

Pretika® Smart Scale™ with Wireless Handheld Remote Monitor

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Care and Maintenance

- Store in a dry, dust-free area
- To clean Plastic Smart Scale cover, use a soft dry cloth – do not use a wet or damp cloth to clean
- To clean Foot Pad Cloth Cover, use a soft dry cloth – do not use a wet or damp cloth to clean

*DO NOT IMMERSE POWER SUPPLY OR
POWER SUPPLY CORD IN WATER. MUST
REMAIN DRY AT ALL TIMES.

Limited 90 Day Warranty

Your Pretika product is warranted to be free from defect in material and workmanship for a period of 90 days after its original purchase date under normal use. This warranty extends only to the original retailer purchaser with original proof of purchase and only when purchased from an authorized Pretika retailer or reseller. This warranty does not cover products determined by Pretika Corporation to be damaged by any of the following:

- Accident, misuse, abuse or alteration
- Servicing by unauthorized persons
- Use with unauthorized accessories or use other than instructed
- Use of incorrect charging adaptor types
- Any other conditions beyond our control

Some states do not allow the exclusion or limitation of incidental or consequential damages or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights. Pretika's entire liability for any defective product shall not exceed the purchase price for the defective product. Pretika disclaims any liability for general, consequential, incidental or special damages, even if aware of the likelihood of such damages.

During Warranty Period with Proof of Purchase (store receipt)

Should your product become defective during the warranty period, package the item securely and return it prepaid/insured – along with proof of purchase to address below.

Outside Warranty Period

Should your product become defective outside the warranty period – or you do not have store receipt, package the item securely and return it prepaid/insured along with a check or money order payable to Pretika Corporation in the amount of \$60.00 to cover handling and postage charges. To insure prompt repair or replacement, provide complete, legible name, street address, email and phone number information and a note indicating the nature of the product defect. We will Repair or Replace (at our sole discretion) product at no charge and return via ground shipment.

Return to:

Pretika Corporation
Warranty Repair Department
12215 Holly Street
Riverside, CA 92509 USA

Warning

1. For external use only. Keep out of reach of children and please use as directed. As with any product, discontinue use if rash, redness or itching occurs. Consult physician if irritation persists. Anyone suffering from any skin disorder should consult physician before using this product. Do not use on sore or injured areas.
2. Use this appliance only for its intended use as described in the Instructions For Use booklet.
3. Do not leave unit on when not in use.
4. Basic safety precautions should always be followed when using any electrical product, especially when children are present.
5. Do not subject product to excessive force, shock, dust, temperature or humidity.
6. Do not immerse product in water. If you spill liquid on it, dry it immediately with a soft, lint-free cloth.
7. Do not clean product with abrasive or corrosive materials.
8. Do not tamper with product's internal components. This invalidates the warranty.
9. Dispose of this product as you would an expired battery. To dispose of Smart Scale, place Smart Scale in the trash (normal municipal waste). Recycling of Smart Scale at your local recycling center is good for the environment.
10. Do not let children use without adult supervision or persons not capable of handling and operating the smart scale.
11. Do not stand or sit on smart scale.
12. Do not cover the Smart Scale during operation. This may result in an increase in motor temperature
13. The Smart Scale must only be serviced or repaired by the Service Center. Users must not disassemble or repair the Smart Scale by themselves.

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 radiofrequency 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 device must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC ID: O8W-HA265

WARNING:

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

Read and Save These Instructions

Pretika® Smart Scale™ with Wireless Handheld Remote Monitor

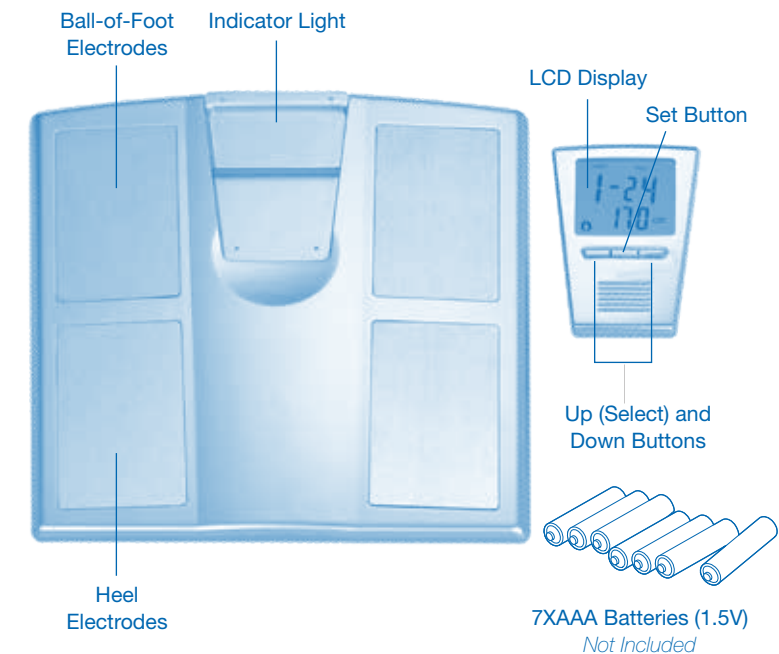
Instructions
for Use
& Warranty
Information

Model
HA265

Pretika®

Pretika® Smart Scale™ with Wireless Handheld Remote Monitor

Congratulations and thank you for being a customer of Pretika! Before you start, please take a moment to get to know your Wireless Smart Scale and how it works. For important information about safety and how to use the device, read the full Instructions for Use booklet. Contact the experts at Pretika for any assistance in helping you get started.



Customer Service Contact:

For questions or assistance relating to the use of this product – or for information on all of the innovative Skin Care, Hair Care and Wellness products manufactured by Pretika, contact our

Customer Service Team:

1-949-481-8818

Email: customerservice@pretika.com

Or visit our website at www.pretika.com

Hours of Operation:

Monday – Friday, 8:00 AM to 4:00 PM Pacific Standard Time

Useful Features

This Body fat Monitor / Scales allow you to measure weight, body fat percentage, water percentage, muscle percentage, bone percentage and calorie value simultaneously and easily & simply by stepping on the unit.

Personal data (Female/Male, Age, Height) can be pre-set and stored in personal data memories.

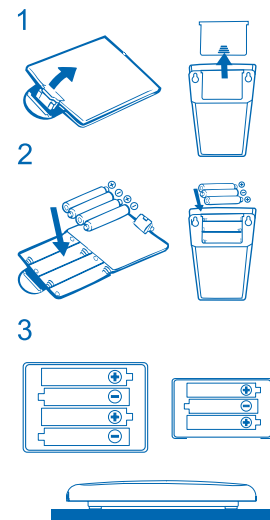
Programming must be completed within 15 seconds after which, the unit will auto shut down after completing your measuring progress. The unit will auto shut down after 15 seconds.

With Automatic Zero Function.

With Low battery and overload indication function.

The Smart Scale App will pre-set and store personal data up to 10 individuals.

Preparations Before Use



⚠ Inserting the Batteries

Open the battery cover at the back of the measuring platform or the remote control. Pay attention to the Anode and Cathode, then put the batteries into the Battery compartment.

Note: If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

Note: To avoid possible injury, do not step on the edge of the platform.

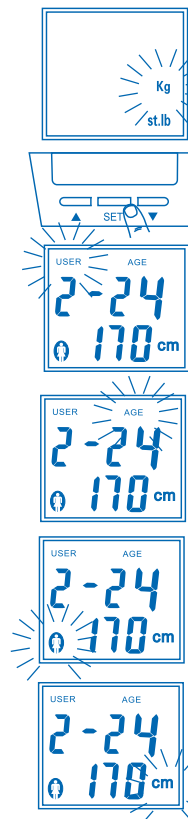
Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully.

- Do not attempt to disassemble the measuring platform.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (apply with cloth first) to keep them shiny, soap should be used.
- Do not step on the platform when it is wet.

How To Determine Body Fat Percentage

Setting and Storing Data in Memory



1. Select a weight

After inserting the batteries into remote control, the display will appear the weight unit, press ▲/▼ buttons to select your desired unit, and press SET button to confirm. Kilogram (kg), Pounds (lb), or stones (st).

2. Turn on the power

Press any key to switch on the remote, the personal data code and “0.0kg” will display.

3. Select a personal data code

Press the SET button for about 1 second to begin setting when the remote is on, the personal data code, USER, will flash. Press the ▲/▼ buttons to select a personal data code, and once you reach the one you wish to use, press the SET button to confirm.

4. Set Age

Use the ▲/▼ buttons to specify age when it flashes. When you reach your age, press the SET button to confirm. (range of user age is between 10-99 years).

5. Select Female or Male

Use the ▲/▼ buttons to scroll through female, male settings when it flashes, and then press the SET button to confirm.

6. Specify the height

Use the ▲/▼ buttons to specify the Height when “cm” flashes, and then Press the SET button to confirm (range of user height is between 1.92-7.8 ft./60-240cm).

**Note: If you make a mistake before you have finishes programming it, repeat the steps from Select a Personal data code.*

Taking weight and body fat readings

After programming your personal data, you are ready to take a reading.

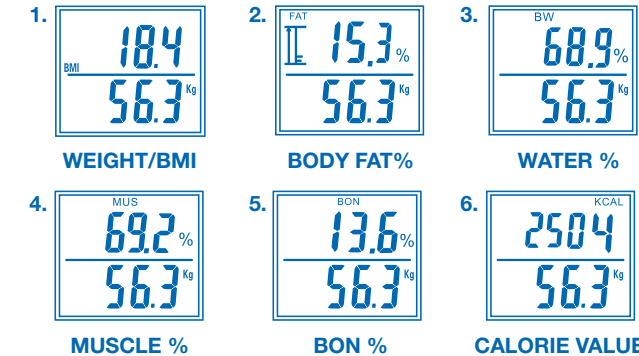
Select Personal Data Code

Press the Up button on the remote control to turn it on. Use the ▲/▼ buttons to select your Personal data code. The display will show the programmed data, with a slight tap on the measuring platform to switch on the scale. After the indicator light stops flashing, you can step on the platform.

** Note: To ensure accurate reading should be barefoot when stepping on the platform and be sure that your heels are correctly aligned with the electrodes on the measuring platform. If you step onto the platform before indicator light stops flashing, you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within 15 seconds after the indicator light stops flashing, the power will shut-off automatically.*

Get your reading

Keep your body straight, the indicator light will be flashing, do not move away from the platform. After it stops, your weight and BMI will be shown first, and your body fat percentage, water percentage, muscle percentage, bone percentage and calorie value will be shown alternately.



**Note: Do not step off until fat % and water % are shown, step off the platform after all the results are displayed. The alternating display of body fat %, water %, muscle%, bone percentage, calorie value will be repeated twice. The unit will then shut-off automatically.*

Body Fat Ratio Chart

AGE	FEMALE (%)				MALE (%)			
	Low	Healthy	High	Obese	Low	Healthy	High	Obese
10-39	14-20	21-25	26-31	32-38	11-17	18-23	24-29	30-36
40-55	15-21	22-26	27-32	33-38	12-18	19-24	25-30	31-37
56-80	16-22	23-27	28-33	34-38	13-19	20-25	26-31	32-38

**Note: Due to the natural differences between people this chart should be used for reference purpose only.*

Water Ratio Chart (%)

AGE	FEMALE (%)			MALE (%)		
	Low	Healthy	High	Low	Healthy	High
10-15	<57	57-67	>67	<58	58-72	>72
16-30	<47	47-57	>57	<53	53-67	>67
31-60	<42	42-52	>52	<47	47-61	>61
61-80	<37	37-47	>47	<42	42-56	>56

Indications

The following indication on remote control:

- LO: The battery in the remote control must be placed.
- Err: The maximum load capacity is exceeded. (range of weight with 4.4-330 lbs/2-150 kg)
- Err 2%: The body –fat and body-water percentages cannot be calculated. (If body fat percentage is less than 5% or more than 75%, the reading cannot be accurate.)

The following indications by the indicator light:

- The indicator light is constantly on in red: The battery in the measuring platform must be replaced.
- The indicator light is flashing in red: The maximum load capacity is exceeded. (range of weight within 4.4-330 lbs/2-150 kg)

** Note: Weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new batteries. Your settings will not be erased from the memory when you remove the batteries.*