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## Garmin 010-02294-02

# Garmin Index S2 Smart Scale User Manual

Model: 010-02294-02

Brand: Garmin

## INTRODUCTION

The Garmin Index S2 Smart Scale provides a comprehensive overview of your body composition, helping you track your health and fitness goals. This smart scale measures various metrics including weight, body fat percentage, BMI, skeletal muscle mass, and body water percentage. It seamlessly integrates with the Garmin Connect app via Wi-Fi, allowing for easy data synchronization and trend analysis. The scale supports up to 16 unique user profiles, making it suitable for multiple users.

## WHAT'S IN THE BOX

- Garmin Index S2 Smart Scale
- 4 AAA batteries
- 4 carpet feet
- Documentation

## SETUP

1. **Install Batteries:** Open the battery compartment on the underside of the scale and insert the four AAA batteries, ensuring correct polarity.
2. **Place the Scale:** For accurate readings, place the scale on a hard, flat surface. If using on carpet, attach the included carpet feet to the bottom of the scale.
3. **Download Garmin Connect App:** Download the Garmin Connect app to your compatible smartphone from your device's app store.
4. **Pair with App:** Follow the on-screen instructions in the Garmin Connect app to pair your Index S2 scale. This typically involves enabling Bluetooth on your phone and standing on the scale to initiate the pairing process.
5. **Connect to Wi-Fi:** The app will guide you through connecting your scale to your home Wi-Fi network. This enables automatic data synchronization.

6. **Create User Profile:** Set up your personal user profile within the app, including your height, age, and gender, for accurate body composition calculations.



The Garmin Index S2 Smart Scale in black, ready for setup.

## OPERATING INSTRUCTIONS

### Taking a Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare feet. Ensure your feet are positioned on the conductive areas of the scale.
3. Remain still until your measurements are displayed on the screen. The scale will cycle through various metrics.
4. Your data will automatically sync to your Garmin Connect account via Wi-Fi.

### Understanding Your Metrics

The Garmin Index S2 provides detailed body composition metrics:

- **Weight:** Your total body weight. The scale can display weight in pounds, kilograms, or stones and pounds.



Use Wi-Fi<sup>®</sup> to sync with your Garmin Connect<sup>™</sup> account and see your data, view trend graphs and more<sup>1</sup>.

<sup>1</sup>Requires the Garmin Connect app downloaded to a compatible smartphone. Wi-Fi is a registered trademark of the Wi-Fi Alliance.

The scale displaying a weight measurement.

- **Body Fat Percentage:** The percentage of your total body mass that is fat. This includes essential fat and stored fat.



Measures for weight, weight trend,  
body fat percentage, BMI,  
skeletal muscle mass and more.

The scale displaying body fat percentage.

- **Body Mass Index (BMI):** A measure that relates your weight to your height to indicate if you are in a healthy weight range.



Sleek scale features a high-resolution color display and up to 9-month battery life.

The scale displaying Body Mass Index (BMI).

- **Skeletal Muscle Mass:** The total weight of muscle in your body. Tracking this can help you monitor muscle growth.
- **Bone Mass:** The total weight of bone in your body.
- **Body Water Percentage:** The percentage of your total mass that comes from fluids. This can indicate your hydration level.



The scale displaying body water percentage.

### **Garmin Connect App Integration**

The Garmin Connect app is central to managing your data. It allows you to:

- View your historical data and trend graphs for all metrics.
- Track multiple daily weigh-ins.
- Customize the data displayed on the scale's screen.
- Integrate with other Garmin devices for a holistic health overview.



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The Garmin Index S2 scale syncing data to the Garmin Connect app on a smartphone.

### Multiple User Profiles

The Index S2 supports up to 16 unique user profiles. The scale can automatically recognize users based on their weight. If multiple users have similar weights, the scale may prompt you to select your profile on the screen.



Allows for multiple-day weigh-ins and unique goal tracking for up to 16 users.

The scale displaying a user's name, indicating a recognized profile.

### Weight-Only Option

If you prefer to track only your weight and disable other body composition data, you can configure this setting within the Garmin Connect app.

### MAINTENANCE

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- **Cleaning:** Wipe the scale with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents.
- **Battery Replacement:** The scale uses 4 AAA batteries. Replace them when the low battery indicator appears on the display. Battery life is approximately 9 months.
- **Storage:** Store the scale in a dry environment at room temperature.

### TROUBLESHOOTING

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Problem	Solution
Scale does not turn on.	Check battery installation. Replace batteries if necessary. Ensure the scale is on a flat surface.
Data not syncing to Garmin Connect.	Ensure Wi-Fi is enabled on the scale and your network is active. Check Wi-Fi settings in the Garmin Connect app. Move scale closer to your Wi-Fi router.
Inaccurate body composition readings.	Ensure you are standing still with bare feet on the conductive areas. Verify your profile information (height, age, gender) in the Garmin Connect app is correct. Readings can vary based on hydration levels and time of day.
Scale not recognizing user.	Ensure your profile is set up in Garmin Connect. If multiple users have similar weights, the scale may prompt you to select your profile.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	12.6 x 12.2 x 1.1 inches
Weight	4.4 Pounds
Item Model Number	010-02294-02
Batteries	4 AAA batteries (included)
Battery Life	Up to 9 months
Manufacturer	Garmin
Color	Black
Special Features	Body Fat, Body Mass Index, Bone Mass, Muscle Mass, Smart
Display Type	LCD
Weight Limit	400 Pounds

## WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your Garmin Index S2 Smart Scale. For additional support, frequently asked questions, or to download the full user manual, please visit the official Garmin support website or refer to the PDF user manual linked below.

**Official User Manual (PDF):** [Download Here](#)

**Garmin Store:** [Visit the Garmin Store on Amazon](#)