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Made in China

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PHILIPS

Back and Waist Massager

Abdominal Massage Belt

PPM4331

User Manual

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1 Read me

Please read this manual carefully before using the product and keep it properly. The manual is available at www.philips.com

Symbol Description

To avoid personal injury or property damage, be sure to observe the contents below.

· The following symbols are used to illustrate what you should observe.

Indicates prohibition

Indicates the actions that need to be subject to instructions

People Restricted or Prohibited from Use

The product should be used with caution by the following groups

- People who have disturbance of skin sensation.
- People who have metal, silicon or plastic materials injected into their bodies due to broken bones or plastic surgery.
- People who suffer from waist and abdominal sequelae due to traffic accidents, etc.
- People who have implanted medical electronic devices that are susceptible to electromagnetic malfunctions such as pacemakers.
- People who are determined to have lost temperature sensation.
- People suffering from malignant tumors.

- People suffering from heart disease.
- People who are pregnant or shortly after giving birth.
- People who have perceptual impairment caused by diabetes.
- People who have not recovered from lower back and abdominal injuries.
- People who need quiet and people who are in poor health.
- People suffering from osteoporosis, severe fractures, sprain, muscle ache, acute (head) pain.
- People whose body temperature is above 38 ℃.
- People who have severe or debilitating symptoms such as acute in□ammation, fatigue, aversion to cold, and changes in blood pressure.
- People who are under medical treatment at medical institutions.

Precautions for Use

- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
- This appliance contains batteries that are only replaceable by skilled persons.
- Must be only supplied at safety extra low voltage corresponding to the marking on the appliance.

- The device is set to automatically shut down after 15 minutes. Adjust the quantity and frequency of use according to the status of your waist and abdomen.
- It is recommended to select intensity Level 1 and hot compress at 40℃ in the initial stage.
- When using this product, the skin on your waist and abdomen may become red for a short time. This does not indicate a problem. If this symptom persists, please consult your surgeon.
- If you feel pain around the waist or abdomen, stop using the product immediately.
- In case of any skin or abdominal problems during use, please stop using this product immediately and consult a doctor.
- It is recommended not to overuse the massage function.
- Please use this product in an environment of 5-40 ℃.
- Do not use the product while sleeping.
- Do not cover the product with a quilt or blanket when using it.
- Do not lie or sit on the product.
- Do not bring huge impact or load to the product.
- Do not use product in bathroom or shower.
- Do not engage in strenuous exercise while using the product.

Precautions for Maintenance

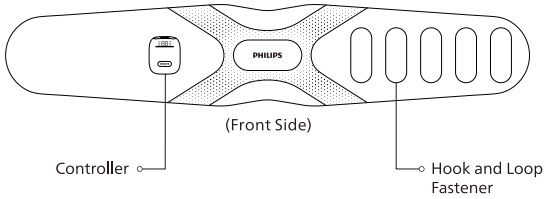
- Be sure to unplug the adapter from the socket before cleaning.
- Please properly dispose of the packaging bag of the product and keep it away from infants and young children.
- The product has built-in lithium batteries. Do not disassemble or modify the product by yourself, immerse the product (controller) in water or toss it into the fire, otherwise the product is likely to be damaged.

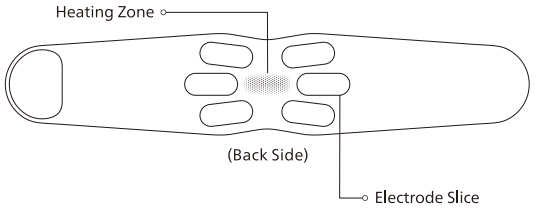
- Keep the product out of reach of children and infants. Do not let them touch or operate the product, otherwise it is likely to lead to burns, electric shocks or personal injuries.
- Do not damage, modify, bend or pull the power cord with force. Do not place heavy objects on the charging cableor squeeze the charging cable.

2 Product Features

This product uses EMS pulse massage combined with hot compress function to promote blood circulation in the waist and abdomen and relieve muscle pain and other uncomfortable symptoms. A variety of temperatures and massage strengths are available, suitable for different people to use for waist and abdominal massage and relaxation.

3 Components

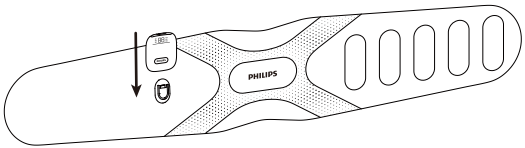




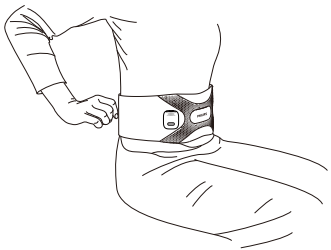
4 How to Use

Preparations Before Use

1. Insert the controller along the guide rail and fix it tightly on the massager.



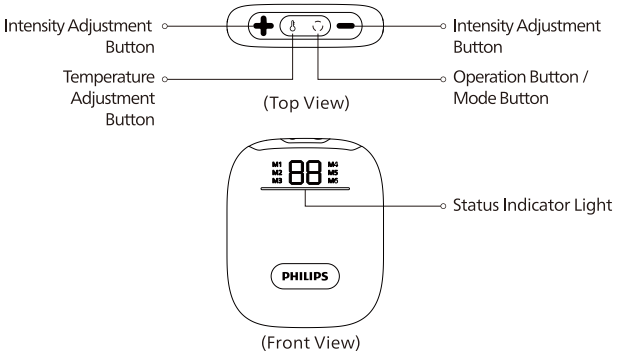
2. Place the massager around the abdomen



Since the skin on the abdomen is relatively sensitive, it is recommended to wear clothes when using the hot compress function at 45℃ and above to prevent burns.

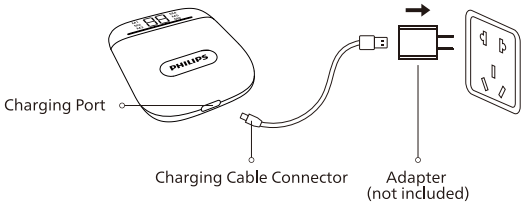
Operation

1. Press and hold the operation button for more than 2 seconds to turn on the massager. After power on, it will enter heating at 40℃, Mode 1 (abdominal strengthening) and intensity Level 1 by default, with a voice prompt of “Turn on massager”.
2. In the power-on state, press the operation button to switch the modes, and there are six modes to switch in turn: abdominal strengthening (M1), tapping (M2), kneading (M3), exercise (M4), massage (M5), relaxation (M6) and massage off. The screen will light up the corresponding massage mode with voice prompts.
3. After selecting the massage mode, press the "+" and "-" buttons to adjust the massage intensities. The intensity increases or decreases in Level 1 to Level 16. When adjusting, the screen displays the corresponding intensity level with voice prompts.
4. Press the temperature button to adjust the hot compress levels. There are 3 levels of hot compress to switch in turn: 40 ℃, 45 ℃, 50 ℃ and heating off. The light bar lights up in different colors corresponding to temperatures with voice prompts. After displaying the current temperature for 3 seconds, the screen displays the current intensity level.
5. In the power-on state, press and hold the operation button for more than 2 seconds to turn it off with the voice prompt of “Turn off massager”.
6. When the battery remaining capacity is lower than 10%, the red light bar will flash quickly for 5 seconds, with a voice prompt of “the battery power is low, please charge it in time”, and the device will be powered off.
7. When the machine detects abnormal current output during operation (dry skin or failure to fully contact the skin when worn), there will be a voice reminder “Dry skin is detected, please use water or skincare products to increase the skin humidity and wear the device correctly”. Please follow the voice instructions for normal use.



Charging

1. Insert the Type-C cable connector into the charging port at the bottom of the controller for charging;
2. Connect the USB port of the charging cable to the 5V⎓1A adapter and plug it into the power socket;
3. During charging, the indicator light flashes green slowly. When the massager is fully charged, the green indicator remains on;
4. It takes about 4 hours to fully charge the product.



Indicator Description

Indicator Color	State	Description
Green	Remains on	40℃
Yellow	Remains on	45℃
Red	Remains on	50℃
Green (during charging)	Flash slowly	Charging
Red (low battery)	Flash quickly for 5 seconds	Low battery prompt

5 Maintenance

Cleaning

1. Maintenance of controller: The display screen of the controller should be properly protected. Wipe it with a soft cloth when cleaning.
2. Maintenance of massager: The fabric area is washable. When cleaning and maintenance are required, it can be wiped or rinsed with clean water. After rinsing, it needs to be air-dried before use.

During maintenance, be sure to unplug the power cord, but do not unplug the cord with wet hands.

Disposal

The lithium-ion battery used in this product is a valuable resource that can be recycled. Take out the lithium-ion battery when it is used up and discarded, and then hand it over to a professional institution that can recycle the rechargeable batteries for disposal.

Steps to remove the battery:

1. Remove the upper cover of the controller from the top surface.
2. Loosen the screws of the circuit board and take out the circuit board.
3. Cut the battery connecting wire and wrap the broken wires with insulating tape.

- The battery cannot be replaced by the user.
- Be sure to remove the battery from the device before disposal.
- The device must be powered off before the battery is removed.
- The battery must be disposed of in a safe manner.

6 Troubleshooting

This chapter lists the most common problems to the product. If the problems you encounter are not included in the following tables, please call our service hotline or contact the authorized service center in your region.

Fault Description	Possible Cause	Solution
Startup failure	The product is still connected to the power socket	Remove the product from the socket and hold the operation button to start
	Battery exhausted	Charge the device
	The controller is not fully inserted into the card slot of the massager	Reinstall the controller
The charging indicator light is not on	The USB charging cable is not properly plugged into the power socket	Insert the USB charging cable into the power socket correctly
Even if it has just been charged, it can only be used for a few minutes	Battery life is exhausted (about 5 years)	Please consult the dealer (Do not replace the battery by yourself)
The device is not heating	The device may not function properly when used outside the recommended ambient temperature range	Use it within the recommended temperature range of 5-40 ℃
The product stops working during operation	Battery exhausted	Low battery, please charge it
	The product automatically shuts down when the 15-minute timing is over	Restart the device if you need to use it again

If the product has been left unused for a long time, be sure to confirm that its functions are normal before using it again		
Regular Check	Are there any following faults · Whether the charging cable is hot · Whether the power cord is deeply scratched or deformed, or has a burnt smell · Whether there is abnormal sound or vibration during work · Whether the product can work properly after power on · Whether there are other abnormalities or faults	In the event of the above faults, stop using the device immediately and cut off the power supply to prevent accidents. Please send it to our maintenance center.

Note:
If the fault cannot be eliminated or the product still cannot be operated ideally, contact the after-sales service personnel, and do not disassemble or attempt to repair it by yourself.

7 Technical Parameters

Product Name	Philips Abdominal Massage Belt
Product Model	PPM4331
Operating Voltage	3.7V ⎓
Operating Power	8W
Charging Voltage	5V ⎓
Charging Current	1A
Product Dimension	1050x203x20mm
Net Weight	About 400g
Battery Capacity	2500mAh
Interface Type	Type-C

8 Service Guideline for Warranty

Warranty and Service

If you need information or have any questions, please visit www.philips.com/-support or contact consumer service center in your country/region. If there is no consumer service center in your country/region, please contact your local distributor.
Within two years from the date of purchase, you will receive free warranty service for any damage caused by manufacturing process problems, or any damage to components under normal use conditions con□rmed by our maintenance service personnel.
Warranty service excludes frequently replaced consumables, auxiliary equipment, shipping cost and door-to-door service. Please show proof of purchase to service personnel when servicing.

Malaysia
Consumer Care: +60-128868274
Email: philips.massage@real□tmy.net

Singapore
Consumer Care: +65-89420233
Email: philips.massage@real□tsg.net

Philippines
Consumer Care: +63-9604111314
Email: Philips.massager.ph@orrohome.com

Thailand
Consumer Care: +66-20051888
Email: Philips_massager@orrohome.co.th

Indonesia
Consumer Care: +021-39715012 / +021-39715013
Email: Philips_Massager.ID@orrohomeindonesia.com

Vietnam
Consumer Care: +84-909800829
Email: Philips.massager.VN@orrohome.vn

Warranty Card

Product Model		User Name	
Sales Agency		Phone Number	
Date of Purchase		Serial Number	
Special Technical Service Center		User Address	

Items of Maintenance	Date	Service Personnel

9 Packing List

Massager	1×	Type-C Charging Cable	1×
Controller	1×	User Manual	1×
Quick Start Guide	1×	Belt Extender	1×

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1 用户必读

产品使用前请仔细阅读并妥善保管本说明书。本说明书可在www.philips.com上获取。

符号描述

为避免造成人身危害或财产损失，请务必遵守以下内容。

· 用以下图示来分别说明希望遵守的内容。

表示禁止

表示需要根据指示去做

适用人群

以下人群应谨慎使用

· 皮肤感觉障碍者。
· 因骨折或整形手术而在体内注入金属、硅或塑料材质者。
· 因交通事故等而存在腰腹后遗症者。
· 容易受到心脏起搏器等电磁故障影响的体内植入型医疗电子仪器的人。
· 被认定失去温度感觉的人。
· 有恶性肿瘤的人。
· 患有心脏病的人。
· 怀孕期间或者生完孩子后不久的人。
· 糖尿病引起有知觉障碍的人。
· 腰腹有伤未痊愈的人。
· 需要安静的人和身体状况不佳的人。

· 患有骨质疏松症的人、剧烈骨折、扭伤、肌肉疼痛、急性（头）疼痛的人。
· 体温38℃（发烧）时的人。
· 具有急性炎症症状、倦怠感、恶寒、血压变动等症状的强烈、衰弱时的人。
· 其他在医疗机构治疗的人。

使用注意事项

器具有发热表面。对热不敏感的人使用时必须注意。
本电器不适用于身体、感官或智力能力下降或缺乏经验和知识的人员(包括儿童)使用，除非由负责他们安全的人员对他们的使用进行监督或指导。
应监督儿童，确保他们不玩电器。
如果电源软线损坏，必须用专用软线或从其制造商或维修部买到的专用组件来更换。
本电器含有的电池，应由技术人员更换电池。
电器只能在器具上标示的安全特低电压内供电。
每次使用时间是15分钟，请检查自己的腰腹状况，然后适当调整使用次数。
建议在刚开始使用本产品阶段采用1挡力度和热敷1挡40℃。
使用本产品时，您的腰腹可能短时间变红。这并不表示存在问题。如果这一症状持续得不到缓解，请向外科医生咨询。
如果感觉腰腹周围疼痛，请立即停止使用本产品。
如果在使用过程中皮肤或腰腹出现任何问题，请立即停止使用本产品并向医师咨询。
建议不要过度使用按摩功能。
请在5~40℃环境内使用本产品。
禁止睡觉时使用。
禁止盖上被子或毛毯使用。
禁止在产品上躺着，坐着。
禁止给产品带来巨大的冲击和负荷。
请勿在浴室内或淋浴间内使用产品。
佩戴机身时请勿进行剧烈运动。

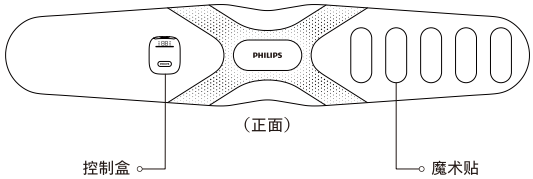
保养注意事项

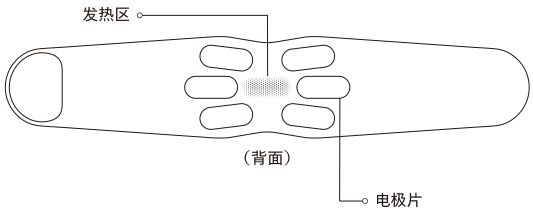
- 进行清洁时，请务必从家用电源插座上拔掉充电器的插头。
- 请妥善处理本产品的包装袋，使其远离婴幼儿。
- 本产品内含锂电池，请勿自行拆卸、改装、水浸产品(控制器)或投掷火中，否则可能导致产品损坏。
- 请勿存放在儿童和婴幼儿的接触范围之内。此外，请勿让他们接触或操作本产品。否则，可能会引起灼伤、触电或人身伤害。
- 请勿损坏或改装、或用力弯曲、拉拔充电线。另外，请勿在充电线上面放置重物或挤压充电线。

2 产品功能

本产品通过 EMS 脉冲按摩配合热敷功能，可促进腰腹血液循环，缓解肌肉疼痛等不适症状，多种温度及按摩力度可供选择，适合不同人群用于腰腹按摩放松。

3 部件名称

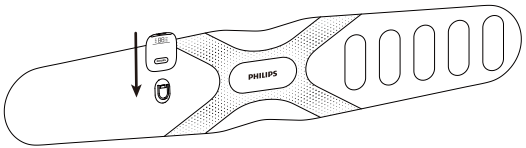




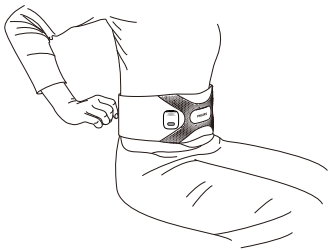
4 使用方法

使用前的准备事项

1、将控制盒插入导轨，轻轻滑入，控制盒即可紧紧固定在按摩器上。



2、将按摩器套在腹部。



因腹部皮肤较为敏感，如需用热敷模式，45℃及以上建议隔着衣服使用，谨防烫伤。

使用操作

1、长按操作键 2 秒以上开机。开机后，默认 40℃加热，模式 1 挡，力度 1 挡，语音播报“开启按摩”。

2、开机状态下，短按操作键切换模式，6 种按摩模式依次循环切换：健腹（M1）、拍打（M2）、揉捏（M3）、锻炼（M4）、推拿（M5）、放松（M6）和关闭按摩，屏幕对应亮起按摩模式，每次选择伴有相应语音播报。

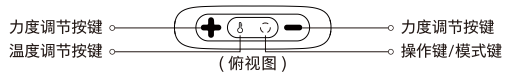
3、选择按摩模式后，短按力度“+”“-”键调节按摩力度，1~16 挡力度递增或递减，调节时，屏幕对应亮起所选力度挡位，每次选择伴有相应语音播报。

4、短按温度按键调节热敷挡位，3 挡热敷挡位依次循环切换：40℃、45℃、50℃和关闭热敷，对应亮起不同颜色灯条，每次选择伴有相应语音播报。显示屏显示当前温度 3 秒后，切换显示当前力度挡位。

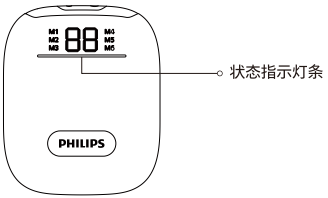
5、在开机的状态下，长按操作键 2 秒以上关机，语音播报“关闭按摩“”。

6、当电量少于 10% 时，红色灯条频闪 5 秒提示，同时语音播报“电池电量低，请及时充电”，机器关机。

7、当机器运作时检查出电流输出异常（皮肤干燥或佩戴未能完整接触到皮肤），语音提醒播报“检测到皮肤干燥，请用水或护肤品增加皮肤湿度并正确佩戴”，请按语音指示操作方可正常使用。



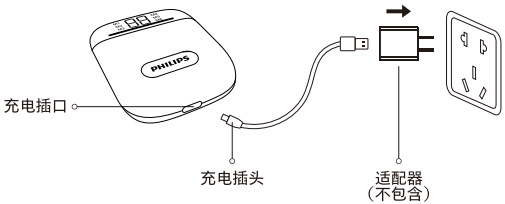
（俯视图）



（正视图）

充电方法

1. 将 Type-C 充电插头插入控制盒底部的充电孔内进行充电；
2. 将充电线 USB 插口与 5V⎓ 1A 充电器连接，插入电源插座上；
3. 充电时指示灯条呈现绿色呼吸灯状态，直至充满电常亮绿色灯；
4. 充满电约需 4 小时。



指示灯说明

指示灯颜色	状态	描述
绿色	灯条常亮	40℃
黄色	灯条常亮	45℃
红色	灯条常亮	50℃
绿色(充电中)	缓慢闪烁	充电中
红色(低电量)	灯条频闪5秒	低电量提示

5 保养维护

清洁方式

1. 控制盒护理:应妥善保护好控制盒显示屏，清洁时请使用软布擦拭。
2. 按摩器护理:布料区域支持水冲洗。需要清洁保养时,可用清水擦拭或冲洗，冲洗后需要风干后使用。

保养的时候，一定要把充电线拔掉，但是不要用湿手去拔除电线。

废弃方式

本产品所用的锂电池是可回收再生的贵重资源，请在使用完毕废弃之时，将锂电池取出，交给可进行充电式电池回收再生处理的专业机构进行处理。

电池拆除步骤：

1、从顶面拆开控制盒的上盖。
2、松开电路板的螺丝，并取出电路板。
3、剪断电池连接线并用绝缘胶带缠好电线断口。

用户不能自行更换电池。
废弃器具前，必须将电池从器具中取出。
在取出电池时器具必须断电。
电池应安全地处理。

6 故障诊断

本章列出了关于本产品最常见的问题。如果您无法在其中找到您所遇问题的答案，请联系服务热线或您所在地区的授权服务中心。

故障描述	可能原因	解决方式
无法启动	产品仍连接在电源插座上	请将产品从插座上移除，然后按操作键启动
	电池电量耗尽	请充电
	控制盒没有完全插入按摩器的卡槽内	重新安装控制盒
充电时指示灯不亮	USB充电线未正确插入电源插座	请将USB充电线正确插入电源插座
即便刚充过电也只能使用几分钟	电池寿命用尽(大约5年)	请向经销商咨询(请勿自行更换电池)
机身不加热	在推荐的环境温度范围之外使用时，本产品可能无法正常运行	在推荐的5~40℃的使用温度范围内使用
产品在运行过程中停止工作	电池电量已耗尽	电量不足请充电
	15分钟定时结束，产品自动关机	如需继续使用，请重新开机

长时间未使用后，务必先确认功能正常，才能再次使用。		
定期检查	有无以下故障 · 充电线发热 · 充电线有深深的伤痕或者变形、有焦味 · 工作中有异常的声音或者振动 · 开启开关后，不正常工作 · 有其他异常或者故障	若出现上述故障，为了防止引发事故，请立刻停止使用，并切断电源。请送往本公司维修点。

注意：

如果无法排除故障或产品仍无法理想操作，与售后服务人员联系，切勿自行拆卸或尝试维修。

7 主要技术参数

产品名称	飞利浦健腹腰带
产品型号	PPM4331
工作电压	3.7V ⎓
工作功率	8W
充电电压	5V ⎓
充电电流	1A
产品尺寸	1050x203x20mm
产品净重	约400g
电池容量	2500mAh
接口类型	Type-C

8 产品保修服务指南

保修及服务

如果您需要信息或有任何问题，请访问www.philips.com/support或联系您所在国家/地区的消费者服务中心。如果您所在的国家/地区没有消费者服务中心，请联系当地经销商。自购买之日起两年内，因制造过程问题造成的任何损坏，或经我们维修服务人员确认的在正常使用状况下的部件损坏，您将获得免费保修服务。保修服务不包括经常更换的耗材、辅助设备、运输费用和上门服务。维修时请向服务人员出示购买凭证。

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服务热线: +60-128868274
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越南
服务热线: +84-909800829
服务邮箱: Philips.massager.VN@orrohome.vn

保修卡

产品型号		用户姓名	
销售单位		联系电话	
购买日期		出厂编号	
特别技术服务站		用户地址	

维修内容	时间	保修人员

9 装箱清单

按摩器	1×	Type-C 充电线	1×
控制盒	1×	说明书	1×
快速入门指南	1×	延长带	1×