Applicable to:
- Lower Back
- Back Pain
- Sciatica
- Knee Pain
- Menstrual Pain
- Menstrual Cramps
- Migraine

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.

Battery Specification
- Power: CR2032 Lithium 3V
- Pulse Rate: 70Hz
- Pulse Width: 200µs
- Output Voltage: Max. 65 Vpp, based on 500 Ω load ±-10%
- Treatment Time: 20 minutes; auto-off
- Pulse Strength: 0 ~ 15 stages adjustable

Product Specification

<table>
<thead>
<tr>
<th>Specification</th>
<th>CR2032 Lithium 3V</th>
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<td>Output Voltage</td>
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</tr>
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<td>Treatment Time</td>
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Note:
* Smart Contact Detection automatically detects connection. Audible alarm will ping if incorrect when stimulus level is set to 0. Use more pressure to activate stimulation mode.
** When power on, stimulation level is set to 0 for safety purposes. One more press will enter stimulation mode.

Assemble your PennyPad

There are only few steps of assembly required and it works as easy as the layout.

1. Insert Battery (CR2032 only)
2. Open battery cover with a coin.
3. Flip open battery cover with a pin with care.
4. Close and lock battery cover.
5. Place gel pads accordingly and ready to use.

Thank you for choosing the Kinetik Wellbeing PennyPad. Please read these instructions for use and keep them for further use.

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 uni-body 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 recognised as a clinically proven, effective, non-medication method of treating pain from certain causes. It manages pain through stopping the pain to prevent 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.

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Operating Environment

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<thead>
<tr>
<th>Environment</th>
<th>Temperature</th>
<th>Humidity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating</td>
<td>10 ~ 40°C</td>
<td>30 ~ 85%</td>
</tr>
<tr>
<td>Storage</td>
<td>-10 ~ 50°C</td>
<td>10 ~ 95%</td>
</tr>
<tr>
<td>Transportation</td>
<td>-10 ~ 50°C</td>
<td>35 ~ 85%</td>
</tr>
</tbody>
</table>

Program modulation

<table>
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<tr>
<th>Cycle Mode</th>
<th>Wave Mode</th>
<th>Pulse Rate</th>
<th>Wave Time</th>
</tr>
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<tbody>
<tr>
<td>1 Constant</td>
<td>200µs</td>
<td>70Hz</td>
<td>120s</td>
</tr>
<tr>
<td>2 Burst</td>
<td>200µs</td>
<td>70Hz</td>
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If you need longer treatment, please repeat operating procedure.

1. There is no serviceable part content in this product.
2. Replace battery when necessary.
Imported Information Regarding Electromagnetic Compatibility (Emc)

With the increased number of electronic devices such as computers and mobile devices including telephones, medical devices in use may be susceptible to electromagnetic interference from other devices. Electromagnetic interference may result in incorrect operation of the medical device and cause a potentially unsafe situation. Medical devices should also not interfere with other users. In order to regulate the requirements for EMC (Electromagnetic Compatibility) with the aim to prevent unsafe product situations, this device complies with European standards EN60601-1 and EN60601-1-2 (In accordance with IEC 61000-4-2, Magnetic Compatibility) with the aim to prevent unsafe product situations. This device is intended for use in an electromagnetic environment specified below. The user of this device should make sure it is used in such an environment. (IEC 60601-1-2, Table 2)

Maintenance & Disposal

- If the unit is not functioning properly or causing discomfort, stop using it immediately and consult a doctor.
- Avoid touching the PennyPad before/pending turn on of the skin stimulation equipment.
- Prevent any metal object, such as a metal necklace coming into contact with skin.
- Supervision and medical consultation recommended if you are under age 16.

Recommended Separation Distances Between Portable And Mobile Rf Communications Equipment And This Device.

This device is intended for use in an electromagnetic environment specified below. The user of this device should make sure it is used in such an environment. (IEC 60601-1-2, Table 2)

Guidance And Manufacturer’s Declaration - Electromagnetic Emissions:

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Body Maps

- Chronic pain through various causes
- Pain after injuries to musculoskeletal system
- Menstrual Pain
- Headache
- Joint pain (e.g. knee joint, hip joint, shoulder)
- Back pain

Applications:

- Power frequency magnetic fields should be at

Warnings

- Never useUSECAUTIONtouch the heart, around the breasts, or on damaged skin.
- Do not use this in areas of the body with high curvature such as the bony ribs or bone.
- Do not use under the supervision of a physical therapist.
- For external use only.
- This device may be used in a situation where static charge may be generated.
- Consult a doctor before using this device if you receive other medical treatments.
- Do not use on or near pregnant women.
- Do not disrupt or disconnect.
- Do not use this in strong magnetic fields.
- This unit is not suitable for or in a magnetic resonance imaging (MRI) environment.
- Supervision and medical consultation recommended if you are under age 16.

Reflections from structures, objects, and people.

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