ICYMOT®
SMARTRELIEF®
TENS THERAPY
Relief for Muscles Aches and Pains, Arthritis, and Chronic Pain
Visit www.smartrelief.com for more information on SmartRelief and coupon offers.

USER MANUAL
INTRODUCTION
What is TENS?
TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS therapy relaxes and stimulates your pain relief by sending electrical impulses through your skin to the affected area. It has been shown to be an effective method for treating chronic pain.

INDICATIONS FOR USE
To be used for temporary relief of pain associated with sore and aching muscles, strain or sprain, caused by normal everyday activity.

CONTRAINDICATIONS
Do not use the device if you have a cardiac pacemaker, implant, or similar electronic medical device. Do not use it on children or while you are sleeping.

WARNING
- Do not use this device if you are pregnant or if you have a cardiac pacemaker, implant, or similar electronic medical device.
- Do not use this device on children.
- Do not use this device if you do not know the source of your pain.
- Do not use this device on children.

ADVERSE REACTIONS
- If you experience any adverse reactions, stop using the device and consult your physician.

PRODUCT INFORMATION
- The product comes with a 30-day money-back guarantee.
- The product is covered by a 1-year warranty.

CAUTIONARY STATEMENTS
- Do not use the device in children.
- Do not use the device if you are pregnant or if you have a cardiac pacemaker, implant, or similar electronic medical device.

ELECTROMAGNETIC COMpatibility (EMC)
- The device is certified to meet the requirements of the EMC standards.
- The device is designed to operate in environments where electromagnetic interference is minimized.

Troubleshooting Guide
- Check the power supply and verify that it is working properly.

CONNECTING THE ELECTRODES
- Connect the electrodes to the TENS unit according to the instructions provided.
- Ensure that the electrodes are securely attached to the skin.

BATTERY REPLACEMENT
- Replace the batteries when they are no longer effective.
- Ensure that the batteries are inserted correctly to avoid damage to the device.

FCC Compliance
- The device complies with the FCC rules and regulations.
- The device is designed to operate within the frequency bands specified by the FCC.

LEGAL DISCLAIMER
- The device is not intended to treat or cure any medical condition.
- The device is not a substitute for professional medical advice.

Distributed by Chiesi, Inc.
Chattanooga, TN 37421-2563 USA
Guidance and Manufacturer's Declaration - Electromagnetic Immunity

<table>
<thead>
<tr>
<th>Immunity Test</th>
<th>EN 61000-6-2 Test Level</th>
<th>Compliance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electromagnetic Field</td>
<td>200 A/m</td>
<td>200 A/m</td>
</tr>
<tr>
<td>Electric Field</td>
<td>3 kV/m</td>
<td>Not applicable</td>
</tr>
<tr>
<td>Magnetic Flux Density</td>
<td>0.4 T</td>
<td>0.4 T</td>
</tr>
</tbody>
</table>

Electromagnetic Environment - Guideline

- The device is intended for indoor use in environments protected against external influences.
- The device is suitable for use in environments with a low level of electrical disturbances.

Power frequency magnetic fields should be at levels characterizing normal situations in a typical location within the device.

Guidance and Manufacturer's Declaration - Electromagnetic Emissions

The device is intended for use in electromagnetic environments compatible with the conditions specified for this device.

NOTE 1 ±50 kHz and ±85 kHz, the higher frequency range applies.

NOTE 2 These guidelines may not reflect all operational conditions, and the manufacturer's guidelines should be consulted for a complete list of applicable frequencies and conditions.

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Unit</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insertion Loss</td>
<td>dB</td>
<td>250</td>
</tr>
</tbody>
</table>

Power frequency magnetic fields should be at levels characterizing normal situations in a typical location within the device.

Recommended operation distances between parallel and mobile RF communication equipment and the touchscreen device.

<table>
<thead>
<tr>
<th>Separation distance according to frequency</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>900 MHz to 2.4 GHz</td>
<td>0.5 m</td>
</tr>
<tr>
<td>5 GHz to 6 GHz</td>
<td>0.5 m</td>
</tr>
</tbody>
</table>

For operation at a maximum output power level, the separation distance should be increased by the value indicated in the table above.