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Xiaomi BHR7793EU

Xiaomi Body Composition Scale S400 User Manual

Model: BHR7793EU

INTRODUCTION

The Xiaomi Body Composition Scale S400 is an advanced digital weighing scale designed to provide comprehensive body composition analysis. Utilizing dual-frequency Bioelectric Impedance Analysis (BIA) technology, it measures various health metrics beyond just weight, including body fat, muscle mass, water proportion, bone mass, and basal metabolic rate. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your scale.



Image: The Xiaomi Body Composition Scale S400, a white square scale with four circular electrodes, shown alongside a smartphone displaying body composition measurement data from the Mi Home app.

IMPORTANT SAFETY INFORMATION

- Do not use if you have a pacemaker or other implanted medical device.
- Not suitable for pregnant women, children under 6 years old, or individuals over 80 years old for body composition analysis. Weight measurement is still accurate.
- Ensure the scale is placed on a hard, flat surface for accurate readings.
- Do not use on wet or slippery surfaces.
- Keep the scale dry and clean.
- Do not jump on the scale.
- Use only AAA batteries as specified.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Xiaomi Body Composition Scale S400
- User Manual
- (Batteries are not included and must be purchased separately)

SETUP

1. Installing Batteries

1. Flip the scale over to access the battery compartment on the underside.
2. Open the battery cover.
3. Insert 3 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery cover securely.



Image: The underside of the Xiaomi Body Composition Scale S400, showing the battery compartment cover and four grey rubber feet.

2. App Installation and Pairing

The Xiaomi Body Composition Scale S400 requires the Mi Home/Xiaomi Home app for full functionality and tracking.

1. Download the **Mi Home** or **Xiaomi Home** app from your device's app store (iOS App Store or Google Play Store).
2. Open the app and create a new account or log in to an existing one.
3. Ensure your smartphone's Bluetooth is enabled.
4. Stand on the scale to turn it on. The display will light up.
5. In the Mi Home/Xiaomi Home app, tap the "+" icon in the top right corner to add a new device.
6. The app should automatically detect the "Xiaomi Body Composition Scale S400". If not, search for it manually in the device list.
7. Follow the on-screen instructions in the app to complete the pairing process.
8. Once paired, you can set up your personal profile, including age, gender, and height, for accurate body composition calculations.

OPERATING INSTRUCTIONS

1. Taking a Measurement

1. Place the scale on a hard, flat surface (e.g., tile or hardwood floor). Avoid carpets or uneven surfaces.
2. Step onto the scale barefoot, ensuring your feet are centered on the four metal electrodes.
3. Stand still until the display shows your weight and then cycles through other body composition metrics.
4. The data will automatically sync with the Mi Home/Xiaomi Home app if your phone is nearby and Bluetooth is active.
5. For consistent results, measure at the same time each day, preferably in the morning before breakfast and after using the restroom.

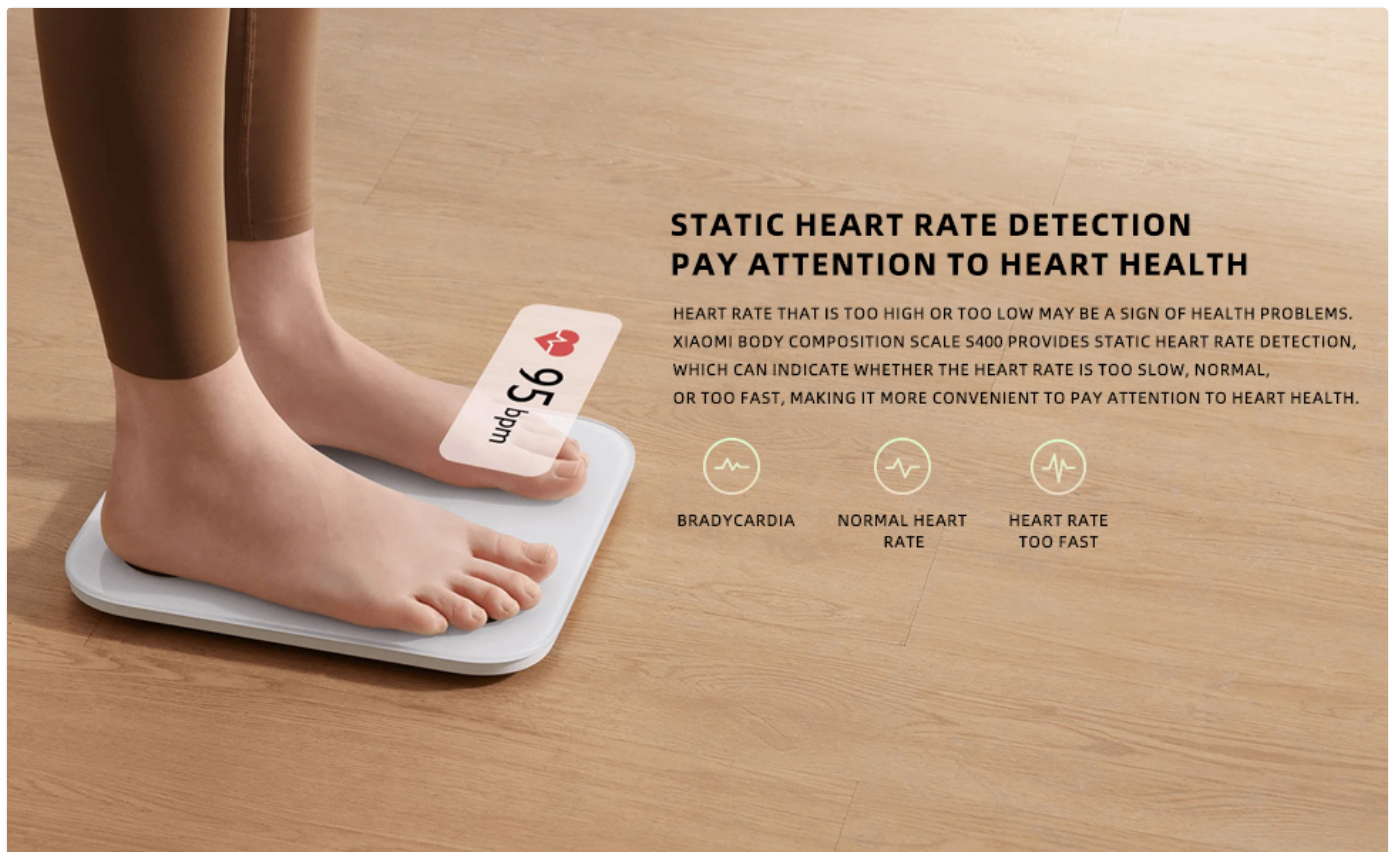


Image: A person standing barefoot on the Xiaomi Body Composition Scale S400, demonstrating proper foot placement for measurement.

2. Understanding Body Composition Metrics

The S400 measures 13 different body components. The Mi Home/Xiaomi Home app provides detailed explanations and historical data for each metric:

- **Weight:** Your total body mass.
- **Heart Rate:** Static heart rate monitoring during measurement.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Rate:** Percentage of total body weight that is fat.
- **Muscle Mass:** Total weight of muscle in your body.
- **Body Water:** Percentage of total body weight that is water.
- **Bone Mass:** Weight of bone mineral in your body.
- **Basal Metabolic Rate (BMR):** The number of calories required to keep your body functioning at rest.
- **Visceral Fat Level:** Fat stored around the organs in the abdomen.
- **Protein Amount/Rate:** The amount or percentage of protein in your body.
- And other metrics like Body Score, Body Water Amount, Bone Salt Content, Bone Salt Rate.

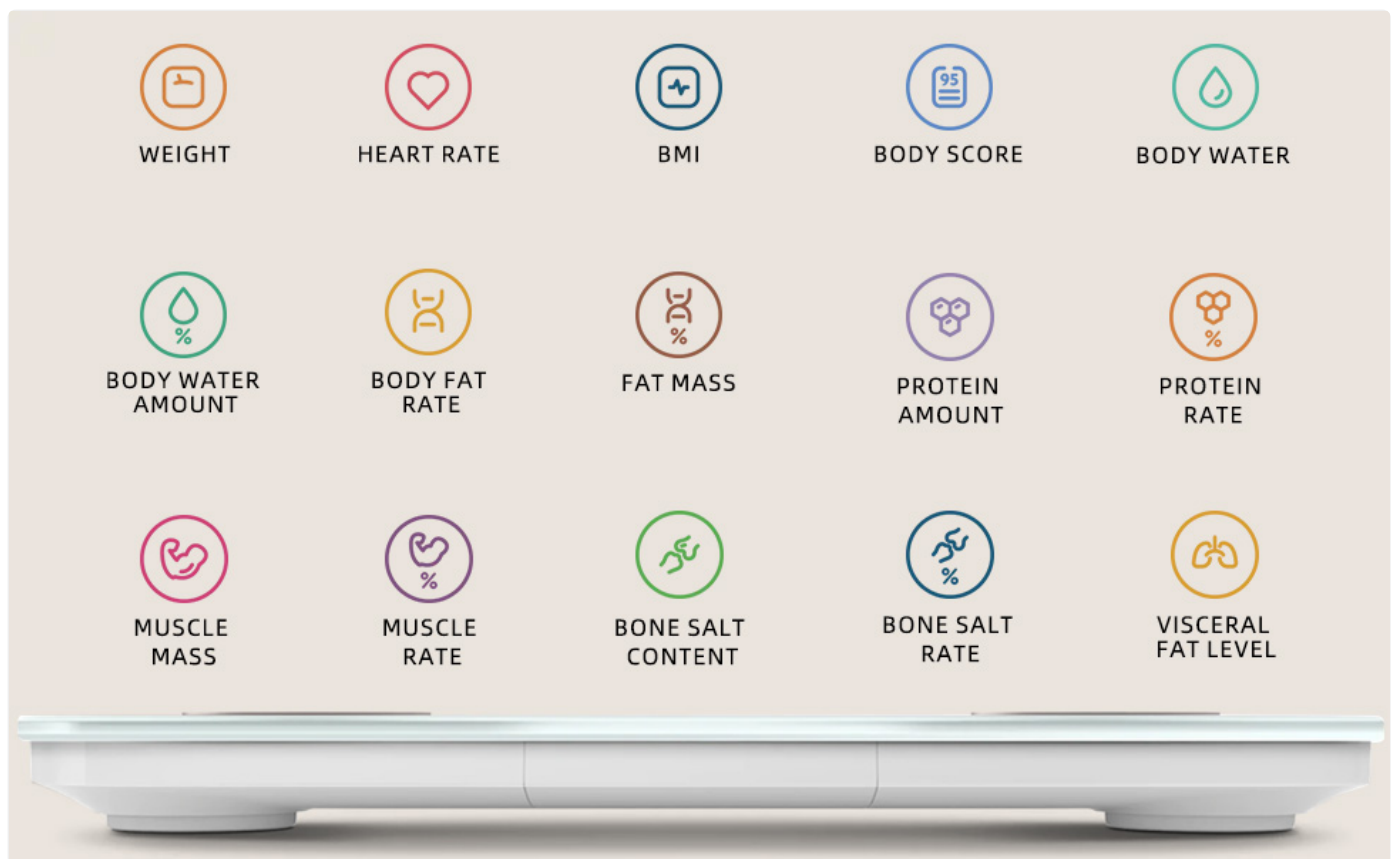


Image: A visual representation of the various body composition metrics measured by the Xiaomi S400 scale, including weight, heart rate, BMI, body fat rate, muscle mass, and more, displayed as colorful icons.

3. Multiple User Support and Special Modes

The scale supports up to 36 different user profiles and offers special modes:

- **User Profiles:** The app can automatically recognize different users based on their weight. Ensure each family member creates their profile in the app.
- **Baby and Pet Weighing Mode:** In the app, select this mode. First, weigh yourself, then step off. Pick up your baby or pet and step back on the scale. The app will calculate the baby's or pet's weight.
- **Guest Mode:** Allows a temporary user to measure without saving their data to a profile.
- **Balance Testing:** A feature within the app to assess your balance.



Image: A smartphone screen displaying weight and body composition data for multiple family members, illustrating the multi-user support feature of the Xiaomi Body Composition Scale S400.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app. Always replace all 3 AAA batteries at the same time.
- **Calibration:** The scale automatically calibrates. If you move the scale, step on it briefly to turn it on and then off before your first measurement to ensure proper calibration.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AAA batteries.
Inaccurate weight readings.	Scale is on an uneven surface; not calibrated; user is wearing shoes/socks.	Place on a hard, flat surface. Step on and off once to calibrate. Ensure bare feet for body composition.
Body composition data not displayed/synced.	Feet not making proper contact with electrodes; Bluetooth off; app not open/paired.	Ensure bare feet are centered on electrodes. Check Bluetooth on phone. Open Mi Home/Xiaomi Home app and ensure pairing.

Problem	Possible Cause	Solution
Cannot connect to Mi Home/Xiaomi Home app.	Bluetooth issues; app permissions; scale not in pairing mode.	Restart phone and scale. Check app permissions for Bluetooth. Re-attempt pairing process.
"Lo" displayed on screen.	Low battery.	Replace all 3 AAA batteries.
"Err" displayed on screen.	Overload or measurement error.	Ensure weight is within 0.1 kg to 150 kg range. Step off and on again.

SPECIFICATIONS

- **Product Name:** Xiaomi Body Composition Scale S400
- **Model Number:** BHR7793EU
- **Weight Range:** 0.1 kg - 150 kg (0.22 lbs - 330 lbs)
- **Measurement Accuracy:** 0.1 kg
- **Connectivity:** Bluetooth 5.0
- **Power Source:** 3 x AAA Batteries (not included)
- **Battery Life:** Up to 180 days (approx.)
- **Material:** Tempered Glass, ABS Plastic
- **Display:** LED Hidden Display
- **Body Composition Metrics:** 13 items (Weight, Heart Rate, BMI, Body Fat Rate, Muscle Mass, Body Water, Bone Mass, BMR, Visceral Fat Level, Protein Amount/Rate, etc.)
- **App Compatibility:** Mi Home / Xiaomi Home App (iOS & Android)

WARRANTY AND SUPPORT

Xiaomi products typically come with a standard manufacturer's warranty. Please refer to the warranty card included with your product or visit the official Xiaomi website for detailed warranty terms and conditions specific to your region. For technical support, troubleshooting assistance, or service inquiries, please contact Xiaomi Customer Service through their official website or the Mi Home/Xiaomi Home app. You may need your product's model number (BHR7793EU) and proof of purchase.

Official Xiaomi Website: www.mi.com

