

with the **heat it** to the competent authority in your country.

- Do not open or modify **heat it** and do not use if damaged.
- Do not charge the smartphone under any circumstances while using **heat it**. Otherwise, contact with dangerous voltage cannot be ruled out.

## 8. FCC Compliance Information

### Responsible Party:

heat it US LLC | 1007 N Orange St. | Wilmington, DE 19801 | USA

### FCC Compliance Statement:

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, and (2) this device must accept any interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for 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 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.

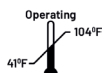
Apple, iPhone and Lightning are trademarks of Apple Inc. registered in the U.S. and other countries. Use of the Made for Apple badge means that an accessory has been designed to connect specifically to the Apple product(s) identified in the badge and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with an Apple product may affect wireless performance.

Android and Google Play are trademarks of Google LLC. Design and specifications are subject to change without notice.

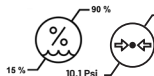
## 10. Signs & Symbols



Permissible storage and transport temperature



Permissible operating temperature



Permissible humidity and air pressure for operation, transport and storage.



Follow the instructions for use!

4.45 V - 5.25 V, max. 500 mA  
(**heat it** USB-C)  
3.3 V - 4.2 V, max. 300 mA  
(**heat it** Lightning)



Maximum treatment duration and temperature  
(Max. 10 s & 127°F)



Applied part is type BF



The outer packaging is made of cardboard. Please dispose of in an environmentally friendly manner.



### Manufacturer:

Kamedi GmbH  
Haid-und-Neu-Straße 7  
76131 Karlsruhe  
Germany  
E-Mail: [service@heatit.de](mailto:service@heatit.de)  
Website: [www.heatit.de](http://www.heatit.de)



Do not dispose with household waste!

IP53

MD

UDI

LOT



Device is protected against the ingress of small objects and dripping water.

Medical device

Unique Device Identification

LOT (see packaging)

Date of manufacture

CE 0123

This product complies with the requirements of the applicable European and national directives.

### Distributor:

heat it US LLC  
1007 N Orange St.  
Wilmington, Delaware, 19801  
USA  
E-Mail: [service@heat-it.com](mailto:service@heat-it.com)  
Website: [www.heat-it.com](http://www.heat-it.com)

Made with in Germany

Revised 2025-06-04 - IR 00628 1.1.0 IFU heat it classic pro US



# heat it

## Instructions for Use

[www.heat-it.com](http://www.heat-it.com)

heat it™  
classic

heat it™  
pro



- 1 Protective cap
- 2 Heating plate (applied part)
- 3 USB-C / Lightning plug



The intended purpose of **heat it** is to locally heat an affected skin region to temperatures of about 124 °F for a few seconds (“hyperthermia”). The device is used in combination with a smartphone and controlled via the **heat it** app.

## 1. Intended use and Operating Principle

**heat it** is a medical device to treat itching and pain caused by insect bites or stings, including:

- mosquitoes
- horseflies
- wasps
- bees

The application can relieve itching and pain quickly and for a long time. Treatment is possible both immediately after the sting and even if symptoms occur later.

## 2. Installation

**heat it** only works in conjunction with a suitable smartphone with CE marking.

1. Scan the QR code or search for the **heat it** app in your app store.
2. Install the **heat it** app (Version 2.5.0 or newer).
3. Plug **heat it** into the charging port of your smartphone.
4. The app signals that **heat it** can be used.

**heat it** is available in different variants, please note:

- iPhone 6s to 14 require the **heat it** Lightning variant.
- Android smartphones (5.0 or newer) and iPhones (15 or newer) require the **heat it** USB-C variant.
- The smartphone must support the OTG standard. For some smartphones, OTG must be activated via the settings menu (e.g. on Oppo, OnePlus, Vivo devices)

## 3. Treatment Selection

**Treatment Duration:** Choose **Short**, **Medium** or **Long** (4 / 7 / 9 seconds)

**Treatment Temperature:** Choose the **Child** setting (122°F) for children 3 years and older and for adults with sensitive skin, and the **Adult** setting (126°F) for non-sensitive adults. The treatment temperature can be reduced by 3°F for particularly sensitive skin areas. In order to get to know the treatment principle, the settings short, child and sensitive must be selected for the first application. For subsequent treatments, the settings should be selected based on individual sensitivity.

## 4. Application

The app guides you through the simple application of **heat it**:

1. Plug **heat it** into the smartphone. The **heat it** app opens and the LED on the **heat it** pulses green.
2. Select the appropriate settings in the menu, please see section 3.
3. Press the start button or a volume button. **heat it** will now preheat for a few seconds. Do not press the **heat it** on your skin during this time.
4. The completion of the preheating process is indicated on the screen. Holding the

smartphone, press the **heat it** heating plate onto the bite. To stop the treatment prematurely, lift **heat it** off the skin.

5. The end of the treatment is indicated on the screen. Lift the heating plate off the bite.
6. Although this will usually not be necessary, the treatment can be repeated after a pause of at least 2 minutes on the same bite.
7. To switch off **heat it**, disconnect it from the smartphone.



## 5. Other information

- Remove bee stinger before treatment with **heat it**.
- **heat it** may be used with the assistance of an adult on children aged 3 and older. It can be used independently by children aged 12 and above.
- In case of any uncertainty and for the first application, the symbols Short, Child and Sensitive must be selected. The same applies for the treatment of body parts that have not yet been tested.
- Special maintenance of **heat it** is not necessary, but the heating plate should be cleaned regularly with a disinfecting cloth. Disconnect **heat it** from the smartphone before cleaning.
- Do not clean the **heat it** under running water or immerse it in water.
- A red pulsating LED indicates that the **heat it** cannot connect correctly to the app. Please ensure that a current version of the app is installed and that the charging socket is free of dirt.
- **heat it** is a medical electrical equipment which becomes a medical electrical system in combination with the smartphone.
- Storage instructions: When not in use for extended periods of time, store **heat it**

away from direct sunlight and in a dry place. Disconnect the **heat it** from the smartphone and firmly seat it in the protective cap immediately after use and store it separately.

## 6. Contraindication

- Do not use **heat it** on damaged skin (e.g. sunburns) and on wounds.
- Do not use **heat it** on damp skin, or on skin that has previously been treated with ointments, creams or gels.
- **heat it** is designed exclusively for use on the outer skin. Do not use **heat it** in body orifices, on mucous membranes, gums, nail bed, eyes or external auditory canal.
- **heat it** must not be used on particularly sensitive skin regions with poor circulation (e.g. poor circulation of the limbs due to diabetes, varicosis, atherosclerosis, scleroderma, Raynaud's syndrome).
- People with permanently or temporarily reduced thermal sensitivity of the skin (e.g. polyneuropathy) must not use **heat it**.

## 7. Side-effects

- While most people find the heat from the heating plate to be tolerable, some may find it unpleasant.
- Excessive use may result in skin injury or persistent discoloration of the skin (“caloric hyperpigmentation”).
- Sensitive people may experience a temporary redness of the skin after use. In rare cases, sensitive users may experience skin irritation.

## 8. Warnings

- The treatment with **heat it** does not replace a medical consultation and treatment. **heat it** is not suitable for treating allergic (anaphylactic) reactions. In case of any kind of pain or illness and if in any doubt, consult a doctor.
- **heat it** cannot prevent disease transmission or cure symptoms or diseases that are not listed in the intended use. If there are indications of a transmitted disease, a doctor must always be consulted.
- If you have any doubts about the use of **heat it**, be sure to consult a doctor.
- The same skin area must not be treated more than five times per hour.
- A break of at least 2 minutes is compulsory between repeated treatment on the same location.
- Do not press **heat it** on the skin during the preheating process and never for longer than 10 seconds.
- Keep **heat it** out of reach of children under the age of 12 due to the danger of swallowing small parts!
- In case of unusual behaviour of **heat it**, do not use **heat it** again and contact the manufacturer. Please also report any serious incidents that occur in connection