

6 MODE WIRELESS TENS AND EMS UNIT

RHB3052



To see all the FAQs in one place, visit vivehealth.link/h1h

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QUICK START GUIDE

GETTING STARTED

- Charge device fully before first use.
- Clean and dry skin area before applying.
- Attach the device to the electrode pad.



PAD PLACEMENT

- Remove protective film from pads.
- Place the pad on the desired area.
- Press firmly to ensure full contact.



ARMS



SHOULDER



ABDOMEN



BACK



LEGS



NECK

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HOW TO USE

1. Press and hold down the M button to turn on.
2. Once on, press and release the M button to cycle through the 6 modes.



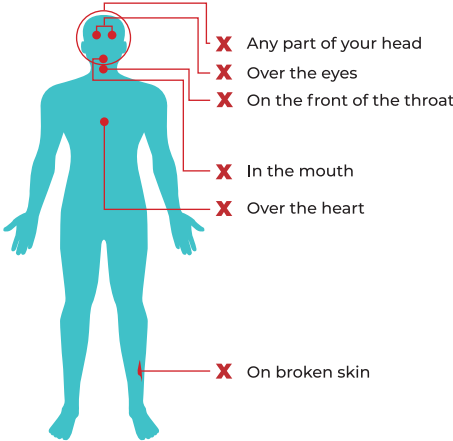
3. Use the + and - buttons to adjust the intensity to your preference.



WARNINGS ⚠

- Avoid placing on head, throat, chest, mouth, broken skin, or directly over a joint such as knee elbow or ankle.
- Remove if skin irritation occurs.
- Don't use while driving/sleeping.
- Consult doctor if pregnant/have medical devices.

AREAS TO AVOID PLACING ELECTRODES



FREQUENTLY ASKED QUESTIONS

Questions	Answer
How long do the electrode pads last?	About 20 - 30 uses. Replace the pads once they lose stickiness.
Can I use it while exercising?	Yes, you can use it during light activities like walking, but avoid moderate to intense exercise. Sweating can cause the electrode pads to lose adhesion and slide off.
What intensity level should I use?	Start low and slowly increase the intensity until you feel the tingling sensation without discomfort.
How often can I use it?	2-3 sessions daily, 15-30 minutes each. Wait 6 hours between sessions.
Can I shower with pads on?	No. Remove pads before water exposure.
How should I store the pads?	Return to the plastic sheet after use. Store in a cool, dry place.
What happens if my device won't turn on?	Ensure it's fully charged and then hold the power button down for 3 seconds. Contact Vive Health support if trouble persists.