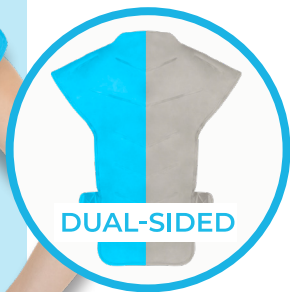


BACK ICE PACK

RHB3049BLU



To see all FAQs in one place, visit [vhealth.link/3js](https://vivehealth.link/3js)

OWNER'S MANUAL

vivehealth.com

BACK ICE PACK

COOLING INSTRUCTIONS

1. Lay the gel pack flat in the freezer for a minimum of 2 hours.
2. Remove from the freezer. Gently knead the gel pack to ensure that its contents are spread evenly.
3. Apply the gel pack to the affected area using the fabric side. Alternatively, you may use the nylon side if a layer of fabric or clothing will be used between the gel pack and your skin.
4. Leave the gel pack on for no more than 20 minutes at a time. If reuse is desired, ensure that you wait at least 1 hour before reapplication.

MICROWAVE INSTRUCTIONS

NOTE: Gel pack must be at room temperature before heating in the microwave.

1. Gently knead the gel pack to ensure that its contents are spread evenly. This allows the heat to disperse evenly.

2. Place the gel pack flat in the microwave on a dry paper towel. Fold larger packs in half if needed, depending on microwave sizing.
3. Heat the pack on high in 30-second intervals. Overheating will cause the pack to expand, rupture, and leak. Inspect the ice pack at each interval to ensure the pack is intact.
4. Remove the pack with tongs. If the pack is too hot, let it cool for at least 1 minute before use.
5. Apply the ice pack to the affected area using the fabric side to protect uncovered skin. If you are applying to a clothed area, you can use the nylon side for deeper relief.
6. Leave the pack on for no more than 20 minutes at a time. If reuse is desired, ensure that you wait at least 1 hour before reapplication.

DOUBLE SIDED GEL PACK

Choose from two sides to customize the level of treatment. The plush side is lined with a soft fabric to protect from temperature sensitivities during use. The Nylon side is the traditional gel pack that can be used over clothing or a towel for a more intense heating or cooling effect. Avoid direct skin contact for the safest experience.



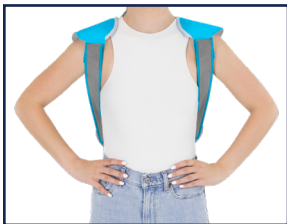
APPLICATION

NOTE: Before application, read the instructions above. Ensure that proper heating and cooling guidelines are followed during use.

1. Lay the plush side of the gel pack against the back.



2. Secure the straps to the hook patches near the top of the gel pack.



NOTE: Straps can also be crossed over the chest.



NOTE: If cooling/heating effects start to lessen, flip to the nylon side and repeat same steps.



CARE INSTRUCTIONS

Clean using a damp cloth and mild soap. Air dry. DO NOT machine wash or dry.

WARNINGS ⚠

CAUTION: For external use only. Carefully read all instructions and warnings before use. Use caution if you have sensory or circulatory issues.

- Do not overheat
- Recommended application time is 20 minutes at a time with repetitions every 1 hours as needed.
- Do not puncture or tear the gel pack.
- Check for leaks before use. Discard if leaking.
- This product is non-toxic and latex-free. If contents come in contact with your skin or eyes, rinse the affected area with warm water immediately.
- Adult supervision is recommended when using this product on children. This product is not intended to be used on infants.
- Assistance may be required during application of this support.
- Do not overtighten. Doing so may lead to restricted blood circulation.

- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product, please stop use and consult your doctor immediately.

SIGNS AND SYMBOLS

	Medical device indication ISO/DIS 15223- 1:2020 Reference no. 5.7.7 Indicates the item is a Medical Device.
	CE marking Communauté Européenne Product traded on the extended Single Market in the European Economic Area (EEA); has been assessed to meet high safety, health, and environmental protection requirements.
	Consult instructions for use ISO 7000-1641 Indicates the need for the user to consult the Instructions for Use.
	Manufacturer ISO 7000-3082 To identify the manufacturer of the Medical Device.
	Date of manufacture ISO 7000-2497 To indicate the date on which the Medical Device was manufactured.
	Importer To identify the importer of the Medical Device.
	Caution ISO 15223-1, Clause 5.4.4 To indicate the need for the user to consult the Instructions for Use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the Medical Device itself.
	RHB3049BLU
	Indicates a medical device that has not been subjected to a sterilization process.
	Latex Free
	 (0100810178890331(241)RHB3049BLU
	Indicates a medical device that needs protection from light sources.
	Indicates a medical device that needs to be protected from moisture.

MANUFACTURE AND PRODUCT INFORMATION

Manufacturer



Vive Health

8955 Fontana Del Sol Way
Naples FL 34109

service@vivehealth.com
1-800-487-3808
vivehealth.com



Compliance Management Solutions Europe

2 Bulgaria Str, 2850 Petrich, Bulgaria.

IMPORTANT SAFETY NOTICE!!

If you experience any serious incident related to the use of this device, immediately discontinue use and report it to:

1. The manufacturer: Vive Health (8955 Fontana Del Sol Way, Naples FL 34109)
2. Contact your national health authority or medical device regulator.
3. Your healthcare provider.

A serious incident is any incident that directly or indirectly led, might have led, or might lead to:

- Death of a patient, user, or other person.
- Temporary or permanent serious deterioration of a patient's, user's, or other person's state of health.
- A serious public health threat .

For any questions or concerns that are not serious incidents, please contact Vive Health customer service at service@vivehealth.com 1-800-487-3808 vivehealth.com

vivehealth.com

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at
[vhealth.link/3js](https://vivehealth.link/3js) for helpful answers.



And if that doesn't answer your question, our
customer service team would love to help!
Feel free to connect with them by phone,
e-mail, or chat on our website

service@vivehealth.com
1-800-487-3808
vivehealth.com

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