Mooas smart Handheld bar LCD built-in Body composition Scale Manual
How to print : Printing on both sides of the paper / Saddle Stitch
Full Size : 290 x 205 mm

NOTE: 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:

- Reorientate 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's
authority to operate the equipment.

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, and (2) this device must accept any interference received,
including interference that may cause undesired operation.

SMART HANDHELD BAR LCD BUILT-IN
BODY COMPOSITION SCALE

Thanks for purchasing Mooas smart Handheld bar LCD built-in Body composition Scale,
Please read the manual carefully before use.

Components

- Main body
- AAA battery x qty2
- User manual

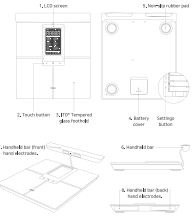
Features

- Simple and modern design with a luxurious wood patterned handheld bar, creating an interior effect reminiscent of a decorative object.
- Equipped with a total of 8 high-precision measurement sensors and dual-frequency application for accurate data measurement of upper and lower body composition.
- 4 automatic height measurement with 2 levels mode, including weight.
- Convenient grip and automatic retractable stand on the handheld bar for neat and easy storage.
- Large and Bright LCD display that supports Kanji and English, allowing you to read, view 7 key indicators, gender, and height at a glance.
- 8 supports offline guest mode for easy body composition measurement without the app.
- Dedicated app support (Smart) for comprehensive data management and integration with various fitness apps.
- Bluetooth 5.0 support for fast synchronization of body composition data with the app.
- Systematic management by recalling recent (5 days) historical records
- Data management and sharing by keeping max 24 user profiles

Product details

1. LCD screen
① Battery level
② Bluetooth connection status
③ Body weight
④ Body fat
⑤ Basal metabolic rate
⑥ Body fat percentage
⑦ Body mass index
⑧ Visceral fat
⑨ Basal metabolic rate
⑩ User gender
⑪ User height

Product details



* ITO (Indium Tin Oxide)
It is a transparent substance through which the electricity can flow.
This product can measure body composition without a contact with metal electrodes.

Precaution

- Do not disassemble, short or heat the battery.
- Do not mix with other batteries.
- Use the new battery and do not mix it with the used one.
- Do not dispose the used batteries with general waste. Please dispose them separately according to local regulations.
- Please remove the batteries when not in use for a long time.
- Please always use the product on a dry and flat surface. Measurement may be inaccurate when used on carpet.
- During dry season (humidity: when your hands and feet are dry), body composition measurements may be inaccurate. In this case, wipe your hands and feet with a wet wipe before measuring. This action will minimize inaccurate calculation occurrence.
- Please refrain from activities that may cause impact or jumping on the product while using it.
- Do not stand on the edges of the product. It may cause you to fall or damage the product.
- Do not use the product in direct sunlight, high temperature, high humidity, or extremely low temperature environment.
- When cleaning the product, do not immerse it in water or wipe it with hot water, thinner, benzene or alcohol and water and wipe it, then dry it with a dry cloth.
- Please use only AAA batteries and recommend using the same type of batteries to prevent leakage.

Product	**Smart Handheld bar LCD Built-in Body composition Scale**
Model Name	MBSC52
Material	Tempered glass, ABS/PPS, Stainless steel
Dimensions	Approx. 2.7kg (including the battery) / 310 x 250 x 35mm (W x L x H)
Temperature	Main body: AAA battery x qty2, User Manual
Power/LCD Screen Size	AAA battery x qty2(sold) / 40 x 30.5mm (W x L)
Weight Unit	kg
Weight Ranges/Weight Range	5~150kg / 100~660lb
Degree of Measure	0.~60kg: 0.2kg, 61 ~ 150kg: 0.5kg
ment Precision	(100 ~ 330kg) (0.2lb)
Power Supply Mode	AAA x 2
Operating Temperature	5~35℃
Operating Humidity	40~85% RH
Compatible Device	iOS 9.0 / Android 5.0 or Over
Transmission Method	Bluetooth 5.0
Company	Mooas Inc.	www.mooas.com
CIS	+82-2-6712-0300
Address	1F, 3F, 4F, 5F, Jeongsang Hospital Annex Bldg.2 Industry Center, 7, Seolleung-ro 7-gil, Gangnam-gu, Seoul, Korea
MFG Date	Marked separately	Made in China

Designed by Mooas Korea
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※ Product specifications may be changed without notice to improve performance.

Precautions before use

⚠ Warning
This device measures body composition by letting a small amount of current into the body.
- The following users should not use the device.
- Person with pacemakers or other medical equipment installed : The current that flows into the body may cause malfunction of the implanted medical equipment.

⚠ Caution
The following users may have incorrect measurement data.
- Growing Kids, the elderly, people, pregnant women
- Patients with edema
- Patients with fever due to cold, etc
- Osteoporosis sufferers with bone density
- People subject to weight management, etc.
- If there are metal implants such as pacemakers or prosthetics in the body
- If used by people wearing shoes, socks and other accessories or sweat on bottom of feet.

The product is for indoors. Do not use the product outdoors.
① Every measurement data is used for reference for long-term body maintenance.
It cannot be used for medical purposes.
② When measuring the body fat, please be barefoot. If not, it may not be correctly measured and the power may be turned off due to the errors.
③ Do not use the product on slippery areas such as tiles or wet floors. Do not use the product after a bath or strenuous exercise. There is a risk of slipping due to moisture.
④ Do not stand on the edge or display is operation based. It cannot be correctly measured and the malfunction of the device can be caused.
⑤ Please use the product on the flat and fixed floor.
⑥ Do not measure weight above 180kg.
⑦ When children or small pets are using the product, remove it as from a question.
⑧ Body fat percentage can vary depending on the amount of body water, and it can be influenced by alcohol consumption, menstruation, disease, dehydration or overhydration from hypothermia exercise.
⑨ The product is not responsible for any disadvantages caused by data loss.

Installation of product/application

1. Battery insertion and replacement
① When using the device for the first time, the battery is inserted in.
Pull and remove the protective sticker before use.
② Battery compartment is located on the back of the product.
③ While the battery is running low, the battery icon appears on the screen.
Open the battery cover by pushing it upward.
④ After inserting the 2 pieces of AAA battery in the correct polarity, close it with battery cover.
⑤ If [Lo] icon is displayed in the screen, please replace the battery.

2. App Installation & Member registration
① Search "OHSAFE" in App Store/Google Play or Scan the QR code on the right to download the app.
② The app can be used in devices with iOS 9.0, Android 5.0 and Bluetooth 5.0 or Over.
③ Please proceed with the necessary setting below after starting the "OHSAFE" app.
- Turn on the Bluetooth function.
- Please permit Bluetooth, Notification, Location.
④ Type in the email address and password to proceed with member registration.
⑤ Log in with the ID and type in basic personal information.
※ Caution : Please type in correct information such as sex, age and height for accurate measurement data.
※ User's height and weight are used only for measurement purposes.
According to the privacy policy, personal information is accessible only to the user and will not be provided to third parties without the user's consent.
Personal information is immediately destroyed upon account termination, and existing data cannot be recovered.

Google Play | App Store

3. Device connection
① After starting the app, select [User Information] in the lower right corner.
② Press [+] button at the top left corner.
③ Select + icon at the top right corner.
④ Turn on the Bluetooth function for pairing.
※ If Mooas MBSC52 doesn't appear and is searching for Bluetooth device, put on a little weight on the scale to turn on the power.

Frequently Asked Questions

- If you wear shoes, socks, and stockings, or if the item is caught between the firing teeth, measurement cannot flow, so the body composition is not measured properly.
- Do not measure near the surrounding electronics, appliances (refrigerator), or just below the fluorescent lamp.
Measurements made directly under the fluorescent lamp, near the electronic device and the wall (electromagnetic wave), those it far enough away from the electronic device.

4. There is a significant difference in body composition measurements each time.
- Body composition results can vary very different results depending on the measurement timing and conditions. For example, measurements taken before/after using the restroom, before/after exercise, before/after meals, etc., can vary. To obtain relatively accurate and consistent data measurements, it is recommended to measure under the same timing and conditions. The optimal measurement time is right after waking up in the morning.
- Avoid measuring near electronic devices, wall wiring (sockets), or directly under fluorescent lights.
Avoid measurement near electronic devices, wall wiring (sockets), or directly under fluorescent lights, as they can interfere with the accuracy of the data due to electromagnetic waves.

5. Is the current flowing during the examination harmful to the body?
The electrical current used in Mooas body composition scale is a harmless and low-intensity current that flows through the body to measure body composition. You can use it with peace of mind. For pregnant women, it is recommended to consult with a healthcare provider or specialist before using. It is also not recommended to use the device if you have metal medical devices attached to your body, such as pacemakers, for safety reasons.

6. Can linear accessories or metallic substances during the examination?
Wearing accessories or metallic substances that do not come into contact with the electrodes will not have a significant impact on the body. However, to obtain accurate examination results, it is recommended to avoid wearing them whenever possible. However, if there are ferromagnetic materials or metal implants in the body, it may affect the accuracy of the measurement or result in errors.

Precaution

- Do not use for other purposes.
- Do not drop or shock the product.
- Do not use under direct sunlight or areas with high temperature and humidity.
- Keep out of reach of children.
- Do not disassemble, repair or modify if the product is damaged or not functioning properly.
- Keep the batteries in the correct polarity of (+, -) to prevent leakage and rupture.

Frequently Asked Questions

the amount of fat in the moisture-free tissue is measured, and various body data of the human body are calculated based on this. The right photo ⓑ is for you to measure both the upper and lower bodies for more accurate body composition data.

2. It's different every time (weigh myself weigh different).
- First, make sure that the product is in the correct position.
Measurements may be inaccurate if the floor is not flat, uneven, or wet.
This error is flat, hard, dry floor.

- If the weight is slightly different, it may be within the weight measurement error range.
Foreign substances on the bottom of the product may be the cause of the errors.
Be careful not to get foreign substances on the floor.
0~60kg: ±300g ~ ±500g
61 ~ 120kg: ±400g ~ ±600g
121 ~ 150kg: ±500g ~ ±500g

3. Only weight and BMI data come out and no other body composition data come out.
- When measuring, place both feet in the correct position as shown in the picture ⓑ.
Please position both feet (heel) as shown in the manual below and measure them.

- Lack of moisture in hands/feet
Dry hands/feet or excessive sweat may cause deviations. In such cases, lightly wipe the hands/feet with a wet wipe before measurement to introduce moisture.
- In case of insufficient moisture on hands/feet
In Weight measurement method ⓐ, uses resistance values to calculate data by flowing microcurrents. Proper moisture is required on the hands/feet in contact with the scale to flow microcurrent.

Installation of product/application

① Select "Mooas MBSC52".
② After the device is connected, press the name of the device to revise it or disconnect the device.

※ Precautions during measurement
① Turn on the weight scale and measure your weight since the zero point(0kg) appears on the screen.
② Depending on the condition of the floor, there may be deviations in the weight measurement. Therefore, place the product on a flat and sturdy floor for accurate measurements.
③ Measure when you are dressed as lightly as possible.
④ Wait for approximately 5 minutes in a standing position before taking the measurement. Holding and lying down or sitting before the measurement can result in body water shifting to the lower body and potentially affecting the measurement results.
⑤ Measure the weight barefoot without socks or stockings for accurate results. With socks on, only the body weight and BMI information are measured.
⑥ Do not bend your knees while measuring the weight. Incorrect posture or location may make the measurement inaccurate.
⑦ Ensure consistent measurement conditions for each measurement.
⑧ Recommended/not recommended measurement conditions are as follows :
- Recommended timing : Right after waking up in the morning, in a fasting state in the morning, after using the restroom.

Installation of product/application

- Recommended conditions : Before exercise, before taking a shower,
- Not recommended conditions : Immediately after a meal, after exercise, after taking liquor, after excessive food intake, when the body is freezing.

⑨ Dry hands/feet or excessive sweat may cause deviations in touch cases.
Lightly wipe the hands/feet with a wet wipe before measurement to introduce moisture.
⑩ Avoid measurement near electronic devices, wall wiring (sockets), or directly under fluorescent lights, as they can interfere with the accuracy of the data due to electromagnetic waves.
⑪ Do not drink a large or excessive amount of water before measurement.
⑫ People under 6 can measure weight only.
⑬ People between 6 and 10 can measure the weight and BMI.
⑭ Do not use the scale on a carpet.

※ Correct measurement posture
① Be careful not to touch the thighs and step onto the weight scale barefoot.

② During body composition measurement, position your arms at a 30-degree angle to the surface, raise the handrail bar to the level keep your armpits from touching your body, straighten your arms, and face forward. Maintain this posture until the data measurement is complete.

Troubleshooting

Problem	Solution
"L" icon is displayed on the screen.	• The error occurred during measurement. Step out of the scale and start the measuring process again.
Bluetooth is not connected.	• Please check whether the Bluetooth in smartphone has been started. • Please permit the access to location information about the app. This is for connection of smartphone and Bluetooth device, and it is not exposure of personal information to Mooas. • Please measure the weight using the app in use.
Data is not displayed.	• Please check whether there is moisture on feet and the sole and step on the scale barefoot. • When your feet is too dry, make your feet a little moist. • When the numbers on the screen is blinking, the measurement is not completed. • Please stay on the scale until the numbers stop blinking. • Please check whether the Bluetooth is on and whether the Bluetooth device is in use or not. Only one connected to more than 2 smartphones. • Please put the app of the device you are not using.
The weight seems to be abnormal.	• Please check if the scale is placed on hard and flat surface. • Please check whether a foreign substance is attached on the bottom of the scale. • Please remove the batteries and insert them again.
The data shows inaccurate percentage of obesity degree and basal metabolic mass.	• Please check whether set data such as sex, height, age etc are correctly typed in.

Frequently Asked Questions

1. Insert to know the principle of body composition measurement.
The Smart Handheld bar LCD built-in Body Fat Scale uses bioelectrical impedance analysis (BIA). The BIA method provides numerical representation of various body composition data based on the resistance value calculated after sending a very minuscule current to the human body. Using the difference in electrical conductivity according to moisture and density content.

2.1 types of body index data

① Fat(kg) : It is the total weight of subcutaneous fat and visceral fat.
② Body Water(kg) : It is the total weight of water in body components such as muscles, blood and bones.
③ Body Protein(kg) : It is the weight of protein that has the second highest percentage in body besides water.
④ Standard Weight(kg) : It is the recommended weight calculated based on sex, age, and height of the user.
⑤ Obesity Degree : It is calculated by the following formula: (Weight - Standard Weight) / Standard Weight * 100%
⑥ Obesity Level : It is calculated based on the obesity degree.
(Percentage Thin) (Normal) (Overweight) (Mild Obesity) (Moderate Obesity) (Severe Obesity) (Morbid Obesity)
⑦ Every measurement data can be different from data provided from professional medical equipment.
It is a data of the body composition analysis used only for reference regarding body maintenance and cannot support medical diagnosis.

Maintenance and storage

① Please wipe the scale surface with dry cloth and gloves.
Do not use alcohol, benzene, thinner or alcohol.
② Do not soak the product in water and keep the product away from water.
③ When not in use for a long time, do not place the other product on top of the product and keep the battery separate for storage.
④ Do not expose the scale to direct sunlight or strong heat. Do not keep the product in areas with high humidity.
⑤ When moving the scale, be careful not to drop or give it a shock.
The main body can be broken or the electronic sensor can be damaged.

Troubleshooting

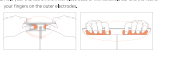
Please check the details below for any faulty data during use.

Problem	Solution
"Lo" icon is displayed or the screen is turned off right away since the power is on.	• The battery is almost dead. Please replace the battery. If the batteries seem to be replaced at the same time,
"Err" icon is displayed on the screen.	• The measurement is not valid. When the maximum weight is over 180kg.

Installation of product/application

① Place your feet without touching the back of the heels and step on the weight scale barefoot.

② Hold your thumbs on the inner electrodes of the handrail bar and the rest of your fingers on the outer electrodes.



How to use

1. Power On
Ensure that the product is placed on a flat and sturdy floor without any slight wobbling when stood. Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on. Once the zero point is set, step onto the weight scale for measurement.

How to use

2. Measurement mode
1) **Impedance measurement** : Measurement method where you place your feet on the main body and return using the handrail bar.
- **Simple weight measurement mode** : After turning on the power, it only measures the weight.

① Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on.
② Confirm that the point numbers are aligned with the zero point (0.0kg).
③ Step onto the main body with your feet to measure the weight.
④ The measurement value will be displayed on the screen and automatically turn off after 10 seconds.

- **Guest mode** : Measurement mode where you select the user's gender/height on the product and measure weight and BMI without app integration.
(Data is not saved in guest mode)

① Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on.
② Press the Button briefly to switch to guest mode.
③ Press the Button briefly to enter the gender/height setting mode.
During the setting, the corresponding gender/height will blink.
④ Use the ▲/▼ button to increase or decrease the numbers.
⑤ Press the Button to complete the settings and start the measurement by stepping on the main body.
⑥ The measurement value will be displayed on the screen and automatically turn off after 15 seconds.

App menu details

① Home : In home display, you can check weight, BMI, body fat percentage, details about measurement date and record of weight history.
② Chart : In chart, there is a graph that shows changes of data measured recently or on a weekly, monthly, and yearly basis.
③ Option : In "Option", Manual Recording, FAQ, Sharing, and CHD Measurement modes are available.
- By pressing the Manual Recording button, you can manually enter weight, body circumference, and height measurements.
- If you press "Height", you can revise the height right away without accessing "My Information".
- This tab is for when people under 18 to record height growth.
④ Smart Tagging : It checks the connection of Bluetooth in smart tagging device.
⑤ My Information : In "My Information", device search, user addition, change or revision of personal information are available.
※ Some functions are only related to smart tagging device, not the scale.

2.1 types of body index data

① Weight(kg) : It shows the user weight as a unit of 50g.
② Gold Weight Index(GWI) : It measures the combined weight of skeletons and muscles among components of the body.
③ Basal Metabolic Rate(BMR) : It calculates the percentage of muscle around the torso in the body, and it is used in the calculation of BMR which is used to determine obesity by height and weight, and it is based on the unit of kcal/h.
④ Body Fat Percentage(%) : It shows the percentage of fat in your weight in %.
⑤ Lean Body Mass(kg) : It is the weight of muscle, bones and blood except body fat.
⑥ Subcutaneous Fat(%) : It shows the percentage of subcutaneous fat right under the skin in %.
⑦ Visceral Fat : It shows the amount of fat in abdomen, which is divided into 30 levels.
⑧ Water(%) : It means the percentage of water in your weight in %.
⑨ Muscle Mass(kg) : It is the weight of the entire body's muscles, including cardiac muscles, visceral muscles, skeletal muscles, and body water.
⑩ Protein(%) : It is the ratio of the total weight of mass of the body, including weight, height, and other factors.
⑪ Bone Mass(kg) : It is the weight of bones in inner body.
⑫ Protein(kg) : It shows the percentage of protein in the weight in %.
⑬ Basal Metabolic Rate(BMR, kcal) : It means the amount of calories intake in order to maintain a body.
⑭ Body Age : It is an age calculated by considering weight, height, fat and muscle based on basal metabolism.

How to use

5. Addition or change of users
① Maximum 24 users can be added.
② Press [+] button at the top right corner.
③ Press "Add users" at the bottom and type in basic user information.
※ The "Regular Scale Mode" in the basic information refers to a mode where you can only check simple weight and BMI information, similar to a regular scale, as a mode that deactivates the Bioelectrical Impedance analysis (BIA) which is used to measure body composition through the electrical current, allowing pregnant women to use it. This function can also be enabled or disabled in the Smart app.

6. Language/Unit Change
You can change the language/unit using the settings button. When pressed briefly, the unit of weight changes.
※ Sequence : kg(default) → LB(pound) → St(stone)
Press and hold to change the language setting (Korean/English)
※ The default setting language is Korean.

How to use

- **Exclusive app integration mode** : Integrated with the app, it automatically recognizes the user's gender and height set in the app. Measures weight and BMI and saves the data.

① Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on.
② Launch the app and connect it to the product.
③ The user's gender and height set in the app will be automatically reflected on the product screen.
④ When you step on the main body, the weight will be measured.
⑤ The measurement value will be automatically saved in the app and displayed on the screen for 15 seconds before linking automatically.

2) **Impedance measurement** : Measurement method that utilizes both the handrail bar and the main body to measure body composition more accurately.
- **Guest mode** : Select the user's gender/height from the product without linking the app and measure the body composition.
(Data cannot be saved in guest mode)

① Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on.

How to use

① Press the Button briefly to switch to guest mode.
② Press the Button briefly to enter the gender/height setting mode.
During the setting, the corresponding gender/height will blink.
③ Use the ▲/▼ button to increase or decrease the numbers.
④ Press the Button to complete the setup. Hold the handrail bar correctly and place your feet on the body to begin the measurement.
⑤ The body composition measurement begins when the weight value is confirmed by flashing twice. Once the data is fixed on the screen is related, the body composition measurement is completed.
⑥ When the body composition measurement is completed, the measurement is displayed on the screen and automatically switched off after 30 seconds.

- **Exclusive app linkage mode** : It is linked to the app to automatically recognize the gender and size of the user set in the app, and the data is automatically saved after measuring the body composition.

① Press the power button "⏻" for 1~2 seconds or apply pressure on the weight scale to turn it on.
② Launch the app and connect it to the product.
③ The user's gender and height set in the app will be automatically reflected on the product screen.
④ Hold the handrail bar correctly and place your feet on the body to begin the measurement.
⑤ The body composition measurement begins when the weight value is confirmed by flashing twice. When fixed to the app, the data comes out saving the body composition measurement, so you can know when the measurement is completed even after losing your posture.

How to use

① The measurements are saved automatically in the app, displayed on the screen for 30 seconds, and then turned off automatically.
② Automatic user recognition function
The automatic user recognition function in the product shows popup when the weight differs more than 2kg with the previous user, making it possible to add or select other users. If you select the previous user even if it is recognized as a different user, the data can be kept and recorded without user change.

3. Result check
① When the measurement is completed, measurement data including the weight are displayed on the screen, if there is no expansion after checking the power is automatically turned off.
② The home display of the app, press "Home" to check 24 data such as weight, BMI, body fat percentage, etc.
③ People under 10 has a graph that displays height growth, making it possible to keep the record of it. Press ⊕ button to type in the date of height manually.

4. Children & pet measurement mode
Weight of children and pet can be measured and recorded, this mode provides measurement of weight only.
① Select the user among the profiles at the top right corner and press ⊕ button at the bottom to select "Measuring Mode for Children".
② The scale measures the weight of the adult first.
③ After waiting until the adult weight is accurately measured, have a child in arms and measure weight again. After the adult weight is measured and before measuring with a child in arms, the weight of the adult is displayed on the screen.
④ The previously measured weight and the one measured with a child in arms are automatically calculated into the weight of the child, which is displayed in the home display of the app.