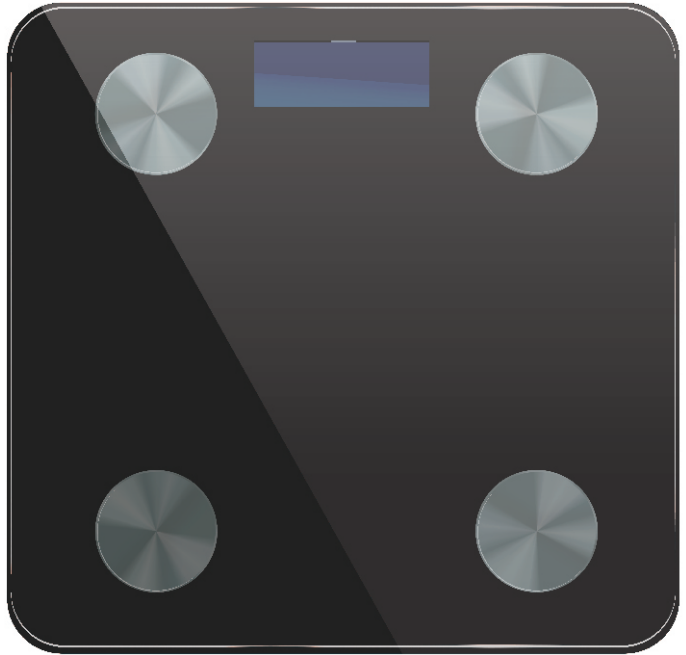


skāl

Bluetooth® Scale by acquality



# Product Manual

skāl Product Guide v 1.00

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# Some Important Information

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skāl measures your body weight and utilizes bioelectric impedance analysis (BIA) technology to estimate body fat, visceral fat, muscle, and water percentages in addition to body mass index (BMI), bone mass, and resting metabolic rate. Data are stored in the app, tracking weekly, monthly, and quarterly progress.

## Intended Use

skāl is a consumer-grade device recommended for home use by persons at least 10 years old and in good health. This device should not be used in the diagnosis or treatment of illnesses - please consult your physician.

## What you got

skāl comes with:

- The skāl bluetooth scale with BIA technology
- 2 AAA batteries
- skāl product guide



- Do not use if you have an implanted medical device such as a pacemaker or defibrillator
  - Do not use if you are pregnant
  - Do not use if you are under the age of 10
  - If you experience any pain or discomfort while using your skāl, please seek immediate medical attention
  - Glass surface is slippery when wet
-

## Getting up and running with the app

skāl pairs and communicates directly to your device using a Bluetooth® connection and does not require an internet connection. Data are synced to the OKOK-International app available on the Apple App and Google Play store.

### Give it some juice

Included with your skāl are two AAA batteries. Flip over your skāl, remove the battery door and install the batteries in the correct orientation.

### Initial setup and app installation

skāl is made to work with the OKOK International app and is downloadable free of charge. The OKOK International app is compatible with iOS and Android operating system.

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iOS 8.0 or later  
Bluetooth version 4.0 or later  
Compatible with iPhone, iPad, and  
iPad touch



Android 4.3 and up  
Bluetooth version 4.0 or later  
Works with most Android devices

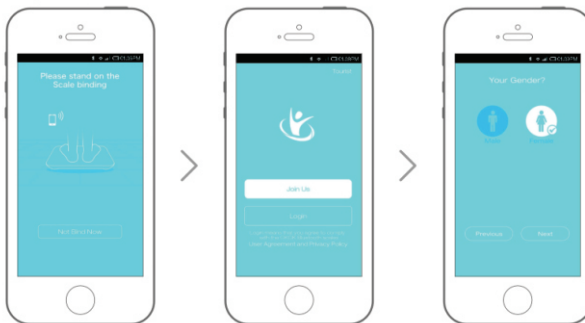
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# App installation

1. Go to the settings on your device and ensure Bluetooth is enabled.
2. With an internet connection, scan the QR code below with your mobile device or search OKOK International on the App Store/ Google Play Store to install the app



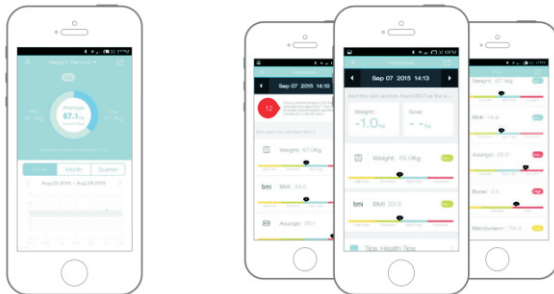
3. Open the app and pair the device to your skāl. Complete the user registration. Your personal information will not be accessed by anyone other than you and will remain private.



- After your user registration is complete, click on Dynamic Weight. Place the scale on a hard, level surface. Stand on the scale barefooted with your feet covering the metal pucks, distributing your weight evenly between both feet. Continue to stand until the weight data is synchronized with the app.



- To view the test result, click on the new entry displaying your username with weight and fat percentage. The following menu shows you all the body measurements measured by your skāl. Each measurement is selectable and when selected will display information about where the measurement falls in a normal distribution.



- Now you have verified that your body measurement data syncs to the app, your skāl is ready to use!

# How to use your skāl

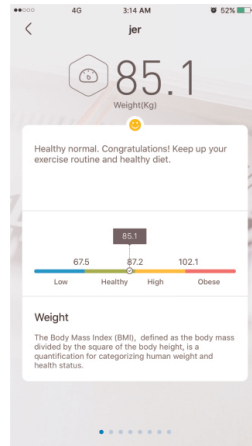
skāl measures your weight and other important body measurements. With Bluetooth® enabled on your mobile device, your skāl will automatically sync your data to the OKOK International app.

## viewing your data

All functionality is reachable from the homescreen of the OKOK app. Your current weight is displayed prominently in the large circle, while your weekly average weight, BMI and target weight differential are shown just below. The plus icon on the right-hand side allows you to manually enter in a weight entry. Each weight data point is shown separately below.

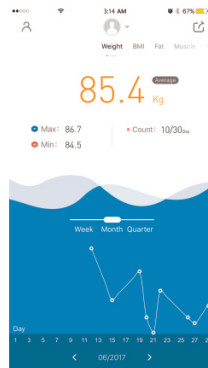
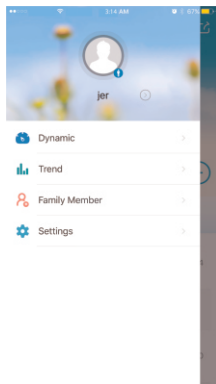


Touching the data entry will bring you to the details page. Selecting a tile will bring you to an additional information page that shows where your measurement falls according to accepted health standards.



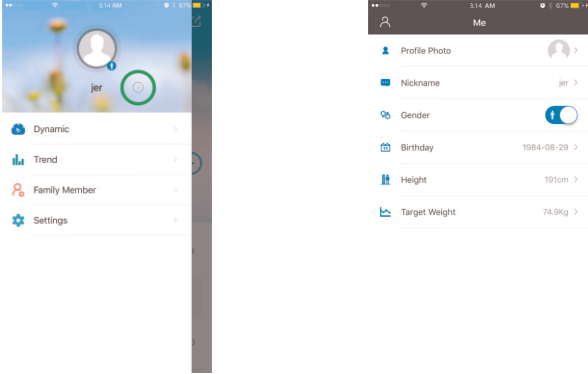
## trending

To see your progress in a graphical representation, on the homescreen touch the 'person' icon to bring up the menu. All measurements in the data set are selectable at the top of the screen. Weekly/Monthly/Quarterly reports are selectable using the slider near the bottom of the screen. Data sets from previous time periods can be chosen on the bottom of the screen.





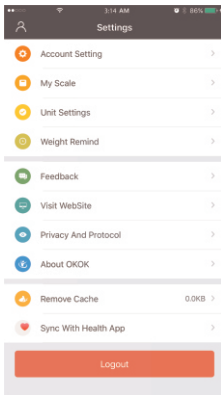
# profile



Your profile settings are accessible via touching the arrow next to your profile nickname as shown above. All your profile settings can be modified on this screen. Furthermore, if you would like to set a weight target, it can be done here. After setting a target weight, the difference between your current weight and target weight will be displayed on the homescreen.

# settings

skāl is able to display kilograms (kg), pounds (lb), and stone (st). Units are selectable by pressing the button on the underside of the device.



Unit settings as displayed on the app are customizable. A reminder to weigh yourself daily can be set from this screen. The app can be set to sync with the iOS Health App.

## Additional Information

### skāl Specs

Dimensions: 28×28×2.2cm

Scale Mass: 1.7kg

Glass Thickness: 6mm

Display: 79×36mm

Weight Range: 7 - 390lbs

Weight Increment: 0.2 lbs

Units: lbs/kg/st

Voltage: 3.0V

Battery: AAA (x2)

Low Battery Indication:  $2.4 \pm 0.2V$

Current:  $\leq 25mA$

Standby Current:  $\leq 10\mu A$

Optimal Working Temperature: 5 - 60°C

Operable Relative Humidity: <90%

Storage Temperature: -10 - 60°C

### Batteries

2 x AAA (1.5V) batteries

### For Best Results

- The scale can only measure body weight if you are wearing socks or shoes. Always use your scale while barefooted.
- Place the scale on a hard, flat surface. Carpet or other soft surfaces may cause the scale to read inaccurately.
- Place your feet over the metal pucks, distributing your weight evenly between both feet and front to back.
- Weigh yourself at the same time each day, preferably early in the morning before eating. This will ensure the most consistent readings.

## Caring for your skāl

- The scale is not waterproof. Do not submerge in water. Do not spray it with water.
- Do not use abrasive cleaning agents, acid based cleaners, or bleach to clean your scale. It is recommended to use a mild cleaning agent or a diluted glass cleaner to wipe down the surface.

## Regulatory Information

### Federal Communications Commission (FCC) Compliance

This product has been tested and conforms to CFR Title 47 Part 15, Subpart B regarding Class B digital devices. This equipment uses and can emit short-wavelength ultra high frequency radio waves, which if installed incorrectly, may cause harmful interference with radio communications. Harmful interference can be determined by turning the device off and checking for improved radio communication signal reception. If this equipment is causing harmful interference, the user can correct the interference by: repositioning the receiving antenna and/or increasing the physical distance between the equipment. If the aforementioned corrective measures do not resolve the issue, please consult an experienced technician.

### Restriction of Hazardous Substances (RoHS) Compliance

This product has been tested and found to be in compliance with Directive 2011/65/EU with regard to Lead, Cadmium, Mercury, Hexavalent Chromium, PBB & PBDE content.

### Radio Equipment Directive (RED) Compliance

This product has been tested and found to be in compliance with RED 2014/53/EU.

### Safety and Health Standards

This product has been tested for compliance in safety and health in accordance with the EN standard: EN 60950-1:2006, A11:2009, A1:2010, A12:2011, A2:2013, EN 62479:2010.

## Safety Notice

- Do not use if the glass is cracked or damaged. The glass may break causing serious bodily injury.
- Do not use if with wet feet or if the surface is wet. The glass surface is slippery when wet.
- Do not drop.
- Do not use abrasive or highly concentrated cleaners on your skāl.
- Do not exceed the recommended temperature ranges.
- Do not subject the skāl to rapid temperature changes.
- Do not expose the skāl to open flames.
- Do not store your skāl in direct sunlight.
- Read the product manual before use.
- Retain the manual.
- Follow all instructions for your skāl.

### **FCC Compliance Statement:**

This device complies with Part 15 of the FCC rules. Operation is subjected 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 your authority to operate the equipment.