

## Garmin 010-02294-02

# Garmin Index S2 Smart Scale User Manual

Model: 010-02294-02

Brand: Garmin

## INTRODUCTION

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The Garmin Index S2 Smart Scale provides a comprehensive overview of your health by accurately measuring various body composition metrics. This manual will guide you through the setup, operation, and maintenance of your device, ensuring you get the most out of its advanced features.

## WHAT'S IN THE BOX

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Verify that all the following items are included in your package:

- Garmin Index S2 Smart Scale
- 4 AAA batteries
- 4 Carpet feet
- Documentation (this user manual and other guides)

## SETUP

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1. **Install Batteries:** Open the battery compartment on the underside of the scale and insert the 4 AAA batteries, ensuring correct polarity.
2. **Attach Carpet Feet (Optional):** If using the scale on carpet, attach the included carpet feet to the bottom of the scale for accurate measurements.
3. **Download Garmin Connect App:** Download the Garmin Connect app to your compatible smartphone from your device's app store. This app is essential for syncing data and managing your profiles.
4. **Pair Device:** Follow the on-screen instructions in the Garmin Connect app to pair your Index S2 Smart Scale via Wi-Fi. This will enable seamless data synchronization.
5. **Create User Profiles:** The scale supports up to 16 unique user profiles. Create individual profiles within the Garmin Connect app to track personal stats and progress for each user.



Image: The sleek black design of the Garmin Index S2 Smart Scale.

## INDEX S2 SMART SCALE

Get a more holistic view of your health using the Index S2 smart scale. Track your progress toward your goals with accurate measurements for weight, weight trend, body fat percentage, BMI and more. Seamlessly sync with your Garmin Connect account via Wi-Fi connectivity to see your data, get trend graphs, view multiple daily weights and more<sup>1</sup>. You can even track data for up to 16 users.



Ready to see how much of your body is fat, muscle, bone or water? We got you.



Connecting is easy, thanks to built-in Wi-Fi technology. Seeing your stats in the Garmin Connect app<sup>2</sup> is even easier.



You can't beat having all the stats you care about in one place.



Make it a group effort with up to 16 other users<sup>3</sup>.



Keep up with your goals for up to 9 months without new batteries.



Your weight can change a lot day to day. See your progress over time, and stay motivated.

<sup>1</sup>Requires the Garmin Connect app downloaded to your compatible smartphone.  
<sup>2</sup>Individuals with pacemakers or other internal electronic devices should not use the Index S2 smart scale.  
 Wi-Fi is a registered trademark of the Wi-Fi Alliance.

Image: The Garmin Index S2 Smart Scale connected to the Garmin Connect app on a smartphone, showing synced data.

## OPERATING INSTRUCTIONS

- 1. Taking a Measurement:** Step onto the scale barefoot. Ensure your feet are placed evenly on the

conductive pads. The scale will automatically detect your profile and display your measurements.

2. **Viewing Data:** The high-resolution color display on the scale will show your current weight. For detailed metrics such as weight trend, body fat percentage, BMI, skeletal muscle mass, and body water percentage, refer to the Garmin Connect app.
3. **Customizable View:** Within the Garmin Connect app, you can customize which stats are displayed on the scale's screen when you step on it.
4. **Multiple Daily Weigh-ins:** The scale supports multiple weigh-ins throughout the day, allowing you to track patterns and body changes. All data is synced to the Garmin Connect app.
5. **Weight-Only Option:** If you prefer to only track your weight and disable other body composition data, this option can be configured through the Garmin Connect app.



Image: The Garmin Index S2 Smart Scale displaying body fat percentage on its screen.



Measures for weight, weight trend,  
body fat percentage, BMI,  
skeletal muscle mass and more.

Image: The Garmin Index S2 Smart Scale displaying Body Mass Index (BMI) on its screen.



Use Wi-Fi<sup>®</sup> to sync with your  
Garmin Connect<sup>™</sup> account and see your data,  
view trend graphs and more<sup>1</sup>.

<sup>1</sup>Requires the Garmin Connect app downloaded to a compatible smartphone. Wi-Fi is a registered trademark of the Wi-Fi Alliance.

Image: The Garmin Index S2 Smart Scale displaying skeletal muscle mass on its screen.



Sleek scale features a high-resolution color display and up to 9-month battery life.

Image: The Garmin Index S2 Smart Scale displaying body water percentage on its screen.

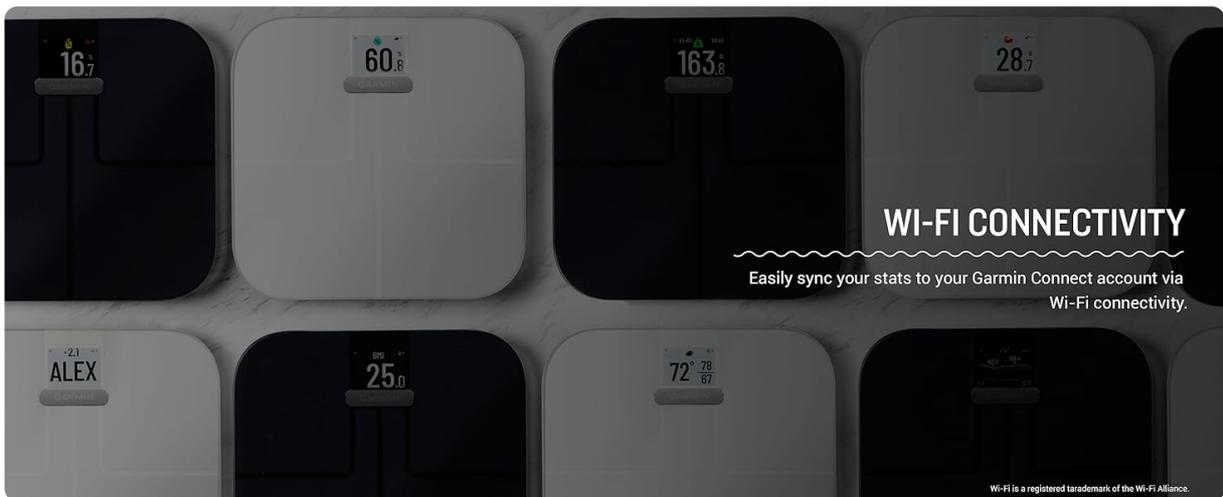


Image: A person's feet on the Garmin Index S2 Smart Scale, demonstrating its use for multiple daily weigh-ins.



Image: The Garmin Index S2 Smart Scale displaying weight trend data, with dumbbells and a yoga mat in the background.

## MAINTENANCE

To ensure the longevity and accuracy of your Garmin Index S2 Smart Scale, follow these maintenance guidelines:

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Avoid abrasive cleaners or solvents that could damage the finish or electronic components.
- **Storage:** Store the scale in a dry environment at room temperature. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace the AAA batteries when the low battery indicator appears on the display or in the Garmin Connect app.
- **Avoid Water Exposure:** The scale is not waterproof. Do not submerge it in water or expose it to excessive moisture.

## TROUBLESHOOTING

If you encounter issues with your Garmin Index S2 Smart Scale, try the following common troubleshooting steps:

- **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. If on carpet, use the provided carpet feet. Make sure your feet are clean and dry when stepping on the scale.
- **No Data Syncing:** Verify that your scale is connected to your home Wi-Fi network and that the Garmin Connect app on your smartphone is open and has an active internet connection. Try restarting both the scale and your smartphone.
- **Profile Not Recognized:** Ensure you have created a user profile in the Garmin Connect app. If multiple users are on the scale, ensure they have distinct profiles.

## SPECIFICATIONS

Feature	Detail
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Product Dimensions	12.6 x 12.2 x 1.1 inches
Weight	4.4 Pounds
Item Model Number	010-02294-02
Batteries	4 AAA batteries (included)
Battery Life	Up to 9 months
Display Type	High-resolution color LCD
Weight Limit	400 Pounds
Special Features	Body Fat, Body Mass Index, Bone Mass, Muscle Mass, Smart Connectivity
Connectivity	Wi-Fi

## WARRANTY AND SUPPORT

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Garmin is known for producing high-quality and reliable products. For detailed warranty information and customer support, please refer to the official Garmin website or the full user manual PDF available at <https://manuals.plus/m/8015ac40f8c54dc69ff4dc2c66a68fb068ab3fdc13acbee2bb73c95dd460d5bb>. You can also visit the Garmin Store on Amazon for more product information and accessories: [Garmin Store](#).

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