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› Xiaomi Smart Scale S400 Instruction Manual

Xiaomi S400

Xiaomi Smart Scale S400 Instruction Manual

Model: S400 | Brand: Xiaomi

INTRODUCTION

This manual provides essential information for the safe and effective use of your Xiaomi Smart Scale S400. Please read it thoroughly before first use and keep it for future reference. The Xiaomi Smart Scale S400 is designed to measure various body composition metrics and track your health data through the Xiaomi Home app.

SAFETY INFORMATION

- Always place the scale on a hard, flat surface for accurate measurements. Avoid carpets or soft surfaces.
- Do not use this device if you are pregnant or have an implanted medical device such as a pacemaker.
- The scale is not intended for medical diagnosis or treatment. Consult a healthcare professional for medical advice.
- Keep the scale dry. Do not immerse it in water or use it in excessively humid environments.
- Do not step on the edge of the scale; this may cause it to tip over.
- Keep out of reach of children.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Xiaomi Smart Scale S400 (Main Unit)
- User Manual
- AAA Batteries (usually included)

PRODUCT OVERVIEW

The Xiaomi Smart Scale S400 features a sleek design with large electrode pads for enhanced contact conductivity and accurate measurements. Its integrated LED display provides clear readings of key metrics.



Image: Top view of the Xiaomi Smart Scale S400, showing its minimalist design and four circular electrode pads.



Image: Detailed view of the Xiaomi Smart Scale S400, highlighting the 58mm large-diameter electrode pads and 40mm anti-slip feet for stability and accurate readings.

SETUP

1. Battery Installation

Open the battery compartment on the underside of the scale and insert the provided AAA batteries, ensuring correct polarity.

2. Download the Xiaomi Home App

Download the official Xiaomi Home app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). The scale is compatible with the Xiaomi Home app but does not support Google Fit integration.

3. Pair with Your Smartphone

1. Enable Bluetooth on your smartphone.
2. Open the Xiaomi Home app and log in or create an account.
3. Tap the "+" icon to add a new device. The app should automatically detect the Xiaomi Smart Scale S400.
4. Follow the on-screen instructions to complete the pairing process.

4. Create User Profiles

Within the Xiaomi Home app, you can create individual user profiles for up to 36 people. This allows the scale to recognize different users and store their data separately. Enter details such as name, gender, height, and birthdate for each profile.



Image: A smartphone showing the Xiaomi Home app, illustrating automatic Bluetooth synchronization and instant access to health data.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale barefoot, ensuring your feet are centered on the electrode pads.
3. Stand still until the measurement is complete and the display shows your weight and other metrics.
4. The data will automatically sync to the Xiaomi Home app via Bluetooth.



Image: A person standing on the scale, with a digital display showing heart rate (95 bpm), indicating the scale's ability to check heart condition.

Multi-Weighing Modes

The Xiaomi Smart Scale S400 offers various modes for different needs:

- **Standard Mode:** For regular body composition analysis.
- **Baby/Pet Mode:** Weigh yourself first, then hold your baby or pet. The scale will calculate their weight by subtracting your weight.
- **Guest Mode:** For temporary users whose data you do not wish to save to a profile.



Image: A child placing a teddy bear on the scale, demonstrating the multi-weighting modes feature, which allows for weighing small items or pets.

UNDERSTANDING MEASUREMENTS

The Xiaomi Smart Scale S400 utilizes dual-frequency Bioelectrical Impedance Analysis (BIA) to provide a comprehensive report of 25 body composition indicators. This advanced technology passes both high and low-frequency alternating currents through cell membranes to accurately measure electrical impedance values inside and outside cells, collecting detailed physical data.



Image: An infographic illustrating the 25 body composition indicators measured by the scale, including body fat, muscle mass, water content, protein, bone mineral density, and more.



Image: A diagram explaining the dual-frequency impedance measurement, showing how both 50kHz (low frequency) and 250kHz (high frequency) currents are used for comprehensive body analysis.

Key Metrics Displayed:

- Body Weight (kg)
- Body Fat Percentage
- Heart Rate (bpm)
- Battery Level
- Bluetooth Connection Status

For a detailed report and historical data, refer to the Xiaomi Home app. The app provides a clear overview of your health status and tracks changes over time.

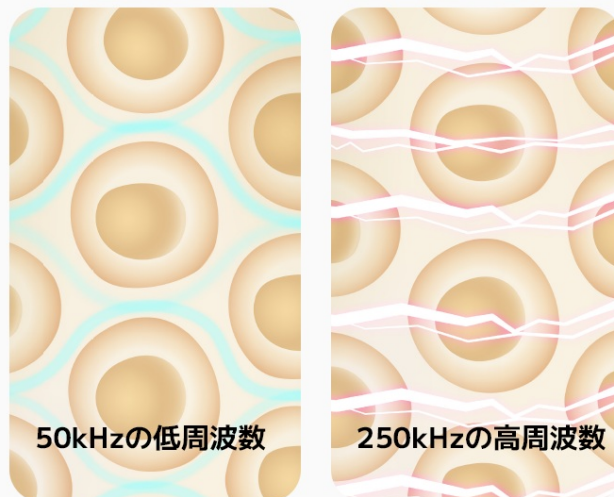


Image: Close-up of the scale's LED display, showing weight, body fat percentage, heart rate, and battery status for easy readability.

MAINTENANCE

Cleaning

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

Battery Replacement

The scale's batteries typically last for approximately 6 months. When the battery indicator appears on the display or in the app, replace the AAA batteries in the compartment on the underside of the scale.

TROUBLESHOOTING

Problem	Solution
Scale does not turn on.	Check if batteries are correctly installed or need replacement.
Inaccurate weight readings.	Ensure the scale is on a hard, flat surface. Avoid moving the scale between measurements. Recalibrate by stepping on and off quickly.
Cannot connect to Xiaomi Home app.	• Ensure Bluetooth is enabled on your smartphone. • Make sure the scale is within Bluetooth range. • Restart the Xiaomi Home app. • Check if your smartphone's Android version is compatible (some users reported issues with Android 16, though this is not an official limitation). • Remove and re-add the device in the app.
Body composition data not displayed.	Ensure you are stepping on the scale barefoot and your feet are making good contact with all four electrode pads.

SPECIFICATIONS

Feature	Detail
Brand	Xiaomi
Model Number	S400
Display Type	LED
Material	Plastic
Measurement Type	Kilogram (kg)
Scale Type	Counter Scale (Body Composition Scale)
Body Composition Metrics	25 types (Body Fat, Muscle Mass, Water Content, Protein, Bone Mineral Density, BMI, Heart Rate, etc.)
Connectivity	Bluetooth (via Bluetooth gateway to smartphone)
App Compatibility	Xiaomi Home App (Not compatible with Google Fit)
Max User Profiles	Up to 36
Battery Life	Approx. 6 months (with typical use)
Country of Origin	China

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official product overview of the Xiaomi Smart Scale S400. This video demonstrates the unboxing, initial setup, how to take a measurement, app integration, multi-user profile management, and the various weighing modes including the baby/pet mode. It highlights the dual-frequency measurement technology and heart rate monitoring capabilities.

WARRANTY AND SUPPORT

Xiaomi provides official quality assurance for its products. For any issues or inquiries, please contact Xiaomi customer service. Utilize the following contact information for support:



Phone: 0120-767-378 (Reception hours: 9:00-18:00, excluding year-end and New Year holidays)



service.jp@support.mi.com

For various inquiries, we will respond courteously via phone, chat, or email.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question