‣ **Welcome**

Congratulations on your new iHealth Wireless Scale Lite with *Bluetooth*® Smart Ready technology. This Scale tracks your weight and BMI and, along with the free companion "iHealth MyVitals" app, can help you stay motivated and reach your weight goals.

‣ **Mobile Device Compatibility**

Works with the following devices:

iPhone 4S+
iPad 3+
iPad Mini+
iPad Air+
iPod Touch (5th generation)
Select Android devices

Requires iOS version 7.0+ or Android version 4.0+

Please note that the compatible devices are subject to change. For the latest compatibility list, visit www.ihealthlabs.com/support

‣ **Companion Mobile App**

Scan the QR code to download the free "iHealth MyVitals" companion app or directly from the Apple App Store or the Google play. Follow the on-screen instructions to register and set up your iHealth ID.

iHealth

‣ **Access iHealth Cloud**

Upon setting up your iHealth ID, you will also have access to a free, secure iHealth cloud account. Go to www.ihealthlabs.com, then click on "Sign In" to access your cloud account from a PC or Mac using your iHealth ID.
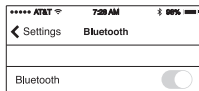
‣ **Install the Batteries**

Open the battery compartment on the bottom of the scale and remove the yellow tab. The batteries should last approximately 3 months if measuring twice a day.

‣ **First Time Use**

For your first weigh-in, follow these steps to ensure the Scale and the app are connected and that the date and time synchronize correctly.
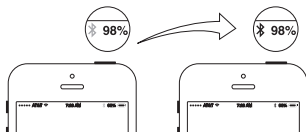If you have an iOS device:
1. Enable the *Bluetooth* on your mobile device (Settings->*Bluetooth*->On).

2. Tap the Scale to turn it on.

3. Launch the app to initiate the connection. The *Bluetooth* icon on your device will light up and stop flashing when a successful connection is established. You will also see the *Bluetooth* icon on your Scale lights up. The Scale is now connected and ready for your weigh-in.

If you have an Android device:

Go to Settings, and turn on the *Bluetooth* . You may need to press "Scan" or "Search" to find the Scale.

"iHealth HS4Sxxxx" and "Not Paired " should appear on the device list momentarily. Select the scale name "iHealth HS4Sxxxx" to pair and connect. If the connection is successful, you will see "Connected" appear on the device screen.

‣ **Your Next Weigh-in**

Subsequent daily weigh-ins can be taken without being connected to your mobile device, as your weight data is stored in the Scale and uploaded to the app upon your next connection. Real-time weight results are viewable in the app if the Scale is connected to your mobile device and the app is running when your weigh-in occurs.

‣ **Software updates**

From time to time, the Scale's firmware will be updated to enhance performance. When a software update is available, a notification message will appear in the app. Complete the following steps to install the update:

❶ Follow steps in the "First-time Use" section.

❷ You will see a notification message in the app asking for permission to proceed. Select "Yes".

❸ The update will begin to download. You will see a cursor on the scale display moving from left to right. The scale will display "0.0" when the update is complete.

Visit http://www.ihealthlabs.com (for US) or http://www.ihealthlabs.eu (for EU) to obtain additional product information.

For Customer Service, please call +1(855) 816-7705 (USA) or +33(0) 1 44 94 04 81 (EU).