

truMedic[®]
Products to Live Life Better[®]



Wand Massager

Instructions

INSTASHIATSU⁺[®]

Your Personal Masseur

Model TMH-3000

Included In Box

- A. truMedic® InstaShiatsu+® Water-Resistant Wand Massager
- B. Satin Bag
- C. USB Charging Cable
- D. USB Charging Adapter





WARNINGS

PLEASE READ AND OBSERVE ALL SAFETY WARNINGS BEFORE USE AND KEEP THIS INSTRUCTION GUIDE HANDY

- Do not use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager while it is charging. Please wait for the truMedic® InstaShiatsu+® Water-Resistant Wand Massager to completely charge before using.
- Do not overcharge the truMedic® InstaShiatsu+® Water-Resistant Wand Massager, remove the charging cable from the unit when charging has been completed.
- Only use the provided charging cable and adapter with the unit.
- Never submerge the truMedic® InstaShiatsu+® Water-Resistant Wand Massager.
- Do not attempt to repair the truMedic® InstaShiatsu+® Water-Resistant Wand Massager or use any spare parts that were not supplied by truMedic®.
- Do not insert any foreign objects into the mechanisms of the truMedic® InstaShiatsu+® Water-Resistant Wand Massager
- If your truMedic® InstaShiatsu+® Water-Resistant Wand Massager is damaged or malfunctioning, discontinue use and contact truMedic® for service

CAUTION

Consult your physician before using this product.

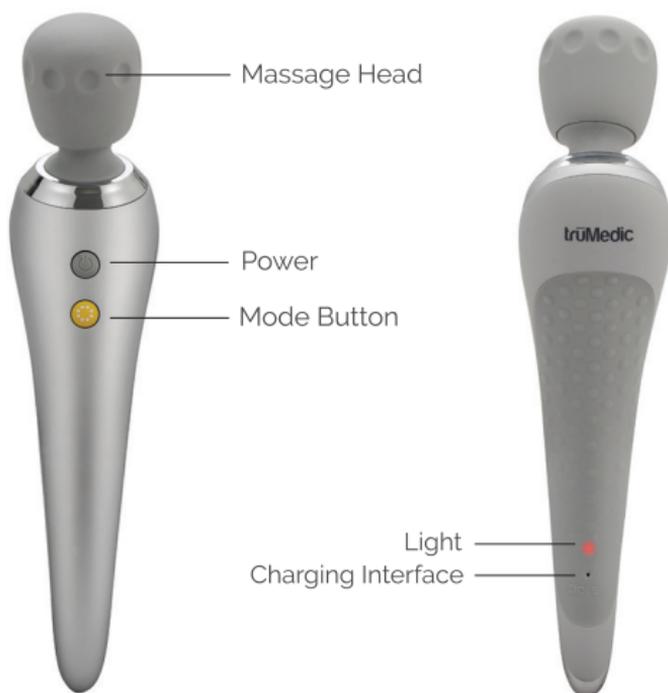
- Children should not use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager without supervision.
- Anyone with limited mobility or cognitive disabilities must only use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager under supervision.
- The truMedic® InstaShiatsu+® Water-Resistant Wand Massager is not a medical product and should not be used for any medical purpose.
- Consult your physician before using the truMedic® InstaShiatsu+® Water-Resistant Wand Massager if you are pregnant, have a blood disorder, are susceptible to skin allergies or infections, or are using a pacemaker or other implanted device.
- Do not use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager for too long on one region of the body.
- Do not use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager for more than 15 minutes per session. Please wait at least 30 minutes between sessions.
- Do not use the truMedic® InstaShiatsu+® Water-Resistant Wand Massager while driving or operating heavy machinery.

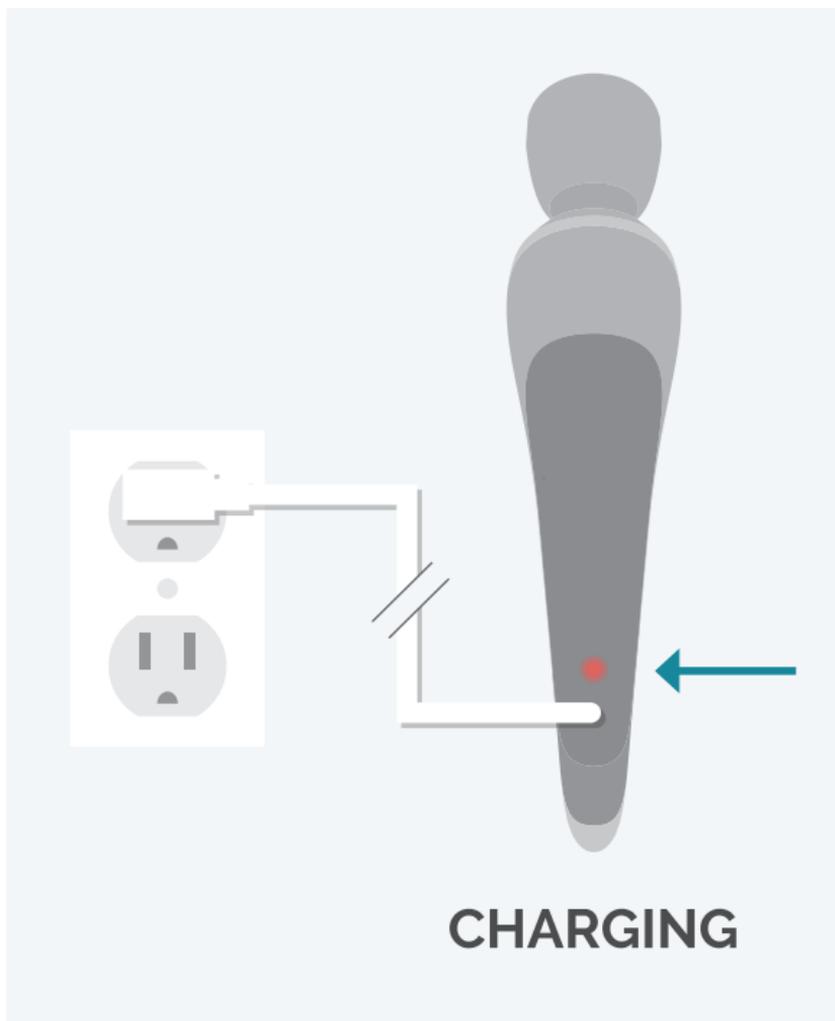


Features

The truMedic® InstaShiatsu+® Water-Resistant Wand Massager allows you to enjoy a stimulating massage and relieves tension. Easily used at home, in the office, or while traveling, this lightweight and wireless massager is there when you need it.

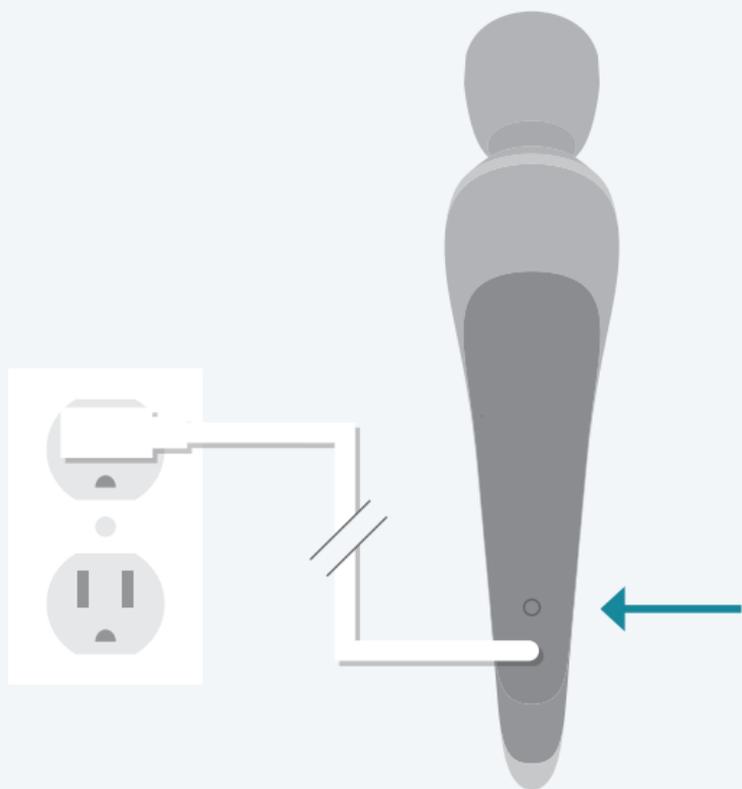
The truMedic® InstaShiatsu+® Water-Resistant Wand Massager is water-resistant, and designed to be used in the shower or tub. Do not completely submerge the unit at any time. If the unit appears to display damage, or is not functioning properly, discontinue use and contact truMedic® for service.





Operation

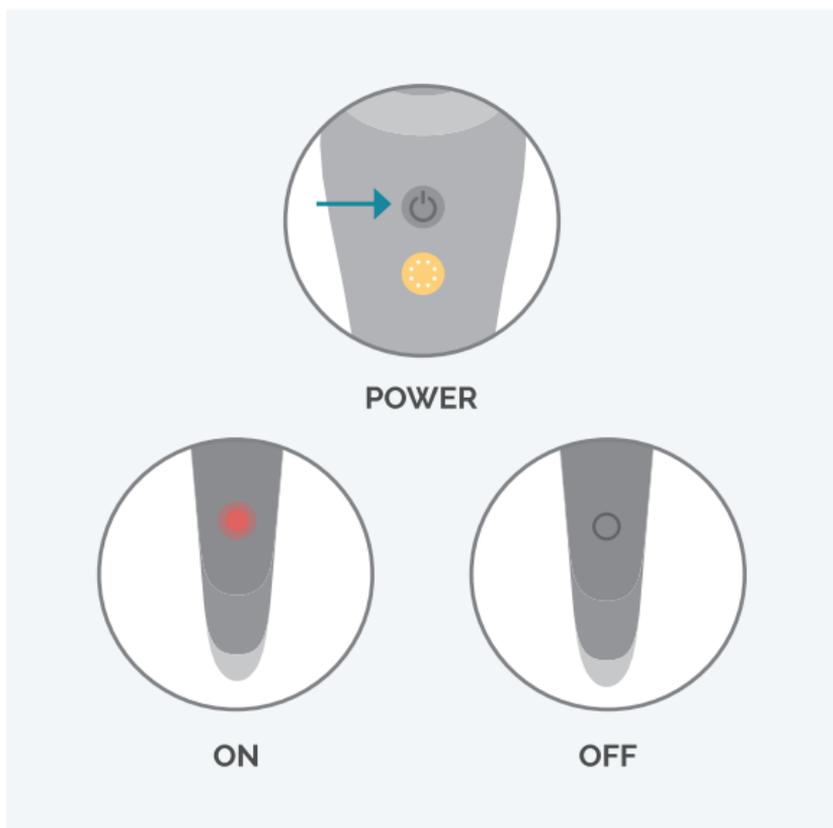
1. Insert the charger plug into a proper household outlet. Insert the other end into the truMedic® InstaShiatsu+® Water-Resistant Wand Massager where marked. While the unit is charging, you will see an LED; the charge is finished once the light turns off.



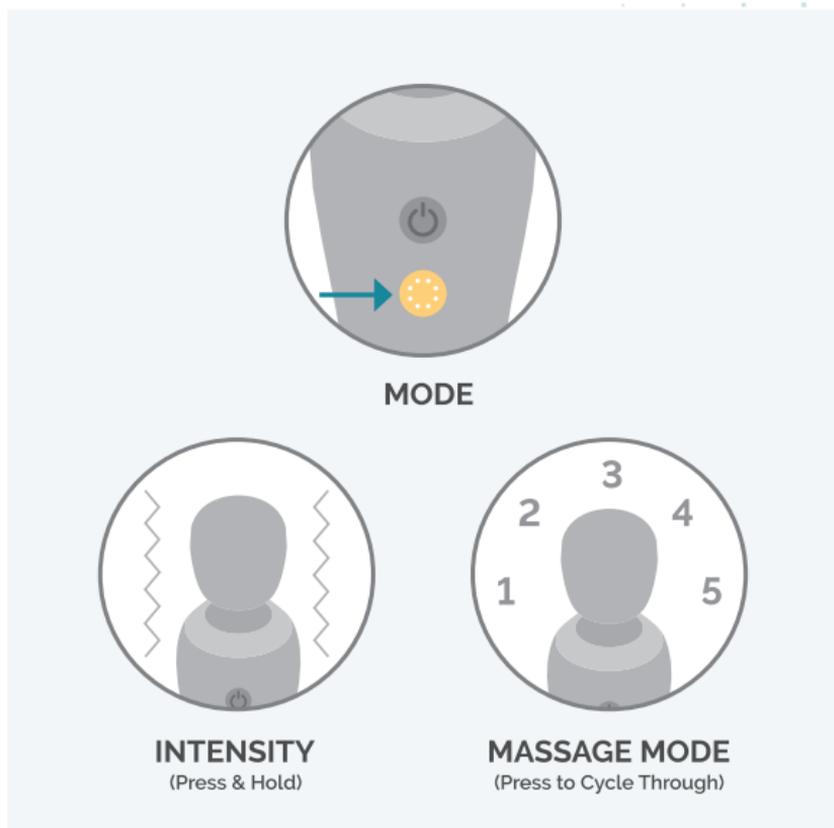
FULLY CHARGED

Just a little tip:

The charging interface may be difficult to locate due to the protective rubber exterior. It will always rest near the bottom of the unit above the DC 5V label.



2. To turn on the truMedic® InstaShiatsu+® Water-Resistant Wand Massager, give the power button a short press. An LED light will signal that the unit is on.
3. To control the intensity of the massage, press and hold the mode button on the truMedic® InstaShiatsu+® Water-Resistant Wand Massager. Release the button to stop adjusting the intensity.



4. To change the massage mode, press the mode button to select one of five massage modes.

- A. *Steady Low Intensity*
- B. *Steady Medium Intensity*
- C. *Steady High Intensity*
- D. *Cyclical*
- E. *Pulsating*

5. To turn off the truMedic® InstaShiatsu+® Water-Resistant Wand Massager, press the power button again.

Caring For Your truMedic® InstaShiatsu+® Water-Resistant Wand Massager

- The truMedic® InstaShiatsu+® Water-Resistant Wand Massager is a water-resistant device but should never be submerged in water. Use a damp cloth and a neutral, gentle detergent. Gently wipe the unit dry after cleaning.
- Keep your truMedic® InstaShiatsu+® Water-Resistant Wand Massager in its box when not in use. Keep it in a dry, cool place, out of direct sunlight.
- Do not use any corrosive liquids on your truMedic® InstaShiatsu+® Water-Resistant Wand Massager or store the unit near corrosive liquids.





No Worries! It's Safe
for the Shower!

*Its non-slip exterior is great for use while
taking a shower or relaxing in the tub.*

Specifications

Product Name

truMedic® InstaShiatsu+® Water-Resistant Wand
Massager

Product Model

TMH-3000

Adapter Input Rate

100V-240V-50Hz/60Hz

Adapter Output Rate

5.0Vm = 1.5A

Rated Voltage:

3.7V

Rated Power

3W

Troubleshooting

Problem: The truMedic® InstaShiatsu+® Waterproof Wand Massager is not powering on.

Solution: Ensure the battery is completely charged before using the unit. If the unit still does not power on after holding the power button for 3 seconds contact truMedic® for service.

Problem: The truMedic® InstaShiatsu+® Waterproof Wand Massager has suddenly stopped working.

Solution: Recharge the battery for at least 15 minutes, and then attempt to power the unit on. If the unit still does not power on after holding the power button for 3 seconds contact truMedic® for service.

Problem: The truMedic® InstaShiatsu+® Waterproof Wand Massager is making noises.

Solution: A steady noise coming from the motor is normal. If the unit makes any abnormally loud or erratic noises discontinue use and contact truMedic® for service.

*Have Questions? Call our toll-free hotline at **(888) 264-1766** or visit **support.trumedic.com***

WARRANTY

truMedic® warrants this product against defects in materials and/or workmanship for a period of 6 Months from the date of purchase by the original purchaser. In the event of a valid claim within the Warranty Period, truMedic® will repair the defect or replace the unit at no charge, using new or refurbished replacement parts at its discretion. Proof of purchase is required prior to receiving service under this warranty.

Warranty service is available by calling truMedic® service at 888.264.1766 or via email at service@truMedic.com. Repairs/replacements must be authorized by truMedic® before service will be provided. You are responsible for delivery and the cost of delivery of the product to and from a truMedic® service center for replacement or repair as, per our instructions.

This warranty does not cover damage caused by failure to follow instructions, or damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes or damage caused by unauthorized repairs.

truMedic® SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, truMedic® DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF truMedic® CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.



FREE WARRANTY UPGRADE

GO TO <http://www.RegistertruMedic.com>

YOU MUST REGISTER YOUR PRODUCT WITHIN 10 DAYS TO QUALIFY FOR A FREE UPGRADE TO YOUR WARRANTY FROM 6 MONTHS TO ONE FULL YEAR AT NO COST!

When you register, you become a VIP member and get these exclusive benefits:

- ✓ **FREE** Extended Warranty from 6 months to one full year at **NO CHARGE!**
- ✓ Discount on new product releases

HAVE QUESTIONS? Give us a call on our toll-free hotline 888-264-1766

Thank you! We Look forward to welcoming you into the VIP User's Group today!

Team truMedic®

FCC Statement:

CAUTION: Modifications not approved by the party responsible for compliance could void user's authority to operate the equipment.

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.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this household appliance

When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER

To reduce the risk of electric shock:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.

SAVE THESE INSTRUCTIONS



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WEBSITE: www.truMedic.com



[@truMedicMassage](https://www.instagram.com/truMedicMassage)

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