



Smart Bluetooth Body Fat Scale

KABFSBTAPPB

USER MANUAL



Please read this user manual carefully and thoroughly to ensure the safe usage of the product. Keep a copy of this manual handy for future reference.

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Introduction

Thank you for selecting the Kogan Smart Bluetooth Body Fat Scale. The scale measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass and muscle mass in generally healthy children from 14-17 years old and healthy adults.

Safety Information

The symbols below may appear in the user manual, labelling or other components. Please follow all instructions.



Symbol for "Guide must be read"



Symbol for "manufacturer"



The Bluetooth compatible symbol



Symbol for "manufacture date"



Symbol for "Environment Protection – waste electrical products should not be disposed of with the household waste."

SN

Symbol for "serial number"



Symbol for "Complies with EU requirements"

Please recycle where facilities exist. Check with your local council or authorities for recycling advice."

Caution

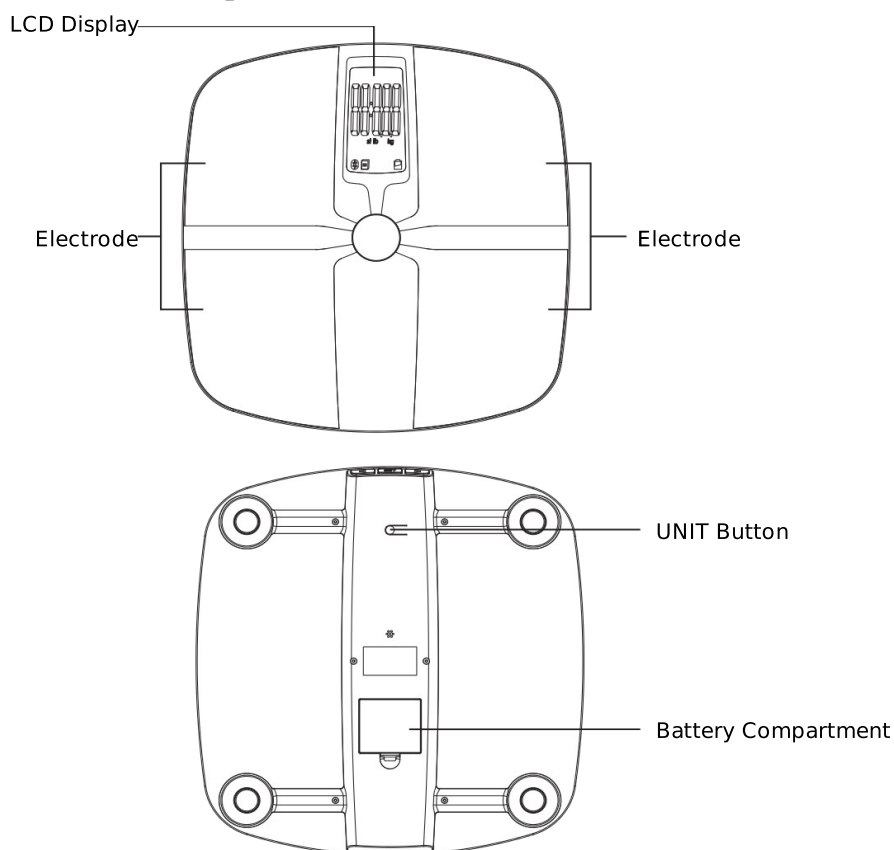
- The scales offer you a seamless way to manage your health. Please be aware that this product is designed for healthy people over 14 years old, self measuring and self monitoring their body compositions. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening.
- If in doubt, contact your doctor.
- DO NOT use this device if pregnant or if you suspect you may be pregnant. The effects of this device on a fetus is unknown and untested.
- DO NOT use this device if you have a wearable or implanted electronic device such as a defibrillator or pacemaker.
- This device should not be used by someone who is acutely or chronically ill or suffering from a disease or taking medications that will affect your water levels. The accuracy of the readings for these patients cannot be verified. Specific medical information should be obtained from a doctor.
- The scales are equipped with data transmission functions, therefore it will emit electromagnetic energy to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance.
- No modifications of this equipment are allowed.
- Please only use the device as described in this user manual. Any misuse may cause electric shock, burns, fire or other unexpected hazards.
- Do not expose the scales to extreme temperatures, direct sunlight, moisture or a corrosive environment.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering.

Usage Tips

- To ensure the accuracy of measurements, please follow the instructions below when starting measurement.
- Place the scale on a flat, hard surface. Soft surfaces such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.
- Perform measurement at least two hours after waking up or dining.
- Avoid measurements immediately after strenuous exercise, a sauna, a bath, drinking or dining.
- Try to perform measurements at the same time of day in the same location on the same surface.
- 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. Take the reading with clean, slightly damp feet for best accuracy. If you are having trouble operating the scales, please contact the Kogan customer service team.
- 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...

Product Overview

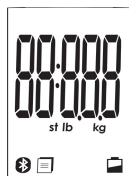
Device Components



Contents List

1 x Body scale
4 x AAA batteries
1 x User manual

LCD Display



st lb	Stone
lb	Pound
Kg	Kilogram



Successful Bluetooth Connection



Data transmitting/pending



Low Battery

Initial Start-Up

General Instructions

The Kogan smart scale applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate body fat. The electric current is so small as to not be felt by the user.


BIA technology is safe, non-invasive, toxin-free and harmless. The current used is less than 1mA, however anyone wearing any form of electronic medical implant such as a pacemaker must avoid using this device.

Inserting the Batteries

- Open the battery door in the back of the scale.
- Insert the batteries (4 x 1.5V AAA) into the battery compartment, making note of the polarity indicators marked inside the compartment. The digits “8888” will be shown on the LCD.
- Close the battery door and wait until the digits “0.0lb” are shown on the LCD.



Caution

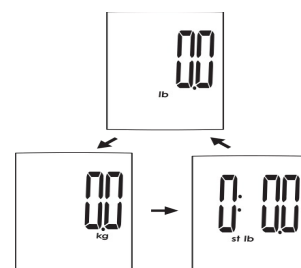
- When the  symbol appears, the device will power off. You should then replace the batteries with a new set of batteries. Please replace all four batteries at the same time. Do NOT mix old batteries with new ones.
- Worn out batteries are classified as hazardous waste. Do NOT dispose of them in the household garbage.
- If you do not intend to use the scales for a prolonged period of time, please remove the batteries before storing.

Installing the App and Pairing Up

1. With Bluetooth 4.0 technology applied, mobile or portable equipment is capable of receiving your personal health data.
2. Simply install the MedM App from the App store or Google Play.
Android: <https://play.google.com/store/apps/details?id=com.medm.app.health>
iOS: <https://itunes.apple.com/us/app/medm-health/id929581952?mt=8>
3. Turn on Bluetooth and start the application, then ensure the scale is turned on before pairing.
4. Press and hold the UNIT button on the back of the scale to pair up. A symbol of two small circles spinning around each other will display to indicate that pairing is proceeding.
 - If successful, a linked square icon will show on the LCD.
 - If the pairing fails, an E1 error symbol will show on the LCD.

Selecting Measurement Unit

With the batteries installed, press the UNIT button in the back of the scale to select your preferred measurement unit. The default measurement unit is lbs (pounds). You may press UNIT to choose between pounds, kilograms or stone.



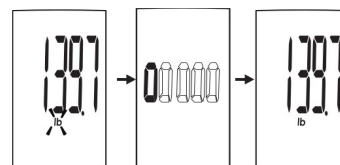
Measuring

Daily Measurement

The scale will turn on as soon as you step onto the platform in bare feet.



Stand still and keep full contact with the electrodes. The weight unit will flash, then the weight measurement will be locked. When the moving “o” animation stops, the LCD will display the weight and body fat measurement.



When the scale is successfully paired with the smartphone and the Bluetooth is turned on, the data transfer will begin automatically.

(Please refer to 'Data Transmission' below for more details)





Data Management



Data Transmission

With the scales successfully paired up with your smartphone, measurement data will be automatically transmitted to your mobile via Bluetooth.




The  symbol will disappear once the data transfer has completed successfully. You may then check your health data on your phone.

If the data transmission fails, the  symbol will remain on the screen. The pending data will be stored in the scale and transmitted to your smartphone when the next measurement is taken.

	Successful Bluetooth Connection
	Data transmitting to the wireless device. <ul style="list-style-type: none">• If successful, icon will disappear.• If failed, icon will remain.

Caution

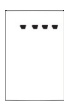


- Interference may occur in the vicinity of equipment marked with the  symbol.
- To enable the data transmission function, the product should be paired to a Bluetooth 4.0 device.

How to avoid possible interference?

1. The range between the scales and the Bluetooth device should be reasonably close, anywhere between 1 and 10 metres. Please ensure that there are no objects between the scale and the Bluetooth device.
2. To avoid interference, other wireless/Bluetooth enabled devices should be kept away from the scales while transmission is taking place.

Troubleshooting

Error Prompts

Error	Description	Solution
	Overload - Device will power off.	Stop using the scale for measurement.
	Low battery - Device will power off.	Replace all four batteries at the same time.
	Pairing failure	Please check: <ul style="list-style-type: none">• Bluetooth is ON• The App is ON• Both devices are within transmitting distance.

During Measurement

Problem	Cause	Solution
Abnormal results such as <ul style="list-style-type: none"> Too high Too low Huge differences between consecutive measurements 	Incorrect posture	Please step onto platform in bare feet and stand still.
	Scale is on soft carpet or unstable surface	Place the device on a hard, flat surface.
	Cold body that may result in bad blood circulation	Warm your hands and feet to improve blood circulation then measure again.
	Cold electrodes	Place the device in a warm room for awhile, then try again.
	Hands or feet are too dry	Wipe your feet with a damp cloth, making them <i>slightly</i> damp.
No display on LCD when device powers on.	Batteries not installed	Install the batteries into the unit.
	Worn or flat batteries	Replace all four batteries at the same time.
Problem	Cause	Solution
Cannot proceed to analyse body fat.	Stepping onto scale wearing socks or shoes	Stay in bare feet during measurement, keeping full contact with the electrodes at all times.
Device powers off automatically	Low battery	Replace all four batteries at the same time.

During Data Transmission

Problem	Cause	Solution
Data transmission failed	Bluetooth is OFF	Turn on Bluetooth via the settings.
	App is not running	Press the icon to run the App.
	Devices are out of range	Place your smartphone closer to the scale.

Specifications

Dimension	320 x 330 x 27.2mm (approximately)
Net weight	Approximately 1.75kg (excluding batteries)
Display	Digital LCD with white backlight
Measurement units	Kilograms/Pounds/Stone
Measurement range	5kg - 180kg/0st 11lb - 28st 5lb / 11lb - 397lb
Division	0.1kg / 0.2lb
Accuracy	0-50kg: ±0.3kg; 50-100kg: ±0.4kg; 100-150kg: ±0.5kg; 150-180kg: ±0.7kg
Working environment	Temp: 5-40°C Humidity: <90% RH
Storage environment	Temp: -20-60°C Humidity: <93% RH
Power source	6V (4 x AAA batteries)

Turn on method	Sense on Technology
Auto-OFF	Scale will shut down after 10 seconds of no operations.
Accessories	4 x AAA batteries 1 x user manual
Mode of operation	Continuous operation
Bluetooth module no.	AW8001

About the accuracy of this product

- This product passes strict inspections before delivery and therefore its accuracy is guaranteed by Kogan.com.
- This product is specifically designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction verification of goods' weight.

Maintenance

When carrying out usual maintenance, please ensure you follow these do's and don'ts:

- Do use a soft cloth to wipe off dust
- Do use a damp soft cloth, dipped into water and wrung out, to wipe up any extra dirt. Then use a soft dry cloth to dry the device.
- Don't wash the device with water, or immerse it in any liquids.
- Don't use propellant or any abrasive chemicals to wipe off dirt as this may cause discolouration or malfunctions.
- Don't disassemble this device. If you have any problems, please contact the Kogan customer service team for advice. (See following 'Warranty' section for information)

Warranty

Kogan.com warrants this scale to be free of defects and workmanship under normal use for a period of **ONE** year from the date of purchase.

The warranty does not cover damage caused by misuse or abuse, including, but not limited to:

- Failure caused by unauthorised repairs or modifications;
- Damage caused by shock, or dropping while transporting;
- Failure caused by improper operation, inconsistent with the instructions stated in this user manual;
- Malfunction or damage from failure to provide the recommended maintenance;
- Damage caused by improper use of a power supply.

Should this device require any maintenance or repairs, please contact the Kogan.com customer support team.

Appendix

Table of Body Fat Level (Unit: %)

Age	Man / Sportsman				Woman / Sportswoman			
	Low	Normal	High	V. High	Low	Normal	High	V. High
20 ~ 29	<13	13.1 – 20	20.1 – 23	>23	<19	19.1 – 28	28.1 – 31	>31
30 ~ 39	<14	14.1 – 21	21.1 – 24	>24	<20	20.1 – 29	29.1 – 32	>32
40 ~ 49	<16	16.1 – 23	23.1 – 26	>26	<22	22.1 – 30	30.1 – 33	>33
50 ~ 59	<17	17.1 – 24	24.1 – 27	>27	<23	23.1 – 31	31.1 – 34	>34
60+	<18	18.1 – 25	25.1 – 28	>28	<24	24.1 – 32	32.1 – 35	>35

Table of Body Water Level (Unit: %)

Gender	Body Fat Percentage Range	Optimal Total Body Water Percentage Range
Male	4-14	70-63
	15-21	63-57
	22-25	57-55
	>25.1	55-37
Female	4-20	70-58
	21-29	58-52
	30-33	52-49
	>33	49-37

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

Health Tips – About Body Fat

Fat is essential to the human body. It not only stores energy and protects viscera, but it also regulates body temperature and maintains the normal physiological function of the human body. However, too much body fat is harmful to the human body, as it can lead to fatty liver, diabetes, coronary heart disease etc...

Self-measuring and self-monitoring your body fat levels is beneficial to your health.

Body fat levels cannot be judged simply by weight.

EMC Guidance

Table 1 – 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 as specified below. The customer or the user of the device should ensure 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	

Table 2 – 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 as specified below. The customer or the user of the device should ensure 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 a non-interruptible power supply or battery.

Power frequency (50/60Hz) 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.			

Table 4 – Guidance and manufacturer's declaration – electromagnetic immunity for all 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 as specified below. The customer or the user of the device should ensure 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. Recommended separation distance $d = \left[\frac{3.5}{V_1} \right] \sqrt{P}$ $d = 1.167 \sqrt{P} \text{ 80 MHz to 800 MHz}$ $d = 2.333 \sqrt{P} \text{ 800 MHz to 2,5 GHz}$ 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 ^a , should be less than the compliance level in each frequency range ^b . Interference may occur in the vicinity of equipment marked with the following symbol. 
Radiated RF IEC 6100-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	

Note 1: At 80MHz and 800MHz, 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 operations are observed, additional measures may be necessary, such as re-orienting or relocating the device.

b)

Over the frequency range 150kHz to 80MHz, field strengths should be less than [V1] V/m.

Table 6 – 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 W	Separation distance according to frequency of transmitter m		
	150kHz to 80MHz $d = \left[\frac{3,5}{V_1}\right]\sqrt{P}$	80MHz to 800MHz $d = 1.167 \sqrt{P}$	800MHz to 2,5GHz $d = 2.333 \sqrt{P}$
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 d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.			
Note 1: At 80MHz and 800MHz, the separation distance of the higher frequency range applies.			
Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflections from structures, objects and people.			