



tap.

**USER
MANUAL**

WWW.TAPHEALTH.NZ

Scan QR code from your smartphone for video instructions
& link to our website



Designed in New Zealand - Informed by current literature and research reviewed by qualified health professionals.

Manufactured in China by:

Hong Qiangxing Electronics Limited

2F Yongcheng Building, Xicheng Industrial Area, Xixiang Street, Bao'an District,
Shenzhen City, Guangdong 518126, China.

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TECHNICAL SPECS

Model Number: Tap 2.0 **Device Type:** Transcutaneous Electrical Nerve Stimulation (TENS)

Designed in New Zealand by Tap. Health - Modes & design informed by current literature and research reviewed by qualified health professionals.

Manufactured in China by: Hong Qiangxing Electronics Limited
2F Yongcheng Building, Xicheng Industrial Area, Xixiang Street, Bao'an District, Shenzhen City, Guangdong 518126, China.

Supply Voltage: 3.7 V DC (Li-polymer rechargeable battery, 180 mAh)

Battery Type: Li-polymer rechargeable battery

Input Voltage (Charging): DC 5 V

Input Power (Charging Adapter): 100 – 240 V AC, 50 – 60 Hz, 0.2 – 0.4 A

Rated Power (Device Input): 0.7 W

Rated Power (Device Output): 0.666 W

Maximum Output Power: 0.5 W

Rated Current: 500 mA

Relative Humidity Range: 30 % to 85 % (non-condensing)

Atmospheric Pressure: 700 – 1060 hPa

Ingress Protection (IP) Rating: IP22 – Protected against finger contact and dripping water when tilted up to 15°

LOT / Batch Number: LOT: 2025.12.20

Serial Number: SN: 2025122000001

Service Life: Expected service life \geq 3 years under normal conditions of use

Mode Descriptions: High-frequency continuous, high-frequency burst, low-frequency continuous, low-frequency burst, and bladder comfort mode

Output Characteristics: Biphasic symmetrical pulse (surface stimulation)

Operating Modes: Five pre-programmed therapy modes optimised for menstrual, pelvic, and bladder-related pain relief

Operation Time: Automatic shut-off after 1 hour

CARE & STORAGE

Operating Environment: Use Tap 2.0 in a clean, dry environment at normal room temperature (approximately 10 °C to 35 °C).

Storage: Store in a cool, dry place away from direct sunlight, heaters, or freezing temperatures. Do not leave the device in a hot car or damp area.

Battery Care: Extreme heat or cold can reduce battery performance or cause damage. Charge and store at room temperature whenever possible.

CONTRAINDICATIONS

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metal/electronic device. Use could cause electric shock, electrical interference, or death.

PRECAUTIONS

- 1) The device should not be used in areas relating to lesions or internal bleeding from injury.
- 2) The device should not be applied over swollen, infected, inflamed areas or broken skin.
- 3) Electrode placement should be avoided in the neck, head and chest. This device is intended for use on the lower abdomen and lower back area.
- 4) Use of this device on a scar (ie, c-section) before proper healing could result in agitation of skin.
- 5) This device is intended for users over the age of 16 or with supervision.
- 6) Do not use device near water as there is risk of electric shock. Store device in a dry place away from heat, water and freezing temperatures.
- 7) Do not place electrodes on top of each other when device is in use.
- 8) Discontinue if application of device feels uncomfortable and does not aide in the relief of pain or if you have an allergic reaction to sticky pad.
- 19) Always use as directed and consult with your leading health professional. Keep out of reach of children.

WHEN IN DOUBT, ASK A PROFESSIONAL

Many pelvic physiotherapists, general practitioners and specialists utilise TENS as an effective drug-free treatment for pain and can tell you if our device is right for you.

Please feel free to reach out to us with any questions. We are here to help.

WHAT IS TAP?

Thank you for purchasing our tap. tens device. This product is intended to help with period pain (dysmenorrhea) and flare up pain from pelvic conditions that cause discomfort ie; endometriosis, PCOS, adenomyosis, etc. In addition, Tap's mode 5 has been informed by current research in bladder symptom management.

TENS (transcutaneous electrical nerve stimulation) delivers small electrical pulses through your skin via the sticky pad (electrodes) attached to the device. These pulses confuse your brain and replace pain signals with the sensation of 'tapping'. TENS can also trigger the release of endorphins which have a natural pain relieving effect! In essence, you are using the natural power of science to outsmart your pain! Whether you have period pain or back pain, Tap. is here for you.

We have utilised the latest research to create the modes, intensity and application of tap. so you can rest assured your period pain is in good hands. Our unit is FDA cleared and tested prior to reaching you.

Our why:

Tap. was created by people with pelvic pain for people with pelvic pain. Our founder, Maxine, experiences painful menstrual cycles firsthand and discovered how effective TENS therapy was in combatting pain and getting back to being able to enjoy her monthly cycle. Our mission is to provide quality and affordable pain relief backed by evidence.

Who is TENS good for?

Tap 2.0 is to be used for temporary relief of pain associated with sore and aching muscles due to strain from exercise or normal household and work activities, period pain (dysmenorrhea) and flare up pain from pelvic conditions that cause discomfort.

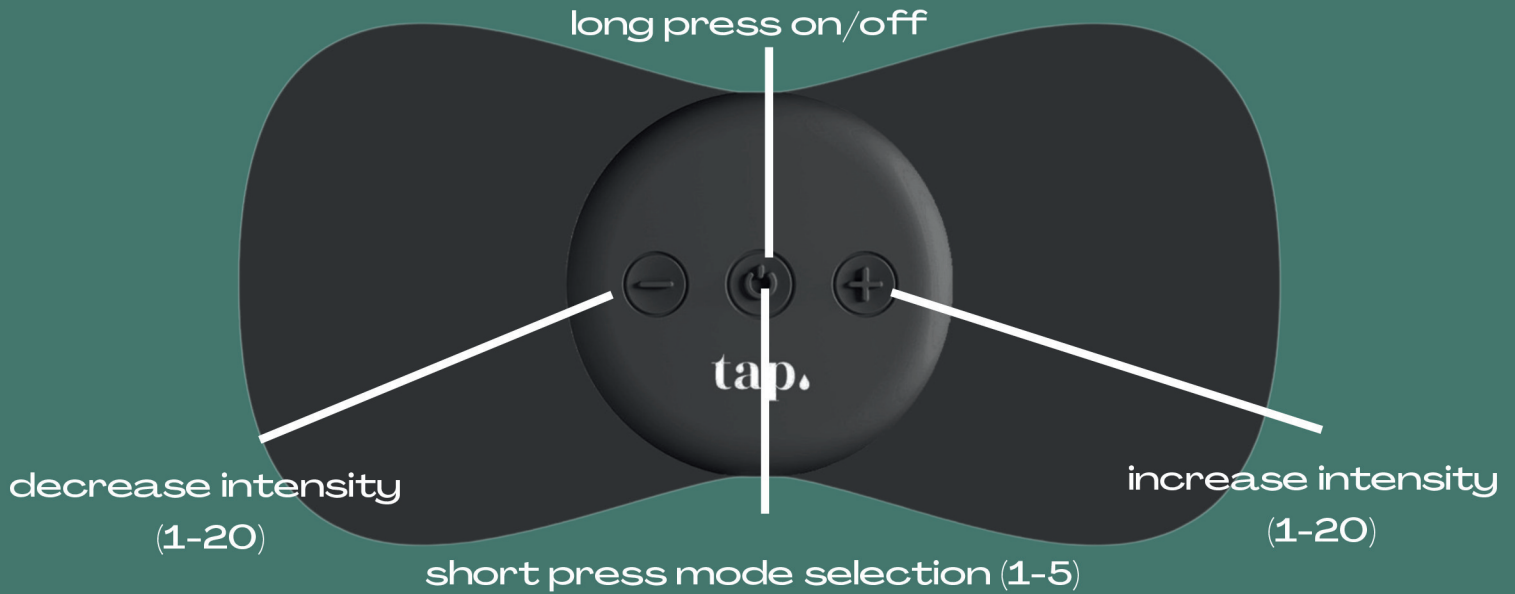
Both men and women may find TENS to be an effective tool that can be used for a variety of symptoms.

In the box...

- 1 x tap unit
- 3x sticky pads + electrodes
- 1x hip clip
- 1x USB charging cable
- 1x user manual (in your hands)

HOW TO:

Video version for
visual learners



Instructions:

Charge your tap. before first use

- 1** Secure the tap. unit into your singular sticky pad, (or plug 2x electrode attachment into tap. unit)
- 2** Peel the backing off electrode/pad and stick to lower abdomen or lower back where pain is most intense
- 3** Long press power button to turn unit on

- 4** Short press power to select desired mode

- 5** Press + or - to increase or decrease intensity (1-20). Auto shut off after 1 hour, turn on again as needed

Modes (1-5)

1. *High frequency continuous* (green)
2. *High frequency burst* (blue)
3. *Low frequency continuous* (yellow)
4. *Low frequency burst* (purple)
5. *Bladder Pain continuous* (white)

Tap tip: try each mode and see which one works best for you. If you'd like more info on Hz, uS and all the sciencey stuff, please reach out to us via email.

TAP. TIPS

STICKY PADS/ELECTRODES

You can select a singular sticky pad, or opt for 2x round electrode pads when using your tap. These can be used *TOGETHER* for targeted pain relief or *separately* depending on preference. (See video for more detail)

Sticky pads should last for up to 3 months or 20+ uses. *Replacement pads can be purchased online.*

Ensure you put the backing on your sticky pads when not in use. Store in a dry environment away from heat and cold temperatures to make them last longer. Never apply to skin with lotion.

DEVICE USE

Tap. is discreet enough to be worn under clothes. Stick to your lower abdomen or lower back and place your clothes right on top.

When device times out after 1 hour of use, feel free to turn it right back on if required for pain. However, having a short break could also be a good way to prevent habituation.

USB CHARGING

Tap is rechargeable via a USB charging cable (provided). This can be plugged in to a wall adapter or directly into your computer's USB port.

Your tap will take about 45 minutes to fully charge. Do not leave on charge for more than 8 hours.

Tap's battery will last for up to 8 full hours of use.

FAQS

(and their answers)

IS TAP EFFECTIVE FOR ENDO, ADENO, OR PCOS?

Yes! TENS therapy can aide in temporary relief from menstrual cramps as well as flare up pain associated with many common pelvic disorders. Speak to your leading health professional about using TENS in your treatment plan. Many users find a reduction in use of drugs/pain relief as a result of using Tap 2.0

WHY ARE THERE DIFFERENT MODES?

According to the research, TENS therapy for pelvic pain is most effective in the *high frequency* mode (modes 1 & 2). However, users also find relief using TENS at a lower frequency (modes 3, 4 & 5) so we have included these as well. Our 5th mode can specifically help with bladder symptoms, but would also be suitable for period pain.

HOW LONG CAN I USE MY TAP DURING A PAIN FLARE?

So long as the sticky pad does not irritate your skin, your tap can be worn for as long as you experience pain. Your Tap will shut off after 1 hour to save battery but can be turned right back on. Make sure to check your skin for irritation and have a break or stop using tap. if you feel discomfort.

HOW LONG WILL MY STICKY PADS LAST?

Your sticky pads should last for up to 3 months of moderate use when stored correctly and reapplied to plastic backing at the end of use. This may vary depending on skin types. Ensure you apply your sticky pads to clean, dry skin and avoid use of lotion before application.

WHICH STICKY PADS ARE RIGHT FOR ME?

Our singular pads provide a discreet way of using Tap. Some users find the more curved sticky pad is comfortable for lower back pain while the smaller winged pad fits better under pants at the lower abdomen. Our 2x round electrode pads (small circular pads) are great for targeting two painful areas at once and/or may be a better fit for people with curvy abdomens.



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