

Dr.Rock

Graphene Fast-Heating Red Light Waist Belt
石墨烯 速熱紅光腰帶



User Manual
使用說明書

ENGLISH 1 ~ 7

繁體中文 8 ~ 14

Wish you health and peace.
願健康與平安歸給您。

⚠ Danger

Before using this device, please carefully read the manual and comply with the operating guidelines of the "Instructional Manual"; the company will not be responsible for the consequences of improper use or non-compliance with the given instructions for the correct use of particular product. This product is a personal care massage device and cannot be used as a substitute for medicines and medical devices.

⚠ Caution

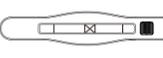
- Do not use this device near to the water or moist use in the flammable.
- Do not use this device in the high electromagnetic environment, high temperature environment or in humid conditions.
- Do not use this device in the flammable and explosive places e.g. gas stations, high dust workshops etc.
- Do not disassemble the device by yourself. If the device failure occurs, please contact the after sales service to deal with the failure or to do its maintenance.
- Do not plug in or unplug the USB charging cable with the wet hands in order to avoid the danger of electric shock or any other kind of damage.
- Do not use this device with the other medical devices. Do not use more than 1 units of this product at the same time, otherwise it may cause the physical discomfort.
- Do not use it while driving a car, as it may cause physical discomfort due to excessive stimulation and that might lead to an accident.
- Do not use for any other purpose other than the message as it is clearly stated in the instruction manual to avoid accidents and any kind of malfunctioning.
- If any kind of discomfort is caused by the excessive stimulation during its use, please stop using the device immediately.
- This device should not be used by people those who are physically incompetent, have sensory or mental impairment, lack of relevant experience.
- Please do not give this device to the children or people without the ability to express consciousness to avoid accidents or physical discomfort.
- This device has heat, vibration and infrared red light function, please use with caution if you are not sensitive to the high temperature, vibration and infrared light intensity.
- Do not use the device in the following conditions: pregnant women, high fever, malignant tumors, untreated heart surgery, acute fibrosis, or other physical diseases.
- Do not use the device in the following conditions: program system, high fever, malignant tumors, untreated heart surgery, acute fibrosis, or other physical diseases.
- This device contains lithium battery, please do not disassemble, do not modify and do not throw into fire in order to avoid danger.
- When disposing of this device, please dispose of it in accordance with the relevant environmental protection regulations of the city.

Product Parameters

Device Name	Graphene Fast-Heating Red Light Waist Belt	Device Model	HXR-4.13D
Device Size	1152mm*222mm*14mm	Rated Power	60W
Battery Capacity	11.1V 2400mAh	Charging Voltage	5V, 2A
Device Weight	800g	Charging Port	USB Type-C

*Note: Because the belt has good elasticity, so there may be a 50% error between the measurement size and the actual size.

What is included in the package?



Main Device*1



Type-C Charging Cable*1



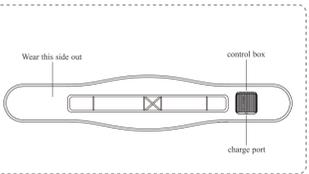
Extension belt*1



Instructions Manual*1

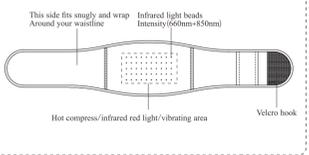
Function and name of each part

Front side of the device



Wear this side out control box charge port

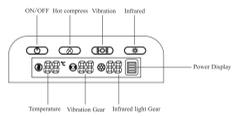
Back side of the device



This side fits snugly and wrap around your waistline Infrared light beads (Intensity:660nm+850nm) Hot compress/infrared red light/vibrating area Velcro hook

Device Operating Instructions

Control box panel

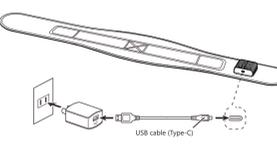


- Long press** button to turn on, the LED light before the button will be turned on into the standby mode, if there is no other operation within 2 minutes, the device will be Automatically turned off.
- During the Standby mode**, then short press the hot compress button or vibration button or infrared light button to operate the device, the default working time is 15 minutes, so after 15 minutes the device will be automatically turned off. If the user need to continue to use, then the user need to restart the device.
- Hot compress totally has 4 levels of heat, the temperature is: 40℃, 43℃, 45℃, 50℃, 53℃, 55℃, 58℃, 60℃. Short press the hot compress key to turn onto fiber heat gear.
- Vibration mode totally has 4 levels, the strongest mode, the relaxation mode, the working mode, the exercise recovery, by short pressing the vibration button key to turn onto fiber vibration mode. Infrared light totally has the 4 different levels, respectively: red light 1st gear one intensity level, red light 2nd gear two intensity level, red light 3rd gear three intensity level, red light 4th gear highest intensity level, short press the red light key to turn onto the intensity level of the infrared light.
- Long press** button to turn off the device.

Devic charging

If it is used for the first time or has not been used for a long time, please charge it as follows:

- The USB cable in the accessory should be plugged into charging port which is presently on the bottom left side of the device.
- Insert the USB cable into the power adapter and plug in the power adapter into the power socket.



- When the charging starts, the charging light effect appears on the power display of the device control box.
- The device will be fully charged after 4-5 hours of continuous charging, after fully charged battery the device light indicator will indicate that the battery is fully charged. Unplug the charging cable from the device, the device will be ready to use.

*Note: Do not use this device while charging.

Troubleshooting

Possible conditions	Possible causes/handling methods
Cannot start after pressing the power button	Please check whether the device has the sufficient power or not. Please confirm whether the device start-up operation is standardized (press and hold the key for more than 1.5 seconds). The device will automatically stop working after 15min of use, which is a normal phenomenon. If you need to continue to use the device then need to turn on the device again.
Stopped during its use	Please confirm whether the device is in low battery status, if the battery power is insufficient, please charge it and use it again after its fully charged. If the ambient temperature is particularly high or low, the device will not start, please charge at 10-15℃.
Unable to charge or very short life span	Please check whether the USB connection cable and the host power adapter are in good contact. The first charge or long time no use, please first full charge before its use. The device cannot be charged during stamp, please turn on the power before charging.
Heating/Vibration/Infrared function error	Please make sure the device is fully charged and switched on. Make sure that the corresponding mode of the control box is on one of A1-A2-A3-A4.
No sensation of hot compress function	Please check if your clothes are too heavy, it is recommended to use it after taking a shower out. Please make sure the heating function is on, and increase the heating level appropriately.
Rashness of the skin after use	This is a normal phenomenon after the skin has been cold heated, and will return to normal within half an hour after you stop using the device. Please check if your skin is allergic to the material of the device.
Tringling sensation	Please make sure there are no wounds on the skin surface, if there are wounds, please wait until the wounds have recovered before using the device.

*Note: If the problem still exists after following the above steps, please cut off the power and contact customer service to deal with it.

Maintenance and Storage Method after its use

● Maintenance method

- Be sure to unplug the power cable before its maintenance.
- Do not use detergent, thinner, gasoline or other chemicals to wipe or clean the device.
- When the device is dirty, it can be wiped with a dry soft cloth or dry towel to avoid washing in running water or other liquids.
- Please do not disassemble, repair or modify this device without the permission to avoid accidents or any kind of other possible failures.

● Storage Method

- Be sure to unplug the power supply during storage.
- Please do not keep it in a damp place or a place exposed to direct sunlight.
- If the device is not used for a long time, please fully charge the device and put it in the storage bag, then put it in a dry and ventilated place.
- Do not store it in a place where insects or pets can touch it.
- Please do not place it on cloth, paper products or wooden furniture that are easy to fade.

注意

使用本產品前請務必仔細閱讀並遵守《使用說明書》的操作指引，對不正確使用或不遵守本產品說明使用而造成或後果，本公司概不負責。本產品為個人護理按摩產品，不能取代藥品和醫療器械。

警告

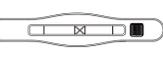
- 請勿在近水源或火源處使用本產品。
- 請勿在高電磁場、高溫環境、潮濕環境中使用本產品。
- 請勿在加油站、美容院等易燃易爆場所使用本產品。
- 請勿將設備自行拆開本產品，遇到設備故障等情形請聯繫售後處理。
- 請勿用潮濕的手或沾水的電線，以免導致設備發生安全事故。
- 請勿與其他醫療器械同時使用，否則可能會引起身體不適。
- 請勿在駕駛汽車時使用，以免因操作過大引起身體不適，導致事故。
- 請勿用於使用說明書中所記載的醫療以外的目的，以免發生事故、產生故障。
- 使用過程中如感到刺痛或引起不適時請立即停止使用。
- 本產品不宜長時間使用，避免長時間使用導致。缺乏相關經驗和知識的人使用。
- 請勿給兒童或無意識能力的人使用，以免引起事故或引起身體不適。
- 本產品具有發熱、振動及紅光功能，對溫度、振動不敏感的人或對紅光敏感的人請謹慎使用。
- 以下情況的人士請勿使用：孕婦或高熱、急性腰痛、心臟病手術後患者、急性口腔病或其它低痛患者。
- 本產品含有鋰電池，請勿自行拆卸、改裝或投入火中，以免發生危險。
- 廢棄本產品時，請依照城市有關環境保護規定處理，否則可能會造成環境污染。

產品參數

產品名稱	石墨烯速熱紅光腰帶	產品型號	HXR-4.13D
產品尺寸	1152mm*222mm*14mm	額定工作功率	60W
電池容量	11.1V 2400mAh	充電電壓	5V, 2A
產品重量	約300g	充電口類型	USB Type-C
執行標準	GB4706.1-2005 GB4706.10-2008		

*注：由於材料具有好的彈性，故測量尺寸與實際尺寸之間可能有 ±50M 的誤差，此為正常現象。

產品清單



主機*1



Type-C 充電線*1



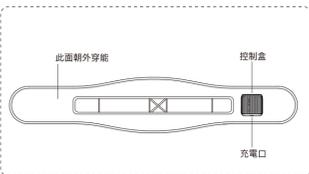
延長帶*1



說明書*1

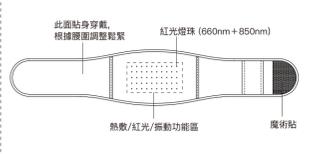
各部分的名稱以及功能

腰帶正面



此面朝外穿戴 控制盒 充電口

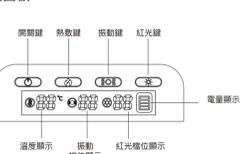
腰帶背面



此面貼身穿戴，根據腰圍調整鬆緊 紅光燈珠 (660nm+850nm) 熱敷/紅光/振動功能區 魔术貼

產品操作說明

控制盒面板



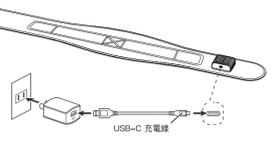
- 長按 鍵開機，開機後顯示下方LED燈亮，設備進入待機狀態，約2分鐘內無其他操作，設備將自動關機。
- 待機狀態下，可分別短按發熱鍵 、振動鍵 、紅光鍵 操控設備，功能開啟後默認工作時間為15分鐘，時間結束後設備將自動關機，如需繼續使用需再次開啟設備。熱敷強度共4檔，溫度分別為：40℃、43℃、45℃、50℃、53℃、55℃、58℃、60℃。短按的熱敷強度可調級 / 關閉 / 切換熱敷模式。振動模式共4檔，分別為：綜合模式、放鬆模式、舒適模式、運動模式。運動模式：短按則自動關機 / 暫停 / 切換運動模式。紅光強度共4檔，分別為：紅光1檔、紅光2檔、紅光3檔、紅光4檔。短按紅光鍵可調級 / 關閉 / 切換光源強度。
- 長按 鍵關閉設備。

*注：設備熱敷溫度則數據採集源於 Dr.Rock 實驗室，室溫20℃，空氣濕度40%，實際佩戴溫度受到環境及體表溫度影響，可能會產生差異，此為正常現象。

產品充電

第一次用或者長時間沒有使用的情况，請充電，充電方式如下：

- 配件中的USB線要插在产品底部的充电接口；
- 将USB连接線插入電源适配器中，並連接電源。



- 充電開始後，設備控制盒電量顯示處會出現充電燈效；
- 設備充滿電約4-5小時，滿電後繼續充電3分鐘電量指示燈會熄滅。
- 控制盒電量不足時，設備無法開機，白色電量顯示燈閃爍，閃爍亮燈後及時充電。
- *注：請勿在充電中使用本設備。

故障排查

可能出現的狀況	可能原因/處理方式
按下電源鍵後無法啟動	請確認設備電量是否充足 設備處於發熱狀態中，請等待設備冷卻後再使用 設備處於休眠狀態，請按長按開機鍵(5秒以上)
使用中停止	設備使用時間過長 設備處於低電量狀態，如電池電量不足，請充電後再使用 如在環境溫度特別高或有特別低的情況下，設備會無法啟動。
無法充電或 充電時間很長	充電請在10-40℃的環境下進行 請確認設備充電線與充電器接觸是否良好 請先充電至50%後再使用 請先充電至50%後再使用 設備在充電中無法充電，充電之前請先關閉電源
加熱/振動/紅光 功能不工作	請確認設備是否處於低電量狀態，如電池電量不足，請充電後再使用 設備在充電中無法充電，充電之前請先關閉電源
熱敷功能無感	請確認是否衣物過厚導致傳導熱敷無法傳導。 建議脫下外套以後使用 請確認設備電量充足且處於開機狀態 此為設備受冷/受熱後的正常現象，停止使用約半小時內即可恢復正常
使用後皮膚發紅	請確認皮膚是否對設備有異物敏感
有刺痛感	請確認皮膚表面是否有傷口，如有傷口等將傷口閉合後再使用

*注：如依照上述步驟操作後，問題仍然存在，請切斷電源，聯絡售後處理。

保養及儲存

● 保養方法

- 保養前，請務必拔掉電源線。
- 請勿使用清潔劑、稀釋劑、汽油及其他化學品擦拭。
- 當主機變污時，可用干布或干毛巾進行擦拭，避免在流水或其他液體中清洗。
- 請勿私自拆卸、修理、改造本產品，以免引起事故或故障。

● 儲存方式

- 保養時，請務必拔掉電源線。
- 請不要在潮濕的地方或者陽光直射的地方。
- 長時間不用本產品時，請先將產品充滿電後裝在收納盒中，再置於乾燥、通風處。
- 請勿存放在變質兒或者電氣能夠觸碰到的地方。
- 請勿存放在容易變色的布、紙製品或者木製家具上。

● 警告!

在取出電池前，請確保設備已關斷電。

請勿將電池短路，以防止造成電池燃燒引起火災。

請勿將電池投入火中，以防止發生爆炸或釋放有毒物質。

- 取出電池前，請先將電池正負極連接線依次剝開(電池正負極連接線需先後分開剝開，並確保正負極引線纏繞不要鬆動，避免短路)。
- 取出電池。

After Service Card 售後服務保障卡

Product Name 產品名稱	
Product Model 產品型號	
Product Serial No. 產品序列號	
Purchasing Date 購買日期	
Customer Name 顧客姓名	
Phone 聯系電話	
E-Mail 郵箱	
Add. 聯系地址	
Distributor Name 經銷商名稱	
Phone 聯系電話	
E-Mail 郵箱	
Sign/Seal Here: 經銷商簽章:	