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MODEL # W191 Manual	
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BACK COVER

FRONT COVER

FC Contains FCC ID : **2AHM2-W191**

FCC STATEMENT:

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, a (2) this device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class C digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in residential installation. This equipment generates, use and radiate radio frequency energy and, if not installed and used in accordance with the instructions, any 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 the 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
3. FCC Radiation Exposure Statement: This equipment complies with FCC radiation exposure requirement. The device can be used in portable exposure condition without RF restriction.
 4. IC Exposure of Humans to RF Fields: Category I and Category II Equipment shall comply with the applicable requirements of RSS-102.

LIMITED LIFETIME WARRANTY

Your WeighRite™ product is warranted to the original consumer only, for the lifetime of the product, to be free from defects in materials and workmanship under normal use. This product is designed for personal use only. Escali Corp. has the right to nullify the Warranty Agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with, misused, abused or modified. Our obligation under this Warranty is limited solely to the charge of repairing the product, including the cost of parts, or, at our option, replacing the product with an equivalent model. There are no express or implied warranties except as listed above. ESCALI CORPORATION IS NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR FAILURE OR MALFUNCTION OF THE PRODUCT AND ANY RECOVERY MAY NOT BE GREATER THAN THE PURCHASE PRICE PAID FOR THIS PRODUCT. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED TO A PERIOD OF ONE (1) YEAR FROM THE PURCHASE DATE. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This Warranty gives you specific legal rights and you may have other rights which vary from state to state.

To obtain warranty service, you must return the product freight pre-paid, in either its original packaging or packaging affording an equal degree of protection, to Escali Corp., at 3203 Corporate Center Drive, Suite 150, Burnsville, MN 55306.

WeighRite™

WeighRite™ scales are an essential part of your overall healthy lifestyle. Our scales combine exceptional accuracy with beautiful design that will be an attractive addition to any bathroom. We offer a wide variety of scales to fit any health goals and fitness needs. Our commitment to you is a quality product. Which is why we offer a limited lifetime warranty on every scale sold.

For additional information regarding this product or its warranty, please contact us:

Escali Corp.
3203 Corporate Center Drive, Suite 150, Burnsville, MN 55306.
1-952-469-1965

email: info@escali.com

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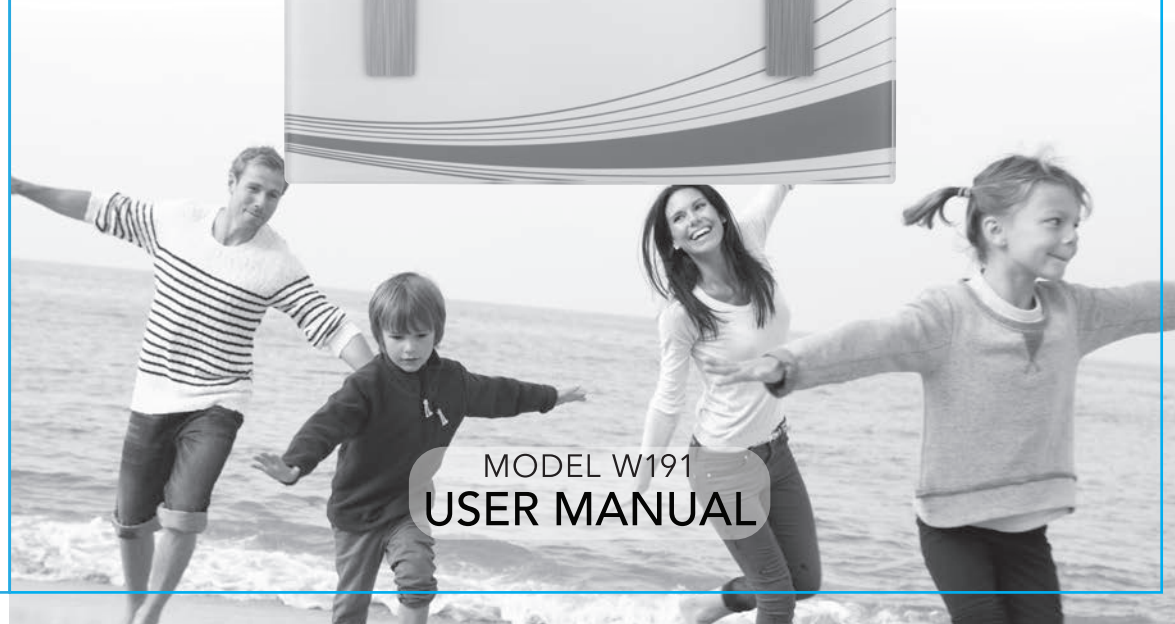
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WeighRite™

Designed for healthier living

Bluetooth Connected Body Fat Scale

with Body Water, Body Muscle, Bone Mass, BMI, Calorie Intake and Athlete Mode



MODEL W191
USER MANUAL


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W191

INTRODUCTION

Congratulations! You have purchased a precision health monitoring product that should provide you with years of accurate use. To assure you obtain the best performance, please read the following set-up and use instructions carefully before using the scale.




This WeighRite™ smart body fat scale is designed and manufactured in a facility certified ISO9001 Quality, ISO14001 Environment, OHSAS18001 Health and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water, bone mass and muscle mass. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water, percentage body fat, percentage bone mass and percentage muscle mass. The body fat scale is also equipped with an "Athlete Mode" for athletes whose body build is different from non-athletes. Based on your percentage body fat, it also suggests daily calorie reference for your present weight.


Note: Read this Instruction Manual carefully and keep it handy for future reference.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicates the right conditions to use the product and to prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicates important notices users should read before using the product.
 CARE AND MAINTENANCE	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

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INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat and body water, bone mass and muscle mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy children 10-17 years old and healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

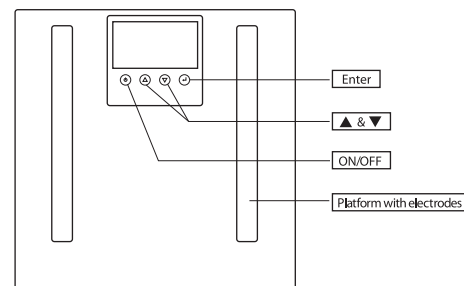
PRECAUTION NOTICE

- Do not use the scale on subjects who have body implants such as pacemaker, artificial limbs, contraceptive devices, metal plates or screws. It may cause the devices to malfunction or produce an inaccurate result. When in doubt, please consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.

IMPORTANT NOTICE TO USERS

- This product is intended for adults and children (ages 10 to 85).
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- The "Athlete" mode is only applied to age 15 or above (See Section "DEFINITION OF AN ATHLETE").
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, use the scale with bare feet.

**PRODUCT DESCRIPTION
FRONT VIEW**



- Turn the scale on or off

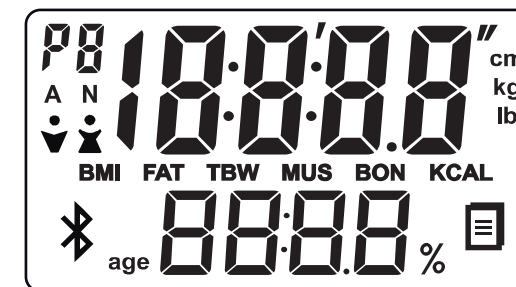


- Changes value of height and age, toggle between Male and Female, toggle between Normal and Athlete mode in Body Fat function.
- Select memory 1-8 in Memory mode & Recall mode



- Confirm for selection

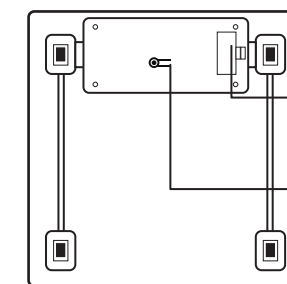
LCD DISPLAY



- FAT – Body Fat %
- BMI – Body Mass Index
- TBW – Total Body Water %
- MUS – Muscle Mass %

- BON – Bone Mass %
- KCAL – Daily Calorie
- P8 – User ID (Range from P1 to P8)
- Female Icon
- Male Icon
- A – Athlete Mode
- N – Normal Mode
- cm – Centimeter
- kg – Kilogram
- lb – Pound
- age – Age
- // – Inches
- / – Feet
- Bluetooth Icon
- Data not sent

BACK VIEW




Battery Compartment

Unit Conversion Button - kg/cm, lb/in.
Also used in the pairing process for the scale to your smart device.

UNIT CONVERSION BUTTON

Press the unit conversion button located at the bottom of the scale to toggle the measuring unit between kg/cm, and lb/in.
Also used in the pairing process for the scale to your smart device.

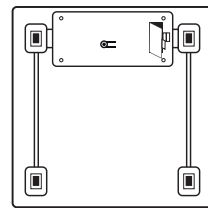
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PREPARATION BEFORE USE

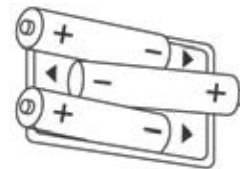
1. Insert the Battery

Open the battery cover on the back of the scale unit. Insert the batteries. Be sure the polarity of the battery is set properly for proper function. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storage.

Open the battery door



Direction of the 3 AAA batteries



IMPORTANT!

Every time you change the batteries, the date/time clock in the scale resets and you will need to re-pair the scale and Smart device. (See Section "PAIR SCALE AND SMART DEVICE SET UP APP PROFILE")

2. Set the Right Position

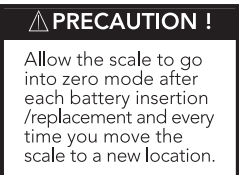
Use the scale on a flat and hard floor surface. Do not use on carpeted floors.

3. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows 0.0 and then turns off. The scale is ready for use.

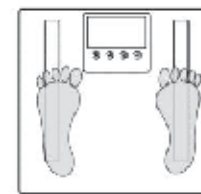
TIPS

1. Replace battery when **Lo** is displayed.
2. Open the battery door.
3. Direction of the 3 AAA batteries. * Shown in image



OPERATION

The accuracy of the results depends on how you stand on the scale. Position your feet on the scale so that your feet are touching as much of the two electrodes as possible. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed.



Heels centered on electrodes (Correct)



Heels not touching the electrodes (Incorrect)

WEIGHING-ONLY OPERATION

1. Step onto the scale and stand still while the weight is computed (Fig.1).
2. The screen displays the weight (Fig.2).
3. The scale turns off automatically after use.



Fig.1

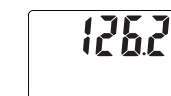
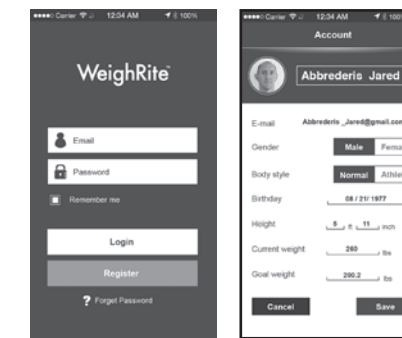


Fig.2


SET UP APP PROFILE / PAIRING SCALE AND SMART DEVICE

Download the free WeighRite™ APP from the APP store or Google Play. Search WeighRite™ to find the APP.

- 1.1 Set up an account on the APP. You will need to type in your email address and password. You can even add a picture to your account (Fig.3&4).
- 1.2 Fill out the Profile page of the APP. You will need to fill out your name, gender, body style (normal or athlete), height, birthday, current weight and an optional goal weight. The APP will track how far you are away from this goal every time you step on the scale. Hit save and all of your information will transfer into the scale once you pair it with your smart device so there is no need to manually set up the scale (Fig.3&4).
- 1.3 Ensure your Bluetooth setting is "On" in your smart phone device (Example: Setting > Bluetooth > On).

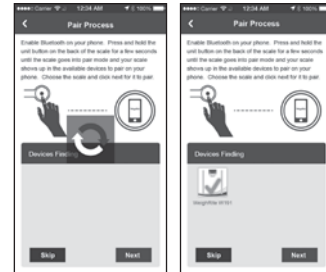


(Fig.3&4)

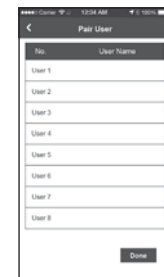
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PAIRING SCALE AND SMART DEVICE (continued)

- Open the APP. From APP main dashboard, click on the setting icon (⚙️) this will take you to the Setting page of the APP. Click on the (📶) button, this will enter into the pair process which will start searching for your scale. Then press and hold the "UNIT" button on the back of the scale for a few seconds, the scale will enter pair mode with below screen display (Fig.5&6).
- The picture of the scale you have will show up on the Add Device screen of APP.
- Select this scale by touching it and it will enter into the "Pair User" screen where you can select your user number. The scale can store data for up to 8 users. Choose a user number P1-P8 and it will take you to the "Completed" Screen. Choose "Done" and it will take you back the main dashboard of the APP. The scale will show a pair successful message as "[]" on LCD. Otherwise, if the scale and smart device did not pair correctly, an "Err" message will show up on the scale LCD (Fig.7).



(Fig.5&6)



(Fig.7)

Note: If you are sharing the scale with other users and they have setup a personal profile in the scale before, be aware of which user number they have selected before. If you select their user number, your personal profile of the app will overwrite the profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.

Also, please note that when two users are in the same room waiting to use the scale, only one person should have the app open at a time to ensure smooth usage and transfer of data into the APP.

DATA TRANSMISSION FROM SCALE TO MOBILE DEVICE

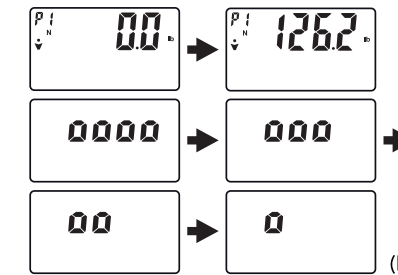
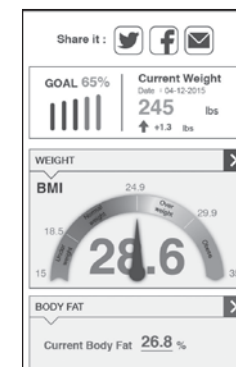
- When your scale has been paired up with your smart phone device, your data result will be transmitted to the device via Bluetooth after the impedance mode. A (📶) Icon will be shown for a successful Bluetooth connection, otherwise it will blink (📶) icon.
- A (📶) icon appears while data is transmitted, then disappears when transmission is complete. You may review your data on your mobile device.
- If the (📶) icon remains on the screen until the scale off, the transmission has failed. This pending measurement data will be stored in the scale, and it will be transmitted again after the next measurement is completed.

NOTE: Data will only be transmitted if attached to a specific memory number. If a personal profile has not been assigned to a memory number, the result will appear once on the scale display only and will not be transmitted or saved.

IMPORTANT: In order to transfer the data from the scale to the APP, you must open the APP before stepping onto the scale and the device must be within 32 feet of the scale.

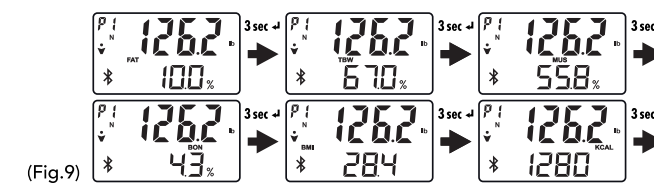
USE ONLY WHEN YOUR SCALE and PHONE ARE PAIRED FOR THE FIRST TIME.

- Set up user in APP (See page 7-8, SET UP APP PROFILE).
- Pair scale and smart device (See page 8, PAIRING SCALE AND SMART DEVICE).
- Manually recall the user on the scale – turn on the scale, using the up and down arrow buttons until you find your User Number.
- Open APP
- When the scale shows zero reading, step on the scale with bare feet, positioning your feet evenly on the metal electrodes. Stand still on the scale to measure your weight. Your weight will appear on the screen after the weight is stable and locked. Please continue to stand still on the scale. A pattern on the readout displays while the scale estimates your body composition (Fig.8).




(Fig.8)

- When the measurement is done, the measurement data will display on the LCD readout. There are 6 screens to be shown for body fat, body water, muscle mass, bone mass, BMI and KCAL. In the meantime, the result will be sent to the smart phone automatically via Bluetooth. Each screen will be shown for 3 seconds. When user still stands on the scale, these 6 screens will be shown for 3 cycles. If the user gets off of the scale, then the measurements will be shown for only 1 cycle then the scale will turn off automatically (Fig.9).



(Fig.9)

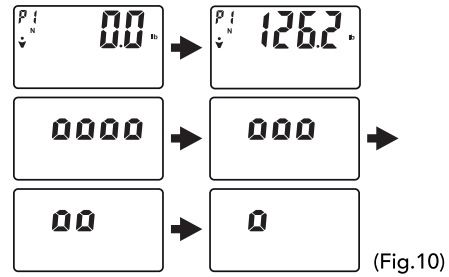
NOTE: Your data is securely saved in the cloud and will not be lost if you lose your smart device or get a new one.

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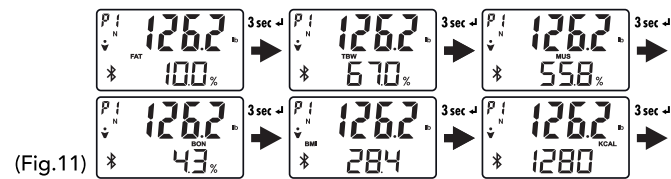
AFTER FIRST USE

1. Open APP

2. Step on the scale with bare feet, and the scale will recall the proper user memory automatically by the weight record, and then go for body composition estimation (Fig.10).



3. When the measurement is done, the measurement data will display on the LCD readout. There are 6 screens to be shown for body fat, body water, muscle mass, bone mass, BMI and KCAL. In the meantime, the result will be sent to the smart phone automatically via Bluetooth. Each screen will be shown for 3 seconds. When user stands still on the scale, these 6 screens will be shown for 3 cycles. If the user gets off of the scale, then the measurements will be shown for only 1 cycle then the scale will turn off automatically (Fig.11).



NOTE: Your data is securely saved in the cloud and will not be lost if you lose your smart device or get a new one.

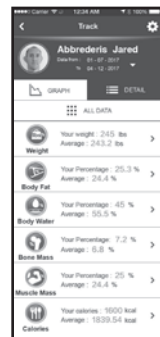
MANUALLY INPUT THE WEIGHT RECORD

If you are traveling and cannot use your smart scale but still want to track your weight, you will need to manually enter in the data onto the APP.

- From the profile screen click on the Weight data



- Click on the detail button



- Then, click on the weight arrow
- Click Add new data
- Then, fill out your weight and click save

GRAPHING THE DATA COLLECTED

You can easily see a graph of your data:
(Weight, Body Fat, Body Water, Muscle mass, Bone mass, and Calorie).



From the profile screen, click on the measurement you want to graph - Choose from Weight, Body Fat, Body Water, Bone Mass, Muscle Mass or Calories.

For example, if you click on Weight, you can choose to see it by Week (W), Month (M) or Year (Y).




Week



Month



Year

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The week option will give you a snapshot of your progress from Sunday to Saturday. There will be a red dot on the last date that you weighed yourself. The month option will let you see your progress for the entire month. Scroll left & right to move the dates. The year option gives you a 12 month snapshot of where you were on average each month.

Scroll down to see your Current Stats – Goal Weight, Current Weight and Weight to Lose or Gain. This will also show you your current BMI.

Body Fat – Shows you what % you need to gain or lose to be in the optimal range.



Calories – Shows you how many calories you should consume to Lose/Maintain/Gain. Select an option and follow the recommendation.



SHARING YOUR RESULTS

The WeighRite™ Health APP allows you to share your results with your social community, doctor, friends and family via Facebook, Twitter and email.

At the top of the profile screen, you will see 3 icons for Twitter / Facebook/ Email

- Choose the icon that you want to share your data with
- Select all of the stats that you want to share. You can choose all of them or just a few.
- Click Next to share and it will take you to the chosen share method. Then, click post or send and your results will be posted for everyone to see.



EXPORTING YOUR RESULTS TO AN EXCEL FILE

The WeighRite™ Health APP allows you to export all of your data to an excel file which can be analyzed or shared with your health professional.

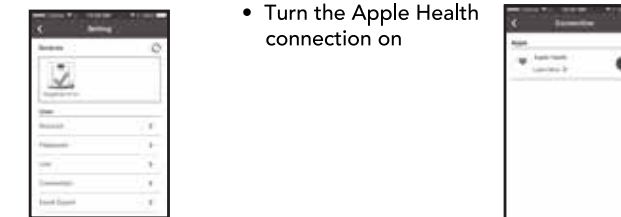
- From the Profile page, click on the settings button on the upper right of the screen (⚙).
- From the settings page, click on excel export, enter the email address you want it sent to and click send.
- All of the info will be in an easy to read excel file organized by date. Each data category (Weight, BMI, Body Fat, Body Water, Muscle Mass, Bone Mass and Calories) will have its own column.



CONNECTING TO THIRD PARTY APPS


IPHONE users – if you are currently using the Apple Health APP select data from the WeighRite™ APP can be exported into your Apple Health app by simply selecting the Connect with Apple Health APP (iOS version only).

- Go into the setting page of the APP and click "Connection"
- Turn the Apple Health connection on



- You will then be taken to your Apple Health APP and will be asked to allow the WeighRite™ APP to share data – select all data points that you would like shared and then click "Done" to complete the data share.



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To view the data in the Apple Health APP follow the below steps:



- Open the Apple Health App
- Click "Health data" at the bottom of the APP



- Select "Body Measurements"



- There are 4 Measurements that the WeighRite™ iconnect APP can share – (Weight, Body Fat, BMI and Height)



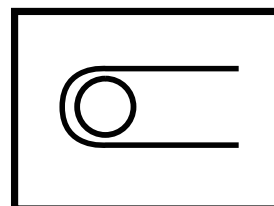
- Choose the desired measurements and turn on the dashboard function

MANUAL SET UP OF THE SCALE

This is not required if you have already set up your profile on the APP. The scale will automatically receive your set up info once the scale and phone have been paired.

Set Unit

Select between kilogram and pound measuring unit with the unit conversion button on the back of the scale.



BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION

IMPORTANT NOTICE

A few steps must be followed before estimating body fat and total body water.

PROGRAM PERSONAL DATA

Input the user's height, age, gender and normal or athlete mode. Once the information is memorized, it will only need to be re-entered if there is a change to the data.

1. SET UP PROFILE

1.1 Select a memory Number

Press "On/Off" when the scale is off. The scale will turn on and "P1" will blink on the display. Press [▲] or [▼] to choose a memory number (P1-P8). Press "Enter" to confirm the memory number selection.



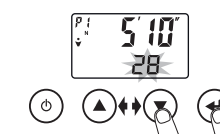
1.2 Set Height

Press [▲] or [▼] to adjust the Height. Press "Enter" to confirm the height setting.



1.3 Set Age

Press [▲] or [▼] to adjust the Age. Press "Enter" to confirm the age setting.



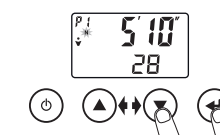
1.4 Select Gender

Press [▲] or [▼] to choose Male/Female. Press "Enter" to confirm the gender setting and go to the Normal/Athlete type setting. Users under the age of 17 will skip the Normal/Athlete setting.



1.5 Set Normal/Athlete type

Press [▲] or [▼] to choose Normal/Athlete type. Press "Enter" to confirm and all other selections. The personal profile will be saved in the scale.



1.6 After the personal profile setup is done, the scale will display your personal profile once. When zero reading shows, you may step on the scale with bare feet for your body composition. Otherwise, the scale will turn off automatically.



1.7 Repeat above steps to set up for another user with different memory number.

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2. MEASURING BY SELECTING A USER NUMBER MANUALLY

2.1 Press "On/Off" to turn the scale on.



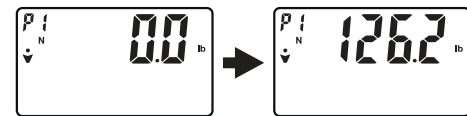
2.2 Press [▲] or [▼] to choose your memory number (P1-P8).



2.3 The memory number will blink for 3 times, display the personal profile and then zero for weighing.



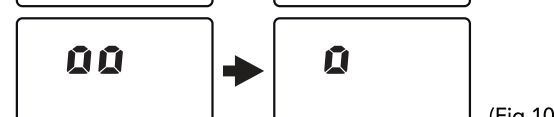
2.4 When the scale shows zero reading, step on the scale with bare feet, positioning your feet evenly on the metal electrodes.



2.5 Stand still on the scale to measure your weight. Your weight will appear on the screen after the weight is stable and locked. Please continue to stand still on the scale. A pattern on the readout (Fig.10) displays while the scale estimates your body composition.




2.6 When the measurement is done, the measurement data will display on the LCD readout. There are 6 screens to be shown for Body Fat, Body Water, Muscle Mass, Bone Mass, BMI and KCAL. In the meantime, the result will be sent to the smart phone automatically via Bluetooth. Each screen will be shown for 3 seconds. When a user stands still on the scale, these 6 screens will be shown for 3 cycles. If the user gets off of the scale, then the measurements will be shown for only 1 cycle and the scale will turn off automatically.



(Fig.10)

PROBLEM SOLVING

- No weight display?** Check if the scale is powered on. If not, please refer to the section "Preparation Before Use".
- Why does the display read "Lo"?** Battery is running low. Replace the battery.
- The message displayed "—".** Negative weight. Step off the scale and wait until the scale automatically switches off. The scale is ready for use again.
- The message displayed "Err 0".** Initialization error. Step off the scale and wait until the scale automatically switches off. Start the scale again by pressing lightly on the scale platform to re-initialize the scale, the display shows "0000" and then turns off. The scale is ready for use again.
- The message displays "Err 1".** Instability error. Step off the scale and wait until the scale automatically switches off. Step on the scale to repeat measurement again, stand still while the estimation is in process.
- The message displays "Err 2" when measuring.** Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.
- The message displays "Err 3" when estimating body fat and total body water value.** Contact error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to "Operation" section. You may need to moisten your feet to improve the electrical contact.
- If corrective actions were taken for Err 1 to Err 3, and the problem still persists,** remove the battery and re-insert the battery after 1 minute.
- If all corrective actions have been taken and cannot be solved, Please contact the WeighRite™ Customer Service at 1-952-469-1965.**

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CARE AND MAINTENANCE

1. Do not disassemble the scale other than replacing the battery; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove battery when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.

PRODUCT SPECIFICATIONS

1. Wireless communication between Scale and Smart Phone
2. Bioelectrical Impedance Analysis (BIA) technology for Body Fat, Body Water, Bone Mass and Muscle Mass estimation
3. High precision STRAIN GAUGE TECHNOLOGY FOR WEIGHT MEASUREMENT
4. Large glass platform
5. Calorie predictor
6. No backlight
7. Athlete mode selection (age range from 15 to 85 years)
8. 8-user memories
9. 4-button operation
10. Auto user recognition
11. Auto-off functions
12. Low battery indicator
13. Capacity: 400lb, 182kg,
14. Graduation: 0.1kg, 0.2lb
15. Body fat and body water graduation: 0.1%
16. Bone mass & Muscle mass graduation: 0.1%
17. Age range: 10-85 years
18. Height range: 75 to 225cm (2'5.5" to 7'4.5")
19. Body fat range: 4 to 60%
20. Power: 3 x AAA battery (included)
21. LCD readout size: 3.5" x 2.0"
22. Platform material: Glass
23. Platform Size: 11.8" x 11.8"
24. Product dimension: 11.8" x 11.8" x 1.2"
25. Accuracy of weight measurement: +-1.1 lb. (16.5 lb. - 143.3 lb.); +-1.76 lb. (143.3 - 297.6 lb.); +-2.6 lb. (297.6 -401 lb.) +-0.5kg (7.5-65kg); +-0.8kg (65-135kg); +-1.2kg (135-182kg)
26. Output power for Body Fat Analyzer: <300uA
27. The Dectecto iConnect scale and APP are compatible with the following devices;
Android OS 4.3-5.1, iOS, iOS 8,9,10.
iOS compatible:
· iphone 4S/5/5C/5S/6/6+ · ipad 3 and 4 · Air/Air2/Mini/Mini2/Mini3/Mini4 · ipod Touch

EDUCATION INFORMATION

IMPORTANT INFORMATION TO KNOW BEFORE USING YOUR BODY FAT SCALE

Before using the scale, you should know...

1. **Why is it important to monitor percentage Body Fat (% BF)?**
The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

The optimal % BF of an individual varies according to age and gender. The table as follows may be used as a guide:

STANDARD FOR MEN
(Source: University of Illinois Medical Center, Chicago, USA)


	Age				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14 - 20	15 - 21	17 - 23	18 - 24	19 - 25
Moderate	21 - 23	22 - 24	24 - 26	25 - 27	26 - 28
High	>23	>24	>26	>27	>28

STANDARD FOR WOMEN
(Source: University of Illinois Medical Center, Chicago, USA)

	Age				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Optimal	21 - 28	21 - 29	22 - 30	23 - 31	24 - 32
Moderate	29 - 31	30 - 32	31 - 33	32 - 33	33 - 35
High	>31	>32	>33	>34	>35

2. **How is percentage Body Fat (% BF) estimated?**
The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the 1970's. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, % BF can be estimated. Please note that the percentage of body fat and body water will not add up to 100%.

Please be reminded that the % BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.

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3. Why is it important to monitor percentage Total Body Water (% TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body's weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one's health maintenance. Similar to body fat estimation, the % TBW function provided in this scale is based on BIA. The estimated % TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

The optimal % TBW of an individual varies according to age and gender. **The table as follows may be used as a guide: (Source: University of Illinois Medical Center, Chicago, USA)**

	% BF Range	Optimal % TBW Range	Average % SM Range Skeletal muscle
Men	4 to 14%	70 to 63%	52 to 41%
	15 to 21%	63 to 58%	46 to 38%
	22 to 24%	58 to 56%	42 to 37%
	25 to 60%	56 to 29%	41% or below
Women	4 to 20%	70 to 59%	46 to 37%
	21 to 29%	59 to 52%	38 to 33%
	30 to 32%	52 to 50%	34 to 31%
	33 to 60%	50 to 29%	32% or below

Please be reminded that the % TBW estimated with the scale represents only a good approximation of your TBW. There are clinical methods of estimating total body water that can be ordered by your physician.

4. When should I use the scale's Body Fat and total Body Water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of % BF and % TBW and tracking their changes is better than merely comparing your % BF and % TBW value to the population's "normal" value. The estimates provided are not substitutes for physician assessments. Consult your physician to determine what body fat percentage, total body water percentage, muscle mass percentage, bone mass percentage and daily calorie intake are most ideal for you.

5. Why is the Athlete Mode necessary in a Body Fat Analyzer?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for people 15-85 years old.

6. Definition of an Athlete

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

7. What is Muscle Mass?

Our Body Fat Scale estimates the weight of Skeletal Muscle Mass in your body.

You have around 650 muscles in your body, and they make up roughly half of your body weight. These muscles can be divided into three different groups: **skeletal, smooth and cardiac**. All of these muscles can stretch and contract, but they perform very different functions.
Skeletal muscle: Produces movement, maintains posture, stabilizes joints and generates heat
Smooth muscle: Found in the walls of hollow organs
Cardiac muscle: Exists only in your heart

8. Skeletal Muscle (SM)

The tissue most commonly thought of as muscle is skeletal muscle. Skeletal muscles cover your skeleton, giving your body its shape. They are attached to your skeleton by strong, springy tendons or are directly connected to rough patches of bone. Skeletal muscles are under voluntary control, which means you consciously control what they do. Just about all body movement, from walking to nodding your head, is caused by skeletal muscle contraction. Your skeletal muscles function almost continuously to maintain your posture, making one tiny adjustment after another to keep your body upright. Skeletal muscle is also important for holding your bones in the correct position and prevents your joints from dislocating. Some skeletal muscles in your face are directly attached to your skin. The slightest contraction of one of these muscles changes your facial expression.

9. What is Bone Mass?

Our Body Fat Scale estimates the weight of non-living bone mineral content. This is important for monitoring and maintaining healthy bones through exercise and calcium-rich diet.

An adult skeleton is made up of 206 bones, which come in several different shapes and sizes and have specific structure. Your bones contain blood vessels, nerve cells and living bone cells known as osteocytes. These are held together by a framework of hard, non-living material containing calcium and phosphorous. A thin membrane called the periosteum covers the surface of your bones.

Bone Mineral Content differs according to age and sex. (Source: Rico et al. 1993)

The typical range of percentage bone mass (mineral content) of average men and women is between 4.0 to 5.3% (Rico 1993).

10. What is the Calorie predictor daily calorie intake estimator?

The Calorie predictor function estimate the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting calorie goals during weight loss and exercise programs.

11. What is Body Mass Index (BMI)?

BMI is a ratio of a person's weight to height. BMI is commonly used to classify weight as "healthy" or "unhealthy".