



Digital Moist Heating Pad

**Instruction Manual**  
**For models ZZHP147, ZZHP1414,**  
**ZZHP1427, ZZHP1427BLK**  
**and ZZHP832U**

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**ENGLISH • ESPAÑOL • FRANÇAIS**

**FAILURE TO FOLLOW THE INSTRUCTION WILL VOID ALL WARRANTY  
REPLACEMENT OR CREDIT**



# Table of Contents

|   |    |
|---|----|
| Introduction to Moist Heat Therapy..... | 1  |
| Device Description.....                 | 2  |
| LCD Display .....                       | 3  |
| Button Function.....                    | 4  |
| Instructions for Use.....               | 5  |
| Safety Notes.....                       | 7  |
| WARNINGS.....                           | 8  |
| Product Specifications.....             | 9  |
| Classification .....                    | 10 |
| Note.....                               | 11 |
| Specifications .....                    | 12 |
| Maintenance .....                       | 16 |
| Limited Product Warranty .....          | 17 |



## Introduction To Moist Heat Therapy

The application of moist heat is a commonly prescribed therapy in medical practice today. Controlled moist heat is especially useful for temporary pain relief associated with muscle strains and spasms, joint pain and inflammation.

The LCD display performs multiple functions, not only to set up temperature and time, but also has a locking function to avoid any incidental touching. A warning signal will light up on the screen when the product is active.

The heating pad is intended for physical therapy. For normal treatment, 15 minutes on a cycle is sufficient. Do not exceed a total treatment duration of more than 30 minutes, twice a day.

Always consult your physician for appropriate course of treatment.

The manufacturer and its distributor assume no liability for harm caused by misuse of the device.

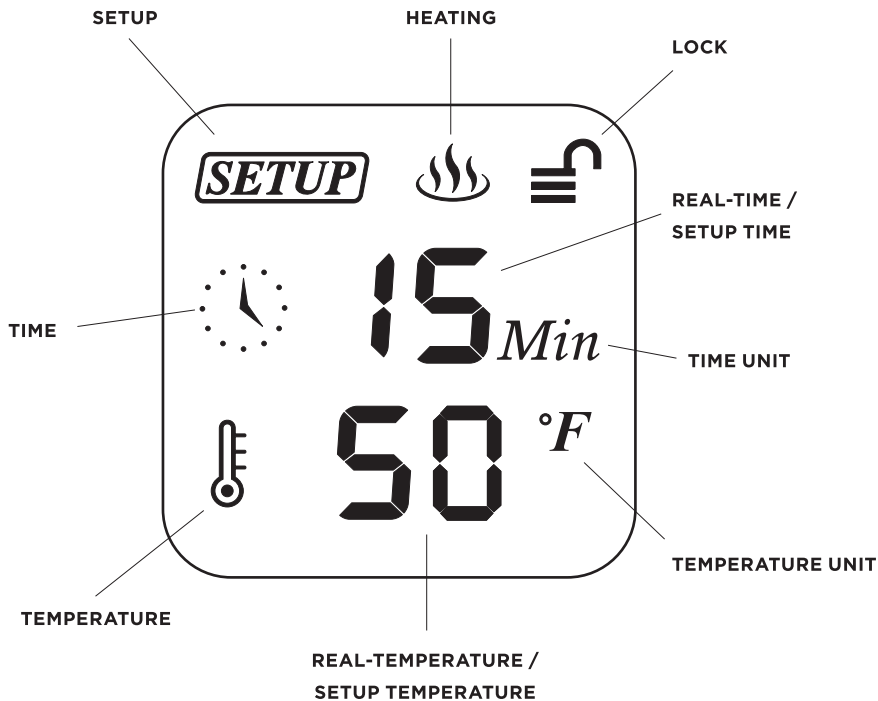
## Device Description

The BodyMed® Digital Moist heating Pad includes high-grade intensive ceramics. The digital far infrared ray moisture heating pad adopts the latest high-density electric carbon wire to increase temperature quickly.

If you feel the Digital Moist Heating Pad is not producing enough moisture, it may be because it has been used for an extended period and the fabric has dried out. You may also have extremely dry air because of the climate, air conditioning or heating system. **DO NOT ADD WATER.** Instead, try one of these suggestions:

- Wash the outer pad cover and either hang it to dry or use the medium setting on your dryer, so that it does not become excessively dry.
- Avoid storing your pad and cover in a hot, dry location.
- Allow time between uses for the cover to regenerate and absorb moisture.
- Hang the cover near your shower or laundry area, where the air contains more moisture.

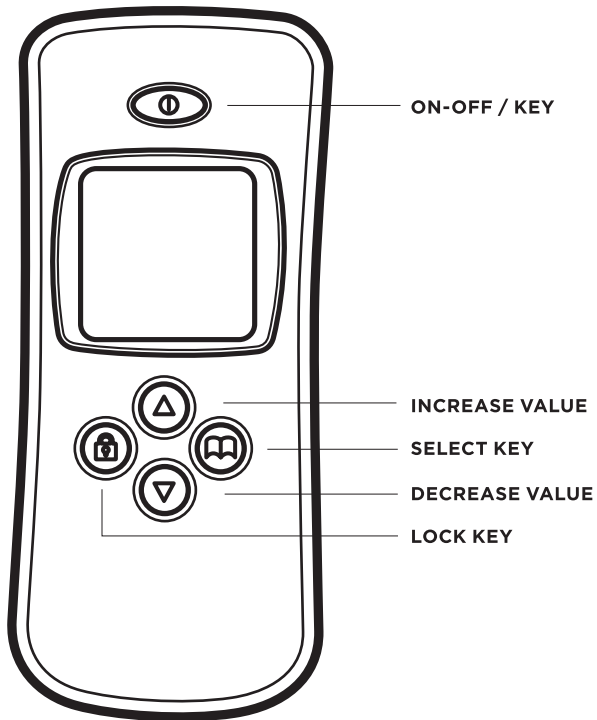
**NOTE:** During the first 10 minutes of initial operation, the heating pad will go through a “System Check” for temperature settings. Inconsistent temperature readings between the “Setup” and the “Real-Time” temperature screens may appear. This is normal and the temperature reading will level off once the “System Check” is complete. The “Real-Time” temperature is NOT accurate during the “System Check.” During the heat up phase, the initial temperature will exceed the set temperature and then decrease down the set temperature. All the temperature change readings will be displayed on the screen.




## Button Function

SETUP TIME: 1 – 60 MINUTES

















SETUP TEMPERATURE: 86° – 166° F



## Instructions For Use

1. Slide the heating unit into the special cotton outer cover. DO NOT use the heating unit without the fleece cover, and do not add additional layers of insulation to the cover.
2. Do not add water to any part of the Digital Moist Heating Pad. The outer cover is designed to absorb moisture from the atmosphere between use, and release the moisture when the heat is activated. Your skin should feel slightly damp from the water vapor condensed during treatment, but will not be dripping wet.
3. It is important to keep the heating unit flat inside the cover. Folded or overlapping areas of the heating unit could intensify the heat. This could damage the unit, burn the user or cause a fire.
4. Plug into outlet (110V). A “beep” sound indicates it is running normally.
5. When you are ready to begin, position the Digital Moist Heating Pad over the area you wish to treat. Direct contact with bare skin produces the most benefit. DO NOT LIE or SIT on the Digital Moist Heating Pad.
6. Switch the unit on by gently pressing the  button. The LCD panel will show full images for 3 seconds. The preset timer is set for 15 minutes and the temperature will automatically increase to 50° C (122° F).

## Instructions For Use

- It takes four minutes to heat up to 122° F and 10 minutes to heat up to 166° F. (Times are approximate).
- Press the  button to select Fahrenheit F or timer.
- To set temperature: Press the  button once to increase temperature one degree, or press the  button once to decrease the temperature one degree. Press and hold the  or  button continuously to increase or decrease every 41° F. The temperature range is 86 - 166° F. When the panel shows the  image, this means the device is either heating up or cooling down.
- After selecting the time, by pressing the  button, the selected time will display on the time indicator. The time will increase or decrease when either the   button is pressed. Pressing either the   button, the time will increase or decrease for every one minute. Press and hold either the   button to increase or decrease the time every five minutes, time level ranges from 0-60 minutes. When time is up, the power will shut off automatically.
- To lock the unit, press the  button for two seconds and the screen will display . The temperature and timer buttons will be locked in order to avoid an unintended touch. To unlock, press the  button for two seconds again.
- The latest setting time and temperature will be memorized automatically when you shut the product off (to return to initial settings, unplug the unit).



### **IMPORTANT INFORMATION BEFORE USING THIS UNIT**

- Read all instructions.
- Never use this heating pad without the clean cotton fleece cover.
- Do not use while sleeping.
- Keep out of reach of children.
- Do not use on infants.
- Use of this heating pad is not intended as a substitute for consultation with your physician.
- Burns may occur regardless of temperature setting.
- Please consult your physician before using this product.
- Handle with care.
- Do not twist or draw out the electric wire. Do not use the cord as a handle.
- Do not store the unit where exposed to direct sunlight, high temperatures, high humidity, dust, etc.
- Do not use gasoline, paint thinner, or other strong solvents in proximity to this product.
- Do not disassemble or modify the unit.
- Do not submerge in water.

**CAUTION: DO NOT PUT THE INNER HEATING UNIT OF THE DIGITAL MOIST HEATING PAD IN OR NEAR WATER.**

## WARNINGS

### **CAUTION : BURN OR SKIN INJURY**



- Unplug unit when not in use.
- For normal treatment, do not use the pad over 30 minutes when in a high temperature setting (114 — 167°F).
- Do not crush display board.
- Do not use while sleeping. Do not sit on or crush pad. Do not wet.
- This pad is not to be used on or by an invalid, sleeping or unconscious person or a person with poor blood circulation unless carefully attended, checking skin under pad frequently.
- Do not use on areas with sensitive skin.
- Never use pad without cover in place.
- Carefully examine inner cover before each use. Discard the pad if inner covering shows any signs of deterioration.
- Do not use pins or other metallic means to fasten this pad in place.
- Consult with your physician before using this device.
- For human use ONLY.

**FAILURE TO FOLLOW THE ABOVE WARNINGS WILL VOID ALL WARRANTY REPLACEMENT OR CREDIT**

## Product Specifications

|                    |   |
|--------------------|---|
| Output:            | Moisture heating.   |
| Cover:             | 60% cotton, 40% polyester - washable.   |
| Display:           | Numerical LCD (liquid crystal display).   |
| Button:            | Rubber made in double colors.   |
| Sensor:            | High resolution Digital thermal sensor.   |
| Control:           | Pulse trigger-control solid switched.   |
| Circuit:           | Digital Processor.  |
| Protection:        | Thermal switched.   |
| Mode of Operation: | Continuous operation.   |
| Heating:           | Select 86-166° F (°F/unit) temperature output.  |
| Timer:             | 1 - 60 minute (1 minute/unit). Auto shut off.   |
| Power Consumption: | AC 90 - 125V ~ 40 - 60Hz<br>ZZHP1427 2.2A/290W<br>ZZHP1427BLK 2.2A/290W<br>ZZHP1414 1.1A/145W<br>ZZHP147 0.6A/80W<br>ZZHP832U 2A/260W |

## Classification

| CLASS II EQUIPMENT  TYPE BF APPLIED PART  |   |   |
|---|---|---|
| Pad Size (W x L):   | ZZHP1427:<br>ZZHP1427BLK:<br>ZZHP1414:<br>ZZHP147:<br>ZZHP832U: | 14" x 27"<br>14" x 27"<br>14" x 14"<br>14" x 7"<br>8" x 32" |
| Operating Condition:  | Temperature:<br>Humidity:                                       | 68 - 104° F<br>30 - 75% RH                                  |
| Storage Condition:  | Temperature:<br>Humidity:                                       | 50 - 122° F<br>10 - 90% RH                                  |
| Transportation Condition:   | Temperature:<br>Humidity:                                       | 14 - 158° F<br>10 - 90% RH                                  |

**\*\* Do not expose the Heating Pad to temperature extremes (below 50F or over 122F) nor excessive humidity (>90% RH).**

**\*\*\* Equipment is not suitable for use in the presence of a flammable anesthetic mixture with air oxygen, or nitrous oxide.**

**NOTE: This product is compliant to the related Medical regulations including:**

EMC: IEC60601-1-2

Electrical Safety: IEC60601-1

MDD (93/42/EEC)



The heating pad is intended for physical therapy, not for keeping warm.

### CHECKING THE CONTENTS

Make sure the fleece cover is included in the package. If it is missing or damaged, please contact your local dealer.

## GUIDANCE AND MANUFACTURER'S DELCARATION – ELECTROMAGNETIC EMISSIONS

The BodyMed® Digital Moist Heating Pad is intended for use in the electromagnetic environment specified below. The customer or the user of the BodyMed® Digital Moist Heating Pad should assure that it is used in such an environment.

| Emission Tests                                       | Compliance                               | Electromagnetic Environment Guidance  |
|--|--|---|
| RG emissions CISPR 11                                | Group 1                                  | The BodyMed® Digital Moist Heating Pad uses RG energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.   |
| RG emissions CISPR 11                                | Class B                                  | The BodyMed® Digital Moist Heating Pad is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. |
| Harmonic emissions IEC 61000-3-2                     | Not Applicable - Battery Operated Device |   |
| Voltage fluctuations/flicker emissions IEC 61000-3-3 | Not Applicable - Battery Operated Device |   |

# Specifications

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| Immunity Test   | IEC 60601 Test Level   | Compliance Level                            | Electromagnetic Environment Guidance  |
|---|--|---|---|
| Electrostatic Discharge (ESD)   | ±6kV Contact<br>±8kV Air   | ±6kV Contact<br>±8kV Air                    | Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%. |
| IEC 61000-4-2<br>Electrical fast transient/burst<br>IEC61000-4-4                                    | ±2kV for power supply lines<br>±1kV for input/supply lines   | Not Applicable -<br>Battery Operated Device | Mains power quality should be that of a typical commercial or hospital environment.   |
| Surge<br>IEC 61000-4-5  | ±1kV differential mode<br>±2kV common mode   | Not Applicable -<br>Battery Operated Device | Mains power quality should be that of a typical commercial or hospital environment.   |
| Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11 | IEC 61000-4-11 <5% UT (>95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT) for 5 cycles 70% UT (30% dip in UT) for 25 cycles <5% UT (95% dip in UT) for 5 sec | Not Applicable -<br>Battery Operated Device | Mains power quality should be that of a typical commercial or hospital environment.   |
| Power frequency (50.60Hz) magnetic field<br>IEC 61000-4-8   | 3 A/m  | 3 A/m                                       | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.     |

# Specifications

## GUIDANCE AND MANUFACTURER'S DELCARATION – ELECTROMAGNETIC EMISSIONS

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| Immunity Test                 | IEC 60601 Test Level             | Compliance Level                               | Electromagnetic Environment Guidance  |
|-------------------------------|----------------------------------|--|---|
|                               |                                  |  | Portable and mobile RF communications equipment should be used no closer to any part of the BodyMed® Digital Moist Heating Pad, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. <b>Recommended separation distance.</b> |
| Conducted RF<br>IEC 61000-4-6 | 3 Vrms<br>150 kHz to 80 MHz      | Not Applicable -<br>Battery Operated<br>Device | $d = [3.5] \sqrt{P}$<br>V1  |
| Radiated RF<br>IEC 61000-4-3  | 3 V/m<br>80 MHz to 2.5 GHz 3 V/m | 3 V/m  | $d = [3.5] \sqrt{P}$ 80 MHz to 800 MHz<br>$E_1$<br>$d = [7] \sqrt{P}$ 800 MHz to 2.5 GHz  |

Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m).

Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range<sup>a</sup>.

Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

<sup>a</sup>Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, and electromagnetic site survey should be considered. If the measured field strength in the location in which the BodyMed® Digital Moist Heating Pad is used exceeds the applicable RF compliance level above, the BodyMed® Digital Moist Heating Pad should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the BodyMed® Digital Moist Heating Pad.

<sup>b</sup>Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.



## RECOMMENDED SEPARATION DISTANCES BETWEEN PORTABLE AND MOBILE RF COMMUNICATIONS EQUIPMENT AND BODYMED® DIGITAL MOIST HEATING PAD

The BodyMed® Digital Moist Heating Pad is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the BodyMed® Digital Moist Heating Pad can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the BodyMed® Digital Moist Heating Pads as recommended below.

| Rated Maximum Output Power of Transmitter W | Separation Distance According to Frequency of Transmitter |   |   |
|---|---|---|---|
|   | 150 kHz to 80 MHz<br>$d = [3.5] \sqrt{P}$<br>V1           | 80 MHz to 800 MHz<br>$d = [3.5] \sqrt{P}$<br>E1 | 80 MHz to 2.5 GHz<br>$d = 7 \sqrt{P}$<br>E1 |
| 0.01  | 0.12  | 0.12  | 0.23  |
| 0.1   | 0.38  | 0.38  | 0.73  |
| 1   | 1.2   | 1.2   | 2.3   |
| 10  | 3.8   | 3.8   | 7.3   |
| 100   | 12  | 12  | 23  |

For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

Note 1: At 80 MHz and 800 MHz, the higher frequency range applies.

Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

### **CLEANING OF COTTON COVER**

- Machine wash in mild soap.
- Hand wash in lukewarm or cold water with mild soap.
- Dry clean.
- Do not bleach.
- Rinse well, short spin.

### **CLEANING OF CONTROLLER**

- Use a soft cloth, slightly moistened with water to lightly wipe the surface.
- Do not use any type of solvent such as thinner or benzene.
- Do not clean the heating pad unit.

## Limited Product Warranty

Your BodyMed® Digital Moist Heating Pad is warranted to be free from defects in materials and workmanship occurring within one (1) year from date of purchase, when used in strict accordance with the instructions provided with the monitor. The sole remedy for a breach of this warranty is replacement of defective materials or components. This warranty extends only to the original purchase. The purchase receipt or other proof of date of original purchase is required before full replacement will be provided.

**Please contact BodyMed® at:  
1-866-528-2152**

**BODYMED® MAKES NO OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ALL SUCH WARRANTIES BEING HEREBY EXPRESSLY EXCLUDED.**

The warranty described above does not extend to the normal wear of the product and is void if the product housing has been removed or if the product fails to function properly as a result of an accident, misuse, abuse, neglect, mishandling, misapplication, defective batteries, faulty installation, set-up, adjustments, improper maintenance, alteration, maladjustment of controls, modification, power surges, commercial use of product, use of the product which differs from the suggested use set forth in the product instructions, service by anyone other than an authorized service center or acts beyond the control of the manufacturer.

**BODYMED® SHALL NOT BE LIABLE FOR ANY INDIRECT, INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES, WHETHER ARISING UNDER CONTRACT, TORT, STRICT LIABILITY, STATUTE OR OTHER FORM OF ACTION OR ANY DAMAGES IN EXCESS OF THE COST OF THE REPLACEMENT OF THE PRODUCT.**

