



MYKRONOZ MyScale WiFi Scale with Color Display User Guide

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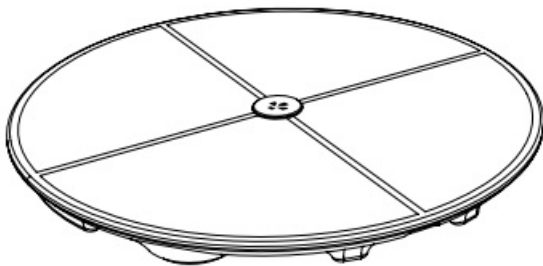
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IMPORTANT NOTE

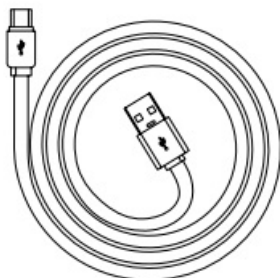
This product is not suitable for pregnant women, for people wearing a pacemaker or other internal medical device. The MyScale data must be considered as reference values only and not as medical advice.

BOX CONTENTS

- MyScale



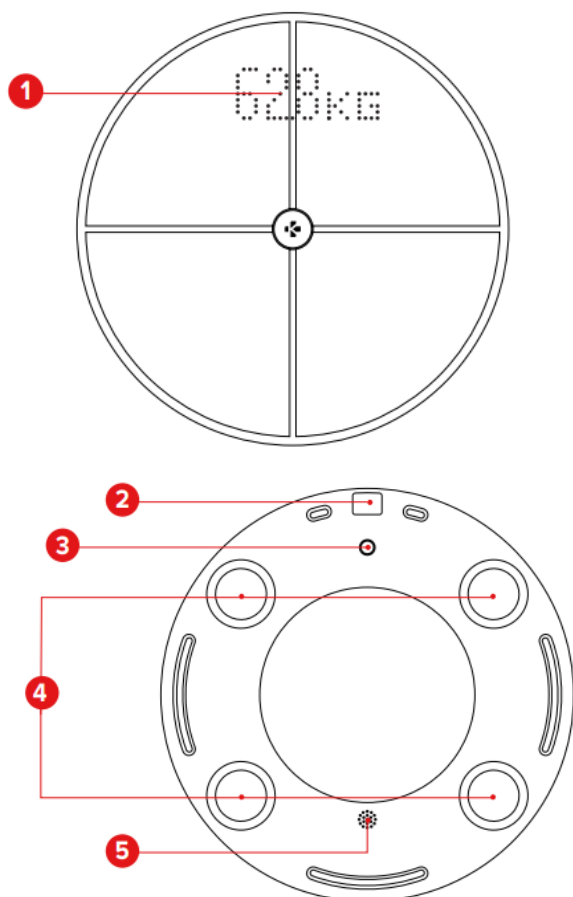
- USB-C cable



- Quick start guide



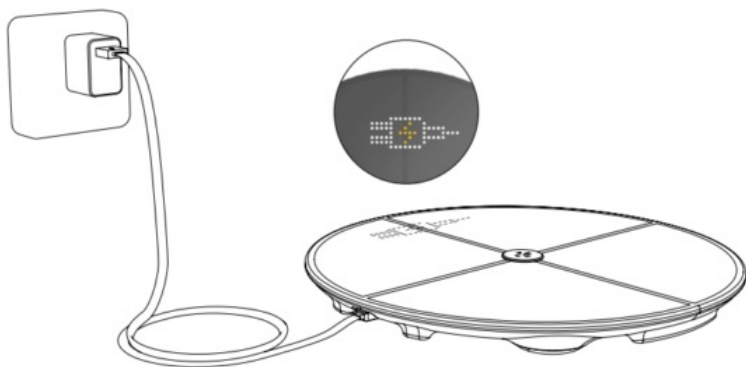
OVERVIEW



1. Display
2. USB-C port
3. Reboot button
4. Weight sensors
5. Speaker

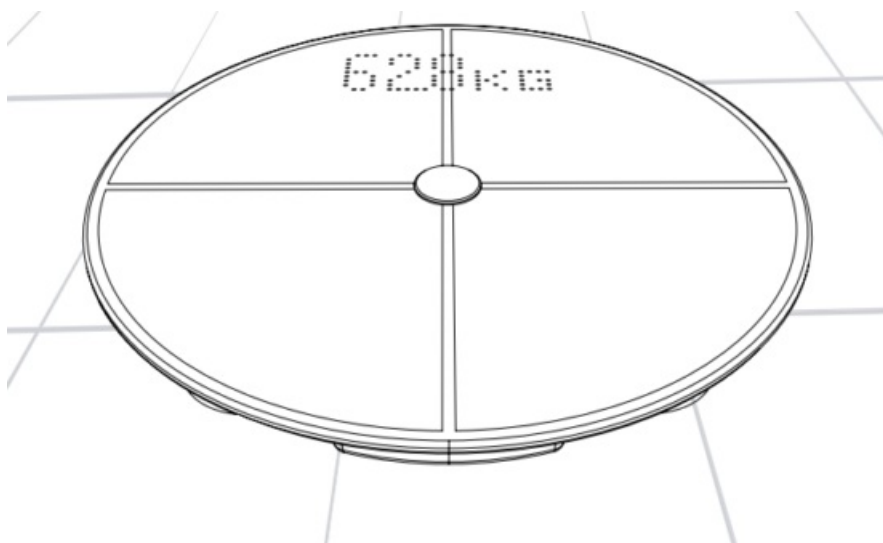
GETTING STARTED

Plug your MyScale to a power source using the supplied USB-C cable. Your MyScale will display a charging icon to indicate it is charging. Charging the battery completely can take up to 5 hours.



To charge your scale properly, make sure you use a power adaptor (not supplied) that delivers at least 5V-2A.

Place your scale on a hard and flat surface.



SYSTEM REQUIREMENTS

1. Smartphone

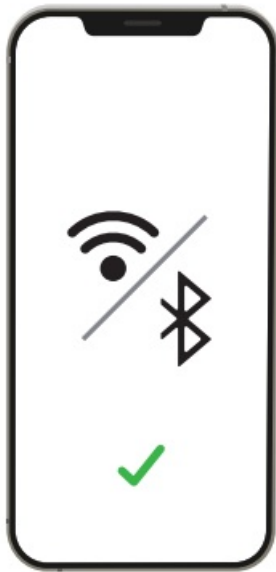


An iOS or Android device running iOS 9.0+ or Android 6.0+

Access to a Wi-Fi network is required to set up your MyScale, update your MyScale and sync data from your MyScale.

2. Bluetooth® and Internet access

Bluetooth® and Wi-Fi* enabled



3. MyKronoz mobile app

Available on App store and Playstore

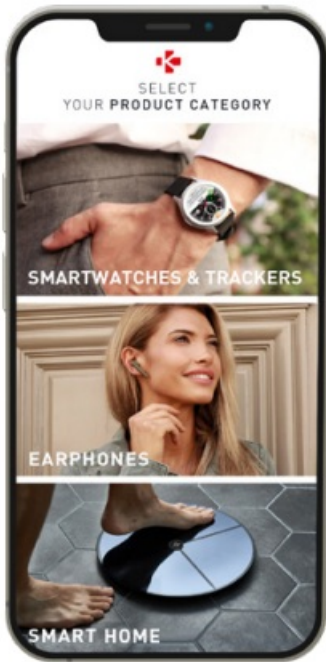


QUICK START

1. Scan and get the MyKronoz App



2. Open the MyKronoz App & select Smart home



3. Create a new user account or login with your existing account



To change the units of your MyScale to pounds (Lb), make sure you enter your weight in pounds (Lb) when creating your profile on the mobile app. Update the unit at any time from the advanced settings menu in the mobile app.

4. Follow the on-screen instructions to setup your MyScale

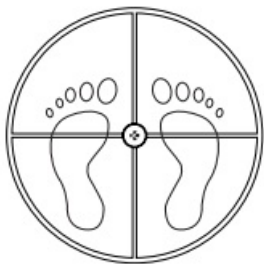


Once the WiFi is connected your data will be saved to your account, and will be accessible on the MyKronoz

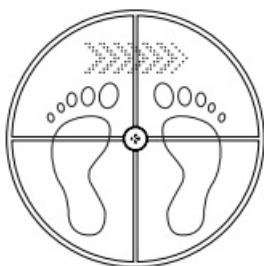
app.

HOW TO USE MYSCALE?

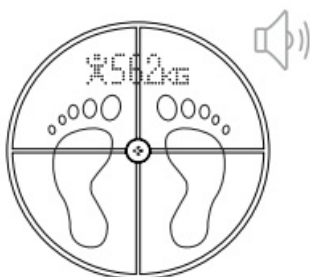
1. Step onto your MyScale with parallel bare feet and stand still



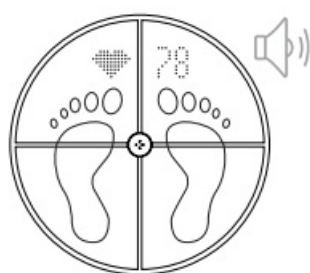
2. Measuring your weight, body composition and heart rate



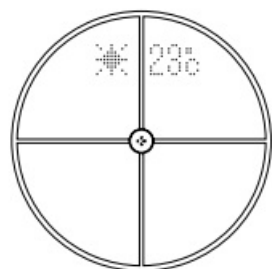
3. A first sound will alert you once the body composition analysis is complete



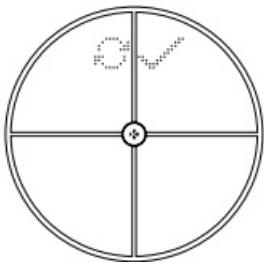
4. A second sound will alert you once the heart rate analysis is complete



5. Step off the scale



6. Data syncs via Wi-Fi to the MyKronoz App



MAIN SCREENS

- Weight (kg, lb)



- Weight (kg, lb)



- Pseudonym



- BMI (Body Mass Index)



- Heart rate



- Muscle mass (kg, lb)



- Body fat (%)



- Bone mass (kg, lb)



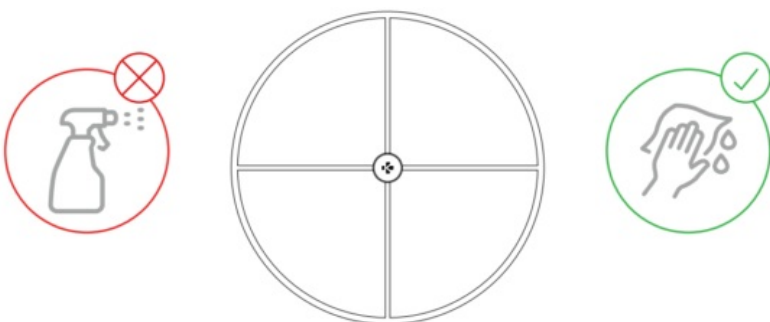
- Body water (%)



- Weather (°C/°F)



MAINTENANCE & CARE



Use a soft damp cloth to clean your scale. Never use detergents, antiseptic wipes or highly concentrated glass

cleaner to clean your scale. This may cause irreversible damage to the coating that protects the electrodes used to measure your body composition.

TECHNICAL SPECIFICATIONS

DIMENSIONS	34 x 2,6 cm (13,4 x 0,8 in)
WEIGHT	2,1 kg (4 lb)
MATERIALS	Tempered glass & ABS bottom housing
DISPLAY	LED color display
SENSOR	4 weight sensors
UNITS	Kg, Lbs
WEIGHTING RANGE	5 -> 180 kg (9 -> 396 lb)
GRADUATION	100 g (0.2 lb)
BATTERY TYPE	Li-ion 3000 mAh
BATTERY LIFE	Up to 1 year
CHARGING	Rechargeable battery via USB-C cable
OPERATING TEMPERATURE	5°C – 35°C
CONNECTIVITY	Bluetooth® 4.0 – Wi-Fi 2.4 GHz 802.11 (b/g/n) WPA/WPA2 security protocols
SYSTEM REQUIREMENTS	iOS 9.0+, Android 6.0+

	Frequency band (MHz)	Max. output power (dBm)(for EU)
Bluetooth®	2402MHz-2480MHz	20 dBm
WLAN	2412MHz-2462MHz	20 dBm

IMPORTANT NOTICE & SAFETY INFORMATION

HEALTH WARNING

Do not use this product if you have a pacemaker or any other internal medical device.

Do not use this product if you are pregnant.

Do not use this product to treat or diagnose any medical condition.

Do not use this product for any purpose other than measuring your weight and body composition

GENERAL WARNING

Do not dismantle the device. KRONOZ LLC is not responsible for any damage or injury caused by the removal of the battery or any component.

Avoid extreme heat or cold that may damage the device.

Keep your device away from fire or heat sources, such as electric heaters, ovens, microwave ovens, stoves, or water heaters.

Protect your device from severe impacts or vibrations to avoid damaging the device and causing the device to malfunction.

REGULATORY NOTICES

USA – FCC STATEMENT

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.

CAUTIONS

Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

FCC NOTICE



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.

RF EXPOSURE STATEMENTS

This equipment complies with FCC radiation exposure requirement set forth for an uncontrolled environment.

End users must follow the specific operating instructions for satisfying RF exposure compliance.

CANADIAN COMPLIANCE STATEMENT

This device complies with Industry Canada license-exempt RSSs. Operation is subject to the following two conditions:


1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device. This Class B digital apparatus complies with Canadian ICES-003.

RF EXPOSURE STATEMENTS

This equipment complies with ICSED radiation exposure limits set forth for an uncontrolled environment. End user must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The portable device is designed to meet the requirements for exposure to radio waves established by the ICSED. These requirements set a SAR limit of 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported under this standard during product certification for use when properly worn on the body.

EUROPEAN UNION CE DIRECTIVE

 KRONOZ LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the Directive 2014/53/EU and 2011/65/EU. The original EU declaration of conformity may be found at: <https://www.mykronoz.com/assets/certifications-ce-myscale.pdf>

DISPOSAL AND RECYCLING INFORMATION



After the implementation of the European Directive 2012/19/EU in the national legal system, the following applies : electrical and electronic devices may not be dis-posed of with domestic waste. Consumers are obliged by law to return electrical and electronic device at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

WARRANTY

Kronoz LLC warrants to the original purchaser that the MyKronoz against defects in material and workmanship

under normal use for a period of one year from the date of purchase, except if you reside in European Economic Area (EEA) and your purchased your MyKronoz product in EEA, the warranty period is two years from the date of purchase. MyKronoz does not warrant that the operation of the Product will be uninterrupted or error-free. MyKronoz is not responsible for damage arising from failure to follow instructions relating to the MyKronoz product's use.

NEED HELP

Scan to access the MyKronoz helpdesk center



Documents / Resources

	<p>MYKRONOZ MyScale WiFi Scale with Color Display [pdf] User Guide MSCL, 2AA7D-MSCL, 2AA7DMSCL, MyScale WiFi Scale with Color Display, WiFi Scale with Color Display</p>
	<p>MYKRONOZ MyScale WiFi Scale with Color Display [pdf] User Guide MyScale, WiFi Scale with Color Display, WiFi Scale, Scale, MyScale</p>

References

- [MyKronoz Official Store - Buy Smartwatches and Activity trackers designed in Switzerland – MyKronoz](#)
- [My Account | .xyz | For every website, everywhereÂ®](#)