For 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. 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.interhealth.com or call our Customer Service Representatives at 800-355-2762.

“HT™” is the preferred technology of the ACCO. www.accoweb.org

HT™-102 CHAIR

YOU HAVE PURCHASED A TICKET TO TRANQUILITY – CONGRATULATIONS!

Your HT™-102 chair is the perfect bridge between state-of-the-art technology and the ancient healing art of massage. It’s a key ingredient for a balanced life, conveniently designed for use at home.

Your HT™-102 chair incorporates Human Touch Technology®. The very latest Robotic Massage® system, HTT® emulates the same techniques used by massage and chiropractic professionals for back and spinal care. Superior technology, combined with a wide variety of massage modes and sleek design, means your HT™-102 chair will be a permanent fixture in your home for years to come.

To ensure that you don’t overlook any of your chair’s features, and that you use it safely, read this manual carefully. Then sit back, relax, and enjoy!
**Grounding Instructions:**

This product must be grounded. If it should malfunction or be damaged, 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.

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.

**Grounding Methods:**

For all grounded cord-connected products:

- **Grounded Pin**
- **Grounded Outlet Box**
- **Adapter**
- **Grounding Screw**
- **Metal Tab**

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

**Safety Precautions:**

- Comfortable clothing is recommended while using the product.
- This product was meant to be used in a relaxed position. Never force any body part into the backrest area while the rollers are moving.
- Do not allow children to use this product.
- If you feel any abnormal discomfort during the operation of this product, turn off the power immediately and do not use the product.
- Consult your physician.
- Do not sit on the controller.
- Do not pull on the AC cord.
- Always keep the power cord away from heated surfaces.
- Always keep the power cord away from heating appliances.
- This product is designed for personal in-home use. Commercial use will void warranty.

**SAVE THESE INSTRUCTIONS**
GET READY

1. Unfold the chair
Remove all packaging materials from the chair. Pull up on the backrest to unfold the chair to an upright position. The backrest locks into place automatically.

2. Install the backrest pad
Attach the backrest pad to the backrest using the hook and loop fasteners on the top of the backrest and backrest pad. Smooth the two flaps on the bottom of the backrest pad under the bottom of the backrest. The flaps attach to the backrest using the hook and loop fasteners. Attach the flaps on each side of the backrest pad to the backrest, using the hook and loop fasteners.

3. Install the seat cushion
Stand at the right-hand side of the chair. Pull up on the footrest lever to extend the footrest to a horizontal position. Pull up on the footrest release handle, located on the right-hand side of the footrest, then rotate the footrest away from the chair until it is in a vertical position. Attach the seat cushion to the back of the seat, using the hook and loop fasteners. Wrap the flap on the front of the seat cushion around the chair frame and attach it to the top of the chair frame using the hook and loop fasteners.

4. Install the head pillow
Attach the head pillow to the flap on the top of the backrest pad using the hook and loop fasteners. Adjust the head pillow height for maximum comfort.

YOUR HT™-102 requires some simple assembly (no tools required). Just install the backrest pad, the seat pad and the head pillow, and you’re set to go!
1. Plug it in
Plug the power cord into a grounded 110 VAC power source.

2. Power on
Turn the master power switch (on the bottom center of the chair back) to On.

3. Adjust the footrest height
While sitting in the chair, pull up on the footrest lever (located on the right-hand side of the chair) to raise the footrest to a comfortable height. Release the handle.

4. Adjust the backrest
Use the remote control Power Recline buttons to adjust the backrest angle for maximum comfort.

When changing direction (from Recline to Incline and from Leg Up to Leg Down), there is a slight pause while the chair gears shift. This is perfectly normal.

www.interhealth.com
1. Adjust the footrest angle
While sitting in the chair, pull up on the footrest release handle (located on the right side of the footrest). Rotate the footrest away from the chair until it clicks into position, with the calf+footrest on top. Do not rotate the footrest past the point at which it clicks into position-it will break.

FOR A CALF MASSAGE:

2. Insert your legs into the calf+foot massager
If your legs feel uncomfortable, remove them from the massager.

FOR A FOOT MASSAGE:

1. Release the footrest
While sitting in the chair, pull up on the footrest release handle (located on the right side of the footrest). If the calf+footrest is not already on top: Rotate the footrest away from the chair just until the calf+footrest is on top. Do not rotate it so far that it clicks into position; the footrest should be moving freely for a foot massage. If the calf+footrest is already on top and locked into position for a calf massage: Rotate the footrest toward the chair until it is moving freely.

2. Insert your feet

Do not stand or sit on the footrest.
TAKE CONTROL

Now choose a massage mode to suit your mood.

Your HT™-102 massage chair lets you customize your massage using a wide variety of massage modes. Choose from three stationary massage modes and two rolling massages, or combine them. Too tired to make a decision? Just select one of the three auto programs, which alternate between massage modes and target different areas of your back. For specific sore spots, position the massage rollers to target that spot. Your HT™-102 offers maximum flexibility, to meet all of your back massage needs.

MASSAGE MODES

Kneading — kneads your back in small, circular motion on both sides of your spine simultaneously, relieving tension and soreness by lifting and stretching muscles. Kneading improves circulation and helps bring vital nutrients to the spinal area.

Percussion — alternating rapid-tapping strokes along the spine stimulate both spinal muscles and spinal joint areas, emulating the percussive massage technique used in sports medicine for deep muscle therapy. Percussion massage flexes spinal joints and relieves pressure on the spinal column, invigorating the entire back area.

Compression — presses on spinal muscles and spinal joint areas using alternating strokes and a gentle rocking motion, emulating a technique used in sports medicine and in spinal therapy by chiropractors. Compression spreads and puts pressure on deep muscle tissue, forcing it to relax, while the rocking motion loosens spinal joints. This technique aids in muscle and joint repair due to strain from exercise, long hours bent over a desk, or just day-to-day stress, and can improve mobility and overall posture.

Rolling Full — rolls gently up and down your back near your spine, gently alternating side-to-side, to warm up and loosen your muscles and prepare your back for deeper massage. Rolling massage relaxes muscle tension, improves circulation and relieves the back.

Rolling Partial — applies the massage to a 3-inch-high portion of your back. Use the Spot Adjust buttons to position the massage rollers to the desired area.

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You can easily remove the massage-softening pad that comes preinstalled in your HT™-102 chair. But keep it handy, in case you want to replace it in the future.

Additional massage-softening pads are available from Interactive Health®, for an additional charge.

**MASSAGE FOR A STRONGER MASSAGE?**

1. Detach the top of the backrest pad hook and loop strip from the chair.
2. Open the horizontal zipper on the back of the backrest pad.
3. Remove the massage-softening pad from the pocket.
4. Close the zipper.
5. Attach the top of the backrest pad to the chair using the hook and loop strip.
6. You can re-insert the massage-softening pad in the future, following these same steps.

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

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 upholstery 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. No periodic lubrication or servicing is 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 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.

Additional massage-softening pads are available from Interactive Health®, for an additional charge.
Limited One (1) Year Warranty

Please read the following warranty information for important disclosures before using your new Human Touch Technology® 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® HTT® massage chair that you purchased comes with a limited one-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.

In the unlikely event that your chair malfunctions or requires repair, please contact your retailer. For USA customers only, please contact Interactive Health® Customer Service at (800) 355-2762 between the hours of 8:30AM and 5:00PM PST or cs@interhealth.com for assistance. You can also send a fax to customer service at (800) 840-2940.

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.

### HTT® Chair (HT™ Models)

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Factory Service</th>
<th>Parts</th>
<th>Structural</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Products (Original Packaging Only)</td>
<td>90 days</td>
<td>1 year</td>
<td>1 year</td>
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<tr>
<td>Refurbished Products</td>
<td>60 days</td>
<td>6 months</td>
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<tr>
<td>Floor Demos (including “out of box”)</td>
<td>NONE</td>
<td>6 months</td>
<td>6 months</td>
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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.interhealth.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 to enhance ownership of the Interactive Health® chair! Extended warranty purchases are available within 90 days of purchase of HT™ Chairs from either the retailer or direct from Interactive Health®’s Customer Service Department.

Please visit www.interhealth.com for the latest terms and pricing for extended warranties.
**SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Operating Voltage</td>
<td>110 - 120 VAC</td>
</tr>
<tr>
<td>Power Consumption</td>
<td>90 Watts</td>
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<tr>
<td>Size</td>
<td>Chair (reclined) 68” L x 28” W x 28” H</td>
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<tr>
<td>Weight</td>
<td>Chair 141 Lbs</td>
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<td>Recline Angle</td>
<td>120 - 170 Degrees</td>
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<td>Number of Massage Functions</td>
<td>Four (4)</td>
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<td>Massage Head Storage</td>
<td>Auto at Top</td>
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<td>Automatic Timer Shut-Off</td>
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<td>Total Massage Stroke Length</td>
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<td>Kneading</td>
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<tr>
<td>Compression</td>
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<tr>
<td>Percussion</td>
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<td>Maximum weight</td>
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<td>Leather match</td>
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<tr>
<td>Accessories</td>
<td>Handheld Remote Control, Massage Softening Pad</td>
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*Specifications are subject to change without prior notice.*