Yolanda CS20M2 Body Composition Scale User Manual

Body Composition Scale
User Manual

The Yolanda Wireless Body Composition Smart Scale is a body analyzer that measures weight, and it uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage and other body composition data. It is intended for home use only.
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Contents

Power On Scale

Your Yolanda Smart Scale is shipped with 4 AAA batteries. Install the batteries inside the battery compartment and power on your scale.
After power on, you can measure body weight. However, to measure other body composition parameters such as body fat percentage, you need to use your Yolanda Smart Scale together with your smartphones or tablets. You will need to install mobile applications programs on your mobile devices first. See next.

Apps Install and Measurement

The Yolanda Wireless Body Composition Smart Scales can connect wirelessly to mobile phones or tablets. To do so mobile devices need to install mobile application programs. The easiest way to download the mobile app is to use your phone to scan the QR code, and then follow the instructions given.

Step 1: Download the APP

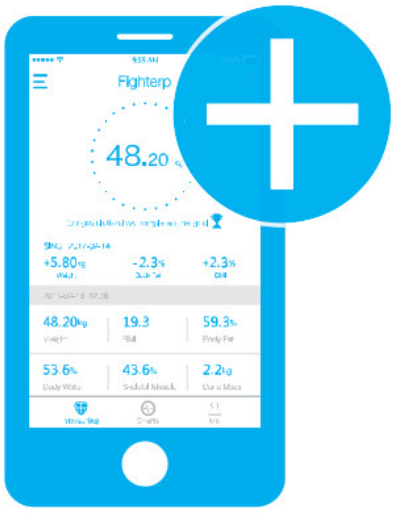
http://www.yolanda.hk/mobile/apps/oversea_app_down

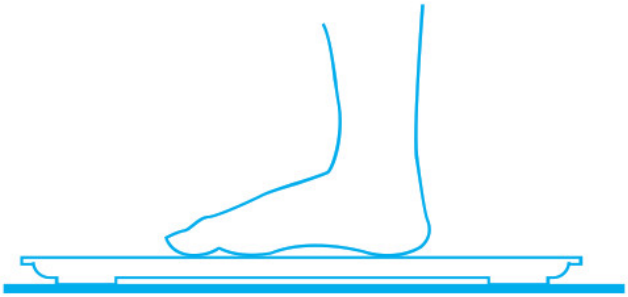
Scan QR code and download 'Yolanda' APPs

Register

Install battery cells

Step 2: Pairing scale with mobile phone





Enter my device/add new device/pair device	Step on scale

Step 3: Measure and check the body analysis report

Step on again and keep to digital number stable report

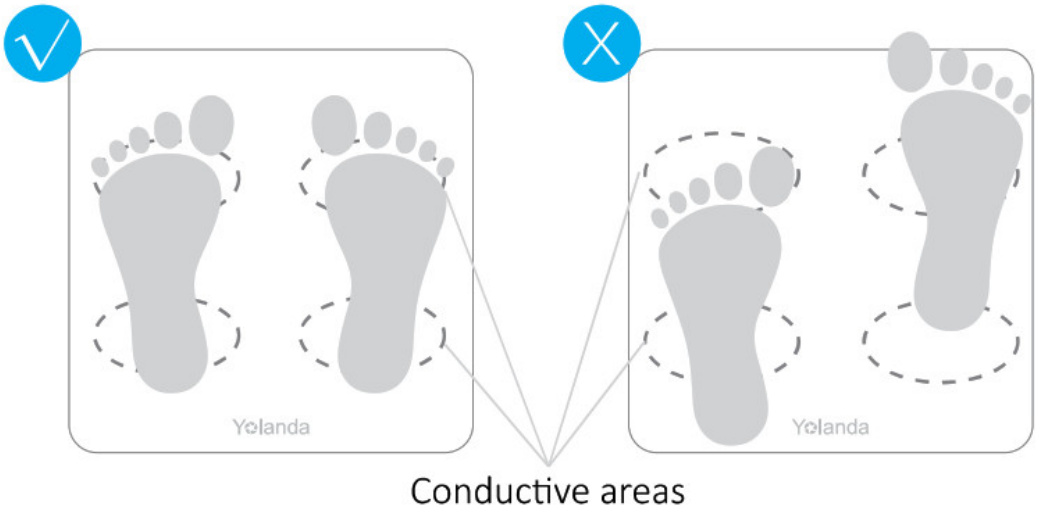
Number flash twice means weight test finishes. Number 0 rolling to stable means body fat test finishes.

Measurement Tips

Read the warning on the front page carefully and follow the instructions.

- This product employs BIA (bioelectrical impedance analysis) technology. To have accurate and consistent measurement results, please use it at the same time during the day and under the same conditions as much as possible. Please avoid measurements:
  o During or immediately after strenuous exercises
  o Immediately after a shower, bath or sauna
  o With heavy alcohol consumptions
  o During or immediately after engorgement
  o During fever
- During the test, please be barefoot first and stand straight. Wearing stocks you will not have accurate results. Dirty feet may also affect measurement accuracy.
- Weight units can be changed from a pound (lb.) to kilogram (kg), or vice versa, by the mobile app program. The height unit will also change accordingly (meter vs. foot/inch).
- Measure weight correctly: place the scale flat on a hard floor and reset it before measurement. The weight should display 0.0 lb. before stepping on the scale.

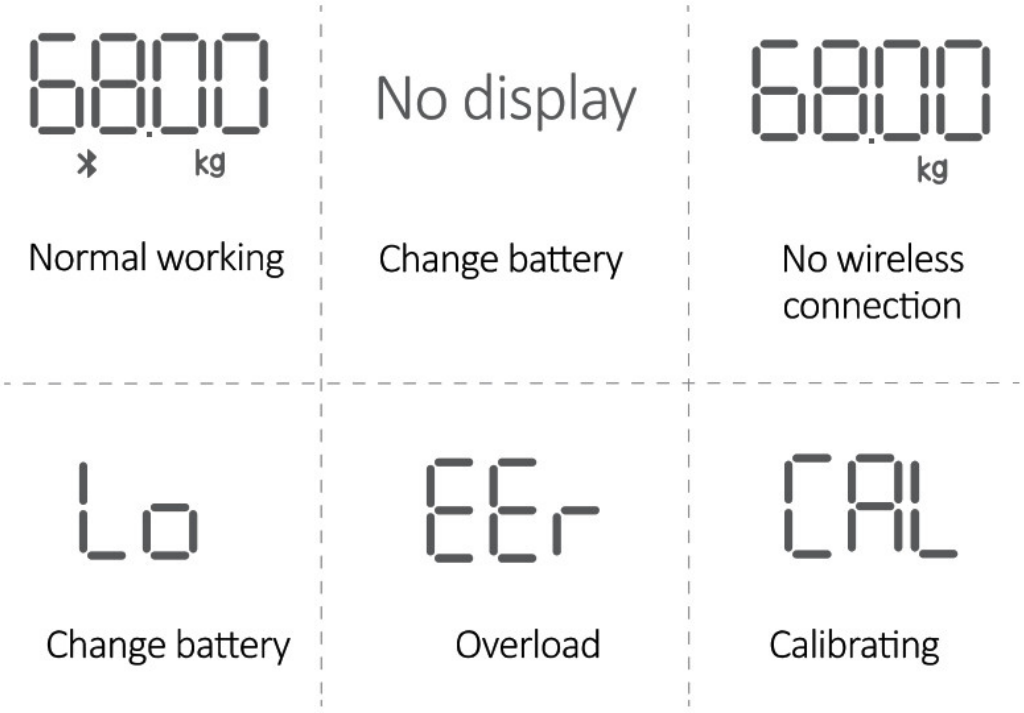
- Measure body fat and other body composition parameters correctly: Stand straight on the scale, and have both feet uniformly touched the electrodes as the below figure.



Specifications

Dimensions:10.2″ x 10.2″ x 1.0″ (260 nnmx260mnnx25mm)
Weight: 2.6 lb. (1.2 kg)
Batteries: 4 x 1.5V MA
Measurement Range: 0.4 — 400 lb. (0.2 — 180 kg)
Measurement Resolution: 0.2 lb. (0.1 kg)

Troubleshooting



FCC compliance 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. changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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. The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.
FCC ID: 2ANDX-CS20M2

Documents / Resources

	Yolanda CS20M2 Body Composition Scale [pdf] User Manual CS20M2, 2ANDX-CS20M2, 2ANDXCS20M2, CS20M2 Body Composition Scale, Body Composition Scale