REF PennyPad

TENS

Applicable
Lower Back
Back Pain
Sciatica
Knee Pain
Menstrual Pain
Migraine

penny pad™

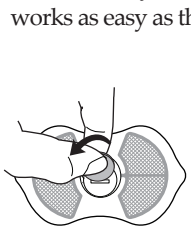
against daily pain

One Piece Self-Adhesive Electric Pain Reliever

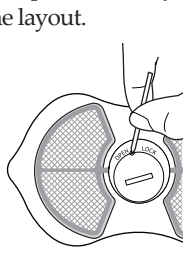
kinetik WELLBEING

Assemble your PennyPad

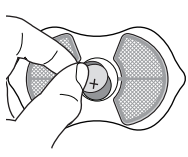
There are only few steps of assembly required and it works as easy as the layout.



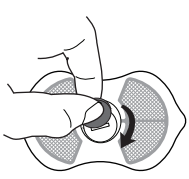
1. Open battery cover with a coin.



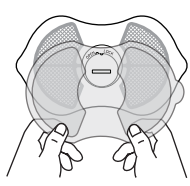
2. Flip open battery cover with a pin with care.



3. Insert Battery (CR2032 only)



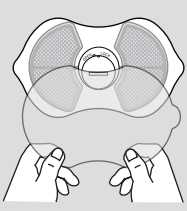
4. Close and lock battery cover.



5. Place gel pads accordingly and ready to use.

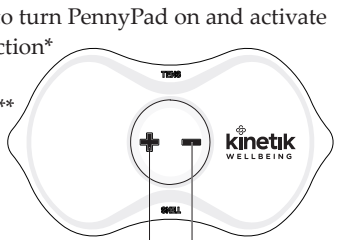
Battery Replacement
Please replace battery when:
1. Power off during stimulation and can't be powered on again, or
2. Can't be powered on after a long period of storage.

Note:
After Use
Always place protective film back to electrode after use.



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



Press 3 sec to power on; intensity increase

Press 3 sec to power off; intensity decrease

Note:
* Smart Contact Detection automatically detect connection. Audible alarm will triggered when improper contacted between 2 electrodes.
** When power on, stimulation level is set to 0 for safety purposes. One more press will enter stimulation mode.

Read before you use
Pennypad should never be used to mask or relieve undiagnosed pain. Before treating any symptoms of pain, it is mandatory to diagnose cause of pain by a doctor.

Thank you for choose the Kinetik Wellbeing PennyPad. Please read these instructions for use carefully 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 sooth 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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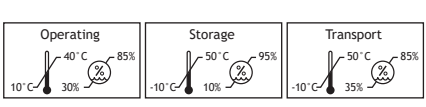
Product Specification

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
Operation Environmen	10 ~ 40°C, 30 ~ 85% Relative Humidity
Storage Environment	-10 ~ 50°C, 10 ~ 95% Relative Humidity
Tranporation Environment	-10 ~ 50°C, 35 ~ 85% Relative Humidity
Size	112 x 72 x 10mm

Program modulation

Cycle	Mode	Pulse Width	Pulse Rate	On-time
1	Constant	200	70Hz	120s
2	Burst	200	70Hz	120s

If you need longer treatment, please repeat operating procedure.
1. There is no serviceable part content in this product.
2. Replace battery when necessary.



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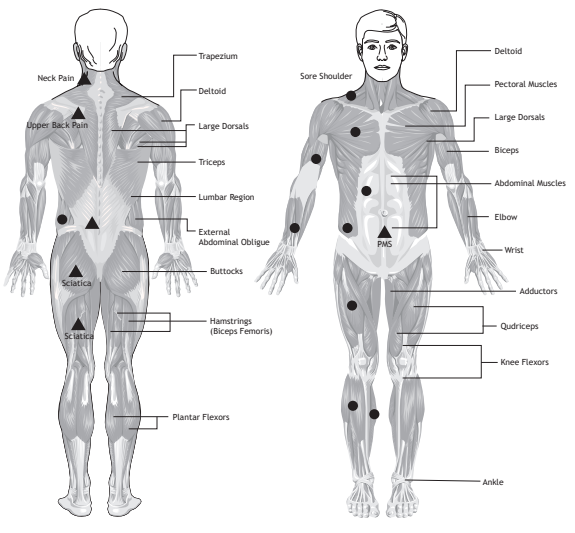
 MADE IN CHINA

Applications:

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

Body Maps



Important Information Regarding Electro Magnetic Compatibility (Emc)

With the increased number of electronic devices such as computers and mobile (cellular) 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 create a potentially unsafe situation. Medical devices should also not interfere with other devices. In order to regulate the requirements for EMC (Electro Magnetic 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, IEC 61000-4-3, IEC 61000-4-4, IEC 61000-4-5, IEC 61000-4-6, IEC 610004-8 and IEC610004-11) and is subject to special precautionary measures with regard to electromagnetic compatiblity.

Please note that portable and mobile HF communication systems may interfere with this unit.

- The use of PennyPad other than those specified by Kinetik Wellbeing, with the exception of accessories sold by Kinetik Wellbeing as replacement parts for internal components, may result in increased emission or decreased immunity of the device.
- PennyPad should not be used adjacent to or stacked with other equipment. In case adjacent or stacked use is necessary, PennyPad should be observed to verify normal operation in the configuration in which it will be used.
  Refer to further guidance below regarding the EMC environment in which the device should be used.

Warnings

- Never use this unit near the heart, around the mouth, or on diseased skin.
- Do not use this unit in places with high humidity such as the bathroom.
- May need to use under the supervision of a physical therapist.
- For external use only.
- Long-term stimulation at the same site may cause skin discomfort. Consult a dermatologist if skin discomfort persists.
- Do not use Pennypad during the first 12 weeks of pregnancy.
- Consult a doctor before you use this device if you receive other medical treatments.
- Do not disassemble or remodel this unit.
- Do not use this unit while sleeping, driving or bathing.
- Prevent any metal object, such as belt buckle or necklace coming into contact with PennyPad.
- Supervision and medical consultancy recommended if you are under age 16.

Maintenence & Damage

- If the unit is not functioning properly or causes discomfort, stop using it immediately.
- Pause the PennyPad before removing/moving the stimulation region.
- Use only for the specific pain problem diagnosed by professionals.
- Consult your local authorities for proper battery disposal.
- Remove battery from battery chamber if you are not going to use it for a longer period.

Guidance And Manufacturer's Declaration - Electromagnetic Emissions:

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

Emissions Test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic.
RF emissions CISPR 11	Class B	Battery operated device. Just need test Radiated Emission of CISPR 11 equipment. SEM44 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply.
Harmonic emissions IEC61000-3-2	Not applicable	
Voltage fluctuations / Flicker emissions IEC61000-3-3	Not applicable	

Guidance And Manufacturer's Declaration - Electromagnetic Immunity:

This device is intended for use in the 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)

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment Guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6kV contact ±8kV air	±6kV contact ±8kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%. Portable and mobile RF communications equipment should be used no closer to any part of SEM44 than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Electrical fast transient/burst IEC 61000-4-4	±2kV for power supply line ±1kV for input/out line	Not Applicable	Not applicable for battery operated device.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	Not Applicable	Not applicable for battery operated device.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT) for 0.5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 sec	Not Applicable	Not applicable for battery operated device.
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Note: Ut Is The A.C. Mains Voltage Prior To The Application Of The Test Level.			

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

This device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of this device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and this device as recommended below, according to the maximum output power of the communications equipment. IEC 60601-1-2, Table 6

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz Not applicable	80 MHz to 800 MHz $d = \left[\frac{3.5}{E1}\right]\sqrt{P}$	800 MHz to 2.5 GHz $d = \left[\frac{7}{E1}\right]\sqrt{P}$
0.01	Not applicable	0.16	0.233
0.1	Not applicable	0.368	0.736
1	Not applicable	1.16	2.33
10	Not applicable	3.7	7.4
100	Not applicable	12	23

or transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

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