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> SENSSUN Bluetooth Smart Body Composition Scale Model IF2062D User Manual

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Comprehensive guide for setup, operation, and maintenance.

INTRODUCTION

The SENSSUN Bluetooth Smart Body Composition Scale Model IF2062D is designed to provide a comprehensive analysis of your body's health metrics. Utilizing Bioelectrical Impedance Analysis (BIA) technology, this scale measures 13 essential body composition data points, helping you track your fitness progress effectively. It features a sleek design, high accuracy, and seamless integration with popular fitness applications.

Key features include:

- **13 Body Composition Analyses:** Measures body weight, body fat, muscles, proteins, bone mass, BMI, BMR, hydration, lean body mass, AMR, subcutaneous fat, skeletal muscles, and body shape.
- **Smart App Synchronization:** Connects with the SenssunLife app, which syncs data to Apple Health, Google Fit, and Fitbit.
- **Multi-User Support:** Supports an unlimited number of users, allowing families to track individual progress.
- **High Precision:** Equipped with 4 high-precision sensors, offering accuracy of 0.1 kg / 0.2 lb.
- **Clear LED Display:** Auto-illuminated LED screen provides clear readings from any angle.
- **Compact Design:** Lightweight (1.34 kg) with a 26x26x2.3 cm tempered glass platform.

15 Essential Measurements

Analyse 15 kinds of comprehensive physical data via SenssumLife App.

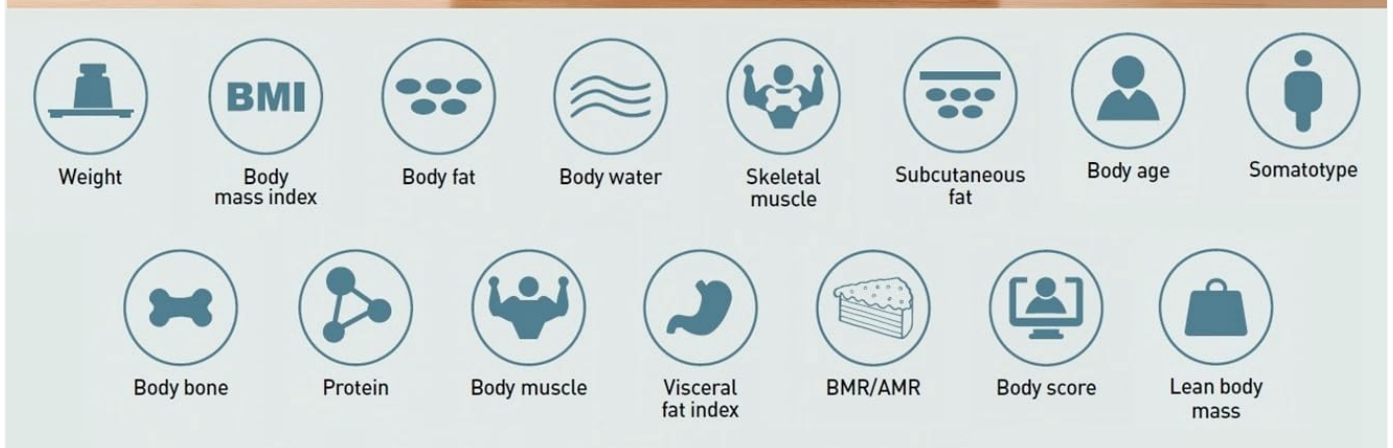


Image: The SENSSUN Bluetooth Smart Body Composition Scale, black with a clear LED display and four silver electrode pads. The scale measures 10.2 inches by 10.2 inches.

SETUP GUIDE

1. Battery Installation

The scale requires 4 AAA batteries (included). Open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity. Close the compartment securely.



Image: Close-up view of the scale's underside, showing the battery compartment with 4 AAA batteries and one of the high-precision anti-slip sensors.

2. App Installation and Device Pairing

To unlock the full potential of your smart scale, download and install the "SenssunLife" app on your smartphone. The app supports Android 4.3 and iOS 7.0 or higher, and Bluetooth 4.0.

1. **Step 1:** Search for "SenssunLife" in your device's app store (Google Play Store for Android or Apple App Store for iOS) and install the application.
2. **Step 2:** Open the SenssunLife app and create your user profile by entering your name, gender, date of birth, height, and activity level.
3. **Step 3:** Ensure Bluetooth is enabled on your smartphone. In the app, navigate to the device binding section.
4. **Step 4:** Step onto the scale briefly to activate it. The app should detect available Bluetooth scales. Select your scale from the list to initiate pairing.
5. **Step 5:** Once successfully paired, the app will confirm "Binding successful."
6. **Step 6:** You can now proceed to take measurements and view your detailed health report within the app.



Image: A visual guide showing the six steps for installing the SenssunLife app and pairing it with the Bluetooth scale, from searching the app to viewing the health report.

OPERATING INSTRUCTIONS

1. Taking a Measurement

For accurate body composition analysis, ensure your feet are bare and make full contact with the four electrode pads on the scale's surface. Place the scale on a hard, flat surface for consistent readings.

- **Basic Weight Measurement:** Simply step onto the scale. The LED display will show your weight.
- **Full Body Composition Analysis:** Open the SenssunLife app on your paired smartphone. Step onto the scale with bare feet. The scale will transmit all 13 body composition data points to the app for detailed analysis and tracking.

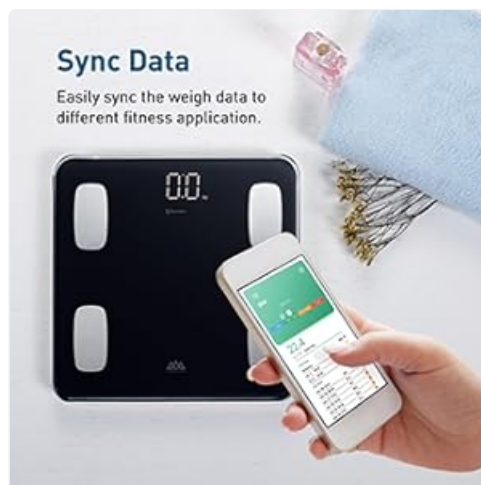


Image: The scale's LED display showing body weight (62.8 kg), body fat percentage (36.0 F%), and body water percentage (46.2 W%). This display allows quick readings even without a smartphone.

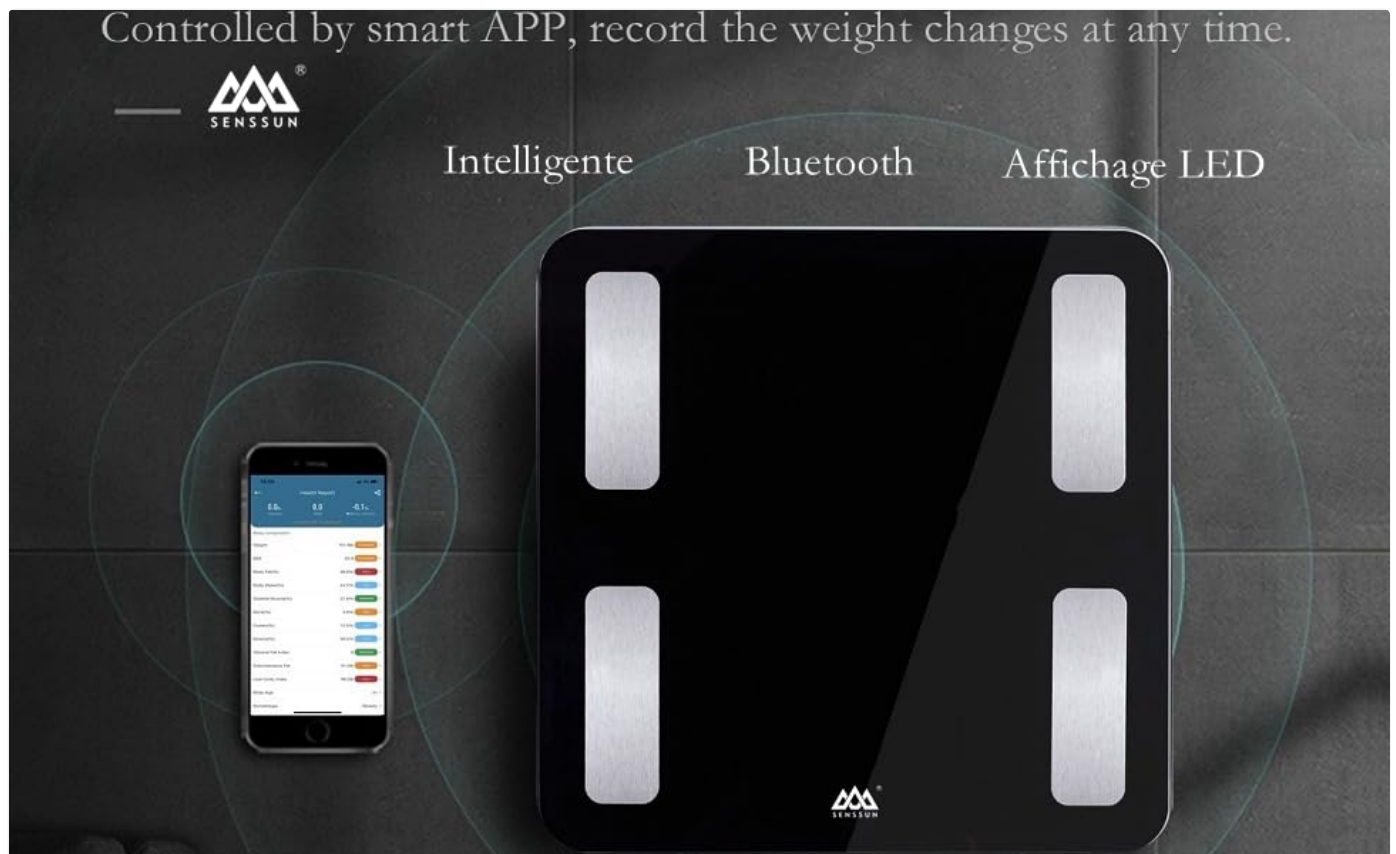


Image: An infographic illustrating the 15 essential physical data points analyzed by the SenssunLife App, including Weight, BMI, Body Fat, Body Water, Skeletal Muscle, Subcutaneous Fat, Body Age, Somatotype, Body Bone, Protein, Body Muscle, Visceral Fat Index,

2. Using the SenssunLife App

The SenssunLife app provides detailed insights and tracking capabilities:

- **Data Tracking:** View your daily, weekly, monthly, and yearly progress for all 13 measurements. Set fitness goals and monitor your trends.
- **Multi-User Access:** The app supports an unlimited number of users. Each user can create their own profile and track their data privately. The scale automatically recognizes users based on their weight and body composition data.
- **Fitness App Integration:** Connect the SenssunLife app to Apple Health, Google Fit, and Fitbit to centralize your health data.

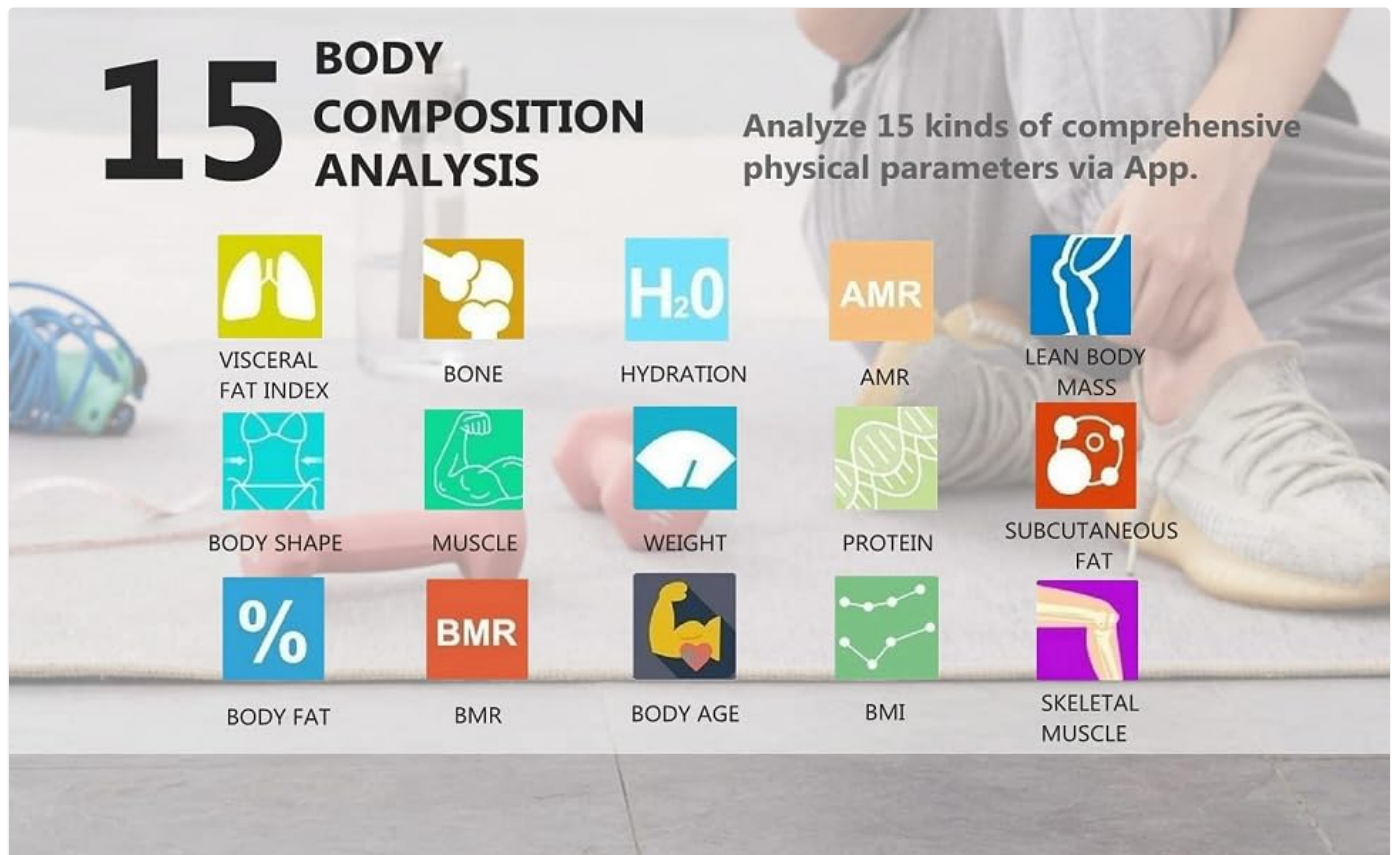


Image: A smartphone screen displaying the SenssunLife app interface, showing a line chart of body weight, BMI, and body fat trends over time. It also illustrates how the Senssun scale provides more comprehensive data than other scales.



Image: An illustration demonstrating the auto-recognition feature for unlimited users, showing different family members' weight and body composition data displayed privately within the app.

3. Baby Mode

The Baby Mode feature allows you to weigh an infant or pet accurately. Follow these steps:

1. **Weigh yourself first:** Step onto the scale alone to record your weight.
2. **Weigh with your baby:** Step off, then immediately step back on while holding your baby.
3. **Get your baby's weight:** The app will automatically calculate and display your baby's weight by deducting your weight from the total.



Image: A visual representation of the Baby Mode, showing a mother weighing herself, then weighing herself with a baby, and finally the app displaying the baby's weight.

4. Changing Measurement Units

You can switch between kilograms (kg) and pounds (lb) using the unit button on the underside of the scale or through the SenssunLife app settings.

MAINTENANCE

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app. Always replace all 4 AAA batteries at the same time.
- **Placement:** Always place the scale on a hard, flat surface. Carpets or uneven floors can affect accuracy.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace all 4 AAA batteries.
Bluetooth connection fails.	Bluetooth is off on the phone, app not open, or scale not activated.	Ensure phone's Bluetooth is on. Open SenssunLife app. Step on scale to activate. Try re-pairing in app settings.
Inaccurate weight readings.	Scale on uneven surface, not calibrated, or user movement.	Place scale on a hard, flat surface. Step on and off quickly to auto-calibrate. Stand still during measurement.
Body composition data not displayed.	Feet not bare or not making full contact with electrodes.	Ensure bare feet are centered on all four electrode pads.
App data not syncing to fitness apps.	Integration not enabled or app permissions missing.	Check SenssunLife app settings to ensure integration with Apple Health, Google Fit, or Fitbit is enabled and permissions are granted.

SPECIFICATIONS

- **Model Number:** IF2062D
- **Brand:** SENSSUN
- **Dimensions:** 26 x 26 x 2.3 cm (10.2 x 10.2 x 0.9 inches)
- **Weight:** Approximately 1.34 kg (1.48 kg packaged)
- **Material:** Tempered Glass
- **Color:** Black
- **Display Type:** LED
- **Weight Limit:** 180 kg / 400 lb
- **Measurement Precision:** 0.1 kg / 0.2 lb
- **Power Source:** 4 x AAA batteries (included)
- **Connectivity:** Bluetooth 4.0
- **App Compatibility:** Android 4.3 and above, iOS 7.0 and above
- **Special Features:** Lightweight, Bone Mass measurement, Auto-calibration, Auto-recognition for multiple users.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact the seller directly. Keep your purchase receipt as proof of purchase for any warranty claims.

If you encounter any issues not covered in this manual, please reach out to SENSSUN customer service for assistance.

