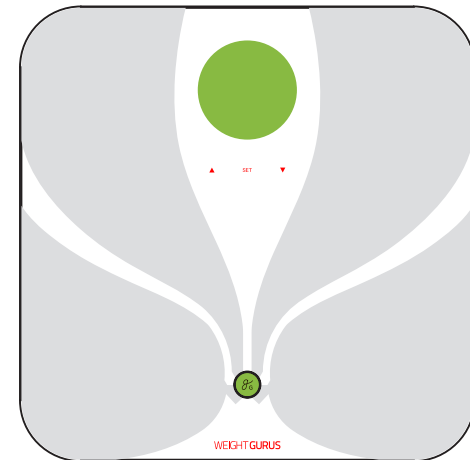


User Manual

Wi-Fi Smart Scale 0397



Distributed by: Greater Goods, LLC

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- Thank you very much for selecting the Greater Goods Wi-Fi Smart Scale 0397.
- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

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♥ Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "TYPE BF APPLIED PARTS"
	Symbol for "DIRECT CURRENT"		Symbol for "MANUFACTURER"
	Symbol for "SERIAL NUMBER", includes FCC ID number.		Caution: These notes must be observed to prevent any damage to the device.
	Symbol for "Non-ionizing electromagnetic radiation"		Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "MANUFACTURE DATE"		

⚠ CAUTION

The Wi-Fi Smart Scale 0397 offers you a seamless way to manage your health. Please be aware that this device is designed for adults' self-measuring and self-monitoring body fat level. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. This device should not be used by anyone who is acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

Before diet and exercise, you must first find a professional medical guide.

The Wi-Fi Smart Scale is equipped with data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance of the device.

Portable and mobile RF communications equipment can affect the measuring accuracy of the Wi-Fi Smart Scale.

Kindly note that the use of accessories, transducers or cables other than those specified, with the exception of transducers and cables sold by the manufacturer as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the device.

Be aware that misuse of electrical equipments can cause electric shock, burns, fire and other hazards. Please do not use the device in flammable gas environment.

Warning that the Wi-Fi Smart Scale should not be used adjacent to or stacked with other equipment.

Manufacturer will make available on request circuit diagrams, component parts list, etc.

WARNING: No modifications of this equipment is allowed.

During using the analyzer, the patient will contact with the surface and the electrode of the Analyzer. The surface and the electrode of the analyzer is type BF Applied part.

The device doesn't need to be calibrated in five years lifetime.

Do not touch the output of batteries when using the analyzer.

The patient is an intended operator. The patient can perform all the operations in the manual, such as measurement, data transmitting, changing batteries.

Not intended for use with flammable anaesthetics, not intended for use in conjunction with flammable agents, not used in conjunction with oxygen rich environments.

Stop using the analyzer if any discomfort or allergic reaction occurs.

Degeneration or looseness of sensors might reduce accuracy.

INDICATIONS FOR USE

- The Greater Goods Wi-Fi Smart Scale measures weight and estimate BMI, and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults.
- It is intended for use in the domestic setting only.

CONTRAINDICATIONS

- This device is contraindicated for any female subject who may be suspected of, or is pregnant. Besides provided inaccurate readings, the affects of this device on the fetus are unknown.
- This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

♥ Your Scale and Its Environment

To ensure your safety as well as the service life of your scale, please avoid using the scale under the following circumstances:

- Slippery floor such as tile floor
- Jumping onto the platform immediately after bath or with wet feet
- Near a cell phone or microwave oven

Avoid storage in the following locations:

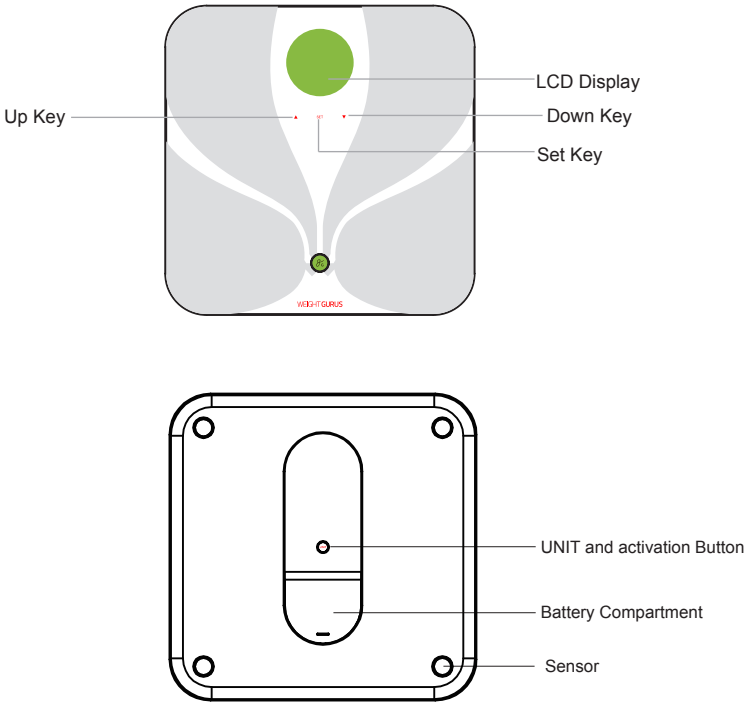
- Where there is water
- Where the device may be exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air
- Where there is risk of shock or drop
- Where you store chemicals or full of corrosive gases
- Where in reach of the infants or children

♥ Efficient Use of Your Scale

To ensure the accuracy of measurement, please follow below instructions when you start measurement.

- Place the scale on a flat, hard surface. Soft surface such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the scale until the measurement is complete.
- Start measurement at least two hours after Getting up or Dinning.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dining.
- Always start measurement in the same time slot and on the same scale located on the same flat, hard surface.

♥ Device Components



♥ List

- 1. Wi-Fi Smart Scale 0397
- 2. Four AAA-size Batteries (1.5V per each)
- 3. User Manual

♥ LCD Display



BF	Body Fat Analysis Result		Male
	Body Water Analysis Result		Male Athlete
	Muscle Mass Analysis Result		Female
	Bone Mass Analysis Result		Female Athlete
GOAL	Your Goal Weight	kg	Kilogram
BMI	Body Mass Index	lb	Pound
Age	Age	SET	Setting Mpde
in	Inch	%	Percentage
cm	Centimeter	U8	User ID (Range form U1 to U8)
	Data transmitting / pending to transmit to wireless wellness system		Successful Wi-Fi Connection
	Low Battery		

♥ General Instructions

Greater Goods Wi-Fi Smart Scale 0397 applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate BMI, body fat, body water, muscle mass and bone mass. The electrical current is small and may not be felt.

This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

The current mentioned above is less than 0.5mA. However, please be aware that anyone with an wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

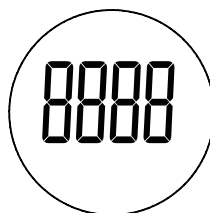
The intended use of this device is for healthy children 10-17 years old and healthy adults.

At least 2 hours required for the device to warm / cool from the minimum / maximum storage temperature between uses until it is ready for intended use when the ambient temperature is 20 °C.

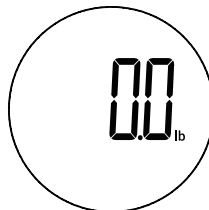
♥ Insert the Batteries

- Open the battery door in the back of the scale.
- Insert the batteries (4 x 1.5V AAA) into the battery compartment according to the polarity indications marked inside the compartment.

* The digits "8888" will be shown on the LCD.



- Close the battery door and wait until the digits "00" are shown on the LCD.



⚠ CAUTION

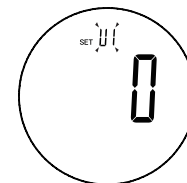
- When the symbol " " appear, the device will power off. Then you shall replace with a new set of batteries. Please replace all four batteries at the same time. Do NOT mix the old batteries with the new one.
- Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries and scrapped device.
- If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.
- Do not mix alkaline, standard(carbon-zinc), or rechargeable(Ni-Cd, Ni-MH, etc) batteries.
- Use the scale three times a day, and the lifetime of battery is around 3 months.

♥ Set Up Your Profile

The Wi-Fi Smart Scale 0397 supports multiple users (Up to 8). You may follow below instructions to assign User ID and set up your own profile, including Gender, Stature, and Age.

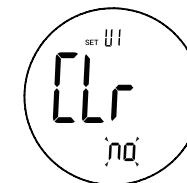
1.Assigning User ID

- With batteries correctly installed, press "SET" key to enter setting mode when the scale is off. Or when the LCD displays 0.0, press and hold "SET" key to enter setting mode.
- The system will request User ID selection first. As pictured below, "U1" blinks. The operator may press the function key ▲ or ▼ to select User ID among U1 to U8.
- Press "SET" key to confirm User ID.



2.Delete Data

- After confirming User ID, the system will divert to select whether to delete the previous data.
- As pictured below, the portrait "no" blinks. The operator may press the function key ▲ or ▼ to select "no" or "yes".
- Press "SET" key to confirm it.



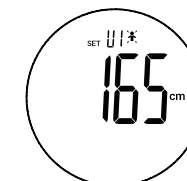
3.Setting Gender

- New users will skip step 2, the system will divert to Gender setting automatically.

As pictured below, the portrait " " blinks. The operator may press the function key ▲ or ▼ to select Gender.(Male/Female/Male Athlete/ Female Athlete).

Athlete Mode:

An athlete is considered as a person who does 10 hours or more per week of aerobic activity and has a resting heart rate of 60 beats per minute. These individuals should select Athlete Mode for the most accurate measurement results. The Wi-Fi Smart Scale are not calibrated for professional athletes or body builders.



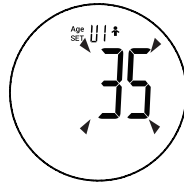
4.Setting Stature

- After confirming Gender, the system will divert to Stature setting automatically.
- As pictured below, the digits "165" blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press "SET" key to confirm Stature.



5. Setting Age

- After confirming Stature, the system will divert to Age setting.
- As pictured below, the digits "35" blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press "SET" key to confirm Age.
- When the LCD displays "STEP ON", you may start.



6. Repeat procedure for a second user, or to change user details.

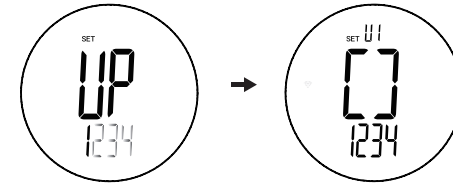
Note: To update or overwrite the memorised data, follow the same procedure, making changes as required.

♥ Configure the Wi-Fi Password

1. Install the APP "Weight Gurus". This APP could be freely downloaded at the APP Store, you may search and install it in your smartphone.
 2. Turn on Wi-Fi and the APP. Make sure both are ON when pair-up is proceeding.
 3. Then register an account, and follow these steps:
- Note: Take the latest version of APP as the criterion.



4. Press and hold "UNIT" button in the back of the scale to start pair-up. Symbol "SETUP 1" will be blinked on the LCD, indicating pair-up is proceeding.
5. Wait for the scale counts "SETUP 1" to "SETUP 1234", if SUCCEED, symbol "[]" will be shown on the LCD.

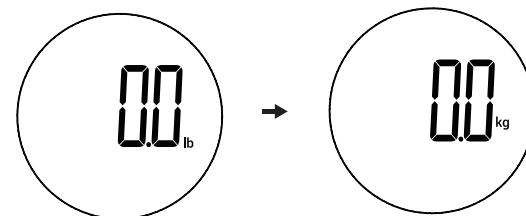


6. And follow these steps on APP to complete the matching. At this time, it indicates that the scale has been successfully distributed. Then you can start measuring.



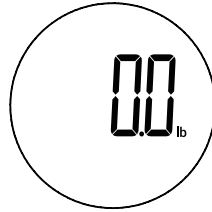
♥ Select Measurement Unit

With batteries correctly installed, press "UNIT" button in the back of the scale to select measurement unit. The default measurement unit is "lb". You may press "UNIT" button to choose between pound and kilogram.



♥ Initialising Your Scale

1. Press the platform centre and remove your foot.
2. "0.0" will be displayed.



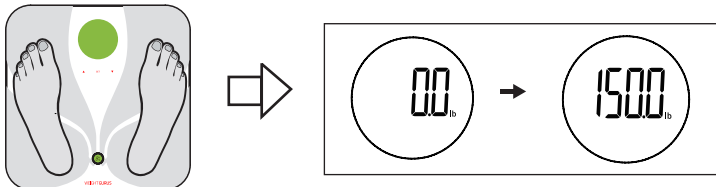
3. The scale will switch off and is now ready for use.
This initialisation process must be repeated if the scale is moved.
At all other times step straight on the scale.

♥ Weight Only Operation

Your Greater Goods Wi-Fi Smart Scale will operate as a conventional weight - reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight. For only weight reading.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will display your weight value.



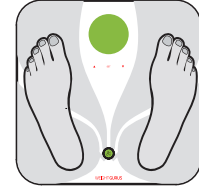
4. The scale will automatically turn off after a few seconds.

Note: The weight value won't be saved in the scale, and won't be transmitted to the APP.

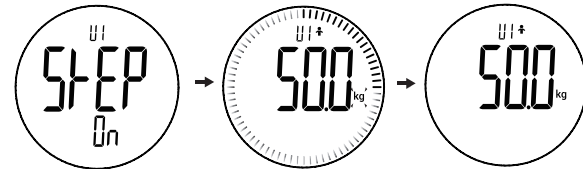
♥ First Measurement

- Please process the user setting before your first measurement.
(Refer to [Set Up Your Profile](#) for more details)

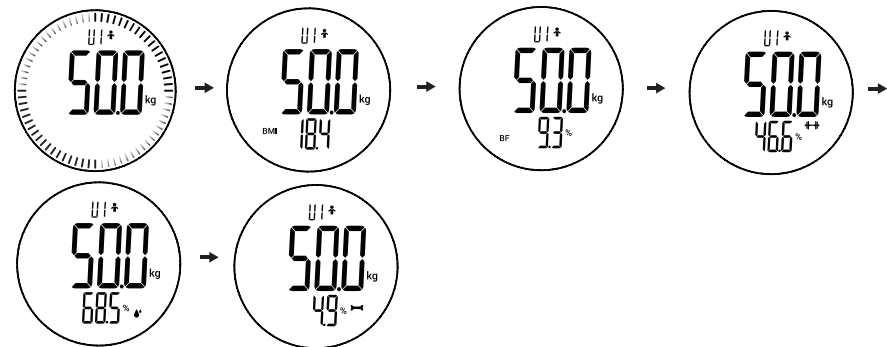
STEP 1: Step on the platform barefooted when the LCD display "STEP ON".



STEP 2: Keep full contact with the electrodes and the circle of LCD runs clockwise. Stand still and the weight data will be locked with LCD stop blinking when the weight is stable.



STEP 3: After displaying weight data, the circle of LCD runs clockwise again. **Then measurement results will be displayed followed by BMI, Body Fat, Muscle Mass, Body Water and Bone Mass.** The data will be displayed three times and then turn off.



* If it fails to complete the analysis, the LCD will only display the weight data.

(To find out the solutions, please refer to [Troubleshooting](#) for more details.)

- When your scale is successfully paired with your smartphone and the Wi-Fi is ON, 0397 will process data transmission instead.

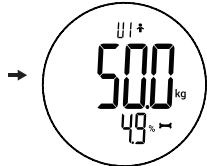
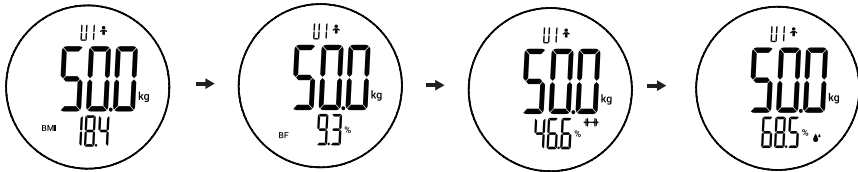
(Please refer to [Data Transmission](#) for more details.)

♥ Daily Measurement

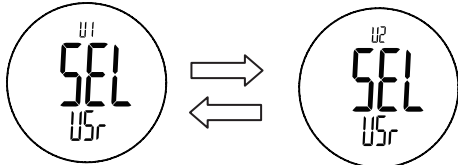
- With original SENSE ON patent technology, 0397 will switch on as you step on the platform barefooted.
- Stand still and keep full contact with the scale until the LCD stops blinking unit.
- After the weight is locked, the circle of LCD runs clockwise. If identify the stored weight is during this weight within+/-4.5 kg,it will identify the specific user ID.



- If it identifies one user, it will skip the step about user selection, then display BMI, Body Fat, Muscle Mass, Body Water and Bone Mass. The data will be displayed four times and then turn off.



- If it identifies two or more users,for example,U1 and U2, the LCD will display these users, you may press the function key ▲ or ▼ to choose the User ID. The measuring results will then be sorted into the User ID you selected and displayed sequentially three times. If you don't choose the user, it will display the weight again and turn off.





- If it fails to identify the possible User ID, the LCD will only display the weight data then shutdown.

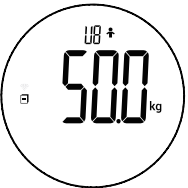
(To find out the solutions, please refer to [Troubleshooting](#) for more details.)



- When your scale is successfully paired with your smartphone and the Wi-Fi is ON, 0397 will process data transmission instead.

(Please refer to [Data Transmission](#) for more details.)

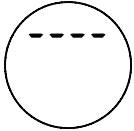
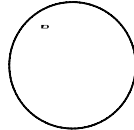

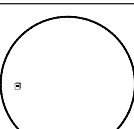
♥ Data Transmission

- With 0397 successfully pair-up with your smartphone, the measurement data will be transmitted to your mobile via Wi-Fi.
- ONLY when the measuring results are attached to a specific User ID will it be transmitted to your mobile after measurement.
- The symbol  will disappear after successful data transmission, and you may check your personal health data stored in your smartphone.
- If the data transmission fails, the symbol  will remain. The pending measurement data will be temporarily kept in the scale and transmitted to your smartphone when next measurement is complete.



	Successful Wi-Fi Connection
	Data transmitting to wireless wellness system: -If SUCCEED, the symbol disappears; -If FAIL, the symbol remains.

♥ Error Prompt

Error	Description	Solution
	Overload. The device will power off.	Stop using this scale for measurement.
	Low Battery. The device will power off.	Replace all four batteries in the same time. Please purchase the authorized batteries for replacement.
	Failure of pairing up your scale with your smartphone.	Please check below items: -Wi-Fi is ON. -APP Collector is ON. -Both devices are within the transmission distance of Wi-Fi.
	There has data doesn't upload. (The notebook icon will be displayed.)	Check the Wi-Fi connection.

♥ When Measuring ...

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Incorrect posture.	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.
No display on LCD when the device powers on.	Batteries not yet installed.	Install the batteries. (Please refer to Insert the Batteries)
	Worn batteries.	Replace all four batteries at the same time. Please purchase the authorized batteries for replacement.
CANNOT proceed to analyze BMI, body fat, total body water, muscle mass and bone mass.	Step onto the platform wearing socks or shoes.	Please keep barefooted during the measurement, and keep full contact with the scale as well.
	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the instruction in Set Up Your Profile .
	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in Set Up Your Profile .
The device powers off.	Low battery.	Replace all four batteries at the same time. Please purchase the authorized batteries for replacement.

♥ When Data Transmitting ...

Problem	Root Cause	Solution
Data transmission failed.	Wi-Fi is OFF.	Turn ON the Wi-Fi via Setting.
	The APP is OFF.	Press the icon to turn ON your APP.
	Out of range of Wi-Fi transmission.	Place your smartphone closer to the scale.
	None of the user ID is assigned.	Please assign a User ID following the instruction in Set Up Your Profile .

♥ Specifications

Product Name	Wi-Fi Smart Scale (0397)
Dimension	Scale: 321x321x24.5mm (Approximately)
Net Weight	Approximately 1.98kg (Including the dry cells)
Display	Digital LCD
Measurement Unit	Pound / Kilogram
Measurement Range	11lb to 397lb / 5kg to 180kg
Division	0.1lb / 0.1kg
Accuracy	50kg: ±0.3kg; 100kg: ±0.4kg; 150kg: ±0.5kg; 180kg: ±0.7kg
Working Environment	Temperature: 5 ℃ to 40 ℃ Relative Humidity: ≤90% RH Atmospheric pressure: 86kPa to 106kPa
Storage Environment	Temperature: -20 ℃ to 60 ℃ Relative Humidity: ≤90% RH Atmospheric pressure: 50kPa to 106kPa
Power Source	6V (Four AAA-size Batteries)
Auto-ON	SENSE ON technology
Auto-OFF	The scale will turn off after about 20s if there is no operation.
Accessories	1. Four AAA Size Batteries 2. User Manual
Mode of Operation	Continuous Operation
Wifi Frequency Range	2400M-2483.5M
Wifi Output Power	15.5+/-1.5dBm
Wifi Module No	KM26
Wifi Supply Voltage	3.0-3.6V
Software Version	V1.8
Degree of protection	Type BF applied part
Protection against ingress of water	IP21

About the Accuracy of This Product

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device. Which should be done before and after using the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T maintenance this device when in use.
- DON'T disassemble this device. If you have any problems, please contact Greater Goods. (Please refer to Warranty for contact information)

♥ Warranty

- Greater Goods warrants its products free of defects in materials and workmanship in normal use for a period of FIVE years from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:
 - Failure caused by unauthorized repairs or modifications;
 - Damage caused by shock or drop during transportation;
 - Failure caused by improper operation inconsistent with the instructions stated in this user manual;
 - Malfunction or damage from failure to provide the recommended maintenance;
 - Damage caused by improper use of power supply.
- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to Greater Goods, LLC prepaid. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

Distributed by: Greater Goods, LLC
 4427 Chouteau Ave.St.Louis, Missouri, 63110, Unite States
 TEL: 866-991-8494 Website: <http://greatergoods.com>

♥ FCC Regulations

FCC User Guide Information

Radio Frequency Interface Requirements - FCC

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.

Radio Transmitters (Part 15)

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.

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

FCC RF Exposure Guidelines

Safety Information

Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

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

♥ Health Tips - About Body Fat

Human body is made up of, amongst other things, a percentage of fat. Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat will damage to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror.

This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone—the composition of your weight loss could mean you are losing muscle mass rather than fat—you could still have a high percentage of fat even when a scale indicates 'normal weight'.

The table as follows may be used as a guide:

Table of Body Fat Level (Unit: %)

a) The body fat percentage (%): 5%-60%/0.1%

Standard for Men						Standard for Women					
Rating	Age					Rating	Age				
	20-29	30-39	40-49	50-59	60+		20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18	low	<19	<20	<21	<22	<23
Normal	13-20	14-21	16-23	17-24	18-25	Normal	19-28	20-29	21-30	22-31	23-32
Moderately High	20.1-23	21.1-24	23.1-26	24.1-27	25.1-28	Moderately High	28.1-31	29.1-32	30.1-33	31.1-34	32.1-35
High	>23	>24	>26	>27	>28	High	>31	>32	>33	>34	>35

Source: University of Illinois Department of Food Science and Human Nutrition.
Body Fat Percentage Calculator.

♥ Health Tips - About Body Water

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body:

All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

The table as follows may be used as a guide:

Table of Body Water Level (Unit: %)

b) The body water percentage (%): 43%-73%/0.1%

Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999,69:833-841.

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

♥ Health Tips - About Muscle Mass

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing with it you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass with aging
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

The table as follows may be used as a guide:

Muscle Mass Percentage

(Source: International Commission on Radiological Protection, 1975)

Men	Approximately 40% of total body weight
Women	Approximately 30% of total body weight

♥ Health Tips - About Bone Mass

Regular exercise and a balanced diet can help maintain healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks in their thirties. Then people begin to lose bone. Regular exercise can help prevent that loss.

Calcium and vitamin D, good sources of which are dairy products, green leafy vegetables and fish, contribute to healthy bones.

The bone mass readings given by this product are an estimation of the amount of bone in your body. Those with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones please consult your doctor timely.

The table as follows may be used as a guide:

Bone Mass Percentage

(Source: Rico et al. 1993)

The average bone mass percentage for both men and women is between 4 to 5%.

♥ Health Tips - About BMI

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. The Analyzer will calculate your BMI on your height and weight.

The table as follows may be used as a guide:

		Normal						Overweight						Obese					
		Body Weight (pounds)																	
Height (inches)	58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
	59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
	60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
	61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
	62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
	63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
	64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
	65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
	66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
	67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
	68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
	69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
	70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
	71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
	72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
	73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
	74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
	75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287		
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35		
Body Mass Index																			

Body Mass Index

♥ EMC Guidance

Guidance and manufacturer's declaration -electromagnetic emissions and Immunity

Table 1

Guidance and manufacturer's declaration - electromagnetic emissions	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Not applicable
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable

Table 2

Guidance and manufacturer's declaration - electromagnetic Immunity		
Immunity Test	IEC 60601-1-2 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	Not applicable	Not applicable
Surge IEC 61000-4-5	Not applicable	Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	Not applicable	Not applicable
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conducted RF IEC61000-4-6	Not applicable	Not applicable
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz
NOTE U _T is the a.c. mains voltage prior to application of the test level.		

Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity								
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Maximum Power (W)	Distance (m)	IEC 60601-1-2 Test Level (V/m)	Compliance level (V/m)
	385	380 – 390	TETRA 400	Pulse modulation 18 Hz	1,8	0.3	27	27
	450	430 – 470	GMRS 460, FRS 460	FM ± 5 kHz deviation 1 kHz sine	2	0.3	28	28
	710	704 – 787	LTE Band 13, 17	Pulse modulation 217 Hz	0,2	0.3	9	9
	745							
	780							
	810	800 – 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28	28
	870							
	930							
	1720	1700 – 1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation 217 Hz	2	0.3	28	28
	1845							
	1970							
	2450	2400 – 2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28	28
	5240	5100-5800	WLAN, 802.11 a/n	Pulse modulation 217Hz	0.2	0.3	9	9
	5500							
	5785							