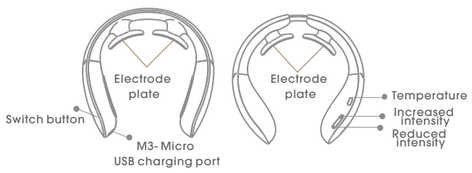
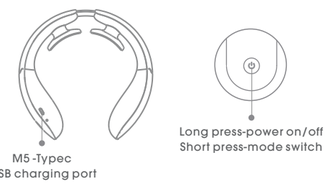
Product description

Basic accessories

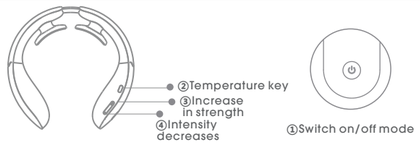
Product body x1 | USB charging cable x1 | Instructions x1 | Non-woven bag x1 | Remote controlx1 (Adapted to some models)

Product description





Use operation



M5 body button operation (only when the massage head touches the skin button is effective)			
Button	Operation	Prompt tone	Massager indicator status
① Power button	Long press 2S to boot	"Beep" once	Steady on: successfully connected or dormant Slow flashing: working
	Long press 2S to shut down	Long beep	Blue light off
	Tap to switch mode	"Beep" once	
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	

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.

⚠Cautions

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.

- Using a wet towel to moisten the skin before use provides a better comfort.
- Default working state: Beat mode with first gear, Temperature Mid-range, Lowest velocity
- **Attention: It is invalid if massager head does not touch skin.** ⚠
- It will automatically turn off if massager head does not touch skin within a minute.

Use operation

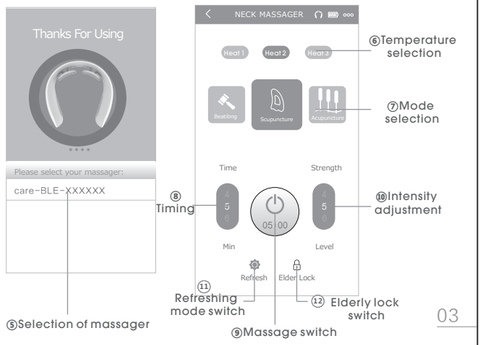
App download and installation

Download the App according to your mobile phone system model, as follows:
1. Android system (support Android 4.4 and above)
Method 1: Scan the QR code in the browser and download the App.
Method 2: Download and install the App in the Google play store, search for the keyword: "**SMTALY CARE**".
2. Ios system (support IOS 10.0 and above)
Method 1: Scan the QR code to download
Method 2: Please go to the App Store to download and install the App,
Search keyword: "**SMTALY CARE**".

Android App Download

IOS App download

APP interface introduction



Use operation

APP control operation			
Turn on the mobile phone Bluetooth and the power of the massager, open the APP to enter the connection interface			
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
	Click the lock icon to close		"Elderly lock" button light color

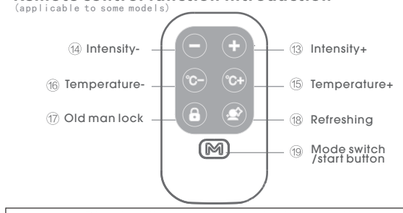
⚠ **Attention**

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.

Use operation

Remote control function introduction

(applicable to some models)



Bluetooth remote control operation			
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.			
Button	Operation	Prompt tone	Massager indicator status
⑬ Intensity+ ⑭ Strength-	Tap	"Beep" once (long beep at the highest /lowest gear)	The green light of the remote control flashes once
⑮ Temperature+ ⑯ Temperature-	Tap	Turn on the beep once, turn off the long beep	
⑰ Old man lock	Long press to turn on/off	Turn on the beep once, turn off the long beep	
⑱ Refreshing	Long press to turn on/off	Turn on the beep once, turn off the long beep	
⑲ Mode switch /start button	Tap to turn on /switch mode	2 quick beeps: the massager is connected successfully A short beep once: mode switch	The green light is always on: the connection is successful, and it goes out after the operation. Green light flashes: corresponds to an operation
	Long press to shut down	Long beep	

Note: The remote control is allowed to control the massager only when the skin touches the massage head.

Important Announcement

Precautions

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.

⚠ Warning

- The electrodes should not be placed near the heart of the chest during operation,
- 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.

⚠ Precautions

- 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.

Charging instructions

- 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.

Important Announcement

Precautions

⚠ 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.

⚠ 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.

Caution for following situations

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

Important Announcement

Caution for following situations

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.

FCC Caution:

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.
IMPORTANT NOTE:
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.
FCC Radiation Exposure Statement:
This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled enviroment.

Overhaul

Troubleshooting/treatment

If you encounter problems while using the product, please refer to the following tips and solutions:

Basic failure	Possible causes and solutions
Unable to start	Insufficient internal charge battery, charge in time
	Please confirm whether the switch of the host product is pressed
No charge or no charge display	Please check if USB is connected to the host and adapter
Shows normal but no feeling	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
Tingling	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 at a time, not more than 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
Weak stimulation	Is the electrode pad of the massager close to the skin of the neck?Need to adjust the position to fit the skin t ightly and adjust the appropriate strength
	Is the electrode dirty or greasy? Clean the electrode surface
	Is the battery low? Charge it if it is low
	The intensity of the massage gear is too small? Adjust to increase the intensity of the massage

⚠Note:
If the fault cannot be rectified or the product still does not operate ideally, please do not continue to use it, contact your dealer directly to ask for repair service, and do not disassemble or attempt to repair it yourself.

ATM3M5-IM-EN

Shoulder and Neck Massager

M3/M5

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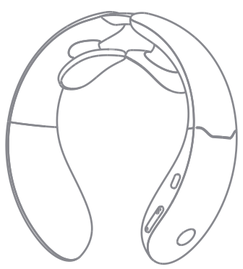

Manual