

iRenew™ TENS + EMS System

Step by Step Quick Start Guide

When you are familiar with the operation of this device, use the following steps in order as a quick reference to set up and operate your ET-7070 system. For more information, refer to the instruction manual.

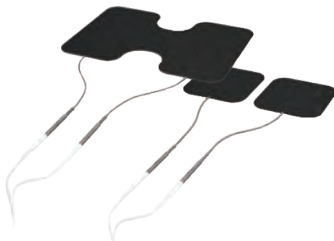
1. Insert 3 AAA (1.5V) batteries into the battery compartment. Please be careful to match up the symbols. (+-)



2. Insert one lead wire into each desired channel.



3. Connect 2 small or 1 XL electrode pad(s) to respective lead wire(s).



4. Remove electrode pads from plastic film and place on skin per placements on pages 18-19 in manual.



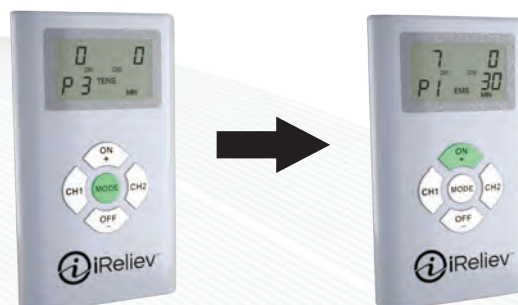
5. Power on by pressing "ON/+" button for three (3) seconds.



6. To select Treatment Minutes: Press "MODE" button and Treatment Minutes will flash on the LCD. Press "ON/+" (to increase) or "OFF/-" (to decrease) until desired Treatment Minute is flashing, then press "MODE".



7. The TENS or EMS Mode will now be flashing. To select TENS or EMS, press the "ON/+" button for TENS or the "OFF/-" button for EMS, then press "MODE".



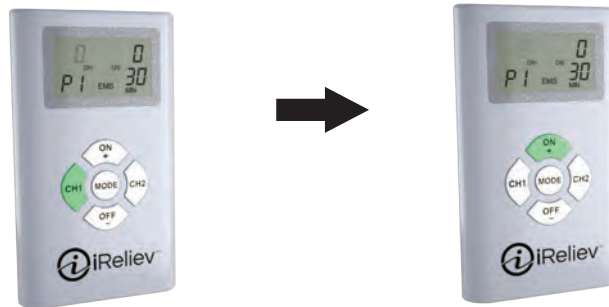
Register your device at <https://iReliev.com/register>



8. The Therapy Program will now be flashing. Press the "ON/+" or the "OFF/-" button until desired program is flashing, then press "MODE".



9. To adjust the Intensity Level, select the channel by pressing CH1 or CH2. The Intensity Level for the respective channel will begin flashing. Press the "ON/+" (to increase) or the "OFF/-" (to decrease) until the desired intensity level is flashing on the display, then press "MODE".



Intensity level reset will occur in the following instances:

- If lead wire(s), electrode pad(s) are not installed and affixed firmly to the body.
- If Therapy Mode or Treatment Program has been changed.
- After the therapy session has elapsed.

SYSTEM DEFAULTS & FEATURES

- **Automatic shut off:** The device turns off automatically when the Treatment Minutes has elapsed or when no button is pressed for 60 seconds.
- **Memory:** The most recently set therapy time is stored. If you change the program mode during your therapy, the previous therapy time won't restart, unless you reset it. The last treatment program you used will appear on the display, when you turn on the device.
- **Press mode** to save your selection. The program selected will appear the next time you turn on the device.

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WARNING

Do not use this system if you have a cardiac pacemaker, implanted defibrillator, or any other implanted metallic or electronic devices. This product is not suitable for people with heart rhythm problems. Do not use this product if you have undiagnosed chronic pain or otherwise. Do not use if pregnant or in labor. Not suitable for children under 16 years of age. Keep out of reach of children. Please refer to users manual for additional warnings and cautions.



Register your device at <https://iReliev.com/register> to get a 2-year extended warranty on your iReliev system.