

menopod[®]

User Guide
Mode d'emploi

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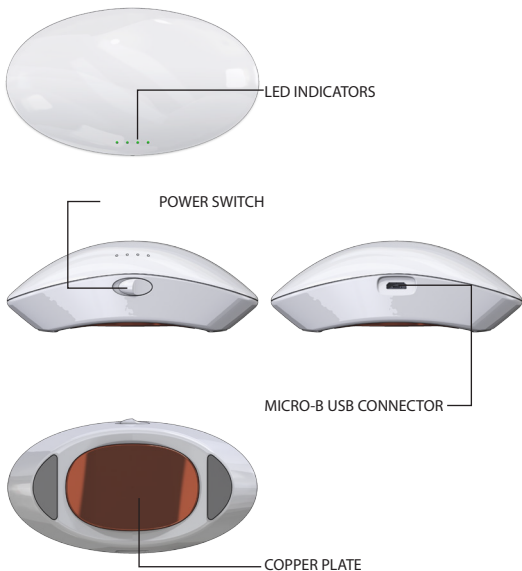
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Getting to Know Your Menopod®

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Menopod® Overview

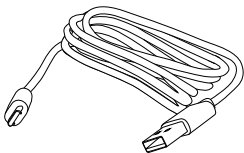
This guide describes the features of your Menopod®.



Accessories

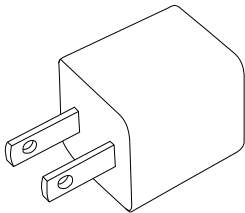
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The following accessories are included with your Menopod®.



Charging Cable

Use the Micro-B USB cable to connect any your Menopod® to any USB power source and charge the battery.



USB Power Adapter

Use the USB power adapter to connect your Menopod® to a power outlet and charge your Menopod® battery.

How It Works

The Menopod® is designed to be used during the onset of a menopausal hot flash. This mechanical cooling device, when applied to the back of the neck, will provide relief with non-hormonal intervention during menopausal transition.

The Menopod® works by bringing the temperature of the copper plate down to a cool 5°C (41°F) within four (4) seconds, for a period of one (1) minute. As this process also generates heat inside of the Menopod®, the Menopod® can only be used a few times in rapid succession before shutting itself down, in order to prevent overheating. The Menopod® will then be unable to turn on until it has sufficiently cooled.

The Menopod® is designed to operate in temperatures between 0°C (60°F) and 35°C (90°F). At higher temperatures, the Menopod® will achieve fewer cycles before overheating.

Charge Your Menopod®

Before using your Menopod®, make sure that the battery is fully charged. Connect your Menopod® to a USB Power Adapter or USB port using the included Charging Cable, and allow the Menopod® to charge until all four (4) LED indicator lights are solid green.

Understanding The LED Indicators

The LED Indicators display the status of your Menopod when it is in use or charging. Please see the descriptions below:



Solid when turned on or charging: Battery is fully charged.

Blinking while charging: Almost fully charged.



Solid when turned on: At least three (3) quarters of battery remaining.

Blinking while charging: Battery charged to at least 75%.



Solid when turned on: At least half of battery remaining.

Blinking while charging: Battery charged to at least 50%.



Solid when turned on: Battery nearly depleted.

Blinking while charging: 1%-25% of battery remaining.



Blinking while operating: Battery too low to operate. Needs to be recharged



Blinking while connected to charging cable: Over-discharged. See **Troubleshooting** for more details.



Blinking while operating: Overheated. Allow up to ten (10) minutes for Menopod® to cool.



No lights when switch is slid sideways: Battery depleted. Unit must be recharged

No lights when charging: No power. See **Troubleshooting** for more details.

How to Use Your Menopod®

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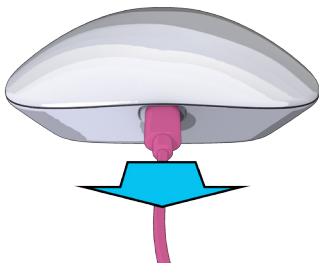
Warnings

Do not leave your Menopod® in your car on a hot or cold day. Excessive heat or cold may cause damage to the operation of the device. The copper plate can become very hot if left in the heat.

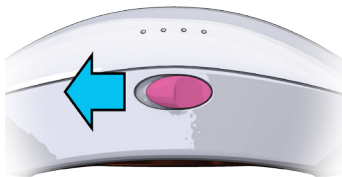
The Menopod® should not be submerged into water. If water is splashed onto the unit, dry it off immediately. If the unit is submerged, do not use the device.

Instructions for Using Your Menopod®

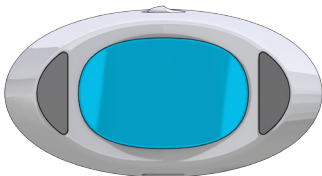
1. If the Menopod® is currently charging, disconnect the Menopod® from the Charging Cable.



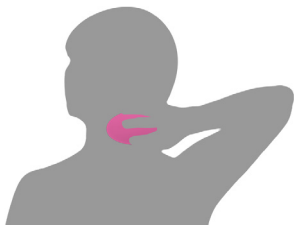
- Slide the power button to the left of to turn the Menopod® on.



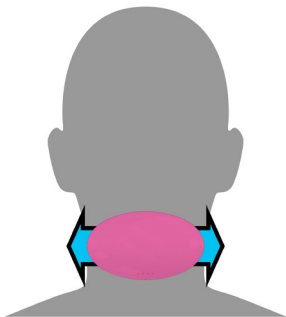
- Your Menopod® will cool to 5°C (41°F) within four (4) seconds.



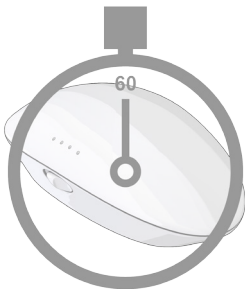
4. Place the Menopod® on the back of your neck for instant cooling relief.



5. Slide the Menopod® from side to side on the back of your neck every ten (10) seconds.



6. A cycle lasts for one (1) minute, after which the Menopod® will turn off automatically.



7. Once the cycle is completed, the Menopod can be run for another cycle immediately as needed. Please be aware that the Menopod can only run a few cycles in rapid succession before overheating. Please wait ten (10) minutes for the Menopod® to cool before using again.

The Menopod® can be recharged at any time.

Troubleshooting

Left Battery Indicator LED blinks amber when charging:

- Battery is over-discharged. Continue charging until power has been restored.

Battery indicator LEDs are dark when Menopod® is charging:

- Verify that the outlet being used is working
- Try another USB Power Adapter if available.
- If no other USB Power Adapter is available, connect your Menopod® to a powered USB port. If the USB port is on a computer, the computer must be turned on and not in sleep mode.
- Try another USB cable if available.
- Continue charging for a minimum of five (5) minutes.

Safety, Handling & Support

A

Important Safety Information

WARNING: Failure to follow these safety instructions could result in fire, electric shock, other injuries, damage to Menopod®, or other property. Read all safety information below before using Menopod®.

Handling: Handle Menopod® with care. It is made of metal and plastic and has sensitive electronic components inside. Menopod® can be damaged if dropped, burned, punctured, crushed, or if it comes into contact with liquid. Do not use a damaged Menopod®, such as one with a cracked case, as it may cause injury.

Repairing: Do not open Menopod® and do not attempt to repair Menopod® by yourself. Disassembling Menopod® may damage it or may cause injury to you. If Menopod® is damaged, malfunctioning or comes into contact with liquid, contact customer service.

Battery: Do not attempt to replace the Menopod® battery yourself - you may damage the battery, which could cause overheating and injury. The Lithium Iron Phosphate battery in Menopod® should be replaced only by Humantec Inc., and must be recycled or disposed of separately from household waste. Do not incinerate the battery.

Charging: Charge Menopod® with the included charging

cable and USB power adapter. Using damaged cables or chargers, or charging when moisture is present can cause electric shock. When you use the USB Power Adapter to charge Menopod®, make sure that the Charging Cable is fully inserted into the adapter before you plug it into a power outlet.

Medical Conditions: If you have any other medical condition that you believe could be affected by Menopod® (for example, seizures, blackouts, eyestrain or headaches) consult with your physician prior to using Menopod®.

Explosive Atmospheres: Do not charge or use Menopod® in any area with a potentially explosive atmosphere, such as a fueling area, or in areas where the air contains chemicals or particles (such as grain, dust, or metal powders). Obey all signs and instructions.

Important Handling Information

Cleaning: Clean Menopod® immediately if it comes into contact with anything that may cause stains - such as dirt, ink, makeup or lotions.

To Clean:

- Disconnect all cables.
- Avoid getting moisture in openings.
- Do not use cleaning products or compressed air.
- Wipe your Menopod® with a soft, lint free cloth.
- Use a soft, lint free cloth to polish the copper plate on your Menopod® and remove sweat and oil on

the plate that may transfer from your skin. This is the easiest way of keeping your Menopod® clean and shiny, and also helps protect the copper plate from oxidization.

Operation: When using connectors, ports and buttons, never force a connector into a port or use excessive pressure on a button, because this may cause damage that is not covered under warranty. If the connector and port do not join with reasonable ease, they probably do not match. Check for obstructions and make sure that the connector matches the port, and that you have the positioned the connector correctly in relation to the port.

Charging Cable: Discoloration of the charging plug after use is normal. Dirt, debris and exposure to liquids may cause discoloration. To remove discoloration or if the cable becomes warm during use or won't charge your Menopod, disconnect the Charging Cable from your computer or USB Power Adapter and clean it with a soft, dry, lint-free cloth. Do not use liquids or cleaning products when cleaning the charging connector.

Operating Temperature: Menopod® is designed to work in ambient temperatures between 0°C (60°F) and 35°C (90°F), and can be stored in temperatures between -20°C (0°F) and 45°C (95°F). Menopod® can be damaged and its battery life shortened if stored or operated outside of these temperature ranges. Avoid exposing Menopod® to dramatic changes in temperature or humidity. When you are using Menopod® or charging the battery, it is normal for

Menopod® to get warm. If the interior temperature exceeds normal operating temperatures (for example, in a hot car or in direct sunlight for extended periods of time), you may experience the following as it attempts to regulate its temperature:

- The Menopod stops functioning
- The Menopod stops charging
- The Indicator LEDs light up red

Warranty

Warranty - Menopod® One (1) year Limited Warranty
HOW CONSUMER LAW RELATES TO THIS WARRANTY
THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). OTHER THAN AS PERMITTED BY LAW, HUMANTEC INC. DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER RIGHTS YOU MAY HAVE, INCLUDING THOSE THAT MAY ARISE FROM THE NONCONFORMITY OF A SALES CONTRACT. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE.

WARRANTY LIMITATIONS THAT MAY AFFECT CONSUMER LAW TO THE EXTENT PERMITTED BY LAW, THIS WARRANTY AND ALL THE REMEDIES AND CONDITIONS WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. HUMANTEC INC. DISCLAIMS ALL STATUTORY AND IMPLIED

WARRANTIES , INCLUDING WITHOUT LIMITATION, WARRANTIES OF MERCHANT ABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTEND PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED, HUMANTEC INC. LIMITS THE DURATION AND REMEDIES OF SUCH WARRANTIES TO THE DURATION OF THIS EXPRESS WARRANTY AND, AT HUMANTEC INC.'S OPTION, THE REPAIR OR REPLACEMENT SERVICES DESCRIBED BELOW. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AND IMPLIED WARRANTY (OR CONDITION) MAY LAST, SO THE LIMITATION DESCRIBED ABOVE MAY NOT APPLY TO YOU.

What is covered by this warranty?

Humantec Inc. warrants the Menopod®-branded hardware product and accessories contained in the original packaging against defects in materials and workmanship when used normally in accordance with Menopod®'s published guidelines for a period of one (1) year from the date of original retail purchase by the end-user purchaser (warranty period). Menopod®'s published guidelines include but are not limited to information contained in technical specifications, user manuals and service communications.