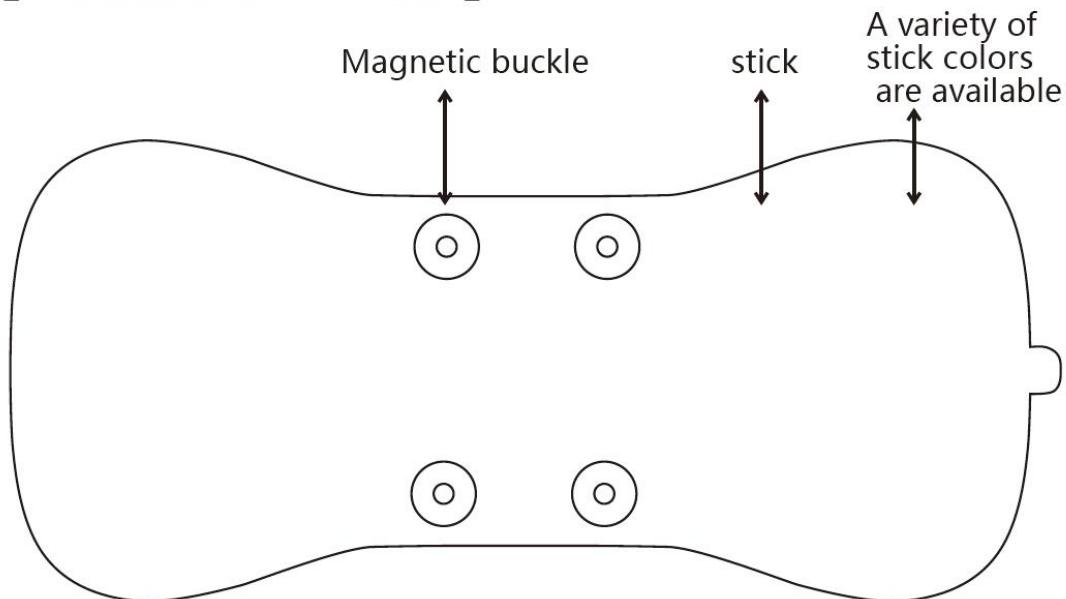


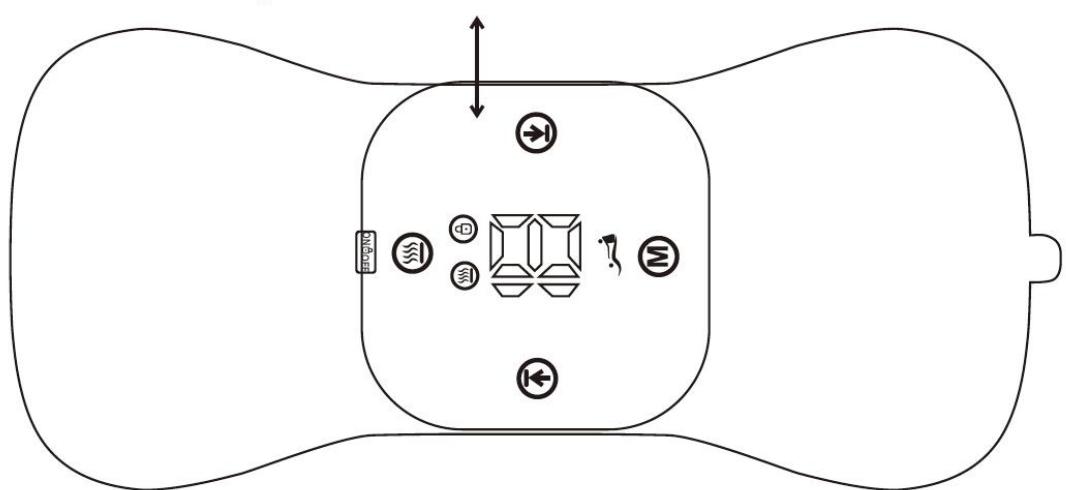
User Manual

Mini hot compress massage stick
HSD-003

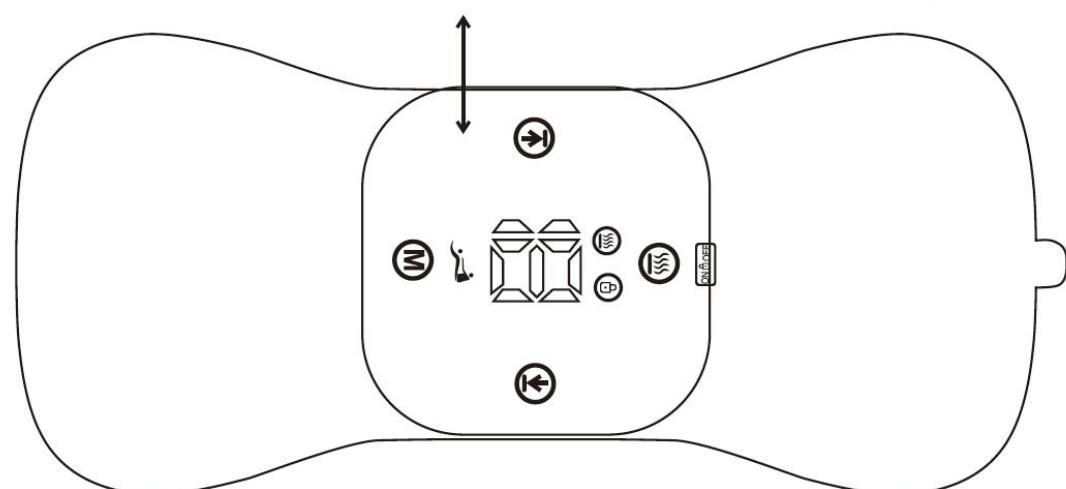
[Introduction to stick]

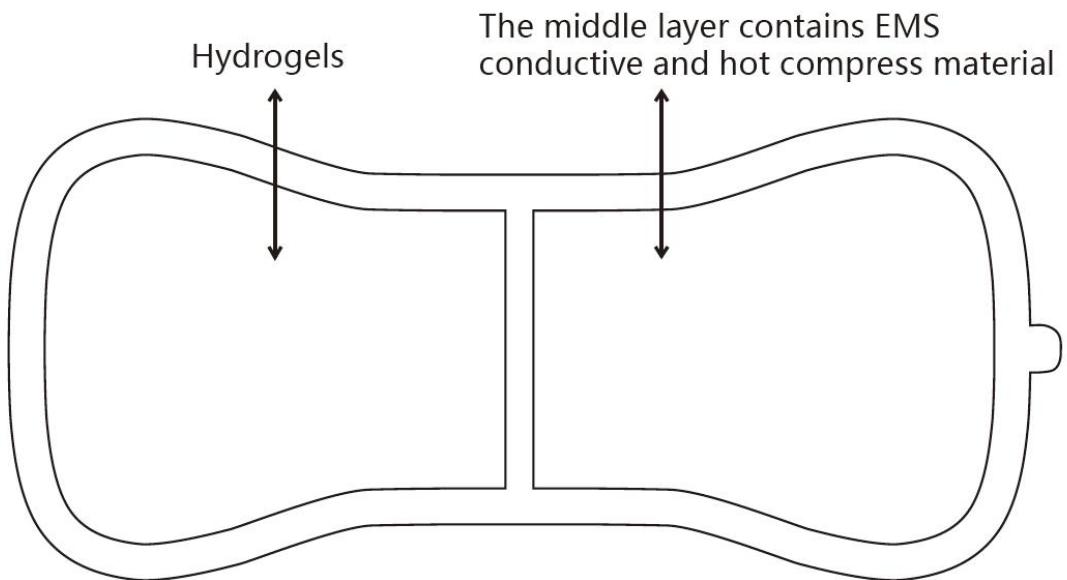


Correct placement of the Main Unit in the direction ①

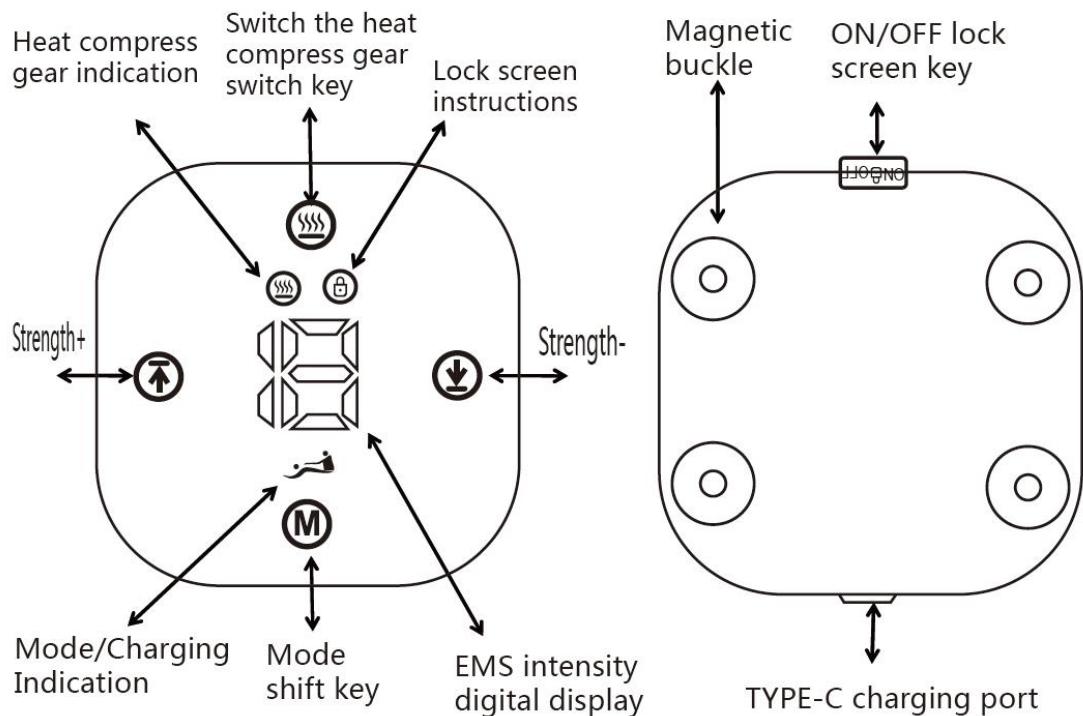


Correct placement of the Main Unit in the direction ②

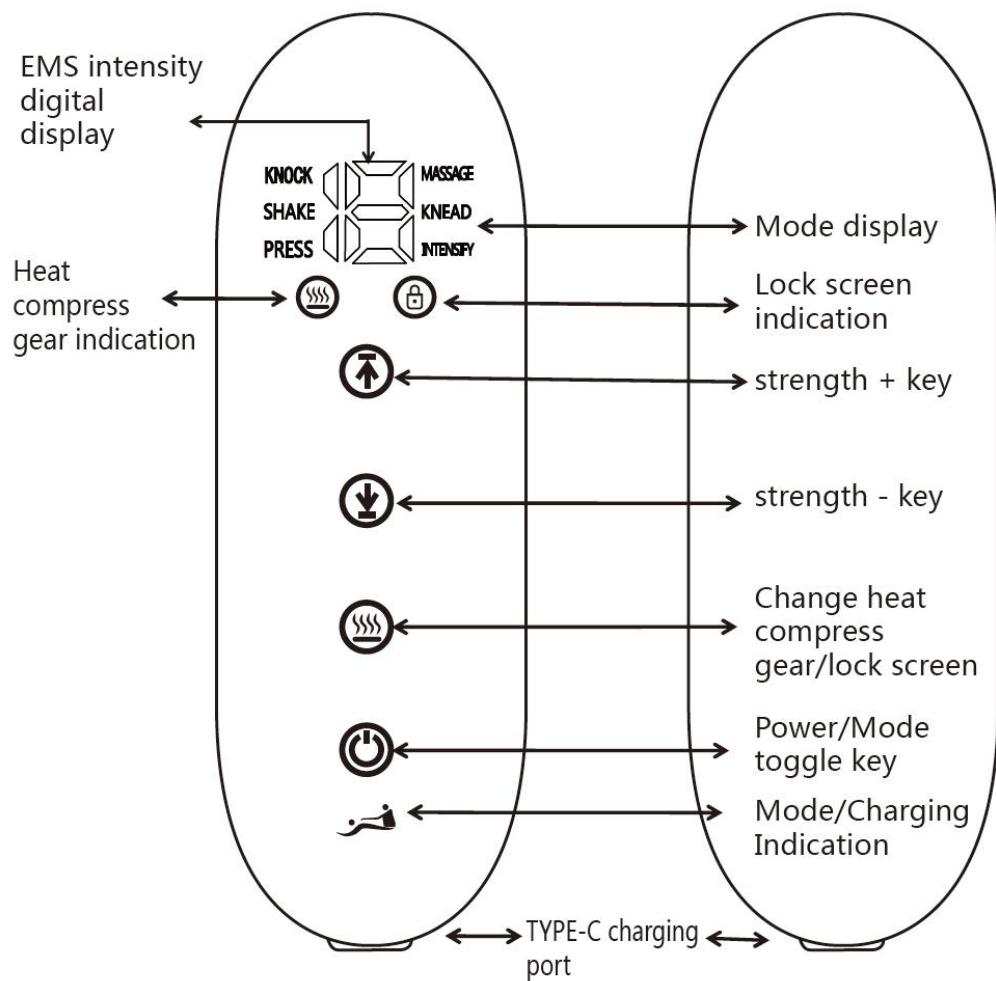




【Main Unit introduction】



[Introduction to remote control]



[Introduction to the use of real pictures]



[Suitable for multiple parts]



[Additional description of the use of text]

Main Unit operating instructions

1. Fix the main unit on the massage sticker in the correct direction.
2. Stick the massage sticker to the position that needs to be massaged. Please wipe off the sweat from the contact area before use, so that the sticker can be attached to the surface as much as possible. for closer contact with the skin.
3. Press and hold the ON/OFF button for 3 seconds to turn it on, the normal indicator light is on, and then long press the ON/OFF button for 3 seconds to shutdown, and all indicators are off. Short press the ON/OFF button to turn on and off the back screen after powering on. After the back screen is turned on, the back screen indicator light will light up in white, and when the back screen is turned off, the back screen indicator light will turn off. The back screen will make a "beep" sound when it is turned on and off.
4. Touch the ↑ / ↓ keys to adjust the EMS intensity, there are 1 to 19 intensities in total, press ↑ EMS intensity to increase, press ↓ EMS intensity to decrease. EMS intensity 0 to 1 will make a "beep" sound. It prompts EMS to be turned on. When the

intensity reaches the 19th gear, touch the ↑ key again to make a "di-di" sound, indicating that the intensity is the highest level. In the EMS state, if the magnetic buckle of the Main Unit is not in contact with the stick, a "di-di" prompt sound. 5. Touch the Mode switch key to switch between modes 1 to 6, and each mode displays a mode indicator with a different color. Green corresponds to mode 1, white corresponds to mode 2, cyan corresponds to mode 3, red corresponds to mode 4, blue corresponds to mode 5, and yellow corresponds to mode 6. The charging display is red, and the LED is off when fully charged. Mode transitions will make a "beep" sound. 6. Touch the switch to switch the heat compress gear position, shortpress the heat compress function to switch from low, medium, high, and then to the off gear, each gear shows a different color of the heat compress indicator. Green is the low-grade heat compress, yellow is the middle-grade heat compress, and red is the high-grade heat compress. When the stick is attached and the heat is working normally, the indicator light will flash. Indicates that the heatpack is running. If the stick is not in contact with the magnetic buckle of the Main Unit, turning on the heat compress switch gear button will emit a "di-di" prompt, and the indicator light will be on, indicating that the stick and the magnetic buckle of the Main Unit are not in contact.

Remote control operation instructions

1. Touch the ↑/↓ key to adjust the EMS intensity, there are 1 to 19 intensities in total, press ↑ EMS intensity to increase, press ↓ EMS intensity to decrease
2. Touch the switch to switch the heat compress gear, shortpress the heat compress function to switch from low, medium, high, and then to the off gear, each gear corresponds to a different color heating indicator, long press for 3 seconds to activate the remote bck screen function, The bck screen icon indicator light is on, press and hold for 3 seconds after the bck screen is turned off, and the bck screen icon indicator light is off.
3. Touch the power switch button, press and hold for 3 seconds to turn on, the normal indicator light is on, then long press the ON/OFF button for 3 seconds to shutdown, all indicators are off. Shortpress the ON/OFF button after powering on, the mode switches from mode 1 to mode 6, and each mode corresponds to a mode indicator with a different color. The corresponding color of the remote control mode is the same as the corresponding color of the Main Unit mode.

【Attention list】

→ The position of the Main Unit must be correctly attached to the magnetic buckle position of the stick, that is, the ↑/↓ keys are at the upper and lower positions of the stick, and the hot compress and the mode power button are at the left and right positions of the stick

→ The remote control will automatically shutdown if there is no operation for one minute. During the use of the Main Unit, such as EMS and heat compress, neither work nor remote control. After 1 minute, there will be a "di-di" sound, and it will automatically enter the sleep and shutdown state. Press and hold the power switch button on the remote control for 3 seconds within 1 minute to remotely turn on the Main Unit, or press and hold the ON/OFF button of the Main Unit for 3 seconds to power on. The Main Unit will automatically shutdown after 30 minutes without remote control and button action after work.

- In addition to shortpress the ON/OFF button to lock the screen, and long press the remote control hot compress button for 3 seconds to lock the screen, the Main Unit will automatically enter the lock screen state after EMS and hot compress work, if there is no action within 30 seconds, When the screen is locked, shortpress the ON/OFF key to unlock it, long press the ON/OFF key for 3 seconds to shutdown, and the rest of the touch keys are locked and unresponsive. The remote control can still be used for remote control when the screen is locked.
- Please use EMS and hot compress according to your own strength. It is recommended that when users experience EMS and hot compress for the first time, the gear is slightly lowered, and the intensity is gradually increased after the body has fully adapted to the intensity. This way the experience is better.
- The product can be charged with a mobile power supply when the power is low, and the product can also work during the charging process. If the hot compress is not in good contact during the charging experience, there may be a long beeping sound. Please put the stick in good contact with the Main Unit or turn off the hot compress function to experience while charging.
- When the battery power is very low, the color of the mode indicator may appear color cast, and it will automatically shutdown after working for a period of time. When the color status display is abnormal, please charge the user in time for a better experience.

【Details of EMS】

→ EMS is a technique designed to stimulate muscles using electrical currents to achieve specific effects. Electrical muscle stimulation is the delivery of small, low-voltage electrical pulses to the muscle through electrodes placed on the skin to cause the muscle to contract. Has toned muscles, relaxes tense muscles; has been shown to be an effective clinical non-drug treatment according to research; controls muscle strengthening and firming. When used correctly, it has no side effects on the body. It's a great way to train yourself, and it's scientifically and medically backed up.

【Safety warning】

- *Not to be used as a mask or to treat unidentified pain; consult a physician before use
- *Do not use around the heart, mouth, infected skin
- *Do not use this product in spaces with high humidity, such as bathrooms
- *It is recommended to use under the supervision of a physical therapist if necessary
- *Only applicable to external limbs
- *If you want to obtain other therapeutic effects, please consult the relevant doctor before use
- *Cannot be used when sleeping, driving, taking a shower
- *Do not let the product touch jewelry metal objects
- *Do not use in the following cases
 - any discomfort
 - have arrhythmia or heart problems
 - Patients with epilepsy
 - Pregnant women
 - cancer patient



FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

--Reorient or relocate the receiving antenna.

--Increase the separation between the equipment and receiver.

--Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

--Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.