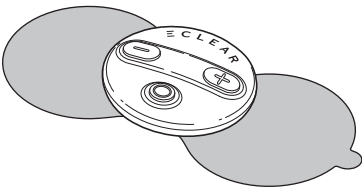


Instruction Manual

HCM-RP01/HCM-FP01/HCM-CP01 series

For use in Hong Kong and the 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 this product.

This manual describes the operation and the precautions for the safe handling of this device.

Please be sure to read this manual before using this device. After reading, please keep it in a safe place for future reference.

1st edition, August 2017

Safety Precautions (Be sure to always to 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 following symbols show the degree of injury or damage which may result through incorrect use or failure to observe the precautions in the text.

	Danger	This symbol indicates a high risk of death or serious injury.
	Warning	This symbol indicates the possibility of death or serious injury.
	Caution	This symbol indicates the possibility of bodily harm or damage to property.
		This symbol indicates a "Prohibited" action which must not be performed.
		This symbol indicates a "Mandatory" action which must be performed.

	Danger
	Do not use this equipment in combination with the following medical devices. <ul style="list-style-type: none">Internally implanted electronic devices such as pacemakersElectrical medical equipment used for life support such as artificial heart and lung apparatusWearable medical electronic equipment such as electrocardiographs Use with such medical devices could cause them to malfunction posing serious risks to life.

	Warning
	Do not use near the heart, on the head or face, within the mouth, around the pubic area or in areas with skin conditions. Accident, injury or illness may result.
	Do not use this product for purposes other than that for which it was intended. Accidents, problems or faults may result.
	Do not use this device simultaneously with other therapeutic equipment. It may cause you to feel sick or otherwise unwell.

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	Warning
	Do not allow children to use this device, or allow them to play or stand on the Main Unit or gel pad. Accident or injury may result.
	When using, do not place the gel pad where it will make contact with metal objects such as watches or necklaces. Accident or injury may result.
	Do not use the device if the surface of the gel pad is damaged or uneven. Accidents, problems or faults may result.
	Be sure to turn the power off before connecting or disconnecting the Main Unit and the gel pad, or when sticking down, changing, or peeling off the gel pad. There is a risk of electric shock or damage.
	Any person whose condition corresponds to any of the following should consult a doctor prior to use. <ul style="list-style-type: none">Persons currently receiving medical treatment from a doctor, or who are otherwise experiencing particular abnormal bodily symptomsPersons with malignant tumoursPersons with cardiac or cranial nerve abnormalitiesPregnant women or those who have just given birthPersons with a body temperature of 38°C or higher (fever) (Example 1: acute onset of symptoms (fatigue, chill, blood pressure fluctuations) Example 2: state of debilitation)Persons suffering with infectious diseasesPersons with skin abnormalities or impaired skin sensationPersons with acute (painful) disorders, such as spinal fractures, sprains and muscle tears.Persons in particular need of restPersons using medicationPersons with abnormal blood pressurePersons with limb disabilitiesPersons unable to communicate their own wishesPersons with impairments in perception arising from advanced peripheral circulatory disorders due to diabetesPersons having low body temperaturePersons with circulatory disordersPersons perceiving no effect following a significant period of usePersons having skin incompatible with the gel pad Accident or a feeling of illness may result.

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	Warning
	Do not disassemble, repair, or modify. There is a risk of fire or electric shock.
	This product is intended to be used by one person at a time. Do not attempt use with more than one person. There is a risk of accident or electric shock.

	Caution
	Do not use or store the device in any of the following locations <ul style="list-style-type: none">In direct sunlightIn areas of high temperature such as in proximity to heating devicesIn areas of high humidity such as bathroomsIn wet or damp placesIn dusty environmentsIn places with high levels of vibration There is a risk of fire, electric shock or breakage.
	Do not use while asleep. Accident or injury may result.
	Do not use the device immediately prior to using, or when in control of, cars, motorcycles and bicycles. Accidents or other problems may result.
	Do not leave the gel pad affixed to the skin for long periods of time. It may cause skin inflammation.
	Please do not use the gel pad when it is wet. This may result in electric shock.
	Do not use on any particular area for more than 15 minutes. Accident or illness may result.
	Do not overlay two gel pads during use. Accident or electric shock may result.
	Please confirm the Main Unit and gel pad are correctly and securely connected prior to use.
	Please confirm that each operation button works properly before use.

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	Caution
	When using for the first time, or when the device has been out of use for a long period of time, follow the instruction manual and confirm it operates normally prior to use.
	If you feel strong irritation, experience eczema, redness or itchiness of the skin as a result of using this device, stop use immediately and consult a doctor. Accident or illness may result.
	Avoid touching the USB connector port with hands, fingers or other parts of the body. Accident, damage or faults may result.
	Do not insert metal objects into the USB connector port. Excessive heating or outbreak of fire may result.
	Do not forcibly pull on the cable, bend it or place any heavy objects on it. Damaged or broken cables can result in fire or electric shock.
	Do not use if the dedicated USB cable is damaged or if the USB connector port is loose. Fire or electric shock may result.
	Do not charge the device using travel adaptors or other transformers. Excessive heating or outbreak of fire may result.
	Do not charge in a vehicle by means of the cigar lighter. Excessive heating, electric shock or outbreak of fire may result.
	Do not touch the dedicated USB cable or gel pad with wet hands. Accident, electric shock or faults may result.
	Do not use the included dedicated USB cable for purposes other than charging the Main Unit. The dedicated USB cable cannot be used for communication purposes or for charging other equipment.
	When charging, ensure the dedicated USB cable is fully inserted and secure. Charging with the cable not properly inserted may result in fire or electric shock.

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	Caution
	Be sure to charge the device at least once every three months. If the device is left to fully discharge, recharging may become impossible.
	Should the device develop a fault, stop using it immediately, turn off the power, and contact the dealer.
	Do not leave or store the device within reach of young children. This may result in accident. In the unlikely event that an infant swallows the Main Unit, consult a doctor immediately.
	Do not allow the Main Unit to get wet or allow water or liquids to enter the Main Unit. Excessive heating, explosion or outbreak of fire may result.
	When disposing of this product, please do so in accordance with the regulations of your municipality.

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About this product

■ Purpose of use

This product is designed to provide relaxation and refreshment through stimulated exercise of muscles.
The product is designed for home use.

■ About the ECLEAR refree

When a small low frequency current is passed through electrodes in contact with the human body, muscles contract and nerves are stimulated to produce a feeling of relaxation.

■ Usage time

A standard usage time would be approximately 15 minutes on any given part of the body. Continuing for more than 15 minutes may cause you to feel unwell.
This product has a built-in timer that automatically turns it off after approximately 15 minutes from the start of use.

■ Effective time for usage

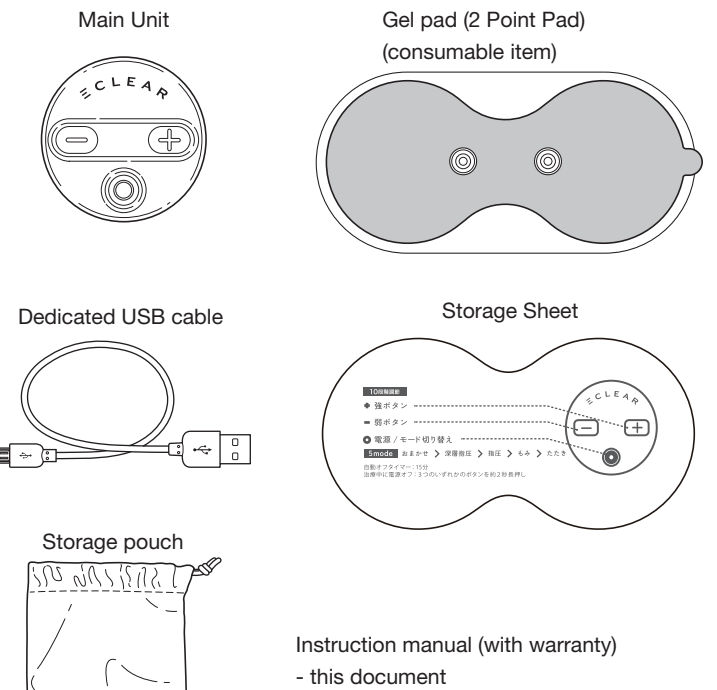
We recommend use after having a bath.

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

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Package contents

Check all the contents are present prior to use. We make every effort to ensure packaging is correct, but should there be any missing or damaged items, please contact the dealer immediately.



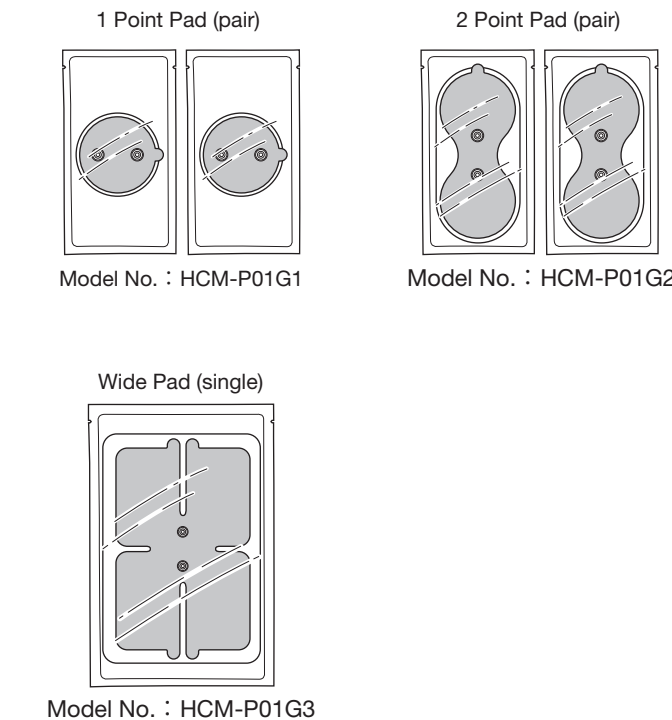
8

■ Optional items

For information concerning the optional items, please contact your dealer.

The following optional items are available.

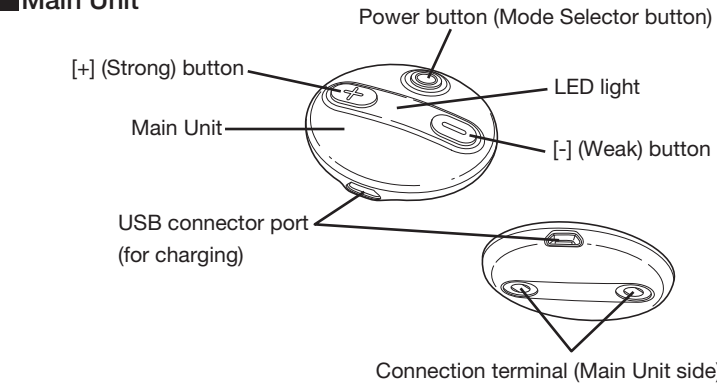
Sales name: Gel Pad P 01



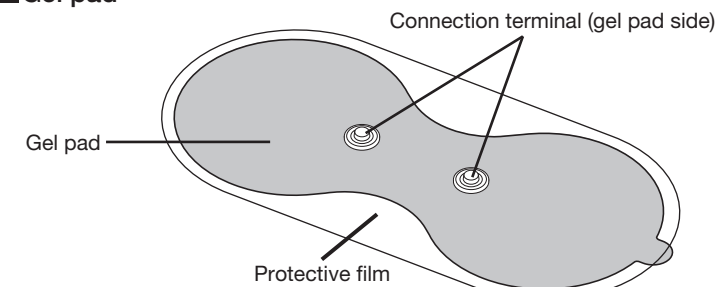
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Part names

■ Main Unit



■ Gel pad



■ Dedicated USB cable



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Preparation

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 the battery

Charge time: approximately 3.5 hours

① To charge, connect the micro-B connector of the dedicated USB cable to the USB connector port on the Main Unit.
* When connected correctly, a short "beep" sounds and the LED light on the Main Unit blinks or lights up.

LED light

The LED light flashes red when the degree of charge is less than 80%, flashes green when it is 80% or more, and continuously lights green when fully charged.

Micro-B connector

Dedicated USB cable

①

USB connector port

CAUTION

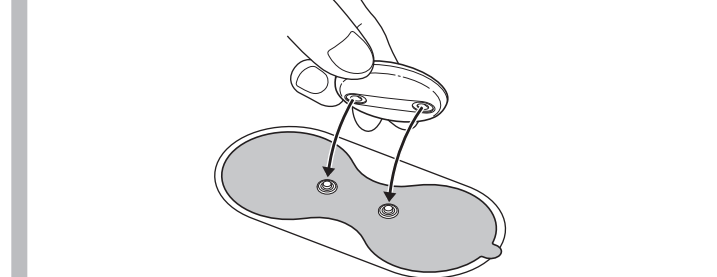
- Use of travel adaptors or other transformers for charging may cause excessive heating or outbreak of fire.
- The device cannot be used during charging.
- With repeated charging of the Main Unit, the usage time available on a full charge gradually decreases. When this time becomes excessively short the battery has reached the end of its life. However, the battery is not replaceable.

③ When charging is complete a long "beep" will sound.

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2 Affixing the gel pad to the Main Unit

- When using for the first time, take the gel pad out of the plastic bag. (Do not peel the protective film from the gel pad at this stage.)
- Switch the Main Unit off and confirm that the LED light is off.
- Connect the connector terminals of the Main Unit and gel pad so that a click is heard.

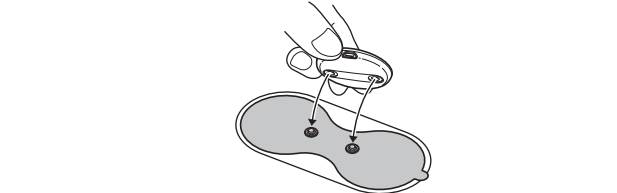


CAUTION
Be sure to use only the gel pads specified by Elecom.

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■ When replacing the gel pad

- Remove the Main Unit from the gel pad.
- Take the new gel pad out of the plastic bag. (Do not peel the protective film from the gel pad at this stage.)
- Confirm the Main Unit is switched off (the LED light is off).
- Connect the connector terminals of the Main Unit and the new gel pad so that a click is heard.

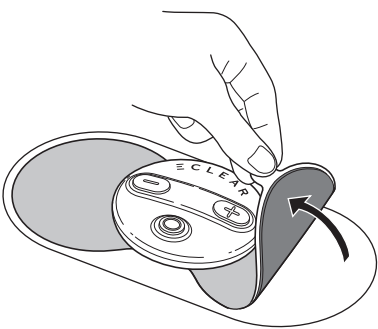


CAUTION
When replacing the gel pad, please also read the instruction manual supplied with the gel pad.

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Placement of the gel pad

1 Peel the protective film from the gel pad by holding the tab



* On subsequent uses, peel it off the storage sheet.

2 Applying the gel pad

Apply the gel pad firmly to the skin.

* If the gel pad becomes detached from the skin the Main Unit power will automatically switch off.

CAUTION

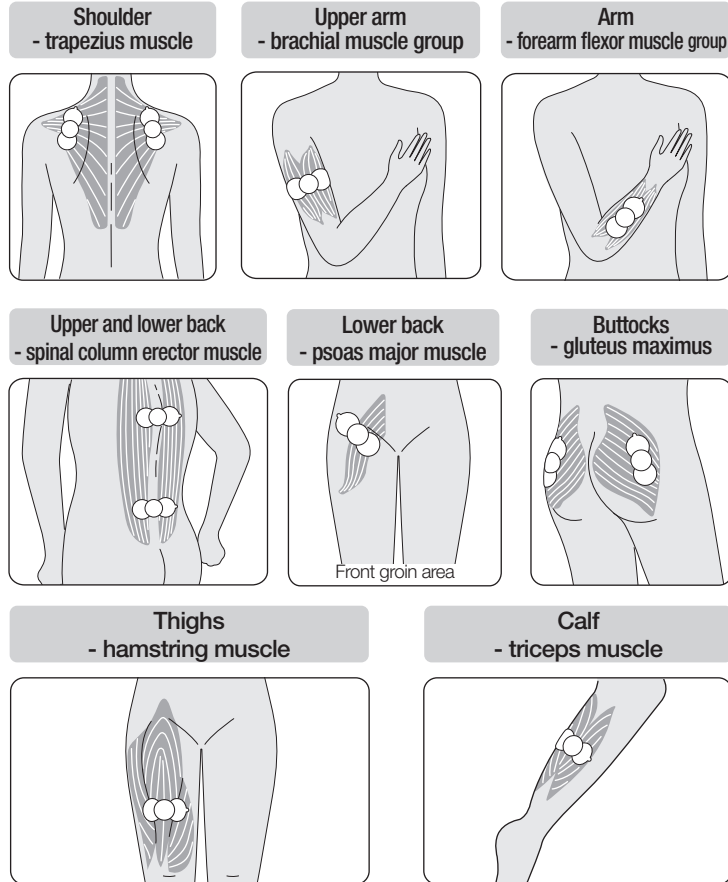
Do not apply the gel pad over metal objects such as necklaces.

Handling the gel pad

- Do not touch the gel pad's adhesive surface. When the adhesive property begins to fail, please consult the section "Cleaning the gel pad".
- Do not bend and fold the gel pad.

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Examples for applying gel pads

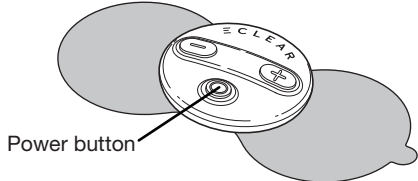


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How to use

1 Turn on the power

Press and hold the Power button for approximately 2 seconds until a long "beep" sounds, the power turns on and operation begins. The LED light will illuminate green.

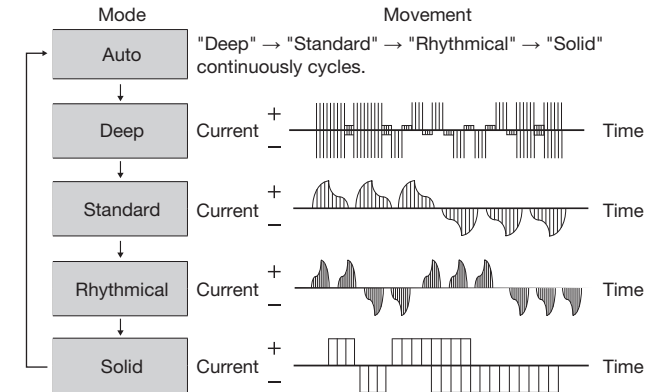


2 Select mode

During use the Power button can be used to select the mode.

* When the power is turned on the device starts in "Auto" mode

- When the Power button is pressed, a short "beep" sounds and switching performs as shown below. When you return to "Auto" mode a long "beep" sounds.

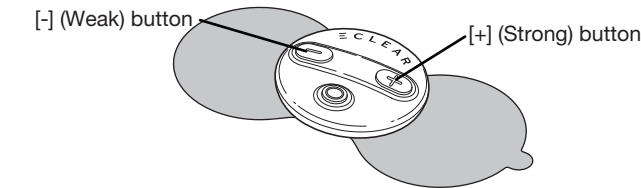


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3 Adjust the strength

Select the desired strength from the 10 levels. When the power is first turned or the mode is changed the strength is set to level "1".

- When you press the [+] (Strong) button, a short "beep" sounds and the strength rises by one level.
- When you press the [-] (Weak) button, a short double "beep" sounds and the strength decreases by one level.

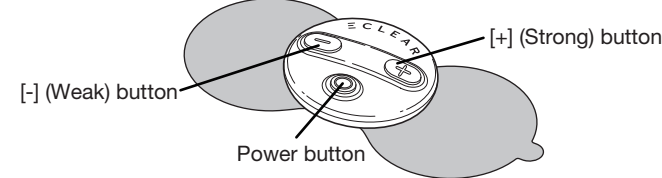


4 Turn off the power

When approximately 15 minutes have elapsed from the start of use, a long "beep" sounds, and the power turns off automatically.

* To turn off the power while in use, press and hold either the Power button, the [+] (Strong) button, or the [-] (Weak) button for approximately 2 seconds.

* The power also turns off when the gel pad is detached from the skin or the Main Unit becomes separated from the gel pad.



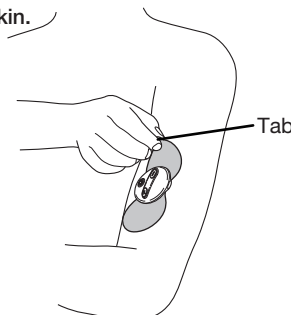
17

5 Storage

1 Peel the gel pad away from the skin.

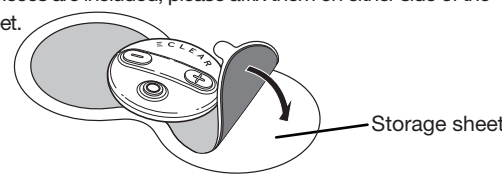
Do not touch the adhesive surface of the gel pad but take hold of the tab and peel off.

* In the case of a Wide Pad please take hold of both tabs to peel off.

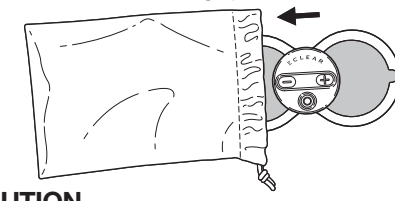


2 Without removing the Main Unit from the gel pad, affix it on to the storage sheet.

* When two pieces are included, please affix them on either side of the storage sheet.



3 Store it in the included storage pouch.



CAUTION

Do not leave the product in a locations with high temperatures or humidity, or where it is exposed to direct sunlight.

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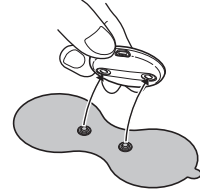
Care of this equipment

Detach the Main Unit from the gel pad prior to cleaning.

Cleaning the gel pad (Care: recommended to clean once for every 30 uses)

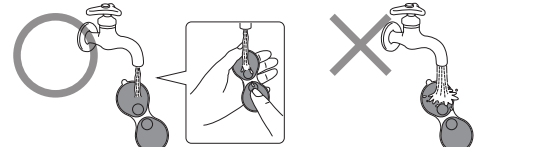
Please clean the gel pad in any of the following cases.

- When the gel pad adhesive property begins to fail
 - When stimulation during use becomes weak
 - When you feel any irritation during use.
 - When the gel pad becomes dirty
 - When the gel pad does not stick to the storage sheet
- If you continue to feel irritation or if stimulation remains weak even after cleaning, the gel pad should be replaced.



1 Wipe lightly with a fingertip for a few seconds while applying a small amount of water.

* Please do not use too much water as this may decrease adhesion or cause the adhesive surface to be damaged.



2 Hold by the tabs to drain off the water and allow to dry in the air.

- With insufficient drying, the adhesive strength becomes weak.
- Do not wipe the adhesive surface with tissues or cloth.
- Avoid exposure to direct sunlight.



Care of the Main Unit

- Wipe dirt from the Main Unit with a soft dry cloth.

CAUTION

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

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How to store

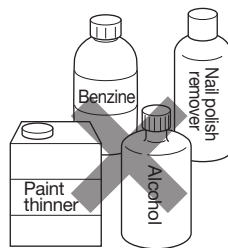
Please keep this product in an environment that meets the following conditions.

Storage temperature: - 10°C - 60°C

Storage humidity: 20 - 85% RH

Notes regarding care and storage

- Do not use benzine, paint thinner or alcohol when cleaning.
- Please do not store in the following places.
 - Places exposed to direct sunlight
 - Places with high temperatures or high humidity, places near sources of moisture or with a lot of dust
 - Places with high levels of vibration
 - Places where chemicals are stored or corrosive gases are produced
- Store out of reach of young children.
- When not in use for a long periods of time, please store in the fully charged condition and aim to maintain a normal temperature (10 to 30° C).
- Please charge at least once every 3 months. If left to completely discharge recharging may not be possible.



Check necessary care	
Do you notice any of the following?	To ensure many years of use
	Do you notice any of the following? <ul style="list-style-type: none">During charging or operation there are unusual sounds or vibrationsThe Main Unit is abnormally hotThe Main Unit shows changes in shape or gives off a burning smell
Stop use	To prevent accidents, turn off the power or unplug the dedicated USB cable, and arrange for the dealer to perform an inspection.

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Disposal

Regarding the recycling of lithium-ion batteries



Li-ion

This product has a built-in lithium-ion battery. Lithium-ion batteries are an important recyclable resource, so we request your cooperation in recycling. When disposing of this product, please do so in accordance with the regulations of your municipality.

- When disposing of this product, do not disassemble the battery.
- Please do not discard this product as general household waste. Lithium-ion batteries that are discarded can be destroyed in garbage trucks, and short-circuits may occur which can cause excessive heating or outbreak of fire.

How to remove the lithium-ion battery

Never disassemble this product except when disposing of it.

Warning	The following procedure is only for disposal of the product and is not to be used for repairs. Repair is not possible following disassembly.
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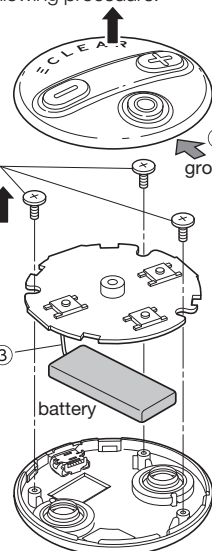
- When there is charge remaining, please use until the battery is fully discharged.
- Using a screwdriver, disassemble according to the following procedure.

1 Insert a flat head screwdriver into the groove just beneath the Power button on the Main Unit

2 Remove the screws fastening down the circuit board

3 Cut the black negative connector wire on the battery behind the circuit board with a wire cutter

4 Remove the battery



- Be careful not to short-circuit the (+) and (-) terminals of the battery following removal, and fix tape over the terminals to insulate them.

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Troubleshooting

When	Cause	Solution
Device does not turn on	The battery is insufficiently charged or charging has cut off	Turn off the power and charge the device. ➡ P.11
	The battery is charging	After the battery is fully charged, remove the dedicated USB cable and begin use. ➡ P.11
The power quickly cuts off During use the power turns off	The battery is insufficiently charged or charging has cut off	Turn off the power and charge the device. ➡ P.11
	The Main Unit and gel pad are not connected properly	Turn off the power and reconnect the Main Unit and the gel pad. ➡ P.12 / P.13
	The gel pad and skin are not in full and proper contact	Turn off the power and ensure close contact with the skin. ➡ P.14
The device cannot be charged	The device was stored for a long period of time and the battery fully discharged	Use is not possible. Be sure to charge the device at least once every three months to ensure it does not discharge completely. ➡ P.21 / P.22
The gel pad does not stick to the skin	The transparent protective film covering the gel pad adhesive surface has not been peeled off	Peel off the transparent protective film on the adhesive surface. ➡ P.14
	The adhesive surface of the gel pad has become dirty	Clean lightly with a fingertip for a few seconds while rinsing with a little running water. ➡ P.19
	It is being used immediately after washing with water	Drain moisture adequately, and let the adhesive surface dry in the air. ➡ P.19
	There is damage to the adhesive surface of the gel pad	The gel pad is a consumable item. Stop using the gel pad if the adhesive surface is damaged, and purchase a new item. ➡ P.9
The adhesive surface of the gel pad detaches or shifts	There is sweat or a significant amount of moisture on the adhesive surface of the gel pad	The gel pad is a consumable item. Stop using the gel pad if the adhesive surface is damaged, and purchase a new item. ➡ P.9
There is no feeling of stimulation or the stimulation is weak	The gel pad is not in close contact with the skin	Ensure close contact with the skin. ➡ P.14
	Gel pads have been placed overlaying each other	Place the pads so they do not overlap. ➡ P.14
	The adhesive surface of the gel pad is dirty	Clean lightly with a fingertip for a few seconds while rinsing with a little running water. ➡ P.19
	The gel pad is not properly connected	Connect properly so that a click is heard. ➡ P.12
	The strength adjustment is at a weak setting	Adjust the strength. ➡ P.17
	Charging is insufficient or the battery is exhausted	Charge the device. ➡ P.11
	The adhesive surface of the gel pad is dirty or damaged	The gel pad is a consumable item. Stop using the gel pad if the adhesive surface is damaged, and purchase a new item. ➡ P.9
The skin becomes reddened/ The skin becomes irritated	Usage time is too long	Use in one area for 15 minutes or less, then peel the gel pad away from the skin after use. ➡ P.18
	The gel pad is not in close contact with the skin	Ensure close contact with the skin. ➡ P.14
	The gel pad is dirty or dried out	Clean lightly with a fingertip for a few seconds while rinsing with a little running water. ➡ P.19
	There is damage to the adhesive surface of the gel pad	The gel pad is a consumable item. Stop using the gel pad if the adhesive surface is damaged, and purchase a new item. ➡ P.9

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Product specifications

Power source voltage	DC 5.0 V ± 5% (lithium-ion battery)
Built-in battery	40 mAh * 1 * 2
Number of charge cycles	Approx. 500 times * 1
Charging time	Approx. 3.5 hours * 3
Operating time	Approx. 150 minutes (when fully charged) * 4
Maximum output current	Approx. 10 mA or less
Rated output voltage	Approx. 32V
Fundamental frequency	Approx. 2 - 550Hz
Output pulse width	Approx. 200 μS
Power consumption	Approx. 0.2 W
Timer	Approx. 15 minutes
Main Unit dimensions	Approx. φ 44 mm x D 11 mm
Cable length	Approx. 200 mm
Main Unit Weight	Approx. 13 g
Operating temperature and humidity ranges	0°C - 40°C, 20 - 85% RH
Storage temperature and humidity ranges	-10°C - 60°C, 20 - 85% RH

*1 Based on JICS 8711

*2 Overcharge, overdischarge, overvoltage protection functions installed

*3 Approximate time when fully exhausted batteries are fully charged

*4 This will change depending on the type of operation and usage environment.

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Limitation of Liability

- In no event will ELECOM Co., Ltd be liable for any lost profits or special, consequential, indirect, punitive damages arising out of the use of this product.
- ELECOM Co., Ltd will have no liability for any loss of data, damages, or any other problems that may occur to any devices connected to this product.

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ECLEAR referee
Instruction Manual For use in Hong Kong and the Philippines
1st edition, August 8, 2017

ELECOM

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