iHealth HS3

Bluetooth® Body Scale

OPERATION GUIDE

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IMPORTANT INFORMATION

INTRODUCTION

Thank you for choosing this iHealth Scale HS3 product. This monitor is designed for you to use at home so you can monitor your personal wellbeing.

Please read this manual in full before you through the setup procedure and outline the key features. Please keep it handy for future reference.

IMPORTANT NOTE FOR USERS

Your scale is a precision electronic instrument. Always store it in a safe place. To ensure accurate results, keep the device away from magnetic fields, as these may adversely affect correct readings or even damage the device.

CONTENTS AND DISPLAY INDICATORS

INTENDED USE

The iHealth HS3 Bluetooth® Body Scale is a precision electronic instrument. It is intended for adults who are able to stand steadily on the scale without assistance.

This Bluetooth® Body Scale can be used with an iPad Touch, iPhone or iPad.

iPad, iPhone, and iPad Touch are trademarks of Apple Inc. registered in the U.S. and other countries.

The iHealth Bluetooth® Body Scale is designed for the following models:

iPad Touch 4th generation
iPad Touch 1st generation
iPhone 4
iPhone 3GS
iPad2
iPad

The iOS version of these devices should be iOS3 or higher.

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PRODUCT DESCRIPTION

The product uses four strain gauge methodology and a pressure sensor to measure body weight automatically in a convenient manner. The measurements are displayed on an iPad Touch, iPhone, or iPad and can be stored in the memory with a date and time stamp. The product conforms to the following standards: 93/42/EEC (MDD), EN60601-1:2006, EN60601-1-6:2010, EN60601-1-2:2007, EN55022:2006, EN61000-3-2:2006, EN61000-3-3:2008, EN300328 V1.7.1, EN301489-1 V1.9.1, EN301489-17 V2.1.1, FCC part 15, EN50371:2002, EC 801/2004.

SPECIFICATIONS

1. Product name: Bluetooth® Body Scale
2. Model: HS3
3. Classification: Internally powered
4. Machine dimensions: 13" x 13" x 1" (330 mm x 330 mm x 25 mm)
5. Weight: approx. 19 oz (880 g)
6. Measuring method: Automatic strain gauge measurement
7. Power: 4x1.5V AAA batteries
8. Weighing range: 5-440 lbs
9. Accuracy: ±1%
10. Operating temperature: 41° F ~ 40° C (+5°F~+104°F)
11. Operating humidity: RH: 25~85%
12. Storage and transport temperature: -25° F ~ 60° C (-4°F~ 140°F)
13. Storage and transport humidity: 5~90%

IMPORTANT

1. Place stand on the scale, keeping as still as possible, until the weight appears on the display.
2. During the measurement, try and keep your body as still as possible.
3. Do not stand on the edge of scale, as you may fall over or influence the accuracy of the measurement.
4. Do not place the scale in a wet or damp place, as this may damage the scale.
5. Clean the surface of the scale with a damp cloth and the battery cover dry with a dry cloth. Do not dry it out.
6. Treat your scale with care. Do not drop it or jump on it. The scale is designed to be stood on, minute or abuse may render the electronic sensors inoperative, or cause injury. This also may affect the accuracy of the measurement.
7. Do not place the scale in water. Clean the surface using either a damp cloth or glass cleaner.
8. Do not stand the scale on an uneven floor, a soft surface or a carpet while weighing, as doing so may result in unreliable measurements.
9. To avoid damage as a result of battery leakage, remove the batteries if the scale is not going to be used for 3 months or more.

10. The iHealth Bluetooth® Body Scale is designed for people who can stand alone without assistance. Young children or any person who cannot stand alone is not recommended to use scale.
11. Please avoid strong magnetic fields, such as microwave ovens, etc.
12. Do not use the product in environments that are not within and outside the specified temperature and humidity ranges quoted above under Specifications.
13. 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 iHealth Labs Inc. shall void the user's warranty for 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.
14. This device complies with Industry Canada RSS-210 (measurement RSS standards). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

SETUP AND OPERATING PROCEDURES

1. GET THE APPLICATION FOR IOS

The scale works with an iPad Touch, iPhone, and iPad. You will first need to install the application (app) "iHealth" from the App Store using your iPad Touch, iPhone or iPad.

You can download the HS3 app from the App Store using one of processes described below. Ensure that you have access to the internet.

1. Connect your iOS device to the Wi-Fi as described in section 4 where if the apps not available, the system will display "App Unavailable". Next, choose "yes" and follow the on-screen instructions to download the app for free.

2. Launch the App Store and perform a search using the key words "HealthM" "HS3" or "Bluetooth® Body Scale". Locate the app, Download the appropriate app and then install it. The icon should look like this:

2. INSTALLING BATTERIES

a. Open the battery cover on the back of the scale.
b. Install four "AAA" batteries. Check that the battery polarity is correct.

c. Close the battery cover.
d. If "LO" appears on the LCD, replace the batteries.
(1) Rechargeable batteries are not suitable for this scale.
(2) Remove batteries from the scale if not in use for a long time.
(3) Remove the batteries if the scale is not going to be used for 3 months or more.

NOTE: The scale and the batteries must be disposed of according to local regulations at the end of their service life.

3. SELECT WEIGHT UNIT

The weight unit can be lb or stones. It is selected using the switch on the back of the scale.

4. CONNECTING TO iPad Touch, iPhone OR iPad USING BLUETOOTH

STEP 1: Check that your iPad Touch, iPhone or iPad is listed under compatible models.
STEP 2: Check that the OS is iPad or higher (iOS3 or higher for iPhone 3GS or iPhone 4). If not, you may need to update your iOS before using this product.
STEP 3: Open Bluetooth on your iPad Touch, iPhone or iPad (Settings→General→Bluetooth→On).
STEP 4: Open the scale with your foot, then hop on the scale and wait "0.0 lb/kg/st".
STEP 5: Open the app "iHealth" and click "Add Device" in the "Device" tab. Select "Scale" and the name of the scale, i.e. "iHealth Scale", and "Next Step". Wait for "Pairing" to appear in the list on the iPad Touch, iPhone or iPad. Every subsequent time you use the scale, "Not Connected" will be displayed and you can then continue from STEP 6.

STEP 6: Connect the "iHealth" HS3 device "by touching it and wait for "connected" to be displayed on the list. Ensure that the scale is switched on during connection.

If you have not yet installed the app, please refer to section 1 in this chapter to download it.
If you have already installed the app, please continue to **Step 2**.

STEP 1: Launch the app by touching the icon when the Bluetooth connection is enabled.
STEP 2: The app should now recognize the scale and show the connection succeed icon.
NOTE: When you first connect the scale to your iPad Touch, iPhone or iPad, your iPad/iPhone/iPad will not immediately recognize the scale. The "Bluetooth" function takes some time to detect the scale. Bluetooth and connection is a 2 hour process.
When you use the scale for the first time or reinstall the batteries, you will need to connect to your iPad Touch, iPhone or iPad in order to synchronize the time in the scale. Otherwise the weighing will be considered invalid and will not be saved in history data in the app database.

5. WEIGHING

Step on the scale and stand still. Your weight measurement will be shown on the screen. If the scale is connected to an iOS device and the app is running, the app will display the scale's and the time of the measurement.

6. USING WITHOUT iOS DEVICE

After it has been used for the first time, the date and time of the scale will be synchronized with the iOS device. The scale can also be used without being connected to an iOS device. In this case, the measurement data is stored in memory and can be uploaded to an iPad Touch, iPhone or iPad when the connection is re-established. The scale can store 200 weight measurements when the memory is full, any new measurements overwrite the oldest ones.

7. AUTOMATIC SHUTDOWN FEATURE

The automatic shutdown feature shuts off the power automatically in the following cases:

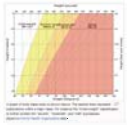
a. The scale shuts down automatically after 2 minutes following completion of the measurement. If a new measurement is started in the Bluetooth connection is established during that time, the shutdown is delayed for another two minutes.
b. If the scale's batteries are not installed correctly, such as low battery, above maximum weight, etc., the scale will shut down within 3 to 5 seconds.

8. OPERATING INSTRUCTIONS

For detailed operating instructions, please visit http://www.iHealthLabs.com or FAQ in the application on iPad Touch, iPhone or iPad.

9. ASSESSING BODY WEIGHT

The body mass index (BMI), or Quetelet Index, is a heuristic measure of body weight based on a person's weight and height. Body mass index is defined as the individual's body weight divided by the square of his or her height. The formulas for converting units to medical use produce a unit of measure of kg/m².



10. TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
No weight value in iOS device	Bluetooth connect failed	Check the scale is on, and that on the iPad Touch, iPhone or iPad.
Connection unsuccessful	Bluetooth connect failed	Connect again. Restart the iPad Touch, iPhone or iPad.
The Bluetooth Signal is flaky or irregular	Bluetooth connect failed	Disconnect the Bluetooth, or turn the OFF/ON the Bluetooth, and restart the iPad Touch, iPhone or iPad.
The APP displays "Timeout"	Bluetooth connect failed	Re-install data if it is still not working. Disconnect the Bluetooth.
No response when you operation on four batteries	Battery operation, or strong electromagnetic interference	Remove the batteries, and then insert all the batteries after a few minutes.
Low Battery indication "Lo" the power	Low battery	Check the batteries and replace if necessary.
Scale displays "E"	Measurement error occurring	Must be in center of the platform and stand still after scale is turned on. Check weighing. Do not move during weighing.

Unit not indicated "Lo"	Weight capacity is exceeded	Too much weight has been placed on the scale and it is over capacity. Remove weight before proceeding.
Scale displays "Err"	Zero error	Power off again. Restart the iPad Touch, iPhone or iPad.
Scale displays "Er"	Communication error	Wait for the scale to shut down and then restart.

MAINTENANCE

1. Avoid high temperatures and insolation. Do not immerse the scale in water as this will damage the scale.
2. If the scale is stored in a freezing point, allow it to acclimatize to room temperature before use.
3. Do not attempt to disassemble the scale.
4. Remove the batteries if the scale is not going to be used for 3 months or more.
5. Clean the surface of the scale using a dry cloth. If it gets dirty, Do not use abrasive or solvent based cleaners, and never immerse it in water.
6. The scale is a medical electronic service and requires no over-time service. We can provide the circuit diagrams, parts lists, descriptions, calibration instructions, or any other information that is deemed the user's approved qualified technical personnel to repair those parts of the device that are designated by iHealth Labs.
7. The device is warranted to safety and performance features for at least 10,000 measurements or two years of use.

EXPLANATION OF SYMBOLS ON UNIT

Symbol for "CONSULT INSTRUCTIONS FOR USE"

Symbol for "ENVIRONMENT PROTECTION: Waste electrical products should not be disposed of with household waste." Waste recycle at your local recycling centre. Check with your local authority or retailer for recycling advice.

Symbol for "MANUFACTURER"

CE 0197 Symbol for "COMPLIANCE WITH EUROPEAN REQUIREMENTS"

Symbol for "TYPE OF MANUFACTURE"

WARRANTY INFORMATION

The warranty is limited to the costs of material and shipping.

SERVICE CENTER

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