

### **OVERVIEW**

We are constantly answering questions and recording helpful videos to make using your Vive Vibrating Massage Ball as easy as possible. Throughout the manual we will include QR codes and links to additional information that can help you.



To see all FAQ's in one place visit **vhealth.link/dpj** 

## NAME AND FUNCTION OF DEVICE PARTS





The blue LED lights will indicate the corresponding vibration level



- Power Cord
- Power Port
- Function Button: The function button may be used to turn the device on/off and adjust the intensity of the vibration.
- Intensity Levels: 4 blue lights around the Function button illuminate to display the current setting.
- Battery Charging: 3 red LED lights illuminate as the device charges.

### BEFORE USING THE DEVICE

- Check the power cord and device carefully for damage before each use and before charging. Never attempt to use a defective unit.
- 2. Before the first use, the lithium battery should be fully charged.

### **OPERATION INSTRUCTIONS**



For a video demonstration, check out **vhealth.link/l8k** 

## Charging the Battery:

- Connect the included power supplier to a standard 110v outlet and the other end of the cable to the power supply connection. To fully charge the batteries, the charging time will be approximately 1.5 hours.
- While the device is charging, the LED lights beneath the power button will flash
  - One LED will flash to show the device is beginning to charge.
  - One LED will remain solid and the second will flash to show it is 1/3 charged.

- TWO LEDs will remain solid and the third will flash to indicate it is 2/3 charged.
- After the batteries are fully charged, the 3 LED lights will remain solid. At this point, you can disconnect the power supply.
- If massage intensity decreases significantly during use, stop use and recharge the device.

Warning: If the three LED battery indicator lights haven't flashed after six hours of continuous charging, unplug the main adapter to avoid danger and damage to the device.

## Application and Function:

This device provides 4 different settings, which may be selected by pressing the function button. For best results on each setting, place the device against a surface and only contact the device where you need massage. Holding the device in your hand during use will reduce its effectiveness.

#### 1st Level

Press the button once. The device begins to vibrate and warm up at its lowest setting, and one LED light around the power button will illuminate.

### 2nd Level

Press the button a second time. The vibration speed and heat level increases to half its full strength and two LED lights around the power button will illuminate.

### Auto Mode

Press the button a third time. The vibration changes to auto mode and three LED lights around the power button will illuminate, meaning that the vibration starts at a low intensity and gradually increases to a high intensity. After it peaks at the highest intensity, the vibration will steadily decrease back down to low intensity. The heat will remain at half strength.

### 3rd Level

Press the button a fourth time. The vibration speed and heat level increases to the highest level and four LED lights around the power button will illuminate.

Press the button for a fifth time to shut off the device.

Tip: The device automatically shuts off when the button is held down for two seconds. After turning the device on, holding down the button can turn off the massage function and indicator lights in any scale.

Warning: Don't exceed the maximum operating time of 10 minutes.

# AREAS OF THE BODY FOR USE



Waist



Back



Arms



**Thighs** 



Calves



# TROUBLESHOOTING

Symptom	Cause	Solution
The device has stopped working.	The plug wasn't properly inserted.	Reinsert the plug properly and allow the device to charge.
	The function button wasn't pressed firmly enough.	Firmly press the function button once to power on the device.
	The device will automatically shut off after a 10-minute massage is complete.	If you want another massage, press "function button" to stay consistent
The device is excessively hot or can't be used suddenly mid-use.	You've performed several consecutive 10-minute massages already.	Allow the device to cool before resuming use.

### **CLEANING AND MAINTENANCE**

### 1. Cleaning

- Before cleaning, ensure that the device is off and the power cord has been removed from the power socket.
- Use a dry, clean cloth to wipe down the device.

Warning: Don't use benzene or other aggressive detergents to clean the device. Harsh cleaners can cause damage to the device.

#### 2. Maintenance

- Keep the device clean.
- Keep the device away from liquids, moisture, and humidity.

### **NOTICES**

- The device is not for commercial use or medical purposes.
- If you have health concerns, consult your doctor prior to using the device.
- · Only use indoors.

- Don't use the device in damp or humid rooms (i.e. while bathing, showering, etc.).
- Don't wash or dry clean the device.

### IMPORTANT SAFETY INFORMATION

When using this device, all instructions and precautions should be carefully followed. To reduce the risk of electric shock, burns, fire, or injury:

- Do not try to use or clean the device while the power cord is connected to the power socket.
- Don't use the device if it or the power cord have been dropped or become damp.
- Don't leave the device unattended when it's plugged in.
- Don't operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury.
- Don't carry this device by its supply cord. Don't use the cord as a handle.
- Don't drop or insert objects into any opening on the device.
- Don't use the device outdoors.
- Don't operate where aerosol products are being used, or where oxygen is administered.

- Keep the cord away from heated surfaces.
- Excessive use of this device may cause the device to heat up beyond its intended temperature. Don't use on sensitive skin.
- This device is only to be used with the power supply unit provided with the appliance.
- This device isn't intended for use by:
  - Children
  - People with impaired physical, sensory, or mental capabilities
  - People lacking in experience and knowledge about the device
- The above individuals may only safely use this device if they have been given supervision or instructions concerning proper use of the device by a responsible adult. Closely supervise the use of this device by or near children, the elderly, or disabled persons to prevent misuse of the device.
  - Pay special attention to components that are susceptible to wear and tear.

## **TECHNICAL PARAMETERS**

Name:	Vibration Peanut Ball
Rated Voltage:	DC 9V <del></del> 1A
Rated Power:	9W

### PROPER DISPOSAL



- This marking indicates that this product shouldn't be disposed of with other household waste. To prevent harm to the environment or human health from uncontrolled waste disposal, recycle this product responsibly to promote the sustainable reuse of material resources.
- To return your used device, please use the return and collection systems or contact the retailer from which the product was purchased for safe recycling.



Check out our list of Frequently Asked Questions at **vhealth.link/dpj** for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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