



BLE Body Weight Scale Model: BW121

User Manual



INTRODUCTION

Congratulations! By purchasing our Oregon Scientific™ BLE Body Weight Scale (BW121), you've made the first step toward taking control of your weight. We hope it could help you easily acquire body weight data and transfer it to your mobile device with corresponding application through BLE (Bluetooth 4.0 technology). From now on, you can easily and systematically track your body weight on a daily basis.

Our body weight scale is designed to give you many years of reliable service. Some of its features include:

- User selectable weight measurement in kilograms or pounds.
- Patented step-on technology that automatically turns on the scale whenever you step onto it.

NOTE This manual contains important safety and care information, and provides step-by-step instructions for using this product. To get the greatest benefit from your

purchase, read the manual thoroughly, and keep it in a safe place in case you need to later refer to it.

⚠ WARNING: It is not recommended for persons with implanted medical equipment such as pacemakers or pregnant women to use the scale.

The scale is intended for home use only, not for hospital diagnosis purposes.

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

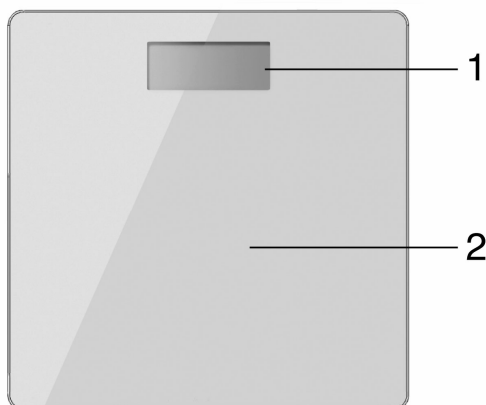
Statement of Responsibility

Oregon Scientific assumes no responsibility for any incidental losses (such as the costs of recording or the loss of income from recording) incurred as a result of faults with this product.

Oregon Scientific will not be held liable for any bodily injury, death, property damages or any other claims of whatever nature resulting from the misuse or negligence of this product, whether intentional or unintentional. Furthermore, Oregon Scientific will not be responsible for any deviations in the usage of the device from those specified in the user instructions or any unapproved alterations or repairs of the product.

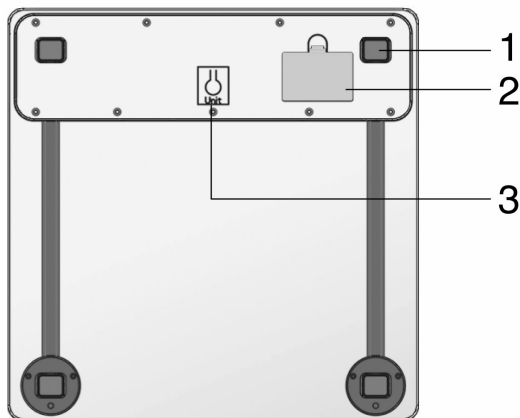
OVERVIEW

FRONT VIEW



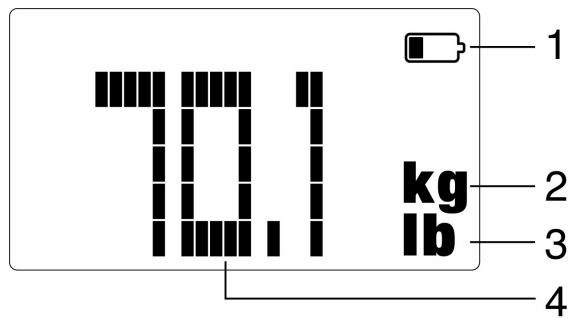
1. LCD display
2. Scale platform

REAR VIEW



3. Rubber mat
4. Battery compartment with cover
5. UNIT: Weight unit button

LCD DISPLAY



1. Low battery indicator
2. **kg**: Kilogram
3. **lb**: Pound

GETTING STARTED

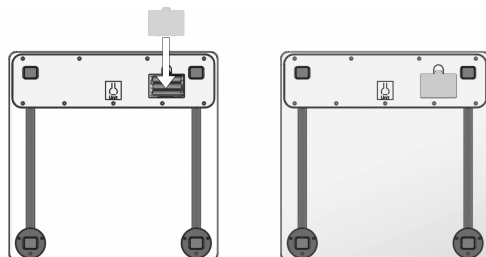
FOR THE FIRST TIME

Unpacking the scale, make sure to keep all the packing materials in a safe place, in case you need to later transport or return it for servicing.

INSTALL BATTERIES


To insert/replace the batteries:

1. Insert 3 (AAA) alkaline batteries provided before first use, matching the polarity (+/-).



2. Align the cover flat against the battery compartment, and then slide it upwards until it clicks into place to lock the cover.

Low battery indicator

Please replace the battery when the screen displays .

NOTE Please use the batteries we provided at the first time. In the future:

1. Do not use rechargeable batteries. It is recommended that you use alkaline batteries or consumer grade lithium batteries with this product for longer usage.
2. Reversing the battery polarity may damage the product.
3. Different types of batteries have different characteristics and should not be mixed. Do not pair old and new batteries together – this can shorten the life of new batteries and cause old batteries to leak harmful chemicals that can corrode the battery compartment and cause a rash on your skin. If the batteries leak, wipe the battery compartment with a clean cloth and wash your hands with warm soapy water after handling.
4. Remove the batteries if the scale will be in storage for an extended period of time.
5. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only.

SELECT WEIGHING UNIT

Toggle **UNIT** button at the rear of the scale to select your desired weighing unit, **kg** or **lb**.

Unit	Description	Geographic application	Conversion
kg	Metric kilogram	Global	1 kg = 2.20 lb
lb	Imperial pound	United States	1 lb = 0.45 kg

SELECT A LOCATION FOR THE SCALE

Set the scale on floor. Surface must be level for accurate operation and safety.

NOTE Please avoid thick carpeting.

IMPORTANT INFORMATION CONCERNING WEIGHT MANAGEMENT

Your scale is the best tool for monitoring weight. While not the only measure of weight loss, scales is the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat and water.

Body weight fluctuates during the day, and from day to day, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low fluid intake can result in weight loss.
- Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week
- At the same time of day
- In the same place
- Wearing the same clothes
- Using the same scale

To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.

For Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weight-in pattern is helpful. To maintain a stable weight:

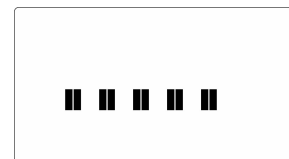
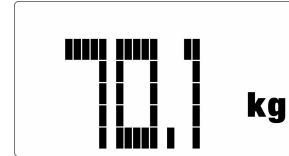
Weigh yourself more often than once a week.

Use the “5-pound rule” – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.

TAKE MEASUREMENT

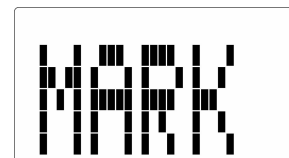
NOTE Please remove and discard the display film strip from the LCD screen.

1. Step on the scale to start to measure.
2. Stand still while the measurement is being taken.
3. The scale flashes and then stops with a beep to remind the reading is complete.
4. If animated - - - - (dash mode) displays on the screen, it means the scale is searching for your mobile device for connection.



OR

If a name is displayed on the screen, that means the connection is successful, you can read the measurement in your application (see details for **Scale's Application**).



5. The reading disappears from the screen after 5 seconds.

NOTE If ERR displays, the scale is unstable while measuring your weight or the weight on the scale exceeds the scale's capacity. Make sure to remain still and place the scale on a flat surface.

NOTE If you step on the Scale but leave it before a final reading, the scale will turn off in 15 seconds.

NOTE The Scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings, always try to stand on the same area of the scale platform and DO NOT MOVE.

IDT APPLICATION

Download the IDT application from your mobile device. It is available in Apple App Store (iOS version). For details, please see the HELP information in the application.

SPECIFICATIONS

Dimensions	315 x 315 x 25.7 mm
(L x W x H)	(12.4 x 12.4 x 1.0 inches)

Weight 1.8kg (3.97 lbs) without battery

Battery 3 x AAA 1.5V alkaline batteries

Weight Measurement

Weight units Kilogram (kg) / pounds (lb) / stone pounds (st-lb)

Maximum Weighing Capacity 180kg (397.8lb)

Weight display resolution 0.1 kg / 0.2 lb

Operating Environment

Operation temperature 0°C to 45°C (32°F to 113°F)

Storage temperature -5°C to 60°C (-4°F to 140°F)

ADDITIONAL RESOURCES

Visit our website (www.oregonscientific.com) to learn more about your Body Weight Scale and other Oregon Scientific™ products such as digital cameras, telephones, hand-held organizers, alarm clocks, and weather stations. The website also includes contact information for our customer service department, in case you need to reach us.

Help us protect the environment. Recycle the packaging, batteries, and products after you no longer need them.

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.

- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

For any enquiry, please contact our Customer Services at info@oregonscientific.com.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this BLE Body Weight Scale (model: BW121) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.



COUNTRIES RTTE APPROVED COMPLIED
 All EU countries, Switzerland **CH**
 and Norway **N**

FCC STATEMENT

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 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.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at www.oregonscientific.com for all enquiries.

We

Name: Oregon Scientific, Inc.

Address: 19861 SW 95th Ave., Tualatin,

Oregon 97062 USA

Telephone No.: 1-800-853-8883

declare that the product

Product No.: BW121

Product Name: BLE Body Weight Scale

Manufacturer: IDT Technology Limited

Address: Block C, 9/F, Kaiser Estate,

Phase 1, 41 Man Yue St., Hung Hom, Kowloon,

Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.