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Health o meter HMMA7452N1

Health O Meter HMMA7452C Waterproof Handheld Personal Massager User Manual

INTRODUCTION

Thank you for choosing the Health O Meter HMMA7452C Waterproof Handheld Personal Massager. This manual provides essential information for the safe and effective use of your new device. Please read it thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

- Read all instructions before using this massager.
- This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep out of reach of children.
- Do not use on swollen, inflamed, or broken skin. Consult a physician before use if you have any medical conditions.
- Do not use while sleeping or drowsy.
- This massager is waterproof. However, ensure the battery compartment is securely sealed before exposing to water.
- Only use the specified battery type (2 "AA" batteries). Do not mix old and new batteries or different types of batteries.
- Remove batteries if the unit is not used for an extended period.

PRODUCT OVERVIEW

The Health O Meter HMMA7452C is a compact, battery-powered handheld massager designed for personal use. Its waterproof design allows for use in various environments.







This image displays the Health O Meter HMMA7452C Waterproof Handheld Personal Massager. It features a white body with a light purple massage head and a central control button. The design is ergonomic for comfortable handling.

Key Features:

- Battery powered for portability.
- Variable intensity settings for customized massage.
- Waterproof design for versatile use.
- Ergonomic handheld design.

SETUP

Battery Installation

The massager requires 2 "AA" batteries (included).

1. Locate the battery compartment cover, typically at the base of the massager.
2. Twist or slide the cover to open it, following any indicated arrows.
3. Insert two "AA" batteries, ensuring the correct polarity (+/-) as marked inside the compartment.
4. Securely close the battery compartment cover. Ensure it is tightly sealed to maintain waterproof integrity.

OPERATION

Powering On/Off

The massager features a simple slide switch for power and intensity control.

- To turn on the massager, slide the switch from the '0' (Off) position to 'I' (Low Intensity) or 'II' (High Intensity).
- To turn off the massager, slide the switch back to the '0' position.

Adjusting Intensity

The massager offers two intensity levels:

- Slide the switch to 'I' for a gentle massage.
- Slide the switch to 'II' for a more vigorous massage.

Usage Guidelines

- Apply the massage head gently to the desired area of the body.
- Move the massager slowly in circular motions or back and forth.
- Do not apply excessive pressure.
- Limit massage sessions to 15-20 minutes per area to avoid over-stimulation.

MAINTENANCE

Cleaning

To clean your massager:

1. Ensure the massager is turned off and the battery compartment is securely closed.
2. Wipe the surface with a damp cloth and mild soap.
3. Rinse thoroughly with clean water if used in a wet environment.
4. Dry completely with a soft cloth before storing.
5. Do not use abrasive cleaners or solvents.

Storage

Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. If storing for an extended period, remove the batteries.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries with new "AA" batteries, ensuring correct polarity.
Weak vibration.	Low battery power.	Replace batteries.
Water leakage from battery compartment.	Battery compartment cover not sealed properly.	Ensure the cover is tightly and correctly sealed before use in wet conditions. Do not use if water has entered.

SPECIFICATIONS

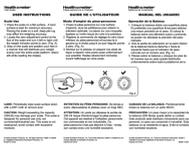
Feature	Detail
Brand	Health o meter
Model Number	HMMA7452N1
Power Source	2 x AA Batteries (included)
Weight	499 g (approx. 1.1 lbs)
Product Dimensions	13.06 x 33.63 x 8.23 cm (approx. 5.14 x 13.24 x 3.24 inches)
Waterproof	Yes
UPC	097954074522

WARRANTY AND SUPPORT

This Health O Meter product is covered by a limited warranty. For specific warranty details, please refer to the warranty card included with your purchase or contact Health O Meter customer service.

For technical support or service inquiries, please visit the official Health O Meter website or contact their customer support line. Contact information can typically be found on the product packaging or the manufacturer's website.

Related Documents - HMM7452N1

	<p>Health o meter HDM585 Weight Monitoring Scale User Manual</p> <p>User manual for the Health o meter HDM585 weight monitoring scale. Learn how to set up, use, and maintain your scale, track progress, understand BMI, troubleshoot issues, and find warranty information. Includes tips for a healthy lifestyle.</p>
	<p>Health o meter Dial Scale User Instructions and Care Guide</p> <p>Concise user instructions, care guidelines, and safety precautions for the Health o meter Dial Scale, designed for personal use.</p>
	<p>Health o meter HDL150-05 Digital Scale User Instructions</p> <p>User instructions and guide for the Health o meter HDL150-05 Digital Lithium Scale, covering setup, operation, battery replacement, and care.</p>
	<p>Health o meter Digital Scale User Instructions and Manual</p> <p>Comprehensive user instructions and manual for the Health o meter Digital Scale, covering scale use, battery replacement, and care. Learn how to get accurate readings and maintain your scale.</p>
	<p>Health o meter Digital Lithium Scale User Manual</p> <p>Comprehensive user manual for the Health o meter Digital Lithium Scale, covering setup, operation, battery replacement, care, and important safety precautions.</p>
	<p>Health o meter HDR900 Digital Scale User Instructions</p> <p>User instructions and usage guide for the Health o meter HDR900 Digital Scale, covering battery installation, scale operation, important notes, and service information.</p>