

INSMART 260H

INSMART 260H Smart Body Fat Scale User Manual

Model: 260H

INTRODUCTION

Thank you for choosing the INSMART 260H Smart Body Fat Scale. This device is designed to provide a comprehensive analysis of your body composition using advanced Bio-electrical Impedance Analysis (BIA) technology. It measures 18 key body indicators, helping you track your health and fitness progress accurately. For optimal performance and longevity, please read this manual carefully before use and keep it for future reference.



The INSMART 260H Smart Body Fat Scale, featuring a sleek design and advanced measurement capabilities.

SETUP

1. Unpacking and Battery Installation

- Carefully remove the scale from its packaging.
- Open the battery compartment on the underside of the scale.
- Insert the required batteries (usually AAA, check packaging for specifics) ensuring correct polarity (+/-).
- Close the battery compartment securely.

2. App Download and Initial Pairing

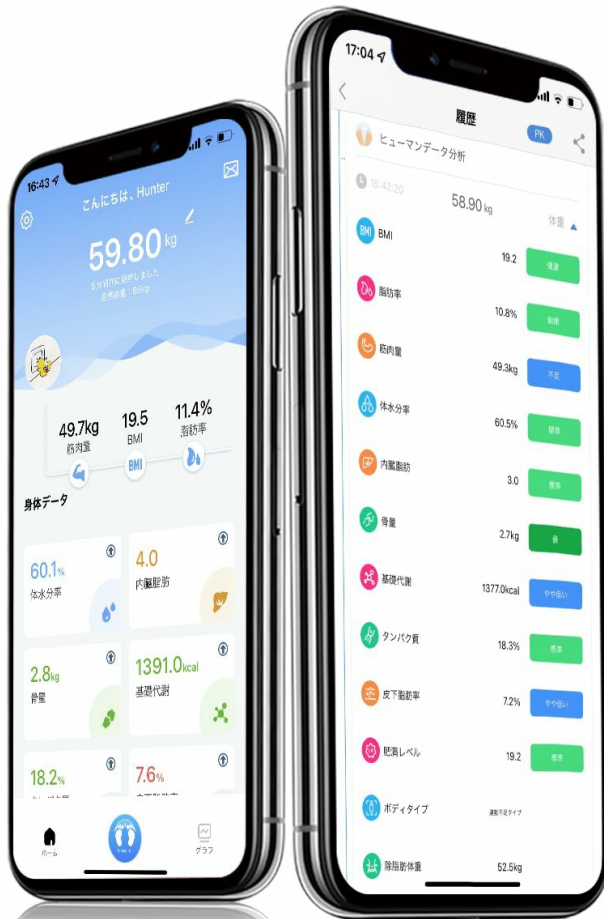
The INSMART 260H scale connects to your smartphone via Bluetooth for comprehensive data tracking. Download the "INSMART HEALTH" app from your device's app store.

1. Search for "INSMART HEALTH" in the Apple App Store (for iOS) or Google Play Store (for Android).
2. Download and install the app.
3. Ensure Bluetooth is enabled on your smartphone.

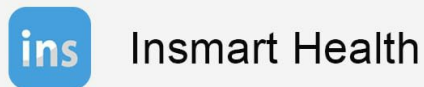
4. Open the INSMART HEALTH app and create a user profile.
5. Step onto the scale to activate it. The scale will automatically attempt to pair with the app. Follow any on-screen prompts in the app to complete the pairing process.



無料ダウンロード



ins INSMART HEALTH
自動同期する



Connect your INSMART 260H scale via Bluetooth to the INSMART HEALTH app, available for free download on iOS and Android. The app also syncs with popular health platforms like Fitbit, Google Fit, and Apple Health.

家族全員のためのフィットネス

INSMART HEALTH アプリに接続して、家族全員のユーザーのプロファイルを作成します、家族全員が一緒になります。



Create multiple user profiles within the INSMART HEALTH app, allowing the entire family to track their fitness progress together.

OPERATING INSTRUCTIONS

1. Taking a Measurement

- Place the scale on a hard, flat surface. Avoid carpets or uneven floors for accurate readings.
- Ensure your feet are clean and dry.
- Step onto the scale barefoot. Stand still with your feet evenly placed on the electrodes (metal pads).
- The scale will automatically power on and display your weight. It will then proceed to measure other body composition metrics.
- Remain on the scale until all measurements are complete and displayed on the scale's screen or synced to the app.

13種類の健康項目 を測定可能

BMI 19.3

BMR 19.3

筋肉量

Bluetoothを接続する

日本語App (INSMART HEALTH) をダウンロード

Android対応 iOS対応

- 皮下脂肪
- 体重
- 体脂肪率
- 除脂肪体重
- 筋肉量
- 推定骨量
- BMR
- ボディタイプ
- 内臓脂肪
- 体内水分率
- BMI
- 骨格筋
- タンパク質

The INSMART 260H scale measures multiple health metrics, including BMI, BMR, and muscle mass, providing a comprehensive overview of your body composition.

2. Understanding Your Measurements

The INSMART 260H scale measures 18 body indicators, providing a detailed insight into your health. These include:

18の身体指標

- 体重
- 体脂肪
- 除脂肪体重
- 内臓脂肪
- 骨量
- 皮下脂肪
- 筋肉量
- 生体年齢
- 心拍数
- BMI
- 骨格筋率
- 肥満レベル
- 体内水分率
- 体型
- 標準体重
- 基礎代謝
- タンパク質
- 筋肉率

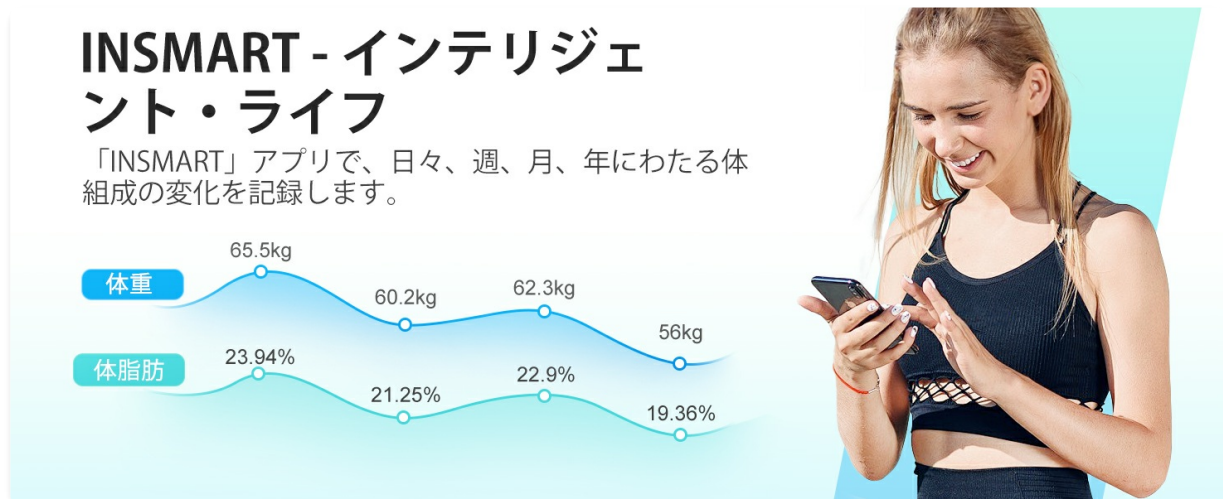
The INSMART 260H scale provides comprehensive analysis of 18 key body indicators, offering a detailed understanding

of your health and fitness.

3. Using the INSMART HEALTH App

The INSMART HEALTH app is your central hub for tracking and analyzing your health data. It allows you to:

- View all 18 body indicators in an easy-to-understand format.
- Track your progress over daily, weekly, monthly, and yearly periods.
- Set goals and monitor your achievements.
- Sync data with other popular health apps like Fitbit, Google Fit, and Apple Health.
- Manage multiple user profiles for family members.



The INSMART HEALTH app allows you to track your body composition changes over time, providing daily, weekly, monthly, and yearly trends for metrics like weight and body fat.

アプリサポート

ins Insmart Health, Apple Health, Google Fit, Fitbit

無料ダウンロード

GET IT ON Google Play, Download on the App Store

スマホがなくても測定可能で便利
(初回接続は必要です)

The advertisement features a light blue background. On the left, there are icons for 'ins Insmart Health', 'Apple Health', 'Google Fit', and 'Fitbit'. Below these is the text '無料ダウンロード' (Free Download) and logos for 'GET IT ON Google Play' and 'Download on the App Store'. On the right, there is a large headline 'スマホがなくても測定可能で便利' (Convenient and measurable even without a smartphone) and a sub-note '(初回接続は必要です)' (Initial connection is required). Below the text is an image of the INSMART 260H scale and a smartphone connected via Bluetooth.

The INSMART 260H scale can store measurements and display them directly on its LED screen, even without a smartphone present, after initial Bluetooth pairing. Data will sync to the app when connected again.

MAINTENANCE

1. Cleaning

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.

- Keep the scale dry to prevent damage to electronic components.

2. Storage

- Store the scale in a cool, dry place.
- Avoid placing heavy objects on the scale when not in use.

3. Battery Replacement

- If the display becomes dim or shows a low battery indicator, replace the batteries.
- Always replace all batteries at the same time with new ones of the same type.
- Dispose of old batteries according to local regulations.

TROUBLESHOOTING

If you encounter issues with your INSMART 260H scale, please refer to the following common problems and solutions:

1. Scale Not Turning On / No Display

- Check if the batteries are correctly installed and not depleted. Replace if necessary.
- Ensure the scale is placed on a hard, flat surface.

2. Inaccurate Measurements

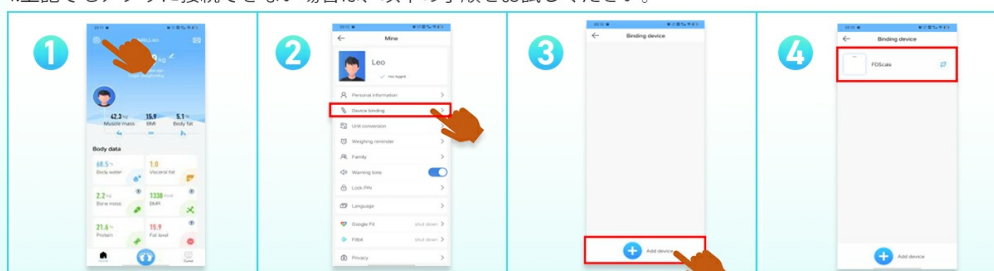
- Ensure the scale is on a hard, flat, and level surface.
- Make sure your feet are clean, dry, and in direct contact with the electrodes.
- Avoid moving during measurement.
- Calibrate the scale by stepping on it briefly, then stepping off, and waiting for it to display "0.0" before taking a measurement.

3. Bluetooth Connection Issues

If your scale is not connecting to the INSMART HEALTH app:

体重計とBluetoothが接続できない場合

- 1.お客様のスマートフォンの通信（モバイルネットワーク/Wi-Fi）がオンになっていることを確認してください。（登録済みユーザー対象）
- 2.BluetoothとGPS（位置情報）がオンになっていることを確認してください。
- 3.アプリを開いた状態で、デバイスを登録（ペアリング）し、測定を行ってください。
- 4.上記でもアプリに接続できない場合は、以下の手順をお試しください。



「設定」ボタンをタップしてください。

次に、「デバイス登録」をタップしてください。

「+」をタップして、体重計の登録を試みてください。

ホームページに戻り、「測定」ボタンをタップして計量を開始してください。

If you experience Bluetooth connection issues, ensure your phone's mobile data/Wi-Fi and GPS are on. Open the app, register the device, and attempt pairing. If problems persist, follow the in-app troubleshooting steps.

- Ensure Bluetooth is enabled on your smartphone.

- Make sure the INSMART HEALTH app has location permissions enabled (required for Bluetooth pairing on some devices).
- Restart your smartphone and the scale (by removing and reinserting batteries).
- Try re-pairing the device within the app settings.
- Ensure no other devices are actively connected to the scale via Bluetooth.

SPECIFICATIONS

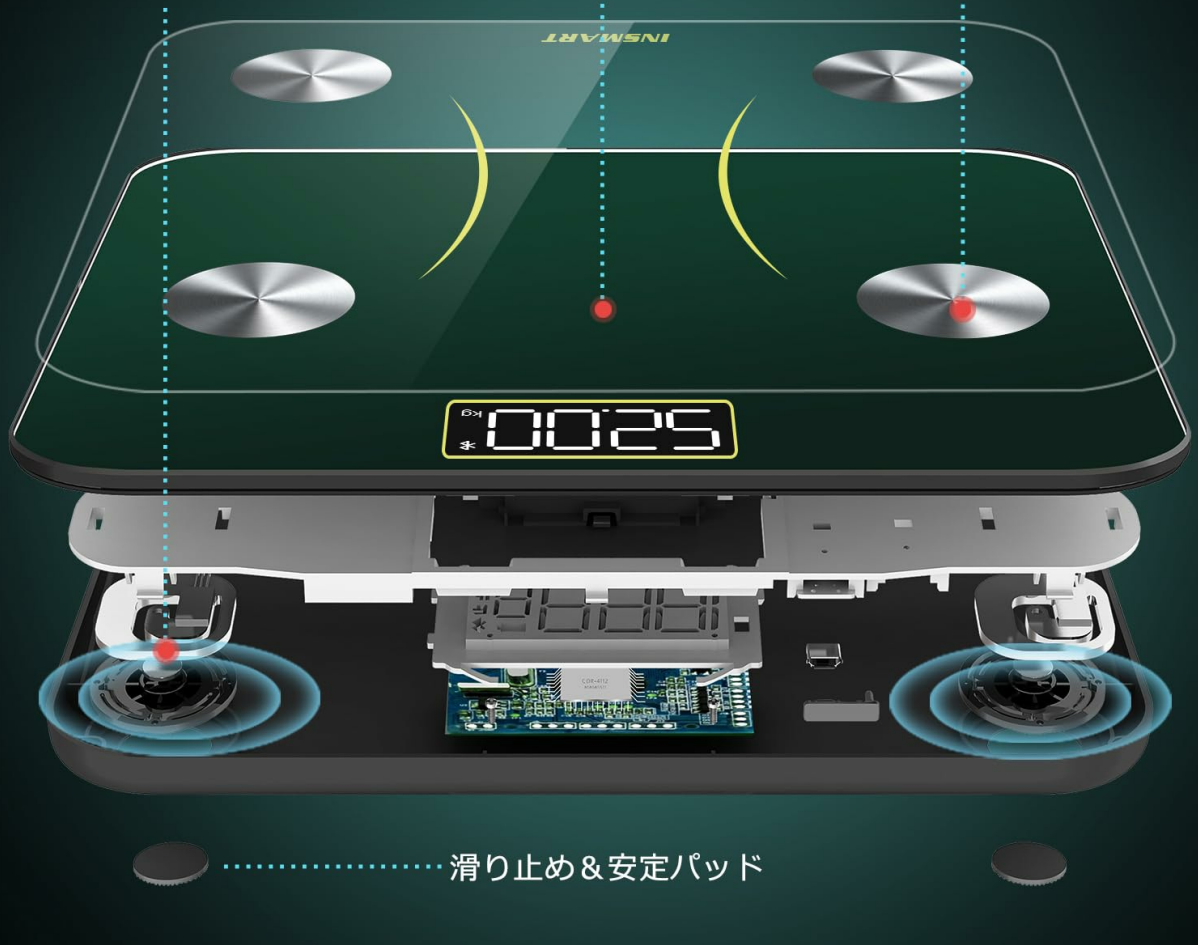
| Feature | Specification |
|--------------------------|--|
| Brand | INSMART |
| Model Number | 260H |
| Measurement Range | 3 kg - 180 kg |
| Measurement Accuracy | 100 g |
| Body Indicators Measured | 18 (e.g., Weight, BMI, Body Fat, Muscle Mass, BMR) |
| Connectivity | Bluetooth |
| Display Type | Digital LED |
| Material | Tempered Glass |
| Power Source | Batteries (not specified, typically AAA) |
| Origin | China |

高精度な測定結果

四つ高精度な高精度センサー

LEDディスプレイ
高品質素材

4つの電極が装備
されており



The INSMART 260H features four high-precision sensors, a durable tempered glass surface, and non-slip, stable pads for accurate and safe measurements.



先端技術

バイオインピーダンス分析技術を用いて、4つのスケールセンサに電極を用いて先進的な精度と効率で13種類健康項目を測定した

The scale utilizes advanced Bio-electrical Impedance Analysis (BIA) technology with four high-precision sensors for accurate body composition measurements.

ハイテクITOコーティング技術

従来の4電極式体重計と比較し、足のサイズに関わらず、全面がセンサー領域です。



Unlike traditional scales, the INSMART 260H uses advanced ITO coating technology, providing a larger sensor area for consistent and accurate measurements regardless of foot placement.

WARRANTY AND SUPPORT

1. Warranty Information

The INSMART 260H Smart Body Fat Scale comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, or unauthorized modifications.

2. Customer Support

For any questions, technical assistance, or warranty claims, please contact INSMART customer support. Refer to the product packaging or the INSMART official website for the most up-to-date contact information.