

Important Safety Notice:

This device should only be used with the provided, certified AC Adapter.

Keep your appliance unplugged when not using it and when adding or removing parts and attachments

DO NOT activate heat therapy before removing gel pads.

DO NOT place or store this appliance where it can fall or be pulled into a tub or sink.

DO NOT submerge product in water or other liquids.

Keep dry: DO NOT operate in a wet or moist condition.

DO NOT leave this device unattended while plugged in.

NEVER operate this device if the cord or plug are damaged.

DO NOT operate if the item is malfunctioning or has been exposed to water.

DO NOT operate under a blanket or pillow.

DO NOT carry this appliance by its power cord or use the cord as a handle.

DO NOT use this product in a high-temperature environment, or near flammable / explosive items or chemicals, including aerosol products or oxygen.

Keep the massager away from heated surfaces.

DO NOT use on persons with sensitive skin or poor blood circulation.

DO NOT crush, avoid sharp folds. Keep away from sharp/pointed objects like pins or other metallic fasteners.

DO NOT use this product directly on swollen or inflamed areas of skin or open wounds

This product should NEVER be used by an individual suffering from any physical ailment that limits the user's mobility or by an individual having sensory deficiencies affecting their legs and appendages.

Storage:

Store the device in its bag or in a safe, dry and cool place. To avoid breakage, DO NOT wrap the power cord around the device.

Cleaning And Maintenance:

Turn off the massager. Unplug the adaptor before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or other liquids to come into contact with the unit. DO NOT immerse in any liquid to clean. Never use abrasive cleaners, brushers, gasoline, kerosene, glass/-furniture polish or paint thinner to clean device.

Caution:

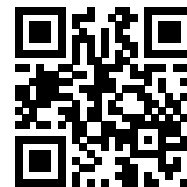
Do not use the device to supplement or replace any medical treatment that you are currently receiving. Please consult your physician before use if you are experiencing any unexplained pain, already receiving medical treatment for circulation or vascular issues, or using at-home medical equipment.

Please contact your physician before using the REATHLETE HEALR if you have physical health concerns or have any of the following conditions:

- You are pregnant.
 - You have a pacemaker or other medical implant.
 - You are suffering from a heart or vascular disease.
 - You have irregular blood pressure or are receiving treatment to normalize your blood pressure.
 - You are suffering from osteoporosis.
 - You are suffering from cancer.
 - You have undergone a recent surgery.
 - You have concerns regarding areas of your health.
- Stop using the product immediately if you feel uncomfortable or if any abnormalities occur.

REATHLETE HEALR

Calf & Foot Massager USER MANUAL



Contact us:

www.reathlete.com
support@reathlete.com

Technical details:

| Pressure | Level 1 | Level 2 | Level 3 | Level 4 |
|----------|---------|---------|---------|-----------|
| | 10 Kpa | 15 Kpa | 20 Kpa | 25 Kpa |
| | 75mmHG | 112mmHG | 150mmHG | 187.5mmHG |

AC Adapter: Rated input: 100-240V ~50/60Hz Rated output: 12 V

Thank you for purchasing the HEALR!

We are excited for you to experience the wide range of health and wellness benefits that come with using our product.

This User Guide is intended to provide you with guidelines to ensure that the operation of this product is safe and poses no risk to the user. Using this product in a manner that does not comply with the guidelines described in this manual may void the product warranty.

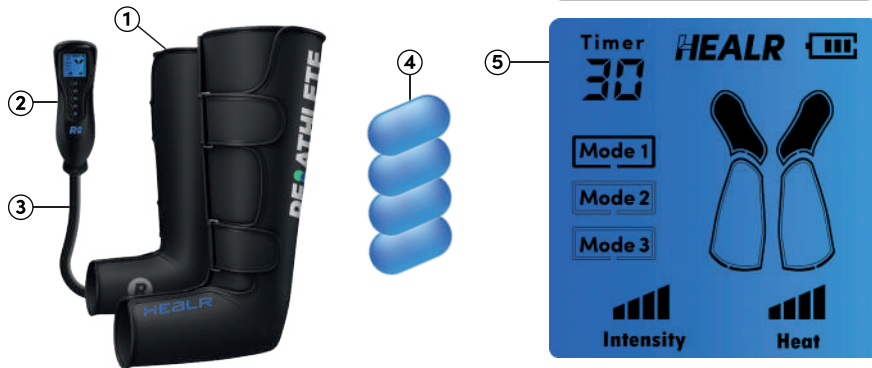
Please read all directions before using the HEALR and retain this guide for reference.

This product is intended for household use only.

- ① Calf & Foot Massager
- ② Control Unit
- ③ Air Pressure Hose
- ④ 4 x Cooling Gel Pads
- ⑤ LCD Screen

Box Contents

- Calf & Foot Massager
- Control Unit
- 4 x Cooling Gel Pads
- Adapter/Charger
- User Guide



How to Use:

1. Take a seated position and step into the boots of your massager. Note that the sleeves are marked L and R for Left and Right to indicate foot placement.
2. Secure the position of your feet by closing the zippers, and your calves by pulling the hook & loop straps through the metal rings. Fold the straps down to seal them.
3. Insert both air pressure connectors into the control unit to activate compression therapy.
4. Plug the AC power adapter into the outlet.
5. To integrate cold therapy capabilities, place pre-cooled gel pads into the four internal pockets [positioned according to common injuries]. For heat therapy only, keep gel pads removed.
6. Sit comfortably. Do not cross your legs.



To turn the massager ON, press button for 3s. To turn the massager OFF, press button for 3s.

For your safety, the massager will automatically shut down after 30 minutes of continuous use. We do not recommend using the massager for more than an hour.

Air Compression Massage

Press button to adjust between 4 intensity levels.

buttons activate one of 3 massage modes:

Calf massage **Foot Massage**

Calf and foot massage

Heat Therapy

Heat therapy is invaluable when treating muscle or ligament pain. It can ease muscle tension, increase flexibility, and heal damaged tissue by delivering more oxygen and nutrients by improving blood flow.

Press to activate heating function and cycle through four heat levels.

Cold Therapy

Cold therapy is especially useful for treating sprains, strains, pulled muscles and pulled ligaments, muscle microtraumas, and swollen or inflamed joints. It is best applied within several hours of an injury, so even if your gel pads aren't pre-cooled, you'll have time to do it, but it's better to have them always ready for use.

1. With the device turned off, open the hook & loop straps completely.
2. Insert the pre-cooled gel pads into the pockets located on the inside of the HEALR.
3. Carefully put the leg sleeves back on according to the L and R marks.

Cold therapy can be used with or without compression. However, we do not recommend to use the heat function when applying cold therapy.

Please use the reference above to select the massage mode that best suits your needs. You can combine air compression with either heat or cold therapy or use one of the functions independently.

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