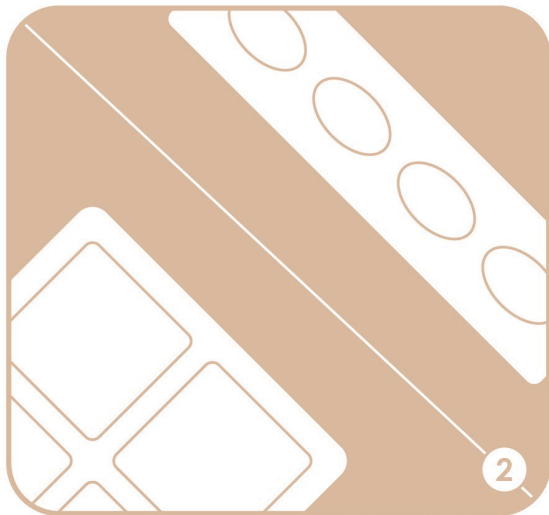


UK Connect the lead wires to the electrode pads and then insert the white pin into the device.

ES Conecte los cables conductores a los electrodos y luego inserte el pin blanco en el dispositivo.

FR Connectez les fils conducteurs aux électrodes, puis insérez la broche blanche dans l'appareil.

DE Schließen Sie die Anschlussdrähte an die Elektrodenpads an und stecken Sie den weißen Stift in das Gerät.



UK Place the electrode pads around the area to be treated.

ES Coloque los electrodos alrededor del área a tratar.

FR Placez les électrodes autour de la zone à traiter

DE Platzieren Sie die Elektroden um den Behandlungsbereich

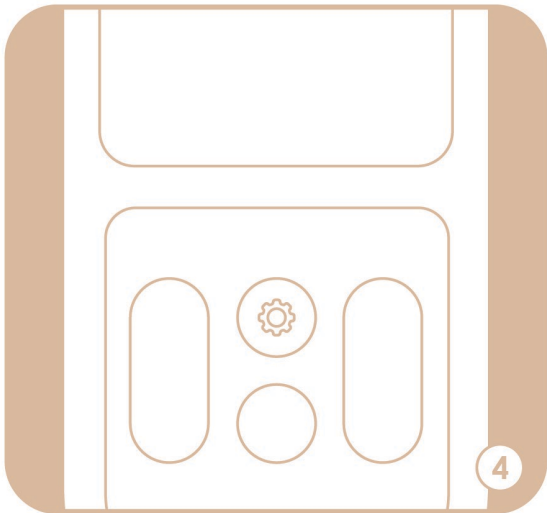


UK Press and hold the power button for 3-5 seconds to switch the device on.

ES Mantenga presionado el botón de encendido durante 3-5 segundos para encender el dispositivo.

FR Appuyez sur le bouton d'alimentation et maintenez-le enfoncé pendant 3 à 5 secondes pour allumer l'appareil.

DE Halten Sie den Netzschalter 3 bis 5 Sekunden lang gedrückt, um das Gerät einzuschalten.



UK Select the programme by pressing the settings button.

ES Seleccione el programa presionando el botón de configuración.

FR Sélectionnez le programme en appuyant sur le bouton des paramètres.

DE Wählen Sie das Programm durch Drücken der Einstellungstaste aus.

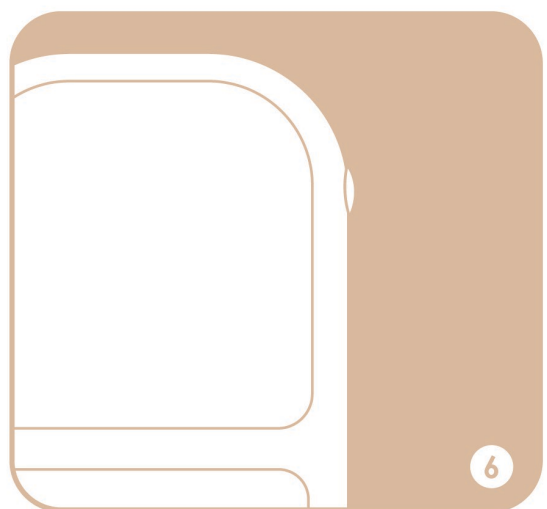


UK Adjust the intensity with the up and down buttons.

ES Ajuste la intensidad con los botones arriba y abajo.

FR Réglez l'intensité avec les boutons haut et bas.

DE Stellen Sie die Intensität mit den Auf- und Ab-Tasten ein.



UK Press and hold the power button to switch the device off.

ES Mantenga presionado el botón de encendido para apagar el dispositivo.

FR Appuyez sur le bouton d'alimentation et maintenez-le enfoncé pour éteindre l'appareil.

DE Halten Sie den Netzschalter gedrückt, um das Gerät auszuschalten.

Dear Customer,

Thank you for choosing **Uniglo**. TensCare stands for high-quality, thoroughly tested products for the applications in the areas of gentle electrotherapy, muscle toning, continence management and pain relief during labour.

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

Best regards,

Your TensCare Team
















CONTENTS

1. INTRODUCTION.....	7
2. INTENDED USE	7
3. UNIGLO FEATURES	7
4. HOW 'EMS' WORKS	8
5. HOW 'MIC' WORKS	9
6. CONTRAINDICATIONS, WARNINGS & CAUTIONS.....	10
7. INFORMATION ABOUT THE PROGRAMME SETTINGS.....	13
7.1. EMS PROGRAMMES	13
7.2. MIC PROGRAMME.....	15
8. PROGRAMMES	16
8.1. PRESET PROGRAMMES.....	16
8.2. PROGRAMMES SETTINGS	17
8.3. USING THE PROGRAMMES.....	19
9. ELECTRODE PADS	21
9.1. PAD POSITIONING	21
9.2. PAD ADVICE	22
9.3. ELECTRODE PLACEMENT	24
10. CONTENT	27
11. UNIT INFORMATION.....	28
11.1. CONTROLS & DISPLAY	28
11.2. OPERATING INSTRUCTIONS	29
12. SETTING UP AND USING UNIGLO	31
12.1. CHARGING THE BATTERY	31
12.2. CONNECTING LEAD WIRES	33
12.3. PREPARING FOR SESSION.....	33
12.4. TRAINING SESSION	34
12.5. AFTER YOUR TRAINING SESSION	34
13. CLEANING & STORAGE	35
14. EMC	35
15. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)	35
16. ACCESSORIES	35
17. WARRANTY	36
18. TROUBLESHOOTING	38
19. GENERAL SPECIFICATION.....	39



SYMBOLS USED

	TYPE BF APPLIED PART: Equipment providing a degree of protection against electric shock, with isolated applied part. Indicates that this device has conductive contact with the end user.
	This symbol on the unit means "Refer to instructions for use".
	Temperature Limitation: indicates the temperature limits to which the device can be safely exposed.
	Lot Number: indicates the manufacturer's batch code so that the batch or lot can be identified.
	Humidity Limitation: indicates the humidity limits to which the device can be safely exposed.
	Serial Number: indicates the manufacturer's serial number so that a specific device can be identified.
	Do not dispose in household waste.
	Catalogue Number: indicates the manufacturer's catalogue number so that the device can be identified.
	Atmospheric Pressure: indicates the atmospheric limits to which the device can be safely exposed.
	Manufacturer Symbol
	Date of Manufacture: indicates the date which the device was manufactured. This is included within the serial number found on the device (usually on the back of the device), as "E/Month/Year/Number" (MM/YY/123456).
	CE Mark
	This device is indicated for home use.
IP22	This device is not water resistant and should be protected from liquids. The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm \varnothing , 80 mm length, shall have



adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm \varnothing and greater.

The second number 2: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.



Notes are used to provide clarification or recommendation.



A **Warning** is used when failure to follow the instructions may result in serious injury or death.



A **Caution** is used when failure to follow the instructions may result in a minor or moderate injury, or damage to the device or other property.



A Contraindication is used when a device should not be used because the risk of use clearly outweighs any foreseeable benefits and may result in serious injury or death.



1. INTRODUCTION

Device Description & Principles of Design

The **Uniglo** is a powered muscle stimulator used for body toning and shaping, as well as for the reduction of wrinkles.

It sends a small and gentle stimulation (similar to your natural nerve impulses) to the muscles being treated via two or four auto-adhesive electrode pads, in order to help you to firm and tone your body, and to maintain your youthful appearance.

We have developed bespoke programmes dedicated to each specific area: face, abs, buttocks & hips, thighs, bust, arms and calves.

2. INTENDED USE

Uniglo is a device designed to be used in the home environment to improve muscle tone and bulk and reduce signs of ageing. It is suitable for use by all who can control the device and understand the instructions.

Do not use the device for any purpose other than this intended use.



Warning: Not suitable for use by children without adult supervision.

3. UNIGLO FEATURES

- **Dual Channel**

Two independent channels with four electrode pads to treat two areas at the same time.

- **Comfortable Stimulation**

Gentle stimulation with 90 small steps of intensity (about 1 mA per step).

- **8 Preset Programmes**

Including facial toning and firming; as well as programmes for body toning and shaping: abs, buttocks & hips, thighs, bust, arms and calves.

- **Memory**

Features 3 functions: programme retention (automatically starts in the last programme used), duration of use and average strength used.

- **Open Circuit Detection**

Automatically resets the strength to zero if the electrode pads are not correctly applied.

- **Detachable Belt Clip**

Enables the user to clip the unit onto a belt.

- **Large LCD Screen**


Clearly shows the operation of the unit and the programme and intensity being used.

- **Unique electrode pads**

Face electrode pads: Simple application to stimulate all areas of the face in one treatment session.



Circular electrode pads: To be used with the microcurrent programme for deep facial toning.

 **Note:** The electrode pads need to be applied directly to the skin before the intensity increase buttons will operate. If the **Uniglo** detects the unit is not properly connected to you (for example if the electrode pads or leads come loose) then the unit switches the intensity to zero. This safety feature prevents any unpleasant changes in output.

4. HOW 'EMS' WORKS

E.M.S. stands for Electrical Muscle Stimulation and has successfully been used in rehabilitation and training in competitive sports. EMS produces intensive and effective muscular contraction.

EMS is a complement to other physical therapy and should always be combined with active mobility, strength, coordination and functional training.

In training, the technology for electrotherapy is used for all kinds of muscular exercise - warm-up, strength, speed, power, resistance, endurance, recovery and also for rehabilitation. EMS is well known and

works as an excellent complement to regular training.

Advantages of EMS

Use of EMS will help to tone and shape the body by contracting the selected muscle group. It is particularly convenient for areas that are famous for losing their shape and hard to exercise such as the upper arms and the face.

Successful athletes all over the world have discovered the advantages of electrical muscle stimulation, such as an increase of the local circulation and the size of the muscle fibres.

How EMS Works

Muscular activity is produced by the central and peripheral nervous systems transmitting electrical stimuli to the muscles of our body. EMS uses external electrical impulses that work through the skin to stimulate the nerves supplying a specific muscle group.

This current then passes into the nerve fibres controlling that part of the muscle stimulating it to contract. So, electrical stimulation (EMS) artificially activates a muscle for you enabling to exercise the muscles and, as with any kind of exercise if performed regularly, build strength and tone.

Different frequencies have different effects; low frequencies (1-10 Hz)



coupled with long impulse times, for example, have a purifying and relaxing effect through individual contractions, whereby the circulation in the treated muscle is simultaneously improved and removal of metabolic end products is supported (lymphatic drainage).

In contrast, by means of a rapid succession of contractions (fibrillation), medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure.

5. HOW 'MIC' WORKS

MicroCurrent Stimulation (MIC) is a type of therapy where very low current is sent into the cells of the body. MIC is a very faint current that is so small it is measured in millionths of an amp (microamps). Microcurrent has been used for about 25 years in medicine. Good results have been achieved in the treatment of bell's palsy, facial paralysis, stroke, wound healing and pain control.

Human cells generate a current that is in the micro amp range which is why some can't feel it - the current is so low it doesn't stimulate the sensory nerves.

As we get older, the body slows down, the muscles start to age, and the skin begins to deteriorate. Microcurrent has the ability to speed up the whole metabolism of the

tissue and cellular activity. It works in two ways: preventative and corrective. It heals the tissues so that a visible result will be seen after only one session. The skin will tighten, and lines and wrinkles will be softened because of the cellular activity being stimulated.

In addition, because the muscle and tissue are then in a better state of repair to receive the body's own natural bio-electrical impulses, there is preventative care as well. The ageing process is being delayed and a healing effect is produced.

Why use Microcurrent?

- Corrective: enhances natural features, encourages collagen production to plump out the tissue
- Tightens and soften lines
- Very little sensation felt: very relaxing treatment
- Preventative: delays the aging process and stops further damage by stimulating the existing collagen
- Non-invasive: safer and less intrusive than face lifting surgery

Benefits of Microcurrent:

- Lifts sagging muscles
- Reduces the appearance of wrinkles and fine lines
- Reduces oedema: puffiness under the eyes is reduced as is dark circles under the eyes.
- Gives a youthful appearance to the skin
- Tightens and reduces open pores



- Improves colours and texture of the skin
- Tones flabby or sunken areas
- Diminishes scar tissue: although older scars take longer

6. CONTRAINDICATIONS, WARNINGS & CAUTIONS



CONTRAINDICATIONS:

Do NOT use if you have a pacemaker (or if you have a heart rhythm problem) or with any electronic devices. *Using this unit with electronic devices may cause erroneous operation of the device. Stimulation in the direct vicinity of an implanted device may affect some models.*

Do NOT use during the first three months of pregnancy. *It is not known whether TENS and EMS may affect foetal development.*

Do NOT use on the abdomen in the later stages of pregnancy. *Stop using immediately if you experience unexpected contractions.*



WARNINGS:

Do NOT use when driving, operating machinery, or similar actions needing muscular control. *Loose electrode pads, damaged leads, or*

sudden changes in contact may cause brief involuntary muscle movements.

Do NOT use to mask or relieve undiagnosed pain. *This may delay diagnosis of a progressive condition.*

Do NOT use if you have, in the area being treated: active or suspected cancer or undiagnosed pain with a history of cancer. *Stimulation directly through a confirmed or suspected malignancy should be avoided as it may stimulate growth and promote spread of cancer cells.*

Do NOT use electrodes near the thorax as this may increase the risk of cardiac fibrillation.

Do NOT use optional electrodes on the front of the neck. Stimulation on the front of the neck can affect your heart rate or cause contraction of the throat.

Do NOT use optional electrodes across the chest. Very strong stimulation across the chest may cause an extra heartbeat and/or rhythm disturbances to your heart, which could be lethal.

Do NOT use Uniglo while simultaneously connected to high frequency surgical equipment as it may result in burns at the site of stimulator electrodes and possible damage to the stimulator.

Do NOT use Uniglo in close proximity (e.g. 1 m) to a shortwave or microwave as this may produce instability in the stimulator output.



Do NOT use the FACE 1 or FACE 2 programmes if you have metal implants in the head or neck area.

Do NOT use the FACE 1 or FACE 2 programmes if you have Botox injections in the application area.

Do NOT use the FACE 1 or FACE 2 programmes for 6-8 weeks following collagen injections.

Do NOT use the FACE 1 or FACE 2 programmes for 1 year following a Retin A or Ro-Accountaine treatment. *This medication used in the treatment of acne can cause thinning of the skin.*

Do NOT use any charger other than the one supplied. Use of other chargers could be hazardous.

Do NOT use the device whilst charging.



CAUTIONS:

Caution should be used if you have a bleeding disorder as stimulation may increase blood flow to the stimulated region.

Caution should be used if you have suspected or diagnosed epilepsy as electrical stimulation may affect seizure threshold.

Caution should be observed when using the device at the same time as being connected to monitoring equipment with body worn electrode pads. It may interfere with the signals being monitored.

Caution should be used following recent surgical procedures. Stimulation may disrupt the healing process.

Caution Do not permit use by children unable to understand the instructions or persons with cognitive disabilities, i.e., Alzheimer's disease or dementia.

Caution: Not intended for use in an oxygen rich environment.

Caution: Not intended for use in conjunction with flammable anaesthetics or flammable agents.

Caution: The patient is an intended operator.

Caution: Do not service and maintain the device while in use with a patient.

Caution: Maintenance and all repairs should only be carried out by an authorized agency. The manufacturer will not be held responsible for the results of maintenance or repairs by unauthorized persons.

If necessary, we will provide circuit diagrams, component part lists or other information that will assist authorized service personnel to repair the device.

Caution Keep away from children under 5 years of age, pets and pests. *Long cord - risk of strangulation in infants.*

Caution: Do not put the lead wire on or wrapped around the neck



Caution should be observed when using the **Uniglo** at high strength settings. Prolonged use at high settings may cause muscle injury or tissue inflammation. The **Uniglo** is capable of delivering outputs in excess of 10 mA (RMS) or 10 V averaged over any period of 1 sec.

Caution There are no user serviceable parts. No modification of this equipment is allowed.

DO NOT PLACE ELECTRODE PADS:

- On skin, which does not have normal sensation. *If the skin is numb too great a strength may be used, which could result in skin inflammation.*
- On broken skin. *The electrode pads could encourage infection.*
- On the front of the neck. *This could cause the airway to close, giving breathing problems. May cause sudden drop in blood pressure (vasovagal response).*
- Over the eyes. *May affect eyesight or cause headaches.*
- Across the front of the head. *Effect on patients who have had strokes or seizures is not known. May affect your sense of balance. The effects of stimulation on the brain are unknown.*

ELECTRODE PADS CAUTION:

Caution: Do not ignore any allergic reaction to the electrode pads: *If a skin irritation develops, stop*

using TENS, as this type of electrodes may not be suitable for you. Alternative electrode pads specially made for sensitive skin are available (see E-696SS).

Caution: Do not use this device with leads or electrode pads other than those recommended by the manufacturer. *Performance may vary from specification. Electrodes with smaller surface area may cause tissue irritation.*

Caution: Do not use high intensity settings if electrodes are smaller than 50x50mm.



Note: Electrode pads supplied have no measurable latex content.

TO KEEP YOUR DEVICE IN GOOD WORKING ORDER, OBSERVE THE FOLLOWING ADDITIONAL CAUTIONS:

Caution: Do not immerse your device in water or place it close to excessive heat such as a fireplace or radiant heater or sources of high humidity such as a nebulizer or kettle as this may cause it to cease to operate correctly.

Caution: Keep the device away from sunlight, as long-term exposure to sunlight may affect the rubber causing it to become less elastic and crack.

Caution: Keep the device away from lint and dust, as long-term exposure to lint or dust may affect



the sockets or cause the battery connector to develop a bad contact.

Caution: Temperature & Relative Humidity of storage:

-10°C to +45°C (≤ 3 months), 45% to 75% R.H. Temperature & Relative Humidity of transportation: -10°C to +60°C, 45% to 75% R.H.

Caution: Do not attempt to open or modify the unit. *This may affect the safe operation of the unit and will invalidate the warranty.*



Note: There are no known side effects to use and long-term use is not harmful. However, the device works your muscles and unaccustomed amounts of exercise may produce muscle ache. If this happens, simply reduce the strength of the machine, or allow your muscles to rest until the aching disappears.

7. INFORMATION ABOUT THE PROGRAMME SETTINGS

7.1. EMS PROGRAMMES

The **Uniglo** unit has 8 preset EMS programmes: **FACE 1**, **FACE 2**, **ABS**, **HIP**, **THIGH**, **BUST**, **ARM** and **CALF**.

Each programme has its own combination of Frequency and Pulse Width settings which allow for different muscle groups to be

exercised and toned through the electrode pads.

- **Frequency (measured in Hz - pulses per second)**

Low frequencies (1-10 Hz) have a purifying and relaxing effect through individual contractions.

Medium frequencies (20-50 Hz) can put a high level of strain on the muscle, thus promoting the muscular structure

- **Pulse Width (measured in µs - millionths of a second)**

The **Uniglo** unit has pulse widths of 80 to 600 µs. Generally speaking, the higher the pulse width, the more "aggressive" the stimulation feels, if the pulse width is set high enough, it will usually elicit a muscle contraction, which is required for an effective toning of the muscle group selected.

Work/Rest:

All the programmes are intermittent.

Once you have reached a comfortable level, 5 seconds after you stop pressing the button, the intermittent Work/Rest phase will start.

For each programme, the unit will go through a stimulation phase (Work) for 0-10 seconds, followed by a phase without stimulation (Rest) for a similar time.

This is to allow your muscles to recover from exercise and avoid fatigue.



During the Work period (**W**), the unit will generate contractions, try to contract the muscle voluntarily at the time to get the best possible results.

This cycle Work/Rest will continue for the duration of the programme selected.

W and **R** are displayed on the screen.

Each programme is a balanced mix of toning, firming, and shaping specifically designed for the designated muscle group.

All the programmes except **FACE 1 & FACE 2** consist of seven phases, with a combination of settings optimised for each part of the body selected from the following.

- **Capillarization** (3 Hz to 8 Hz)
Treatment at these frequencies significantly increases arterial flow in the area treated. This is useful for recovering after intense work and improves local microcirculation.
- **Tissue Elasticity** (5 Hz to 15 Hz)
Stimulates the surface muscle fibres. These frequencies facilitate the removal of substances accumulated on the surface and improve the dynamic appearance of the skin.
- **Micro lifting** (12 Hz to 20 Hz)
Toning facial muscles to improve both the appearance and the dynamism of facial muscles.
- **Modelling** (12 Hz to 30 Hz)
Due to a combination of capillarizing and toning impulses,

this frequency range helps mobilise fat in areas where it tends to accumulate.

- **Firming up** (20 Hz to 30 Hz)
Firming up muscles working mainly on slow-twitch fibres.
- **Lipolysis** (30 Hz to 40 Hz)
This frequency range is used in electrolipophoresis treatments to improve the appearance of the skin.
- **Toning** (40 Hz to 50 Hz)
Toning up working mainly on fast-twitch fibres.
- **Definition and bulk** (60 Hz to 100 Hz)
Defining muscles in the arms and bust working mainly on explosive fibres. Grows muscle size.

For all programmes except **FACE 1 & FACE 2**, follow the guidelines below to set the intensity level.

Phase 1 - Preparation: Turn up the stimulation gradually, until you feel an intermittent tingling.

Phases 2 to 6 - Activation: Increase the intensity until you feel a very smooth tensing under the pads, there should be little visible movement.

Use a low intensity for the first session to help you to understand how the machine works.

During the programme and over the next few days the intensity should be increased gradually to produce marked, but not painful muscle contractions.



Phase 7 - Cool down: Turn down the intensity gradually until you can only feel a mild tingling pulse.

For the programme **FACE 1**, which has just one phase, increase the intensity to the point where you can just see the muscle moving.



Note: The stimulation should remain comfortable and relaxing at all times.

7.2. MIC PROGRAMME

The **FACE 2** programme is a microcurrent programme and therefore uses specific settings. Intensity is fixed, and the programme starts when you set display above zero.

Phase 1 – Circulation: This part of the treatment stimulates the epidermal and dermal blood circulation. It also has an activating effect on the lymph circulation.

Phase 2 – Superficial lift: This part of the programme lifts the superficial facial muscles.

Phase 3 – Deep facial toning: This phase gives a lift to deep facial muscles.



8. PROGRAMMES

8.1. PRESET PROGRAMMES

	Programme	Muscle group	Description	Special Feature
1	FACE 1	Quick Facial Toning	Helps tone, firm, lift and tighten the soft tissues of the face, counteracting the effects of ageing.	Intensity limited to 40 mA. Use with face electrode pads (see E-CM3050).
2	FACE 2	Deep Facial Toning	Microcurrent is effective for deep facial toning and there is only very little sensation felt. Facial muscles and skin may also be stimulated to improve circulation, help activate fibroblasts which produce collagen and elastin and can also tone flaccid and sagging face muscles.	Intensity is preset and can only be decreased. Use with circular electrode pads (see E-CM25).
3	ABS	Abdominal	Suitable for people who wish to tone and shape their body to obtain a thinner silhouette and to enhance general fitness levels.	
4	HIP	Buttocks & Hips		
5	THIGH	Thighs		
6	BUST	Bust/Pectorals	For women who have sagging muscles and a build-up of fat around the bra strap area.	Can be used with breast electrode pads* (see E-CMR60130) for improved comfort. *Sold separately.
7	ARM	Arms	Our upper arms often have little shape, usually caused by a lack of movement and muscular work. This programme is designed to firm and bulk muscles.	Circulation boosting to improve skin tone and appearance.
8	CALF	Calves	It is usually a lack of trained muscles in the legs which disturbs us most. Targeted muscle training for the calves is very simple to perform.	



Square electrode pads (**E-CM5050**) should be used for all programmes excluding **FACE 1** and **FACE 2**.



Note: These programmes must be used in combination with a healthy diet and regular active exercises.

8.2. PROGRAMMES SETTINGS

PROGRAMME 1: Facial Quick Tone								
Phase	1	2	3	4	5	6	7	Total
Time (min)	20							20
Stimulation (s)	0							
Pause (s)	1							
Frequency (Hz)	70							
Pulse width (µs)	100							
Ramp (s)	1/1							

PROGRAMME 2: Facial Deep Tone - Microcurrent								
Phase	1	2	3	4	5	6	7	Total
Time (min)	2	16	8					26
Waveform - monopolar	Sine	Rect	Rect					
Frequency (Hz)	20	8	0.8					
Pulse width (ms)	25	60	120					
Intensity (µA) Fixed	300	250	80					

PROGRAMME 3: Abdominal								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	10	8	7	8	2	45
Stimulation (s)	2	4	8	10	6	4	1.2	
Pause (s)	2.5	4	6	1	4	4	.5	
Frequency (Hz)	90	50	10	4	30	65	100	
Pulse width (µs)	200	300	500	600	360	300	80	
Ramp (s)	.5	.5	.9	1.3	.6	.5	.2	



PROGRAMME 4: Buttocks & Hips								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	6	8	4	3	5	1.2	
Pause (s)	2	5	4	4	4	5	.5	
Frequency (Hz)	100	65	10	50	75	45	100	
Pulse width (μ s)	200	300	500	300	260	260	80	
Ramp (s)	.5	.7	.9	.5	.5	.5	.2	

PROGRAMME 5: Thighs								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	5	3	1	10	6	4	1.2	
Pause (s)	4	4	.7	1	4	4	.5	
Frequency (Hz)	10	65	100	4	45	8	100	
Pulse width (μ s)	400	300	260	500	360	500	80	
Ramp (s)	.9	.5	.3	.9	.6	.5	.2	

PROGRAMME 6: Bust/Pectorals								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	5	1	4	5	2	
Pause (s)	3	2.5	3	.3	4.5	6	.5	
Frequency (Hz)	90	60	10	4	45	65	90	
Pulse width (μ s)	150	150	220	300	200	200	80	
Ramp (s)	.3	.5	1.3	.9	.6	.5	.2	

PROGRAMME 7: Arms								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	3	4	8	4	6	4	1.2	
Pause (s)	2.5	3	3	8	4	4	.5	
Frequency (Hz)	70	60	10	50	10	65	100	
Pulse width (μ s)	200	200	300	220	300	220	80	
Ramp (s)	.3	.5	.9	.9	.6	.5	.2	



PROGRAMME 8: Calves								
Phase	1	2	3	4	5	6	7	Total
Time (min)	5	5	5	5	5	3	2	30
Stimulation (s)	1	5	4	6	8	4	1.2	
Pause (s)	1	4	3.5	4	4	4	.5	
Frequency (Hz)	100	40	50	10	4	25	100	
Pulse width (µs)	200	220	200	300	300	220	80	
Ramp (s)	.3	.5	.5	.5	.9	.5	.2	

8.3. USING THE PROGRAMMES

FACIAL PROGRAMMES:

The **FACE 1** and **FACE 2** programmes are a non-invasive option for helping lift and/or tighten the soft tissues of the face, improving facial muscle tone and reducing the signs of ageing.

Recommended use: One treatment session daily, 5 days/week, for 12 weeks. You may notice some positive effects after just one session, but normally it will take about 6 weeks before you notice a difference.

FACE 1 PROGRAMME:

Take care when adjusting the intensity as facial muscles are particularly sensitive; intensity should be increased gradually, starting with a very low level of stimulation (just above perception) and increasing with care until you reach a good level of stimulation, represented by good muscle activation.

On the face, it is not necessary to reach levels of intensity capable of causing discomfort! Great and significant results are obtained through consistency and patience.



Warning: Use these programmes only with the face electrode pads included in the kit (see **E-CM3050**).



Warning: a minimum distance of 3 cm. must be kept between the electrode pad and the eyeball.

The TensCare face electrode pads (see **E-CM3050**) are designed to reduce any risk to a minimum. Some secondary effects may subsist but they should be temporary.



Note: You might notice mild skin redness at the site of the



electrode pads after the treatment session. It should fade within 10 to 20 minutes.



Note: Very rarely temporary after-effects, such as mild eyelid flutter, have been reported after facial stimulation. This has always resolved within a few days.

FACE 2 PROGRAMME:

The intensity is set by default at 300 μ A in phase 1, 250 μ A in phase 2 and 80 μ A in phase 3. Microcurrent will often not generate any sensation or only a gentle tingling sensation. If you find the tingling sensation uncomfortable, you can reduce the intensity in steps of 10 μ A in each channel.



Warning: Use these programmes only with the circular electrode pads included in the kit (see **E-CM25**).

ABS, HIP, THIGH PROGRAMMES:

These programmes help improving body toning and body shaping by generating passive muscle contractions in the selected area.

It may improve your general fitness levels as well as achieving a thinner silhouette by building up the muscles.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

BUST PROGRAMME:

Electrical Stimulation can build, strengthen, and firm the pectoral muscles giving bulk and lift.

- Exercise and massage therapy to enhance the size and shape of your breasts
- Natural method to enhance your all-natural body

Recommended use:

Generally, three sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.



Note: For improved comfort, use this programme with the breast electrode pads* (see **E-CMR60130**).

*Sold separately.

ARM PROGRAMME:

The upper arms often get saggy and flabby especially in the triceps area (back of the upper arm). It is tricky to tone this muscle group and some find this area ungraceful or even embarrassing.



Uniglo helps to tone, firm and lift the triceps and the biceps as it allows you to generate contractions in this specific muscle group.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

CALF PROGRAMME:

Most people are aiming for thin but muscly legs with a harmonious balance between the size of the thighs and the size of the calves. Often, the calves are either too skinny with only little muscle mass or too big with a long muscle mass especially around the ankle.

The aim of this programme is to tone, shape and lift the calves' muscles to achieve slender legs with improved definition of the muscles as well as a slimming effect on the ankles.

Recommended use:

Generally, 3 sessions per week, over a period of 4 to 6 weeks, gives good initial results depending on the body shaping, toning, sports training or rehabilitation and recovery needs.

GENERAL ADVICE:

Ideally, use **Uniglo** once every two days for each muscle with a day of rest in between. It is possible to work on pairs of muscles, for example thighs and abdominal muscles,

treating one set one day and the other the next day.



Warning: Working on too many muscles at the same time is not recommended.

Once good results have been obtained the sessions may be reduced to once or twice a week until the user feels that optimum body shaping has been achieved.

9. ELECTRODE PADS

9.1. PAD POSITIONING

The electrode pads must always be used in pairs (two electrode pads on each channel), so that the signal can flow in a circuit.



Note: The face electrode pad acts as a pair of standard electrode pads.

Connect both pigtail leads to the same channel on the unit.

Electrode placement for EMS is very important for obtaining the best results.

Place two electrode pads over the bulk of the muscle, with one electrode over the muscle's motor point. The motor point is the area on the skin that is located closest to the motor nerve's entry into the muscle



– about 1/3 of the way down the muscle from the spine. Here, it is easiest to trigger a contraction by electrical stimulation.

Experiment by moving the electrode pads across the skin until you locate the point over the muscle that gives the cleanest contraction. In the examples in section 9.3., the electrode pads are marked **+ve (red)** and **-ve (black)** to match the red and black leads. One of the electrode pads should be positioned over the motor point.

Large muscle groups may require stimulation with two channels, that is, four electrodes simultaneously.

When exercising smaller muscles, take care to adjust the intensity level slowly as the motor nerves may be more sensitive and using smaller electrode pads increases the current density.

You may feel more sensation in one pad than the other. This is normal – it depends on where the electrode pads are in relation to your nerves.

Use the square electrode pads (see **E-CM5050**) for all areas except the **FACE 1** and **FACE 2** programmes. For these programmes specific electrode pads are required (see **E-CM3050**) and **FACE 2** (see **E-CM25**).

For the bust area, it is recommended to use the optional breast electrode

pads for improved comfort (see **E-CMR60130**).

Always check that the unit is OFF before attaching or removing electrode pads.

Uniglo resets strength to zero if the pad or lead is disconnected from your body. This is to prevent sudden changes in sensation when the pad is re-connected.

9.2. PAD ADVICE

- The electrode pads supplied are reusable but for single patient use. The adhesive is a peelable hydrogel (water based).
- In order to obtain the best conductivity through the electrode pads always ensure that they are in good condition and tacky.
- Before use make sure your skin is clean and dry.
- Peel the electrode pads from their protective plastic shield by holding and lifting one corner of the pad and pulling. **Do not** pull on the pigtail wire of the pad.
- After use always replace the electrode pads on the plastic liner and replace them in the re-sealable plastic bag.
- If the electrode pads dry out, then it is best to buy a replacement pack. In an emergency, it may be possible to restore some of the tackiness of the pad by adding a tiny drop of water on each pad and spreading around. If too much water is added, the



electrode pad will become too soft. If that happens then it is suggested in order to try and re-establish some adhesiveness, to place them sticky side up in a refrigerator for a few hours.

- In very hot weather the gel on the electrode pads may become soft. In such cases place them, still on their plastic liners and in their pouch into a fridge until they return to their normal condition.
- The electrode pads provided are latex-free.
- Replace the electrode pads when they lose their stickiness.
Poor connection may cause discomfort and skin irritation.
- Storage life of an unopened pack of electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.



9.3. ELECTRODE PLACEMENT

The electrode pads placement is specific to the programme used. Please refer to the placement guidelines below.



Note: The **+** electrode pad needs to be plugged in to the **red lead wire connector**, the **-** refers to the one for the **black lead wire connector**.

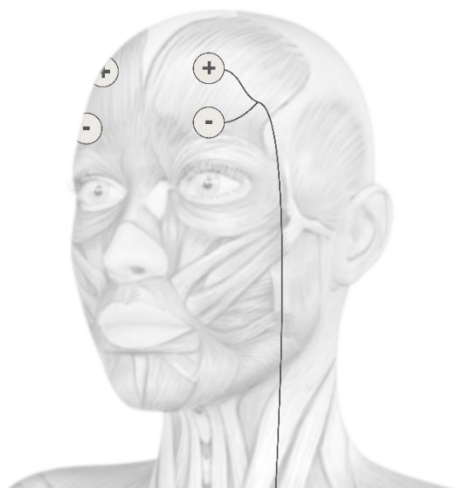
FACE 1 – Pads placement (use the face electrode pads **E-CM3050**)



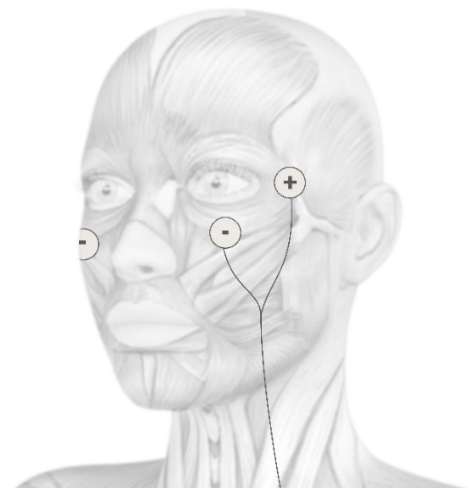
The face electrodes stimulate all the muscles on the face simultaneously.

FACE 2 – Pads placement (use the circular electrode pads **E-CM25**)

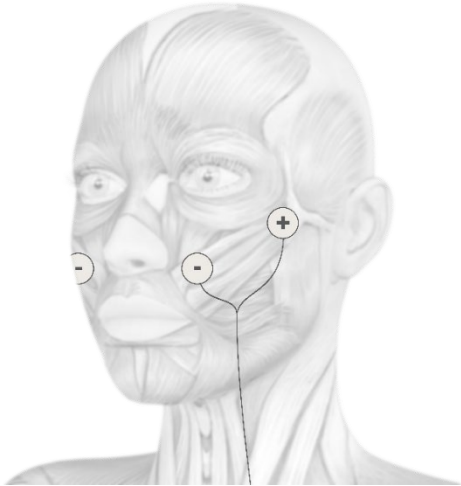
Forehead



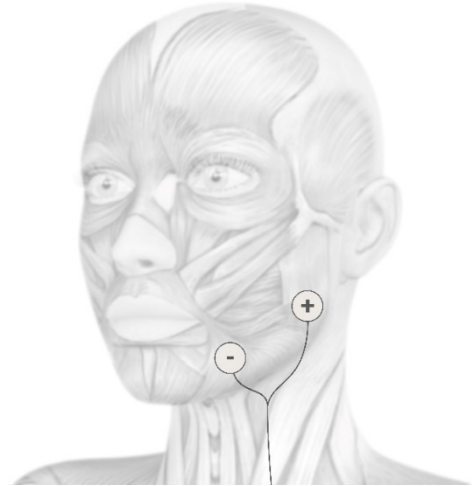
Eye Care



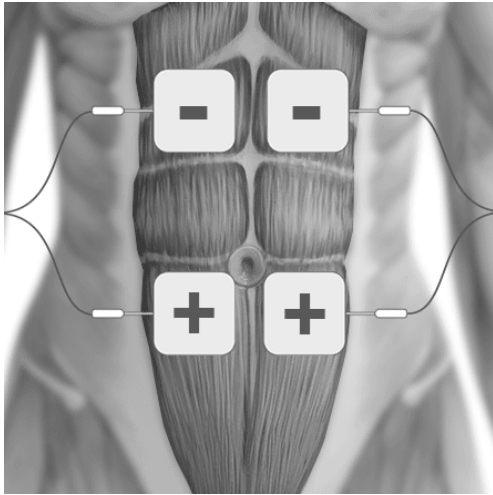
Cheek Area



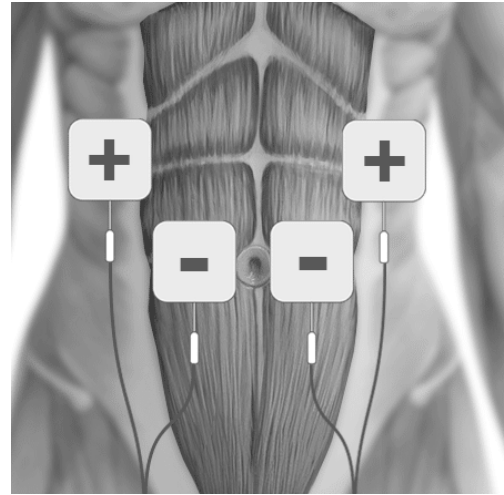
Jawline



ABS – Pads placement

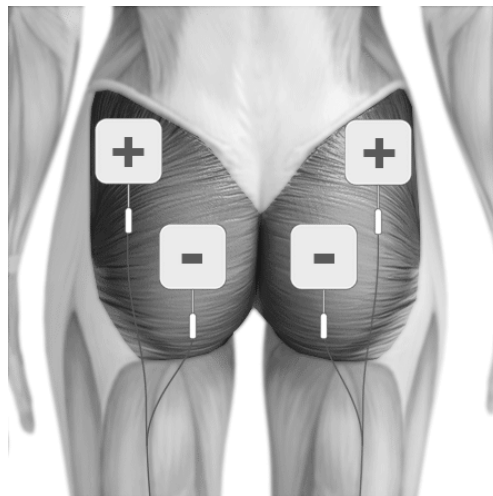


Pad placement 1

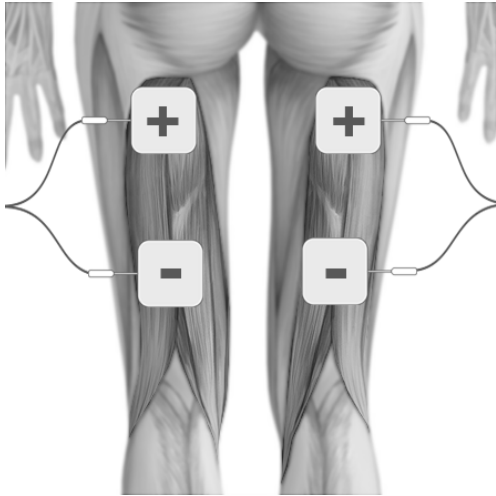


Pad placement 2

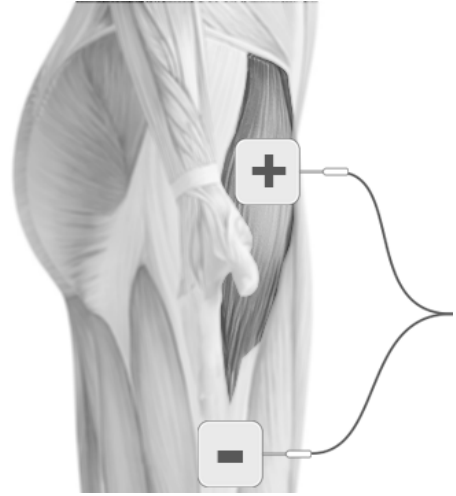
HIPS – Pads placement



THIGH – Pads placement

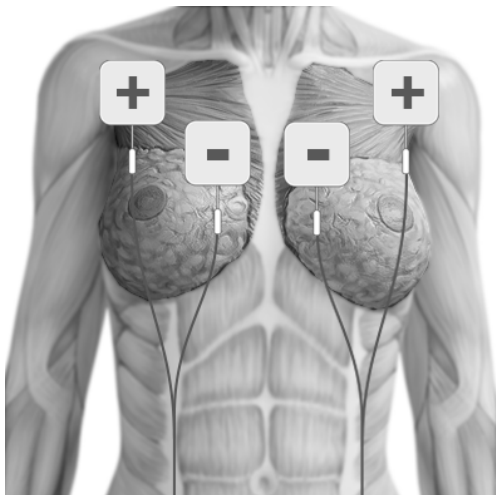


Pad placement 1

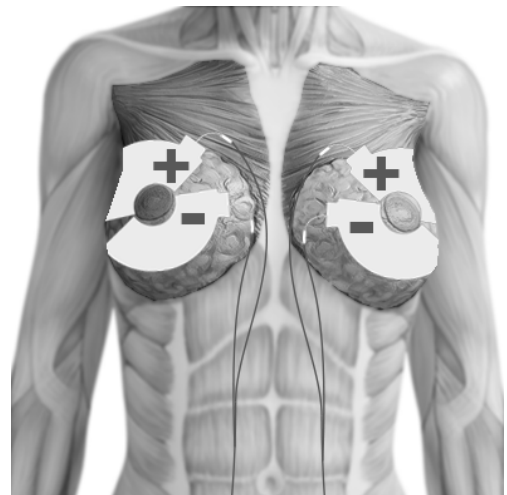


Pad placement 2

BUST – Pads placement



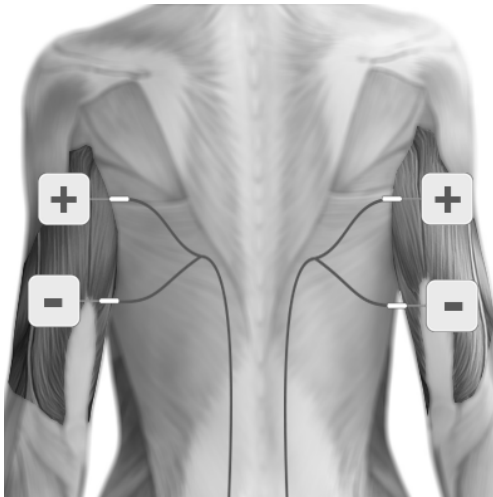
Pad placement 1



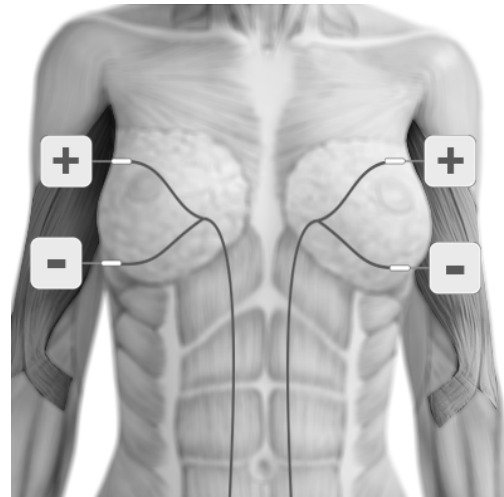
Pad placement 2 with breast electrode pads (**E-CMR60130**)



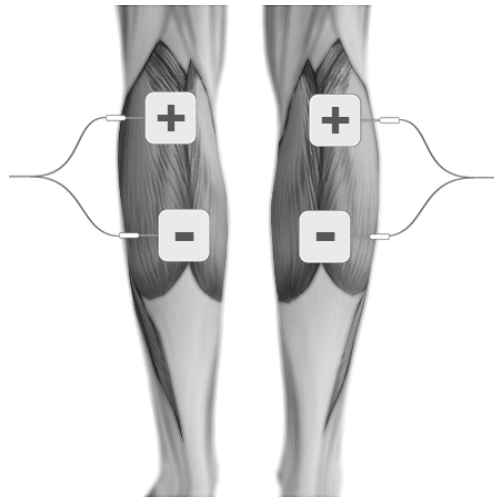
ARM – Pads placement 1



ARM – Pads placement 2



CALF – Pads placement



10. CONTENT

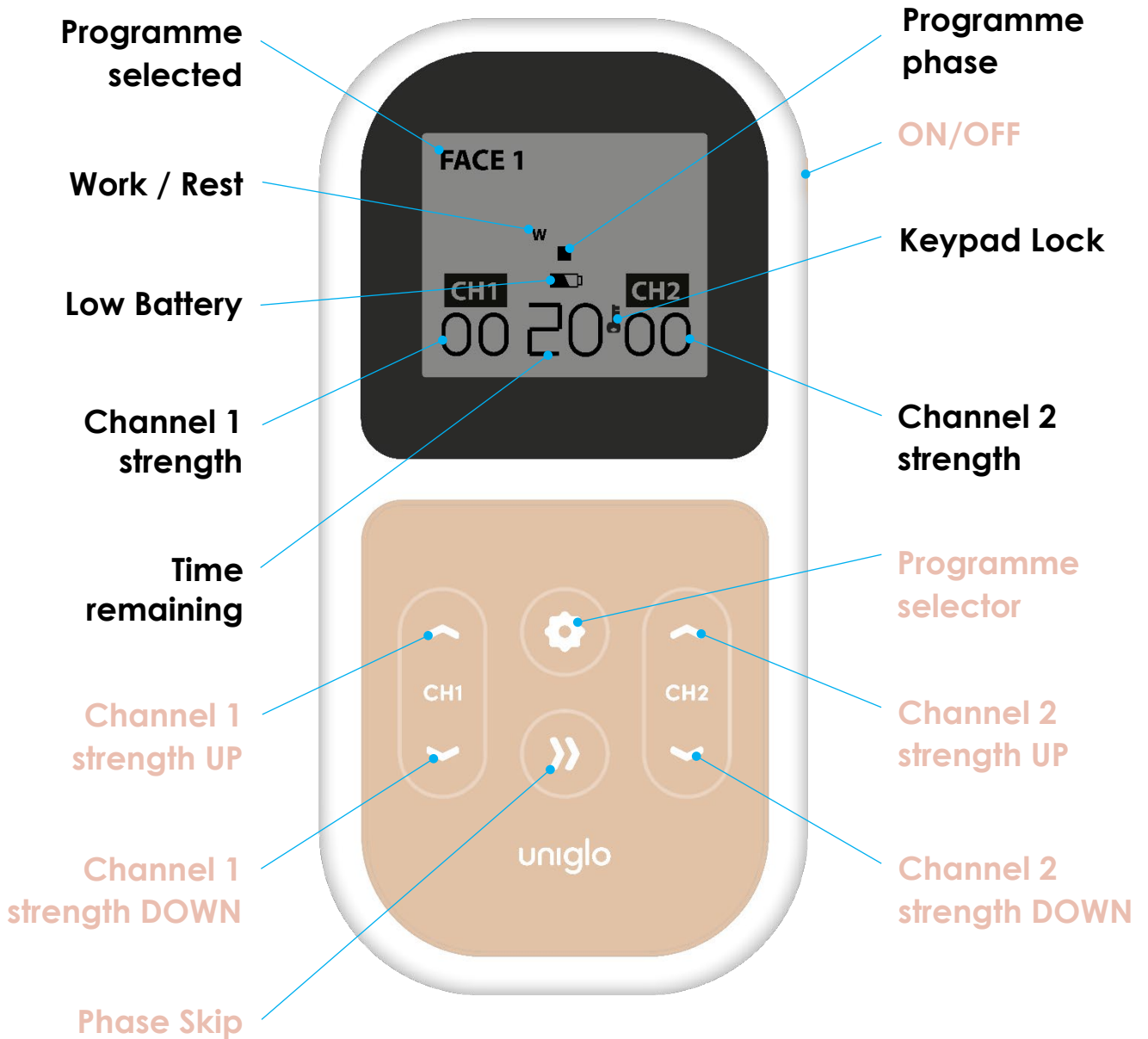
The pack contains:

- 1 x **Uniglo** multi-purpose muscle stimulator and body toner
- 2 x Lead wires (L-CPT)
- 4 x 50x50 mm electrode pads (E-CM5050)
- 4 x 30x50 mm electrode pads (E-CM3050)
- 10 x 25 mm circular electrode pads (E-CM25)
- 1 X Charging adapter (UK/EU)
- 1 x Detachable belt clip
- 1 x Storage pouch
- 1 x Instructions for use



11. UNIT INFORMATION

11.1. CONTROLS & DISPLAY



SCREEN DISPLAY
W = "Work Mode"
R = "Rest Mode"
[Battery Icon] = "Low Battery Warning"



11.2. OPERATING INSTRUCTIONS



ON/OFF

To turn the unit ON, press the **ON/OFF** button on the side of the unit and hold for 3 to 5 seconds until the display shows.

To turn the unit OFF, press the **ON/OFF** button on the side of the unit and hold for 3 to 5 seconds until the display stops

The unit will turn OFF automatically:

When the Timer reaches zero,

If it is left at zero strength for more than 5 minutes.

The unit will start with the programme you used last.

At first use, or after changing batteries, the display shows that the unit is automatically set in programme **FACE 1** at zero strength.



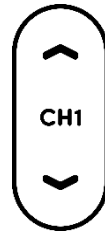
Note: Always check unit is OFF before applying or removing electrode pads.

The backlight will turn off 10 seconds after the last button press.

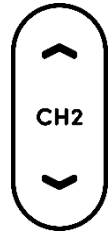
On the front of the unit there are six buttons:

STRENGTH CONTROLS

The buttons marked **CH1▲**, **CH1▼**, **CH2▲**, **CH2▼** are the strength controls.



The left-hand buttons change strength in the left-hand lead, CH1, and the right-hand buttons change the right-hand lead, CH2.



To increase strength in steps of 1 mA, press and release the top part of the channel buttons, **CH1▲** and **CH2▲**.

The strength levels are shown on the LCD.

The strength control buttons will not operate until the unit is properly connected to you. If the Uniglo detects a disconnection in either channel it will automatically return the strength to zero in that channel and flash '00'.


The unit has 90 levels of strength except for the programme **FACE 1**, which only go up to 40 mA (40 steps) and the programme **FACE 2**, which has a preset intensity.

If you hold down the strength controls for 3 to 5 seconds, the strength will start increasing continuously.


You may feel nothing over the first few presses. Continue pressing until the sensation is strong but comfortable. At each phase of the programme the intensity automatically adjusts to give a comfortable stimulation, however, further increases during use may be necessary if your body becomes used to the sensation. To decrease



the strength, press and release the lower part of the buttons marked **CH1▼** and **CH2▼**.

 **Caution:** should be observed when using the ALLURA at high strength settings. ALLURA has a Yellow LED light on output socket which means the output will exceed 10 mA (R.M.S) or 10 V (R.M.S) averaged over any period of 1 sec. Prolonged use at high settings may cause muscle injury or tissue inflammation.


PROGRAMME CONTROL

 The button illustrated is the programme control. The **Uniglo** has eight different, specially developed programmes. When the unit is first switched on it automatically enters the programme **FACE 1**.

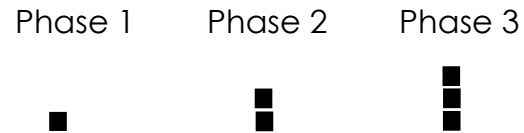
Each time you press and release the **PROGRAMME CONTROL** button, the programme changes and is shown on the LCD.

Each time you change the programme, the strength level reverts back to zero. This is a safety feature to alleviate any sudden feeling of a surge, as each programme gives a different sensation.

PHASE SKIP

 All the programmes except **FACE 1** and **FACE 2** have seven phases.


The bar column in the middle of the display increases as each phase starts:




And so on up to the 7th phase (7 bars).

This button can be used to skip a phase. Press and hold this button for 3 to 5 seconds to skip and go to the next phase of the selected treatment session.

LOW BATTERY

 An empty battery symbol will show when you need to charge the batteries. The unit will shut down about 2 minutes after this.

KEYPAD LOCK

 If you do not press any keys for 30 seconds, the keypad will lock so that only the keys marked **CH1▼** or **CH2▼** will work. This is to avoid accidental changes in setting. To unlock, press either **CH1▼** or **CH2▼** keys.

OPEN CIRCUIT CUTOUT

If the **Uniglo** is not correctly connected to your body, the strength in the channel which is not properly connected will automatically reset to zero. This is to



prevent sudden changes if a broken connection is re-made.

MEMORY

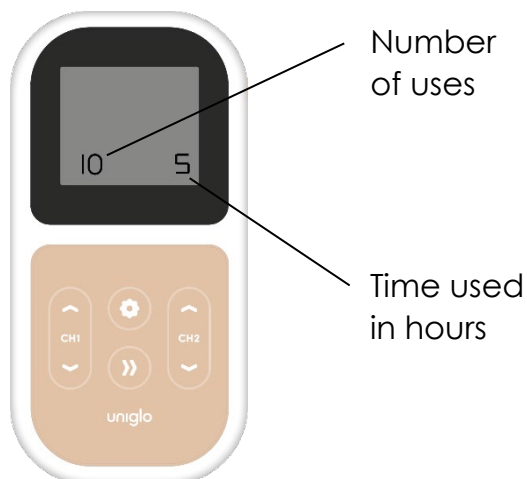
The **Uniglo** has a Memory with three functions:

1) Programme Retention. When you switch the unit on, it will automatically start in the programme which was being used when it was switched off.

» 2) Usage. Press the phase skip button and **CH2▼** together and hold down for 3 to 5 seconds. The display will show the number of times used and duration in hours used.

Press the same buttons again to return to normal controls.


3) Memory Reset. To reset memory to zero, hold down the phase skip button and **CH1▼** buttons together for 3 to 5 seconds.




12. SETTING UP AND USING UNIGLO

12.1. CHARGING THE BATTERY

The **Uniglo** is powered by a built-in rechargeable Li-ion battery. A charging adapter is included in the kit. The battery should need charging about once a month. The battery should last at least 15 hours at 50 mA, 300 μ s, 50 Hz. To fully charge the battery it will take about 2 hours.

When the battery is running low, the  **low battery warning** will show on the screen. Although the display fades as the batteries run down, the strength of the output does not change until the warning is shown.

 **Warning:** Use only the charging cable supplied. Use of other cables could be hazardous and will negate the warranty.


To charge the battery:


Connect the charger to the unit and plug it onto the mains socket.

The battery icon and increasing bar column will flash on the screen display – that means the battery is being charged.


When the battery is charged, the battery icon will stop flashing, and remain displayed with a full bar column.



 **Note:** The device should be charged at least once every 3 months to ensure the battery life is maintained.

 **Note:** The device cannot be used while being charged.

 **Note:** Charging voltage: DC 5V, charging current: 60mA.

 **Note:** Use adapters of the following specifications.

- Output: DC 5 V; 1A
- Rated input voltage shall not exceed 250 V
- Classification of protection against electric shock: Class II
- IP classification: at least IP21
- The adapter need to comply with IEC 60601-1 or IEC 60950-1



Battery Warnings

This product is equipped with a Lithium-ion battery. Failure to follow these instructions could cause the lithium-ion battery to leak acid, become hot, explode or ignite and cause injury and /or damage:

Do NOT pierce, open, disassemble, or use in a humid and/or corrosive environment.

Do NOT expose to temperatures over 60°C(140F).

Do NOT put, store or leave near sources of heat, in direct strong sunlight, in a high temperature location (a vehicle in extremely hot conditions), in a

pressurized container or in a microwave oven.

Do NOT immerse in water or sea water or get wet.

Do NOT short-circuit.

Do NOT directly solder the pack or battery, tamper with the circuit or reverse the positive and negative terminals

Do NOT transport and store the battery together with sharp metal objects that could pierce the battery. i.e. necklaces, hairpins, nail etc.

Do NOT strike at pack with any sharp edge or throw the pack.

Do NOT replace your own batteries. Changing lithium batteries or fuel cells incorrectly can lead to unacceptable risks.

Do NOT replace the battery without adequately trained personnel, otherwise it will cause danger (such as overtemperature, fire or explosion).

Do not position the equipment during charging such that it is difficult to use the charging adapter. The provided charging adapter is used to isolate the equipment circuits from the mains power supply.

Only use the battery charger provided for recharging batteries. Do not connect the pack to an electrical outlet.

Keep batteries out of the reach of children to prevent them from



swallowing them by mistake. If swallowed by child, contact your healthcare professional immediately.



Battery Caution

Caution: Do NOT use in a location where there is a large amount of static electricity, otherwise, the safety devices in the battery pack may be compromised.

Caution: If the battery pack creates an odour, generates heat, becomes discoloured or deformed, or in any way appear abnormal during use, recharging or storage, immediately remove it from the device or battery charge and stop using it.

Caution: If battery leakage occurs and comes in contact with the skin or eyes, wash thoroughly with lots of water and immediately seek medical attention.

If necessary, to obtain a replacement battery please send the device to Tenscare. (See back cover for contact details)

Disposal: Always dispose of batteries and device responsibly according to local government guidelines. Do not throw batteries onto a fire. Risk of explosion.

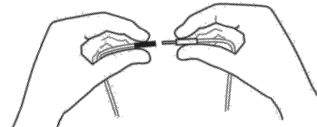
12.2. CONNECTING LEAD WIRES

Insert the lead wire plug into the base of the unit.

Attaching the electrode pads to the lead wire.



Push the pin ends firmly into the pigtail ends of the electrode pads.



The lead wires may be damaged by rough handling and should be treated with care.

Lead wire colour coding.

The ends of the lead wires are coloured red or black. One of the electrode pads should be positioned over the motor point (see section 9.3.).

12.3. PREPARING FOR SESSION

1) Before use make sure your skin is clean and dry.

If you are using the **FACE** programmes, clean the skin carefully before applying electrode pads, removing all makeup, oils and creams. Residue from these can prevent the electrode pads from adhering properly. Use an Aloe



Vera based cream after treatment to soothe any skin irritation.

- 2) Place the electrode pads on the skin, see section 9.
- 3) If you are using your **Uniglo** while moving, you can attach the unit to your belt using the belt clip or hang it around your neck using a neck cord (not included). For safety, use thread or wool that will snap easily if the unit snags on something.
- 4) You can safely lean on the electrode pads. The sensation might change.



Warning: Ensure the **Uniglo** is switched OFF before applying the electrode pads on the skin.

12.4. TRAINING SESSION

- 1) Press and hold the **ON** button on the control unit for 3 to 5 seconds to switch the control unit on.
- 2) When switched on for the first time, the **Uniglo** will automatically select the programme **FACE 1**. Next time, it will automatically select the programme you were using the last time it was switched off.
- 3) You can select from the 8 preset programmes. Details in section 8 will help you identify the best programme to suit you.
- 4) Identify the correct pads positioning for the selected area

and apply the electrode pads as described in section 9.3.

- 5) Once the electrode pads are correctly positioned, adjust the intensity as described in 11.2. with the buttons **CH1▼**, **CH1▲**, **CH2▼** and **CH2▲**. The LCD display shows the strength of intensity used for each channel.



Note: If the sensation becomes uncomfortable, reduce the intensity.

12.5. AFTER YOUR TRAINING SESSION

When the timer reaches zero, your session is complete, and the unit turns off.

- 1) Check that the control unit is OFF. If it is not, hold down the **OFF** button to switch off then remove the electrode pads from your skin by holding the pad itself and gently pulling. Be careful not to pull the wires as this may damage them.
- 2) Replace the electrode pads to their protective plastic shield and return them to the re-sealable plastic bag.



Note: When removing the electrode pads, DO NOT PULL ON LEAD WIRES.



13. CLEANING & STORAGE

Clean the case and lead wires at least once a week by wiping with a damp cloth and a solution of mild soap and water. Wipe dry.

- **Do not** immerse your **Uniglo** unit in water.
- **Do not** use any other cleaning solution than soap and water.

Storage life

- Storage life of an unopened pack of self-adhesive electrode pads is 2 years. This may be affected by very high temperatures or very low humidity.
- The unit has no fixed shelf life.

14. EMC

Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be used no closer than 30 cm (12 inches) to any part of the device.

Note. As indicated in 5.2.1.1 (f) of IEC 60601-1-2:2014 for ME EQUIPMENT).



Note: For hospital use, full EMC advice tables are available on request.



15. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)

One of the provisions of the European Directive 2012/19/EU is that anything electrical or electronic should not be treated as domestic waste and simply thrown away. To remind you of this Directive all affected products are now being marked with a crossed-out wheellie bin symbol, as depicted below.

To comply with the Directive, you can return your old electro-therapy unit to us for disposal. Simply print a postage-paid PACKETPOST RETURNS label from our website www.tenscare.co.uk, attach this to an envelope or padded bag with the unit enclosed, and post it back to us. Upon receipt, we will process your old device for components recovery and recycling to help conserve the world's resources and minimise adverse effects on the environment.



16. ACCESSORIES

Expected Service Life

- The machine will often last for more than 5 years but is

warrantied for 2 years. Accessories (lead wires, electrode pads, and batteries) are not covered by the warranty.

- Lead life depends greatly on use. Always handle the leads with care. We recommend replacing the lead wires regularly (about every 6 months).
- Electrode pads should last 12 to 20 applications, depending on skin condition and humidity.
- The battery should last at least 15 hours at 50 mA, 300 μ s, 50 Hz.

Replacement electrode pads, new batteries and lead wires are available from your supplier or distributor (see back cover for contact details), by mail order from TensCare, by telephone using a credit or debit card, or through the TensCare website.

The following replacement parts may be ordered from TensCare at www.tenscare.co.uk or +44(0) 1372 723434.

E-CM3050	Face electrode pads Pack of 4 pairs
E-CM25	Circular electrode pads Pack of 10
E-CMR60130	Breast electrode pads Pack of 4 (2 pairs)
E-CM5050	Square electrode pads Pack of 4
E-CM50100	Large electrode pads Pack of 4
E-696-SS	Square hypoallergenic electrode pads

Pack of 4

L-CPT	Lead wire
X- BC-UR	Replacement belt clip
X-UNICH	Charging adapter (UK/EU)

17. WARRANTY

This warranty refers to the unit only. It does not cover, electrode pads, battery, charging adapter or the lead wires.

PRODUCT WARRANTY INFORMATION

This product is warranted to be free from manufacturing defects for 2 years from date of purchase.

This warranty is void if the product is modified or altered, is subject to misuse or abuse; damaged in transit; lack of responsible care; is dropped; if incorrect battery has been fitted; if the unit has been immersed in water; if damage occurs by reason of failure to follow the written instruction booklet enclosed; or if product repairs are carried out without authority from TensCare Ltd.

We will repair, or at our option replace free of charge, any parts necessary to correct material or workmanship, or replace the entire unit and return to you during the period of the warranty. Otherwise, we will quote for any repair which will be carried out on acceptance of our quotation. The benefits conferred by this warranty are in addition to all other rights and remedies in respect of the product,



which the consumer has under the Consumer Protection Act 1987.

Our goods come with guarantees that cannot be excluded under the UK consumer Law. You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality.

If necessary, we will provide circuit diagrams, component part lists or other information that will assist authorized service personnel to repair the device.

Before you send your unit for service

Before sending in your unit for service, please take a few minutes to do the following:

Read your manual and make sure you follow all the instructions.

Returning your unit for service

Should repair be needed within the warranty period, enclose the tear off section of the warranty card (see page 41) and your proof of purchase receipt. Please ensure all relevant details are completed before sending your unit in for service. Please ensure your contact details are still current and include a brief description of the problem you are experiencing together with your purchase receipt.

For hygiene reasons, please do not include used electrode pads. Send only the unit and lead wires.

Please return the unit and warranty card (see page 41) at your cost to:

TensCare Ltd

PainAway House,
9 Blenheim Road,
Longmead Business Park,
Epsom, Surrey
KT19 9BE, UK

Should you require any further information please do not hesitate to contact us by calling our number:

+44 (0) 1372 723 434.



18. TROUBLESHOOTING

If your **Uniglo** is not working properly, please check the following:



Problem	Possible causes	Solution
No display	Flat batteries.	Recharge batteries.
	Damaged battery	Contact supplier.
Low battery display	Low batteries.	Recharge batteries.
No sensation	Intensity is not strong enough.	Increase strength. Most users will feel something at a setting below 20 mA.
	You are using FACE 2	This programme uses microcurrent, it is normal to not feel anything.
Output will not increase above zero	Open circuit cut-out operating.	Ensure machine is attached to your body correctly.
	Lead not connected to body or faulty/damaged.	Try using the second lead wire. Purchase replacement if necessary.
	(Lead wires can break at the bend where they leave the machine giving no, or intermittent, output).	
Sudden change in sensation	If you disconnect and re-connect a few minutes later, the signal will feel quite a lot stronger.	Always return strength to zero after disconnecting the leads or electrode pads.

If the above review has failed to resolve your problem, or to report unexpected operation or events, or to provide feedback call TensCare or your local supplier or distributor (address on back cover) for advice.

Contact TensCare customer service on +44 (0) 1372 723 434. Our staff are trained to assist you with most issues you may have experienced, without the need to send your product in for service.



19. GENERAL SPECIFICATION

Waveform	Asymmetrical Bi-Phasic	
Amplitude		
FACE 1 over 500 Ohm load	40 mA zero to peak +ve in 40 steps.	
FACE 2 over 500 Ohm load	300 μ A in phase 1, 250 μ A in phase 2 and 80 μ A in phase 3.	
Other programmes over 1 kOhm load	90 mA zero to peak +ve in 90 steps +/- 10% Modified constant charge control	
Output plug	Fully shielded: touch proof	
Channels	Dual channel	
Batteries	Built-in lithium-ion battery Model: YJ 523450 Manufacturer: YJ Power Group Limited Ratings: 750mAh, 3.7Wh, 3.7V	
Weight	100g	
Dimensions	120 x 60 x 20 mm	
Safety Classification	Internal power source. Designed for continuous use. No special moisture protection.	
Software version	R2	
Applied Part	Skin surface electrode pads.	
Environmental specifications:		
Operating:	Temperature range: 5 to 40°C Humidity: 15 to 90% RH non-condensing Atmospheric pressure: 700hPa to 1060hPa	
Storage:	Temperature range: -10-+60°C (\leq 1 month) -10-+45°C (\leq 3 month) -10-+28°C (\leq 1 year) Humidity: 45 to 75% RH non-condensing Atmospheric pressure: 700hPa to 1060hPa	
TYPE BF APPLIED PART		Equipment providing a degree of protection against electric shock, with isolated applied part. Indicates that this device has conductive contact with the end user.
	This symbol on the unit means "Refer to Instructions for use".	
IP22	This device is not water resistant and should be protected from liquids.	





Complies with EU WEEE regulations



Note: The electrical specifications are nominal and subject to variation from the listed values due to normal production tolerances of at least 5%.



Note: At least 30min required for the device to warm / cool from the minimum / maximum storage temperature between uses until it is ready for intended use.

