

# GoWISEUSA®

## Instruction Manual

DIGITAL BODY FAT SCALE

VERSION 1.0

GW22041/GW22042

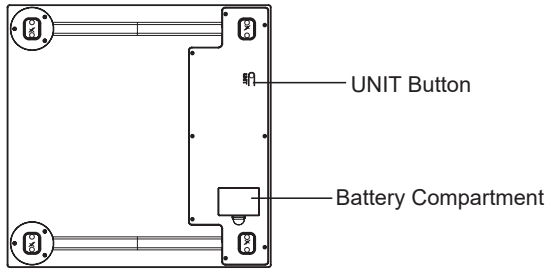
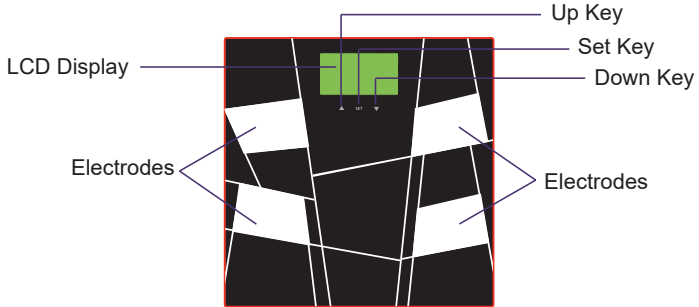


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## Device Components



### List

1. Body Fat Analyzer GBF-943-A
2. 2xCR2032 Lithium Batteries (3V per each)
3. User Manual

## Product Specifications

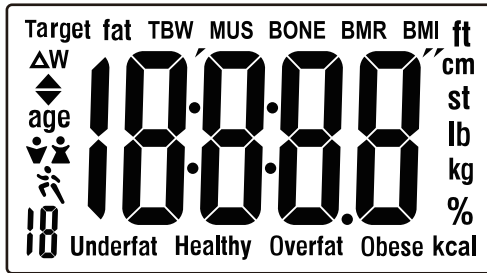
- Dimension: Scale: 310x310x20.4mm (Approximately)
- Capacity: 180kg / 397lb / 28st: 5lb
- Weight Unit: kg / st: lb / lb
- Minimal Weight: 5kg / 11 lb
- Function Key: , SET, UNIT
- Display: Positive LCD
- Battery: 2xCR2032, lithium battery
- Age Range: 10 - 80
- Accuracy: 50kg:  $\pm 0.3\text{kg}$ ; 150kg:  $\pm 0.5\text{kg}$ ; 100kg:  $\pm 0.4\text{kg}$ ; 180kg:  $\pm 0.7\text{kg}$ ;
- Stature Range: 10 - 220 cm / 3ft 3.5 inch/ 7ft 2.5 inch
- User Identification: Identify user automatically according to the last measuring weight.
- Target Weight Tracking: Compare the current weight with the target weight you set.
- Measures body fat, water, muscle, bone and calories
- Fat Grade Indication feature
- Auto on or press UNIT or touch SET to switch on
- Auto Off function
- Accessories: 2xCR2032 batteries, User Manual
- Degree of protection: Type BF applied part
- Working Temperature: 5 °C ~ 40 °C / 32 °F ~ 104 °F
- Working Humidity: 90% RH
- Storage Temperature: -20 °C ~ 60 °C / -4 °F ~ 140 °F
- Protection Against Ingress of Water: IP21





### About the Accuracy of This Product

- This product passes strict inspection before delivery, and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions of accuracy.
- This product is specially designed for body fat analysis as well as a weight measurement. It should NOT be used by anyone during the process of the transaction for verification of goods' weight.

## Product Specifications (Cont.)








### LCD Display



<b>Underfat</b>	Body Fat Level: Low	<b>%</b>	Percentage
<b>Healthy</b>	Body Fat Level: Normal	<b>ft</b>	Foot
<b>Overfat</b>	Body Fat Level: High	<b>cm</b>	Centimeter
<b>Obese</b>	Body Fat Level: Very High	<b>age</b>	Age
<b>BMR</b>	Basal Metabolic Rate		Male
<b>Target</b>	Target Weight		Female
<b>fat</b>	Body Fat Analysis Result		Male Athlete
<b>TBW</b>	Total Body Water Analysis Result		Female Athlete
<b>MUS</b>	Muscle Mass Analysis Result	<b>10</b>	User ID (Range from P1 to P10)
<b>BONE</b>	Bone Mass Analysis Result	<b>ΔW</b>	Difference compare with target weight
<b>kcal</b>	Calorie	<b>kg</b>	Kilogram
<b>▲</b>	More than target weight	<b>st</b> <b>lb</b>	Stone
<b>▼</b>	Less than target weight	<b>lb</b>	Pound

## Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	Symbol for "TYPE BF APPLIED PARTS"		Symbol for "MANUFACTURE DATE"
<b>SN</b>	Symbol for "SERIAL NUMBER"	 	Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "DIRECT CURRENT"		



### CAUTION

GoWISE USA Body Fat Scale GW22041/GW22042 offers you a seamless way to manage your health. Please be aware that this device is designed for adults' self-measuring and self-monitoring body fat level. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. This device should not be used by anyone who is acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

Before diet and exercise, you must first find a professional medical guide.

Kindly note that the use of accessories, transducers or cables other than those specified, with the exception of transducers and cables sold by the manufacturer as replacement parts for internal components may result in increased EMISSIONS or decreased IMMUNITY of the device.

Portable and mobile RF communications equipment can affect the measuring accuracy of the device.

Be aware that misuse of electrical equipment can cause electric shock, burns, fire and other hazards. Please do not use the device in a flammable gas environment.

Warning that the analyzer should not be used adjacent to or stacked with other equipment.

Manufacturer will make available on request circuit diagrams, component parts list, etc.

**WARNING:** No modifications of this equipment is allowed.

During using the analyzer, the patient will contact with the surface and the electrode of the analyzer. The surface and the electrode of the analyzer is type BF Applied part.

The device doesn't need to be calibrated in five years lifetime.

Do not touch the output of batteries when using the analyzer.

The patient is an intended operator. The patient can perform all the operations in the manual, such as measurement, changing batteries.

## Safety Information

The GoWISE USA Digital Body Fat Scale GW22041, GW22042 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 handheld 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 the manual. Any misuse can cause electric shock, burns, fire, 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 Bioelectric 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 ideal for you.**

**See table on next page**



## GoWISE USA Body Fat Scale and Your Body (Cont.)

### Standard for Men

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18
Normal	13-20	14-21	16-23	17-24	18-25
Moderately High	20.1-23	21.1-24	23.1-26	24.1-27	25.1-28
High	>23	>24	>26	>27	>28

### Standard for Women

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<19	<20	<21	<22	<23
Normal	19-28	20-29	21-30	22-31	23-32
Moderately High	28.1-31	29.1-32	30.1-33	31.1-34	32.1-35
High	>31	>32	>33	>34	>35

The Body Water Ratio (%): 43-70%

Age	Female	Male
	Normal	Normal
10~12	>60	>64
13~18	>58.5	>63.5
19~30	>56	>62.5
31~40	>53	>61
41~50	>52	>60
51~60	>51	>59
60+	>50	>58

The Body Muscle Ratio (%): 0~40%

Age	Female	Male
	Normal	Normal
10~99	>34	>40

Body Bone Ratio (Kg): 4~5% Kg

	Female			Male		
Weight	<45Kg	45~60Kg	>60Kg	<60Kg	60~75Kg	>75Kg
Bone	1.8Kg	2.2Kg	2.5Kg	2.5Kg	2.9Kg	3.2Kg

## GoWISE USA Body Fat Scale and Your Body (Cont.)

### **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 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 some 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 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 on 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.

(Chart on the next page)

## GoWISE USA Body Fat Scale and Your Body (Cont.)

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

### FOR MEN:

If Body Fat (BF%) range is:  
**4% - 14%**

Optimal Total Body Water (TBW) is:  
**63% - 70%**

**15% - 21%**

**57% - 63%**

**22% - 24%**

**55% - 57%**

**25% and over**

**37% - 55%**

### FOR WOMEN:

If Body Fat (BF%) range is:  
**4% - 20%**

Optimal Total Body Water (TBW) is:  
**58% - 70%**

**21% - 29%**

**52% - 58%**

**30% - 32%**

**49% - 52%**

**33% and over**

**37% - 49%**

### 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 and bone density**
- **Maintenance of flexible joints**
- **Guide weight reduction when combined with a healthy diet**

### Muscle Mass Percentage

(Source: International Commission on Radiological Protection,1975)

<b>Men</b>	<b>Approximately 40% of total body weight</b>
<b>Women</b>	<b>Approximately 30% of total body weight</b>

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

## GoWISE USA Body Fat Scale and Your Body (Cont.)

### 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 a 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: Average of estimated bone mass is between 4 to 5%**

Weight (lb)		
Less than 110lb	110 lb - 165 lb	165 lb and up
4.3 lb	5.3 lb	6.5 lb

**Men: Average of estimated bone mass is between 4 to 5%**

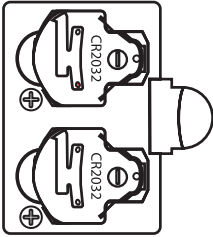
Weight (lb)		
Less than 143lb	143 lb - 209 lb	209 lb and up
5.9 lb	7.3 lb	8.1 lb

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.**

## Setting Up your Scale

1. Open the battery compartment found on the back of the scale.
2. Install the batteries and ensure that the +/- terminals are correct



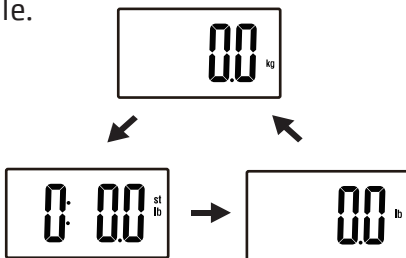
3. Turn your scale over, the LCD display should show the picture below, then close the battery compartment.



4. Wait for 0.0 to show on the LCD.



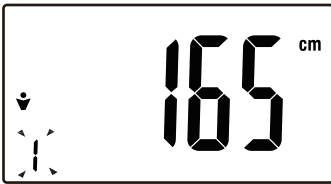
1. Select the unit of measurement by pressing the button labeled as "UNIT" found on the bottom of the scale.



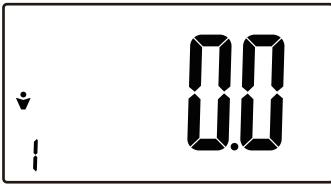
**NOTE:** The scale will automatically turn off after 10 seconds of inactivity.

## Setting Up your Profile

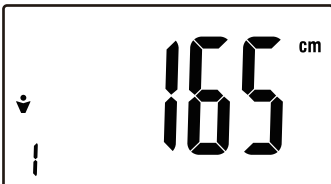
1. Place the scale on a flat hard ground. **DO NOT PLACE THE SCALE ON AN UNEVEN OR CARPETED SURFACE. THE SCALE WILL NOT BE ACCURATE.**
2. **SET THE USER NUMBER** Press "SET" to put the scale into Setting Mode. The user number will flash on the bottom left corner. Press the "▲" or "▼" to select a user number. Press "SET" to confirm user number.



3. **SET GENDER** The gender icon will flash. Press "▲" or "▼" to select a gender. Press "SET" to confirm.



4. **SET THE HEIGHT** The height will flash on the LCD. Press "▲" or "▼" to set the height in feet & inches. Press "SET" to confirm.



## Setting Up your Profile (Cont.)

5. **SET THE AGE** Press "▲" or "▼" to set age. Press "SET" to confirm.



6. **SET A TARGET WEIGHT** Press "▲" or "▼" to set a target weight. Press "SET" to confirm.



7. Once you have set up your profile, the scale will revert to zero. Immediately step on the scale.



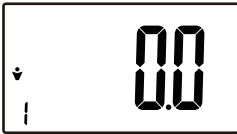
8. The scale will measure your weight then the LCD will show moving "o". After a few seconds, the scale will show your body water, fat, bone mass, and BMR.



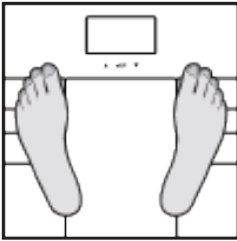
**NOTE: Do not step off the scale until you see the initial measurements. If you step off the scale too early, you may have to set your profile up again.**

## Manually Selecting a Profile

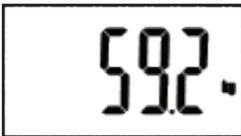
1. Place the scale on flat hard ground and press "SET" to turn it on.
2. Press "▲" or "▼" to find your user number. Press "SET" to confirm the user number.



3. Wait until the LCD displays zero then immediately step on the platform with bare feet.



4. Stand still and the scale will measure your weight first.



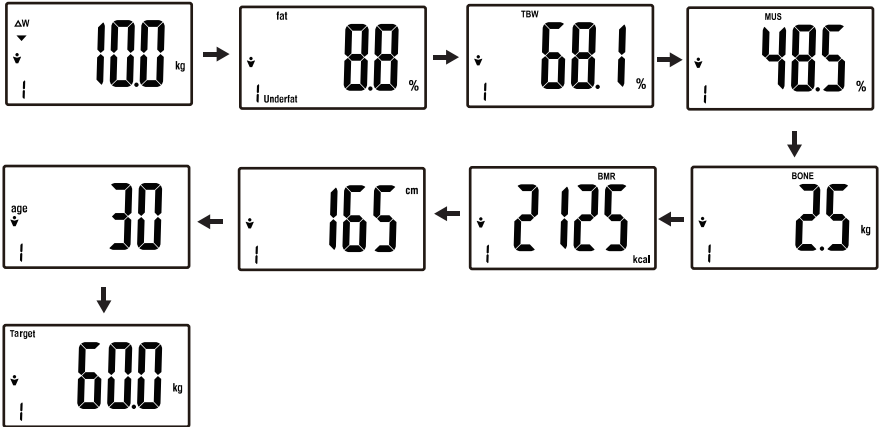
5. Once the weight is locked in, the scale will start measuring and the LCD will show moving "o".





## Manually Selecting a Profile (Cont.)

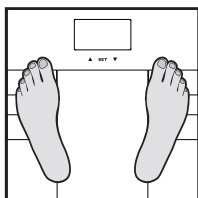
6. The results will show twice as well as the user's profile information.



## Automatic Profile Measure

After going through steps 1-8 under "Setting up your Profile", your profile should be saved under a user number.

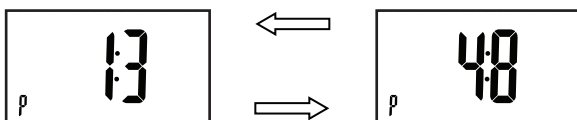
1. Stand on the platform with bare feet.



2. Stand still and the scale will start measuring. You will see a moving "o" across the LCD. The scale will identify users with a +/- 5 lbs difference with the current weight. If there is just one user, skip to step 4.



3. If two users are identified, press "▲" or "▼" to select the correct user number. If there are more than two users, the profiles will alternate on the LCD. Press "▲" to select the left user and "▼" to select the right user.

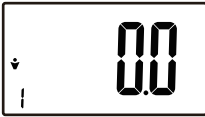


**NOTE: The scale will turn off after 20 seconds of inactivity.**

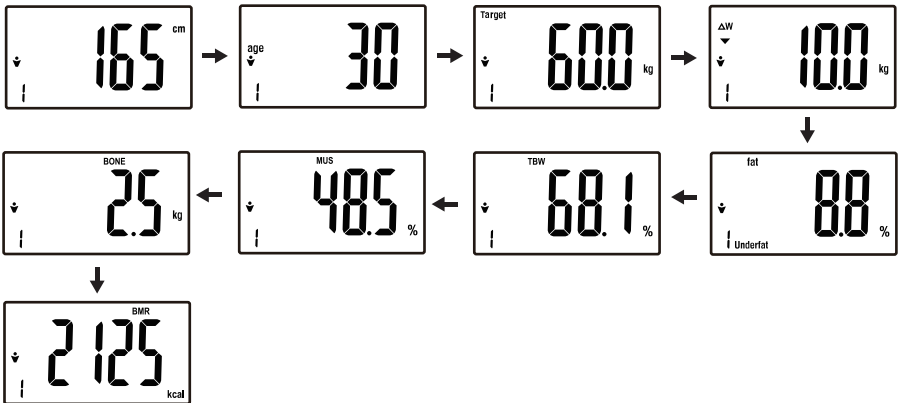
- user.
4. After selecting a profile, the scale will show the measurements.

## Reviewing The Last Records

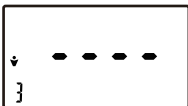
1. Press "SET" to turn the scale on.



2. Wait until the LCD displays zero then press "▲" or "▼" and select which user number you would like to view. The results will show three times.



- If there are no pieces of measuring results stored under a specific User ID, " - - - - " will be displayed instead.

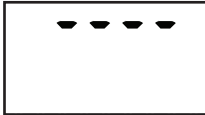


## Indication Message

LOW BATTERY INDICATION. When “Lo” is shown, the scale will turn off after a few seconds and please change the batteries.



OVERLOAD INDICATION. Remove the weight on the scale to protect the load cells.



MEASURING ERROR INDICATION. The weight data will show only and the scale will turn off after a few seconds. Make sure that you are standing on the scale bare foot.



FAILED IDENTITY INDICATION. The weight is shown only once and the scale turns off after a few seconds. Select your user number and try measuring again

### Reminder

- a.) Please do not put the scale on carpet.
- b.) If the scale is not used for an extended period, please remove the batteries.
- c.) Clean the scale with a slightly damp cloth, DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.
- d.) To ensure the most accurate weighing, when you move the scale, please first turn on(or tap on) and wait for it turns off before measuring your weight. Otherwise, the scale will add its own weight.

# Warranty

## **General Warranty (Excluding Refurbished/Auction Items)**

GoWISE USA has a 1-year limited warranty for all products. Products are warrantied against defects in materials and workmanship for 1-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.

For all GoWISE USA Pressure Cookers / Smoker, the removable lid and all components (float valve, regulator knob, sealing ring, steam basket, stainless-steel rack, insert pot) are warrantied for 30 days from the day of purchase and DO NOT fall under the 1-year limited warranty of the unit.

For all GoWISE USA Air Fryers, the removable basket, tray, and all components are warrantied for 30 days from the day of purchase and DO NOT fall under the 1-year limited warranty of the unit.

GoWISE USA® shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

**CALL: 855-233-9199 for RETURN INSTRUCTIONS.**

**WE DO NOT SERVICE PRODUCTS OUTSIDE THE 48 CONTINENTAL UNITED STATES. (WE WILL SHIP TO A FREIGHT FORWARDER FOR CUSTOMERS)**

## **Regarding Purchase From 3rd Parties**

In order for the GoWISE USA customer service team to look up the warranty information regarding the product(s), the original order information and/or proof of purchase is required. Without this information GoWISE USA will be unable to move forward with providing a replacement under warranty, as we do not know the date or origin of the purchase. GoWISE USA does not have a working business relationship with 3rd party selling sites or services or individuals which are not listed below as one of our Authorized Retailers. GoWISE USA is not responsible for making inquiries to such 3rd parties for the purpose of obtaining documentation. It is the responsibility of the person(s) making the warranty claim to provide original documentation such as order information and/or a receipt so that customer service can process your request. Any claim made under GoWISE USA warranty guidelines must be made by original purchaser of the product(s). Any defective product will be replaced as long as the issues with the device fall within warranty guidelines.

### **Authorized Retailers**

- Amazon
- GoWISE USA (Amazon, Sears Marketplace)
- WayFair
- morningsave.com
- Houzz
- Home Depot

## Appendix

### **FCC User Guide Information**

#### Radio Frequency Interface Requirements - FCC

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used by the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna;

Increase the separation between the equipment and receiver;

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected;

Consult the dealer or an experienced radio / TV technician for help.

Radio Transmitters (Part 15)

This device complies with Part 15 of the FCC Rules. The operation is subject to the following two 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

# Appendix

## EMC Guidance

Table 1 Guidance and MANUFACTURER's declaration – ELECTROMAGNETIC EMISSIONS- for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

## Trouble Shooting

### When Measuring ...

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.
	Your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.
No display on LCD when the device powers on.	Batteries not yet installed.	Install the batteries. (Please refer to <a href="#">Insert the Batteries</a> )
	Worn batteries.	Replace all the batteries at the same time. Please purchase the authorized batteries for replacement.
CANNOT proceed to analyze body fat, total body water, muscle mass, bone mass and BMR.	Step onto the platform wearing socks or shoes.	Please keep barefooted during the measurement, and keep full contact with the scale as well.
	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the instruction in <a href="#">Set Up Your Profile</a> .
	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in <a href="#">Set Up Your Profile</a> .
The device powers off.	Low battery.	Replace all the batteries at the same time. Please purchase the authorized batteries for replacement.









**GoWISEUSA®**

[www.gowiseproducts.com](http://www.gowiseproducts.com)

[support@gowiseusa.com](mailto:support@gowiseusa.com)

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.