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<b>Basic accessories</b> <p><b>Product description</b></p> <p>01</p>	<p><b>Use operation</b></p> <p><b>M5 body button operation</b> (only when the massage head touches the skin button is effective)</p> <table border="1"> <thead> <tr> <th>Button</th> <th>Operation</th> <th>Prompt tone</th> <th>Massager indicator status</th> </tr> </thead> <tbody> <tr> <td>① Power button</td> <td>Long press 2S to boot Long press 2S to shut down Tap to switch mode</td> <td>"Beep" once Long beep "Beep" once</td> <td>Steady on: successfully connected or dormant Slow flashing: working</td> </tr> <tr> <td>② Temperature key</td> <td>Tap to switch gears</td> <td>"Beep" once (long beep at the highest grade)</td> <td></td> </tr> <tr> <td>③ Strength+</td> <td>Tap</td> <td>"Beep" once (long beeping at the highest/lowest gear)</td> <td></td> </tr> <tr> <td>④ Strength-</td> <td>Tap</td> <td>"Beep" once</td> <td></td> </tr> </tbody> </table> <p>Charging indication: the red light flashes during charging, and the green light is always on after full charge. Note that it is best to use the matching charging cable.</p> <p><b>Cautions</b></p> <p>Please turn off the device and restart for reuse by the next relatives and friends due to everybody have different sense for sensitivity. Elder lock mode is for personal use only.</p> <ul style="list-style-type: none"> <li>Using a wet towel to moisten the skin before use provides a better comfort.</li> <li>Default working state: Beat mode with first gear, Temperature Mid-range, Lowest velocity</li> <li><b>Attention: It is Invalid if massager head does not touch skin.</b></li> <li>It will automatically turn off if massager head does not touch skin within a minute.</li> </ul> <p>02</p>	Button	Operation	Prompt tone	Massager indicator status	① Power button	Long press 2S to boot Long press 2S to shut down Tap to switch mode	"Beep" once Long beep "Beep" once	Steady on: successfully connected or dormant Slow flashing: working	② Temperature key	Tap to switch gears	"Beep" once (long beep at the highest grade)		③ Strength+	Tap	"Beep" once (long beeping at the highest/lowest gear)		④ Strength-	Tap	"Beep" once		<p><b>App download and installation</b></p> <p>Download the App according to your mobile phone system model, as follows:</p> <ol style="list-style-type: none"> <li>Android system (support Android 4.4 and above)</li> <li>Method 1: Scan the QR code in the browser and download the App.</li> <li>Method 2: Download and install the App in the Google play store, search for the keyword: "SMTALY CARE".</li> <li>Ios system (support IOS 10.0 and above)</li> <li>Method 1: Scan the QR code to download</li> <li>Method 2: Please go to the App Store to download and install the App, Search keyword: "SMTALY CARE".</li> </ol> <p><b>Android App Download</b></p> <p><b>IOS App download</b></p> <p><b>APP interface introduction</b></p> <p>03</p>	<p><b>APP control operation</b></p> <table border="1"> <thead> <tr> <th>Button</th> <th>Operation</th> <th>Prompt tone</th> <th>Massager indicator status</th> </tr> </thead> <tbody> <tr> <td>⑤ Selection of massager</td> <td>Pull down the connection interface to refresh</td> <td>2 quick beeps</td> <td>Fast flashing: Bluetooth connection Steady on: successfully connected or dormant Slow flashing: working</td> </tr> <tr> <td>⑥ Temperature selection</td> <td>Click to select temperature</td> <td>"Beep" once (long beep at the highest level)</td> <td></td> </tr> <tr> <td>⑦ Mode selection</td> <td>Swipe left and right</td> <td>"Beep" 2 times in a row</td> <td></td> </tr> <tr> <td>⑧ Timing</td> <td>Click to select mode</td> <td>"Beep" once</td> <td></td> </tr> <tr> <td>⑨ Massage switch</td> <td>Swipe up and down</td> <td>"Beep" once</td> <td>"Switch" button bright/light</td> </tr> <tr> <td>⑩ Intensity adjustment</td> <td>Swipe up and down</td> <td>"Beep" once (High/low long beep)</td> <td></td> </tr> <tr> <td>⑪ Refreshing mode switch</td> <td>Click on/off</td> <td>Turn on the beep once, turn off the long beep</td> <td>"Refreshing" button bright/light</td> </tr> <tr> <td>⑫ Elderly lock switch</td> <td>Click on</td> <td></td> <td>"Elderly lock" button bright color</td> </tr> <tr> <td>⑬ Mode switch /startbutton</td> <td>Click the lock icon to close</td> <td></td> <td>"Elderly lock" button light color</td> </tr> </tbody> </table> <p><b>Attention</b></p> <p>The icon in the upper right corner of the APP is gray; it means that the skin is not in contact with the massage head.</p> <p>04</p>	Button	Operation	Prompt tone	Massager indicator status	⑤ Selection of massager	Pull down the connection interface to refresh	2 quick beeps	Fast flashing: Bluetooth connection Steady on: successfully connected or dormant Slow flashing: working	⑥ Temperature selection	Click to select temperature	"Beep" once (long beep at the highest level)		⑦ Mode selection	Swipe left and right	"Beep" 2 times in a row		⑧ Timing	Click to select mode	"Beep" once		⑨ Massage switch	Swipe up and down	"Beep" once	"Switch" button bright/light	⑩ Intensity adjustment	Swipe up and down	"Beep" once (High/low long beep)		⑪ Refreshing mode switch	Click on/off	Turn on the beep once, turn off the long beep	"Refreshing" button bright/light	⑫ Elderly lock switch	Click on		"Elderly lock" button bright color	⑬ Mode switch /startbutton	Click the lock icon to close		"Elderly lock" button light color	<p><b>Remote control function introduction</b> (applicable to some models)</p> <p><b>Bluetooth remote control operation</b></p> <p>After turning on the power of the massager, press and hold the remote start button, the remote green light flashes quickly, automatically find the massager to be paired, the green light is always on after the pairing is successful. If the massager is not connected for 15s, the remote control will automatically shut down.</p> <table border="1"> <thead> <tr> <th>Button</th> <th>Operation</th> <th>Prompt tone</th> <th>Massager indicator status</th> </tr> </thead> <tbody> <tr> <td>⑯ Intensity+</td> <td>Tap</td> <td>"Beep" once (long beep at the highest/lowest gear)</td> <td></td> </tr> <tr> <td>⑯ Strength-</td> <td>Tap</td> <td>Turn on the beep once, turn off the long beep</td> <td></td> </tr> <tr> <td>⑯ Temperature+</td> <td>Tap</td> <td>Turn on the beep once, turn off the long beep</td> <td></td> </tr> <tr> <td>⑯ Temperature-</td> <td>Long press to turn on/off</td> <td>Turn on the beep once, turn off the long beep</td> <td></td> </tr> <tr> <td>⑯ Old man lock</td> <td>Long press to turn on/off</td> <td>Turn on the beep once, turn off the long beep</td> <td></td> </tr> <tr> <td>⑯ Refreshing</td> <td>Long press to turn on/off</td> <td>Turn on the beep once, turn off the long beep</td> <td></td> </tr> <tr> <td>⑯ Mode switch /startbutton</td> <td>Tap to turn on/switch mode</td> <td>2 quick beeps: the massager is connected successfully A short beep once: mode switch</td> <td>The green light is always on: the connection is successful, and it goes out after the operation. 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<p><b>Precautions</b></p> <p>1. Cut off the power supply before wearing, and disconnect the power plug when not in use. 2. Place and store the charging cable properly, do not twist or pull it. 3. Children can only use it under the full guidance of a guardian. 4. This product is not a medical device and is not recommended for medical use. 5. This product is not professional nursing equipment; it only provides soothing massage. 6. Wear this product on cervical vertebra correctly, and wear it symmetrically. 7. The product surface will be heating when it works for a long time, which is a normal phenomenon. 8. If you need to clean oil stains, please use soft/fine wool. 9. Return to the manufacturer for repair or replacement if any damage. 10. If you are concerned about health effects of this product, please consult your doctor before using it. 11. Default setting: it will be automatically turned off after 15 minutes of startup. Up-time recommendation: no more than 30 minutes a day. <b>△ Warning</b> • The electrodes should not be placed near the heart of the chest during operation, as this may cause/increase the risk of cardiac fibrillation. • During the operation of the product, if the metal parts of belts, necklaces and other articles contact the electrode plates, it may cause strong electric shock. • Please clean the electrode before use by cross users. • Please stop using if the surface is notched and the electrode is damaged. • Please stop using this product and consult your doctor if you feel unwell. • It should not be used on anything other than neck. • Do not disassemble, repair, modify, immerse in water or throw into fire without authorization, otherwise the product may be damaged or exploded. • It cannot be used as a toy. <b>△ Precautions</b> • Product will be automatically turned off after 15 minutes of startup. It is recommended that no more than 30 minutes a day and it can be used per week based on needs. • Product should be stored in a ventilated and dry place after use. • do not use other heavy weights on the product. • Do not pull the USB plug, or it will easily break off.</p> <p><b>Charging instructions</b></p> <p>• Must use original power adapter (voltage output is 5V) for charging. • Charger output voltage shall not be greater than 6V; • Stay away from the fire. • Do not charge this product while in use.</p> <p>06</p>	<p><b>Precautions</b></p> <p>△ Following situations are prohibited: • Close to high frequency electromagnetic source. • Close to flammable substances. • Infants or infants who have no ability to express consciousness or are not sensitive to heat. • Apply hot parts with heating properties poultice, such as safflower oil, tiger bone paste. • Use in high temperature and humidity or use on the wound does not heal or using oxygen equipment. • When detecting life-sustaining medical electronic equipment, such as electrocardiograph. • Use this product on the skin of swollen or inflamed areas. • Wear electronic watches, bracelets or other electronic products • Use in hot places such as bathrooms. • Falling asleep. • Continuous use of the same part for more than 30 minutes, it may cause fatigue and body discomfort.</p> <p>△ Advice • Please confirm that button works normally before use. • When using the product, the electrode should be tightly and evenly attached to the skin • For first time use, or battery power loss after not using the product for a long time, please carry out charging operation according to operation manual to make sure it works properly • Discarding the product in accordance with city's environmental regulations to avoid pollution. • Recommended for people aged 16 and over. • Do not use or store this product in the following places: 1) places with direct sunlight 2) places with high temperature and humidity 3) places with water 4) dusty places • Product should be stored in a ventilated and dry place after use.</p> <p><b>Caution for following situations</b></p> <p>The following people are prohibited from using the product: • Patients with malignant tumors • Patients with bleeding tendency. • Pregnant women, maternal • Patients with acute suppurative inflammation • Pacemaker user. • Metal built-in patient</p> <p>07</p>	<p><b>Caution for following situations</b></p> <p>Please consult your doctor for the following situations. • Being treated by a doctor • Abnormal heart and brain nerve. • Body temperature over 38 degrees (fever) • Infectious diseases. • Taking medication • Abnormal blood pressure. • Having difficulty in expressing feelings. • Perceptual disorders because of diabetes caused by high peripheral circulation disorders. • Skin perception disorder or abnormal skin. • Skin allergic to stainless steel electrode plates. • Physical, perceptual, mental, experiential or cognitive deficiencies.</p> <p><b>FCC Caution:</b></p> <p>Any changes or modifications 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.</p> <p><b>IMPORTANT NOTE:</b></p> <p>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 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.</p> <p><b>FCC Radiation Exposure Statement:</b> This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.</p> <p>08</p>	<p><b>Troubleshooting/treatment</b></p> <p>If you encounter problems while using the product, please refer to the following tips and solutions:</p> <table border="1"> <thead> <tr> <th>Basic failure</th> <th>Possible causes and solutions</th> </tr> </thead> <tbody> <tr> <td>Unable to start</td> <td>Insufficient internal charge battery, charge in time Please confirm whether the switch of the host product is pressed</td> </tr> <tr> <td>No charge or no charge display</td> <td>Please check if USB is connected to the host and adapter Are the pads in direct contact with the skin? Adjust the position so that it is close to the skin Are there items such as hair clothing accessories between the pads and the skin? Remove the items Is the intensity gear the first gear? Adjust to increase the intensity of the massage</td> </tr> <tr> <td>Shows normal but no feeling</td> <td>Is the electrode pad tight against the skin on the neck? Need to adjust the position to make it close to the skin Is the massage time too long? Press 15 minutes of massage time, not more than 20 minutes, 2 times a day Is the massage intensity too strong? Adjusting the intensity can have a tingling sensation Is the skin allergic to electrode pads? People with severe allergies need to undergo desensitization treatment first Must the skin be kept moist before use? Use after spraying the skin to moisten the skin Is there a wound on the skin surface? Do not massage the pads on the wound</td> </tr> <tr> <td>Tingling</td> <td>Is the electrode pad of the massager close to the skin of the neck? 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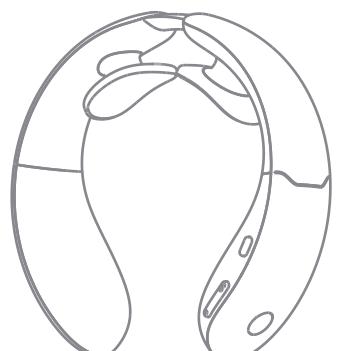
## Shoulder and Neck Massager M3/M5

### 1 Product description

### 2-5 Use operation

### 6-8 Important Announcement

### 9 Troubleshooting



Manual