



Your Health. Our Technology.™

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 Device

- USB Power Adapter
- USB Power Cord
- User Guide
- Adjustable Compression Strap (2) - Flex Wrap Model Only

CONTRAINDICATIONS

- Do not use this 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 experienced any sensitivity to using this device.

Distributed by:
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tommiecopper.com | Made In China

QUICK START GUIDE



CHARGING

Fully charge before your first session.
(2-4 hours)

- Flashing Red = Charging**
- Solid Blue = Ready/In Use**
- Flashing Blue = Low Battery**



TURNING ON/OFF

To turn **ON** or **OFF** press and hold Power Button.
Device is operating when lights are on.

NOTE! Device must be unplugged to turn on!



SESSION DURATION

20-minute sessions. Device will automatically turn off after 20 minutes of continuous use. Allow 6 hours between sessions for best results. Do not exceed 3 sessions per 24 hours.

For troubleshooting, see User Guide.

“Before Tommie Copper introduced these unique devices, I could only get this type of treatment from a specialist. Now, I can use this technology wherever and whenever I want, and they really help my muscles recover.”

- Christopher Meloni



STAY IN THE KNOW

Go to tommiecopper.com and join our email list to be the first to know about new products and exclusive offers from Tommie Copper.

GO TO [TOMMIECOPPER.COM](https://tommiecopper.com)



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RECOVERY



PAIN RELIEF



CIRCULATION



WARMTH

LIMITED WARRANTY INFORMATION

Congratulations, with your purchase you've taken the next step toward recovery and relief! We value you as a customer and strive to ensure you're satisfied with your purchase. Please use this as your reference for any customer service or warranty needs you may have.

WHAT IS COVERED BY THE LIMITED WARRANTY?

This limited warranty is effective only if the device is purchased directly from tommiecopper.com or an authorized partner and used in the United States. This 1 year limited warranty covers defects in materials and workmanship in your Tommie Copper® Infrared & Red Light Therapy Device. Your 1 year limited warranty is valid for you alone, the original purchaser, and cannot be transferred. If the product was a gift, you can ask the gift giver to send a copy of the receipt to info@tommiecopper.com, or process the warranty claim on your behalf.

WHAT ISN'T COVERED BY THE LIMITED WARRANTY?

This limited warranty only covers product failures caused by a defect in materials or workmanship and does not cover, for example, damage, defects, or failure caused by abuse or misuse, improper care, impact or insertion of foreign objects, use with incorrect power adapter, or loss of device.

HOW LONG DOES THE LIMITED WARRANTY LAST?

The limited warranty begins from the date of purchase and expires 1 year later. The warranty period is not extended if your device is replaced by Tommie Copper® during the warranty period.

WHAT WILL WE DO IF YOUR DEVICE IS DEFECTIVE?

If you discover a covered defect in your Tommie Copper® Infrared & Red Light Therapy Device before the 1 year warranty period expires, contact Customer Service at (855) 692-8291 or info@tommiecopper.com for assistance. All limited warranty services must be authorized and performed by Tommie Copper®.

WARNINGS

- Do not operate device where it could come into contact with water. Doing so could cause an electric shock or result in injury.
- Do not use the device if power adapter has fallen into water or is damaged in any way. Doing so could cause electric shock or result in injury. Please contact Customer Service if power adapter has been damaged in any way.
- Stop using device immediately if you think it is defective. Using a damaged device could result in injury.
- Do not bend or abuse the USB power cord as this can cause electrical shock and problems.
- Do not fold the device as it will damage it.
- Use only the supplied power adapter. Use of incorrect power adapter could damage the device.

- Do not attempt to take the device or power adapter apart. Any modification or attempted service will void the warranty.
- Discontinue use and contact Customer Service if device overheats or becomes uncomfortably hot to your skin.
- Use only with UL/ETL listed extension cord or power strip.
- Do not exceed recommended treatment times or usage.

PRECAUTIONS

- Always unplug power adapter from wall outlet when not in use.
- Do not use this device on infants or children
- Do not shine the device lights directly into the eyes.
- This product contains neoprene. If you have or suspect you have allergies to neoprene, consult your Doctor prior to use.
- Contact your Doctor if you have any medical questions regarding use of this device.
- Contact your Doctor prior to using if you are pregnant or suspect you may be pregnant.
- Contact your Doctor prior to using if you have suspicious or cancerous lesions.

DISCLAIMER

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, skin, or mental condition. A qualified health professional should be consulted with regards to any condition requiring medical attention.

TOMMIE COPPER® INFRARED & RED LIGHT THERAPY DEVICE

This is a light emitting diode (LED) device that emits energy for use in temporary pain relief. The device delivers light energy in the Infrared and Red spectrum. The device time is controlled by the operator. The operator should conduct a light sensitivity test, according to the direction below. If no light sensitivity is found, the operator can proceed to use the device for the recommended amount of time. There are no user settings or adjustments.

DEVICE CHARGING INSTRUCTIONS

- To charge device, insert USB charging cord into the rechargeable battery on the device, and into USB power adapter.
- Plug power adapter into electrical outlet.
- Power indicator light on the rechargeable battery will turn solid when battery is fully charged (2-4 hours).

LIGHT SENSITIVITY TEST

Test yourself for light sensitivity prior to initial use:

- Power on your device.
- Place device on or within 1/4" of the skin on your forearm for three minutes.
- After 3 minutes check the area. If area has turned red and lasts for more than 2 hours your skin is light sensitive.
- Discontinue use and contact customer service for a refund during the returns period.

OPERATING INSTRUCTIONS

- Fully charge device (2-4 hours).
- Wash and dry area prior to use.
- Place Tommie Copper® Infrared & Red Light Therapy Device directly on the skin over the desired treatment area and secure strap(s).
- Press and hold the Power Button to start device.
- For best results, leave device over the treatment area for 15-20 minutes.
- The device is equipped with an auto shut off function at 20 minutes.
- Press and hold the Power Button at any time prior to auto shut off to stop device.
- Device may be used multiple times per day. Do not exceed 3 treatments per day per treatment area.

MAINTENANCE & CLEANING

Maintenance:

- It is important to keep your Tommie Copper® Infrared & Red Light Therapy Device clean.
- There are no user serviceable parts in the device.
- Device includes only an On/Off button. All settings are set at the factory.
- Use only supplied power adapter

Cleaning:

- Turn device off and unplug from any power source.
- Clean the LED lights with alcohol wipes or damp cloth.
- Allow to dry completely before using.

TROUBLESHOOTING

- System not turning on:
 - Confirm device is unplugged.
 - Confirm device is fully charged.
 - Confirm device has been powered on by pressing and releasing the power button once.
 - If device still doesn't turn on, call Customer Service.
- Device is not charging:
 - Try different USB power adapter to ensure it is working properly.
 - Try different wall outlet to determine if there is power to the outlet.
 - If device still does not charge, call Customer Service.

- System shuts off abruptly prior to completion of 20 minute session:
 - System is designed to shut off automatically after 20 minutes.
 - System may shut off automatically after multiple repeated uses if the device exceeds desired temperature. Allow device to cool for several minutes and try again
 - If the device continues to shut off prior to 20 minutes, please contact Customer Service.
- Some lights appear not to be on:
 - The Infrared (IR) light spectrum is not visible to the human eye. These lights will look as if they are not on, but are operating properly. If Red lights are on, the device is operating as designed.

TRAVELING WITH DEVICE OUTSIDE USA

Power adapter is designed for USA standard 120V power outlets. When traveling outside the USA, you will need to check the local power requirements and use the appropriate power adapter and/or converter.

CUSTOMER SERVICE

You can reach Customer Service by phone at (855) 692-8291 or email at info@tommiecopper.com.

WARRANTY LIMITATIONS & DISCLAIMERS

This warranty gives you specific legal rights, and may limit or be different than statutory rights. 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, Tommie Copper® disclaims all implied warranties. If applicable law does not permit the disclaimer of implied warranties, **then the duration of implied warranties are hereby expressly limited to the duration of the express limited warranty set forth above.**

To the maximum extent permitted by applicable law, in no event shall Tommie Copper® be liable for any special, incidental, consequential, punitive, or indirect damages based upon breach of warranty, breach of contract, negligence, strict product liability, tort or other legal theory, even if Tommie Copper® is advised or aware that such damages might arise. Such damages include, but are not limited to, loss of device, cost of any substitute equipment, the claims of third parties, or damage to property.

These warranty terms, conditions, and limitations allocate the risks of product failure between Tommie Copper® and you, the purchaser of Tommie Copper® Infrared & Red Light Therapy Device. This allocation is recognized by both parties and is reflected in the price of Tommie Copper® Infrared & Red Light Therapy Device. By using Tommie Copper® Infrared & Red Light Therapy Device you acknowledge that you have read these terms, conditions, and limitations, understand them and are bound by them.