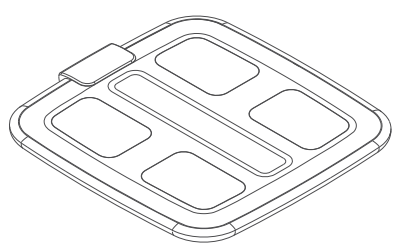


# HiMirror Smart Body Scale



## User Manual

### 1 Warnings & Cautions



- WARNING!**
- Do not use if you have a pacemaker or any other internal medical device.
  - If you are pregnant, please activate "Pregnancy Mode" or "Weight Only Mode" from the HiMirror before using the Smart Body Scale.
  - Not intended for use by children under the age of 10.
  - Smart Body Scale** should not be used to diagnose or treat any medical condition. Always consult your physician to determine what is ideal for you.

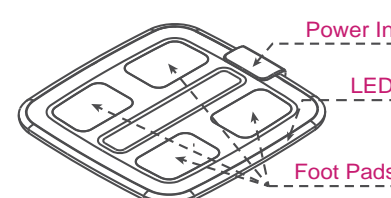
#### Cautions

- Do not use the **Smart Body Scale** on a wet floor or with wet feet; you risk slipping and falling.
- Do not jump on the **Smart Body Scale**; you risk slipping and falling.
- Do not put **Conductive Mat** on the **Smart Body Scale** while charging.
- Do not charge the **Smart Body Scale** in the humid environment.
- Always use the **Smart Body Scale** on a hard flat surface.

HDBS6160X05

### 2 Getting Started

Inside the box



Smart Body Scale

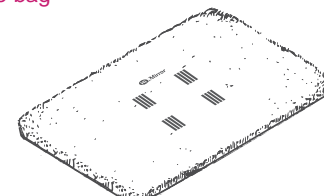


Adapter

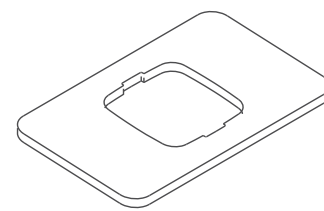
User manual

Warranty card

Inside the bag



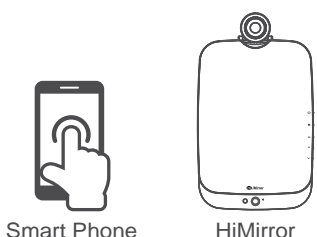
Conductive Mat



Mat Pad

### 3 Getting Started

Before starting, you need:

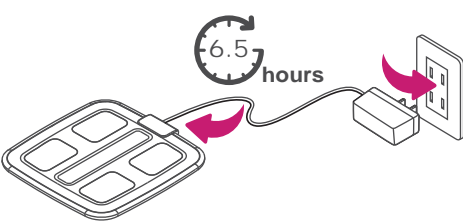


Smart Phone

HiMirror

Charge your **Smart Body Scale**

Plug in the adapter, and charge your **Smart Body Scale** for 6.5 hours before use.

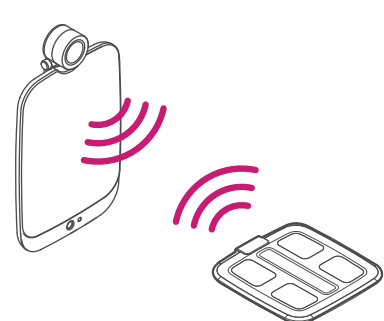


\*You **MUST** charge your **Smart Body Scale** to power up or it can not be used. Each charge should last around 180 days for a family of four. Please store the adapter carefully.

### 4 Getting Started

Assembling your **Smart Body Scale**

1. Put the **Smart Body Scale** near your HiMirror. Then depress the button on the back of your **Smart Body Scale** for three seconds to pair with your HiMirror.



2. Put **Conductive Mat** on the **Smart Body Scale**.



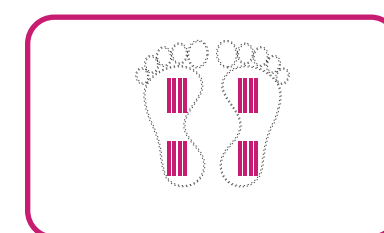
3. Get started.

Note: **Conductive Mat** should be flat after putting **Conductive Mat** on the **Smart Body Scale**.

### 5 Using Your Smart Body Scale

Start your **Smart Body Scale** to measure

- Choose the **Body & Fitness** mode on your HiMirror.
- Stand barefoot in the middle of **Conductive Mat** and follow the instructions on your HiMirror.
- The light will turn on while starting to measure. The light will turn off when the measurement is completed.



Place your feet on the marked section of the mat.

As with any scale; in order to ensure safety, as well as to ensure measurement accuracy, you should always make sure that your feet and the scale surface are completely dry.

### 6 Using Your Smart Body Scale

#### Power Status

When the battery is at or below 15% the **Smart Body Scale** light will blink 3 times. There will also be a warning on your HiMirror. Battery level at or near zero — no light. There will also be a warning on your HiMirror. Battery charging and charged — the **Smart Body Scale** light will blink continually during charging. When the charge is completed, the **Smart Body Scale** will display a constant light.

Note: Please refer to the video when you turn on the HiMirror product for the first time. It will show you the **Smart Body Scale** power status and is also available on the HiMirror website ([www.himirror.com/video](http://www.himirror.com/video)).

#### Reset Smart Body Scale

Plug in the adaptor to reset your **Smart Body Scale**. During the resetting progress, the **Smart Body Scale** will blink twice three times.

### 7 Care & Maintenance

- Don't submerge the scale or use high-pressure water jets (e.g. shower head) to clean the surface.
- Don't use antiseptic wipes, chlorine, or highly concentrated glass cleaner on the surface of the scale.
- Don't wash the device with water or immerse it in water.
- Don't use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- Don't disassemble this device. If you have any problems, please contact email us at [www.himirror.com/support](http://www.himirror.com/support)
- Do use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use dry cloth to dry up the device.
- Wipe down the surface with a damp cloth using water only.
- The cover may be washed. Please follow the instructions on the label.

#### Environmental Conditions

	Temperature	Relative Humidity	Atmospheric pressure
Operating Environment	+41~95°F(+5~+35°C)	30~85%RH	88kPa~106kPa
Storage Environment	-4~140°F(-20~+60°C)	10~95%RH	50kPa~106kPa

### 8 Smart Body Scale Specification

**Intended Service Life**  
3 years

**Measurement System**  
Multi-layered Tactile Electrode System

**Electrode Method**  
4-points tactile electrode system

**Measurement Method**  
Harris Benedict Equation (HBE)

**Wireless**  
Bluetooth BLE4.0

**Adapter**  
100~240V / 50~60Hz / 1.2A DC Jack  
i. For model EM1005AHUS-050:  
AC input: 100-240V AC, 0.6-0.3A, 50-60Hz  
DC output: 5V DC, 1.2A  
ii. For model WAG010:  
AC input: 100-240V AC, 0.2A, 50/60Hz  
DC output: 5V DC, 1.2A

**Battery Capacity**  
3000 mAh

**Measurement**  
10~150kg ( 22~330lbs )

**Weight Accuracy**  
5~50kg ( 11~110lbs ): ±0.4kg ( 0.66lbs )  
50~100kg ( 110~220lbs ): ±0.5kg ( 0.88lbs )  
100~150kg ( 220~330lbs ): ±0.6kg ( 1.1 lbs )

**Size and Weight**  
• Smart Body Scale

Length	34cm / 13.4in
Width	32cm / 12.6in
Depth	1.8cm / 0.7in
Weight	2kg / 4.4lbs
Degree of protection	Type BF applied part
Software Version	A0
Protection Against Ingress of Water	IP21

Protected against access to hazardous parts with a finger and against vertically falling water drops.

### 9 Batteries & Power

- 6.5 hours for regular charge.
- The typical charge time or number refer to No.3 "Charge your **Smart Body Scale**"
- The plug (or appliance separable) is used as disconnect to the mains supply, do not to position the ME EQUIPMENT so that it is difficult to operate the disconnection device.
- The device contains no user repairable or serviceable parts.
- The user must check that the equipment functions safely and see that it is in proper working condition before being used.
- The manufacturer does not require preventive inspections by other persons.
- No modification of this equipment is allowed.
- The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.
- The operator shall not touch DC connector of adapter and the patient simultaneously.
- Manufacturer will provide circuit diagrams, component part lists, descriptions, calibration instructions to assist to SERVICE PERSONNEL in parts repair.
- When the body scale is in use, there should not be any great power appliances such as high voltage cables, X-ray machine, ultrasound equipment and electricizer nearby.
- Do not use other adapter except the one provided with product.
- Long power cable and air hose. To avoid strangulation and entanglement, keep cable out of reach of young children.

### 10 Batteries & Power

#### Battery Disposal

Recycle or dispose of the lithium battery in accordance with all federal, state and local laws. To avoid fire and explosion hazard, do not burn or incinerate the battery.

#### Recycling the batteries

When the battery no longer holds a charge, it should be replaced. The batteries are recyclable. Remove the old battery from the body scale and follow your local recycling guidelines.

### 12 Measurement Indicators

- Weight:** The weight of a person's body.
- Body Fat Percentage:** Body Fat Percentage refers to the total amount of fat contained in a body.
- Skeletal Muscle Mass:** Skeletal Muscle Mass refers to the total weight of muscles that supports a body's movement and heartbeat.
- Total Body Water:** Total Body Water (TBW) refers to the amount of water contained in a body.
- BMR:** Basal Metabolic Rate (BMR) refers to the minimum level of energy required to support a body's basic function while at rest.
- Bone Mass:** Bone Mass refers to the weight of minerals contained in a body.

**BMI:** Body Mass Index (BMI) is calculated as (weight / height<sup>2</sup>). Since the BMI cannot determine the amount of body fat contained in a body, the Fat Free Mass Index (FFMI) is usually used to determine the fat-free mass. The Fat Free Mass Index (FFMI) refers to the amount of non-body fat weight in a body by taking your muscle mass into account and is calculated as [weight (kg) (100% - body fat rate)] / height<sup>2</sup> (m).

Note: You will see the most consistent and reliable readings when placing your **Smart Body Scale** scale on a hard, flat surface.

### 13 Regulatory & Safety Notices

Declaration of Conformity with Regard to the EU Directive 1999/5/EC  
XYZ Inc. is authorized to apply the CE Mark on Smart Body Scale, Model BS616, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.

This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.



### 11 Troubleshooting

#### Error Prompt

Error	Message
Err1	1. The soles of your feet are not in firm contact with the electrodes. Please make sure your feet are bare. 2. Your posture is wrong or the soles of your feet are not in firm contact with the electrodes. 3. The soles of your feet may be too dry. Please try moistening your soles with a wet towel, and then repeat the measurement.
Err2	Please unplug and then re-plug in the adapter to reset the Smart Body Scale.
Err3	We apologize. The Smart Scale is not capable of measuring body weights of 330lbs (150kg) and over. This unit is not suitable for your needs.
Err4	Weak Signal. Please move the carpet closer to the mirror.

### 14 Regulatory & Safety Notices

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

#### Model : BS616

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	The Bluetooth Combination Mark		Symbol for "DIRECT CURRENT"
	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 "SERIAL NUMBER"		
	Symbol for "MANUFACTURE DATE"		

### 15 Regulatory & Safety Notices

#### FCC User Guide Information

Radio Frequency Interface Requirements - FCC

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. Radio Transmitters (Part 15)  
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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. FCC RF Exposure Guidelines Safety Information Reducing RF Exposure - Use Properly Only operate the device in accordance with the instructions supplied. This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.

#### FCC Warning:

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

### 16 Smart Body Scale Information

#### What is Smart Body Scale ?

**Smart Body Scale** is an innovative new Internet-of-things connected device with up to date health-management technology. It offers highly accurate body composition analysis, such as physique rating(9 body-types), weight, body fat percentage, body mass index, total body water, skeletal muscle mass, bone mass & basal metabolic rate. **Smart Body Scale** can work with HiMirror or individual APP.

#### Innovations

- Auto Weight Measurement:**  
While users stand on a comfortable mat, the **Smart Body Scale** measures the user's body indicators; automatically connects with the Hi Mirror or your smart phone, and updates the data accordingly.
- Not Just Weight:**  
We have developed a full body type analysis. It doesn't just rely on the numbers, but also focuses on different body types to assess the user's body issues precisely.
- High tech analysis:**  
The **Smart Body Scale** provides precise analysis with a multi-layered structure all while standing on a **Conductive Mat**.

### 17 Smart Body Scale Information

#### Limitations

- The **Smart Body Scale** will not accurately measure the weight of children and adults under 10kg (22 lbs).

#### Any Questions ?

More advice regarding the installation and use of the **Smart Body Scale** is available online at: <http://himirror.com/support/>

#### HiMirror

Service Address: 20191 Windrow Dr., Lake Forest CA 92630, USA  
Toll-free number: +1-855-999-3348  
Website: [www.himirror.com](http://www.himirror.com)  
Support Site: [www.himirror.com/support](http://www.himirror.com/support)

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