

Heated Ankle Wrap

* Instructions *



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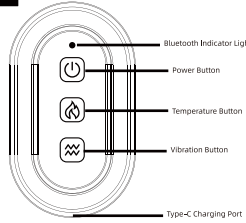
Product Introduction

This product is an intelligent heated ankle wrap with vibration massage. It supports dual control via both the app/mini-program and physical buttons, offering user-friendly operation.

Important Notes

- 1. Do not allow direct skin contact when the temperature reaches or exceeds 60°C.
- 2. Please read the instruction manual carefully before use to ensure proper operation.
- 3. This product is intended for soothing purposes only and is not a substitute for medical devices or medication.
- 4. If you experience any discomfort or abnormality during use, stop using immediately and consult a doctor or medical professional.
- 5. Do not use this product in damp or wet environments to avoid damaging internal components.

Controller Diagram



Wearing Steps



- 1. Unfold the product and place it over the heel area, partially wrapping around the ankle.
- 2. Tighten the strap horizontally and secure it on the opposite side.
- 3. Adjust the tightness of the strap to ensure a secure and comfortable fit.
- 4. Ankle massage
- 5. Foot sole massage (Note: Do not stand or walk during foot sole massage.)

Main Unit Operation Steps



1. Power On/Off
Long press the power button to turn on the device. The green light stays on during startup, and the Bluetooth indicator light remains white. Long press the power button to manually turn off the device.



2. Temperature Settings
Short press the temperature button to cycle through temperature settings (Off → 40°C → 50°C → 60°C → Off), or long press to directly turn off heating.
Green indicator light: 40°C
Blue indicator light: 50°C
Red indicator light: 60°C

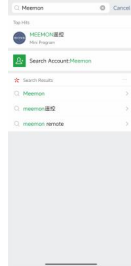


3. Vibration Settings
Short press the vibration button to cycle through vibration levels (Off → Low → Medium → High → Off), or long press to directly turn off vibration.
Green indicator light: Low gear
Blue indicator light: Medium gear
Red indicator light: High gear

4. Charging Instructions
It is recommended to charge the device while it is powered off.
Note: When charging, use our original charging cable; otherwise, charging may fail or the battery may not charge fully.
The red light remains on during charging, while the green light stays on when fully charged.

App Download/WeChat Mini Program Steps

- 1. Download App or Search for WeChat Mini Program
WeChat Mini Program: Search "Meemon" in WeChat.



App Download: Scan QR codes or search "Meemon Remote" in app stores.



App Store



iOS web download



play store



Android web download

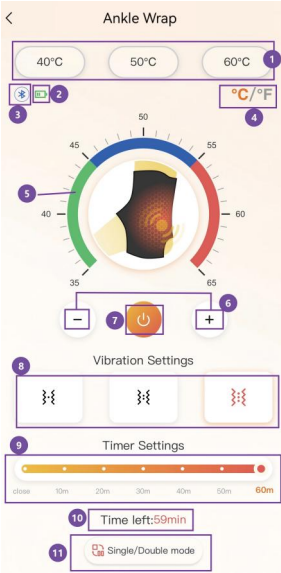
- 2. Connect Bluetooth
Enable Bluetooth and Location Permissions in the app/mini program.

- 3. Add Device
Make sure the product is turned on→ Click "Add Device" to search.



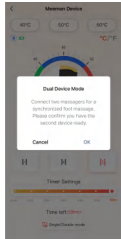
- 4. Connection Successfully
After a successful connection, click the product icon to enter the control interface.

A. Single-device mode operating status

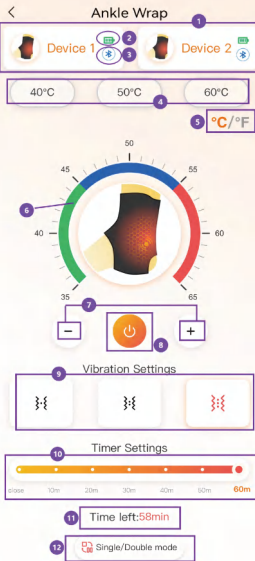


- ① Set heating temperature.
- ② Remaining battery level
- ③ Bluetooth status: blue indicates connected, gray indicates disconnected
- ④ Switch temperature units: °C/°F
- ⑤ Three-color circular progress bar can be slid to adjust the temperature.
- ⑥ "+" "-" button: Set temperature with a step adjustment of ±1°C; long press allows continuous adjustment.
- ⑦ Power button (Clicking to shut down will put the device into a one-minute standby state; if no action is taken during this period, the device will shut down)
- ⑧ Set vibration level - red indicates current vibration level.
- ⑨ Set timer - tap or slide to select time
- ⑩ Remaining timer time
- ⑪ Single/double device mode: Click to enter the double-device mode. Ensure two devices are nearby.

- (1) Switch from single device to double device mode. Pop-up prompt: Confirm the presence of a second device and click Confirm to proceed.
- (2) Switch from single-device to double-device mode. Search for the second device: The second device must be powered on to be found; if no second device is found, the system will remain in "searching" mode and cannot enter double-device mode. Click the "x" icon to return to single-device mode.
- (3) In double-device mode, click Device 2; the Device 2 display frame will turn gray. The current control is Device 1. When both devices light up simultaneously, it means both devices are set up at the same time, and at least one device must remain connected.



8. Double-device mode operating status



- ① In the device options box, you can control each device individually or simultaneously. For detailed steps, refer to the previous section
- ② Remaining battery level of the current device
- ③ Bluetooth status: blue indicates connected, gray indicates disconnected
- ④ Set heating temperature.
- ⑤ Switch temperature units: °C/°F
- ⑥ Three-color circular progress bar can be slid to adjust the temperature
- ⑦ "+" "-" button: Sets temperature with a step adjustment of ±1°C; long press allows continuous adjustment
- ⑧ Power button (Clicking to shut down will put the device into a one-minute standby state; if no action is taken during this period, the device will shut down)
- ⑨ Set vibration level - red indicates current vibration level
- ⑩ Set timer - tap or slide to select time
- ⑪ Remaining timer time
- ⑫ Single/double device mode: Click to enter the single-device mode.

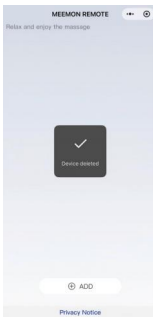
5. Edit Paired Device

After successfully pairing the device, return to the main page where the icon of the paired device will appear.
Short-press the device icon to connect (Note: Ensure the device is powered on.)
Long-press the device icon to open the operation menu.

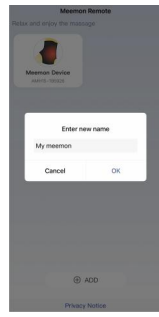
- a. Connect device (Note: Ensure the device is powered on at this time.)



- b. Delete device



- c. Rename device



6. Notes

-If you purchase multiple products, one phone can connect to multiple devices, but it can control a maximum of two devices simultaneously. We recommend renaming different devices for easy identification and control.

Technical Parameters

Product name: Heated Ankle Wrap
Model: AMH15
Rated voltage: 3.7V

Rated power: 7.5 W
Charging voltage/current: 5V 2A
Battery capacity: 3000mAh

Troubleshooting

Fault Description	Possible Cause	Solution
Cannot power on	Battery is exhausted	Please charge the battery in time
Device cannot be searched on APP	The distance between the mobile phone and the product is too far	It is recommended to keep the distance between the product and the mobile phone less than 10 meters.
	Permission not granted	Turn on Bluetooth; some devices require location permissions.
Heating feeling is not obvious	The socks are too thick/ The environment is extremely cold	Wear appropriate socks and ensure sufficient battery power.
Device disconnection	Excessive distance/Obstacle interference/Low battery level	Move closer to device, charge

Note: If you are unable to troubleshoot or the product still does not operate ideally, contact after-sales service personnel, do not disassemble or attempt to repair on your own.

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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 provide reasonable protection 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 receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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.
- (3) The device has been evaluated to meet general RF exposure requirement.
- (4) The device can be used in portable exposure condition without restriction.