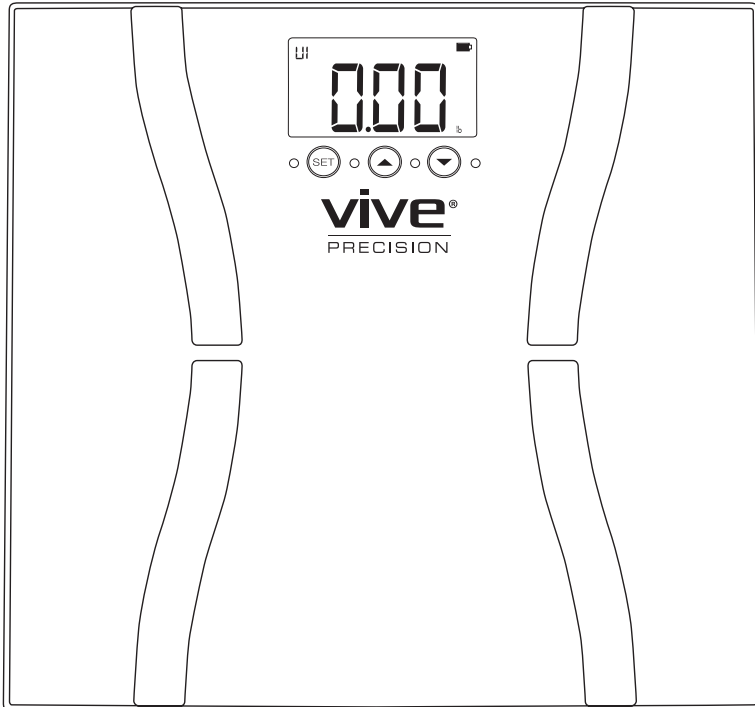


vive®

# BODY FAT SCALE

User Manual

DMD1011



[vivehealth.com](http://vivehealth.com)

## WHAT'S INCLUDED

- 1x Body Fat Scale
- 2x CR2032 Lithium Batteries
- Two-Year Warranty

## WARNING

- Please do not use this body fat scale if you are pregnant or have a pacemaker.
- To ensure your safety as well as the service life of your scale, avoid jumping onto the platform with wet feet as this may cause injury.
- Avoid storage in extreme temperatures, direct sunlight, dust, or salt air.
- Avoid locations of potentially shocking or dropping the scale.
- Avoid storage near chemicals.
- Out of Reach of Infants or small children.
- Make sure scale is on a hard flat surface. Carpets or rugs will affect performance of the scale.
- Always start measurement in the same time slot and on the same scale location on the same flat, hard surface to record accurate results.
- Avoid measurement after exercise, bathing, sauna, jacuzzi, dining and drinking.

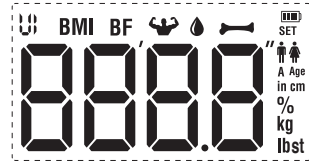
## SPECIFICATIONS

- **Dimension:** Scale: 11.75" x 11.75" x .075"
- **Net Weight:** Approximate 3.5lbs
- **Display:** Digital LCD with Blue Backlight - 2.875"(L) x 1.5"(W)
- **Measurement Unit:** Pound / Kilogram / Stone
- **Maximum Capacity:** 400 lb / 180 kg / 28st
- **Graduation:** 0.1kg / 0.2lb/1lb
- **Working Environment:** Temperature: 5C-40C to 40F-104F Humidity: ≤90% RH
- **Storage Environment:** Temperature: -20C to 60C / -4F to 140F
- **Power Source:** 6V (Two CR2032 Batteries)
- **Auto-ON:** SENSE ON technology
- **Auto-OFF:** The scale will turn off after about 10s if there is no operation.

## SCREEN SPECIFICATIONS

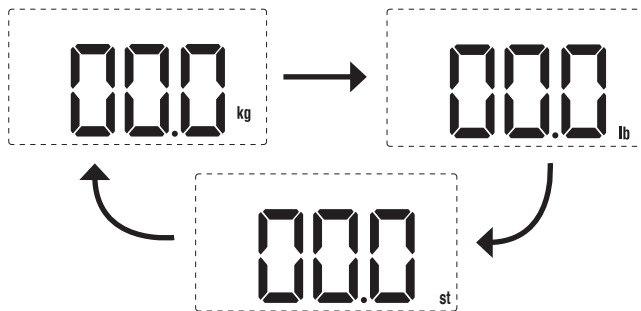
- **Overload Indication:** Err
- **Low Battery Indication:** Lo
- **Zero Indication:** ----

- High Body Fat Indication: ErrH
- Low Body Fat Indication: ErrL
- Height Range: 100-240cm / 3'3" - 7'10"
- ( Age ) Age Range: 10 - 80 years old
- ( U ) Number of Users: U1 - U8; 8 Users
- ( M or MA ) Male (Normal) or Male Athlete (Exercises 3-4 times/week)
- ( F or FA ) Female (Normal) or Female Athlete (Exercises 3-4 times/week)
- ( BMI ) Body Mass Index Parameter
- ( BF ) Measuring Body Fat Range: 5% - 50%
- ( M ) Measuring Muscle Mass Range: 10% - 80%
- ( W ) Measuring Water Weight Range: 10% - 80%
- ( B ) Measuring Bone Mass Range: 0.5kg - 8.0kg



## SELECT MEASUREMENT UNIT

Press the UNIT button on the back of the scale to select measuring unit (kg/lb/st). The default unit is pounds (lb).



**Note:** When using the scales for the first time, or when changing their position or location, they should be restarted twice and should be free of objects to ensure accurate measurements. This is for calibrating the scale on a firm, flat surface. If you do not perform these measures, measurements may be incorrect.

## INITIALIZING YOUR SCALE

You must enter user parameters in order to measure your body fat percentage and other physical data. Now you can enter the following settings.

User Position	U1 - U8
Body Height	100 - 240cm / 3'3" - 7'10"
Age	10 - 80 Years
Gender	Normal Male (♂) or Athletic Male (♂ A), Normal Female (♀) or Athletic Female (♀ A)

1. Press **SET** to turn scale ON, then again to enter settings.



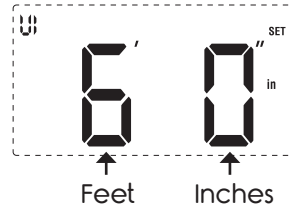
2. Press **▲** or **▼** to change the user number (U1 - U8). Press **SET** for confirmation.



3. Press **▲** or **▼** to choose Male (♂) or Female (♀) or Male Athlete (♂ A) or Female Athlete (♀ A). Press **SET** for confirmation.



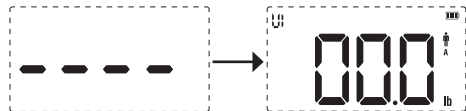
4. Press **▲** or **▼** to change the height. Press **SET** for confirmation.



5. Press **▲** or **▼** to change the age. Press **SET** for confirmation.



6. When finished you will see the following displayed. Scale is ready for use.



## START MEASURING

1. Place the scale on a hard flat surface.
2. Stand bare foot on the scale, make sure to have contact with the 2 metal electrodes on each foot.

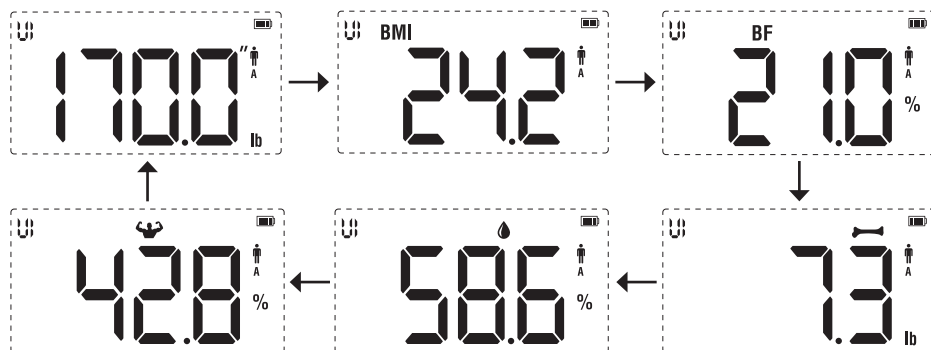
3. Your weight will be displayed first.



4. Then, 4 "0" disappear one by one from left to right.



5. The measurements will be on display one by one, BMI, body fat, muscle mass, water weight, bone mass, and weight. The results will be displayed twice before shutting off.



6. At last, it will display the user information which can let the user confirm the information again. After the display, the scale will turn off automatically.

**Note:** The scale has a step-on function. Step bare feet onto the scale. Stand still with your weight distributed evenly on both legs. The scale will start measuring your weight immediately and a short time after will display your weight. When you step off the scale it will turn off after a few seconds.

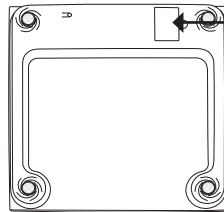
## USER DETECTION FEATURE

Your body fat scale includes a feature that detects which user you are. If there are two pre-set users that have similar weights, the scale will prompt you to select which user you are. This is important because an accurate BMI calculation requires Gender, Age, and Height. If a different user is selected, the results of the BMI calculation may be skewed.

To select the correct user when the user detection feature is triggered, simply press the Up or Down arrow that corresponds with your preset user number.

## REPLACING BATTERIES

1. Simply remove battery door on the back and remove old batteries.
2. Replace with 2x CR2032 Lithium Batteries.



Battery Door

2x CR2032 Lithium Batteries

## MAINTENANCE

1. Use a dry soft cloth to wipe off dust, then damp the cloth with either water or mild detergent. Do not submerge or immerse scale in water.
2. Wipe clean with a dry, soft cloth.

## EVALUATION OF THE RESULTS

### Body Mass Index

	Low	Normal	High	Very High
BMI	<18.5	18.5-25	25-30	>30

### Body Fat Analysis (Unit %)

Age	Female				Male			
	Low	Normal	High	Very High	Low	Normal	High	Very High
10 - 39	<21	21-33	33-39	>39	<8	8-20	20-25	>25
40 - 59	<23	23-34	34-40	>40	<11	11-22	22-28	>28
60 - 80	<24	24-36	36-42	>42	<13	13-25	25-30	>30

### Muscle Mass Analysis (Unit %)

Gender	Female	Male
Normal	>34%	>40%

**Water Weight Analysis (Unit %)**

Age	Female			Male		
	Low	Normal	High	Low	Normal	High
10 - 15	<57	57-67	>67	<58	58-72	>72
16 - 30	<47	47-57	>57	<53	53-67	>67
31 - 60	<42	42-52	>52	<47	47-61	>61
61 - 80	<37	37-47	>47	<42	42-56	>56

**Bone Mass Analysis (Unit lb)**

Gender	Female			Male		
Weight	<110	110-165	>165	<143	143-209	>209
Bone Mass	4.3	5.3	6.5	5.9	7.3	8.1

# ACTIVATE YOUR GUARANTEE



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If you did not purchase through [vivehealth.com](http://vivehealth.com), please register at [vivehealth.com/register](http://vivehealth.com/register) to validate your guarantee.

Product Code: DMD1011



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Monday - Friday 9am - 5pm EST