

iHealth HS2S

iHealth Nexus Smart Scale Instruction Manual

Your guide to setting up, operating, and maintaining your iHealth Nexus Smart Scale for accurate body composition analysis.

SETUP GUIDE

This section provides step-by-step instructions for the initial setup of your iHealth Nexus Smart Scale.

Unboxing and Initial Setup

Upon opening the package, you will find the iHealth Nexus Smart Scale and its accessories. Ensure all components are present before proceeding.



The iHealth Nexus Smart Scale, shown with a smartphone displaying app data and four AAA batteries.

Battery Installation

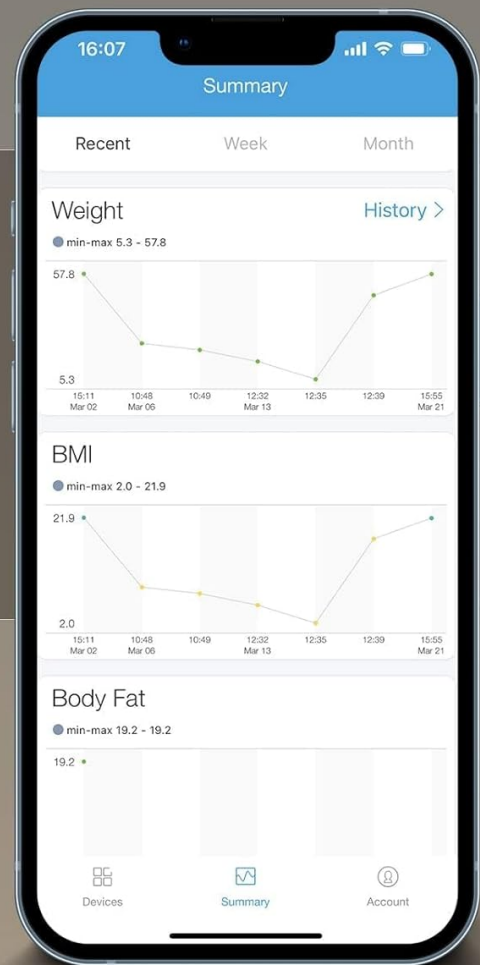
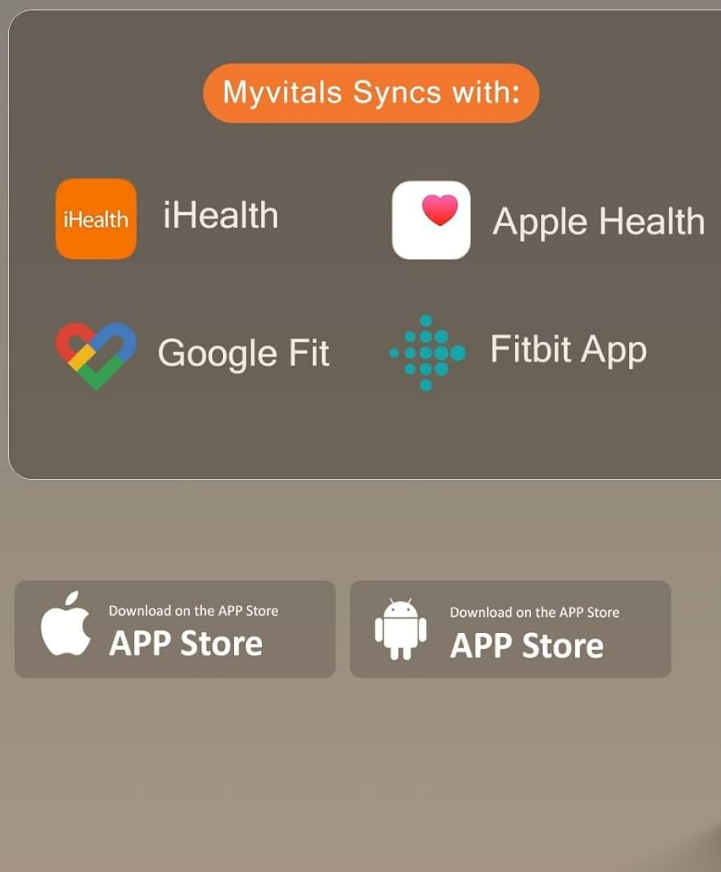
The iHealth Nexus Smart Scale requires 4 AAA batteries for operation. These are typically included in the package. Locate the battery compartment on the underside of the scale, open it, and insert the batteries according to the polarity indicators (+/-). Close the compartment securely.

App Download and Account Creation

To fully utilize the features of your iHealth Nexus Smart Scale, download the "iHealth MyVitals" app. This app is available on both the Apple App Store and Google Play. Follow the on-screen instructions within the app to register and set up your iHealth ID.

Keep Track Your Data

Automatically uploads your data straight to your app, can easily see your progress and sync your data with your favorite fitness apps.



The iHealth MyVitals app interface, demonstrating its compatibility with Apple Health, Google Fit, and Fitbit for seamless data synchronization.

Ensure your phone's Bluetooth is enabled and the iHealth Nexus scale is nearby to establish a connection with the app.

OPERATING YOUR IHEALTH NEXUS SMART SCALE

Learn how to take accurate measurements and understand the data provided by your scale.

Taking a Measurement

Place the iHealth Nexus Smart Scale on a hard, flat surface. Avoid soft surfaces like carpet or linoleum, as this may affect measurement accuracy. Step onto the scale with bare, dry feet. Being barefoot is essential for the bio-impedance sensors to accurately measure your body composition metrics. The scale will display your weight, and the app will provide detailed body composition data.

High Performance in Exquisite Style

Advanced ITO glass in lieu of conventional electrodes. Accurately measures the weight of each family member.



A user stepping onto the iHealth Nexus Smart Scale, highlighting the requirement for bare feet for accurate measurements.

Understanding Your Data

The iHealth Nexus Smart Scale provides 9 essential body composition metrics to help you better understand your health. These include:

- Weight (kg, lb, st)
- Body Fat
- Body Water
- Muscle Mass
- Lean Mass
- Bone Mass
- Body Mass Index (BMI)
- Daily Caloric Intake (DCI)
- Visceral Fat Rating



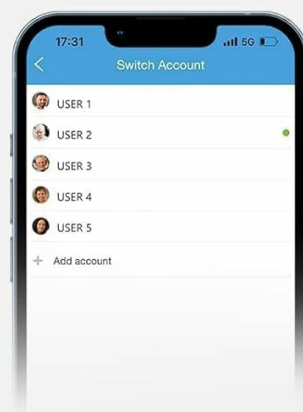
An infographic illustrating the nine essential body metrics measured by the iHealth Nexus Smart Scale, including weight, BMI, body fat, and muscle mass.

Multi-User Functionality

The iHealth Nexus Smart Scale is designed for multi-user households, automatically identifying up to 8 users. After initial syncing with each user's smartphone, the scale intelligently recognizes who is weighing themselves, providing personalized weight history and data tracking for each individual.

Unlimited Users

1 scale for whole family, support for adding 8 users. The system is even clever enough to know if you forget to change if there is a major weigh difference from the last weighing.



Body Water: 20%
45.5lb

Body Water: 30%
55.9lb

Bone Mass: 10.6lb
168.3lb

Body Fat: 20.56%
103.8lb

Body Fat: 20.56%
120.5lb

Body Fat: 20.56%
170.3lb



A family demonstrating the multi-user capability of the iHealth Nexus Smart Scale, with individual body composition data shown for different users on a smartphone.

MAINTENANCE AND CARE

To ensure the longevity and accuracy of your iHealth Nexus Smart Scale, follow these maintenance guidelines:

- **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 dry place at room temperature. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace all 4 AAA batteries when the low battery indicator appears on the display.

TROUBLESHOOTING COMMON ISSUES

If you encounter any issues with your iHealth Nexus Smart Scale, refer to the table below for common problems and their solutions.

Problem	Solution
Scale not turning on	Check if batteries are installed correctly and are not depleted. Replace if necessary.
Inaccurate readings	Ensure the scale is placed on a hard, flat surface. Avoid carpets or uneven flooring. Make sure your feet are bare and dry when stepping on the scale.
App not syncing data	Verify that Bluetooth is enabled on your smartphone and the scale is within range. Close and reopen the iHealth MyVitals app. If the issue persists, try restarting your phone.
Scale not recognizing multiple users	Ensure each user has created their profile in the iHealth MyVitals app and has synced their initial measurement. The scale recognizes users based on their weight history.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	HS2S
Product Dimensions	12.05 x 12.05 x 1.05 inches; 4.08 Pounds
Batteries	4 AAA batteries (included)
Maximum Load Capacity	400 lbs (180 kg)
Display Type	LED
Special Features	Portable, Lightweight, Smart
Connectivity	Bluetooth Low Energy Sync
User Recognition	Up to 8 users
Surface Material	Advanced ITO Coating Surface (Tempered Glass)

WARRANTY AND CUSTOMER SUPPORT

The iHealth Nexus Smart Scale comes with a 1-year limited warranty. For any product-related inquiries, technical assistance, or warranty claims, please contact our US-based customer support team.

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