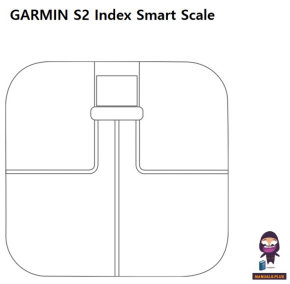

GARMIN S2 Index Smart Scale Owner's Manual

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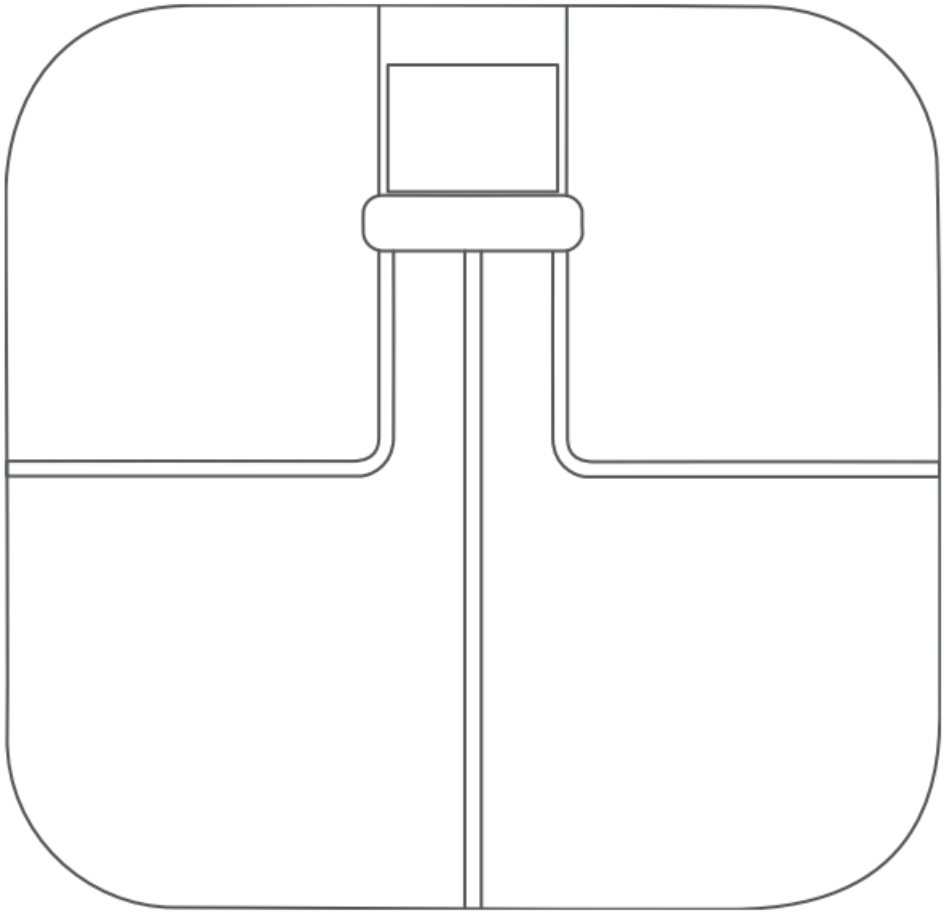
GARMIN

GARMIN S2 Index Smart Scale



Product Specifications

- Brand: Garmin
- Model: Index S2 Smart Scale
- Power Source: 4 AAA batteries
- Connectivity: WiFi
- Display: LCD screen

Product Usage Instructions

Installing Batteries

1. Remove the battery cover.
2. Insert four AAA batteries, observing polarity.
3. Replace the battery cover.
4. After installation, the wireless indicator lights on the LCD screen will flash, indicating readiness for setup.

Changing Units of Measure:

Slide the switch on the underside of the scale to your preferred unit of measure. Note that this change only affects the display on the scale and not your Garmin Connect account.

Status Icons:

Icons on the LCD screen indicate connection status and displayed metrics. Flashing wireless signal icons show the device is searching for a signal, while solid icons indicate a connected state.

Setting Up Your Device:

1. Download and open the Garmin Connect app from your smartphone's app store.
2. Add your device to your Garmin Connect account through the app.
3. Pair the Garmin Index S2 device with the app and connect it to a compatible WiFi router for full functionality.

Frequently Asked Questions

How do I wake up the device?

To wake up the device, step onto the scale or tap it lightly with your foot.

My device is not recording measurements, what should I do?

If your device is not recording measurements, check the battery level and ensure proper installation. You can also try resetting the device.

My device is recognizing me as another user, how can I fix this?

Make sure to set up individual user profiles correctly in the Garmin Connect app to avoid recognition issues.

How can I improve erratic body composition data?

For erratic data, ensure proper scale placement on a flat surface and step onto it consistently each time for accurate measurements.

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M/N: C37408

Getting Started

WARNING
See the Important Safety and Product Information guide in the product box for product warnings and other important information.

Device Overview

①	LCD screen
②	Reset key
③	Units of measure switch
④	Battery door

Installing the Batteries
The device operates on four AAA batteries.

1. Remove the battery cover.
2. Insert four AAA batteries, observing polarity.

3. Replace the battery cover.

   After installing the batteries, the wireless indicator lights on the LCD screen flash and appears to indicate the device is ready to set up.

Changing the Units of Measure

On the underside of the scale, slide the switch to your preferred unit of measure. NOTE: This does not change the units of measure in your Garmin Connect™ account.

Status Icons

Icons appear on the LCD screen to indicate connection status and to indicate which metric is displayed on the screen. Flashing wireless signal icons indicate the device is searching for a signal. A solid icon means the device is connected using the corresponding wireless technology.

	Wi-Fi® signal status
	Bluetooth® wireless signal status
BMI	Body mass index
	Body fat percentage
	Body water percentage
	Skeletal muscle mass
	Bone mass
	Weight trend
	Weather
	Low battery
	Socks detected
	Guest user
	Setup mode
	The device is syncing with the Garmin Connect app.
	The device is busy. Do not attempt a measurement.
	The device is updating or resetting. It may be a few minutes until it is ready for use.
	The update was successful.
	The update was unsuccessful.

Setting Up Your Device

To set up the Garmin Index S2 device, it must be paired directly through the Garmin Connect app and connected to a compatible Wi-Fi router before you can use all of the features of the device.

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Select an option to add your device to your Garmin Connect account:
    - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
    - If you have already paired another device with the Garmin Connect app, from the settings menu, select Garmin Devices > Add Device, and follow the on-screen instructions.

      NOTE: Your device may require a software update before you can use it. The update may take a few minutes. 3 Customize your widget views (optional).

Additional Users

You can invite up to 15 people. Each person must have a Garmin Connect account and must be a connection to the device owner.
NOTE: Only the device owner can invite additional users.

Inviting People with the Garmin Connect App
Each person must have a Garmin Connect account.

1. From the Garmin Connect menu, search for the person's name.
2. If you are not already connected to the person, select Connect.
3. From your Garmin Connect device menu, select Manage People.
4. Select Invite Connections, and select the name.

   After the person accepts the invitation, they can use the Garmin Index S2 device.

Changing Users
The Garmin Index S2 device distinguishes between users automatically based on weight. When you step on the device, it weighs you and displays your initials on the screen. If the device detects the wrong user, you can change users.

- Tap the device to view the registered users.
- If you are an unregistered or guest user, tap the device until appears.

  Guest user data is not stored in the device memory or synced to a Garmin Connect account.

Changing Your Wi-Fi Connection
You can add up to seven Wi-Fi networks.
NOTE: Only the device owner can add Wi-Fi networks.

1. Tap the scale.
2. On the underside of the scale, press RESET.

   NOTE: Returning the device to setup mode does not delete any user information or your stored Wi-Fi information.
3. Wait a few seconds.

   The scale turns off. The scale turns on in Bluetooth pairing mode.
4. From your Garmin Connect device menu, select General > Wi-Fi Networks.
5. Follow the on-screen instructions.

Reading and Recording Measurements

For the most accurate weight measurement, you should use the device on a hard, flat floor.
Each time you step on the device, it calculates your weight and other measurements. The LCD screen displays the calculated measurements automatically, moving to the next measurement every few seconds.

1. Remove your socks and shoes.
2. Tap the scale.

   The LCD display activates.
3. Stand on the scale barefoot.

TIP: For best results, stand still with your feet placed flat on the glass surface of the scale.

The scale displays your weight.

4. When you see your initials, step off the scale.

   The scale displays additional measurements.

   If you have set up your device with an active Wi-Fi connection, measurements are uploaded automatically to your Garmin Connect account.

Measurements

The Garmin Index smart scale uses bioelectrical impedance to calculate your body composition. The device sends a small amount of electrical current (which you will not feel) from one foot through your body to the other foot. The device measures the electrical signal after it passes through your body to estimate aspects of your body composition. For best accuracy, ensure you use the device under the same circumstances and at approximately the same time of day each time you use the device. Activities that temporarily impact your body's weight, hydration, and distribution of water can impact the accuracy of measurements. Garmin® recommends waiting two hours before using the device after eating, drinking, exercising, bathing, or visiting a sauna.

- **Weight trend:** The weight trend widget displays your daily weight on a line graph for one month. If you weigh yourself multiple times per day, the trend graph uses the last measurement recorded each day.
- **Body mass index (BMI):** Body mass index is your weight in kilograms divided by your height in meters squared.

  BMI is often used to estimate if a person is underweight or overweight.
- **Body fat percentage:** Body fat percentage is the percentage of total mass attributed to fat, including essential fat and storage body fat. Essential body fat is required for basic health.
- **Body water percentage:** Water percentage is the percentage of total mass attributed to fluid. This measurement can be used to indicate your level of hydration.
- **Skeletal muscle mass:** Skeletal muscle mass is the total amount of mass attributed to muscle. It is measured

in pounds, kilograms, or stones and pounds.

- **Bone mass:** Bone mass is the total amount of mass attributed to bone. It is measured in pounds, kilograms, or stones and pounds.

Customizing the Scale Display
You can turn on and off the widgets and weight metrics that appear on your Garmin Index S2 device.
From your Garmin Connect device menu, select Appearance > Widgets.
After customizing the settings, you must sync by recording a measurement.

Deleting a Measurement from your Garmin Connect Account

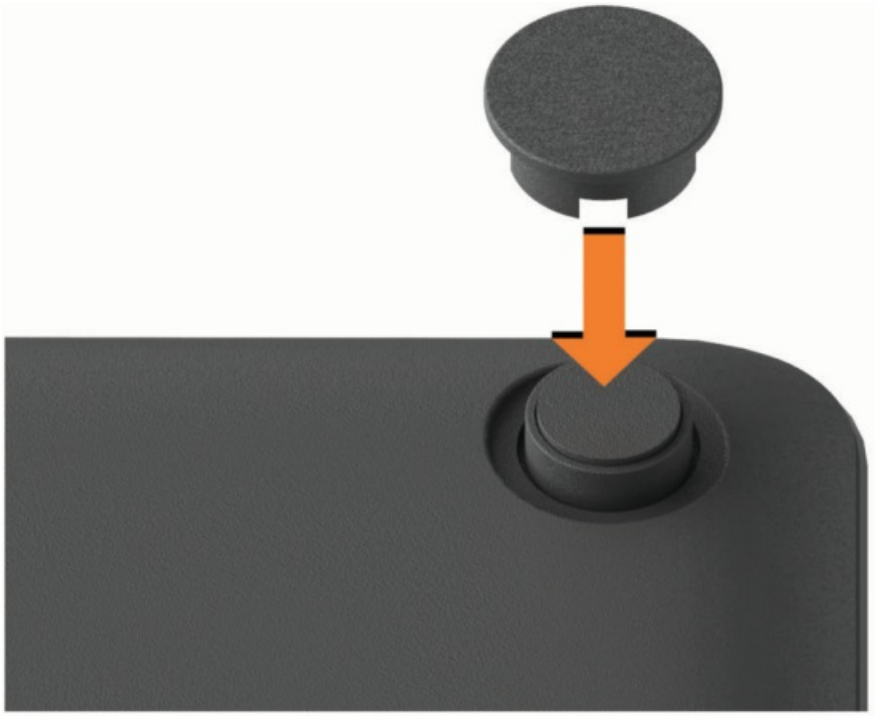
1. From your Garmin Connect account, browse to the date of the measurement.
2. Select > Delete a Weigh-in.
3. If necessary, select the measurement.
4. Select Delete.

   You cannot delete the measurement from your trend graph.

Device Information

Installing the Risers
For the most accurate weight measurement, you should use the device on a hard, flat floor. If you plan to use your device on a carpeted floor, you should install the included risers. The risers are not necessary when you use the device on a hard floor.

Press a riser onto each foot on the device.



Device Care

NOTICE

- Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
- Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.
- Do not use a sharp or abrasive object to clean the device.
- Avoid chemical cleaners, abrasive cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Cleaning the Device

1. Clean the surface of the device using a cloth dampened with a mild detergent solution.
2. Wipe the device dry.

Specifications

- **Maximum load**

  181.4 kg (400 lb.)

  4 AAA alkaline batteries
- **Battery type**

  NOTICE

  You must use 1.5 V batteries in this device.
- **Battery life**

  Up to 9 mo.
- **Operating temperature range**

  From 10° to 40°C (from 50° to 104°F)
- **Storage temperature range**

  From -20° to 50°C (from -4° to 122°F)
- **Wireless frequencies**
  - 2466 MHz @ -6.38 dBm nominal
  - 2412 MHz to 2472 MHz @ 12.79 dBm nominal
  - 2402 MHz to 2480MHz @ -6.51 dBm nominal

Setting Up Your Device Using a Computer

Before you can set up your Garmin Index S2 device using a computer, you must have a USB ANT Stick™ accessory (not included) and the Garmin Express™ application.

1. Go to **www.garminconnect.com/indexscale**.
2. Select Computer.
3. Follow the on-screen instructions to set up and configure your device.

   NOTE: Until you complete the setup process, the device has limited functionality.

Troubleshooting

Software Updates

Your device checks for software updates automatically when it is connected using Wi-Fi technology. The device updates software between 1:00 and 4:00 am.

How do I wake up the device?

1. Tap the scale with your toe.
   A short, sharp tap wakes up the scale.
2. When the scale displays 0.0, step on the scale.

My device is not recording measurements

- Verify that you have completed the setup process and the device is connected using Wi-Fi technology (Setting Up Your Device, page 4).
- Verify that the batteries are installed correctly.
- Replace or charge low batteries.
- Remove socks before stepping on the scale.
  If you wear socks, appears and the scale records only weight and BMI.

My device is recognizing me as another user

- Verify your display name and weight on your Garmin Connect account.
- When a name appears on the screen, tap the scale to move through the registered users and find your name.
  The device distinguishes between users based on weight and frequency of use. If another person with similar characteristics uses the device, it is possible for the device to select the wrong person.

Tips for Erratic Body Composition Data
If body composition data is erratic or does not appear, you can try these tips.

- Verify the surface of the scale is dry before use.
- Do not wear socks or shoes.
- Stand still with your feet placed flat on the glass surface of the scale. Do not contact the screen or the Garmin logo.
- Do not bounce or move while the scale is measuring.
- Use the device under the same circumstances and at approximately the same time of day each time you use the device.
- Garmin recommends waiting two hours before using the device after eating, drinking, exercising, bathing, or visiting a sauna.

Resetting the Device
You can reset your device to the factory default values.

NOTE: Resetting the device deletes all of the users and data from the device, but does not delete information saved to your Garmin Connect account.

1. Tap the scale.
2. On the underside of the scale, press RESET.
   The scale turns off. The scale turns on in Bluetooth pairing mode.

3. Hold RESET until flashes and turns red.
   The scale turns off. The scale turns on in setup mode.
4. Set up the scale (Setting Up Your Device, page 4).

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

Body Mass Index Nutritional Status

CAUTION
This data is not intended to diagnose any medical condition. Always consult your health care provider.

Body mass index (BMI) is your weight divided by the square of your height. These status categories are based on the BMI values for adults provided by the World Health Organization. It is used for both men and women, age 18 or older.

BMI Range	Nutritional Status
Less than 18.5	Underweight
18.5 to 24.9	Normal weight
25 to 29.9	Pre-obesity
30 to 34.9	Obesity class I
35 to 39.9	Obesity class II
40 and greater	Obesity class III

Body Fat Percentage Status

CAUTION
This data is not intended to diagnose any medical condition. Always consult your health care provider.
These ranges for adults are provided by the American Council on Exercise.

Status	Women	Men
Essential fat	10 to 12%	2 to 4%
Athletes	14 to 20%	6 to 13%
Fitness	21 to 24%	14 to 17%
Acceptable	25 to 31%	18 to 25%
Obese	32% and greater	26% and greater

Symbol Definitions
These symbols may appear on the device or accessory labels.
WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

support.garmin.com

8 (800) 333-57-82
https://magazin-sportlife.ru

Documents / Resources

	GARMIN S2 Index Smart Scale [pdf] Owner's Manual S2 Index Smart Scale, S2, Index Smart Scale, Smart Scale, Scale

References

- **Garmin International \| Home**
- **Garmin Customer Support**
- **Garmin International \| Home**
- **Garmin Connect \|**
- **User Manual**

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