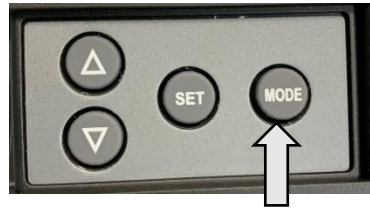


## How to use your BodyMed TENS unit (ZZAEV806)

**1:** Plug the lead wires into the TENS unit and attach them to the electrodes

**2:** Place electrodes on desired area of the body where you are experiencing pain

- Use 2 electrodes on smaller areas of the body and 4 on larger areas



**3:** Turn on channel 1 or 2 depending on which channel you have the lead wires plugged into the unit

- If using 4 electrodes turn on both channel 1 and 2

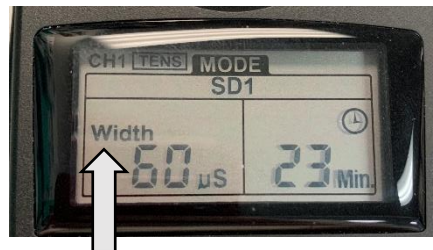
**4:** Open the door on the front of the unit to reveal the up down arrows, set, and mode

**5:** Hit the mode button until you get to the desired program

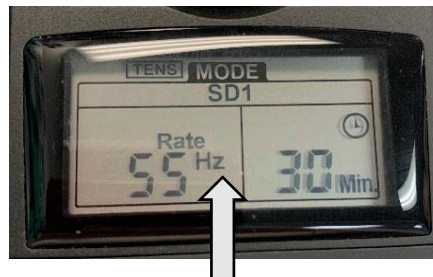
- MedCOR recommends the SD1 and the SD2 settings for reducing pain. Please try out both modes and use the one that is most comfortable for you. The SD1 and SD2 programs have a changing intensity and will have longer effects compared to Normal mode (N).



**6:** The Width is the full cycle of the wave pattern. To adjust the width of the wave pattern hit SET once and you will see width flashing on the screen. To increase or decrease the width press up or down on the arrows. The width of BodyMed Tens unit cannot be decreased below 50 μ



**7:** The Rate is the setting that will increase the number of pulses per second. To adjust the rate hit set 2 times until you see rate flashing on the screen. The higher this number is the more it will feel like a constant sensation. The lower this number is the more it will feel more like a tapping. Set the rate to where it is comfortable for you





**8:** To set the duration of the TENS unit treatment, hit SET 3 times and adjust the time of the treatment



**9:** Once the desired program, is selected, slowly begin increasing the intensity on the dial at the top of your unit on the channel in use

Remember: You want just enough intensity to provide pain relief not contract the surrounding muscles. The width and rate can still be adjusted at this point



**10:** Once you have selected the desired intensity for the program close the top door of the unit so that the intensity is not inadvertently increased during wear time



**11:** Now you may wear your TENS unit during normal activities or sit back and relax! 😊  
If you have any questions about your BodyMed TENS Unit, please call one of our sales representatives

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