

ENERGY4LIFE



E4L miHealth™

Bioelectric Stimulation Therapy Device - Instructions for Use

Instructions Version 1.0 | October 2024

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Welcome

You've made a smart step into the world of bioenergetics, supporting health from the body's foundation in energy.

The miHealth is a handheld bioelectric therapy device.

Reading this guide will help you to get the most out of your miHealth device.

Additional details and instructions are available online at <https://www.miHealthResources.com>

Indications for Use

miHealth is not designed to diagnose, treat, prevent, or cure any medical disease.

It may be used to support the following:

- General health and wellness
- Optimization of energy processes
- Improvement of microcirculation
- Muscular relaxation and training

Limitations:

Before using this device, it is important to comply with all applicable regulations in your region. Local laws and guidelines may dictate specific restrictions on its use. By staying informed, you can use the device responsibly and within legal limits.

Safety Precautions

miHealth is designed with the highest standards of safety. It is important to use common sense when operating the device.

Please observe the following precautions when using the miHealth device in 'On Body' mode, where it makes direct contact with the skin. The 'Off Body' mode is generally safe unless the individual has electrical sensitivity and is unable to tolerate other devices such as cell phones or Wi-Fi.

Contraindications and Cautions:

- Do not use miHealth with those who have cardiac *pacemakers or any electrical implants*.
- Do not use miHealth with those who have *epilepsy or seizures*.
- The safety of miHealth use has not been established for *pregnancy or childbirth*, and is not recommended in these instances.
- Exercise caution in using miHealth on those with malignant tumors. Do not place electrodes over the projection of *malignant tumors* in cases of advanced cancer.
- Exercise caution when using miHealth in the

case of *cardiac arrhythmia or heart disease*.

- Do not use miHealth for those who have undergone an *organ transplant*, as the miHealth device may activate an immune response.
- Electrical current from the miHealth may affect the *carotid sinus nerves*. Exercise caution in relation to these.
- Areas which are *inflamed, swollen, or infected* may result in temporary worsening of symptoms following stimulation.
- Do not apply pressure with the miHealth on inflamed veins in cases of *phlebitis, thrombophlebitis, and varicose veins*, as these conditions have an increased risk of forming blood clots that could become dislodged if physical pressure is applied.
- Do not use miHealth electrodes on wet skin. Natural bodily fluids, including sweat, are acceptable. If these are excessive, wipe the skin with a tissue or towel before proceeding.
- For hygienic reasons, thoroughly clean the miHealth device before and after use on *mucous membranes or open wounds*, as well as between use on different individuals. Electrodes can be cleaned with alcohol wipes, then dried before use.

- Wet, humid, and extreme temperature fluctuation conditions may affect functioning of the miHealth.
- Do not use miHealth while it is charging.
- Always adjust intensity of the stimulation to be comfortable when you use electrodes to avoid causing discomfort. If moving from less sensitive areas of the skin to more sensitive areas (e.g., the face), make sure to reduce the intensity levels accordingly.
- Minor skin irritation, bruising, electrode burns, dizziness, nausea, and headaches, are potential adverse reactions.

Package Contents











In the Box:

- miHealth device with battery
- Instructions for Use (IFU)
- USB cord and travel case
- Protective sleeve

Accessories:

The miHealth has built-in electrodes, but can also be used with external electrodes via the side socket. When external electrodes are used, the built-in ones are inactive.

Symbols & Definitions

Home Screen	
Settings	
Battery Power	
Go Back	
More Information	
Active Electrodes, 'On Body' Mode	
Contactless, 'Off Body' Mode	
Laser Diode Status	
Bluetooth Settings	
Wi-Fi Settings	

‘On Body’ Use: miHealth uses electrodes to provide therapy directly on the skin. This mode also uses coherent light and magnetic fields to provide biofrequency therapy.

‘Off Body’ Use: miHealth provides magnetically

based biofrequency therapy close to the body without skin contact.

Electrodes: the two sets of stainless steel bars on the device that provide electrical stimulation to the skin. Please note that *both* sets of electrodes are active when ‘On Body’ mode is selected.

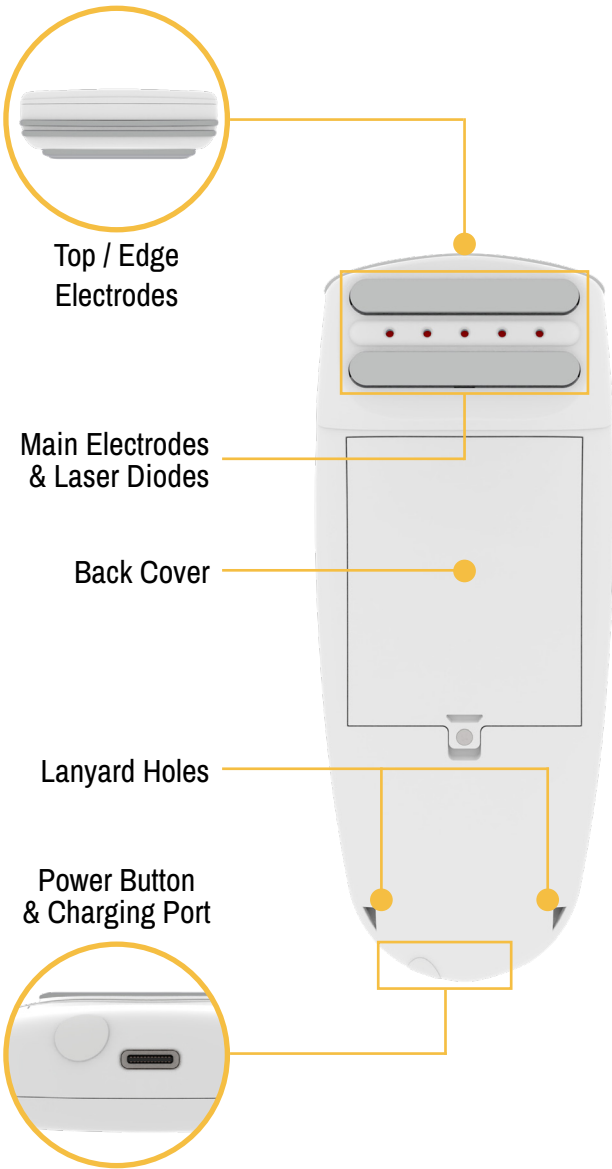
Intensity: the level of electrical stimulation provided by the electrodes. The electrodes are set to 2% intensity when starting in this mode. Set the device on the skin and gradually increase intensity until a comfortable tingling sensation is felt.

Laser Diodes: located between the two main electrodes, they emit coherent red light (670nm at 5 mW) during ‘On Body’ sessions for complementary biofrequency therapy.

Biofrequency Therapy: a proprietary therapy that supports the body by introducing complex sets of frequencies representing the body in its healthiest state. Through resonance, it helps the body return to that state.

Pulse Test: a proprietary pulse wave reading using your fingertip to assess the energy status of key organs, inspired by traditional Chinese medicine. It identifies priorities of energetic excess or deficiency, and provides balancing frequencies.

miHealth at a Glance



miHealth Basics

Charging the Battery

Connect the supplied USB cord to the port to charge the battery. The battery icon at the top right of the screen will update with the charge percentage. Disconnect the cord before use.

Turning miHealth On


Make sure the electrodes are not touching anything, then press and hold the bottom button for 1-2 seconds to power on.

Navigation

Use the touch screen for most navigation. The device also has three buttons:

- **LEFT:** go to the previous screen or decrease electrode intensity.
- **RIGHT:** go to the next screen or increase electrode intensity.
- **CENTER:** select an option.

Settings

The device settings can be accessed from the top of any screen where you touch the  icon, providing you with options to personalize your device.

Default Output:

Choose 'On Body' or 'Off Body' as the default setting for any program. You can still select the other setting within the program.

Screen Options:

Portrait: keeps the screen content fixed in one direction.

Auto Rotate: adjusts the screen orientation based on the device's position.

Brightness: sets the screen's backlight level.

Screen Always ON: keeps the screen active as long as the device is on. If turned off, you can set the duration before the screen goes to sleep. Programs will continue running even if the screen is off. Simply double-tap or swipe up on the screen or press any navigation button to reactivate it.

Sound:

Adjust the device volume and choose whether button presses produce sound.

Time/Date:

Set the correct time and date, and choose between 12-hour and 24-hour clock modes. Setting the time accurately is crucial for cycles that operate based on the time of day.

miUnit:

Provides device information that may be needed for support.

PIN:

Set a numeric code to protect your device from unauthorized use. You'll need to enter this PIN each time you turn on your device or wake it from sleep.

Update Device:

Displays the current version of the miHealth software and allows you to check for and download updates. A Wi-Fi connection is required for this feature.

Power Off:

Accessible through settings or by holding the power button for 3 seconds.

Additionally, you can access Wi-Fi and Bluetooth settings from the top of any screen by tapping their relevant symbols.

Connecting to Wi-Fi:

- Enables your miHealth to receive updates.
- Allows you to download 'Custom Cycles' created by health professionals.
- Allows you to download updates to programs or protocols when available.

Operating miHealth

The 'Home' screen offers two choices:

- Assessment
- Session

Assessment

The miHealth may have different assessments available over time, which you can access from the 'Home' screen by selecting 'Assessment', choosing your assessment type, and following the instructions on the screen.

To use the built in pulse reader, if given the option after selecting 'Assessment' from the 'Home' screen, select 'Pulse Assessment.' Place your index finger on the pulse reader and press 'Start'. The device will display progress until the reading is complete. Results will show the energetic state of key organs, as inspired by traditional Chinese medicine assessments. Imbalances will be highlighted on the screen.

Select the most imbalanced result to start a 'Correction'. You can choose to run a miHealth session either 'On Body' or 'Off Body'. The device will automatically provide the appropriate biofrequencies to address the affected area.

Session

From the 'Home' screen, select 'Session' to access

various support programs. Each program features a pre-set biofrequency cycle and can be used in 'On Body' or 'Off Body' modes.

Using miHealth 'On Body'

After selecting a program, customize your Session by choosing specific settings, such as tissue types (muscle, nerve, bone), wellness goals (sleep, digestion, sports optimization), organs / systems (brain and nervous system, immune system), etc.

The 'On Body' option involves direct skin contact by the metal electrodes. To use this option:

- Place the device on the 'Target Area'.
- Adjust the intensity % using the increase / decrease buttons until a 'tingling' sensation is felt.
- Move the device steadily across the 'Target Area', ensuring good skin contact.
- If you encounter resistance or 'drag,' hold the device on that spot for 1 minute before continuing. These spots are known as 'Active Sites'.
- After holding the device for 1 minute on an 'Active Site', move the electrodes across the 'Active Site' in all directions for approximately 1 more minute before proceeding to the next 'Active Site'.

- Continue session across the 'Target Area' until you can no longer find 'Active Sites' where the skin feels resistant.
- Typical total session time is 10-15 minutes.

Using miHealth 'Off Body'

In 'Off Body' mode, the device creates a magnetic field around itself. This field carries corrective biofrequencies.

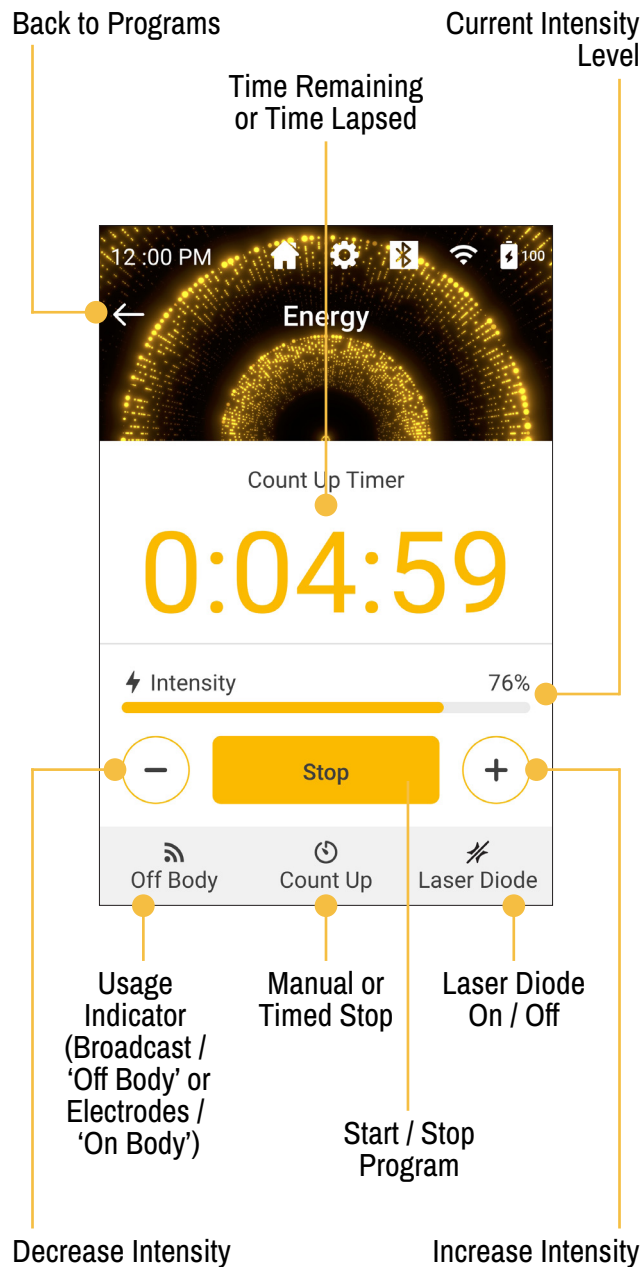
- Place the device near the 'Target Area' for focused support, or close to your body for general support.
- The magnetic field penetrates clothing, so you can keep the device in a pocket or nearby for effective results.
- Typical total session time is 15-20 minutes.

'Custom Cycle' Mode

The miHealth includes a 'Custom Cycle' feature based on E4L voice scan results from select professionals.

To use this feature, update your miHealth from the 'Settings' screen. The device will download your 'Custom Cycle' and it will appear as a new option on the 'Session' screen.

You will then be able to use this session either 'On Body' or 'Off Body' as described above.



Maintenance and Care

Clean the miHealth device only when it is turned OFF. Use a damp cloth or alcohol wipes to clean the unit. Thoroughly clean the electrodes between sessions. Avoid using other cleaning solutions, as they may damage the housing. Never spray cleaners directly onto the device.

Troubleshooting

For any troubleshooting of your miHealth device, please visit <https://www.miHealthResources.com>, where you'll also find up-to-date videos, instructions, and company contact information.

Service and Warranty

miHealth comes with a 1-year manufacturer's warranty from the date of purchase. This warranty covers defects in workmanship or in materials under normal use during the warranty period. E4L will repair or replace the product at no cost to the customer for any matter covered by this warranty.

The company may also provide paid repair services.

To obtain warranty services or paid services, please contact the company through our help desk online:

<https://help.e4l.com>

The company will seek to troubleshoot any issues or otherwise determine the most appropriate solution.

Any repaired or replaced product assumes the remaining warranty of the original product. The limited warranty may not be transferred.

miHealth is not user-serviceable beyond battery replacement. Opening or attempting to open the miHealth case will void its warranty. All warnings, cautions, and instructions contained in this booklet must be followed to ensure full warranty coverage.

This warranty does not cover: product damage or malfunction resulting from negligence (including but not limited to scratches, cracks, falls, water

immersion, etc.); improper product maintenance or product modification; damage by natural causes; or theft or loss of the product.

Any implied warranties, including without limitation warranties of merchantability and fitness for a particular purpose, shall be limited to the duration of the warranty period, except where such limitations are prohibited by law.

Returns

miHealth comes with a 30-day money-back guarantee when purchased directly from Energy4Life. (This includes purchases by clients of Energy4Life practitioners through the official Energy4Life portal.)

Customers must contact the company at <https://help.e4l.com> within 30 days of the purchase date to request a return authorization number and return instructions.

The miHealth must be returned as new in its original packaging to obtain this refund.








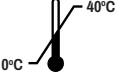

If you have purchased miHealth from a third-party reseller (i.e., not directly from Energy4Life or its website), product return policies and returns are provided by the reseller and may not be returned to Energy4Life.

Intended Use

The E4L miHealth is a handheld, battery-powered device with stainless steel electrodes on the back / top of the device, five laser diodes on the back of the device, and a built-in magnetic coil. Small electrical pulses are transmitted to the body through the electrodes. Magnetic fields provide biofrequency therapy. Photobiomodulation therapy is provided via the laser diodes.

Technical Specifications

- Size: 180x75x19mm
- Magnetic coil
- 5x 670nm 5mW laser diodes
- Pulse sensor
- Li-Ion rechargeable battery
- USB-C connector for charging and data
- Wrist strap cord
- Bluetooth (BLE 5.0) and Wi-Fi connectivity
- Color touchscreen
- 3.5mm accessory port for external electrodes
- IP65 water resistance rating
- Operating frequency range: 15-1000Hz
- 'On Body' Electrode volts on skin: 5 - 100V
- 'On Body' Electrode volts off skin: 250V
- 'On Body' Current into skin: < 1mA
- Storage Environment Temperature Range: 32°F - 95°F
- Storage Environment Humidity Range: 5% - 90% RH
- Operating Environment Temperature Range: 40°F - 85°F
- Operating Environment Humidity Range: 15% - 93% RH

<div><div>Energy4Life</div><div>East House, Braeside Business Park, Sterte Avenue West, Poole, Dorset, BH15 2BX www.e4l.com +1 888-242-5933</div><div><div>MANUFACTURER</div></div></div>	
	Read Instructions before using device
	Do Not Use If Package Is Damaged
	Do Not Dispose Of Batteries In Household Waste
	Keep Dry
	See Navigation Section For Applied Part
	Cardboard Packaging And IFU Can Be Recycled
	Minimum & Maximum Temp Range
	Minimum & Maximum Humidity Range

FCC Caution

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This E4L miHealth 2.0 meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health.

The SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue. Device types: E4L miHealth 2.0 (FCC ID: 2BOXK-MIHEALTH02) has also been tested against this SAR limit. The highest SAR value reported under this standard during product certification when properly worn on the body is 0.071W/kg. This device was tested for typical body-worn operations with the back of the handset kept 0mm from the body. To maintain compliance with FCC RF exposure requirements, use accessories that maintain a 0mm separation distance between the user's body and the back of the handset. The use of belt clips, holsters and similar accessories should not contain metallic components in its assembly. The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

This device was tested for typical body-worn operations. To comply with RF exposure requirements, a minimum separation distance of 0mm must be maintained between the user's body and the handset, including the antenna. Third-party belt-clips, holsters, and similar accessories used by this device should not contain any metallic components. Body-worn accessories that do not meet these requirements may not comply with RF exposure requirements and should be avoided. Use only the supplied or an approved antenna.