



BODYMED®

Bluetooth® Body Fat Smart Scale*

Instruction Manual



Please read the following instructions carefully before use. Improper use of this product, or failure to follow these warnings and instructions, may result in serious bodily injury, including death.

*Mobile device not included.

Product Introduction

Please read the following instructions carefully before use. Improper use of this product, or failure to follow these warnings and instructions, may result in serious bodily injury, including death.

Measures and tracks body composition using four high-sensitivity sensors that provide precise and personalized insights for 12+ essential body measurements including body weight, BMI, and body age.

Features:

- Measures Body Weight; BMI; BFR; Muscle; Moisture; Bone Mass; BMR; Visceral Fat; Protein Rate; Body Age; Standard Weight; Body Fat; Weight Control; Weight without Fat; Muscle Weight; Amount of Protein; and Degree of Obesity
- Low electrical signal sent through the electrodes to the feet to calculate precise body composition measurements
- Standard and metric units of measurement available
- Low battery indicator

Note: The scale automatically switches on when a weight of 5 kg or more is placed on it. Once it has switched on, the minimum weight capacity is 3 kg.

Battery: (3) AAA standard batteries. (Batteries are included)

Operation Instructions



1. Place the scale on a firm, flat floor surface. Do not use on carpet or soft, uneven surfaces.



2. Carefully step on the scale platform. Stand as still as possible until the weight reading appears on the LED screen. (As shown in the figure.)



3. The scale will automatically shut off if no further operation is needed.

How to Measure Body Weight

When standing on the scale, be sure to stand still to reduce the risk of inaccurate readings. Your body weight varies throughout the day. Use this scale at the same time each day to minimize fluctuations.

This manual contains important safety and instruction information. It must be read before using this product. Failure to read and comply with the information contained in this manual may lead to serious bodily injury, including death.

Setting Up the BodyMed® Bluetooth® Body Fat Smart Scale

Download the AIFit Health App¹

1. To download the AIFit Health app on your mobile device, open the Google Play Store or Apple App Store and search for the AIFit Health app.¹
2. Tap **Get** to begin the app installation process.

Note: Compatible with Android devices version 4.3 and later, iOS 8.0 or later, and Bluetooth® wireless technology 4.0 or later.



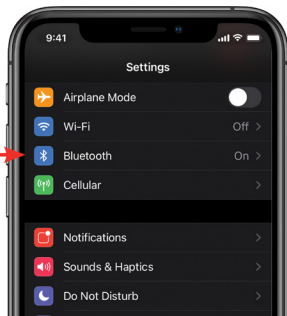
AIFit Health

Available on:



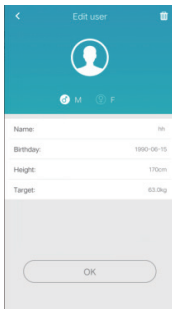
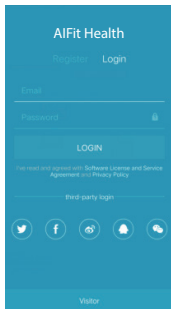
Connect the BodyMed® Scale to Your Mobile Device

Go to your mobile device's settings and ensure Bluetooth® wireless technology is turned on.



¹BodyMed® is not in any way affiliated with the AIFit Health app. Please consult AIFit with any issues.

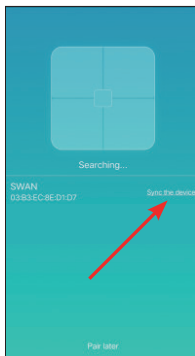
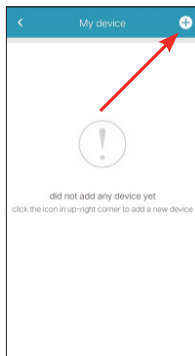
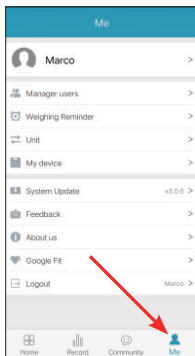
Create a User Account on the AIFit Health App



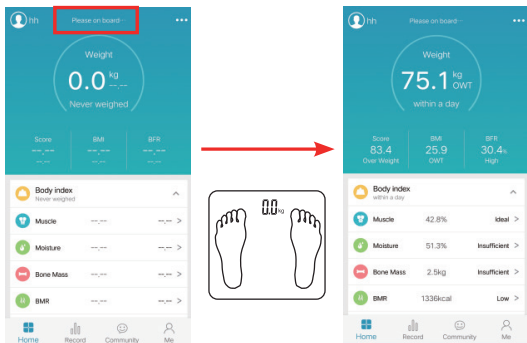
- Open the AIFit Health app to begin the account registration process.
- Choose Register and fill out the necessary fields to create your account.
- Once your account has been created, tap Edit User to add in gender, birthday, height, and target weight. Tap OK once you have completed the user profile.

Pairing Your Mobile Device with the BodyMed® Bluetooth® Body Fat Smart Scale

- To pair the BodyMed® Bluetooth® Body Fat Smart Scale with a mobile device, open the AIFit Health App. Tap **Me** in the bottom right corner, then **My Device**.
- Tap the (+) in the top right corner to search for the BodyMed® scale by the device name.
- Once the device name appears on the screen of your mobile device, tap Sync the Device to pair the scale.



- When your BodyMed® Bluetooth® Body Fat Smart Scale and mobile device have been successfully paired, you will see **Please on board** at the top of the AIFit Health app.
- Step on the BodyMed® scale platform with bare feet. Stay as still as possible until your measurements are displayed on the AIFit Health app.

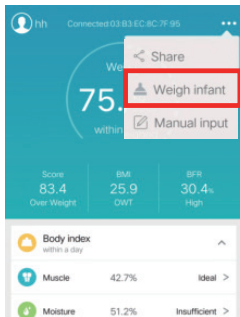


Using Baby Mode

Baby mode allows you to find out the weight of your baby by weighing yourself on the scale while holding your baby.

To use baby mode, tap the ellipses in the top right corner of the AIFit Health app, then tap Weigh Infant.

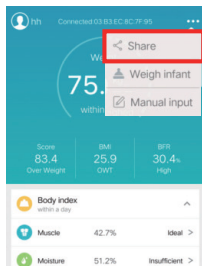
- Step on the BodyMed® scale and weigh yourself first. Your weight will display on the screen of the AIFit Health app. Step off the scale.
- While holding your baby with both hands, step back on the scale. Stay as still as possible until your baby's weight is displayed on the AIFit Health app.
- For the best results, use the BodyMed® scale's Baby Mode when your baby is calm.



This product is not a medical device and should not be used to diagnose or treat any medical condition. This product is not a toy. Do not allow children to play with it. Please read the following instructions carefully before use. Improper use of this product, or failure to follow these warnings and instructions, may result in serious bodily injury, including death.

Sync Your Data

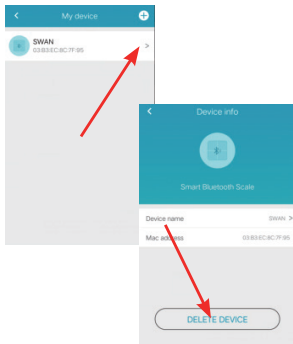
Data from the BodyMed® scale is auto synced without any action required on your part. Your body weight is synced with the AIFit Health third-party app within a few minutes. In order for your data to sync from the scale to your mobile device, your mobile device needs to be in range of the BodyMed® scale and the AIFit Health app needs to be open and running.



How to Disconnect the BodyMed® Scale

To disconnect the BodyMed® scale from your mobile device, tap **Me** in the bottom right corner of the AIFit Health app. Tap **My Devices**, then tap on the device name. Tap **Delete Device** to unpair the BodyMed® scale from your mobile device.

Tip: If you want to change the mobile device that is connected to the BodyMed® scale, go to the settings on your mobile device, and select **Bluetooth® wireless technology**. Tap the device name on your mobile device. Tap **Disconnect** to unpair the BodyMed® scale from your mobile device.



Unit of Measurement

To change the unit of measure, tap **Me** in the bottom right corner of the AIFit Health app. Tap Unit to select another unit of measurement. Weight units available include lb./kg/st.

Measurement Error/Overload Indicator

The LED screen on the BodyMed® scale will indicate **Err** when the scale is over max weight capacity. Please remove weight to avoid damage to the scale.



Low Battery: When the batteries of the BodyMed® scale are low, the LED screen will indicate **Lo**. Open the battery cover and replace the AAA batteries with new batteries.



Faulty Measurement: When the LED screen displays **Err1**, it indicates one of the two conditions below:



1. Body fat percentage is less than 5% or over 50%
2. Unsuccessful test

Legal & Compliance

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Safety Instructions

Warnings:

- Please take off shoes and socks and keep bare feet in line with the electrodes when taking measurements.
- Please check the batteries if the scale malfunctions. Change batteries if necessary.
- Do not allow the BodyMed® scale to come in contact with liquids. Do not use any soaps or cleaning sprays to clean the surface of the scale as they may cause damage, affecting the scale's ability to measure your body composition.
- The scale is a high precision measuring device. Never jump or stomp on the scale or disassemble it. Ensure the scale is operating properly before each use. Do not use this scale if it is damaged. Handle with care.
- Do not attempt to repair or modify your BodyMed® Bluetooth® Body Fat Smart Scale on your own. All repairs should be completed by a professional technician. If you have issues with your BodyMed® scale, please contact us today at www.bodymedproducts.com/pages/contact-us.

Caution: The scale platform can become slippery when wet. Please ensure both the scale platform and feet are dry before use. Never step on the scale platform with wet feet.

Instruction Manual Copyright

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Personal Data

- Before using your BodyMed® scale, please consult the AIFit Health Privacy Policy.
- When creating your account on the AIFit Health app, select a password that is secure enough to restrict access to your account. It should be at least 8 characters long with a combination of lowercase and uppercase letters and special characters.
- Protect access to your AIFit Health app with a passcode and/or Touch ID used to open your mobile device.
- BodyMed® is not liable for the third-party app AIFit Health.

Uses & Storage

- This BodyMed® scale is intended for indoor use only.
- Use and store the BodyMed® scale in a clean, dry location.
- Do not allow the BodyMed® scale to come in contact with liquids. Do not use any soaps or cleaning sprays to clean the surface of the scale as they may cause damage, affecting the scale's ability to measure your body composition.
- This product is not a medical device and should not be used to diagnose or treat any medical condition. This product is not a toy. Do not allow children to play with it. Please read the instructions carefully before use. Improper use of this product, or failure to follow these warnings and instructions, may result in serious bodily injury, including death.

Service

- Do not attempt to repair or modify your BodyMed® Bluetooth® Body Fat Smart Scale on your own. All repairs should be completed by a professional technician. If you have issues with your BodyMed® scale, please contact us today at www.bodymedproducts.com/pages/contact-us.

Cleaning

- To clean this BodyMed® scale, use a cloth or towel dampened with water.
- Do not allow the BodyMed® scale to come in contact with liquids. Do not use any soaps or cleaning sprays to wipe down the surface of the scale as they may cause damage, affecting the scale's ability to measure your body composition.

Changing the Batteries

- This BodyMed® scale includes (3) standard AAA batteries. When the batteries of the BodyMed® scale are low, the LED screen will indicate **Lo**. Open the battery cover and replace the AAA batteries with new batteries.



Specs

- 6 mm tempered safety glass platform
- Length: 11.8" (30 cm)
- Width: 11.8" (30 cm)
- Depth: 0.95" (2.4 cm)
- Weight capacity: 440 lb./200 kg
- Weight units: lb./kg/st

Display

- LED screen automatically lights up with each measurement
- Backlighting

Sensors

- Four high-sensitivity weight sensors provide accurate measurements

Manufacturer's Limited Warranty

Boxout, LLC (dba BodyMed) ("BodyMed") warrants the Product to be free from manufacturing defects in workmanship and materials for the following parts and periods ONLY:

- 1 Year Limited Warranty for the following parts only from the date of purchase:

a) BodyMed® Bluetooth® Body Fat Smart Scale

BodyMed will, at its sole option, repair or replace, at its facility, Product not meeting the limited warranty above. Any Product replaced under this limited warranty shall become the property of BodyMed and such replacement Product shall be considered part of the original Product such that the limited warranty with respect to the replacement Product shall expire concurrently with the original Product's limited warranty.

This limited warranty is extended only to the purchaser who originally purchased the Product.

It does not extend to any subsequent owner or other transferee of the Product. This limited warranty covers ONLY manufacturer's defects as expressly set forth above and DOES NOT cover wear and tear under normal usage, costs associated with maintenance, or damage caused by improper use or maintenance (including the use of abrasive or improper cleaning products), abuse, neglect, improper packaging or set up, damage in transit, storage, unauthorized repairs or modifications by anyone other than BodyMed's authorized employees or agents, or external causes such as accidents, abuse, or other actions or events beyond BodyMed's reasonable control.

This limited warranty is immediately voided and all liability of BodyMed shall immediately terminate with respect to any Product which has been disassembled, repaired or modified by anyone other than authorized employees or agents of BodyMed. The purchaser of the Product shall defend, indemnify and hold harmless Boxout, its affiliates and their agents from and against any claims, suits, losses, damages, liabilities, costs and expenses (including reasonable attorneys' fees) arising from improper or negligent use, misuse or operation of the Product in any manner inconsistent with this manual and all safety warnings and other instructions.

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Caution: For more information on the Product, including its safety instructions, warnings, warranties, and disclaimers, please see our website at: www.BodyMedProducts.com.



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For Customer Support, Contact BodyMed®

1-866-528-2152

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