

# The Perfect Chair®

PC-6 Use and Care Manual



# Congratulations!

You have just purchased one of the finest pieces of ergonomic furniture available. We at Interactive Health® know that there are several products available on the market, and we thank you for selecting ours. We are confident that you will enjoy The Perfect Chair® for many years to come.

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've ever encountered, and it's what you can't see that counts.

## Ergonomics 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 two interchangeable pillows, the Optional Adjustable Headrest / Lumbar Pillow (see page 6 for more details) and the Cervical / Lumbar Pillow. They can both be used as either a headrest pillow or a lumbar pillow. When used as a lumbar pillow they will both provide lower back support to ensure comfort when sitting or reclining. When used as a headrest pillow, they will provide comfortable cervical support.
- The Adjustable Headrest feature allows you to customize the angle of the headrest of the Perfect Chair® to maximize your neck support while you are reading or watching television.
- Getting in and out of The Perfect Chair® is made simple with our thoughtfully designed leg rest and seat positioning system.
- Conveniently located braking release 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.

As a valued customer, we want to assure that your experience with our product and our company exceed your expectations.

Please follow this basic use and care instructions and enjoy years of relaxation in The Perfect Chair®.

## 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.
- If you have chronic back pain, have undergone back surgery, or have any questions about using this product, consult your physician before use.
- If you experience dizziness or nausea, discontinue use and contact your physician immediately.

## Parts



Headrest Frame (2 screws)



Footrest Frame (2 screws)



Left Armrest Cushion    Right Armrest Cushion



Chair Base



Seat/Back Cushion



Headrest Frame Sock



Cervical / Lumbar Pillow



Optional Adjustable Headrest / Lumbar Pillow

## Assembly



Insert Footrest Frame into Chair Base



Insert and tighten one (1) screw on each side of tubing

## Assembly (continued)



Pull material down over the Footrest Frame tubing



Secure Hook and Loop



Pull the flaps to the bottom



Secure Hook and Loop on the bottom



Secure Hook and Loop on the sides



Place left and right armrest cushions over armrest cores, press lightly in place



Insert and tighten three (3) screws on each armrest



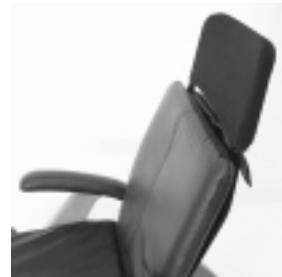
Inserts Seat / Back Cushion in Footrest Frame



Insert Headrest Frame to the top of the Chair Base



Secure the Seat / Back Cushion to the Chair Base with Hook and Loop.



Slide Headrest Frame Sock over Headrest Frame as shown



Slide Headrest over Headrest Frame Sock



Slide Back Cushion flaps inside Headrest



Secure with either Pillow with Hook and Loop



Optional Adjustable Headrest / Lumbar Pillow

## Using The Perfect Chair®

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

### SITTING IN THE PERFECT CHAIR®

Sitting in your chair will be easy if you follow these basic steps:

1. Before sitting down, check to be sure the chair is in the complete upright position. Release the brake by lifting up on the brake release handle on the front of the left armrest and pulling 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 and relax in your Perfect Chair®.

### RECLINING THE PERFECT CHAIR®

Once you are seated in the chair, you can adjust the recline position by doing the following:

1. Hold on to 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 this desired position.

### ADJUSTING THE RECLINE POSITION

To adjust the recline position forward or backward:

1. Hold onto both armrests.
2. Release the brake by pulling up on the release handle.
3. To recline back further, lean backwards and recline to the desired position.
4. To move into a more upright position, pull up on the armrests with your hands, while applying slight downward pressure with your elbows (this is strange the first time, but it becomes easier with repetition) until you begin to move forward.
5. When you have reached the desired positioned, let go of the brake handle to lock the chair in this position.

### GETTING OUT OF THE PERFECT CHAIR®

To get out of The Perfect Chair®, do the following:

1. Hold onto the armrests.
2. Release the brake by pulling up on the brake release handle.
3. While gripping the front of both armrests with your hands, lift upward, while placing slight downward pressure on the armrests with your elbows, until the chair moves to the upright position.
4. Raise chair to its complete upright position.
5. Let go of the brake handle to lock the chair in the upright position.
6. Use the armrests for support to stand.

### ADJUSTING THE HEADREST

The Adjustable Headrest feature allows you to customize the angle of the headrest of the Perfect Chair® to maximize your neck support while you are reading or watching television.



Adjustable Headrest movement for maximum comfort



Brake release lever for Chair recline

### USING THE OPTIONAL ADJUSTABLE HEADREST / LUMBAR PILLOW

The Optional Adjustable Headrest / Lumbar Pillow is included with some models of the Perfect Chair®. To adjust the pillow to your optimal comfort, follow these instructions:

- To decrease the thickness of the pillow, push the ball in (to allow air to leave the bladder inside the pillow) - then you lean against the pillow (to compress the bladder inside), and when it has the desired thickness, let go of the valve (the bladder inside will now keep this thickness).

## Using The Perfect Chair® (continued)

- To increase the thickness of the pillow, lean completely away (off) from the pillow and press the ball for 10 seconds (the foam inside the bladder will automatically expand the bladder when air is allowed in).
- The lumbar pillow has an internal foam filled bladder connected to an external ball-valve.
- If the pillow have been compressed for a longer period of time, it will take up to a minute to re-inflate it (reaction time of the foam).
- The colder the pillow is, the slower the foam will react to changes (inflation).
- It is necessary to remove any body weight (completely lean away) from the pillow when re-inflating it.
- Should the valve leak after an extended period of use, push the black ball in and with a Q-Tip apply a small amount of Vaseline inside the valve.
- Do not puncture the air bladder - e. g. do not push sharp objects through the pillow.



Optional Adjustable Headrest / Lumbar Pillow



Air Control Adjustment Valve



use as Adjustable Headrest



use as Adjustable Lumbar

## Perfect Chair® Care

Keeping your chair in great condition is easy. Using common sense and treating your chair like you would any other fine piece of furniture is the key to years of use. Some tips for care of your chair are:

### 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.
- Lift the chair from the base, not the armrests or suspension system.
- Lock the chair in the fully reclined position before moving.

### 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.

Please contact Interactive Health Customer Service to purchase the Adjustable Headrest / Lumbar Pillow. Call (800) 742-5493 between the hours of 9:00AM and 5:00PM PST for assistance, or email [cs@interhealth.com](mailto:cs@interhealth.com).



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 Patents Pending and intellectual property rights enforced by our brilliant team of aggressive attorneys around the world, including Taiwan. No medical claims warranted or implied by the use of this product.

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

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

We are pleased to let you know that the 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
<b>New Products (Original Packaging Only)</b>	<b>90 days</b>	<b>3 years</b>	<b>3 years</b>
<b>Refurbished Products</b>	<b>60 days</b>	<b>6 months</b>	<b>6 months</b>
<b>Floor Demos (including "out of box")</b>	<b>NONE</b>	<b>6 months</b>	<b>6 months</b>

In the unlikely event that your chair malfunctions or requires repair, please contact Interactive Health Customer Service at (800) 742-5493 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.