chirp.

For help with pad placement,
Use our web app at **halo.GoChirp.com**

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chirp.

HALO

TENS&EMS Units

USER MANUAL

Hey there!

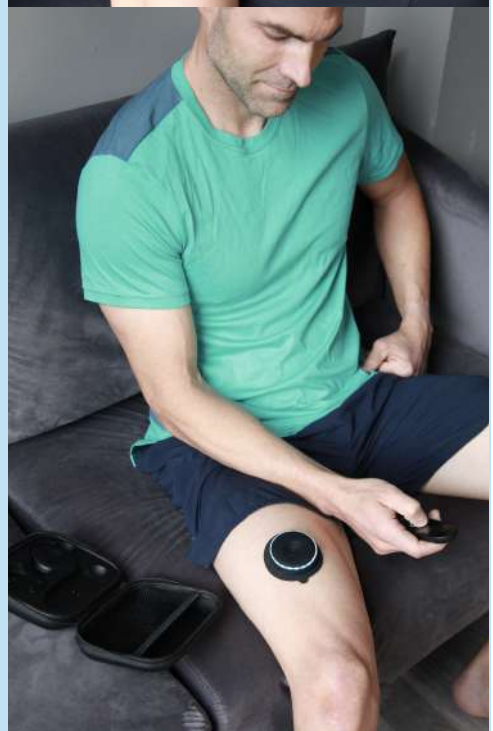
We're glad you're here.
You're about to use
the world's most
user-friendly TENS&EM
S units.

.
Pain relief and recovery
through TENS/EMS
therapy has proven
benefits, and can help
unlock stubborn muscles
and hard-to-reach knots.

Now get ready to
experience the Halo
in all its glory.

-The Chirp Team

Please Read all warnings and instructions before use



Intended uses

The Halo TENS&EMS units is in tended to be used under the di rection of a physical therapist, tr ainer, or medical professional tr ained on the use of TENS/EMS u nits.

The device can be used by the medical professionals in a health-care facility or by the patient in their own home.

The Halo TENS&EMS units uses t he following stimulation types to help temporarily relieve pain and stimulate muscles:

TENS
• Nerve stimulation to manage chronic pain
• Temporarily relieve pain associ-ated with sore and aching muscles due to exercise or trauma.

EMS
• Muscle stimulation to increase blood flow to tight injured muscles.
• Aid in improving range of motion. Relaxing muscles.
• Preventing atrophy from lack of use.

App

Proposed use of the Chirp Halo pad placement/trigger point app is to educate on where common pains come from and where medical professionals have found success in relieving those pains. Pad placement should always be consulted with a medical professional and the patient before engaging in muscle stimulation. The app is in no way prescribing stimulation programs for individuals, nor diagnosing injuries of any type.

Scan to access web app

Or hold phone close to
this symbol inside Halo case:

WARNINGS & SAFETY GUIDELINES

Contraindications

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted electronic device, or are connected to high frequency surgical equipment.

Safety Warnings

- Do not allow children to handle, swallow or ingest accessories or parts.
- Do not use this device across or through your chest any electrical currents introduced into the chest may cause rhythm disturbances.
- Do not use this device over your eyes, mouth, face, front of neck, head, chest, genitals, or across your heart because this may cause severe muscle spasms resulting in difficulty breathing and other adverse effects.
- Consult with your physician before using this device. Stop using this device and consult your physician if your pain does not improve, becomes more than mild, or continues for more than five days.
- Do not use this device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use this device over open wounds or rashes, or over swollen, red, infected or inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not use this device if you are susceptible to rhythm disturbances to the heart.
- Do not use this device over or in proximity to metallic implants of cancerous lesions
- Do not use this device on children.
- Do not use this device in the presence of electronic monitoring equipment (e.g. cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not use this device when in the bath, shower or other sources of moisture. Do not use this device while sleeping.
- Do not use this device on abnormal skin, or skin that is not clean & healthy.
- Do not use in close proximity (e.g. 1 meter) to shortwave or microwave therapy equipment as it may produce instability in device output
- Do not recharge Halo when it is attached to electrodes or any part of your body.
- Do not apply near the area of an implant, such as cochlear implants, pacemakers, electrical or skeletal anchorage implants or any other active implanted or body worn devices. Such use could cause electric shock, burns, implantable/body worn device may malfunction due to electrical interference, or death.
- Do not apply near metal. Remove jewelry, piercings, or any removable metallic product.
- Do not use it if you are pregnant.
- Do not use it while sleeping.
- Do not use while exercising, it is meant for use after or before.

Pad Placement Warnings

- In rare cases you may experience skin irritation due to the electrical stimulation or adhesive medium (gel pads). Please ensure the treatment area is cleaned properly and the electrode gel pads are making adequate contact with the skin. Stop using the device and consult with your physician if you experience adverse reactions from use of this device.

Precautions

- Keep this device out of the reach of children.
- Do not use this device if you are pregnant, unless under the direction of your physician.
- This device should not be applied on or across your head or face.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- Use this device with caution if you have a tendency to bleed internally such as following an injury or fracture.
- Consult with your physician prior to using this device after a recent surgical procedure, because stimulation accelerates the healing process.
- Do not use this device for pain of central origin, including headache.
- Use this device with caution if stimulation is applied over areas of skin that lack normal sensation.
- Do not remove this device from your skin with the stimulation mode of operation activated.
- Do not place your finger, or any object, between or near your skin and the adhesive gel pads during stimulation treatment.
- This device is not to be used in the presence of flammable gasses.
- Handle the unit with care. Inappropriate handling of the unit may adversely affect its characteristics.

PACKAGE CONTENTS

A. **HALO UNIT** TENS&EMS units creates and sends electrical signals throu gh electrode pads to your muscles.

B. **HALO REMOTE** Used to control & program the HALO unit(s)

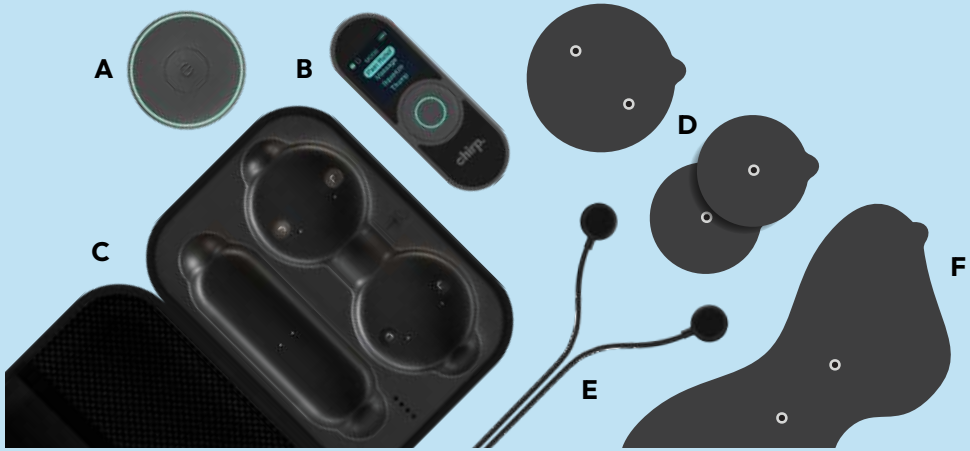
C. **CHARGING & CARRY CASE** (Double unit pictured) Convenient & quick charging and carrying of your HALO units, pads, cables, and remote.

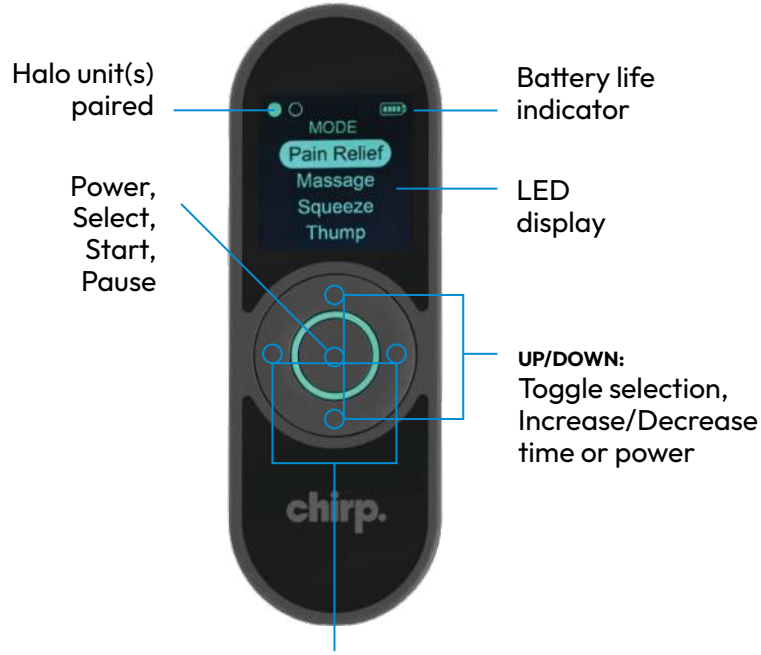
D. **TRIGGER POINT PAD PACK**
Large Pads: Attach HALO Unit to these pads. Can be used on their own or to anchor HALO Unit while using the Small pads.
Small Pads: Use these to stimulate two trigger points at once. Attach these to the Extension Cables, then attach the Extension Cables to the HALO Unit.

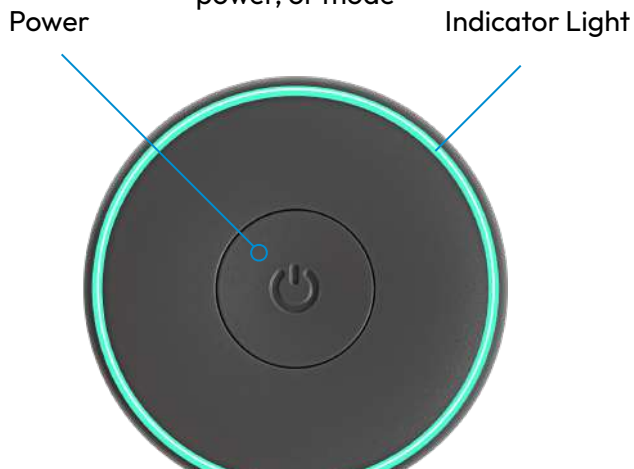
E. **EXTENSION CABLES** Used to send electrical signals between HALO Unit(s) and Small Pads

F. **LOWER BACK PAD** Self-adhesive pad to be placed on the lower back.

G. **USB-C CHARGING CABLE** (not pictured) Plug in to the bottom of the case (C) to recharge.







HOW IT WORKS

FIRST TIME USE: hold the power button on the Halo Unit for 5 seconds, or until the light ring flashes blue to pair with remote.

1 Remove Halo unit(s) from Case and press the power button in the center of the unit.

2 Place unit on desired pad and place pad on designated part of the body.

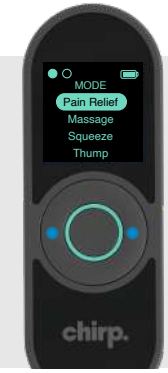
3 Remove remote from case and select desired program.

Adjust power level by pressing the up/down buttons.

4 Press the center button on the remote to start and pause the program.

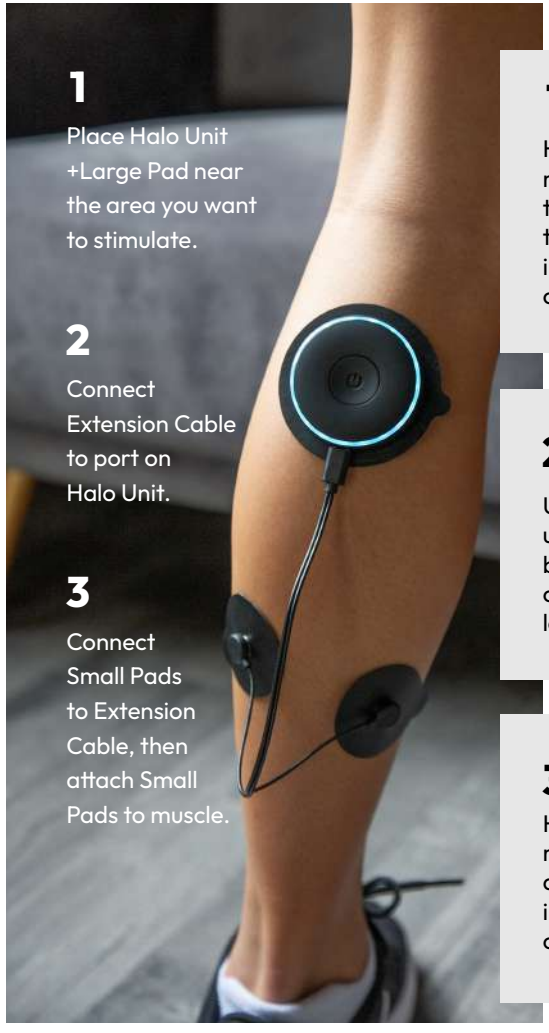
5 To adjust time, use the left/right buttons to locate the timer, and the up/down buttons to adjust time.

6 To return to the program selection screen use the left/right buttons.



ADVANCED USE

Using The Small Pads



1
Place Halo Unit +Large Pad near the area you want to stimulate.

2
Connect Extension Cable to port on Halo Unit.

3
Connect Small Pads to Extension Cable, then attach Small Pads to muscle.

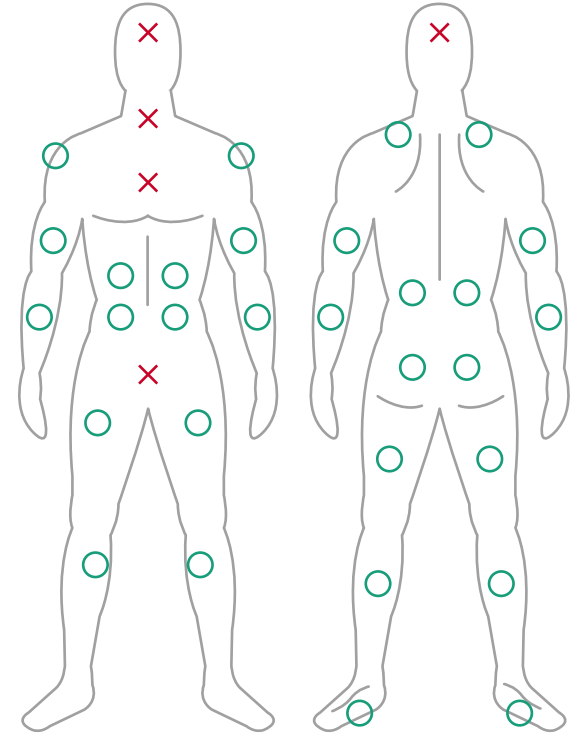
Controlling 2 Units Separately

1
Hold the left & right buttons at the same time to activate individual unit control.

2
Use the up/down buttons to control power level.

3
Hold the left & right buttons to deactivate individual unit control.

BASIC PLACEMENT GUIDE



To access the interactive placement guide:

Hold phone close to this symbol inside Halo case:

Or scan this QR code

Or visit
halo.gochirp.com

PROGRAM DESCRIPTIONS

Note: Halo muscle stimulation programs use both TEN & EMS methods to stimulate muscles, promote blood flow, and relieve pain. Similar to personal preferences for workouts, or types of massage, you may have preferences for the program feelings. We did our best to only create programs that will help accomplish your goals, so all you have to do is choose the feeling you like most.

Pain Relief

A 20 min program moving through both TENS– to activate the body's natural pain relief system, and EMS–to stimulate the muscles, increasing blood flow and promoting natural healing of the muscle.

Squeeze

Designed to replicate the feeling of a tight squeeze of the muscle, increasing blood flow to promote healing and relief.

Thump

Designed to replicate strong short bursts of stimulation, increasing blood flow to promote healing and relief.

Massage

Quick, consistent stimulations to replicate the feeling of a percussive massage.

Stretch

Constant stimulation replicating the feeling of stretching the muscles.

Woah Nelly

Short bursts of stimulation that grow faster and faster into a tight and powerful squeeze.

TROUBLESHOOTING

Problem	Typical Cause(s)	Solution
Halo unit(s) won't charge	Bad power connection when charging	1. Check that all of the connections from the power outlet to the charging base are secure. 2. Check a different cord and/or outlet adapter.
	Misalignment of the Halo units when placed in the charging case	1. Rotate the Halo Unit(s) until there is a firm 'click'. The power icon should be aligned straight up and down.
Remote stuck on "Waiting to Pair"	Halo Unit is not powered on.	1. Press the Power button on the Halo unit. 2. If the unit will not power on, place in the charging base and plug the base into a power outlet. Wait until the device is fully charged and power on.
	Halo Unit is no longer synched with the remote	1. Start with the Halo unit powered off, then hold the power button for 5 seconds, or until the light ring flashes blue.
The feeling of the programs is not as intense as usual, even at higher levels	Pads are not fully on the body	1. Pause the program and check the pad placement and make sure that it is fully onyour body and that it is in the correct position.
	Gel on the pads is not sticking	1. Replace the pads with new ones. Unfortu-nately these pads cannot last forever. If you have used the pads a number of times and/or not placed them back on the backing material after use, the gel can lose its tackiness.
Feeling of burning or discomfort when running program	Gel on the pads is wearing out or losing its stickyness.	1. Pause the program and replace the pads with new ones.

MAINTENANCE

- Always store the Halo Unit(s), Halo Remote, and accessories in the included case and ensure that it is kept in a dry environment.
- It is recommended that your muscle stimulator pads are replaced after 20 uses or when you notice that the adhesion is losing its ability to stay fully on your body. Well used & worn-out pads can lead to major discomfort during use and will impact the effectiveness of the device and could even lead to minor injuries.
- The Muscle Stimulator Pads should always be immediately reapplied to the adhesive backing when not in use. This helps preserve the tackiness of the gel as well as keeps dust and other particles from adhering to the electrogel.
- Only clean the Halo Remote with a non-abrasive, soft, microfiber type cloth that is made for cleaning screens.
- Only clean the Halo Unit(s) and electrode pads using a dry soft cloth. Do not attempt to clean the electrogel on the muscle stimulator pads.
- The Halo unit(s), remote, and electrode pads need to be kept away from water.
- The Halo unit(s) and Remote require an initial pairing process but do not need any sort of calibration or verification of performance parameters.
- The device frequency, power levels, and programs are stable and will not vary when used under normal conditions.
- The device frequency and power levels are tested, verified, and validated for each device before shipping from our assembly facility.

WARRANTY

The Chirp Halo is covered by a 1 year limited warranty, which comes into effect on the date of purchase. The warranty covers the Halo Unit(s), Remote, and Charging Case. The warranty does not cover the electrode pads or the charging cord. Within the warranty period, manufacturer will replace the faulty device at no charge (except shipping & handling fees in some cases), provided that the product:

- Was used following all instructions and precautions listed out in this manual and was used for only intended purposes outlined in this manual.
- Has not been taken apart, modified in any way, or repaired by anyone other than the manufacturer.
- Was only connected and charged through a correct power source.
- Has not been properly maintained and taken care of as outlined in this manual.
- Legal rights are not affected by this warranty.

TECHNICAL SPECIFICATIONS

Battery: Lithium Polymer (LiPo) rechargeable 3.7 V, 180 mAh
Remote: 4-5 hours Halo Unit: 1-6 hours (depending on use)

Charging Input: 5V through USB 2.0 or 3.0 connections (custom Type-C to USB charging cable is provided), I/P rating: 5Vdc 1-2.1A

Stimulation Channels: 1 Channel with 2 outputs, the intensity can be controlled independently.

Stimulation Waveform: Biphasic asymmetric waveform

Supported Frequency Range: 1~100Hz±10%

Supported Pulse Width: 90~300us±20%

Maximum Output voltage/amperage: 120 V/120 mA (+-10%)

Connection: Wireless 2.4G

Electro-compatibility: ETSI EN 301 489-1/EN 301 489-17/EN 50385/EN 55011/ IEC 60601-1-2

CRF Data:
• Operating Frequency Range: 2402 MHz-2481 MHz (ISM range)

Unit Dimensions: 60ODx13 mm

Unit Weight: 32 g

Remote Dimensions: 39.17x114.14x11.77mm

Remote Weight: 41g

FCC Caution

- **Part 15.21**
  Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- **Part 15.19**
  This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC RF Radiation Exposure Statement

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.
3. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

- **Part 15.105**
  Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
  —Reorient or relocate the receiving antenna.
  —Increase the separation between the equipment and receiver.
  —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  —Consult the dealer or an experienced radio/TV technician for help.