

### 3.7 VOLT BATTERIES & 3.7 VOLT BATTERY HEATED PRODUCTS WARNINGS

1. Read all instructions and warnings before use.
2. Product gets very hot. Do not use while sleeping or unconscious.
3. Unattended use of electric heated products on animals, children or incapacitated persons may be dangerous.
4. Due to the nature of battery heated products, they may cause burns or discomfort. Consult physician prior to use on sensitive skin or if you may have a medical condition affecting circulation or skin sensitivity.
5. When using the ActionHeat™ 3.7V heated garments do not use the "HIGH" heat setting for more than 5 minutes at a time. Heated products may become too hot for continuous use and may result in serious burns.
6. Frequently check skin under heated areas to avoid burning. Understand your individual early warning signs or sensations of a burn and remove the heated garment before any burns occur. In the rare event of experiencing any sensation of overheating or discomfort while using any ActionHeat™ product, immediately remove the heated item, turn off and unplug any wires and power pack.
7. Do not attempt to disassemble or alter any part of this product or battery.
8. Do not store battery pack or battery heated insoles below -4°F (-20°C) or above 120°F (49°C).
9. Do not allow battery pack or battery heated insoles to come into contact with water or other liquids. If water or other liquids enter the interior of battery pack immediately remove item, unplug the product and turn off. Before attempting to use again, allow heated insoles and/or battery pack to dry completely. Continued use of a potentially damaged product may result in fire or an electrical shock.
10. Do not expose heated insoles or battery packs to direct flame or place near a heat source as it may cause an explosion.
10. Do not attempt to warm up battery heated product when not being worn. Heating elements should not be stacked on top of each other when the heated item's power is on. When heated item is turned on, make sure not to cover or put anything on top of the heated item. Any of these actions may cause temperature of the heating elements to rise, resulting in burns or damage.
11. Recycle all battery packs and battery heated products in accordance with local regulations.
12. Make sure to turn off 3.7V battery heated item and disconnect from battery pack (when applicable) when not being worn.



### 3.7 VOLT USAGE

1. Be certain to use your ActionHeat™ battery heated product with the provided ActionHeat™ battery pack. Failure to do so can cause the heated product or battery pack to overheat causing damage.
2. Recommended power setting of 50% is sufficient for temperatures around 50°-64°F, while at lower temperatures, setting the power level to 75% or 100% is sufficient. It is not recommended to use the 100% power setting for a long time as it may cause overheating and/or bodily discomfort.

### 3.7 VOLT STORAGE

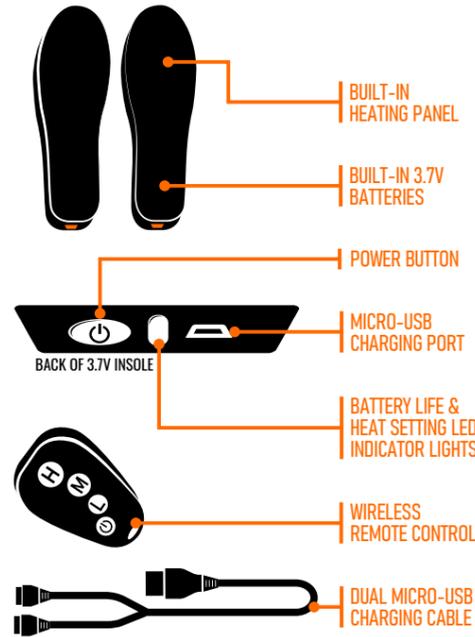
1. It is important to maintain at least 25% of your battery power when not in use. Charge 3.7V batteries or 3.7V battery heated insoles periodically throughout the year to ensure maximum product lifespan. Failure to do this will result in performance problems and reduced battery life.
2. If your ActionHeat™ battery heated product has removable batteries, disconnect the battery pack from the garment heated item when not in use. Failure to do so will cause the garment to slowly drain power from battery, even when it is turned off.
3. Our lithium-polymer battery is very similar to a typical cell phone battery, so be sure to treat the battery with care. Proper care and storage of the battery will ensure that it has a full lifespan of 500+ cycles.

**ACTIONHEAT™ WARRANTY**  
SCAN THIS QR CODE TO LEARN ABOUT OUR WARRANTY  
OR VISIT [WWW.ACTIONHEAT.COM](http://WWW.ACTIONHEAT.COM)



### 3.7V BATTERY HEATED INSOLES DETAILS

CAPACITY: 1800mAh BATTERY: LITHIUM POLYMER INPUT: 5V/1A (MAX) OUTPUT: 3.7V/2A (MAX) CHARGE TIME: 4-6 HOURS



### HOW TO CHARGE 3.7V BATTERY HEATED INSOLES

- CHARGE:
- i. Plug smaller, micro-USB ends of charging cord into micro-USB charging port on back of each insole.
  - ii. Plug larger, USB end of cord into a standard USB wall adaptor. \*Wall adaptor not included.
  - iii. Charge 4-6 hours, until LED light on insole is solid GREEN.



### UNDERSTANDING LED INDICATOR LIGHT ON 3.7V BATTERY HEATED INSOLES

CHARGING STATUS:  
LED light on insole will blink while charging & become solid GREEN color when fully charged.



- BATTERY LIFE:
- i. To check battery life, press & hold power button on insole for 4-5 seconds, or until insole's LED light blinks RED.
  - ii. Press power button on insole 2 times quickly. If LED flashes:

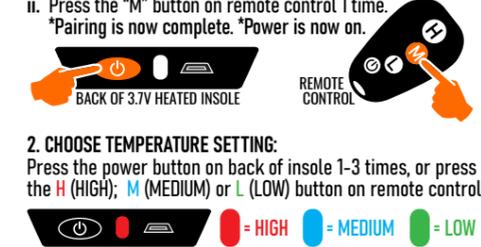


HEAT SETTING:  
Color of LED light on insole also indicates current heat setting.

● = HIGH ● = MEDIUM ● = LOW

### HOW TO POWER 3.7V BATTERY HEATED INSOLES

2. PAIR REMOTE:
  - i. Press & hold power button on fully charged insole for 4-5 seconds, or until insole's LED light blinks RED.
  - ii. Press the "M" button on remote control 1 time. \*Pairing is now complete. \*Power is now on.
2. CHOOSE TEMPERATURE SETTING:  
Press the power button on back of insole 1-3 times, or press the H (HIGH); M (MEDIUM) or L (LOW) button on remote control.
3. TURN OFF/ON:  
Press & hold power button on either the insole or the remote control for 4-5 seconds. \* Power down when not in use.



### HOW TO CLEAN 3.7V BATTERY HEATED INSOLES

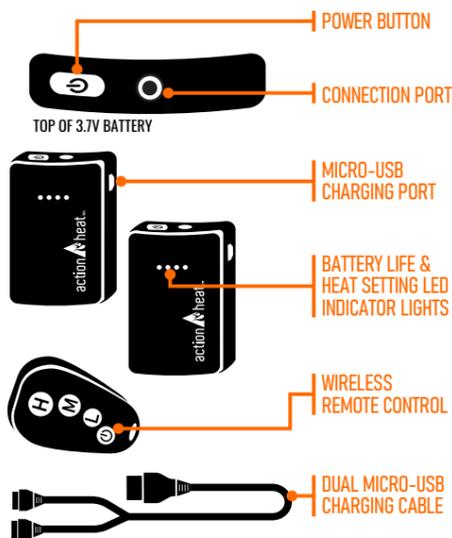
1. Before cleaning, be sure heated insoles are turned off.
2. Spot clean only. Do not put in washing machine. Do not scrub.
3. Use mild liquid detergent only. Do not use fabric softener. Do not use bleach.
4. Lay flat or hang to dry. Do not put in dryer, iron or dry clean.

### NOTES: 3.7V BATTERY HEATED INSOLES

1. Make sure not to trim insoles too short. Do not cut innermost trim line, to avoid damage of the internal heating system.
2. If remote control is not responding, repeat Step 1, under "HOW TO POWER YOUR 3.7V BATTERY HEATED INSOLES".

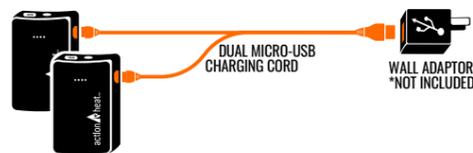
### 3.7 VOLT BATTERY KIT DETAILS

CAPACITY: 2200mAh / 8.14Wh BATTERY: LITHIUM POLYMER INPUT: 5V/1A (MAX) OUTPUT: 3.7V/2A (MAX) CHARGE TIME: 3-5 HOURS



### HOW TO CHARGE 3.7V RECHARGEABLE BATTERIES

- CHARGE:
- i. Plug micro-USB ends of charging cord into micro-USB charging port on side of each battery pack.
  - ii. Plug USB end of cord into standard USB wall adaptor. \*Wall adaptor not included.
  - iii. Charge 3.5-4 hours, until all 4 LED lights become solid RED.



### UNDERSTANDING LED INDICATOR LIGHTS ON 3.7V BATTERIES

CHARGING STATUS:  
LED lights on battery will blink while charging & will become solid RED when fully charged.

BATTERY LIFE:  
Number of illuminated LED lights on battery indicate the remaining battery life.

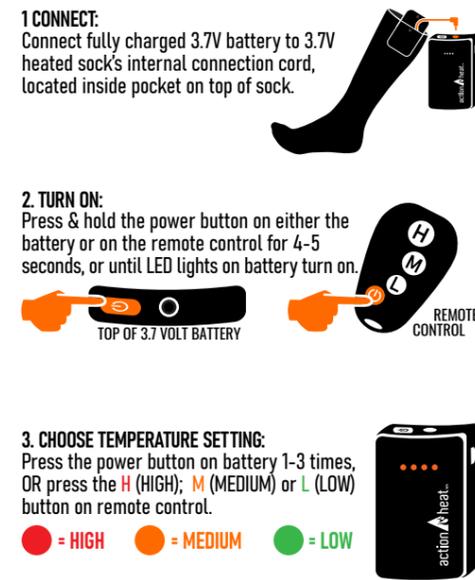
●●●● = 76-100%    ●●●● = 26-50%  
●●●● = 51-75%    ●●●● = 0-35%

HEAT SETTING:  
Color of LED lights on battery indicate current heat setting.

● = HIGH    ● = MEDIUM    ● = LOW

### HOW TO POWER 3.7V BATTERY HEATED SOCKS

1. CONNECT:  
Connect fully charged 3.7V battery to 3.7V heated sock's internal connection cord, located inside pocket on top of sock.
2. TURN ON:  
Press & hold the power button on either the battery or on the remote control for 4-5 seconds, or until LED lights on battery turn on.
3. CHOOSE TEMPERATURE SETTING:  
Press the power button on battery 1-3 times, OR press the H (HIGH); M (MEDIUM) or L (LOW) button on remote control.
4. TURN OFF:  
Press & hold power button on either the battery or remote for approximately 3-5 seconds, until battery's LED lights turn off. \* Disconnect & remove batteries when not in use.



### HOW TO CLEAN 3.7V BATTERY HEATED SOCKS

1. Disconnect & remove battery packs before cleaning.
2. Before washing secure all wires inside sock's pocket & snap button on pocket to close.
3. Place socks into the provided wash bag.
4. Wash separately from all other pieces of clothing.
5. Use mild liquid detergent only. Do not use powdered detergent. Do not use fabric softener. Do not use bleach.
6. Machine wash with cold water, on gentle cycle.
7. Lay flat or hang to dry. Do not put in dryer. Do not iron, wring to dry or dry clean.

### HOW TO RE-PAIR 3.7V BATTERIES TO REMOTE CONTROL

If you've purchased 2 or more of the same 3.7V battery heated items, 1 remote may be able to control both sets of batteries at the same time. If this is the case, or 3.7V batteries are not responding to remote control, follow steps below.

- RE-PAIRING 3.7V BATTERIES TO REMOTE:
1. Connect fully charged 3.7V batteries to 3.7V heated item.
  2. Press & hold power button on battery for 7-10 seconds, or until LED lights on battery blink red.
  3. Press power button on remote control for 1-2 seconds, or until LED lights on battery turn off. \*Pairing is now complete.



## INSTRUCTION MANUAL: 3.7 VOLT BATTERY & 3.7 VOLT BATTERY POWERED HEATED ACCESSORIES

**! STOP !**

BEFORE USING ANY ACTIONHEAT™ PRODUCT PLEASE READ & ADHERE TO ALL ENCLOSED INSTRUCTIONS, WARNINGS & CARE INFORMATION TO REDUCE RISK OF INJURY OR MISUSE.

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