iHealth™

Wireless Body Analysis Scale (HS5)

Balance d'analyse corporelle sans fil (HS5)
Bilancia pesapersone wireless iHealth (HS5)
Báscula inalámbrica de análisis corporal (HS5)
Drahtlos-Körperanalysewaage (HS5)

OWNER'S MANUAL
MODE D'EMPLOI
MANUALE D'ISTRUZIONI
MANUAL DEL PROPIETARIO
BEDIENUNGSANLEITUNG

iHealth™
Wireless Body Analysis Scale (HS5)
OWNER'S MANUAL

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INTRODUCTION

Thank you for purchasing the iHealth Wireless Body Analysis Scale. You will now be able to measure, track, and share vital body composition parameters from the comfort of your home.

In addition to body weight, the iHealth Wireless Body Analysis Scale measures:
• BMI
• Body Fat
• Lean Mass
• Muscle Mass
• Bone Mass
• Body Water
• Visceral Fat Rating
• Daily Calorie Intake (DCI)

This manual will guide you through the set up procedures and highlight the Scale's key features. Please keep it handy for future reference.

To learn more about these body composition parameters, refer to the FAQ section of the iHealth App or visit www.ihealthlabs.com.

PACKAGE CONTENTS

• iHealth Wireless Body Analysis Scale
• Owner's Manual
• Quick Start Guide
• 4 AA Batteries

INTENDED USE

The iHealth Wireless Body Analysis Scale is a precision electronic instrument intended for adult use. The Scale utilizes full electronic methodology and pressure sensors to non-invasively measure body composition components automatically. The measurements are displayed and stored on an iPod touch, iPhone, or iPad with a date and time stamp.

IMPORTANT NOTE FOR USERS

Pregnant women need to consult their healthcare provider before use. Some physical conditions could affect hydration levels that may lead to inaccurate results. Please consult your healthcare provider for more information.

Always store the iHealth Wireless Body Analysis Scale in a dry place. To ensure accurate results, keep the Scale away from magnetic fields as these may adversely affect results or possibly damage the Scale.

CONTRAINDICATION

Never use this product in combination with medical electronic devices such as:

⚠ (1) Medical electronic implants such as pacemakers.
⚠ (2) Electronic life support systems such as artificial
     heart/lungs.
⚠ (3) Portable electronic medical devices such as
     electrocardiographs.

This product could cause these devices to malfunction posing a considerable health risk to users of these devices.

PARTS AND DISPLAY INDICATORS

| | User | | Body Fat |
| Wirless Signal | | | Settings |
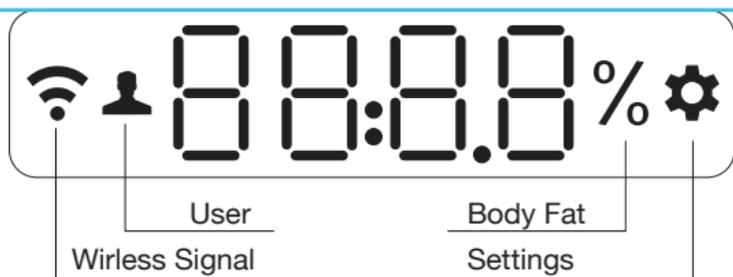
SET UP REQUIREMENTS

The iHealth Wireless Body Analysis Scale is designed to be used with the following iPod touch, iPhone and iPad models:

iPod touch (5th generation)
iPod touch (4th generation)
iPhone 5
iPhone 4S
iPhone 4
iPad mini
iPad (4th generation)
iPad (3rd generation)
iPad 2

The iOS version of these device should be V5.0 or higher.

SET UP PROCEDURES

Download the Free iHealth App

Prior to first use, download and install "iHealth MyVitals" App from the App Store.

It is very important that every Scale user follows the on-screen instructions to register and complete a personal profile because data points such as height and age are necessary to measure body composition.

Preparing for Set Up

· iOS device is compatible and is version V5.0 or higher.

·Wireless Internet connection provided by a router is compatible with Wi-Fi IEEE 802.11 b/g standard and supports WEP, WPA

and WPA2 personal security modes.

Install Batteries

Open the battery cover on the back of the Scale and insert four "AA" batteries.

⚠ If "Lo" appears on the LED, replace all the batteries.

⚠ Rechargeable batteries are not suitable for this Scale.

⚠ To avoid damage as a result of battery leakage, remove the batteries if the Scale is not going to be used for 3 months or more.

⚠ Avoid getting battery fluid in your eyes. If it gets in your eyes, immediately rinse with clean water and contact a physician.
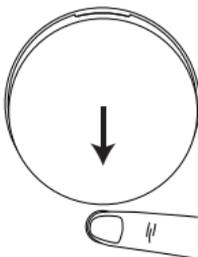
The Scale and the batteries must be disposed of according to local regulations at the end of their service life.

Select Weight Unit

Select a weight unit by adjusting the switch under the battery cover.
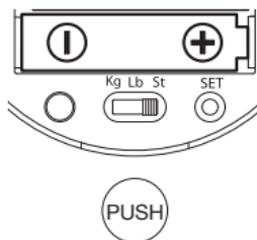
SET UP THE SCALE'S WI-FI CONNECTION
(Prior to first use, or when changing routers.)

STEP 1: Connect iOS device to your home Wi-Fi.
(Settings->Wi-Fi->On)

STEP 2: Turn *Bluetooth* "On" on your iOS device and it will start searching for the Scale.

STEP 3: Wait until the model name, "iHealth HS5xxxxx" , and "Not Paired" appear on your device's *Bluetooth* screen. Select the model name "iHealth HS5xxxxx" to pair and connect. (Note: it may take up to 30 seconds for your iOS device to detect the *Bluetooth* signal)
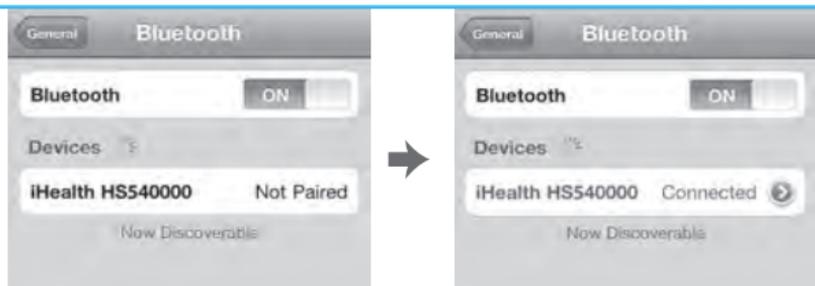
STEP 4: Select "Allow" in the pop-up window, as shown below.

Share Wi-Fi Settings?
Do you want to share your Wi-Fi settings so this accessory can connect to the Wi-Fi network?

Allow   Ignore

STEP 5: The wireless signal icon on the Scale's display will flash for a few seconds and then stabilize when Wi-Fi connection is successful. The Scale should display as shown below.

The *Bluetooth* connection will then automatically disconnect from the Scale. Your scale is now connected to your home Wi-Fi and ready to use.

MEASUREMENT INSTRUCTIONS

a. Launch the iHealth App. Step on the Scale to turn it on and wait until "0.0" appears on the display.

b. Stand on all four electrodes with bare feet. Your weight data will appear on the Scale display first, followed by Body Fat %. Remain on the scale for a few seconds to allow the scale to continue the measurement. If you have socks on, the Scale will only display your weight.

The iHealth App will show detailed body composition data including Weight, BMI, Body Fat, Lean Mass, Body Water Percentage, Muscle Mass, Bone Mass, Visceral Fat Rating and Daily Calorie Intake (DCI).

Note: If the Body Fat measurement fails, only your weight will be displayed.

Taking Measurements Without iOS Device

Up to 20 people can use the Scale. The Scale determines who the

user is by matching the new weight with weight previously recorded. If the weight of two or more users is similar, the Scale will display the user number (e.g. User # "x"). Step lightly on the lower left corner to select the appropriate user, and then step lightly on the lower right corner to confirm. When taking measurements without an iOS device, your current measurement data will be uploaded to the Cloud automatically.

$$\widehat{\approx} \, \mathbf{\underline{1}} \quad \boxed{0 3}$$

$$\widehat{\approx} \, \mathbf{\underline{1}} \quad 26.5\%$$
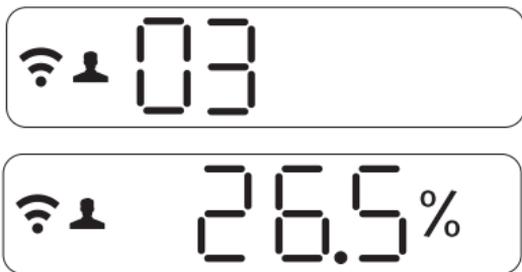
Instructions for switching ISP or internet router

If you switch your ISP or internet router, first press the "Set" button under the battery cover on the back of the Scale to reset the Wi-Fi connection, then proceed to the "SET UP THE SCALE'S WI-FI CONNECTION" instruction steps.

Visit www.ihealthlabs.com to obtain additional product information. For Customer Service, please call +1(855) 816-7705.

Offline Memory

The Scale can store up to 200 weight results for each user. When each user's memory is full, any new measurements will overwrite the oldest ones.

Automatic Shutdown Feature

The Scale shuts down automatically after 2 minutes following completion of the measurement. If a new measurement is started or any App operation is performed during this time, such as uploading the memory contents of the Scale to an iOS device, the shutdown timer will be reset to 2 minutes.

Operating Instructions

For more detailed operating instructions, please visit www.ihealthlabs.com or the FAQ section of the iHealth App on your iOS device.

SPECIFICATIONS

1. Product name: iHealth Wireless Body Analysis Scale
2. Model: HS5
3. Classification: internally powered, type BF applied part (four electrodes)
4. Machine dimensions: 16.2"x13.2"x1.7"(411 mm×335 mm×43 mm)
5. Weight: approx. 4 lbs (1800 g)
6. Measuring method: automatic full electronic measurement
7. Power: 4×1.5V === AA batteries
8. Measurement range:
   Body Weight: 11 lbs-330 lbs/5 kg-150 kg
   Body Fat: 5.0%-65.0%
   Body Water: 20.0%-85.0%
   Visceral FatRating: 1-59
9. Accuracy:
   Body Weight: ±1.1 lb/0.5 kg(5 kg-40 kg / 11-88 lbs);
                 ±1%+ 0.2 lbs / 0.1 kg(40 kg-150 kg / 88-330 lbs)
   Body Fat: ±1%
   Body Water: ±1%
   Body MuscleMass: ±(1% + 0.2 lbs / 0.1 kg)
   BonesMass: ±0.66 lbs / ±0.3 kg
   Visceral FatRating: ±2
   DCI (Daily Calorie Intake): ±200 kcal
10. Operating temperature: 10°C - 35°C(50°F-95°F)
11. Operating humidity: 20 - 85%RH
12. Environmental pressure for operation: 86-106 kPa
13. Storage and transport temperature: -20°C - 60°C(-4°F-140°F)
14. Storage and transport humidity: 10 - 95%RH
15. Environmental pressure for storage: 50-106 kPa
16. Battery life: approx. 3 months with daily usage

GENERAL SAFETY AND PRECAUTIONS

1. Read all of the information in the Owner's Manual and other included product information in the packaging before operating this product.
2. Please stand on the Scale with bare feet, keeping as still as possible until the results appear on the display.
3. ⚠ Do not stand on the edge of the Scale as you may fall or receive inaccurate measurements.
4. ⚠ Do not use the Scale on a tile or wet floor as this may result in a fall.
5. ⚠ Ensure that the surface of the Scale is clean and dry before you step onto it as it may become slippery when wet.
6. ⚠ Treat your Scale with care. Do not drop it or jump on it. The Scale is designed to be stood on; misuse or abuse may render the electronic sensors inoperative, cause you to fall, or adversely affect the accuracy of measurements.
7. ⚠ Never immerse the Scale in water. Clean the surface with a damp cloth.
8. Do not use the Scale on an uneven floor, a soft surface or a carpet as doing so may result in unreliable data.
9. To avoid damage as a result of battery leakage, remove the batteries if the Scale is not going to be used for more than 3 months.
10. This Wireless Body Analysis Scale is designed for adults. Infants or young children or any person who cannot stand still without assistance, should not use it.
11. ⚠ It may not be safe for people with pacemakers to use this Scale.
12. Avoid using this Scale near strong magnetic fields, such as microwave ovens, etc.
13. The Scale may not perform accurately if it is stored or used outside the specified temperature and humidity ranges cited under Specifications.
14. This device complies with part 15 of the FCC Rules. Its operation is subject to the following two conditions:
    (1) this device may not cause harmful interference, and
    (2) this device must accept any interference received, including

interference that may cause undesired operation.
15. Changes or modifications not expressly approved by iHealth Lab Inc. invalidate the user's warranty for this equipment.
16. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
    —Reorient or relocate the receiving antenna.
    —Increase the separation between the equipment and receiver.
    —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
    —Consult the dealer or an experienced radio/TV technician for help.
17. ⚠ This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
    (1) this device may not cause interference, and
    (2) this device must accept any interference, including interference that may cause undesired operation of the device.

TROUBLESHOOTING

	PROBLEM	SOLUTION
Set Up Problems	Scale model name is not listed on the *Bluetooth* Menu of the iOS device	Make sure Scale is on "Set" status by pressing the "Set" button on the back of the Scale.

	Bluetooth connection failed	1.Turn off and turn on the *Bluetooth*, and re-establish the *Bluetooth* connection. 2.If the problem persists, restart your iOS device.
	Wi-Fi sharing pop-up window doesn't show on the iOS device	Re-establish the *Bluetooth* connection
	" 📶"Wi-Fi symbol doesn't appear on the Scale display	1. Make sure iOS device is connected to a router. 2. Make sure MAC address is not filtered by router. 3. Repeat from Step 3 of "CONNECT SCALE TO AN INTERNET ROUTER" in the Quick Start Guide
App Connection Problems	App and Scale connection failed	Make sure Scale is powered on, and Wi-Fi signal is stable, not flashing. Make sure your iOS device and Scale is connected to the same router.
	Wi-Fi symbol doesn't appear on the Scale display	Make sure Scale is on "Set" status by pressing the "Set" button on the back of the Scale.
	Wi-Fi symbol turns off after flashing"Er 4" on Scale display	Make sure your router is powered on and router settings such as "password" and "name" have not been changed.
Measurement Problems	The Scale does not respond	Remove the batteries from the Scale. Wait 1 minute and re-install the batteries. If problem persists, replace with a new set of batteries.
	The Scale displays "Lo"	Make sure batteries are installed correctly, if the problem persists, replace with a new set of batteries.
	The Scale displays "Er 0", "Er3","Er6", "Er7", "Er8"	Remove the batteries, wait 1 minute and then replace with a new set of batteries. If problem persists, please contact iHealth Customer Service.
	The Scale displays "Er 1"	The current weight may be beyond the measurement range of 330 lbs/150 kg.
	The Scale displays "Er 2"	Place feet in the center of the Scale, stand still, and allow the Scale to shut off completely after weighing. Do not move the Scale unnecessarily.

	The Scale displays "Er 5"	Make sure Scale is connected to a router. Make sure router is connected to internet.
	The Scale displays "- - - -"	The Scale failed to detect body impedance. Make sure you step on all four electrodes with bare feet, and try again.

CARE AND MAINTENANCE

1. Avoid high temperatures and directly sunlight. Do not immerse the Scale in water, as this will damage the Scale.
2. If the Scale is stored in near freezing or freezing temperatures, allow it to acclimatize to room temperature before use.
3. Do not attempt to disassemble the Scale.
4. Remove the batteries if the Scale is not going to be used for more than 3 months.
5. Clean the Scale with a soft damp cloth if dirty. Do not use abrasive or solvent-based cleaners.
6. The Scale is essentially maintenance-free and requires no user intervention.
7. The Scale will maintain its safety and performance features for at least 10,000 measurements or two years of use.

WARRANTY INFORMATION

The iHealth Wireless Body Analysis Scale is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided. The above warranties extend only to the original retail purchaser. We will, at our option, repair or replace without charge any product covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

EXPLANATION OF SYMBOLS

Symbol for "THE OWNER'S MANUAL MUST BE READ"

Symbol for "CAUTION"

🏃 (in box)	Symbol for "TYPE BF APPLIED PARTS"
🗑 (crossed-out bin)	Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice".
🏭	Symbol for "MANUFACTURER"
☂ (umbrella)	Symbol for "KEEP DRY"
🏭	Symbol for "Year of Manufacture"
CE	Symbol for "COMPILES WITH RTTE 99/5/EC REQUIREMENTS"
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