

HOT AND COLD MULTI PURPOSE WRAP

RHB3034BKBLXL



To see all FAQs in one place, visit vivehealth.link/lmd

OWNER'S MANUAL

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HOT AND COLD MULTI PURPOSE WRAP

APPLICATION

Leg

1. Lay the Gel Pack over the top of your leg with your kneecap at the center.
2. Begin to secure the two included straps with the longer of the two being wrapped around the thigh.



3. Now secure the shorter strap to the calf and shin area.



Hip

1. Place the gel pack over the hip and secure with the longer of the two straps.



2. Once the top strap is secured around the waist, use the shorter of the two straps to secure around the thigh.



Shoulder

1. Place the gel pack on a flat surface and place the longer of the two straps on the bottom portion of the gel pack. This will make applying to the shoulder easier.
2. Lay the gel pack over the affected shoulder with the strap on the backside of the gel pack.



3. Grab a hold of the strap and secure it on the front of the gel pack.



Back

1. Place the gel pack on your back with the long strap placed at the top of the gel pack and wrap around to secure.



2. Wrap the shorter of the two straps around the bottom portion of the gel pack to tightly secure.



Elbow

1. Secure both straps onto the gel pack and place your arm in the center of the gel pack.



2. Wrap the gel pack around the arm and begin to secure the straps.



For cooling and heating instructions
visit vhealth.link/6ty

Cooling Instructions - Freeze for 2 hours or more before each use.

Heating Instructions - Microwave on high in 20 second intervals, alternating each side until desired temperature is reached. Use Caution.

CARE INSTRUCTIONS

Spot clean with a damp cloth, Air dry. Do not bleach or machine wash.

WARNINGS

- Overheating the gel pack may cause it to burst or leak.
- Monitor the gel pack in the microwave. If it begins to expand, turn off the microwave and allow the pack to cool.
- Check the pack for punctures before each use. If there is a puncture, throw the pack away and wash skin if it comes in contact with the inner gel.
- The gel pack may be extremely cold upon first removing it from the freezer. Give the pack a few minutes to warm up before placing it on the skin.
- Do no machine wash the gel pack as it will be damaged.
- Don't apply pain-relieving ointments prior to using the gel pack.

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HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at
[vhealth.link/lmd](https://vivehealth.link/lmd) 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

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8955 Fontana Del Sol Way
Naples, FL 34109
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