



ReVive™

Back Pain Relief Belt



Instruction
Manual



ActiveForever.com

SAFETY INFORMATION

The BMR ReVive™ unit is intended to provide relief from pain associated with sore and aching muscles in the lower back due to strain from exercise or normal daily activities.

How your BMR ReVive unit works

Your portable BMR ReVive unit sends comfortable electrical signals through adhesive GelPads™ which are placed on your skin to stimulate the nerves in your lower back. The stimulation interferes with pain signals normally sent to your brain, so that you feel less pain or no pain at all. You may use your unit as little as a few minutes a day or as long as is comfortable. This treatment does not work for everyone. However, when used as directed, it can be a safe, non-addictive, non-invasive pain reliever. If your pain does not improve, becomes more than mild or if it continues for four to six days, stop using the BMR ReVive unit and consult your physician.

It is important that you read this section before beginning your treatment with BMR ReVive.

Contra-indications: Who should not use the BMR ReVive unit

- Do not use the BMR ReVive unit if you have a cardiac pacemaker, implanted defibrillators or any other implanted metallic or electronic unit. The electrical stimulation could interfere with the correct operation of these units.
- Do not use the BMR ReVive unit if you have undiagnosed chronic pain until the reason for the pain is identified.

Warnings:

- If you are under the care of a physician, consult with your physician before using this unit. Electrical stimulation may disrupt the beating of the heart, which could result in death.
- Do not use BMR ReVive if you are pregnant.
- The long-term effects of using the BMR ReVive unit are not known.
- Do not place the GelPads on or near your heart. Electrical stimulation may disrupt the beating of the heart, which could result in death.
- Do not place the GelPads around or near your neck or mouth. Electrical stimulation can cause muscle spasms that may be strong enough to make breathing difficult, disrupt the beating of your heart or have an unhealthy effect on your blood pressure. These reactions can be harmful and possibly result in death.
- Do not place the GelPads on or around your head. The effects of electrical stimulation on the brain are unknown.
- Do not use the GelPads if you suffer from cancer because the effects of electronic stimulation of cancerous tissue are not known.
- Do not use this unit while sleeping.
- Do not use if your back feels numb.
- Do not place the GelPads over the menstruating or pregnant womb.
- Do not use the BMR ReVive unit in or near water, including a bathtub, shower, hot tub or swimming pool.

- Use the GelPads only on normal, healthy, clean and dry skin. Do not use the GelPads on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- Never use the BMR ReVive unit without the belt and GelPads provided.
- If you have ever had back surgery, consult your Physician before using the BMR ReVive unit.

Precautions for safe use:

- Keep this manual handy whenever you use your BMR ReVive unit.
- The BMR ReVive unit is not effective for pain associated with Central Pain Syndromes. Central pain refers to pain originating in the central nervous system, which is the brain and spinal cord.
- The BMR ReVive unit is for low-back pain only, and should be placed only around your lower back and fastened in the front by your abdomen.
- The BMR ReVive unit may not work for everyone. The effectiveness depends on personal conditions.
- If you have had medical or physical treatment for your back, consult with your treatment provider before using the BMR ReVive unit.
- Turn off the stimulator if the stimulation feels unpleasant or does not provide pain relief.
- Keep your BMR ReVive unit out of the reach of children.
- Use your stimulator only with the accessories recommended by the manufacturer.
- Do not use the BMR ReVive unit when driving, operating machinery or during any activity in which stimulating your muscles might put you at risk of injury.
- To avoid unpleasant stimulation, always turn OFF the power before removing belt or GelPads.

Get your physician's permission before using BMR ReVive if:

- You have suspected or diagnosed heart problems.
- You have suspected or diagnosed epilepsy.
- You have a tendency to bleed internally following an injury.
- You recently had surgery, or have ever had surgery on your back.
- Areas of skin lack normal sensations, such as skin that tingles or is numb.
- Skin under one or more GelPads feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.

Adverse Reactions

- Some people report skin reactions and burns when electronic stimulators are used.

Note: It is quite normal to see a slight reddening of the skin under the GelPads during or after the treatment. The redness will normally disappear within 30 minutes. If the redness does not disappear within this time or if your skin feels irritated or itchy then stop using BMR ReVive and consult your physician.

INTRODUCTION TO BMR REVIVE

Your BMR ReVive pack contains the following items:

1. BMR ReVive Control Unit
2. BMR ReVive Back Pain Relief Belt
3. Set of Medical Grade GelPads™
4. Carry Pouch
5. 9-volt Alkaline Battery
6. Instruction Manual & Quick Start Guide

Notes:

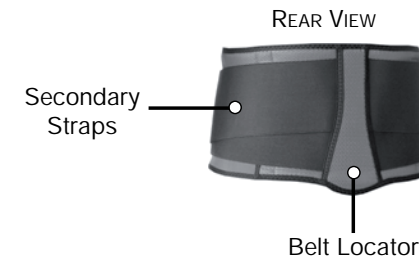
- The belt is made of an elasticated material, so it fits a variety of waist sizes from 30 to 56 inches (76-142cm).
- You can tighten or loosen the belt by adjusting the secondary straps.
- Each set of GelPads contains 4 adhesive GelPads (Type: 612)

Replacement GelPads can be purchased from the website:


www.ActiveForever.com

or by calling our Customer Careline at:

1-800-377-8033



Conditions that may affect your BMR ReVive unit

The BMR ReVive unit is an electrical appliance. It operates on a standard Alkaline 9-volt battery. The BMR ReVive unit includes a low-battery detect feature so that when the battery is nearing discharge, the empty battery outline () will flash. Battery lasts for up to 12 hours of use. To insert, replace or check the battery, follow the battery instructions provided on page 7. It is important to keep the stimulator dry at all times. Avoid using your BMR ReVive unit near water or in extreme humidity.

DESCRIPTION OF THE BMR REVIVE CONTROL UNIT



1. On/Off (Pause) Button

Switches the control unit on and off and to pause a treatment session. Press this button for 2 seconds to switch the unit on or off. To pause a treatment session, simply press the On/Off button briefly. The unit will beep and the pause symbol (||) will appear on the display to indicate that the program has been paused. To restart a paused program, just press the On/Off button briefly again.

2. Program Button

Enables you to select your required treatment program.

3. Intensity Controls

Each intensity control corresponds to a channel on the same side of the unit. Pressing the upper button (▲) during treatment increases the intensity level from that channel. Pressing the lower button (▼) decreases the intensity level.

4. Keylock Button

Once you have reached a comfortable intensity level the Keylock may be used to prevent any accidental changes to the intensity levels. To do this, press the Keylock button. To stop the Keylock function simply press this button again. This function is also used to lock the Burst Mode function.

5. Burst Mode Button


Burst Mode is available for all programs and changes the sensation of the treatment. When the button is pressed Burst Mode is activated. To stop Burst Mode press the button a second time.

Note:

The Keylock and Program buttons are used simultaneously to reset the Total Treatment Time. To do this, press the Keylock button first and then the Program button. A tone will sound and the display will reset to zero. This function is available only at the start of a treatment session. See page 8 for Operating Instructions.

BMR REVIVE DISPLAY

The display symbols shown below allow you to see the battery status, elapsed treatment time, stimulation phases and program selection. These are displayed on the LCD screen on the front of your unit.


 1. Keylock is active, prevents accidental changes to intensity level.

 2. Burst Mode activated.

 3. During treatment the intensity bars will display on each channel.

 4. The Timer counts down the amount of time left in the current session in minutes and seconds.

 5. Pause Indicator appears when the treatment has been paused (see page 5 for a description of the Pause function).

 6. Indicates which treatment program you are running (1 to 3).

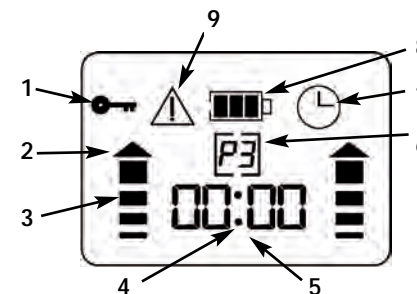
 7. The clock symbol appears when the Total Treatment Time is displayed when you switch the unit on.

 8. Battery status indicator, shows the battery power remaining.

 9. Pad contact indicator is shown when a poor pad connection is detected.

When a poor connection is detected:

- The bar graph of the channel(s) being used will flash.
- The pad contact indicator symbol will appear flashing on the display.
- An audible beep will be made by the unit.
- The treatment session timer will pause.
- The intensity level will drop to zero and the Up intensity keys will not work.
- When proper contact is restored, stimulation builds over 2 seconds to the previously set intensity level and the product will work again as before.

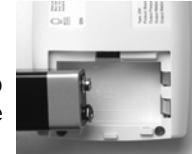


SETTING UP YOUR BMR REVIVE

Step 1 - Inserting the battery into the BMR ReVive control unit

Ensure that the BMR ReVive control unit is turned OFF. To open the battery compartment, unlock the cover with your thumb and lift the lid. Insert the new battery into the compartment as shown by the direction indicator printed on the bottom of the compartment (Fig. a) and close the cover again.

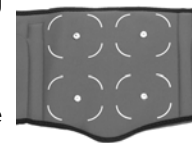
Fig. a



Step 2 - Preparing the BMR ReVive Back Pain Relief Belt

Lay the BMR ReVive Belt open on a flat surface, with the four metal connectors and the printed outline of the GelPads facing upwards (Fig. b).

Fig. b



Step 3 - Applying BMR ReVive GelPads to the belt

One side of each GelPad is black, the other side is white. The GelPads have plastic liners on either side, protecting the adhesive gel which holds the GelPads to the belt and to your skin. The GelPads comfortably come off your skin after use, but they should be left on the belt during storage. The GelPads fit within the four marked areas on the BMR ReVive Support belt. Each pad has a metal stud which connects to the metal connectors on the belt.

Fig. c

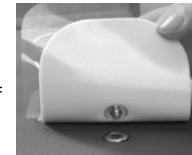


Remove the clear liner from the white side of each GelPad (Fig. c). Place one GelPad directly over a metal connector and press the stud down firmly (Fig. d). Repeat this process with the other three GelPads. Press each one firmly onto the belt to ensure the GelPad adheres firmly to the belt. Do not remove the liner from the black side of the GelPads yet.

IMPORTANT:

- Ensure the GelPads are completely covering all of the metal connectors and that they are within the white lines printed on the support belt. Do not allow the GelPads to touch each other.
- Always use all four GelPads on the support belt when using the unit.

Fig. d



Step 4 - Attaching the BMR ReVive control unit to the belt:

Ensure that your BMR ReVive control unit is switched off. Push the two plugs on the belt into the two sockets at the base of the unit. Once they are connected, they will be held firmly in place.

Step 5 - Putting on the belt

Remove the liners from the black side of each pad. Do not discard these liners as you will need them at the end of the session. Hold the belt behind you with the control unit on your right. Position the belt locator centrally over your spine and just above your coccyx bone. Stretch both ends of the belt and fasten them securely around your waist (Fig. e). You may also use the secondary straps to fasten the belt more securely. This will ensure that the GelPads are pressed fully against your skin. Make sure that the belt locator is positioned correctly before fastening the straps. If you are unsure, just ask someone to check for you.

Fig. e



OPERATING INSTRUCTIONS

Step 1 - Running a Treatment session

Switch on the control unit (Fig. a). The screen will display the total accumulated treatment time that the BMR ReVive unit has been in use in hours and minutes for a period of 3 seconds. After 3 seconds the screen changes to that shown in Fig. b.

Fig. a



Step 2 - Selecting a program

Program 1 is always selected when the unit is switched on. You can change to a different program by pressing the Program button (P - Fig. c). Always turn the stimulator off and then on again before changing programs.

Fig. b



Step 3 - Starting a treatment session

Slowly increase the intensity by pressing one of the Intensity buttons. As the intensity is increased you will feel a stimulus from the corresponding left or right side GelPads. The intensity level (0 to 99) and the intensity bars are displayed on the screen for each channel (Fig. d). Repeat this process for the second channel. The treatment timer begins once the intensity buttons are pressed. For safety & comfort the intensity will always start at zero when the unit is turned on. Always use the intensity level that is comfortable and best suits your needs.

Fig. c



Step 4 - Finishing a treatment session

When a session is finished, the stimulation will cease automatically and you will hear a 10-second beep from the unit, alerting you that the treatment session is complete. At this stage, switch off the unit and remove the belt from around your waist. You can disconnect the control unit from the belt or leave it connected if you wish. The GelPads should be left on the belt between sessions. However, you must replace the covers on the black surface of all 4 GelPads before putting the belt and control unit back in the carry pouch.

Fig. d



Note:

To end a session before the full 20 minutes have elapsed, just press the On/Off button for 2 seconds. The unit will emit a low tone and switch off.

Burst Mode

Burst Mode is available in all programs and changes the sensation of the treatment as outlined in the last column of the Program Table on page 9. Press the Burst Mode button (Fig. e) to enable Burst Mode. Press the button a second time to disable the Burst Mode.

Fig. e



PROGRAM INFORMATION

The BMR ReVive unit offers 3 treatment programs. Each program offers a different stimulation sensation. You should select the program which you feel minimizes your back pain the most. The stimulation sensation should never be painful. For further information on available programs, please refer to the table below. For safety & comfort the intensity will always start at zero when the unit is turned on. Always use the intensity level that is comfortable and best suits your needs.

Prog.	Frequency (Hz)	Pulse Width (µsec)	Treatment Time (mins)	You should feel	What you will feel using Burst Mode
1	99	200	20	Continuous comfortable tingling	Continuous pulsing sensation for 3 secs. Return to program 1 settings for 3 secs.
2	4-99	250	20	Variable comfortable tingling (will appear to come in waves).	Continuous tingling sensation for 3 secs. Return to program 2 settings for 3 secs.
3	4	200	20	Mild, pulsing sensation	Continuous pulsing sensation for 3 secs. Return to program 3 settings for 1.5 secs.

TECHNICAL INFORMATION

Product Type: 294

Operating Range: Temperature: 55° to 95° F Humidity: 20 to 65% RH

Storage Range: Temperature: 32° to 131°F Humidity: 10 to 90% RH

Material Fabrics:

Outer Materials: 100% Nylon laminated to Polychloroprene, 100% Nylon laminated to foam, 100% Nylon mesh laminated to foam.

Binding: 82% Nylon 18% Elastane. Fastenings: 100% Nylon. Foam: 100% Polyurethane. Elastic Straps: 82% Polyester, 18% Elastane.

Accessories:

Pack of 4 adhesive GelPads (Type: 612)

Disposing of the GelPads and batteries

Used GelPads and batteries must never be disposed of in a fire but in accordance with your state's laws governing the disposal of such items.

TROUBLESHOOTING GUIDE & UNIT MAINTENANCE

If you should encounter any problems using the BMR ReVive unit, review this troubleshooting guide for a possible solution to the problem. If the problem persists, please do not attempt to repair the BMR ReVive unit yourself, contact our Customer Careline at:

1-800-377-8033

Problem	Solution
The display doesn't come on & there is no signal from the unit	Reposition the battery as described on page 7. If necessary, replace the battery.
The unit is turned on, but there is no output	Disconnect the unit from the plug and then reattach it.
The battery symbol is flashing, and there is ineffective stimulation	Replace the battery. Use only a high-quality, alkaline battery with your unit.
The stimulation is very weak even when the intensity is high	Press studs firmly into connectors. Fasten the hook and loop straps more tightly.
The pad contact symbol appears on the display	Re-insert the unit. Re-apply GelPads. Make sure the liners on both sides of the GelPads have been removed.
Unpleasant feeling beneath the GelPads	Contact your local retailer for new GelPads. Reposition the belt. Remove any lotions or oils by washing.

BMR ReVive Unit Maintenance

Never let your BMR ReVive control unit get wet, but you may clean the outside using a soft cloth, lightly dampened in soapy water. The belt is washable, but you must first remove the BMR ReVive control unit and GelPads. You must always follow the instructions on the label when washing the belt.



Never machine wash your BMR ReVive belt. Hand wash the belt in lukewarm water and NEVER wring the belt to remove water. This protects the internal wiring of the belt from damage. All fasteners should be closed prior to washing.



Do not use any bleach when washing your BMR ReVive belt.



Do not dry clean the BMR ReVive belt.



Do not tumble dry your BMR ReVive belt. You should always dry the belt on a flat surface. Never dry the belt over anything hot (e.g. a radiator) as it contains plastic parts. You should ensure the belt is completely dry before use.



The BMR ReVive belt must not be ironed.

Care for the GelPads

- The GelPads are for single person use only.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- The durability and effectiveness of the GelPads depends entirely on the proper use, storage and care on the part of the user, certain skin types and the type, duration, number of sessions, intensity used and site of stimulation.
- Ensure your hands are clean before handling GelPads. You should avoid touching the skin-side of the pads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the GelPads' surface.
- After use, replace the liners on the black side of the GelPads and store your unit in a cool, dry place until the next use.
- GelPads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.



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Back Pain Relief Belt