**In-Use Screen**

After a Massage program is selected, in-use screen displays all settings to that program.

1. Time left
2. 4D intensity level
3. Active airbags
4. Active rollers
5. Bluetooth connected
6. Indicators
7. Back roller position & direction

**Nature Sounds**

From the SOUNDS button on the main menu, you can select your choice of soothing sound therapy. Adjust volume to one of 5 levels also found under SOUNDS:

- White Noise
- Ocean Surf
- Crickets
- Rain
- Nature
- Airplane
- Car Ride
- Fireplace
- Thunderstorm
- Windy Night

**Multi-Functional Screen**

Use the directional buttons below to navigate through menu screens. Then press OK to select.

- **Power**: Press to turn the remote on or off.
- **Home**: Press to navigate back to the main menu.
- **OK**: Press to confirm selection.
- **Foot Roller**: Press to turn on-foot roller, press again to resume Foot Roller.
- **Footrest**: Press and hold up arrow to bring foot rest up, press and hold down arrow to bring foot rest down.
- **Pause**: Press to pause/continue massage.
- **Auto**: Press to set the chair to automatically adjust itself.
- **4D**: Press to increase or decrease 4D intensity of massage mechanism.
- **Back Adjustment**: Press to adjust back mechanism.
- **Seat Back Position**: Press and hold up arrow to recline seat back, press and hold down arrow to upright seat back.
- **Leg Length**: Press and hold up arrow to extend leg length adjustment, press and hold down arrow to retract leg length adjustment.