

OPERATING INSTRUCTIONS

PREPARING FOR USE

Before using the device, inspect these items and ensure that:

- 1. The pads are not damaged.**
- 2. The devices are intact and working.**
- 3. The AC adapter is not broken or damaged.**

For the First Time Use:

1. Recharge the battery to full.
2. Install the Omron TENS app and open it.
3. Turn on the device and pair it to your smartphone by using the app.
4. Attach the device onto the pad.
5. Select your body treatment area and place the pad on your skin.
6. Select a mode and your therapy time, then start a session.

After the First Time Use:

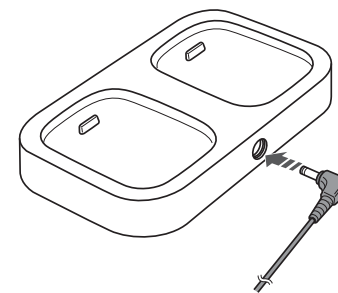
1. Open the Omron TENS app.
2. Turn on the device.
3. Select your body treatment area and place the pad on your skin.
4. Select a mode and your therapy time, then start a session.

Notes:

- Once fully charged, the battery will last for approximately 6 uses at 1 time per day for 30 minutes. Once the battery has been depleted, it takes about 8 hours to charge.
- If the device is not being used for more than 3 months, recharge it.
- The battery may not be charged at all under extreme environmental conditions such as high heat or cold temperatures.

STEP 1 – RECHARGING THE BATTERY

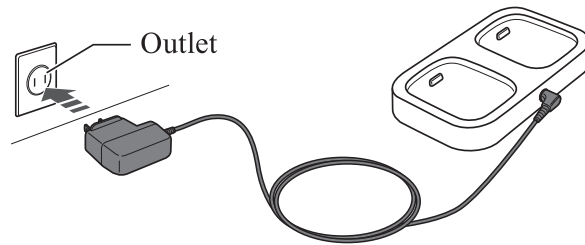
1. Connect the AC adapter plug to the AC adapter jack on the charger.



PREPARING FOR USE

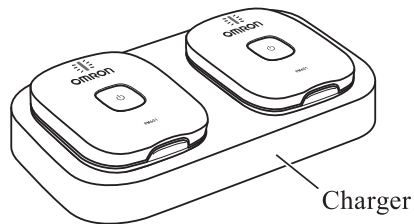
STEP 1 - RECHARGING THE BATTERY (continued)

2. Insert the AC adapter into an outlet.



Note: Only use the AC adapter provided with this device for recharging.

3. Set the device on the charger to initiate charging.
- When charging the battery, the indicator blinks in orange.
 - When the battery is fully charged, the indicator light will go off.



4. Once the battery is fully charged, unplug the AC adapter and remove the devices from the charger.

Battery Life

The rechargeable battery will last for up to 500 uses when fully charged and under the following conditions: new battery was fully charged and used one time per a day in normal temperatures. Battery life depends on usage and storage conditions.

Note: See the specifications section on page 38 for temperature to be used during battery charging.

STEP 2 – INSTALLING THE APP

Install and set up the Omron TENS app.

1. Make sure the **Bluetooth**® in your smartphone is turned on.
2. Download and install the free “Omron TENS” app on your smartphone.



3. Open the app on your smartphone.

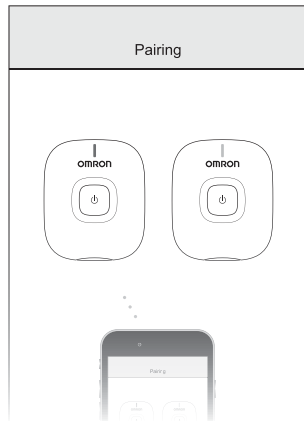
PREPARING FOR USE

STEP 3 – PAIRING THE DEVICE TO YOUR SMARTPHONE

1. Turn on the device, following the app instructions.
2. Confirm the device is paired successfully.
When the device is successfully paired to the smartphone, there will be a steady green indicator light on the device.

Which One Is Device A?

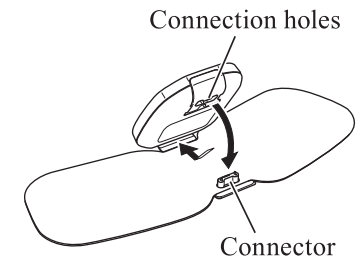
The device that is connected first will be referred to as device “A” on the app. The second device that is connected will be referred to as device “B”.



STEP 4 – ATTACHING THE DEVICE ONTO THE PAD

For first time use, remove the pad from the sealed plastic bag and attach the device. Do not remove the plastic film at this time.

1. Attach the connector to the connection hole and push the device until it clicks into place.



GET STARTED WITH YOUR THERAPY

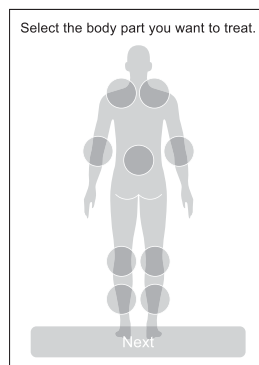
STEP 1 – SELECTING A TREATMENT AREA

Before Use

- Open the Omron TENS app.
- Confirm the device(s) is connected.
- Make sure to always keep the smartphone near you during the session.

Treatment Area Selection

1. Tap on one of the suggested locations to select the area you are going to place the pad.



GET STARTED WITH YOUR THERAPY

STEP 2 – PAD PLACEMENT

Clean and dry treatment area so it is free of all lotions, oils and sweat. The pad should be applied only to normal, intact, clean, healthy skin that is not experiencing any swelling or inflammation.

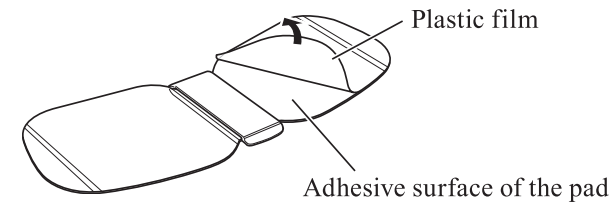
Before therapy, make sure that the pads stick to the skin.

For optimal therapy:

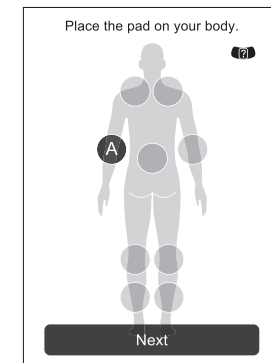
- ⚠ If using both devices at once, make sure that the pads are at least 1 inch apart.
- ⚠ Do not overlap the pads or put them on top of each other.
- ⚠ Do not apply any lotion, cream or ointment to the pads.
- ⚠ Clean and dry affected area so it is free of all lotions, oils and sweat.
- ⚠ Pads are for Single Patient Use Only. Never share the pads with another person.
- Check to make sure that the pad is not peeling off during treatment sessions.
- Do not put the pad on your body where it cannot be reached by your own hand.
- Do not use the pads after expiration date.

Removing the Plastic Film

For the first time use, remove and discard the plastic film from the back of the pad.

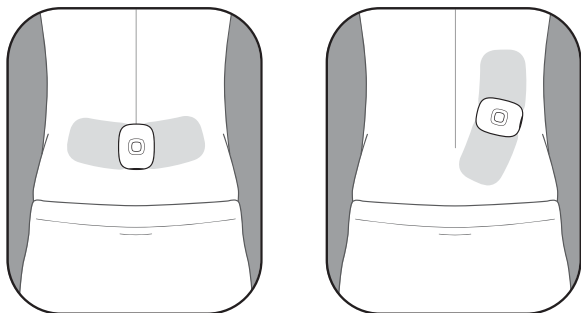


When a location is tapped, the “?” icon will be displayed. Tap it to show how to place the pad on your body.



GET STARTED WITH YOUR THERAPY

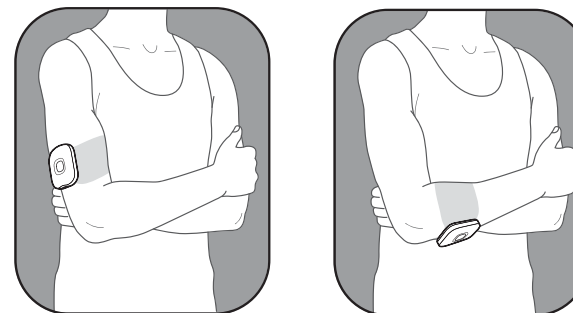
STEP 2 – PAD PLACEMENT (continued)



LOWER BACK

Place the pad on the lower back according to your pain.

For optimal therapy, place the pad on the muscle of the lower back. Do not place the adhesive surface of the pad on the spine.

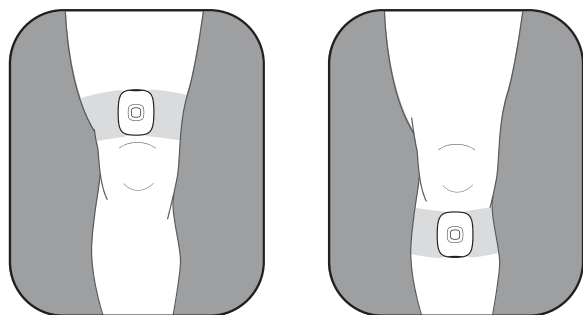


JOINT (ELBOW)

Place so that the pad is on either side of the joint with pain.

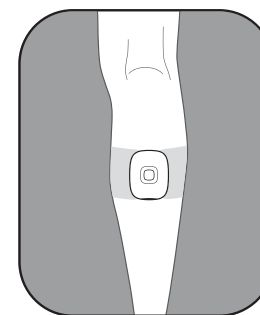
GET STARTED WITH YOUR THERAPY

STEP 2 – PAD PLACEMENT (continued)



JOINT (KNEE)

Place so that the pad is above the knee or below the joint with pain.

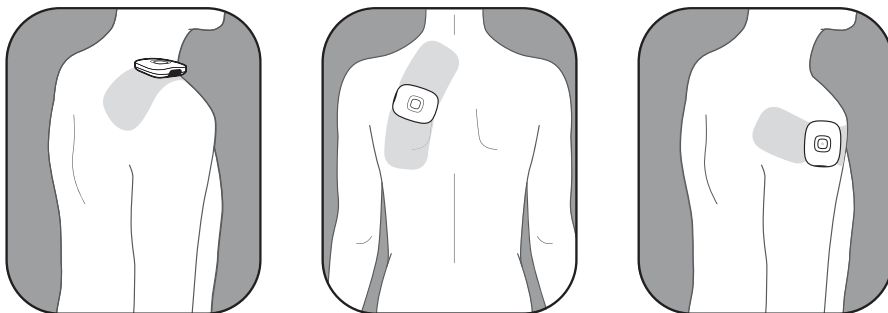


LEG (CALF)

Place so that the pad is on the calf where you feel pain.

GET STARTED WITH YOUR THERAPY

STEP 2 – PAD PLACEMENT (continued)








SHOULDER

Place so that pad is on the shoulder where you feel pain.

- ⚠ Do not place this device across your chest or near your heart because the introduction of electrical current into the chest may cause rhythm disturbances to your heart.

GET STARTED WITH YOUR THERAPY

⚠ NEVER APPLY THE PADS TO THESE BODY AREAS:

	Do not place the pads on or near the head , mouth or face.		Do not place the pads on both sides of the chest cavity simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances.
	Do not place the pads over your neck because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.		
	Do not use near the heart .		

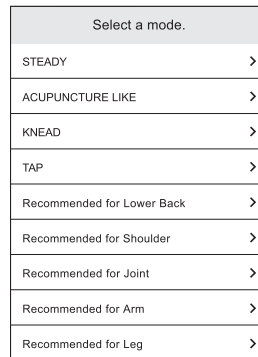
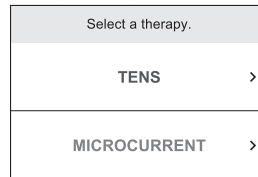
GET STARTED WITH YOUR THERAPY

STEP 3 – SELECTING A THERAPY

1. Tap “TENS” or “MICROCURRENT” to select a therapy.

Notes:

- If you have already saved favorite settings, “FAVORITE” is displayed. To use your favorite setting, tap it and select a setting.
- If you selected “TENS”, you will then select a mode. Scroll through the list and select a mode. Refer to “9 MODES IN TENS AND MICROCURRENT” on page 26 for more detail.



2. Select your session time.
Swipe vertically to select the time.
TENS: 5 to 60 minutes
MICROCURRENT: 30 to 180 minutes

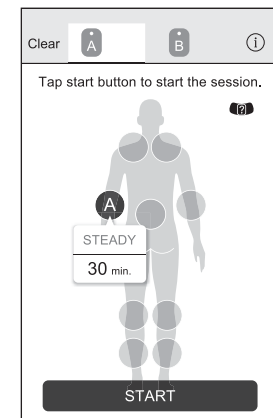


3. Tap “SELECT”.

4. Tap “START” to start your session.
If you want to clear the therapy setting, tap “Clear”.

Note: If the session did not start, check to make sure that:

- The device is not turned off.
- The pad is either not placed on your skin or not placed properly.
- The device and the pad are correctly attached.



GET STARTED WITH YOUR THERAPY

9 MODES IN TENS AND MICROCURRENT

Mode	Potential conditions	What does the therapy deliver?
STEADY	Stiffness, soreness, tight feeling, or achy.	Continuous pulsations at the same rate.
ACUPUNCTURE LIKE	Stiffness, soreness, tight feeling, or achy.	Medium rate pulsations which mimic a massage.
KNEAD	Stiffness, sore or achy, knotted muscles, tight feeling.	Medium rate pulsations which mimic a massage.
TAP	Stiffness, soreness, tight feeling.	Low rate tapping sensations.
Recommended for Lower Back	Stiffness, soreness, muscle spasm, nerve pain.	High rate to low tingling sensations, followed by tapping. With higher intensity, you may feel kneading or massage-like sensations.

Mode	Potential conditions	What does the therapy deliver?
Recommended for Shoulder	Stiffness, sore or achy, tight feeling.	Medium to high rate tapping and pulsations.
Recommended for Joint	Swelling, stiffness, sore or achy.	Low to medium rate tapping. Followed by tingling and pulsations.
Recommended for Arm	Swelling, stiffness, sore or achy.	Low to high rate tapping. Followed by tingling and pulsations.
Recommended for Leg	Stiffness, sore or achy, tight feeling.	Low to high rate tapping. Followed by tingling and pulsing sensations.
MICROCURRENT	Soreness, muscle spasm, swelling.	Applies extremely small (less than 1 microampere) electrical currents to nerves.

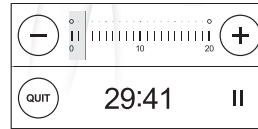
Any of the modes can be used on body parts or pains described in the instruction manual of this device.

GET STARTED WITH YOUR THERAPY

STEP 4 – STARTING A SESSION

1. The session screen opens and then you can select your intensity level.

- On the screen, tap “+” or “-” to increase or decrease the intensity to a comfortable level.



- The session time starts to count down.
- Tap “||” to pause the session. Press it again to restart the session.
- If you want to stop or interrupt the session, tap “QUIT”.
- White light on the device blinks during the session.

2. When the session finishes, press the ⏻ (power) button on the device to turn off it.


Notes:

- If your smartphone cannot operate during the session, turn off the device or take off the pads immediately.
- When the battery is depleted, the indicator will light up orange and the power will turn off shortly. Recharge the battery fully.
- If the pad is removed from your body during the session, the session will automatically be terminated.

OTHER APP FEATURES


DIARY FUNCTION

To register your pain level in the pain diary:

1. Tap the “” icon in the menu bar.
2. Select a body part that is aching.
3. Select from the various face icons on the app screen, then tap “OK”.
 - To cancel the registration, tap “Cancel”.
 - To add multiple body parts, repeat this step.
4. Tap “Register” to add this record to your pain history.


FAVORITE FUNCTION

You can register your favorite session (mode and time) during the session. You can choose “FAVORITE” to repeat your favorite session.

1. To save the current session, tap “

DUAL SCREEN FUNCTION

To change view orientation:

1. Tap the “

SESSION LOG

You can check your therapy’s history of:

- Session time (round up to the nearest minute)
- Treatment area
- Date and time of starting the session
- Mode (tap each item to view the mode histories)

To view the history:

1. Tap 

28

HOW TO CONTROL AND REDUCE YOUR PAIN

When Should a Session Start?

Use Avail™ as soon as your pain begins. Start with one session.

Recommended Duration of Use

Start with one 30-minute session for TENS and MICROCURRENT. Always turn the device off with the pads still on your skin. In the pain diary screen, rate your pain. A rating of 1 indicates less pain whereas a rating of 10 indicates a high amount of pain. Stop session if pain has reduced or stopped.

	1 session	Max minutes/ session	Max times/day
TENS	30 minutes	60 minutes	3 times per day
MICROCURRENT	30 minutes	180 minutes	-

⚠ Do not use this device to treat one region for extended periods of time. The long-term effects of electrical stimulation are unknown.

When to Stop Using the Device?

Stop using the device if you experience an **adverse reaction** (skin irritation/redness/burns, headache or other painful sensation) or if you feel any unusual discomfort.

Remember that the device does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

AFTER DAILY USE

STORAGE AND REMOVING

STORING THE PADS ON THE PAD HOLDER

- In between uses, keep the pads on the pad holder in the pad case.
- Do not keep the device in areas subject to direct sunlight, high or low temperatures, humid areas, near fire, vibration, or shock.

⚠ Never bend or fold the pads.

Storage temperature

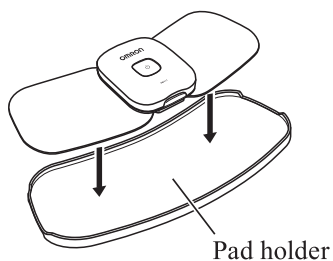
32 to 104 °F (0 to 40 °C), 30 to 80 % relative humidity.

- Make sure the device has been turned off.

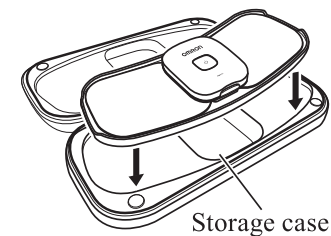
⚠ Keep this device and pads out of the reach of infants, toddlers and children.

Note: With proper storage and use, you may extend the life of your pads.

1. Place the pad onto the pad holder.
A pad can be placed onto the both sides of the pad holder.



2. Place the pad holder onto the storage case.



3. Close the storage case.



REMOVING THE DEVICE

If the device needs to be recharged, remove the device from the pad.

1. Press the pad release button to remove the device from the pad.



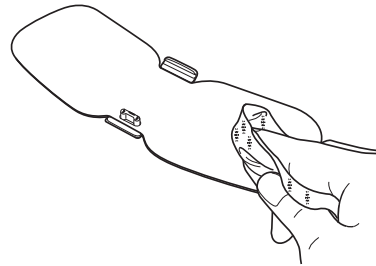
CLEANING AND DISPOSAL

With proper storage and use, you may extend the life of your pad to 30 uses. The life of the pads may vary due to skin and storage conditions.

Cleaning the Pads

When the pad has become dirty or soiled:

1. Remove the device from the pad before cleaning the pads.
2. If you want to clean the ADHESIVE side of the pads, wipe the surface with a soft cloth moistened with water. If you want to clean the NON-ADHESIVE side of the pads, wipe the surface with a soft cloth moistened with water or a neutral detergent, then wipe the surface with a dry soft cloth to remove extra water.
 - Wiping the adhesive side of the pads with a soft cloth moistened with water will recover adhesive power temporarily, but giving water too much to the pads may decrease adhesive power.
 - Do not wash the pads with running water.



Cleaning the Device

1. Turn the device off.
2. Clean with a lightly moistened cloth and wipe gently.
 - Do not use chemicals (like thinner, benzene).
 - Do not let water get into the internal area of the device.

Disposal

- Dispose of the device and battery in accordance with local government regulations.

Pads can be purchased by calling 1-800-634-4350 or visit OmronHealthcare.com.

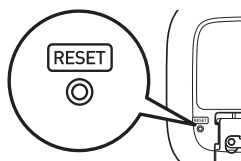
APPENDIX

RESET THE DEVICE

To reset the device, follow the steps below:

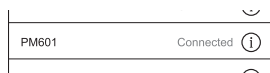
Step 1. Reset the Device

Press the reset button on the back of the device.



Step 2. Reset the Bluetooth Information in Your Smartphone

- 2-1. Open “Settings” of your smartphone’s Operating System (OS)*.
- 2-2. Tap “Bluetooth” and find “PM601”, then tap
- 2-3. Tap “Forget This Device”.



Step 3. Reset the App Settings

- 3-1. Open the Omron TENS app and tap to open the settings.
- 3-2. Tap “Forget All Devices”.

*This section explains the steps using iOS 10 as an example. If you’re using an another OS, refer to your smartphone’s instructions.

Try **step 1** if any of the following situations occur:

- There is no response when the device’s power button is pressed.
- You want to clear all the information stored in your device.
- You changed the smartphone to new one.
- You received another person’s device that was paired with his/her smartphone.

Try **step 1 and 2** if the following situation occurs:

- The Omron TENS app was uninstalled and installed again.

Try **step 1, 2 and 3** if any of the following situations occur:

- The device was lent to someone and it was returned to you after being used.
- The Omron TENS app is unresponsive even after it is reinstalled.

TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
The intensity is not felt. The intensity level is too weak.	Are the pads stacked together or do pads overlap?	Check placement of pads. Refer to “Pad Placement” on page 20.
	Was TENS therapy selected?	If “MICROCURRENT” is selected, you will not feel any intensity.
	Is the intensity setting too low?	Open the app and tap “+”.
	Is the adhesive surface of the pad damaged?	Replace the pad.
The skin turns red or feels irritated.	Is the therapy duration too long?	Shorten session to less than 30 minutes.
	Are the pads placed properly on the body?	Refer to “Pad Placement” on page 20 and place correctly.
	Is the adhesive surface of the pad worn out?	Replace the pad.

If this happens...	Possible causes...	Try this solution...
The device's power cannot be turned on.	Are the batteries depleted?	Recharge the battery fully.
	Is the indicator light on orange?	
The device cannot be recharged.	Is the battery charger connected properly?	Check if the AC adapter is properly connected to the charger. Check if the AC adapter is connected to a power outlet.
	Is the device properly placed on the charger?	Place the device properly on the charger. Make sure there are no foreign objects on the charger area.
	Is the device under high heat or cold temperatures?	Under high heat or cold temperatures, the battery may be stopped recharging so that it may take more time to be fully charged.


TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
Power cut off during use.	Is the battery charge extremely low?	Recharge the battery fully.
	Is the indicator light on orange?	
	The device power will automatically turn off 10 minutes after: <ul style="list-style-type: none"> the therapy is complete the pad has been removed from your body the therapy has been paused 	Check if the therapy has already finished or been paused. Check if the pad is placed on your body correctly.
The adhesive side of the pad does not stick to skin.	Have you removed the transparent film from the adhesive surface of the pad?	Peel off the film on the adhesive surface of the pad.
	Is the pad wet? Or is your skin wet?	Air dry the adhesive surface of the pad or skin.

If this happens...	Possible causes...	Try this solution...
The adhesive side of the pad does not stick to skin.	The adhesive surface of the pad may be damaged.	Replace the pad.
	Is there too much hair on your skin?	Shave the immediate area for proper pad adhesion.
	Were the pads stored under high temperature, high humidity or direct sunshine?	Replace the pad.
Unable to tap “START” button.	Are the pads properly placed on the body?	Refer to “Pad Placement” on page 20 and place correctly.
	Is the device properly attached to the pad?	Remove the device from the pad, then attach the device to the pad properly.
	Have you removed the transparent film from the adhesive surface of the pad?	Peel off the film from the adhesive surface of the pad.

TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
Unable to tap “START” button.	The pad may be damaged.	Replace the pad.
	Is the device power on?	Turn on the device and connect to the app.
The devices, the charger or the AC adapter are abnormally hot when charging the battery.	The devices, the charger or the AC adapter may be damaged.	Unplug the AC adapter from the charger immediately. Remove the device from the charger immediately.
Connection failure.	The device is too far from the smartphone. The device might not be properly placed within the smartphone's transmission range.	If there are no causes of transmission interference found near the device, move the device within 16 ft. (5 m) of the smartphone and try again.
	Was the Omron TENS app uninstalled and installed again?	Refer to “Reset the Device” on page 32 and follow step 1 and 2.

If this happens...	Possible causes...	Try this solution...
Connection failure.	Had the device been connected with another smartphone?	Refer to “Reset the Device” on page 32 and follow step 1-3.
	Reset button was pressed accidentally.	Do the following steps: 1. Open the Omron TENS app and tap “Not now”. 2. Tap  to open the settings. 3. Tap “Forget All Devices”. 4. Pair the device again.
Purple light on the device is blinking.	Are there any abnormalities in the device?	Stop using the device immediately, and contact Customer Service.