

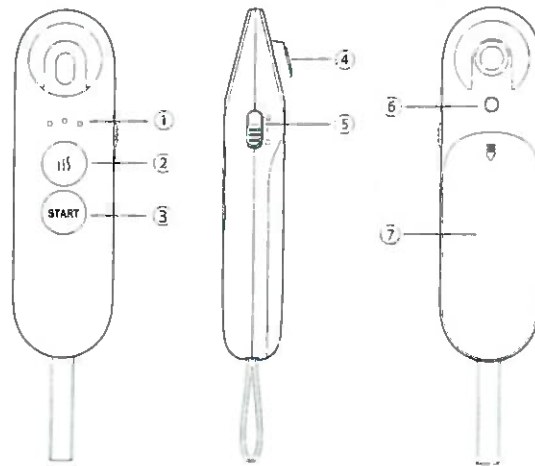
iHealth® D-Itch Stick

Insect Bite Heater

Quick Start Guide

IBH-1000

Parts and Controls



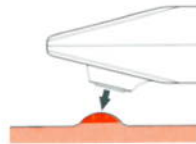
- ① Indicator Lights ② Mode Button ③ Start Button ④ Heating Plate
 ⑤ Power/Light Switch
 • Top : Power and Flashlight • Middle : Power Only • Bottom : Power Off
 ⑥ Flashlight ⑦ Battery Compartment Cover

1) Insert The Batteries



Insert two AAA batteries into the compartment. Ensure the batteries are inserted according to the positive and negative marks (+ and -) stamped on the battery box.

4) Apply The Device



Place the heating plate directly onto the insect bite or sting area.

2) Power On



Slide the switch to
 : Power on only
 : Power on and activate the flashlight

5) Start Treatment



Press the start button to begin. The device will heat for 6s, then beep and automatically stop.

3) Select Heat Mode



Press the mode button to cycle through
 - Low : Blue
 - Medium : Green
 - High : Orange
 Select the heat level that feels most comfortable for you.

6) Power Off



Slide the switch to the off position to shut down the device.

* For full instructions, safety tips, and troubleshooting, please refer to the Instruction Manual included in the box.