



# NAUTICA NTSC01 Body Tracker Smart Scale User Manual

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# NAUTICA

**NAUTICA NTSC01 Body Tracker Smart Scale**



## INSTRUCTION

Thank you for purchasing an original

- Nautica Body Tracker Smart Body Scale NTSC01
- You are getting a high-quality product that's built to combine technology and design for your everyday use.
- Please read the below info carefully to get the most out of your new product.
- This guide is ENGLISH only. For other languages and more detailed info on care, use and warranty, please visit [technofashion.com](http://technofashion.com)

## WHAT'S IN THE BOX



BODY TRACKER  
SMART BODY SCALE



2XAAA (3V)  
BATTERY



USER'S MANUAL

## HOW TO USE

## HOW TO ACCURATELY MEASURE YOUR METRICS

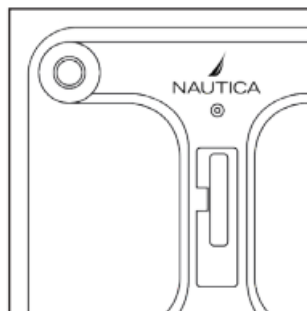


To ensure the accuracy of the measurement, please follow below instructions:

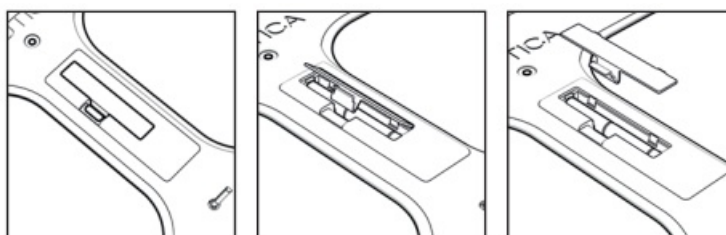
- Place the scale on a flat, hard surface.
- Stand with your bare feet shoulder-width apart while on the scale. Do not stand on the edge of the scale or jump on the scale.
- For accurate results, avoid measurement after exercise, sauna or bath, drinking and dining.
- Start measurement at least two hours after waking up or dining.

## HOW TO SET UNIT OF WEIGHT

Nautica Body Tracker Smart Scale supports pound (lb) and kilogram (kg) as units of measurement. Easily switch between units with the button on the back of the scale.



## HOW TO CHANGE BATTERIES



- Pull up the tab on the back of your scale.
- Remove the batteries.
- Insert two alkaline AAA (3V) batteries.
- Press down the

- Allow a few moments for the scale to calibrate before measurement.

## **12 BODY METRICS MEASURED**

- Weight
- BMI (Body Mass Index)
- Body Fat
- Muscle Mass
- Visceral Fat
- Bone Mass
- Body Water
- Degree of Obesity
- Protein
- BMR (Basal Metabolic Rate)
- Lean Body Mass
- Metabolic Age

## **HOW TO DOWNLOAD THE BODY TRACKER APP**



- Please make sure your smartphone is connected to the Internet. To download the Nautica Body Tracker App for iOS or Android, scan the below QR codes or search for Nautica Body Tracker app in the Apple Store or Google Play and follow the instructions.
- Consult the included app manual for detailed info on how to use the Body Tracker app

## **TECHNICAL SPECIFICATIONS**

11 x 11 in (28 x 28 cm)
Rated voltage: 3V / 30mAh
Supports up to 396 lbs (180 kg)
Smartphone not required for scale only use
Supports iOS and Android devices
Syncs and shares data with up to 8 users
Built-in LED display
LB/KG weight unit selection
Low battery (LO) and overload error notifications
Works with 2XAAA (3V) batteries. (Included)
Product weight: 2.54 lb/ 1.15 kg
0.2 in/5 mm tempered glass
High precision sensors. (increments of 0.2 lb/ 100 g)

## SAFETY AND MAINTENANCE

- Before using the device, read the following precautions carefully to ensure optimal product performance. This device is intended for indoor adult use only, not for commercial use.
- Please be aware that this device is designed for persons of age 10+ to self-measure and self-monitor body metrics. Information provided by this device is not meant to treat, cure or prevent any disease or illness.
- This product is not a medical device and should not be used to diagnose or treat any medical condition. Please consult a doctor when undertaking any diet or exercise program.
- Check the device before every use. Do not use device if it is damaged.
- Continuous use of the damaged unit may cause injury.
- Do not place the scale on wet and slippery surfaces, do not stand on it with wet feet. Never jump or stomp on the scale, handle it carefully to avoid damage
- Do not use the device in areas where use of wireless devices is prohibited, as it may interfere with other devices or cause other hazards.
- The scale measures body fat using bioimpedance analysis. It sends a small, safe
- Signal through the body to measure impedance.
- This product should not be used by people wearing a pacemaker or any other internal medical device.
- The scale is not waterproof, never immerse it in water.
- To clean the scale surface, use a damp cloth or glass cleaner
- Do not use soap or other chemicals. Then use a dry soft cloth to dry up the device.
- Do not submerge the device or use high-pressure water jets (eg. shower head) to clean the surface.
- This product is not a toy. Do not allow children to play with it.
- Do not attempt to modify, repair, or replace any components of your Nautica Smart Scale.
- Only authorized dealers or service centers can disassemble the product. Any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.
- Do not dispose of batteries in fire. They may explode or leak.

- Remove the batteries if the scale will not be used for a long period or are dead.

## WARRANTY INFORMATION

- We do our best to make sure that this product is free from defects in materials and workmanship for a period of 1 year.
- The following conditions must be met for your warranty claim to be approved:
- You must have purchased the product from a Nautica or Technofashion authorized dealer
- You must provide proof as to the date of purchase from the Nautica or Technofashion authorized dealer
- You must have used the product only as intended and in accordance with the product's care instructions.
- Within 12 months after the purchase, in case of the product is determined to be defective (at the date of original purchase due to improper materials or workmanship, you are entitled to free repair or exchange of goods. The product should be returned to Technofashion.
- The warranty does not cover defects caused by third-party modifications, repairs or replacement parts.
- Punctures, scratches, normal wear and tear and the natural breakdown of colors and materials over extended time and use are not warranted. Warranty applies to the USA only.
- We will make every effort to replace limited edition or discontinued products but cannot guarantee availability for replacement.
- Any limited edition or discontinued product still under its applicable warranty that cannot be replaced with an identical product will be replaced with the equivalent model based on availability.
- We may make changes to products and designs in the time you purchased your product and submitted a warranty claim.
- Products repaired or replaced under this warranty may or may not incorporate these changes.

## SUPPORT

For any questions, email us at [support@technofashion.com](mailto:support@technofashion.com)

FCC ID: 2AZBO-NO0001

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.

This device has been tested and found complying 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.
- Connect the device 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. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The distance between user and products should be no less than 7.87 in / 20 cm

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**Documents / Resources**



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NTSC01 Body Tracker Smart Scale, NTSC01, Body Tracker Smart Scale, Tracker Smart Scale, Smart Scale, Scale