

Wireless Scale

OPERATION GUIDE

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## IMPORTANT INFORMATION

### INTRODUCTION

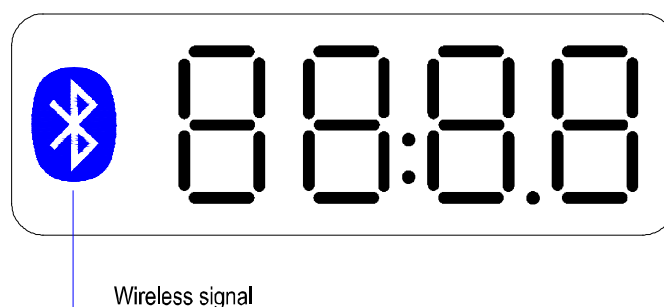
Thank you for selecting this iHealth Scale HS4 product. This monitor is designed for you to use at home so you can monitor your personal body weight.

The Instruction Manual will guide you through the setup procedure and outline the key features. Please keep it handy for future reference.

### IMPORTANT NOTE FOR USERS

Your scale is a precision electronic instrument. Always store it in a dry place. To ensure accurate results, keep the device away from magnetic fields, as these may adversely affect communications or even damage the device.

### CONTENTS AND DISPLAY INDICATORS



### INTENDED USE

The iHealth HS4 Wireless Scale is a precision electronic instrument which is intended use in home. The measurements could display and store with a date and time stamp on iOS device. The user who is unable to standing without assistance may not suitable for this product.

This Wireless Scale can be used with an iPod Touch, iPhone or iPad.

iPad, iPhone and iPod Touch are trademarks of Apple Inc., registered in the U.S. and other countries.

The iHealth Wireless Scale is designed for the following models:

iPod touch 5th generation

iPhone 4S

iPhone 5

iPad mini

iPad 4th generation

iPad 3rd generation

The iOS version of these device should be V5.0 or higher.


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The *Bluetooth*® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by iHealth Lab Inc. is under license. Other trademarks and trade names are those of their respective owners.

## PRODUCT DESCRIPTION

The product employs full electronic methodology and a pressure sensor to measure body parameters automatically. The measurements are displayed on iPod Touch, iPhone, or iPad and can be stored in the memory with a date and time stamp. The product conforms to the following standards: IEC/EN61010-1:1995, IEC/EN60601-1-2:2007, EN300328 V1.7.1, EN301489-1 V1.8.1, EN301489-17 V2.1.1, FCC part15:2008, EN62479:2010, ICES 003:2004.






## SPECIFICATIONS

1. Product name: Wireless Scale
2. Model: HS4
3. Classification: Internally powered
4. Machine dimensions: 13.8"x13.8"x0.8" (350 mm×350 mm×22 mm)
5. Weight: approx. 4.4 lbs (2000 g)
6. Measuring method: automatic full electronic measurement
7. Power: 4×1.5V  AAA batteries
8. Measurement range:
  - Body Weight: 11 lbs - 400 lbs / 5 kg - 180 kg
9. Accuracy:
  - Body Weight: ±0.5kg/1.1Lb(5kg~50kg/11Lbs~110Lbs);  
±1% (50kg~180kg/110Lbs~400Lbs);
10. Operating temperature: HS4: 5 °C - 40 °C (41° F~104° F)
11. Operating humidity: HS4: 20 - 85%RH
12. Environmental pressure for operation: 86~106kPa
13. Storage and transport temperature: -20 °C - 55 °C(-4° F~131° F)
14. Storage and transport humidity: ≤90%RH

15. Environmental pressure for Storage: 50~106kPa
16. Battery life: Approx 3 month with twice usage every day.


Note: These specifications are subject to change without notice.

## IMPORTANT

1. Read all of the information in the operation guide and any other literature in the box before operating the unit.
2. Please stand on the scale, keeping as still as possible, until the result appears on the display.
3. During the measurement, try and keep your body as still as possible.
4.  Do not stand on the edge of scale, as you may fall over or influence the accuracy of the measurement.
5.  Do not use the scale on a tiled or wet floor, as this may result in a fall.
6.  Ensure the surface of the scale is clean and dry before you step onto it, as you may slip over if it is wet.
7.  Treat your scale with care. Do not drop it or jump on it. The scale is designed to be stood on; misuse or abuse may render the electronic sensors inoperative, or cause you to fall, or adversely affect the accuracy of the measurement.
8.  Never immerse the scale in water. Clean the surface with damp cloth.
9. Do not stand the scale on an uneven floor, a soft surface or a carpet while weighing, as doing so may result in unreliable measurements.
10. To avoid damage as a result of battery leakage, remove the batteries if the scale is not going to be used for 3 months or more.
11. Please avoid strong magnetic fields, such as microwave ovens, etc.
12. The scale may not perform accurately if it is stored or used outside the specified temperature and humidity ranges quoted above under Specifications.
13. 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.
14. Changes or modifications not expressly approved by iHealth Lab Inc. invalidate the user's warranty for this equipment

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.

15.  This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This ClassyBÿ digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

## SETUP AND OPERATING PROCEDURES

### 1. GET THE APPLICATION FOR HS4

The scale works with an iPod Touch, iPhone, and iPad. You will first need to install the application (app). If you have not installed it yet, please proceed as follows to download the app.

You can download the HS4 app from the App Store using one of processes described below.

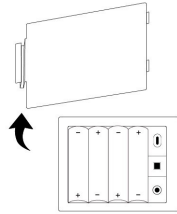
Ensure that you have access to the internet.

- a. Connect your iOS device to the HS4 as described in section 4 below. If the app is not available, the system will display “Application Not Installed”. Please choose “yes” and follow the on-screen instructions to download the app for free.
- b. Launch the App Store and perform a search using the key words “iHealth”, “HS4” or “Wireless Scale” to locate the app. Download the appropriate app and then install it. The icon should look like this.



### 2. INSTALLING BATTERIES

- a. Open the battery cover on the back of the scale.
- b. Install four “AAA” batteries. Check that the battery polarity is correct.
- c. Close the battery cover.



- ⚠ If “Lo” appears on the LED, replace all the batteries.
- ⚠ Rechargeable batteries are not suitable for this scale.
- ⚠ To avoid damage as a result of battery leakage, remove the batteries if the scale is not going to be used for 3 months or more
- ⚠ Avoid the battery fluid to get in your eyes. If it should get in your eyes, immediately rinse with plenty of clean water and contact a physician.



— The scale and the batteries must be disposed of according to local regulations at the end of their service life.

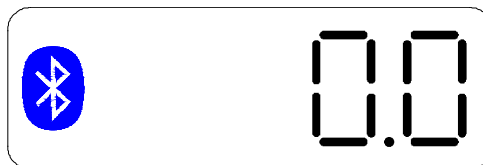
### 3. MEASURE

STEP 1: Check that your iPod Touch, iPhone or iPad is listed under compatible models.

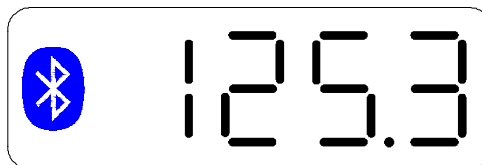
STEP 2: Check that the iOS is V5.0 or higher. If not, you may need to update your iOS before using this product.

STEP 3: Open **Bluetooth** on your iPod Touch, iPhone or iPad  
(Settings->General->Bluetooth->on).

- a. Step the scale to make it switch on, the screen will display all segments one second, and will display firmware version one second, then it will display “0.0”.



- b. Launch the “iHealth MyVitals App”, the App will search the HS4.
- c. Step on the scale, your weight measurement will be shown on the screen. If the scale is connected to an iOS device and the app is running, the app will display the process of the measurement.
- d. When the scale gets your stable body weight, the screen will display and flash.



- e. You can set the weight unit by the iOS App. The weight unit include: Kg, Lb, ST.

### 4. USING WITHOUT iOS DEVICE

After it has been used for the first time, the date and time of the scale will be synchronized with the iOS device.

The measurement time is stored in memory and can be uploaded to iPod Touch, iPhone or iPad when the connection is re-established. The scale can store 200 weight

measurements; when the memory of user is full, any new measurements overwrite the oldest ones.

## 5. AUTOMATIC SHUTDOWN FEATURE

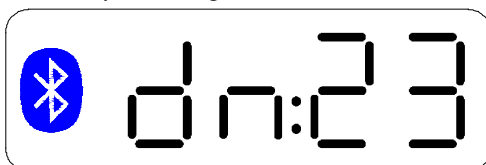
The automatic shutdown feature shuts off the power automatically in the following cases:

- a. The scale shuts down automatically after 1 minute following completion of the measurement. If a new measurement is started or any APP operation (such as upload the memory) be done during this time, the shutdown will be renew by another 1 minute.
- b. If abnormal measurement data is present, such as low battery, over maximum weight, etc., the scale also will shut down after 5 seconds.

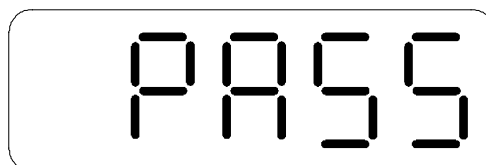
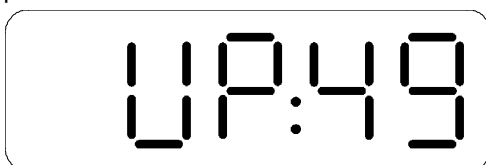
## 6. FIRMWARE UPDATE

Open **Bluetooth** on your iPod Touch, iPhone or iPad  
(Settings->General->Bluetooth->on).

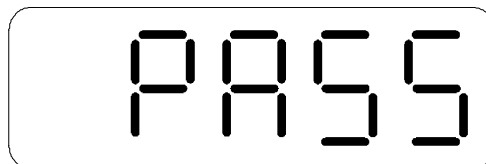
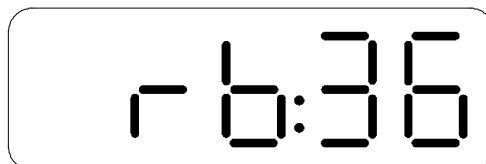
- a. Step the scale to make it switch on, the screen will display all segments one second, and will display firmware version one second, then it will display "0.0".
- b. Launch the App, the App will search the scale, and will show you "A new firmware is found, you can update it, OK or Cancel" when it finds a new firmware in the Cloud Server, please click "OK", now, the App download the new firmware into the scale, the LED will show the percentage.



- c. The scale starts update the firmware, the LED will show the percentage. If it was updated successfully, the LED will show "PASS", and scale will restart. You can view the updated firmware version.

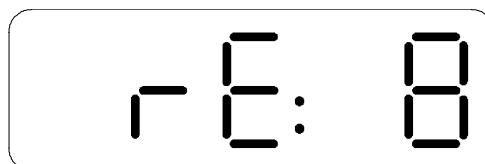


- d. If it was updated failed, the scale will restore automatically. The LED will show the percentage. If it restore successfully, the LED will show "PASS", and scale will restart.



- e. You can also manually restore the Scale, operation is as follows:

1. press and hold the "SET" key, reload the batteries, LED will show "rE:n".



2. Hold the “SET” key until 8 seconds, the scale will restore, The LED will show the percentage. If it restore successfully, the LED will show “PASS”, and scale will restart.

## 7. OPERATING INSTRUCTIONS

For detailed operating instructions, please visit <http://www.ihealthlabs.com/>, or FAQ in the application in iPod Touch, iPhone or iPad.

## 8. TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
No module name in iOS device	<i>It is normal, the Bluetooth Low Energy wasn't named in iOS device</i>	Please don't care.
Search scale unsuccessful	<i>Bluetooth</i> connect failed	Make sure the scale is turned on, Connect again. Restart the iPod Touch, iPhone or iPad.
The Bluetooth Signal in APP extinguish	<i>Bluetooth</i> connect failed	Re-enable the <i>Bluetooth</i> and restart the APP, if it is still not worked, restart the iPod Touch, iPhone or iPad
The APP displays “Timeout”	<i>Bluetooth</i> connect failed	Upload data again, if it is still not worked, re-connect the <i>Bluetooth</i>
No response when you operation or load batteries	Incorrect operation, or strong electromagnetic interference	Remove the batteries, and then re-install the batteries after one minute.
Low Battery indication “Lo” No power	Low battery	Check that batteries are installed correctly (correct polarity). If it still not works, please replace all four batteries.
Scale displays “Er 0”	Failed to initialize	Remove the batteries, and then re-install the batteries after one minute.
Scale displays “Er 1”	The current weight beyond the measurement range.	Please estimate your weight, do not let the scale measure the weight exceed 180kg.
Scale displays “Er 2”	The current weight is unsteady	Place feet in center of glass platform and stand still, allow scale to shut off completely after weighing. Do not move scale unnecessarily.
Scale displays “Er 4”	Connected failed between the scale and the iOS App	Keep your wireless access point in good condition, Remove the batteries, and then re-install the batteries after one minute.
Scale displays “Er 9”	FLASH access error	Remove the batteries, then re-install the batteries after one minute and re-test.



Scale displays “Er10”	Firmware update error	Check the “FIRMWARE UPDATE” sections of the instructions.
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## MAINTENANCE

1. Avoid high temperatures and irradiation. Do not immerse the scale in water as this will damage the scale.
2. If the scale is stored close to freezing point, allow it to acclimatize to room temperature before use.
3. Do not attempt to disassemble the scale.
4. Remove the batteries if the scale is not going to be used for 3 months or more.
5. Clean the scale with a soft damp cloth if it gets dirty. Do not use abrasive or solvent-based cleaners, and never immerse it in water.
6. The scale is essentially maintenance-free and requires no user intervention.
7. The device will maintain its safety and performance features for at least 3,000 measurements or two years of use.

## EXPLANATION OF SYMBOLS ON UNIT



Symbol for “THE OPERATION GUIDE MUST BE READ” (The sign background colour: blue. The sign graphical symbol: white)



Symbol for “WARNING” (The sign background colour: yellow)



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 “MANUFACTURER”



Symbol for “KEEP DRY”



Symbol for “Year of Manufacture”



Symbol for “COMPILES WITH RTTE 99/5/EC REQUIREMENTS”



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## WARRANTY INFORMATION

The guarantee is limited to the costs of material and shipping.

**SERVICE CENTER**

Distribute by iHealth Lab Inc.

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[www.ihealthlabs.com](http://www.ihealthlabs.com)