


## 9. GUIDE DE DÉPANNAGE

Si l'un des problèmes suivants survient lors de l'utilisation de votre MyNutriScale®, reportez-vous à ce guide de dépannage. Si le problème persiste, veuillez contacter notre support clients.

ERREUR A L'ÉCRAN	CAUSE(S) POSSIBLE(S)	SOLUTION
Rien ne s'affiche quand vous appuyez sur le bouton « On/Off-Tare »	Pas de piles / piles usagées	Insérez des piles neuves.
L'icône  s'affiche	Piles usagées	Insérez des piles neuves.
“o-ol” s'affiche	Avertissement de surcharge	Le poids maximal supporté par le pèse-aliments est de 5kg. Retirez immédiatement les éléments du pèse-aliments, des dommages irréversibles pourraient être causés à l'appareil.

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# MyNutriScale

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## COMPLIANT WITH EUROPEAN STANDARDS.

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Find out how to install and use the BewellConnect® app by logging on to our website  
[www.bewell-connect.com/install](http://www.bewell-connect.com/install)

*The manufacturer reserves the right to change the technical specifications of the product without prior notice.*

Dear customer,

You have just bought MyNutriScale®, the connected food scale by BewellConnect®, and we thank you for your custom. We hope that you enjoy using it and recommend reading this user guide carefully.

### 1. WARNINGS

- The user must check that the equipment works safely and that it is in good condition before using it.
- Use this device only for its intended purpose, as described in this guide.
- This device can be used for personal use at home. Any other use may void the warranty and cause injury.
- Use this device in an ambient temperature range between 5 and 35°C.
- Do not expose this device to extreme temperature conditions > 60°C or < -20°C.
- Do not use this device in relative humidity higher than 85%.
- This device should always be placed in a clean, dry place.
- Do not expose this device to sunlight or water.
- Do not expose this device to electrical shocks.
- Do not use this device outdoors.
- Never drop the device.
- Follow the maintenance instructions stipulated in this guide.
- Do not attempt to open the device. In the event of a problem, contact your retailer.
- Do not leave this device within children's reach.
- Do not use any batteries other than those listed, do not recharge non rechargeable batteries, do not throw them into fire.
- Remove the batteries if the device is not in use for a long period.
- This device is not designed to be used by people (including children) with reduced physical, sensory or mental abilities, or people without experience or knowledge, unless they are able to benefit from it through the intermediary of a person responsible for their safety, under supervision or following prior instructions on how to use this device.

### **Important**

*Please observe the polarity of the batteries. A polarity error may cause damage to the device and compromise the warranty.*

## 2. INFORMATIONS

### 2-1. UNDERSTANDING THE ENERGY BALANCE

All food provides calories and all calories provide energy. The human body uses this energy to live, breathe and perform all daily activities. A man consumes more energy than a woman. Generally, a man's energy needs are 5 to 10% higher than those of a woman, with the exception of pregnant or breastfeeding women, whose daily calorie requirements ensure the good health of the mother and baby. This energy is measured in kilocalories (1 kilocalorie = 1000 calories). It is recorded in Kcal but by misuse of language, we continue to use the term «calorie» instead of «kilocalorie.».

The energy balance represents the difference between caloric intake and expenditure.

### 2-2. MY ENERGY INTAKE

Your energy intake comes from the foods you eat. They provide calories in the form of 3 types of macronutrients: proteins, carbohydrates and lipids.

To control your energy intake, it is important to know how many calories a food provides.

MACRONUTRIENTS / KCAL CONVERSION TABLE	
1 g protein	4 kcals
1 g carbohydrates	4 kcals
1 g fat	9 kcals

For example, a 154 g fillet of white fish provides 255.2 kcals.

37.7 g protein	37.7 g x 4 kcal/g	150.8 kcals
0 g carbohydrates	0 g x 4 kcal/g	0 kcals
11.6 g fat	11.6 g x 9 kcal/g	104.4 kcals

### 2-3. MY ENERGY EXPENDITURE

You have two types of energy expenditure: basal metabolism and exercise.

Basal metabolism + exercise = energy expended per day
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Basal metabolism is the minimum energy the body needs to maintain vital functions. It can vary greatly from one individual to another. Indeed, it depends on age, sex, weight, etc. It generally represents between 60 and 70% of total metabolism (total energy expenditure).

Exercise includes sports such as walking to work, climbing stairs or walking to take public transport.

### 2-4. CALORIE REQUIREMENTS

We do not all have the same calorie requirements. They depend on our age, our sex, our body type, our exercise, and the time of day when calories were consumed.

That is why it is useless to start a diet or to set a quota of calories to consume per day without really knowing your own specific calorie requirements.

#### You are a woman aged between 18 and 40 :

- You do not take any exercise: you need approximately 1,900 calories per day.
- You are active: you need approximately 2,150 calories per day.
- You are very athletic: you need approximately 2,500 calories.

#### You are a woman aged over 40 :

- You do not take any exercise: you need approximately 1,750 calories per day.
- You are active: you need approximately 2,000 calories per day.
- You are very athletic: you need approximately 2,350 calories per day.

#### You are a man aged between 18 and 40 :

- You do not take any exercise: you need approximately 2,350 calories per day.
- You are active: you need approximately 2,650 calories per day.
- You are very athletic: you need approximately 3,250 calories.

#### You are a man aged over 40 :

- You do not take any exercise: you need approximately 2200 calories per day.
- You are active: you need approximately 2,450 calories per day.
- You are very athletic: you need approximately 3,050 calories per day.

**For pregnant women and breastfeeding women**, you need more calories per day: allow approximately 340 calories for a pregnant woman from her second trimester of pregnancy, and approximately 330 calories for a breastfeeding woman.

### 2-5. MANAGING MY ENERGY BALANCE

To manage my energy balance, I have to watch my energy intake and expenditure. You lose weight when you absorb fewer calories than your requirements. (That is to say, less than your total metabolism and your daily calorie expenditures.) You gain fat if you absorb more calories than required. Therefore no food is really fattening or slimming, it is simply a matter of striking a balance.

You can therefore act on two factors in order to tip the scales one way or the other:

- Act on expenditure through exercise
- Act on calorie intake

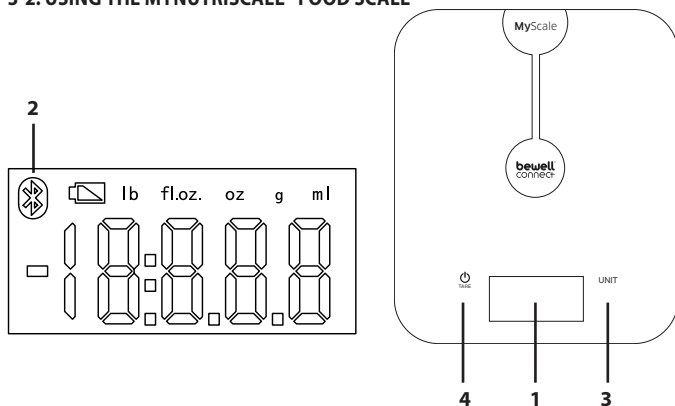
To stay healthy and lose weight, it is essential to take exercise for a healthy lifestyle. Taking exercise acts in synergy with monitoring calorie intake and a balanced diet in the long term.

### 3. USE

#### 3-1. PRECAUTIONS BEFORE USE

- This device is not suitable for children under 8 years old. Children should not be left unsupervised when using the device.
- Place the food scale on a solid, flat, skid-proof surface (avoid placing it on a carpet, for example).

#### 3-2. USING THE MYNUTRISCALE® FOOD SCALE



1. Display screen
2. Bluetooth
3. UNIT button
4. On/Off - Tare button

**Overload warning :** Immediately remove the items placed on the food scale if 0-lb appears on the screen. Irreversible damage could be caused to the device.

#### Choosing the unit of weight

Briefly press the "unit" button to change the unit of weight (G - oz - fl. Oz - lb oz - ml - g).

#### Weighing mode

Press the « On/Off-TARE » button on the food scale. It lights up. The screen displays "----" then the weight of the food being weighed. The numbers flash, then stabilise and remain solid. To set the food scale's tare weight, place your empty dish (plate, bowl, salad bowl, etc.) on it then press « On/Off-TARE ». The weight of your dish will therefore not be taken into account. The screen displaying "0 g" flashes. Once this screen has stopped flashing, you can place your food on the scale to weigh it.

### 4. USING THE APP

#### 4-1. DOWNLOADING THE APPLICATION

*The following information is subject to change.*



Download the BewellConnect® application on your phone or tablet:

- Through the app store or Google Play
- or by scanning the QR code on the side of the box.



Then click on the MyNutriScale® icon.

#### 4-2. FIRST USE – PROGRAMMING PERSONAL DATA

Start by creating a profile for yourself or other users in your household. Programme the profile by entering age, height and sex.

#### 4-3. TAKING THE MEASUREMENT

To weigh your food and monitor your energy intake, connect your device (telephone, tablet) using Bluetooth (Bluetooth 4.0 smart Low Energy connectivity, compatible with iPhone 4s and up).

Turn on the food scale by pressing the « On/Off-TARE » button.

Open the BewellConnect® app and choose your profile.

Click my MyNutriScale® and go to the measuring screen before weighing your food, to save the data.

Place the food on the scale.


Data are measured and transferred to the smartphone or tablet automatically with MyNutriScale®. You can consult your history in the app.

The MyNutriScale® app lets you know the detailed composition (protein, carbohydrates, fat) of any food and helps you choose the food that best meets your needs.

#### 5. CHANGING THE BATTERIES

The battery compartment is located at the back of the device.

- When using it for the first time, insert 3 new AA batteries into the food scale.

- When the LCD screen displays the icon , the batteries are low or used up. Replace used batteries, taking care to observe the polarity. A polarity error may cause damage to the device and compromise the warranty.

- Never insert rechargeable batteries. Use single-use batteries only. Do not mix new batteries with used batteries.

- Do not throw your used batteries out with household waste.

- Take your used batteries to a collection point.

- Remove the batteries if the device is not for a long period, in order to avoid any leaks that may damage the unit.

## 6. CLEANING AND MAINTENANCE

- Store your food scale horizontally in a dry place and away from moisture.
- Use a soft, dry cloth to clean the unit. If necessary, use a cloth moistened slightly with tap water.
- Do not use alcohol, benzene, thinner or other chemicals to clean the device.
- This product is not waterproof, avoid contact with liquid.
- If the unit has been exposed to temperatures below 0°C, be sure to leave it for 30 minutes at room temperature before use. Without this waiting period, the results could be wrong.

## 7. AVOIDING MALFUNCTIONS


- Do not drop the device, avoid jolts and shocks.
- Do not insert anything into the device, excluding batteries.
- Do not disassemble the food scale.
- Do not put the device in water.
- Respect the temperature and humidity ranges specified in the specifications.

## 8. TECHNICAL SPECIFICATIONS

Product name	BewellConnect® MyNutriScale®		
Reference	BW-SC5F		
Item	units	minimum	maximum
Weighing measurement range	g	2	5000
Graduation accuracy			
Accurate to 1 kg	g	5	
Accurate to 3 kg	g	15	
Accurate to 5 kg	g	25	
Units of weight	g / ml / lb oz / fl. Oz		
Dimensions	210 x 180 x 21mm		
Weight	620g		
Normal conditions of use	Temperature : 5 - 35°C / 41 - 95°F Humidity : 20-85%		
Storage conditions	Temperature : 10 - 50°C / 50 - 122°F Humidity : 20-85%		
Bluetooth technology	4.0 smart Low Energy		
Power supply	3 AAA batteries (supplied)		
Battery life	12 months - low battery indicator		
Automatic shutdown	180 secondes		
Accessories supplied	One connected food scale, one user guide.		

## 9. TROUBLESHOOTING GUIDE

If any of the following problems occur when using your MyNutriScale®, please refer to this troubleshooting guide. If the problem persists, please contact our customer support service

SCREEN ERROR	POSSIBLE CAUSE(S)	SOLUTION
Nothing appears when you press the « On/Off-Tare » button	No batteries/batteries used up	Insert new batteries.
The  icon appears	Batteries used up	Insert new batteries.
“o-ol” appears	Overload warning	The maximum weight supported by the food scale is 5kg. Immediately remove all items from the scale, or irreversible damage may be caused to the device.

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

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.

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By **Visiomed**®