Thank you for purchasing the iReliev® Hand & Wrist Massager. Please read this user manual carefully and keep it in a safe place for future reference.

What’s included?
- Hand & Wrist Massager
- Type-C USB Cable
- Travel Bag
- Instruction Manual

Product Specification

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Hard &amp; Wrist Massager</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model Number</td>
<td>MA7000WH</td>
</tr>
<tr>
<td>Rated Voltage</td>
<td>100V/24V Min/Max</td>
</tr>
<tr>
<td>DC Input</td>
<td>5V 1A</td>
</tr>
<tr>
<td>Default Auto-off Timing</td>
<td>15 Minutes</td>
</tr>
<tr>
<td>Recharge Timing</td>
<td>48 Hours</td>
</tr>
<tr>
<td>Battery Type</td>
<td>3.7V 2500mAh (9.15Wh)</td>
</tr>
<tr>
<td></td>
<td>1045 Billion-sie battery</td>
</tr>
</tbody>
</table>

- Do not use this product in high moisture, high temperature, or dusty environments to avoid product malfunction.
- Do not use in places that have a high density of gas, paint fumes, alcohol, bleach, or other corrosive materials to avoid deformation, deformation, cracking, or malfunction.
- Do not sit or place heavy objects on this product.
- Avoid long-term exposure to direct sunlight.
- Do not plug product into supplementary switch.

- Stop using immediately if you experience extreme pain. Contact our customer support team for assistance.
- Do not place liquid or dry ice onto this product or on your hands before or during use.
- This product is not recommended for use by children, pregnant women, or elderly people without a doctor’s approval.

DANGER – To reduce the risk of electric shock:
1. Unplug the power adapter after use and before cleaning the product.
2. Unplug the power adapter immediately if dropped into water.
3. Please do not soak the product in water or other liquid.
4. Avoid using water baths or near water sources.

WARNING – To reduce the risk of burns, electric shock, or injury:
1. Unplug the power adapter when the product is not in use.
2. Do not use this product if the power cord or adapter is damaged.
3. Keep the power cord away from heat.
4. Do not pull the product by the cord or use the cord as a handle.
5. Please keep this product out of the reach of children.

ExcelHealth Inc.
www.iReliev.com
5825 Park Vista Circle
Fort Worth, TX 76124

If you have any questions about your iReliev® Hand & Wrist Massager:
Model # MA7000WH, contact your retailer or ExcelHealth Inc at 855-723-5892 or visit www.iReliev.com.

Product Diagram

Control Panel

1. POWER: Press POWER button to turn on and off. This product is designed to be a two-step operation to save energy. When the battery power falls below 10%, the POWER light will flash to indicate it is charging.
2. MODE: After powering on, press MODE button to activate Mode 1. Press repeatedly to select your preferred mode. Cycle is as follows: MODE 1 - MODE 2 - MODE 3 - MODE 4 - MODE 5 - STOP AIR Pressure
3. AIR-PRESSURE INTENSITY: Press INTENSITY button once to set the pneumature level to ‘E’ (medium). Press repeatedly to increase or decrease intensity. Cycle is as follows: 13 – 14 – 15 – 16 (highest) – 1 (lowest) – 12 – 13 – 14 – 15
4. Continuous pressing to repeat cycle repeats.
5. Heating Button: Press button to turn on and turn off the heating function.

Questions & Answers

<table>
<thead>
<tr>
<th>Problems</th>
<th>Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not working</td>
<td>1. Please fully charge the product before the first use.</td>
</tr>
<tr>
<td></td>
<td>2. Two-step operation. Please turn the power ON, and then press the MODE button.</td>
</tr>
<tr>
<td>POWER light</td>
<td>Battery power is below 20% and it is charging.</td>
</tr>
</tbody>
</table>

Cleaning & Storage

1. Please unplug the product before cleaning.
2. Use a damp sponge to clean product.
4. Please fully recharge the product before storing for long periods of time.

Warranty & Customer Support

If you need help regarding product usage, aftermarket service, or other warranty problems, please contact us at 855-723-5892 or WeCare@iReliev.com.