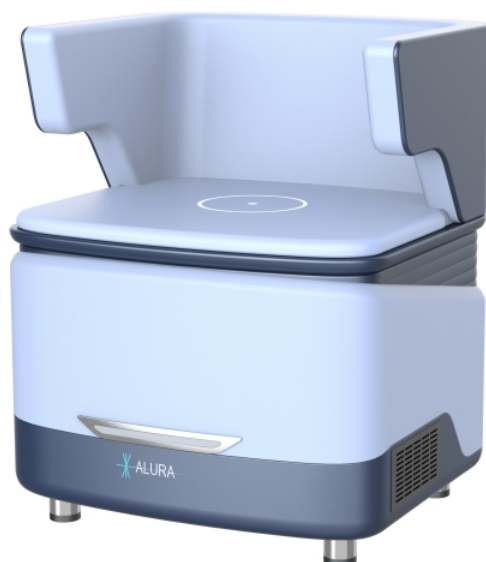


# EMBella

## User Manual



Beijing ADSS Development Co., Ltd.

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## User Notice:

First of all, thank you for choosing ADSS beauty equipment, which combines high-tech essence, fashionable style, and rich functions. We hope to contribute beauty to you.

Before using the instrument, please read this user manual carefully and keep it in a safe place for future use.

This user guide is an operation guide, not a product guarantee. ADSS Group reserves the right to interpret and modify the printing errors, software upgrades and product improvements in this manual at any time. These changes will be directly incorporated into the new version of the user manual without notice.

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## Preface:

According to NAFC, there are 19 million women and 200 million people in the worldwide ,affected by urinary incontinence. More than half of patients do not seek help from a doctor, and it takes an average of 6.5 years from mild symptoms to severe conditions. This unspeakable embarrassment seriously affects the quality of life.

Urinary incontinence	symptom	Target patient	Improvement goal
Stress urinary incontinence	Leaking urine during coughing, sneezing, or physical activity	Mainly postpartum women	Improve quality of life and self-confidence
Urgent urinary incontinence	Uncontrollable urine leakage when suddenly needing to urinate	All ages	
Mixed urinary incontinence	Combination of stress and urge incontinence symptoms	Predominantly postmenopausal women	

In the human tissue structure, the pelvic floor muscle is an important organ ,responsible for the urethral tissue.

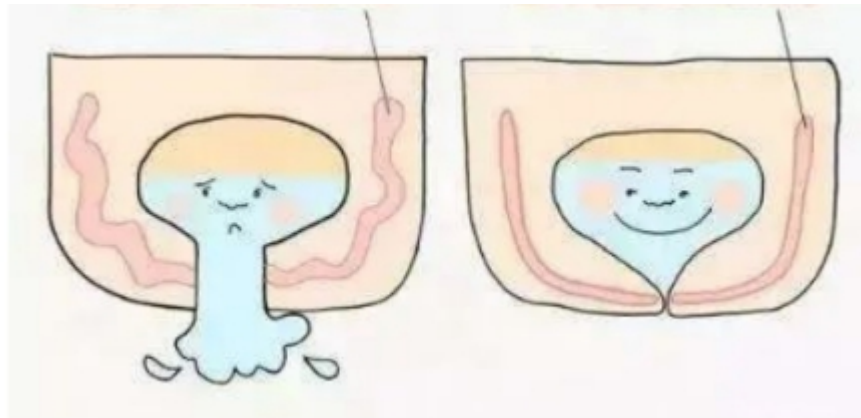
Causes of urinary incontinence: natural aging, childbirth, menopause.

The female pelvic floor is composed of multiple layers of muscles and fascia,that close the outlet of the pelvis, with the urethra, vagina and rectum running through it. The pelvic floor muscles, fascia, ligaments and their nerves constitute a complex pelvic floor supporting system.



If the pelvic floor muscles are damaged, the organs it supported will shift or

even prolapse, causing a series of pelvic floor dysfunctions, which will seriously affect women's physical and mental health. For women, the main cause of pelvic floor muscle relaxation is fertility.



Pelvic muscle relaxation status

Healthy and normal Plevic mucle status

Effective treatment of urinary incontinence requires strengthening pelvic floor muscle training. Then, there is a magical exercise named Kegel exercise to repair the pelvic floor muscles.

Kegel exercises, also known as pelvic exercises, are often used to reduce urinary incontinence and postpartum urinary incontinence among women. Kegel exercises are recognized as a good way to treat vaginal prolapse and prevent uterine prolapse among women.

#### 👉Male

Prevent urinary incontinence

Vaginal prolapse

Prevent uterine prolapse

Strengthen the pubococcygeus muscle

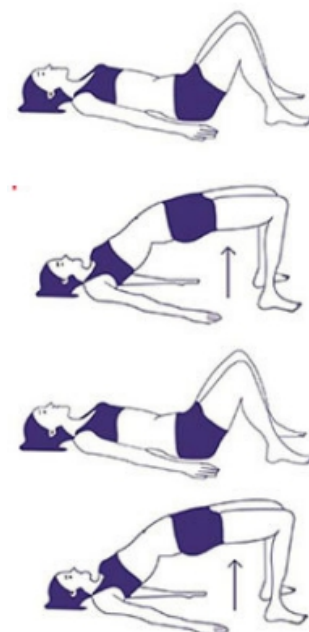
#### 👉Female

Prostate pain

Benign prostatic hyperplasia

Large prostatitis

Erectile dysfunction



But in fact, few parturients can insist on Kegel exercises to repair pelvic floor muscles. An investigation report of postpartum repair pointed out that most women who go to the hospital to have a positive attitude towards pelvic floor muscle training (that is, Kegel exercises). However, 84% of patients cannot insist on effective pelvic floor muscle training every day. The main reason is that they have forgotten or felt that they could not persist for too long.

**The benefits of Kegel exercise:**

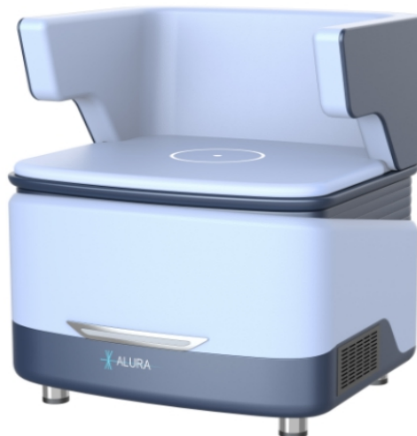
1. Treatment and prevention of the stress urinary incontinence
2. Strengthen the pubococcygeus muscle
3. Increase blood flow and nerve function at the bottom of the pelvis
4. Improve sexual sensitivity and functionality
5. Restore vaginal muscle tone and improve vaginal health
6. Promote postpartum recovery
7. Increase the thickness and moisture of the vaginal wall after menopause

So is there any way to effectively replace thousands of Kegel exercises? Is there a private rehabilitation and health care device that can be used by people from any age without surgery?

## Chapter 1 Introduce

### 1.1 Working Theory

It is aimed at women's pelvic floor health that is serious but not fully valued by the society. The American ALURA company and ADSS Group specialized in researching and developing and launching a new product-"EMBella or say Happy Chair". The technology is mature, non-invasive, highly moderate , and easily to accept. It has a good diagnostic effect for various diseases such as vaginal prolapse, bladder rectal prolapse, chronic pelvic pain, and the whole diagnosis and treatment process is relaxed and happy.

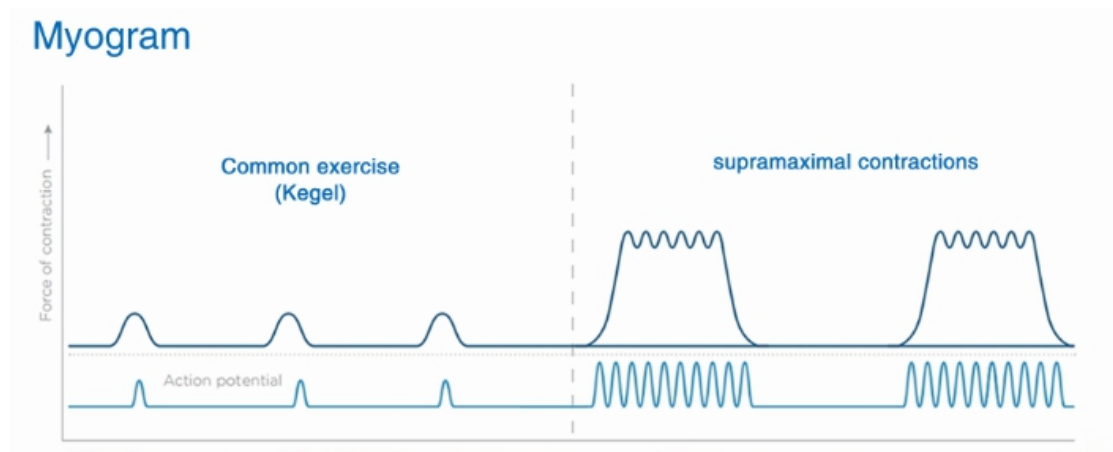


"EMBella-Happy Chair" is collectively referred as "Happy Chair" hereinafter. It uses the revolutionary technology "HIFEM" high-intensity focused electromagnetic, field to stimulate motor neurons to control the pelvic floor muscles, triggering repeated hyper-contractions of the pelvic floor muscles to rebuild the pelvis. Strength and endurance of the bottom muscles and urinary system.

The pelvic floor muscles contract spontaneously at the limit of physiologically

producing and maintaining the maximum tension, but usually only for a moment. The effect of hypermuscular exercise is higher than the ultimate spontaneous contraction tension. The HIFEM technology stimulates the pelvic floor muscles to contract vigorously for several seconds.

Stimulate the motor neurons every 28 minutes, control the pelvic floor muscles to do 22,000 muscle contractions, activate the entire pelvic floor muscles, and comprehensively improve muscle control ability.



## 1.2 Features

The happy chair can activate the pelvic floor muscle tissue and promote collagen regeneration; effectively enhance the pelvic floor muscles, restore firmness, and improve elasticity; strengthen the pelvic floor muscles to fight off incontinence, urine leakage, dripping, lower abdomen protrusion, lower pelvic relaxation and other problems ; Get rid of the problems such as difficult orgasm.

- 1.Prevent and improve stress urinary incontinence
- 2.Improve sexual sensitivity and functionality
- 3.Postpartum recovery to improve vaginal health



- 4.Strengthen the pubococcygeus muscle (PC muscle)
- 5.Increase the thickness and lubricity of the vaginal after menopause
- 6.Increase pelvic floor blood flow and nerve function

Regarding different peoples ,the pelvic floor muscle "Happy Chair" will have different effects:

**1.Ladies who are preparing to become pregnant**

Assist pregnancy, reduce the risk of miscarriage due to short cervix, strengthen pelvic floor muscle relaxation, bed rest probability, strengthen pelvic floor muscles to support the fetus, avoid severe uterine, bowel and vaginal prolapse;

**2. Mothers who have given birth child**

Strengthen the pelvic floor muscles, improve the frequency of urination, avoid incontinence in old age, and improve urine dripping;

**3.light mature lady**

Improve vaginal tightening, restore firmness and elasticity, strengthen pelvic floor muscles, solve urinary incontinence, protruding lower abdomen, vaginal relaxation and other problems;

This magical "happiness chair" does not need to be changed. Wear your own clothes and sit for half an hour like reading a book at home, and you will be comfortable.



No need change cloth



non-invasive



no need nursing

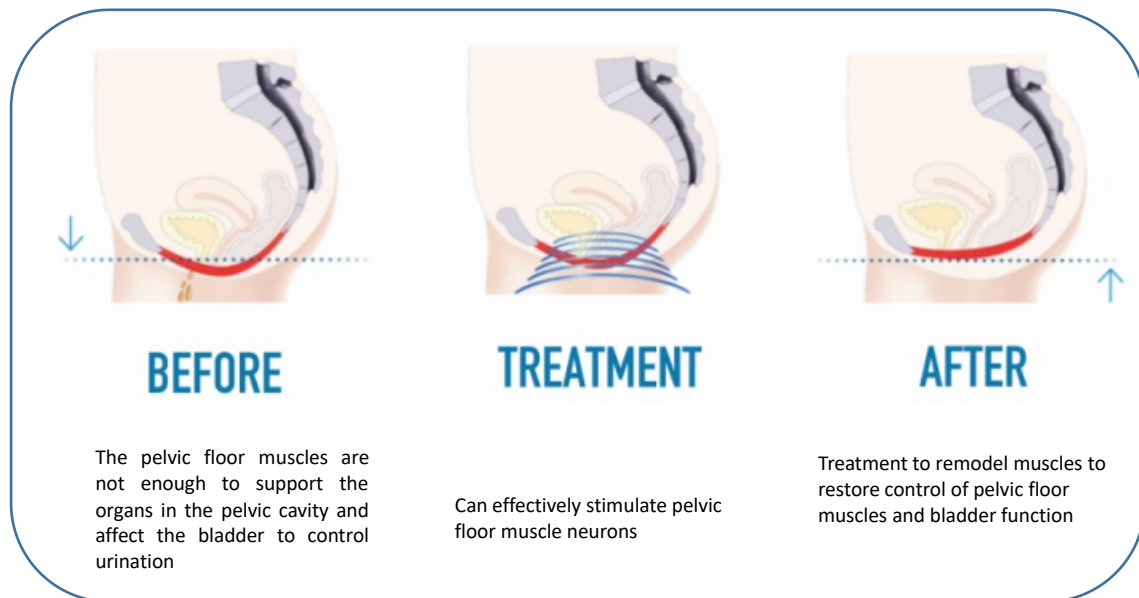


no downtime



no consumerable costs

Patient can just read a book without any discomfort. Not only for women, this happy chair can also improve men's prostate function problems, and can play a good role in treating prostate pain, benign prostatic hyperplasia, prostatitis, and erectile dysfunction.



### 1.3 Clinical operation recommendations

The standard version of Happy Chair has two working modes:

Mode 1: Improve sexual function, Mode 2: More comprehensive.

#### **Mode 1: Improve sexual function**

Suitable for decreased sexual sensitivity, vaginismus (mainly treatment for women)

##### **【Indications】**

Vaginal relaxation (tighten the muscles of the vagina to enhance vaginal contraction)

Improve pelvic floor muscle relaxation and muscle health

Stimulate cell recovery function

Improve women's local function

Enhance women's happiness index

#### **●Mode 2: More comprehensive**

Suitable for male and female related pelvic floor dysfunction

##### **【Indications】**

Symptomatic treatment of stress urinary incontinence

Protrusion of the front and back walls of the vagina, uterine prolapse

Treat chronic pelvic pain

Relieve back pain

Prevent constipation

Effectively increase erection time and hardness

Reduce the risk of patients with proctitis

Reduce the frequency of nocturia

Relieves dribbling and oozing

● **Treatment recommendations**

28 minutes one session is recommended, interval is twice a week, 8 times in a course, and 2-3 courses are recommended.

● **Clinical advantage**

1. Using the most advanced non-invasive vaginal shrinking technology, no need to undress, safe, comfortable, and no abstinence period.
2. A course of treatment is better than completing 10,000 Kegel exercises, and the treatment effect is more significant.
3. Each treatment only needs to sit for 28 minutes, No pain, no anesthesia, and no downtime for recovery.
4. Repair pelvic floor dysfunction, improve vaginal dryness and looseness, urinary incontinence, suitable for men and women

● **Clinical common problems**

**Will electromagnetic fields affect internal organs?**

1. The depth of the electromagnetic field is ten centimeters, which will stimulate the pelvic floor muscles within the range, but will not affect the internal organs. Focused magnetic shock wave technology will only affect the skeletal muscles. Smooth muscles such as internal organs will not be stimulated.
2. How long can the course of treatment be carried out after delivery?  
Regardless of whether you have a normal delivery or a caesarean section, you must wait for the wound to heal completely before you can proceed with the treatment, usually at least six to nine months.
3. Can sex life be improved?  
Stimulate the pelvic floor muscles, thereby tightening the vaginal and strengthening the urine control ability
4. After treatment, the effective immediately appear .

After four times, the muscle control power is strengthened, and the time of holding urine is longer.

● **People who should accept the treatment**

1. After the postpartum women's the vaginal discharge is clean, pelvic floor rehabilitation can be routinely performed
2. Mild to moderate uterine prolapse, bulging of the front and back walls of the vagina
3. Sexual dysfunction, painful intercourse

4. Non-acute stage of repeated vaginitis and urinary tract infection
5. 6 months after pelvic floor or pelvic surgery
6. Chronic pelvic pain

● **Clinical contraindications**

1. Pregnant and lactating women should not receive treatment; for women who are close to menstruation, if they receive treatment, menstruation may come earlier or may feel strong abdominal cramps.
2. If the body has the following conditions, people cannot receive the treatment: metal uterine ring or electronic implants, cardiac pacemakers, defibrillators, neurostimulators, drug pumps are implanted in the treatment site , Has malignant swelling, epilepsy, and has recently undergone surgery.
3. Those who have uterine fibroids greater than 2cm in the uterus and have just completed pelvic floor or pelvic surgery.

## **Chapter 2 Instrument installation and operation**

**Specifications:**

Screen size: none

Input voltage range: 110-220V

Rated power: 1500VA rate

Magnetic field strength: 0.4-1.9T

Working temperature: 5-40℃

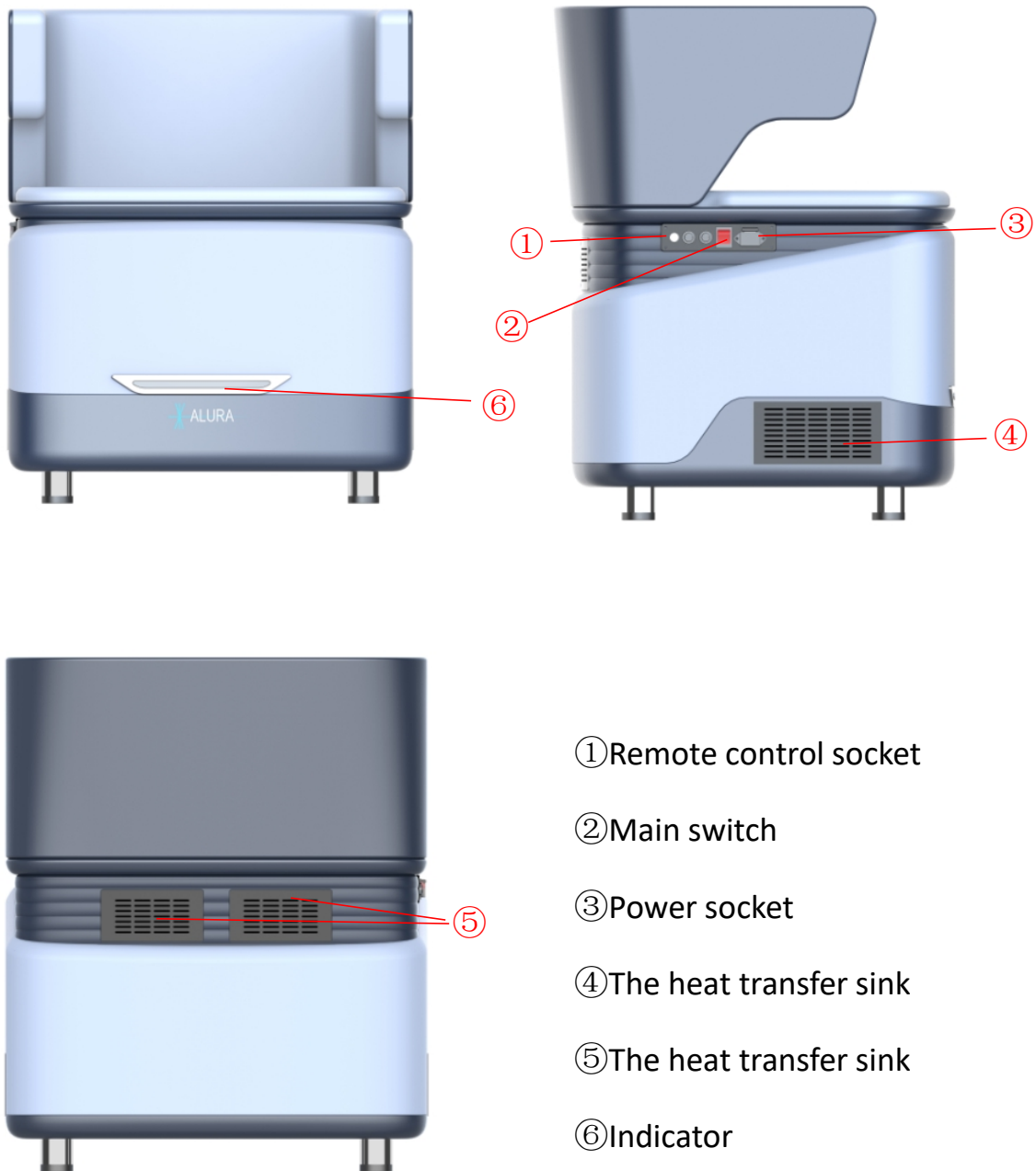
Storage temperature: -10-60℃

Equipment weight: 45kg

Electric shock protection: Class 1, Class B

Anti-corrosive liquid: ordinary

## 2.1 Instrument appearance introduction



## 2.2 Accessories:



Remote control



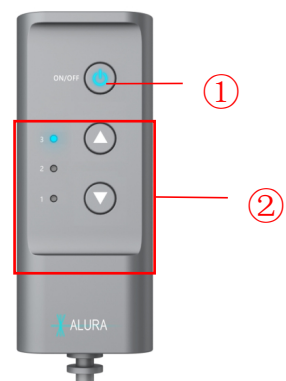
Electric Wire

### Instructions for use of accessories:

1. Power cord: connect the machine and the 220V socket to power on the machine.
2. Remote control: adjust working mode and energy level.

① Working mode selection: click ON/OFF once to turn on the U1 mode, the red light of the instrument indicator will light up; click ON/OFF again to turn on the U2 mode, and the blue light of the instrument indicator light will light up; click ON/OFF again to stop the instrument and turn off Instrument (when the instrument is turned on, the switch light is on, when the instrument is turned off, the switch light is off).

② Energy adjustment: use the up and down keys to switch between 1-3 energy, "1" energy is 30%; "2" energy is 60%; "3" energy is 90%.



## 2.3 Accessories installation

### 1. Handheld remote control installation

Corresponding to the plug hole of the remote control and the socket hole, align the direction of the hole and insert it firmly. When pulling out, press and hold the socket

and pull it out.



## 2. Power cord installation



### 2.4 Power-on use

After checking the safety of the instrument, connect the power cord, plug it into a well-grounded power outlet, press "I" to turn on the main switch, and the instrument can be turned on and used.

### 2.5 Attention

The instrument can be installed in hospitals or beauty salons. The installation precautions include:

- Unpack and install the instrument in a pre-selected location
- Check the integrity of the equipment and its components
- Whether the grounding of the power supply is good
- When installing the handle, it must be firmly installed and the handle wire is well

connected

- Test whether all functions of the equipment are normal



## Chapter 3 Machine maintenance and maintenance

### 3.1 Common troubleshooting

Failure phenomenon	possible reason	Solution
The instrument cannot be powered on	(1) Whether the power supply strip of the instrument has power. (2) Check whether the power cord of the instrument is properly inserted into the power supply socket. (3) Whether the socket switch of the instrument is turned on, "I" is turned on, and "O" is turned off. (4) Whether the fuse in the socket of the instrument is in good condition.	(1) The multimeter measures the voltage in AC mode. (2) Insert the power cord to the end. (3) Set the socket switch of the instrument to "I". (4) Pull out the fuse holder with a screwdriver, and check whether the fuse inside is intact.
Rocker switch light does not light up	(1) The switch is not turned on; (2) The power supply has no electricity; (3) The internal wire falls off	(1) "I" is open, "O" is closed; (2) The AC file of the multimeter measures whether the input power supply has electricity; (3) After-sales service
Button switch light does not light up	(1) Insurance is not installed (2) The button switch is not pressed	(1) Use a screwdriver to turn the safety seat counterclockwise to open, and check whether the safety tube inside is intact; (2) The open state of the button is recessed, or the button is broken.
The fan does not work	(1) The internal power is not normally energized (2) 24 power supply protection (3) The fan is broken	(1) If the line is not connected or dropped, contact after-sales service (2) The 24V output has a short-circuit point, contact after-sales service (3) After-sales service
The handle light is not bright and cannot be controlled (standard version)	(1) The handle plug is not connected well, or there is a broken wire.	(1) Reconnect the connector or use a multimeter to measure the continuity. (2) After-sales service.

<p>The switch handle switch light flashes and does not work (standard version)</p>	<p>Error code 0-7  Gear 1, 2, 3 represents 0, 1, 2  There is an alarm error when the switch light is flashing, and the error code is as follows:  001b: The disk temperature is abnormal;  010b: The temperature of the discharge board is abnormal;  011b: VG voltage is inconsistent with the setting  100b: VF voltage is inconsistent with the setting  101b: The capacitor voltage is inconsistent with the setting  110b: Abnormal discharge of capacitor voltage</p>	<p>(1) There are two types of alarms 1, 2, which can be turned on again after the standby device cools down after it is turned off.  (2) For other questions, please contact customer service directly.</p>
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