

iHealth™

Wireless Scale (HS3) OWNER'S MANUAL

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IMPORTANT INFORMATION

Thank you for purchasing the iHealth Wireless Scale. You will now be able to measure, track and share weight results from the comfort of your home.

This Manual will guide you through the setup procedures and highlight the Scale's key features. Please keep it handy for future reference.

PACKAGE CONTENTS

- iHealth Wireless Scale
- Owner's Manual
- Quick Start Guide
- 4 AAA Batteries

INTENDED USE

The iHealth Wireless Scale is a precision electronic instrument intended for adult use. The measurements are displayed and stored with a date and time stamp on an iOS device.

IMPORTANT NOTE FOR USERS

Always store the iHealth Wireless Scale in a dry place. To ensure accurate results, keep the Scale away from magnetic fields as these may adversely affect results or possibly damage the Scale.

PARTS AND DISPLAY INDICATORS





SET UP REQUIREMENTS

The iHealth Wireless Scale is designed to be used with the following iOS models:

- iPod touch (5th generation)
- iPod touch (4th generation)
- iPhone 5
- iPhone 4S
- iPhone 4
- iPad mini
- iPad (4th generation)
- iPad (3rd generation)
- iPad 2

The iOS version of these devices should be V5.0 or higher.

SET UP PROCEDURES

Download the Free iHeath MyVitals

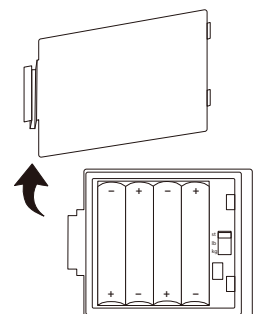
Prior to first use, download and install the "iHealth MyVitals" from the App Store. It is very important that Scale users follow the on-screen instructions to register and complete a personal profile because data points such as height and age are necessary to measure BMI.

Install Batteries

Open the battery cover on the back of the Scale and insert four AAA batteries.

⚠ If "Lo" appears on the display, replace all the batteries.

⚠ Rechargeable batteries are not suitable for this scale.



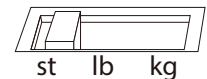
⚠ To avoid damage as a result of battery leakage, remove the batteries if the Scale is not going to be used for 3 months or more.



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

Select Weight Unit

Select a weight unit by adjusting the switch under the battery cover.



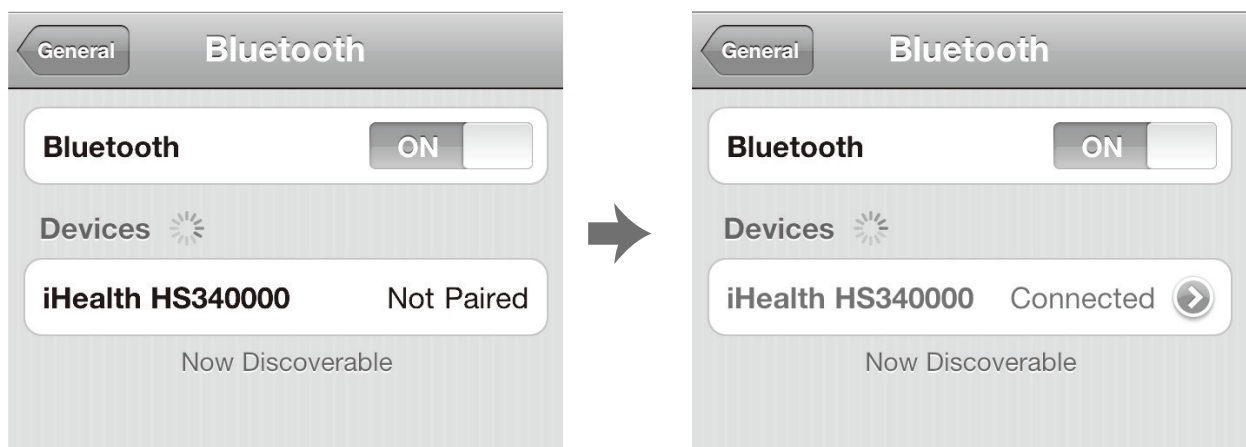
SET UP *BLUETOOTH* CONNECTION

STEP 1: Turn on the iHealth Wireless Scale by stepping on it until “0.0” is displayed.

STEP 2: Turn the *Bluetooth* Setting “On” on your mobile device. The device will start searching for the Scale. (Note: it may take up to 30 seconds for the device to detect the *Bluetooth* signal).

STEP 3: Wait until the model name, “iHealth HS3xxxxx”, and “Not Paired” appear on the device screen. Select the model name “iHealth HS3xxxxx” to pair and connect. If connection is successful, “Connected” appears on the device screen.

The Wireless Scale is now ready for use.



MEASUREMENT PROCEDURES

- a. Step on the iHealth Wireless Scale, the scale will connect to iOS device.
- b. Launch the "iHealth MyVitals App".
- c. Once the Scale detects that there is no more movement, weight information will display on the Scale display first and then appear on the App screen.

Taking Measurements Without an iOS Device

After it has been used for the first time, the date and time of the iHealth Wireless 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 data is stored in the Scale's memory and can be uploaded to the iOS device when a connection is re-established.

Offline Memory

The iHealth Wireless Scale can store 200 weight results. When the scale's memory is full, new measurements will overwrite the oldest ones.


Automatic Shutdown Feature

The iHealth Wireless Scale shuts down automatically after 2 minutes following measurement completion. If a new measurement is started or the *Bluetooth* connection is re-established during this time, the shutdown is delayed by another two minutes. If abnormal measurement data is present (such as low battery, above maximum weight, etc.), the Scale will shut down within 3 to 9 seconds.

Operating Instructions

For more detailed operating instructions, please visit www.ihealthlabs.com or the FAQ section of the "iHealth MyVitals" app on your iOS device.

SPECIFICATIONS

1. Product name: iHealth Wireless Scale
2. Model: HS3
3. Classification: internally powered
4. Product dimensions: 13" x 13" x 1.5"(330mm×330mm×39mm)
5. Weight: approx. 70 oz (2000 g)
6. Measuring method: automatic strain gauge measurement
7. Power: 4×1.5V  AAA batteries
8. Measurement range: 11lbs-330lbs/5 kg-150 kg/11lbs-23st8lbs
9. Accuracy: ±1%
10. Operating temperature: 5°C- 40°C(41°F-104°F)
11. Operating humidity: 20 - 85%RH
12. Storage and transport temperature: -20°C-60°C(-4°F-140°F)
13. Storage and transport humidity: 10 - 95%RH

GENERAL SAFETY AND PRECAUTIONS

1. Read all of the information in the Owner's Manual and other included product information before operating this product.
2. Please stand on the Scale, keeping as still as possible, until the result appears on the display.
3. ⚠ Do not stand on the edge of the Scale as you may fall or receive inaccurate measurements.
4. ⚠ Do not use the Scale on a tile or wet floor as this may result in a fall.
5. ⚠ Ensure that the surface of the Scale is clean and dry before you step onto it as it may become slippery when wet.
6. ⚠ Treat your Scale with care. Do not drop it or jump on it. The Scale is designed to be stepped on; misuse or abuse may render it inoperative, cause you to fall, or adversely affect the accuracy of measurements.
7. ⚠ Never immerse the Scale in water. Clean the surface with a damp cloth.
8. Do not use the Scale on an uneven floor, a soft surface, or a carpet, as doing so may result in unreliable data.
9. To avoid damage as a result of battery leakage, remove the batteries if the Scale is not going to be used for more than 3

months.

10. This Wireless Scale is designed for adults. Infants or young children or any person who cannot stand still without assistance, should not use it.
11. Avoid using this Scale near strong magnetic fields, such as microwave ovens, etc.
12. The Scale may not perform accurately if it is stored or used outside the specified temperature and humidity ranges cited under Specifications.
13. This device complies with part 15 of the FCC Rules. Its 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.
14. Changes or modifications not expressly approved by iHealth Lab Inc. invalidate the user's warranty for this product.
15. This product 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 product 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 product does cause harmful interference to radio or television reception, which can be determined by turning the product 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 the one to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
16. ⚠ 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.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
iOS device can not find the Scale	<i>Bluetooth</i> connection failed	Make sure the scale is turned on and restart iOS device.
iOS device can not connect to the Scale	<i>Bluetooth</i> connection failed	Connect again, Restart the iOS device.
<i>Bluetooth</i> Signal extinguishes in the App.	<i>Bluetooth</i> connection failed	Re-connect the <i>Bluetooth</i> and restart the APP, if it is still not working, restart iOS device.
The pairing was unsuccessful	The scale is not on. The iOS device is too far from the scale.	Turn on the scale by tapping it with your foot until "0.0" is displayed. Restart the iOS device, and pair with scale. Ensure the distance of the iOS device is within 16.5 feet of the scale.
The <i>Bluetooth</i> icon in the Start page is not lit	The scale is not on. The <i>Bluetooth</i> connection failed.	Turn on the scale by tapping it with your foot until "0.0" is displayed. Pair the iOS device with the scale.
The scale doesn't turn on when batteries are inserted	Incorrect operation. Strong electromagnetic interference.	Check that the batteries are inserted correctly. Remove batteries and reinstall batteries after one minute.
The scale displays "Lo"	Low battery.	Check that the batteries are inserted correctly. Replace with new batteries.
The scale displays "E"	Movement while measurement was in process.	Stand still while measuring and do not move the scale while measurements are being taken.
The scale displays "O-Ld"	Exceeds weight capacity.	The scale supports up to 330lbs.
The scale displays "Err"	Calibration error.	Place scale on a hard and flat surface Allow the scale to turn off and then restart it.

The scale displays "EE"	The communication between the iOS device failed.	Pair the iOS device with the scale.
There are fluctuations in the results	Every time the scale is moved, it must be recalibrated.	a) Place the scale on a hard and flat surface, b) tap on the scale with your foot to turn on the scale and c) the scale is now calibrated.
The APP displays "Timeout" when uploading	The <i>Bluetooth</i> connection is interrupted.	Be sure <i>Bluetooth</i> is connected and upload again.

CARE AND MAINTENANCE

1. Avoid high temperatures and direct sunlight. Do not immerse the Scale in water, as this will damage the Scale.
2. If the Scale is stored in near freezing or freezing temperatures, 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 more than 3 months.
5. Clean the Scale with a soft damp cloth if dirty. Do not use abrasive or solvent-based cleaners.
6. The Scale is essentially maintenance-free and requires no user intervention.
7. The Scale will maintain its safety and performance features for at least 10,000 measurements or two years of use.

EXPLANATION OF SYMBOLS



Symbol for "THE OWNER'S MANUAL MUST BE READ"



Symbol for "CAUTION"



Symbol for "TYPE BF APPLIED PARTS"



Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice".



Symbol for “MANUFACTURER”



Symbol for “KEEP DRY”



Symbol for “Year of Manufacture”



Symbol for “COMPILES WITH RTTE
99/5/EC REQUIREMENTS”



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“Made for iPod”, “Made for iPhone”, and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance. iOS device are trademarks of Apple Inc., registered in the U.S. and other countries.

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