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> Wyze Smart Scale X User Manual - Digital Body Composition Scale (Model WSCALX)

WYZE WSCALX

Wyze Smart Scale X User Manual

Model: WSCALX

1. INTRODUCTION

The Wyze Smart Scale X is an advanced digital bathroom scale designed to provide a comprehensive overview of your body composition. It measures various metrics beyond just weight, helping you track your health and fitness journey effectively. This manual will guide you through the setup, operation, and maintenance of your Wyze Smart Scale X.



Image: A user interacting with the Wyze Smart Scale X and its companion app, showing body composition trends over time.

2. WHAT'S IN THE BOX

- Wyze Smart Scale X (1)
- 1.5V AAA Batteries (4)
- Quick Start Guide (1)

3. SETUP

1. **Install Batteries:** Open the battery compartment on the underside of the scale and insert the four AAA batteries, ensuring correct polarity.
2. **Download the Wyze App:** Search for "Wyze" in your smartphone's app store (Apple App Store or Google Play Store) and download the official Wyze app.
3. **Create/Log In to Wyze Account:** Open the app and either create a new account or log in with your existing Wyze credentials.
4. **Add Device:** In the Wyze app, tap the "+" icon to add a new device. Select "Lifestyle" then "Wyze Scale Series" and choose "Wyze Scale X".
5. **Pairing:** Follow the on-screen instructions in the app to pair your scale via Bluetooth. Ensure your phone's Bluetooth is enabled and keep it near the scale during pairing.
6. **Personal Information:** Enter your personal details (year of birth, height, gender) in the app. This information is crucial for accurate body composition measurements.
7. **Initial Measurement:** Step onto the scale barefoot on a hard, flat surface to activate it and perform your first measurement.



Image: A user preparing to place the Wyze Smart Scale X on the floor for setup.

4. OPERATING INSTRUCTIONS

Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, centering your feet on the ITO electrode areas.
4. Stand still until your weight is displayed on the scale's LED screen.
5. Keep the Wyze app open and near the scale for automatic data synchronization via Bluetooth.

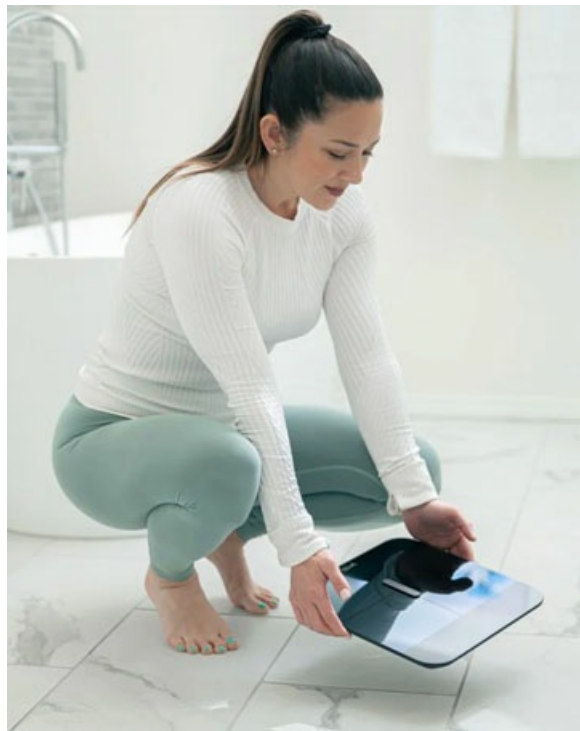
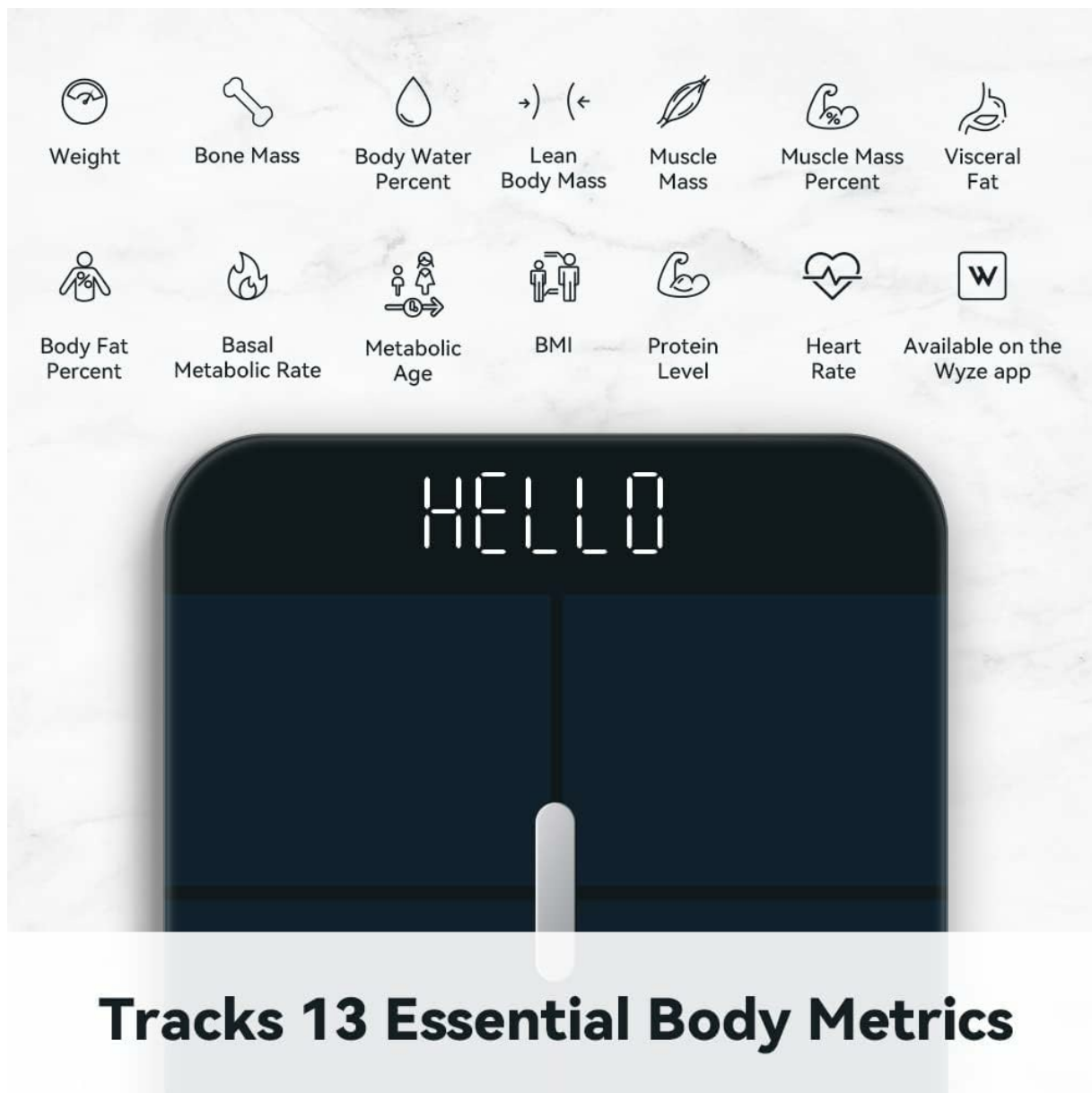


Image: A close-up of bare feet positioned on the Wyze Smart Scale X for a measurement.

Understanding Your Metrics

The Wyze Smart Scale X measures 13 essential body composition metrics:

- Weight
- Body Fat Percentage
- Body Mass Index (BMI)
- Muscle Mass
- Bone Mass
- Body Water Percentage
- Lean Body Mass
- Protein Level
- Visceral Fat
- Basal Metabolic Rate (BMR)
- Metabolic Age
- Heart Rate (measured via Wyze App)



Tracks 13 Essential Body Metrics

Image: The Wyze Smart Scale X showing its display and a visual representation of the 13 essential body metrics it tracks.

5. SPECIAL MODES

The Wyze Smart Scale X offers specialized modes for various users and situations:

- **Baby Mode:** Allows you to weigh an infant by first weighing yourself, then stepping on the scale while holding the baby. The scale calculates the baby's weight by subtracting your weight.
- **Pet Mode:** Similar to Baby Mode, this allows you to weigh your pet.
- **Luggage Mode:** For weighing luggage or other items.
- **Pregnancy Mode:** Provides weight tracking for pregnant users.
- **Athlete Mode:** Recommended for individuals who work out more than 10 hours a week, as it adjusts body composition algorithms for athletic body types.

For added safety, you can turn off all electrical currents used to measure body composition in these modes, ensuring only weight is measured.



Image: A father weighing his children using a special mode on the Wyze Smart Scale X, demonstrating its versatility for family use.

6. APP INTEGRATION & DATA TRACKING

The Wyze Smart Scale X seamlessly integrates with the Wyze app and popular third-party health applications:

- **Wyze App:** All your body composition data is stored and displayed in the Wyze app, allowing you to view trends over time, set goals, and track your progress.
- **Third-Party Apps:** Sync your data with Apple Health, Health Connect, and Fitbit to consolidate your health information in one place.

The scale supports up to 8 users, automatically recognizing each individual and syncing their data to their respective profiles in the app.

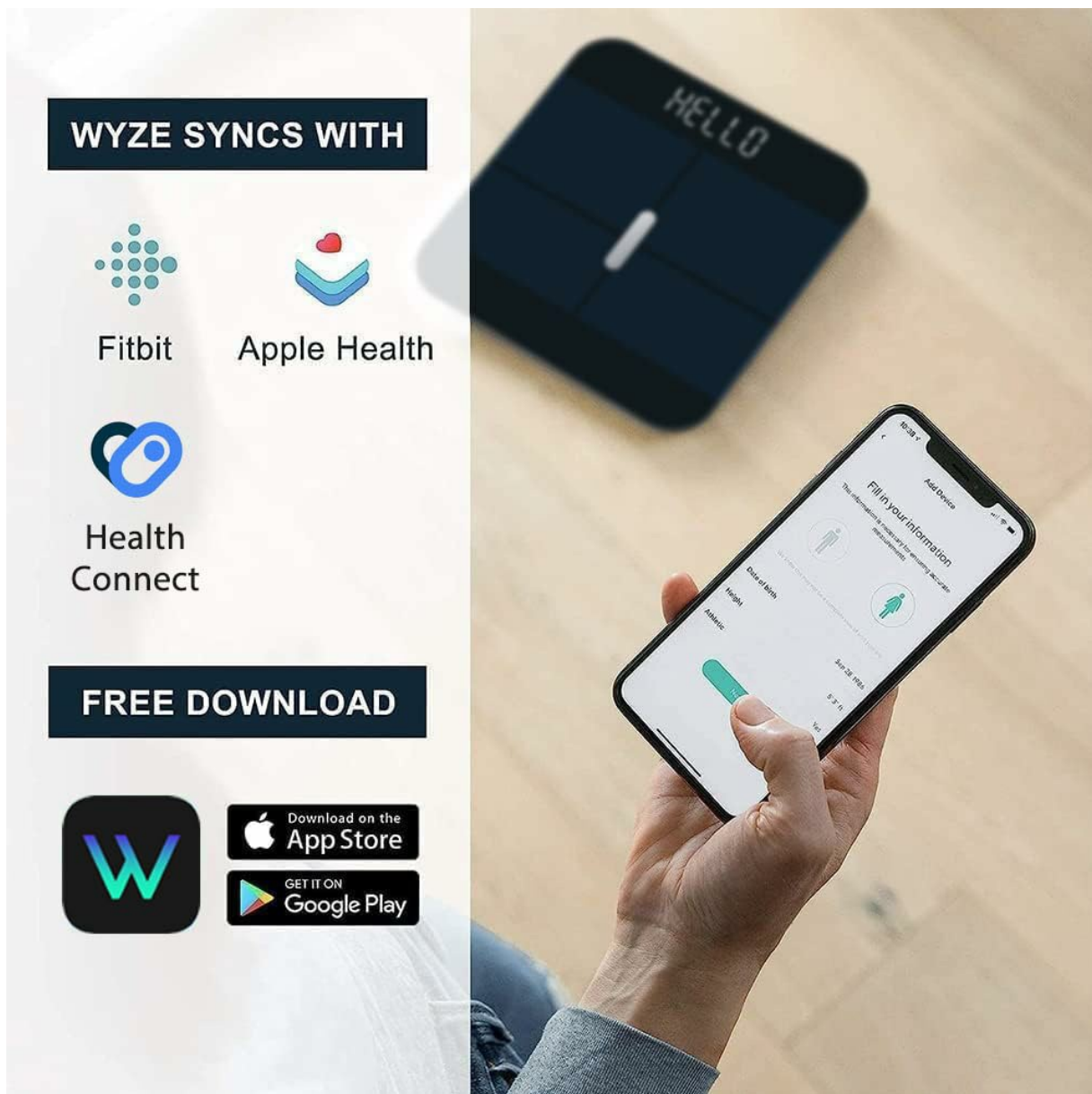


Image: The Wyze Smart Scale X highlighting its compatibility with popular health apps like Fitbit, Apple Health, and Health Connect.

Your browser does not support the video tag. This video demonstrates the features and setup of the Wyze Scale X, including its ability to track 13 body metrics, sync with fitness apps, and support multiple users. It also highlights the sleek design and long battery life.

Video: An official introduction to the Wyze Scale X, showcasing its design, features, and app integration.

7. HEART RATE MEASUREMENT

The Wyze app provides a convenient way to measure your heart rate directly through your smartphone's camera, without needing the scale:

1. Open the Wyze app and navigate to the Heart Rate measurement section.
2. Grant camera access to the app when prompted.
3. Gently place your finger on the main camera lens (not the flash) and hold it still.
4. Use your other hand to cup the back of your phone so the light reflects towards the finger covering the camera lens.
5. Hold still until the measurement is complete (typically less than a minute). The app will display and record

your heart rate.

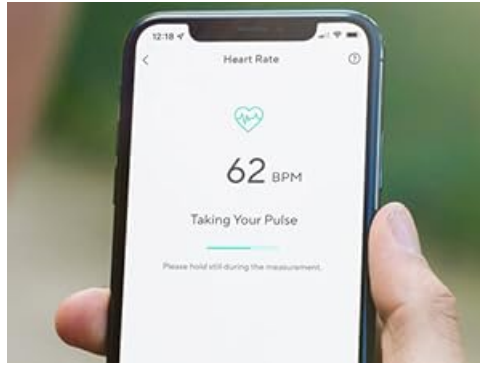


Image: A smartphone screen showing the Wyze app's heart rate measurement feature in progress.

8. MAINTENANCE

- **Cleaning:** The scale features a durable tempered glass surface, making it easy to clean. Use a soft, damp cloth to wipe the surface. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place away from direct sunlight and extreme temperatures. Its thin design allows for easy storage, such as in a drawer.
- **Battery Replacement:** When the battery indicator appears on the display or in the app, replace all four AAA batteries with new ones.



Image: A user demonstrating how the slim design of the Wyze Smart Scale X allows for convenient storage in a drawer.

9. TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. Stand still with bare feet centered on the electrodes. Body composition data can be affected by surface levelness, standing posture, and foot contact.
- **Scale Not Turning On:** Check if the batteries are correctly installed and not depleted. Replace batteries if necessary.
- **App Not Syncing:** Verify that Bluetooth is enabled on your smartphone and the Wyze app has permission

to access Bluetooth. Keep your phone close to the scale during measurements.

- **Body Composition Data Not Displaying:** Ensure you are standing barefoot on the scale. The ITO electrodes require direct skin contact to measure body composition.

10. SPECIFICATIONS

Brand	WYZE
Model	WSCALX
Color	Black
Weight Capacity Maximum	400 Pounds
Readout Accuracy	+/- 0.2 pounds
Display Type	Digital LED
Material Type	ITO coated glass
Item Weight	4 Pounds
Power Source	4 x 1.5V AAA Batteries (included)
Connectivity	Bluetooth

Accurate Wherever You Stand

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

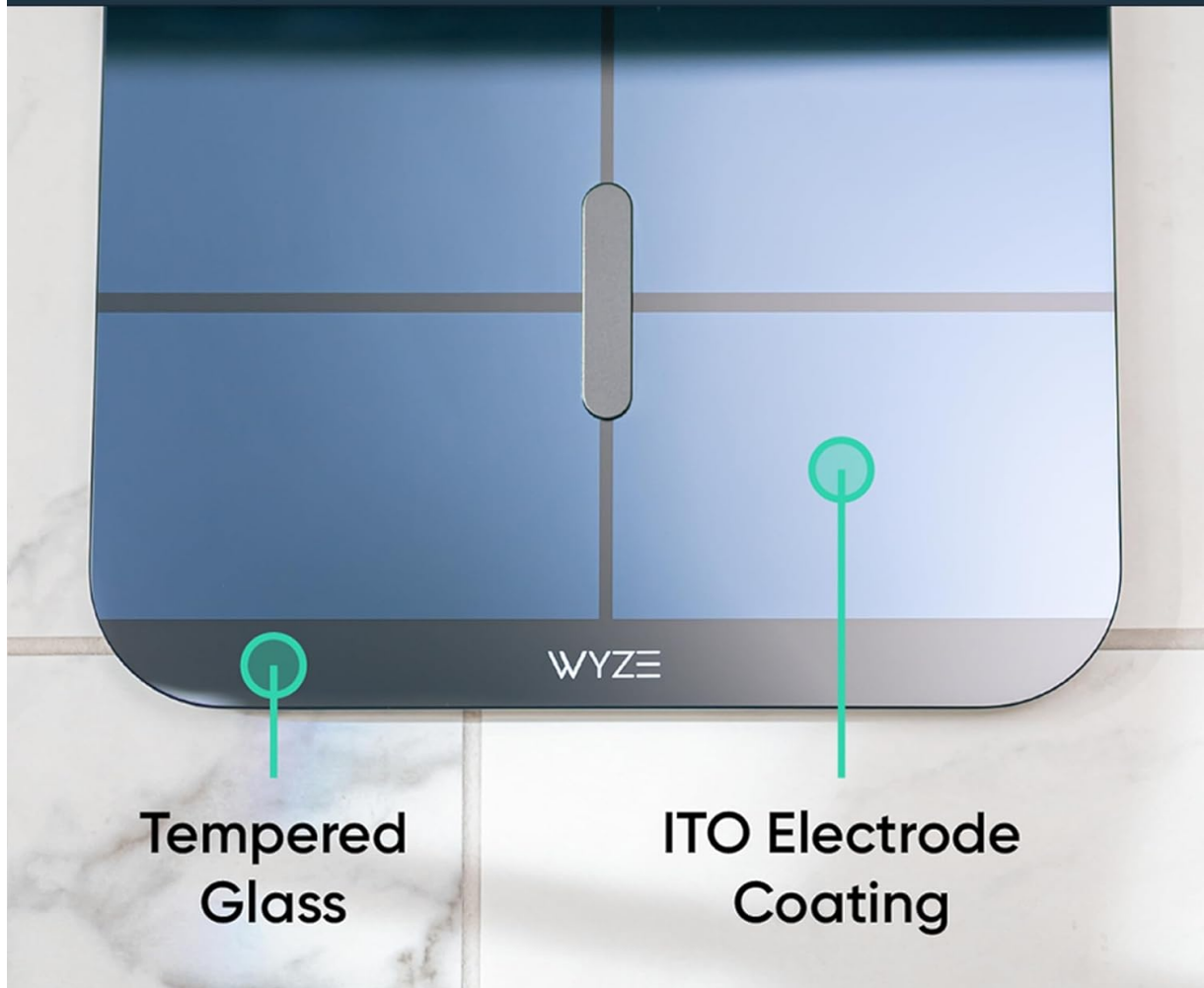


Image: A detailed view of the Wyze Smart Scale X highlighting its tempered glass surface and ITO electrode coating for accurate measurements.

11. WARRANTY AND SUPPORT

The Wyze Smart Scale X comes with a **1 Year Manufacturer Warranty**. For technical support, warranty claims, or additional information, please visit the official Wyze support website or contact their customer service.

Manufacturer: Wyze Labs, Inc.

12. IMPORTANT SAFETY INFORMATION

The Wyze Smart Scale X uses Bio-electrical Impedance Analysis (BIA) technology. While generally safe, please note the following:

- Body composition data is for long-term trend tracking and should not be used for single medical comparisons or diagnoses. Consult a healthcare professional for medical advice.
- Measure barefoot on a hard, flat surface for the best consistency and accuracy of body composition data.
- Results may be affected by surface levelness, standing posture, and foot contact.
- If you have a pacemaker or other internal medical device, consult your doctor before using the scale, as the electrical currents used for BIA may interfere with these devices.

- Keep the scale dry to prevent electrical hazards.