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## Hoffen HO-9

# Hoffen HO-9 Bluetooth Smart Scale User Manual

Model: HO-9

## 1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Hoffen HO-9 Bluetooth Smart Scale. This device is designed to measure body weight and analyze 25 essential body parameters, including BMI, BMR, fat rate, muscle mass, and more, using Bioelectrical Impedance Analysis (BIA) technology. Please read this manual thoroughly before operating the device and retain it for future reference.

The Hoffen HO-9 Smart Scale is intended for domestic use only and should not be used for commercial transactions or medical diagnosis.

## 2. PRODUCT OVERVIEW

The Hoffen HO-9 is a high-precision digital weighing scale featuring a tempered glass platform and advanced sensor technology. It connects via Bluetooth to the My Fit India mobile application for detailed body composition analysis and tracking.

### Key Features:

- Tracks 25 essential body metrics including body weight, BMI, fat rate, muscle mass, water, bone mass, BMR, and more.
- Equipped with 4 high-precision sensors for accurate measurements up to 180 kg.
- Clear LCD display for immediate weight readings.
- Bluetooth connectivity for seamless data synchronization with the My Fit India app.
- Supports unlimited user profiles within the app, ideal for families.
- Durable tempered glass design with large silicone anti-slip feet for stability.
- Automatic on/off functionality, low power, and overload indicators.
- Step-on technology for instant measurements.

# Endless Storage Options

The smart scale's slim profile and 26 x 26 cm platform make it easy to store anywhere in the house.



Image: Top view of the Hoffen HO-9 Smart Scale, showcasing its sleek design and display.

## 3. SETUP

### 3.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 2 AAA batteries (included) according to the polarity indicators (+/-).
4. Close the battery compartment cover securely.

### 3.2 Scale Placement

Place the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect measurement accuracy.

### 3.3 App Download and Initial Pairing

1. Download the **My Fit India** app from your smartphone's app store (iOS or Android).

2. Enable Bluetooth on your smartphone.
3. Open the My Fit India app and create a user profile.
4. Step onto the scale to activate it. The scale will automatically attempt to pair with the app.
5. Follow the on-screen prompts in the app to complete the pairing process.



My Fit India

## Stay Connected

With mobile app, you can sync your health data

Create multiple profiles for family and friends so the whole household can use the scale.

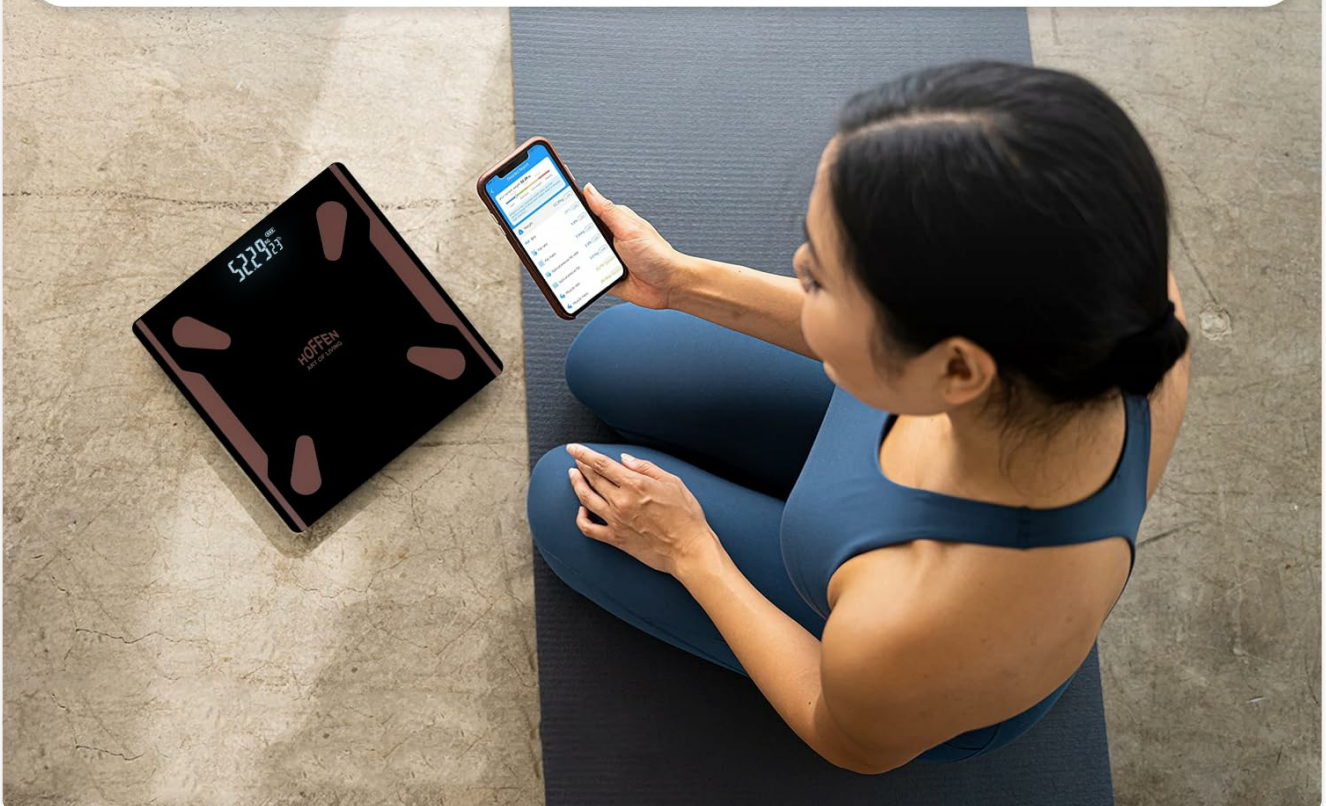


Image: A user interacting with the My Fit India app on a smartphone while the Hoffen HO-9 scale is nearby, illustrating the connectivity.

## 4. OPERATING INSTRUCTIONS

### 4.1 Taking a Measurement

1. Ensure the scale is on a flat, hard surface.
2. Step onto the scale barefoot. Ensure your feet are placed on the metal electrodes for accurate body composition analysis.
3. Stand still until your weight is displayed on the LCD screen and stabilizes.
4. If the app is open and connected, your data will automatically synchronize.

## 4.2 Viewing Measurements

- **On the Scale:** The LCD display will show your body weight.
- **On the App:** For detailed body composition metrics (BMI, fat rate, muscle mass, etc.), open the My Fit India app on your smartphone. The app will display a comprehensive report of all 25 parameters.

## 5. MY FIT INDIA APP USAGE

The My Fit India app is an integral part of your Hoffen HO-9 Smart Scale experience, providing in-depth analysis and tracking capabilities.

### 5.1 Detailed Tracking and History

- The app offers comprehensive body analysis, presenting your 25 body metrics in detailed charts.
- It saves historical data, allowing you to track changes in your body composition over days, weeks, months, or years.
- Provides precise analysis of health and body weight trends.

## Track Body Weight and Body Metrics Trends in the App

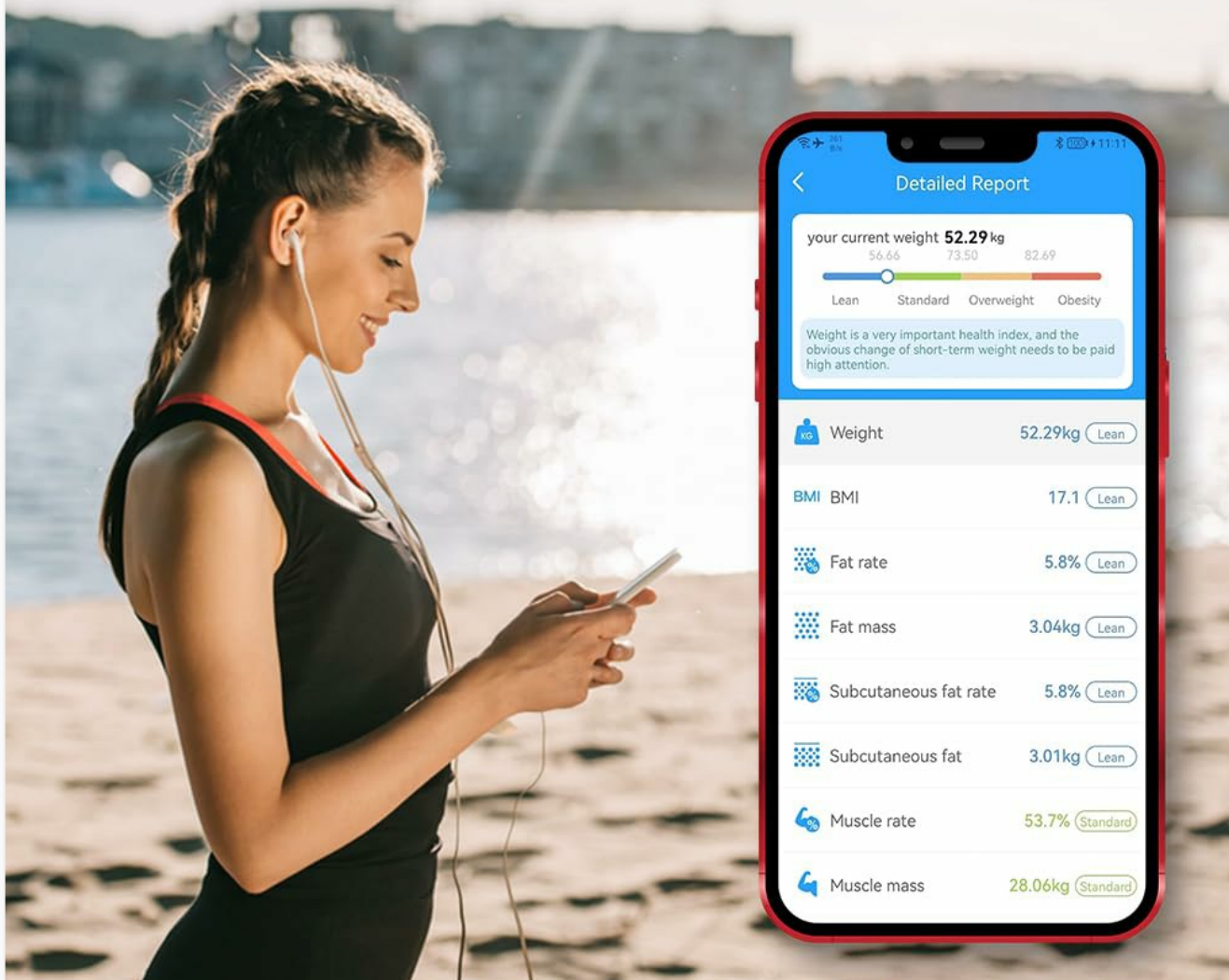


Image: A smartphone screen showing the My Fit India app with a detailed report of body metrics, including weight, BMI, and fat rate.

## 5.2 Multiple User Profiles

- The app supports unlimited user profiles, making it suitable for families and groups.
- Each user can create their own profile to ensure personalized data tracking and analysis.
- This feature allows individuals to monitor their health goals independently while staying connected.



**Unlimited Users**

Create multiple profiles for family and friends so the whole household can use the scale.

Metric	Value	Category
Weight	52.29 kg	Lean
BMI	17.1	Lean
Fat rate	5.8%	Lean
Fat mass	3.04 kg	Lean
Subcutaneous fat rate	5.8%	Lean

Image: A group of individuals standing together, with a smartphone displaying the My Fit India app's feature for creating multiple user profiles.

## 5.3 Sharing Progress

The My Fit India app allows you to share your progress with friends, fostering motivation and mutual support on fitness journeys.

## 6. MAINTENANCE AND CARE

- **Cleaning:** Wipe the scale's tempered glass surface with a soft, damp cloth. Avoid abrasive cleaners or harsh

chemicals.

- **Storage:** Store the scale in a dry place. Its slim profile (approximately 29 x 28.6 x 5.4 cm) allows for easy storage in various locations, such as under furniture or in a drawer.
- **Battery Replacement:** Replace batteries when the low power indicator appears on the LCD display.
- **Durability:** The scale features a safe and durable design with tempered glass and anti-slip feet. Handle with care to prevent damage.

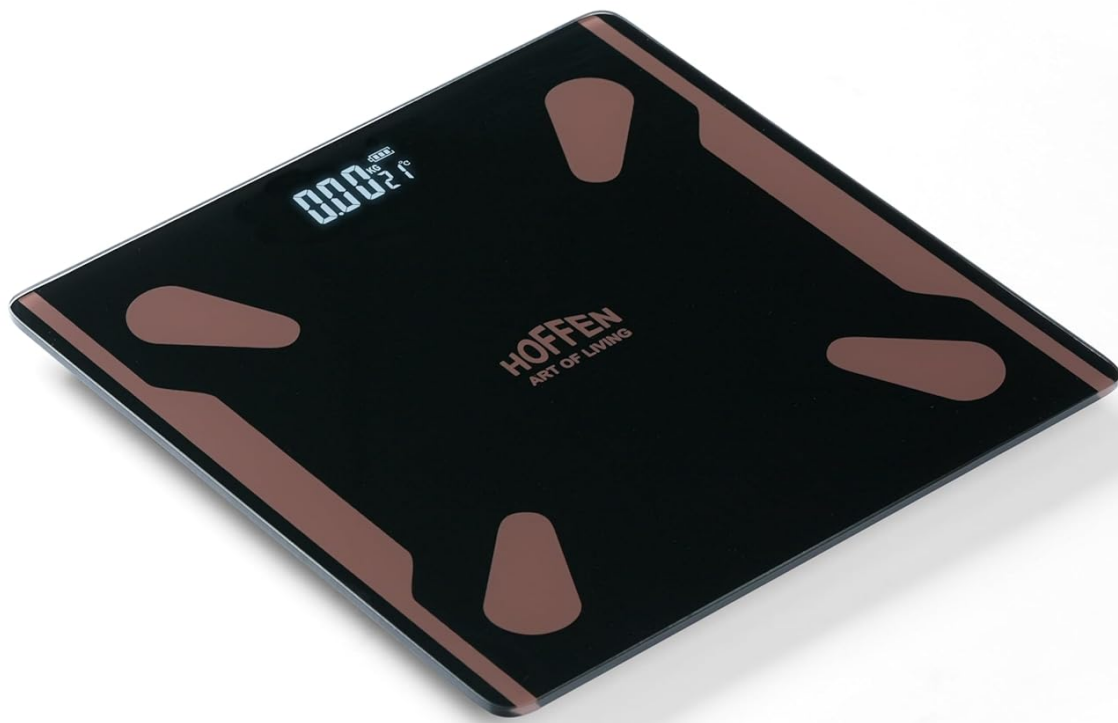


Image: An angled view of the Hoffen HO-9 Smart Scale, highlighting its tempered glass surface and compact design.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity and replace batteries if necessary.

Problem	Possible Cause	Solution
Inaccurate readings.	Scale is on an uneven surface; not calibrated; user is wearing shoes.	Place scale on a hard, flat surface. Step on barefoot. Allow auto-calibration by stepping on and off once.
"Lo" or low battery indicator.	Batteries are low.	Replace the 2 AAA batteries.
"Err" or overload indicator.	Weight exceeds maximum capacity (180 kg).	Reduce weight on the scale.
Cannot connect to My Fit India app.	Bluetooth is off; app not open; scale not activated.	Ensure Bluetooth is on, app is open, and step on the scale to activate it. Restart phone/app if needed.
Body composition data not showing in app.	User is wearing socks/shoes; feet not making contact with electrodes.	Ensure you step on the scale barefoot, with feet making full contact with the metal electrodes.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Hoffen
Model	HO-9
Weight Limit	180 Kilograms
Display Type	LCD
Material	Tempered Glass
Item Weight	900 Grams
Dimensions (Approx.)	29 x 28.6 x 5.4 cm
Batteries	2 x AAA batteries (included)
Special Features	Auto Shut Off, Bodyweight, Bone Mass, Large Display, Non Slip Platform
Connectivity	Bluetooth
App Compatibility	My Fit India (iOS & Android)

## 9. WARRANTY AND SUPPORT

The Hoffen HO-9 Bluetooth Smart Scale comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures the product's quality and performance under normal use.

For warranty claims, technical support, or any inquiries regarding your product, please contact the manufacturer, Omace Brands Private Limited. Refer to your purchase documentation or the Hoffen official website for contact details.

Please retain your proof of purchase for warranty validation.

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