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ins 260H Bluetooth Smart Scale User Manual

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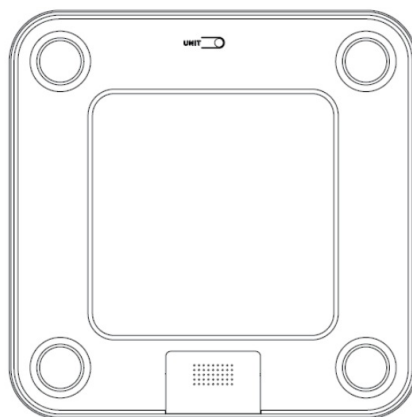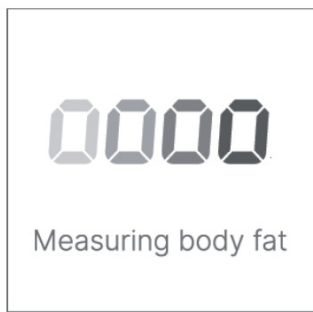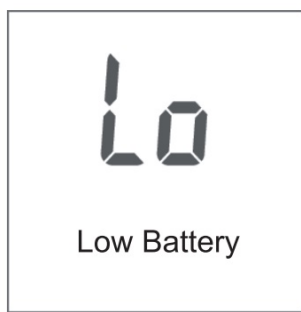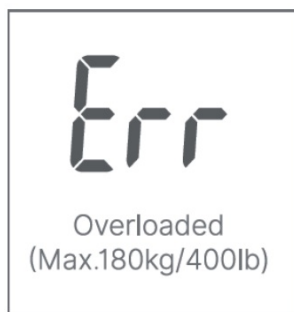## Product Introduction

LED screen: Displays Weight, Units, Bluetooth Icon, etc.
Electrode: When measuring body fat, it is necessary to correctly contact the electrodes with both feet
Glass panel: Tempered glass surface of the scale
Switch Button: Unit switch

LED Indication

Err	Lo	0000
Overloaded (Max.180kg/400lb)	Low Battery	Measuring body fat

Precision

- 0-50KG 200g;
- 51-100KG 300g;
- 101 -180KG±500g;
- 0-110lbs± 0.44lbs;
- 112 220lbs ± 0.66lbs;
- 222 396lbs ± 1.1lbs;

Switch Units

1. Change Units by press the button on the back of scale. (Priority)
2. Change Units in "Setting" page on the App. (Secondary)

Equipment requirements

1. Bluetooth 4.0, Android 4.3 and above
2. IOS 8.0 and above

Detection item

Body weight

Bone mass

Fat-free Body Weight

Obesity level

Body water

Visceral fat

Protein

Body type

Body fat

 Muscle mass

 Subcutaneous fat rate

 Standard weight

 BMI

 BMR

 Body Age

 Skeletal muscle

Working principle

This device works on the principle of Bio electrical Impedance (BIA). Use the latest technology to measure body resistance and make the measured results more accurate. The body resistance method is based on the fact that body fat is not a conductor, but muscle and water are conductors, and the body's composition is calculated by measuring the body's bio electrical resistance.

Product parameters

1. **LED display size:** 62*24.5mm 2. Product size: 260*260*25mm
2. **Unit conversion:** KG/LB/ST
3. **Range:** 3KG-180KG/6LB-396LB/0.47ST-28ST
4. **Division value:** 0.05KG/0.1LB/0.01ST
5. **Age:** 10 years old or older
6. **Height range:** 100~220 cm 8. Working temperature / humidity: 5°C~40°C/20%~90%
7. **Battery installation:** 3X1.5V AAA
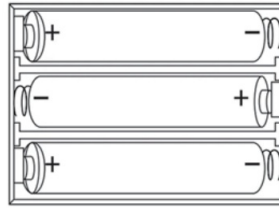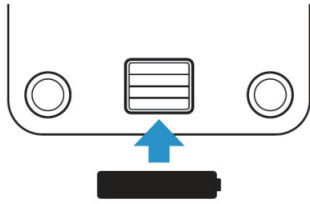8. **Weight:** 1.05kg

Precautions for use

1. Pregnant woman and the users wearing pacemakers or other dangerous devices are not recommended to use this product.
2. Please use on a flat hard floor, do not use on slippery floors.
3. Do not jump on the scale to avoid falling. 4. Children under the age of 10 should not touch the product to avoid injury. 5. Keep your feet dry and clean when lift the scale.
4. In order to maintain the best value, please measure at the same time every day.
5. Do not test after strenuous exercise.
6. Do not disassemble this product yourself.

Guide Before Operation

Battery setting

1. Open the battery compartment and insert the battery in the correct direction.
2. When the screen displays "Lo", means the bteries run out. please replace batteres i time.

Right way to measure Body Composition

1. Test with Bare feet,
2. Step on the platform and touch 4 Electrodes in below way.

APP Instructions

I.Download installation"INSMART Health

1. Search the App Store or Google Play store for a **"INSMART** Health" download installation.
2. Scan the QR code directly to download and install.

Download installation "IN SMART Health"

1. Search the App Store or Google Play store for a **"IN SMART** Health download installation.
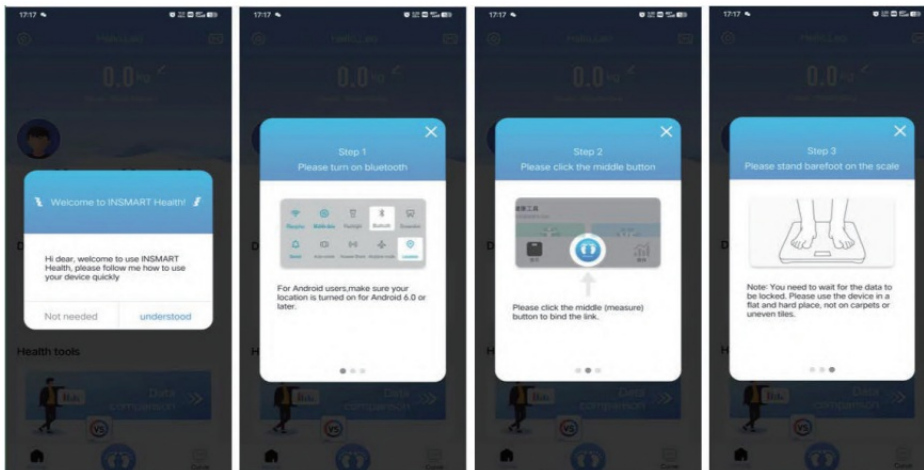2. Scan the QR code directly to download and install.

First use

1. The iOS device will ask give permit to be compatible with the Health Kit software for the first time. You can choose whether it is compatible or not. Android devices will not have this prompt message.
2. Enter App to set up personal information according to the prompts, save personal information and enter the main interface.
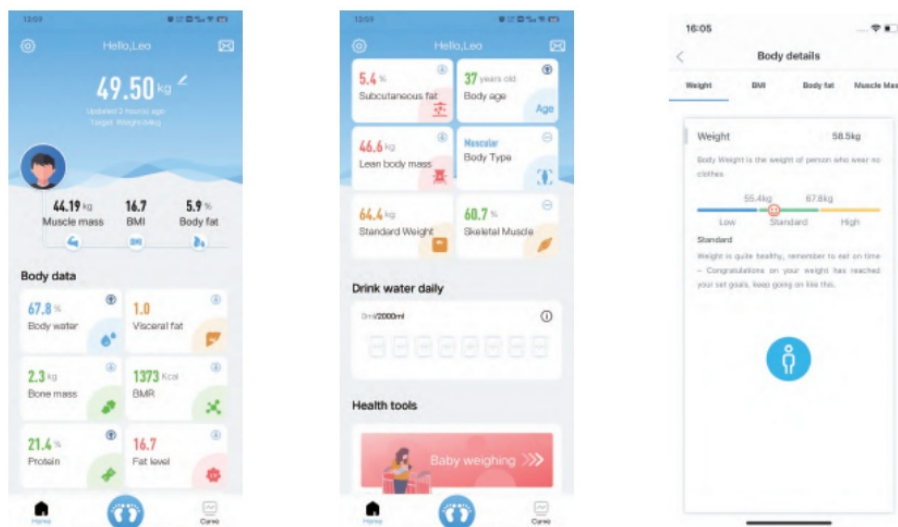3. Pair the device according to the guidance steps 1 to step 3 before measuring.

4. Pairing new scale in next time if the scale is disconnected or if you have second scale.

Start measuring

1. Keep the app in home page to prepare measuring the data.
2. Matching the electrodes correctly with bare feet, and then measure it.
3. Flash Indicates that the weight value has been measured: when display of scale shows [0000] indicates that other data of body are being measured and analyzed, when the weight value appears again on scale, it means that all measurements are completed.
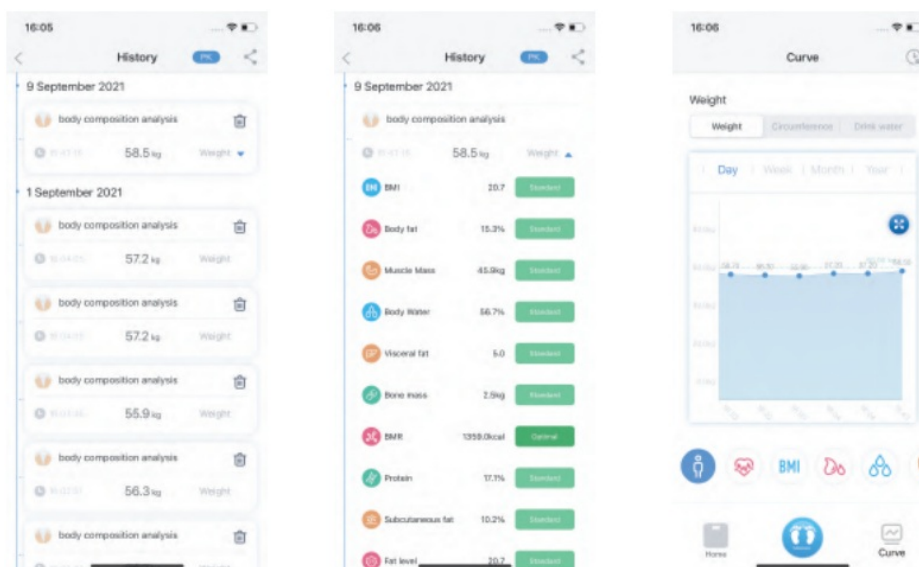
View measurement data

1. After the measurement is completed. the body data is displayed on the APR
2. Click on each item of data to see the details of the data.
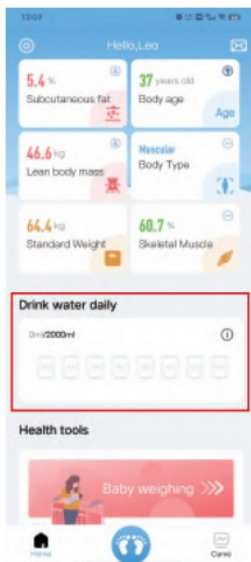

Historical data

1. Click on weight on the main interface to view historical data.
2. You can also view historical data in the bottom right corner of the "Curve Data".
3. Click on each part of historical data to see the data measured at the time.
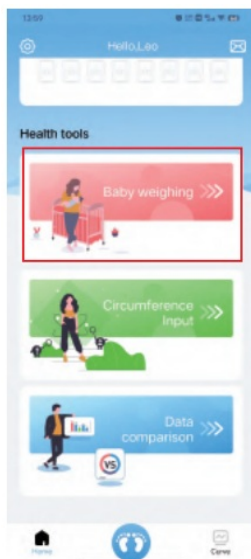

Drink Water Daily Report

You can record your daily water input value, once it reach 2000ml, APP will notice you've achieved your daily goal. A maximum of 4000ml of drinking water record can be recorded. Note: The history daily drinking water records can be checked from the Curve Section.
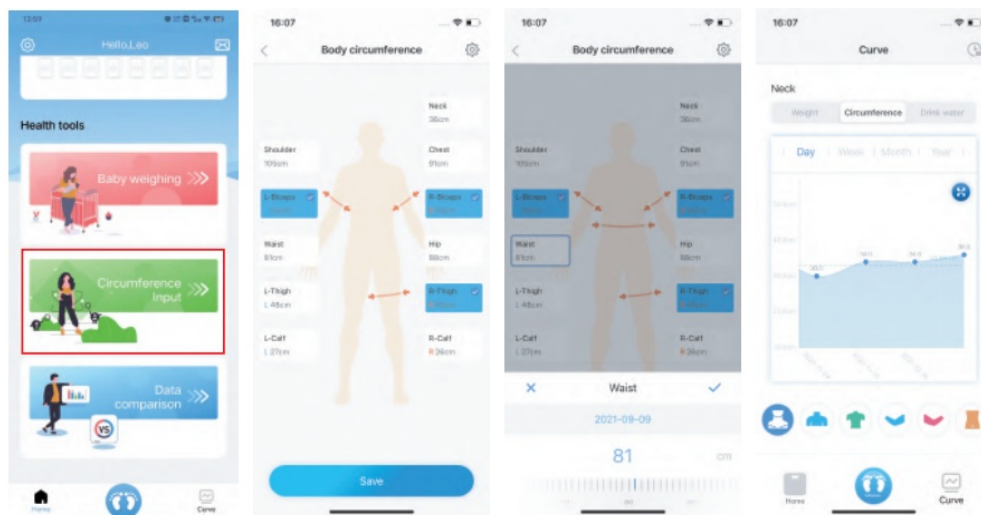
Baby Weighing

Slide down on home page and find Baby Weighing section. Input your baby profile and click CARRY OUT. Click Measure, adult weigh firstly, after the measurement go stable, then adult weigh again with baby holding, the weight of baby will display automatically. The Baby Weight record can be checked from the Trend on the bottom.
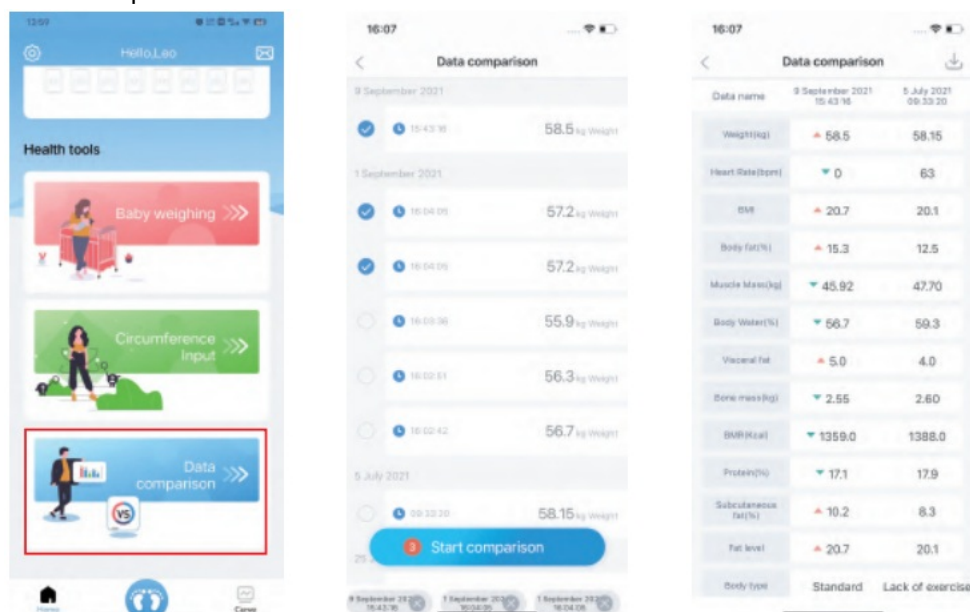

Circumference Record

Input the circumference of the Neck/Shoulder/Chest/Biceps/Waist/Hip/Thighs/ Calf that you are going to record, click SAVE after data input, and your circumference records trend can be checked on the Curve section on the bottom.
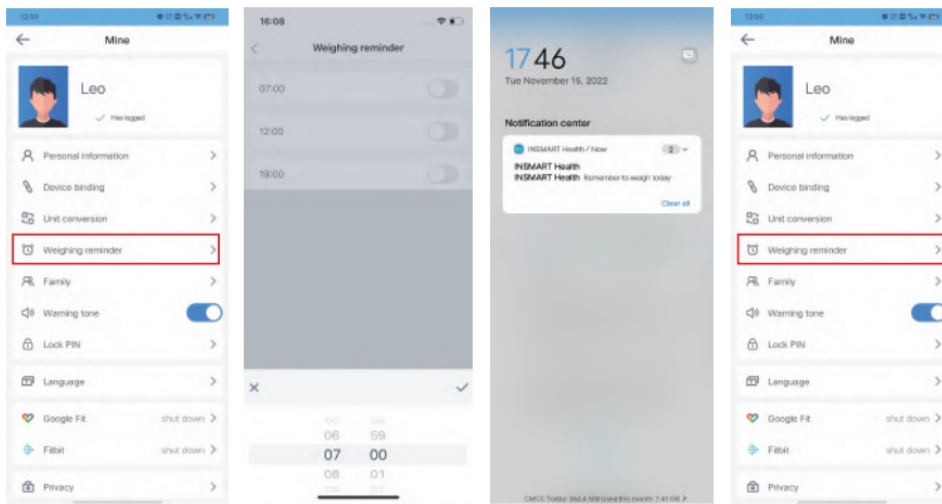
Data Comparison

Slide down and click Data Comparison on the home page, select more then two records (Max. 9 records) to compare of the full body composition of their changes. Click icon on the right top corner to save the comparison records in phone album.
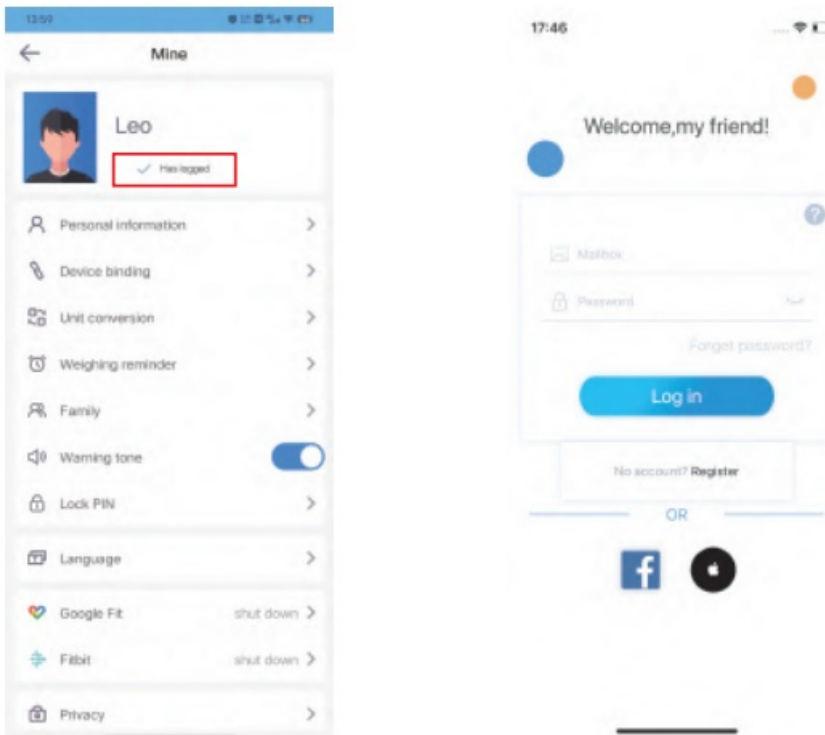

Weighing Reminder Function

Access Setting page, click weighing reminder and open the time button, you will get weigh reminder notifications in 3 different timing, and you can open warning tone to remind.
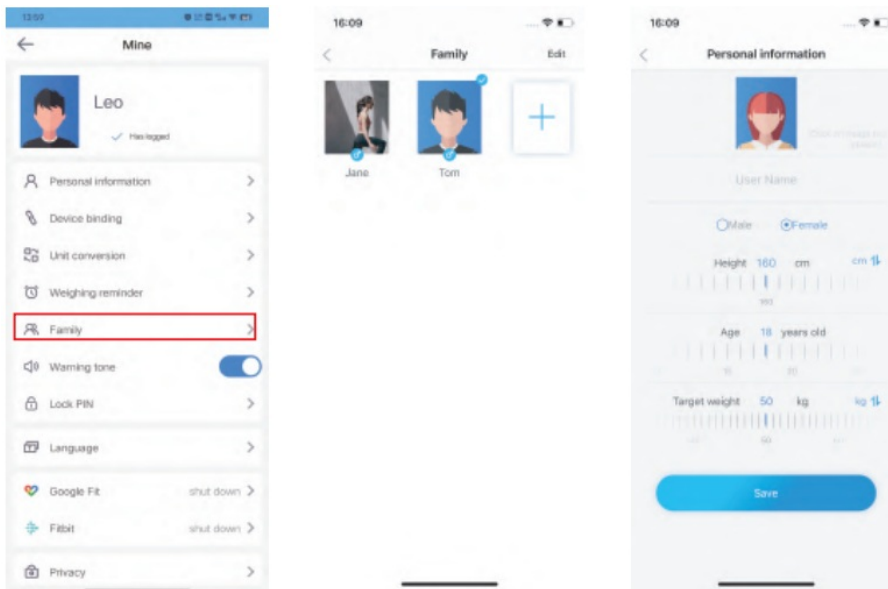
User registration Cloud Version

1. **"IN SMART Health"** support cloud data storage, if you don't want to lost your data, register to log in to **"IN SMART Health"** and agree to disclose all information about your body to **"IN SMART Health'**
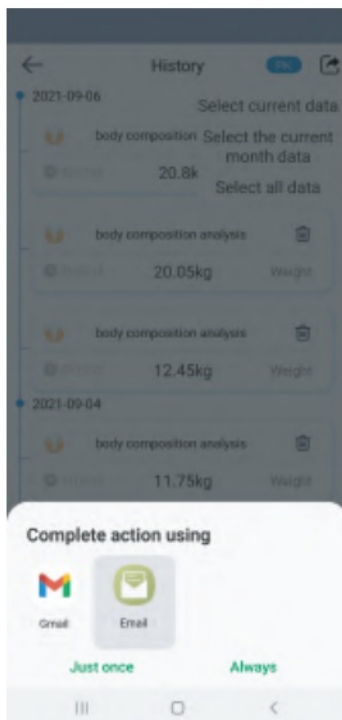2. Register log **in"IN SMART Health.**

Add family members

1. **INSMART Health"allows** you to work with your family and manage your health.
2. You can add family members by clicking on the main screen and adding home users to the settings.
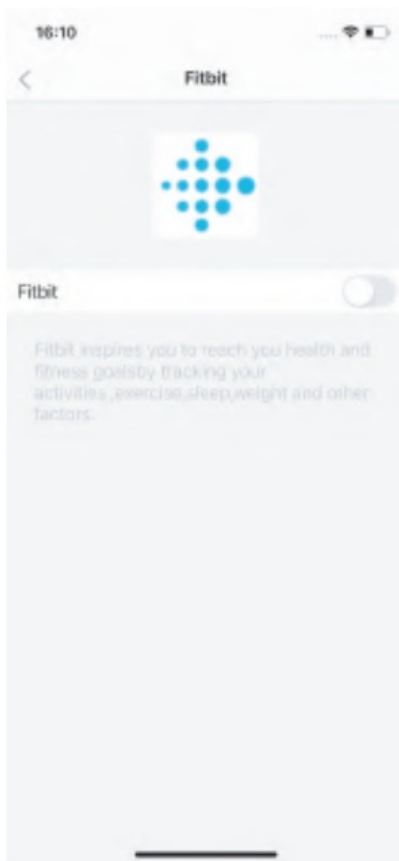
Body Data Export Function

click icon on the Curve page, then click share icon . to export your Current/Current Month/All data in text/Excel throw message, email or other tools which will help you record effectively.
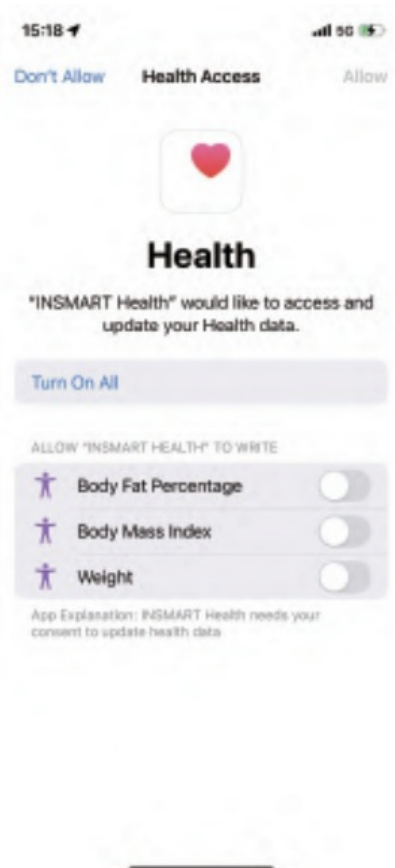

Synchronizing data to other App

1. **"INSMART Health"** synchronizes data to the "Apple Health" "Google Fit" "Fitbit" App, the following design shares **"INSMART Health"** data to other platforms.
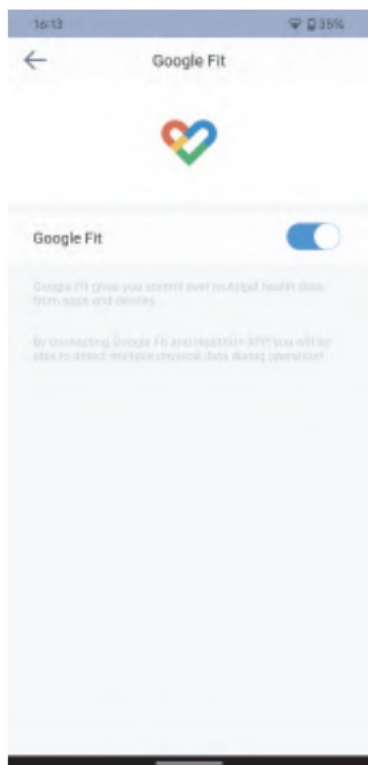
"Fitbit" (Apple, Android)

"Health" (Apple)

"Google Fit" (Android)

Other issues

1. This product is guaranteed for one year.
2. **INSMART Health** in the use of common problems can be found in the App FAQ.

APP FAQ FREQUENTLY ASKED QUESTIONS

How can | recalibrate the scale?

- Simply step on the scale to turn the power on, step off and let the reading go back to 0.0kg/0.0lb, the calibration will be done automatically.

Why doesn't the scale work? Why doesn't the display show data?
Why does the data on the screen disappear in flash?

- Please check whether the insulation piece is taken out, batteries are installed or batteries are in low and need replacing.

Display indicates "Err" when measuring body fat:

- Your feet or scale are too wet.
- Overload the maximum capacity(3961b/180kg)
- Body parameter settings should be with Height (33 – 7+37 / 100 -220cm), Aged (10 -99 years old).

No body fat data measured when weighing.

- Make sure there are no other Bluetooth connections are turned on (other than the device you are using) within
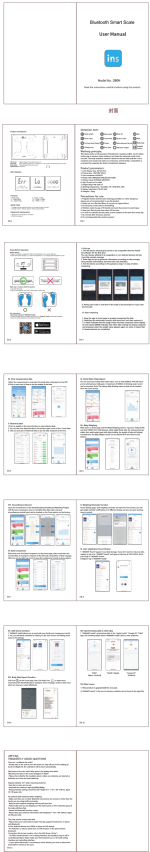
proximity.

- Body fat scale requires weighing with dry and bare feet.
- Please make sure you are stepping on the electro piece or ITO conductive glass of the scale with bare feet.
- Ensure the Bluetooth function is open.
- Please input your personal information with Height(3'3″-7'37 / 100-220cm), Aged (10-99 years old).

The scale cannot connect with APP.

- Please check your smart phone model. The App supports Android 4.3 or above with Bluetooth 4.0 for Android devices and 1058.0 or above for 10S devices.
- For Android 5 or above, please turn on GPS location on the phone before Bluetooth Connection (the Access Location Info in the APP shows "Allow").
- For 0ST1, the Bluetooth is on in setting interface, but actually it may be off in controlling interface. Please make sure the Bluetooth turn on for both setting interface and controlling interface.
- If your phone Bluetooth is connecting to other devices, you need to disconnect them before connect to the scale.

Documents / Resources

ins 260H Bluetooth Smart Scale [pdf] User Manual
260H Bluetooth Smart Scale, 260H, Bluetooth Smart Scale, Smart Scale, Scale

References

- **User Manual**