

Using the NES miHealth for the first time

Please take note of how the battery is inserted below. Only use battery and charging cable supplied by NES Health.

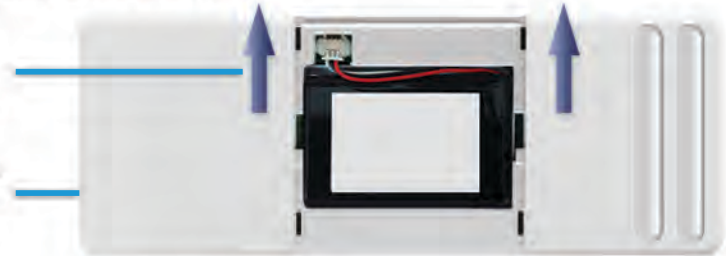
Ensure the cable is positioned at the top.

It is highly recommended that the device is fully charged before operating it for the first time. Using your NES miHealth without fully charging the battery, or allowing the battery to run completely empty, will cause damage to the battery and result in the lifespan of the battery being significantly reduced.

Caution: delicate components. Take care when inserting or removing the battery, or connecting or disconnecting it to a recharger.

To remove battery cover, simply slide the cover up as shown in the image.

Ensure you are holding the miHealth at the bottom, the non electrode end.



NES miHealth Getting Started Guide



Warranty

This product has a warranty against manufacturing defects for a period of 1 year from date of purchase. This does not cover the product where the fault is due to misuse or abuse, where the product has been the subject of unauthorised modifications or alterations or used in contra-vention of instructions. The battery of this product is considered a consumable item and is warranted for 6 months from date of purchase. For full Terms and Conditions of Warranty please refer to the Terms and Conditions as published on the NES Health website www.neshealth.com.

NES Health

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READ INSTRUCTIONS BEFORE USING DEVICE



SEE NAVIGATION SECTION FOR APPLIED PART



DO NOT USE IF PACKAGE IS DAMAGED



CARDBOARD PACKAGING AND IFU CAN BE RECYCLED



DO NOT DISPOSE OF BATTERIES IN HOUSEHOLD WASTE



MINIMUM & MAXIMUM TEMP RANGE



KEEP DRY



MINIMUM & MAXIMUM HUMIDITY RANGE



Warning Information

PLEASE READ BEFORE USING THE DEVICE

DO NOT apply the NES miHealth to anyone with the following condition without professional specialised training:

- A Cardio Stimulator (pacemaker)
- Deep Brain Implants & other electrical/metal implants
- Undiagnosed conditions and conditions of unknown origin
- Allergy to stainless steel
- Mental disorders of a severe nature
- Cardiac Fibrillation

Do not use:

- During pregnancy
- In direct contact with open wounds
- Around eyes, mouth or directly over the heart
- On children (under 5 years)
- Directly over metal implants
- When charging

Check with a healthcare professional before using this device if you suffer from a heart condition, epilepsy, undiagnosed pain or if you are unsure of your suitability for this type of electrical stimulation.

Due to the electrical nature of the device must not be used:-

- In wet conditions or must not be immersed in water
- When the device is connected to a computer or charger
- If there is damage to the case, screen, electrodes or if the device is malfunctioning in any way
- If the battery is leaking

Keep out of the reach of children.

For external use only.

Clean with anti-bacterial wipe between uses.

Only use a NES approved battery, charger and USB cable.

This device should not be modified in any way without the authorisation of the manufacturer.

Always start on the lowest power setting and slowly increase whilst on the skin.

TROUBLESHOOTING

After plugging in an external electrode or if you are having trouble operating it, please use the recalibration facility in the miHealth settings.

If the miHealth screen freezes or displays black or white, the user should note the screen contents and contact NES Health for assistance.

Please do not attempt to open the device. The internal electrical components are very delicate and all repairs should only be completed by NES Health or their approved engineers.

DISPOSAL OF MIHEALTH & BATTERY

Batteries should be disposed of at a battery collection facility. The miHealth device should be disposed of at an appropriate site for electrical goods disposal.

Technical Specification (EN)

The NES miHealth is a handheld battery powered device with stainless steel electrodes on the back and top of the device. Small electrical pulses are transmitted to the body through these electrodes and/or optional carbon pads.

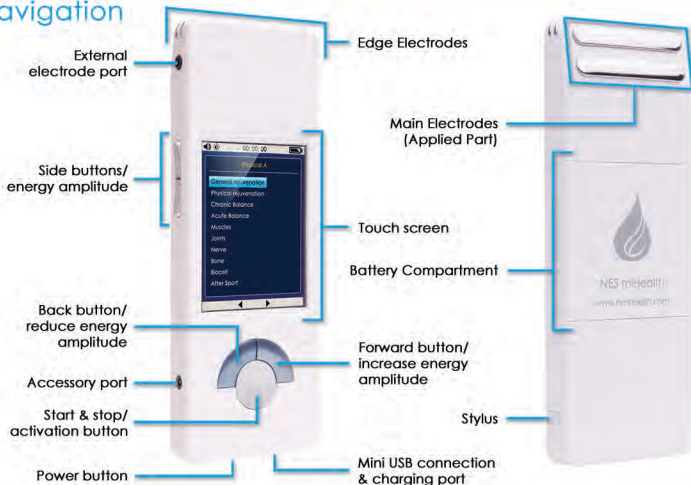
- Device battery - rechargeable Li-ion battery 3.7V
- Capacity: 1100mAh
- Weight: 190g
- CPU: 96MHz
- Memory: 256k
- RAM: 16k
- Electrode volts: without skin contact 250V
- Typical electrode volts: with skin contact: 5-100v
- Current into skin: <1mA
- Operating frequency: 15-1000Hz
- Air Pressure: 900-1050mb
- Relative Humidity: 5-95%
- Operating Temperature Range: 0-40°C

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Navigation



Device care and protect

The NES miHealth is a precision electronic instrument and should be treated as such. To maintain the device in good working order the following should be noted:

- Do not drop or place large loads on the device.
- Use light to moderately firm pressure only on the device when in use.
- Take care of the electrodes. They are formed from polished stainless steel and are reasonably hard and tough, but take care not to scratch them when placing on a surface.
- Keep the device away from liquids and do not submerge.
- The electrodes should be cleaned with anti-bacterial wipes after each use.
- Monitor the battery level and recharge when low.
- When connecting electrical leads to the miHealth, do so gently. Do not force.
- While charging, if the battery symbol does not animate smoothly please connect the USB to a different power source and ensure the USB cable is less than two metres in length.

Application Method

As a general guide: Only proceed when safe to do so. See cautions. Select the appropriate application and function from the touch screen menus. Place the device electrodes flat on the skin, on or near to the place of concern. Press the central start/stop button and slowly increase the power until you (or the recipient) detect a slight 'tingling' feeling. Use a gentle and slow brushing technique with the electrodes over the skin area for a few minutes with light to moderate pressure. Keep checking that the tingling sensation is comfortable. Reduce the power if it becomes uncomfortable.

Basic instructions

Switching on/off

Locate the grey power button on the bottom edge of the device.

Press the button in and let go. The device will come on unless the battery is fully discharged.

To switch the device off press the power button again.

Charging the battery

The battery charge level is indicated by the battery icon located in the top right of the display. Under normal use the charge should give 7 hours of use. If the battery is low then recharge before using. A discharged battery takes about 3 hours to fully charge.

To charge use a USB cable connected to either a computer or charging unit, into the mini USB socket at the rear of the device.

Settings screen

- Screen - Change screen brightness and auto screen rotation
- Sound - Turn sound on/off Increase/decrease volume
- Clock - Change time and date
- miUnit - Displays the current information of your device

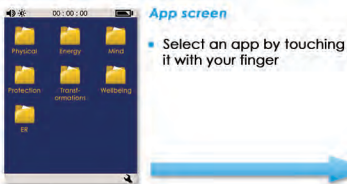
- mi Purchases - Lists standard and purchased Functions/Cycles
- Me - Add and change your contact details.
- Calibrate Electrodes - Calibrate the internal and external electrodes
- Pin - Set and change your pin number
- Default Output - Sets the default to electrodes or off body

Home Screen

There are 7 options found on the home screen:

- Physical
- Energy
- Mind
- Protection
- Transformations
- Wellbeing
- ER

To select an option, touch it with your finger or use the stylus provided. (Locate stylus by referring to the 'Navigation' section above).



Navigating through the NES miHealth screens

