User Manual



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Product Overview

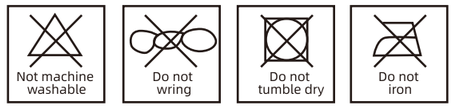
Designed for everyday comfort, this heating pad delivers soothing warmth and gentle vibration massage for your abdomen or lower back. Its soft, skin-friendly fabric provides a comfortable fit, making it ideal for relaxing at home, in the office, or while traveling.
Easily adjust the heating and vibration settings using the mobile app or the buttons to create a personalized comfort experience.

Safety Instructions

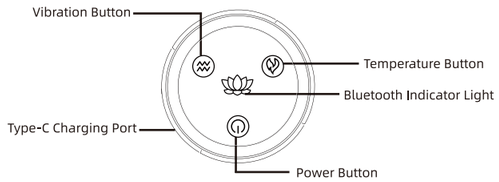
1.Select a comfortable temperature based on your personal preference.
2.If the heating temperature reaches 60℃ (140℉), avoid prolonged direct contact with bare skin.
3.Inspect the product before each use. Do not use it if it is damaged.
4.Do not use this product while sleeping.
5.Do not use or store the product in damp or wet environments.
6.This product is intended for personal comfort, warmth, and relaxation only. It is not intended to diagnose, treat, cure, or prevent any medical condition.
7.Stop using the product immediately if you experience discomfort or any unusual reaction during use.
8.Do not use this product if you are pregnant, have a pacemaker or other implanted electronic medical device, or have damaged or broken skin in the usage area.

Cleaning and Maintenance

- Before cleaning, turn off the device and disconnect the device from the power source.
- Wipe the surface with a soft, damp cloth. Avoid getting water on the Type-C charging port.
- Do not use harsh cleaners, corrosive cleaners, or hard brushes.
- Lay the product flat and allow it to air dry.
- Do not machine wash, hand wash, or dry clean.



Product Diagram



Wearing Instructions



1.Place the heating pad on your abdomen or waist area.



2.Adjust the strap to ensure a secure and comfortable fit.



3.Press and hold the Power Button to turn on the device. Adjust the temperature and vibration settings according to your preference.

Button Operation

1.Power Button
Power On:
Press and hold the Power Button to turn on the device.
The Power Indicator Light stays solid green.

The Bluetooth Indicator Light stays solid white.
(After Bluetooth connection is established, the Bluetooth Indicator Light turns green.)

Power Off:
Press and hold the Power Button to turn off the device.

2.Temperature Button
Short press the Temperature Button to switch between temperature settings:
40℃ → 50℃ → 60℃ → Heating Off
Temperature Indicator:
Green Light: 40℃
Blue Light: 50℃
Red Light: 60℃
To turn off the heating function, press and hold the Temperature Button.

3.Vibration Button
Short press the Vibration Button to cycle through vibration modes:
Comfort Mode → Cycle Mode → Enhanced Mode → Vibration Off
Vibration Indicator:
Green Light: Comfort Mode
Blue Light: Cycle Mode
Red Light: Enhanced Mode
To turn off the vibration function, press and hold the Vibration Button.

Charging Instructions

1.It is recommended to charge the device while it is powered off.
2.Charging Status:
• Power Indicator Light Solid Red: Charging
• Power Indicator Light Solid Green: Fully Charged

3. Low Battery Warning: When the battery is low during use, the power indicator will flash white 3 times, and then the device will automatically shut down. Please charge the device before further use.

Note:
It is recommended to use the provided charging cable for charging. Using other charging cables may cause charging failure or abnormal charging.

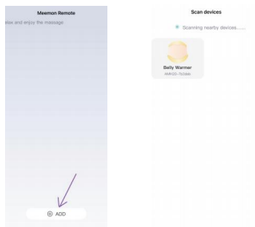
APP Operation

1.Download the APP
Download Meemon Remote from your APP store, or scan the QR code below to install the app.

Download on the App Store | GET IT ON Google Play | Download on Official Site

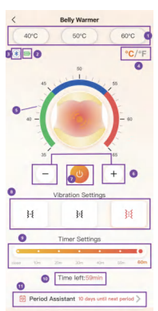
2.Connect via Bluetooth
Open the APP and allow Bluetooth and location permissions to connect the device.After the device is connected via Bluetooth, the Bluetooth Indicator Light will turn green.

3.Add Device
Make sure the device is powered on. Tap “Add” to start searching for the device.



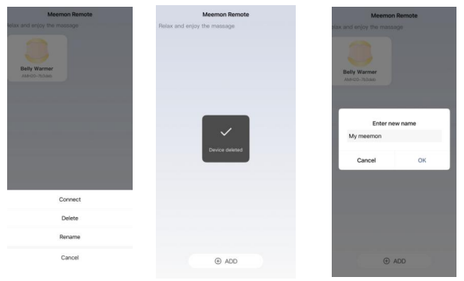
4.Connection Successful
After the device is successfully connected, tap the product icon to enter the control page.

5.APP Interface Overview



① Set Heating Temperature
② Current Battery Level
③ Bluetooth Status，Blue = Connected；Gray = Disconnected
④ Switch Temperature Unit ℃ / ℉
⑤ Temperature Adjustment Ring，Slide the three-color circular progress bar to adjust the desired temperature.
⑥ Temperature Adjustment Buttons (+ / -)
Tap the + / - buttons to adjust the set temperature in 1℃ increments. Press and hold for continuous adjustment.
⑦ Power Button
Tap to turn off the device. The device will enter standby mode for one minute. If no operation is performed during this time, the device will automatically power off.
⑧ Set Vibration Mode，The red indicator shows the currently selected vibration mode.
⑨ Timer Setting，Tap or slide to set the remaining timer duration.
⑩ Remaining Timer
⑪ Period Assistant，Set your period date to view and track your personal period records.（This feature is used for managing personal period information and is only available when the device is connected to the APP.）

6.Edit Paired Device
After the device has been successfully paired, return to the home screen. The paired device will appear in the device list.
Tap the device icon to connect to the device. (Make sure the device is powered on.)
Press and hold the device icon to open the device menu.
a.Connect (Note:Make sure the device is powered on.)
b.Delete device
c.Rename device



Note:
One mobile phone can connect to multiple devices, but only one device can be controlled at a time. Rename each device for easier identification and control.

Product Specifications

Product Name: Heating Pad for Abdomen & Waist
Model: AMH20
Input: 5V ⎓ 2A
Rated Voltage: 3.7V
Rated Power: 7.5W
Battery Capacity: 3000mAh

Troubleshooting

Problem	Possible Cause	Solution
Unable to power on	Low battery level	Charge the device before use
App cannot find the device	Bluetooth/location permission is disabled or the device is too far away	Turn on Bluetooth and make sure the device is within 10 meters of your phone. Some devices may also require location permission to be enabled.
APP cannot connect to the device	The device is not turned on	Make sure the device is turned on.
Heating performance is not noticeable	Thick clothing, improper contact with the body, low battery level, or low ambient temperature.	Adjust the product position to ensure proper contact with the body, reduce clothing thickness between the product and skin, and make sure the device has sufficient battery.
Device connection is interrupted	The device is too far away, the battery runs out during use, or there is signal interference	Move closer to the device and reconnect. If the battery runs out, charge the device before continuing to use it.

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.