

Wellness[®]
Pro

User Manual

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Foreword

Thank you for purchasing the WellnessPro 2010 Plus Electrotherapy Unit. This manual contains general safety, operating, maintenance and care instructions for the owners and operators of the WellnessPro 2010 Plus Unit.

At the time of publication the information contained herein was current and up to date. However, due to continual technological improvements and increased clinical knowledge in the field of electrotherapy, as well as our policy of continual improvement, Electromedical Technologies, Inc reserves the right to make periodic changes and improvements to their equipment and documentation without any obligation on the part of Electromedical Technologies, Inc.

Read, understand and follow the information contained in this manual. Stay current with the latest clinical developments in the field of electrotherapy and observe all applicable precautionary measures for treatment.

Keep informed on appropriate indications and contraindications for the use of electrotherapy.

For the existing users of the WellnessPro® 2010:

The WellnessPro® 2010 was improved and the successor model is the WellnessPro 2010 Plus. The indications of use and applications have not been changed. The same programming principles apply. The user interface has been improved in order to simplify programming and use of the device. This manual will explain those improvements.

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Precautionary Instructions / Definition of Symbols

Read, understand and practice the precautionary and operating instruction found in this manual. Know the limitations and hazards associated with using any electrical stimulation device. Observe the precautionary and operational decals placed on the unit.

DO NOT operate the unit when connected to any unit other than the WellnessPro 2010 Plus. Do not operate the unit in an environment of short-wave diathermy use.

Inspect treatment electrodes for cracks or damage before each use. Replace with new electrodes should any damage be found.

Inspect treatment electrode leads and associated connectors before each use for signs of damage. Replace with new leads upon notice of damage.

Simultaneous connection of a patient to a h.f. surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.

Operation in close proximity (3 feet) to shortwave or microwave therapy equipment may produce instability in the stimulator outputs.

Care must be taken when operating this equipment around the other equipment. Potential electromagnetic or other interference could occur to this or to the other equipment. Try to minimize this interference by not using other equipment in conjunction with it.

The precautionary instructions found in this section and throughout this manual are indicated by specific symbols. Understand these symbols and their definitions before operating this equipment. The definitions of these symbols are as follows:



Caution

Indicates the need for the user to consult the instructions for use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the medical device itself.



Warning: electricity.

This symbol alerts you to a potentially hazardous condition such as the presence of dangerous voltage that Reduce the Risk of Fire or Electrical Shock. Do not Expose This Apparatus to Rain or Moisture. Refer to the accompanying Warning Label or Tag, and exercise extreme caution.



Class II equipment.

A product without a protective earth (PE) and where double or reinforced insulation is relied upon to provide the protection against electric shock. The Class II symbol is a double walled square, indicating the product's double insulation. To identify equipment meetings the safety requirements specified for Class II equipment according to IEC 61140.



Type BF equipment

(Non-cardiac floating, Applied Part)

It is only intended for connection to patient's skin but has floating input circuits. No connections between patient and earth. Applied Part: any part of the product under test that intentionally comes in contact with the patient.



Refer to instruction manual/booklet

To signify that the instruction manual/booklet must be read.

NOTE

Throughout this manual "NOTE" may be found. This is helpful information to aid in the particular area or function being described.

Indications, Contraindications & Adverse Effects

General information:

This TENS is a lightweight and portable medical device which can help to reduce pain and discomfort. It utilizes low electric-current to stimulate nerves to achieve the symptomatic relief of chronic-intractable, post-traumatic and post-surgical pain.

Cautions:

Federal law (USA) restricts this device to sale by or on the order of practitioners licensed by the State in which they practice to use or order the use of the device.

Indications of use:

This device is used for symptomatic relief of chronic-intractable, post-traumatic and post-surgical pain.

Contraindications:

- Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.
- Do not use this device on patients whose pain syndromes are undiagnosed.

Warnings

- Do not apply stimulation over the patient's neck because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure;
- Stimulation should not be applied over the carotid sinus nerves (anterior neck), particularly in patients with a known sensitivity to the carotid sinus reflex or transcerebrally (through the head).
- Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- Do not apply stimulation over head, or in proximity to eyes;
- Do not apply stimulation across the patient's chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the patient's heart, which could be lethal; Consult your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals;
- Do not apply stimulation over open wounds, rashes, swollen, red, infected, inflamed or eruptions of the skin (e.g., phlebitis, thrombophlebitis, varicose veins);
- Do not apply stimulation over, or in proximity to, cancerous lesions;
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;
- Do not apply stimulation when the patient is in the bath or shower;
- Do not apply stimulation while the patient is sleeping;
- Do not apply stimulation while the patient is driving, operating machinery, or during any activity in which electrical stimulation can put the patient at risk of injury.
- Apply stimulation only to normal, intact, clean, healthy skin.

Precautions:

- Effectiveness of TENS devices is highly dependent upon patient selection by a practitioner qualified in the management of pain patients;
- The long-term effects of electrical stimulation are unknown;

- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be placed on opposite sides of the head;
- The safety of electrical stimulation during pregnancy has not been established;
- Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);
- Patients with suspected or diagnosed heart disease should follow precautions recommended by their physician;
- Patients with suspected or diagnosed epilepsy should follow precautions recommended by their physician;
- Use caution if the patient has a tendency to bleed internally, such as following an injury or fracture;
- Use caution following recent surgical procedures when stimulation may disrupt the patient's healing process;
- Use caution if stimulation is applied over the menstruating or pregnant uterus;
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children;
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer;
- Use this device only under the continued supervision of a licensed practitioner;
- Keep electrodes separate during treatment. Electrodes in contact with each other could result in improper stimulation or skin burns.
- For external use only.

Adverse Effects:

- Patients should stop using the device and should consult with their physicians if they experience adverse reactions from the device.
- Isolated cases of skin irritation may occur at the site of the electrode placement following long-term application.
- Possible allergic skin reaction to tape or gel may occur.
- If the stimulation levels are uncomfortable or become uncomfortable, reduce the stimulation amplitude to a comfortable level and contact your physician if problems persist.

Storage/Usage/Transportation:

Storage/Transportation temperature: -10° C ~ +65° C (avoid direct sun exposure)

Operating temperature: 0° C ~ +55° C (avoid direct sun exposure)

Maintenance & Cleaning Method:

Lead Wires and Carbon Rubber Electrodes: Clean with a damp cloth and wipe dry with cloth or towel. Do not use bleach or harsh cleaners.

Unit: Use moist cloth and avoid any abrasive chemicals.

Radiofrequency interference with medical devices:

The past few years have seen increased reports that medical devices, such as pacemakers, apnea monitors, electrically powered wheelchairs, etc., have failed to operate correctly because of interference from various emitters of radiofrequency energy. This condition is called radiofrequency interference (RFI). The consequences of these failures range from inconvenience to serious injuries and death. Reasons for this problem are twofold: 1) increasing numbers of electronically controlled medical devices with inadequate electronic protection against RFI, and 2) a significant increase in the number of RF sources in the environment. Medical devices are widely used outside the hospital and may be attached to, or implanted in, patients. Portable wireless communications equipment, including cellular phones, handheld transceivers, and vehicle-mounted transceivers, comprise one of the largest sources of RFI. Some medical devices are especially sensitive to the type of digital modulation that some of the wireless communications devices utilize.

NOTE:

The WellnessPro 2010 Plus is designed to fully comply with these requirements and is safe for usage in hospitals among other medical devices.

NOTE:

No serviceable components inside.

Any attempt to open the device will result in all the unit functions being instantly disabled and the following screen:

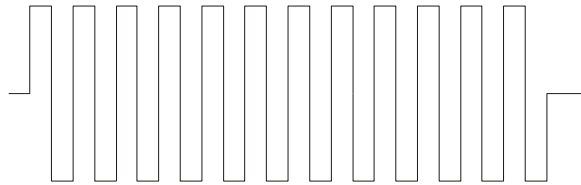


Waveform descriptions:

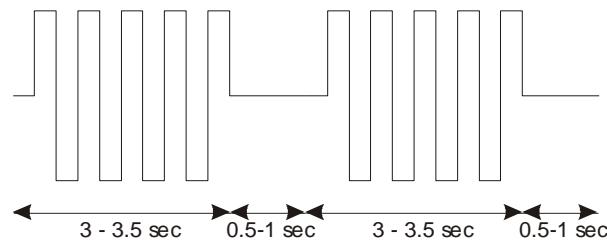
WellnessPro 2010 Plus has **2 Modes** of waveforms:

Continuous and **Pre-modulated**

Continuous mode produces a continuous train of impulses. The stimulation parameters are not automatically interrupted nor varied in any way. The continuous mode is quite versatile because it may be applied with a variety of rate settings.



Variation of continuous mode looks like this:

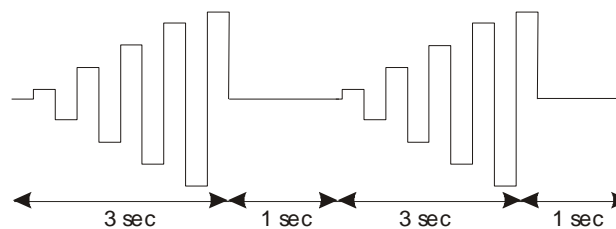


This variation shows the same continuous mode with a continuous train of impulses (3-3.5 sec) with a small pause (0.5-1 sec) in between.

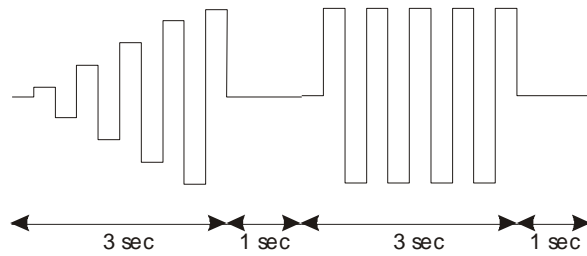
Pre-modulated mode produces an amplitude-modulated impulse (Output power is modulated while the frequency remains the same).



Variation amplitude-modulated mode looks like this:



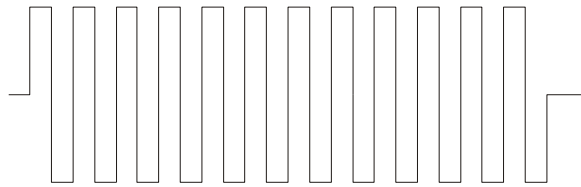
Another variation is a combination of the previously described modes



These modes and variations are labeled as Wave type 1, 2, 3, 4 and 5.

Detailed waveform descriptions:

Type 1



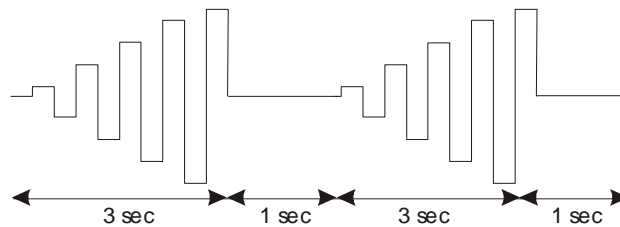
Wave type 1 is a continuous symmetrical biphasic pulse, where amplitude depends on the selected intensity level (Max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA). Sampling depends on selected frequency (up to 10000 Hz).

The **hertz** (symbol **Hz**) is the SI* unit of frequency. **Frequency** is the measurement of the number of times that a repeated event occurs per unit time.

One hertz simply means "one per second" (1 / s); 100 Hz means "one hundred per second", and so on.

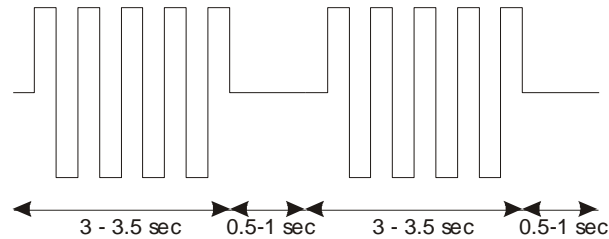
*(**International System of Units** - abbreviated **SI** from the French phrase, *Système International d'Unités*)

Type 2



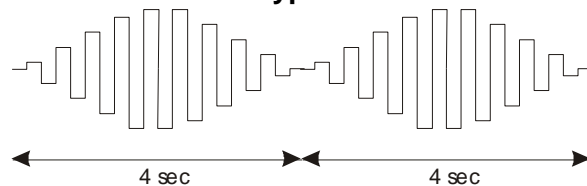
Wave type 2 is a ramp up (amplitude modulated) symmetrical biphasic pulse with duration of 3 seconds and pause of 1 second in between. Amplitude and sampling depends on selected intensity level and selected frequency. (Max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA). Max frequency 10000 Hz.

Type 3



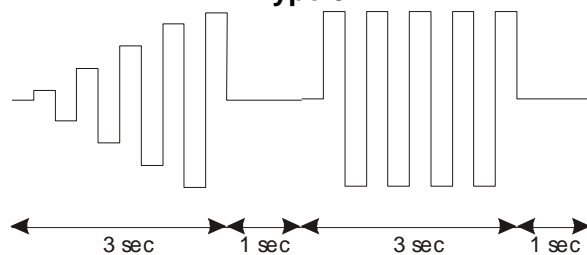
Wave type 3 is a continuous symmetrical biphasic pulse. This wave type is also known as a “**Burst**” type with duration of 3 – 3.5 seconds and pause of 0.5 – 1 second in between. Amplitude and sampling depends on selected intensity level and selected frequency. (Max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA). Max frequency 10000 Hz.

Type 4



Wave type 4 is a ramp up – ramp down, also known as “**Amplitude Modulated**” which is a symmetrical biphasic pulse with duration of 4 seconds. Amplitude and sampling depends on selected intensity level and selected frequency. (Max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA). Max frequency 10000 Hz.

Type 5



Wave type 5 is a combination of wave types 2 and 3. It is a ramp up – pause – continuous symmetrical biphasic pulse with segment durations of 3 seconds and pause of 1 second.

Technical specifications:

Number of output channels:	2 (A and B)
Output (both channels)	
Waveform 1 “Continuous mode”	Continuous symmetrical biphasic pulse.
Waveform 2 “Spectrum mode”	Amplitude modulated (ramp up) symmetrical biphasic pulse with duration of 3 seconds and pause of 1 second in between.
Waveform 3 “Burst mode”	Continuous symmetrical biphasic pulse with duration of 3 – 3.5 seconds and pause of 0.5 – 1 second in between. “Burst” wave type.
Waveform 4 “Sweep mode”	Amplitude modulated (ramp up – ramp down) symmetrical biphasic pulse with duration of 4 seconds.
Waveform 5 “Duplex mode”	Combination of wave types 2 and 3. Continuous symmetrical biphasic pulse with segment durations of 3 seconds and pause of 1 second.
Voltage	max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA
Frequency range	0.1 – 10000 Hz
Modes of Operation (both channels)	
Continuous	1-10000 pps
Burst	1-10000 pps
Amplitude modulated	1-10000 pps
Duration (Variable)	1 to 60 minutes per frequency
Treatment Timer	Fully customizable. Increments of 1 minute
Power Requirements	
	Medical power adapter ONLY
Input:	100-240 V~, 50-60Hz, 0.2A
Output:	7.5 V DC, 2500 mA
Physical Dimensions	
Size	11 7/8” W (29 cm) x 3” H (7.7cm) x 7” D (17.7cm)
Weight	2.5 lbs (1.1 kg)
Shipping Weight (unit only)	3.0 lbs (1.3 kg)

Package components and assembly instructions:

Your pack contains:

- WellnessPro 2010 Plus Unit
- 7.5 Volt universal power adapter
- Two (2) input cables
- Eight (8) lead wires
- Two (2) rectangular carbon-rubber electrodes
- Two (2) round carbon-rubber electrodes
- Four (4) self adhesive electrodes 2" x 2" Pro Pulse HD
- Four (4) self adhesive electrodes 2" x 4" Pro Pulse HD
- Four (4) snap-on wire adapters
- One (1) large WellnessWrap™
- Two (2) small WellnessWraps™
- Salt free hypoallergenic conductivity gel
- Instruction manual and warranty info

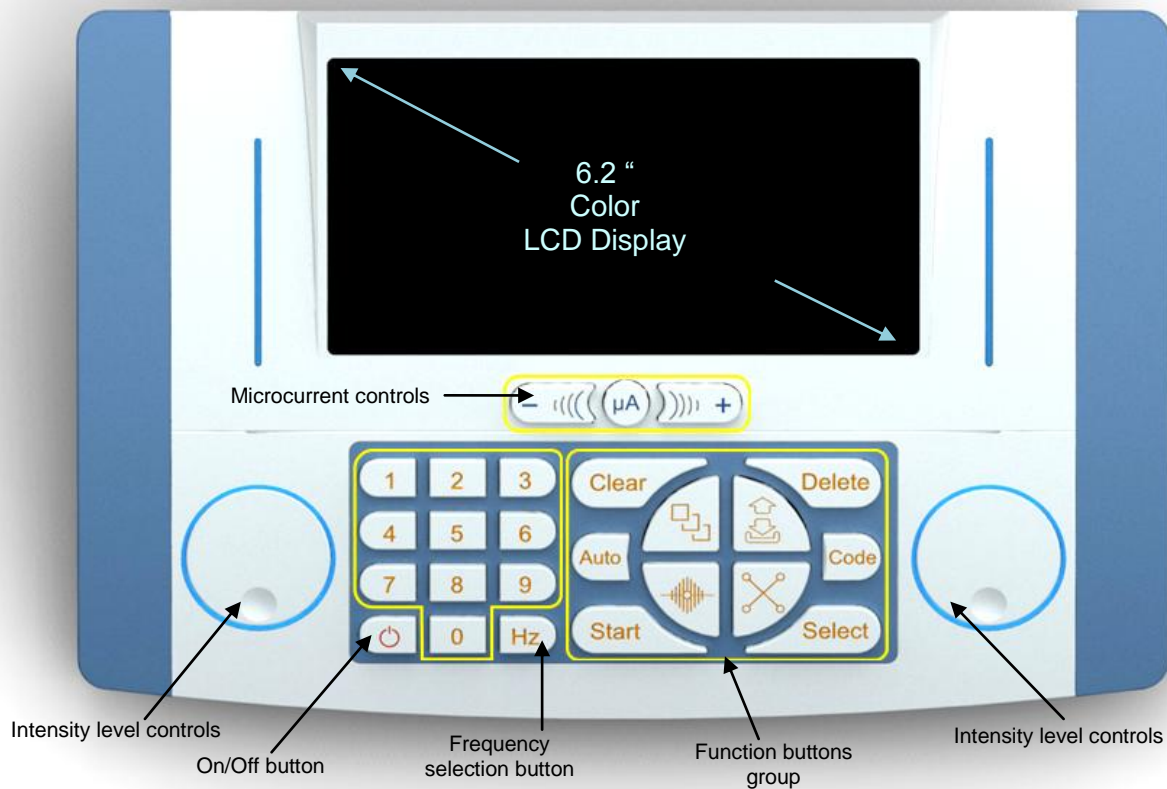
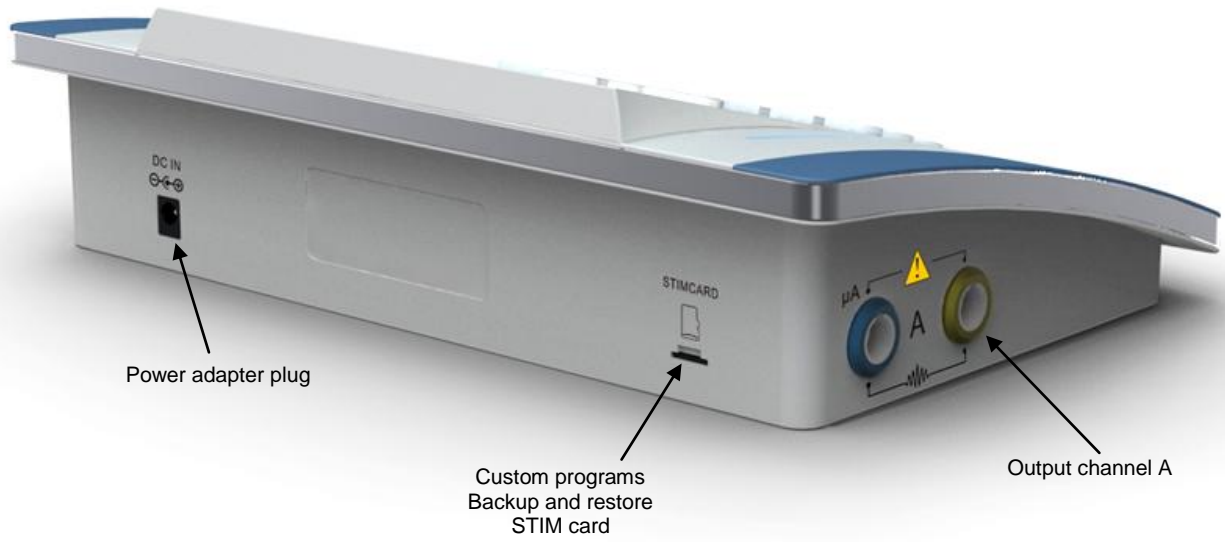


Figure 1: Keyboard layout



Figures 2 and 3: Back and side view of the unit



AC Adapter:

Plug the WellnessPro+® AC adapter into the back of the unit,



Then into a wall outlet.



Figure 4: AC Power adapter

Voltage requirements:

The AC adapter included with your WellnessPro+® unit is a universal adapter and can be used in any country all over the world.

NOTE: The WellnessPro+® unit **MUST ONLY** be powered with the medical adapter that has the WellnessPro+® logo on it. (Input: 100-240 V~, 50-60Hz, 400mA Output: 7.5 V DC, 2.5 A)

How to connect wires:

WellnessPro+[®] comes with cables and receptacles that are equipped with LEMO QUICK-LOK™ Push-Pull Self-Latching System. LEMO's Original QUICK-LOK push-pull, self-latching system is renowned worldwide for its easy and quick connect and disconnect features. It provides absolute security against vibration, shock or pulling of the cable, and facilitates operation in a very limited space offering unique advantages for all applications:

Speed – Engage connectors simply and quickly by pushing plugs axially into mating receptacles. Pull on outer shell to remove plug easily.

Space Savings – Just one finger clearance on two sides is needed to engage/disengage connectors, so there's no need to twist or turn a locking ring.

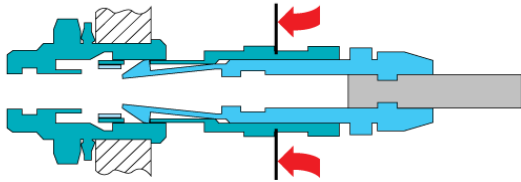
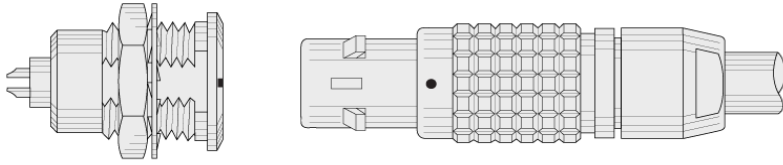
Reliability – Connections are reliable and assured when locking mechanism is engaged.

Ruggedness – Sturdy design, with sealed models to various IP levels.



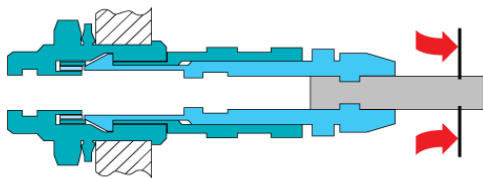
Figure 5: Input cable

How QUICK-LOK™ Works



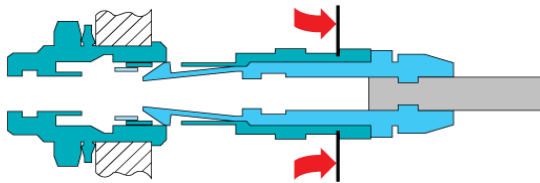
Engaging

QUICK-LOK allows the connector to be mated by simply pushing the plug straight into the receptacle.



Latched

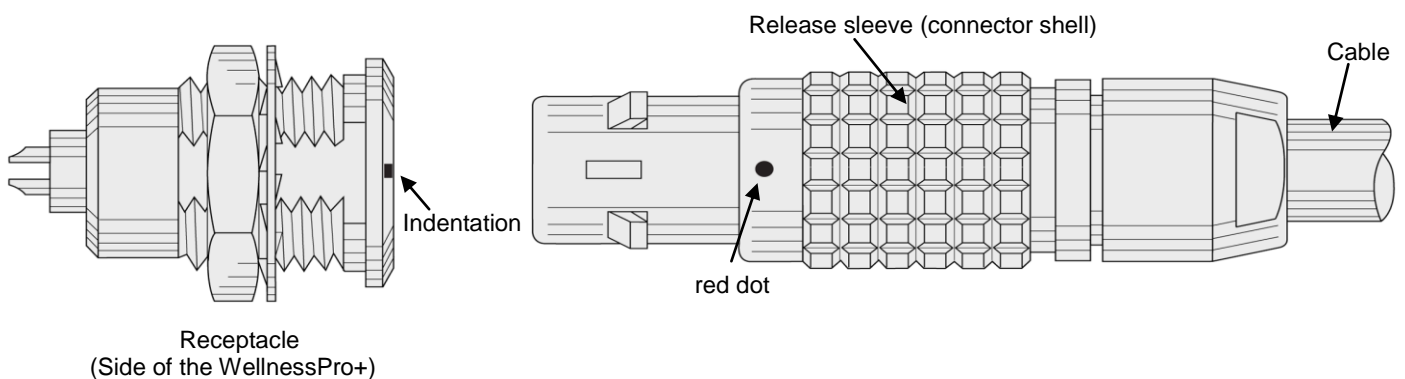
Once firmly latched, connection cannot be broken by pulling on the cable or any other component part other than the outer release sleeve.



Disengaging

When required, the connector is disengaged by a single straight pull on the outer release sleeve. This first disengages the latches and then withdraws the plug from the receptacle.

To connect/disconnect LEMO connectors (plugs) to/from WellnessPro+, please follow these steps in order to avoid bending or breaking the connector contacts.



NOTE: Red dot on the connector shell will need to align with the indentation on the receptacle.

WARNING: Do not attempt to disconnect the plug by pulling on the cable or twisting the connector in any way. Doing so will damage or break the contacts and void the warranty.

Connecting the Input Cable with the WellnessPro+

Connect the steel end of the input cable (image below) into the yellow socket of either “Channel A” or “Channel B” of the unit. Yellow sockets are located on both sides of the unit and are closer to the front of the unit. Make sure the red dot is aligned on the connector and receptacle (see page 16 for quick reference).



Figure 6: LEMO connector



Figure 7: Left side of the unit

Connecting the Lead Wires with the Input Cable



Figure 8: Lead wires

Connect at least two lead wires into the plastic mold on input cable containing four holes.



OR



Figures 9 and 10: Proper color-coded connections shown

If only two wires are being used, they will have to be connected to the left or right two holes (see images above). The ends of the wires are color coordinated as well as the holes on the plastic mold. The shielded end of the lead wires are going into the plastic mold. The exposed end of the cable is meant for the accessories.



NOTE: If you are using four lead wires at the same time, **do not remove any wires from your body while a program is running.** Removing lead wires while running a program will result in change of the electrical resistance and significant increase of the intensity will be detected in the remaining wires.

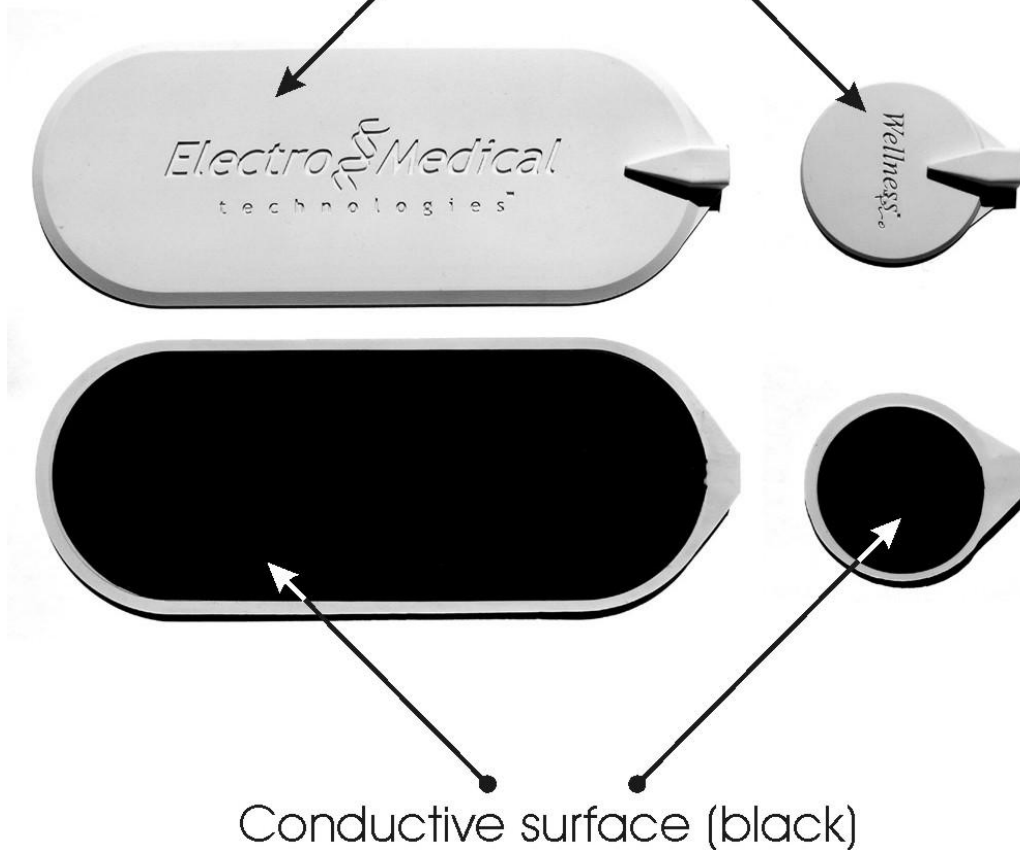
Figure 11: Four wires connected to the input cable

Connecting the Lead Wires with Accessories

Plug the exposed end of the cable into the hole of the electrode (left) or into the Snap-on wire adapter if you are using the self-adhesive electrodes (right).



Non conductive surface (gray)



Our electrodes are made with highly durable yet soft silicone material. Their conductive rubber pads feel comfortable on the skin while the low resistance design gives an effective treatment every time.

Certificates:

* EN ISO13485, FDA 510K, COFEPRIS.

Electrode Specifications:

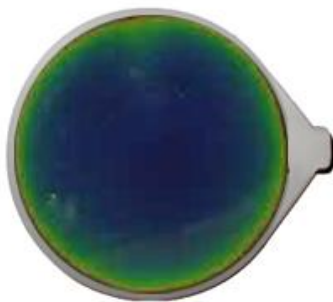
- Resistance Under 200 Ohms
- Highly durable and flexible
- Conductive Gel can be applied on the conductive surface for uniform conductivity
- Negative
 - Cytotoxicity
 - Skin Sensitization
 - Acute Cutaneous Irritation

Electrical Dispersion Test

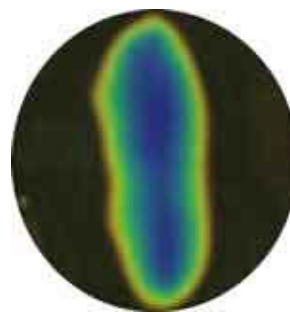
Below: These pictures exhibit the electrical current dispersion of the WellnessPro+® Electrodes compared to a competitor's. Notice the full, uniform color of the WellnessPro+® electrodes compared to the "Hot Spot" that is created from the competitor's electrode. The competitor's electrodes are not dispersing electrical current evenly which may cause major skin irritation and burns.



WellnessPro+® Electrode (RCR-210)



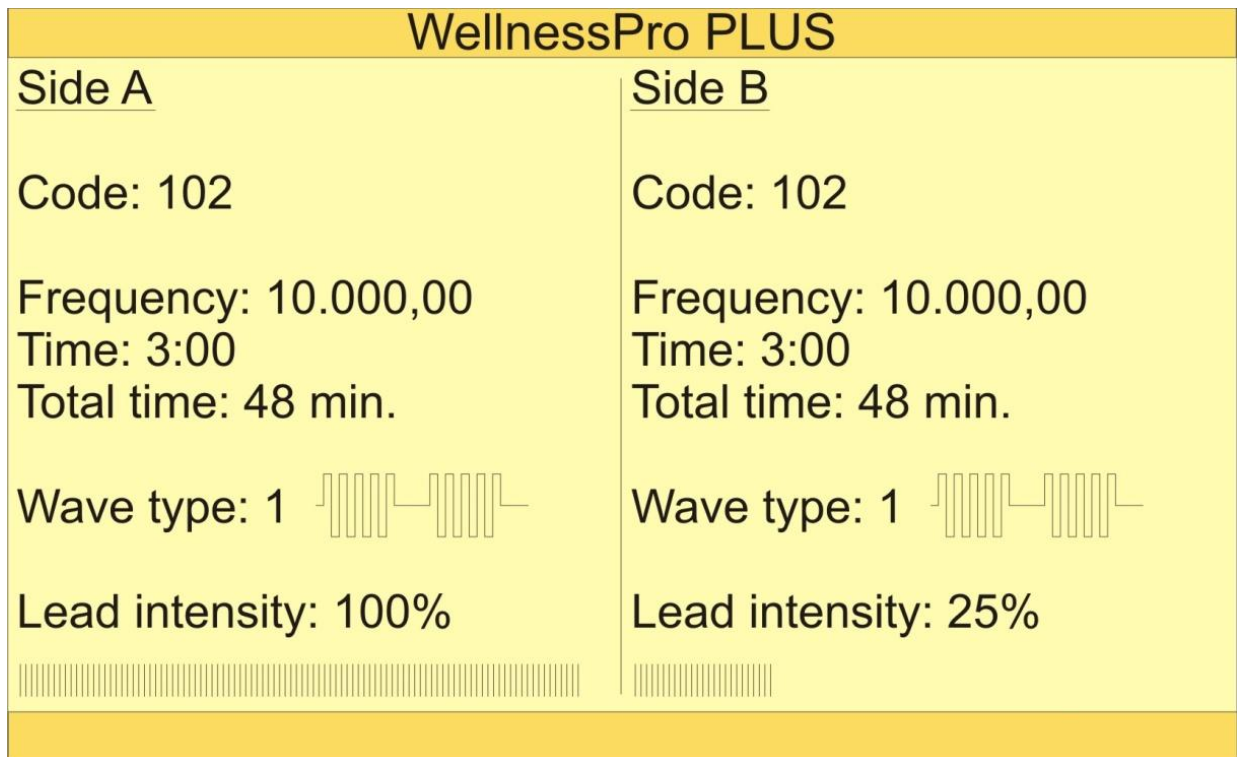
WellnessPro+® Electrode
(RCR-55)



Competitor Brand

NOTE: Many accessories for electrotherapy are available on the market. We covered the connection for some of the accessories. Some principles apply for compatible accessories. Only use accessories provided by Electromedical Technologies.

Description of LCD display:

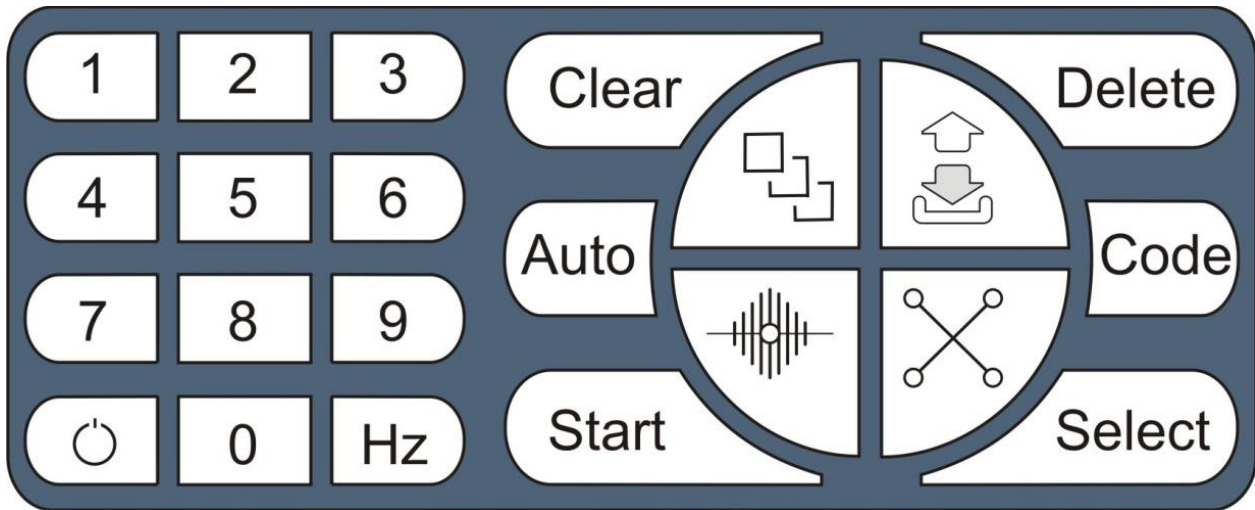



- **CODE** – This field displays the single code or auto code you have selected.
- **FREQUENCY**– This field displays Hertz frequency generated by the unit
- **TIME**– This field displays the amount of minutes necessary to complete a specific frequency
- **TOTAL TIME**– This field displays and counts down the total amount of time for all programmed frequencies within an auto code.
- **WAVE TYPE**- This field displays the wave type currently in use
- **LEAD INTENSITY LEVEL**– This field displays the intensity level of lead wires plugged into side A and Side B (Side A)

Lead intensity level is measured in units from 0-100, where 0 has no output and 100 represents 100% of the unit's power (max. voltage AC ~ 35 V; 12 V Peak into 1000-Ohm Load, Max. current 12 mA)
Every point corresponds approximately to 1% of the unit's power.

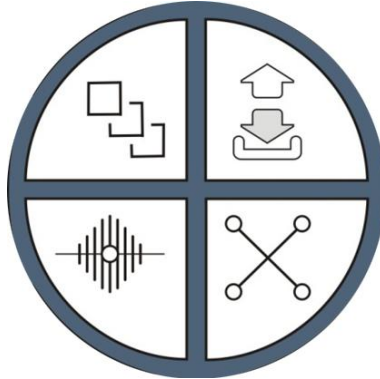
Picture above shows Side A has an output of 100% and Side B has an output of 25% of the units maximum power.

Keyboard functions:



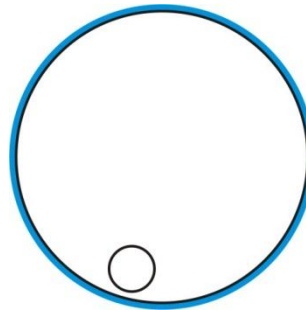
-  Power button (on/off)
- **CLEAR** resets the program display for your next program
- **DELETE** removes numbers entered by mistake. When you hit this button during an Auto code program repeatedly, DELETE skips through a series of codes/frequencies to the code/frequency you want to begin with.
- **SELECT** may be used to create your own customized auto codes.
- **CODE** may be used to store your own customized auto code(s) in memory slots (1-100)
- **START** button will run your auto codes or single code
- **AUTO** automatically selects every frequency pattern normally used in your pre-programmed auto codes
- **Hz** button is used to select your own frequency
- Rotating intensity level knobs A or B clockwise will increase the intensity level on electrodes plugged into that socket.
Rotating intensity level knobs A or B counterclockwise will decrease the intensity level on electrodes plugged into that socket.
- Numbers 0-9 are used to enter numerical values

Functions: **Dual mode**, **FLUX mode**, **Multi AUTO** and **Backup and restore** will be explained into detail in the chapter “Functions description” located on page 38 of this manual.



Intensity Level Controls:

To increase or decrease the intensity level output on the electrodes use the intensity level knobs as follows:



- Rotating left intensity level knob clockwise will increase the intensity level on electrodes plugged into socket A

Rotating left intensity level knob counterclockwise will decrease the intensity level on electrodes plugged into socket A

- Rotating right intensity level knob clockwise will increase the intensity level on electrodes plugged into socket B

Rotating right intensity level knob counterclockwise will decrease the intensity level on electrodes plugged into socket B

NOTE:

After a code stops running and the time reaches "0:00", you will hear a short audio melody. This sound will warn you that the existing code ended and a new one will begin shortly.

To ensure a smooth transition between the codes, “Fade-in” and “Drop down” features are implemented.

“**Fade-in**” will gradually increase the intensity level. “**Drop down**” will automatically reduce the strength of the output after every frequency.

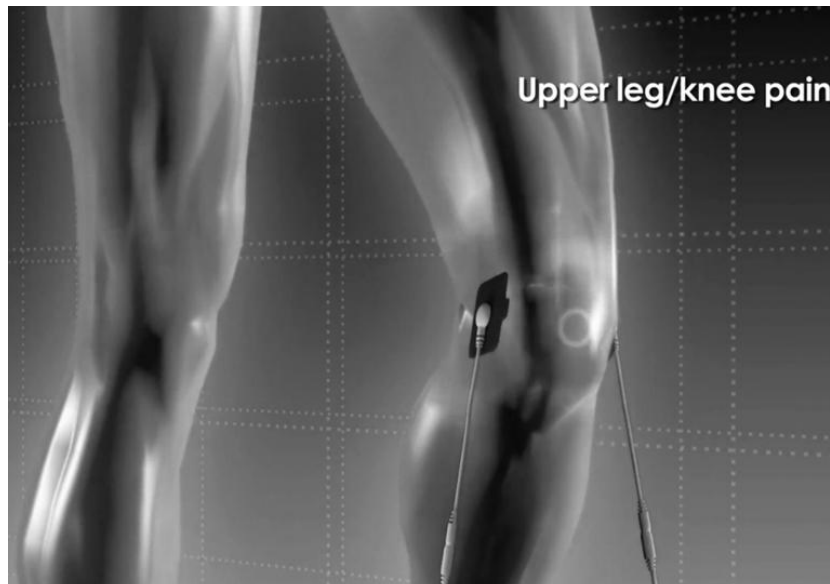
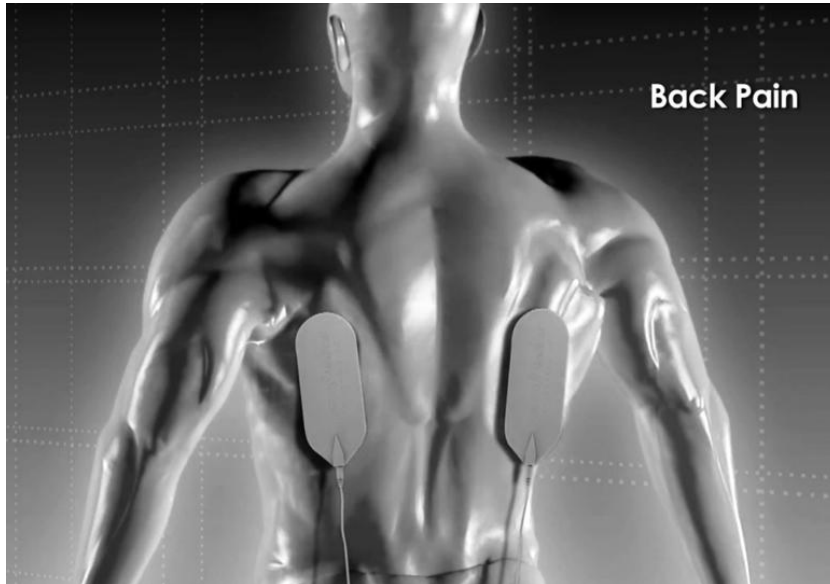
NOTE: Every frequency has a very distinct sensation. Certain high frequencies such as 10,000.00 Hz are very mild and barely noticeable, while frequencies in lower range, such as 465.00 Hz are stronger. You may not experience a feeling of energy on high frequencies.

Method of application of electrodes:

Personal application of electrodes can be placed around a target area. The WellnessPro+ generates different waveforms and any of these may be used for symptomatic relief and management of chronic, intractable, post-traumatic and post-surgical acute pain.

Special applications

When you want to target specific joint or muscle conditions such as a muscle injury, place each electrode on each side of the affected area (knee, elbow and other curved areas). For the best electrode placement talk to your practitioner as these are general guidelines.

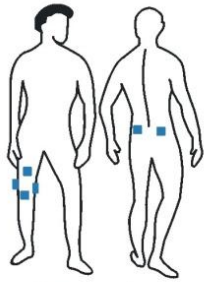


* Example of electrode placement

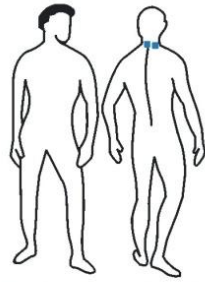
NOTE:

For maximum efficacy and to increase electrode conductivity, evenly spread a small amount of Conductivity Gel (provided in your package), on the conductive surface of the carbon rubber electrodes.

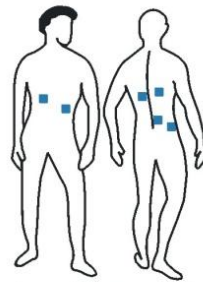
Electrode placement chart:



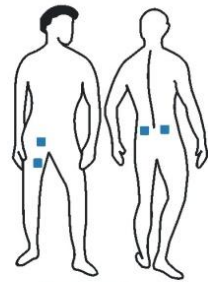
knee pain



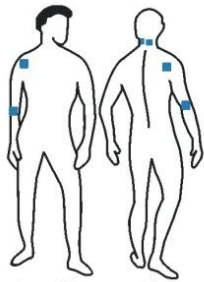
head and neck pain



thoracic or intercostal pain
alternate
use both channels

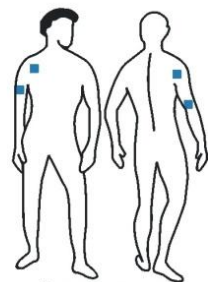


femoral pain

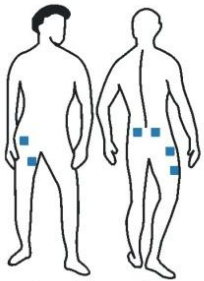


shoulder and or
knee pain

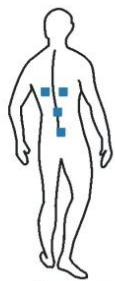
Wellness[®]
Plus



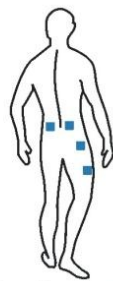
phantom pain
upper extremities



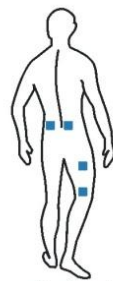
back with groin or
hip pain



low back sacral or
coccygeal pain



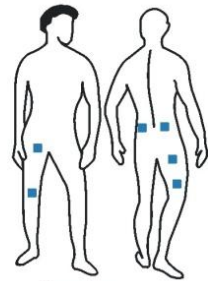
low back and
sciatic pain



unilateral
low back pain
into sciatic nerve
down leg
alternate



bilateral
low back pain
down both
lower extremities
alternate

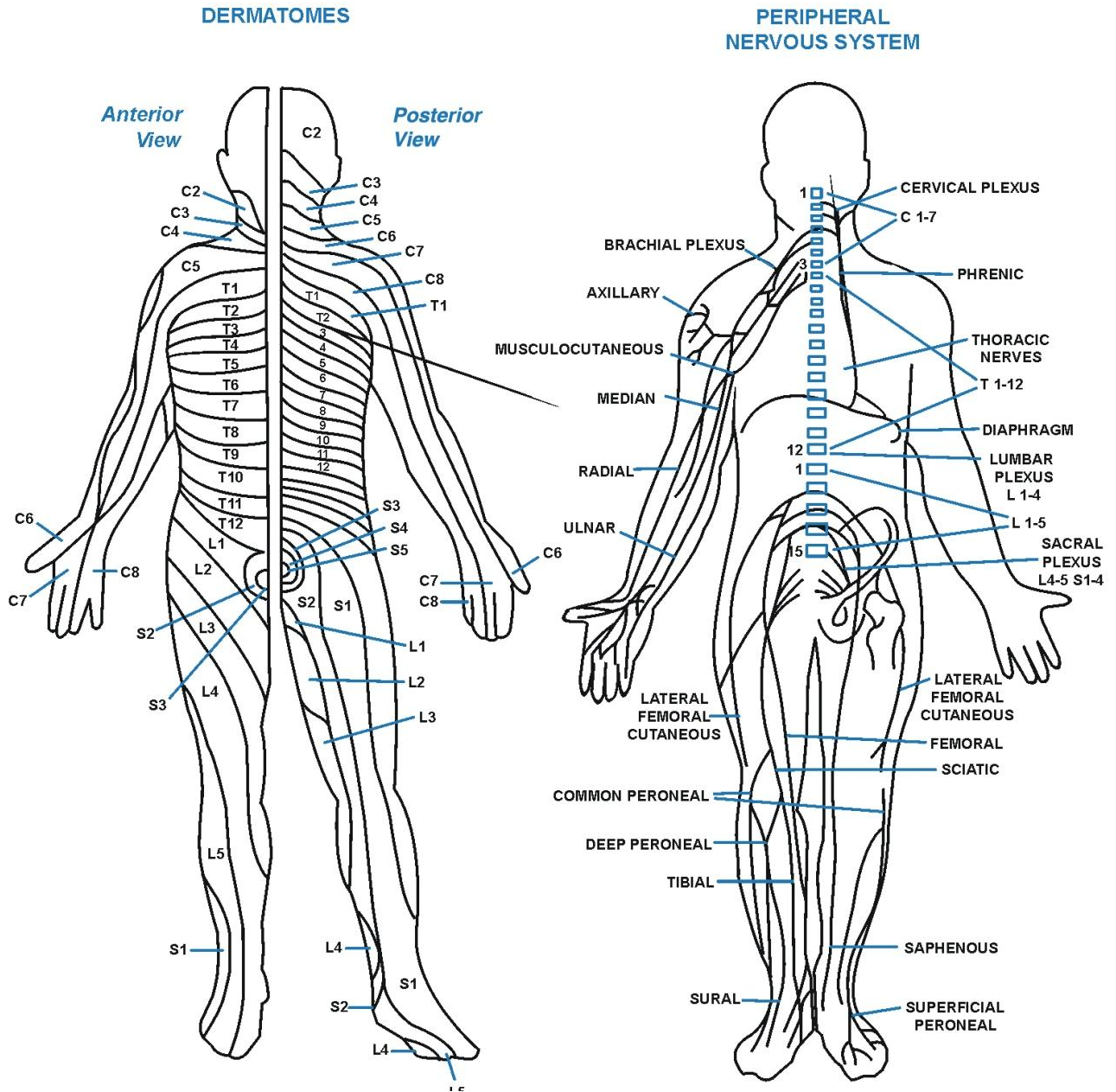


phantom pain
lower extremities

NOTE:

This is an example of electrode placement. Please discuss electrode placement with your practitioner to determine the best placement.

Electrode placement chart (continued):



NOTE:

This is an example of electrode placement. Please discuss electrode placement with your practitioner to determine the best placement.

Operating instructions:

You can use your WellnessPro+® unit to run the following:

- Auto Codes
- Single Codes
- Custom programs
- Custom frequencies

NOTE: The method of usage is a matter of convenience and personal preference.


NOTE: To complete any of the following examples your unit must be plugged in, turned on and must be in READY mode.

NOTE: For the complete list and single code description please see pages 59-60.

Turning unit ON

Press and hold  button for 2-3 seconds

Turning unit OFF

Press and hold  button for 2-3 seconds

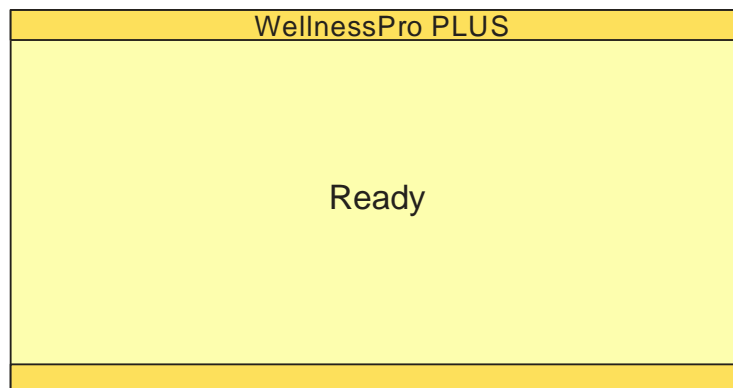
Note: To turn off the WellnessPro+, unit has to be in READY mode.

Screen appearance

During the startup sequence, welcome screen will be shown and audio melody will be heard.



After the startup melody is complete, the WellnessPro+ will go to standard "READY" mode, screen will be **YELLOW** and will look like this:



Auto Codes:

The WellnessPro+ has 100 empty memory slots available for the practitioner or user to store custom programs.

An Auto code is a single or set of frequencies or codes stored in the memory for later use.

NOTE:

When programming Auto codes using **frequencies** you can store up to 24 different frequencies per memory slot.

When programming Auto codes using single **codes** you can store up to 48 different codes per memory slot.

- Code numbers are 1 through 250.
- Auto Codes are numbered 1 through 1000.



To start any Auto code, press: Auto + Auto code number + start

If you try to use an Auto Code that is not in the memory, you will receive a "not valid number" error message.

Example 1: Run Auto code 102 for 3 minutes per frequency (default settings)

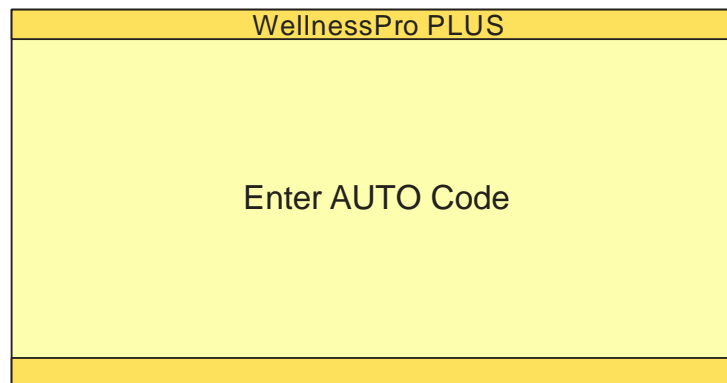
Press:  102 

Example 2: Run Auto code 102 for 10 minutes per frequency

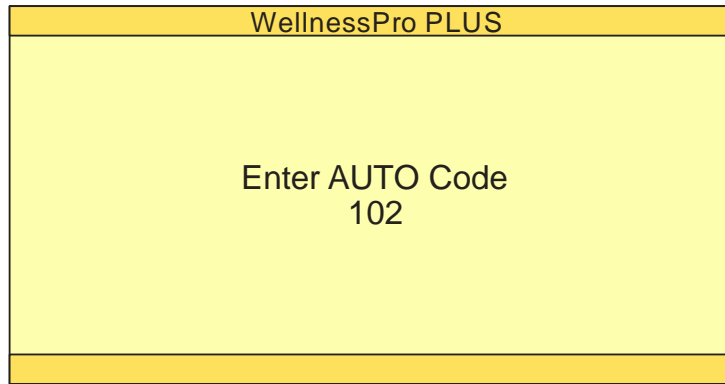
Press: 10  102 

Increase lead intensity to desired level.

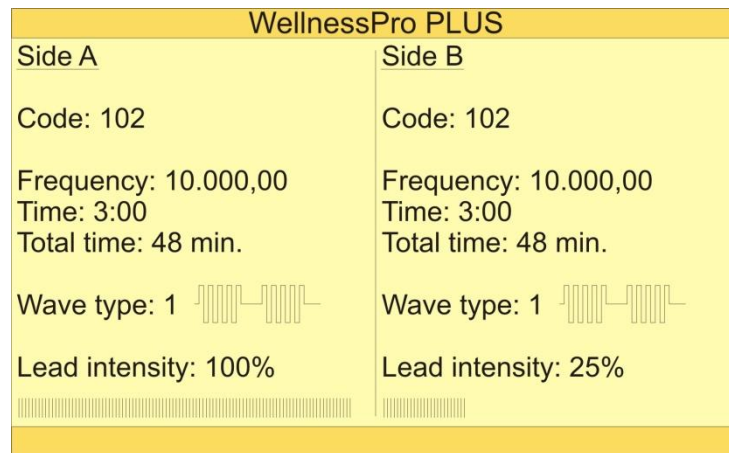
NOTE: As soon as you press the "AUTO" button, screen will appear as follows:



Entering 102 (from our example) will expand above screen to:



Pressing "Start" button will initiate Auto code 102 and screen will appear as follows:



Single Code description:

Single codes are 250 most commonly used frequencies preprogrammed in the memory for convenience and ease of use. List of the frequencies stored in the single codes are available on pages 59 and 60.

Example 1: Run code 28 for three minutes (Three minutes is the default time)

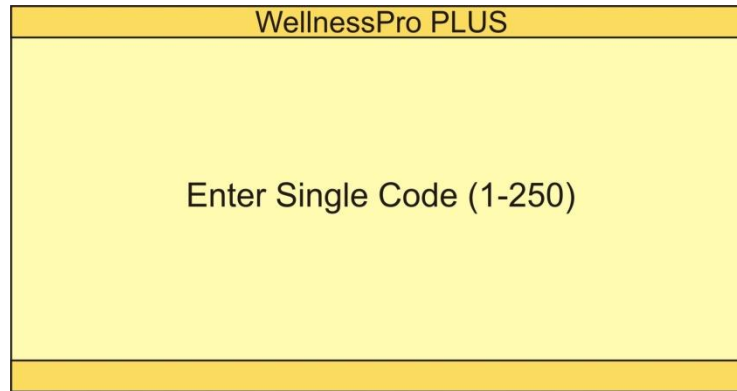


Example 2: Run code 28 for 15 minutes

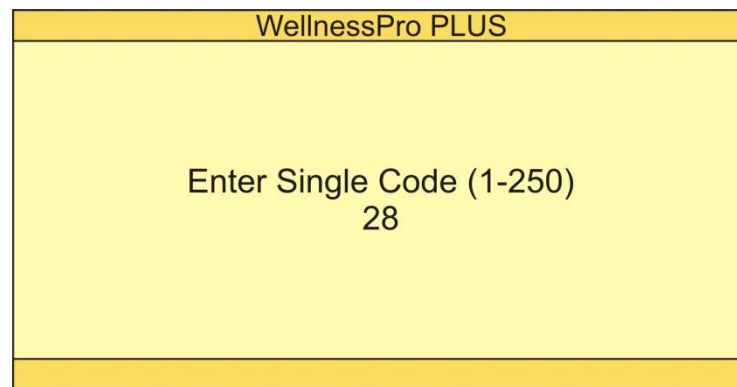


Increase lead intensity to desired level.

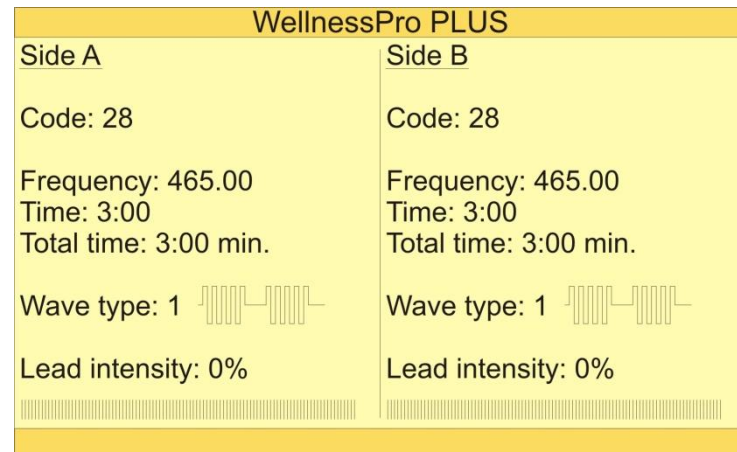
NOTE: As soon as you press “Select” button, screen will appear as follows:



Entering 28 (from our example) will expand above screen to:



Pressing “Start” button will initiate single code 28 and the screen will appear as follows:



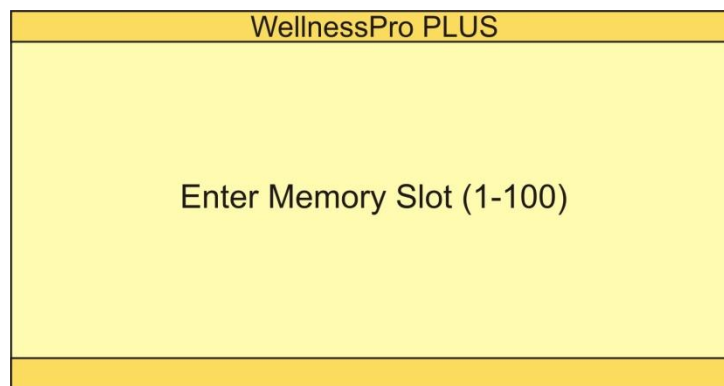
Make your own Auto Code using single codes

Example: Make your own Auto code #3 using codes 1, 9 and 21

The following example will show you how to store codes 1, 9 and 21 into memory slot #3. (Assuming your unit is plugged in, turned on and in READY mode.)

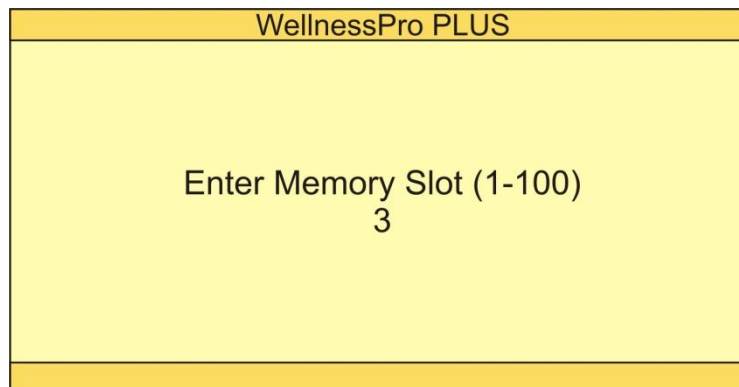
Step 1: Press  **button**

Screen will appear as follows:



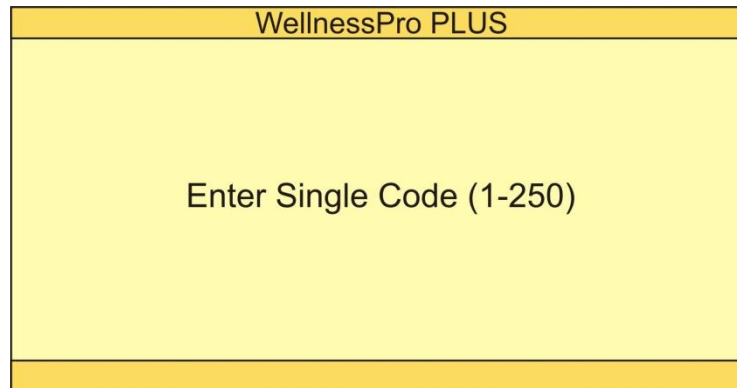
Step 2: Press number 3

Screen will appear as follows:

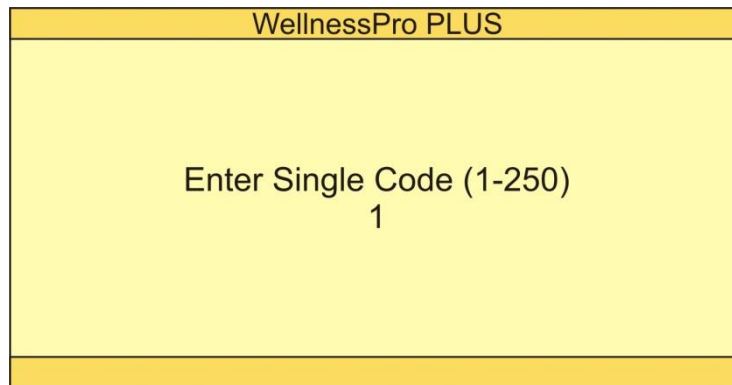


Step 3: Press  **button**

Screen will appear as follows:

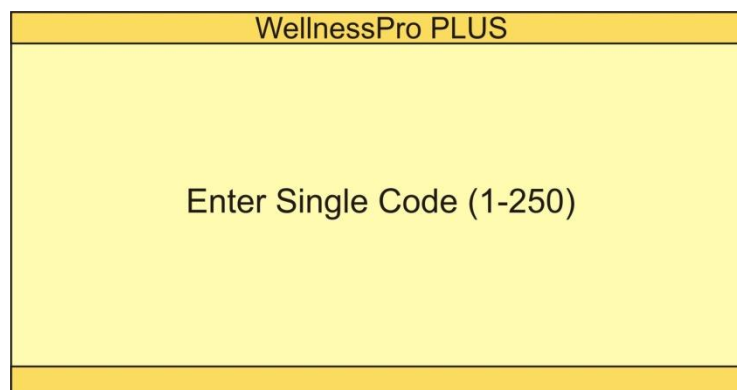


Step 4: Press number 1 (first code from our example)



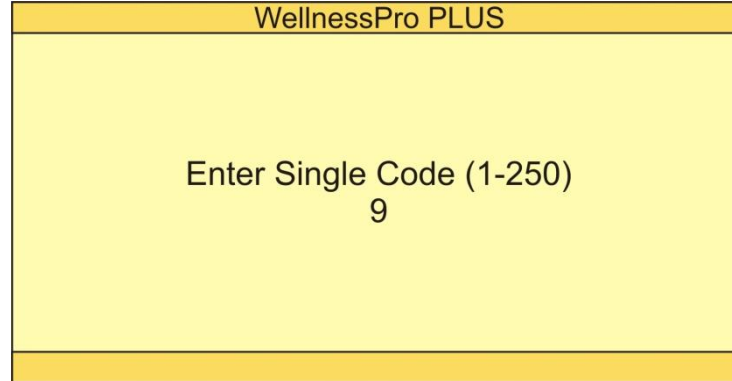
Step 5: Press  **button**

Screen will appear as follows:



Step 6: Press number 9 (second code from our example)

Screen will appear as follows:



Step 7: Press  **button**

Step 8: Press number 21 (last code from our example)

Step 9: Finish programming

For this step you have 2 options:

Option #1: Pressing **CODE** will complete your programming procedure. You will see the message "Completed!" followed by "Ready" message.

Option #2: Pressing **START** instead of the **CODE** button will complete your programming procedure and start your custom code.

To run custom code (from example above):

Step 1: Press Auto button

Step 2: Press number 3

Step 3: Press Start button

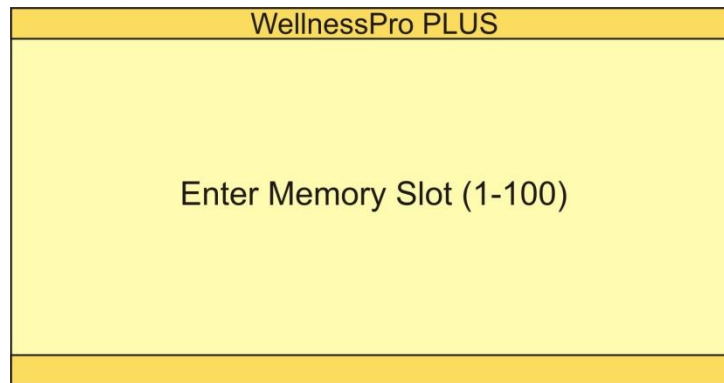
Make your own Auto Code using frequencies

Example: Make your own Auto code #5 using frequencies 15, 220 and 750.25 Hz.

This example will show you how to store frequencies **15, 220** and **750.25 Hz** into memory slot # 5. Make sure your unit is plugged in, turned on and in READY mode.

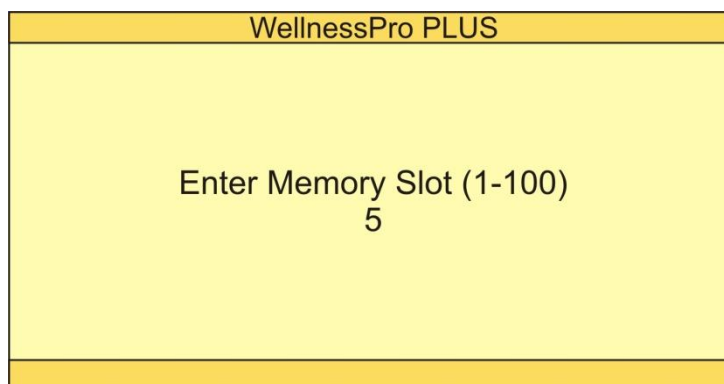
Step 1: Press  **button**

Screen will appear as follows:



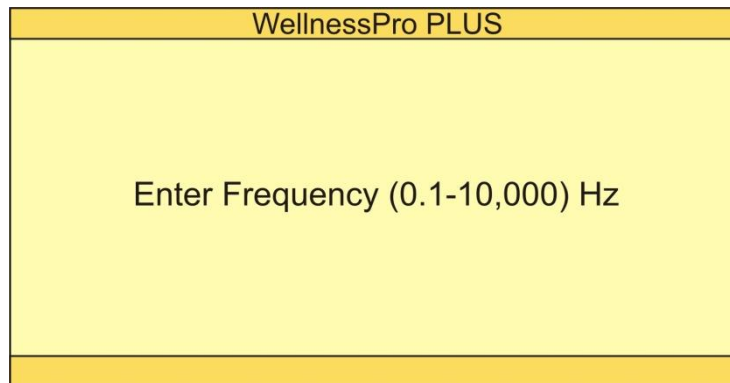
Step 2: Press number 5

Screen will appear as follows:



Step 3: Press  **button**

Screen will appear as follows:

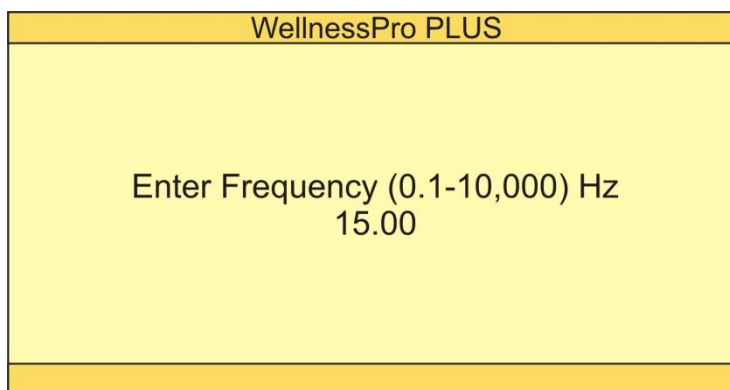


WellnessPro PLUS

Enter Frequency (0.1-10,000) Hz

Step 4: Press numbers 1500 (Frequency of 15.00 Hz from our example. Last two digits are decimal points)

Screen will appear as follows:

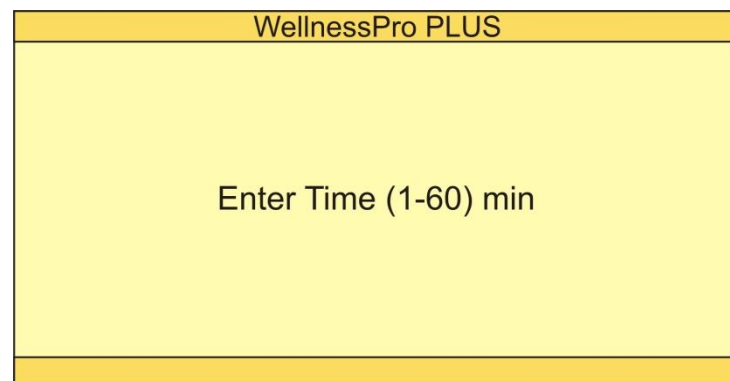


WellnessPro PLUS

Enter Frequency (0.1-10,000) Hz
15.00

Step 5: Press  **button**

Screen will appear as follows:



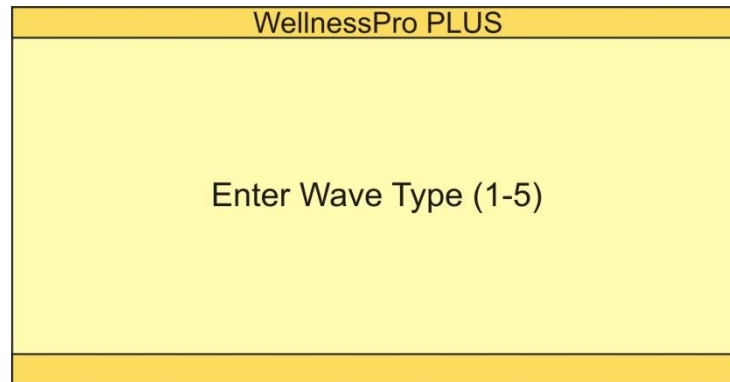
WellnessPro PLUS

Enter Time (1-60) min

Step 6: Enter desired running time for this frequency by pressing numbers 1 through 60.

Step 7: Press  **button**

Screen will appear as follows:



Step 8: Enter desired wave type by pressing numbers 1 through 5. (Wave type descriptions located on page 9)

NOTE: Repeat steps 3 through 8 in order to store the second frequency from our example.

Step 9: Press  **button**

Step 10: Press numbers 22000 (Frequency of 220.00 Hz – no decimal point entered)

Step 11: Press  **button**

Step 12: Enter desired running time for this frequency by pressing numbers 1 through 60.

Step 13: Press  **button**

Step 14: Enter desired wave type by pressing numbers 1 through 5.

NOTE: Repeat steps 3 through 8 in order to store the last frequency from our example.

Step 15: Press  **button**

Step 16: Press numbers 75025 (Frequency of 750.25 Hz – no decimal point entered)

Step 17: Press  **button**

Step 18: Enter desired running time for this frequency by pressing numbers 1 through 60.

Step 19: Press  **button**

Step 20: Enter desired wave type by pressing numbers 1 through 5.

Step 21: Finish programming

For this step you have 2 options:

Option #1: Pressing **CODE** will complete your programming procedure. You will see the message “Completed!” followed by “Ready” message.

Option #2: Pressing **START** instead of the **CODE** button will complete your programming procedure and start your custom code.

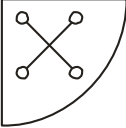
NOTE: To use your custom frequencies without storing the frequencies in the memory of the unit, skip steps 1 and 2 described in this chapter.

Mistakes & Errors

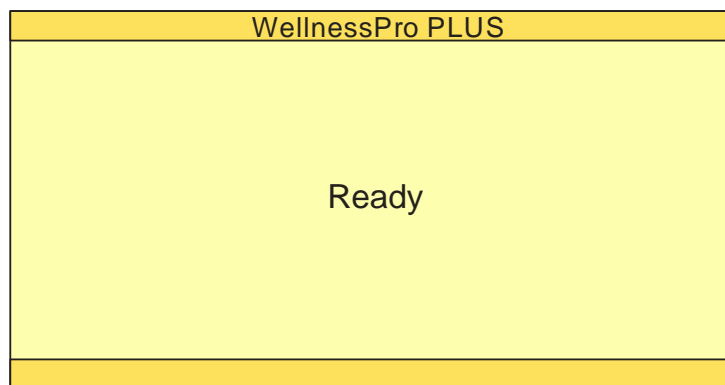
- If you use the incorrect order to enter your data, the unit will sound ("squeak") alerting you to the error. When you hear this noise, read the instructions carefully, press **CLEAR**, and correct your mistake. To minimize these errors, we have implemented the display interface that will guide the user during programming sequences.
- If you give the unit an incorrect number or code, the display will read **NOT VALID NUMBER**. You will need to re-enter a number that actually exist in the memory of the unit.
- If the unit freezes, unplug the unit, wait a few seconds, then plug it in and turn it on.

Functions description

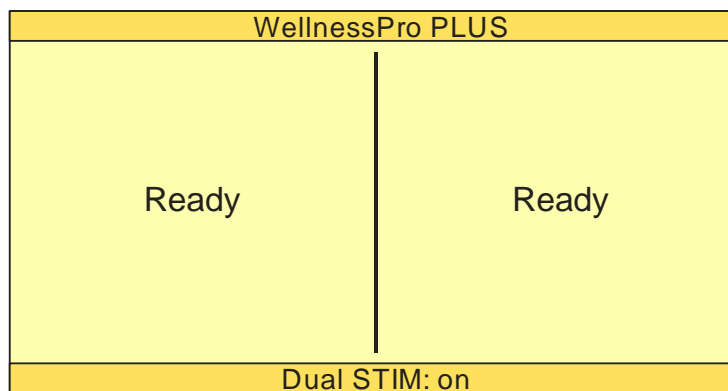
Dual mode (On/Off)

When  button is pressed, "Dual STIM: on" will appear at the bottom of the screen.

At that point the standard "READY" screen appearance will change from:



To dual Ready style:

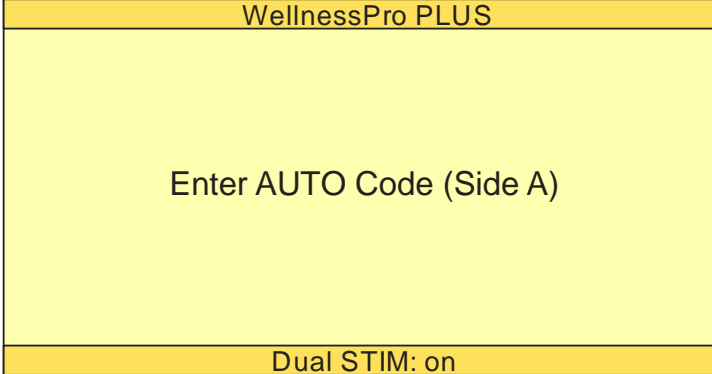


To turn off the Dual STIM function, press  again. Screen will return to the standard READY mode.

Dual mode operation

To operate the unit in DUAL mode, press the AUTO button

Message on the screen will appear as follows:

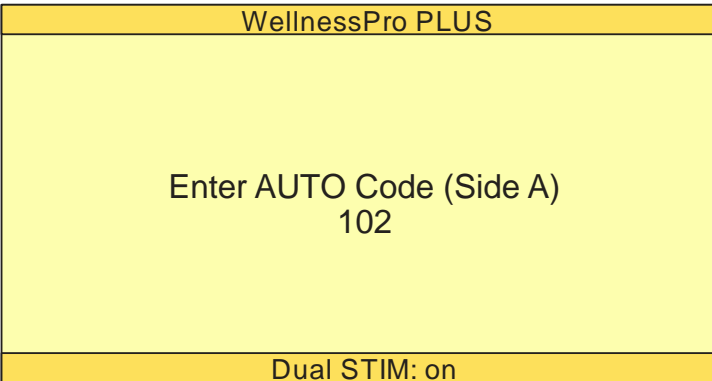


WellnessPro PLUS

Enter AUTO Code (Side A)

Dual STIM: on

Desired AUTO CODE is selected (we chose 102 as an example by pressing 102)

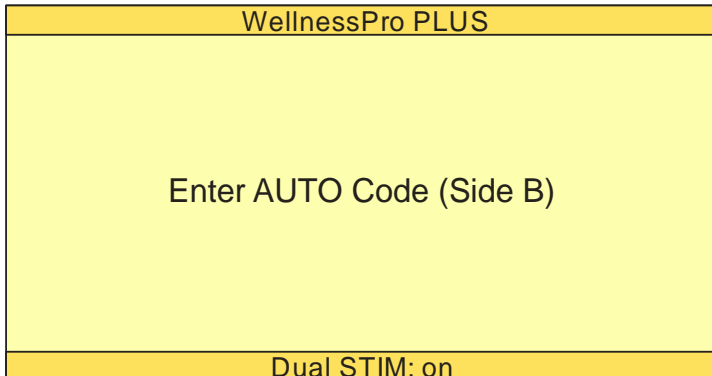


WellnessPro PLUS

Enter AUTO Code (Side A)
102

Dual STIM: on

Press **SELECT** button - second message is displayed:

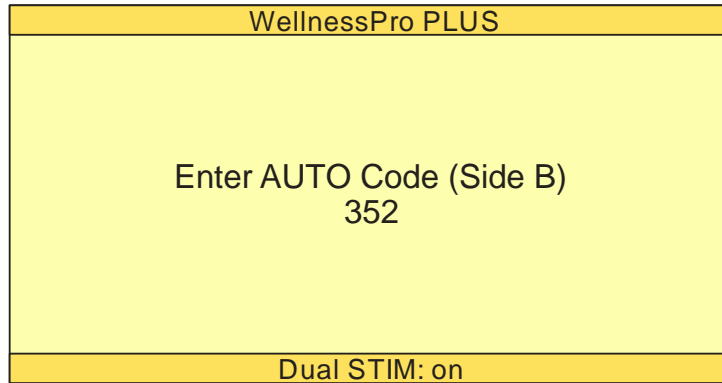


WellnessPro PLUS

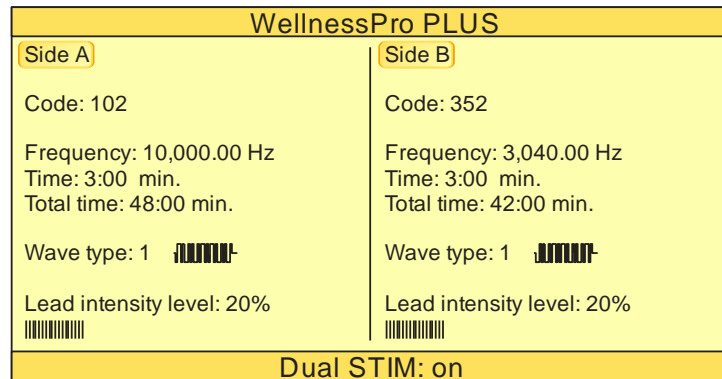
Enter AUTO Code (Side B)

Dual STIM: on

Desired AUTO CODE is selected (we chose 352 as an example by pressing 352)

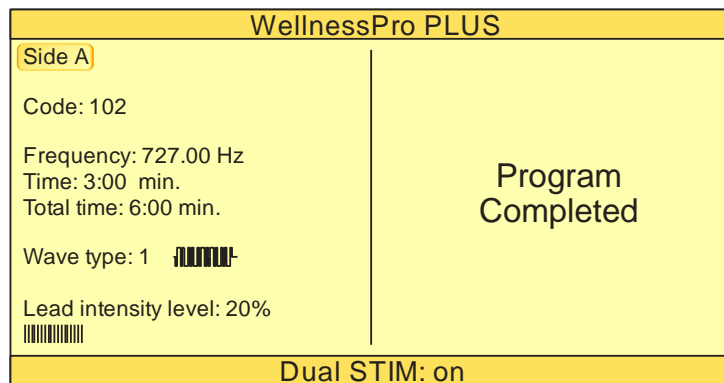


Press the **START** button - screen will appear as follows:

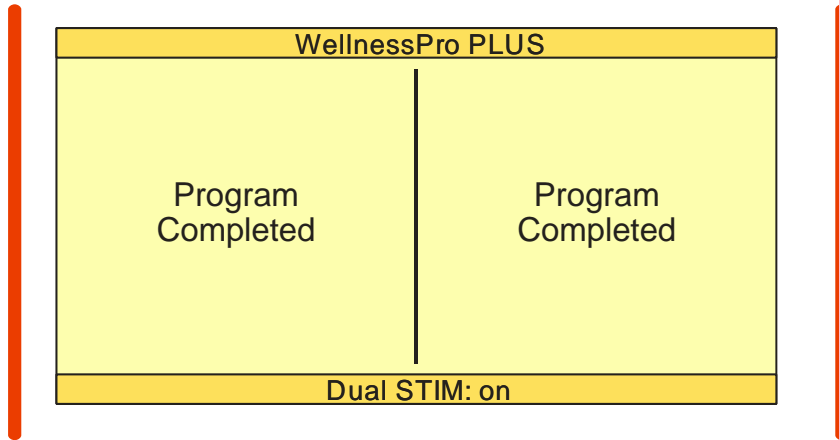


Vertical LED stripes from both sides of the screen will fade-in/fade-out in blue color.

Since 'Side A' and 'Side B' can have a different time, once one side is done with the selected program, that side will show the message "**Program Completed**" on the screen. The other side will continue to work until that program is completed as well.

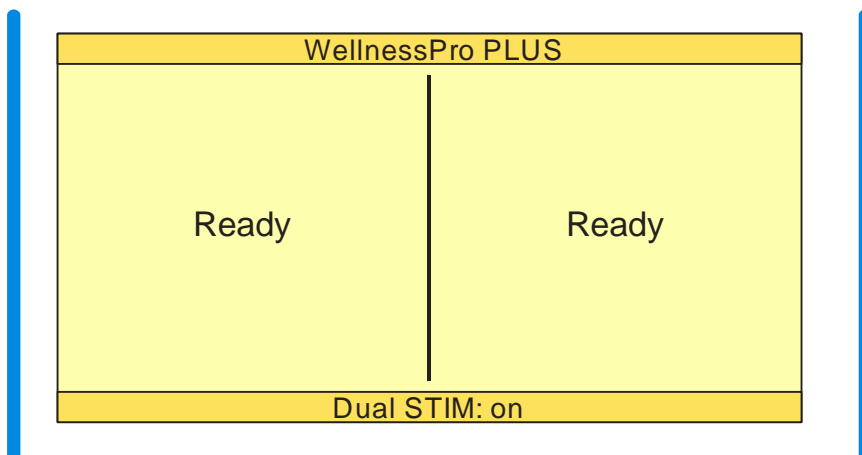


Vertical LED stripe on the left (example image on previous page) will continue fade-in/fade-out routine in blue color while vertical LED stripe on the right side will simply glow in orange indicating that side is over with the program. Once the program is complete on the side A, the vertical LED will start glowing orange.



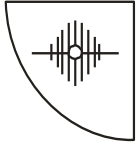
Both of the stripes will remain this way until the CLEAR button is pressed. This function is designed to help practitioners or users of the WellnessPro+ determine if the program is complete. Once the CLEAR button is pressed, the vertical LED stripes will change from orange to blue and the screen will change to the double "READY" mode.

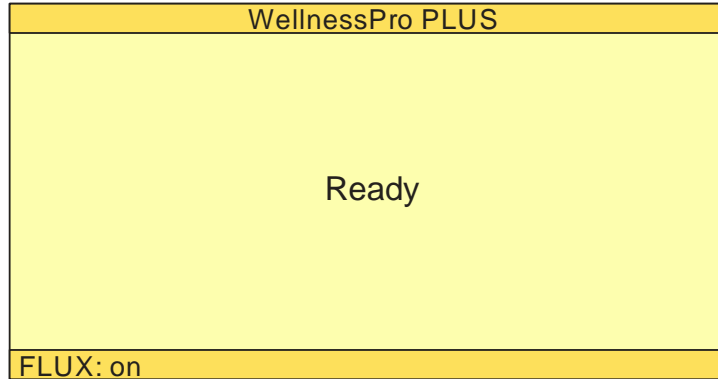
Pressing the CLEAR button will return the unit to dual READY mode. The LED stripe color will change from glowing orange to glowing blue.



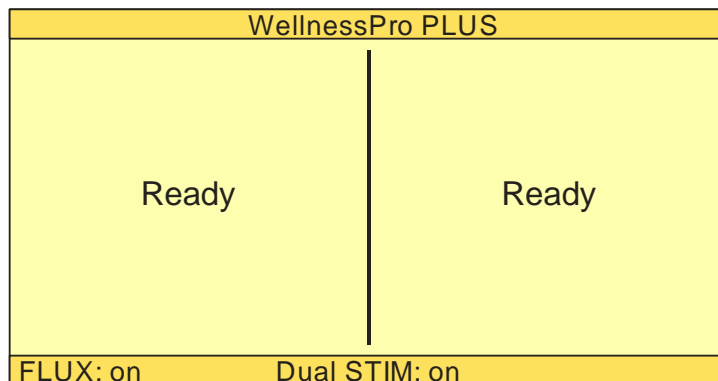
NOTE: The behavior of the vertical LED stripes is the same in all modes of operation.

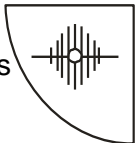
FLUX mode (On/Off)

When  button is pressed, "FLUX: on" will appear at the bottom left corner of the screen.



This function will work in standard and/or dual mode




To turn off the FLUX function, press  button again. Message "FLUX: on" will disappear from the screen.

FLUX function is the ability for frequencies inside of the auto code to fluctuate "X" amount of Hz (if desired).

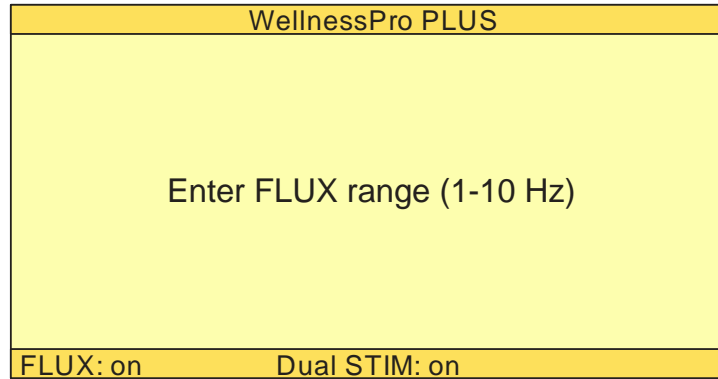
Default value for the FLUX function is 3 Hz.

To change default value

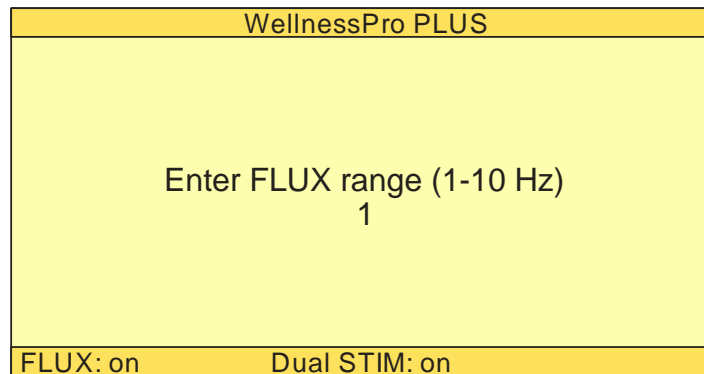
press and HOLD  button for **2 SECONDS**. WellnessPro+ will "beep" twice and the new message: "Enter FLUX range (1-10 Hz) will appear.

Note: FLUX feature must be ON if you want to change default value.

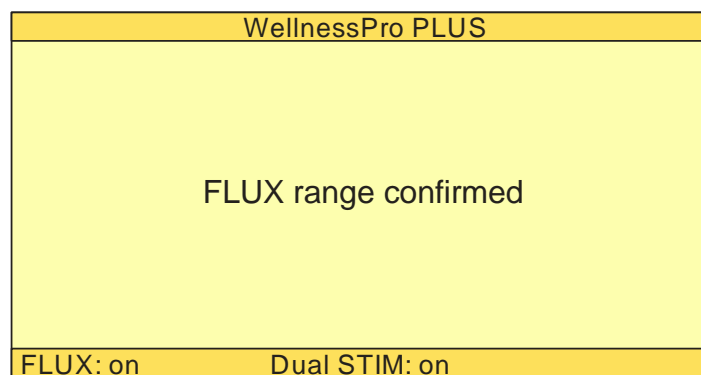
Screen will appear as follows:



Desired FLUX Value is selected (we chose 1 as an example)



SELECT button is pressed and confirmation message is displayed




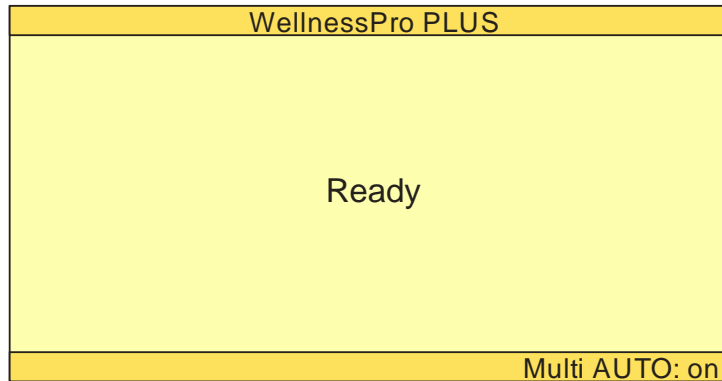
2 seconds after, screen will change to the READY mode
(Standard or Dual, depending on the state prior to pressing the FLUX button)

NOTE: This feature could be accomplished with the old WellnessPro 2010 but it would require a lot of programming on the user's side.

Multi AUTO sequence (STANDARD READY MODE)

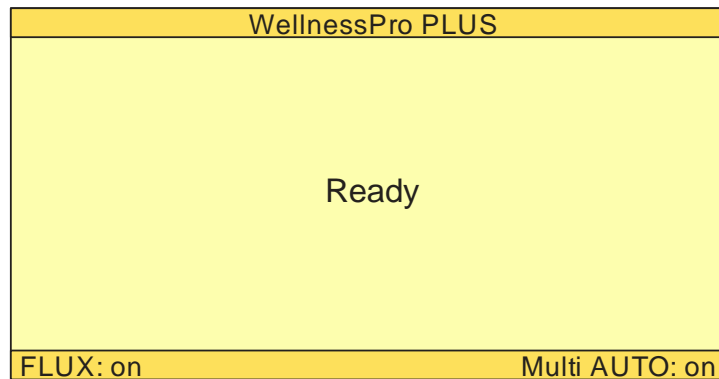
This feature will allow the user of the WellnessPro+ to run up to 50 consecutive Auto codes of their choice. Auto code used can be any code from memory slot 1 to 1000.

When  button is pressed, "Multi AUTO: on" will appear at the bottom right corner of screen.

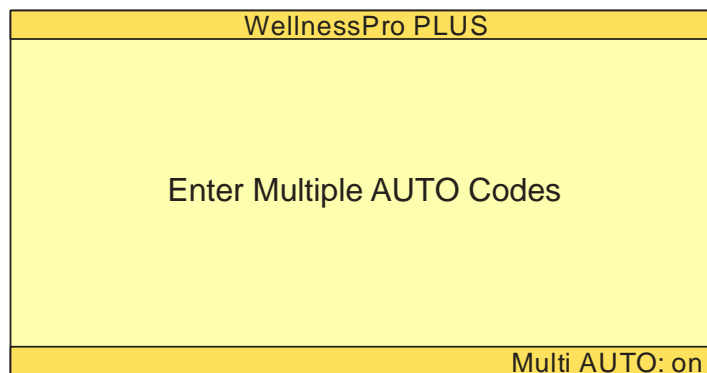


This function will work in Standard or DUAL mode and can be combined with FLUX function.

Screen in standard mode would look like this:



To start entering multiple AUTO codes, press the AUTO button - screen will appear as follows:



Desired AUTO CODE is selected (we chose 102 as an example)

WellnessPro PLUS
Enter Multiple AUTO Codes 102
Multi AUTO: on

press **SELECT** button - unit will ask for the new AUTO Code

WellnessPro PLUS
Enter Multiple AUTO Codes
Multi AUTO: on

Desired AUTO CODE is selected (we chose 211 as an example)

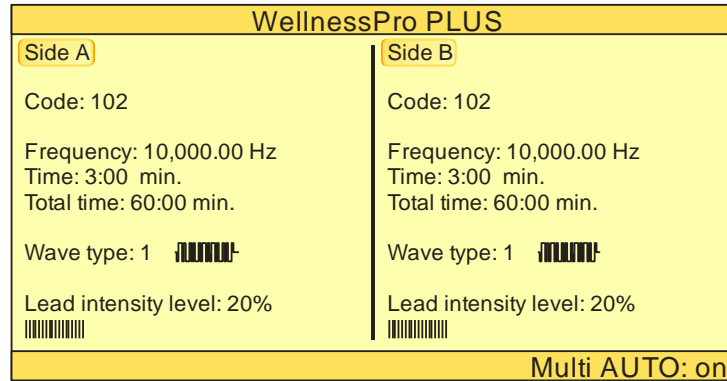
WellnessPro PLUS
Enter Multiple AUTO Codes 211
Multi AUTO: on

SELECT button is pressed and new AUTO Code is selected, etc.

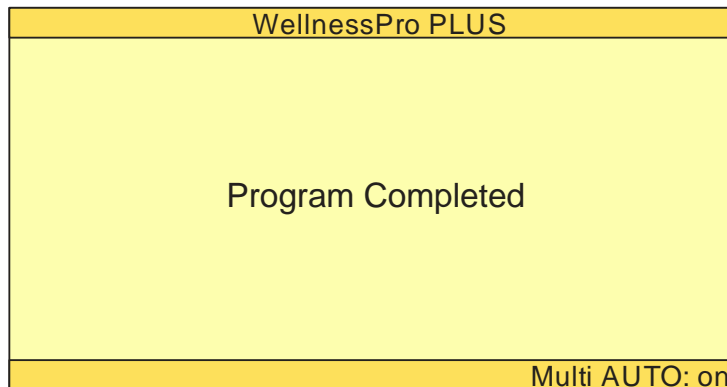
This process can repeat UP TO 50 times to run up to 50 consecutive auto codes.

To complete entering the AUTO Codes and to start the sequence, PRESS START button.

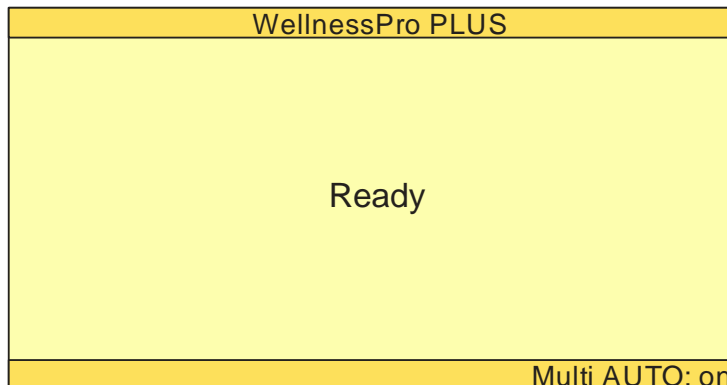
The screen will appear as follows:



After the first AUTO Code is complete the next one will start. The program will continue until all of the selected AUTO codes are complete. Once the sequence of Auto codes are finished, a new message will appear. The LED stripes will change color from blue to orange and the screen will appear as follows:

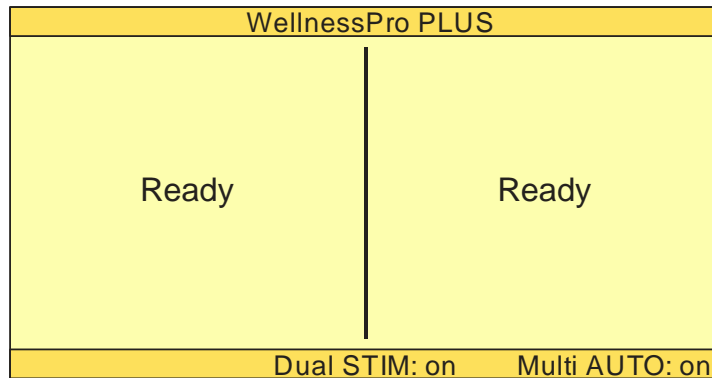


Both of the LED stripes will stay this way until the CLEAR button is pressed. Once the CLEAR button is pressed, vertical LED stripes will go from orange to blue and the screen will change to the standard "READY" mode.

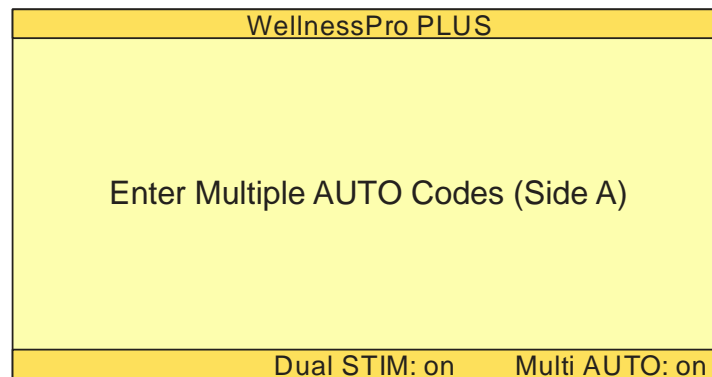


Multi AUTO sequence (DUAL READY MODE)

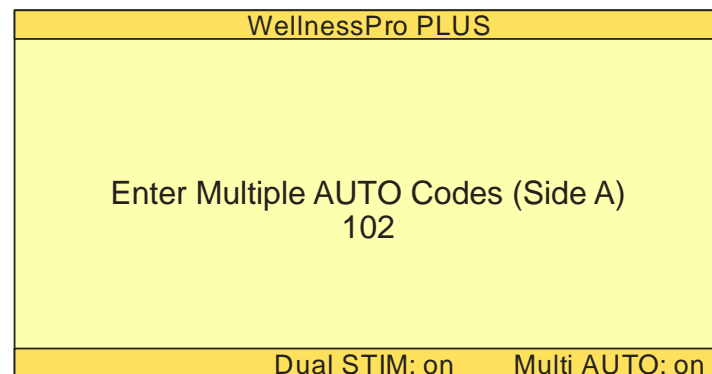
To use Multi AUTO feature in DUAL mode, turn on DUAL and MULTI features (by pressing appropriate buttons outlined on pages 39 and 44). Screen will appear as follows:



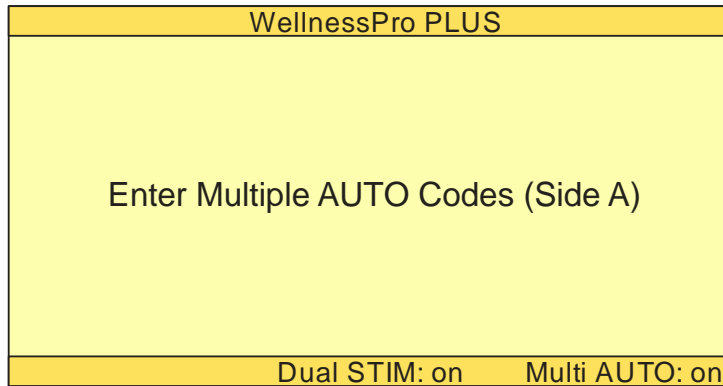
To start entering multiple AUTO codes, press the AUTO button. Screen will appear as follows:



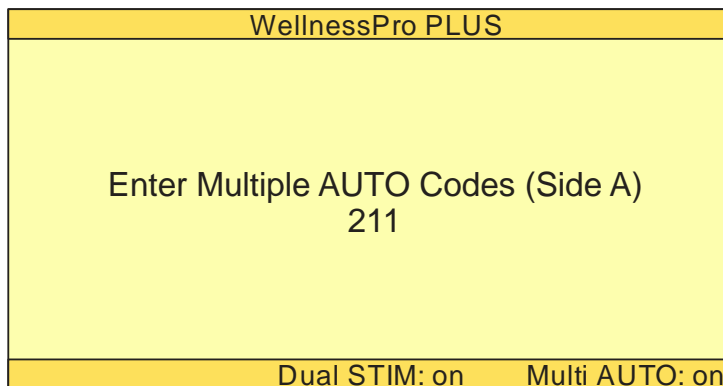
Desired AUTO CODE is selected (we chose 102 as an example)



Press **SELECT** button and the unit will ask for the new AUTO Code



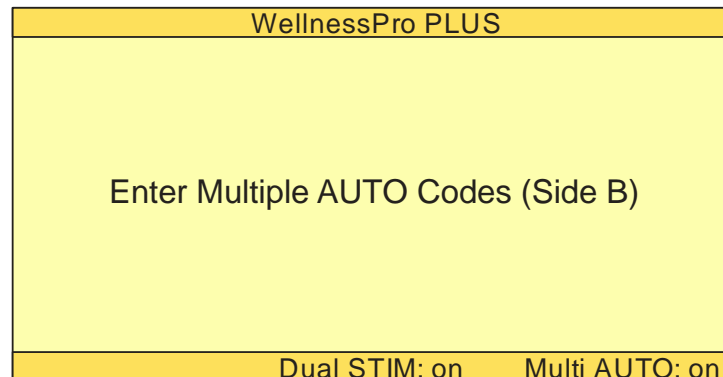
Desired AUTO CODE is selected (we chose 211 as an example)



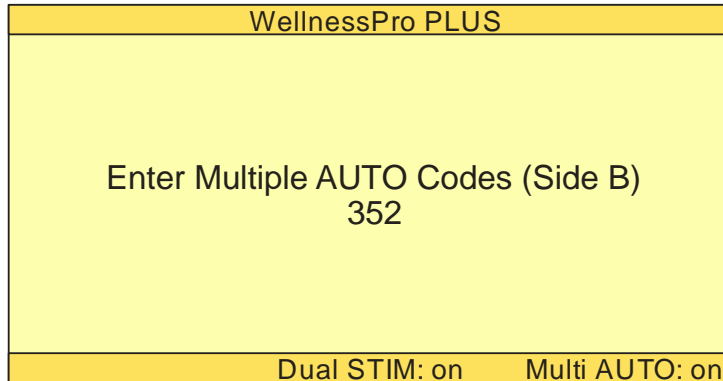
SELECT button is pressed and new AUTO code is selected, etc.

This process can repeat UP TO 50 times to run up to 50 consecutive auto codes on SIDE A.
To complete entering the AUTO Codes for SIDE A and to start entering AUTO Code sequence for SIDE B,
press the START button.

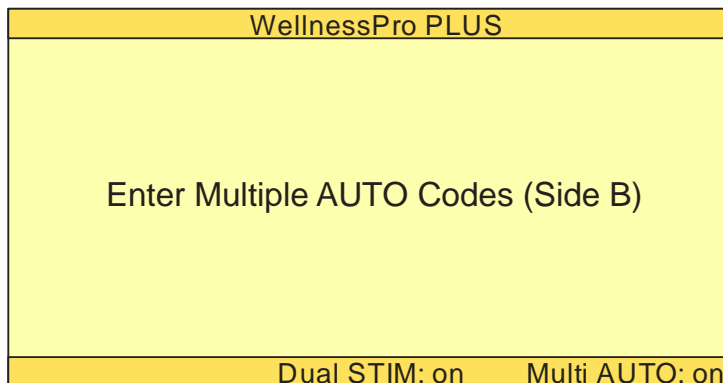
Screen will appear as follows:



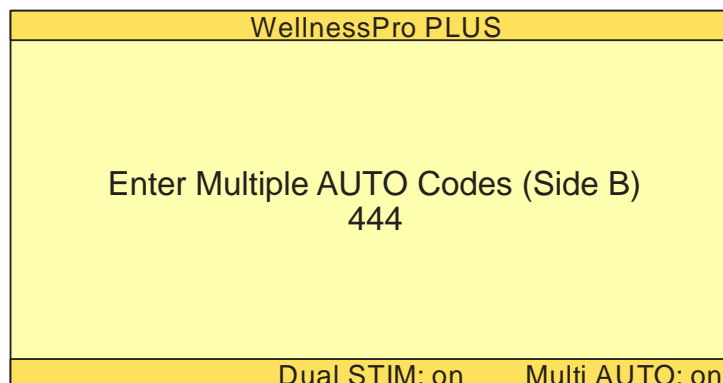
Desired AUTO CODE is selected (we chose 352 as an example)



Press **SELECT** button and the unit will ask for the new AUTO Code

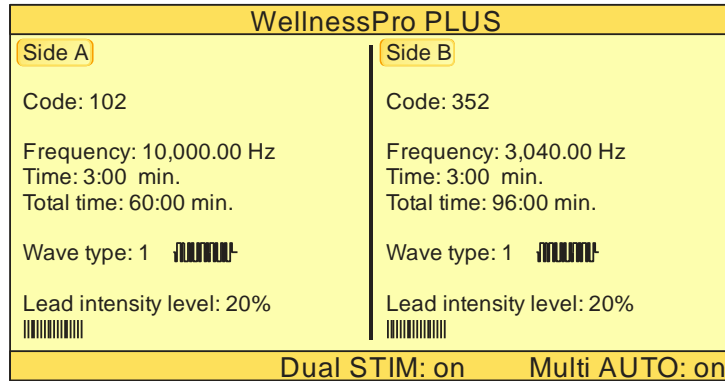


Desired AUTO CODE is selected (we chose 444 as an example)

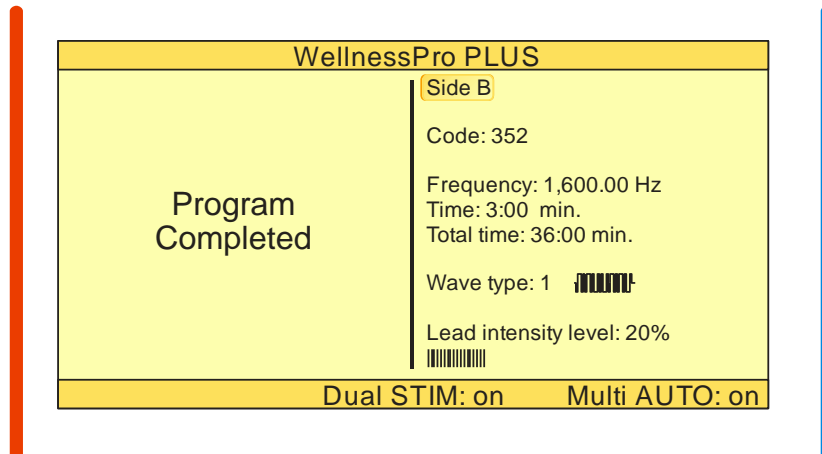


SELECT button is pressed and new AUTO code is selected, etc.
This process can repeat UP TO 50 times to run up to 50 consecutive auto codes on SIDE B.
To complete entering the AUTO Codes for SIDE B and to start the program, press START button.

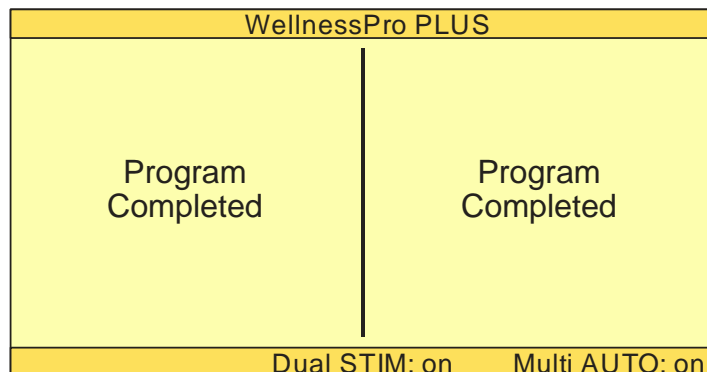
The screen will appear as follows:



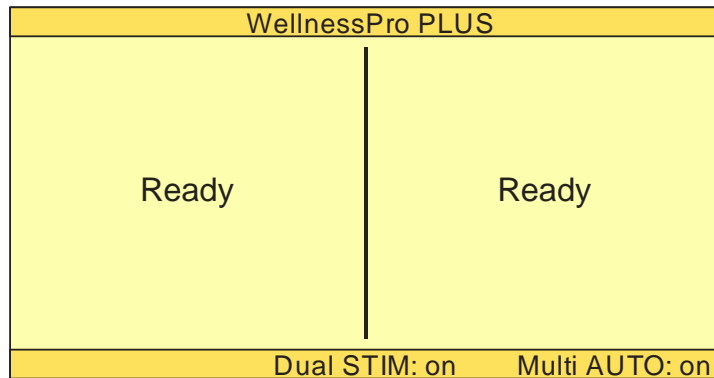
After the first AUTO Code is complete on either side, the next one will start. The program will continue until all of the selected AUTO codes are complete. In our example, the program on “Side A” is finished while the program on “Side B” is still running. The LED stripe on the side that is complete will start glowing orange, while the LED stripe on the side that is still running will have a blue stripe performing FADE-IN/FADE OUT.



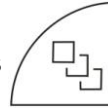
Once the program on the other side is over, a new message will appear, LED stripe will change color from blue to orange and screen will appear as follows:



Pressing the **CLEAR** button will return the unit to ready mode and screen will appear as follows:



To turn off the Multi Auto function from READY mode, press



button. Message "Multi AUTO: on" will disappear from the screen.

Backup and Restore

These functions will enable to backup or restore programs stored in custom memory slots (1-100) to a STIM card located on the back of the unit (please refer to page 13 in this manual).

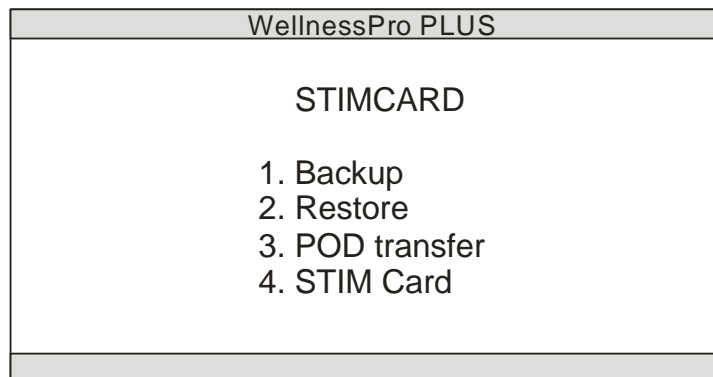
To use these functions, from READY mode, press



button.

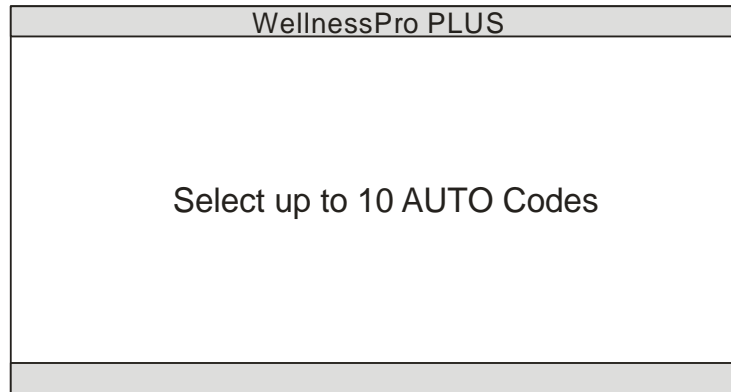
Screen color will change to white.

Screen will become WHITE and the following message will appear:

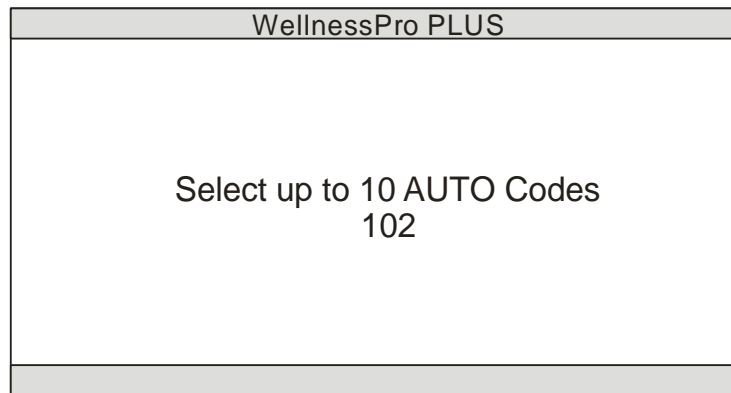


- **Pressing number 1** will automatically save all of the existing custom codes you may have located in the first 100 memory slots of the WellnessPro+ to a STIM card. Once the backup has been successfully completed, the following message will appear: **"Backup Completed"**.
- **Pressing number 2** will restore (copy) all the data from a STIM card to the WellnessPro+. Any existing data in memory slots 1-100 will be erased and replaced with data on the STIM/FLASH card. Once the restore has been successfully completed, the following message will appear: **"Restore Completed"**.

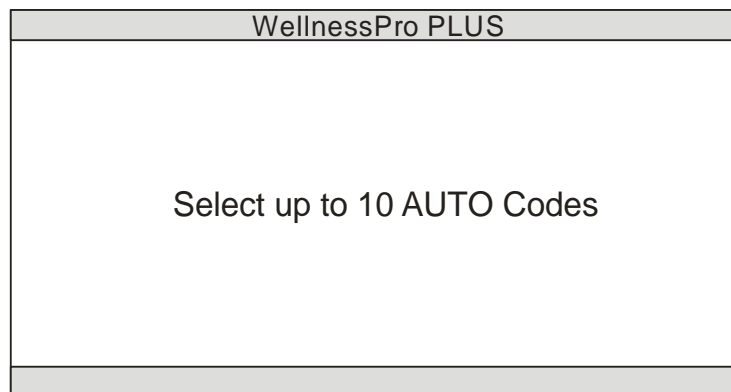
- **Pressing number 3** will allow user to pick any 10 AUTO Codes that will be stored in a STIM card. After pressing number 3, the screen will appear as follows:



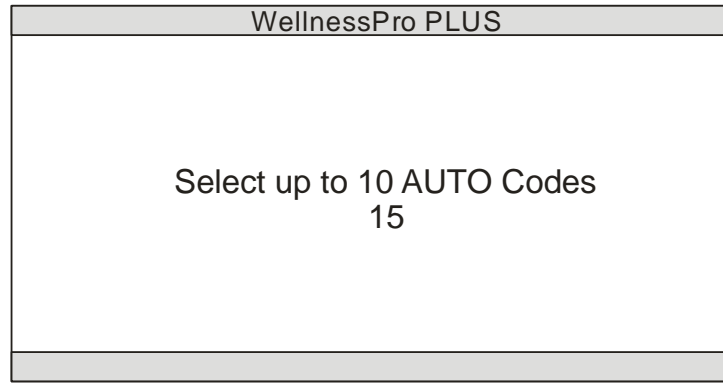
Desired AUTO CODE is selected (we chose 102 as an example)



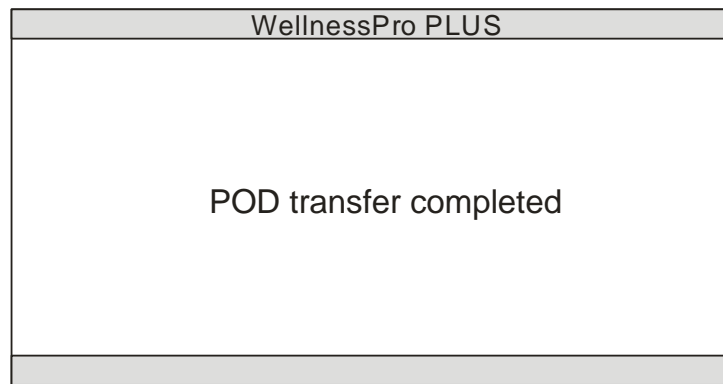
SELECT button is pressed and screen prompts continue



Another AUTO CODE is selected (we chose 15 as an example)

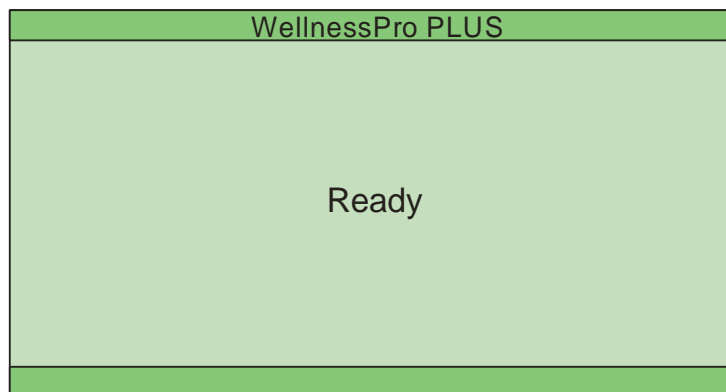


SELECT button is pressed and screen prompts continue, etc.
To complete the transfer to STIM/FLASH card, press the **START** button.
The following message will appear:



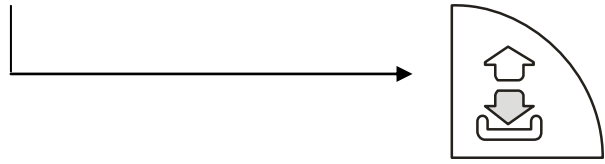
NOTE: POD transfer feature is designed to transfer data to the upcoming device (not available at the moment of producing this manual). This option saves only 10 auto codes to a special area on the card and has nothing to do with backup/restore function (they will not override each other).

- **Pressing number 4** will allow user to run the custom programs from the card directly without storing them to internal memory of the unit. If option 4 is selected, new message "STIM Card Completed!" will appear on the screen.
Pressing the **CLEAR** button will change screen color to a light pastel green. Screen should look similar to this:

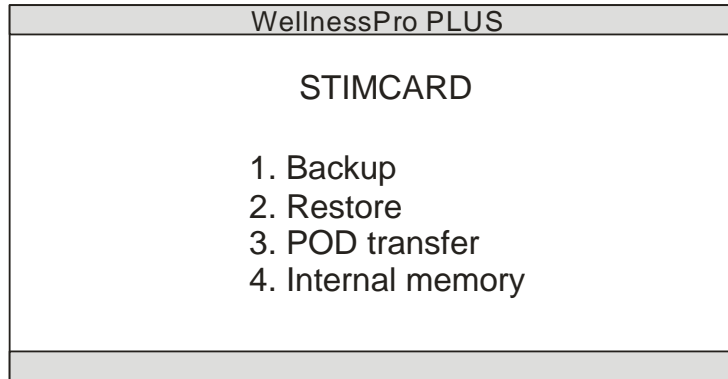


All other functions are the same as in standard mode.

To stop using programs on the STIM Card memory and return to using programs stored in the memory of the WellnessPro+, from the READY mode press transfer button.



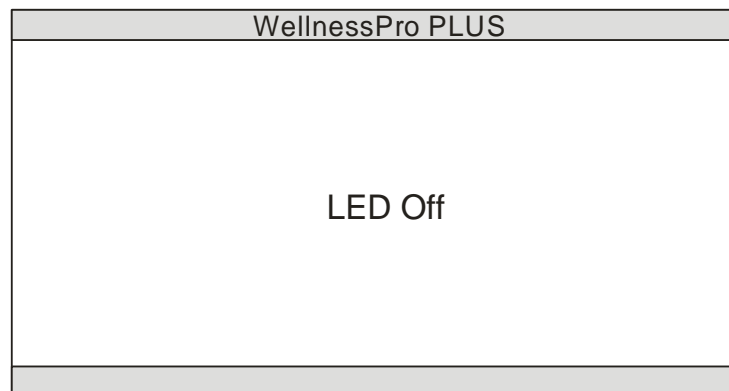
Screen will appear as follows:



- **Pressing number 4** will return the unit to the normal mode, meaning the programs will be called from the internal memory instead of the card. Note that option 4 on the screen is now showing text “Internal Memory” instead of “STIM Card”. If option 4 is selected, a new message “Internal Memory Completed!” will appear on the screen. Pressing the CLEAR button will return the unit to READY mode.

Turning LED On/Off

To turn off blue LED stripes on the sides of the unit, from READY mode, press and HOLD “Select” button for 2 to 3 seconds. The following message will appear:

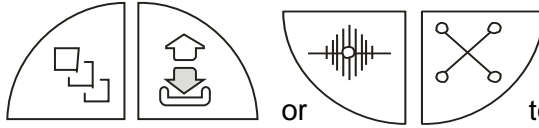


This will turn off the blue LED’s which are present during any AUTO code. Orange LED’s will still glow at the end of the program, notifying the user that the program is over.

To turn on blue LED stripes on the sides of the unit, from READY mode, press and HOLD “Select” button for 2 to 3 seconds. The following message will appear on the screen: “LED On”.

Sound On/Off

Pressing the buttons



or

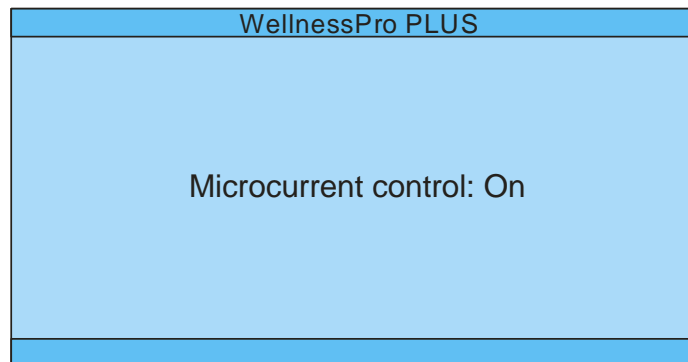
together at the same time will turn On/Off the sound.

Message on the center of the screen will show “Sound off” or “Sound On”.

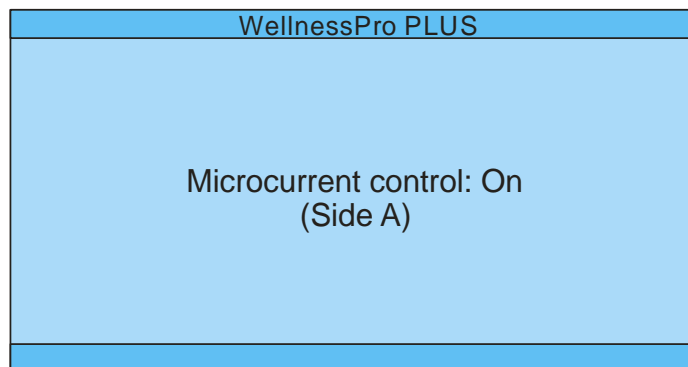
Microcurrent On/Off

To give practitioners and users of the WellnessPro+ more control and flexibility when it comes to treatments, the existing feature in the WellnessPro 2010 was expanded, where now it is possible to precisely control the current output of the device.

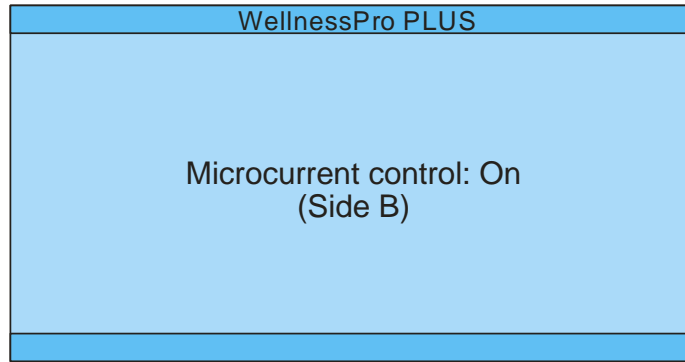
To turn the Microcurrent function press μA button when the unit is in the READY mode (please refer to page 12 - Current control buttons). This will turn ON microcurrent control for both sides, screen color will change to BLUE, message on the screen will appear as follows:



Pressing the μA button again will turn ON microcurrent control for side “A” only while side “B” will work in standard mode. Screen will appear as follows:



Pressing the μA button once again will turn ON microcurrent control for side “B” only while side “A” will work in standard mode. Screen will appear as follows:

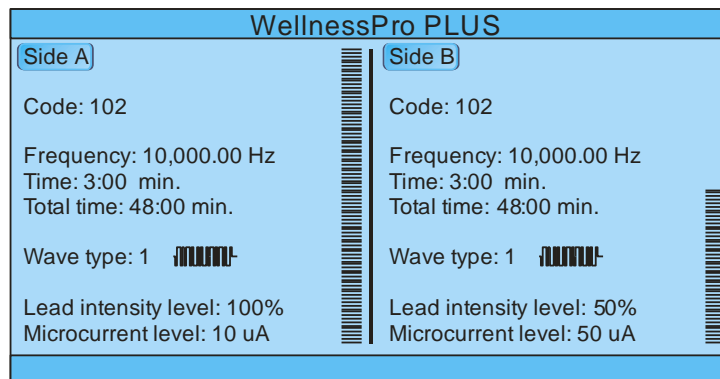


Press CLEAR to return to READY mode.

NOTE:  and  buttons will NOT glow until microcurrent control is ON.

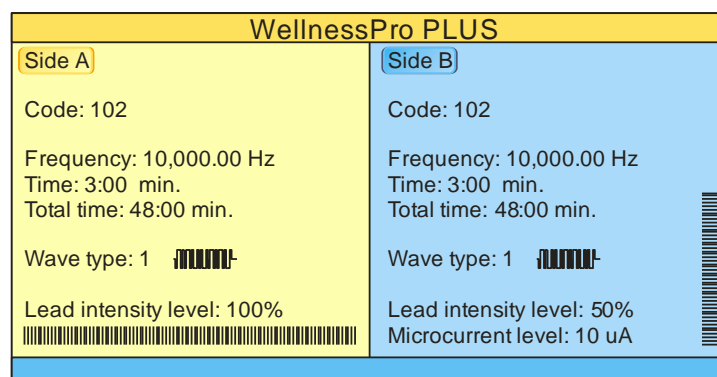
When turned ON these buttons will glow BLUE

Once the Auto code has started, the text “Microcurrent level” on the screen will be available below the “Lead intensity level” text and screen layout will appear as follows:



NOTE: In Microcurrent mode the intensity level bar is placed in a different place on the screen than the intensity level bar in Standard mode.

If the microcurrent control is enabled for one side only that side of the screen should be BLUE and the other side should be YELLOW. (Example image below)



Microcurrent range is from 10 μA (microamperes) to 600 μA and it is controlled by buttons:





Starting level is 10 μA (microamperes) and is increased in the following increments by pressing “+” button:

10 – 15 – 25 – 50 – 75 – 100 – 125 – 150 – 175 – 200 – 225 – 250 – 275 – 300 – 325 – 350 – 375 – 400 – 425
– 450 – 475 – 500 – 525 – 550 – 575 – 600



To reduce the microcurrent level, decrease the increments stated above by pressing “-“ button. By pressing “+” or “-“ buttons, microcurrent level will go up or down on both sides

To control microcurrent level independently on side A and B, while program is running, press and HOLD (μA) button for 2 seconds. Short “beep” will sound and the message “Microcurrent level” on the A side of the screen will be highlighted. (see example below)

WellnessPro PLUS	
Side A	Side B
Code: 102	Code: 102
Frequency: 10,000.00 Hz	Frequency: 10,000.00 Hz
Time: 3:00 min.	Time: 3:00 min.
Total time: 48:00 min.	Total time: 48:00 min.
Wave type: 1 	Wave type: 1 
Lead intensity level: 0%	Lead intensity level: 0%
Microcurrent level: 10 μA	Microcurrent level: 10 μA

At this point, pressing “+” or “-“ button will only affect microcurrent level on side A.

To switch, highlight bar on side B then press (μA) button again and adjust the microcurrent level on side B by pressing “+” or “-“ buttons. (see the image below)

WellnessPro PLUS	
Side A	Side B
Code: 102	Code: 102
Frequency: 10,000.00 Hz	Frequency: 10,000.00 Hz
Time: 3:00 min.	Time: 3:00 min.
Total time: 48:00 min.	Total time: 48:00 min.
Wave type: 1 	Wave type: 1 
Lead intensity level: 0%	Lead intensity level: 0%
Microcurrent level: 175 μA	Microcurrent level: 50 μA

After 5 seconds of inactivity, the black highlight bar will disappear. Once you set your microcurrent level, increase the lead intensity to the desired level.

As a safety precaution, as soon as microcurrent level is changed, “Lead intensity level” will drop to zero.

To turn off this feature, from READY mode, press the  button.

Message on the screen will show “Microcurrent control: Off”

Press CLEAR to return to READY mode.

NOTE: Turning On/Off this feature can only be done in READY mode.
Feature is available in Standard, DUAL and MULTI mode and can be combined with FLUX feature as well.

Single Code description (continued):

Single codes are 250 most commonly used frequencies preprogrammed in the memory for convenience and ease of use. List of the frequencies stored in the single codes are:

Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.
1	10000	39	190	77	3.5	115	0.67	153	854.06	191	901.14
2	1050	40	160	78	3	116	769.98	154	855.37	192	902.29
3	3040	41	148	79	2.65	117	779.8	155	856.7	193	903.43
4	2720	42	125	80	2.5	118	1569.9	156	858.01	194	904.58
5	2489	43	110	81	1.5	119	1769.9	157	859.33	195	905.73
6	2170	44	100	82	1.2	120	804.07	158	860.65	196	906.88
7	2127	45	95	83	1.1	121	805.58	159	861.97	197	907.98
8	2008	46	80	84	1	122	807.22	160	863.29	198	903.08
9	1800	47	73	85	0.5	123	808.77	161	864.61	199	910.18
10	1600	48	72	86	1865	124	810.34	162	865.93	200	911.29
11	1550	49	60	87	522	125	811.89	163	867.25	201	912.39
12	1500	50	48	88	146	126	813.47	164	868.5	202	909.08
13	1000	51	47.5	89	609.98	127	816.59	165	869.76	203	914.59
14	880	52	45	90	2005	128	818.15	166	871.01	204	915.69
15	832	53	40	91	2025	129	819.72	167	872.27	205	916.8
16	802	54	35	92	0.6	130	821.28	168	873.52	206	917.9
17	787	55	28	93	0.75	131	822.74	169	874.78	207	919
18	776	56	27.49	94	0.4	132	824.21	170	876.04	208	920.06
19	760	57	26	95	30.87	133	825.68	171	877.29	209	921.12
20	727	58	20	96	32.7	134	827.15	172	878.54	210	922.19
21	700	59	18	97	36.71	135	828.62	173	879.8	211	923.24
22	690	60	12	98	41.2	136	830.09	174	881.06	212	924.31
23	685	61	10	99	43.65	137	831.78	175	882.26	213	925.36
24	666	62	9.6	100	49	138	833.03	176	883.46	214	926.43
25	650	63	9.4	101	500	139	834.5	177	884.66	215	927.49
26	625	64	9.35	102	1850	140	835.97	178	885.85	216	928.55
27	600	65	9.2	103	450	141	837.46	179	887.06	217	929.61
28	465	66	9.1	104	440	142	838.84	180	888.25	218	930.67
29	444	67	8.25	105	428	143	840.23	181	889.45	219	960.2
30	410	68	7.83	106	660	144	841.62	182	890.65	220	989.73
31	380	69	7.7	107	589	145	843.01	183	891.85	221	1019.26
32	330	70	6.8	108	555	146	844.4	184	893.05	222	1048.8
33	320	71	6.3	109	333	147	845.79	185	894.25	223	1078.33
34	250	72	6	110	14	148	847.18	186	895.4	224	1107.87
35	240	73	5.8	111	15	149	848.57	187	896.55	225	1137.4
36	230	74	4.9	112	2000	150	849.95	188	897.69	226	1166.93
37	220	75	3.9	113	815.03	151	851.34	189	898.84	227	1196.47
38	200	76	3.6	114	998.98	152	852.74	190	899.99	228	1226

Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.	Ch.	Freq.
229	1255.53	233	1373.67	237	1491.8	241	1609.93	245	1728.06	249	119.99
230	1285.07	234	1403.2	238	1521.32	242	1639.47	246	1757.59	250	399.99
231	1314.6	235	1432.73	239	1550.86	243	1669	247	1787.13		
232	1344.13	236	1462.27	240	1580.4	244	1698.75	248	1816.7		

Quick notes for custom auto codes:

1		26		51		76	
2		27		52		77	
3		28		53		78	
4		29		54		79	
5		30		55		80	
6		31		56		81	
7		32		57		82	
8		33		58		83	
9		34		59		84	
10		35		60		85	
11		36		61		86	
12		37		62		87	
13		38		63		88	
14		39		64		89	
15		40		65		90	
16		41		66		91	
17		42		67		92	
18		43		68		93	
19		44		69		94	
20		45		70		95	
21		46		71		96	
22		47		72		97	
23		48		73		98	
24		49		74		99	
25		50		75		100	

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