

Thank you for purchasing this Body Analyser Digital Scale. Please read the instructions and warnings carefully before use to ensure safe and satisfactory operation of this product.

The body analyser uses the help of electrodes placed on the scale; it sends a small harmless current through the body, so small that you will not feel anything.

CAUTION: This product should not be used by people with implants such as pacemaker, artificial limbs, contraceptive devices, metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician. Pregnant women should only use the weight function

Instructions for use

Operation

When in the first use, please pull out the battery insulating strip. Press the switch on the bottom of the scale, you can choose KG, LB or ST. Select your desired unit of measure, always when the scale is turned on and 0.0 is displayed.

1. To measure weight only:

Put the scale on a hard & flat surface (avoid carpet or soft surface). Then gently step on the scale directly, put your feet evenly on the scale without moving and you will see body weight flash 3 times and lock. Your correct weight will be displayed. Step off the scale and it will turn off in 10 seconds automatically.

2. To measure the Body Fat :

Prior to first use, Download and install App to your Phone/tablet.

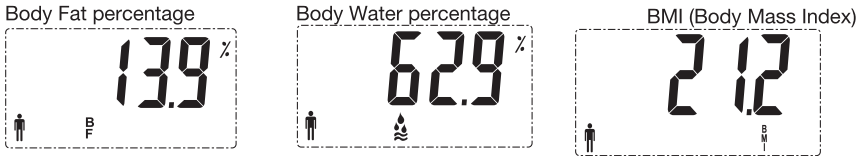
To weigh and measure

1. After setting up the user profile, when the LCD displays 0.0, you may stand on the scale platform directly, with your barefoot aligned on the electrodes; your weight will be displayed.



2. After the weight is stable, a flashing 0 means that the scale is measuring the fat, the 0 signal moves from left to right across the screen, and then shows the data.

3. Measurement display



you may stand on the scale platform directly. Your weight, body fat percentage, body water percentage, muscle mass, bone percentage and BMI will be displayed.

The scale will turn off automatically.

Why is it important to monitor body fat percentage (%BF)?

Weight is a useful indicator but not sufficient to monitor your health. 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 fat of 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 following table may be used as a guide:

1. The body fat ratio (%): 3% - 50%

Age	Female				Male			
	Underweight	Healthy	Overweight	Obese	Underweight	Healthy	Overweight	Obese
<39	<21	21.1~33	33.1~39	>39	<8	8.1-20	20.1-25	>25
40-59	<23	23.1-34	34.1-40	>40	<11	11.1-22	22.1-28	>28
>59	<24	24.1-36	36.1-42	>42	<13	13.1-25	25.1-30	>30
60+	<28	28~37	37~47	>47	<17	<17~25	26~34	>34

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.

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 bodily functions. 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. The estimated %TBW may vary according to your hydration level, that is, how much you have drunk or how much you have sweated immediately prior to the measurement. For better accuracy, avoid fluctuation in hydration level prior to the measurement. 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 following table may be used as a guide:

2. The body water ratio (%): 25% - 75%

Gender	Female			Male		
	Low	Normal	High	Low	Normal	High
10-15	<57	57.1-67	>67	<58	58.1-72	>72
16-30	<47	47.1-57	>57	<53	53.1-67	>67
31-60	<42	42.1-52	>52	<47	47.1-61	>61
61-80	<37	37.1-47	>47	<42	42.1-56	>56

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 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 measurement. Establishing your own baseline level of %BF and %TBW and track their changes is better than merely comparing your %BF and %TBW value to the population's normal value.

Trouble Shooting

- When scale is overloaded or when scale is loaded before zero is captured and displayed, display shows "FFFF".
- Do not overload the scale and do not step on the scale before display shows "0.0". Display shows "Err" when body fat is out of range (under 5% or over 60%)
- Display shows "Err" because of improper feet contact when user stands on the scale with socks or shoes on. Do not take body fat measurement with shoes or socks on. Hard or dry skin can prevent you making proper contact with electrodes on the surface of the scale. Try applying a small amount of moisturizer to your feet before using the scale.
- When battery is low, display shows "Lo". Replace battery.

Changing the batteries

Your product is supplied with batteries. To operate please remove the isolation tab. To change the batteries, open the battery cover on the back of the scale unit. Remove used battery and insert new battery. Batteries should be removed and replaced by adults only.

Only use recommended batteries or those of the same or equivalent type. Do not mix old and new batteries or batteries of different types. Batteries are to be inserted with the correct polarity. The supply terminals are not to be short-circuited. Remove exhausted batteries from item. Remove batteries if equipment is not used for extended periods of time. Rechargeable batteries are to be removed from the item before being recharged. Rechargeable batteries are only to be charged under adult supervision. Do not attempt to recharge non-rechargeable batteries. Batteries contain substances that may be harmful to the environment and human health. Keep out of the reach of children and seek immediate medical help if swallowed.



This symbol indicates that batteries should not be disposed of in the normal household waste but taken to appropriate local recycling facilities, where and when these are available. Never throw batteries in a fire or attempt to open outer casing.

(N.B if battery warnings appear on the packaging of a toy it should also include the statement - Packaging must be retained as it contains important information).

Guarantee

This Body Analyser Digital Scale is guaranteed against defects in material and workmanship for 10 years from purchase. Should it prove defective within this period, please return to a branch of HANSON with your proof of purchase.

Warnings!

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Pregnant women should only use the weight function.


Do not disassemble the scale as incorrect handling may cause injury.

This product is not intended for professional or medical use; it is intended for private use only.

Clean with a lightly dampened cloth without allowing any water to get into the device.

Do not use solvents or immerse the product in water.

Avoid excessive impact or vibration to the unit, such as dropping the product onto the floor.

This symbol  indicates that this product should not be treated as normal household waste and it should be recycled. John Lewis do not operate in store take back, but as members of the Distributor Take Back scheme have funded the development and upgrade of recycling facilities across the UK. Please take it to your nearest collection facility or for further details contact your local council or visit www.recycle-more.co.uk.



Please retain this information leaflet for future reference.

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.

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

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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:

- 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.