

vive[®]
PRECISION



DIGITAL HEART RATE SCALE

Owner's Manual
DMD1041

vivehealth.com

Thank you for choosing our product. Please read the instruction manual carefully before use and keep it for future reference.

The Heart Rate ITO Scale measures body weight, heart rate, BMI, body fat percentage, water content, V-fat, bone mass, and metabolism. It uses ITO glass coating to accurately take these measurements.

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Precision Digital Heart Rate Scale as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place check out vhealth.link/jxo

HOW TO INSERT THE BATTERIES

1. Lift up the scale and flip it over so that the feet are facing up.
2. Locate the battery cover and pop open the cover.
3. Insert four AAA batteries according to polarity.
4. Put the battery cover back in place and snap closed.



OPERATION



For initial setup instructional video check out vhealth.link/riv

Measuring Body Weight

Without connecting to your smart device, the scale measures body weight and heart rate.

Follow these steps to measure body weight and heart rate:

1. Place the scale on a hard, flat surface. Do not use on soft surfaces, such as carpet. Turn on the scale so that the display shows "00.0".
2. Step onto the scale platform carefully. Stand as still as possible until the weight reading is shown and locked on the LCD screen.



3. Without further movement or operation, the scale will automatically shut off.

Connecting to Your Smart Device

When connected to your smart device, the scale will measure body weight, BMI, body fat, muscle, water, v-fat, bone mass, heart rate, and metabolism. Follow these steps to connect to your device:

The Vive Precision app is available for download on the Apple Store or Google Play store. The app is compatible with iOS and Android devices (iOS version 8.0 or higher, Android version 5.0 or higher).

Before connecting to the Vive Precision app, ensure that the batteries are inserted correctly.

1. Download the Vive Precision app.
2. Sign up to create an account, or sign in if you already have an account.
3. Step lightly on the device to activate the smart device capabilities of the device, then wait for the screen light to switch on.
4. Select the menu icon.
5. Select "Device Setup".
6. Select "Add" to choose your scale and begin the pairing process. Follow the presented steps to successfully connect your device.

Note: Ensure that you have accurately entered your basic information, including gender, date of birth, and height, during sign-up. This information will impact the accuracy of your health and fitness data.

Units

Open the battery compartment to find the button to change units. The default unit is pounds. Press once for stone. Press twice for kilograms. Press again to return to pounds.

- The available weight measurements are kilograms, pounds, and stones.

Measure

- Put the scale on a hard, flat surface. Turn on the scale so that the display shows "00.0".
- Step onto the platform of the scale with bare feet. Stand as still as possible until the weight reading appears and locks on the display.
- Wait until the measurement data is shown in the app.
- For the best results, complete the measurement process in this order: Weigh - Analyze - Test Complete.

Error Messages

Overload or Measure in Error:

The LCD screen will show "oL" when the maximum capacity (approximately 400 lbs./180 kgs.) of the scale has been exceeded. To avoid damage, remove the weight from the scale.

Low Battery:

The LCD screen will show "Lo" when the battery is low. Open the battery cover, remove the old battery, and reinsert a new battery according to polarity marks.

CARE

- To clean the scale platform, use a soft cloth with alcohol or glass cleaner. Do not use soaps or chemicals to clean the scale.
- Keep the scale away from water, heat, and extreme cold.

CAUTIONS

The Vive Precision heart rate scale should not be used if you have an implanted medical device such as a pacemaker, metal plates, screws or a contraceptive appliance. It is also not suitable for pregnant women or small children.

- The scale is slippery when wet. Ensure that the scale platform and your feet are completely dry before use. Never step onto the scale platform with wet feet.
- Remove all shoes and socks before stepping onto the scale so that your bare feet touch the electrodes when measuring body weight, BMI, body fat, muscle, water, v-fat, bone mass, and metabolism.
- If the scale malfunctions, start by checking the batteries and replacing them if needed.
- Never jump, stomp, roughly handle, or disassemble the scale, as it's a high-precision measuring device. Handle it carefully to avoid damage when moving it.
- The scale is designed for home use only and isn't suitable for professional use. body weight, BMI, body fat, muscle, water, v-fat, bone mass, heart rate, and metabolism measurements are for personal reference only.
- Contact a doctor prior to starting any diet or exercise regimen.

SPECIFICATIONS

1. **Maximum Capacity:** 396lbs./180kgs.
2. **Auto On and Auto Off Remark:** The scale will automatically switch on when weight of 10 lbs. or more is placed on it.
3. **Measurement:** Body weight, body fat, heart rate, BMI, muscle, water, v-fat, bone mass.
4. **High Precision Strain Gauge Sensor System and High Performance CPU:** Ensure accuracy.
5. **Low Battery and Overload Indication:** Inform user when battery is low or when too much weight is placed on the scale.
6. **Battery Power:** The scale uses four AAA batteries. For the first time use, open the battery cover and insert the batteries according to polarity marks. If the scale fails to operate, remove the batteries completely and reinsert them.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/jxo for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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 1-800-487-3808

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