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# Handheld Intermediate Frequency Muscle Massager

## Instruction for Use

### FCC Certification Requirements

Caution: Any changes or modifications in construction of this device which are not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

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 a 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.

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# Instruction

Welcome to use this product.

The manual introduces the multi-functions, using directions and precautions of the machine. Please carefully read this manual before use.

The legend showed in the manual is for reference only. Please refer to the machine for standard.

## Indications for Use

The manual has taken different kinds of highly visible symbols to mark the things which should be paid special attention to.

The meanings of symbols are as follows:

Symbols	Meaning	Indication
	Indication	Necessary reminder, supplement and indications for your operation.
	Caution	Reminder of the things you should pay attention to and comply with or there might be damage of the machine or the human body.
	BF Application	Applied on the in vitro and in vivo but not on the heart directly.

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## Product Overview

As in the modern society, the lack of sports, bad living habits and occupational characteristics has been torturing people with aches and pains in muscles everyday.

You might not keep doing sports;

You might not develop good living habits;

You might not want to give away your current jobs.

All of these have deteriorated our health until it's too late.

**AIJIA Handheld Intermediate Frequency Massager** is the miniaturized, portable and intelligent machine made by the joint efforts of top engineering talents from the field of domestic advancing microelectronics technology.

Our purpose is to make muscle exercise simpler anytime and anywhere.

Our wish is to get your muscle rejuvenate and away from the backaches.

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## Precautions

Please read carefully about the information below.

### 1. Indications before use:

- ① Please DO NOT use the massager near around strong electromagnetic field. For example, please no not approach shortwave and microwave equipment (e.g. within 1 meter) while using or may cause output instability.
- ② It might increase the danger of heart fibrillation if electrodes used near chest. The two electrodes SHOULD NOT used at the front and back of the heart at the same time.
- ③ Customers using implantable electronic medical device (e.g. Cardiac pacemaker) SHOULD NOT use this product WITHOUT doctor's advice.
- ④ Diabetics or skin sensitive users should be aware of the possibility of skin burns in case of over output dose or machinery breakdown.
- ⑤ Customers with bleeding tendency, acute purulent inflammation, malignant tumor, Metal implants and pregnant women with their abdomen MUST NOT use this product.
- ⑥ Senior citizens should have adult's accompany before the assurance of their self-management skills when using the product.

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- ⑦ Children SHOULD have adult's accompany when use the product.
- ⑧ Please keep the product out of the reach of children.

## 2. Indications in use:

- ① AS the tolerance differs and the sensitivity of bodies varies, this product is designed based on the self-feedback, namely adjusting the dose according to body reaction in order to avoid the overdose while not showing the amount of dose.
- ② The massage can be applied once or twice on the same part of body per day, with the interval time more than 4 hours. The cycle can be 4~6 days with the rest time between each cycle be 2~3 days.
- ③ The black side of the electrodes should not be touched while massaging in case of damage.
- ④ Please do not use the machine if it's in trouble.
- ⑤ Advice on the precaution of DC OUTPUT: if the user feels tingling with little dose, it means the output has direct current component which should be the pause time of the machine.
- ⑥ The machine should be stopped if feeling obvious tingling to check whether the electrodes need change.
- ⑦ Stop using the machine if feeling any uncomfortable.

## 3. Indications of the electrodes:

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- ① Please make sure the electrodes have viscosity, if not, please do not use it.
- ② The electrodes should have uniform touch with the skin to avoid stimulation.
- ③ Please read the <electrodes paste instruction> about the paste part of the electrodes.
- ④ Please do not let the metal part of necklace or leather belt touch the electrodes.
- ⑤ Each one should have his own belonging electrodes in case of cross infection.
- ⑥ The electrodes are disposable paste electrodes which are consumptive materials. Please use the special electrodes (registered for medical use and special electrical property) that our company offered.

## **Warning**

The product contains Lithium ion batteries and the damage of batteries or other danger may happen if open the shell of the product privately.

Any disassemblies, extrusion, puncture and short circuit of this product, or having the product put into water or fire or exposed in an environment above 60°C is strictly prohibited.

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### Caution

The product and its attachment might not contain complete description due to the unpredictable factors or causes from the individual differences. The Hangzhou Compass Network Technology Co., Ltd reserves the right to change any information of this manual at any moment without notice in advance and does not take any responsibility.

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### **Access control**

If the export, re-export or import of this product described in this manual is needed, please abide by the relevant import and export control laws.

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## Preparation before use

### Product appearance

 The picture in this manual is for reference only; please refer to the actual object as standard.

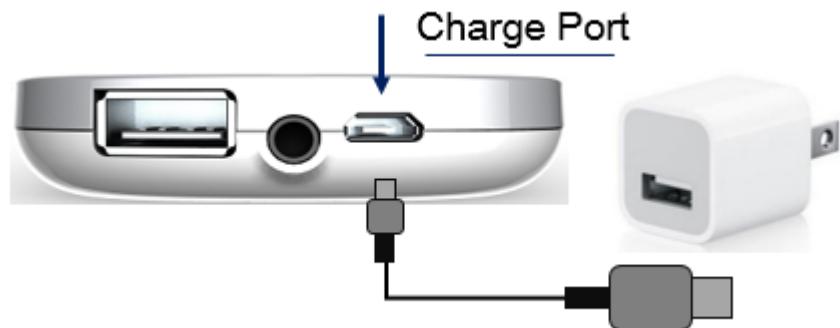


### Meaning of the symbols:

- ① Power button: press the button to the 'on' mode to start the massage.
- ② Power light: the light is on when the machine is in working mode.
- ③ Mode light: the light is on when corresponding mode is chosen.
- ④ Button '+' and '-' are mode/intensity multi-button to choose mode and adjust intensity.
- ⑤ Button '▶/■' is start/pause button while the first press is starting and the second press is pausing.
- ⑥ Output light: the light will adjust to the intensity of the output signal during the massage.
- ⑦ Electricity interface: to charge for other equipments.
- ⑧ Output plughole: for the use of output lead connecting electrodes.
- ⑨ Charge port: for the charging use of this machine

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## Ready to charge



### Charging for this product

1. Use the attached USB cable to connect to the USB port of the power adapter, and then connect it to the power socket.
2. The power light will blink if connecting successfully, meaning it is in charging.

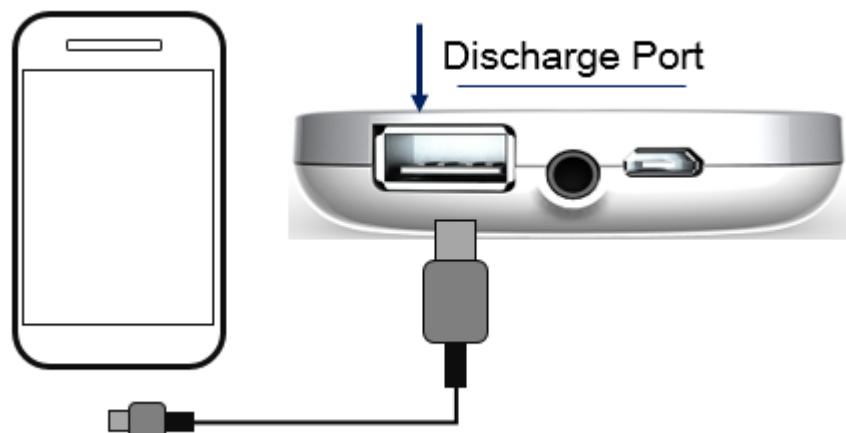
 When it is fully charged, the power light will not blink and light is green.

 The product doesn't equip with charger. The mobile phone charger matching the 3C standard is recommended.

 The product does not have massage function if is in charging.

### Mobile power function

1. Connect to the equipment: use the cable to connect this machine and the mobile phone which needs charging as the graphic below.



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2. Connecting conformed: the light will blink to show the mobile phone is in charging.

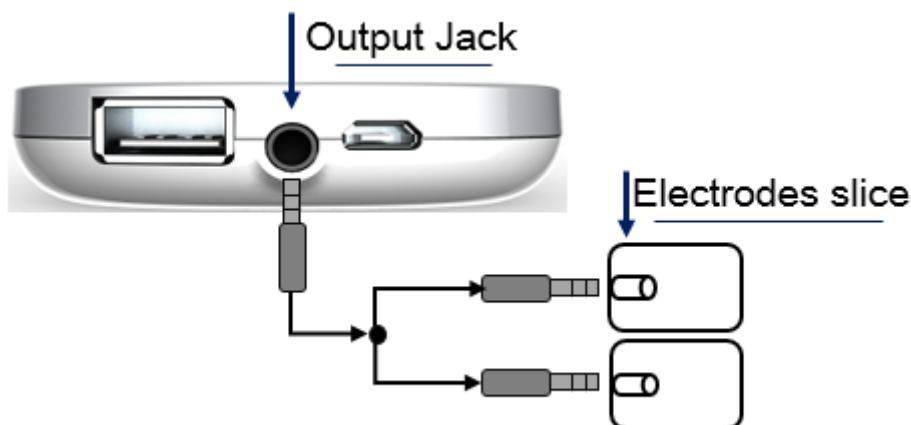
**!** THE light is yellow when the power usage left half and red when is used up.

**!** The product does not start massage function when is in discharging condition.

## How to start

### For massage function

1. Connect to the output cable: connect the massage output cable to the output jack of this machine with the other head connecting to the electrodes jack as below.



2. Paste the electrode: paste the electrodes on the body area needs massaging.
3. Turn on the power button: press the power button to the 'on' mode while the power light and the prescription light keep lighting.
4. Choose prescription: press the '+' or '-' to choose electrical prescription.
5. Starting: press the '▶/■' to start massage while the prescription light blinks.
6. Adjust dose: press the '+' button to increase the intensity till the tolerance; if not, press the '-' button to reduce the intensity till the tolerance.

**!** Each period is 20 minutes when the machine shall stop automatically.

**!** Press the '▶/■' to stop the machine in need during the massaging.

**!** There are 50 degrees of output amount with 1Ma as each degree. The

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light will be brighter when the output degrees increase.

 Do not move or take out of the electrodes when in massaging but stop first.

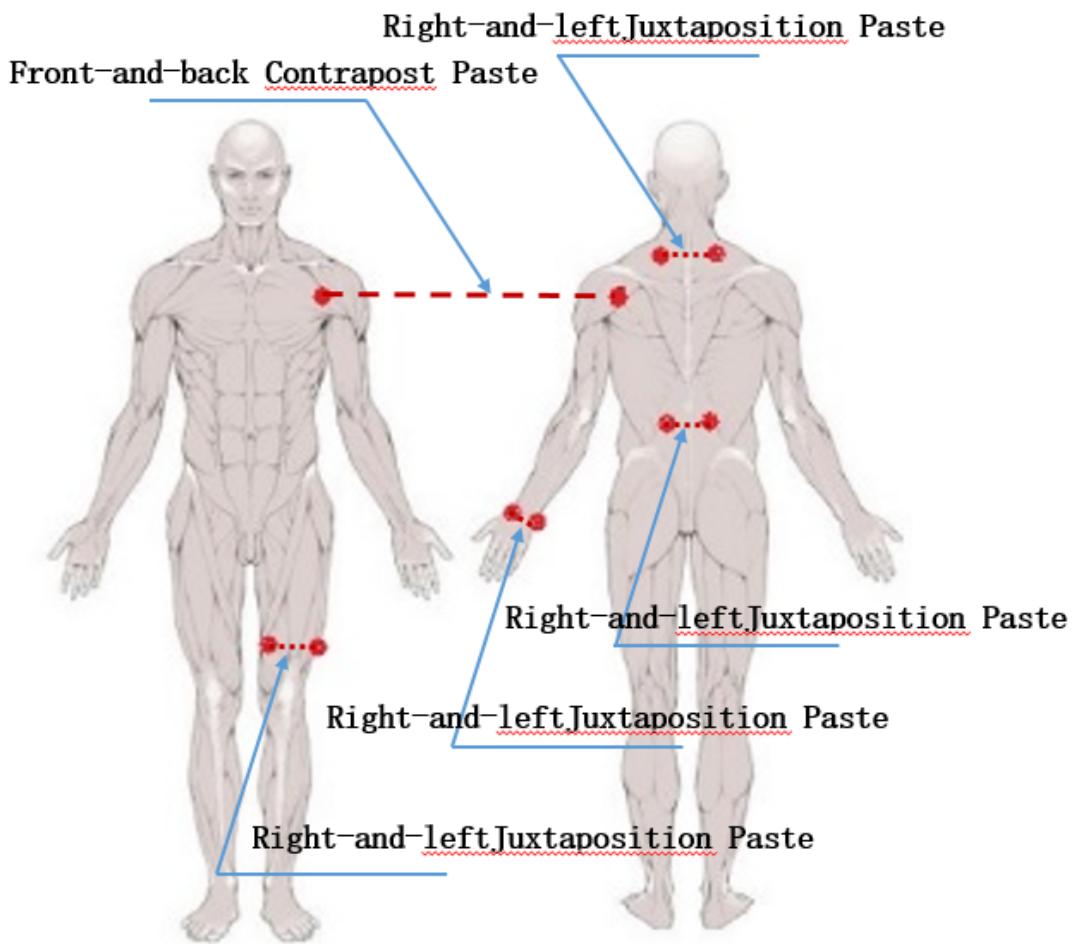
 Hold the rubber area of the plug to insert or swap the massage output cable to avoid electric stimulation and protect the output cable.

 The machine shall not charge or discharge when in the massaging mode.

## **Electrodes paste indication**

The electrodes provided by the machine are disposable. The following steps shall be taken as below:

1. Tear off the protective mask: make sure whether the electrodes are still sticky. If not, please do not use them.
2. Mark the area of pasting: paste on the needed area of body under normal situation. The bilateral symmetry and the sagittal symmetry are recommended as figure below.



Juxtaposition: applied to uneven superficial lesions;  
Contrapost: applied to even large area and deep parts of lesions

3. Paste the electrodes: make sure whether the paste is fully touched on the skin after pasting. There will be tingling feeling during the massaging if the gap existing.

## Connect the smart phone

The product contains inner Bluetooth to support communication with smart phone equipped with Bluetooth 4.0. The smart phone could control this machine and read the massage data stored in the machine.

1. Download the software: the Apple mobile phone could download 'AIJIA' in its app store; the Android mobile phone could use the 360 mobile phone assistance and Baidu mobile phone market to download the 'AIJIA' software. You can also download it in our official Wechat ID.
2. Equip the Bluetooth: open the Bluetooth profile to start functioning the software. Click the button to connect as the picture shows.

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3. Connect successfully: the smart phone could change mode, adjust intensity and show the current intensity by reading the data in the machine.



The picture of software interface showed above is only for reference. Please take the actual interface as standard.



Please follow our official public Wechat ID to get the function description of the mobile phone software.

## **Machine check and fault handling**

### **Machine check**

1. Accessories inspection: open the pack of the machine and check whether the accessories are complete according to the 'packing list' as well as the condition of the machine.
2. Power inspection: press the power to the 'on' mode. The light is on showing the electricity is available, otherwise the machine needs charging. If the power light does not light when in charging, it means the machine is in damage.
3. Output inspection: connect the output cable, press 'start/pause/' button and press the '+' button. The light is on to show the normal circumstance of the machine. If not, check whether the output plug has been plugged correctly or the electrodes have touched correctly with the pin and so on.
4. Electrodes inspection: if the electrodes are not sticky, it means they are aging whose electrical conductivity has been weakened. The advice is to change new ones.

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## Fault handling

Fault Condition	Solutions
Cannot turn on	1、confirm the power button; 2、check whether the batteries have power;
Pause suddenly during massage	1、check whether the output cable connect correctly with electrodes; 2、check whether the batteries have power;
Stimulation weakens or tingling feeling happens	1、check if there is gap between electrodes and the skin; 2、check if the surface of the electrodes is clean; 3、check if there is oil on the skin surface;
Skin turns red, itching or tingling at the massaging area	Stop massaging if there is obvious tingling feeling or burning. Ask doctors for help if severe allergic happens.



Please contact us if the machine fault can not be solved. Please do not separate or maintain the machine personally.



The machine does not restrict 'use-by' date. The guarantee time shall be one year from the purchase time (except the man made fault).

## Cleaning and maintenance

1. The surface of the machine needs wiping by wet cloth (do not use chemical reagent) to keep clean.
2. Please shut down the power when not in use.
3. Keep the machine in an environment not dusty or exposed to direct sunlight or it could get the electrodes unavailable.
4. Please use the methods below to use and maintain the batteries:

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The indications of using and maintaining batteries:

- ① Avoid long time charging;
- ② Avoid using in an environment with high or low temperature;
- ③ Please shut down the power after charging finished.
- ④ When the mobile power charger is free at work, charge it to 50% electric quantity. Do a complete charge-and-discharge every 3 months, after which recharge it to 50% electric quantity.
- ⑤ The batteries are non-detachable batteries in this product. Please do not detach them personally or use sharp device to spear into the batteries or the damage may be caused.

## **Transportation and storage condition**

1. Avoid heavy shock, vibration or wet during the transportation.
2. The machine being packed should be stored in an environment with the temperature  $-40^{\circ}\text{C} \sim +55^{\circ}\text{C}$ , relative humidity not over 93% and well ventilated room.

## **Environment protection**

The electrodes and the lithium battery in the host should be wrapped in the well sealing objects with the notes 'wasted rubber goods' or 'wasted batteries' on it and put into recyclable dustbins other than littering at random.