

Robotic Massage® Chair

USE & CARE MANUAL

RMS-15



*human*TOUCH™
ROBOTIC MASSAGE CHAIR



www.vitalityweb.com

ih INTERACTIVE HEALTH

Safety notices...

Read all instructions before using the RMS-15 Massage Chair.

For household use only. Please read and observe these safety instructions carefully to reduce the possibility of fire or injury. For additional questions, please call our Customer Service Representatives at (800) 796-9656.

Those with the following conditions should consult their physician prior to using this massage chair.

- a Malignant tumor
 - b Heart Disease
 - c Pregnancy
 - d Conditions requiring rest
 - e Back Disease or back trouble from an injury or accident
- Do not use your massage chair in an excessively humid or dusty environment.
 - Your massage chair should be operated at a room temperature of between 40° and 100° F.
 - Make sure all operation switches are in the OFF position before connecting the power cord to an electrical outlet.
 - Do not use attachments which are not recommended by Interactive Health®.
 - Turn the power switch on the back of the chair to the OFF position when not in use.
 - If you detect a malfunction or any other abnormal condition in the operation of your chair, turn off the power immediately and disconnect the power cord from the outlet.
 - If you feel severe discomfort during the operation of your massage chair, stop using the chair and consult your physician.
 - Should you have a power failure, turn the power switch to the OFF position.
 - You should not use the chair for more than 15 minutes at one time.
 - If the chair has gotten wet or is exposed to moisture, turn the chair off, unplug it from the wall socket and call Interactive Health® customer service.
 - Keep your massage chair clean and away from humidity.

Contents:

For your safety	04
Grounding instructions and methods	05
Get acquainted	06
Take control of Human Touch™ Full Function Controller Fine Tuning Your Massage	08
Give your legs the night off Foot and Calf massage Stretch	12
Product care and storage General Maintenance	14
Warranty & Service	15
Specifications	16

Enjoy the Human Touch...

Thank you for choosing the RMS-15 Robotic Massage® Chair from Interactive Health®. We are confident that you will find this product to be among the best available.

For over two decades, Interactive Health® has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. With today's fast-paced lifestyles, balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Interactive Health® Massage Systems are vital components for achieving balance between physical and mental well-being. To learn more about our company and our products, we invite you to visit us on the Internet at: www.vitalityweb.com.



NEW Human Touch Technology™



HTT™ is a true step forward in Robotic Massage® technology. The result of years of research and development, this revolutionary system emulates the latest techniques used by massage and chiropractic professionals for back and spinal care.

HOW DOES IT WORK? It starts with a multi-patent pending mechanism that acts like "wrists and arms". The "hands" consist of four, three-dimensional massaging rollers, which are surrounded by a firm, yet comfortable material that feels like "fingers and thumbs". Working together, these robotic components deliver a variety of massage functions that feel great, and produce the most lifelike massage available.

"HTT™, recommended by professionals, designed for you."

"HTT™" is the preferred technology of the ACCO
www.accoweb.org



For your safety...

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the RMS-15 Massage Chair.

WARNING

Do not put hands or fingers near the massage mechanism or rollers while the RMS-15 is running.

Touching the mechanism can result in injury from the rollers squeezing together.

To reduce the risk of burns, fire, electric shock or injury to persons:

An appliance should never be left unattended when plugged in.

Unplug from outlet when not in use, and before installing or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Interactive Health®.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Always keep the power cord away from heated surfaces.

Never operate the appliance with the air openings blocked.

Keep the air openings free of lint, hair, and the like.

ANGER

To reduce the risk of electrical shock

Always unplug the massager chair from the electrical outlet immediately after using and before cleaning.

Do not reach for an appliance that has fallen into water.

Unplug immediately.

Never drop or insert any object into any opening.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Do not massage abdomen when pain is present or if you are pregnant.

Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions. Do not use on unexplained calf pain.

Do not use massager when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

Always connect massager to a properly grounded electrical outlet.

This unit is designed to operate on standard 120 Volt 60 Hz house current.

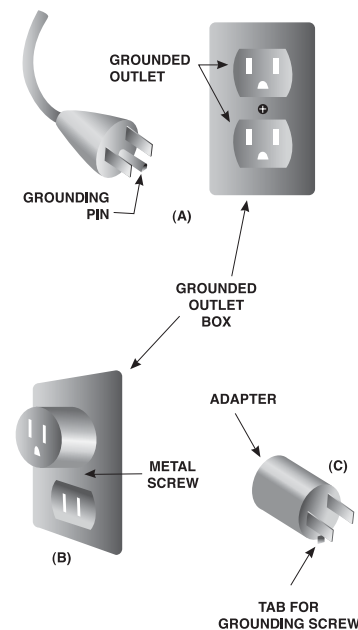
Do not use unit if noise above normal sound is heard.

The unit is designed for personal in-home use. Commercial use will void warranty.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS AND METHODS:

This product is for use on a normal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch (A). A temporary adapter that looks like the adapter used in sketches (B) and (C) may be used to connect this plug to a 2-pole receptacle as shown in sketch (B), if a properly grounded plug is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored, rigid ear tab or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical 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.

WARNING:

Improper connection of the equipment-grounding conductor can result in a risk of electronic shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this 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.

WARNING: Your chair is equipped with a thermal resetting protection device. This is an added safety feature to protect you and your massage chair from overheating. If the chair should suddenly stop and will not start, turn the main power switch, located on the back of the chair, off and do not operate the chair for at least 30 minutes. Failure to turn the chair off may result in the chair starting unexpectedly when the device cools.

Get acquainted...

Power up

These quick start steps will quickly get you into your new massage chair and ready for a more thorough understanding of the many features built into the RMS-15. (If you have not already connected the RMS Ottoman to the Master Chair please refer to the quick assembly card before proceeding.)

1

Master Power Switch

Before starting, please read all Safety Warning and Cautions. Plug the massage chair into a grounded 110 VAC power source and turn on the master power switch located on the back of the right hand leg.

2

Power Recline

Toggle thumb control toward recline icon to effortlessly achieve optimum back angle.

3

Whole Back Massage

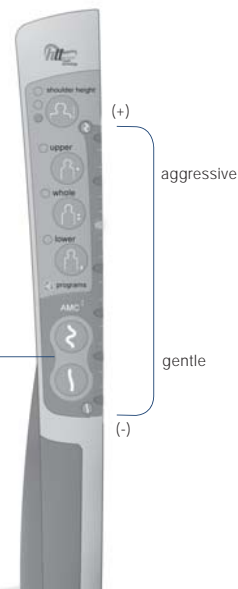
Sit in chair and select the **Whole** message button on the remote. Read the remainder of this manual while enjoying your first Human Touch™ Massage.

AMC²-Adaptive Massage Comfort Control

This feature allows you to fine tune the intensity of your massage to suit your needs.

As the LED display moves up the scale, the massage becomes more aggressive. Adjust the LED scale to the lower range on the scale for a gentle massage setting.

See detailed information about the operation of this powerful customizing feature later in the "Fine tuning your massage" section of this manual.



Convertible calf and foot massage

The convertible Calf Massager can easily be rotated to function as a leg support or an innovative Calf & Foot Massager.



Resting Position

The flat side of the Calf Massager provides comfortable elevated support for your legs.



Calf Massage Position

Pull the oval release handle and rotate the Calf Massager away from the chair until you hear it click.



Foot Massage Position

Pull the oval shaped release handle and rotate the Calf Massager away from the chair. Leave the footrest rotating freely. Place your feet into the massage openings.

Your new RMS-15 massage chair is a quality piece of furniture, and can be utilized and cared for like the rest of the fine furniture in your home. Using your new RMS-15 is as simple as turning it on and sitting down. The quick start information on this page will get you in your seat and prepared for your first HT™ massage.

Reviewing all of the illustrated steps and information in this Use and Care Manual will allow you to experience the full suite of luxury features built into your HT™ chair. Our Human Touch Technology™ can be set-up in many different ways to suit your needs and provide optimum comfort for many years to come.

Take control of Human Touch™ ...



Auto Massage Programs

These functions run pre-programmed combinations of signature massage modes for 15 minutes. Choose a **Full** Back massage, an **Upper** Back massage or a **Lower** Back massage. **Shoulder Height** allows you to adjust the upper massage height limit for small, medium and tall bodies.

Calves, Feet

Adjust massage cycle for calves and feet.

Full Function Controller



Power Status/Session Timer

This window features a countdown timer that informs you how much time remains in each 15 minute massage session.

Custom/Auto Massage

Features in this zone allow you to customize the massage style for your individual needs. Fine tune the position and focus of your massage with finger tip control.

Body Position

Power **Recline** buttons allow you to adjust the angle of the backrest for optimum comfort. **Auto Restore** functions the same as Stop/Park plus resets back rest to normal upright position.

Use **Stop/Park** to cancel all massage sessions and park rollers at the top of the back rest.

Calves, Feet

Versatility

Exclusive Human Touch™ features and functions can be activated in many combinations to achieve irresistible sensation and relaxation from head to toe.



8

Up-Down Massage Modes



Compression (An exclusive feature of Interactive Health HTT product line.)

Alternating strokes along the back that press on both spinal muscles and spinal joint areas.

Feels like:

Heels of hand firmly pushing on muscles along the side of the spine, and then inward toward the spine. Alternating "hands" also deliver a soothing rolling motion for the body.

Massage technique:

Emulates massage technique frequently used in sports medicine, and in spinal therapy by chiropractors. Motion spreads and places pressure on deep muscle tissue, forcing it to relax. The rocking motion also loosens spinal joints characteristic of spinal therapy.

Benefits:

aids in muscle and joint repair due to strain from exercise, long hours spent bent over a desk, or high stress levels; can improve mobility and overall posture.



Kneading

Massage nodes moving in small, circular motion on both sides of spine simultaneously.

Feels like:

The thumbs or heels of the hand pressing firmly in a circular motion on both sides of the spine.

Massage technique:

Emulates the thumb kneading performed by a massage therapist or other professional. This second phase of massage is slightly more intense than the rolling and is considered to be a more deep muscle massage.

Benefits:

Relieves tension and soreness by lifting and stretching muscles; improves circulation and helps bring vital nutrients to spinal area.



Knead + Percussion

The same feel and benefits as described in "Up-Down Kneading" that can be applied in a single area. Use the **Manual Position** up & down buttons to apply the massage in the desired area.

Feels like:

The thumbs or heels of the hand pressing firmly in a circular motion on both sides of the spine.

Massage technique:

Emulates the thumb kneading performed by a massage therapist or other professional.

Benefits:

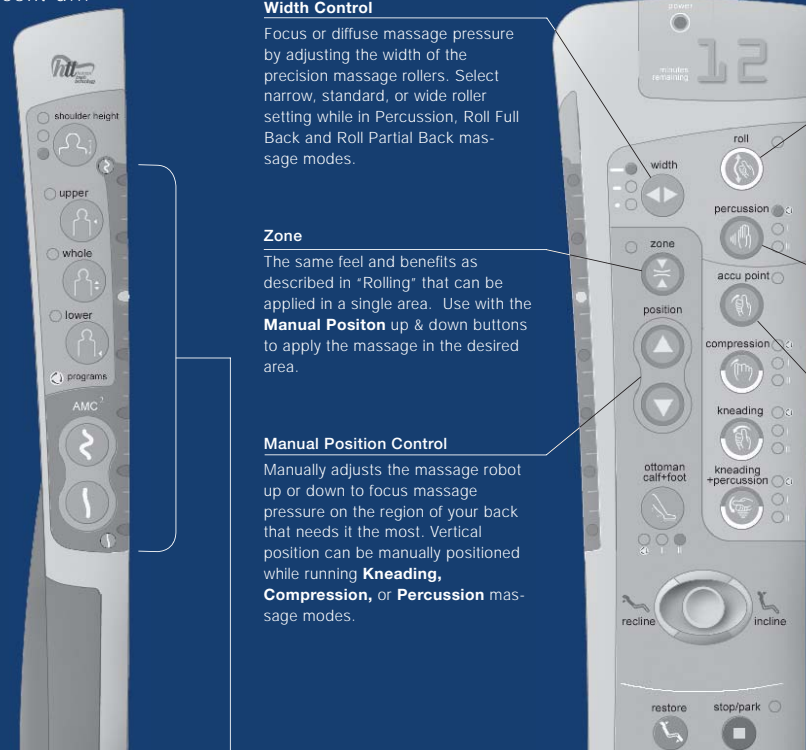
Relieves tension and soreness by lifting and stretching muscles; improves circulation and helps bring vital nutrients to spinal area.



9

Human Touch™ control

cont'd...



Width Control

Focus or diffuse massage pressure by adjusting the width of the precision massage rollers. Select narrow, standard, or wide roller setting while in Percussion, Roll Full Back and Roll Partial Back massage modes.

Zone

The same feel and benefits as described in "Rolling" that can be applied in a single area. Use with the **Manual Position** up & down buttons to apply the massage in the desired area.

Manual Position Control

Manually adjusts the massage robot up or down to focus massage pressure on the region of your back that needs it the most. Vertical position can be manually positioned while running **Kneading**, **Compression**, or **Percussion** massage modes.

Stationary Massage Modes

Rolling

Oval-elliptical nodes slowly and gently move up and down your back, near the spine, gently alternating side to side.

Feels like:

The hands of a therapist pressing firmly yet gently on your muscles. First on one side of the spine, then on the other.

Massage technique:

Emulates effleurage, the first part of a massage performed by a professional massage therapist. It is designed to warm-up and loosen the muscles to relieve tension, and prepare the back for a deeper, therapeutic massage.

Benefits:

Relieves muscle tension; improves circulation and relaxes the back.



Percussion

Alternating strokes along the spine that stimulate both spinal muscles and spinal joint areas.

Feels like:

Fists or length of hand rapidly tapping on back muscles.

Massage technique:

Emulates percussive massage, popular in sports medicine; deep muscle therapy.

Benefits:

Flexes spinal joints and relieves pressure on spinal column. Invigorates entire back area.



Acupoint

Acupoint mode is a thumb-point massage that deep penetrates muscles. It is most beneficial in the region between the upper back and the top of the shoulders. Use the Manual Up Down buttons to apply this mode anywhere on your back.

Fine tuning your massage with the power of AMC²

Fine tune your massage with the precision of the Width and Manual Position Control buttons. Experience the custom experience of Adaptive Massage Comfort Control (AMC²)

This feature gives you the ability to adjust the distance between you and the massage rollers by inflating or deflating air cylinders embedded in the backrest. Pump the cylinders up for a soft massage or deflate the cylinders completely for the most aggressive massage. The fully contained air supply system is one of the quietest systems in the industry.

As with all Interactive Health® Robotic Massage® chairs, the RMS-15 allows you to customize the massage to your own needs. You can select custom massage functions, pinpoint the massage anywhere on your back, or let the massage robot caress the full length of your back automatically. You can also simply choose an automatic program mode that will run a pre-programmed Human Touch™ massage session.

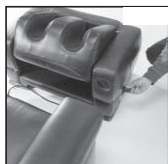
Give your legs the night off...

Foot and Calf Massage



Resting Position

The flat side of the Calf Massager provides comfortable elevated support for your legs.



Calf Massage

Pull Calf/Foot Massager brake lever down to deploy the Calf /Foot Massager.



Pull the oval shaped release handle and rotate the Calf Massager away from the chair until you hear it click. To return the Calf Massager to the Resting Position pull the oval shaped release handle again and rotate the Calf Massager toward the chair.



Place your legs in the massage openings. Press the **Calf + Foot** button once to activate the auto program mode. Press button again to lock the massage into a high cycle mode. Press again to access fixed low cycle mode. Press a final time to cancel all calf + foot massage actions.

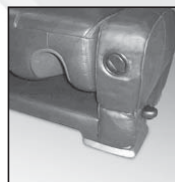
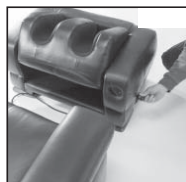
Foot Massage

Pull Calf/Foot Massager brake lever down to deploy the Calf /Foot Massager.

Pull out the oval Calf/Foot Massager release handle and rotate the Calf Massager towards you until it is moving freely.

Insert your feet in the Calf/Foot Massager while it is moving freely and not locked in place. Select desired foot massage by toggling through auto-high-low-cancel on remote.

To fold the Calf/Foot Massager away, pull out the oval release handle and rotate the Calf Massager toward the chair until you hear a click. Return the side brake lever to the up position.



Body Position Control

You may want to adjust your back angle while using the Foot and Calf Massager. With a single stroke of the thumb operated toggle you can achieve optimum body position and seating comfort.

Your legs support you throughout the day and often need as much care and rest as your back. With the RMS-15 you can surrender your entire body to Human Touch Technology™ from head to toe.

Product care and storage

To keep your product working and looking its best, please follow these simple care guidelines.

General Maintenance

1. Be sure to disconnect the power cord from the electrical outlet before cleaning.
2. Do not use benzene, thinner or any other solvents on your massage chair.
3. Remove dust on the backrest or armrest with a vacuum.
4. If the backrest or armrests become soiled, wipe with a damp cloth, then a dry cloth.
5. Common vinyl cleaners may be used for tough stains.
6. When cleaning the controller or around the power switch, use a dry cloth only. Never use a damp cloth to clean the controller or power switch.
7. It is suggested that you cover the chair when not in use for a long period of time.
8. The mechanics of this product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing are required.
9. Foreign objects should not be inserted between the massage nodes or the unit housing.
10. When not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.
11. Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

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.

HTT™ Chair (HTT Models)	Factory Service	Parts	Structural
New Products (Original Packaging Only)	90 days	1 year	3 years
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.vitalityweb.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.vitalityweb.com for the latest terms and pricing for extended warranties.

Specifications*

Operating Voltage:	110-120 VAC
Power Consumption:	120 Watts
Size:	Chair (reclined) 60"L x 36"W x 24.5"H
Weight:	Chair 161 Lbs
Recline Angle:	105 - 170 Degrees
Number of Massage Functions:	Six (6)
Programmed Function:	3 Upper, Whole and Lower Back
Massage Head Storage:	Auto at Top
Automatic Timer Shut-Off:	15 minutes
Total Massage Stroke Length:	21.0 Inches
Accu Point	1 speed
Rolling:	1 speed
Kneading:	2 speeds and Auto
Compression:	2 speeds and Auto
Percussion:	2 speeds and Auto
Kneading Percussion	2 speeds and Auto
Cover Fabric Material:	Leather and Leather match

*Specifications are subject to change without prior notice.

Interactive Health® 2004
Patents Pending and intellectual property rights enforced.
No medical claims are warranted or implied by the use of
this product.