

iDOO Portable Heating Pad

iDOO Portable Heating Pad User Manual

Model: Portable Heating Pad

1. INTRODUCTION

Thank you for choosing the iDOO Portable Heating Pad. This device is designed to provide targeted heat and massage therapy for temporary relief of minor aches and pains. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

Please do not use the heating pad directly on the skin; use it through clothing. The device will automatically shut off after 30 minutes of continuous use to prevent overheating.

3. INDICATIONS FOR USE

This portable heating pad is intended for temporary relief of minor aches and pains associated with menstrual cramps, back pain, and stomach pain.

4. PRODUCT FEATURES

- **Three Heat Levels:** Adjustable temperatures for personalized comfort (108°F/48°C, 132°F/56°C, 140°F/60°C).
- **Three Massage Modes:** High-frequency vibration massage modes (weak, medium, strong) can be used independently or simultaneously with heat.
- **Rapid Heating:** Utilizes graphene technology for quick heat-up in approximately 2 seconds.

- **Long-Lasting Battery:** Equipped with a 2000mAh battery, providing over 4 hours of continuous use. Rechargeable via Type-C USB.
- **Low Noise Operation:** Operates at less than 40dB, suitable for use during rest, study, work, or sleep.
- **Automatic Shut-off:** Automatically powers off after 30 minutes of continuous use for safety.
- **Adjustable & Comfortable Design:** Features a high elastic belt (up to 40 inches) and soft, breathable fabric for a comfortable fit.

2S Rapid Heating to Relieve Pain

Using PI heating film technology, conduct electricity quickly to heat and drive away body cold



Dysmenorrhea Back pain Neck pain

Figure 1: Rapid heating for relief of dysmenorrhea, back pain, and neck pain.

5. SETUP

1. **Unpacking:** Carefully remove the heating pad and all accessories from the packaging.
2. **Initial Charge:** Before first use, fully charge the device using the provided USB Type-C cable. The charging indicator lights will show progress and stop when fully charged.
3. **Adjusting the Belt:** The elastic belt is adjustable to fit various waist circumferences. Adjust the buckle to achieve a snug yet comfortable fit around your abdomen or lower back.

Elastic and Adjustable Belt

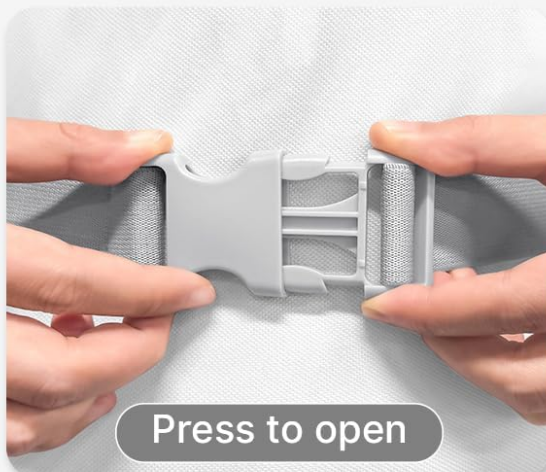
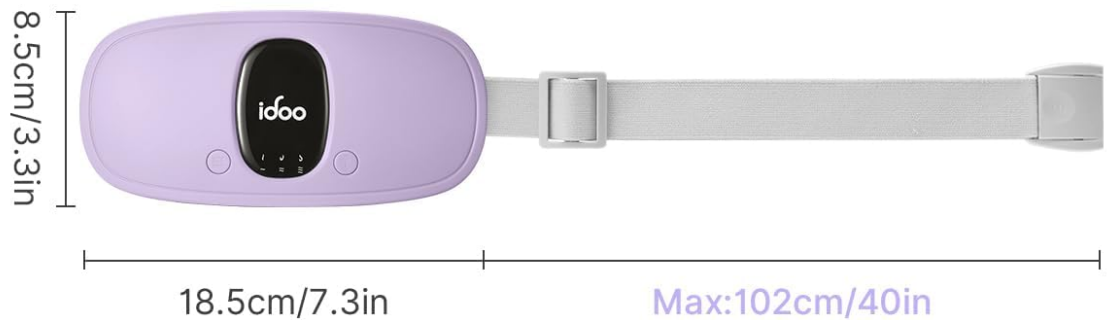


Figure 2: Adjustable belt and soft fabric of the heating pad.

6. OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button (usually indicated by a circle or wave icon) for a few seconds to turn on the device.

2. **Select Heat Level:** Press the heat button (often a thermometer icon) to cycle through the three temperature settings: 108°F/48°C, 132°F/56°C, or 140°F/60°C. Indicator lights will show the selected level.
3. **Select Massage Mode:** Press the massage button (often a wave icon) to choose from the three high-frequency vibration massage modes. Indicator lights will show the selected mode.
4. **Placement:** Place the heating pad on the desired area of the body (abdomen or lower back), ensuring it is worn over clothing and not in direct contact with the skin.
5. **Secure:** Use the adjustable belt to secure the pad comfortably in place.
6. **Automatic Shut-off:** For safety, the device will automatically power off after 30 minutes of continuous use. If further use is desired, simply power it on again and select your preferred settings.
7. **Power Off:** Press and hold the power button again to turn off the device.

3 Levels of Hot Compress Adjustment

It helps to dispel cold and warm the uterus for women, relieve back pain

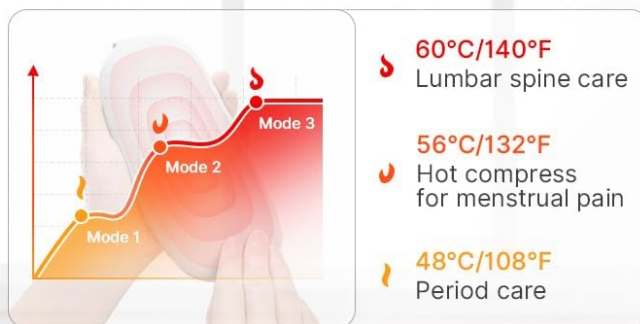


Figure 3: Illustration of the three heat levels and their recommended uses.

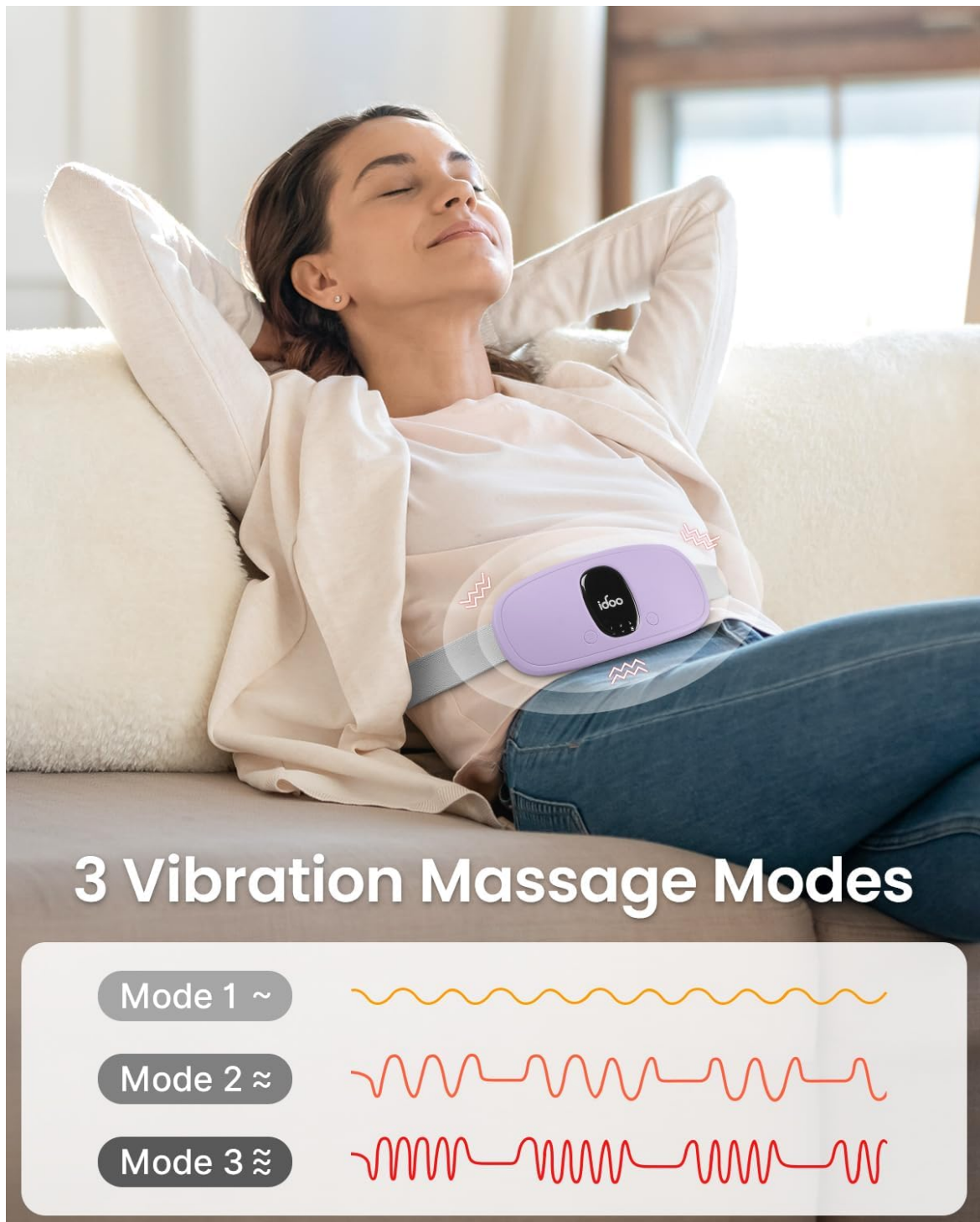


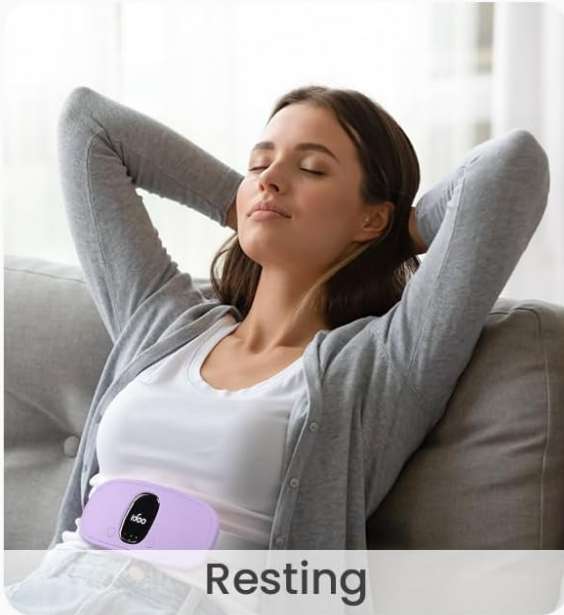
Figure 4: Illustration of the three vibration massage modes.

7. USAGE SCENARIOS

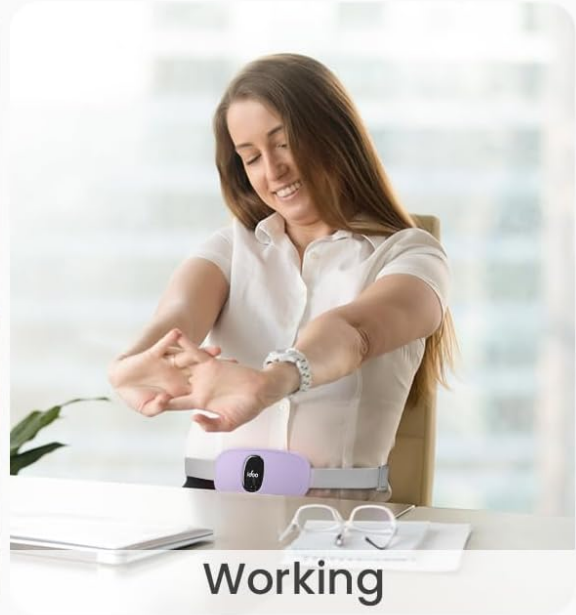
The iDOO Portable Heating Pad's cordless and lightweight design allows for versatile use in various settings:

- **Resting:** Enjoy soothing relief while relaxing at home.
- **Working:** Maintain comfort during office hours without being tethered to an outlet.
- **Studying:** Alleviate discomfort while focusing on your studies.
- **Driving:** Use discreetly for relief during commutes or long drives.

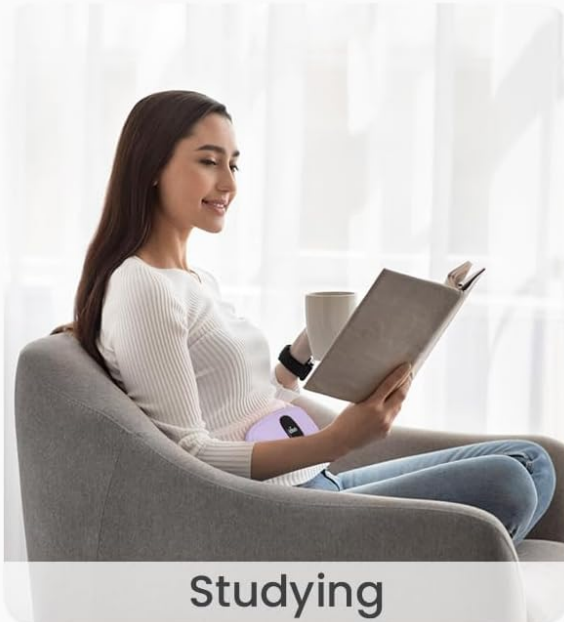
Warm You Every Moment



Resting



Working



Studying



Driving

Figure 5: The portable heating pad can be used in various daily activities.

8. MAINTENANCE

- **Cleaning:** To clean the heating pad, gently wipe it with a damp cloth. Do not immerse the device in water or use harsh cleaning agents. Allow it to air dry completely before storage or next use.
- **Storage:** Store the heating pad in a cool, dry place away from direct sunlight and moisture when not in use.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or not charged.	Ensure the device is fully charged using the provided USB Type-C cable.
No heat or weak heat.	Incorrect heat setting or device malfunction.	Press the heat button to select a higher temperature level. Ensure the device is powered on. If the issue persists, contact customer support.
No vibration or weak vibration.	Incorrect massage setting or device malfunction.	Press the massage button to select a different or higher vibration mode. Ensure the device is powered on. If the issue persists, contact customer support.
Device turns off unexpectedly.	Automatic 30-minute shut-off feature activated.	This is a safety feature. Simply power the device on again to continue use.

10. SPECIFICATIONS

- **Brand:** iDOO
- **Model:** Portable Heating Pad
- **Material:** Graphene
- **Product Dimensions:** 4.33 x 0.79 x 4.72 inches
- **Weight:** 11.85 ounces
- **Battery Capacity:** 2000mAh
- **Heat Levels:** 3 (108°F/48°C, 132°F/56°C, 140°F/60°C)
- **Massage Modes:** 3 (High-frequency vibration)
- **Auto Shut-off:** 30 minutes
- **Charging:** USB Type-C

Built-in High-Density 2000mAh Battery

4h Battery Life Wireless Use (use time varies with different gears)

2.5h
Charging

<55dB
Noise

30mins
Auto Shut-Off

2000 **mAh**









Figure 6: Built-in high-density 2000mAh battery for extended use.

11. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact iDOO customer service directly. Keep your purchase receipt for warranty claims.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

 <p>iDOO Living made easy</p> <p>MULTI-FUNCTION CORDLESS ELECTRIC SPIN MOP Sprayer & Waxer Model ID-EM002</p>	<p>iDoo ID-EM002 Multi-Function Cordless Electric Spin Mop: User Manual & Specifications</p> <p>Comprehensive user manual and specifications for the iDoo ID-EM002 cordless electric spin mop, featuring sprayer and waxer functions. Includes installation, operation, troubleshooting, and customer service information.</p>
 <p>iDOO</p>	<p>iDoo Indoor LED Hydroponic System Setup Guide (Model: ID-IG201)</p> <p>A comprehensive setup guide for the iDoo Indoor LED Hydroponic System, Model ID-IG201. Learn about included components, operation procedures, safety instructions, specifications, control panel settings, gardening tips, troubleshooting, and warranty information.</p>
 <p>iDOO</p> <p>Space Heater</p>	<p>iDoo Space Heater User Manual (Model I-H-03)</p> <p>Comprehensive user manual for the iDOO Space Heater (Model I-H-03), covering essential safety instructions, product specifications, detailed operation guides for the control panel and remote, cleaning and maintenance procedures, troubleshooting tips, and warranty information. Learn how to safely and effectively use your iDOO heater.</p>
 <p>User Manual iDOO Living made easy</p> <p>Smart Indoor LED Hydroponic System Model: ID-IG301S</p>	<p>iDOO Smart Indoor LED Hydroponic System User Manual</p> <p>User manual for the iDOO Smart Indoor LED Hydroponic System, Model ID-IG301S. Includes safety instructions, product overview, specifications, package contents, installation, operation, app instructions, product maintenance, and FAQs.</p>
 <p>iDOO Living made easy</p> <p>Indoor Gardening Kit User Manual Model: I-D-01</p>	<p>iDOO Indoor Gardening Kit User Manual</p> <p>Comprehensive user manual for the iDOO Indoor Gardening Kit (Model: I-D-01), covering setup, operation, maintenance, and tips for successful indoor hydroponic gardening.</p>
 <p>User Manual iDOO Living made easy</p> <p>Ceramic Space Heater - Power Model: I-C-027</p>	<p>iDOO Ceramic Space Heater - Power (Model I-C-027) User Manual</p> <p>Comprehensive user manual for the iDOO Ceramic Space Heater - Power, model I-C-027. Includes safety instructions, product specifications, operating guide, troubleshooting, and warranty information.</p>