The Tommie Copper® Infrared & Red Light Therapy Device is intended for the relaxation of muscles and relief of muscle spasms, temporary relief of minor muscle and joint aches, pain and stiffness associated with arthritis, and to temporarily increase local blood circulation.

**System Includes**
- Tommie Copper® Infrared & Red Light Therapy Wrap
- USB Power Adapter
- USB Power Cord
- User Guide

**Contraindications**
- Do not use the device if your skin is light sensitive or you are currently using medication that may cause skin sensitivity to light. Doing so may result in a photosensitive reaction.
- If unsure whether your medication causes sensitivity to light, confirm with your physician prior to using this device.
- Discontinue use immediately if you experience any sensitivity to using this device.

**Quick Start Guide**

**Rechargeable**
- *Lithium Ion Battery Included*

**Turning On/Off**
- Press and release the power button to start device
- Press and hold the power button at any time prior to auto shuts off to stop device

**Session Duration**
- Device will automatically shut off after 20 minutes of continuous use
- For troubleshooting, see User Guide.

**Device Specifications**
- This device is equipped with 16 high-powered LEDs, but only 8 of them will appear visible as red lights. That's because the remaining 8 LED microchips are emitting light in the near-infrared spectrum, which is invisible to the human eye.

**Note:** Only the red lights are visible

**Device Contents**
- Tommie Copper® Infrared & Red Light Therapy Device
- USB Power Adapter
- USB Power Cord
- User Guide

**Distributed by:**
Tommie Copper, Inc.
Mount Kisco, NY 10549
(855) 692-8291 | info@tommiecopper.com | tommiecopper.com | Made In China

8 VISIBLE, 16 WORKING

Your Health. Our Technology.™
NOTICE: This product contains neoprene. If you have or suspect you have allergies to neoprene, consult your Doctor prior to use.

This product is not intended to diagnose, cure or prevent any disease. Tommie Copper® makes no claims, representations or warranties regarding the ability of this product to cure any physical, mental condition. A qualified health professional should be consulted with regards to any skin, or mental condition requiring medical attention.

TOMMIE COPPER® INFRARED & RED LIGHT THERAPY DEVICE

Skin irritation, rash or redness may occur. This condition may be related to use of this product or the use of any topical or oral medications. Discontinue use and consult your physician if discoloration or other negative reactions continue.

Do not exceed recommended treatment times or usage.

Discontinue use and contact Customer Service if device overheats or becomes uncomfortably hot to your skin.

If device still doesn’t turn on, call Customer Service.

Confirm device has been powered on by pressing and releasing the power button once.

Confirm device is unplugged.

If device still does not charge, call Customer Service.

Try different USB power adapter to ensure it is working properly. If lights turn on, the device is operating as designed.

If some lights appear not to be on, but are operating properly. If lights turn on, the device is operating as designed.

To the maximum extent permitted by applicable law, in no event shall Tommie Copper® be liable for any damages or other relief, whether direct or indirect, special or consequential, of any nature (including, without limitation, profits, savings or other economic benefit) that result from the use or inability to use this product, even if Tommie Copper® has been advised of the possibility of such damages.

WARRANTY LIMITATIONS & DISCLAIMERS

This warranty gives you specific legal rights, and you may have other rights, which vary from state to state.

Tommie Copper® makes no other express or implied warranty, all of which are hereby excluded, including, without limitation, any warranty of merchantability or fitness for any purpose.

Your remedies for the breach of this limited warranty are limited solely to the repair and replacement of your device as set forth in this warranty statement. To the maximum extent permitted by applicable law, in no event shall Tommie Copper® be liable for any indirect, incidental, special or consequential damages, for breach of保修, breach of contract, negligence, strict product liability, tort or other legal theory, even if Tommie Copper® is advised or should have known of the possibility of such damages.

Tommie Copper® disclaims all implied warranties. If applicable law does not permit the disclaimer of implied warranties, the exclusions and limitations of this warranty shall apply to the fullest extent permitted by law.

You authorize us to use any device you return with this device as set forth in this warranty statement. To the maximum extent permitted by applicable law, you authorize us to use any device you return in your possession or in your control, or which is under your control, as set forth in this warranty statement.

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You may need to check the local power requirements and use the appropriate power adapter or converter.

TOMMIE COPPER® INFRARED & RED LIGHT THERAPY DEVICE

Device includes only an On/Off button. All settings are set at the factory.

Customer service is available Monday through Friday, 8am-5pm EST. After hours or on weekends, call Customer Service.

P H O N E : (855) 692-8291
E M A I L : info@tommiecopper.com
W E B : www.tommiecopper.com

Cleaning:
1. Power on your device.
2. Plug power adapter into electrical outlet.
3. Press and release the Power Button to start device.
4. Place Tommie Copper® Infrared & Red Light Therapy Device directly on the skin over the desired treatment area and secure strap(s).
5. For best results, leave device over the treatment area for 15-20 minutes.
6. The device is equipped with an auto shut off function at 20 minutes.

Light Sensitivity Test
Before you begin your treatment, test to ensure your environment is safe and that you are not light sensitive.

1. System shut down prior to completion of test
2. Light sensitive treatment areas should be covered with a cloth or cloth bandage.
3. System may shut off automatically after multiple replications if the device detects desired temperature. Allow device to cool for several minutes after test.
4. To use: Press and release the Power Button once.
5. Device will stop within 30 minutes, if possible, Customer Service.

TRAVELING WITH DEVICE OUTSIDE USA

To maintain your warranty, you must use the appropriate power adapter when traveling outside of the USA.

Customer service is available by phone at (855) 692-8291 or email at info@tommiecopper.com.

GENERAL USE INSTRUCTIONS

TOMMIE COPPER® Infrared & Red Light Therapy Device

Maintenance:
1. Keep up with regular use for optimal results.
2. Keep out of reach of children.
3. Do not place near flammable fumes or substances.
4. Charge the device on a flat surface, if possible. The device should be charged in a temperature range of 50°F to 100°F.

Troubleshooting:
1. The device will not turn on: Check the LED lights for a light source and press the Power Button.
2. The device is too warm to the touch: The device is functioning properly. If the device is too warm to the touch, allow the device to cool for several minutes.

WARNING:
Do not use device where it could come into contact with water. Doing so could cause an electric shock or result in injury. Stop using device immediately if you think it is defective. Using a damaged device could result in injury.

Do not use device if power adapter has fallen into water or is damaged in any way. Doing so could cause an electric shock or result in injury.

Do not use device if power adapter has fallen into water or is damaged in any way. Doing so could cause an electric shock or result in injury.

Do not attempt to take the device or power adapter apart. Any modification or attempted service will void the warranty.

Do not exceed recommended treatment times or usage.

Do not attempt to use the device or power adapter apart. Any modification or attempted service will void the warranty. Contact Customer Service if device overheats or becomes unnecessarily hot to your skin.

Do not use with both SLED, LED expanded cord or power strip.

Do not exceed recommended treatment times or usage.

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Device is equipped with a microprocessor that processes and relays the patient input data.

Device will not turn on. Call Customer Service.