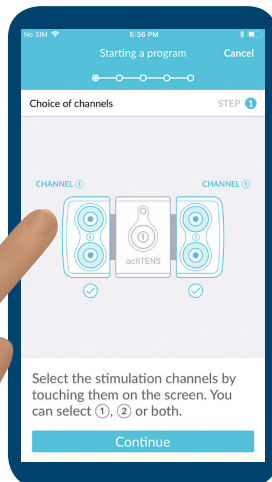
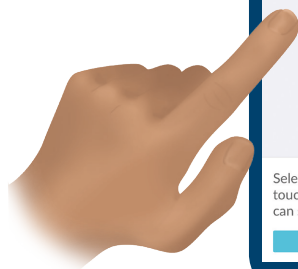
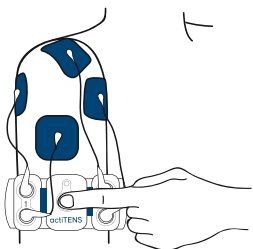


## 9 SELECT THE CHANNEL OR CHANNELS



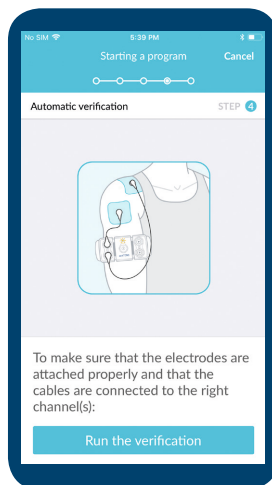
## 10 SWITCH ON actiTENS

Indicator light is flashing green

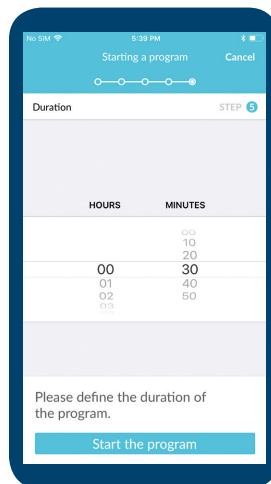


## 11 RUN THE VERIFICATION

Indicator light turns permanent yellow



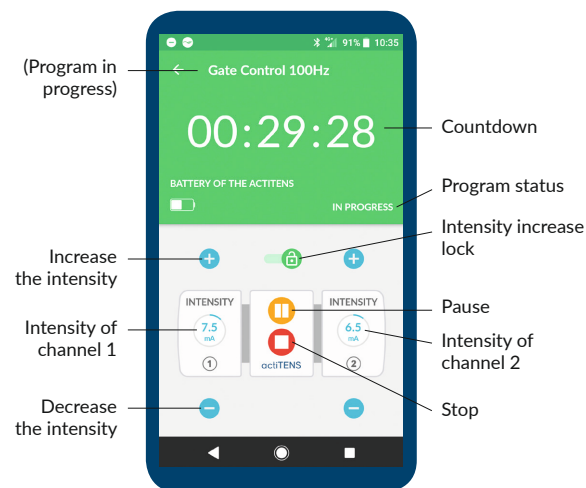
## 12 SELECT THE DURATION



## 13 RATE YOUR PAIN

Option. You can deactivate your pain intensity evaluation in the Settings menu of the app.

## 14 TUNE UP THE INTENSITY TO START THE PROGRAM



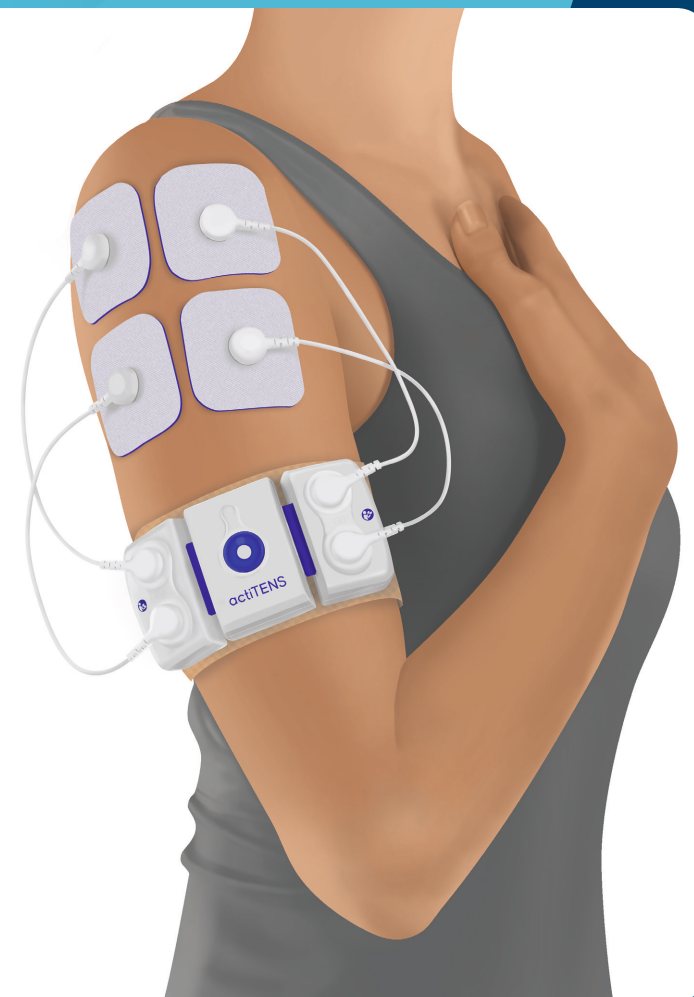
## 15 YOUR SESSION IS IN PROGRESS

SBM1AL001\_QS\_201905\_v2\_en Mai 2019 – Creation : Auriane VICENTE

# actiTENS

actiTENS is a medical device with CE marking

## QUICK START GUIDE



SUBLIMED

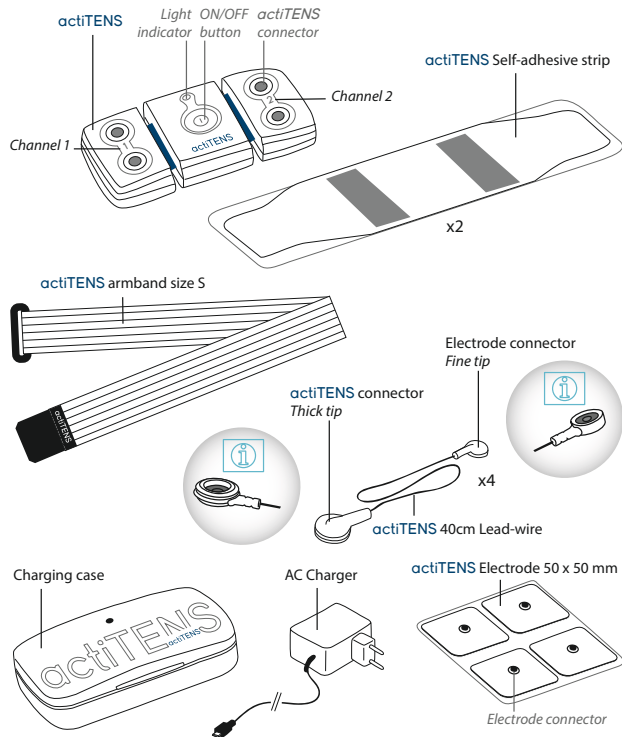
137 rue Mayoussard, 38430 Moirans, France

+33 (0)4 76 37 17 58 [www.subli-med.com](http://www.subli-med.com)

# PRESENTATION AND INSTALLATION OF THE DEVICE



actiTENS is a medical device subject to contraindications. Read the actiTENS instructions closely before using for the first time.



actiTENS and app  
are medical devices with CE marking



## 1 DOWNLOAD THE APP

Download the actiTENS app on the App Store (Apple ®) or Play Store (Android ®) in order to start and manage your stimulation session

Activate your telephone's bluetooth



Open the app and read the start-up visit when using for the first time



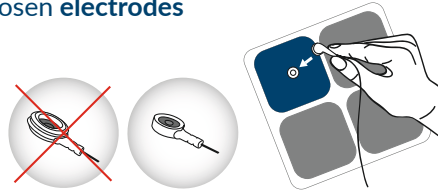
## 2 CHOOSE YOUR ELECTRODES

Choose the number of electrodes according to the surface of the area to stimulate: **2 or 4**

Take as many lead-wires as there are electrodes

## 3 CLIP THE LEAD-WIRES ONTO THE ELECTRODES

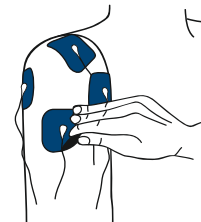
Clip the **fine tip** of the lead-wires onto the chosen **electrodes**



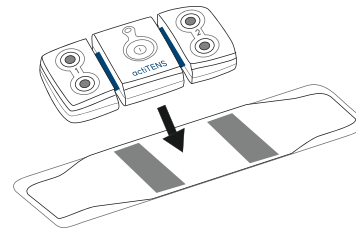
## 4 STICK THE ELECTRODES

Stick the electrodes to the area to stimulate

*Do not hesitate to consult a healthcare professional for the position of the electrodes*

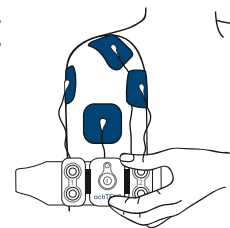


## 5 ATTACH actiTENS TO THE SELF-ADHESIVE STRIP



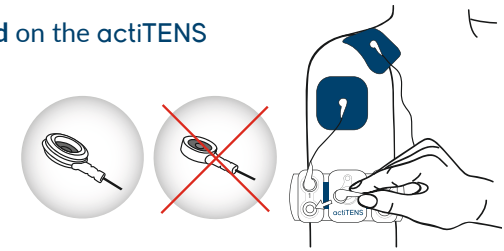
If you use an armband or a belt/bra accessory, place it on the desired area of the body, then position the actiTENS directly on the fabric accessory

## 6 ATTACH THE SELF-ADHESIVE STRIP



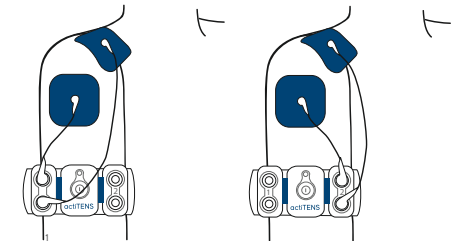
## 7 CLIP ON THE LEAD-WIRES

Wide End on the actiTENS



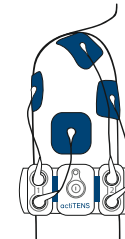
Connect the lead-wires 2 by 2

2 ELECTRODES  
= 2 LEAD-WIRES



channel 1 or channel 2

4 ELECTRODES  
= 4 LEAD-WIRES



channel 1 and channel 2

## 8 SELECT A PROGRAM

The list and the description are available on the button (i) on top of the screen

