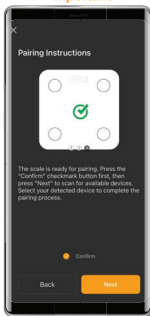
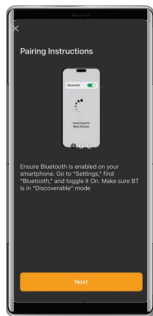


Step 11



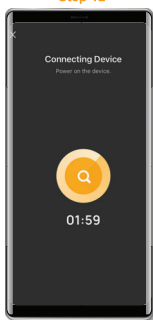
Important



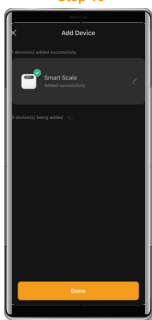
11. Next, tap on the 'Smart Scales' option.

IMPORTANT: Ensure that BT is enabled on your mobile device and that your smart scale is powered on. Follow the on-screen instructions to complete the pairing process.

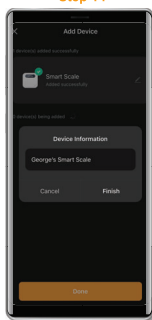
Step 12



Step 13



Step 14



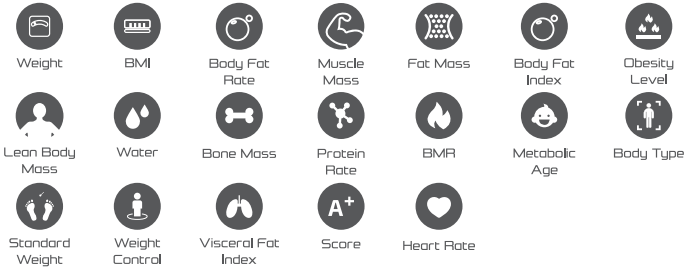
12. Once you've followed all the on-screen instructions and selected your smart scale from the list of available devices, the app will take a few seconds to complete the pairing process

13. After pairing is successful, a confirmation message will appear on the screen, indicating that the smart scale has been paired successfully.

14. To rename the smart scale, tap the pencil icon next to the added device. Choose a name for your smart scale and tap 'Done.' Then, tap 'Done' in the upper right-hand corner.

Congratulations! You have successfully paired your smart scale with your device. Your scale is now ready to provide accurate and insightful measurements to help you manage your health and fitness goals

Biometric measurements



1. Weight: Measures your total body mass. It is a fundamental metric to track overall body changes.

2. BMI (Body Mass Index): A calculation based on your weight and height that categorizes you into different weight ranges (underweight, normal weight, overweight, or obese).

3. Body Fat Rate: Indicates the percentage of your body weight that comes from fat. It helps assess the proportion of fat compared to lean mass.

4. Muscle Mass: Measures the total weight of muscle in your body. It's important for understanding muscle development and strength.

5. Fat Mass: Represents the total amount of fat in your body, measured in weight. It helps track fat loss or gain over time.

6. Body Fat Index: A derived value that provides insight into your overall body fat relative to your weight and height, giving an additional perspective on body composition.

7. Obesity Level: Classifies your level of obesity based on your BMI and body fat percentage, helping to assess health risks associated with excess body fat.

8. Standard Weight: Provides a target weight range based on factors like height, age, and gender, suggesting a healthy weight range for optimal health.

9. Weight Control: Monitors and tracks weight changes over time to help manage and maintain a healthy weight.

10. Visceral Fat Index: Measures the amount of fat stored around internal organs. High levels can be a risk factor for various health conditions.

11. Lean Body Mass: Represents the weight of everything in your body except fat, including muscles, bones, and organs. It helps track changes in muscle mass and overall body composition.

12. Water: Indicates the percentage of water in your body. Proper hydration is essential for overall health and bodily functions.

13. Bone Mass: Measures the total weight of your bones. It helps monitor bone health and density over time.

14. Protein Rate: Shows the percentage of protein in your body. Protein is vital for muscle repair, growth, and overall bodily functions.

15. BMR (Basal Metabolic Rate): The number of calories your body needs to maintain basic physiological functions at rest. It helps estimate daily caloric needs.

16. Metabolic Age: Compares your BMR to the average BMR of people in your chronological age group, indicating how your metabolism compares to others of the same age.

17. Body Type: Categorizes your body composition based on factors like fat and muscle distribution, helping to understand your body shape and structure.

18. Score: A composite index that may include various biometric metrics to provide an overall health or fitness score, reflecting your general wellness.

19. Heart Rate: Measures the number of heartbeats per minute. It provides insight into cardiovascular health and fitness levels.

Heart Rate Measurement:

To accurately measure your heart rate using the scale, first stand barefoot on the device. This ensures that the sensors have direct contact with your feet, which is essential for obtaining a precise reading. Once in position, it is important to remain still and avoid any movement during the measurement process. Movement can interfere with the accuracy of the reading, so a stable posture is key.

Additionally, ensure that your feet are properly aligned with the sensors on the scale. Proper alignment allows the sensors to effectively detect your heart rate.

Proper Use of the Smart Scale:

Ensure the scale is placed on a flat, hard surface for accurate readings. Avoid using the scale on carpets or uneven surfaces. Step onto the scale with both feet evenly spaced and wait for the measurement to stabilize before stepping off.

Daily measurements help monitor trends and changes in your body metrics over time, providing a clearer picture of your health. Try to use the scale under similar conditions each time, such as after using the restroom and before consuming food or fluids.

Precautions for Use

- Pregnant women and individuals with pacemakers or other medical devices should avoid using this product.
- Use the scale on a flat, hard surface; avoid using it on slippery floors.
- Do not stand on or jump on the scale to prevent accidents.
- Keep the product away from children under 10 to prevent injury.
- Ensure your feet are dry and clean before stepping on the scale.
- Avoid measuring immediately after strenuous exercise.
- Do not attempt to disassemble the product.
- Do not clean the product with water or volatile oils.
- Install the battery correctly and remove it if the scale will not be used for an extended period.
- Test results are for reference only and should not be used as the basis for your diet or fitness program.

Troubleshooting Guide		
Title	Description	How to Solve it
Low Battery Warning / Device Not Turning On	The device will turn off shortly due to low battery levels.	Replace all three AAA batteries simultaneously.
Overload Detected	The device automatically shuts down due to excess weight.	Discontinue using the scale for measurements.
BT Connection Issues	Difficulty connecting to the BT network.	Ensure BT is turned on and discoverable on your phone. Step on the scale to power it on, then follow the pairing steps carefully.
Inaccurate Measurement Results	Measurements are unexpectedly high or low - Significant discrepancy between consecutive measurements	Incorrect standing posture: Stand barefoot and still on the platform. Device on an uneven or soft surface: Place the scale on a flat, hard surface. Cold body affecting circulation: Warm up hands and feet before measuring again.
Body Composition Analysis Failure	The scale is not analyzing body composition.	Cold sensors: Allow the scale to warm up in a warmer environment. Dry feet: Moisten feet slightly with a damp cloth. Measurement taken while wearing socks or shoes: Ensure feet are bare and slightly moist.

Important Health Disclaimer

Our smart scales are designed to provide users with body weight measurements and related metrics. However, it is essential to understand the following points:

- 1. Not for Medical Use:** The smart scale is not a medical device and should not be used for diagnosing, monitoring, or treating any medical condition. The data provided by the scale is for general wellness and fitness purposes only.
- 2. Consult Healthcare Professionals:** Always consult with a qualified healthcare professional for any medical concerns or before making significant changes to your health or exercise regimen based on the scale's data.
- 3. Variability in Measurements:** The measurements provided by the smart scale can vary due to factors such as time of day, hydration levels, and body composition. For accurate health assessments, rely on medical-grade devices and professional consultations.
- 4. Data Interpretation:** The information provided by the smart scale is not intended to replace professional medical advice. Interpretation of the data should be done cautiously and in conjunction with guidance from healthcare professionals.
- 5. Accuracy Limitations:** While we strive to ensure the accuracy of the scale's measurements, no device is infallible. Variations in readings can occur, and users should understand that these are not indicative of specific health conditions.
- 6. Privacy and Data Security:** All data collected by the smart scale is managed in accordance with our privacy policy, and we are committed to protecting your information. Ensure you review our privacy practices for more details.

FCC Warning

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

ARGOM^{TECH}



ACCURA10

GUIA DE USUARIO

Introducción

Presentamos la última innovación de ArgomTech: la Pesa Inteligente de nuestra Serie de Salud y Bienestar. Diseñada para integrarse perfectamente en tu vida diaria, esta pesa inteligente ofrece más que solo una medición de peso: proporciona una visión detallada de tu salud general. Nuestra Pesa Inteligente va más allá del seguimiento básico del peso al medir el porcentaje de grasa corporal, masa muscular y otros indicadores clave. Cada vez que te subas a la báscula, tus datos se registran y sincronizan automáticamente, ofreciéndote una visión clara de tu progreso con el tiempo.

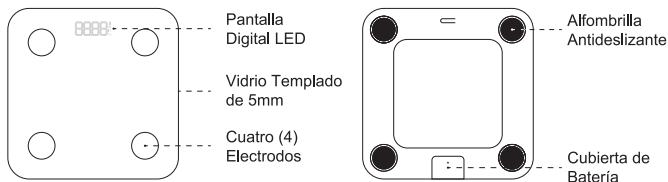
La aplicación complementaria, disponible tanto para iOS como para Android, facilita la gestión de tu salud. Admite hasta 10 perfiles de usuario, para que toda la familia pueda rastrear su salud y mantenerse motivada. Con la Pesa Inteligente de ArgomTech, tomar control de tu bienestar es más fácil e integrado en tu rutina diaria.

Contenido del Paquete

1x Pesa Inteligente BT

Guía de inicio rápido

Identificación del Producto



Pantalla Digital LED

La pantalla LED proporciona mediciones claras y fáciles de leer, con dígitos iluminados y brillantes que aseguran visibilidad en diversas condiciones de iluminación. Se actualiza dinámicamente para reflejar los datos más recientes y ofrece una interfaz amigable para monitorear tus métricas de salud.

Electrodos de Alta Sensibilidad

Equipada con cuatro electrodos de alta sensibilidad, la pesa garantiza lecturas precisas y consistentes. Estos electrodos miden varias métricas corporales con precisión y fiabilidad.

Alfombrilla Antideslizante

La almohadilla antideslizante asegura que la pesa permanezca firmemente en su lugar durante el uso. Su superficie antideslizante mejora la seguridad y precisión al prevenir el movimiento o deslizamiento.

Cubierta de Batería

La cubierta sostiene de manera segura 3 baterías AAA, evitando fugas y garantizando un reemplazo fácil para un rendimiento óptimo de la pesa.

Vidrio Templado Duradero de 5mm

Construida con vidrio templado de 5 mm, esta pesa está diseñada para durabilidad y seguridad. La superficie de vidrio endurecido es resistente a arañazos e impactos, proporcionando una plataforma confiable para el uso diario.

Especificaciones del Producto

- Dimensiones de la Pesa: 28 × 28 × 2.5 cm
- Capacidad: 180 kg / 400 lb
- División: 0.05 kg / 0.2 lb
- Pantalla: LED, 59 × 22 mm
- Vidrio: Vidrio templado de 5 mm
- Unidades: kg, lb
- Fuente de Energía: 3 × pilas AAA (no incluidas)
- Peso Neto por Pesa: 1.25 kg
- Conexión: BT BLE 4.0
- Aplicación: ArgomTech
- Requisitos del Equipo: Android 4.3 y superior; iOS 8.0 y superior
- Función Automática: Activación por pisada, Apagado automático

Características Adicionales

- **Encendido/Apagado Automático:** La pesa cuenta con una función automática de encendido/apagado que conserva la vida útil de la batería. El dispositivo se enciende automáticamente cuando se detecta peso y se apaga después de un breve período de inactividad.
- **Tecnología Step-On:** La Tecnología Step-On permite obtener mediciones instantáneas sin necesidad de presionar botones. Simplemente pisa sobre la pesa y esta detectará automáticamente tu presencia y mostrará tu peso.
- **Alta Precisión:** La pesa está equipada con sensores avanzados para una alta precisión en las mediciones. Proporciona lecturas precisas de peso, porcentaje de grasa corporal, IMC y otros datos biométricos, ayudándote a rastrear tu salud de manera efectiva.
- **Sincronización Inalámbrica:** Con capacidades de sincronización inalámbrica, la pesa transfiere fácilmente los datos a tu smartphone o tableta. Esta característica asegura que tus mediciones estén siempre actualizadas y accesibles a través de la aplicación conectada.
- **Soporta Múltiples Usuarios:** La pesa puede acomodar a múltiples usuarios, siendo adecuada para familias o espacios compartidos. Cada usuario puede mantener su propio perfil y rastrear sus datos de salud individuales.
- **Gestión de Objetivos:** Establece y rastrea tus objetivos de salud con la función integrada de gestión de objetivos de la pesa. Monitorea tu progreso y ajusta tus metas basándote en tu rendimiento y métricas.
- **Compatible con Aplicaciones de Salud de Terceros:** La pesa es compatible con aplicaciones de salud populares como Google Fit, Apple Health y Fitbit. Sincroniza tus datos con estas plataformas para obtener una visión integral de tu salud y estado físico.
- **Gráficos y Registros de Datos:** Consulta tus datos de salud a través de gráficos detallados y registros. La pesa presenta tendencias y datos históricos para ayudarte a entender tu progreso y tomar decisiones informadas sobre tu bienestar.
- **Compartir Datos con Amigos:** Comparte fácilmente tus datos de salud con amigos y familiares. Esta función te permite conectarte con otros y mantenerte motivado al compartir tus logros y progreso.

Guía de Inicio

Descarga la aplicación ArgomTech desde Google Play Store o Apple App Store. Escanea el código QR a continuación con la cámara de tu dispositivo móvil o con una aplicación de códigos QR para un acceso rápido.



Nota: Esta guía de instalación usa la versión de Android. La plataforma iOS puede diferir ligeramente, pero los mismos conceptos aplican.