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|  | Instructions For Use | File NO   | HY/CE-01_2.2 |
|                                                                                  |                      | Rev.NO    | A/2          |
|                                                                                  | Heat packs           | Rev. Date | 2025.04.28   |
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## Instructions For Use

| Title        | Name      | Signature        | Date       |
|--------------|-----------|------------------|------------|
| Prepared by: | Wu Shuang | <i>Wu Shuang</i> | 2025.04.28 |
| Reviewed by: | Chen Lin  | <i>Chen Lin</i>  | 2025.04.28 |
| Approved by: | Liu Chen  | <i>Liu Chen</i>  | 2025.04.28 |

**Jiangsu Hanyao Medical Devices Co., Ltd.**

|                                                                                                                                  |                      |           |              |
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| <br><b>HANYAOMEDICA</b><br>Focus on Heat Therapy | Instructions For Use | File NO   | HY/CE-01_2.2 |
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### Revision history

| NO. | Version NO. | Date       | Modified content                                                                                                                                                                                                                                                                                                                                                                                                    | Modified by |
|-----|-------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 1   | A/0         | 2023/02/02 | Initial version                                                                                                                                                                                                                                                                                                                                                                                                     | Wu Shuang   |
| 2   | A/1         | 2024/11/12 | Update:<br><br>Add the advice for sticking on the skin.<br>Intended use:It is intended to provide advanced heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.<br>Contraindication:Deletin g the word "pet".<br><br>Intended use environment&Storage and Disposal : Altitude2000m<br><br>Add website information of e-IFU. | Wu Shuang   |
| 3   | A/2         | 2025/04/28 | Update:<br>ISO 15223-1:2021/Amd1 :2025<br>Labelling changed                                                                                                                                                                                                                                                                                                                                                         | Wu Shuang   |

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| <br><b>HANYAOMEDICA</b><br>Foucus on Heat Therapy | Instructions For Use | File NO   | HY/CE-01_2.2 |
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### Important note



Please ensure you read this user manual carefully before each use and keep it somewhere that is easily accessible for users and/or appropriate specialist staff.



Ensure you carefully read through the warnings indicated by this symbol.

It is recommended to use this product on skin.

Only one layer of underwear will have no effect on the use of the product.

### Product Name:

Heat Packs

### Applicable specifications and models

| Model                |                          | Specification |
|----------------------|--------------------------|---------------|
| Heat patch           |                          | 130×95mm      |
| Joint Heat Patch     |                          | 145×100mm     |
| Shoulder&neck Warmer | Shoulder&Neck Warmer I   | 235×90mm      |
|                      | Shoulder&Neck Warmer II  | 285×90mm      |
|                      | Shoulder&Neck Warmer III | 295×90mm      |
|                      | Shoulder&Neck Warmer III | 310x119mm     |
|                      | Shoulder&Neck Warmer XL  | 320×260mm     |
|                      | Shoulder&Neck Warmer XL  | 350×260mm     |
| Warming Belt         |                          | 880-145mm     |
| Knee Warmer          |                          | 410×140mm     |
| Period Pain Patch    |                          | 130×95mm      |

### Intended Use:

It is intended to provide heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

### Intended Users:

Adults over 18 years old who have need of heat therapy.

### Intended patient population:

People with mild muscle and joint pain associated with overwork, strain, sprain, and arthritis and the limitation of the intended users.

### Frequency of use:



The product is for single use only. Do not reuse.

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### Indication:

It is intended to be applied to a body surface to provide heat therapy to that surface and/or underlying tissue, e.g., the muscle.

### Contraindication:

- Can't use for people who have diabetes, poor circulation or heart disease.
- Can't use for people with rheumatoid arthritis.
- Can't use together with other forms of therapeutic heat, including electric heating.
- Can't use of unhealthy, damaged or broken skin, or sensitive skin.
- Can't use for people unable to remove the product, including children, infants, pregnant women, and some elderly.
- Can't use for children 12 and under.
- If your doctor does not recommend its use for you or your condition.

### Potential Complications:

It may causes skin burns, skin redness, skin itchy etc, it might be self-cured or need medical intervention while it is serious enough.

### Precautions:

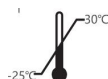
It is normal to experience slight skin redness after removing the wrap. If your skin is still red after a few hours, stop using heat packs until the redness goes away completely. Be careful and periodically check your skin. Stop use if the pad feels too hot or uncomfortable.



### Warning:

- For single use only. Do not reuse.
- This product can be affixed to Skin.
- If the heat pad material is damaged or tom.
- With medicated lotions, creams or ointments.
- On areas of bruising or swelling that have occurred within 48 hours.
- If you are not capable of applying and removing the wrap by yourself.
- If you are bedridden or prone to skin ulcers.
- On areas of the body where you can't feel heat
- Check skin frequently for signs of burns or blisters, please stop use if you found
- Stop use and ask a doctor if you experience any discomfort, burning, swelling, rash or other changes in your skin

### Intended use environment



Temperature -25°C~30°C



Humidity 20%~80%RH

Altitude ≤1500m

### Use instructions:

1. Open the plastic wrapper and remove the heat pack.
2. Peel away paper to reveal adhesive side.
3. After the product has fully come into contact with air and begins to generate heat, apply it to the skin surface corresponding to the model or outside of close-fitting clothing and smooth it out.

|                                                                                                                                |                      |           |              |
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4. After the heat has dissipated, remove and discard the heat pack.

#### Sterilization:



Non-sterile product.

#### Shelf-life:



The shelf-life of the product is 3 years. Do not use after expiry.

#### Storage and Disposal

##### Transportation&Storage environment:

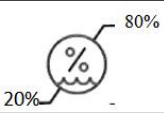
The product should be stored in an indoor environment with relative Temperature is -25°C~30°C, humidity is 20%~80%, avoiding sunlight, clean, well ventilated, and no corrosive gases or liquids and at an altitude lower than 2000m.

#### Disposal



Thrown into the trash after use

#### Definitions of Symbols

|                                                                                     |                                                     |                                                                                     |                              |
|-------------------------------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------|
|  | CE mark                                             |  | Manufacturer                 |
|  | Authorized representative in the European Community |  | Model number                 |
|  | Use-by date                                         |  | Keep away from sunlight      |
|  | Do not use if package is damaged                    |  | Do not re-use                |
|  | Date of manufacture                                 |  | Batch number                 |
|  | Caution                                             |  | Consult instructions for use |
|  | Medical Device                                      |  | Keep dry                     |
|  | Thrown into the trash after use                     |  | Non-sterile                  |
|  | Humidity limitation                                 |  | Temperature Limit            |

#### e-IFU

You can log in to the URL: [www.jshanyao.com](http://www.jshanyao.com) to see the e-IFU of the Heat packs.



#### Manufacturer

Name: Jiangsu Hanyao Medical Devices Co., Ltd.

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Add: No.901 Yongchang Road, Suining District, Xuzhou, 221200 Jiangsu P.R. China

Tel: 0516-88286658

Zip code: 221200

Mail: 15900688890@qq.com



### European Authorized Representative

Name:HUMISS TRADING S. L.

Add.:Calle Luis Buñuel 12, MADRID, 28018, Spain

SRN:ES-AR-000040177

Contract person:Lin Sun

Tel: +34-640150649

E-mail: info@humiss.com

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