ELECOM Healthcare



For use in Japan only

This user's guide is based on the Pharmaceuticals and Medical Devices Law of Japan. A custon who purchases outside Japan should refer to the localized manuals in the country of purc 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

What is EMS?

EMS is a product that aims to produce an exercising effect by moving muscles mechanically through stimulation with electricity.

What is deep layer frequency?

The deep layer frequency is a high frequency in the range of 2,000 to 5,000Hz. The higher the frequency is, the more the parts of the body where the fat is thick can be stimulated, and the core muscles of the body that are normally hard to move can be moved.

What is relaxation frequency?

The relaxation frequency is a low frequency in the range of 20 to 30Hz. By relaxing the muscles contracted by the deep layer frequency, you can train for long hours without exhausting your muscles.

Stretching

By using this product while muscles are stretched, you can train hard-to-train tendons and improve flexibility.

Recommended operating time

Up to 30 minutes per day for one location. Do not use this product for long hours since it might be harmful to your health.

In this product, an integrated timer turns off the power automatically every fifteen minutes after training starts.

- 🕂 CAUTION: --

Do not use this product while you are exercising vigorously. Moisture in sweat causes skin inflammation or the gel pad to lose adhesive strength.

Confirmation of Package Contents

Make sure there are no missing parts before use. The product is packed with the greatest care, but if you still find any missing or damaged parts, contact the distributor you purchased the product from.



Safety precautions (Important)

Read the following precautions thoroughly to prevent property damage or harm to you or other people.

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:



WARNING

 \bigcirc The following people must not use this product: · People with blood cots in their veins or arteries. · People whose doctors have prohibited them from exercising. People who are pregnant, or have the possibility of being pregnant. • People who have been taking steroid type hormone drugs for a long period of time, or have a dysfunctional liver and are suffering from capillary dilatation \bigcirc Do not use this product in the following cases. • When sudden pain is felt around the padding area When drinking alcohol or smoking
 When severely fatigued When sleeping or taking a bath



- WARNING Do not use this product on any of the following body parts: around the heart (e.g. chest), or upper body parts higher than the neck (e.g. head, face) • mucous membrane (e.g. wound, eye, mouth and genitals) • body parts that have undergone plastic surgery body parts with metal, plastic or silicone implanted. backbone, spine
 body parts with tattoos abdomen region during menstruation • body parts with necklace, watch or body piercing O Do not use this product for any other purpose than exercising. t will cause accidents or problems. Keep this product away from children and do not let them play or ride on the main unit or the gel pad. It will cause accidents or injuries Check for damage, chipping or deformation of the gel pad surface before use. 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. If you are seeing a doctor, or have the following conditions, be sure to consult your doctor before using. • People receiving treatment from a physician, or people who feel a particular abnormality in their body People who have malignant tumors (cancer) • People who have an abnormality in their heart or cerebral nerve • People with a body temperature of 38°C or higher (during fever) *Example 1: Acute onset of symptoms (e.g. fatigue, chills and blood pressure fluctuation) *Example 2: When feeling weak People with infectious diseases 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 cannot control the product 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 are allergic to gel pads
 People with epilepsy (seizure) It will cause accidents or health problems.





Preparation

If you are using it for the first time or after a long storage period, or the battery becomes low during use, charge it fully up to maximum.



- (2) Plug the USB [A] connector of the included USB cable into the USB port of the PC or the AC adapter for charging, to supply the power.
- (3) It makes a long beep when charging is completed.





0	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.
\bigcirc	Do not touch the USB connector slot with any parts of your body (e.g. hand or finger). It will cause an electric shock, fault or malfunction.
\bigcirc	Do not insert any metallic objects into the USB connector slot. It will cause a fire or heat generation.
\bigotimes	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.
\oslash	Do not use the product if the dedicated USB cable is damaged, or the USB connector slot is loose. It will cause a fire or electric shock.
\bigcirc	Do not charge it using a transformer such as a travel converter. It will cause a fire or heat generation.
\bigcirc	Do not charge it inside a car using a cigar socket. It will cause a fire or electric shock.
No wet hands	Do not touch the dedicated USB cable or the gel pad with wet hands. It will cause an electric shock, failure or accidents.
\oslash	Do not use the enclosed USB cable for any other purposes than charging the main unit. The enclosed USB cable cannot be used for any other purposes such as for communication or charging other devices.
0	If you are charging it with a commercial charger of AC power supply, read its instruction manual thoroughly and follow the safety instructions.
0	When charging, insert the dedicated USB cable all the way. If it is not inserted completely when charging, it might cause a fire or electric shock.
0	Charge at least once in three months. After it is completely discharged, charging might be impossible.
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- Use the AC adapter for USB 5V output.
- · Do not use transformers such as travel converters since they might cause a fire or generate heat.
- The main unit cannot be operated while charging.
- The mobile battery might not be usable for charging.
- . The operable time will gradually decrease as you repeat charging. If the operation time becomes extremely short, the battery has expired but it is not replaceable.

Connecting gel pad to main unit

- (1) Take out the gel pad of the bag when using it for the first time. (Do not remove the protective film on the gel pad yet.)
- (2) Turn off the main unit and make sure that the LED light is turned off.
- (3) Push in the connecting terminal until it clicks to connect the main unit and the gel pad.



- Use the designated gel pad only.
- Replacing gel pad
- 1) Remove the main unit from the gel pad.
- (2) Take out the gel pad from the bag.
- (Do not remove the protective film on the gel pad yet.)
- (3) Make sure that the main unit is turned off and the LED light is
- (4) Push in the connecting terminal of the gel pad until it clicks to connect the main unit and the gel pad.

	AUTION
0	If any failures occur, stop using it immediately and turn it off. Contact the distributor or our information center.
\bigcirc	Do not store this product in a place where children can reach it. It might cause an accident. If a child swallows the main unit, consult a doctor immediately.
\oslash	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.
0	When disposing, follow the instruction from your local municipal government. Do not disassemble when disposing.

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Attaching the gel pad



How to use

Turning the power on Press the power button for two seconds with the gel pad attached to your skin. The main unit beeps and turns on, and the training starts. The LED light turns on. Concave "Weak" button Convex "Strong" button Power button Switching mode You can switch between the modes by pressing the power button during operation. The operation always starts in mode A. • It beeps every time you press the power button and the mode changes. It makes a long beep sound when it goes back to mode A. Adjusting training level You can choose your desired strength from fifteen levels. The strength level when the main unit is first turned on, or when the mode is changed, is "1." • If you press the convex "Strong" button, it beeps and the strength goes up by 1 level. • If you press the concave "Weak" button, it makes two short beeping sounds and the strength goes down by 1 level. • If you press the convex "Strong" button at level 15, or the concave "Weak" button at level 1, it makes three short beeping sounds and the level stays the same. 14 How to store Store this product in an environment meeting the following conditions:

Storage temperature: -10°C to 60°C

Storage humidity: 20 to 85% RH°C

Caution when Maintaining 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
- A place exposed to high temperature, high humidity, water or excess dust
- A place with high vibration
- A place where chemicals are stored or an environment with corrosive gas
- Keep this product away from children
- If you are not using it for a long period of time, store at room temperature (10 to 30°C) in its fully charged condition.
- Charge it at least once in three months. If it is completely discharged, recharging might be impossible.



4. Setting the operation sound

You can turn on/off the operation sound.

• Press the concave "Weak" button and the power button at the same time for one second. It makes one short and one long beeping sound and the operation sound is turned off. • Press the convex "Strong" button and the power button at the

same time for one second. It makes one short and one long beeping sound and the operation sound is turned on. The operation sound is not turned off for some operations for the

safety reasons. Please note that it is by design, not a malfunction. * If you turn off the operation sound by mistake, press the convex "Strong" button and the power button simultaneously.



5 Turning off

It makes a long beeping sound and the power is turned off automatically every fifteen minutes after training starts.

- * To turn off the power during training, press one of either the power button, the convex "Strong" button or the concave "Weak" button for more than two seconds.
- * It is also turned off when the gel pad is detached from your skin or disconnected from the main unit.

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Disposing

Recycling lithium ion batteries



valuable resource, so please recycle. When disposing, follow the nstructions 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.

How to take out a lithium ion battery

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

	The following procedure is for disposing, not for repairing. If you
WARNING	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) Open the cover by inserting a minus screw driver into the groove right below the power button on the main unit.connector slot of the main unit.
- (2) Unscrew the screw fastening the base plate.
- (3) Cut off the power cord using a nipper from the black cord on the back of the base plate.

(4) Remove the battery.

On the removed battery, place a piece of tape on the terminals to isolate them, paying attention not to shirt-circuit the "+" and "-" terminals. 22

Examples of attaching gel pad

This product has 4 modes. There are suitable training modes and attachment methods for the respective body parts and thickness of the fat layer

How to measure thickness of fat under the skin



Mode

			Your body type	
Mode	Thickness of fat under the skin (mm)	Overweight	Normal	Thin
А	More than 25	Abdomen, buttocks	Abdomen	
В	More than 20	Arm, back	Buttocks	Abdomen
С	More than 10	Thigh	Arm, back	Buttocks
D	More than 0	Calf	Calf, thigh	Arm, back, thigh, calf

Do not use it on more than two locations at the same time.

Troubleshooting











A lithium ion battery is included in this product. It is a recyclable, (Ty Li-ion00



Product specifications

How to troubleshoot	D
off the power and charge the battery. P.11	Pro
ut the dedicated USB cable after charging is completed.	Sei
on the power after attaching the gel pad to your skin correctly. P.13	Po
off the power and charge the battery. ➡P.11	Inte
off the power and reconnect the main unit and the gel pad. ➡P.12 · P.13·	Nu
off the power then attach the gel pad to your skin correctly. P.13	Ch
ot be used. Charge every three months to prevent it from being discharged completely. \Rightarrow P.21	Op
ove the transparent protective film from the adhesive surface of the gel pad. \Rightarrow P.13	Ra
small amount of water on the surface and rub it with your fingertips for several seconds. ⇒P.20	De
e off the excess water and air dry the adhesive surface. ➡P.20	
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h the gel pad to your skin firmly. ➡P.13	Ma
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pad is a consumable. Stop using it when the adhesive surface is damaged and purchase another gel pad.	

Pull

Muting can be canceled by pressing both of the "Strong" button and the power button simultaneously.
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Product name	Eclear Lean
Series model number	HCT-P01
Power source voltage	DC 5.0V \pm 5% (Lithium ion battery)
Internal battery	75mAh *1 *2
Number of times charging can be repeated	Approx. 500 times *1
Charging time	Approx. 2.5 hours *3
Operating time	More than 90 minutes (when fully charged) *4
Rated output voltage	Approx. 42 V
Deep layer frequency	Approx. 2000 to 5000Hz
Relaxation frequency	Approx. 20 to 30Hz
Timer	Approx. 15 minutes
Main unit dimensions	Approx. Ø 48mm × D16mm
Main unit mass	Approx. 20 g
Cable length	Approx. 0.2 m
Operating temperature / humidity	0°C to 40°C, 20 to 85% RH
Storage temperature / humidity	-10°C to 60°C, 20 to 85% RH
Made in	China

With protection function for over-charging, over-discharging and over-voltage

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Standard when charging fully discharged battery to full power

Depends on operation and environment



After use

Maintenance

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

Care of the gel pad

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
- When the gel pad is not sticky enough to remain attached to the storage sheet

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

- (1) Run a small amount of water on the surface and rub it gently with your fingertips for several seconds.
- * Do not pour too much water. It will cause loss of adhesive strength or damage to the
- adhesive surface.
- (2) Hold it by the grip and shake it enough to remove
- the excess water and let it air dry.
- * If it is not completely dry, it loses adhesive strength.
- * Never wipe the adhesive surface with tissue paper or
- a cloth * Avoid direct sunlight.

How to care for the main unit

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

- A CAUTION: -

Prevent the water from getting inside the USB connector slot or the main unit.

A customer who purchases outside Japan should contact the local retailer in the country of purchase for enquiries. In "ELECOM CO., LTD. (Japan)", no customer support is available for enquiries about purchases or usage in/from any countries other than Japan. Also, no foreign language other than Japanese is available. Replacements will be made under stipulation of the Elecom warranty, but are not available from outside of Japan.

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