

# SMART BODY SCALE

## TROUBLE SHOOTING

### On-Scale Error Codes:

Message	Meaning	Solution
Err	Overload	Maximum capacity is 396lbs / 180kg
Lo	Low Battery	Replace Battery

### On-APP Error Codes:

Message	Meaning	Solution
Impedance error	Unable to analyze	Height needs to be 3' 3" to 7' 4" (100-226cm) Weight needs to be more than 66lbs (30kg) Age range needs to be 10-100 years Dry off feet and/or scale Bare feet need to stand on stainless steel plate

### Other Operational Issues:

Issue	Solution
Body fat data not measured	Feet must be bare and dry Bluetooth not on, or scale paired with other device User data outside of height or age requirements
Bluetooth not connected	Make sure that device's Bluetooth function is enabled Cancel and restart Bluetooth connection. Restart app. Check that scale's Bluetooth icon is on (circled, Fig. 12). Smart Scale app must be running Device may not meet system requirements. (see below)
Inconsistent weights	Make sure that scale is on hard, flat surface Check scale's feet to make sure that nothing is stuck to them Remove and replace batteries
App displays incorrect fat/muscle ratio	Incorrect user data. Check age, gender and height entries.
Only weight and BMI displayed	Scale must be used with bare feet Make sure that feet and scale are both dry
Scale will not power up	Remove and replace batteries
Scale displays "0" even with weight	Minimum weight must be 11lb / 5kg

## PRODUCT SPECIFICATIONS

**Measurement Units:** Pounds, Kilograms

**Minimum Weight:** 11lbs / 5 kg

**Maximum Weight:** 396lbs / 180kg

**Maximum Users:** 10

**Age Range:** 10-100 years

**Height Range:** 3 feet, 3 inches to 8 feet, 4 inches / 100-226 cm

**Increments**

Weight 0.1kg

Muscle Mass 0.1%

Body Fat 0.1%

Body Water 0.1%

Bone Mass 0.1kg

**Operating Temperature:** 50-104°F / 10-40°C

**Storage Temperature:** 50-122°F / 10-50°C

**Operating Humidity:** 20-90%

178.6<sup>⑧</sup>  
LB

Figure 12

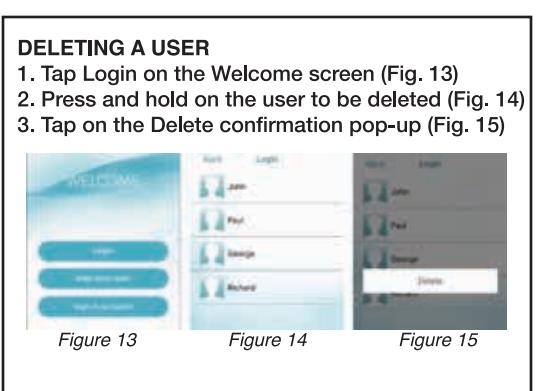


Figure 13

Figure 14

Figure 15

# SMART BODY SCALE

Thank you for purchasing the Smart Body Scale. This scale may help provide a big-picture view of one's overall body composition with information obtained through its sensors and the data you enter. The app's History and Charting functions can be used to show trends.

## WARNINGS: PLEASE READ BEFORE USE

- Not a children's item. Keep out of reach of children
- Use the measurements provided by this scale for informative purposes only.
- For home use only
- Do not expose to extreme temperatures or moisture
- Use this product only for its intended use. Do not use attachments of any kind
- This item has no serviceable components. Do not disassemble
- Do not exceed the 396lbs/180kg weight capacity
- Before making changes in your diet, exercise plan or physical activities, you should consult your primary care physician
- This is not a medical device, but if you have a physical condition that may prevent you from using this appliance, consult your physician.
- Thoroughly inspect products before every use. If the product appears worn, frayed/splintered, cracked, or broken in any manner, discontinue use and discard immediately.

## CARE AND MAINTENANCE

- Do not place anything on the scale when not in use. It will drain the batteries and shorten the life of the scale and affect accuracy.
- Clean only with a damp cloth and wipe with a dry cloth.
- DO NOT use cleaners.
- DO NOT immerse in water.
- Remove batteries before storing.

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.

Warning: Changes or modifications to this unit 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 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.

©2018 MerchSource, LLC. Irvine, CA 92618. All rights reserved.

For technical support, please call 1-800-374-2744.

## USE NOTES

- Change between pounds and kilograms on the scale by pushing "Unit" button in the APP
- Place dry, bare feet on metal contacts.
- Place on a hard-flat surface.
- Do not bend knees while taking measurements.
- Take measurements at similar time(s) of the day.
- Do not take measurements immediately following intense exercise.
- Do not stand on the edge of the scale or jump on it.
- Microwave and mobile phone frequencies may interfere with the Bluetooth signal and may affect the accuracy of the results.
- Calibrate the scale regularly for accurate results. Step onto the scale to turn it on. Then, step off to let it automatically drop to "0". The scale will be calibrated.

## GETTING STARTED

Install 3 "AAA" 1.5V batteries in the battery compartment on the underside of the scale. Make sure they are properly aligned with the diagram engraved on the inside of the tray. The scale will turn on when it detects weight above 11lbs or 5kg.

## Auto Power-Off

The scale will automatically turn off if:

1. 30 seconds have passed with no operation
2. Data has been completely uploaded to the app after 30s.
3. It is overloaded
4. It experiences an operational error. (See Troubleshooting)

## ALKALINE BATTERY WARNING:

- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable batteries.
- Alkaline batteries are recommended. Use only the specified voltage.
- Insert batteries using the correct polarity. Always use, replace, and recharge (if applicable) batteries under adult supervision.
- Do not charge with non-rechargeable batteries.
- Do not short-circuit the battery supply terminals.
- Do not dispose of batteries in fire, batteries may explode or leak.
- Remove batteries before storing.
- Recycle or dispose of batteries according to federal, state, and local laws.

## KEEP THIS INSTRUCTION MANUAL AS IT CONTAINS IMPORTANT INFORMATION FOR FUTURE REFERENCE.

Due to continuous product improvements, the picture on the manual may differ slightly from the actual product.

Model: 1004924

# SMART BODY SCALE

## DOWNLOADING AND PERSONALIZING

Download and install the Sharper Image™ Smart Scale app from the App Store or Google Play. (Fig. 1)

1. Launch the app. (iOS users only: Allow Access to Health App, if desired).
2. Accept the User Agreement.
3. Select Add New User. (Fig. 2)
4. Enter your details and your preferred unit of measurement – Pounds or Kilograms. (Fig. 3)
5. Click Save when done.

Once you have added users, you can edit their details later by tapping the **Settings** icon at the bottom of the screen (Fig. 3). After saving a user profile, the app will return to the **Welcome** screen (Fig. 2). On future logins, the app will open to this screen.



Scan for Android App in Google Play



Scan for iOS App in App Store

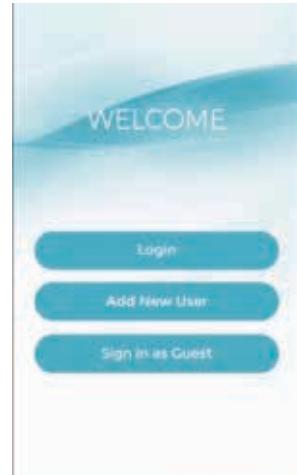


Figure 1

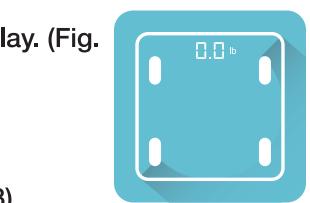


Figure 2

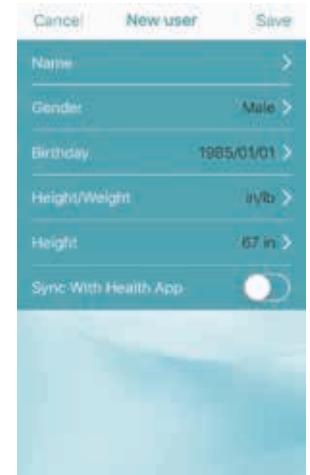
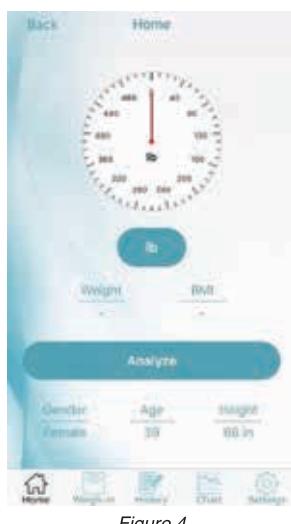


Figure 3

## USING THE SHARPER IMAGE SMART SCALE APP

1. Log in. The app will open the **Home** window (Fig. 4).
2. Step on the scale. The app will start displaying your weight immediately, followed by BMI. The scale's display will flash to indicate that it has uploaded your data.
3. Tap **Analyze**
4. Bone mass, water and other measurements will display in the **Weigh In** window. (Fig. 5).
5. Tap **Save**. The app will briefly show a “Success” message.

If there is an error, or you wish to try again: Step off the scale, select Weigh-In, tap the Clear button and then step back on. (Fig. 6).



**NOTE:** If wearing socks or other foot coverings, only the weight will be measured.



Figure 4

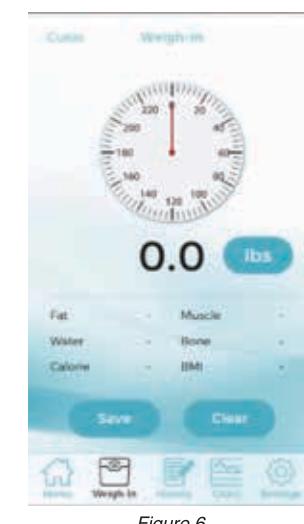


Figure 5

**NOTE:** Change the unit of weight displayed in the app:

In **Settings** window (Fig. 3) tap Height/Weight

In **Home** or **Weigh In** windows tap **lb** (or **kg**) (Figs. 4 & 5)

# SMART BODY SCALE

5. Saved measurements are displayed in the **History** window (Fig. 7).

6. The **Chart** window displays the saved data in a graph that makes it easy to identify trends (Fig. 8).

Back	History
2018-03-10 11:33:39	Weight 161.4lb BMI 23.1
2018-03-08 12:51:28	Weight 179.9lb BMI 25.6
2018-03-07 12:49:10	Weight 178.6lb BMI 25.6
2018-03-05 12:36:39	Weight 174.4lb BMI 25.0

Figure 7

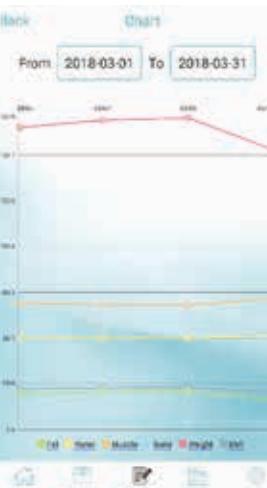


Figure 8

## TERMINOLOGY

Fat	Body Fat and Muscle composition is an ESTIMATION based on the Bioelectric Impedance Analysis (BIA) made when your bare feet are in contact with the scale. Please note that they will never add up to 100%.
Muscle	
Water	Total Body Water - an approximation of your hydration. Best used for day-to-day comparison.
Bone	Estimation of skeletal weight
Calorie	Predicts your daily calorie intake based on body composition and the personal data you entered
BMI	Body Mass Index - A ratio of your weight to height.

## CONNECTING WITH APPLE'S HEALTH APP

The Health app is available on Apple devices running iOS 8 or later. It can use the Smart Scale app as a source. When selected as a source, the Smart Scale app will automatically update Health after each successful measurement session.

Users of iOS devices will see a screen asking for permission to allow access to the Health App. (Fig. 9)

1. Tap “Turn All Categories On” or select which data to share with the Health App.
2. Tap **Allow** in the upper right. (Fig. 10)

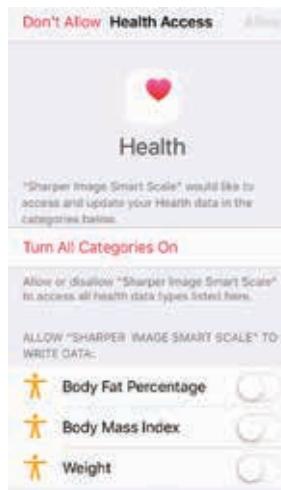


Figure 9

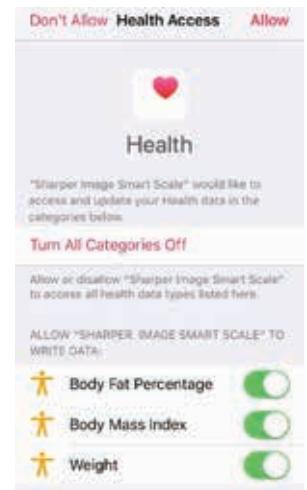


Figure 10

The Sharper Image™ Smart Scale App will show up as data source in the Health App. (Fig. 11)

Access to the Health App can be enabled/disabled by logging in and changing it in a user's profile window.

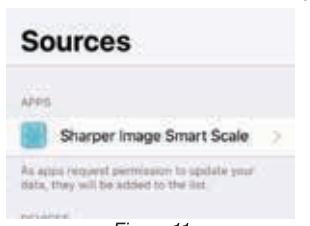


Figure 11