

iHealth[®] Fit

Smart Body Composition Scale

QUICK START GUIDE



INTENDED SCALE USE

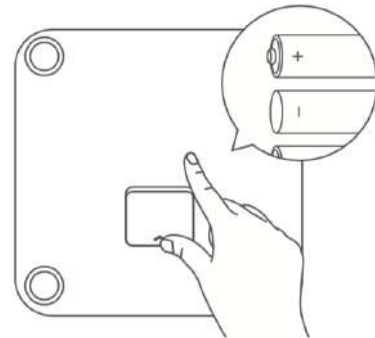
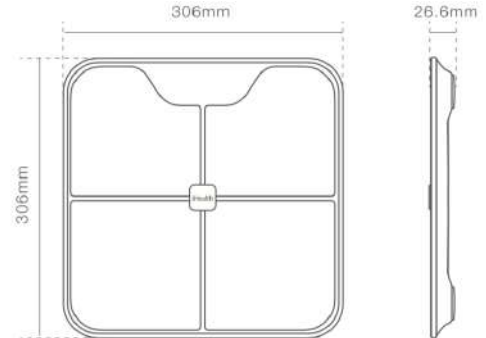
The iHealth Fit is a precision electronic instrument intended for adult use. The scale utilizes ITO Thin Film Technology and pressure sensors to seamlessly evaluate body composition values. The results are displayed and stored on either your iOS or Android devices in conjunction with the date and time of the reading.

IN THE BOX

- 1 x iHealth Fit
- 4 x 1,5V AAA Batteries
- 1 x Quick Start Guide

SETUP

- 1** Install the 4 AAA batteries provided onto the battery compartment. Be sure to orient them according to the + and - images shown in the battery slots.



If you receive your iHealth Fit Scale as a part of a healthcare maintenance program, please consult your physician or provider prior to or during use. Otherwise, follow the necessary steps to download and utilize the iHealth Fit with the iHealth MyVitals app available in the App Store or the Google play.

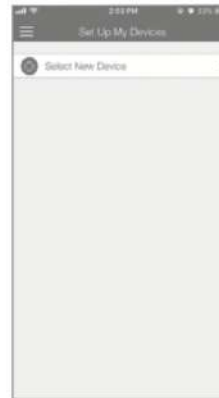
2

Download the iHealth MyVitals app from the App Store or the Google play. Follow the on-screen instructions to register and set up your iHealth ID.



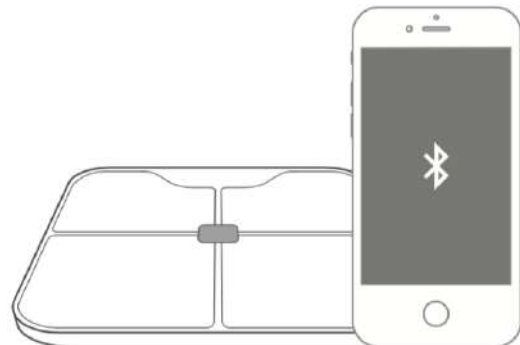
3

On iHealth MyVitals app, go to „Set Up My Devices“, „Select New Device“ and choose „Scale“ then „Nexus/Fit (HS2S)“.



4

Please make sure your phone's Bluetooth is enabled and follow the instruction displayed on the app.



5

After the connection is established, take a measurement by standing barefoot on the scale. Being barefoot is required for the bio-impedance sensors to be able to take measurement and give your body composition metrics.

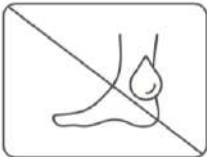


NOTE

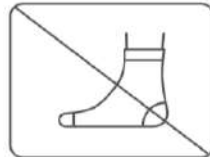
Measurements are taken on lower body and values are extrapolated for entire body. Your weight is measured by sensors placed in the scale. Your body fat, lean mass, muscle mass, bone mass, body water, Body Mass Index (BMI), Daily Calorie Intake (DCI) are calculated with the measurement of the impedance of your lower body.

Your visceral fat rating is estimated based on previous values.

TIPS



No wet feet



Don't wear socks



Don't keep your knees together

NOTE

1. Place the iHealth Fit on a hard, flat surface during use. Using the scale on a soft surface like carpet or linoleum may impact the accuracy of measurement.
2. Please ensure that the personal information entered into the iHealth app is correct in order to get the most accurate results.
3. If the iHealth Fit is shared by users with similar weights, make sure that the phone's Bluetooth is enabled and the scale is nearby. If the scale is not connected to the iHealth app, data may not be recorded accurately.

4. The user can set the „Weight-Only“ in the iHealth app.
5. If being used as a medical device, please consult your physician for usage guideline.
6. Please consult your physician prior to using the iHealth Fit scale if you are under 18 years of age, over 65 years old, pregnant, or suffering from Osteoporosis, edema, or artificial Dialysis.
7. Regular monitoring of your results is more representative than an isolated value.

LED DISPLAY



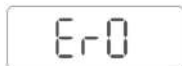
Abnormal electrical impedance measurement.



The battery is low, please replace with new battery as soon as possible.



The battery is running out, please replace with new battery.



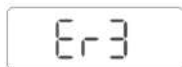
Connection error with weight measurement module.



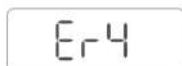
Weight not in supported range.



Unstable measurement.



Flash access error.



Firmware update error.



Connection error with app.

SPECIFICATIONS

1. Product name: iHealth Fit
2. Model: HS2S
3. Product size: 306 x 306 x 26,6 mm
4. Product weight: 4,08 lbs, 1,85 kg
5. Classification: internally powered, type BF applied part (four electrodes)
6. Power: 4 x 1,5V AAA batteries
7. Display units: lb / kg
8. Compatibility: Android 5.0+, iOS 9.0+
9. Measurement range:
Body Weight: 11 lb – 400 lb / 5 kg – 180 kg
Body Fat: 5,0 % – 65,0 %
Scale resolution: 0,1 lb / 0,1 kg
10. Accuracy:
Body Weight: $\pm 1,1$ lb / 0,5 kg (11 – 110 lb / 5 – 50 kg)
Body Fat: 5,0 % – 65,0 %
11. Operating temperature: 41 °F – 104 °F (5 °C – 40 °C)
12. Operating humidity: 20 – 85 % RH
13. Storage and transport temperature: -4 °F – 131 °F (-20 °C – 55 °C)
14. Storage and transport humidity: ≤ 90 % RH

WARNING

Please consult your Physician prior to use if you have any of the following*:

1. Medical electronic implants such as pacemakers.
 2. Artificial heart / lung or other electronic life support systems.
 3. Portable electronic medical devices such as electrocardiographs.
- * The iHealth Fit scale could cause these devices to malfunction, and thereby pose a considerable health risk to users of these devices.

GENERAL SAFETY & PRECAUTIONS

1. Do not stand on the edge of the scale, as you may fall over or influence the accuracy of the measurement.

2. Do not use the scale on a tiled or wet floor, as this may result in a fall.
3. Make sure the surface of the Scale is clean and dry before you step onto it, to prevent any slippage.
4. 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 break the electronic sensors, cause injury, or result in inaccurate measurements.
5. Avoid using this scale near strong magnetic fields, such as microwave ovens, etc.
6. This device complies with part 15 of the FCC Rules. Its 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 of the device.
7. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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 to 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.
8. This device contains licence-exempt transmitter(s) / receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following conditions:
 - (1) This device may not cause interference.
 - (2) This device must accept any interference received, including interference that may cause undesired operation of the device.
 9. This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

10. Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than necessary for successful communication.
11. Bluetooth associated logos are registered trademarks owned by Bluetooth SIG, Inc. and may use of such marks by iHealth Labs, Inc. is permitted under license.
Other trademarks and trade names are those of their respective owners.

CARE & MAINTENANCE

1. Avoid high temperatures and irradiation.
2. If the scale is stored close to freezing point, allow it to acclimate to room temperature before use.
3. Remove the batteries if the scale is not going to be used for 3 months or more.
4. Clean the scale with a soft damp cloth. Do not use abrasive or solvent-based cleaners, and never immerse it in water.
5. The scale will maintain its safety and performance features for at least 10 000 measurements or two years of use.

WARRANTY INFORMATION

The iHealth Fit is warranted to be free from defects in materials and workmanship appearing within 2 years from the date of purchase for Europe and 1 year for USA and Canada, when used in accordance with the instructions provided. The above warranties extend to the original purchaser of the device. We will, at our option, repair or replace without charge any product covered by the above warranties.

EXPLANATION OF SYMBOLS ON UNIT



Refer to the User Manual.



Warning



Please recycle where facilities exist. Waste electrical products should not be disposed of with household waste. Check with your local authority or retailer for recycling advice.



Keep dry.



Manufacturer



Hereby, [iHealth Labs, Inc.], declares that this [HS2S] is in compliance with the essential requirements and other relevant provisions of RED 2014/53/EU. RED 2014/53/EU declaration of conformity can be downloaded on the following link:
<https://ihealthlabs.eu/fr/content/189-DoC-RED>

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