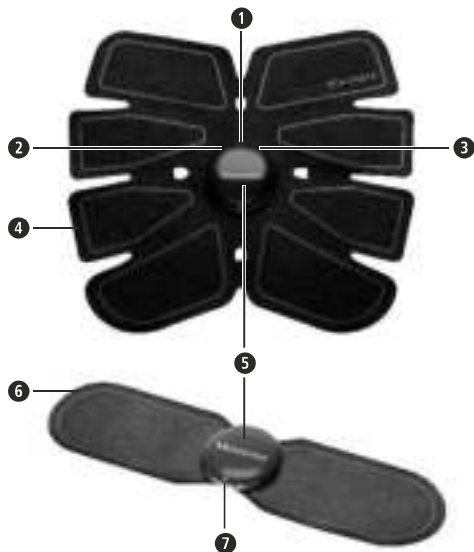


MEDISANA®

EMS BodyTrainer

Instruction manual - Please read carefully!
GB Device and controls



Explanation of symbols



This instruction manual belongs to this device. It contains important information about starting up and operation. Read the instruction manual thoroughly. Non-observance of these instructions can result in serious injury or damage to the device.



WARNING

These warning notes must be observed to prevent any injury to the user.



ATTENTION

These notes must be observed to prevent any damage to the device.



NOTE

These notes give you useful additional information on the installation or operation.

LOT LOT number

Manufacturer



GB Safety Instructions



Read the instruction manual carefully before using this device, especially the safety instructions and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.



- Only use this device for the purpose for which it was developed and in the manner specified in the instructions for use.
- When using it for other purposes, the warranty expires.
- Do not use accessories that are not recommended by the manufacturer.
- Avoid the contact with pointed or sharp objects.
- This device is not designed to be used by persons (including children) with limited physical, sensory or mental abilities, or by persons with insufficient experience and/or knowledge, unless under observation by a person responsible for their safety, or unless they have been instructed in the use of the device.
- Children must be supervised to ensure that they do not play with the device.
- In case of a malfunction, do not try to repair the device yourself. Not only does the warranty expire, but serious danger can result (fire, electric shock, injuries). Only authorised service offices should carry out a repair.
- Never use the device while taking a bath or shower. Should liquids penetrate the device, immediately remove the battery and avoid further application. Contact your specialist shop or your service centre.
- In case of diabetes or other diseases you should consult your family doctor before applying the device.
- Persons, whose sensitivity is disturbed or impaired may only apply the device according to the instructions of a physician.
- The application should be pleasant. If you feel pain or feel the application unpleasant, stop it and consult your doctor.
- Ask your doctor for each kind of pain or disease, before using the device.
- Do not apply the device during the operation of a machine or while driving a car.
- If the device shows obvious damages, send it to your specialist shop or directly to the MEDISANA service center for repair.
- The device is only for private use and is not intended for medical or commercial purposes.
- Do not use the unit near to equipment emitting a strong electric or magnetic field, such as radios, microwaves or mobile phones. This may impair the correct functioning of the unit.
- Do not use the unit near any heat sources, highly flammable substances, gases or explosives.
- If you wear jewellery or piercings make sure that you take it off before using the unit. Otherwise it may cause punctual burnings.
- Do not use this device simultaneously with other devices which give electrical pulses to your body (e.g. TENS devices).
- In certain cases respectively regions of the body you should not apply the device, e.g. if you suffer from heart / circulatory diseases, if you have implanted metal parts, in the region of the front neck, the sinus nerve, the heart or thorax, during pregnancy, on wounds, ulcers or inflammatory skin regions, if you have fever, thrombosis or if you recover from an operation.

- In any case contact your physician before you use the appliance.

BATTERY SAFETY INFORMATION

- Do not disassemble batteries!
- Remove discharged batteries from the device immediately since they may leak and cause damage to the unit.
- Increased risk of leakage, avoid contact with skin, eyes and mucous membranes! If battery acid comes in contact with any of these parts, rinse the affected area with copious amounts of fresh water and seek medical attention immediately!
- If a battery has been swallowed seek medical attention immediately!
- Insert the battery correctly, observing the polarity!
- Remove the batteries from the device if it is not going to be used for an extended period!
- Keep the device & batteries out of children's reach!
- Do not attempt to recharge batteries! There is a danger of explosion!
- Do not short circuit! There is a danger of explosion!
- Do not throw into a fire! There is a danger of explosion!
- Do not throw used batteries into the household refuse; put them in a hazardous waste container or take them to a battery collection point, at the shop where they were purchased!

Device and controls

- On-/Off-button ①
- "-"-button ②
- "+"-button ③
- Abdomen pad ④
- Controller ⑤
- Arm/Leg pad ⑥
- Battery compartment ⑦

Scope of supply

- Please check first of all that the unit is complete. The following parts are included as standard:
- 1 MEDISANA EMS BodyTrainer with 1 abdomen pad, 2 arm/leg pads and 3 controllers
 - 3 Batteries (type CR2032) 3V
 - 1 Instruction manual

Please contact your supplier if you notice any transport damage on unpacking the unit.



WARNING

Please ensure that the polythene packing is kept away from the reach of children!
Risk of suffocation!

Inserting / changing battery

Open the lid of the battery compartment ⑦ by lifting resp. pushing it upwards carefully on the marked area. Insert the new battery (type CR 2032, 3V) with the "+"-side on top. Close the lid of the battery compartment.

Preparation

Fix the controller ⑤ using the snap buttons on the abdomen resp. the arm/leg pads. The abdomen pad is designated to be used on your abdominal area and the arm/leg pads are designated to be used on your upper arm or upper leg. Clean the skin area where you want to apply the pads and make sure, no sweat is present there.

Use

Now put on the pads and switch on the respective controller with the on/off-button ①. The LED will flash 3 times. If the pads do not have sufficient skin contact, the appliance will switch off automatically after approx. 5 seconds (the LED will flash again 3 times). Otherwise the device will run for 23 minutes with automatically changing intervals, before it will switch off. Press "+"- ③ or "-"- ② button to adjust the intensity manually in 15 levels, which will be confirmed with a single flash of the LED. To switch off the device manually, press the on/off-button ①. The LED will flash again 3 times.



WARNING

- If you feel uncomfortable during the use of the unit, set a lower intensity. If it still feels uncomfortable or painful or if the skin is itching or aching, immediately stop the usage and consult a doctor.
- In the beginning, only set the intensity to a low level. Only later - when you got used to the usage of the device - you may set higher intensities.
- We recommend using the device not more than once a day for a maximum of 23 minutes.

Pad replacement

The abdomen pad ④ and the arm/leg pads ⑥ are consumables. Replace them under the following circumstances:

- The respective pad is opened or used since more than one month
- The glueing ability fades; the pad is dry or damaged or shows not removable dirt deposits.

Cleaning and maintenance

- Keep the adhesive surfaces clean and avoid contact with dust, liquids, sharp objects etc.
- Remove the batteries before you clean the unit.
- Clean the unit from time to time with a soft, dry cloth. The adhesive surfaces may only be cleaned by holding them under smoothly running, lukewarm tap water. Use your finger to slightly wipe the adhesive side to get rid of the remaining water. Do not use towels to clean or dry the adhesive surfaces in order to keep the glueing ability. The adhesive surfaces need to air-dry before you can use them again.
- Never use strong cleaning agents, very hot water, alcohol, naphtha, thinner or gasoline etc.
- Do not expose the unit to direct sunlight and protect it from dirt and moisture.
- Remove the batteries from the unit if you do not plan on using it again anytime in the near future. Otherwise, the batteries may start leaking.
- Store the unit in a clean, dry and cool location.
- Cleaning and user maintenance shall not be done by children without supervision.

Disposal

This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner.

Please remove the battery before disposing of the device/unit. Do not dispose of old batteries with your household waste, but at a battery collection station at a recycling site or in a shop. Consult your municipal authority or your dealer for information about disposal.

Directives / Norms

This device is certified in accordance with EC Guidelines and carries the CE symbol (conformity symbol) "CE". We hereby declare that the EMS BodyTrainer, Art. 79524, complies with the fundamental requirements of the European Directive 2014/30/EC. You can request the complete EC Conformity Declaration from MEDISANA AG, Jagenbergstraße 19, 41468 Neuss, Germany, or you can also download it from the MEDISANA homepage.

Technical specifications

Name and model:	MEDISANA EMS BodyTrainer
Power supply:	3 x batteries CR2032 3V
Frequency:	2 Hz - 20 Hz
Size:	Abdomen pad approx. 17 x 19 cm Arm-/Leg pad approx. 5 x 20 cm
Weight:	Abdomen pad approx. 30 g Arm-/Leg pad approx. 13 g
Article no.:	79524
EAN no.:	40 15588 79524 4
Accessories:	Replacement pads Set of 2 (2 abdomen pads) Article no.: 79525 EAN: 40 15588 79525 1 Set of 4 (4 arm/leg pads) Article no.: 79526 EAN: 40 15588 79526 8



In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.

The current version of this instruction manual can be found under www.medisana.com

Warranty and repair terms

Please contact your supplier or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:

1. The warranty period for MEDISANA products is 3 years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be removed free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
 - a. All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.
 - b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
 - c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
 - d. Accessories which are subject to normal wear and tear.
 - e. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

MEDISANA AG, Jagenbergstraße 19,
41468 NEUSS, Germany

For service, accessories and spare parts, please contact:

UK - United Kingdom
+44 20 36809777
service.gb@medisana.com