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HuBDIC FE-0161

HuBDIC Hubicare Hand Massager (Model FE-0161) Instruction Manual

Your comprehensive guide to operating and maintaining your hand massager.

1. INTRODUCTION

The HuBDIC Hubicare Hand Massager, Model FE-0161, is designed to provide targeted relief for hand and wrist discomfort. It combines deep shiatsu kneading, strong air compression, and adjustable heat and cooling functions to promote circulation, reduce stiffness, and alleviate pain associated with conditions such as arthritis, carpal tunnel syndrome, and repetitive strain. This manual provides essential information for safe and effective use of your device.



Figure 1: HuBDIC Hubicare Hand Massager with heat and cooling functions shown in use.

Key Features:

- **Deep Tissue Hand Massage:** Combines shiatsu kneading and air compression for comprehensive relief from fingers to wrist.
- **Temperature Regulation:** Dual heat levels (40–45°C) and a built-in cooling fan to manage warmth and moisture.
- **Multiple Therapy Modes:** 6 therapy modes and 2 pressure levels, including a high-intensity option for deep tissue stimulation.
- **Full Palm and Wrist Coverage:** Designed to treat the entire hand and wrist area with an adjustable strap for secure fit.
- **Cordless and Rechargeable:** Powered by a 3000mAh battery for portable use, offering 4–6 hours of operation per charge.
- **Easy to Use:** Features preset 10, 15, and 20-minute sessions and a user-friendly touchscreen interface.

2. SAFETY INFORMATION

Please read all instructions carefully before using the device and keep them for future reference.

- This device is not a medical device.
- Do not use if you have implanted medical devices such as pacemakers.
- Not suitable for children under 12 years of age.
- Stop using immediately if you experience discomfort, numbness, or swelling.
- For first-time users, it is recommended to start with level 1 intensity without the roller kneading function, as high pressure and rolling may feel intense.
- Ensure the air release valve at the bottom of the device is in the "OFF" (Sealed Mode) position before use.
- 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.

3. SETUP AND CHARGING

3.1 Unboxing and Initial Inspection

Carefully remove the hand massager and all accessories from the packaging. Inspect the device for any signs of damage. Ensure all components, including the USB-C charging cable, are present.

3.2 Charging the Device

Before first use, fully charge the hand massager. The device is powered by a 3000mAh lithium-ion battery.

1. Connect the provided USB-C cable to the charging port on the massager.
2. Connect the other end of the USB-C cable to a compatible USB power adapter (not included) or a computer USB port.
3. The battery indicator on the touchscreen display will show the charging status.
4. A full charge provides approximately 4–6 hours of operation.



Figure 2: Large battery capacity and USB-C charging port for portability.

3.3 Air Release Valve

Locate the air release valve at the bottom of the massager. Ensure it is in the "OFF" (Sealed Mode) position before operating the device to allow for proper compression. In case of emergency or to quickly release pressure, switch the valve to the "ON" (Emergency Deflate) position.

4. OPERATING INSTRUCTIONS

The Hubicare Hand Massager features a user-friendly touchscreen interface for easy control of all functions.

Easy to Control

Touch Screen Operation



- | | |
|--|---|
|  Modes Button
6 Mode Programs |  Timer Button
10/15/20 mins |
|  Fan Button
Cooling on&off |  Heat Button
2 heating levels(40/45°C) |
|  Intensity Button
6 intensity levels |  Kneading button
Bi-directional Kneading for Palm |

Figure 3: Easy-to-control touchscreen operation panel.

4.1 Powering On/Off

- To power on, press and hold the **Power Button** (circular button in the center) for a few seconds.
- To power off, press and hold the **Power Button** again.

4.2 Selecting a Massage Mode

The massager offers 6 therapy modes. Press the **Modes Button** (labeled 'M') to cycle through the available options:

1. Auto Massage
2. Soothing Massage
3. Hand Massage
4. Circular Massage
5. Relaxing Massage
6. Palm & Wrist Massage

6 Modes & 6 Intensities

Variety of modes and intensity levels resembles a massage from a therapist's hands

6 Modes

- | | |
|--------------------|------------------------|
| ① Auto Massage | ④ Circular Massage |
| ② Soothing Massage | ⑤ Relaxing Massage |
| ③ Hand Massage | ⑥ Palm & Wrist Massage |

6 Intensity Levels

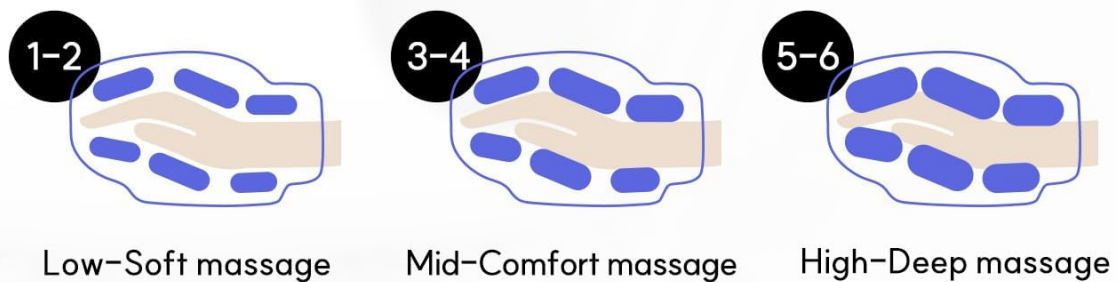


Figure 4: Overview of the 6 therapy modes and 6 intensity levels.

4.3 Adjusting Intensity Levels

There are 6 intensity levels for air compression, customizable to your preference. Press the **Intensity Button** (three vertical bars icon) to adjust the pressure. Levels 1-2 are for soft massage, 3-4 for comfort, and 5-6 for deep massage.

4.4 Heat and Cooling Functions

The massager features both heat and cooling functions for enhanced comfort and therapeutic benefits.

- **Heat Function:** Press the **Heat Button** (wavy lines icon) to activate. There are two heat levels (40°C and 45°C). Heating supports circulation and pain relief.
- **Cooling Fan:** Press the **Fan Button** (fan icon) to turn the cooling fan on or off. The cooling fan helps manage moisture and can be beneficial for inflammation.

HEAT

Increase blood circulation
and enhance the massage effect

LOW
40°C

HIGH
45°C



COOLING FAN

Comfortable and dry
beneficial for those with sweaty hands

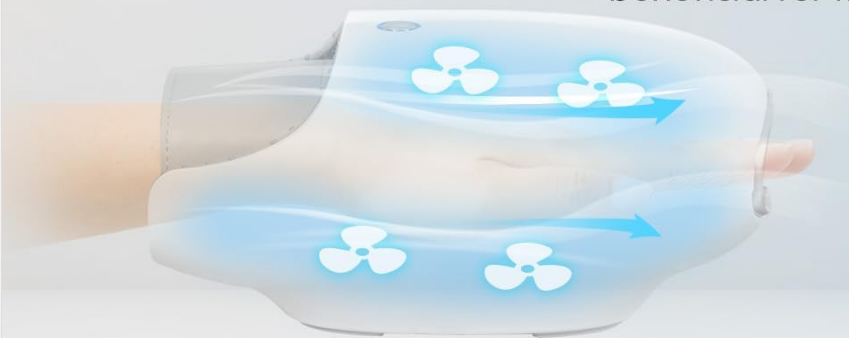


Figure 5: Heat and cooling fan functions for temperature regulation.

4.5 Roller Kneading Function

The device includes a bi-directional roller kneading function for the palm area. Press the **Kneading Button** (circular arrow icon) to activate or deactivate this feature. This targets muscles and tendons in the palm for focused relief.

4.6 Setting the Timer

The massager has preset session durations. Press the **Timer Button** (clock icon) to select between 10, 15, or 20-minute sessions. The device will automatically shut off after the selected time.

4.7 Using the Wrist Coverage

The massager provides full palm and wrist coverage. An adjustable strap helps stabilize the device for consistent compression around the wrist, which is beneficial for carpal tunnel or reduced wrist strength.

Wrist Air Compression

Alleviate Wrist Pain Effectively
Adjustable Wrist Strap Fits All Sizes Comfortably



Figure 6: Wrist air compression and adjustable wrist strap for secure fit.

5. MAINTENANCE

Proper care and maintenance will ensure the longevity and optimal performance of your hand massager.

- **Cleaning:** Always unplug the appliance from the electrical outlet immediately after using and before cleaning. Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

6. TROUBLESHOOTING

If you encounter any issues with your HuBDIC Hubicare Hand Massager, please refer to the following common troubleshooting tips:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait for the battery indicator to show sufficient charge.
- **No compression or weak compression:** Check that the air release valve at the bottom of the device is in the "OFF" (Sealed Mode) position. Ensure your hand is properly inserted and the adjustable strap is secured.
- **Heat/Cooling not working:** Verify that the heat or fan functions are activated via their respective buttons on the control panel.
- **Discomfort during use:** Reduce the intensity level. If discomfort persists, discontinue use and consult a healthcare professional. Remember to start with level 1 without the roller kneading function for first-time use.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	10.75 x 6.69 x 5.08 inches
Item Model Number	FE-0161
Item Weight	2.65 Pounds (1200 Grams)
Battery	1 Lithium Ion battery required (included), 3000mAh
Power Source	Battery Powered
Voltage	DC 5V2A
Power	10W
Material	Acrylonitrile Butadiene Styrene
Manufacturer	Xiamen Healthpal Electronic Co.,Ltd

8. OFFICIAL PRODUCT VIDEOS

Watch these official videos from HuBDIC for a visual guide on using your hand massager.

HubiCare Hand Massager New Release

Your browser does not support the video tag.

Video 1: An introductory video showcasing the features and benefits of the HubiCare Hand Massager. Duration: 0:44.

Introducing HubiCare Hand Massager

Your browser does not support the video tag.

Video 2: A detailed introduction to the HubiCare Hand Massager, highlighting its design and functionality. Duration: 1:14.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your HuBDIC Hubicare Hand Massager, please contact the manufacturer directly. Refer to the product packaging or the official HuBDIC website for contact details.