



## INS589 Large VA Display Smart Scale User Manual

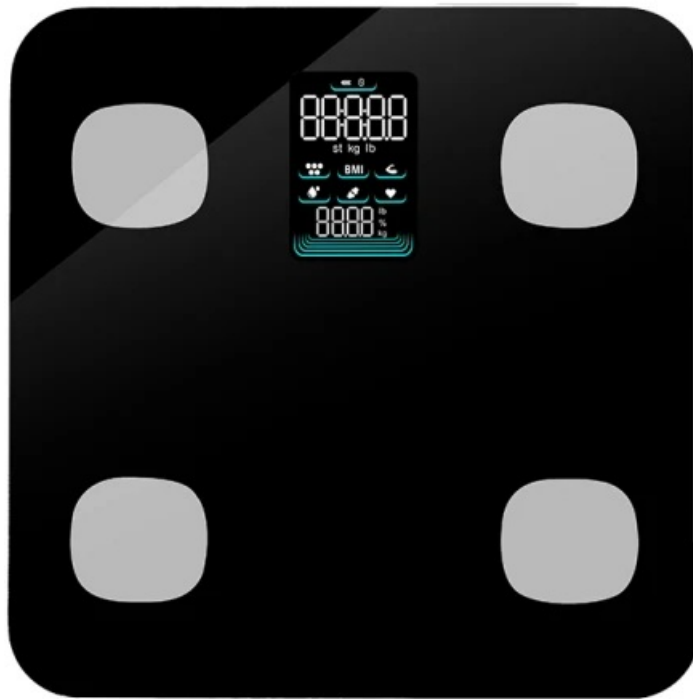
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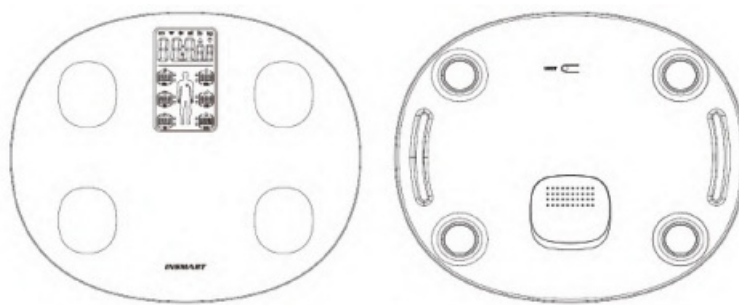
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**INS589 Large VA Display Smart Scale**

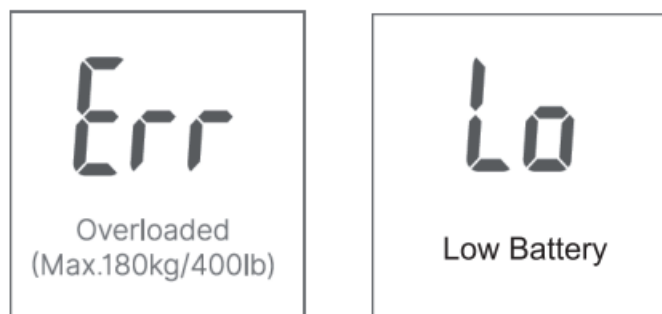


## Product Introduction



- **LCD screen Displays measured 8 parameters** : Weight, BMI, Heartrate, etc.
- Elesspanel Correctly contact the electrodes area with both feet;
- Glass panel Tempered glass surface of the scale;
- Switch Button Unit switch

## LCD Indication



## Precision

- 0 – 50KG ± 200g;

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

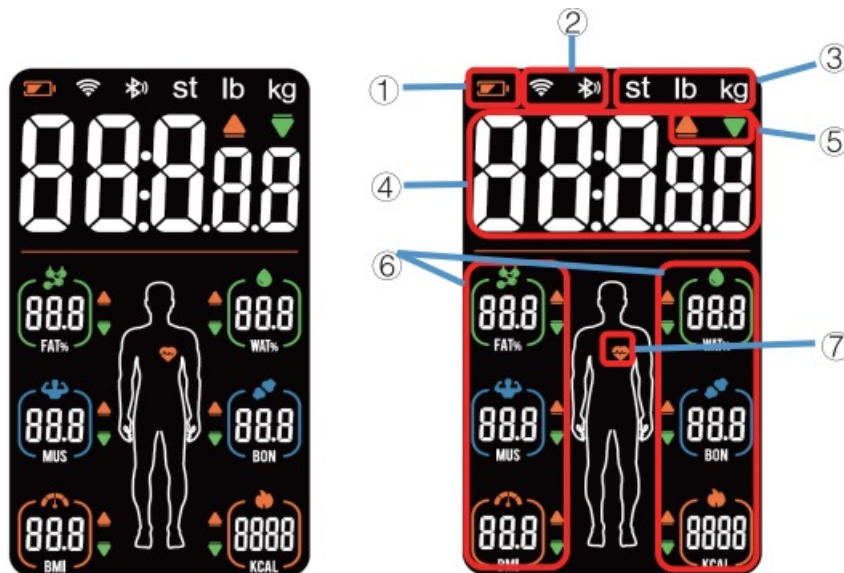
### Unit Switch

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

### Equipment requirements

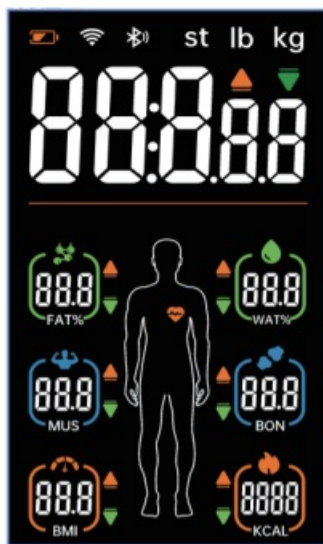
1. Bluetooth 4.0, Android 4.3 and above;
2. IOS 8.0 and above.

### Icons Indication

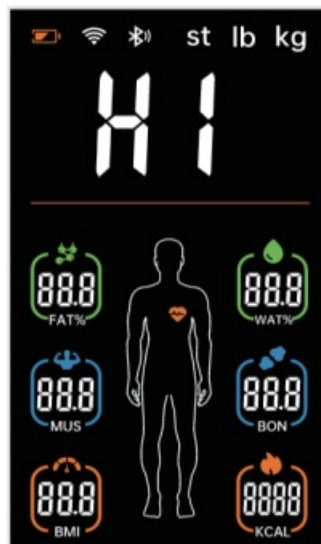


1. Battery Status
2. Connection Symbols
3. Units
4. Weight & Heartrate Value
5. Trend Arrows
6. **Body Parameters:** Body Fat, Muscle Mass, BMI, Body Water, Bone Mass, BMR
7. Heartrate Symbol

Initial Page



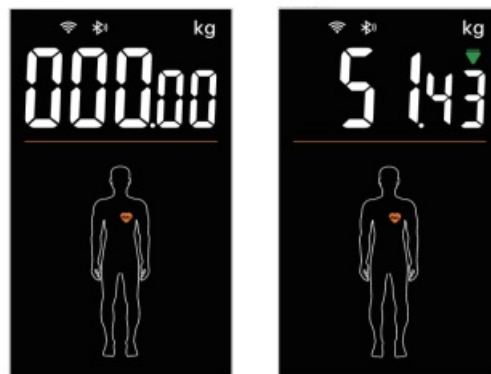
"Hello" Page



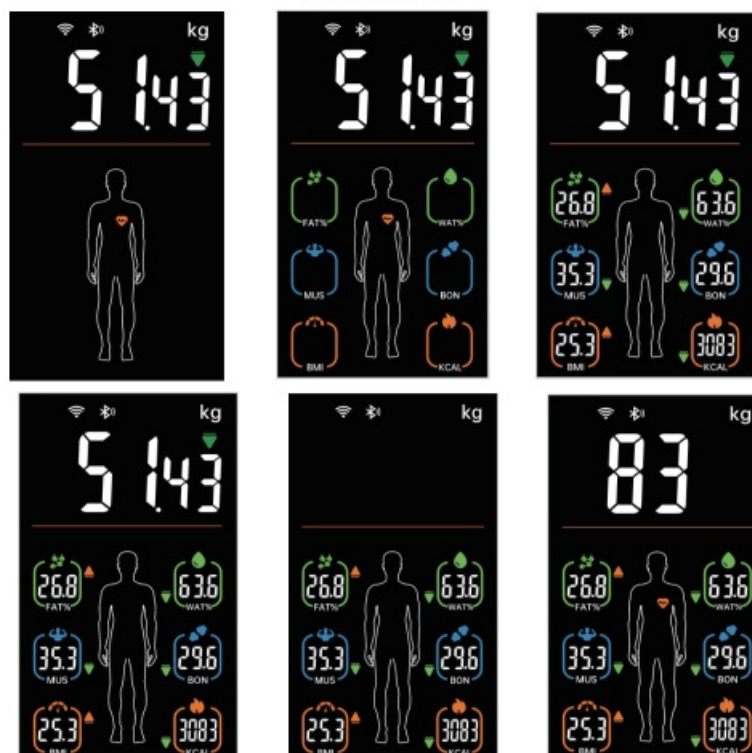
"Good bye" Page



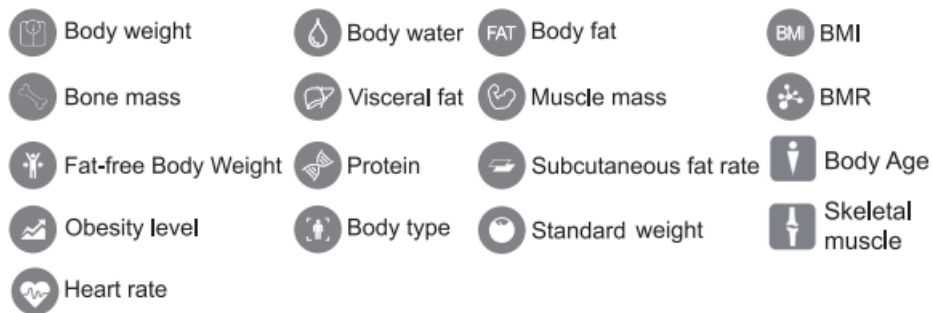
## Display Work Flow



BIA Test Procedure



## Detection item



### Working principle

This device works on the principle of Bioelectrical 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 bioelectrical resistance.

### Product parameters

1. **LCD display size:** 94\*55mm
2. **Product size:** 300\*265\*24mm
3. **Unit conversion:** KG/LB/ST
4. **Range:** 3KG-180KG/6LB-396LB/0.47ST-28ST
5. **Division value:** 0.05KG/0.1LB/0.01ST
6. **Age:** 10 years old or older
7. **Height range:** 100~220 cm
8. **Working temperature / humidity:** 5°C~40°C/20%~90%
9. **Battery installation:** 4X1.5V AAA
10. **Weight:** 1.3kg

### 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.
6. In order to maintain the best value, please measure at the same time every day.
7. Do not test after strenuous exercise.
8. 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 batteries run out, please replace batteries in time



## Right placement of scale

1. Place the scale on hard & flat floor;
2. Uneven floor and carpet may cause inaccurate on weighing result



## 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

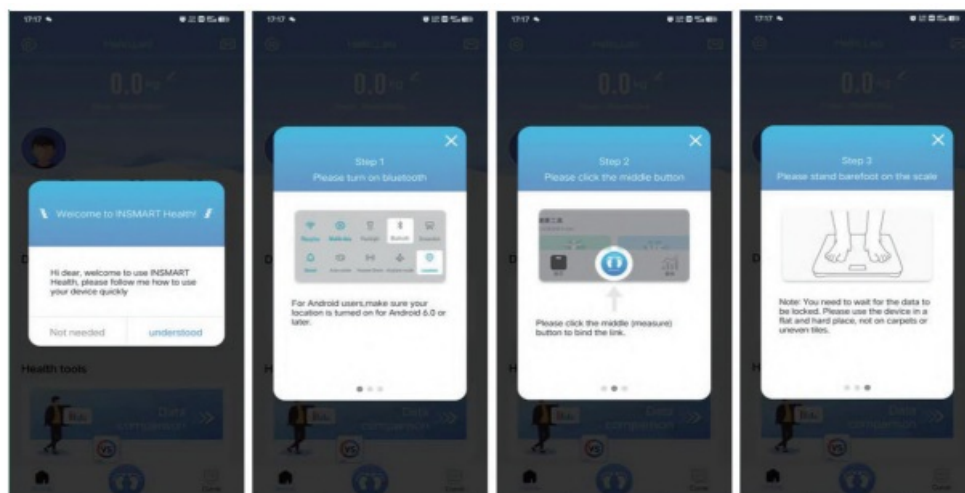
### Download installation “INSMArt Health”

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.



## 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.



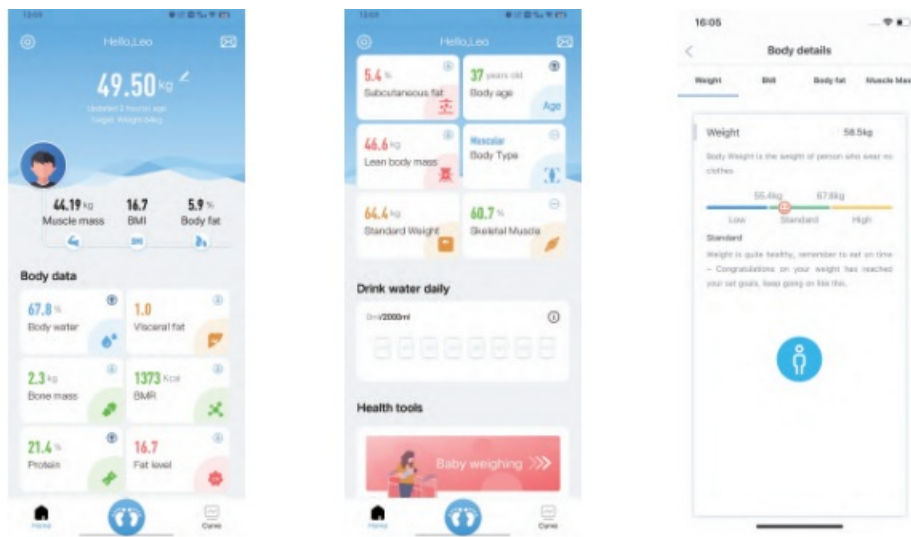
4. Pairing new scale in next time if the scale is disconnected or if you have second scale.

## 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.
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.

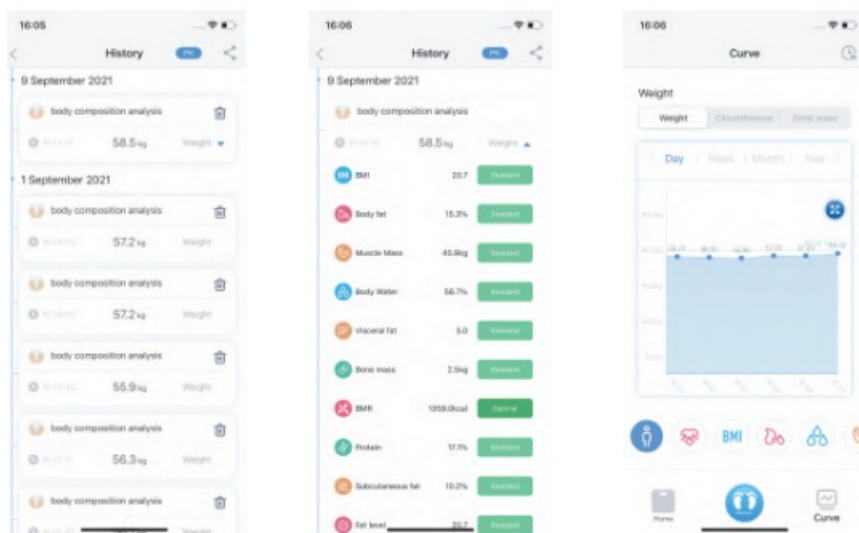
## View measurement data

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



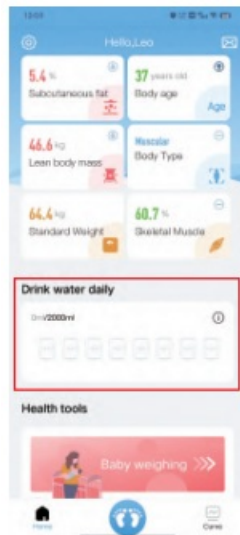
## Historical data

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

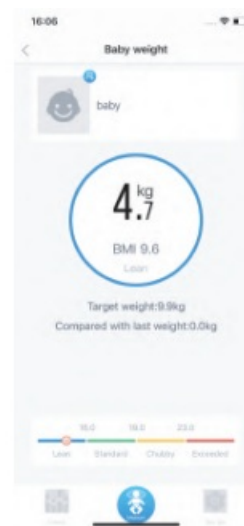
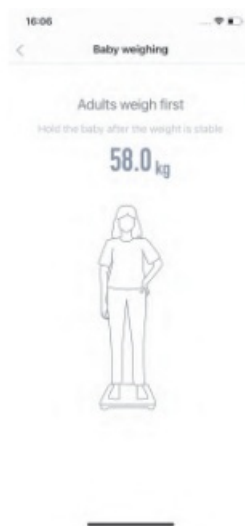
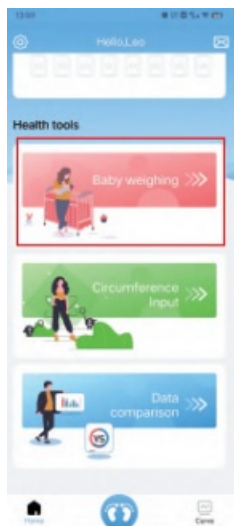
You can record your daily water input value, once it reach 2000ml, APP will notice you've achieved your daily goal. A maximum of 4000ml of drinking water record can be recorded.



**Note:** The history daily drinking water records can be checked from the Curve Section.

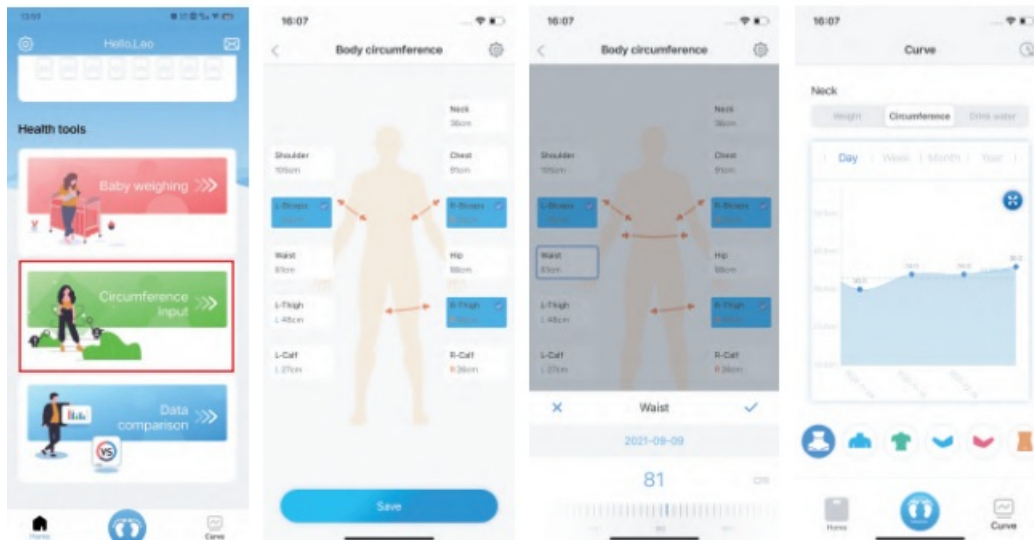
### Baby Weighing

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.



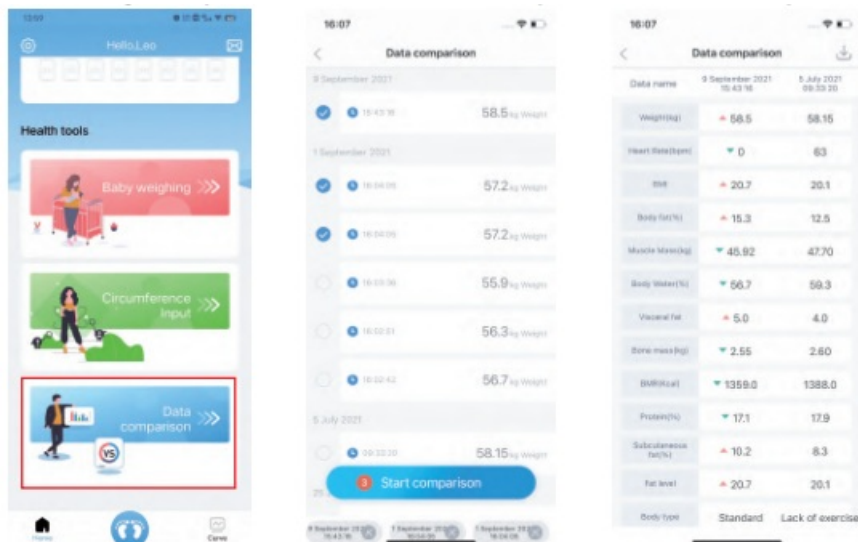
### Circumference Record

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.



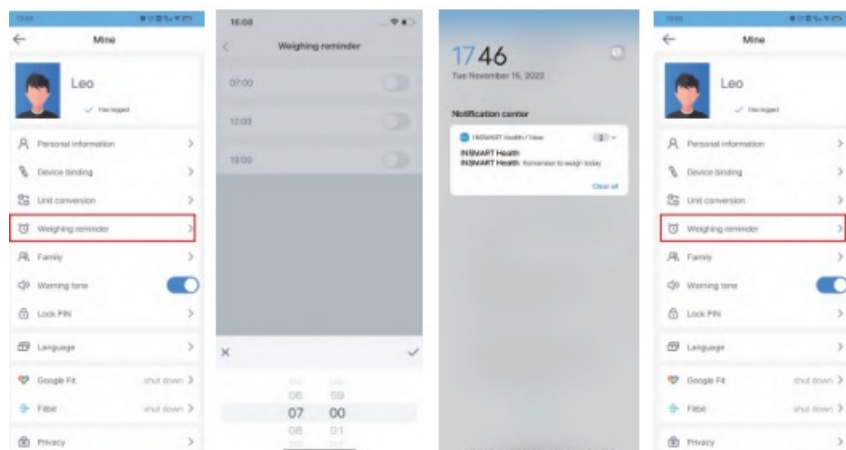
## Data Comparison

Slide down and click Data Comparison on the home page, select more than 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.



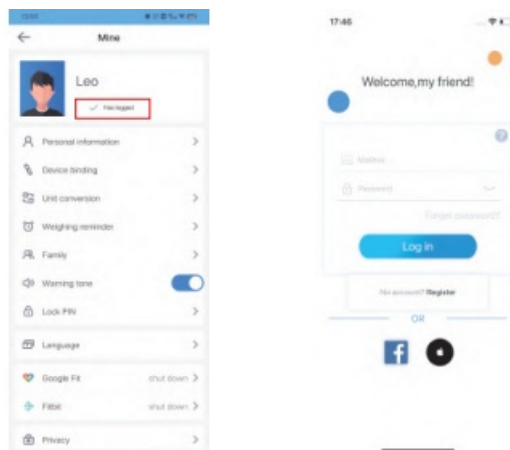
## Weighing Reminder Function

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.



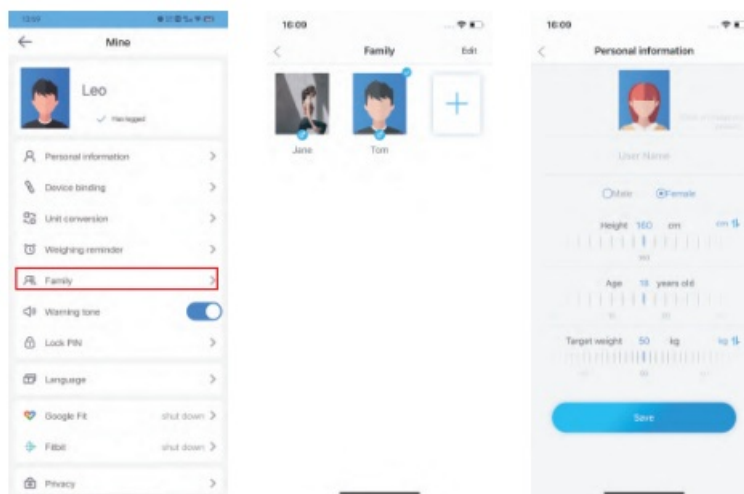
## User registration Cloud Version

1. “INSMART Health” support cloud data storage, if you don’t want to lost your data, register to log in to “INSMART Health” and agree to disclose all information about your body to “INSMART Health”.
2. Register log in “INSMART Health”.





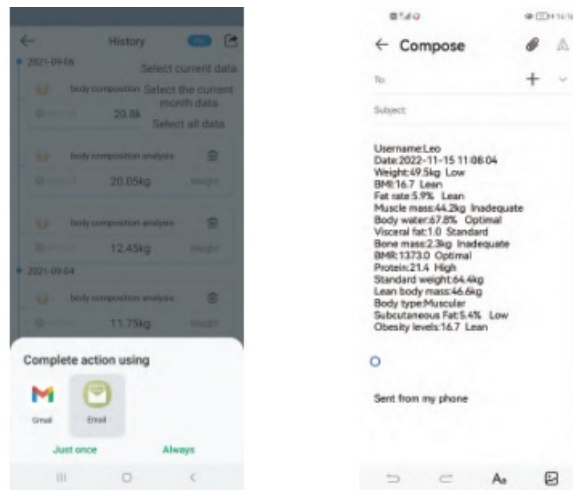
## Add family members

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.



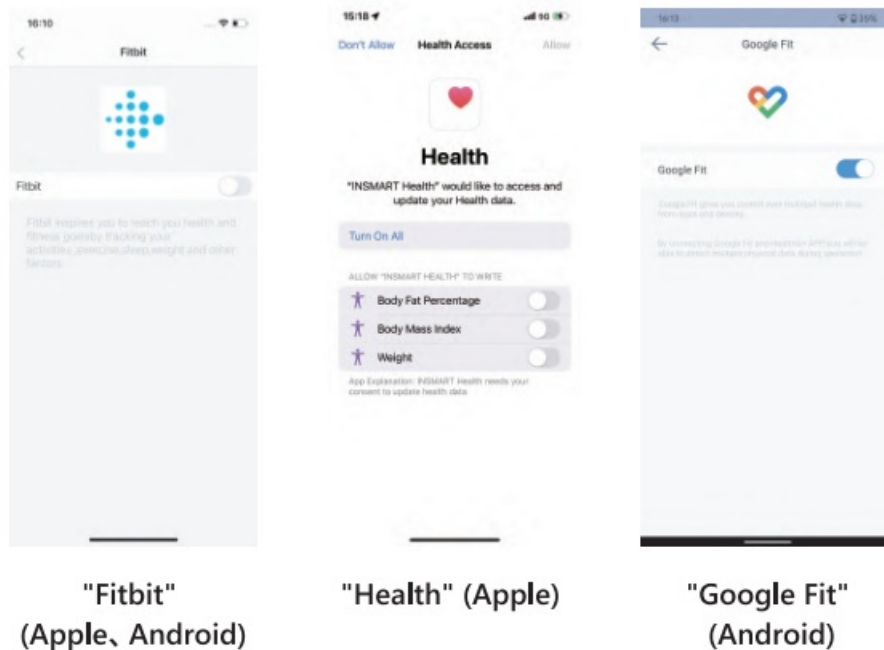
## Body Data Export Function

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.



## 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

## FREQUENTLY ASKED QUESTIONS

- **How can I 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(396lb/180kg)
- Body parameter settings should be with Height (3'3 – 7'37 / 100 – 220cm), Aged (10-99 years old).

### **No body fat data measured when weighing.**

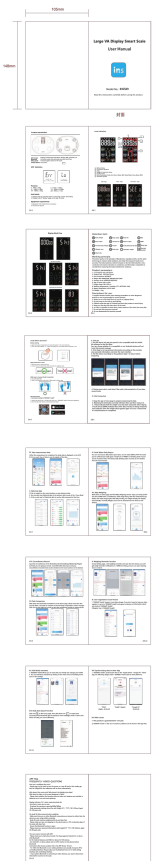
- Make sure there are no other Bluetooth connections are turned on (other than the device you are using) within proximity.
- Body fat scale requires weighing with dry and bare feet.
- Please make sure you are stepping on the electro piece or ITO conductive glass of the scale with bare feet.
- Ensure 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 IOS8.0 or above for IOS 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 IOS11, 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.

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## **Documents / Resources**

	<p><a href="#">ins INS589 Large VA Display Smart Scale</a> [pdf] User Manual  INS589 Large VA Display Smart Scale, INS589, Large VA Display Smart Scale, Display Smart Scale, Smart Scale</p>
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References

- [User Manual](#)