

GoWISEUSA®

Instruction Manual

DIGITAL BODY FAT SCALE
GW22027



WWW.GOWISEPRODUCTS.COM

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Product Specifications

Specifications

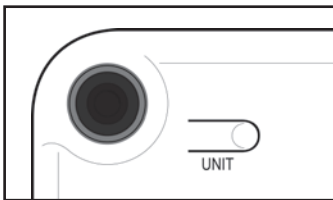
- Uses Bioelectrical Impedance Analysis (BIA) to determine body fat
- Weight Capacity: 180 kg/400lb/28 st: 5 lb
- Weight Graduation: kg: 0.1 kg/lb: 0.2 lb/ st: 0.2 lb
- Body Fat Graduation: 0.1% (in the range of 5% - 80%)
- Height Range: 3' 3.5 - 7' 2.5" (100-220 cm)
- Age Range: 10 - 85
- Measures weight, body fat, water, muscle, bone
- 8 - user memory
- Auto "step on" for weight only for touch key to turn on; Auto off
- Function keys: <, SET, >
- UNIT function key (underside of scale) to set unit option: kg/lb/st:lb
- Athlete Mode
- Unique design with hanging hole
- Operates on 4x AAA batteries

LCD Display



Symbol	Description
	male
	female
	athlete
	underfat
	healthy
	overfat
	obese

Unit Measurements



(backside of scale)

Pressing the unit button located on the backside of the scale repeatedly will switch between kilograms, pounds, and stone unit measurements.

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Important Information

The GoWISE USA Digital Body Fat Scale GW22027 offers a seamless way to manage your health. Please be aware that this device is designed for healthy individuals to self-measure and self-monitor body compositions. This device is a personal monitor and should be used in a consistent manner for the most accurate measurements. While measurements of this scale may differ from other measurement devices (hydro-densitometry or hand-held calipers), the changes in body fat percentage shown by this product are reflected accurately. Any information provided by this device is in no way meant to treat, cure, or prevent any disease or illness. **If in doubt, please contact your physician.**

This device is **NOT** recommended for use by the following:

- Individuals who are, or may be pregnant
- Individuals who are connected to a wearable or implantable electronic device or instrument, such as a pacemaker or defibrillator
- Individuals who are acutely or chronically ill (Suffering from a disease or taking medication can affect water levels.)

It is suggested that you contact your physician before use. Please use this device according to it's user manual. Any misuse can cause electric shock, burns, fire, and other unexpected hazards and injuries, and void warranty. This scale is FDA approved and ETL certified.

GoWISE USA Body Fat Scale and Your Body

How does the GoWISE USA Body Fat Scale work?

This scale uses Bioelectrical Impedance Analysis (BIA) technology which passes a small electrical current through the body to estimate the body fat mass, total body water, muscle mass, and bone mass. This electrical current is small, and it cannot be felt. Contact is made with the body through the steel pads on the platform of the scale.

Body Fat - What does it mean?

The human body is made up of, among other things, a percentage of fat. Body fat is an important component of a healthy and functioning body because it protects vital organs, helps regulate body temperature, stores vitamins, and helps the body sustain itself when food is scarce. However, too much or too little body fat can cause damage to your health. Therefore, it is important to monitor your body fat percentage.

Ideal body fat content is NOT the same for all people. Some variables such as age, sex, and heredity can determine the right body fat percentage for you. **Consult your physician to determine what is most ideal for you.**

Standard for Men

Standard for Women

Rating	Age				Rating	Age			
	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
low	<13%	<14%	<16%	<17%	low	<19%	<20%	<21%	<22%
Normal	14-20%	15-21%	17-23%	18-24%	Normal	20-28%	21-29%	22-30%	23-31%
Moderately High	21-23%	22-24%	24-26%	25-27%	Moderately High	29-31%	30-32%	31-33%	32-33%
High	>23%	>24%	>26%	>27%	High	>31%	>32%	>33%	>34%

Important Note:

Body fat percentage will vary with the amount of water in the body and can be affected by dehydration or over-hydration. Both can occur with alcohol consumption, menstruation, illness, intense exercise, etc. Also, body fat percentage gives a better measurement of fitness than weight loss

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GoWISE USA Body Fat Scale and Your Body (continued)

alone. The composition of your weight loss could mean you are losing muscle mass rather than fat. Even if you have a “normal weight”, your body fat percentage can read high.

Body Water - Why measure it?

Body water is the single most important component of body weight. It represents over half of your total weight and almost 2/3 of your lean body mass (predominantly muscle).

Water performs a number of important roles in the body. All the cells in the body (consisting of skin, glands, muscle, and brain, to name a few), can only function properly if they have enough water. Water also plays a vital part in regulating the body’s temperature balance, particularly through perspiration. The combination of your weight and fat measurement could appear to be “normal”, but your body hydration level could be insufficient for healthy living.

Your level of hydration (water content) varies throughout the day and affects your impedance measurement through this scale. Therefore, **if you are dehydrated, there is a greater chance for fluctuation in the body fat percentage displayed by this scale compared to when you are fully hydrated.**

A guide to a normal healthy range of total body water (TBW) percentage :

FOR MEN:

If Body Fat (BF%) range is:	Optimal Total Body Water (TBW) is:
<u>4% - 14%</u>	<u>63% - 70%</u>
<u>15% - 21%</u>	<u>57% - 63%</u>
<u>22% - 24%</u>	<u>55% - 57%</u>
25% and over	37% - 55%

FOR WOMEN:

If Body Fat (BF%) range is:	Optimal Total Body Water (TBW) is:
<u>4% - 20%</u>	<u>58% - 70%</u>
<u>21% - 29%</u>	<u>52 - 58%</u>
<u>30% - 32%</u>	<u>49% - 52%</u>
33% and over	37% - 49%

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GoWISE USA Body Fat Scale and Your Body (continued)

Muscle Mass - Why should I know it?

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by almost 50% between the ages of 20 and 90. An inactive/sedentary lifestyle can cause loss of lean body mass while body fat increases. It is also important to know your muscle mass percentage during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density, and muscle mass with gain.
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

Gender	Age	Low(-)	Normal(0)	High(+)	Very High
Women	18-40	<24.4%	24.4 - 30.2%	30.3 - 35.2%	≥35.3%
	41-60	<24.2%	24.2 - 30.3%	30.4 - 35.3%	≥35.4%
	61-80	<24.0%	24.0 - 29.8%	29.9 - 34.8%	≥34.9%

Men	18-40	<33.4%	33.4 - 39.4%	39.5 - 44.1%	≥44.2%
	41-60	<33.2%	33.2 - 39.2%	39.3 - 43.9%	≥44.0%
	61-80	<33.0%	33.0 - 38.7%	38.8 - 43.4%	≥43.5%

Important Note: Proper calorie intake and nutrition are important to maintain a healthy body. **Consult a physician before undertaking any exercise or diet program.**

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GoWISE USA Body Fat Scale and Your Body (continued)

Bone Mass - Why measure it?

Regular exercise and a balanced diet can help maintain healthy bones. Calcium and vitamin D (found in dairy products, green leafy vegetables, and fish) contribute to healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks in their thirties. Bone loss occurs when exercise is not done regularly.

Women		Men	
Age	BONE MASS (%)	Age	BONE MASS (%)
6-12	>1.2%	6-12	>1.2%
13-20	>1.6%	13-20	>1.8%
21-40	>2.4%	21-40	>2.7%
41-60			
61-80	>2.1%	61-80	>2.5%
Athlete	>3.3%	Athlete	>3.6%

The bone mass readings given by this product are an estimation of the amount of bone in your body.

Important Note: Individuals with osteoporosis or low bone densities may not get accurate results. **If you have any concerns regarding your bones, please consult your physician.**

Battery and Set-Up Information

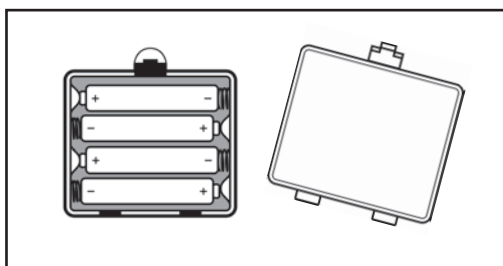
This scale operates on four AAA batteries (included).

Before First Use

- Insert batteries
- Initialize the scale (refer to “Initializing the Scale” on page 10).

Replacing the Batteries

If the scale’s display reads “Lo”, the batteries should be replaced. To remove batteries, first remove the battery compartment cover. Then take out each battery one by one.



When inserting batteries into the battery compartment, make sure each battery is inserted correctly (follow graphic in compartment).

Important Note: Please replace all worn batteries at the same time (do not combine old and new batteries). Remove batteries from the scale if it will not be in use for long periods of time.

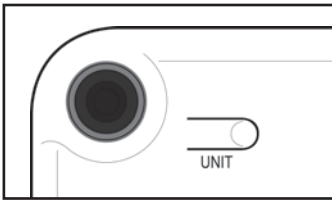
CAUTION: Do not dispose of batteries in fire. Batteries may explode or leak.

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Battery and Set-Up Information (continued)

Changing the Unit of Measurement

Your scale has been set to measure your weight in pounds (lb.) and height in inches (in.) To change the unit to kilograms (kg./centimeters (cm.) or stones (st. lbs.)/inches, press the small button underneath your scale repeatedly until the display shows the desired unit of measurement.



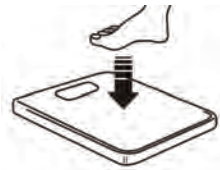
(backside of scale)

Pressing the unit button located on the backside of the scale repeatedly will switch between kilograms, pounds, and stone unit measurements.

Initializing the Scale

The scale needs to be initialized before first use, after battery replacement, or if the scale is moved or bumped. Initializing can also be done if the scale is measuring weight inaccurately. To initialize the scale:

1. Position the scale on a hard, flat surface, such as tile or wood flooring. Uneven floors, carpet, and sometimes even softer linoleum may affect accuracy.
2. Press firmly on the scale platform.
3. When the screen lights up, let go. "0.0" should display on the screen, then shut off.
4. Once the screen is turned off, your scale is ready to use.

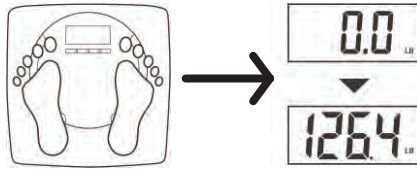


Measuring Weight Only

Measuring Weight Only

If you would like your GoWISE USA Digital Body Fat Scale to operate as a conventional weight reading scale, no special programming steps are required. After initializing the scale, follow these steps:

1. Make sure the scale is placed on a hard, flat surface.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. Your weight will display and the scale will automatically turn off after 5 seconds.



Setting Up a User Profile

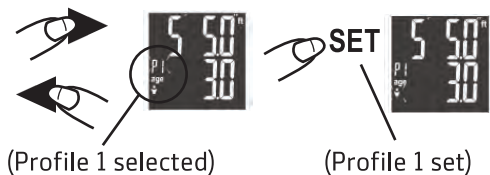
In order to measure body fat, total body water, muscle mass, and bone mass, a user profile must be created first. A user profile will store your personal information that helps determine an estimation using bioelectrical impedance analysis (BIA). This scale can store 8 user profiles.

Important Note: Adding personal information into the scale's memory before first use eliminates the need to enter it again each time a measurement is taken.

1. Make sure the scale is placed on a hard, flat surface, then press the "set" button to turn on the scale.



2. Press ◀ or ▶ button repeatedly to select a user profile number between "P1" and "P8". Once the desired user profile number is shown and blinking, press the **SET** button.



3. Press ◀ or ▶ button repeatedly to select your sex and/or athlete mode (see pg. 21 for more information about athlete mode). Once the desired sex is shown and blinking, press "set".
4. Press ◀ or ▶ button repeatedly to increase or decrease your height. Once your correct height is displayed and blinking, press "set".
5. Press ◀ or ▶ button repeatedly to increase or decrease your age. Once your correct age is displayed and blinking, press "set".

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Setting Up a User Profile (continued)

6. The screen will then read "0.0". You have successfully set up your user profile. To continue with a weight and BIA measurement, step onto the scale barefoot and read the next section. Otherwise, the scale will turn off automatically and your data will save into the scale's memory.

Taking a Measurement

1. Remove your shoes and socks before beginning the measurement, as they prevent BIA measurements. To get the most accurate reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping onto the scale.
2. Make sure the scale is placed on a hard, flat surface, then press “set” to turn the scale on.
3. Press ◀ or ▶ repeatedly to select your profile number (if you have not set up a user profile, please do so, as instructed in the previous section).
4. Once your user profile number and other personal information is displayed and blinking, wait until the display shows “0.0”. Then step onto the scale platform with **bare feet** and stand still.
5. Your weight will display first. Continue to stand still on the scale while a running “ooo”s pattern will display on the screen.
6. Under your weight, your body fat, total body water, muscle mass, and bone mass will appear in that specific order. Each will show for about 4 seconds. The results will cycle through 3 times, then the scale will turn off.

Important Note: As the body fat result is displayed, a small icon will appear on the bottom of the screen. This icon indicates whether your result is considered under-fat, healthy, over-fat, or obese.

Automatic Memory Recall

Once personal data has been saved and a weight/BIA measurement has been taken, the scale can automatically recall your user profile based on your last weight reading.

1. Step on the scale platform and remain still. Your weight will appear.
2. When your weight is stored, a running “o”s pattern will appear. Remain standing on the scale and wait for a result.
3. If the scale successfully finds your user profile, the scale will display the body fat, water, muscle, and bone results, in that order.

Important Note: The scale can only determine the correct user profile if no other user weighs within a 6.6 pound range. If another user is within the 6.6 pound range, the scale will narrow down the user profile choices and display them on the screen.

To select the correct user profile between two users, press the ◀ button to select the profile displayed on the left or the ▶ button to select the profile displayed on the right. The profiles will be displayed as “P1 P2”

If three or more users have similar weights, the scale will display two user profiles on the screen for a moment, then display the next two, and so on. Wait until the correct user profile appears, then press ◀ to select the profile on the left or ▶ to select the profile on the right.

Alternate Option: Select a user profile manually, as described in the “Measuring Weight and Body Fat, Water, Muscle, and Bone” section.

Important Note: User Profiles cannot be deleted or reset.

If you have any problems operating your GoWISE USA Digital Body Fat Scale, please contact our customer support team. Call us at 1 (855) 233-9199 (Monday through Friday, 8 AM to 4:30 PM, Arizona time), e-mail us at support@gowiseusa.com, or live chat with us on our website, gowiseproducts.com (Monday through Friday, 8:30 AM to 4 PM, Arizona time).

Care and Maintenance

- Treat the scale with care to ensure the best performance. It contains sensitive electronic parts. Avoid rough treatment. Do not jump on, drop, or kick the scale.
- Do not attempt to lubricate, disassemble, or open the scale casing. **This will void the warranty.**
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove batteries from scale when not in use for long periods of time.

Cleaning the Scale

- Clean exposed parts with a soft, slightly damp cloth. To remove stains, use mild soap.
- Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays.
- Do not immerse the scale in water.

Troubleshooting

Tips for Best Results

- Always weigh yourself on the same scale placed on the same floor surface.
- Do not compare weight measurements from one scale to another, as some differences will exist due to manufacturing tolerances.
- Place your scale on a hard, even floor to ensure the best accuracy and consistency.
- Take measurements at the same time every day for the most consistent results. Morning or early evening before a meal is preferable.
- If you weigh yourself twice and get two different measurements, your weight lies between the two.
- Take measurements without clothing for best accuracy. Clothes can vary in weight and affect BIA.
- For best accuracy, make sure your feet are bare, clean, and slightly damp.
- By establishing the pattern of your body's fluctuation over a period of one month, you can determine the average level of body fat.
- It is best to wait several hours before taking a BIA reading when consuming caffeine, alcohol, eating, taking diuretic medications, taking a bath, or exercising. These all affect your level of hydration and the accuracy of this scale.
- It is important to remember that measurement, such as body weight, body fat, and body water, are tools for you to use as part of your healthy lifestyle. Since short term fluctuations can be normal, we suggest that you chart your progress over time, rather than focus on a single day's measurement. **Consult your physician to determine what is most ideal for you.**

Troubleshooting

If you are experiencing a problem while using your scale, please check this section first before contacting our customer support team.

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Troubleshooting (continued)

Problem	Root Cause	Solution
<p>Abnormal measuring results:</p> <ul style="list-style-type: none"> - Too high; OR - Too Low; OR - Enormous difference between two recent measurements 	<p>Incorrect posture or time of day</p>	<p>Please step on the platform barefooted and stand still</p>
	<p>The device is located on the soft ground such as a carpet OR on a rugged surface</p>	<p>Please place the device on a flat, hard surface</p>
	<p>Either your hands or your feet are too dry</p>	<p>Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement</p>
<p>No display on LCD when the device powers on</p>	<p>Batteries not installed correctly, or not inserted</p>	<p>Check that batteries are installed correctly</p>
	<p>Worn Batteries</p>	<p>Replace all four AAA batteries. Only use authorized batteries and batteries of the same type together.</p>
<p>Does not take body fat, total body water, muscle mass, or bone mass measurement</p>	<p>Using scale with socks or shoes</p>	<p>This scale is meant to be used barefoot and needs to make full contact with bare skin to take accurate measurements</p>
	<p>The scale does not identify the correct user profile</p>	<p>Please assign a user profile according to the instructions on pg. 13</p>


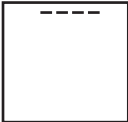
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Troubleshooting (continued)

Problem	Root Cause	Solution
Does not take body fat, total body water, muscle mass, or bone mass measurement	Sensors do not make full contact, user function error	Ensure that your bare feet are making full contact- Try dampening feet with a moist cloth before stepping on, and make sure user profile is selected before stepping on. Stand still, replace batteries, make sure batteries are new, installed correctly and of the same type.
The scale turns off/won't turn on	Low battery	Replace both lithium CR2032 batteries. Only use authorized batteries and batteries of the same type together.
Two user profiles appear on screen instead of weight (i.e. "P1 P2")	Scale can't identify user	Refer to "Important Note" on pg. 16
Inaccurate weight measurement	Sensors do not make full contact	Ensure that your bare feet are making full contact, you are standing still while scale takes a measurement, and that the scale is on a flat hard surface make sure your scale is reading in your desired unit of measurement (refer to pg. 11)

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Troubleshooting (continued)

Error/Warnings	Root Cause	Solution
	Low battery. The device will turn off in four seconds.	Replace all four AAA batteries. Only use authorized batteries and batteries of the same type together.
	Overload warning. The maximum weight capacity (400 lbs.) of the scale has been exceeded.	Remove weight immediately. Otherwise, permanent damage to the scale may occur.

This product is for domestic use only.

If the troubleshooting instructions does not solve scale issues, please contact our customer support team.

Phone

1 (855) 233-9199 (Mon. - Fri.) 8 AM to 4:30 PM, Arizona time

E-mail

support@gowiseusa.com

Live Chat

visit gowiseproducts.com (Mon. - Fri.) 8:30 AM to 4:30 PM, Arizona time

More Questions and Answers

What is the value of the electrical current passing through me when BIA measurements are taken? Is it safe?

The electrical current is less than 1 milliampere (mA). You shouldn't be able to feel it. However, as a precaution, **THIS SCALE SHOULD NOT BE USED BY ANYONE WITH AN INTERNAL ELECTRONIC MEDICAL DEVICE, SUCH AS A PACEMAKER.**

How does this scale define "Athlete"?

An Athlete is considered to be a person who does more than 10 hours per week of aerobic activity and has a resting heart rate of 60 beats per minute. It is recommended that these individuals select Athlete Mode when selecting their sex on the scale for the most accurate measurement results.

Important Note: This body fat scale is not calibrated for professional athletes or body builders.

Why is Athlete mode necessary?

Body fat estimation using BIA can overestimate the percentage of body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. On this scale, Athlete mode is recommended only for adults 18 years of age and older.

If I measure my body fat at a different time of the day, it can vary considerably- Which value is correct?

Your body fat percentage reading varies with body water content, which changes throughout the day. There is no right or wrong time of day to take a reading. However, it is suggested that you take measurements consistently

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More Questions and Answers (continued)

at a time of day when you consider yourself to be hydrated. Avoid taking measurements immediately after bathing, exercising, or within one to two hours of drinking or eating meals.

When I use a body fat scale made by another manufacturer, why do I get a different reading?

Different body fat scales take measurements around different parts of the body and use different mathematic algorithms to calculate the percentage of the body fat. The best advice is to not compare one device to another, but to use the same device each time to monitor any change.

How do I interpret my BIA (body fat, water, muscle, and bone) readings?

Please refer to the "GoWISE USA Body Fat Scale and Your Body" starting on pg. 6

Why should I avoid using the GoWISE USA body fat scale while pregnant?

During pregnancy, a woman's body composition changes considerably in order to support the developing child. Under these circumstances, BIA readings will be inaccurate and misleading. PREGNANT WOMEN SHOULD CONSULT THEIR PHYSICIAN BEFORE ANY USE.

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Regulations

FCC Regulations

This device complies with part 15 of the FCC Rules. Operation is subject to the following 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.

Warranty

Warranty

This product is warranted against defects in materials and workmanship for one year from the date of purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

Ming's Mark Inc. dba GoWISE USA shall not be liable for loss of use or any other incidental, consequential or direct costs, expenses or damages. There are no express warranties except as listed above. This warranty give you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, contact our customer support team for return instructions. Be sure to keep your receipt showing the date of purchase.

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Live Chat

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GoWISEUSA®

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1-855-233-9199

- To ensure correct use of this appliance, read these instructions carefully and thoroughly
- Please keep this manual for future reference.
- Thank you for purchasing this GoWISE USA product.