

**iHealth**  
**Wireless Scale Lite**  
**User Manual**  
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## **WELCOME**

Congratulations on your new iHealth Wireless Scale Lite with *Bluetooth*<sup>®</sup> Smart Ready technology. This Scale tracks your weight and BMI and, along with the free companion “iHealth MyVitals” app, can help you stay motivated and reach your weight goals.

## **BOX CONTENTS**

Your iHealth Wireless Scale Lite package contains:

- 1 iHealth Wireless Scale Lite
- 4 AAA batteries, not installed
- 1 Quick Start Guide
- 1 User Manual

## **MOBILE DEVICE COMPATIBILITY**

The iHealth Wireless Scale Lite works with the following devices:

Apple devices using iOS system version 6.0 and higher:

- iPhone 4S or later
- iPad mini or later
- iPad (3rd generation) or later
- iPod touch (5th generation) or later

Android devices using system version 4.0 and higher :

- Samsung<sup>®</sup> GALAXY S2, S3, S4, S5
- Samsung<sup>®</sup> NOTE II , III
- Samsung<sup>®</sup> Mega 6.3
- LG<sup>®</sup> NEXUS 4,5
- HTC One<sup>®</sup> M7, M8
- HTC Droid DNA

Compatible devices are subject to change. For the latest compatibility list, go to [www.ihealthlabs.com/support/](http://www.ihealthlabs.com/support/)

## **COMPANION MOBILE APP**

Scan the QR code to download the free “iHealth MyVitals” companion app or directly from the Apple App Store or the Google play. Follow the on-screen instructions to register and set up your iHealth ID.



## **ACCESS IHEALTH CLOUD**

Upon setting up your iHealth ID, you will also have access to a free, secure iHealth cloud account.

Go to [www.ihealthlabs.com](http://www.ihealthlabs.com), then click on “Sign In” to access your cloud account from a PC or Mac using your iHealth ID.

## USING THE IHEALTH WIRELESS SCALE LITE

### 1. Install the batteries

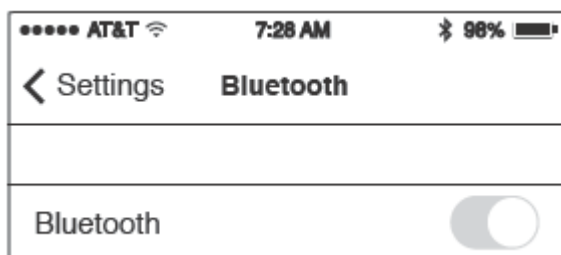
Open the battery compartment on the bottom of the Scale and install the batteries.

### 2. First-time Use

For your first weigh-in, follow these steps to ensure the Scale and the app are connected and that the date and time synchronize correctly.

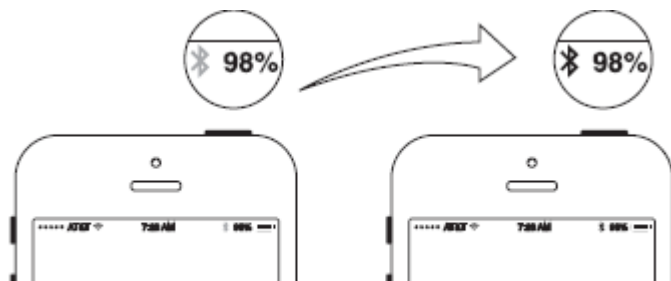
If you have an iOS device:

#### 1. Enable the *Bluetooth* on your mobile device (Settings->*Bluetooth*->On).



#### 2. Tap the Scale to turn it on.

3. Launch the app to initiate the connection. The *Bluetooth* icon on your device will light up and stop flashing when a successful connection is established. You will also see the *Bluetooth* icon on your Scale lights up. The Scale is now connected and ready for your weigh-in.



If you have an Android device:

Go to Settings, and turn on the *Bluetooth* .You may need to press “Scan” or “Search” to find the Scale.

“iHealth HS4Sxxxx” and “Not Paired ” should appear on the device list momentarily. Select the scale name “iHealth HS4Sxxxx” to pair and connect. If the connection is successful, you will see "Connected" appear on the device screen.

### 3. Your Next Weigh-in

Subsequent daily weigh-ins can be taken without being connected to your mobile device, as your weight data is stored in the Scale and uploaded to the app upon your next connection. Real-time weight results are viewable in the app if the Scale is connected to your mobile device and the app is running when your weigh-in occurs. The Scale can store up to 200 weight measurements. When the memory is full, any new measurements will overwrite the oldest ones.

## SCALE HANDLING & USAGE

- The iHealth Wireless Scale Lite can measure weights up to 400 lb.
- For best results, the Scale should be used on a flat, hard surface. Soft surfaces, such as carpeting or rugs, may affect the accuracy of your reading.
- The iHealth Wireless Scale Lite has an automatic shut-down feature to conserve battery power. The following scenarios will cause the Scale to go into automatic shutdown mode:
  - ° One minute has passed after completion of successful weigh-in.
  - ° The battery level is too low to capture an accurate weight reading.

## SOFTWARE UPDATES

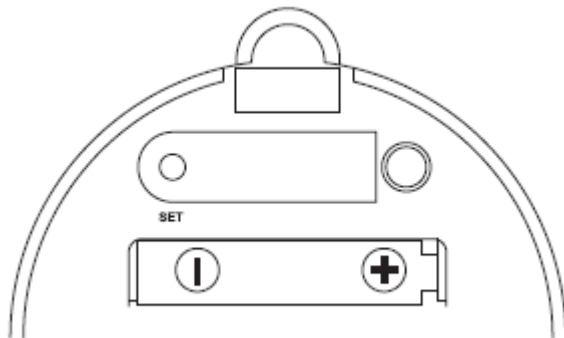
From time to time, the Scale's firmware will be updated to enhance performance. When a software update is available, a notification message will appear in the app. Complete the following steps to install the update:

- 1) Follow steps in the "First-time Use" section.
- 2) You will see a notification message in the app asking for permission to proceed. Select "Yes".
- 3) The update will begin to download. You will see a cursor on the scale display moving from left to right. The scale will display "0.0" when the update is complete.

## Software Update Troubleshooting

If the software update fails for any reason, you might experience one of the following:

1. An error message reading "Er 10" appears in the display area. In this case, the Scale software will automatically revert to factory settings. The Scale will count up to 100 and then back to 0.0. This step requires no user action. When the Scale has finished counting down to 0.0, repeat Steps 1-2 above to restart the software update.
2. The count up from 1 to 100 freezes and stops progressing. Restart the Scale by pressing the "Set" key on the back of the Scale next to the battery compartment and hold it for 8 seconds.



## PRODUCT SPECIFICATIONS

1. Product name: iHealth Wireless Scale Lite
2. Model: HS4S
3. Classification: Internally powered
4. Machine dimensions: 13.8"x13.8"x1.1" (350 mm×350 mm×28.5 mm)
5. Weight: Approximately 5.5 lb (2500 g)
6. Measuring method: Automatic full electronic measurement
7. Power: 4×1.5V AAA batteries  
Battery life: Approximately 3 months with twice daily usage
8. Measurement range:

Body Weight: 11 lb - 400 lb / 5 kg - 180 kg

9. Accuracy:

Body Weight:  $\pm 0.5\text{kg}/1.1\text{Lb}$  (5kg~50kg/11Lb~110Lb);  
 $\pm 1\%$  (50kg~180kg/110Lb~400Lb);

10. Operating temperature: 5 °C - 40 °C (41°F~104°F)

11. Operating humidity: 20 - 85%RH

12. Environmental pressure for operation: 86~106kPa

13. Storage and transport temperature: -20 °C - 55 °C (-4°F~131°F)

14. Storage and transport humidity:  $\leq 90\%$ RH






15. Environmental pressure for storage: 50~106kPa

16. Scale resolution: 0.2lb/0.1kg

Note: These specifications are subject to change without notice.

### **SAFETY INFORMATION**

Read all of the information in the User Manual and any other documents in the box before using the unit.


1. Please stand on the Scale, keep as still as possible until the result appears on the display.
  2.  Do not stand on the edge of Scale, as you may fall over or influence the accuracy of the measurement.
  3.  Do not use the Scale on a tiled or wet floor, as this may result in a fall.
  4.  Make sure the surface of the Scale is clean and dry before you step onto it, to prevent any slippage.
  5.  Treat your Scale with care. Do not drop it or jump on it. The Scale is designed to be stood on; misuse or abuse may break the electronic sensors, cause injury, or result in inaccurate measurements.
  6.  Never immerse the Scale in water. Clean the surface with a damp cloth.
  7. Do not use the Scale on an uneven floor or soft surfaces such as carpets or rugs while weighing, as doing so may result in unreliable measurements.
  8. 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.
  9. Do not use or store near strong magnetic fields, such as microwave ovens.
  10. The Scale may not perform accurately if it is stored or used outside the specified temperature and humidity ranges specified in the “Specifications”.
  11. 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.
- Cet appareil est conforme à la section 15 des réglementations de la FCC. Le fonctionnement de l'appareil est sujet aux deux conditions suivantes :
- (1) cet appareil ne doit pas provoquer d'interférences néfastes, et
  - (2) cet appareil doit tolérer les interférences reçues, y compris celles qui risquent de provoquer un fonctionnement indésirable.
12. Changes or modifications not expressly approved by iHealth Lab Inc. invalidate the user's

warranty for this 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 to 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.


Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

13.  This device complies with Industry Canada license-exempt RSS standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radioexempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

14.  Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

### TROUBLESHOOTING

Issue	Possible Cause	Troubleshooting Steps
<i>Bluetooth</i> icon on the Scale display won't stop flashing.	<i>Bluetooth</i> connection failed.	Make sure <i>Bluetooth</i> is enabled, the Scale is turned on and the app is running. If the problem persists, restart the mobile device and try again.
Scale display shows "Lo."	Battery level is low.	Change the batteries.
Scale displays shows "Er 0."	The Scale failed to initialize.	Remove the batteries, wait for one minute, then reinstall them.

Scale display shows “Er 1.”	Maximum weight has been exceeded.	The maximum weight allowed is 400 lb/180 kg.
Scale displays “Er 2.”	The Scale can’t capture a steady reading.	1. Allow the Scale to shut off completely before trying again. 2. Place feet on the center of glass platform and stand still.
Scale displays “Er 4.”	<i>Bluetooth</i> connection error.	Reset the <i>Bluetooth</i> connection by turning it off and on in your mobile device setting.
Scale displays “Er 9.”	Scale memory access error.	Remove the batteries, wait one minute, then reinstall.
Scale displays “Er10.”	Software update error.	Refer to the “Software Update” section for instructions.

### CARE & MAINTENANCE

1. Avoid high temperatures and irradiation.
2. If the Scale is stored close to freezing point, allow it to acclimate 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 Scale with a soft damp cloth. Do not use abrasive or solvent-based cleaners, and never immerse it in water.
6. The device will maintain its safety and performance features for at least 3,000 measurements.

### WARRANTY INFORMATION

iHealth Lab, Inc. ("iHealth") warrants the iHealth hardware (the "Product"), and only the Product, against defects in materials and workmanship under normal use for a period of one year (365 days) from the date of purchase by the original purchaser ("Warranty Period"). Under this Limited Warranty, if a defect arises and a valid claim is received by iHealth within the Warranty Period regarding the Product, at its option and to the extent permitted by law, iHealth will either (1) repair the Product using new or refurbished replacement parts or (2) exchange the Product with a new or refurbished Product. In the event of a defect, to the extent permitted by law, these are the sole and exclusive remedies. You can read our full return and warranty policy on our website by visiting [www.ihealthlabs.com/](http://www.ihealthlabs.com/)

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Made in China

### EXPLANATION OF SYMBOLS ON UNIT



Refer to the User Manual



Warning



■ Please recycle where facilities exist. Waste electrical products should not be disposed of with household waste. Check with your local authority or retailer for recycling advice.



Manufacturer



Keep dry



Complies with RTTE

99/5/EC Requirements



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