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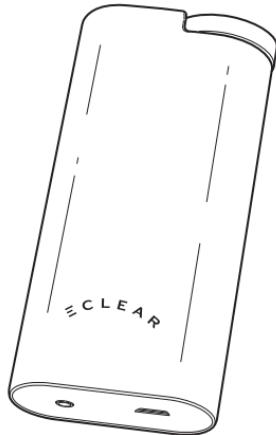
Instruction Manual

HCM-PH01 Series

For use in Hong Kong and Philippines only.

If you made your purchase in another country, please refer to that country's manual.

www.elecom.co.jp/global/download-list/manual/



Thank you for purchasing Eclear Lean.

This manual details the operation method and precautions for the safe handling of the product. Please read this manual before use. After reading, keep this manual in a safe location for future reference.

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About this product

■ Intended purpose

This product is a massage appliance that combines low frequency and heating (this product is not a medical instrument).

This instrument releases low frequency current to the body through electrodes attached on the body, which triggers vibration that is utilized to massage tired body parts. Furthermore, electric heat is used to provide heat for relaxing the muscles.

The product is designed for home use.

■ What is low frequency instrument?

This instrument releases low frequency current to the body through electrodes attached on the body, which triggers vibration that is utilized to massage tired body parts.

■ What is heating instrument?

Applying heat on human body dilates the blood vessels due to the rise in temperature of the skin, which in turn promotes better circulation of blood.

■ Rough standard on operating time

Approximately 15 minutes per site is the rough standard of operation. Continuing beyond 15 minutes can cause poor health.

The product incorporates a timer that automatically turns off power when about 15 minutes are elapsed since the start of an operation.



CAUTION:

Wipe all sweat or moisture from the skin prior to use.

Safety Precautions (Be sure to always follow these precautions)

In order to prevent personal injury or damage to property involving you or any other persons, please be sure to observe the precautions outlined below.

■ The degree of the possible damage or risk you may cause if you misuse this product against these precautions are described in the following categories:

| | |
|--|---|
|  DANGER | Sections with this heading have contents that "have a high possibility of death or suffering from serious injuries." |
|  WARNING | Sections with this heading have contents that "are assumed to have a possibility of death or suffering from serious injuries." |
|  CAUTION | Sections with this heading have contents that "have a possibility of suffering from injuries or assumed to have a possibility of property damage only occurring." |
|  This symbol refers to things which must not be done, i.e. are "prohibited". | |
|  This symbol refers to things which must be done, i.e. are "mandatory". | |

DANGER

 Do not use this equipment in combination with the following medical devices.

- Implanted electrical devices such as pace makers.
- Heart-lung machines and other life-supporting medical electronic equipment
- Electrical devices for sustaining life such as artificial heart and lung machines.

This product may open such equipment to malfunctions and may lead to serious consequences for your health.

WARNING

 Do not use the product near heart, or on the head, face, inside mouth or genitals, as well as injured or diseased skin sites, tattoos, etc. Furthermore, do not use the product simultaneously on the bottom of the left and right feet or in arrangement that puts the heart between two sites of applications when performing the Low Frequency Course or the Heated Low Frequency Course.

Doing so can cause accidents, injuries and poor physical health.

 Do not use the product together with any other therapeutic apparatuses.

Doing so can cause poor physical health and can make the user feel unwell.

 Do not allow children to use the product and do not allow them to play on or ride the base unit or the gel pad of the apparatus.

It will cause accidents or injuries.

 Do not use the product while the gel pad is in contact with any metal objects, such as a watch or necklace or the like.

It will cause accidents or injuries.

 Do not use the product when the surface of the gel pad is missing or deteriorating.

If there is any, it will cause accidents, problems and malfunctions.

 Make sure to turn off the power when you are connecting/disconnecting the gel pad, putting on / re-positioning / peeling off the gel pad or changing the gel pad.

⚠ WARNING



Be sure to observe following matters when performing heat operation.

- Do not cover the gel pad with a towel or use it under a blanket and other such conditions in which heat can become confined.
- Do not use the product while the body part to which a gel pad has been attached is pressed.
- If there is no sensation of warmth five minutes after the heat operation starts, stop using the product immediately.
- If the gel pad feels hot, remove it.

Failure to do so may cause accidents, burns, low temperature burns and poor physical health.



Individuals who fall under any of the following categories must not use the product:

- People who are unable to freely manipulate their body and infants
- People who have taken sleeping pills or have had alcoholic beverages

Failure to do so may cause accidents, burns, low temperature burns and poor physical health.



Individuals who fall under any of the following categories must consult a physician:

- People who are receiving medical treatment, particularly when they are aware of any physical anomalies
- Persons with malignant tumours
- People who have an abnormality in their heart or cerebral nerve
- People who are confirmed to have lost temperature sensations
- People who are pregnant and people who have just given birth
- People with body temperature of 38C or higher (in fever stage) (※ Example 1: Period with pronounced acute onset of symptoms (such as fatigue, chills, blood pressure variation, etc.); ※ Example 2: Debilitated).
- People who have contracted an infectious disease
- People with tactile perception disorder, or skin disorders
- People with acute (painful) conditions such as a fractured spine, strained or pulled muscles
- People that need to remain rested
- People taking medication
- People with blood pressure abnormality
- People who are physically handicapped
- People who are unable to express their will on their own
- People with perceptual disorder due to serious peripheral circulation disorder (e.g. diabetic)
- People with a low body temperature
- People with circulatory disorders
- People who have experienced low temperature burns
- People who are allergic to gel pads

Failure to do so may cause accidents, burns, low temperature burns and poor physical health.

⚠ WARNING

| | |
|---|--|
|  | <p>Do not connect the product to any devices other than special gel pads or USB cables. Furthermore, do not use any of the accessories with other products either. Doing so can potentially lead to burns, as well as heating or short circuiting that can cause accidents, fire, other problems and malfunctions.</p> |
|  | <p>This product is intended for one person use only. Do not use this product with more than one person. Doing so can cause electric shocks and accidents.</p> |
|  <small>Do not disassemble</small> | <p>Do not disassemble, repair or modify. It will cause a fire or electric shock.</p> |

⚠ CAUTION

| | |
|--|---|
|  | <p>Do not use or store this product in the following locations:</p> <ul style="list-style-type: none">• A place with direct sunlight• Locations near heating devices, electric blankets, heated carpets, space heater and other locations where the temperature is high.• Places with high humidity (e.g. bathroom)• Near water• Locations with a lot of dust.• Places with a lot of vibration <p>It will cause fire, electric shock or malfunctions.</p> |
|  | <p>Do not use while sleeping. Doing so can cause accidents, burns, low temperature burns and poor physical health.</p> |
|  | <p>Do not use the product immediately before or during operation of a car, motorcycle, bicycle and the like. It will cause accidents or problems.</p> |
|  | <p>Do not leave the gel pad on your skin for a long period of time. It will cause skin inflammation.</p> |
|  | <p>Do not use the gel pad when it is wet. It will cause an electric shock.</p> |
|  | <p>Do not use the product for more than 15 minutes per location (this includes alternating modes between low frequency and heating). Using the product for long hours can cause accidents, burns, low temperature burns and poor physical health.</p> |
|  | <p>Do not use the product when two gel pads are overlapped. Doing so can cause electric shocks and accidents.</p> |
|  | <p>Be sure to avoid cords becoming entangled on the neck when applying gel pads. Doing so can cause accidents and injuries.</p> |

Safety Precautions (Be sure to always follow these precautions)

CAUTION

| | |
|--|--|
|  | Please make sure the main unit and the gel pad are connected correctly and securely before use. |
|  | Check that each operation button functions correctly before use. |
|  | Verify that the product operates normally and safely before use according to the operations described by the Instruction Manual when using the product for the first time or if the device has not been used for long hours. |
|  | If you feel any strong stimuli, rash, redness, itch or any abnormalities on your skin during use, stop using it immediately and consult a doctor. It will cause accidents or health problems. |
|  | Be sure to prevent hands, fingers or any other parts of the body from coming into contact with a USB connector receptacle. It will cause an electric shock, fault or malfunction. |
|  | Do not insert any metal object into a USB connector receptacle. It will cause a fire or heat generation. |
|  | Do not forcibly pull, bend, or place any heavy objects on top of the cable. It can cause cable damage, disconnection, and lead to a fire or electric shock. |
|  | Do not use a special USB cable when it is damaged, or when the USB connector insertion receptacle is loose. It will cause a fire or electric shock. |
|  | Do not charge it using a transformer such as a travel converter. It will cause a fire or heat generation. |
|  | Do not charge the product in a car using a cigar socket or the like. It will cause a fire or electric shock. |
|  | Do not touch a special USB cable or a gel pad with wet hands. It will cause an electric shock, failure or accidents. |
|  | Do not use a special cable for purposes other than charging the base unit. A special USB cable must not be used for communication purposes or for charging of other devices. |
|  | Securely insert the special USB cable to the root when charging. If it is not inserted completely when charging, it might cause a fire or electric shock. |
|  | Be sure to charge the product at least once in three month. After it is completely discharged, charging might be impossible. |

 **CAUTION**

| | |
|--|--|
|  | Stop using the product immediately and shut off power when a malfunction with the device occurs or when there are damages or cable disconnection of gel pads. Contact your retailer. |
|  | Do not pull on the electrode cord but instead hold the plug when removing a gel pad from the base unit. Doing so can cause electric shocks, accidents and malfunctions. |
|  | Do not store this product in a place where children can reach it. Doing so can cause accidents. If a child swallows the main unit, consult a doctor immediately. |
|  | Do not submerge the main unit in water or any liquid, or let it become wet. It will cause heat generation, bursting or a fire. |
|  | Do not connect the product to any devices other than special gel pads or USB cables. Furthermore, do not use any of the accessories with other products either. Doing so can potentially lead to burns, as well as heating or short circuiting that can cause accidents, fire, other problems and malfunctions. |
|  | When disposing of this product, please do so in accordance with the regulations of your municipality. |
|  | Remove contamination and store the device and accessories after use in a place with little humidity. |

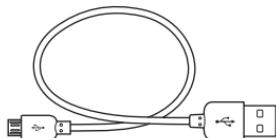
Package contents

Make sure there are no missing parts before use. Every effort has been made to ensure proper packaging, however in the event any shortage or damage is discovered, contact the retailer where the product was purchased.

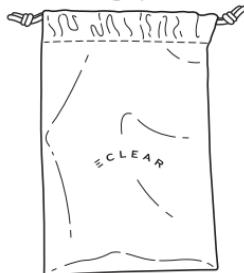
Main Unit



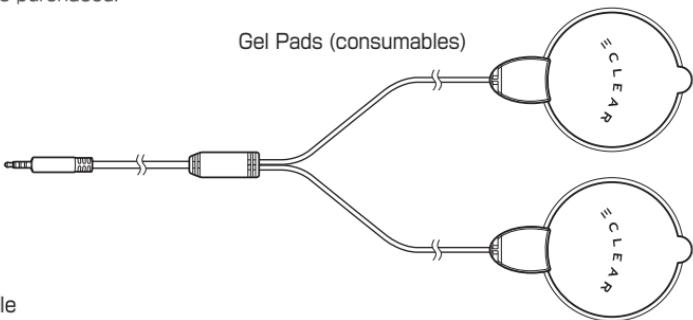
Special USB Cable



Storage pouch



Gel Pads (consumables)



Protective plate



Instruction Manual (This document)

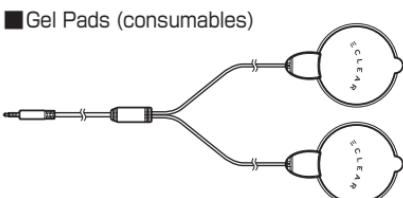
■ Separately Sold Accessories

Inquire the retailer for details on separately sold accessories.

The following items are sold separately.

Gel Pad PH01 Model number: HCM-PH01G1

■ Gel Pads (consumables)

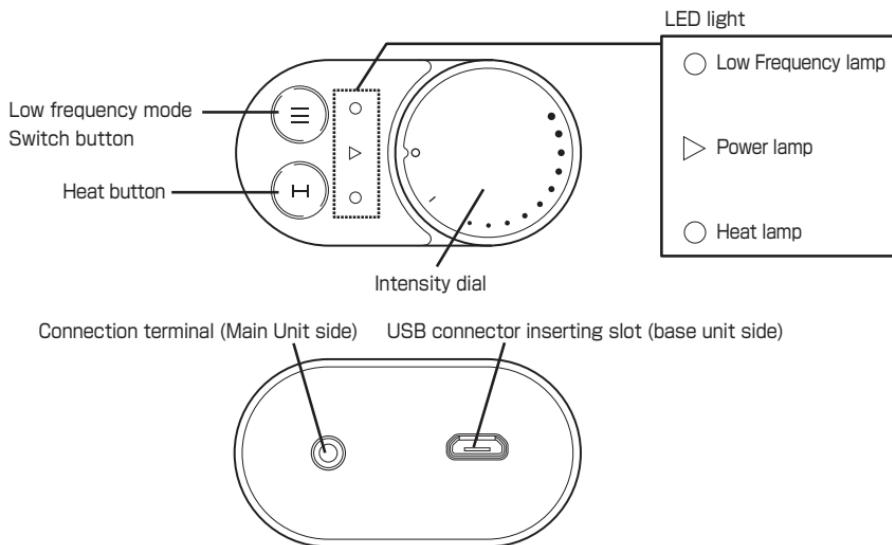


■ Accessories

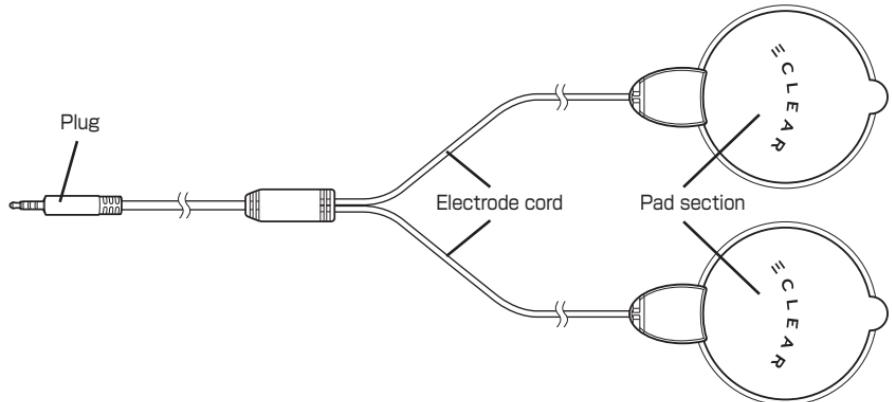
- Instruction Manual x 1
- Protective plate x 1

Part names

■ Main Unit



■ Gel pad



■ Dedicated USB cable



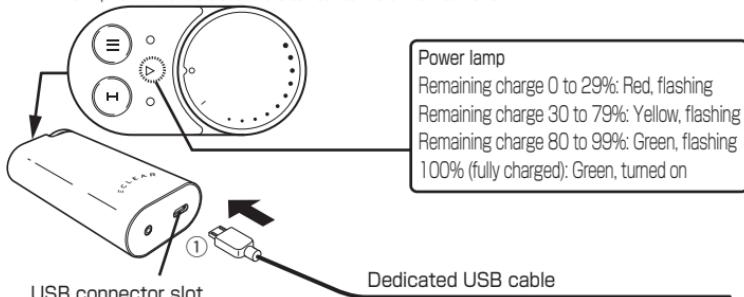
Preparation for Use

Be sure to charge the battery fully on first use (following purchase or after a long period without use) or if the batteries have run out during use.

1 Charging

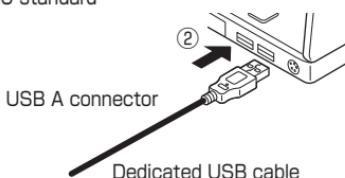
Charging time: Approx. 2.5 hours

- ① Insert the USB micro B connector of a special USB cable to the USB connector insertion receptacle on the base unit.
- ② Connect the USB A connector of a special USB cable to the USB port described below and turn on the power.
※ There is a beep sound when correct connection is established and the Power lamp on the base unit starts to flash or turns on.



■ When connecting to a personal computer

Use a USB2.0, USB3.0 or USB3.1 cable for personal computers that comply with the IEC60950 standard



CAUTION:

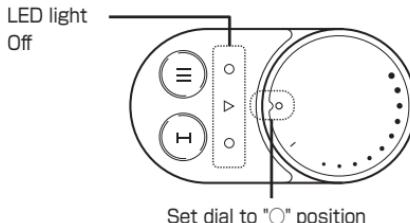
- Charging the product using a transformer, such as a travel converter, can potentially cause heating or ignition of fire.
- The product cannot be operated while charging.
- Repeatedly charging the base unit gradually shortens the duration of operating time after a full charge. If the operation time becomes extremely short, the battery has expired but it is not replaceable.

- ③ Once charging has been completed there is a beep sound and the Power lamp stops flashing and remains turned on.

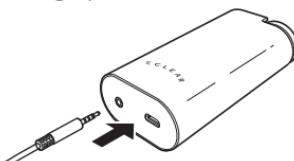
Once charged, remove the special USB cable by following the procedures described above in the order of ②→① for safety.

2 Connecting gel pad to main unit

- Take gel pads out of the bag when using the product for the first time
(Do not remove the protective film on the gel pad yet.)
- Verify that all LED lamps have turned off and that the power to the base unit has been shut off.



- Securely connect the plug on a gel pad to a connection terminal on the base unit.

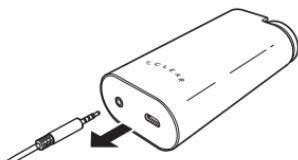


⚠ CAUTION:

- Hold onto the plug and insert securely as far as it goes.
- Do not connect the product to any devices other than special gel pads.

■ When replacing a gel pad

- Verify that all LED lamps have turned off and that the power to the base unit has been shut off.
- Remove the plug on gel pads from the base unit.
- Take new gel pads out of the bag
(Do not remove the protective film on the gel pad yet.)
- Securely connect the plug on a gel pad to a connection terminal on the base unit.

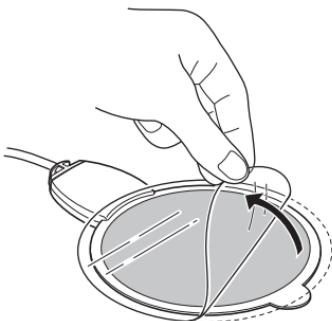


⚠ CAUTION:

Read the Instruction Manual of gel pads also when replacing gel pads.

Placement of the gel pad

1 Hold and peel off the protective film from gel pads



※ Use the pads by removing protective plates from the second use.

※ Peel off the protective plate slowly when removing a gel pad.

2 Attach the gel pads on locations of the body where an operation is desired.

Make sure the gel pad is firmly attached to your skin.

※ The power on the base unit automatically shuts off after a certain amount of time when a gel pad is detached from the skin.

⚠ CAUTION:

Do not attach the gel pad over any metallic items such as a necklace or a body piercing. Do not use the product on parts of the body where a tattoo has been put on.

■ Handling of gel pads

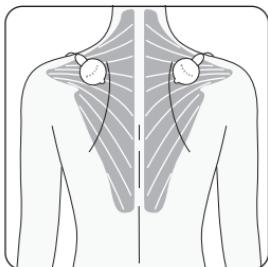
- Do not touch the attachment surface of the gel pad. Follow the procedures described in the section on "Servicing Gel Pads" (→ P.21) when the adhesion of gel pads become weak.
- Do not bend the gel pad.

Example of gel pad attachment

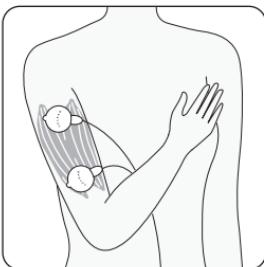
■ Low Frequency, Heat or Heat and Low Frequency Course

Attach the gel pads on following types of locations on the body.

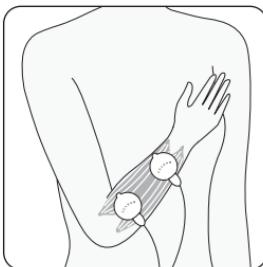
Shoulder - trapezius muscle



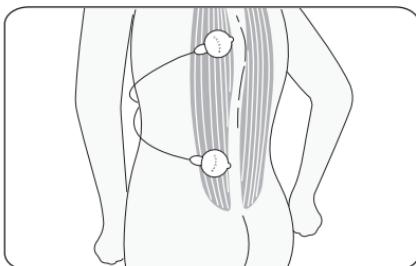
Upper arm - brachial muscles



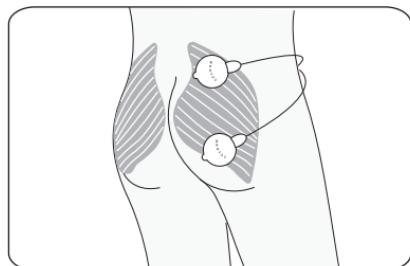
Arm - forearm flexor muscle group



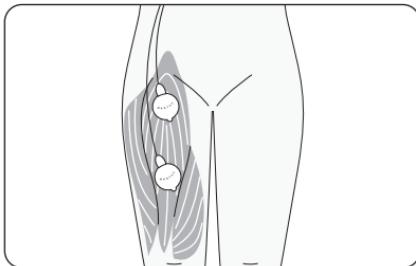
Upper and lower back - spinal column erector muscle



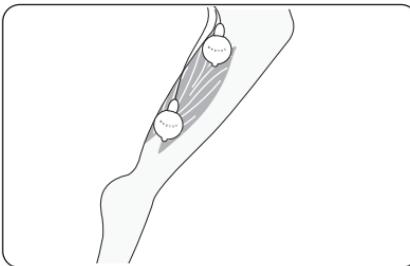
Buttocks - gluteus maximus



Thighs - hamstring muscle



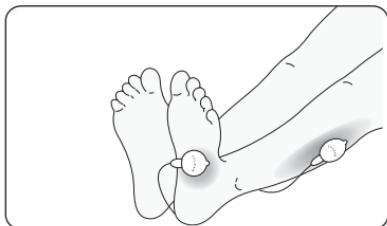
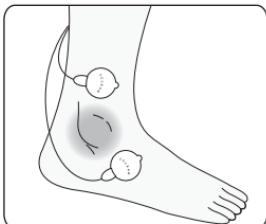
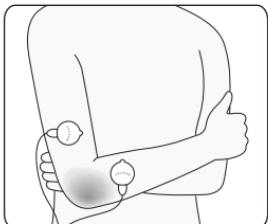
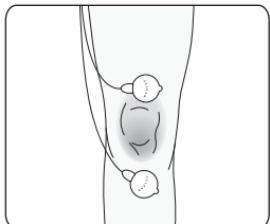
Calf - triceps muscle



CAUTION:

- Do not use the product simultaneously on the bottom of the left and right feet or in arrangement that puts the heart between two sites of applications when performing the Low Frequency Course or the Heated Low Frequency Course.
- Do not use the product when two gel pads are overlapped.

Attach the gel pads to sandwich the joint.



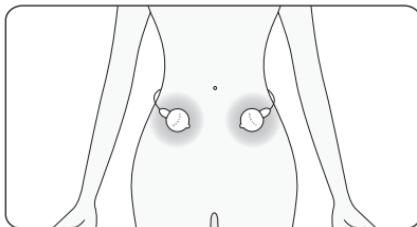
Attach one on the bottom of a foot and the other on the calf or ankle of the foot.

※ Do not use the product simultaneously on both feet.

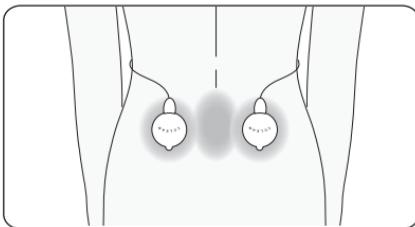
■ For Heat Course

Attach gel pads for Heat Course by referencing following attachment examples aside from attachment examples for Low Frequency or Heated Low Frequency Courses.

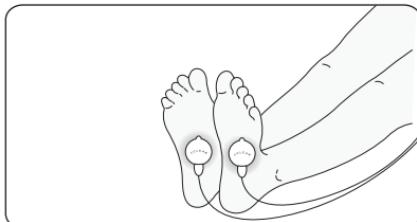
Apply on left and right sides of the stomach



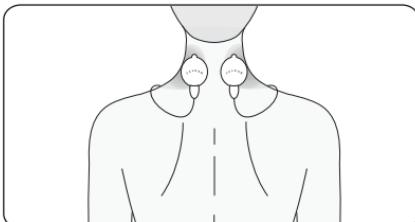
Apply on left and right sides of the hips



Apply on the bottom of both feet

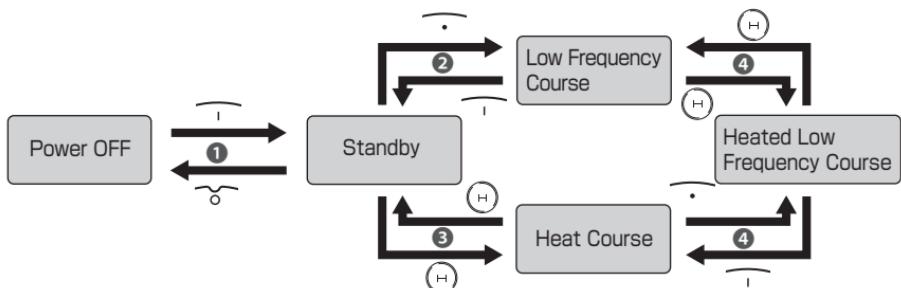


Apply on the back of the neck



How to use

Three courses, the "Heat Course", "Low Frequency Course" and "Heated Low Frequency Course" are available with this product. There are five modes that can be selected with the "Low Frequency Course" and the "Heated Low Frequency Course".

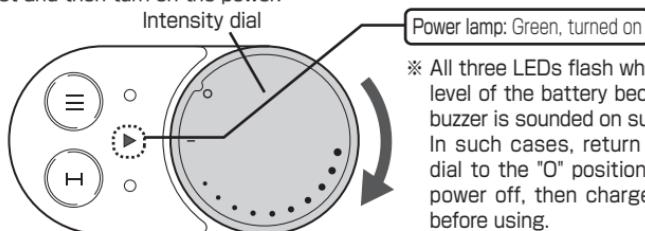


1 Turning Power On (bring product to standby mode)

Turn the Intensity dial to the "-" position. A beep sound is emitted and the power is turned on and the product enters the standby mode.

The Power lamp turns on in green.

※ In the event the Intensity dial is not at the "○" position, return it to the "○" position first and then turn on the power.



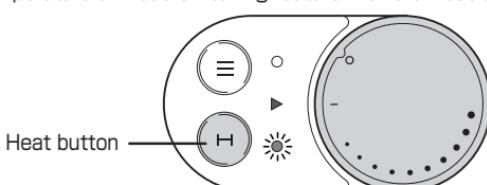
※ All three LEDs flash when the charge level of the battery becomes low. No buzzer is sounded on such instances. In such cases, return the Intensity dial to the "○" position and turn the power off, then charge the product before using.

2 Using Low Frequency Course

Pressing on the Heat Course button while the Intensity dial is at the "-" position starts by heat. The Heat lamp flashes.

Press the Heat Course button during an ongoing Heat Course to stop the Heat Course and bring the product to a standby mode.

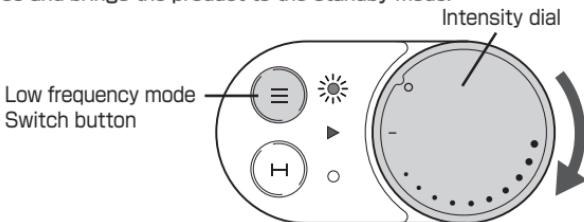
・ There is no temperature or mode switching feature with the Heat Course.



3

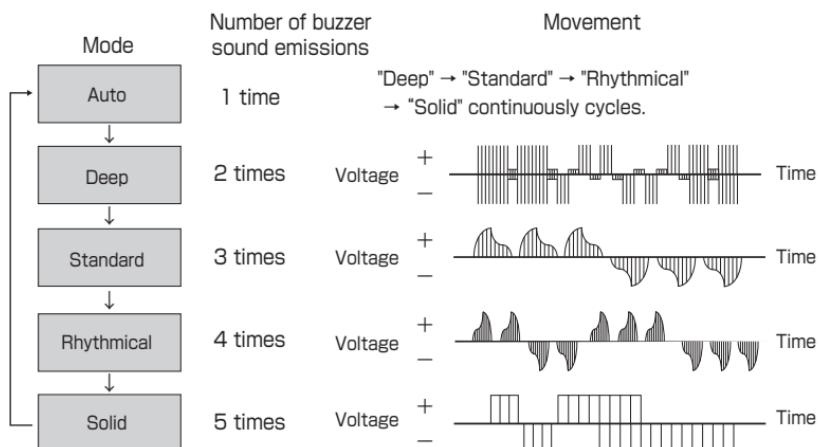
Using Low Frequency Course

① Turn the Intensity dial clockwise from the "-" condition (standby mode) to start the Low Frequency Course. The Low Frequency lamp flashes. Select the desired strength from the 10 levels. Turning the Intensity dial back to the "-" position terminates the Low Frequency Course and brings the product to the standby mode.



② Modes can be switched while the product is in operation by pressing on the Low Frequency Mode Switch button.

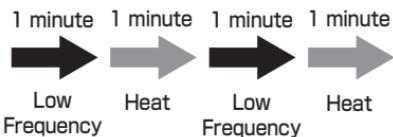
- ※ Start operation with the "System Selected" mode when the power is turned on.
- The product mode switches in the manner described below, each time the Low Frequency Mode Switch button is pressed. The number of buzzer beeps changes, depending on the type of the mode.



4

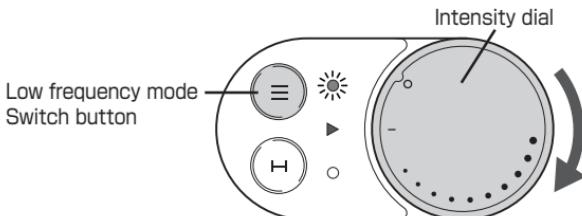
Using Heated Low Frequency Course

The low frequency and heat alternating switching can be applied. The Low Frequency and Heat switches every minute.



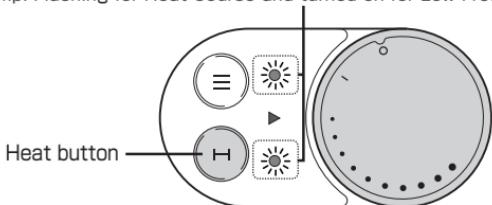
■ Changes to the Heated Low Frequency Course when in Low Frequency Course
Press the Heat Course button during an ongoing Low Frequency Course to perform the Heated Low Frequency Course.

- ① Turn the Intensity dial clockwise from the "-" condition (standby state) to start with Low Frequency.



- ② Press the Heat button during an ongoing Low Frequency Course to perform the Heated Low Frequency Course.

Low Frequency lamp: Flashing for Low Frequency Course and turned on for Heat Course
Heat lamp: Flashing for Heat Course and turned on for Low Frequency Course



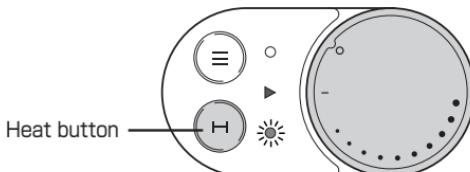
Levels and modes of Low Frequency can be changed just like the Low Frequency Course. Turning the Intensity dial back to the "-" position during an ongoing Heated Low Frequency Course terminates the Low Frequency component of the course only and brings the product back to the Heat Course.

Furthermore, pressing the Heat button terminates the Heat Course component of the course only and brings the product back to the Low Frequency Course.

■ Changing to Heated Low Frequency Course while in Heat Course

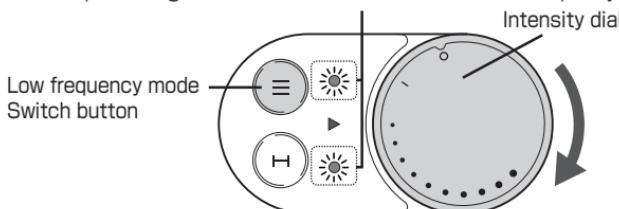
Turn the Intensity dial clockwise during an ongoing Heat Course to perform the Heated Low Frequency Course.

- ① Pressing on the Heat button while the Intensity dial is at the "-" position starts by heat.



- ② Turn the Intensity dial clockwise during an ongoing Heat Course to perform the Heated Low Frequency Course.

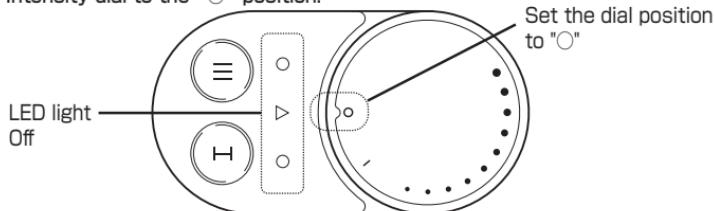
Low Frequency lamp: Flashing for Low Frequency Course and turned on for Heat Course
 Heat lamp: Flashing for Heat Course and turned on for Low Frequency Course



Levels and modes of Low Frequency can be changed just like the Low Frequency Course. Turning the Intensity dial back to the "-" position during an ongoing Heated Low Frequency Course terminates the Low Frequency Component of the course only and brings the product back to the Heat Course. Furthermore, pressing the Heat button terminates the Heat Course component of the course only and brings the product back to the Low Frequency Course.

5 Turning off

Return the Intensity dial to the "○" position to turn off power during an ongoing operation. Furthermore, a beep sound is emitted and the power is shut off automatically when about 15 minutes are elapsed since the start of an operation. In such cases, return the Intensity dial to the "○" position.



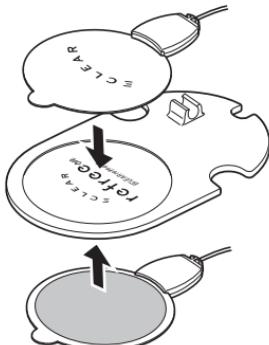
- Even when courses are switched during an ongoing operation, the power is shut off once the total time of 15 minutes elapses.
- A beep sound is emitted and the product operation is terminated when a gel pad becomes detached from the body or a gel pad is removed from the base unit.

6 Storing

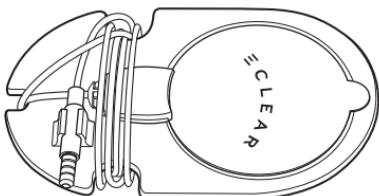
① Peel off the gel pad from the skin.

Pinch the grip of the gel pad and peel it off being careful not to touch the adhesive surface.

② Remove the plug on gel pads from the base unit and attach it to the protective plate.



③ Wind electrode cords of gel pads onto the protective plate.



④ Place the bundle into the storage pouch provided for storage.

⚠ CAUTION:

Store the gel pad in a place free from direct sunlight, high humidity and high temperature.

Care of this equipment

To care for the gel pad, disconnect it from the main unit.

■ Servicing gel pads

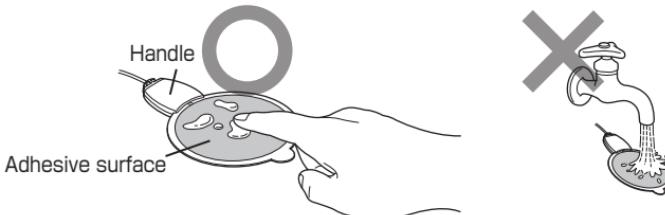
The gel pad needs to be cared for in the following situations:

- Gel pad has lost adhesiveness
- When stimulation during use has weakened
- When stimulation during use feels strengthened
- When the gel pad is dirty
- Gel pads do not stick to the protective plate

Replace the gel pad if you feel there is not enough/too much stimulus during use even after caring for the gel pad.

① Drip a few drops of water and rub with the ball of a finger to remove lifted contaminants

- ※ Do not pour too much water. It will cause loss of adhesive strength or damage to the adhesive surface.
- ※ Do not scrape the surface with a nail or a brush.
- ※ Do not use any detergent or the like.
- ※ Prevent dripping water drops on a plug, electrode cord or handle.



② Hold on the handle and thoroughly eliminate water and dry naturally with pad surface facing up, ensuring that no water drop drips onto the handle.

- ※ With insufficient drying, the adhesive strength becomes weak.
- ※ Never wipe the adhesive surface with tissue paper or a cloth.
- ※ Avoid direct sunlight.

■ Servicing base unit

- When the main unit is dirty, wipe it with a dry soft cloth.

⚠ CAUTION:

Take care not to allow water etc. to enter the Main Unit or the USB connector port.

How to store

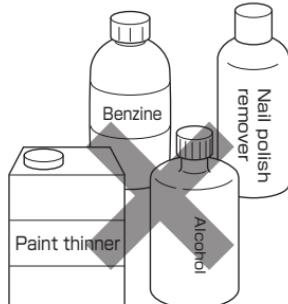
Store this product in an environment meeting the following conditions:

Storage temperature: -10° C to 60° C

Storage humidity: 20 - 85% RH

■ Precautions for servicing and storing

- Do not use benzine or paint thinner when caring for the product.
- Do not store this product in any of the following places:
 - A place with direct sunlight
 - Locations with high temperature, high humidity, near water or a lot of dust.
 - A place with high vibration
 - A place where chemicals are stored or an environment with corrosive gas
- Keep this product away from children.
- Fully charge the product and store it in a location with normal temperature (10 to 30° C) as much as possible when not using the product for many hours.
- Charge the product at least once in three months. Leaving the product completely discharged may render it incapable of charging.



| Checks concerning care | Inspect the thermal low frequency equipment used for many years. | | |
|--|--|---|--|
|  | Do you notice any of the following? | <ul style="list-style-type: none">• During charging or operation there are unusual sounds or vibrations• The Main Unit is abnormally hot• The Main Unit shows changes in shape or gives off a burning smell |  Stop use To prevent accidents, turn off the power or pull out the dedicated USB cable and contact the distributor for a check up. |

Disposal

■ Request about recycling of lithium ion batteries



A lithium ion battery is included in this product. It is a recyclable, valuable resource, so please recycle. When disposing, follow the instructions from your local municipal government.

- Do not disassemble the battery when disposing.
- Do not dispose this product as household waste.

The destroyed lithium ion battery inside a garbage truck causes a short-circuit and may lead to a fire or heat generation.

Li-ion

■ Removing lithium ion battery

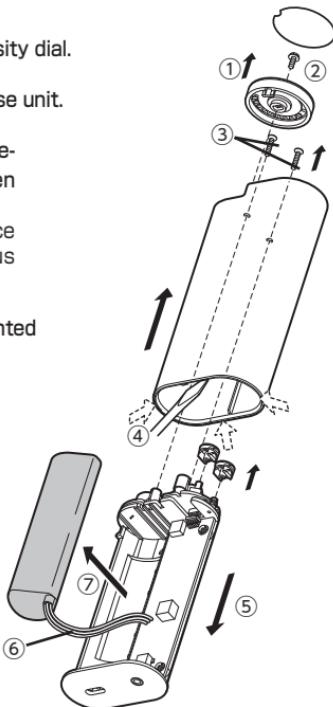
Do not disassemble this product unless you are disposing of it.

⚠ WARNING

The procedure described below outlines the steps taken to dispose of the product and is not intended for repairs. If you disassemble this product on your own, the functions will not be maintained and may cause failures or accidents.

- Fully discharge the battery.
- Disassemble the product in the following manner with a screw driver.

- ① Peel off the sticker on the Intensity dial.
- ② Remove the screw that is securing the Intensity dial.
- ③ Remove the screws that are securing the base unit.
- ④ Insert a minus screwdriver in the location described in the figure and gradually pry open the entire circumference.
※ The case has been glued together, so force must be gradually applied with the minus screwdriver to pry open the product.
- ⑤ Take out the battery from the case, still mounted on the substrate.
- ⑥ Cut off the negative black cord from battery, located on the reverse side of the substrate, using a pair of cutting nippers.
- ⑦ Remove the battery



- On the removed battery, place a piece of tape on the terminals to isolate them, paying attention not to short-circuit the \oplus and \ominus terminals.

Troubleshooting

| Trouble | Cause | Solution |
|---|--|--|
| Does not turn on | Battery is not charged fully or there is no power left in battery | Turn off the power and charge the battery. ➔ P.11 |
| | During charging | Once the battery has been charged, remove the special USB cable before using the product. ➔ P.11 |
| | Turn off the power and charge the battery. If the product still does not operate, there is malfunction inside the product. Stop using the product and contact your retailer. | |
| The power quickly cuts off All three LEDs are flashing | Battery is not charged fully or there is no power left in battery | Turn off the power and charge the battery. ➔ P.11 |
| Power goes off during use All three LEDs are flashing | Main unit and gel pad are not connected correctly to each other Gel pad is not attached to skin correctly | Turn the power off and securely insert the plug on the gel pads as far as it goes. ➔ P.12 Turn off the power then attach the gel pad to your skin correctly. ➔ P.13 |
| The device cannot be charged | Battery has discharged after a long period of storage Dislodged special USB cable | Cannot be used. Charge the product at least once in about three months to prevent a complete discharge. ➔ P.11 Connect the special USB cable ➔ P.11 |

| Trouble | Cause | Solution |
|---|---|---|
| Gel pads do not stick to the skin | Transparent protective film is not removed from the adhesive surface of the gel pad | Remove the transparent protective film from the adhesive surface of the gel pad. ➔ P.13 |
| | The adhesive surface of the gel pad has become dirty | Drip a few drops of water and rub with the ball of a finger to remove lifted contaminants. ➔ P.21 |
| | It is being used immediately after washing with water | Shake off the excess water and air dry the adhesive surface. ➔ P.21 |
| | Adhesive surface of the gel pad is damaged | The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. ➔ P.9 |
| Gel pad adhesive surface peels off or slides out of position | Excess amount of sweat or water on adhesive surface of gel pad | The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. ➔ P.9 |
| | Gel pad is not attached to skin firmly | Apply gel pads on the skin by establishing sealed contact on the skin. ➔ P.13 |
| | Gel pads have been placed overlaying each other | Attach it being careful not to overlap with another gel pad. ➔ P.14 |
| | The adhesive surface of the gel pad has become dirty | Drip a few drops of water and rub with the ball of a finger to remove lifted contaminants. ➔ P.21 |
| There is no feeling of stimulation or the stimulation is weak | Gel pad is not connected correctly | Securely insert the plug on the gel pads into the base unit, as far as it goes. |
| | Level is set to "Weak" | Adjust the level. ➔ P.17 |
| | It is not charged enough or the battery is out of power | Charge the battery. ➔ P.11 |

| Trouble | Cause | Solution |
|---|---|--|
| There is no feeling of stimulation or the stimulation is weak | Adhesive surface of the gel pad is dirty or damaged | The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. → P.9 |
| The skin becomes red or there is tingling irritation of skin | Used for too long | Use for up to 15 minutes on any single location, then peel off the gel pad after use. → P.20 |
| | Gel pad is not attached to skin firmly | Apply gel pads on the skin by establishing sealed contact on the skin. → P.13 |
| | Adhesive surface of the gel pad is dirty or dry | Drip a few drops of water and rub with the ball of a finger to remove lifted contaminants. → P.21 |
| | Adhesive surface of the gel pad is damaged | The gel pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad. → P.9 |
| Pads do not warm up even when the product is set to the heat mode | One of the gel pads has come off the skin | Seal both gel pads securely on the skin. |
| Pads are too hot. Burning smell comes out of a pad | An electrode cord is disconnected or shorted. | Stop using the product immediately and replace the gel pad. |
| The product does not stop automatically when a gel pad is dislodged | The device may be malfunctioning. | Stop using the product and contact your retailer. |

Product specifications

| | |
|----------------------------------|--|
| Series model number | HCM-PH01 |
| Rated input voltage | DC 5V |
| Internal battery | Lithium ion battery (2,600 mAh*1, *2) |
| Service life | Approximately 5 years (according to our measurements) *3 |
| Charging time | Approximately 2.5 hours *4 |
| Operating time | Approximately 2.5 hours (with full charge) *5 |
| Maximum output current | 10 mA or less |
| Rated output voltage | Approximately 60 V |
| Fundamental frequency | Approximately 2.7 to 1,200 Hz |
| Output pulse width | Approximately 45 to 200 μ s |
| Power consumption | Approximately 3.8 W (heating heater) / Approximately 0.3 W (low frequency) |
| Timer | Approximately 15 minutes |
| Main unit dimensions | Approximately W 26mm x D 48 mm x H 97 mm |
| Main Unit Weight | Approximately 100 g (not including gel pad) |
| Operating temperature / humidity | 0°C to 40°C / 20 to 85% RH |
| Storage temperature / humidity | -10°C to 60°C / 20 to 85% RH |
| Accessories | |
| Special USB cable length | Approximately 20 cm |
| Gel pad electrode cord length | Approximately 110 cm |

* 1 According to JIS C 8711.

* 2 Excessive charging, discharging and excessive voltage protection functions built in.

* 3 Rough standard when charged twice weekly.

* 4 Rough standard when fully charging depleted battery.

* 5 Varies depending on operating details and operating environment.

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