

Specifications

Product name and model number		Interactive Health Get-A- Way “Elite” RMS-10
Power		AC120V
Power consumption		210W
Frequency		60Hz
Upper body	Kneading speed	6 speeds
	Tapping speed	4 speeds
	Width between Rollers	3 levels (narrow, medium, wide)
	Traveling distance	Approx 23 inches (in the case of Partial rollers automatic repetition will be performed in the range of approx 6 inches)
Automatic programs		5 Health programs / 3 Well-Being programs (with Automatic Massage Points Detecting function)
Manual selection		10 Upper body modes / 3 Lower body modes
Lower body massage		Air Pressure: High, medium, low
Auto timer		Approx. 15 minutes (varies in the case of Automatic Programs)
Vibration function		Back · Seat 2 types toggle between High and Low
Position of footrest		Adjustable range: approx. 4 inches
Reclining		Power recline to any position between about 120 and 170 degrees.
Chair dimension		Upright 29”W x 47” L x 45” H, Reclined 29” W x 68” L x 29” H
Weight		167 LBS
Upholstery		Faux Leather

Get-a-Way® ELITE  
ROBOTIC MASSAGE CHAIR

RMS-10  
Robotic Massage® Chair  
USE & CARE MANUAL



Interactive Health  
3030 Walnut Avenue  
Long Beach, CA 90807  
1-800-355-2762  
www.interhealth.com

- Please read this Operating Manual before use.
- Keep this manual nearby so that you can refer to it anytime.



Troubleshooting Guide

Please refer to the following Q&As for checking your chair before calling for service. If this does not solve the problem, stop using the chair immediately and disconnect the power plug, and consult Interactive Health

Only qualified service technicians should repair the massage chair.

The chair does not operate. Is it broken?

Please try the following operations.

1)Is the power plug securely connected to a wall outlet?

2)Is the power switch (on the side of the backrest) turned on completely?

In the auto-program, the actual operation time differs from that shown on the display of the remote controller.

This is because the height of the person using the chair may be different from the standard height used for calculating the operation time. This time discrepancy is not a malfunction.

The external panel on the remote control came off.

If you try to open the external panel too far, the panel may come off in order to prevent it from being damaged. Please attach it to the remote control again.

The recliner moved in the opposite direction from what was chosen.

You may be pushing both of the reclining buttons together at the same time. Release the button once and try again please.

How can I increase the level of stimulation?

Bend reclining seat, sit back deep in the seat, and try to lean into the back of the chair.

How can I decrease the level of stimulation?

Raise reclining seat. If it is still too strong, then apply a towel to the place where it is being massaged.

The message [Reset main power switch] is shown on the Liquid crystal display.

Turn off the power switch at the left of the backrest and turn it on again after about 5 seconds.

1) If the chair recovers, continue use.

2) If the same message is displayed again, stop using the chair, disconnect the power plug and contact Interactive Health

Automatic massage points detected unsuccessfully.

Keep your body at the deepest position in the chair and keep your head on the headrest.

The Automatic massage points detection will not function if the Manual Selecting Mode is operating. You can adjust the width and vertical positions of the rollers using the buttons when the rollers are operating.

The chair stops during use.

Press the power switch on the side of the backrest and turn it on again after about 5 seconds.

1) If the chair recovers, continue use.

2) If does not restart, stop using it, disconnect the power plug and contact Interactive Health

The rollers stop halfway.

The rollers may have been restrained due to excessive forces. Slow down the speed or try to lightly lift your body.

The rollers have moved to the upper position.

When the massage finishes operating as programmed by the auto timer, the rollers move to the upper position automatically to prevent interfering with the body. To continue the massage, press the power switch button of the remote control again.

The right and left rollers are not positioned horizontally.

This is a result of alternate tapping and is normal.

There is noise during operation, should use be continued?

The following sounds do not indicate any trouble or malfunction. They may occur during normal operation.

- Rattling during kneading or tapping.
- A sound (creak) due to rubbing between the rollers and fabric in the kneading operation.
- Whirring sound from the air pump.
- Whirring sound from the vibrator.
- When the backrest has been fully reclined, the pump for operating the footrest is working (a whirring sound is heard).
- Whirring sound when reclining.

During use, the air massage stops when the footrest is moved up or down.

The air massage will stop when the footrest is moved up or down to ensure safety. The air massage will start operating again when the footrest stops moving.

How do I move the chair when cleaning the room or changing rooms?

There are casters on the chair. Turn off the power switch with the backrest in the raised position, disconnect the power plug from the socket, lift the front part of the chair as shown in the figure and move it with the casters.

Warning Do not move the chair when someone is sitting on it. Injury may occur if the chair falls over.

Service

Service

Limited Three (3) Year Warranty Please read the following warranty information for important disclosures before using your new Get- A-Way® massage chair.

It is Interactive Health 's mission to design, develop, manufacture, and sell innovative, high quality massage products that create a better and healthier way of life. We appreciate your commitment to our mission and our products and are pleased to let you know that the Interactive Health, Get- A-Way® massage chair that you purchased comes with a limited three-year warranty. The warranty provides peace of mind that you are covered for mechanical or structural defects in workmanship within the coverage guidelines and limitations outlined below.

Coverage Guidelines The warranty begins on the original purchase date and consists of:

- Factory Service (Labor): Interactive Health will supply packing materials, cover return shipping to Interactive Health, repair parts covered by this warranty and labor for repair work and return shipping to purchaser when repairs are completed.
- Parts Only (Parts): Interactive Health will supply repair parts that are covered by this warranty and return shipping to purchaser for repairs performed at the factory.
- Structural (Metal Frame): Interactive Health will supply packing materials and repair parts covered by this warranty and return shipping to purchaser for repairs performed at the factory.

Get- A-Way® Chair Models	Factory Service	Parts	Structural
New Products (Original Packaging Only)	90 days	1 year	3 year
Refurbished Products	60 days	6 months	6 months
Floor Demos (including "out of box")	NONE	6 months	6 months

In the unlikely event that your chair malfunctions or requires repair, please contact Interactive Health Customer Service at (800)355-2762 or cs@interhealth.com between the hours of 8:00AM and 5:00PM PST for assistance. All warranty service requires approval and authorization by Interactive Health. Products require a Return Merchandise Authorization Number (RMA)for any returns to the factory. For returns, the consumer is responsible for packing the product in the original box or in approved packaging that is available for sale from Interactive Health. Shipping and freight coverage under this warranty requires scheduling by Interactive Health and only includes "curb-side" pickup/delivery. Products received without a valid RMA number or one clearly marked on the box will be refused.

General Limitations:

- The warranty is only valid within the United States and Canada provided the product has been operated according to the instructions accompanying it and has not been misused or damaged in any way that is beyond the control of Interactive Health.
- All service covered by this warranty must be approved by Interactive Health and repairs performed by authorized technicians.
- The warranty applies only to the massage chair; accessories or enhancements are not covered.
- Important exclusions apply to cosmetic items such as fabrics, woods, foams, padding, plastics covers, etc.
- Interactive Health is not responsible in any way for losses, damages, or inconvenience caused by equipment failure.
- For a complete listing of warranty coverage, exclusions, and limitations, visit www.interhealth.com.
- Warranties do not apply to rental, business, commercial, institutional, or other non-residential users.
- Separate warranty terms apply to used/refurbished products including those received out-of-box. Proof of purchase (original receipt) is required for all warranty repairs.

Extended Warranties: Interactive Health offers extended warranty programs of up to FIVE YEARS to enhance ownership of the Interactive Health Get- A-Way® Chair!

Extended warranty purchases are available within 90 days of purchase of Get- A-Way ® Chairs from either the retailer or direct from Interactive Health's Customer Service Department.

Please visit www.interhealth.com for the latest terms and pricing for extended warranties.



# Cleaning And Storage

## Storage

- Store the chair in a dry area after cleaning it.
- To keep it away from dust, please make sure the cover is put on.



**Caution**

Do not keep the chair in a dusty or high-temperature (104°F/40°C) area.  
Do not keep the chair near a stove or in direct sunlight which may cause discoloration or degeneration of the external parts.

## Cleaning

Before any cleaning is carried out, make sure that the power is turned off and the plug is disconnected from the socket.



**Warning**



**Warning**

When any cleaning is being carried out, make sure that the plug is disconnected from the socket. Do not connect or disconnect the power plug with wet hands. You may be exposed to the danger of electric shock and injury.

## Main parts

- Plastic parts, pipes and fabric should be cleaned by wiping with a mild detergent and a damp cloth. Wipe with a dry cloth to dry the chair surface.



**Caution**

Never use alcohol, solvents or abrasive agents. Using these chemicals may cause scratches, discoloration and/or cracks.

## Back pad

## Headrest

## Covers

- Remove stains by wiping with a mild detergent and a damp cloth. Wipe with a dry cloth to dry the chair surface.



**Caution**

Long contact with vinyl or plastic material or wallpaper may cause discoloration.

## Remote control

- Remove stains by using a dry cloth.



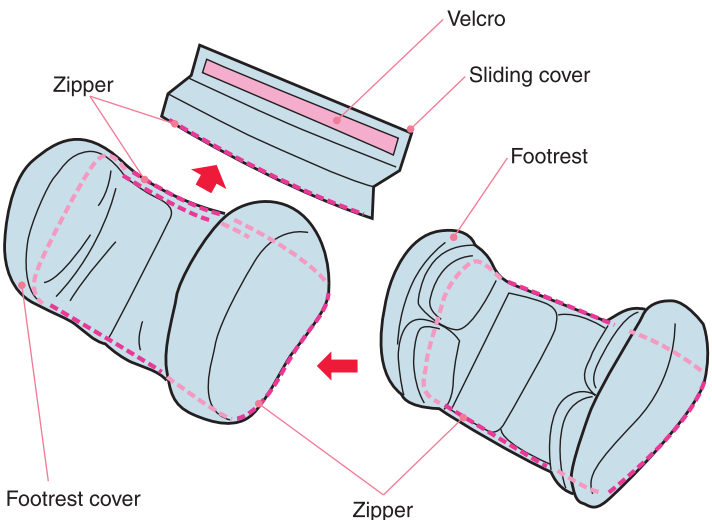
**Caution**

Never use a wet cloth. Moisture can damage the control.

## How to remove covers

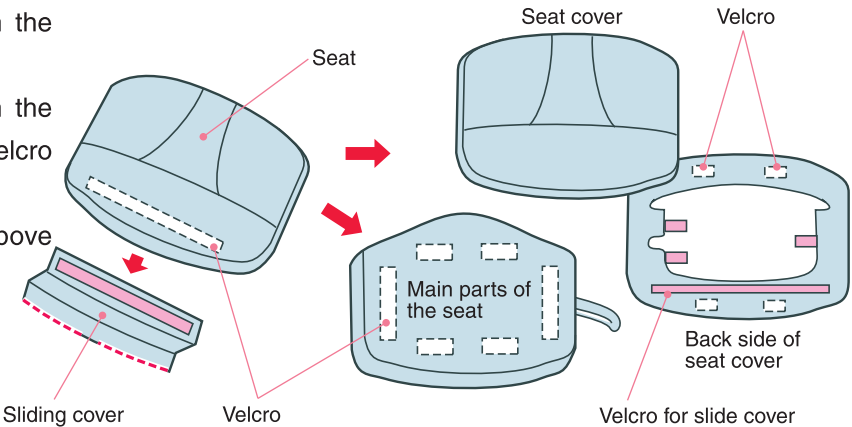
### How to remove the footrest cover

- ① Remove the Velcro-fastened seat cover from the sliding cover.
  - ② Unzip the sliding cover from the footrest cover.
  - ③ Unzip the footrest cover from the main body of the chair.
- ※ To replace the footrest cover, repeat the above procedure in the reverse order.



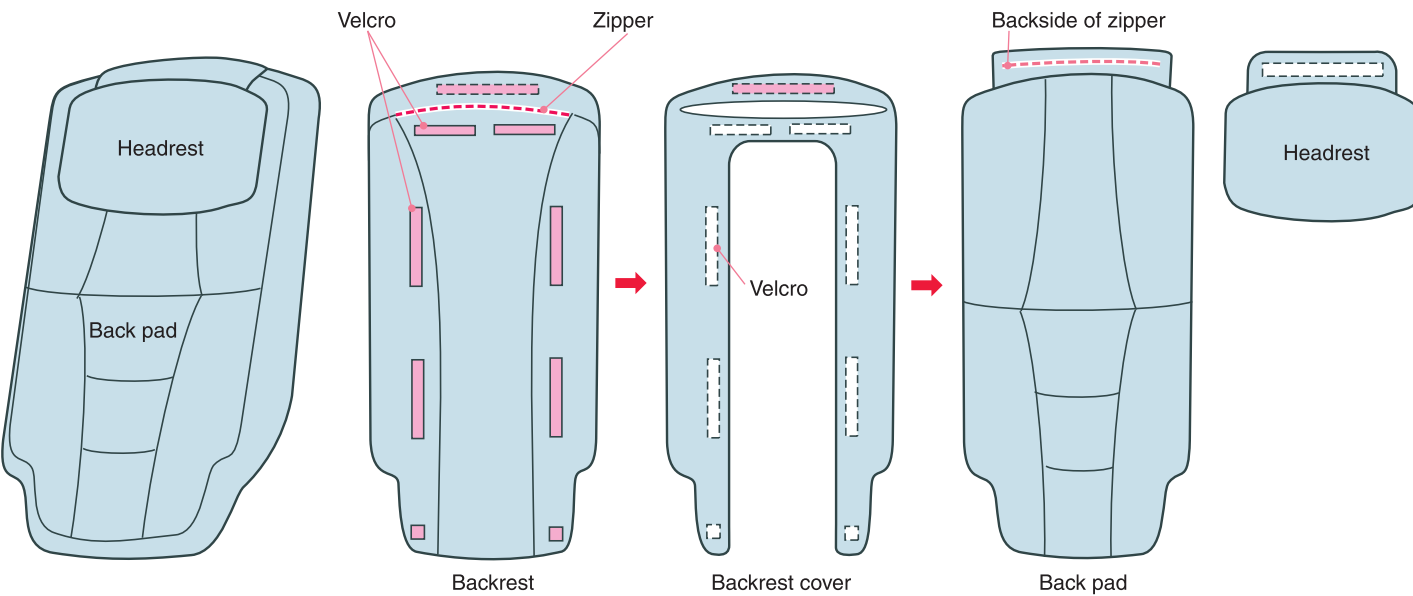
### How to remove the seat cover

- ① Remove the Velcro-fastened seat cover from the sliding cover.
  - ② Remove the Velcro-fastened seat cover from the main body of the chair (by undoing the six Velcro pieces of tape).
- ※ To replace the seat cover, repeat the above procedure in the reverse order.



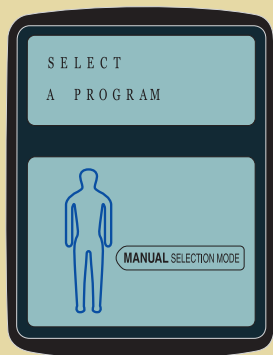
### How to remove the backrest cover

- ① Undo the Velcro tapes that fasten the backrest cover to the headrest. Remove the headrest.
  - ② Unzip the back pad from the main body of the chair.
  - ③ Remove the backrest cover from the main body of the chair by undoing the nine Velcro pieces of tape.
- ※ To replace the backrest cover, repeat the above procedure in the reverse order.



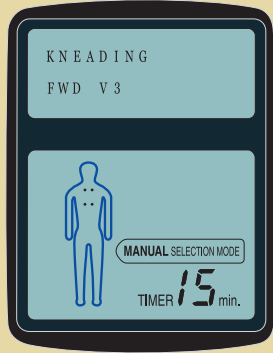
Manual Selection Modes ② /Operation

1 Press Power switch.



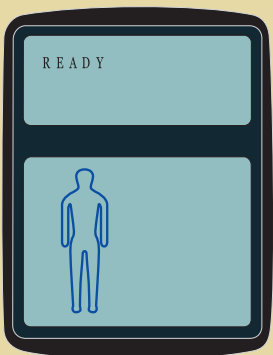
The display will be lit. To make a selection from the Manual Selection Mode, open the external panel on the remote control. If no buttons are pressed within five minutes, the power will be automatically turned off.

2 Press the button of your desired program.



Many of the Manual Selection Mode buttons toggle between on and off. Others toggle among normal rotation, reverse rotation and off. (The above illustration shows a course for "Kneading; forward" and "speed;3".) The liquid crystal display (small) displays the name of the course selected for three seconds and then displays the relevant icons (shown on page 17 and 18). The liquid crystal display (large) displays some information on the course selected, and the remaining time of operation.

3 The operation will automatically end 15 minutes after starting.



The rollers will return to the home (storage) position.  
To cancel the program during its operation, press the Power switch. The program will end after the rollers return to the home (storage) position.

4 The operation will stop, and the display will turn off.

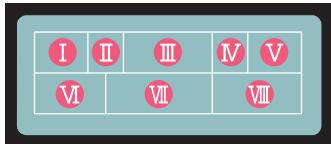
Changing Programs

You can switch to other massage type anytime even during the operation of a program. However, the timer will be reset.  
●Manual Selection Mode to Auto-program  
During any operation of the Manual Selection Mode, if you select an auto-program on the external panel/door, the rollers will return to the home position, and then the function for automatically detecting massage points will start. Then the auto-program selected will start.

Table of illustrations displayed.

During the Manual Selection Mode, the operating status is displayed by relevant icons.

- ① Message Type ② Direction of rotation (normal or reverse)
- ③ Speed ④ Roller ⑤ Width between rollers
- ⑥ Back vibration (intensity) ⑦ Seat vibration (intensity)
- ⑧ Lower body massage (intensity)



Message type	Displayed icon
Kneading	
Human Touch	
Double Kneading	
Kneading & Tapping	
Rhythm Acupressure 1	
Rhythm Acupressure 2	

Message type	Displayed icon
Tapping 1	
Tapping 2	
Normal rotation	
Reverse rotation	
Kneading Kneading & Tapping Tapping 1 Speed	

Table showing the massage types which can be combined and the items which are adjustable.

You can select the desired massage type from the message menu from 1 to 5. You can also make combinations among them.  
●Adjustable items during operation will be marked ○(circle).  
●Programs which the Width is not adjustable:  
(Kneading, Human Touch, Kneading & Tapping, Double Kneading, Rhythm acupressure 2) and the combination of rollers and back vibration.


1・Standard program (select any one of the message adjustments)

Course/program	Message adjustment	Normal rotation/Reverse rotation	Speed adjustment	Width adjustment	Adjusting vertical position	Intensity
Kneading		○	○ Speed 1~6 6 levels	—	○	—
Human Touch		○	—	—	○	—
Double kneading		—	—	—	○	—
Kneading & Tapping		○	○ Speed 1~4 4 levels	—	○	—
Rhythm Acupressure 1		—	—	○ Narrow·Medium·Wide 3 levels	○	—
Rhythm Acupressure 2		—	—	—	○	—
Tapping 1		—	○ Speed 1~4 4 levels	○ Narrow·Medium·Wide 3 levels	○	—
Tapping 2		—	—	○ Narrow·Medium·Wide 3 levels	○	—


2・Rollers (select any one of the message adjustments)

Roller types	Message adjustment	Normal rotation/Reverse rotation	Speed adjustment	Width adjustment	Adjusting vertical position	Intensity
Roller (Whole)		—	—	○ Narrow·Medium·Wide 3 levels	○ Up/Down movement	—
Roller (Partial)		—	—	○ Narrow·Medium·Wide 3 levels	○ Adjustment of center position	—

3・Back vibration

Message adjustment	Normal rotation/ Reverse rotation	Speed adjustment	Width adjustment	Adjusting vertical position	Intensity
<b>Back vibration</b> 	—	—	Narrow · Medium · Wide 3 levels		Low · High

4・Seat vibration

Massage adjustment	Normal rotation/ Reverse rotation	Speed adjustment	Width adjustment	Adjusting vertical position	Intensity
Seat vibration 	—	—	—	—	○ Low · High

5・Lower body air massage (select any one of the message adjustments)

Air massage	Message adjustment	Normal rotation/Reverse rotation	Speed adjustment	Width adjustment	Adjusting vertical position	Intensity
Legs		—	—	—	—	○ Low·High
Seat		—	—	—	—	○ Low·High
Legs & Seat		—	—	—	—	○ Low·High

Message type	Displayed icon
Roller (Whole)	
Roller (Partial)	
Rhythm Acupressure 1	
Tapping 1, 2	
Roller (Partial)	
Roller (Whole)	
Back vibration	

Message type	Displayed icon
Back vibration	
Seat vibration	
Lower body (legs)	

Message type	Displayed icon
Lower body (seat)	
Lower body (Legs & Seat)	











# Manual Selection Modes ①/Liquid Crystal Display • Explanation Of Movements

## Manual Selection Modes



You can select from the following functions: Kneading, Human Touch, Double-kneading, Kneading&Tapping, Rhythm Acupressure (1 and 2), Tapping (1 and 2) and Rolling (Partial and Whole massage), lower body air massage, or you can make any combination of any of these. Also, you can make adjustments for the speed, the strength, the up-down position and the movement of the massage.

### Standard program.

Press the program buttons to select your desired massage function.  
You can change the operating program to another one by pushing the button of desired program.




<b>Kneading</b>		Normal massage; the direction of the roller rotation is adjustable by pressing the button. <b>The direction of the roller rotation, the speed and the vertical position are adjustable.</b>
<b>Human Touch</b>		Roller operation feels like a hand massage; the direction of the roller rotation is adjustable by pressing the button. <b>The direction of the roller rotation, the speed and the vertical position are adjustable.</b>
<b>Double-Kneading</b>		A programmed, automatic roller operation that repeats a cycle of normal and reverse rotation during which the speed varies; the vertical position of rollers is adjustable. <b>Speed and the vertical position are adjustable as well.</b>
<b>Kneading &amp; Tapping</b>		Simultaneous operation of kneading & tapping; the direction of the roller rotation is adjustable by pressing the button. <b>The direction of the roller rotation, the speed and the vertical position are adjustable.</b>
<b>Rhythm Acupressure 1</b>		Repeated slow pushing (simulating finger pressure); <b>The width between rollers and their vertical position are adjustable.</b>
<b>Rhythm Acupressure 2</b>		Repeated slow pushing (simulating finger pressure) while the massage point varies horizontally; <b>The vertical position of rollers is adjustable.</b>
<b>Tapping 1</b>		Simple tapping; <b>The width, speed and vertical position are adjustable.</b>
<b>Tapping 2</b>		A programmed, automatic operation of rollers using varying speeds; <b>The width between rollers is adjustable.</b>

### Types of rollers.

<b>Rolling (Whole) massage</b>		Massaging the entire back <b>the width between rollers and their vertical position are adjustable.</b>
<b>Rolling (Partial) massage</b>		Massaging part of the back <b>the width between rollers and their vertical position are adjustable.</b>

### Lower body air massage

You can make a selection between Legs, Seat and Legs & Seat air massages.  
You can adjust the intensity using the Low, Medium and High buttons even when operating.

<b>Legs massage</b>		Massaging the legs using air pressure
<b>Seat massage</b>		Massaging the seat using air pressure
<b>Legs and Seat massage</b>		Massaging the legs and seat using air pressure

### Liquid Crystal Display [Manual selection mode operation]

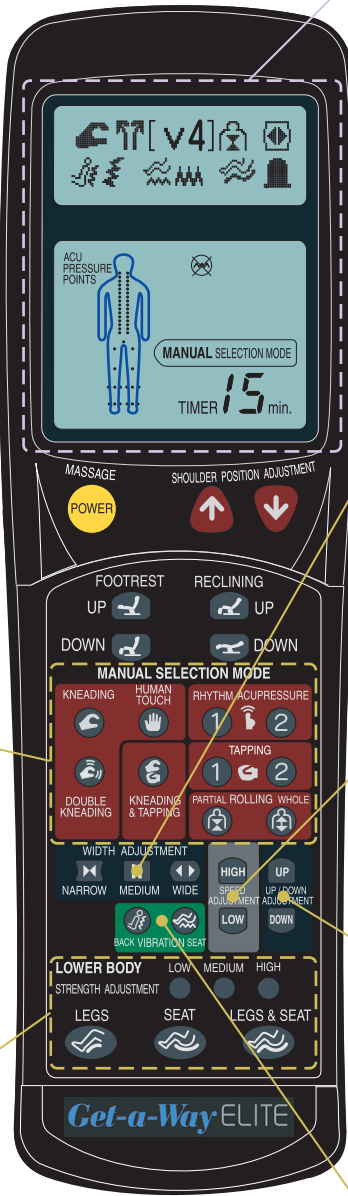
The Liquid Crystal Display displays the selected course, speed, intensity, width, rotation, reverse rotation and vertical position in words for 3 seconds and then displays the relevant icons.

The illustration states that the respective operation is being done.

- **Kneading** (Normal rotation · Speed 4)
- **Rolling (Partial) massage**
- **Rollers width/ [Wide]**
- **Back vibration/[High]**
- **Seat vibration/[High]**
- **Lower body air massage/[Legs & Seat · High]**




### Remote control

Figure shows the remote control with the external panel opened.



### Width adjustment buttons

During Rhythm Acupressure 1, Tapping 1 or 2, Rolling (Partial or Whole) or Vibration (Back), you can adjust the width between rollers using Width Adjustment buttons (Narrow, Medium and Wide).

<b>Narrow</b>		<b>*Note, the function of Width adjustment will not work during the operation of: Kneading, Human Touch, Kneading &amp; Tapping, Double Kneading, Rhythm Acupressure 2, and combinations of Rolling and Back Vibration.</b>
<b>Medium</b>		
<b>Wide</b>		

### Speed adjustment buttons

During Kneading, Kneading & Tapping or Tapping 1, you can adjust the operating speed using the High or Low button.

<b>Speed</b>	<b>v4</b>	The display shows the Kneading being set at Speed 4.
<b>Levels of Speed adjustment:</b> You can select among six speeds for Kneading, and four speeds for Kneading & Tapping and Tapping 1.		



### Up/Down adjustment

During Kneading, Human Touch, Double-Kneading, Kneading & Tapping, Rhythm Acupressure 1 or 2, Tapping 1 or 2, Rolling (Partial) massage and Back vibration, you can adjust the position of the rollers using Up/Down adjustment buttons.

<b>UP</b>	<b>rollers move up</b>	<b>*You can adjust the center position of the massage during the partial rolling massage. You can adjust the Up/Down rolling movement of the back rollers by pressing the Up/Down buttons.</b>
<b>DOWN</b>	<b>rollers move down</b>	

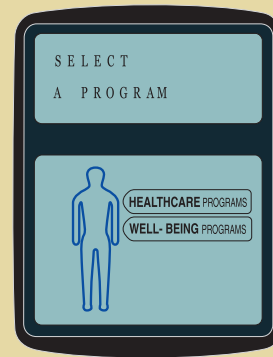
### Back/Seat vibration

Vibration massage of Back and Seat will be operated simultaneously.  
You can adjust the intensity between High and Low by pressing the buttons respectively.

<b>Back vibration</b>		Vibration massage of the back will be operated. <b>The width and vertical position are adjustable.</b>
<b>Seat vibration</b>		Vibration massage of the hips will be operated.

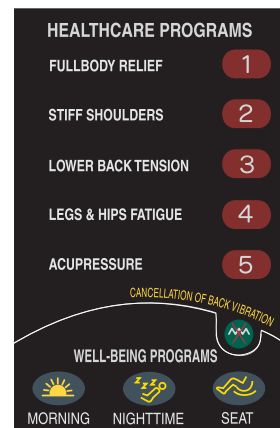
# Automatic Programs ② /Operation

## 1 Press Power Switch.



The display will be lit. To select an automatic program, close the external panel on the remote control. If no buttons are pushed for five minutes, the power will be automatically turned off.

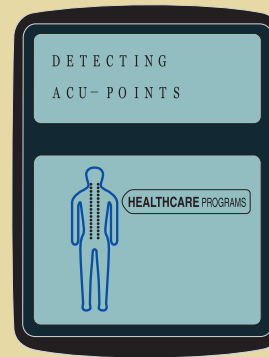
## 2 Press the button for your desired program.



The name of the program selected will be displayed.

※This illustration shows that the FULLBODY RELIEF Program has been selected.

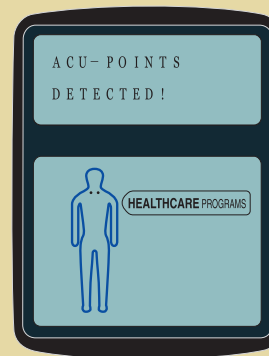
## 3 The function for automatically detecting message points will start.



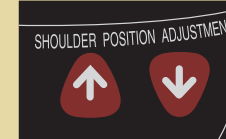
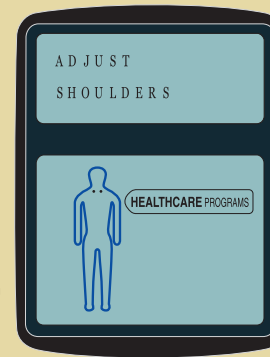
Massage points will be detected during a once-through operation of the rollers (a beeping sound is heard during the detecting operation).

**Caution:**  
During the operation of the detecting function, you must stay seated in the chair with your head against the backrest.

## 4 Massage points have been detected.

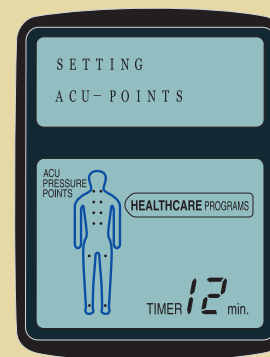


## 5 You can now fine-tune the shoulder position (massage points).



When you hear the beeping sound (during the operation of the rollers, you can adjust the position of the shoulder rollers by using the Shoulder Position Adjustment buttons. The rollers move approximately 4 mm every time presses the Shoulder Position Adjustment button. If the detected position is OK, do not press the buttons.

## 6 Massage points are determined.



## 7 Massage will start.



### ●Liquid crystal display (small):

Shows a continuous description of the selected program.

### ●Liquid crystal display (large):

The points being massaged are lighted or are blinking in liquid crystal display (large). The timer displays the approximate remaining time of operation (actual time left may vary slightly).

If you wish to stop the program during the operation, press the Power switch. The rollers will then return to the home position, and the program will stop.

## 8 When the massage ends, the lights on the display will go out.





# Massage Types And Features

●The chair can be operated in a variety of automatic modes for pre-programmed massage operations, and manual modes called Manual Selection Mode.

## HEALTHCARE PROGRAMS

### FULLBODY RELIEF 1

Relaxes the muscles that affect your whole body and alleviates fatigue by stimulating acupressure points. Recommended for general fatigue and restlessness.

### STIFF SHOULDERS 2

Helps relieve tension and stiffness around the neck and shoulders. Recommended for shoulder and neck fatigue.

### LOWER BACK TENSION 3

Recommended for lower back muscle pain and fatigue.

### LEGS & HIPS FATIGUE 4

Recommended to help relieve pain in the hips and the legs.

### ACUPRESSURE 5

Recommended for general recovery of fatigued muscles. Uses Shiatsu techniques.

### MORNING

Invigorating morning massage

### NIGHTTIME

Recommended before going to sleep at night.

### SEAT

Combined vibration and air massage directly stimulates the muscles of the seat area.

On the internal panel, select your desired massage type: Kneading, Human Touch, Double-Kneading, Kneading & Tapping, Rhythm Acupressure (1 and 2), Tapping (1 and 2) and Rolling (Partial and Whole massage), lower body massage, or any combination of any of them. Also, you can make adjustments for the speed, the strength, the up-down position and the movement of the massage. For details please refer to page 15.

## Automatic Operation

Press the program buttons shown on the right to select your desired massage function.

## Manual Selection mode

# Automatic Programs ① / Massage Types

## Automatic Programs

- Get-A-Way "Elite" allows you to select your desired Automatic Program massage.
- There are five different Healthcare programs, and three Well-Being programs.

### Strength adjustment for massaging the lower half of your body

"Medium" has been preset when the product was delivered, but you can select your desired intensity from three options.

LOWER BODY STRENGTH ADJUSTMENT LOW MEDIUM HIGH

### Back Vibration Cancellation button

The back vibration function that occurs in the Healthcare and Wellness Programs can be disabled using this button.



### Changing Programs

You can switch to other massage types anytime, even during the operation of a program. However, the timer will be reset.

#### ●From an automatic program to another automatic program

During the operation of an auto-program, if you select another automatic program, the rollers will return to the home position, and then the function for automatically detecting massage points will start.

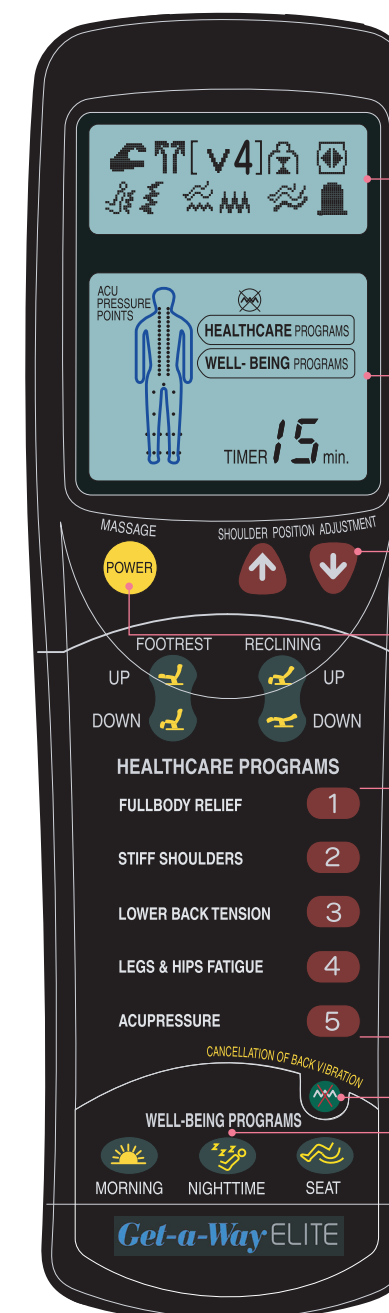
#### ●From an automatic program to the Manual Selection Mode

During the operation of an automatic program, if you select any button in the Manual Selection Mode on the internal panel, the automatic program will be interrupted, and the manual mode selected will start.

### Ending the operation before completing the program

To end the operation before completing the program, press the power switch. The operation will stop after the rollers return to the home (storage) position.

### Remote control



Liquid crystal display (small)

Liquid crystal display (large)

Fine Tuning Shoulder Position

POWER switch

HEALTHCARE PROGRAM buttons

Back Vibration Cancellation button

WELL-BEING PROGRAMS button

### Caution

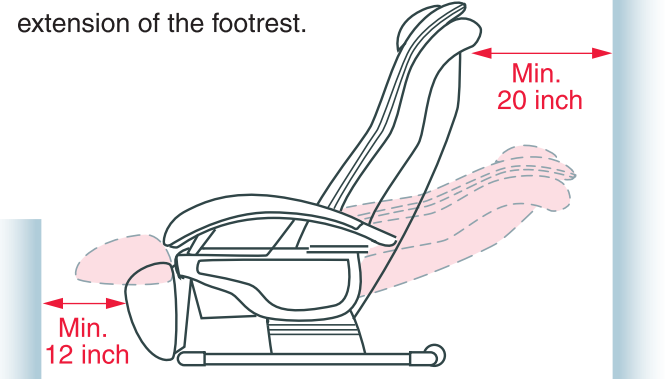
Do not attempt to place your hands or feet between the massage rollers. The massage rollers exert strong pressure and can cause injury.

# Before Use

●This chair is delivered with the backrest folded down. Before use, raise the backrest until a click is heard.

## Space requirements

- Allow sufficient space for reclining.
- Allow at least 20 inches behind the chair for the backrest to be fully reclined.
- Allow at least 12 inches in front of the chair for full extension of the footrest.

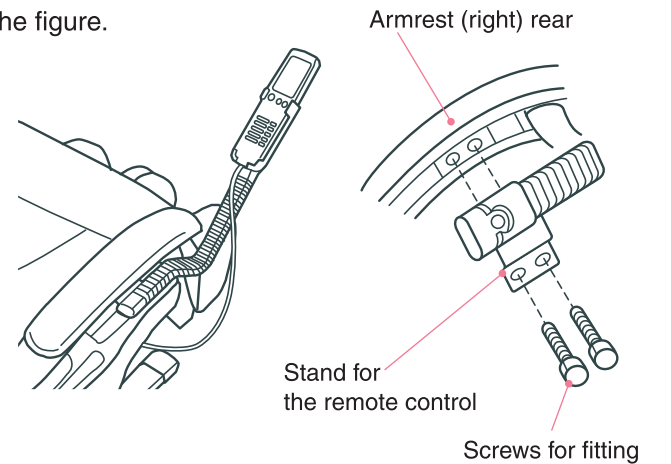


**Caution**

- Place the chair on a carpet to protect the floor surface and to prevent noise when operating.
- Place the chair down carefully when putting it on the floor in order to prevent scratches. It is heavy.
- Place the chair at least 3 feet away from a TV, a radio or other AV equipment. It may cause noise to the equipment.

## How to fit the stand for the remote control

Fit the stand firmly using the 2 screws included at the rear of the right armrest of the main body, as shown in the figure.



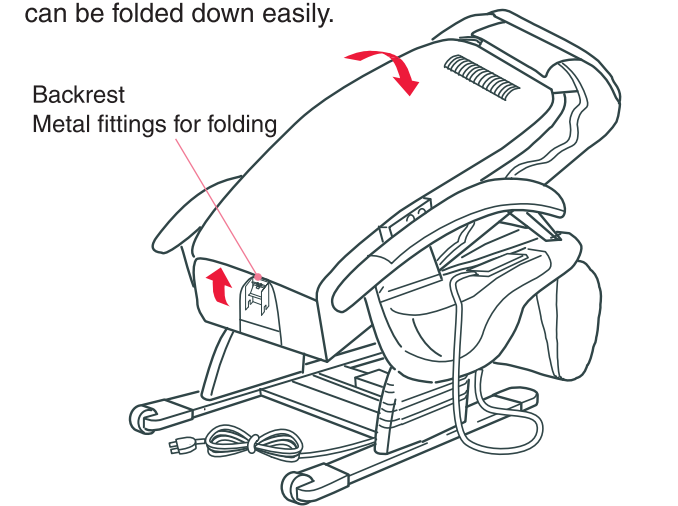
## Power on

- 1.Connect the power plug to a wall receptacle (socket).
- 2.The power switch is on the right side of the backrest. Turn the power on and the display on the remote control will light up.

※Before connecting the plug to the wall receptacle, make sure that the power switch is in the OFF position.  
※If the massage rollers are in mid-motion when the power is turned off, they will automatically return to the starting position.

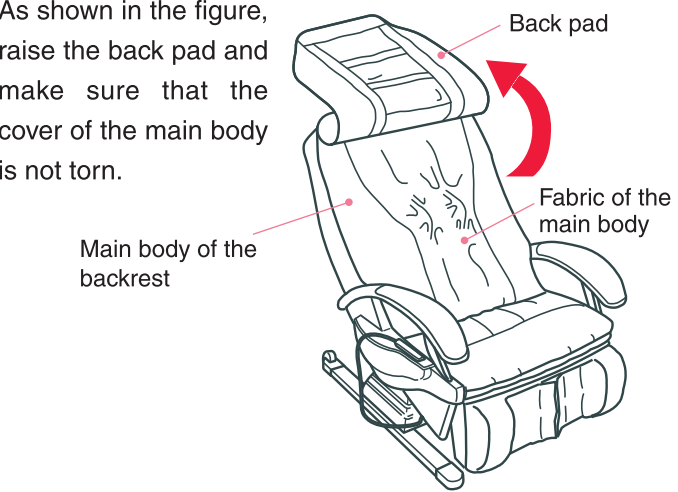
## How to fold down the backrest

- By raising up the metal fittings for folding, the backrest can be folded down easily.



## Check the fabric

As shown in the figure, raise the back pad and make sure that the cover of the main body is not torn.



**Warning**

Before using, please raise the back pad to ensure that there is no tear in the fabric or cover. Also, check the chair cover of the other parts.

If any tear is found, no matter how small, please stop using the chair immediately. Disconnect the plug and consult Interactive Health

Using the chair with a tear in the fabric or texture may cause electric shocks or injury.

## How to sit on the chair

Make sure that the footrest has been lowered completely. Normally the massage rollers stay at the upper part of the backrest, drawn back and apart from each other, being separated into left and right positions. This is the home position or storage position. For your safety, always check to see that the massage rollers do not project outward from the home position. If they do so, turn the power switch at the seat off immediately so that the rollers return to the home position. Then sit down on the center of the chair slowly.

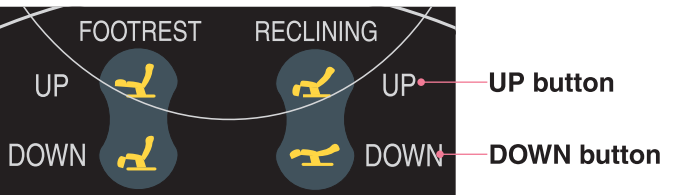
**Warning**

Do not sit or step on the footrest when it is raised, which could result in injury, malfunction and accidents.

## How to use the power recline

- Lowering the backrest:  
Press and hold the DOWN part of the reclining button until the desired angle is obtained. The footrest will automatically rise as the backrest reclines.
- Raising the backrest:  
Press and hold the UP part of the reclining button until the desired angle is obtained. The footrest will automatically lower as the backrest rises.

### Reclining buttons

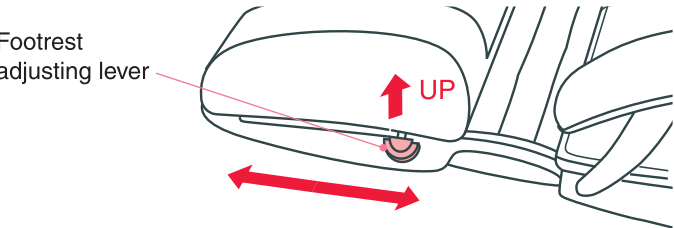


**Warning**

- When reclining, make sure that nothing is behind the backrest.
- When reclining or lowering the footrest, always be sure that there are no persons, pets or obstructions around.

## How to adjust the angle of the footrest

While sitting in the chair with the footrest up, pull the lever up toward the footrest. While the lever is up, you can adjust the footrest so that your calves are resting on it.



Note: The reclining and footrest operating functions are active by adjusting the UP DOWN buttons even if the remote control is turned off.

**Warning**

- Make sure that your fingers or any other objects are not caught between the footrest and footrest adjusting lever to avoid injury and accident.
- Do not let go of the footrest suddenly after putting it up.

## How to adjust the footrest

- Raising the footrest:  
Press and hold the UP button until the footrest reaches the desired angle.
- Lowering the footrest:  
Press and hold the DOWN button until the footrest reaches the desired angle.

### Footrest buttons



**Warning**

- When lowering the footrest, make sure that nothing is caught between the seat and footrest.

## After Use

Turn off the power switch and be sure to disconnect the plug from the socket.

**Caution**

- The auto timer function will automatically stop the chair. However, you should be familiar with how to manually turn off the power switch after use to prevent an accidental start of the chair.
- To avoid accidents, turn off the power and disconnect the power plug.



# Parts Descriptions

## Main body

Massage roller/vibration  
(in the backrest)

Headrest

Back pad

Remote control

Armrest

Footrest

Parts Descriptions

Power switch

Footrest adjusting lever

Seat vibrator

Air cells for hip (3)

Air cells for legs (6)

Air cells for thighs (1)

## Remote control

### Power switch

You can turn the power on and off using the remote control. If this switch is pushed during operation, the massage rollers will return to the starting position automatically.

### Liquid crystal display (small)

Displays the operation being performed. See the figure to the right.

### Liquid crystal display (large)

Displays the selected program, current massaging point, and time remaining. See the figure to the right.

### Shoulder position fine-adjustment

Five shoulder kneading cycles at the position detected by the optical sensor during auto search. If necessary, fine adjust the position using the UP and DOWN buttons. (For automatic programs only)

### Power reclining

Adjust the reclining angle.

### Healthcare Programs

Five programs are available.  
1. Full body relief  
2. Stiff shoulders  
3. Lower back tension  
4. Legs & hips fatigue  
5. Acupressure

### External panel

See the internal buttons layout shown to the right.

### Cancel 'Back Vibration'

Cancels the back vibrating operation in the automatic operation mode.

### Well-Being programs buttons

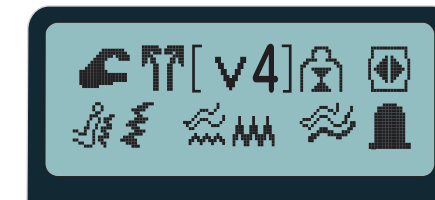
Three programs are available  
1. Morning  
2. Nighttime  
3. Seat

### Footrest buttons

You can adjust the angle of the footrest using the UP and DOWN buttons.

## Liquid crystal display (small)

- Displays the current operation using text or graphics.
- For details of the display, see page 17 and 18.



## Liquid crystal display (large)

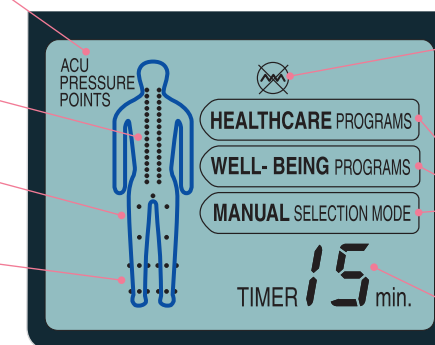
### Acupressure point (indicator)

### Acupressure Point (back)

### Acupressure Point (seat)

### Acupressure Point (legs)

The points being massaged are lit or blink.



### Back vibration cancellation

During an automatic program, pressing the Back vibration cancellation button will light the lamp and pressing the button again will turn off the lamp.

### Program indicator

### Timer

Displays the time remaining for the current program.

## Internal buttons layout

### Power reclining

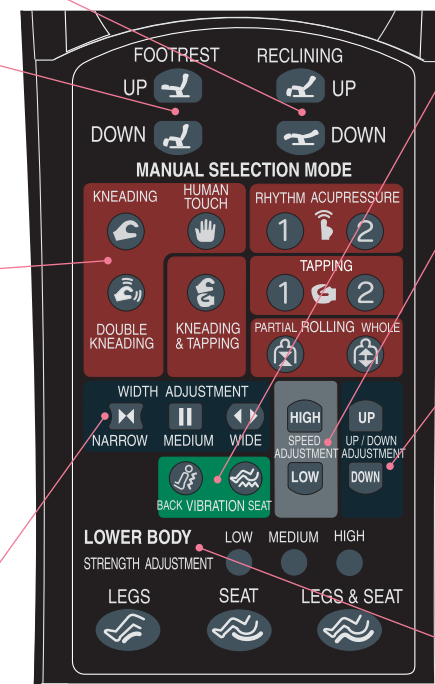
### Footrest buttons

### Manual Selection Mode

Kneading, Human Touch, Double-kneading, Kneading & Tapping, Rhythm Acupressure (1 and 2), Tapping (1 and 2) and Rolling (Partial and Whole massage)

### Width adjustment buttons

Adjusts the width between the right and left massage points for rhythm acupressure (1), tapping (1 and 2), rolling (Partial and Whole massage) and back vibration.



### Back/seat vibration

Two options:  
Back or Seat vibration.

### Speed adjustment

Adjusts the speed of Kneading, Tapping (1) and Kneading & Tapping operations.

### Roller vertical position

Up / down---Use these buttons to adjust the vertical position of the rollers.

### Lower body button

Low-medium-high buttons: Use these buttons to adjust the intensity of the air massage, legs or seat separately or legs and seat together. Select one of these buttons to massage your lower body only.



**Warning**



Prohibited

Do not allow the remote control to get wet, and do not perform any operation with wet hands, in order to prevent electric shock or fire.

**Caution:** ● To prevent damage and malfunction, do not sit on the remote control. Do not step on or place any heavy objects on the remote control. Do not pull on the wire of the remote control.

● To prevent damage to the remote control, do not use sharp or hard objects to press the buttons on the control.

Parts Descriptions

Safety Precautions ②

Warning Precautions during use



Prohibited

- Do not put the power cord under the chair base or any other heavy object, or wind the cord around the chair. Also, do not damage, modify, pull, wind or twist the power cord or the cord of the remote control. Cord damage may cause fire or electric shock.
- Do not move the massage chair by pulling the power cord.
- Do not put the power cord near a heated surface.
- If any damage is found in the cord, plug or other parts, stop operating the massage chair to avoid malfunctions. Consult Interactive Health for repair. To avoid electric shock or fire, make sure that the main body or remote control never gets wet in any way.
- When the ventilation pores at the rear of the back rest are blocked, do not operate the massage chair.
- Do not place a towel or cloth on the ventilation pores. Prevent hairs or any foreign particles from entering the ventilation pores.
- Do not allow children or disabled persons to use this chair. Do not allow children or pets to play or be near the main body, especially behind the backrest, near the seat or under the footrest.



Required Action

- Do not let the massage chair operate without a user. Please be cautious when the massage chair is used near children or disabled persons.
- Do not let children nearby when the footrest is in the raised position.



Disconnecting the power plug

- If water or other liquids are spilled, or any damage to the massage chair is found, turn the power switch off at once and disconnect the plug from the socket to avoid electric shock or fire. Consult Interactive Health immediately.



Prohibited

- Before use, please lift the back pad to check that the fabric of the main body is not torn. Check the fabric and cover of other parts also. If any tear is found, no matter how small, please stop using the chair immediately. Disconnect the plug and consult the vendor at once. Using the chair with tears in the fabric or cover may cause electric shock or injury.
- Do not sit on the chair when your body is wet and do not operate the chair when your hands are wet to avoid electric shock or malfunction.
- Please wear comfortable clothing while using the massage chair. In order to prevent harm to the skin, do not use the chair without wearing clothing. Also, avoid wearing thin clothing or belts so that the most beneficial massage can be obtained.

Caution Precautions during use



Prohibited

- Do not use this chair in any manner other than the purpose of massage or as a chair, so as to avoid accident and injury.
- Do not use the massage chair for your head, chest, abdomen or joints. Also, do not put your hands, legs or arms into the space between the rollers. Place a towel under delicate body parts (e.g. neck) to prevent injury.
- Do not insert your hands into the spaces between the rollers, back rest and seat, or mobile parts of the massage chair. Please remove hard objects (hair pins, etc.) from your body when using the massage chair.
- Do not use footrest other than legs. It may cause injury.



Required Action

- Do not insert any foreign objects into the chair openings.
- When the pressure or intensity of the massage rollers is too strong, place a blanket or towel between the backrest and your back to lessen the pressure.
- If the pressure of the massage rollers is too uncomfortable, place a folded towel or blanket behind your back to lessen the roller pressure. If the pain is too severe, stop immediately and consult your doctor.
- When you feel the massage is too intense for you, stop using it immediately.
- For your safety, please check the position of the rollers before sitting on the chair and make sure that you do not twist your body so that your spine is positioned in between the left and right rollers. Do not sit down on the chair quickly, but slowly, and make sure that the rollers touch both sides of your back evenly to prevent harming your spine.



Required Action

- Do not recline too far back, and do not lean back against the backrest too hard at the beginning of use, but wait until you become used to it. Strong stimulation may cause injury.
- Do not use the chair as a bed and do not sleep during the operation of the chair to avoid injury.
- Suggested per usage time is 15 minutes. Suggested per usage time on a particular body position is 5 minutes. The massage chair should not be used for more than 30 minutes in total per day.
- If the massage chair does not work or malfunctions in any way, stop using the chair immediately and disconnect the power plug. Contact Interactive Health and request an inspection or repair, to avoid electric shock or fire.
- Do not attempt to service this appliance yourself. Refer all servicing to service personnel.



Disconnecting the power plug

- If a power outage occurs, turn off the power switch immediately and disconnect the power plug.
- If lightning or storms are expected, turn off the power switch immediately and disconnect the power plug.

Caution Precautions after use and between uses



Required Action

- Although the auto timer function will automatically stop the chair, make sure that the power switch is turned OFF and disconnect the plug from the socket after use.
- After use, make sure that the backrest and footrest are restored to the original position.
- After use, clean the chair and keep it in a dry environment.
- Do not place heavy objects on the seat, backrest, footrest or any other part of the chair.



Disconnecting the power plug

- Disconnecting the Power To disconnect the power, always pull the plug, not the cord. Damage to the cord may cause fire and/or electric shock.
- Disconnect the power before performing any cleaning work on the chair. Do not connect or disconnect the power with wet hands.
- When the chair is not to be used for a period of time, make sure that the plug has been pulled from the socket. Dust and humidity may cause deterioration of the insulation, and result in electric shock or fire.

Warning Other precautions



Do not disassemble

- Do not alter the chair in any way.
- The massage chair must not be disassembled or repaired other than by qualified technicians.



Prohibited

- Do not stand on the main parts of the chair. Do not sit on other parts other than the seat to avoid damage to the chair. Falling from the chair may cause accidents and / or injury or failure of the chair.

Caution Other precautions



Required Action

- When you sell or rent the chair, this operating manual should be given to the new user or owner.



Safety Precautions①









■Please read these Safety Precautions carefully prior to use.

●Keep this manual nearby so that you can refer to it anytime.





**Warning** Failure to observe these precautions may cause accidents or serious injury.

**Caution** Failure to observe these precautions may lead to personal injury or mechanical damage to the chair.


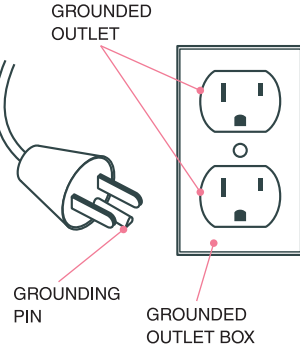
■Types of symbols and Meanings

 Warning or Caution	 Prohibited	 Do not Disassemble	 Do Not Touch	 Do not use in or near water such as in a bathroom
	 Required Action	 Electrical Grounding	 Disconnect the power plug	

**Warning** Precautions for use

- Prohibited
- Do not use your massage chair in an excessively humid environment (i. e. spa/pool area, bathroom).
- Prohibited
- Do not use the chair in a dusty or high-temperature (104°F/40°C or above) area as it may cause electric shock or failure of the chair.  
●Do not place the chair near a stove or in direct sunlight as it may cause discoloration or degeneration of the external parts.
- Required Action
- Always place the chair on a level floor or surface.  
Do not place the chair on an unstable surface as its falling over may cause accidents or injuries.
- Prohibited
- Do not use the chair outdoors.

**Caution** Precautions for use

- Electrical Grounding
- Space Requirement  
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.  
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.  
●Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch in figure. Make sure that the product is connected to an outlet having the same configuration as the plug.  
No adapter should be used with this product.
- 

**Warning** Precautions before use



- Consult your doctor before using the chair if:  
○you are receiving medical treatments or are feeling ill.  
○your body shows any acute symptoms.  
○you have a malignant tumor.  
○you have heart disease.  
○you are pregnant or having a menstrual period.  
○your doctor has ordered you to rest.  
○you have a back disorder resulting from an accident or disease.  
○you have osteoporosis.  
○you desire to use the massage chair for the treatment of an injury.  
○you have a high fever.  
○you have sensory disorders.  
○you have a medical electrical device implant (e.g. pacemaker).  
○you have severe interruption in the circulation of the legs.  
○you are a diabetic.  
○you have skin disease.  
Failure to do so may result in accidents and /or health problems.



- Do not use an electric supply other than 120 V, otherwise fire and/or electric shock may occur.  
●Do not use the massage chair with a transformer to avoid electric shock and malfunction.  
●Before using, please raise the back pad to ensure that there is no tear in the chair covering. Please check the fabric and covers of the other parts also. If any tear is found, no matter how small, please stop using the chair immediately. Disconnect the plug and consult the vendor immediately. Use of the chair with any tear in the fabric or cover may cause electric shock or injury.

**Caution** Precautions before use



- Before connecting the power plug to a wall socket, make sure that the power switch is OFF.  
●Make sure that the plug has been inserted completely into the socket, otherwise electric shock or fire may occur.  
●Before using the chair, raise the backrest to the fully upright position and then adjust the angle of recline to the most comfortable position. Begin massaging from the lowest intensity so as to eliminate the likelihood of inappropriate massage or injury.  
●To check if your massage chair is operating properly, turn all switches to the ON position following the sequence stated in this manual.



- Do not use this chair in any manner other than as described in this manual. Do not use any accessory parts other than those recommended by the maker, otherwise injury or physical discomfort may occur.
- Suggested maximum body weight of a user is up to 220lbs.

※Precautions for use  
After moving the chair from a cold room to a warm room, wait about one hour before operating the chair. A fast rise in temperature before and during the operation of the chair may produce condensation and cause damage to the moving parts of the chair.

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Features

**Provides a hybrid massage function using roller pressure and air pressure:**

Four rollers provide professional-like techniques for massaging the upper half of your body.  
14 air cells provide a delicate massage for the lower half of your body.

**Various massage courses / programs:**

- Five Healthcare programs.
- Three Well-Being programs.
- Automatic detection of massage points.

**A remote control with a liquid crystal display that gives you comprehensive information on the operation of the chair.**

**A stand to store the remote control.**

**Equipped with a vibrator for massaging your back and seat.**

**The footrest is adjustable in length so that you can place just your calves on the footrest.**

**Power recline to any position between 120 and 170 degrees (relative to the floor).**

**Equipped with a pneumatic device for raising/lowering the footrest (available for both independent operation and linked operation with the power recline) .**

**Equipped with an automatic timer function for safety.**

Features