

# Remote Control User Guide

## Novo Flex

**QUICK ADJUST KEY SETTINGS** – Use navigation ring to adjust:  
Massage speed  
Cloud Touch intensity  
Underfoot roller speed  
Massage width  
3D Back massage intensity

**TIME REMAINING** – Shows the total amount of time remaining in the current massage session.


**MASSAGE AREA** – Illustrates the areas currently being massaged.

**MENU** – Displays the main menu.

**PROGRAMS** – Displays the Auto Programs menu. When an auto program is active, press to toggle among the core auto programs. The active program displays at the top of the status screen.

**CLOUD** – When the status screen is displayed, press to adjust the Cloud Touch intensity. The selected intensity displays in the upper left-hand corner of the screen.

**BACK** – Press and hold to recline or incline the backrest.

**ZeroG®** – Press to automatically position the chair in zero gravity, raising your feet above your heart for maximum spine relief. When in ZeroG, the  icon on the display screen lights blue.

**LEGS EXTEND** – Press and hold to extend the footrest.

**PROGRAM NAME** – Indicates the active massage program.

**BLUETOOTH** – Lights blue when Bluetooth is set to On.

**MASSAGE MODE** – Indicates the active robotic massage technique.

**RANGE** – Indicates the vertical massage range:


-  - Full
-  - Zone
-  - Spot

**POWER / PAUSE / RESTORE** –

- Powers On the remote.
- Pauses all massage function.
  - Select RESUME to continue the massage.
  - Select POWER OFF to restore, returning the chair to the upright position.

**NAVIGATION RING** – Use to navigate the screens; press the center circle button to select an option.

**POSITION** – Use to move the massage rollers to the desired position when enjoying a Zone or Spot massage.

**HEAT** – Press to toggle the heat On and Off. When the heat is On, the heat icon  on the screen lights red.

**LEGS** – Press and hold to raise or lower the footrest.

**LEGS RETRACT** – Press and hold to retract the footrest.



For more detailed operation instructions, please see the Use and Care Manual.

# FAST-ACCESS CONTROLS

## PERFORM KEY FUNCTIONS EFFORTLESSLY

Press the **volume** button, then rotate the outer silver knob to adjust the speaker volume

Press to toggle **heat** ON and OFF

Press to **pause / resume** all massage functions



**QUICK PRESS** – powers ON the chair/remote

**QUICK DOUBLE PRESS** – starts default auto program

**LONG PRESS THEN RELEASE** – restores the chair

**ROTATE CLOCKWISE SLIGHTLY** – stepped incline

**ROTATE COUNTER-CLOCKWISE SLIGHTLY** – stepped recline

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## Shoulder Height Guide



Overall Height	Shoulder Setting
5'11" > taller	8 – 9
5'8" – 5'10"	6 – 7
5'3" – 5'7"	3 – 5
5'0" – 5'2"	1 – 2

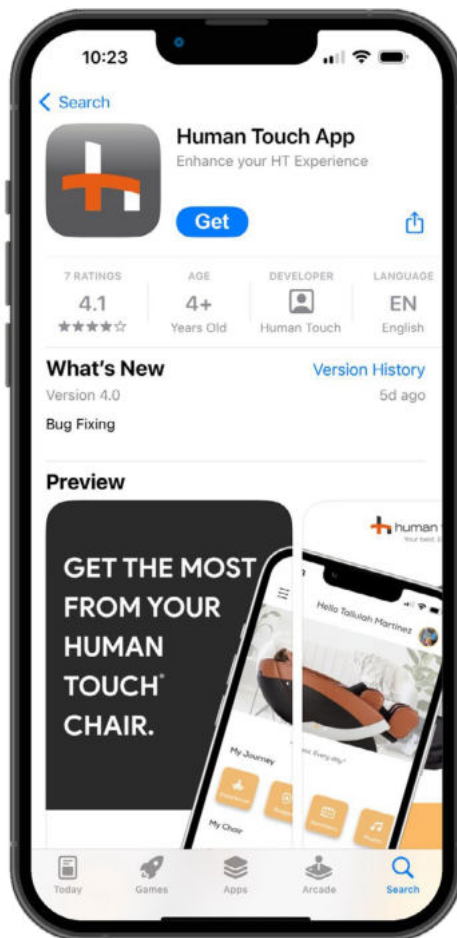
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## App Control

**Downloadable Human Touch App allows you to control the chair.**

Plus, indulge in immersive meditation audio and access a range of other features, all from your Android or iOS device.



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