



EN ■ Bluetooth personal scale

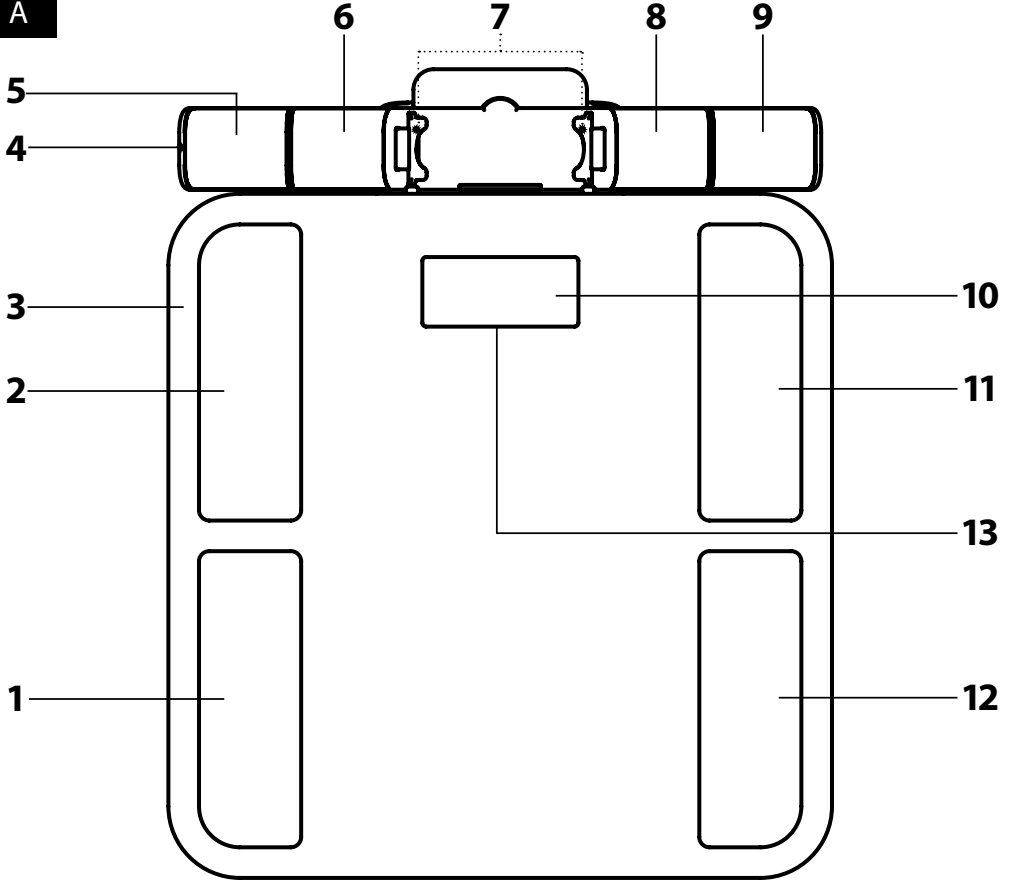
Translation of the original manual

SAFETY INSTRUCTIONS AND IMPORTANT NOTES

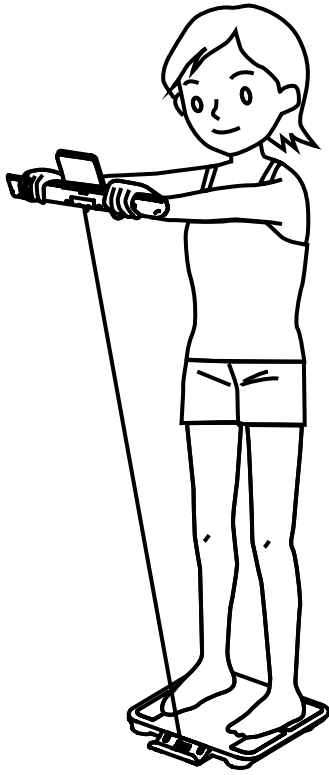
- The appliance is designed for use at home, in offices and similar types of areas. Do not use it for commercial, medical or other purposes.
- This appliance may be used by children and persons with reduced physical, sensory or mental abilities or with insufficient experience and knowledge if they are properly supervised.
- Children must be supervised to ensure that they do not play with the appliance.
- Do not use the appliance outdoors, do not locate it on unstable surfaces, on electric or gas cooktops, in the vicinity of an open flame or other sources of heat.
- Do not expose the appliance to direct sunlight or high humidity and do not use it in an excessively dusty environment.
- Make sure that the appliance is located on an even, smooth, hard and stable surface. This applies especially when using the appliance. Otherwise, this may result in weighing inaccuracies.
- Do not use the appliance in the vicinity of a strong electromagnetic field.
- Prior to stepping on the weighing platform, check that it not damp and that your feet are not wet. Otherwise, this presents a slipping hazard.
- Do not jump on the appliance and do not exceed its maximum weighing capacity. This may damage it.
- In the weighing with measurement and analysis of body parameters mode, it is necessary to stand on the weighing platform with clean bare feet, whilst both feet need to be positioned on the electrodes.
- The measured percentage share of bone, fat and muscle tissue and water in the body is only of an indicative nature. Please do not base medical diagnoses on these results. If the fat tissue percentage and hydration level differ significantly from the norm, we recommend consulting this condition with a medical doctor or a dietary consultant. For recommendations of suitable measures for achieving an optimal body weight, likewise consult your medical doctor or dietary consultant.
- Deviations in the measurement of the percentage share of bone, fat and muscle tissue and water in the body may be higher in persons older than 70 years of age and sports professionals.

- The measurement results may be distorted after intensive exercise, during extreme dehydration of the organism, or when you are on a drastic weight-loss diet.
- The measurement of the bone, fat and muscle tissue, and water percentage share in the body is not recommended for:
 - Persons with an implanted pacemaker or other medical implants;
 - Pregnant women;
 - Persons with oedema symptoms (swelling) or persons undergoing dialysis treatment.
- Children younger than 10 years of age and persons older than 100 years of age may only use the appliance in the weighing mode.
- Do not use the appliance as a place for placing items. Store it in a horizontal position and ensure that no items are placed on it.
- If you decide that you will not use the appliance for an extended period of time, remove the batteries. If the batteries were to leak into the inner area of the appliance, this could damage it.
- Always use new batteries of the same type. Never combine used and new batteries or various types of batteries. Never put the batteries in a fire, short circuit them or damage them in any way. Dispose of them ecologically at the end of their lifetime. Never throw batteries out with communal waste.
- Do not use rechargeable batteries to power this appliance.
- Keep the batteries out of children's reach as they may present a hazard to a child. In the event that a child swallows a battery, immediately seek medical help.
- Keep the appliance clean. When cleaning it, follow the instructions in chapter Cleaning and maintenance. Do not submerge the appliance under water or any other liquid and do not rinse it under running water.
- Do not repair the appliance yourself or make any adjustments to it. Have all repairs or adjustments performed at an authorised service centre. By tampering with the appliance, you risk voiding your legal rights arising from unsatisfactory performance or quality warranty.

A



B



EN Bluetooth personal scale

User manual

- Prior to using this appliance, please read the user manual thoroughly, even in cases where you have previously familiarised yourself with the operation of similar types of appliances. Only use the appliance in the manner described in this user manual. Keep this user manual in safe place where it can be easily retrieved for future use. We recommend saving the original cardboard box, packaging material, purchase receipt and responsibility statement of the vendor or warranty card for at least the duration of the legal liability for unsatisfactory performance or quality. In the event of transportation, we recommend that you pack the appliance in the original box from the manufacturer.

DESCRIPTION OF THE APPLIANCE

- | | |
|--------------------------------------|--|
| A1 Bottom left electrode | A10 LCD display |
| A2 Upper left electrode | A11 Upper right electrode |
| A3 Scale | A12 Lower right electrode |
| A4 Handle | A13 Bluetooth icon |
| A5 Outer left hand electrode | Weight unit selection switch |
| A6 Inner left hand electrode | (located on the underside of the scale, not shown) |
| A7 Smartphone holder | |
| A8 Inner right hand electrode | |
| A9 Outer right hand electrode | |

PRINCIPLE OF THE MEASUREMENT OF THE BONE, FAT AND MUSCLE TISSUE, AND WATER PERCENTAGE SHARE IN THE BODY

- This personal scale is equipped with function for measuring and analysis of bodily parameters. Measurement of the bone, fat and muscle tissue, and water percentage share in the body is based on the bioelectrical impedance analysis (BIA) method. The BIA method enables the determination of these values on the basis of electrical resistance of human tissue that is measured using weak electrical impulse. The percentages are calculated based on differences in the electrical resistance of the individual tissues. The measured values cannot be added up.
- The metal electrodes on the scale **A3** and on the handle **A4** serve to send an electrical impulse and to sense its response. They are arranged to enable the measuring circuit to be complete when both hands and feet are standing on the scale.

POWER SOURCE

- This scale also comes with four type AAA 1.5 alkaline batteries. The batteries are already installed in the battery compartment located on the underside of the scale, however, during transport they are protected by an insulating strip to prevent them from discharging before reaching the end customer and damaging the appliance. To use the scale, remove the insulating strip.
- When the LCD display shows "LO", it is necessary to replace both batteries with new ones.
- Remove the battery compartment cover and take out the flat batteries. Insert new batteries of the same type. Ensure correct polarity as shown at the bottom of the battery compartment and put on the cover.

USING THE SCALE

- Place the scale on an even, smooth, hard and stable surface. Do not place it on carpet or any other soft surface, otherwise the measurement results may be inaccurate.
- When weighing yourself, stand still and do not lean. In order to collect comparable results, it is recommended to weigh oneself at the same time of day. The weighing results may be influenced by various factors, e.g. the clothing that is worn or the food and drink that you consume before weighing yourself.
- Measuring weight together with the body parameter analysis must be done barefoot. Both the feet and hands must be placed on the electrodes.

Weight unit selection

- The weight unit selection switch is located on the underside of the scale. Select the required weight unit: kg – lb – st.

Weighing mode

- The scale is equipped with an auto start function that is activated when the scale is stepped on. Stand with both feet on to the scale **A3** and wait until your current weight appears on the display **A10**. The displayed weight will flash once and then after few moments the scale will turn off automatically.

Weighing mode with measurement and analysis of body parameters

- In order to perform weighing with measurement and analysis of body parameters, it is necessary to first install special application on to your smartphone. Proceed according to the instructions in chapter "Downloading and using the mobile application" in another part of the user manual.

1. Insert the smartphone with the installed application into the holder **A7** in the handle **A4**.
2. Gently tap on the scale **A3** to light up the display.
3. Grab the handle **A4** with both hands, turn it outwards and pull out the handle **A4**. Inside the handle **A4** there is slide-out cable system with an automatic wind-up, which will enable you to slide out and tilt the handle into your required height and direction.

4. Open the application in your smartphone.
5. Stand on the scale barefoot so that your feet are touching all the electrodes on the scale **A3**. Hold the handle **A4** with both hands. It is important that your palms are touching all the electrodes on the handle **A4** while having your arms extended at 90 ° angle from your body - see figure **B**.
6. Wait moment until your weight and the complete body parameter analysis appears on the display of the smartphone.
7. The data in the application will automatically be assigned to the right person and saved in the smartphone memory.
8. The scale will turn off automatically as soon as the weighing process is finished.
9. Carefully step off the scale. Take the smartphone out of the holder **A7**.
10. Slowly and carefully put the handle **A4** downwards towards the scale. The system will automatically wind the cable into the inner compartment underneath the handle **A4**. As soon as the cable is almost wound up, secure the handle **A4** in the scale. Correct attachment is indicated by click.



Warning:

Under no condition drop the handle **A4** while standing on or next to the scale in order to wind cable back up into the scale. There is risk of injury or damaging the appliance.

Downloading and using the mobile application

- This scale enables the storing of and searching for measurement results using mobile application. The measured values are transferred to mobile device using Bluetooth technology.

1. Downloading the application

You can download the application on to your smartphone using the QR code below or depending on your operating system, download it from the App Store / Google Play, app name: "Sensor Health".

2. Bluetooth settings

Check that you have the Bluetooth function activated – find more information in the user manual of your smartphone. Turn on the scale by tapping on it in the middle.

3. Creating new user

Open the application and tap on "Body Monitor". Stand on the scale. The connection is successfully completed when the display of the smartphone shows the same values as shown on the scale. Tap on "Link" to confirm the connection. Enter your name and enter the main interface.

4. Using the application with the scale

Open the application and tap on the scale **A3** to light up the display. As soon as the connection is made, the smartphone will show the message "please step on the scale".

Step on the scale and weighing will start. Follow the instructions in section "Weighing mode with measurement and analysis of body parameters". After approximately 30 seconds, the weighing and bodily parameter analysis results will appear on the smartphone display, and be assigned to the user and automatically be saved to the smartphone memory. Additional information is available directly in the application.

5. System requirements

Bluetooth version: 4.0 and higher
iOS: iPhone 4S and higher, iOS 6.0 and higher
Android: Android 4.3 and higher



Troubleshooting

- It is not possible to display the measured date on the smartphone:
 - Check that the Bluetooth icon **A13** is lit.
 - Check that you have activated the Bluetooth function in your smartphone.
 - Check that you are within the Bluetooth signal range.
 - Reopen the application.
 - Turn the Bluetooth function off and then on again, and renew the connection with the scale.
- Connection failed.
 - Check that only single Bluetooth device is connected to the scale.
 - that the Bluetooth version on your device is 4.0 or higher.
- The display **A10** on the scale is off.
 - Check that the batteries are not flat and replace them with new ones if necessary.
 - Contact an authorised service centre.

Automatic shut off

The scale will turn off when it is idle for longer than several minutes.

Error messages

Error message	Meaning	Solution
Err	Overload	The maximum weighing capacity of the scale is exceeded. Carefully step off the scale.
Lo	Low battery power level.	Replace the batteries with new ones.
C	Repeat measurement	An error occurred during measurement. Step off the scale and repeat the measurement.

CLEANING AND MAINTENANCE

- To clean the scale, use soft sponge lightly dampened in warm water. Wipe dry using clean wiping cloth.
- For cleaning, do not use steel wool, cleaning products with an abrasive effect, solvents, etc. Otherwise, the surface of the appliance may be damaged.
- Do not submerge the scale under water or any other liquid and do not rinse it under running water.

TECHNICAL SPECIFICATIONS

Power source..... 4x 1.5V type AAA batteries
Weighing capacity 180 kg / 400 lb / 28 st
Weighing precision..... 100 g / 0.2 lb
Unit selection..... kg / lb / st

We reserve the right to change the text and technical specifications.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of used packaging material at site designated for waste in your municipality.

DISPOSAL OF USED BATTERIES



Batteries contain environmentally damaging compounds and, therefore, do not belong in standard communal waste. Hand over used batteries for proper disposal at locations intended for their collection.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



This symbol on products or original documents means that used electric or electronic products must not be added to ordinary municipal waste. For proper disposal, renewal and recycling hand over these appliances to determined collection points. Alternatively, in some European Union states or other European countries you may return your appliances to the local retailer when buying an equivalent new appliance.

Correct disposal of this product helps save valuable natural resources and prevents potential negative effects on the environment and human health, which could result from improper waste disposal. Ask your local authorities or collection facility for more details.

In accordance with national regulations penalties may be imposed for the incorrect disposal of this type of waste.

For business entities in European Union states

If you want to dispose of electric or electronic appliances, ask your retailer or supplier for the necessary information.

Disposal in other countries outside the European Union.

This symbol is valid in the European Union. If you wish to dispose of this product, request the necessary information about the correct disposal method from the local council or from your retailer.



This product meets all the basic requirements of EU directives related to it.

SENCOR hereby declares that radio device model number SBS 8800BK is in compliance with Directive 2014/53/EU. The full wording of the EU Declaration of Conformity is available at the website: www.sencor.eu.