

Thank you for purchasing the ELECOM ECLEAR refree.




This manual describes the operating instructions and safety precautions for using the device.



Please be sure to read this manual carefully before using the device. After reading, keep the manual safe for future reference.



Safety Precautions (Please be sure to follow the precautions)





The following precautions provide instructions that must be followed in order to prevent personal injury to, or damage to property of you or any other person.

■ The symbols shown classify and explain the seriousness of possible hazards or damage if you ignore the precautions and use the device incorrectly.






 Danger	Failure to observe Dangers will result in serious personal injury or death.
 Warning	Failure to observe Warnings may result in serious personal injury or death.
 Caution	Failure to observe Cautions may result in personal injury or property damage.

	This symbol indicates a prohibited action.
	This symbol indicates a mandatory action.



 Danger	
	Do NOT use this device if you are using a medical device such as: <ul style="list-style-type: none"> • A pacemaker or any other implanted electronic medical device; • A heart-lung machine or any other life-support electronic medical device; or • An electrocardiograph or any other wearable electronic medical device. Such use could cause a malfunction of these medical devices, and severely impair your life.

 Warning	
	Do not use this device around the heart, on the head, face, mouth, pudendum or any blemished skin areas. Such use could cause an accident, injury or ill health.
	Do not use for any other purpose than treatment. Such use could cause an accident, problem or device failure.
	Do not use this device simultaneously with any other therapeutic device. Such use could cause discomfort or ill health.










Warning

	Do not allow children to use this device, or play on or ride on the main unit or gel pad. Such use could cause an accident or injury.
	Do not allow any metallic object such as a watch or a necklace to come into contact with the gel pad during treatment. Such use could cause an accident or injury.
	Do not use this device if the surface of a gel pad is chipped or damaged. Such use could cause an accident, problem or device failure.
	Make sure the device is turned OFF before connecting or disconnecting the main unit and gel pad, or placing, relocating or removing the gel pad. Such use could cause an electric shock or device failure.
	If a person who has one of the following conditions uses the device, they should consult a physician prior to use: <ul style="list-style-type: none"> • Being in the care of a physician, or feeling particularly ill; • Having a malignant tumor; • Having a cardiac or cranial nerve abnormality. • During pregnancy, or immediately after delivery; • Having a temperature of 38°C or above (febrile) (ex. 1: Presenting with pronounced acute-onset symptoms (fatigue, chills, changes in blood pressure, etc.), ex. 2: Being debilitated); • Having an infectious disease; • Having a skin sensory abnormality or skin problem; • Having an acute (algetic) disease such as vertebral fracture, sprain or muscle strain; • Being in need of rest; • Being on medication; • Having abnormal blood pressure; • Having a limb disability; • Being incapable of expressing one's own will; • Having a sensory abnormality due to a severe peripheral circulatory disorder from diabetes or other causes; • Having a low body temperature; • Having vascular insufficiency; • Showing no effect after using for a while; • The gel pad does not suit the skin. Such use could cause an accident or ill health.











Warning

 <small>Do Not Disassemble</small>	Do not disassemble, repair or modify the device. Otherwise, fire or electric shock may be caused.
	This device is for single person use only. Do not share the device with anyone else while using. Otherwise, electric shock or accident may be caused.







Caution

	Do not use nor store the device at the following locations: <ul style="list-style-type: none"> • Under direct sunlight; • In high temperature areas such as near heaters; • In high humidity areas such as in bathrooms; • Near water; • In dusty areas; • On a vibrating surface. Otherwise, fire, electric shock or device failure may be caused.
	Do not use while sleeping. Such use could cause an accident or injury.
	Do not use immediately before or while driving a car, riding a motorcycle or a bicycle. Such use could cause an accident or problem.
	Do not attach a gel pad to the skin for too long. Otherwise, skin inflammation may be caused.
	Do not use this device when the gel pad is wet. Otherwise, electric shock may be caused.
	Do not use this device to treat one region for longer than 15 minutes. Such use could cause an accident or ill health.
	Do not use this device placing a gel pad on another pad. Otherwise, electric shock or accident may be caused.
	Please make sure the main unit and the gel pad are connected correctly before using the device.
	Please make sure all buttons are working properly before using the device.

⚠ Caution

	Please make sure the device works properly by testing the device as per the User's Manual before using for the first time, or when it has not been used for a long period of time.
	If you feel a painful sensation, or experience a skin problem such as eczema, flares or itching while using the device, stop immediately and consult with a physician. Otherwise, accident or ill health may be caused.
	Avoid touching the USB port with any part of your body such as a hand or a finger. Otherwise, electric shock, impairment or device failure may be caused.
	Do not insert any metallic object into the USB port. Otherwise, overheating or fire may be caused.
	Avoid excessive pulling or bending of the cable, or placing heavy objects on the cable. Otherwise, cable damage or breakage, fire or electric shock may be caused.
	Do not use if the dedicated USB cable is damaged, or the USB port is loose. Otherwise, fire or electric shock may be caused.
	Do not use a travel converter or any other power converter to charge the device. Otherwise, overheating or fire may be caused.
	Do not charge in a car using the cigarette lighter receptacle or any other means. Otherwise, fire, overheating or electric shock may be caused.
 <small>Don't Touch with Wet Hands</small>	Do not touch the dedicated USB cable or gel pad with a wet hand. Otherwise, electric shock, device failure or accident may be caused.
	Do not use the supplied dedicated USB cable for other than charging the main unit. The dedicated USB cable may not be used for communication or charging other devices.

⚠ Caution

	Make sure the dedicated USB cable is connected securely when charging. If connected incompletely while charging, fire or an electric shock may be caused.
	Be sure to charge at least once every three months. If the device is fully discharged, it may not be recharged.
	If device failure occurs, stop its use immediately, and turn OFF the device.
	Keep the device out of the reach of children. Otherwise, an accident may be caused. If a child swallows the main unit, consult a physician immediately.
	Do not let water or liquid enter the main unit, nor wet the main unit. Otherwise, overheating, burst or fire may be caused.
	Please dispose of the device according to the applicable municipal regulations.

Product Features

■ Intended Use or Indications

This product is a low-frequency electronic pulse massager designed to prevent atrophy of numb muscles and provide massage benefits.

This product is intended for home use.

■ About Low-Frequency Electronic Pulse Massager

A Low-Frequency Electronic Pulse Massager relieves stiff muscles by sending weak low-frequency electrical impulses across the surface of the skin through electrodes placed on the body to induce muscle contraction and produce muscle pump action and vasodilation that improve blood flow. The low-frequency electrical impulses also relieve pain by stimulating nerves and blocking pain signals to your brain.

■ Standard Treatment Time

The standard treatment time is approximately 15 minutes for one treatment area. Excessive use (over 15 minutes) at a time could cause ill health.

This product is equipped with a timer that will automatically power off the device after about 15 minutes of treatment.

■ Effective Treatment Time

The treatment is more effective when administered after a bath. It is more effective in increasing blood flow when the body is warmed up.



Caution:

Be sure to remove sweat and water from the skin before using the device.

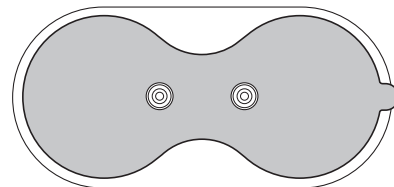
Package Contents

Please make sure all components are included. Although we aim to ensure that all our products are carefully packaged.

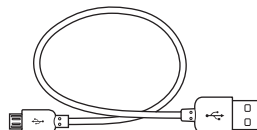
Main unit



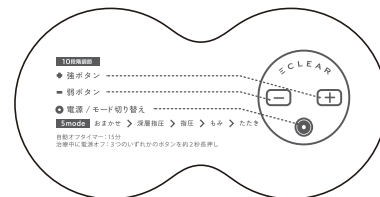
Gel pad (2 Point Pad)
(Consumables)



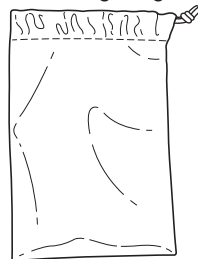
Dedicated USB cable



Storage sheet



Storage bag



User's Manual (this document)

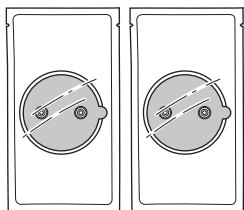
Optional Parts

The following optional parts are available:

Trade name: Gel pad P01

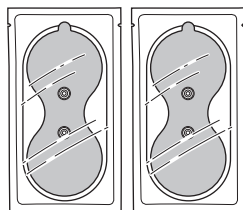
Medical device submission No.: 27B2X00293000001

1 Point Pads (pair)



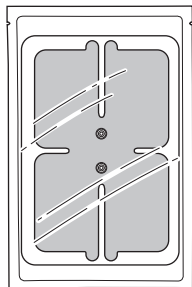
Model No.: HCM-P01G1

2 Point Pads (pair)



Model No.: HCM-P01G2

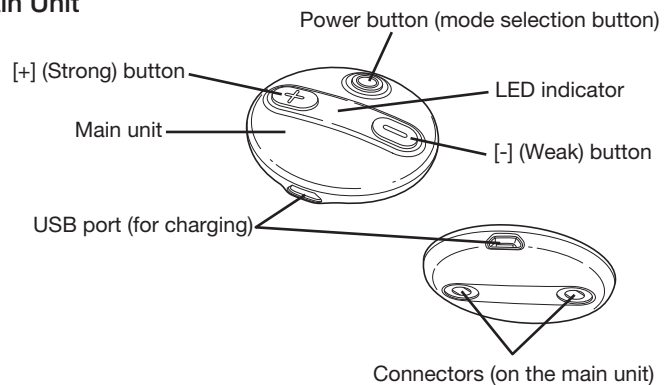
Wide Pad (single)



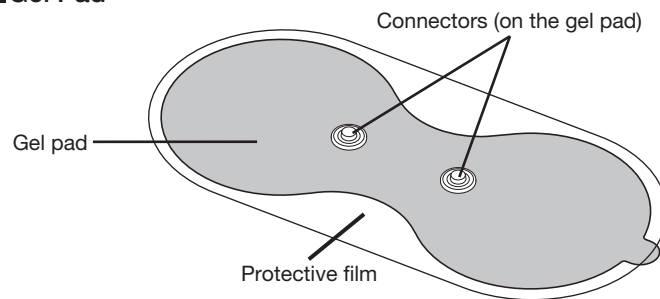
Model No.: HCM-P01G3

Part Names

Main Unit



Gel Pad



Dedicated USB Cable



Preparation

Be sure to fully charge the device before using (for the first time after purchase, or when it has not been used for a long time), or when the battery has run out during use.

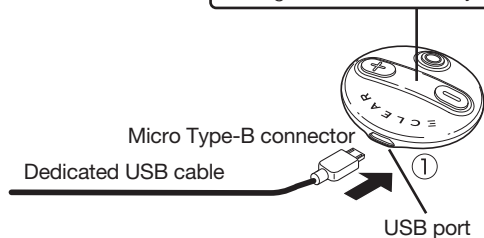
1 Charging the device. Charge time: approximately 3.5 hours

- 1 Connect the Micro Type-B USB connector of the dedicated USB cable to the USB port on the main unit.

Note: When correctly connected, you will hear the sound “pip,” and the LED indicator on the main unit will blink or glow.

LED indicator

Blinks red when the battery falls below 80%;
blinks green when charged 80% or more; glows
solid green when the battery is fully charged.



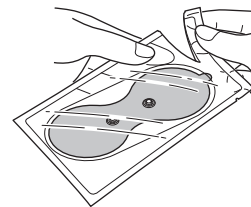
⚠ Caution:

- The use of a travel converter or any other power converter to charge the device may cause overheating or fire.
- The device cannot be used while charging.
- The operating time of a fully charged battery becomes shorter with repeated charging of the main unit. If the operating time becomes extremely short, the battery has reached the end of its life. However, the battery is not replaceable.

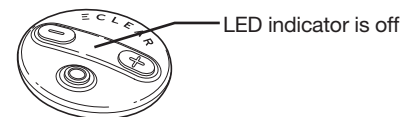
- 3 When fully charged, you will hear the sound “peep.”

2 Connecting the gel pad to the main unit.

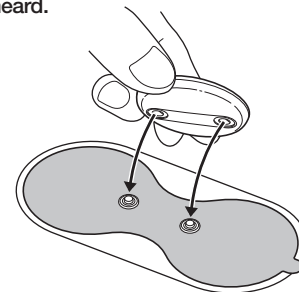
- 1 When using for the first time, take the gel pad from the bag. (Do not remove the protective film from the gel pad yet.)



- 2 Turn OFF the power of the main unit, and make sure the LED indicator is off.



- 3 Connect the main unit to the connector on the gel pad until a “click” is heard.

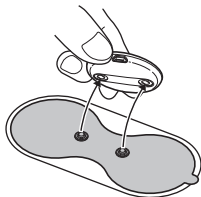


⚠ Caution:

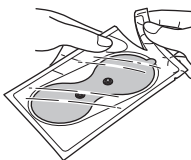
Be sure to use only the gel pads specified by our company.

■ Replacement of Gel Pads

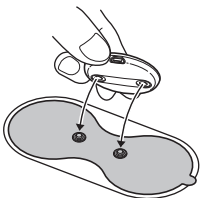
- ① Disconnect the main unit from the gel pad.



- ② Take the gel pad from the bag.
(Do not remove the protective film from the gel pad yet.)



- ③ Make sure the power of the main unit is turned OFF (the LED indicator is off).
- ④ Connect the main unit to the connector on the gel pad until a “click” is heard.

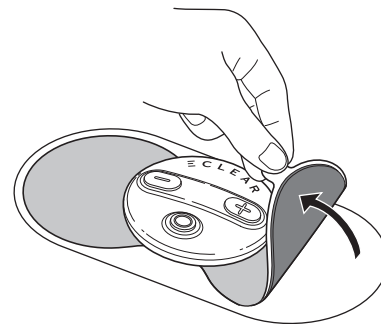


⚠ Caution:

When replacing gel pads, please read the instruction manual for gel pads as well.

Placement of the Gel Pad

- 1 Pull the tab on the gel pad, and remove it from the protective film.



Note: For the second or subsequent use of the device, remove the gel pad from the storage sheet.

- 2 Apply the gel pad to a treatment area.

Make sure the gel pad is firmly stuck to the skin.

Note: If the gel pad separates from the skin, the main unit will automatically power off.



Caution:

Do not apply the gel pad on metallic objects such as necklaces.

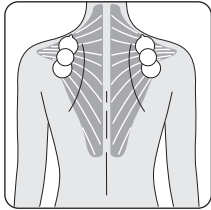
■ Handling of Gel Pad

- Do not touch the adhesive surface of the gel pad. When the adhesiveness becomes weak, please see “How to Clean Gel Pad” (P. 19).
- Do not bend the gel pad.

Gel Pad Placement Guide

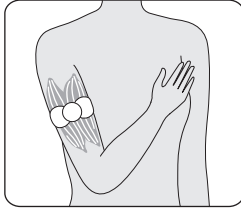
Shoulder -trapezius muscles-

Place on stiff muscles.



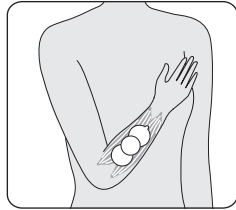
Upper arm -brachial muscle-

Place on stiff muscles in the upper arm.



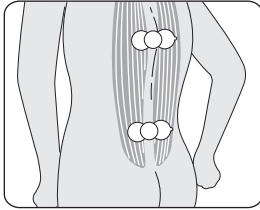
Arm -flexor muscles of forearm-

Place on stiff muscles in the forearm.



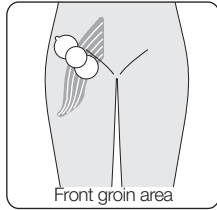
Upper & lower back -erector spinae muscles-

Place on stiff muscles outside of the spine.



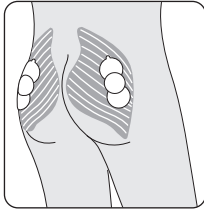
Lower back -psoas major muscles-

Place on the top of the front groin.



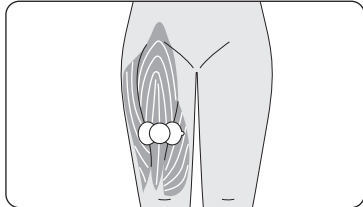
Hips -gluteus maximus muscles-

Place on the top of the hips.



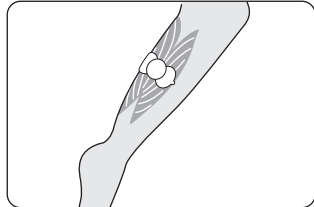
Thighs -hamstring muscles-

Place on stiff muscles or pain.



Calf -triceps surae muscles-

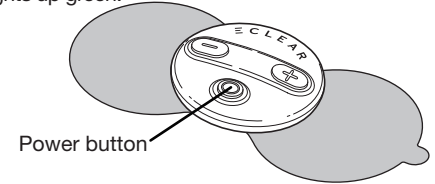
Place on stiff muscles.



Treatment

1 Turn ON the device.

Press and hold the Power button for about two seconds. You will hear the sound “peep,” the device will be powered on and begin treatment. The LED indicator lights up green.



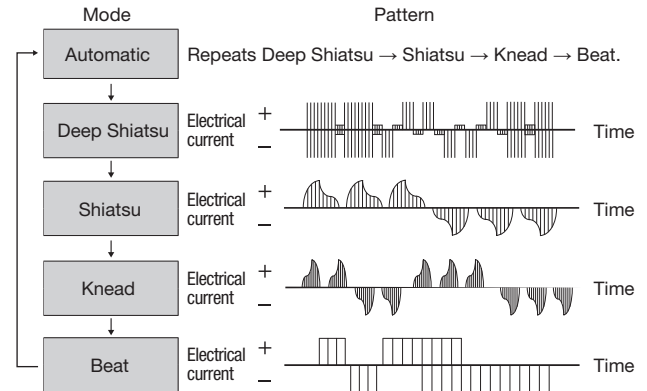
2 Select a mode.

Press the Power button during treatment to select a mode.

Note: When turned on, the device always begins in Automatic mode.

- When the Power button is pressed, you will hear the sound “pip,” and the modes change in the sequence shown below:

We recommend Deep Shiatsu mode for areas where pain such as neuralgia is felt.



3

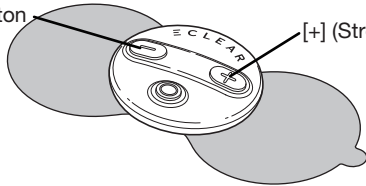
Adjust the intensity level.

Select one of 10 intensity levels, as you prefer.

Note: When the device is turned on, or when modes are changed, the intensity is set at level 1.

- When [+] (Strong) button is pressed, you will hear the sound “pip,” and the intensity increases by one level.
- When [-] (Weak) button is pressed, you will hear the sound “pip-pip,” and the intensity decreases by one level.
- When [+] (Strong) button is pressed at level 10, or when [-] (Weak) button is pressed at level 1, you will hear the sound “pip-pip-pip,” and the intensity level does not change.

[-] (Weak) button



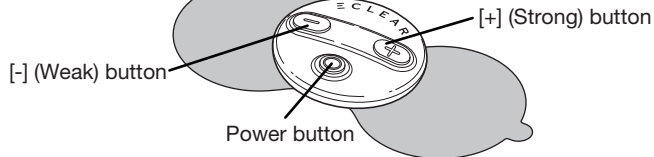
4

Turn OFF the device.

After about 15 minutes of treatment, you will hear the sound “peep,” and the device will automatically power off.

Note: To turn off the device during treatment, press and hold [+] (Strong) button or [-] (Weak) button for about two seconds.

Note: If the gel pad separates from the skin, or the main unit is removed from the gel pad, the device automatically powers off.



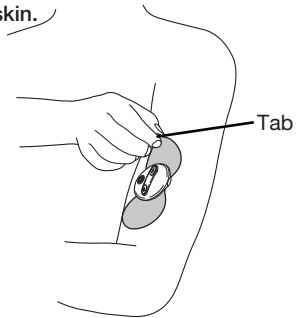
5

Store the device.

① Remove the gel pad from the skin.

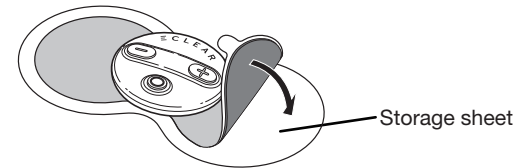
Pull the tab to remove the gel pad; do not touch the adhesive surface of the gel pad.

Note: When removing a Wide Pad, pull both of the tabs to remove the pad.

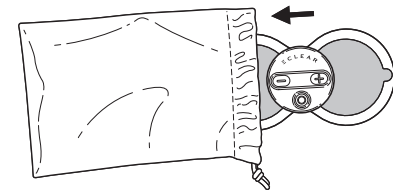


② Attach it to the storage sheet; do not disconnect the main unit and the gel pad.

Note: When using a pair, attach them to both sides of the storage sheet.



③ Keep in the supplied storage bag.



⚠ Caution:

Do not leave in high temperature or humidity areas, nor under direct sunlight.

Maintenance

Remove the main unit from the gel pad when cleaning.

■ How to Clean a Gel pad

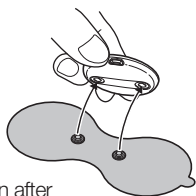
(Recommended maintenance interval: once per 30 times of use)

Clean the gel pad when:

- The gel pad is not sticking well;
- Treatment stimulation feels weaker;
- An unpleasant sensation is felt during treatment;
- The gel pad is dirty;

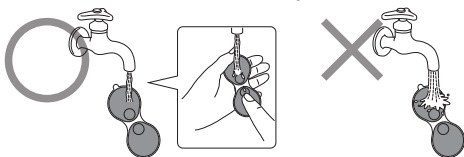
The gel pad does not stick to the storage sheet.

If stimulation is weak or you feel an unpleasant sensation even after cleaning, replace the gel pad.



① Clean gently with your fingertips for a few seconds under slowly running water.

Note: Do not pour on too much water. Otherwise, poor adhesion or deterioration of the adhesive surface may be caused.

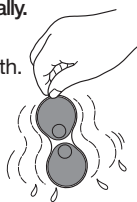


② Pull the tab and drain the water off, and let the pad dry naturally.

Note: If not dried thoroughly, adhesion decreases.

Note: Do not wipe the adhesive surface with a tissue or cloth.

Note: Avoid direct sunlight.



■ How to Clean Main Unit

- Wipe dirt off the main unit with soft cloth.



Caution:

Be careful not to let water enter the inside of the main unit and USB port.

Storage

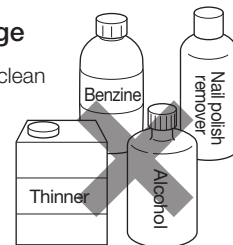
Store the product in an environment with the following conditions:

Storage temperature: - 10°C - 60°C

Storage humidity: 20 - 85% RH

■ Precautions for Cleaning and Storage

- Do not use liquids such as benzine or thinner to clean the product.
- Do not store in the following areas:
 - Under direct sunlight;
 - In high temperature or high humidity areas, near water, or in dusty areas;
 - On a vibrating surface;
 - Where chemical agents are stored, or a corrosive gas is produced.
- Keep out of the reach of babies and infants.
- If not using for a long period of time, store the product fully charged, and try to keep at room temperature (10°C - 30°C).
- Charge the battery at least once every three months. If the device is fully discharged, it cannot be recharged.



Refurbishment Maintenance		Please perform maintenance of your low-frequency electric pulse massager that has been used for years!	
	Does it have one of these problems?	<ul style="list-style-type: none">● An unusual noise or vibration occurs during charging or operation.● The main unit is overheating.● The main unit has deformed, or has a burnt smell.	Stop use Turn off the product or disconnect the USB cable to prevent accidents, and be sure to contact the retailer and request a maintenance service.

Disposal

■ Recycling of Lithium-Ion Battery



Li-ion

This product contains a lithium-ion battery. Since lithium-ion batteries are recyclable, valuable resources, we strongly encourage customers to recycle. Please dispose of the device according to the applicable municipal regulations.

- Do not disassemble the battery when disposing of it.
- Do not disposed of the device in regular household waste. Improperly disposed of lithium-ion batteries will break in the garbage truck, and can short-circuit, overheat and catch fire.

■ How to Remove Lithium-ion Battery

Do NOT disassemble other than to dispose of the product.



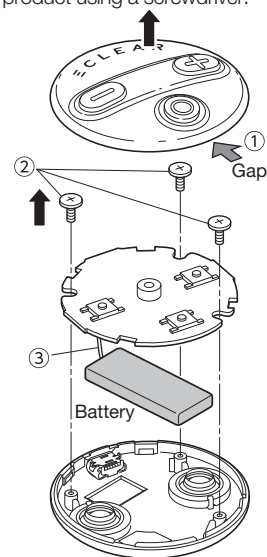
Warning

The following procedures are to dispose of the product; not to repair it.

The product will not be repaired if it has been disassembled.

- Fully discharge the battery if it is not completely depleted.
- Follow the procedures below to disassemble the product using a screwdriver.

- ① Stick a flathead screwdriver into the gap just under the Power button on the main unit.
- ② Remove the screws that hold the circuit board.
- ③ Cut the wires of the battery from the back of the circuit board using Diagonal pliers, from the black wire on the negative.
- ④ Remove the battery.



- Be careful not to short-circuit the positive and negative terminals of the removed battery. Tape the terminal ends to isolate them.

Troubleshooting

Problem	Cause	Solution
The device does not turn on.	<ul style="list-style-type: none"> The battery is not charged enough, or is dead. The battery is being charged. 	<ul style="list-style-type: none"> Turn off and charge the device. ➡ P.11 After finishing charging the battery, disconnect the dedicated USB cable, and use the device. ➡ P.11
The battery runs out very quickly. The device turns off while in use.	<ul style="list-style-type: none"> The battery is not charged enough, or is dead. The main unit and the gel pad are not connected properly. The gel pad is not securely attached to the skin. 	<ul style="list-style-type: none"> Turn off and charge the device. ➡ P.11 Turn off the device, and reconnect the main unit and the gel pad. ➡ P.12 · P.13 Turn off the device, and attach the gel pad firmly to the skin. ➡ P.14
The battery cannot be charged.	<ul style="list-style-type: none"> The battery has fully discharged after being stored for a long time. 	<ul style="list-style-type: none"> Unusable. Make sure you charge the battery once every three months to avoid it becoming fully discharged. ➡ P.21, P.22
The gel pad is not sticking to the skin.	<ul style="list-style-type: none"> The transparent protective film has not been removed from the adhesive surface of the gel pad. The adhesive surface of the gel pad is dirty. Used immediately after washed with water. The adhesive surface of the gel pad has deteriorated. 	<ul style="list-style-type: none"> Remove the protective film from the adhesive surface of the gel pad. ➡ P.14 Clean gently with your fingertips for a few seconds under slowly running water. ➡ P.19 Drain water off adequately, and let the adhesive surface dry naturally. ➡ P.19 The gel pad is a consumable. When the adhesive surface has deteriorated, stop using and purchase optional pads. ➡ P.9
The adhesive surface of the gel pad peels or moves.	<ul style="list-style-type: none"> The adhesive surface of the gel pad is moist with too much sweat or water. 	<ul style="list-style-type: none"> The gel pad is a consumable. When the adhesive surface has deteriorated, stop using and purchase optional pads. ➡ P.9
Cannot feel any stimulation/ stimulation is weak.	<ul style="list-style-type: none"> The gel pad is not firmly attached to the skin. The gel pad is placed on another pad. The adhesive surface of the gel pad is dirty. The gel pad is not connected correctly. The intensity level is low. The battery is not charged enough, or is running out. The adhesive surface of the gel pad is dirty, or has deteriorated. 	<ul style="list-style-type: none"> Attach the gel pad firmly to the skin. ➡ P.14 Place the pad apart from other pads. ➡ P.14 Clean gently with your fingertips for a few seconds under slowly running water. ➡ P.19 Connect properly until a “click” is heard. ➡ P.12 Adjust the intensity level. ➡ P.17 Charge the battery. ➡ P.11 The gel pad is a consumable. When the adhesive surface has deteriorated, stop using and purchase optional pads. ➡ P.9
The skin turns red/ becomes irritated.	<ul style="list-style-type: none"> Treatment time is too long. The gel pad is not firmly attached to the skin. The adhesive surface of the gel pad is dirty or has dried out. The adhesive surface of the gel pad has deteriorated. 	<ul style="list-style-type: none"> Use the device up to 15 minutes on one treatment area, and remove the gel pad from the skin after treatment. ➡ P.18 Attach the gel pad firmly to the skin. ➡ P.14 Clean gently with your fingertips for a few seconds under slowly running water. ➡ P.19 The gel pad is a consumable. When the adhesive surface has deteriorated, stop using and purchase optional pads. ➡ P.9

Product Specifications

Trade name	Low-Frequency Electronic Pulse Massager P01
Classification	Machinery and equipment 78: Electronic Therapeutic Device for Home Use
Generic name	Low-Frequency Electronic Pulse Massager for Home Use (Code: 70986000)
Medical device type	Controlled medical device
Medical device certification No.	228ADBZX00037000
Power supply voltage	DC 5.0 V \pm 5% (lithium-ion battery)
Internal battery	40 mAh *1 *2
Amount of charge cycles	Approximately 500 times *1
Charge time	Approximately 3.5 hours *3
Operation time	Approximately 150 minutes (when fully charged) *4
Maximum output current	Approximately 10 mA or less
Rated output voltage	Approximately 32 V
Fundamental frequency	Approximately 2 - 550 Hz
Output pulse width	Approximately 200 μ S
Power consumption	Approximately 0.2 W
Timer	Approximately 15 minutes
Main unit dimensions	Approximately ϕ 44 mm \times D 11 mm
Cable length	Approximately 200 mm
Main unit weight	Approximately 13 g
Operating temperature & humidity range	0 °C - 40 °C; 20 - 85 % RH
Storage temperature & humidity range	- 10 °C - 60 °C; 20 - 85 % RH
Marketing authorization holder	ELECOM Healthcare Co., Ltd. 8F L. A. Tower, 4-1-1 Fushimi-machi, Chuo-ku, Osaka, Japan
Manufacturer	ZHANGZHOU EASEPAL INDUSTRIAL CORPORATION
Country of origin	China

*1 As per JIS C 8711.

*2 Equipped with overcharge, over-discharge and overvoltage protection.

*3 Approximate time when fully charging an expired battery

*4 Varies depending on operation states and conditions.

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.

This product is for domestic use only. We will bear no responsibility for use outside Japan. Support for inquiries is available only in Japanese. We will retain repair parts at least for five years after the end of production.

ECLEAR refree HCM-P01 Series
User's Manual
August 2016, Ver. 2
ELECOM Co., Ltd.

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