

Can't connect? Need help?



DO NOT RETURN THIS PRODUCT
TO THE STORE

Geeni support:
support.mygeeni.com
1 (888) 232-3143 (Toll free)
or tap 'Support' for help in the Geeni app.

SMART WI-FI
BODY
COMPOSITION
SCALE
START GUIDE

geeni™

Thank you for purchasing your GEENI smart home product.

Get started using your new devices by downloading Geeni, one convenient app that manages everything straight from your phone or tablet. Easily connect to your home Wi-Fi and control multiple devices from the touch of your fingertips.

WARNING: Do not use this product if you have a pacemaker or other implanted medical device, or are pregnant. Always contact your physician. Not intended for use by children under 13 years of age. Slippery when wet. Do not use if cracks are present on the glass surface. Keep out of reach of infants and toddlers. Users with disabilities must receive assistance from others. Always consult with your doctor for guidance on weight loss and exercise therapy.

Do not allow the scale to be dropped. Do not disassemble, repair, or modify this product yourself.

Do not mix old and new batteries. Remove batteries when not in use for a long time. (more than three months)

Do not stand on the edge of the glass. Always operate the scale barefoot only.

Not for professional use.

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FCC Statement:

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.

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.

The users manual or instruction manual for an intentional or unintentional radiator shall caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. In cases where the manual is provided only in a form other than paper, such as on a computer disk or over the Internet, the information required by this section may be included in the manual in that alternative form, provided the user can reasonably be expected to have the capability to access information in that form.

Support:

If you encounter any issues, please call (888) 232-3143 (Toll Free)

or visit support.mygeeni.com for help. Support is available seven days a week.

To explore our full selection of products, visit us at: www.mygeeni.com

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Made in China

8 Reset the device

Reset once (press & hold Unit conversion button) to reach Easy Mode, which is the primary way the app will try to connect. (When in Easy Mode, you'll see the LED flashing quickly, 2x per second)

Reset again (press & hold Unit conversion button) to reach AP, which is the Backup Mode to help connect.

(When in AP Mode, you'll see the LED blinking slowly, every 3 seconds)

9 System Requirements

- Mobile device running iOS® 9 or higher or Android™ 5.0 or higher
- Existing Wi-Fi Network

10 Technical Specifications

- Product Model: GN-WA005
- Power Source: 4 x AAA batteries
- Measurement Units: Pound/Stones/Kilograms
- Unit Increments: 0.2lb/ 0.1 kg / 0.1 st
- Body Fat Unit Increments: 0.1%
- Body Water Unit Increments: 0.1%
- Muscle Mass Increments: 0.1%
- Working Environment: Temperature: 10 – 40 °C, Humidity 20 – 90% RH
- Storage Environment: Temperature: -10 – 50 °C, Humidity: 20 – 90% RH
- Dimension: 12 x 12 x 1 in / 300 x 300 x 26 mm
- Net Weight: 3.96 lb / 1.80 kg

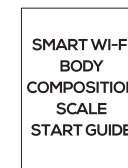
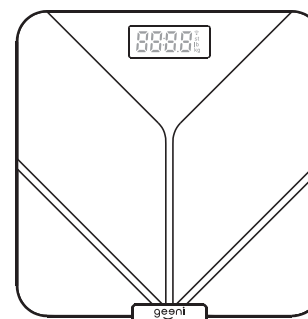
STORAGE PRECAUTIONS: Do not store in the following places:

- Settings exposed to water
- High temperature, humidity, direct sunlight, and dust
- Slopes, vibrations, and impacts
- Where chemicals are stored or corrosive gases are present
- Do not place product upside down.

PRECAUTIONS CONTINUED: Do not use on soft floors such as straw mats and carpets. If you share this scale with people with infectious diseases, be sure to clean before use. (Use a soft damp cloth or a neutral detergent, wipe carefully, and then dry with a soft cloth.)

Do not rinse with water.

What's in the Box

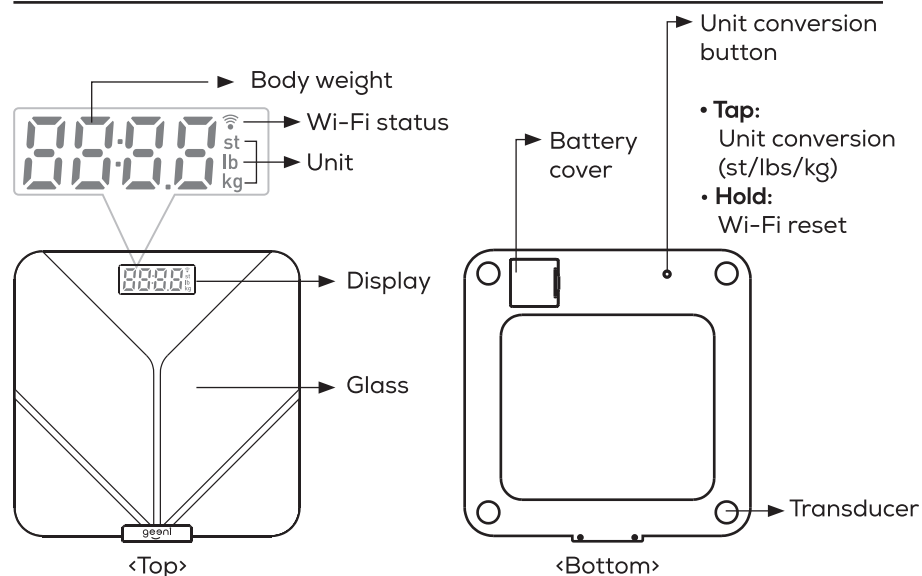


- Smart Wi-Fi Scale
- AAA batteries (x4)
- User Manual

Get Ready

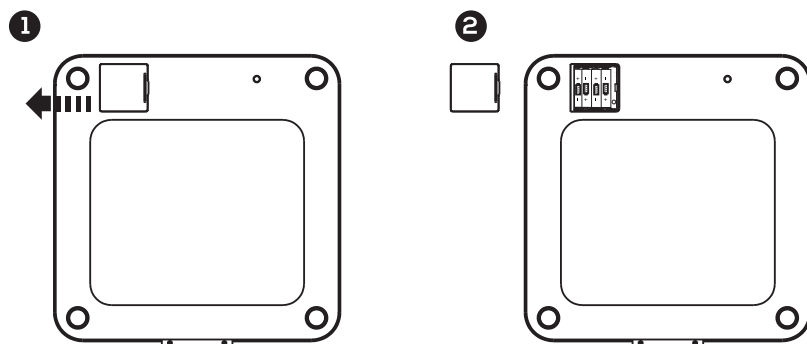
- Know your Wi-Fi network and password
- Make sure your mobile device is running iOS® 9 or higher or Android™ 5.0 or higher
- Make sure you're connecting to a 2.4GHz Wi-Fi network (Geeni can't connect to 5GHz networks)

1 About The Smart Wi-Fi Scale



INSERTING THE BATTERIES:

- Turn the scale over and place it on a flat surface.
- Open the battery cover and insert four AAA batteries.
- Make sure the positive and negative ends are facing the correct polarity directions marked in the battery compartment.



- Close the batter cover and wait until the digits "0.0" are shown on the LED display.

7 Errors and Troubleshoot

ERROR MESSAGE ICON APPEARS:

Error message	Cause	Solution
Er	Stepping off scale during measurement	Do not step off the scale until after the weight is measured.
	The sole of the foot is not over the ITO film	Toes and Sole should line up against the electrodes.
	Improper posture or the foot is too dry	Stand straight and perfectly still during measurement and wipe soles of your foot with a damp towel.
Lo	Battery usage has run out	Please replace the battery
ol	Exceeding the weight measurement range when measuring	Do not use more than 180kg

ABNORMAL READINGS:

Phenomenon	Cause	Solution
The displayed weight value is abnormally high or low	Stepped on scale before "0.0kg" appeared	Step onto the scale after "0.0kg" is displayed
Measured value is very different each time.	Measurement posture is incorrect	Stand straight and perfectly still during measurement
	Scale has been placed on soft surface	Please measure on a flat, hard surface
	ITO film is too cold	Put Geeni Scale in a warm room for a while, then measure it after the ITO film is warm.
	The sole is too dry	Wipe the soles slightly with a wet towel before measuring.

6 Body Composition Index

BODY WATER PERCENTAGE:

Men tend to have less body water than women and it decreases with age. People with more body fat have less water. During the day, your water rate changes as you drink water, perform physical activity etc.

Normal range of body water	Male	Female
	45 - 60%	50 - 65%

VISCERAL FAT GRADE:

The fat attached to the visceral gap in the abdominal cavity is called visceral fat. This is expressed in number grades; level 10 is equivalent to a visceral fat area of 100 square centimeters. Excessive Visceral Fat can lead to high blood lipids, arteriosclerosis, hypertension, diabetes and other related diseases.

Healthy Range	Minor Warning	Unhealthy	Dangerous Range
1 - 45	5 - 9.5	10-14.5	15+

BODY COMPOSITION SCORE:

Based on the comprehensive evaluation of each component of the body. BMI, Fat Percentage, and Muscle rate are leading factors in the calculation while the additional measurements factor for the rest.

PROTEIN CONTENT:

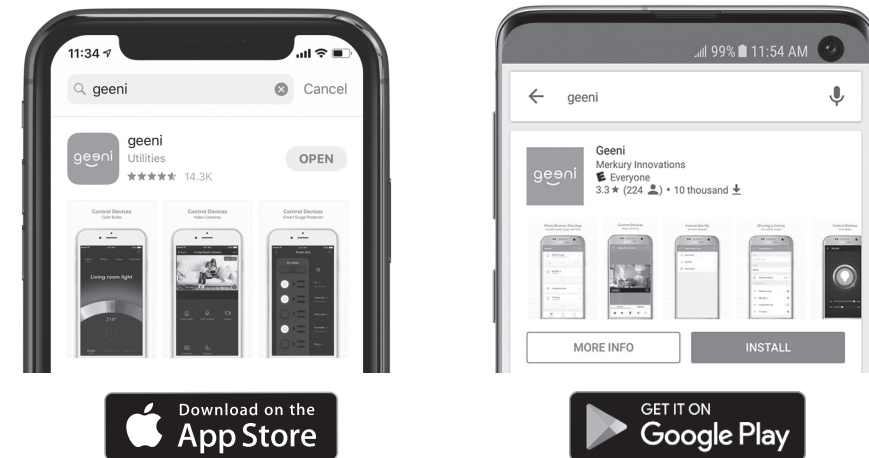
Protein is an important component of all cells and tissues in the body and strongly correlated with muscle mass.

Malnutrition	Normal Range	Over Nutrition
16% or Less	16% - 20%	20+%

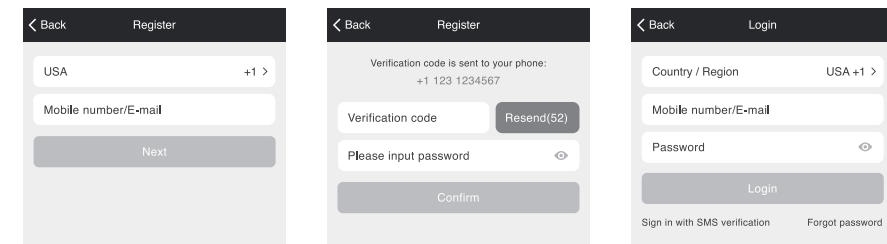
LEAN BODY MASS:

The weight of the body that removes fat.

2 Download the Geeni app from App Store or Google Play.



3 Register an Account on Your Geeni App.



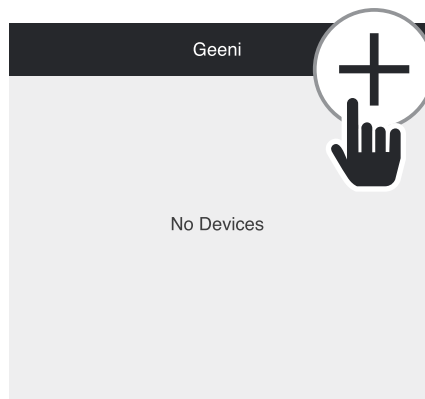
STEP 1.
Enter your mobile
phone number or
email address.

STEP 2.
Enter the verification
code
and create a password.

STEP 3.
Login to the app

4 Connect

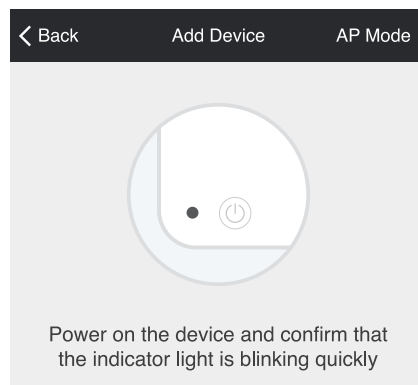
EASY MODE:



STEP 1.

In the Geeni app, on the top corner of the Devices screen, click (+).

Choose "Smart Health".



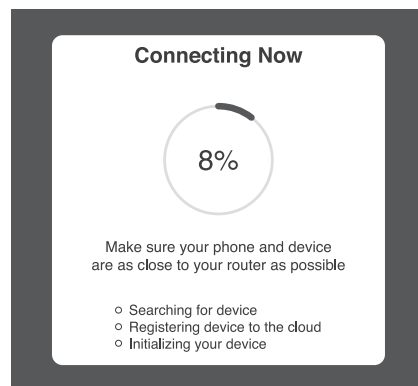
STEP 2.

Make sure the Wi-Fi indicator on the Scale is flashing rapidly, indicating the device is ready to connect using Easy Mode. If not, press and hold The Unit Conversion Button for 3 seconds until the Wi-Fi indicator is flashing rapidly, then press "Next Step".



STEP 3.

Enter your Wi-Fi network and password.



STEP 4.

The Geeni app will try to connect your device.

NOTE: Geeni can't connect to 5GHz networks.

*If the connection fails, try to connect using AP Mode.

6 Body Composition Index

BONE MASS:

Bones use calcium to grow and develop the body. Underactive muscles cause a decrease in bone mass.

Male	Body weight	Less than 60cm	60 - 75kg	75kg or more
	Bone mass	2.5kg	2.9kg	3.2kg
Female	Body weight	Less than 45kg	45-60kg	60kg or more
	Bone mass	1.8kg	2.2kg	2.5kg

BASAL METABOLIC RATE (BMR):

BMR refers to the minimum energy required by all organs in the human body to sustain life. Basal metabolism is determined by the amount of muscle in the individual's body and energy that can be consumed through diet and exercise. People with less body fat and more muscle have higher basal metabolism and consume more energy reducing fat. Exercising increases this! Inversely, those with low basal metabolism tend to accumulate fat leading to obesity. When people are hungry or malnourished, the BMR will be low.

	Male		Female	
Age	Standard weight(Kg)	BMR	Standard weight(Kg)	BMR
18 - 29	64.7	1550	51.2	1210
30 - 49	67	1500	54.2	1170
50 - 69	62.5	1350	53.8	1110
Over 70	56.7	1220	48.7	1010

BODY AGE:

This is the age given to your body based on the basal metabolism of body weight.

BODY WATER:

Body water refers to blood, lymph, extracellular fluid, intracellular fluid, etc. Fluids in your body are crucial because they transport nutrients, recycle waste, and maintain body temperature.

6 Body Composition Index

BODY MASS INDEX (BMI): Weight/Height squared
BMI is widely used to measure the amount of fat in the body.

Thin	Standard	Overweight	Obesity
<18.5	18.5 – 25	25 – 30	30+

BODY FAT PERCENTAGE (BFR):

BFR measures the amount of fat in the body in relationship to weight. Obesity is determined through BFR, not body weight alone. All values are determined from Bioelectrical Impedance Analysis (BIA). Body tissue in muscles and blood vessels are very conductive due to the amount of water they contain while adipose tissue is not conductive. BIA sends a small electrical current through the human body to measure resistance between conductive muscle and non-conductive fat. This determines the fat content in your body. Excessive body fat can cause cancer, diabetes, high blood pressure and other serious diseases.

Age	Thin	Average	Above Average	Mild Obesity	Sever Obesity
18 – 39	5% - 20%	20% - 27%	27% - 34%	34% - 39%	39%+
40 – 59	5% - 21%	21% - 28%	28% - 35%	35% - 40%	40%+
60+	5% - 22%	22% - 29%	29% - 36%	36% - 41%	41% +

MUSCLE MASS:

Muscles maintain body temperature and body movement as well as create energy. They are made up of water and protein.

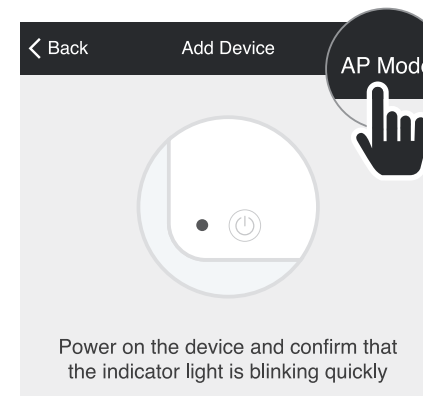
Male	Height	Less than 160cm	160 – 170cm	170cm or more
	Muscle mass	38.5 - 46.5kg	44 - 52.4kg	49.4 - 59.4kg
Female	Height	Less than 150cm	150 – 160cm	160cm or more
	Muscle mass	21.9 - 34.7kg	32.9 - 37.5kg	36.5 - 42.5kg

4 Connect

AP MODE:

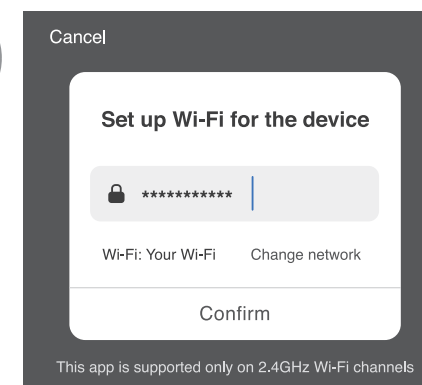
STEP 1.

Make sure the Scale is in AP Mode and the Wi-Fi indicator is blinking slowly



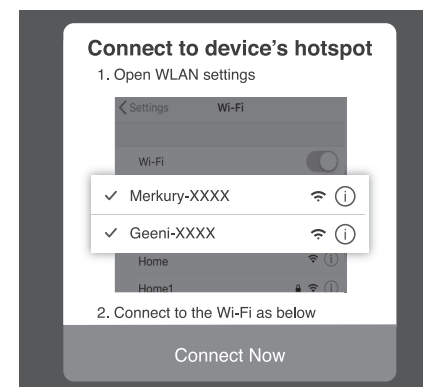
STEP 2.

In the Geeni app, on the top corner of the Devices screen, click (+).
Choose "Smart Health".
Choose "AP Mode" in the top corner.



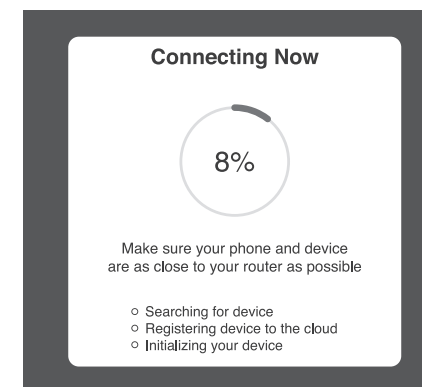
STEP 3.

Click Next and enter your Wi-Fi details.



STEP 4.

Follow the instructions to choose the device from your Wi-Fi list.



STEP 5.

The device will connect.

NOTE: Geeni can't connect to 5GHz networks.

5 Measuring

Be sure to set up a user profile in the Geeni App before measuring.
Balance can save up to 16 different user profiles.
Always place scale on a hard, flat surface.

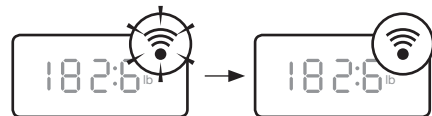
HOW TO MEASURE

Step barefoot onto the scale and you'll receive information in three steps:

- 1** Step on scale until weight starts blinking
• Weight is now recorded
- 2** Stay on scale while 0000 is displayed, then weight comes back
• Advanced health data is now recorded

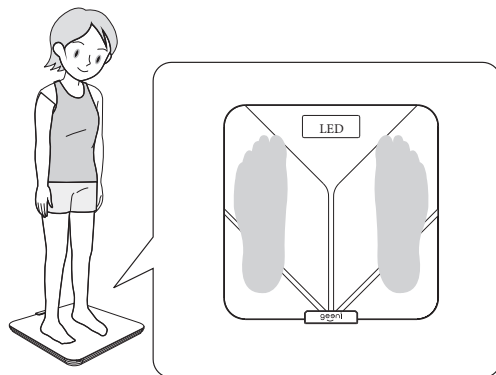


- 3** Stay on scale until Wi-Fi indicator appears
• All health data has been sent to your Geeni profile and can be viewed on the Geeni app.



SELECTING MEASURING UNIT:

Step on the scale to turn it on. Flip scale over and press the Unit Conversion button to cycle through measuring units. (Pounds, Kilograms, or Stones).



NOTE: Keep your toes at least 5cm away from the LED display.

5 Measuring

USAGE TIPS:

Maintain upright posture.

<p>Underarm</p>	<p>Knee bending</p>
<p>For the best measurements, use barefoot and with dry feet.</p>	
<p>Balance your weight evenly on both feet.</p>	