

Garmin Index S2

Garmin Index S2 Smart Scale User Manual

Model: Index S2 (Part Number: 010-N2294-03)

INTRODUCTION

The Garmin Index S2 Smart Scale provides a comprehensive overview of your health metrics. This device accurately measures weight, weight trend, body fat percentage, Body Mass Index (BMI), and skeletal muscle mass. It seamlessly integrates with your Garmin Connect account via Wi-Fi, allowing you to track your progress, view trend graphs, and manage multiple daily weigh-ins alongside your other wellness data. The Garmin Connect app also enables customization of the data displayed on the scale. The scale supports up to 16 unique user profiles for individual tracking.

Key Features:

- Accurate measurements for various body composition metrics.
- Wi-Fi connectivity for automatic data synchronization with Garmin Connect.
- High-resolution color display for clear readings.
- Supports up to 16 user profiles.
- Long battery life: up to 9 months using 4 AAA batteries.

SETUP

1. Unpacking and Battery Installation

Carefully remove the Garmin Index S2 Smart Scale from its packaging. Locate the battery compartment on the underside of the scale. Insert four (4) AAA batteries, ensuring correct polarity. The batteries are included with the product.

2. Scale Placement

Place the scale on a hard, flat surface for accurate measurements. Avoid placing it on carpets or uneven flooring, as this can affect measurement precision.

3. Garmin Connect App Setup

Download the Garmin Connect app to your compatible smartphone from your device's app store. Follow the on-screen instructions within the app to pair your Index S2 scale via Wi-Fi. This process will guide you through connecting the scale to your home Wi-Fi network and setting up your initial user profile.

4. Creating User Profiles

The Garmin Index S2 supports up to 16 unique user profiles. After initial setup, you can add additional users through the Garmin Connect app. Each user will have their own personalized data tracking.



The Garmin Index S2 Smart Scale in white, showing its digital display with measurement readings. The scale features a sleek glass surface.

OPERATING INSTRUCTIONS

1. Taking a Measurement

Step onto the scale barefoot. Ensure your feet are clean and dry, and positioned evenly on the scale's surface. The scale will automatically power on and begin measuring. Remain still until your measurements are displayed on the screen.

2. Viewing Data on the Scale

The high-resolution color display will cycle through your measured metrics, including weight, body fat percentage, BMI, and skeletal muscle mass. The order and type of data displayed can be customized through the Garmin Connect app.

3. Data Synchronization

After each measurement, the scale will automatically attempt to synchronize your data with your Garmin Connect account via Wi-Fi. Ensure the scale is within range of your Wi-Fi network for successful synchronization. You can view detailed trend graphs and historical data within the Garmin Connect app.

MAINTENANCE

1. Cleaning the Scale

To clean the scale, use a soft, damp cloth with a mild detergent. Avoid abrasive cleaners, solvents, or harsh chemicals, as these can damage the scale's surface and electronic components. Do not immerse the scale in water.

2. Battery Replacement

When the battery indicator appears on the display or in the Garmin Connect app, replace all four AAA batteries. Open the battery compartment on the underside of the scale and insert new batteries, observing correct polarity.

3. Storage

Store the scale in a dry environment at room temperature. Avoid extreme temperatures or direct sunlight. Do not place heavy objects on the scale when not in use.

TROUBLESHOOTING

Inaccurate or Inconsistent Readings

- **Ensure Level Surface:** Always place the scale on a hard, flat, and level surface. Carpets or uneven floors can cause significant inaccuracies.
- **Recalibration:** If readings are consistently off, try recalibrating the scale. This usually involves stepping on and off the scale quickly to allow it to zero out, or removing and reinserting batteries.
- **Foot Placement:** Ensure your feet are clean, dry, and centered on the scale's electrodes for accurate body composition measurements.

Data Not Syncing to Garmin Connect

- **Wi-Fi Connection:** Verify that your scale is connected to your home Wi-Fi network. Check your router and ensure the scale is within range.
- **Garmin Connect App:** Ensure the Garmin Connect app on your smartphone is up-to-date and running in the background.
- **Battery Level:** Low batteries can sometimes affect Wi-Fi connectivity. Replace batteries if needed.

Scale Not Powering On

- **Check Batteries:** Ensure batteries are correctly installed and not depleted. Replace with fresh AAA batteries if necessary.

SPECIFICATIONS

Brand	Garmin
Model Name	Index S2
Part Number	010-N2294-03
Color	White
Display Type	LCD
Measurement Types	Weight, Weight Trend, Body Fat Percentage, BMI, Skeletal Muscle Mass, Water Percentage
Readout Accuracy	+/- 0.1 kg (0.2 lbs)
Connectivity	Wi-Fi
User Profiles	Up to 16
Battery Type	4 x AAA (included)
Battery Life	Up to 9 months
UPC	753759291686

WARRANTY AND SUPPORT

Information regarding product warranty and customer support for the Garmin Index S2 Smart Scale is not available in this manual. Please refer to the official Garmin website or the documentation included with your purchase for detailed warranty terms and support contact information.