

iReliev[®]

Far Infrared Heating Pad



Model # HC-2416



Instruction Manual



CE 0120



Read this instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in this manual. Failure to follow and implement according to the use and operating instructions can cause harm to the user or device.

INDICATIONS

The device is intended for over-the-counter use. However, if you have any medical questions, we strongly encourage you to consult with your physician regarding indications for use of this device.

Indications for Use

The iReliev® Far Infrared Heating Pad is for active treatment as per intended use:

- For temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.
- For temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.
- For use by healthy adults for the stimulation of healthy muscles to improve or facilitate muscle pain.

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CONTRAINDICATIONS

Far infrared heating pad should not be used on people with cardiac demand pacemakers.

WARNINGS

- ANYONE WHO IS PREGNANT OR MAY BECOME PREGNANT, HAS A PACEMAKER OR ANY OTHER IMPLANTED METALLIC DEVICE, HAS DIABETES OR ANY OTHER BLOOD RELATED MEDICAL CONDITION, OR IS AT AN INCREASED RISK OF DEVELOPING BLOOD CLOTS, SHOULD CONSULT THEIR PHYSICIAN BEFORE USING THE IRELIEV® INFRARED HEATING PAD.
- DO NOT SUBSTITUTE FOR MEDICAL ATTENTION.
- DO NOT USE WHILE SLEEPING OR UNCONSCIOUS.
- DO NOT USE ON AN INFANT.
- DO NOT USE ON AREAS OF INSENSITIVE, SWOLLEN, OR INFLAMED AREAS OF SKIN; DO NOT USE ON OPEN WOUNDS OR SKIN BLEMISHES.
- DO NOT DROP, FOLD, APPLY EXCESSIVE WEIGHT, PULL OR CARRY BY THE POWER CORD, FASTEN WITH SCREWS, NAILS, OR PINS, AS THIS MAY CAUSE DAMAGE TO THE HEATING PAD, POWER CORD, AND HAND CONTROL.
- DO NOT USE IN OXYGEN ENRICHED ENVIRONMENTS OR NEAR EQUIPMENT THAT EMITS OXYGEN.
- DO NOT USE FOR LONGER THAN RECOMMENDED. FREQUENTLY CHECK SKIN UNDER PAD AS BURNS MAY OCCUR REGARDLESS OF CONTROL SETTING.
- DO NOT OPERATE UNDER A PILLOW OR BLANKET, AS EXCESSIVE HEATING MAY OCCUR CAUSING FIRE, ELECTRIC SHOCK, OR INJURY.
- DO NOT LEAVE UNATTENDED FOR ANY REASON. ALWAYS UNPLUG HEATING PAD AND POWER CORD WHEN NOT IN USE. CHILDREN SHOULD NOT USE HEATING PAD WITHOUT ADULT SUPERVISION.
- DO NOT EXPOSE TO WATER, HIGH HUMIDITY, DIRECT HEAT, SUNLIGHT, OR DIRT.
- DO NOT DRY CLEAN OR USE BLEACH OR HARSH CLEANING CHEMICALS AS CLEANING AGENTS; DO NOT USE REPELLENT SPRAYS.
- DO NOT PUT HEATING PAD OR POWER CORDS IN MICROWAVE, WASHING MACHINE, OR DRYER.

USAGE INSTRUCTIONS

Before each use, please ensure connections are tight and secure. Plug the power cord into the wall outlet and ensure the digital functions on the had control are working properly. The use of a surge protector is recommended when using the infrared heating pad.

STEP BY STEP OPERATION GUIDE FOR TREATMENT

For best results, we recommend using the heating pad in either a lying or sitting position.

1. Insert the power cord into the heating pad. Please ensure the groove and the pins align and slide into place.
2. Plug power cord into a standard 120V outlet. If you are using this device internationally, please use a international adapter.
3. Place the pad in the area of treatment and power on by pressing the (⏻) on the hand control.
4. Select Temperature: To select the temperature for your treatment session, press the mode button (M) on the hand control and a blue light will appear above the (🔥). Once the temperature setting is selected, press the (▲) to increase or the (▼) to decrease the temperature, then press (M).
5. Select Treatment Time: Once the temperature has been selected, you will now select your Treatment Time for your treatment session. To select your treatment time, press the (▲) to increase or the (▼) to decrease the time.

Note: Once your settings are selected, Treatment Temperature and Treatment Minutes will be displayed on hand control.

Note: Once the Treatment Time has elapsed, the controller will automatically turn off.

Note: Treatment Temperature can be adjusted in 10-degree (🔥) increments from 55-160.

Note: Treatment Minutes can be adjusted in 5-minute intervals from 5-300 minutes.

Recommendation for Use:

- Get into a comfortable position, either lying or sitting down.
- Create a barrier between the Infrared Heating Pad and the users skin. Place a small towel to act as layer between the two. Stones do not need to be directly on skin to be considered effective treatment.
- Adjust temperature so that it is more comfortable for you. The temperature should never be hotter that you can tolerate.
- Place pad directly over affected area. Use protective layer such as towel.
- When using the pad, stones should be facing your body.
- There is no specific protocol for any individual with certain conditions using a infrared Infrared Heating Pad. Everybody tends to respond differently to treatment. Start using infrared Infrared Heating Pad for 20 minute sessions that progress as you develop greater tolerance and comfort.
- Longer therapy session may require you to reduce temperature.

WHAT'S INCLUDED

The iReliev[®] Far Infrared Heating Pad

1. Far Infrared Heating Pad
2. Hand Control With 10' Cord
3. Carry Bag
4. Operating Manual



HEATING PAD FEATURES

- Far Infrared Heat
- Negative Ion Technology
- Natural Jade & Tourmaline
- Adjustable 5-hour Timer (10-300 minutes)
- Adjustable 55-160° Heat Settings
- 10' Extra Long Cord
- 24" x 16" Heating Pad Size

CLEANING & MAINTENANCE

- Before cleaning or storing your Infrared Heating Pad, ensure the power cord is disconnected from the heating pad and unplugged from the power source.
- To clean the heating pad, lightly wipe the Heating Pad with a dampened cloth before and after use. Please allow heating pad to dry before use or storing.
- Store the Heating Pad in a cool, dry place in the storage bag. Do not hang the heating pad by the power cord or place additional weight on the pad in storage.
- Do not submerge heating pad or power cord in water.
- Do not attempt to remove and clean stones. This may cause damage to your heating pad.

SAFETY

- Examine the heating pad and controller for abnormal or excessive wear and tear including cracking or blistering.
- Examine the power cords regularly for cracks, frays, or exposed wires.

TECHNICAL SPECIFICATIONS

- Treatment Temperature: 55-160 degrees Fahrenheit
- Treatment Timer: 5-hours in 10-minute increments (10-300 minutes)
- No EMF and High Negative Ion
- 10' Cord Length for convenient use
- Power: AC110~120v
- 56 Jade stones
- 56 Tourmaline stones

WARRANTY

This iReliev® Far Infrared Heating Pad carries a one-year warranty from the date of purchase.

The warranty applies to the heating pad, necessary parts, and labor relating thereto.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations, or disassembly by unauthorized individuals.

ExcelHealth Inc. dba iReliev® Products reserves the right to replace or repair the unit at our discretion.

ExcelHealth Inc. dba iReliev Products

Attn: Warranty
5825 Park Vista Circle,
Fort Worth, TX 76244

www.iReliev.com

Phone: 855-723-2582
Email: WeCare@iReliev.com

THANK YOU FOR PURCHASING

Your new iReliev® Infrared Heating Pad is one of the best in the industry, and in many ways, leads the industry, particularly in the warranty coverage and customer satisfaction. Customer satisfaction is a key factor in every iReliev® transaction.

ExcelHealth Inc. dba iReliev Products has a passion for affordable, all-natural pain relief products. At iReliev®, word-of-mouth recommendations result in a large percentage of our business. This is a testament to our excellent product value and customer satisfaction.

REGISTER YOUR DEVICE

Please go to <https://www.iReliev.com/registration> to register your iReliev® Far Infrared Heating Pad, Model # HC-2416, within 14 days of purchase to receive an extended warranty for up to 2 years.

When registering your device, see bottom of power cord to reveal serial number. Enter serial number on the warranty registration form or complete warranty on the following page. Please send registration card within 14 days of purchase in a stamped envelope.

OTHER iReliev® ACCESSORIES



Hot and Cold Gel Pack

Soothe strain and pain with our reusable, microwaveable hot/cold pack. Stays flexible, even when frozen. Cost effective and long lasting. Made of soft touch, well constructed vinyl which can be cleaned hundred of times. Three sizes to choose from.



Pain Relief Gel Roll-on

iReliev® Pain Relief Gel is fast-acting, deep-penetrating, and long-lasting cold therapy roll on. Provides pain relief from soft tissue injuries, muscle strains, and other types of muscle or joint pain.

Registration Card

Send this copy to: iReliev® Products 5825 Park Vista Circle, Fort Worth, TX 76244

Why did you buy iReliev: _____

Product Model Name: _____

Date of Purchase: _____ **Where Purchased:** _____

Serial Number: _____

Print Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Country: _____

Email: _____

Phone Number: _____

How did you hear about iReliev? _____

Please mail registration card in a stamped envelope within 14 days from date of purchase to receive free gifts and discounts.





iReliev[®]

ExcelHealth Inc.

www.iReliev.com

5825 Park Vista Circle

Fort Worth, TX 76244

If you have any questions whatsoever regarding your
iReliev[®] Far Infrared Heating Pad
Model # HC-2416 contact your reseller or ExcelHealth Inc. at:
855-723-2582 or visit www.iReliev.com