

Specifications

Dimension:11.8 in x 11.8 in x 1.18 in (300 mm X 300 mm X30 mm)

Weight:3.677 lb (1.668 kg)

Power:3 AAA alkaline batteries

Measurement Range:396 lb / 180 kg

Measurement Resolution:0.1 lb (0.05 kg)

Trouble shooting

1780^{lb}

Normal working

1780^{lb}

No wireless connection

Lo

Change battery

EEr

Overload

CAL

Calibrating



Warning

Please read carefully before use

Do not use if you have a pacemaker, artificial lung, an ECG, or any other internal medical devices.

Do not use if you are pregnant.

Do not use on slippery floors.

Do not use when your body is wet.



Caution

- Your body measurements may not be accurate after heavy physical activity.
- This smart scale model is not intended for use by infants or toddlers, some body composition measurements are not for children under 18.
- Bonso smart scales should not be used for treating or diagnosing any medical conditions. Always consult your physician or health professional to determine what is suited for you.

Getting Started

Your smart scale comes with 3 AAA alkaline batteries. Put the batteries in the battery compartment. The scale is ready for use.

At this point, you can now measure your body weight. To access more functions such as body fat percentage, you will need to connect the scale with your mobile phone with the Bonso app installed.

Apps Install and Measurement

From Apple App Store (for iOS) or Google Play (for Android) search for and download the "Bonso Scale" mobile app. You can also do it by scanning the QR code.

Install and run the app on your phone. Register a new account. **Make sure bluetooth is enabled on your phone.** The app will automatically pair with you Smart Scale. If not do it manually. Then you can start measurements.

FCC Caution

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

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.

FCC RF Radiation Exposure Statement

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with a minimum distance of 0mm between the radiator and your body.

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www.bonsoscale.com

BONSO®

Body Composition Scale User Manual

Body Composition Scale measures weight, body fat percentage, BMI, and other body composition data. This Smart Scale is intended for home use only.

For any questions about this product, feel free to contact us at: support@bonso.com

Package Contents

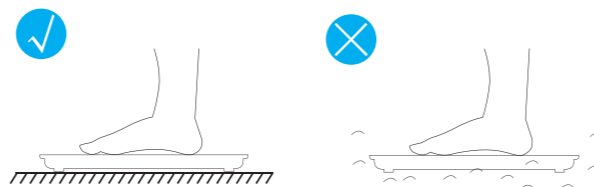
1. Bonso Body Composition Scale
2. 3 AAA alkaline batteries
3. User Manual

Measurement Tips

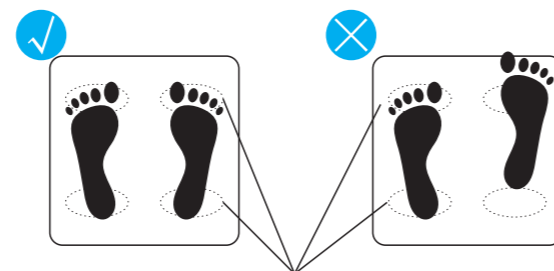
Read the warning on the front page carefully and follow the instructions.

- To have accurate and consistent measurement results, please use the Smart Scale during **the same hour each day** under the same conditions as much as possible. Please avoid measurements:
 - **during or immediately after strenuous exercises**
 - **immediately after a shower, bath or sauna**
 - **after heavy alcohol consumption**
 - **during or immediately after engorgement**
 - **when you have a fever**
- When using the Body Composition Scale, please **stand straight barefoot**. Wearing socks or having dirty feet will affect the accuracy of the results.
- You can toggle the measurement units between pounds (lb) and kilograms (kg) with the app. The height units will also change accordingly between the metric system and the Imperial system.

- For best accuracy, **place the scale flat on a hard surface. Do not place it on carpet.** Tap the scale first. You will then see the display show 0.0 (lb/kg). Now step on the scale to start your measurements.

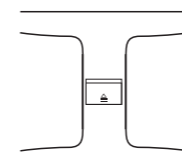


- To accurately measure body fat and other body compositions, stand straight on the scale with both feet uniformly touching the electrodes as shown below.



Conductive areas

Step 1: Download the App



Insert batteries



Download the "Bonso Scale" app, can do it by scanning the QR code

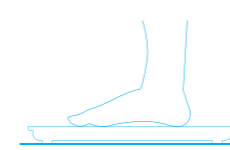


Register a new account

Step 2: Pair scale with smartphone



Click the add button(+)



Tap the scale



Connect your scale to the app

Automatic pairing in most cases, do pairing manually only as need. Make sure Bluetooth is enabled on your smartphone.

Step 3: Measure and check the body analysis report



Step on the scale again until the display number is stable



Check for a body composition report in the app



If the display number flashes twice, this means the weight test has finished.

When you see the number 0 stop moving back and forth, this means the body fat test has finished.