

Manuals.plus /

› WYZE /

› WYZE Smart Scale X Instruction Manual

## WYZE WSCALX-cr

# WYZE Smart Scale X Instruction Manual

Model: WSCALX-cr

## INTRODUCTION

---

The WYZE Smart Scale X is a digital bathroom scale designed to provide comprehensive body composition analysis. It measures various metrics beyond just weight, offering insights into your overall health and fitness. This manual provides instructions for setting up, operating, and maintaining your scale, along with detailed information on its features and troubleshooting tips.

## SETUP

---

### 1. Unboxing and Initial Inspection

Carefully remove the WYZE Smart Scale X from its packaging. Ensure all components are present, including the scale and the Quick Start Guide. Inspect the scale for any visible damage.

### 2. Battery Installation

The WYZE Smart Scale X requires batteries for operation. Locate the battery compartment on the underside of the scale. Insert the provided batteries, ensuring correct polarity. Close the battery compartment securely.

### 3. App Download and Installation

To utilize the full features of your Smart Scale X, download the WYZE app on your smartphone or tablet. The app is available on both the Apple App Store and Google Play Store. Search for "WYZE" and install the official application.

## WYZE SYNCs WITH



Fitbit

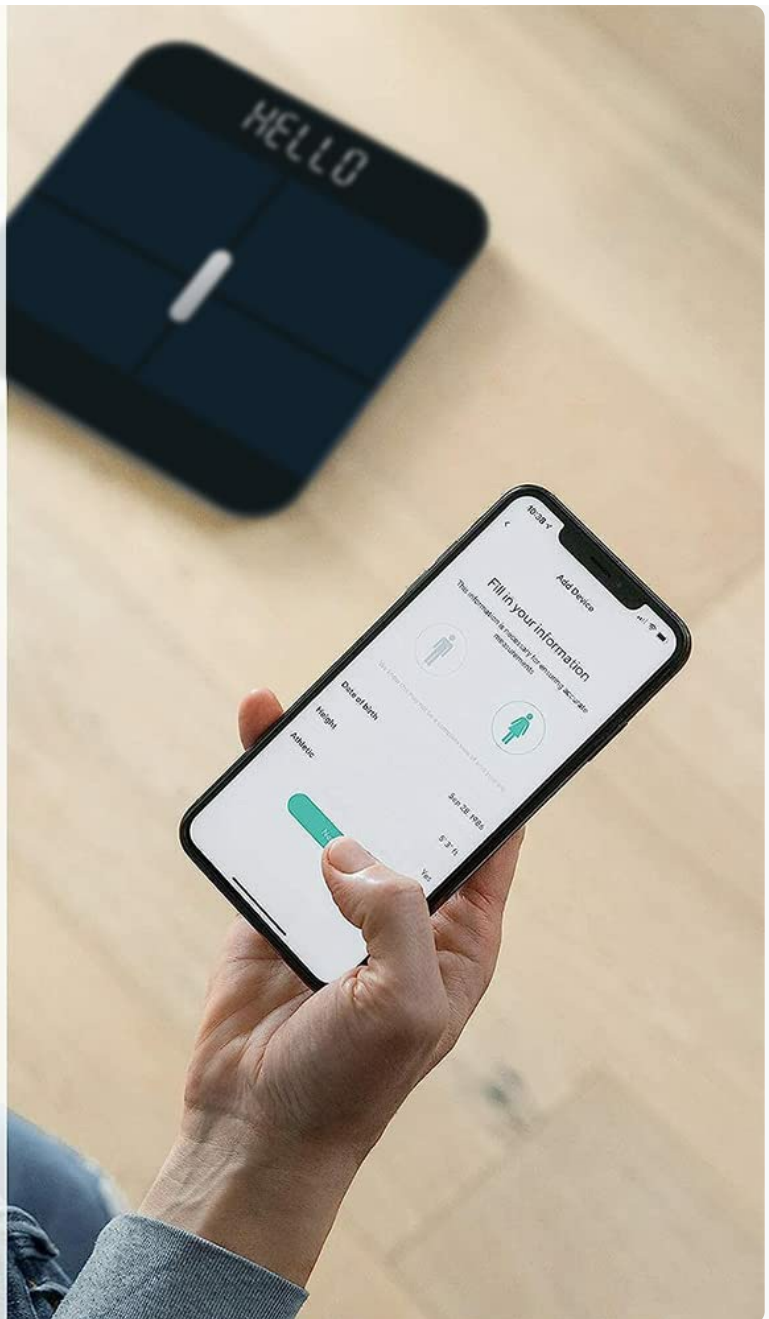


Apple Health



Google Fit

## FREE DOWNLOAD



The WYZE app integrates with popular fitness platforms like Fitbit, Apple Health, and Google Fit. Download the app from your device's app store.

### 4. Pairing the Scale with the App

1. Open the WYZE app and log in or create an account.
2. Tap the "+" icon (Add Device) in the app.
3. Select "Lifestyle" then "Wyze Scale Series" and choose "Wyze Scale X".
4. Follow the on-screen prompts to connect your scale via Bluetooth. Ensure your phone's Bluetooth is enabled and keep it near the scale during pairing.
5. Step onto the scale with bare feet to activate it and complete the pairing process.

### 5. User Profile Setup

During the initial setup, you will be prompted to enter personal information such as your year of birth and height. This data is crucial for the app to provide accurate body composition measurements. If you exercise more than 10 hours a week, consider enabling "Athlete Mode" for more precise readings.

## OPERATING THE SCALE

---

### 1. Taking a Measurement

To take a measurement, simply step onto the scale with bare, dry feet. Stand still on the scale, ensuring your feet are positioned over the ITO electrode areas. The scale will display your weight and transmit all body composition data to the connected WYZE app.

### 2. Understanding Body Metrics

The WYZE Smart Scale X measures 12 essential body composition metrics, which are displayed and tracked within the WYZE app:

- **Weight:** Your total body mass.
- **Body Fat Percent:** The percentage of fat in your body.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Water Percent:** The percentage of water in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Protein Level:** An indicator of protein content in your body.
- **Visceral Fat:** Fat stored around your internal organs.
- **BMR (Basal Metabolic Rate):** The number of calories your body burns at rest.
- **Metabolic Age:** Compares your BMR to the average BMR for your age group.
- **Lean Body Mass:** Your total body weight minus body fat.
- **Heart Rate:** Your heart rate, measured through the app using your phone's camera.



## Tracks 13 Essential Body Metrics

The scale provides 12 essential body composition metrics, with heart rate measured via the app, offering a comprehensive health overview.

### 3. Tracking Progress in the App

The WYZE app provides detailed graphs and historical data for all your measurements, allowing you to track trends over time. You can set weight goals and monitor your progress effectively.



"The best smart scale of 2023, 2022, 2021."



"The best smart scale".

The WYZE app allows you to view and track your body metrics over time, including weight, BMI, and body fat percentage.

#### 4. Special Modes

The WYZE app offers various modes to accommodate different users and situations:

- **Baby Mode:** For weighing infants or small children while held by an adult.
- **Pet Mode:** For weighing pets.
- **Pregnancy Mode:** Provides tailored tracking for pregnant users.
- **Athlete Mode:** For individuals with higher muscle mass and lower body fat, ensuring more accurate readings.
- **Luggage Mode:** For weighing luggage.



The WYZE Smart Scale X supports various modes, including Pet Mode, Baby Mode, Pregnancy Mode, Athlete Mode, and Luggage Mode, accessible through the app.

## 5. Heart Rate Measurement

The WYZE app can measure your heart rate using your phone's camera. Follow the in-app instructions to place your finger over the camera lens to obtain a reading. This feature requires camera access permission.

## 6. Multiple Users

The scale can be shared among up to 8 separate users. The app automatically recognizes individual users based on their weight and body composition, tracking their information separately.





Up to 22 months of battery life



Unlimited sharing & auto-recognize up to 8 users

The scale supports multiple users with automatic recognition and offers extended battery life.

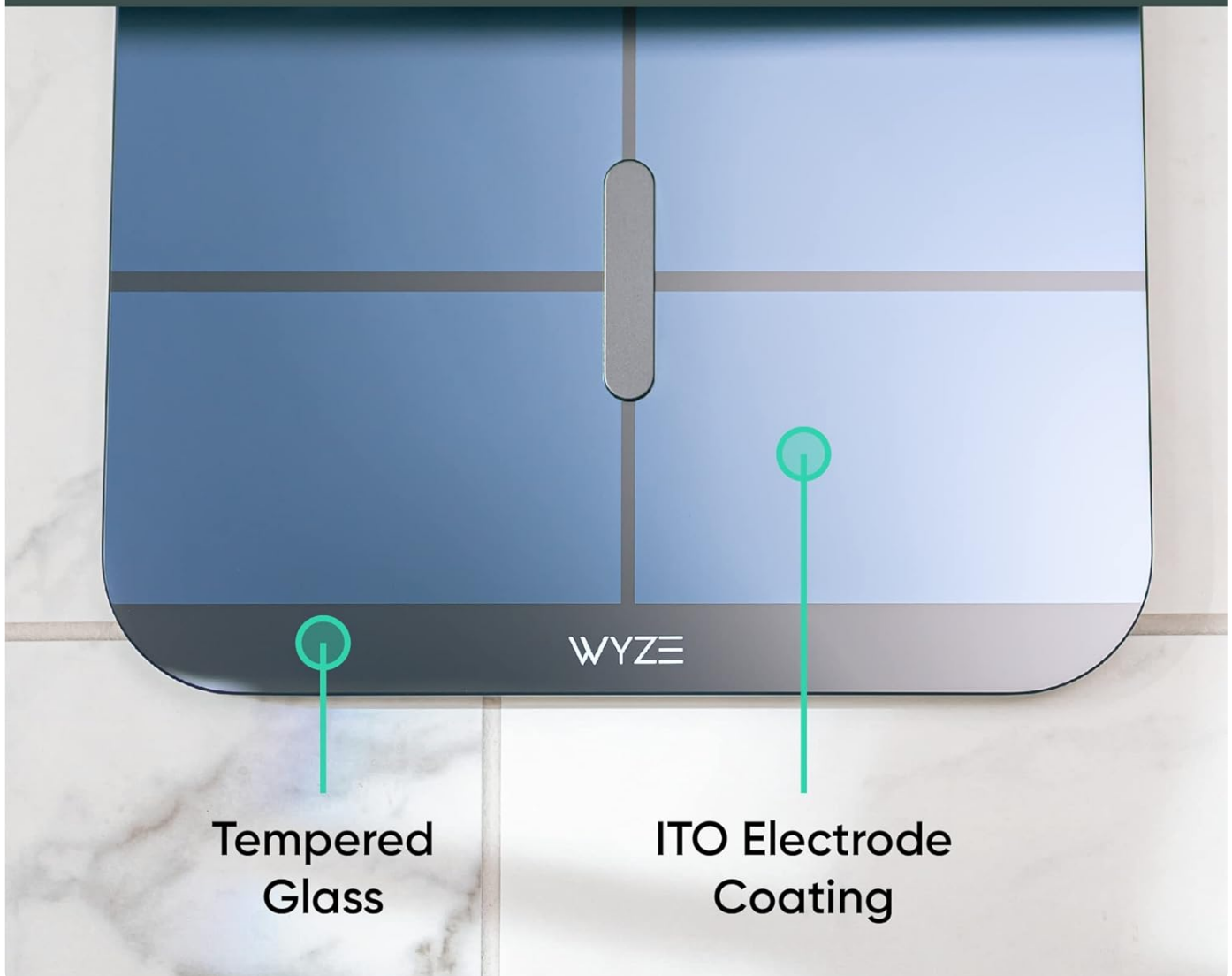
## FEATURES

The WYZE Smart Scale X is equipped with advanced features for accurate and convenient body analysis:

- **High-Precision Sensors:** Utilizes luxurious ITO Glass electrodes for accurate measurements regardless of foot placement.
- **Sleek Design:** Features a thin, modern design with a glass surface.
- **Comprehensive Metrics:** Measures 12 essential body composition metrics.
- **App Integration:** Seamlessly syncs data with the WYZE app and popular fitness apps like Fitbit, Apple Health, and Google Fit.
- **Multi-User Support:** Automatically recognizes and tracks data for up to 8 users.
- **Specialized Modes:** Includes modes for babies, pets, pregnancy, athletes, and luggage.
- **Heart Rate Monitoring:** Measures heart rate via the smartphone camera through the app.

# Incredibly Accurate Sensors

Luxurious ITO Glass electrodes give accurate measurements no matter where you step



The scale features tempered glass and ITO electrode coating for incredibly accurate measurements.

## MAINTENANCE

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

- **Cleaning:** Wipe the scale's glass surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals that could damage the surface or electrodes.
- **Storage:** Store the scale in a dry place at room temperature. Avoid extreme temperatures or high humidity.
- **Placement:** Always place the scale on a hard, flat surface for accurate readings. Uneven surfaces or carpets can affect measurement precision.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the scale's display or in the app.

## TROUBLESHOOTING



If you encounter issues with your WYZE Smart Scale X, try the following solutions:

- **Scale Not Turning On:** Check if the batteries are correctly installed and have sufficient charge. Replace them if necessary.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. Step on the scale with bare, dry feet and stand still. Calibrate the scale by stepping on it briefly, then stepping off, and waiting for it to display "0.0" before taking a full measurement.
- **App Connectivity Issues:** Make sure your phone's Bluetooth is enabled and the scale is within range. Restart the WYZE app or your phone. If issues persist, try re-pairing the scale with the app.
- **Data Not Syncing:** Confirm that the scale is connected to the app via Bluetooth. Check your internet connection for app data synchronization.
- **Heart Rate Measurement Failure:** Ensure your finger completely covers the phone's main camera lens (not the flash) and you remain still during the measurement. Grant camera access to the WYZE app.

## SPECIFICATIONS

Specification	Detail
Brand	WYZE
Model Number	WSCALX-cr
Color	Black
Display Type	LED
Material	Glass
Item Weight	2.36 Kilograms
Unit Count	1.0 Count
UPC	657768796753

## WARRANTY AND SUPPORT

The WYZE Smart Scale X comes with a **90-day limited warranty**. For warranty claims, technical support, or further assistance, please refer to the contact information provided in your Quick Start Guide or visit the official WYZE support website.