



**INTERACTIVE HEALTH**

[www.interhealth.com](http://www.interhealth.com)



# The Perfect Chair

Use and Care Manual





# Congratulations!

**Y**ou have just purchased one of the finest pieces of ergonomic furniture available. The Perfect Chair® is designed to deliver maximum seating comfort benefits, in combination with the elegant, well crafted design of a fine piece of furniture.

What makes this chair so special?

The Perfect Chair® is unlike any chair you have ever encountered, and it's what you can't see that counts.

Please take some time to review this Use & Care Manual before beginning to assemble your new Perfect Chair. We are confident that you will enjoy The Perfect Chair® for many years to come.



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*begin*

## Ergonomic Features

- The fixed form of the seating position ensures the most ergonomically beneficial posture, at all reclining angles.
- Reclines to a physician-recommended position for pressure relief for the spine.
- The Perfect Chair® comes with an Adjustable Cervical / Lumbar Pillow that can be used as either a headrest pillow or a lumbar pillow.
- The Adjustable Headrest feature allows you to customize the angle of the headrest of the Perfect Chair® to maximize head support while you are reading or watching television.
- Getting in and out of The Perfect Chair® is made simple with our uniquely designed leg rest and seat positioning system.
- Finger tip recline release control is effortless to use.



## Design Features

- Architecturally designed to complement any room decor.
- Rugged steel frame to ensure your Perfect Chair® lasts for years.
- Engineered with ball-bearing recline system for smooth, quiet operation.
- Single apparatus braking release is unobtrusive, easy to access, and requires minimal effort to engage.

## Before Using The Perfect Chair

The Perfect Chair® is designed to be used by just about anyone, and if treated like any other fine piece of furniture, it will last for years. However, there are situations where improper use or care might cause damage to the product. Specifically, please note the following:

- The chair is designed for individual use and for body weights under 285 lbs.
- Do not sit on the chair arms under any circumstances.
- The chair is intended for stationary use, not for rocking.
- Always recline in the chair slowly to maintain optimal control of the suspension system.
- Keep fingers and loose clothing away from the guide rails at all times.
- This product is not designed for use by disabled people or children without adult supervision.



# The Perfect Chair® Assembly Instructions

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Please follow these step-by-step assembly instructions to enjoy the full benefit of the precision that is built into this chair.

## Foot Frame

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- 1A** Using a Phillips screwdriver, remove 2 retaining screws from tapered ends of the Foot Frame. Save screws to reinstall. Insert tapered ends of the Foot Frame into the open ends of Chair Frame.



- 1B** Slide Foot Frame firmly into place. Using a Phillips screwdriver, re-install 2 screws previously removed.



## Body Sock

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- 2A** Standing at the foot end of the chair, apply tension to Body Sock by pulling toward the end of the Foot Frame.



- 2B** Secure first hook and loop flap around cross bar.



it into your new Perfect Chair®.

# The Perfect Chair® Assembly Instructions (continued)

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- 2C** Continue to pull end of body sock over Chair Frame until Sock is completely extended to end cross bar on Foot Frame. Pull hook and loop end flaps taught, wrap and secure around cross bar.



- 2D** Pull hook and loop side flaps taught, wrap and secure around cross bar.



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## Head Frame

- 3A** Remove 2 retaining screws from the tapered ends of the Head Frame. Save screws to reinstall. Insert tips of Head Frame into open ends of upper chair frame taking care to face bowed cross member outward. Using a Phillips screwdriver re-install 2 retaining screws previously saved.



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## Arm Cap

- 4A** Remove packaged screws taped to underside of each Arm Cap. Slip left and right upholstered Arm Caps over the arm pedestals and secure with 3 screws on each arm.



## Body Pad

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- 5A** Slip foot pocket located on underside of Body Pad over the ends of the Foot Frame. Be sure that both tips of the Foot Frame are firmly seated all the way into the bottom of the pocket.



- 5B** Align Body Pad in the center of the chair. Using your hands, smooth the pad from the foot end to the shoulder end. Mating hook and loop patches will automatically align to secure the pad in-place.



## Head Sock

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- 6A** Slide head sock over head frame and pull firmly downward as far as it will slide.



## Head Pad

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- 7A** Slide Head Pad over installed Head Sock seating it firmly against the top edge of the Body Pad.



# The Perfect Chair® Assembly Instructions (continued)

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- 7B** Reach into seam between the Head Pad and the Body Sock and pull out the connecting tongue flap from the backside of Body Pad.



- 7C** Tuck connecting tongue flap up into pocket behind Head Pad and smooth flat with your hand.



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## Neck Pillow

- 8A** Secure height adjustable Cervical/Lumbar Pillow at a desirable height by mating hook and loop tails with hook and loop straps.



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## Head Pillow

- 9A** Secure optional, height adjustable Lumbar/Head Pillow at a desirable height by mating hook and loop tails with hook and loop straps (Optional Adjustable Lumbar/Head Pillow not supplied with all models).



Your new Perfect Chair  
has been designed to  
provide years of comfort  
and healthful satisfac-  
tion. Please continue to  
the final sections of this  
manual to learn more

about how to operate  
the Perfect Chair, how  
to maintain its showroom  
good looks, and discover  
a variety of options  
designed to make  
your seating experience  
Perfect.

Congratulations! You have completed the  
assembly of your new Perfect Chair®.



# Using The Perfect Chair®

To ensure maximum enjoyment of The Perfect Chair®, please follow these instructions:

## Prepare the Chair

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Before sitting down, check to be sure the chair is in the complete upright position:

1. Release the brake by lifting up on the brake release handle on the front of the left armrest and pull the backrest forward until it stops.
2. Let go of the brake handle to lock the chair in this position.
3. Now you are ready to sit down in your Perfect Chair®.



## Adjust Recline Backward

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Before adjusting recline angle, be sure that there is nothing behind or beneath the chair.

1. While seated, hold onto both armrests.
2. Release the brake by pulling up on the brake release handle.
3. Lean backwards and recline to your desired position.
4. Let go of the brake handle to lock the chair in the new position.

## Adjust Incline Forward

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Before adjusting incline angle, be sure that there is nothing behind or beneath the chair.

1. While seated, hold onto both armrests.
2. Release the brake by pulling up on the release handle.
3. The chair is now free to tilt forward or backward.
4. To move into a more upright position, pull up on the armrests with your hands, while applying slight downward pressure with your elbows until you begin to move forward. (This technique will be acquired after the first few times you use the chair.)
5. When you have reached the desired position, release the brake handle, the chair will automatically lock into the new position.



## Getting Out of the Perfect Chair

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1. Hold onto both armrests.
2. Release the brake by pulling up on the brake release handle.
3. Pull upward on the armrests with your hands, while applying slight downward pressure with your elbows, until you begin to move forward.
4. Use your forward momentum to raise the chair to its complete upright position.
5. Release the brake handle to lock the chair in the upright position.
6. Use the armrests for support to stand.

## Adjusting the Head Rest

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The Perfect Chair® adjustable Headrest feature provides for comfortable support of your head at an optimum angle while reading, conversing, or watching television:

1. While seated in the chair reach up with both hands and grasp both sides of the Head rest Pad and internal Frame.
2. You will feel the rigid internal Frame beneath the soft layer of the Head Pad.
3. Apply your grip to the rigid internal Frame and tilt the Head Rest forward or backward to suit your comfort needs.
4. The Head Rest has been engineered to stay in the position you set until you choose to move it again.



# Using the Adjustable Headrest / Lumbar Pillow

The Optional Headrest / Lumbar Pillow is included with some models of the Perfect Chair®.

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## USING THE ADJUSTABLE HEADREST LUMBAR PILLOW

This healthful pillow can be attached to the suspension straps at the top of the chair or can be placed anywhere you need custom tailored support. The surface contours of the pillow are perfectly matched to your body with fingertip control.

### Adjustable Headrest Application

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- Mount the adjustable pillow at the head of your Perfect Chair and custom form it to cradle your head for total relaxation. Suspension straps built into the Pillow are designed to connect to the Pillow mounting straps built into the Perfect Chair.



### Adjustable Lumbar Application

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- Tuck the pillow behind the comfort critical lower lumbar curve in your back. With fingertip control you can direct the pillow to conform to your unique contours. Suspension straps used for the Headrest Application are neatly managed with discrete, built in hook and loop surfaces.



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To purchase the Adjustable Headrest / Lumbar Pillow, please contact Interactive Health Customer Service. Call (800) 355-2762 9:00AM and 5:00PM PST for assistance, or email [cs@interhealth.com](mailto:cs@interhealth.com).

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## FORMING THE PILLOW TO YOUR BODY

To adjust the pillow for your optimal comfort, please follow these instructions:

### Decrease Pillow Thickness

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- To decrease the thickness of the pillow, push on the ball valve while applying pressure to the pillow face. The pillow will automatically conform to your body at a reduced thickness. When the pillow has reached the desired thickness, release the valve to freeze the pillow in its new compressed form.



### Increase Pillow Thickness

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- To increase the thickness of the pillow, lean completely away (off) from the pillow and push in the ball valve. As the pillow expands the form will adjust to a new increased thickness. It will take approximately 10 seconds for the pillow to reach full thickness. Releasing the valve at any time will freeze the pillow in its new expanded form.

## PILLOW PERFORMANCE NOTES

- It is necessary to remove any body weight (completely lean away) from the pillow when re-inflating it.
- If the pillow has been compressed for a long period of time, it will take up to a minute to re-inflate it (foam "memory" will restore itself).
- The colder the pillow is, the slower the foam will react to form changes (inflation).
- Should the valve leak after an extended period of use, push the black ball in and with a cotton swab apply a small amount of Vaseline inside the valve.
- The pillow contains a precision air tight bladder. Pushing any sharp object through the pillow will puncture the bladder causing the pillow to fail.

# Perfect Chair® Care

Keeping your chair in great condition is easy.

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## MOVING YOUR CHAIR

If you want to move your chair to a different location, be sure to do the following:

- Have another person assist you.
- Lock the chair in the fully reclined position before moving.
- Lift the chair from the base, not the armrests or suspension system.

## BEAUTY CARE

Use the following tips for keeping your chair at its best:

- Avoid placing the chair in direct sunlight or extreme weather conditions.
- Use water-based cleaners only.
- On wood, use household wood polish or cleaner.



# Perfect Chair® Options

Comfort and Accessory options engineered to enhance the Zero Gravity Experience.

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## COMFORT OPTIONS

Upgrade to supreme relaxation:

- Adjustable Headrest / Lumbar Pillow
- Memory Foam
- Footrest Extension

## ACCESSORY OPTIONS

Extend the Perfect Chair presence into your interior environment:

- Integrated Personal Table
- Integrated Ganging Tables
- Leather Back Cover

## LEARN MORE ABOUT PERFECT CHAIR OPTIONS

Learn more about the whole line of Perfect Chair options and accessories.

- Visit the Interactive Health Perfect Chair web site at [www.perfectchair.com](http://www.perfectchair.com).
- Contact Interactive Health Customer Service.  
Call (800) 355-2762 9:00AM to 5:00PM PST for assistance
- Email Interactive Health: [cs@interhealth.com](mailto:cs@interhealth.com).



# The Perfect Chair® Limited Three (3) Year Warranty

Please read the following warranty information for important disclosures before using The Perfect Chair®.

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We are pleased to let you know that The Perfect Chair® by Interactive Health, that you purchased comes with a limited three-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 Only):** Interactive Health will supply packing materials and repair parts covered by this warranty and return shipping to purchaser for repairs performed at the factory.

The Perfect Chair®	Factory Service	Parts	Structural
New Products (Original Packaging Only)	90 days	3 years	3 years
Refurbished Products	60 days	6 months	6 months
Floor Demos (including "out of box")	NONE	6 months	6 months

In the unlikely event that your chair malfunctions or requires repair, please contact Interactive Health Customer Service at (800) 355-2762 or [cs@interhealth.com](mailto:cs@interhealth.com) between the hours of 9:00AM and 5:00PM PST for assistance.

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.

## 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 Perfect 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](http://www.interhealth.com).
- Proof of purchase (original receipt) is required for all warranty repairs.

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No medical claims warranted or implied by the use of this product.

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