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This scale is warranted against defects in materials of workmanship (excluding batteries) for five (5) years for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. Should this scale require service (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

**Distributed by:**  
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**Las Cruces, New Mexico 88001 USA**  
**Phone: 1-866-843-3905**  
**Email: [www.prodsupport@taylorusa.com](mailto:prodsupport@taylorusa.com)**

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For additional product information, or warranty information outside the USA, please contact us through [www.taylorusa.com](http://www.taylorusa.com).

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For more information regarding our product line in the USA please visit [www.taylorusa.com](http://www.taylorusa.com). 05.14 WC

Made to our exact specifications in China.

Not legal for trade.



**Mobile device not included.**



IBSC-902

**HoMEDICS®**

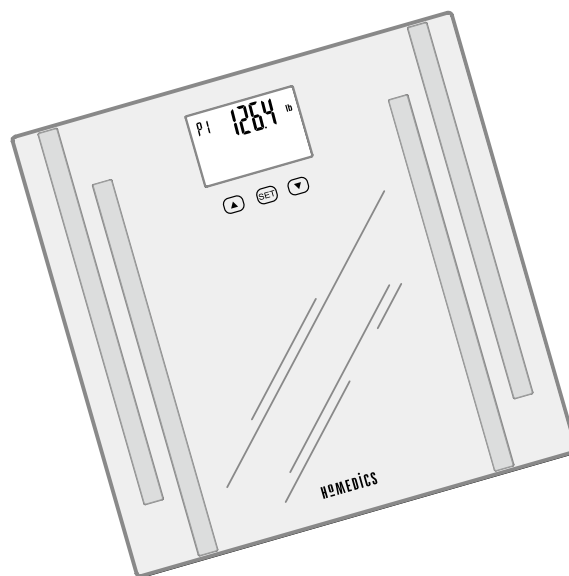
## Smart Scale

**with Bluetooth® 4.0 Technology**

Body Fat, Body Water, Muscle Mass & CaloriePredictor®

### Instruction Manual and Warranty Information

Model # SC-902



**FREE APP**

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## BODY FAT SCALE WITH BODY FAT, BODY WATER, MUSCLE MASS AND CALORIEPREDICTOR® ESTIMATION

### INSTRUCTION MANUAL Model # SC-902

#### INTRODUCTION

Thank you for purchasing the Homedics® Smart Scale™ with Bluetooth® 4.0 technology. You will now be able to effortlessly measure, track and share health and fitness information. This instruction manual will guide you through the setup process and provide key information about the scale itself. Please read it completely and keep it handy for future reference.

#### WHAT IS INCLUDED

- Smart Scale with Bluetooth® 4.0 technology
- Instruction Manual
- Quick Use Guide
- Three (3) AAA Batteries

#### INTENDED USE











The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water and muscle mass. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of body fat, percentage total body water and percentage muscle mass. It is intended for adult use in the home.

#### CAUTION

- Do not use this device if:
  - You are pregnant
  - You are acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified.
  - You have a pacemaker or any other internal medical device.
- Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening.
- Specific medical advice should be obtained from a physician.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

**FRONT & BACK VIEW**



<b>FAT</b>	Body Fat Estimate Result		Male
<b>TBW</b>	Total Body Water Estimate Result		Male Athlete
<b>MUS</b>	Muscle Mass Estimate Result		Female
<b>CAL</b>	Calorie Estimate Result		Female Athlete
<b>st</b>	Stone		Data not sent
<b>lb</b>	Pound		Bluetooth icon
<b>kg</b>	Kilogram		Over goal weight
<b>%</b>	Percentage		Under goal weight
<b>ft</b>	Foot		User ID (Range from P1 to P8)
<b>cm</b>	Centimeter		Age

## FUNCTION KEYS

## SET

- Confirmation button for selection
- Recall settings of user memory locations
- ▲ or ▼
- Changes value of height, age and activity level, toggle between Male/Male Athlete and Female/Female Athlete
- Scroll through user memory P1 - P8

## UNIT / CONNECT

- Quick single clicks will change between pound, kilogram and stone units of measurement
- Press and hold to send a transmission to connect via Bluetooth® to your mobile device

This scale operates on 3 AAA alkaline batteries (included). Open the battery cover on the back of the scale unit. Remove any plastic wrap from the batteries. Insert the batteries. Be sure the polarity of the batteries is set correctly for the scale to function properly. Always replace all batteries at the same time; do not combine old and new batteries. Do not mix Alkaline, carbon zinc (standard) or Nickel- Cadmium (rechargeable) batteries. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

### AUTOMATIC SHUT-OFF

To conserve battery life this scale has an automatic shut-off feature. If the scale is turned on and not touched, it will display **"0.0"** and turn off after 10 seconds. If the scale is turned on, a measurement taken and weight is locked, the measurement readings will be displayed and the scale will shut off after 10 seconds.

## CALORIEPREDICTOR® FEATURE

The CaloriePredictor feature uses your gender, height, age, current weight and an activity level setting to estimate number of calories you can consume a day to maintain your present weight. This estimation may gradually help you with a weight loss, gain or maintenance plan.

## SETTING UP YOUR SMART SCALE USING BLUETOOTH® 4.0 TECHNOLOGY

You can use your Smart Scale with or without Bluetooth 4.0 transmitting data. Below are the directions for setting up the scale using Bluetooth 4.0. For instructions on setting up the scale as a stand-alone scale only, please see page 11.

## SMART SCALE REQUIREMENTS

**SMART SCALE REQUIREMENTS**  
The Smart Scale is designed to be used with the following:

- **iOS**  
iPhone, iPad and iPod touch using iOS 6 and above
- **Android**  
The following products: Samsung Galaxy S3/S4/ Note II, HTC One and Google Nexus 4
- **Compatible with devices running Bluetooth® 4.0 technology and above**

## INITIAL PROCEDURES

### SET UNIT OF MEASUREMENT

Your scale is set to read weight in pounds (lb). You may select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement by pressing the "UNIT / CONNECT" button on the bottom of the scale. Quick single clicks will change the units that display.

This button will also be used to connect to Bluetooth® by pressing and holding the button. Be sure to check the unit of measurement after you connect to the Bluetooth® app to be sure you have the preferred unit displayed.



### DOWNLOAD SmarTrack™ APP & SET UP USER PROFILE

Download the **FREE** SmarTrack™ application from either the App Store (for iOS devices) or Google play (for Android devices).

Use keyword search terms "SmarTrack", "Smart Scale", "Smart Bath Scale", "Weight Scale" or "Bluetooth Scale".

Once you have downloaded the SmarTrack™ App, it is important that any Smart Scale users follow the on-screen instructions to register. Once you have registered on the app, enter your personal profile from your device (phone or tablet). Completing a personal profile is essential because the data you enter (gender, height, normal/athlete, age, activity level) is necessary to provide you with the most accurate information.

**Note:** If you are sharing the scale with another user and they enter a personal profile through the scale directly, be sure you are aware of which user number they have selected. If you select their user number, your app profile will override the profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.

### SET ACTIVITY LEVEL

Your personal profile will include an activity level. Choose from one of the following activity levels:

**Level-1 Sedentary / very inactive: little or no exercise**

**Level-2 Limited Activity: exercise/sports 1-3 days a week**

**Level-3 Moderate Activity: exercise/sports 4-5 days a week**

**Level-4 Very Active: exercise/sports 6-7 days a week**

**Level-5 Extremely Active: physically demanding exercise/sports or athletic training**

### SET GOAL WEIGHT

From your home page, tap the edit user icon (⚙️) and then tap the goal weight button. From the goal weight page, turn the feature on and scroll right or left, or use the – and + keys to set your goal weight.

Set your goal date by tapping on the date and scrolling. Use the (⬅️) to save and return to your user profile page, hit the (⬅️) again to go to the home page.

Once the profile is complete, it will transmit the user information to the scale during the next transmission.

### EDIT USER PROFILE

To change a profile, tap the user profile icon (👤) and then make changes to the data as necessary. Once the changes are made, tap the back button (⬅️) to save the changes.



## SET UP BLUETOOTH® CONNECTION

Your SMART SCALE estimates body fat %, total body water%, muscle mass, daily calorie estimates and weight, and then it transmits your results to an app on a mobile device using Bluetooth® 4.0 technology.

1. Turn on the Smart Scale by stepping on it with a bare foot until "0.0" displays.
2. Ensure your Bluetooth setting is "On" in your mobile device (Example: Settings > Bluetooth > On) By now you should have downloaded the SmarTrack™ App, registered and set-up your user profile.
3. From your home page, select the settings icon (⚙️), select add device (➕), select SmarTrack™ Bluetooth Body Analyzer. Then quickly pick up the scale and turn it over and press and hold the "UNIT / CONNECT" button (Note: it may take up to 30 seconds for the device to detect the Bluetooth signal.)
4. The Add Device screen will then indicate that the scale has connected when "SmarTrack™ Bluetooth Body Analyzer found" is displayed on your screen.
5. Select SmarTrack™ Bluetooth Body Analyzer and it will take you to the "Pair User" screen where you will select your user number. The scale can store data for up to 8 users. Tap your user number and it will take you to the "Completed" screen. Tap "Done" and it will take you back to your home page.  
**Note:** If you are sharing the scale with another user and they enter a personal profile through the scale directly, be sure you are aware of which user number they have selected. If you select their user number, your app profile will override the profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.
6. The Smart Scale is now ready for use.



### CONNECTION TROUBLESHOOTING

If the transmission fails, repeat above steps. To improve transmission connection, follow these guidelines:

- a) Place the scale and Bluetooth® device reasonably close together, between 3 and 30 feet.
- b) Check there are no obstacles between the scale and the Bluetooth® for best connection.
- c) Other electronics devices may cause interference (particularly those with Bluetooth); keep them at least 3 feet away from the scale.

**Note:** If the batteries are removed from the scale, you will not have to reconnect the scale to the app as it will still recognize the device when you replace the batteries.

### DELETING A USER PROFILE FROM THE APP

In order to delete your user profile from the app, go into Settings and delete the scale device. This will disconnect the app and the scale.

## MEASUREMENT PROCEDURES WITH BLUETOOTH®

To ensure accuracy, use these tips to get the most accurate and consistent readings from your scale:

- Place the scale on a flat, hard floor surface. Carpeted or uneven floors may affect accuracy. If you experience any difficulty, move the scale to a different, hard flat surface and try again.
- You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
- Balance your weight evenly between both feet and stand still while on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and other measures will naturally vary during the course of the day.
- **IMPORTANT:** The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

### ⚠ PRECAUTION !

To avoid injury, do not step with wet feet or on the edge of the platform.



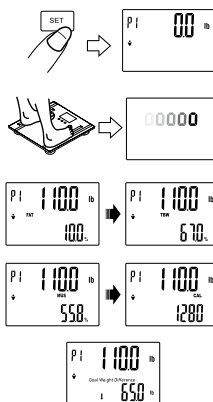
Do Not step on scale unevenly (X)

### ⚠ PRECAUTION !

The scale must be started up after each battery insertion/ replacement of battery or each time it is moved or bumped.

## TO TAKE A MEASUREMENT:

1. If your user information is already in the scale, then simply step on the scale to turn it on.  
**OR** Press "SET" to turn the scale manually on and to select the user number that you paired with your personal device.
2. When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.
3. Stand still while the scale measures your weight. The display counts up to your weight and will flash twice when the weight is locked. Your weight is displayed.
4. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.
5. Your body fat % (FAT), total body water % (TBW), muscle mass (MUS), CaloriePredictor® estimate (CAL), and the difference between your current and goal weights are automatically transmitted to your personal device.



## MEASURING USING AUTO RECOGNITION FEATURE

After you have saved your personal profile data into a memory number and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 4.4 lbs / 2 kgs):

1. When you step the platform if there is only one user whose last weight data is close to the current one, the memory number will be selected automatically. When estimates are completed, the results appear on your personal device.
2. If two or more users are in a similar weight range (within +/- 4.4 lbs / 2 kgs), the scale will notify you to choose between, for example, P1 and P2. Press "▲" or "▼" to get to the correct number and select the user by pressing "SET". If the scale cannot identify the user's memory number, it will only display the weight. See "Problem Solving" section.

**Note:** You need to save your personal data in a user number before using the automatic user identification measuring method, or the function will fail.

## DATA TRANSMISSION FROM SMART SCALE TO MOBILE DEVICE

When your Smart Scale has been paired up with your phone or other mobile device, your data results will be transmitted to the device via Bluetooth. An onscreen "📶" icon indicates a successful Bluetooth® connection.

A "📶" icon appears while data is transmitted, then disappears when transmission is complete. You may review your data on your mobile device.


If the "📶" icon remains on the screen, the transmission has failed. The scale will temporarily store the pending data, and it will be transmitted after the next measurement is complete.

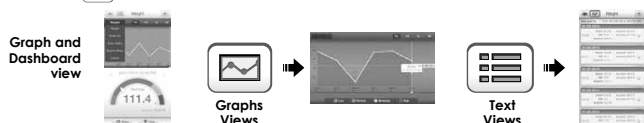
**Note:** Data will only be transmitted if attached to a specific memory number. If a personal profile has not been assigned to a memory number, the results will appear once on the scale display only and will not be transmitted or saved.

## VIEWING DATA ON YOUR PERSONAL DEVICE

When you have stepped on the scale and Smart Scale has synced, you can view the measured data:

From your home page tap on the dashboard: You can view as a graph and a dashboard at the same time or turn your device horizontally for a larger graph view. In either graph view, tap the **(weight bar)** to drop down the menu of measurement. Tap the measurement you want to view (such as Body Fat, Body Water etc...). You can also tap the page icon to see a full listing of individual data as well as to delete or manually enter a weight.



Tap the  to return icon to your home page.



## SHARING YOUR DATA

From your home page, tap the share button on the bottom of the screen. This will take you to default facebook, twitter or email on the mobile device and follow the prompts afterward.

## APP COMPATIBILITY

From your home page, tap the settings () icon, tap connection, then select the app you wish to connect to by sliding the on/off switch () to "ON". Your data will be automatically uploaded into that app for the measurement that the app supports. If you decide you no longer want your data to transfer over, simply slide the switch to off.



## MEMORY AND STORAGE

After it has been used for the first time, the Smart Scale will be synchronized with your personal device. If you take a measurement on the scale without immediately uploading to your device, the data will be stored in the scale's memory and can be uploaded to your personal device when a connection is re-established. See section "**Data Transmission from Smart Scale to Mobile Device**".

### Memory

The SmarTrack app itself can store unlimited results for each user. The number of records that can be viewed will be based on the memory capacity of the user's device. New measurements will overwrite the oldest ones. All of your data will be saved in a cloud so that if your device is damaged your history will not be lost.

## SETTING UP YOUR SMART SCALE WITHOUT USING BLUETOOTH® 4.0 TECHNOLOGY

A user may choose to use the Smart Scale as a basic weight only scale, or view a one-time current body composition estimate on the scale only, without use of Bluetooth® and a mobile device app.

### SET UNIT OF MEASUREMENT

Your scale is set to read weight in pounds (lb). Press the "UNIT" button on the bottom of the scale to select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement.

## WEIGHT ONLY MEASUREMENT WITHOUT USING BLUETOOTH®

### Your Smart Scale will operate as a basic weight-reading scale.

The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still. The display counts up to your weight and will flash twice when the weight is locked. Your weight is now displayed.
3. The scale will display your weight value.
4. The scale will automatically turn off after 10 seconds.

**Note: A weight only reading will not be saved in the scale and will not be transmitted to the app. The weight will only be saved and transmitted during a body composition reading while paired up with the app.**

## SETTING UP AND USING YOUR SMART SCALE WITHOUT USING BLUETOOTH®

### BODY COMPOSITION ESTIMATIONS WITHOUT USING BLUETOOTH®

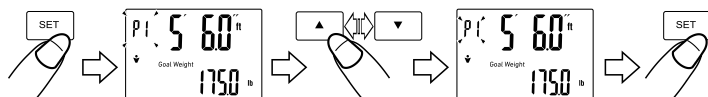
In order to use the Smart Scale's body composition estimation feature, you must enter your age, height, gender, normal/athlete selection and an activity level. This data will be saved into a personal data profile for easy use each time the scale is used.

#### SET UP YOUR USER PROFILE

To set up and save your personal user data profile into memory:

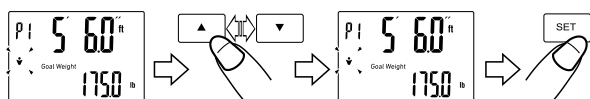
##### 1. Select a Memory Number

Press "SET" while the scale is off. The scale will turn on and "P1" will blink on the screen. Press "▲" or "▼" to choose a memory number (P1-P8). Press "SET" to confirm the memory number. The gender icon blinks.



##### 2. Set Gender / Athlete

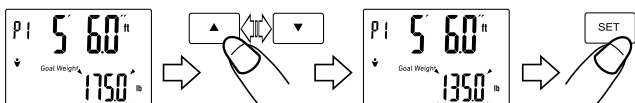
Press "▲" or "▼" to choose male (♂) / male athlete (♂🏃) / female (♀) / female athlete (♀🏃). Press "SET" to confirm. The goal weight number blinks.



**NOTE:** Athlete mode is only available for those 15-85 years of age. For those aged outside this range, this step is automatically by-passed. (See section: "Why is the Athlete Mode necessary in a Body Fat Analyzer?"). For this scale, an athlete is defined as a person who consistently works out for approximately 3 times per week at 2 hours for each occurrence.

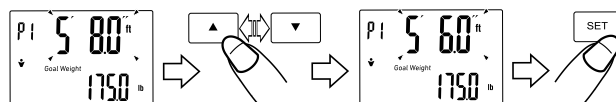
##### 3. Set a Goal Weight

Press "▲" or "▼" to change the goal weight number. Press "SET" to confirm. Height digits will begin to blink.



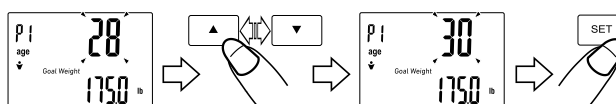
##### 4. Set Height

Press "▲" or "▼" to adjust the height. Press "SET" to confirm. Age will begin to blink.



##### 5. Set Age

Press "▲" or "▼" to adjust the age. Press "SET" to confirm. Activity level begins to blink.



##### 6. Choose an Activity Level

Press "▲" or "▼" to increase / decrease the activity level.

Select your Activity Level according to the following guidelines:

**Level-1** Sedentary / very inactive: little or no exercise

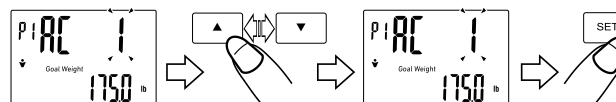
**Level-2** Limited Activity: exercise/sports 1-3 days a week

**Level-3** Moderate Activity: exercise/sports 4-5 days a week

**Level-4** Very Active: exercise/sports 6-7 days a week

**Level-5** Extremely Active: physically demanding exercise/sports or athletic training

Press "SET" to confirm your activity level and all other selections.



**7.** After pressing "SET", the scale will display your personal data once, then zero. When zero shows, you may step on the scale with bare feet for your body composition estimation. Otherwise, the scale will turn off automatically. Your data is saved.

**8.** Repeat above steps to set up another user.

To change a profile, repeat above steps and make changes to the data as necessary.

#### Notes:

- If you are sharing the scale with another user and they enter a personal profile through the app and choose the user number you selected, their app profile will override your profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.
- Delete a User Profile: Once a user profile is set up directly into the scale it cannot be deleted. However, if a profile is set up through the app and that user number is selected, it will override the user information in the scale.
- If the batteries are changed, the user information that has been entered through the scale will not be lost.

## MEASUREMENT PROCEDURES WITHOUT BLUETOOTH®

Use these tips to get the most accurate and consistent readings from your scale:

- Place the scale on a flat, hard floor surface. Carpeted or uneven floors may affect accuracy. If you experience any difficulty, move the scale to a different, hard flat surface and try again.
- You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
- Balance your weight evenly between both feet and stand still while on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and other measures will naturally vary during the course of the day.
- IMPORTANT:** The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

### ⚠️ PRECAUTION !

To avoid injury, do not step with wet feet or on the edge of the platform.



Do Not step on scale unevenly (X)

### ⚠️ PRECAUTION !

The scale must be started up after each battery insertion/ replacement of battery or each time it is moved or bumped.

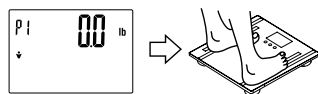
## Measuring by Selecting a User Number Manually

- Press "SET" to turn the scale on.
- Press "▲" or "▼" to move to your memory number (P1-P8).
- The memory number will blink 3 times then remain steady. The display will show your data and then zero.

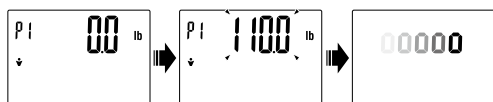


(Note: if you press "SET" while the memory number is blinking, the scale will enter Setting Mode instead of Measurement Mode. If this occurs, press "SET" to re-confirm all the data. The scale will show the data again and then zero. When the (P) icon appears on the LCD the data is not sent to a mobile device.

- When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.

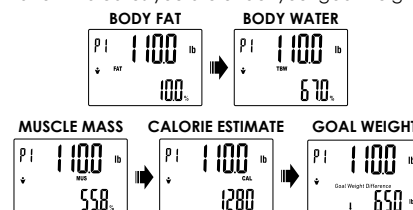


- Stand still while the scale measures your weight. Your weight will appear on the screen. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.



- Your body fat % (FAT), total body water % (TBW), muscle mass (MUS), calorie estimate (CAL), and the difference between your current and goal weights are displayed sequentially 3 times.

(A "▲" arrow by the goal weight number indicates you are over your goal weight. A "▼" arrow indicates you are under your goal weight.)



- The scale will turn off automatically.

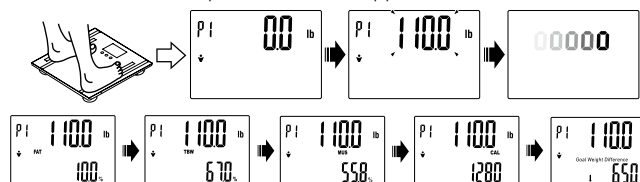
### Notes:

- If the scale is paired with your mobile device and the Bluetooth® is ON, the scale will send the measurement results to the mobile device instead of the scale, and the scale display will be blank.
- If the scale cannot identify the user's memory number, it will only display the weight. See "Problem Solving" section.

## MEASURING USING AUTO RECOGNITION FEATURE

After you have saved your personal profile data into a memory number and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 4.4 lbs / 2 kgs).

- When you step the platform, if there is only one user whose last weight data is close to the current one, the memory number will be selected automatically. When estimates are completed, the results appear on the scale.



- If two or more users are in a similar weight range (within +/- 4.4 lbs / 2 kgs), the scale will notify you to choose between, for example, P1 and P2. Press "▲" or "▼" to get to the correct number and select the user by pressing "SET". If the scale cannot identify the user's memory number, it will only display the weight. See "Problem Solving" section.



**Note:** You need to save your personal data in a user number before using the automatic user identification measuring method, or the function will not work.



EDUCATIONAL INFORMATION

IMPORTANT INFORMATION TO KNOW BEFORE USING YOUR BODY FAT SCALE

Before using the scale, you should know ...

1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

The optimal %BF of an individual varies according to age and gender.

The table as follows may be used as a guide:

a) The body fat percentage (%): 5%-60%/0.1%

Standard for Men						Standard for Women					
Rating	Age					Rating	Age				
	20-29	30-39	40-49	50-59	60+		20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18	low	<19	<20	<21	<22	<23
Normal	14-20	15-21	17-23	18-24	19-25	Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	21-23	22-24	24-26	25-27	26-28	Moderately High	29-31	30-32	31-33	32-33	33-35
High	>23	>24	>26	>27	>28	High	>31	>32	>33	>34	>35

Source: University of Illinois Department of Food Science and Human Nutrition, Body Fat Percentage Calculator.

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated. Please note that the percentage of body fat and body water will not add up to 100%.

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.

3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body's weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one's health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA.

The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

The optimal %TBW and average %SM of an individual varies according to age and gender. The table as follows may be used as a guide:

b) The body water percentage (%): 43%-73%/0.1%

Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999,69:833-841.

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.

#### 4. When should I use the scale's body fat and total body water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of %BF and %TBW and tracking their changes is better than merely comparing your %BF and %TBW value to the population's "normal" value.

**The estimates provided are not substitutes for physician assessments. Consult your physician to determine what body fat percentage, total body water percentage, body mass index and daily calorie intake are most ideal for you.**

#### 5. What is the CaloriePredictor®?








The CaloriePredictor function estimates the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting daily calorie goals during weight loss and exercise programs.

#### 6. Muscle Mass- Why should I know it?

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing about this, you are losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass that happens with aging
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

### Safety and Usage Information

	Symbol for "CAUTION"		Symbol for "MANUFACTURER"
	The Bluetooth Combination Mark		Symbol for "COMPLIES WITH FCC RULES"
	Symbol for "TYPE BF APPLIED PARTS"		Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
<b>SN</b>	Symbol for "SERIAL NUMBER"		
	Symbol for "DIRECT CURRENT"		

#### CAUTION:

- BIA (Bioelectrical Impedance Analysis) method estimates your body fat percentage by sending a harmless signal through the body.
- This device should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device.
- If in doubt, contact your physician.
- This scale will give body fat estimates for a majority of people, but is not intended for use by the following groups:

**Children:** Anyone under the age of 18 years

**Pregnant Women**

- Interference may occur in the vicinity of equipment marked with the following symbol "⚡". Also, the scale may interfere with electrical equipment within its vicinity.
- To enable the data transmission function, this scale should be paired to a Bluetooth® end at 2.4 GHz.

#### How to mitigate possible interference?

1. The distance between the scale and the Bluetooth should be reasonably close, between 3 to 30 feet. Please ensure there are no obstacles between the scale and the Bluetooth end so as to obtain a quality connection.
2. To avoid interference, other electronics devices (particularly those with Bluetooth® transmission/transmitter should be kept at least 3 feet away from the scale.

Bluetooth Module No. :AW2540MV1			
Frequency Range	2402MHz - 2480MHz	Supply Voltage	2-3.6 V
Output Power Range	-1 dBm	Transmitting Distance	30 feet

QUESTIONS AND ANSWERS:

How exactly is my body fat being measured?

This Body Fat Scale uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A small current is sent through your body, via your feet and legs. This current flows easily through the lean muscular tissue which has a high fluid content, but not easily through fat which has a lower fluid content. In this way, the bio-impedance (i.e. resistance to the current) is used to estimate body fat and body water. The electrical current is small and may not be felt. Contact with the body is made via metal electrodes on the platform of the scale.

What is the value of the current passing through me when the measurement is taken? Is it safe?

This BIA technology is safe, non-invasive, toxic-free and harmless. The current is measured at less than 1mA. However, please be aware that anyone with a wearable or implantable medical device, such as a pacemaker, must avoid using this device. Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.

Why is the Athlete Mode necessary in a Body Fat Scale?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference.

What is the definition of an Athlete?

The general consensus among researchers is that a quantitative dimension could be used to define an athlete. An athlete is defined for this scale as a person who consistently works out for approximately 3 times per week at 2 hours for each occurrence. These individuals should select Athlete Mode for the most accurate measurement results.

**Please note scales are not calibrated for professional athletes or body builders.**

CARE AND MAINTENANCE

1. Do not disassemble the scale other than for replacing the batteries; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove the batteries when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
5. When replacing batteries, always replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries.
6. Do not store anything on the scale, as it is a sensitive weighing device.
7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale.

BATTERY INFORMATION

Low batteries

This scale is equipped with a low battery indicator. Replace the batteries when "Lo" is displayed, if readings grow dim or become irregular, or if the scale shuts off quickly.

BATTERY REPLACEMENT

1. Use 3 "AAA" batteries only. Remove any plastic wrap from the batteries before proceeding.
2. Remove the Battery Compartment Cover on the bottom of the scale.
3. Place the batteries into the battery compartment as indicated by the polarity symbols marked in the compartment.
4. Replace the Battery Compartment Cover.
5. The scale needs to be initialized before first use or after battery replacement. Press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

⚠ WARNING!

- WARNING:** Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.
- NOTE:** Please recycle or dispose of batteries per local regulations.
- PRECAUTION:** Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

## PRODUCT SPECIFICATIONS

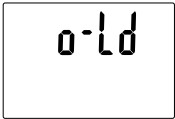
1. Bioelectrical Impedance Analysis (BIA) technology for body fat and total body water percentage, calorie intake estimations and muscle mass percentage estimations
2. High precision STRAIN GAUGE technology for weight measurement
3. Athlete (for ages 15-85 years) or Normal Mode selection
4. 8 - user memories
5. 3 - button operation
6. Auto-on and auto-off functions
7. Power saving LCD readout
8. Low battery indicator
9. Capacity: 400 lb, 180 kg, 28 st :5 lb
10. Graduation: 0.2lb or 0.1kg
11. Body fat graduation: 0.1%
12. Body water graduation: 0.1%
13. Muscle mass graduation: 0.1%
14. Age range from 10 to 85 years
15. Height range from 3'3.5" to 7'2.5" (100 to 220 cm)
16. Body fat range: 5% to 60%
17. Total body water range: 43% to 73%
18. Operates with 3 AAA batteries (included)
19. Product dimension: 11.8"×11.8"×0.9" (300×300×23.9mm Approx.)
20. Gift box dimension: 14.7"×14.3"×1.7" (374×364×43mm Approx.)
21. Product weight: 3.5 lb(1.59 kg Approx.)
22. Total weight (product & gift box): 5.27 lb (2.39kg Approx.)
23. Accuracy of weight measurement: 5 ~ 50kg ~ ±0.3kg ~ 50 ~ 100kg ~ ±0.4kg ,  
100 ~ 150kg ~ ±0.5kg ~ 150 ~ 180kg ~ ±0.7kg
24. Output power for Body Fat Analyzer: <300uA
25. Working Environment: Temp: 0°C to 40°C / Humidity: ≤90%RH / Pressure: 86-106 kPa
26. Storage Environment: Temperature: -20°C to 60°C Humidity: 10%RH to 93%RH

## PROBLEM SOLVING

1. You must have bare feet to take this measurement. In order to get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. Repeat measurement again, maintaining maximum contact between your feet and the metal electrodes.
2. The condition of the skin on the bottom of your feet can affect the reading. The natural effects of aging or activity can make this skin hard. If you are having a problem operating this scale, please contact customer service.
3. Move your scale to a location where it will not be bumped. If your scale is bumped while being activated or while in use, an inaccurate reading will occur. Initialize the scale by pressing firmly on the scale platform to turn on the scale. The display shows zero and then turns off. The scale is ready for use.
4. Place scale on flat, hard surface. Carpeted or uneven floors may affect accuracy.
5. Make sure the batteries are properly installed. If the LCD is blank, shows "Lo" or turns off quickly, replace all the batteries.
6. If the scale does not show body fat, total body water, muscle mass and calorie estimates:
  - a) You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
  - b) The scale cannot identify the possible user memory number with the most similar weight reading. Please assign your personal profile data into a memory number, following the instructions in the section "**SET UP YOUR PERSONAL PROFILE**".
  - c) The user did not choose one of the memory numbers displayed (P1, P2, etc.). Please assign your personal profile data into a memory number, following the instructions in the section "**SET UP YOUR PERSONAL PROFILE**", then choose the correct number when it appears on screen.
7. Problem Solving if data transmission fails:
  - a) Bluetooth® is OFF. Turn ON your devices Bluetooth® function.
  - b) The app is CLOSED. Press the SmarTrack™ icon to turn OPEN your app.
  - c) Out of range of Bluetooth® transmission (3 to 30 feet). Place your phone or other mobile device closer to the scale.
  - d) No data assigned to a memory number. Please assign your personal profile data into a memory number, following the instructions in the section "**SET UP YOUR PERSONAL PROFILE**".

NOTE: SPECIAL DISPLAYS

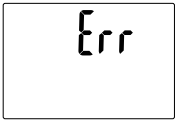
**Overload Warning.** The maximum weighing capacity of the scale has been exceeded. The scale will automatically turn off after 4 seconds. Remove the weight immediately; otherwise, permanent damage to the scale may occur.



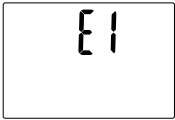
**Low Battery.** Replace all the batteries. Do not mix old and new batteries. Do not mix Alkaline, carbon-zinc (standard) or Nickel-Cadmium (rechargeable) batteries.



**Measuring error.** Step off the scale. Tap firmly on the platform to re-initialize the scale. The display will turn on and off. Step back onto the scale, standing still while your results compute. Do not wear shoes or socks during measurement. Cleaning bottom of bare feet with a damp cloth and leaving them slightly damp may help to improve the contact. Repeat measurement.



**Synch error between scale and mobile device.** Check that Bluetooth is ON, the App is ON, and the scale and mobile device are within transmission range (3 to 30 feet).



Reaching Target Weight

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. Use the chart below to determine your own BMI by matching your height in the left hand column with your weight in the center. Anyone, male or female, with a BMI of 25 to 29 is considered over weight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

Body Mass Index Chart

	Normal						Overweight						Obese					
							Body Weight (pounds)											
	91	96	100	105	110	115	119	124	129	134	138		143	148	153	158	162	167
58																		
59	94	99	104	109	114	119	124	128	133	138	143		148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148		153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153		158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158		164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163		169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169		174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174		180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179		186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185		191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190		197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196		203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202		209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208		215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213		221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219		227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225		233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232		240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238		246	254	263	271	279	287
	19	20	21	22	23	24	25	26	27	28	29		30	31	32	33	34	35

Body Mass Index

#### IMPORTANT NOTICE TO USERS

- This product is intended for adults and children (ages 18 to 85).
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- The "Athlete" mode is applicable only to people 15 - 85 years of age.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, always estimate in bare feet.

This HoMedics Smart Scale body fat scale is designed and manufactured in a facility certified ISO 9001 Quality Health and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat and total body water. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water and percentage body fat. The body fat scale also estimates a daily calorie intake. The body fat scale is also equipped with an "Athlete Mode" for athletes whose body build is different from non-athletes. It is intended for adults in the home.

Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. This device should not be used by anyone who is acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

This SC-902 scale is equipped with a data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance of the SC-902 scale.

Portable and mobile RF communications equipment can affect the measuring accuracy of this SC-902 scale.

Warning that the use of accessories, transducers and cables other than those specified with the exception of transducers and cables sold by the manufacturer of the SC-902 scale as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the SC-902.

**Warning: the SC-902 should not be used adjacent to or stacked with other equipment.**

**Note: Read this Instruction Manual carefully and keep it handy for future reference.**

#### FCC REGULATIONS

**FC** FCC ID:  
OU9AW2540-LS

##### CAUTION:

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

##### Radio Transmitters (Part 15)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

##### Safety Information


###### Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20 cm (8 inches) during normal operation.

Guidance and MANUFACTURER'S declaration – ELECTROMAGNETIC EMISSIONS for all ME EQUIPMENT and ME SYSTEMS		
Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment-guidance
RF emissions CISPR 11	Group 2	The device must emit electromagnetic energy in order to perform its intended function. Nearby electronic equipment may be affected.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS			
Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % $U_T$ (>95 % dip in $U_T$ ) for 0,5 cycle 40 % $U_T$ (60 % dip in $U_T$ ) for 5 cycles 70 % $U_T$ (30 % dip in $U_T$ ) for 25 cycles <5 % $U_T$ (>95 % dip in $U_T$ ) for 5 s	Not applicable	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE $U_T$ is the a.c. mains voltage prior to application of the test level.			

Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING			
Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 TEST LEVEL	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	Not applicable	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. <b>Recommended separation distance</b> $d = \frac{1,35}{f_1} \sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = 1,167 \sqrt{P}$ 80 MHz to 800 MHz $d = 2,333 \sqrt{P}$ 800 MHz to 2,5 GHz where $P$ is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and $d$ is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,* should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: 
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device. b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than [14] V/m.			

Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING			
Recommended separation distances between portable and mobile RF communications equipment and the device			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter <i>P</i>	Separation distance according to frequency of transmitter <i>d</i>		
	150 kHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2,5 GHz
	$d = \left[\frac{3.5}{f_1}\right] \sqrt{P}$	$d = 1.167 \sqrt{P}$	$d = 2.333 \sqrt{P}$
0,01	Not applicable	0.117	0.233
0,1	Not applicable	0.369	0.738
1	Not applicable	1.167	2.333
10	Not applicable	3.690	7.378
100	Not applicable	11.67	23.33
For transmitters rated at a maximum output power not listed above, the recommended separation distance <i>d</i> in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where <i>P</i> is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.			
NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.			
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			