



**activate
your product
warranty**

scan the QR code and
register your product
within 7 days to activate
your warranty



Registering also gives you access
to tips, exciting offers and more!

thermadot heat therapy pod

INSTRUCTION MANUAL AND WARRANTY INFORMATION

IMPORTANT SAFEGUARDS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING: READ ALL INSTRUCTIONS BEFORE USING.

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 a product that has fallen into water. Unplug immediately.
- DO NOT use while bathing or in 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.
- NEVER use pins or other metallic fasteners with this appliance.
- Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- Keep dry – DO NOT operate in a wet or moist condition.
- DO NOT attempt to repair the massager. There are no user-serviceable parts. For service, contact Consumer Relations at the telephone number listed in the Warranty section.

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.
- 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 Homedics; specifically, any attachments not provided with the unit.
- NEVER operate the 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 Homedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- DO NOT carry this appliance by supply cord or use cord as a handle.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- DO NOT use outdoors.
- 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.
- Use heated surfaces carefully. May cause serious burns. DO NOT use over insensitve skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- Temperatures sufficiently high to cause burns may occur regardless of the control setting. DO NOT use on an infant or invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.
- DO NOT crush.
- DO NOT use without the adhesive pads.

SAVE THESE INSTRUCTIONS

CAUTION

- Those with the following conditions should consult their doctor before using this product:
 - Personality disorders
 - Epilepsy and similar seizure disorders
 - Heart conditions
 - Diseases of the central nervous system
- Consult your doctor prior to using this product, if:
 - You are pregnant
 - You have a pacemaker
 - You have any concerns regarding your health
- NOT recommended for use by diabetics.
- NEVER leave the unit unattended, especially if children are present.
- NEVER cover the unit when it is in operation.
- DO NOT use this product for more than 10 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- DO NOT use this product before bed. The unit has a stimulating effect and can delay sleep.
- NOT for use by children.
- This unit should not be used by people with disabilities without supervision.
- This appliance is intended for household use only.
- DO NOT dispose of the device with household waste. The device should be recycled. protection of the environment, please safely dispose of the device following your local guidelines.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.
- The battery in this product is not replaceable. Attempting to replace this battery or service this product could result in serious injury.
- No part of this product should be serviced, especially while in use with a patient.
- The patient is the intended operator.
- Not used in conjunction with oxygen rich environments, with flammable anaesthetics, or in conjunction with flammable agents.

Operating Environment	Temperature: 5°C - 40 °C Humidity: 30 ~85%RH Atmospheric Pressure: 700hPa~ 1060Pa
Storage Environment	Temperature: -35°C~60°C Humidity: 10 ~ 90%RH Atmospheric Pressure: 70 ~ 106 KPa
IP22	Protected from touch by fingers and objects greater than 12 millimeters. Protected from water spray less than 15 degrees from vertical.

PLEASE NOTE: If storing in cooler temperatures, allow the product to sit for 30 minutes prior to using. Allow the product to cool down for 30 minutes prior to returning to storage.

SYMBOL	EXPLANATION
	Indicates that the electromagnetic radiation from the device is below the limits specified by the Federal Communications Commission and the manufacturer has followed the requirements of the Supplier's Declaration of Conformity authorization procedures.
	This warning symbol on the device label is a warning to read the enclosed documents before use and take all safety precautions required.
	This symbol means "Manufactured by" and provides the name and address of the legal manufacturer.
	Date of Manufacture.
	This symbol indicates the serial number of the device.
	This symbol refers to the batch code of the device.
	This symbol means that the cardboard packaging that the device came in can be recycled.
	Class II Electrical Equipment.
	Type B Applied Part, B indicates that it is used for the body. This device is connected to the main voltage.
	This symbol indicates to read the manual before use
	This symbol indicates the product may not be discarded as household waste.
	This symbol indicates that the product has been tested by UL to nationally recognized safety and sustainability standards.
	This symbol indicates the product is designed for indoor use only.
	Efficiency Level VI
	Power on/off

what's in the box



thermadot
heat therapy pod
and charger



adhesive
applicators (6)



usb adapter
cable



quick-start
guide

INSTRUCTIONS FOR USE

1. Your thermadot may require charging before first use. To charge, plug one end of the USB into the charger and plug the other end into an adapter. The thermadot blinks while charging and stops when fully charged. Time to full charge is approximately 2 hours. Discharge time is approximately 2 hours.
NOTE: This device only comes with a USB cord, not an adapter. A USB charger will also charge the units. Do not attempt to use a cord that is not a USB-type cord. Use only with Listed/Certified ITE Power Supply. The units will not operate when charging. Use a 5V/2A (or 5V/1A, slower) charger, but not higher than 5V.
2. Once charged, flip the ThermoDot heat pod over to the bottom metal plate.
3. Remove an adhesive gel pad from backing paper and stick it on the bottom plate of the thermadot.
4. Remove the release paper from the other side of the adhesive gel pad and apply the thermadot to the intended area of the body. **DO NOT use without the SPE-DOTRFJ gel pads.**
5. Press and hold the power button. The thermadot will beep 3 times and turn ON. The product will begin heating on LOW. Press again for MEDIUM heat. Press again for HIGH heat. Press again to return to low heat.
6. Press and hold the power button again. The thermadot will beep 3 times and turn OFF. Remove the thermadot from skin, remove the adhesive gel pad from the bottom, and return thermadot to its charger when finished. **PLEASE NOTE:** The adhesive gel pads are for one-time use only. This device will auto shut-off after approximately 10 minutes of continuous use.

DO NOT use if you are allergic to flavan oil, white alkyl oil, SIS, SBS, tackifying resins, or antioxidants.

MAINTENANCE

TO STORE

You may leave the unit on display, or you can store it in its box or a cool, dry place.

TO CLEAN

Wipe off dust with a damp cloth. NEVER use liquids or abrasive cleaners. If using on more than one patient, the device can be cleaned using a mild detergent. Modifications not authorized by the manufacturer may void user's authority to operate this device.

The product has a limited lifecycle of 2 years under normal use. Following the treatment protocol for 2 years is considered as nominal use. The product is marked with a date code, which can be used to reference the software version if the product is needed.

TROUBLESHOOTING

When the product is used for the first time or not used for a long time, the battery may run out of power. Please charge before first use.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Poor heat output	Low battery	Recharge unit (see Instructions).
	Low heat setting	Try a higher heat setting (see Instructions).
Heating stops while in use	Low battery	Battery charge depletes during prolonged use. Recharge unit – see instructions.
	Unit has been on greater than 10 continuous minutes	Auto-off timer has shut down the unit for safety reasons. After an appropriate rest period, turn on unit to continue use (see Cautions).
Does not charge	Charging cable connection	Check to ensure that the USB cable is not damaged, that the USB connector is properly inserted into the unit, and that the power adapter is plugged into a safe, active outlet.
	Adhesive pad left on	The unit will not charge if an adhesive pad is in place. Please be sure to remove the pad before charging.
	Battery too depleted	Prolonged storage at low battery charge can harm the battery. Charge the battery at least slightly before storing the unit and remember to charge it every few months.
	Temperature conditions	Extreme temperatures can negatively affect battery charging. Please charge the unit at room temperature.

SUPPLIER'S DECLARATION OF CONFORMITY

Product Description: thermadot heat therapy pod

Model Number: SPE-DOT50HJ, SPE-DOT100HJ and SPE-DOT200HJ

Trade Name: Homedics

FCC Compliance Statement

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.

U.S. Contact Information

Company: Homedics, LLC.

Address: 3000 N Pontiac Trail, Commerce Township, MI 48390

8:30am-7:00pm EST Monday-Friday 1-800-466-3342

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

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 to 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.

CAN ICES-003(B)/NMB-003(B)



1-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 1 year from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit www.Homedics.com. For Canada, please visit www.Homedics.ca.

FOR SERVICE IN THE USA

cservice@homedics.com
8:30am-7:00pm EST Monday-Friday
1-800-466-3342

FOR SERVICE IN CANADA

cservice@homedics.ca
8:30am-5:00pm EST Monday-Friday
1-888-225-7378