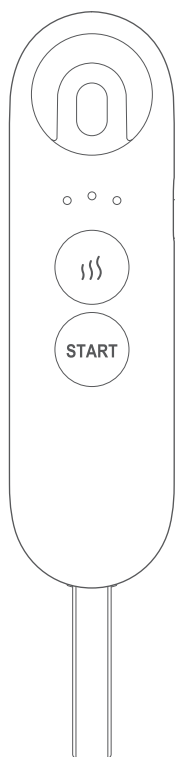


iHealth

D-Itch Stick

Insect Bite Healer

Model: IBH-1000



Instruction Manual

Version 1.0

Please read this instruction manual carefully before using the product. Thank you for purchasing the iHealth D-Itch Stick. Please keep this Instruction Manual for reference.

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INTENDED USE

The product is intended to provide temporary relief of the pain and itching resulting from insect stings and bites.

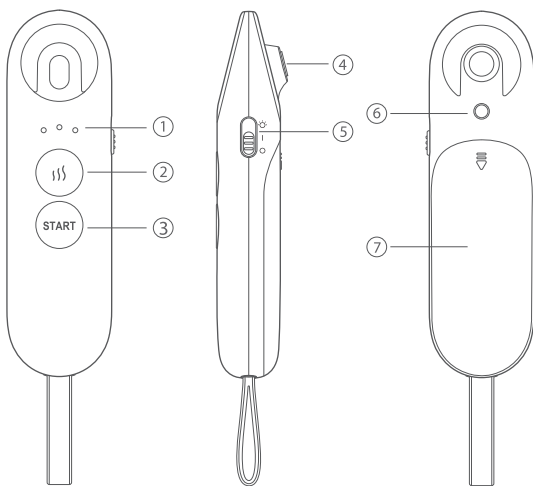
CONTRAINDICATIONS

1. Do not use the device on damaged or irritated skin (e.g., skin with ulcers, burns, frostbite, bruises, eczema, or swelling from causes other than insect bites).
2. Do not use the device on patients with diabetes, peripheral neuropathy, or other conditions that impair sensory perception.
3. Do not use the device while experiencing a fever.
4. Do not use the device on mucous membranes or sensitive areas.
5. Do not use the device in combination with topical medications or cosmetics.

TARGET GROUP

The insect bite healer is intended for home use only. It should be used with adult supervision on those aged 3-11. Individuals aged 12+ may operate the device independently.

PARTS AND CONTROLS



- | | | |
|--------------------|-------------------------------|-----------------------------|
| ① Indicator Lights | ⑤ Power/Light Switch | ⑥ Flashlight |
| ② Mode Button | • Top : Power and Flashlight | ⑦ Battery Compartment Cover |
| ③ Start Button | • Middle : Power Only | |
| ④ Heating Plate | • Bottom : Power Off | |

BOX CONTENTS

- 1 IBH-1000
- 2 AAA Batteries
- 1 Instruction Manual
- 1 Quick Start Guide

SETUP AND OPERATION


1. LOADING BATTERIES


- a. Open the battery cover ⑦ at the back of the device.
- b. Insert two AAA batteries according to the positive and negative marks (+ and -) stamped on the battery box.
- c. Reattach the battery cover to the device.

Battery Tips:

Replace batteries when all three indicator lights flash.

Do not use rechargeable batteries.

 Avoid getting battery fluid in your eyes. If it does get in your eyes, immediately rinse with plenty of clean water and contact a physician.


 The negative terminal of the battery needs to be properly seated into the battery compartment after compressing the spring. The battery must contact the spring.




The device, the batteries must be disposed of according to local regulations at the end of their life.



2. USING YOUR INSECT BITE HEALER

Before using the device, make sure there is no insect stinger remaining in the affected area. Gently remove any stinger prior to application. For the best results, use the device immediately after an insect bite or sting. While delayed use may reduce its effectiveness—especially if itching or swelling has already developed—it is still recommended, as the device can help alleviate discomfort and support the healing process.

- a. Slide the power switch ⑤ to | (the middle setting) to power on or to ☀ (the top setting) to turn on both the device and the flashlight. The indicator lights ① will flash for the corresponding mode.
- b. Press the Mode button  ② to select a heat level: Blue for Low, Green for Medium, and Orange for High.
- c. Place the heating plate ④ of the device directly on the bite/sting area.
- d. Press the START button ③ to begin treatment. After a beep, the heating plate will begin heating.
- e. After the selected treatment is over, a beep will signal completion and the heating plate will automatically stop heating. Remove the heating plate from the skin. This heat level will be recorded.
- f. Slide the switch ⑤ to ○ to power off the device. (The device will also power off automatically after 1 minute of inactivity.)
- g. Before storing, make sure that the device is powered off and the heating plate has cooled down.
- h. You can slide the switch ⑤ to ○ to power off the device manually at any time.

 Depending on the sensitivity of the individual using the device and the area of skin being treated, the therapeutic temperature may feel uncomfortable and could result in mild skin redness or, in rare instances, skin irritation. Should the heat function feel excessively hot, discontinue treatment immediately.

3. CLEANING AND MAINTENANCE

-  Changes or modifications not approved by the manufacturer will void the user's warranty. Do not disassemble or attempt to repair the device or its components.
-  Avoid high temperature. Do not immerse the device in water, as this will result in equipment damage.
- Clean the device with a soft, dry cloth before the first use and after

every use.

- Disinfect the heating plate with alcohol wipes between uses to avoid cross-contamination.
- Protect the device from impacts, moisture, dust, chemicals, extreme temperature changes, and nearby heat sources (such as ovens or heaters).
- Please wait approximately 2 hours for the device to adjust to normal operating temperature before use if it has been transferred from extreme storage or transportation temperatures.
- Do not service or maintain the device while it is in use.

4. TROUBLESHOOTING

Issue	Possible Cause	Solution
Device won't power on properly.	Batteries not inserted properly.	Insert the batteries properly.
	Batteries are depleted.	Replace the batteries.
The device does not generate enough heat.	Low battery.	Replace the batteries.
All three indicator lights flash simultaneously.	Battery level is too low.	Replace the batteries.
The device is not working with the power switch in the ON position.	The device has automatically powered off after 1 minute of inactivity.	Set the power switch to the OFF position, then switch it back to ON to reactivate the device.
Two indicator lights flash simultaneously.	System error.	Set the power switch to the OFF position, then switch it back to ON to reactivate the device.

Note:

If the device is still not properly functioning, please contact us at support@ihealthlabs.com.

SPECIFICATIONS

Model: IBH-1000

Size: Approx. 4.1" × 1.2" × 0.7" (104.8mm × 30mm × 18.1mm)

Weight: Approx. 0.9 oz. (25.6g) (excluding batteries)

Modes: Low / Medium / High temperature

Max. Temperature: 51±2°C

Batteries: 2 × 1.5V = SIZE AAA

Operation Conditions: 41°F to 104°F (5°C to 40°C), ≤80%RH, 80 kPa to 105 kPa

Storage / Transport Conditions: -4°F to 131°F (-20°C to 55°C), ≤90%RH, 80 kPa to 105 kPa

Device life: Five (5) years


Battery life: Approx. 200 uses


Classification: Internally powered; Type BF applied part; IP42; No AP or APG; Continuous operation


Treatment method: Heating

SKU: IBH-Ditch

IMPORTANT SAFETY INFORMATION

 Warning	Indicates a potentially hazardous situation that, if not avoided, could result in death or serious injury.
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1. Do not use this device on skin with acute or chronic lesions (injured or irritated), such as inflamed skin (whether painful or not), reddened skin, rashes (e.g., allergic reactions), or unhealed or healing wounds and surgical scars.
2. Use carefully. If the device is used repeatedly on the same area of skin within a short period, it may cause burns or blisters. Do not use on sensitive skin areas or in the presence of poor circulation. The unattended use of the device by children or incapacitated persons may be dangerous.
3. If the device is to be used repeatedly on the same bite or sting, ensure there is at least a 2-minute interval between each application.
4. If you are allergic to the device's material, please do not use it.
5. Before using the device, consult a doctor if you have any skin conditions, severe illnesses (especially if you have thromboembolic diseases or a tendency toward recurrent malignancies), or unexplained chronic pain in any part of the body.
6. Seek medical advice immediately at the first signs of increased itching, skin redness, swelling, dizziness, nausea, shortness of breath, formation of welts, or a drop or increase in blood pressure.
7. If symptoms persist or worsen after using the device, consult a doctor immediately.
8. If bitten by a tick, seek medical advice immediately. Ticks may transmit pathogens that cause diseases such as tick-borne encephalitis (TBE) or Borrelia.
9. The device is ineffective against venom from spiders, scorpions, or snakes.
10. This device is not a substitute for medical consultation and treatment. If you experience pain or illness, always consult a doctor.
11. Keep the device safely stored and inaccessible to children to prevent them from swallowing the batteries or small parts.
12. If the device will be stored for long periods without use, it is recommended to remove the batteries before storing.
13. See the section regarding ELECTROMAGNETIC COMPATIBILITY INFORMATION for information regarding potential electromagnetic interference (EMI) or other interference between the device and other devices.  Please do not use the device within range of the following devices: magnetic resonance imaging, computerized axial tomography, diathermy, radio frequency (RF) identification, active high-frequency surgical equipment, and electromagnetic security systems such as metal detectors. The device is not intended for use in an oxygen-rich environment.

 Caution	Indicates a potentially hazardous situation that, if not avoided, may result in minor or moderate injury to the user.
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1. Patients can operate the device by themselves.
2. The device should be used by only one person, do not share the device to prevent the risk of infection and cross-contamination.
3. Before use, ensure the device is not visibly damaged. If in doubt, do not use the device and contact your retailer.








4. 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 protect reasonably 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 the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

5. 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;
- (2) This device must accept any interference received, including interference that may cause undesired operation.

EXPLANATION OF SYMBOLS

SYMBOL:	EXPLANATION:
	Symbol for "THE INSTRUCTION MANUAL MUST BE READ" (The sign background-color: blue. The sign graphical symbol: white)
	Symbol for "TYPE BF APPLIED PARTS" (The heating plate is a type BF applied part)
	Symbol for "ENVIRONMENTAL PROTECTION." Electrical products should not be disposed of as household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.
	Symbol for "MANUFACTURER"
	Symbol for "DATE OF MANUFACTURE"
	Symbol for "SERIAL NUMBER"
IP42	The first characteristic numeral stands for "Degrees of protection against access to hazardous parts and against solid foreign objects." The second characteristic numeral symbol stands for "Degrees of protection against ingress of water."
	MR Unsafe

WARRANTY INFORMATION

iHealth Labs, Inc. ("iHealth") warrants the iHealth hardware (the "Product"), and only the Product, against defects in materials and artistry under regular use for one year from the date of purchase by the original purchaser ("Warranty Period"). Under this Limited Warranty, if a defect arises and a valid claim is received by iHealth within the Warranty Period regarding the Product, at its option and to the extent permitted by law, iHealth will either (1) repair the Product using new or refurbished replacement parts or (2) exchange the Product with a new or refurbished Product. In the event of a defect, to the extent permitted by law, these are the sole and exclusive remedies.

This warranty does not apply: (a) to consumable parts, such as the the battery, that diminish over time unless failure has occurred due to a defect in materials or quality; (b) to cosmetic damage, including but not limited to scratches and dents; (c) to damage caused by accident, abuse, misuse, or contact with liquid; (d) to damage caused by operating the iHealth product outside the user manual, the technical specifications, or other iHealth product published guidelines; (e) to damage caused by service performed by anyone who is not a representative of iHealth or one of its representatives. "iHealth" is a trademark of iHealth Labs, Inc.

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ELECTROMAGNETIC COMPATIBILITY INFORMATION

- The essential performance: the max. temperature is $51 \pm 2^{\circ}\text{C}$.
- If EMI affects the above performance, please stop using the device.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the device. Otherwise, degradation of the performance of this equipment could result.

Table 1 - Emission Limits Per Environment

Phenomenon	Compliance	Electromagnetic environment
Conducted and radiated RF emissions	CISPR 11 Group 1, Class B	The device is intended to be used in home healthcare environment.
Harmonic distortion	IEC 61000-3-2 NA	This device is powered by batteries.
Voltage fluctuations and flicker	IEC 61000-3-3 NA	This device is powered by batteries.

Table 2 - Enclosure Port

Phenomenon	Basic EMC standard	Immunity Test Levels
		Home Healthcare Environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air
Radiated RF EM field	IEC 61000-4-3	10V/m 80MHz-2.7GHz 80% AM at 1kHz
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	Refer to table 3
Rated power frequency magnetic fields	IEC 61000-4-8	30A/m 50Hz or 60Hz
Proximity magnetic fields	IEC 61000-4-39	Refer to table 4

Table 3 - Proximity Fields from Rf Wireless Communications Equipment

Test frequency (MHz)	Band (MHz)	Immunity Test Levels
		Professional Healthcare Facility Environment
385	380-390	Pulse modulation 18Hz, 27V/m
450	430-470	FM, ±5kHz deviation, 1kHz sine, 28V/m
710	704-787	Pulse modulation 217Hz, 9V/m
745		
780		
810	800-960	Pulse modulation 18Hz, 28V/m
870		
930		
1720	1700-1990	Pulse modulation 217Hz, 28V/m
1845		
1970		
2450	2400-2570	Pulse modulation 217Hz, 28V/m
5240	5100-5800	Pulse modulation 217Hz, 9V/m
5500		
5785		

Table 4 - Test Specifications for ENCLOSURE PORT IMMUNITY to Proximity Magnetic Fields

Test Frequency	Modulation	IMMUNITY TEST LEVEL (A/m)
30 kHz	CW	8
134.2 kHz	Pulse modulation 2.1 kHz	65
13.56 MHz	Pulse modulation 50 kHz	7.5

Table 5 - Patient Coupling Port

Phenomenon	Basic EMC standard	Immunity Test Levels
		Home Healthcare Environment
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air