How to operate your PennyPad

1. Ensure battery has been properly inserted into device
2. Remove blue protective film from gel pads
3. Place gel pads over correct position on back of TENS Machine
4. Remove clear protective film from gel pads, do not remove gel pads from device
5. Place the PennyPad onto treatment area
6. Press and hold + to turn PennyPad on and activate Smart Contact Detection*
7. Press + again to activate stimulation**
8. Use +/- to adjust stimulation level
9. Automatic power off after 20 minutes
10. Replace battery when PennyPad can’t be started up

Battery Replacement

Please replace battery when:
1. Power off during stimulation and can’t be powered on again, or
2. Can’t be powered on after a long period of storage.

Note:
*Smart Contact Detection automatically detects connection, and the pain area is clearly displayed on the PennyPad. When pain area is not displayed or detected, the pain area should be moved to the proper position until detected.
**When power on, stimulation level is set to 0 for safety purposes. One more press will enter stimulation mode.

What is PennyPad?
The PennyPad is an innovative, One Piece Self-Adhesive electronic pain reliever. Utilizing TENS technology to target specific pain gates. Elegantly designed by medical grade silicone, ultra-thin, flexible and washable construction which perfectly matches the contour of contacting surfaces. High tech circuitry conserves energy by providing 20 minutes per treatment and up to 20 sessions per battery life. The Kinetik Wellbeing TENS machine is a safe and easy pain management option, bringing people a brand new experience and changing the world of pain.

What is TENS?
TENS, transcutaneous electric nerve stimulation, means electrical stimulation of nerves through the skin. TENS is recognized as a clinically proven, effective, non-invasive method of treating pain from certain causes. It manages pain through stopping the pain before pain signals being transmitted to the brain. It also helps to release endorphins which soothe the treatment area by stimulating nerves. The PennyPad is free from side-effects when used properly, and can be used as a simple means of self-treatment. The method is scientifically underpinned and medically approved.

Product Specification

<table>
<thead>
<tr>
<th>Power</th>
<th>Pulse Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>CR2032</td>
<td>3V</td>
</tr>
<tr>
<td>Pulse Rate</td>
<td>70Hz</td>
</tr>
<tr>
<td>Pulse Width</td>
<td>200µs</td>
</tr>
<tr>
<td>Treatment Time</td>
<td>120s</td>
</tr>
<tr>
<td>Pulse Strength</td>
<td>0 ~ 15 stages adjustable</td>
</tr>
<tr>
<td>Operation Temperature</td>
<td>-10°C ~ 40°C</td>
</tr>
<tr>
<td>Storage Temperature</td>
<td>-10°C ~ 50°C</td>
</tr>
<tr>
<td>Transportation Environment</td>
<td>10 ~ 40°C, 30 ~ 85% Relative Humidity</td>
</tr>
<tr>
<td>Size</td>
<td>112 x 72 x 10mm</td>
</tr>
</tbody>
</table>

Program modulation

<table>
<thead>
<tr>
<th>Cycle Mode</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Constant</td>
<td>0</td>
</tr>
<tr>
<td>2 Number 8</td>
<td>100</td>
</tr>
<tr>
<td>3 Number 9</td>
<td>120</td>
</tr>
</tbody>
</table>
Applications:

- Back pain
- Joint pain (e.g. knee joint, hip, joint, shoulder)
- Neuralgia
- Headache
- Menstrual Pain
- Pain after injuries to musculoskeletal system
- Circulatory problems
- Pain with circulatory problems
- Pain after injuries to musculoskeletal system
- Menstrual Pain
- Neuralgia
- Back pain

Important Information Regarding Electromagnetic Compatibility (Emc)

With the increased number of electronic devices such as computers and mobile telephones, medical devices may be more susceptible to electromagnetic interference from other devices. To minimize interference that may result in a reduced performance of the medical device and under a possibly unsafe condition, devices should also be interfered with other devices, in order to regulate the interference for EMC. Electric Magnetic Compatibility with the aim to prevent unsafe product operation of the medical device and create a potentially unsafe environment. This device is intended for use in an electromagnetic environment in which radiated RF emissions are not inappropriate for battery operated device. Not applicable for battery operated device. Power frequency magnetic fields should be at

Applications:

- Pain with circulatory problems
- Pain after injuries to musculoskeletal system
- Menstrual Pain
- Neuralgia
- Back pain

Applications:

- Pain with circulatory problems
- Pain after injuries to musculoskeletal system
- Menstrual Pain
- Neuralgia
- Back pain

Pain with circulatory problems
- Pain after injuries to musculoskeletal system
- Menstrual Pain
- Neuralgia
- Back pain

Guidance And Manufacturer's Declaration - Electromagnetic Emissions:

The device is intended to be used in the electromagnetic environment specified below. The user of this device should make sure it is used in such an environment.