



LITE HS4s Wireless Scale

1 Device Installation

1. Pull out the tab for battery protection at the back of battery compartment.
 2. Download the free iHealth MyVitals app from the App Store.
 3. Open the iHealth MyVitals app and log in or create an account.
 4. Go to MENU > Set up my devices > Select a new device > Scales > Lite (HS4S) and follow the instructions on the screen.
- Tap the scale to turn it on. Make sure that Bluetooth is activated on your smartphone.
 - The Bluetooth icon displays on the scale once the connection is established.
 - The date and time of the scale are automatically updated when connected to your smartphone.

2 Connecting to SNUG

1. Download Snug from the Google Play or Apple App Store and create your Snug account
2. Access "My Devices" through the app menu in the top left-hand corner
3. Select "Add a data source", choose "Human API", then press "Okay"
4. Choose "iHealth", add your iHealth account email and password (created in Step 1), then "Sign In"
5. Once Human API has processed, you can close this window manually to return to Snug
6. "iHealth" will appear in your list of Data Sources
7. Allow up to 30 minutes for data to flow into Snug from iHealth
8. For any connectivity issues contact support@snughealth.com.au

