



Product of Signature Health LTD

HOCATT Plus & Platinum Operating Manual



SUPPLEMENTAL DOCUMENTATION

Please visit <https://hocatt.com/legal> to view the warranty and returns policy.

Before using your HOCATT, please read this **Operating Manual** in its entirety, as well as the accompanying **User Guide**. For Platinum models please read the **HUGO Operating Manual** as well.

The latest versions of the Operating Manuals and the User Guide have been sent to you via email, along with examples of a Client Consultation Form and a Client Session Tracking Sheet.

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IMPORTANT INFORMATION

LEGAL DISCLAIMERS

THE HOCATT IS NOT A MEDICAL DEVICE. IT HAS NOT BEEN EVALUATED OR APPROVED BY THE FDA OR NDF, AND WE DO NOT CLAIM ITS INTENDED USE TO TREAT, CURE, PREVENT OR DIAGNOSE ANY DISEASE OR MEDICAL CONDITION.

Though we will be glad to supervise the use of our equipment, we do not aim to treat, cure, prevent or diagnose any disease or medical condition. The information provided in this manual is for educational purposes only and should not be used as a substitute for professional medical advice. We cannot be held responsible for any health issues you may have, and we cannot be held responsible for deterioration in any ailments you have.

The manufacturer, distributor or any marketing agent cannot accept liability for any injury or fatality in relation to the use of this equipment. The user agrees to use the product at his/her own risk, and a parent/guardian takes responsibility for the fragile/minors. It is the user's responsibility to acquaint him/herself with any risks associated with their physical or medical condition, as well as any side effects or risks associated with the medications they are taking, and to consult a medical practitioner if in doubt.

POWER SPECIFICATIONS

HOCATT Chamber:	220 VAC, 7.0 A, 50 Hz, 1500 W
External Ozone Destructor:	220 VAC, 5.0 A, 50 Hz, 1100 W
Oxygen Concentrator:	220 VAC, 2.2 A, 50 Hz, 480 W
CO ₂ Regulator Heater:	220 VAC, 0.7 A, 50 Hz, 150 W

ELECTRICAL

- **IMPORTANT** – YOU MUST USE SURGE PROTECTORS. IF THE HOCATT IS NOT PLUGGED INTO A SURGE PROTECTOR THEN IT IS AT YOUR OWN RISK IF A SURGE OF ELECTRICITY DAMAGES THE MACHINE. Connect the surge protector to your wall socket or extension lead, and plug the HOCATT's power cord directly into the surge protector. This may help you to avoid any electrical interruptions that may take place. We recommend that you unplug the HOCATT chamber when it is not in use.
- **IMPORTANT** – The power supply for the external ozone destructor must be plugged directly into the HOCATT chamber. The HOCATT itself, as well as the oxygen concentrator and CO₂ regulator heater must be connected directly to wall outlets (with surge protectors).

⚠ WARNINGS & SAFETY PRECAUTIONS ⚠

HOCATT Equipment:

- **WARNING** – To prevent the risk of burn: Ensure the steam compartment does not fill with water during a session or pre-heat. If this happens the water in the steam compartment will start to boil and will make the foot rest very hot.
- **WARNING** – To prevent the risk of fire: DO NOT smoke near the oxygen concentrator (oxygen in high concentrations is flammable).
- **WARNING** – To prevent the risk of fire: DO NOT use ether near the HOCATT, as ozone and ether form a reactive (explosive) mixture.
- **IMPORTANT** – Always ensure that the electrical cables are dry and not exposed to water spillage or leakage (be cautious when filling up the water bottle so as not to spill water on the electric cables or power adapter), and make sure that all leads are intact – inspect the leads before use to be sure that they have not been damaged or severed (i.e. exposing the wires inside).
- **IMPORTANT** – You must read the oxygen concentrator's manufacturer provided manual before operating the oxygen concentrator. Failure to follow the instructions therein will void the warranty.
- **IMPORTANT** – The maximum weight limit for the HOCATT seat is 350 lbs (160 kg).
- **CHECK** – The unit should be secured on a flat surface and the 2 rear wheels locked.
- **CHECK** – Ensure that the area around the unit is dry and non-slippery.
- **ACTION** – Always assist clients when they get in and out of the chamber to prevent them from slipping or losing balance.
- **CHECK** – There should always be someone (yourself or an assistant) in the room with the client during their session to monitor vital signs, ensure that the neck blanket or towel around the neck is secure, and to safely help the client exit the chamber in case of discomfort or panic.
- **IMPORTANT** – If any of the equipment malfunctions during a session, or if anything happens to the client during a session, press STOP immediately. Wait 40 seconds for the destructor to remove the ozone before opening the doors and assist the client out of the chamber. In the case of an emergency, press STOP immediately, open the doors and assist the client out of the chamber as quickly as possible. Avoid ozone inhalation.
- **IMPORTANT** – If for any reason the external destructor does not start running, wait 3-minutes and then have the client cover their nose and mouth with a handkerchief before opening the chamber doors, and have them get dressed in a different room.

INHALATION OF OZONE

WARNING – Inhalation of ozone in high concentrations or for prolonged periods of time can be hazardous to one's health. The recommended ozone concentrations for the HOCATT are required in order for the Transdermal application of Ozone to be beneficial. However, these levels are **not** suitable for inhalation.

For this reason, the HOCATT comes with a large, high-volume, external ozone destructor. This is not a requirement, and we are the only company that provides this feature.

IMPORTANT:

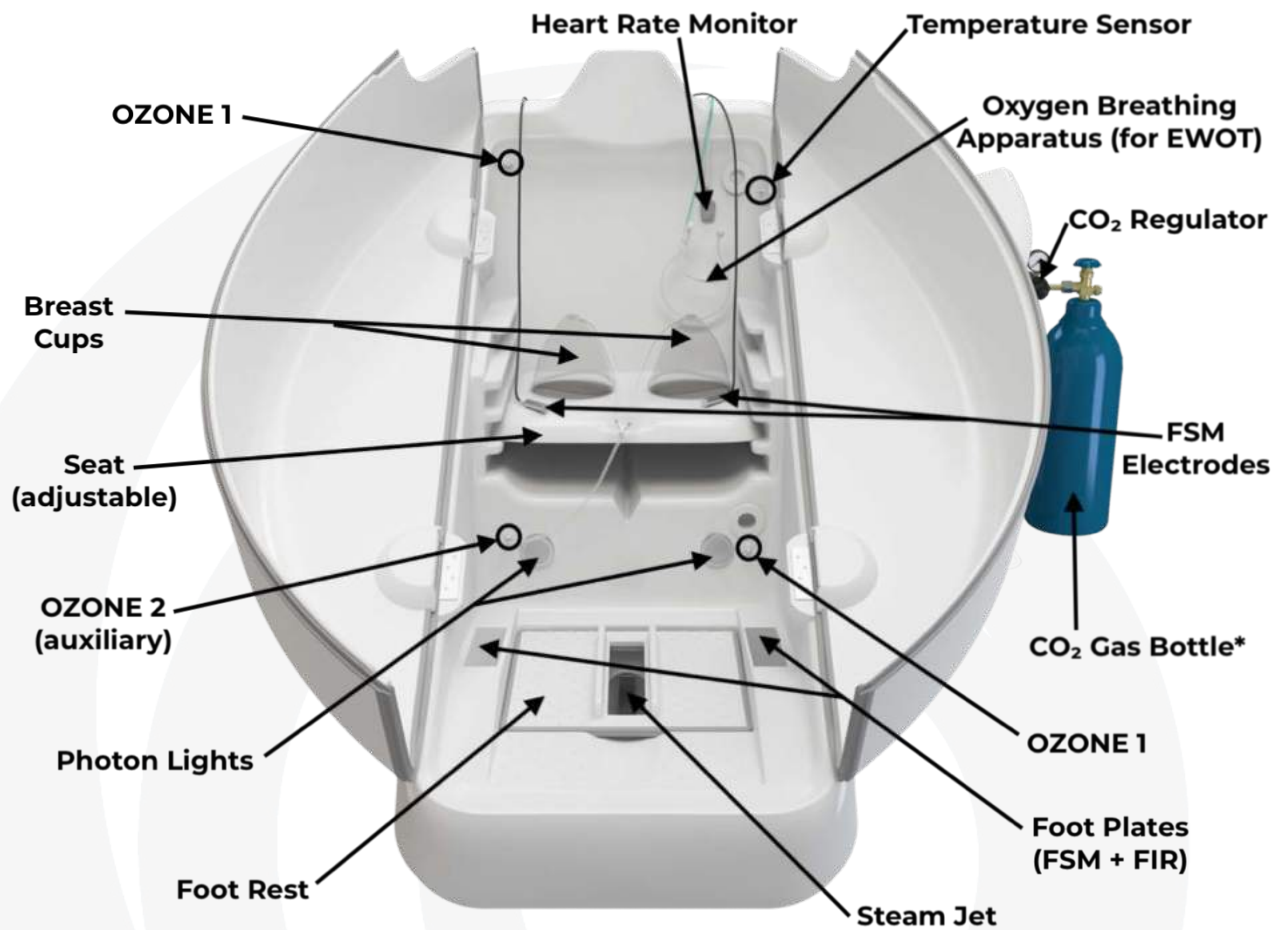
1. CHECK – The client's **face area** should always be 100% insulated around the neck using a neck blanket and/or a towel.
2. CHECK – **Never** run a session with the chamber doors **open** and the oxygen concentrator on – this will release a high concentration of ozone into the room.
3. CHECK – The destructor removes most of the ozonated steam at the end of a session. However, it is still advisable to have **good ventilation** flowing through your HOCATT room – especially if your HOCATT is used by many clients each day, and the room is small (it should not be smaller than 10 x 10 ft). Open the windows and doors, use standing fans and install extractor fans.
4. ACTION – If for any reason the external destructor does not start running, wait 3-minutes and then have the client cover their nose and mouth with a handkerchief before opening the chamber doors, and have them get dressed in a different room. The HOCATT technician should also cover their nose and mouth before opening the doors.
5. ACTION – If any ozone has been inhaled, it is advisable to drink Vitamin C and in the case of an emergency a Vitamin C IV may be required.

Effects of excessive ozone inhalation include:

Irritation of the respiratory system and mucous membranes, coughing, post-nasal drip, dizziness, headache, fatigue, swollen eyes.





OVERVIEW OF PARTS AND FEATURES

HOCATT (front)



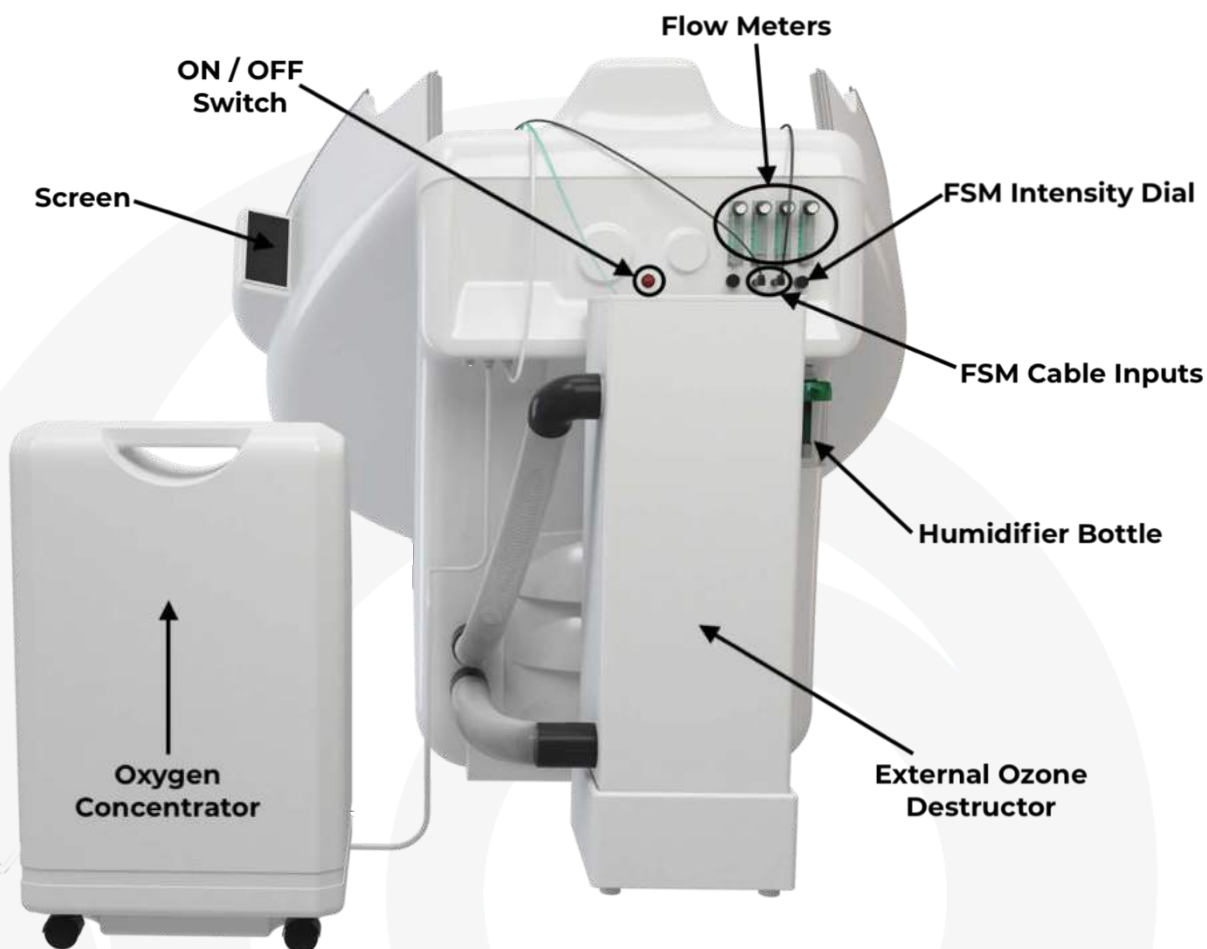
**CO₂ Gas Bottle is not supplied with the HOCATT. This needs to be rented from a local supplier.*

HOCATT Accessories







<p>FSM Electrodes</p>  <p>NOTE: these are NOT included in the Platinum models.</p>	<p>CO₂ Regulator & Heater</p> 
<p>Oxygen Breathing Apparatus</p> 	<p>Water Bottle</p> 

OVERVIEW OF PARTS AND FEATURES

HOCATT (back)



HOCATT Accessories (cont.)

5 x Neck Blankets 	Catheter Pack (50 pcs) 
3 x Breast-Cup Sets (S, M, L) 	3 x Breast-Cup Connections 
2 x 50mm (diameter) Glass Funnels 	1 x 60mm (diameter) Glass Funnel 

MAINTENANCE & CLEANING

FREQUENCY SPECIFIC MICROCURRENT (FSM) & HEART RATE CABLES

Do NOT pull/yank on the heart rate monitor OR FSM electrode cables! Handle this equipment with care, and **please ask your clients to be very gentle** when you hand them the heart rate monitor or electrodes – especially the heart rate monitor. These cables are very delicate and are easily damaged when handled roughly.

CARBON FILTERS ON THE DESTRUCTOR

The carbon filters on the destructor will only need to be replaced when they are no longer working properly (about every 3+ years).

OXYGEN CONCENTRATOR

IMPORTANT – Read the oxygen concentrator manufacturer's manual before use.

Most portable oxygen concentrators will last for around 4 to 7 years or more, depending on how often it was used and how well it was maintained. Maintenance for the average portable oxygen concentrator is very minimal, and usually only consists of cleaning a filter. The filter (grey sponge) on the side of the oxygen concentrator should be cleaned every 2 months. Remove the filter, run it under warm water and leave it to dry before replacing it.

DISTILLED WATER

We recommend that you use store-bought distilled water. The manufacturer's Warranty does not cover any damages to the HOCATT that result from using water that is not distilled. Regular tap water contains natural minerals, as well as chemicals to kill bacteria. Not all of the chemicals can be filtered out with regular water filtration systems. Any chemicals or minerals in the water will pack onto the elements inside the steam generator (kettle).

What is distilled water?

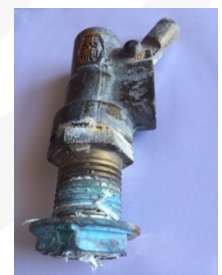
Distilled water is NOT the same as filtered water! Distilled water has gone through rigorous filtration and distillation processes. Distillation involves the boiling of water and then condensing the steam into a clean container. Distilled water is not only stripped of contaminants and chemicals, but it is also stripped of any natural minerals.

What about reverse-osmosis water?

Reverse osmosis filtration involves many different filters, and it does remove minerals, chemicals and contaminants from water – however, most reverse osmosis systems have a final filter that **re-mineralizes** the water. Using reverse osmosis, or any other kind of water that is not distilled water, will void the Warranty.



Before (new)



After mineral damage

REFILLING THE WATER BOTTLE

The blue water bottle feeds water to the steam generator / kettle through the Water Dispenser system located behind the chamber (see image below).

1. When the blue bottle is empty, remove it from the Water Dispenser.
2. Unscrew the cap on the bottle and fill the bottle with distilled water.
3. Close the inner seal on the cap, then screw the cap back onto the bottle.
4. Place the bottle upside down in the Water Dispenser, with the seal positioned over the spike.

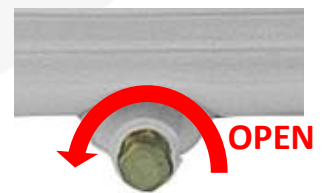


DRAINING THE WATER

Draining the water from the HOCATT chamber:

This water must be drained at least every 2 sessions, preferably after each session, as the steam condenses into water that, along with the client's sweat, runs down the walls and collects inside the steam compartment (the area underneath the foot rest). If this water sits in the steam compartment for too long, it can leave stains.

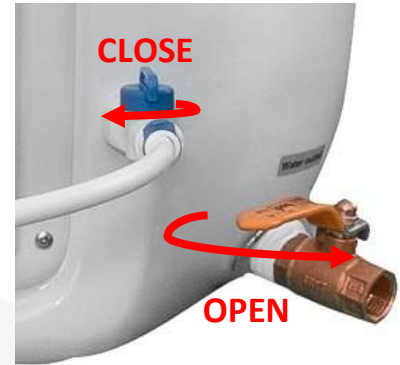
1. This outlet is located behind the HOCATT, at the bottom-middle of the chamber (underneath the water dispenser).
2. Place a flat container underneath the outlet and unscrew cap "A" (anti-clockwise).
3. In order to drain ALL the water, you can ask someone to **carefully** lift the front of the HOCATT until there is no more water coming out of the outlet.
4. Replace the cap and screw it back on (clockwise).



Draining the water from the Steam Generator:

It is good practice to completely drain the steam generator **every week** and let it remain empty for **at least a day**, *e.g. if the HOCATT is in use during the weekdays, then drain the water completely on a Friday after the last session and fill it again on Monday morning before your first client arrives.*

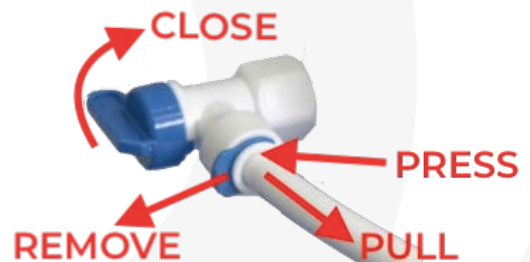
1. This outlet is located behind the HOCATT, on the bottom right corner of the chamber.
2. Place a container underneath the outlet, close valve "C2" and open valve "B".
3. In order to drain ALL the water, you can ask someone to **carefully** lift the front of the HOCATT until there is no more water coming out of the outlet.
4. Close the valve "B".



Draining the water from the Water Dispenser:

It is good practice to also drain the water dispenser when you drain the steam generator.

1. Remove the Blue Bottle from the Dispenser.
2. Close valve "C1" and remove the blue clip.
3. Press in the white ring while pulling out the tube.
4. Place a container underneath the outlet to collect the water, and open valve "C1".



Draining the water from the External Destructor:

There is a water outlet located at the bottom left corner of the destructor (to the left of the large lower tube). The destructor should be drained at least once a week (professional use) and every 2 weeks (personal use).

1. Place a flat container underneath the outlet and open the valve (anti-clockwise).
2. It is OK if little to no water drains (it depends on the frequency of use and your location).
3. When there is no more water coming out of the outlet, then close the valve (clockwise).



CLEANING THE HOCATT

IMPORTANT – DO NOT use Ammonia-based cleaning products!

Clean the HOCATT between or after sessions using your own solution of **distilled water** and **3% H₂O₂ (Hydrogen Peroxide)**. Fill an empty spray bottle with 2 parts distilled water and 1 part H₂O₂, *i.e. for every 2 cups water, add 1 cup H₂O₂*.

1. Give the HOCATT a wipe down with a cloth to soak up all the water that has collected inside the chamber.
2. Also use a drying towel for the steam compartment (area underneath the foot rest) – use the towel to push the water into the drain and soak up any excess water. If this water sits in the steam compartment for too long, it can leave stains. Remember to drain the water from the steam compartment at least every 2 sessions, preferably after each session (see instructions for “Draining the Water” on page 7).

WARNING: *if the steam compartment fills up with water during a session / pre-heat, then that water will start to boil and will make the foot rest very hot! If this happens, then the client may burn themselves on the foot rest.*

3. Next, spray down the interior with your **water & H₂O₂** solution, and wipe it clean with a towel.
4. Remember to clean the:
 - **Back rest**
 - **Seat** (remember to also soak up the water that collects underneath the seat)
 - **Doors**
 - **The 3 tubes**
 - **Foot rest area & FSM foot plates**
 - **Steam compartment (area underneath the foot rest)**
5. If used, also clean the:
 - **FSM electrodes:** after cleaning, place the electrodes upside down on a paper towel to absorb any moisture that might have entered the fittings (where the wires are plugged into). You may also apply some W-D40 spray to the fittings to prevent rusting. Place the electrodes upside down on some paper towel/tissues so that they may dry.
 - **Breast cups / glass funnels**
6. **IF A CATHETER WAS USED FOR ANY REASON, THROW IT AWAY! NEVER RE-USE CATHETERS!**

OPERATING INSTRUCTIONS

HOCATT PREPARATION & SAFETY CHECKS

1. CHECK – Ensure that there are no wet and slippery areas – clean any water from the floor and place a **non-slip mat** cushion on the floor in front of the chamber for clients to step on, so that they do not slip getting in/out of the chamber.
2. CHECK – Ensure the wheels are locked.
3. CHECK – Ensure adequate ventilation (see warning “Inhalation of Ozone” on page 3).
4. CHECK – Ensure that the wall connections are all secure and that the HOCATT is connected to a surge protector.
5. ACTION – Turn on the oxygen concentrator, destructor and HOCATT chamber.
6. CHECK – Make sure that the water bottle has enough distilled water for a session.
7. CHECK – Make sure the humidifier bottle at the back of the chamber has enough distilled water (between the upper and lower level). If the water level is too low, unscrew and open the humidifier bottle and add required amount of distilled water, and then screw the humidifier bottle back into place.
8. ACTION – Open the valve on the CO₂ bottle and check the gauge to see if there is still CO₂ in the bottle.
9. CHECK – See that the heart rate monitor is working correctly.
10. OPTIONAL – Add essential oils to the session: lift the lid of the metal steam jet (located in the middle of the foot rest) and place some gauze into the cavity. Add some drops of essential oil to the gauze and then close the steam jet. ***DO NOT USE CITRUS BASED ESSENTIAL OILS.**

***WARNING:** Make sure that the steam jet is COLD before touching it.*
11. CHECK – Ensure that the top of the metal steam jet (the side with the sieve) is facing straight up at all times. If the steam jet is skew then the steam will be directed onto the foot rest or steam compartment during the session, and this may cause surface damage to the foot rest or steam compartment area over time. Any damage caused as a result of not adhering to the usage instructions in this manual will void the warranty.

***WARNING:** Make sure that the steam jet is COLD before touching it.*
12. OPTIONAL – Attach auxiliary apparatus to the *Ozone 2* (auxiliary) tube, if the client wishes to use an attachment. (NOTE: the *Ozone 2* (auxiliary) tube is located behind the right calf when sitting in the chamber).
13. OPTIONAL – If the client wishes to use the FSM electrodes during the session, then ensure the electrodes are connected to the FSM inputs behind the chamber.

GENERAL SETTINGS FOR THE FLOW METERS

Oxygen Concentrator:

Switch on the oxygen concentrator, and make sure the flow meter is set to roughly 2.5L/min (*NOTE: never put the Oxygen higher than 3L/min*).

Behind the Chamber:

In order to adjust the flow meters behind the HOCATT chamber, both the HOCATT and the oxygen concentrator should be switched on, and the CO₂ valve opened.



CO ₂ :	5L/min (<i>a session must be started in order to set the CO₂ to flow meter</i>)
Ozone1&2:	300ml/min (<i>when not using a catheter or funnel/cups with Ozone 2</i>)
	-OR-
Ozone1:	400 – 500ml/min (<i>when using Ozone 2 for auxiliary functions</i>)
Ozone2:	Consult the User Guide (<i>when using Ozone 2 for auxiliary functions</i>)
Oxygen:	2.5L/min (<i>do not set the Oxygen higher than 3.0L/min</i>)

DESTRUCTOR SETTINGS

Make sure that the timer on the destructor is set to 40 seconds (default).

1. On the HOCATT screen, select “system information”, and then “destructor”.
2. Check that the destructor is set to run for 40 seconds. If it is not, then change it to 40 seconds.

PRE-HEAT & GETTING THE HOCATT READY

DO THIS 10 MINUTES BEFORE THE CLIENT IS DUE TO START THEIR SESSION.

1. CHECK – Make all the necessary adjustments.

Checklist:

- Turn of foot rest.
 - Level of the seat. **IMPORTANT** – The maximum weight limit for the HOCATT seat is 350 lbs (160 kg).
 - Attach funnel/ cups/ catheter if the client wishes to do cupping/ Vaginal Insufflation.
 - Add essential oils (if the client wishes).
2. CHECK – Make sure that the oxygen concentrator, destructor and HOCATT are all turned on, and that the valve on the CO₂ cylinder is open.
 3. CHECK – The Welcome Screen appears on the HOCATT.
 4. ACTION – Touch anywhere on the Welcome Screen, and it will go to the Main Menu.
 5. ACTION – Select “Pre-Heat”.
 6. CHECK – Ensure that the chamber doors are **closed properly** and **cover the top** opening (where the client’s head will stick out) **with a towel** to prevent the steam from escaping during the pre-heat.
 7. ACTION – Select “Start”, to begin the pre-heat (*NOTE: the pre-heat is set for 10 minutes and this time **cannot** be changed. However, you can stop the pre-heat before the 10 minutes are up if the chamber reaches the target temperature sooner.*)
 8. ACTION – After about 7 minutes (the average time required to adequately heat the machine), ask the client to undress in a restroom or behind a curtain, and wrap a large bath towel around themselves (*NOTE: the client should undress completely, as the more skin exposed to the steam the better, and then cover themselves with their towel.*)
 9. CHECK – The temperature inside the HOCATT should be around 40°C before you assist the client into the chamber because you will lose steam (i.e. the temperature will drop) while the client is getting in.
 10. **IMPORTANT** - DO NOT run the pre-heat continuously, as continuously heating the unit to 45°C may cause the element to burn out.
 11. **WARNING** – To prevent burning/injury, be careful not to touch the steam jet during or right after a pre-heat/ sauna session.



ASSISTING THE CLIENT AS THEY ENTER THE CHAMBER

1. ACTION – Remove the towel covering the top opening of the chamber and open the doors carefully so as to not place any strain on the door hinges.
2. ACTION – Help the client into the chamber, and then carefully close the doors. DO NOT put pressure on the doors when they are open. **IMPORTANT:** The Warranty on the chamber / cabinet body is one (1) year. **However, damage to the doors, the hinges of the doors, or the chamber as a result of excessive weight or stress on the doors and/or hinges is NOT covered by the Warranty.** You should always open the doors carefully, and clients should never put any weight on the open doors at any time – especially when entering or leaving the sauna chamber. The doors are custom made for each chamber. If they are damaged you may have to replace the entire chamber.
3. **WARNING** – To avoid burning or injury, tell the client to be careful not to place their feet on/over the steam jet as they enter the chamber. Remind the client to **keep their feet apart** during the session to avoid the steam as it rises from the steam jet, this is especially important for clients without feeling in their feet / legs, as they will not know if they are being burned by the steam. It is recommended that the client places their feet on the metal foot plates, so that they may experience the FSM and Far Infrared modalities, and this will also keep their feet away from the steam jet.
4. ACTION – Once the client is settled inside the chamber, ask the client to:
 - Keep their feet apart (to the sides / on the foot plates).
 - Uncover their body as much as possible (if they entered with a towel on).
 - Not cover the thermostat with their body, as this may interfere with temperature reading.
 - Locate the auxiliary attachment if the client has opted to use one.
 - Hold onto the FSM electrodes and/or attach the heart rate monitor to their finger, and to make sure that their finger is dry when they put on the heart rate monitor – if the client's finger is too wet, it can interfere with the reading from the heart rate monitor (*NOTE: carefully pass the FSM electrodes and HRM to the client through the top opening around the client's neck, and ensure the cables have enough slack*). **IMPORTANT** – Do NOT pull/yank on the heart rate monitor and the FSM electrodes! Please handle this equipment with care. Ask your staff and clients to be very gentle with these items.
5. ACTION – To prevent inhalation of the ozonated steam, place a neck blanket over the client's head and secure it around their neck. If the client finds the neck blanket to be uncomfortable, you can use large towels instead. (see page 3, "Inhalation of Ozone")
6. ACTION – Place the oxygen breathing apparatus around the client's and ensure that the airflow from the oxygen breathing apparatus is directed to the nose and mouth.
7. ACTION – Turn on any ventilation fans, open doors and windows as necessary to ensure air movement to disperse any small amounts of ozone that may have leaked into the room between previous sessions.
8. **IMPORTANT** – Ask the client to notify you immediately if they need to get out! As soon as you press "stop" to end the session, the destructor will run for 40 seconds. This way you can have the client safely out of the chamber in less than a minute, without exposing them or the room to a large volume of ozone when opening the chamber doors.

STARTING A SESSION: Default & Recommended Settings

The default settings are **set at recommended levels for persons with no special medical or physical conditions**. These levels are based on the norm in the wellness industry and should be applicable for the majority of individuals.

You can change the parameters before the session, as well as at any time during the session. You can also pause the session at any point should the client wish it.

Main Control Buttons:



START a session.



STOP a session.



PAUSE a session.



INCREASE

OR a session.



DECREASE selected parameters.

CO₂ Screen Settings:

1. In the Main Menu, **select “Control Screen”**.
2. On the Control Screen, **select “CO₂ Settings”** to set the CO₂ time and temperature.



3. **Time:** 3 (default) – 8 minutes (maximum)

NOTE: start off at 3 minutes and gradually build the client up to longer periods of CO₂.

The number of minutes set for CO₂ is subtracted from the total time displayed on the control screen, i.e. if the time on the control screen is set to 30 minutes, and you set the CO₂ for 3 minutes, then there will be 27 minutes left of the session after the 3 minutes of CO₂.



4. **Temperature:** 37 (default) – 42°C

NOTE: high temperatures can cause discomfort and irritability, but it is recommended to increase the heart rate. Always work within your client's comfort levels.

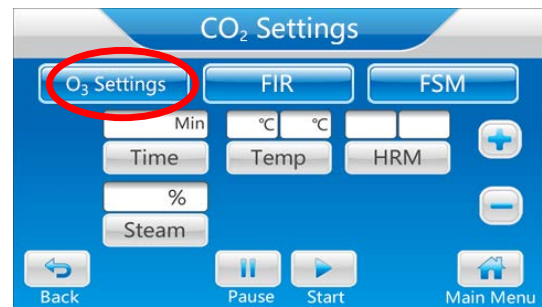
Ozone Screen Settings:

1. **Select “O3 screen”** to return to the control screen, and set the following parameters for the transdermal Ozone:

2. **Session Time:** 20 – 30 (default) minutes

3. **Temperature:** 37 (default) – 42°C

NOTE: high temperatures can cause discomfort and irritability, but it is recommended to increase the heart rate. Always work within your client's comfort levels, and try to gradually build them up to higher temperatures over time.



4. **HRM:** 120 bpm (default) – please see the User Guide.

5. **Steam:** 100%

NOTE: the steam should remain at 100%, as it regulates the rate of the temperature increase.

6. **Ozone 1 + 2:** 50 (default) – 100%

7. **FIR:** On (default)

NOTE: if the client does not want to do FIR, you will only be able to de-select it once the session has started.

To adjust the intensity of the FIR, locate the FIR dial behind the HOCATT chamber, and turn the dial anti-clockwise to decrease the intensity, or turn the dial clockwise to increase the intensity.



8. **FSM:** None selected (default)

NOTE: please see the next page for instructions on how to select an FSM program.

9. **PEMF:** See page 17 for instructions on using HUGO PEMF during the session.

NOTE: the PEMF modality is only available in the HOCATT Platinum models.

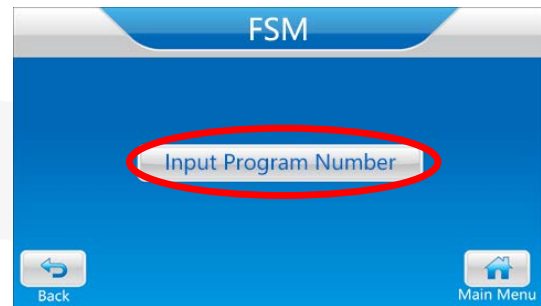
10. Once you have set all the parameters you can start the session.

FREQUENCY SPECIFIC MICROCURRENTS (FSM)

We recommend using the FSM during a sauna session. However, it can also be administered as a stand-alone modality – please see page 19 for those instructions.

Choosing an FSM Program During a HOCATT Session:

1. When the client is sitting comfortably inside the chamber, instruct them to place their feet on the metal foot-plates, and **carefully** pass the FSM electrodes to the client underneath the neck blanket (*NOTE: do **NOT** let the client tug on the cables – make sure that the cables have some slack after passing the electrodes to the client*).
2. In the Control Screen, select “FSM”, then select “input program number”.



3. Use the *FSM Program List* on page 20 of the User Guide to find the desired program number.
4. Enter the program number, then select “OK”.
5. You will be returned to the Control Screen. The FSM will start when you start the sauna session.
6. If at any point during the HOCATT session the client wants to stop the FSM and then continue it later, you can select “FSM” and press the “Pause” button. Press the “Start” button to resume the FSM.
7. Adjust the intensity of the frequencies by turning the dial behind the HOCATT chamber.



AUXILIARY OZONE FUNCTIONS

We recommend using the auxiliary ozone functions during a sauna session. However, they can also be administered outside of a sauna session as stand-alone modalities.

Using the Auxiliary Ozone function During a HOCATT Session:

1. Before starting the session, attach auxiliary attachment to the *Ozone 2* tube inside the chamber (*NOTE: the Ozone 2 (auxiliary) tube is located behind the right calf when sitting in the chamber*).
2. Set the *Ozone 2* flow meter (behind the chamber) to the recommended setting.
3. When the client is sitting comfortably inside the chamber, start the session and ask them to apply the chosen auxiliary attachment to the desired area.
4. Please consult the User Guide for more information on the auxiliary ozone functions.

USING HUGO HIGH-INTENSITY PEMF WITH THE HOCATT PLATINUM

The instructions on this page apply only to the HOCATT Platinum models. If you have a HOCATT Plus you can ignore this page.

IMPORTANT:

Do not connect the HUGO power supply to the HOCATT chamber. Only the external ozone destructor must be draw power from the HOCATT. The oxygen concentrator, CO₂ regulator, and **HUGO driver** must be connected to wall outlets (with surge protectors).

1. **IMPORTANT** – You **MUST** read the **HUGO Operating Manual** before connecting the HUGO driver to the HOCATT Platinum chamber.
2. **ACTION** – Before starting the HOCATT session, set up your HUGO driver following the instructions on page 5 of the HUGO Operating Manual.
3. **IMPORTANT** – Included with your HOCATT Platinum are two insulated white cords with probes on either end. Ensure that the HUGO driver is powered OFF before attaching the probe connections as directed in Steps 4 – 7 below:
4. **ACTION** – Connect one end of the cord with the grey probes to the grey Probe Connector slot of **set 1** on the front panel of the HUGO driver.
5. **CHECK** – Make sure the probe is correctly lined up with the connection before inserting.
6. **ACTION** – Once inserted, twist the probe gently to the right (clockwise) to lock the probe into place. You will hear a soft click when the probe enters the locked position.
7. **ACTION** – Connect the other end of the same cord to the grey Probe Connection on the back of the HOCATT chamber. Make sure that you have inserted it correctly as per the instruction in Steps 5 and 6 above.
8. **ACTION** – Repeat Steps 4 – 7, but for the cord with the blue probes on either end.
9. **ACTION** – Locate the short ‘dummy’ cord and connect it to the Probe Connector slots of **set 2** on the front panel of the HUGO driver. Once inserted, twist the probes gently to the right (clockwise) to lock them into place.
10. **ACTION** – Get the user settled inside the HOCATT chamber and start the HOCATT session as per the instructions in this HOCATT Operating Manual.
11. **ACTION** – Half-way through the HOCATT session (i.e. 15-minutes of the session left), start the HUGO by following Steps 1 – 5 under “STARTING A SESSION” on page 7 of the HUGO Operating Manual.
12. **CHECK** – The HUGO will run for 12-minutes, so it will end 3-minutes before the HOCATT session ends.
13. **IMPORTANT** – Remember to make sure that the HUGO is properly powered down before disconnecting or connecting any probes.

IMPORTANT REMINDERS

IMPORTANT – If the unit starts beeping (indicating there is not enough water), STOP the session immediately and add more distilled water. DO NOT let the unit run while the kettle is empty, as this may cause the element to burn out.

IMPORTANT – If any of the equipment malfunctions during a session, or if anything happens to the client during a session, press STOP immediately! Wait 40s for the destructor to remove the ozone before opening the doors and assist the client out of the chamber. In the case of an emergency, press STOP immediately, open the doors and assist the client out of the chamber as quickly as possible. Avoid ozone inhalation.

ATTENDING TO THE CLIENT DURING A HOCATT SESSION

Throughout the session, there should always be an attendant present to aid the client.

The attendant should:

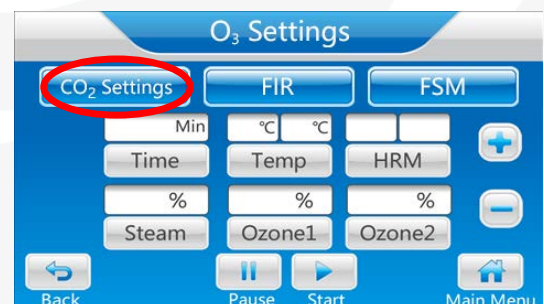
1. CHECK – Make sure there are no ozone leakages around the neck.
2. CHECK – Make sure there is a fan or other means of keeping the client's face cool.
3. CHECK – Ask the client to keep you informed of their needs, i.e. if they are thirsty the attendant must provide water, if it is getting too hot the attendant should reduce the temperature, etc. *(NOTE: you can always, at any time, adjust the temperature or any other parameter, according to the needs of the client).*
4. ACTION – Mop the client's face with tissue or paper towels when they sweat. If there is excessive sweating, the attendant can also use the towel around the neck (if present).
5. **IMPORTANT** – Keep an eye on their heart rate throughout the session and ensure that the heart limit has been set for those clients with known heart conditions and the elderly. The heart rate limit should be set to whatever limit is recommended by their cardiologist.
6. **IMPORTANT** – If the client feels any uneasiness due to the temperature being too high, lower the temperature and/or open the chamber doors for a few seconds to cool them down.
7. ACTION – If the client is claustrophobic, tell them that the chamber is completely under their control. The doors do not lock, and they can ask you to stop the session at any time to help them out of the chamber if they feel uncomfortable.
8. **IMPORTANT** – Ask the client to notify you **immediately** if they want to get out. As soon as you press "stop" to end the session, the destructor will run for 40 seconds. This way you can have the client safely out of the chamber in less than a minute, without exposing them or the room to a large volume of ozone when opening the chamber doors.
9. **IMPORTANT** – If there is any dizziness or light-headedness, **stop the session** and then open the chamber doors (preferably after the destructor has removed the ozone). Ask the client to lower their head down between the knees for a few minutes. Once they are feeling better, you should let them lie down for 10 – 15-minutes.

ASSISTING THE CLIENT OUT OF THE CHAMBER

1. CHECK – Once the session has ended, the destructor will automatically run for 40 seconds. The destructor does make a loud noise, so before the end of the session you can tell the client not to be alarmed when it comes on.
2. ACTION – Ask the client to wrap him/ herself up using their towel.
3. ACTION – Remove the oxygen breathing apparatus and the neck blanket and/or towels from around the client's neck.
4. ACTION – If the client is wearing a heart rate monitor, ask them to remove it from their finger and CAREFULLY pass it back to you through the opening at the top of the chamber. The same applies for if the client has used the FSM electrodes. If the client used any auxiliary attachment, they can leave the attachment on the seat next to them.
5. ACTION – Once the destructor has finished running and the client has covered up with their towel, you can open the chamber doors. Ask the client to hold onto your hand while you assist them with exiting the chamber (this also ensures that they do not put stress on the door hinges). Tell the client to watch his/her step, as the chamber is slightly raised above the ground (due to the wheels).
6. ACTION – Help the client to a nearby bed or chair (as their muscles will be very relaxed) and allow them to rest and collect themselves for 10 – 15 minutes whilst drinking 35 ounces (1 litre) of rehydration water, before they go to put their clothes back on.

RELEASING THE PRESSURE IN THE CO₂ PIPE

1. When you have finished with your last client for the day, close the valve on the CO₂ cylinder.
2. Go to the Control Screen and select "CO₂ Settings".
3. Press "Start" and wait around 10-15 seconds for the pressure gauge on the CO₂ cylinder to drop to zero.
4. Press "Stop". You can now switch off the HOCATT at the back of the chamber.
5. Switch off the Oxygen Concentrator and the External Ozone Destructor.
6. Unplug the CO₂ Regulator from the wall.
7. Switch off the main power supply.



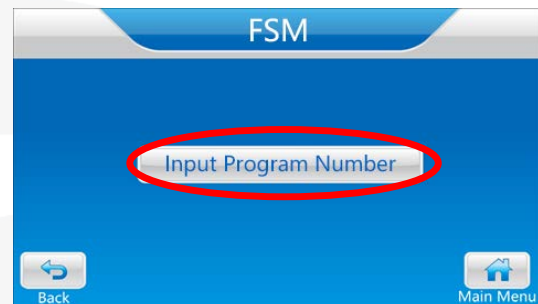
USING FEATURES **WITHOUT** A SAUNA SESSION

FREQUENCY SPECIFIC MICROCURRENTS (FSM)

To use an FSM program during a HOCATT sauna session, please see the instructions on page 16.

Choosing an FSM Program (Without a Sauna Session):

1. In the Main Menu, select “FSM”. Use the *FSM Program List* on page 20 of the User Guide to find the program number for your client.
2. Select “input program number”.



3. Enter your desired program number and hit “OK”.

4. The FSM Screen:

- **Total Time:** Indicates the total running time for the selected FSM program.
- **Cycle Time:** Indicates the duration of each frequency within the selected program.
- **Cycle:** “A” is the number of frequencies that have already finished running, and “B” is the total number of frequencies within the selected program.



An Example: If the program you select has 24 frequencies, and the Cycle Time is set for 3 minutes per frequency, then the entire FSM session (Total Time) will last 72 minutes.

5. You can change the Total Time by changing the Cycle Time. To do this, press the “Cycle Time” button and then use the +/- buttons to increase or decrease the Cycle Time until you reach the desired Total Time.
6. Press “Start”.
7. Adjust the intensity of the frequencies by adjusting the dial at the back of the HOCATT chamber.

