EM 95

beurer



EN Muscle stimulation device Instructions for use



ENGLISH

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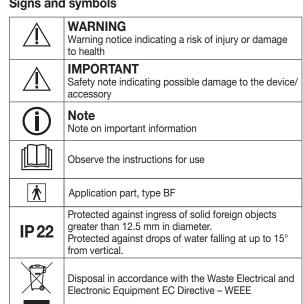
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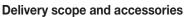
Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

To find out how to use the muscle stimulation device easily, scan the video tutorial QR code on the title page of these instructions for use with your smartphone and watch the video.

Signs and symbols



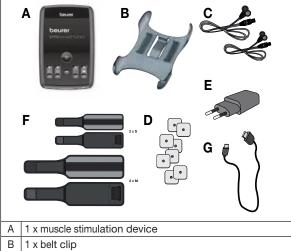




ons.

Check that the set packaging has not been tampered with and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

dispose of them in accordance with local regulati-



Α	1 x muscle stimulation device
В	1 x belt clip
С	4 x connection cables
D	8 x adhesive electrodes (45 x 45 mm)
Е	1 x mains adapter
F	2 x arm cuff and 2 x leg cuff
G	1 x USB charging cable

1. Getting to know your device

The innovative Beurer EM 95 EMS homeSTUDIO muscle stimulation device is a high-end EMS device for home use. When used in combination with the free "beurer EMS HomeStudio" app, it creates a professional EMS training program. You can choose between the categories of "Fitness & Power" and "Relax & Wellbeing". Overall, you have 20 workout options with predefined exercises and which

have adjustable levels of difficulty. You also have the option to create your own workouts in the app from a selection of 50 exercises.

At the start of the training unit, you can first select a virtual coach and your desired workout in the app. Both the 3.5" TFT colour display screen and the app will then show the correct positions for the cuffs and the electrodes. You will be shown videos from the virtual coach which will show you how to do all of the exercises.

After completing the exercise unit, the app provides a detailed overview of your training progress. Graphs give you the means to monitor your performance. Moreover, a calendar function tracks how often the user performs their training.

Electrical muscle stimulation (EMS) is a widespread and generally recognised method and has been used in sports medicine and rehabilitation for years. In sports and fitness, EMS is used to complement conventional muscle training, to increase the performance of muscle groups and to adjust physical proportions to achieve the desired aesthetic results, amongst other things. There are two different types of EMS application. One is for targeted strengthening of the muscles (activating application), and the other is to achieve a relaxing, restful effect (relaxing application).

The activating application involves:

- Muscle training to increase endurance and/or
- Muscle training in order to support the strengthening of specific muscles or muscle groups, and to achieve the desired changes to physical proportions.

The relaxing application involves:

- · Muscle relaxation for easing muscle tension
- Improving symptoms of muscular fatigue
- Acceleration of muscle regeneration after high muscle performance (e.g. after a marathon).

An advantage of the EM 95 muscle stimulation device is that you can adjust the intensity of the stimulation independently for four parts of the body, by using the four separately adjustable channels.

2. Important notes

⚠ WARNING!

To avoid damage to your health, we strongly advise against using the EM 95 in the following situations:

- If you have implanted electrical devices (e.g. a pacemaker)
- If you have metal implants
- If you use an insulin pump
- If you have a high fever (e.g. > 39°C)
- If you have a known or acute cardiac arrhythmia or disorders of the heart's impulse and conduction system
- If you suffer from a seizure disorder (e.g. epilepsy)
- If you are pregnant
- If you have cancer
- After an operation, if strong muscle contractions could affect the healing process
- The device must never be used near to the heart.
 The stimulation electrodes must not be placed on any part of the front ribcage (where the ribs and breastbone are located), especially not on the two large pectorals. This can increase the risk of ventricular fibrillation and induce cardiac arrest.



- On the skeletal skull structure, or around the mouth, throat or larynx
- In the neck/carotid artery area
- In the genital area
- On acutely or chronically diseased (injured or irritated) skin, (e.g. inflamed skin whether painful or not reddened skin, rashes (e.g. allergies), burns, bruises, swellings both open and healing wounds and post-operative scars where the healing process could be affected)
- In humid environments (e.g. in the bathroom) or when bathing or showering
- Do not use after consuming alcohol
- Do not use if connected to a high-frequency surgical device.

- In the case of acute or chronic diseases of the gastrointestinal tract.
- Stimulation should not be carried out around or on the head, directly over the eyes, on the mouth, the throat (the carotid artery in particular) or using electrodes placed on the chest, the upper back or over the heart.

Before using the device, consult your doctor if any of the following apply to you:

- If you have an acute medical condition, in particular if you suspect or have been diagnosed with high blood pressure, a blood coagulation disorder, propensity to thrombo-embolic conditions or in the case of malignant neoplasms
- If you have any skin conditions
- If you have diabetes
- If you have any sensory impairment that reduces the feeling of pain (e.g. metabolic disorders)
- In the event of complaints linked to the stimulation treatment
- If you suffer from persistently irritated skin due to long-term stimulation at the same electrode site

⚠ IMPORTANT!

The EM 95 must only be used:

- On humans
- For the purpose for which it was developed and as specified in these instructions for use. Any improper use can be dangerous
- · For external application
- With the original accessories supplied, which can be re-ordered.
 Failure to do so invalidates the warranty

PRECAUTIONS:

- Always pull gently on electrodes to remove them from the skin to prevent injuries in the unusual case of highly sensitive skin.
- Hold the device away from sources of heat and do not use it in close proximity (approx. 1 m) to shortwave or microwave devices, as doing so can result in unpleasant current peaks.
- Do not expose the device to direct sunlight or high temperatures.

- · Protect the device from dust, dirt and humidity.
- Never immerse the device in water or other liquids.
- For hygiene reasons, the electrodes may only be used on one person.
- If the device does not work properly, or you feel unwell or experience pain, stop using it immediately.
- Switch off the device or the respective channel first before removing or moving the electrodes to prevent unintentional stimulation.
- Do not modify electrodes (e.g. by cutting them). This increases the current density, which is potentially hazardous (max. recommended output value for the electrodes is 9 mA/cm², an effective current density beyond 2 mA/cm² requires increased awareness).
- Do not use whilst asleep, driving a vehicle or operating machinery.
- Do not use whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) could be dangerous.
- Ensure that no metallic objects (e.g. belt buckles or necklaces) come into contact with the electrodes during stimulation. If you are wearing jewellery or have piercings in the area to be treated (e.g. a navel piercing), these must be removed before using the device. Failure to do so could result in spot burns.
- Keep the device away from children to prevent potential risks.
- Make sure not to confuse the electrode cables including contacts with your headphones or other devices and do not connect the electrodes to other devices.
- Do not use the device whilst using other devices that transmit electrical impulses to your body.
- Do not use in the vicinity of highly flammable substances, gases or explosives.
- During the initial few minutes, use the device while sitting or lying down to minimise the risk of accidental injuries as a consequence of isolated cases of vagal responses (feeling of faintness). If you feel faint, immediately switch off the device, lie down and support your legs in an elevated position (approx. 5–10 mins.).

- Treatment of the skin with moisturising lotions or ointments beforehand is not recommended as this considerably increases the electrode wear and may cause unpleasant current peaks.
- This device is not intended for use by children or people with restricted physical, sensory (e.g. reduced sensitivity to pain) or mental skills or a lack of experience and/or lack of knowledge, unless they are supervised by a person who is responsible for their safety or who are instructed by such a person in how to use the device.
- If the adhesive capability of the adhesive electrodes decreases, please replace them immediately. Do not use the device until you have the new adhesive electrodes. Otherwise the unequal adhesion of the adhesive electrodes may lead to skin injuries. Replace the electrodes with new ones after having used them 20 times at the latest.

Damage

- If the device is damaged, do not use it and contact your retailer or the specified Customer Services address.
- To ensure that the device functions effectively, do not drop it or dismantle it.
- Check the device for signs of wear and tear or damage. If there
 are such signs of wear and tear or damage or if the device was
 used improperly, it must be returned to the manufacturer or retailer before further use.
- Switch the device off immediately if it is faulty or not working properly.
- Never attempt to open and/or repair the device yourself. Repairs may only be carried out by Customer Services or authorised retailers. Failure to comply with this instruction will void the warranty.
- The manufacturer is not liable for damage resulting from improper or incorrect use.

Notes on handling batteries

- If your skin or eyes come into contact with fluid from a rechargeable battery cell, flush out the affected areas with water and seek medical assistance.
- A Choking hazard! Small children may swallow and choke on batteries. Store batteries out of the reach of small children.
- Observe the plus (+) and minus (-) polarity signs.
- If the battery leaks, put on protective gloves and clean the battery compartment with a dry cloth.
- · Protect batteries from excessive heat.
- A Risk of explosion! Never throw batteries into a fire.
- Do not disassemble, split or crush the batteries.
- Only use chargers specified in the instructions for use.
- Batteries must be charged correctly prior to use. The instructions from the manufacturer and the specifications in these instructions for use regarding correct charging must be observed at all times.
- Fully charge the battery prior to initial use (see "Charging the battery" section).
- In order to achieve as long a battery service life as possible, fully charge the battery at least twice per year.

3. Device description



1	ON/OFF/OK button ①	7 Connection socket for channel 1 (green)
2	Return button 👈	8 Connection socket for channel 2 (blue)
3	Intensity button for channel 1 (green)	9 USB charging socket
4	Intensity button for channel 2 (blue)	10 Connection socket for channel 3 (red)

5	Intensity button for channel 3	11 Connection socket for channel
	(red)	4 (yellow)

6 Intensity button for channel 4 (yellow)

4. Before use

4.1 Charging the battery

- Before you use the muscle stimulation device for the first time, let it charge for a minimum of 4 hours. Proceed as follows:
- Connect the mains adapter with the muscle stimulation device using the USB charging cable.
- 2. Then insert the mains adapter into a suitable socket.



3. Alternatively, you can charge the muscle stimulation device by using your computer / laptop. To do so, connect the muscle stimulation device to a USB port on your computer / laptop, by using the USB charging cable.



You cannot use the device while it is being charged.

4.2 Securing the belt clip

You can secure the muscle stimulation device to your belt or waistband by using the belt clip. To attach the muscle stimulation device to the belt clip, press the belt clip to the back of the muscle stimulation device until you hear and feel it click into place.

5. Use

5.1 Starting use

Step 1: Press and hold the ON/OFF button ① for around 3 seconds in order to switch on the device.



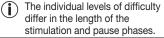
Step 2: Using the + / - buttons, choose the type of workout that you wish to do ("Fitness & Power" or "Relax & Wellbeing"). Confirm your choice by pressing the OK button ①. You can find an overview of all the workouts in the next section of these instructions for use.

Step 3: Select your desired workout by using the + / - buttons (e.g. "Six pack"). Confirm your choice by pressing the OK button Ω .





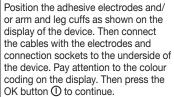
Step 4: Select the level of difficulty for your chosen workout by using the + / - buttons. You can select one of three levels of difficulty ("Beginner", "Advanced" and "Expert") for all of workouts in the "Fitness & Power" category, except for the "Cool Down" and "Endurance" workouts. Confirm your choice by pressing the OK button ①.





Step 5:

If you need to use arm and leg cuffs for your chosen workout, you need to moisten the gold contact surfaces of the arm and leg cuffs with water.

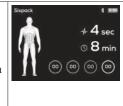


Tip for putting on the cuffs: after moistening the cuffs first, fasten the ends of the cuff and then pull them up over your arm.





Step 6: The display of your device will indicate how much usage time remains, and the current intensity levels of the channels that you are using. You will also be able to see how many seconds of a particular impulse, or of a break between impulses, remain. The program will start automatically after you have selected the intensity level through the intensity button of the channels that you are using. Use the intensity buttons to set the intensity you want.



5.2 Notes on use

Adjusting the intensity

You can adjust the intensity level from 1 to 100 by increments of one. To speed up this process, you can press and hold the intensity button, which increases or decreases the intensity more quickly. If you are in OFF time when increasing the intensity, then the ON time will start again immediately.

Pausing use

You can pause the stimulation at any time by briefly pressing the OK button ①. To continue the simulation, re-set the desired level of intensity.

Returning to the previous selection menu

If you wish to return to the previous selection menu, press the Return button. This stops the program.

Automatic switch-off

If you stop using the device, it switches off automatically after 3 minutes. However, if you are currently on step 5 or 6, the device switches off after 5 minutes, as long as you don't press any of the buttons or commence the training.

Loss of contact

If any of the electrodes/cuffs/cables become loose during training, the flow of electricity is interrupted and the intensity of the affected channel resets to 0 automatically. In this event, an exclamation mark will start flashing on the intensity display of this channel and the device will emit an acoustic signal (if the sound is switched on)

Cuff

 2 cuffs each in sizes S and M respectively are included in the delivery. If the cuffs do not fit, you can order additional cuffs in sizes XS and L (see details in the "Replacement parts and wearing parts" section).

ſ	Cuff size	Suitable for circumference
ſ	XS	22-35 cm
	S	28-45 cm
	М	36-54 cm
ſ	L	50-70 cm

- By changing the position of the cuff, you can change the muscles to be stimulated (e.g. biceps/triceps), provided that the electrode does not surround the entire arm.
- The gold electrodes must be placed on the skin, and must be moistened with water.
- Make sure that you only moisten the gold electrodes. The back of the cuff must remain dry under all circumstances.
- Thread the thin cuff fastener through the cuff buckle in order to fasten the cuff tightly.
- Each cuff is allocated one channel (2 plugs). You must not connect 2 cuffs to the same channel.
- Make sure that you place the cuffs in such a way that both gold electrodes sit on the skin securely.

Recovery break

Do not train the same part of the body more than once a day. Make sure that you wait at least 24 hours before you train that part of the body again.

Water intake

Make sure that you drink enough water before, during and after training. Drink at least one glass of water before you start your work-out.

5.3 Device settings

You can adjust the following settings on your muscle stimulation device: Language, brightness and sound. You can also reset your device to the default settings and view the system information.

Opening the settings menu

To access the settings menu, press and hold the ON/OFF button \bigcirc for around 3 seconds. The device will switch on.

- Use the + / buttons to select "Settings" and confirm by pressing the OK button ①.
- To exit the settings menu, press the Return button.

Language

The muscle stimulation device can be set in 5 different menu languages (English, German, Spanish, Italian and French)

- To change the menu language, have the device switched on and use the + / - buttons to select "Settings"; confirm by pressing the OK button ①.
- Use the + / buttons to select
 "1 Language" and confirm by pressing the OK button ①.
- Use the + / buttons to select your preferred language and confirm by pressing the OK button ①. Next you will be taken back automatically to the settings menu.

Brightness

You can adjust the brightness of the display of your muscle stimulation device.

 To adjust the brightness of the display, have the device switched on and use



- the + / buttons to select "Settings"; confirm by pressing the OK button Ω .
- Use the + / buttons to select "2 Brightness" and confirm by pressing the OK button ①.
- Use the + / buttons to select your preferred brightness and confirm by pressing the OK button ①. Next you will be taken back automatically to the settings menu.

Sound

You can switch the button tone of your muscle stimulation device on and off.

- To switch the button tone on or off, have the device switched on and use the + / - buttons to select "Settings"; confirm by pressing the OK button O.
- Use the + / buttons to select "3 Sound". Now, press the OK button ① to turn the button tone on or off.

Green = Button tone is on Red = Button tone is off



Resetting your device

You can reset the muscle stimulation device to the default settings. All of the language, brightness and sound settings, as well as the operation period and actual stimulation time will also be reset here.

- To reset the muscle stimulation device to the default settings, use
 - the + / buttons to select "Settings" and confirm by pressing the OK button \bigcirc .
- Use the + / buttons to select "4 Reset device" and confirm by pressing the OK button ①. You will then be asked whether you wish to reset the device to the default settings.
- OP Settings 8 mms
 11.anguage
 2 Brightness
 3 Sound
 4 Reset device
 5 System information
- Use the + / buttons to select "YES" and confirm by pressing the OK button ①. Next you will be taken back automatically to the settings menu

System information

You can view the system information of your device in the settings menu.

- To view the system information of the device, have the device switched on and use the + / - buttons to select "Settings"; confirm by pressing the OK button ①.
- Use the + / buttons to select "5 System information" and confirm by pressing the OK button ①. Now you will be able to view the system information.
- Press the Return button in order to return to the settings menu.



5.4 Using your device with the "beurer EMS HomeStudio" app

Thanks to the "beurer EMS HomeStudio" app, it is also easy to control your device from your smartphone. The app contains additional training videos for all of the individual workouts.

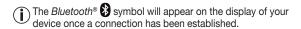
To connect your device with the "beurer EMS HomeStudio" app, please proceed as follows:

Step 1: Activate *Bluetooth*® on your smartphone.

Step 2: Download the free "beurer EMS HomeStudio" app from the Apple App Store (iOS) or from the Google Play Store (Android™).

Step 3: Start the "beurer EMS HomeStudio" app and follow the instructions in the app.

Step 4: As soon as the "beurer EMS HomeStudio" app has connected with the muscle stimulation device, a six-digit numerical code will appear on the display of the device. Enter the six-digit numerical code in the smartphone. The muscle stimulation device is now connected with your smartphone.



System requirements $iOS \ge 10.0$, AndroidTM ≥ 5.0 Bluetooth[®] ≥ 4.0 List of compatible devices:



6. Program overview

The muscle stimulation device has a total of 20 available workouts.

- 12 Fitness & Power workouts (10 programs with 3 levels of difficulty each, except with "Endurance" and "Cool Down")
- 8 Relax & Wellbeing workouts

In all of the programs you can set the impulse intensity of the channels individually.

6.1 Fitness & Power workouts

Droar	Practical areas	Frequency Rur		Lev	el of diffic	ulty
Progr. no.	for application, indications	(Hz)	time (min)	Beginners	Advanced	Expert
1	Warm up	7	5		On 6 sec. Off 2 sec.	
2	Cool down	100	10	On 1	sec. / Off	1 sec.
3	Six pack	60/4	20		On 8 sec. Off 9 sec.	
4	Healthy back	40/4	20		On 6 sec. Off 10 sec.	
5	Healthy lower back	80/4	20		On 8 sec. Off 10 sec.	
6	Strong core	50/4	20		On 8 sec. Off 10 sec.	
7	Strong arms	85	20		On 4 sec. Off 4 sec.	
8	Sporty legs	85	20		On 4 sec. Off 4 sec.	
9	Tight bum	30/4	20		On 6 sec. Off 8 sec.	

Drog	Practical areas	Frequency (Hz)	Running	Level of difficulty		
Prog no.	for application, indications		time (min)	Beginners	Advanced	Expert
10	Strong shoulders	75/4	20		On 4 sec. Off 4 sec.	
11	Endurance	25/3	20	On 7	sec. / Off	4 sec.
12	Complete body workout	85	20		On 4 sec. Off 4 sec.	

6.2 Relax & Wellbeing workouts

Progr. no.	Practical areas for application, indications	Frequency (Hz)	Running time (min)	Impulse duration / pause duration
1	Anti-muscle ache	7	10	Continuously
2	Heavy legs	7	10	Continuously
3	Relaxed neck	4	10	Continuously
4	Relaxing massage	20-2	10	Varied
5	Stimulating massage	3	10	Continuously
6	Stretch	100	10	Continuously
7	Yoga workout	10	20	Continuously
8	Mobilise your spine	100	10	Continuously, varied

⚠ WARNING!

Do not apply the electrodes to the front wall of the chest. It is fundamental to the intended success of electrostimulation applications that electrodes are positioned sensibly.

The position of the electrodes on the device is intended as an initial aid to help you position the electrodes.

The following applies to the selection of electrode positions:

Electrode distance

The greater the distance between electrodes, the larger the stimulated tissue volume. This applies to the area and depth of the tissue volume. At the same time, however, the stimulation intensity of the tissue decreases the further the electrodes are apart. As a result,

greater distances between electrodes mean a larger tissue volume is stimulated, but less intensively. Consequently, you must increase the impulse intensity to boost stimulation.

- Use the electrodes on skin that is clean and preferably free from hair and grease in order to prolong the life of the electrodes. If required, clean the skin with water and remove hair prior to treatment.
- If an electrode should come loose during use, the impulse intensity of the affected channel reduces to zero. Apply the electrode again and reset the desired impulse intensity.

7. Electric current parameters

Electrostimulation devices operate with the following electric current settings, which may affect the stimulation results differently, depending on the setting:

7.1 Impulse shape

This describes the time function of the electrical impulse.

It distinguishes between monophasic and biphasic pulse currents. In monophasic pulse currents, the current flows in one direction and in biphasic pulse currents the electrical impulse alternates its direction.



The EM 95 only provides biphasic pulse currents, as these relieve muscles, cause little muscle fatigue and are safe for use.

7.2 Impulse frequency

The frequency indicates the number of individual impulses per second and is displayed in Hz (Hertz). It can be calculated by determining the



cyclic value for the time period. The relevant frequency determines which types of muscle fibres react best. Slow-reacting fibres react more easily to lower impulse frequencies of up to 15 Hz, whereas fast-reacting fibres only respond from approximately 35 Hz onwards. Impulses of approx. 45 – 70 Hz are linked with constant tension in the muscles and guicker fatigue. Higher impulse frequencies are

therefore better to use for high-speed strength and maximum power training.

7.3 Impulse width

This indicates the duration of an individual impulse in microseconds. The impulse width therefore determines, among other things, the pene-



tration of the electricity, where usually larger muscle mass requires a larger impulse width.

7.4 Impulse intensity

Setting the intensity level depends on the individual sensitivity of each user and is determined by a variety of variables, such as site of application, blood supply to the skin, skin thickness and



the quality of the electrode contact. The settings should be effective but should never cause unpleasant sensations, such as pain at the site of application. While a gentle tingling indicates sufficient stimulation energy levels, any setting that causes pain should be avoided. When using the device for an extended period, you may need to adjust the intensity level, as your muscles may start to adapt to the impulse intensity.

8. Cleaning and storage

Adhesive electrodes

 To ensure that the adhesive electrodes remain adhesive for as long as possible, clean them carefully with a damp, lint-free cloth or clean the underside of the electrodes under lukewarm running water and pat dry with a lint-free cloth.

Before cleaning with water, remove the connection cables from the electrodes.

 Following treatment, stick the electrodes back onto the carrier foil.

Cleaning the arm and leg cuffs

Only clean the arm and leg cuffs by hand.

Cleaning the device

- Clean the device after use with a soft, slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.
- Do not use any chemical or abrasive cleaning agents for cleaning.

 $\dot{\mathbb{N}}$ Ensure that no water enters the device.

Storage

- Do not make sharp bends in the connection cables or the electrodes.
- Disconnect the connection cables from the electrodes.
- After use, stick the electrodes back onto the carrier foil.
- Store the device in a cool, well-ventilated space.
- Never place any heavy objects on the device.
- Allow the arm and leg cuffs to dry completely before storing them away.

9. Disposal

The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

Note: The codes below are printed on batteries containing

Note: The codes below are printed on patteries containin harmful substances: Pb = Battery contains lead, Cd = Battery contains cadmium, Hg = Battery contains mercury.

Pb Cd Hg

For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the device at a suitable local collection or recycling point in your country. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.

10. Problems/solutions

The device does not switch on when the ON/OFF button \bigcirc is pressed. How to proceed:

(1) Make sure that the battery is charged.

(2) Contact Customer Services.

The electrodes do not stick to the body. How to proceed:

- Clean the adhesive surface of the electrodes using a damp, lintfree cloth. Replace the electrodes if they still do not stick securely.
- (2) Clean the skin prior to any application; do not use skincare lotions or oils prior to treatment. Shaving may increase the life of electrodes.

There is no noticeable stimulation. How to proceed:

- (1) Press the OK button ① to interrupt the program. Check that the connection cables are correctly connected to the electrodes. Ensure that the electrodes are in firm contact with the treatment area. If you are using the arm and leg cuffs, ensure that they have been moistened with water.
- (2) Ensure the connection plug is firmly connected to the device.
- (3) Check electrode positions and ensure that the adhesive electrodes do not overlap.
- (4) Gradually increase the impulse intensity.

The battery symbol is shown. How to proceed: Charge the battery.

You have an unpleasant sensation at the electrodes. How to proceed:

- The electrodes are not positioned correctly. Check their positions and re-position, if necessary.
- (2) The electrodes are worn. This may cause irritated skin, as even distribution of the current across the entire area is no longer quaranteed. For this reason, replace the electrodes.

Skin in the treatment area turns red. How to proceed:

Immediately stop treatment and wait until your skin has returned to its normal condition. If the redness is under the electrode and disappears quickly, there is no risk – this is caused by the locally stimulated, increased blood flow.

However, consult your doctor before you continue treatment if the skin irritation persists and if it is accompanied by an itchy sensation or inflammation. This may be caused by an allergic reaction to the adhesive surface.

11. Replacement parts and wearing parts

You can obtain the following replacement parts directly from Customer Services:

Designation	Item number and/or order number
8 x adhesive electrodes (45 x 45 mm)	Item 661.02
2 x cuffs Size XS (22-35 cm)	Item 662.03
2 x cuffs Size S (28-45 cm)	Item 662.04
2 x cuffs Size M (36-54 cm)	Item 662.07
2 x cuffs Size L (50-70 cm)	Item 662.08

12. Technical specifications

Туре	EM 95
Output waveform	Biphasic rectangular pulses
Pulse length	100-350 μs ±10%
Pulse frequency	4-100 Hz ±10%
Output voltage	Max. 120 V pp ±10% (500 ohm)
Output current	Max. 240 mA pp ±10% (500 ohm)
Application time	5-20 minutes
Intensity	Adjustable from 0 to 100

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Operating conditions	10°C-40°C (50°F-104°F) at a relative air humidity of 30-85%
Storage/transportation conditions	-10°C-50°C (14°F-122°F) at a relative air humidity of 0-85%
Dimensions	Approx. 136 x 89 x 26 mm (without belt clip)
Weight	200 g (incl. belt clip)
Maximum tolerated atmospheric pressure	700-1060 hPa
Mains operation: Input Output	100-240 V~; 50/60 Hz; 0.5 A 5.0 V; 0.5 A; 2.5 W
Average active efficiency	≥ 76.11 %
No-load power consumption	≤ 0.083 W
Battery: Capacity nominal voltage type designation	1170 mAh 3,7 V Lithium Polymer
Data transfer	2400 MHz - 2483.5 MHz frequency band Max0,32 dBM transmission power The device uses Bluetooth® low energy technology Compatible with Bluetooth® 4.0 smartphones / tablets List of supported smartphones / tablets

Note: If the device is not used according to the instructions specified, perfect functionality cannot be guaranteed!

We reserve the right to make technical changes to improve and develop the product.

13. Notes on electromagnetic compatibility

⚠ WARNING!

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The use of the device may be limited in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of accessories other than those specified or provided by the manufacturer of this device can lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation.
- Keep portable RF communication devices (including peripheral equipment, such as antenna cables or external antennas) at least 30 cm away from all device parts, including all cables included in delivery. Failure to comply with the above can impair the performance of the device.
- Failure to comply with the above can impair the performance of the device.
- We hereby confirm that this product complies with the European RED Directive 2014/53/EU. The CE Declaration of Conformity for this product can be found at: https://www.beurer.com/conformity

14. Warranty/service

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.

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