

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.

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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 hand 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 power adapter. Insert male end of power cable on adapter side into female connector that is connected to hand control. Please ensure the connection is firmly locked in place by twisting connector.
- 2.** Plug power cord into outlet. If you are using this device internationally, please use an international adapter.
- 3.** Place the pad in the area of treatment and power on by pressing the (⏻) button one time on the hand control.
- 4.** Select Treatment Time: The time indication light will turn on. To select your treatment time, press the increase button (▲) to increase the time or the decrease button (▼) to decrease the time.
- 5.** Select Temperature: Once the time has been selected, you will now select your temperature. The temperature indication light will turn on. To select the temperature for your treatment session, press the increase button (▲) to increase the temperature and the decrease button (▼) to decrease the temperature.

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 5-degree increments from 55-160.

Note: Treatment Minutes can be adjusted in 10-minute intervals from 10-300 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 than you can tolerate.

Place pad directly over affected area. Use protective layer such as a towel.

When using the pad, stones should be facing your body.

There is no specific protocol for any individual with certain conditions using an Infrared Heating Pad. Treatment response varies based on individual experience.

Start using the 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
- Extra Long DC Power Cord
- 24" x 16" Heating Pad Size
- Velcro Strap
- Power Cord Locking Mechanism

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
- Extra Long Power Cord for Convenience
- Power: DC Input: 100~240V
Output: 24.0V
- 56 Jade stones
- 56 Tourmaline stones

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.

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

OTHER PRODUCTS

YOU MAY ALSO LIKE THESE OTHER
IRELIEV® PRODUCTS

Wireless

Premium TENS + EMS Therapeutic Wearable System

Experience the freedom of wireless TENS + EMS muscle stimulation coupled with powerful medical grade strength technology and a low-profile design. The convenience and simplicity of this system make it the clear leader within the iReliev® line-up of pain relief and muscle stimulation devices.

Model # ET-5050



Wired

Premium TENS + EMS Pain Relief & Recovery

Our best selling 2-in-1 Pain Relief and Recovery System just got better, combining the best features of our previous TENS + EMS system but with the added benefits of rechargeability, backlit, and extra-large digital display.



Model # ET-8080



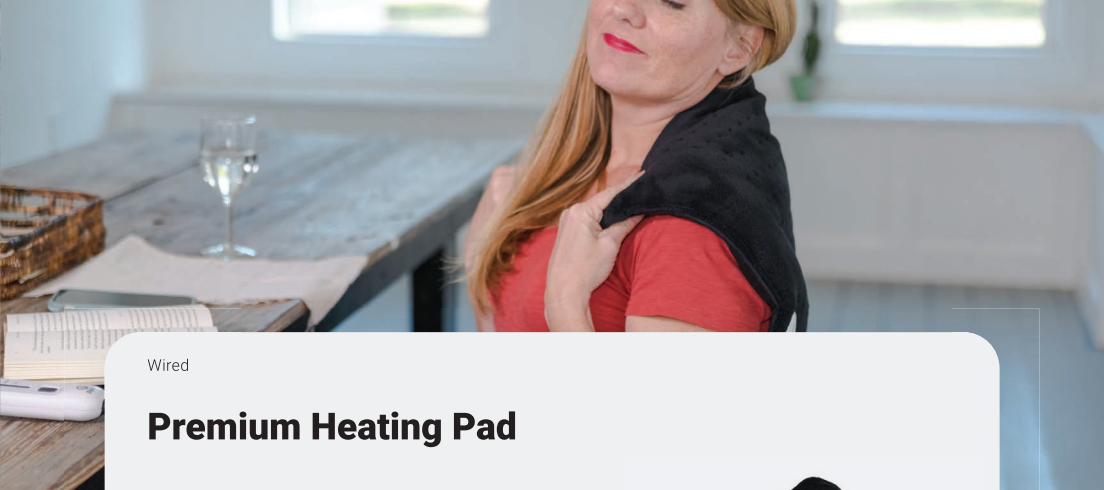
Wired

Ultra Soft Heating Pad

Relax comfortably with the iReliev® Ultra-Soft Heating Pad for treatment of your muscles that provides enhanced pain and tension relief. The machine-washable micro plush feels amazingly soft and comforting on bare skin to give you an indulgent heat therapy experience.



Model # HC-2412-S



Wired

Premium Heating Pad

The iReliev® Premium Heating Pad offers king-size comfort for sore and aching muscles in your back, legs, arms, and more. Made with plush microfibers, this weighted heating pad provides light pressure and an ultra-soft heat therapy solution for arthritic pain, muscle ache, and stiff joints.



Model # HC-2412

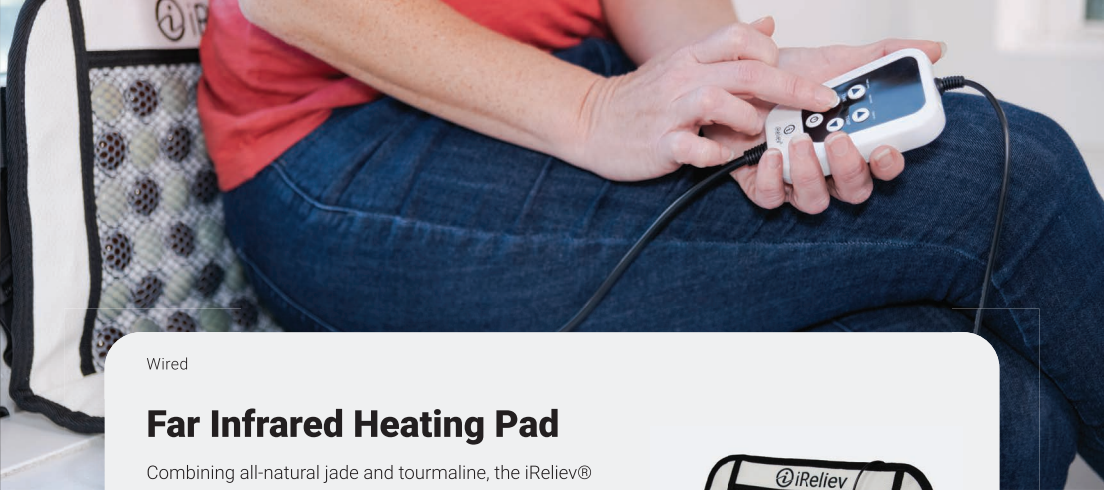
Wired

Shiatsu Neck & Back Massager

The iReliev® Shiatsu Neck & Back Massager with heat delivers a deep kneading shiatsu massage that helps relieve stress and promotes relaxation.. The inline control puts you in charge of your massage and heat modes. Choose between a deep kneading shiatsu massage with or without heat. 20 multi-size bi-directional nodes rotate to provide you a deep tissue muscle massage.

Model # MA-4040





Wired

Far Infrared Heating Pad

Combining all-natural jade and tourmaline, the iReliev® Far Infrared Heating Pad is designed to relieve pain and inflammation. Far infrared wavelengths are engineered to penetrate deeper through the surface of the skin to increase blood flow. Our all-natural carbon heating element can result in higher negative ions for increased therapeutic benefits.



Model # HC-2416



Reusable & Versatile

Hot and Cold Therapy Gel Pack

Soothe your strains & pain with our reusable microwaveable hot/cold pack. It stays flexible even when frozen, so you have the freedom to use this pack however you like. Our packs are made of soft-touch vinyl and features a velcro material so you can secure your pack with the included straps on your arms or legs.



Comes in 3 sizes



Joint & Muscle Ache Relief

Pain Relief Roll-on Gel

We think you are going to love our newly formulated all-natural iReliev Pain Relief Gel. We offer in both 3 oz. roll-on or per use packets which is perfect for soothing aches and pains or just sore muscles.



Model # TO-3RO

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