

QUICK START GUIDE

Consult a healthcare professional before using NICE1.



- Connect the power cord to the external power supply.
- Plug the circular connector into the back of the Cooling Unit. You will hear a click when properly connected.
- Plug the power cord into the wall outlet.



- Place the wrap on the appropriate body part. Secure with hook and loop.
- Connect the hose to the wrap. You will hear a click when properly connected.



- Connect the hose to the Cooling Unit. You will hear a click when properly connected.

It is recommended to read entire user manual before beginning. Refer to the individual wrap guides for specific information regarding wrap use.

Settings for temperature, compression, and duration should be used as directed by your physician or medical professional.

CHECKLIST

- ① Fill water tank
- ② Connect hose to Nice1
- ③ Connect hose to wrap
- ④ Place wrap on body

STEP 1

Turn on the power switch on the back of the device. The touch screen will illuminate and display the “Nice” logo. Push “NEXT”. Review the checklist on the touch screen. Confirm and press “NEXT”.

COLD SELECTION

STEP 2

Select desired COLD LEVEL and press NEXT.

Cold Settings are as follows:

- Level 1 = 58F (14.4C)
- Level 2 = 54F (12.4C)
- Level 3 = 50F (10C)
- Level 4 = 46F (7.7C)
- Level 5 = 42F (5.5C)

COMPRESSION SETTINGS ✕

COMPRESSION LEVEL

COMPRESSION TYPE

STEP 3

Select desired COMPRESSION LEVEL and COMPRESSION TYPE and press NEXT.

TIME SETTINGS ✕

MANUAL **OR**

PRESET PROGRAM

RUN TIME	<input type="button" value="20"/>	<input type="button" value="20"/>	<input type="button" value="30"/>	<input type="button" value="30"/>
REST TIME	<input type="button" value="20"/>	<input type="button" value="40"/>	<input type="button" value="30"/>	<input type="button" value="60"/>

STEP 4

Choose a MANUAL time setting of 5 – 40 minutes for a single therapy session OR choose a PRESET PROGRAM for multiple sessions and press NEXT.

CONFIRM SETTINGS & BEGIN THERAPY

COLD SETTING: **LEVEL 3**
 TIME SETTING: **5 MINUTES**
 COMPRESSION TYPE: **INTERMITTENT**
 COMPRESSION LEVEL: **MED**

STEP 5

Review and confirm your settings by pressing START or press BACK to change the settings.

COLD + COMPRESSION

COMPRESSION LEVEL

29:10

STEP 6

During your therapy session you can change the cold or compression settings simply by pressing 1 – 5 or HIGH, MED or LOW. To Dim, Press Dim switch, to brighten - touch screen.