

NuvōMed®

LHCM-4/1032 MINI HOT AND COLD MASSAGER

Helps Relieve Muscle Soreness & Stiffness



Instruction Manual

Please read all instructions carefully and retain for future use

GETTING STARTED

- Remove the product from the box.
- Remove any packaging from the product
- Please read all instructions and retain all packaging until you have checked and counted all of the parts.

PACKAGE CONTENTS

- Massage Gun
- 6pcs Interchangeable Heads
- USB (Type C) Charging Cable
- Instruction Manual

KEY FEATURES

- Rechargeable Cordless Massager
- 6 Power Level Massage Mode
- Hot & Cold Therapy
- Helps relieve muscle soreness and stiffness
- Improves range of motion
- Promotes blood circulation
- Powerful high-torque motor
- Lightweight, easy-to-use for self-myofascial release

SAFETY PRECAUTIONS

1. Important Safety Warning

- For adults only.
- Use only on the soft tissues of the body to avoid pain or discomfort. Do not use it on head, bones or other hard areas.
- Keep fingers, hair or other body parts from the shaft and the back of the massager head to avoid pinching.
- Do not place anything into the ventilation holes on the shaft.
- Do not put this product into water or let water get into it.
- Do not drop or misuse this product.
- Use only the attached USB Charging Cable for recharging.
- Do not leave this product unattended when working or on charge.
- Keep children and pets away from the movable parts of this product.
- When in use, sliding or transporting, please ensure that there are no people or pets nearby (the back, bottom, front and sides of the product), and that no foreign objects or pets inside the product, to avoid accidents.
- Please use well-grounding power supply suited to this product.
- Please pull out the plug after use or before cleaning to avoid injury or damage to the product.
- Do not use accessories which are not recommended.
- Do not use this product outdoors.
- Please read this manual instruction carefully before operation.
- Any other usage that is not listed in this manual instruction is forbidden.
- Recommended usage time of this product is 15 minutes/session.

- Please check if any part of this product is damaged before use. If so, please do not use it and contact us for repair.
- Please do not use it if the shell or surface is damaged.
- Please do not drop anything into this product.
- Please do not fall asleep while using this product.
- Please do not use it while driving.
- Please do not use it if drunk or feeling unwell.
- Please do not use it within one hour after having meal.
- Please do not adjust to the maximum intensity at the beginning of the massage to avoid the risk of being injured.
- Please do not keep sharp objects in pockets when use.
- Keep the plug clean from needles, rubbish or water.
- If the power cord is damaged, do not attempt to change on your own. Please contact us for repair for safety reasons.

2. Environment for usage

- Please do not use it in a moist environment such as bathroom.
- Please do not use it when there is a drastic change in temperature.
- Please do not use it under heavy-dusty or caustic environment.
- Please do not use it where there is no enough space or no good ventilation.
- Please switch off the power and unplug the machine after use.
- Please do not use it when surrounding temperature is up to 104°F (or 40°C).
- Please do not use it when surrounding temperature is below 41°F (5°C). The lubricant can thicken quickly and increase the friction between parts.
- Turn off and pull out the plug during thunderstorm.
- Do not use outdoors.
- Do not place it near fire or directly under the sun.
- When moved from a low-temperature storage to a warm temperature, the moisture inside the machine may affect, or damage its functionality. Please rest the product within room temperature for 1 hour before use.

3. People who have the below symptoms, please consult a doctor before use

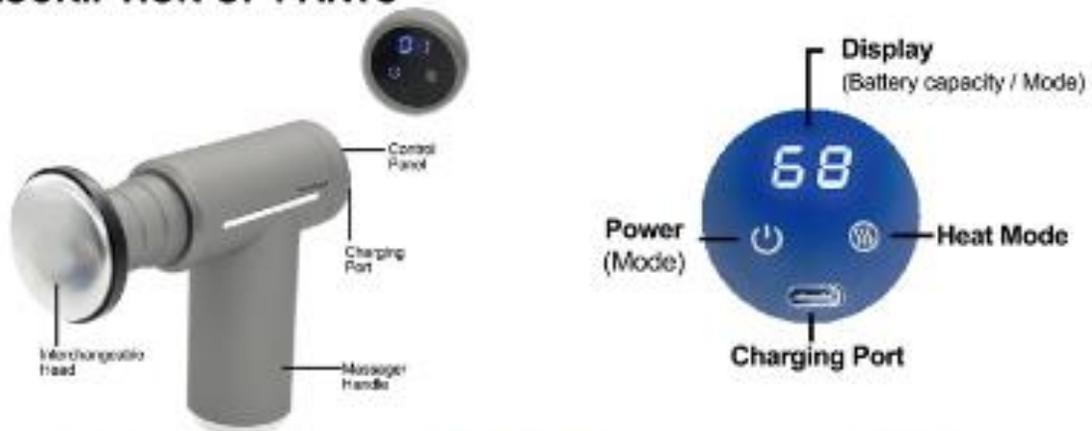
- People who are suffering from skin conditions such as swollen skins, sunburnt or other dermatology diseases.
- People who are suffering from malignant tumors, acute diseases, heart diseases, stroke or severe hypertension.
- People who are suffering from any difficulties related to respiratory organs.
- People who are suffering from any blood circulation disorders such as thrombosis, severe aneurysms and venous tumors; or from any skin infections.
- People who are suffering from perception disorders due to diabetes.
- People who are suffering from osteoporosis.
- People who are suffering from heart disease or carrying electronic medical equipment such as heart pacemaker.
- People who have a fever.
- Pregnant women or women that are in menses period.
- People who are suffering from injuries or skin diseases.

- Children under 14-year old or people mentally unbalanced without being supervised are not allowed to use this machine.
- People who are told by doctor to have rest or people who feel unwell.
- People whose bodies are wet are forbidden to use this product.
- People who are receiving medical treatment, especially those who are physically unfit.
- People who have open wounds.
- People who aim for recovery.

4. Safety

- Use only on a dry surface. Slightly press and move around desired areas, massage for approximately 60 seconds on each area.
- Choose the appropriate massage head for best results.
- Bruises may occur regardless of the product setting or applied pressure. Check the massaged area frequently and immediately stop using when there is pain or discomfort.
- Please do not place heavy objects on this product.
- Do not use other therapy devices while using this product.
- This product is not to be used for medical treatment purposes.
- Only one person at a time.
- Recommended usage time of this product is 15 minutes/session.
- Check if the voltage is suitable to the specification of this product.
- Do not use wet hands to pull the plug.
- Do not allow water to get into the product, to avoid electric shock or damage to this product.
- Do not pull or drag the power cord when unplugging. Please be gentle.
- Do not use wet cloths to clean the electric parts such as the switch and plug.
- Be away from this product during power out to prevent injury in case power resumes suddenly.
- Stop using this product if there appears any irregularly, and please contact us immediately.
- Stop using this product if it causes discomfort, and please consult a doctor.
- This appliance is not intended for people (including children) with reduced physical, sensory or mental capabilities, or a lack of experience and knowledge, unless they are under supervision or instruction concerning the use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the power cord is damaged, it must be replaced by us in order to avoid a hazard.
- Keep the power cord away from hot or moving objects.
- Please cut off power and pull out the plug before moving.
- If the product is found damaged, broken, suffering from power leakage, or with exposed parts, please stop using it.
- Do not leave the product unattended when it is operating.
- Do not turn on the product when it is being charged.

DESCRIPTION OF PARTS



Selected Mode Display



Heat Mode is not activated



Heat Mode is activated



Hot Head
(To soothes stiff, aching muscles)



Cold Head
(For joint swelling and muscle inflammation)



Round Head
(For large muscle groups)



Flat Head
(For any parts of body)



Fork Head
(For neck & spine)



Bullet Head
(For joints)

HOW TO OPERATE

- Choose a suitable massage head and plug into the massage gun.
- Long press the Power (Mode) button 1-2 seconds to turn on.
- Short press to choose another massage mode.
- Switch to 6 different massage mode.
- **Auto Off Setting at around 15 minutes.**
- Set the massager at a desired speed on your body, apply pressure accordingly.

- When massage movement begins to slow down, stop using the massager, and recharge it using the supplied charger.
- Long press the Power (Mode) button 1-2 seconds to turn off the unit.

Note: Press the Power (Mode) button to show the remained battery capacity, when the product is OFF.

HOW TO USE HOT-HEAD ATTACHMENT

Hot-Head Attachment helps to release tension and pain in your muscles. Plug the Hot Head attachment into your massage gun, long press the Power (Mode) button 1-2 seconds to turn on the unit, then, long press the Heat Mode button 1-2 seconds to turn on the heat mode. Red light illuminates on the Heat Mode button. Wait for 3 to 4 minutes for the hot-head to heat-up. Set the massage gun at a desired speed and on a desired place.

Remember to turn off the head mode by long pressing the Heat Mode button 1-2 seconds, after massage.

HOW TO USE COLD HEAD ATTACHMENT

Cold-Head Attachment helps to treat the muscle inflammation. Before using the Cold-Head attachment, place the Cold-Head Attachment in a freezer for about 2 hours for best results. Plug the Cold-Head Attachment into your massager and turn On the Massager (Long press the Power (Mode) button 1-2 seconds). Set the massage gun at desired speed and on desired place.

HOW TO MAINTENANCE

- Please don't disassemble the product.
- Please always turn off the main power after use.
- Do not use this product if the socket is loose.
- If this product is to be left idle for a long time, please tie up the power cords and keep it in dry and dustless environment.
- Do not keep this product at a high temperature or near fire. Do not keep under direct sunlight.
- Please clean this product with dry cloth. Do not use thinner, benzene or alcohol.
- The mechanical components of this product are specially designed and made, no special maintenance required.
- Do not point sharp objects at this product.
- Please use it intermittently; do not keep it continuously running for long.

HOW TO CHARGE

- Before using it for the first time, charge it fully (about 3-4 hours).
- Connect the USB Charging Cable (included) to a suitable USB power outlet rated DC 5V/2A, and then the other end to the DC Charging Port of the device.
- Battery capacitor indicator will turn on and rise up, when the battery is being charged.
- Battery capacitor indicator will reach '99', when the battery is fully recharged.
- The battery can be recharged at any time and at any level.

HOW TO CLEAN

- Before cleaning, please make sure the switch has been turned off and the power plug has been disconnected from the product.
- Use soft cloth to clean the surface of product and control panel.
- Use lightly damp cloth to clean and then dry it.

SOLUTION OF ORDINARY MALFUNCTIONS

- It is normal if the motor makes noises during operation.
- If the rated working time is over, the power will automatically go off. If this product works continuously for too long, the temperature control will automatically turn off the machine. If so, please allow a 30-minute break before resuming.
- Do not use this product continuously for over 30 minutes, or else the temperature control will automatically turn off the machine. If so, please allow a 30-minute break before resuming.

PRODUCT SPECIFICATIONS

Product Size: 5.35" (L) x 1.95" (W) x 5.25" (H)

Product Weight: +/- 17.5 oz

Charging Time: +/- 3 - 4 Hours

Working Time: +/- 1-1.5 Hours

Speed at Mode 1: 2800-2900rpm

Speed at Mode 2: 2900-3000rpm

Speed at Mode 3: 3000-3200rpm

Speed at Mode 4: 3200-3400rpm

Speed at Mode 5: 3400-3600rpm

Speed at Mode 6: 3600-3800rpm

Static State Current (Max.): 85uA

Working Current: (Max.): 500mA (Normal) 800mA (Heat)

Heating Temperature: 60°C(±5°C) / 140°F(±9°F) in 3 mins

[Environment Temperature around 25°C (77°F)]

Static State Power (Max): 0.7mW

Voltage: 7.4V 1800mAh

Rated Power: 4.7W (Normal) 7.2W (Heat)

Rated time: 15 minutes

FCC INSTRUCTIONS

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

NOTE: This product 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 product 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 the product 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 product and receiver.
- Connect the product 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.

The 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.

LIMITED WARRANTY

This manufacturer's product warranty extends to the original consumer purchaser of the product. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer warranty.

WARRANTY DURATION: All materials and workmanship are warranted to the original consumer purchaser for a period of thirty (30) days from the original purchase date.

WARRANTY COVERAGE: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in USA, and does not extend to any units which have been used in violation of written instructions furnished by manufacturer or to units which have been altered or modified or, to damaged products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

WARRANTY DISCLAIMERS: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for manufacturer any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contractor commercial law including but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract. Under no circumstances will Manufacturer's / Distributor's maximum liability exceed the retail value of the product.

WARRANTY PERFORMANCE: During the above 30 days warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at manufacturer's option). The repaired or replacement product will be in warranty for the balance of the 30 days warranty period and an additional one-month period. No charge will be applicable for such repair or replacement.

SERVICE AND REPAIR: If service is required for this product, you should first contact Nuvomed Inc. Customer Service at info@nuvomed.us or by calling 1 (877) 612-5619, Monday to Friday 10am to 6pm EST.

NOTE: Manufacturer cannot assume responsibility for loss or damage during incoming shipment. As a precautionary measure, carefully package the product for shipment, and insure it with the carrier. Be sure to enclose the following details with the product: your full name, return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.