

PHICOMM Smart Scale S7



User Manual

PHICOMM

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1 Introduction

1.1 Health Information

- The device may only be used in accordance with its intended use as well as in compliance with the instructions for use, otherwise the guarantee claim will be forfeited.
- The device is not suitable for the following persons:
 - ① Pregnant
 - ② Children under 16 years old
 - ③ Persons with heart pacemakers or other electronic implants.
- The measurement of weight is also possible for children. The measurement of the body fat should however be avoided because of the current flowing through the body.
- The body fat percentage may be inaccurately indicated for very exhausted people or for medical or physical restrictions (e.g. diabetes).
- If necessary, consult your doctor before using the device (even before starting a training or weight loss program)!
- The measurements determined by the scale are only for reference and for your information. No diagnoses, preventive measures, treatment options or methods of healing can be read from them or even provided for. Phicomm is not responsible for any consequences resulting from incorrect information.



NOTICE

The following conditions may lead to inaccurate measurements:

- Fever
- Alcohol consumption
- Too intensive physical training
- Dehydration / Overhydration
- Menstruation
- After sauna or bathing, etc.

The placement of the scale may affect the measurement results. Please make sure that the scale is on a flat and firm surface.

1.2 Safety information



ATTENTION / WARNING

- Place the scale on a flat and firm ground to ensure a safe and reliable measurement.
- When weighing, do not stand completely on one side and not on the edge.
- Protect the device from moisture and keep it away from water. When wet / damp, the surface of the scale is slippery. Keep the surface dry.
- Do not use the device if it is dropped or dropped into water.
- Use the device only if it works properly.
- Do not step on the scale with wet feet or in socks, otherwise the scale will not measure accurately.
- Use only the supplied charger. Connecting with a weaker inappropriate charger may result in a short circuit in your device. Phicomm (Shanghai) Co. Ltd. is not liable for any device breakdown or safety accident arising from the use of unauthorized batteries or external power sources.
- Do not use the device in the following locations:
 - Places with direct sunlight, e.g. on the windowsill or behind glass.
 - Near heaters.
 - Places with high temperature fluctuations (the device is designed to operate at temperatures between 0°C and 40°C).
 - Places with high humidity.
- Do not use the device near
 - strong electromagnetic sources (e.g. microwave, TV, radio).
 - steel structures (e.g. steel scaffolding of a building).
- Clean the device with a slightly damp cloth. Never use liquid detergents, benzine, thinner or alcohol. The device was made with a special coating to repel dirt and sweat on the surface. Do not put the device in water.
- This device may affect medical equipment. The use of this scale is prohibited in most hospitals and medical facilities. If you are using a medical device yourself, consult the manufacturer.

- With the exception of the instructions in the user manual, you must never repair the device yourself. Repairs should only be carried out by an authorized service partner or the manufacturer.
- Use the scale only with original manufacturer parts. The use of non-original parts can lead to damage.
- This device is designed for home use only. It is not designed for professional use (e.g. in hospitals or medical and sports facilities). Using the scale in a professional facility will void the warranty.

1.3 Legal information

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DISCLAIMER

Any pre-installed software or data provided as a bundle to this device is subject to the applicable law under the responsibility of the issuing software / service provider. The hardware manufacturer cannot be held liable for any breach, malfunction or other occurrence raised by using this third-party software. Only the issuing providers can lawfully be held responsible. Phicomm (Shanghai) Co. Ltd. does not own the intellectual property of the third-party software and applications that are delivered with this product. Therefore, Phicomm (Shanghai) Co. Ltd. will not provide any warranty of any kind for these third-party software and applications. Neither will Phicomm (Shanghai) Co. Ltd. provide support to customers who use these third-party software and applications nor be responsible or liable for the functions of these third-party software and applications. Third-party software and applications services may be interrupted or terminated at any time. Phicomm (Shanghai) Co. Ltd. does not guarantee that any content or service would be maintained for any period during its availability. Third-party

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LIMITATION OF DAMAGES

To the maximum extent permitted by applicable law, in no event shall Phicomm (Shanghai) Co. Ltd. be liable for any special incidental, indirect, or consequential damages or lost profits, business, revenue, data, goodwill or anticipated savings.

The maximum liability (this limitation shall not apply to liability for personal injury to the extent applicable law prohibits such a limitation) of Phicomm (Shanghai) Co. Ltd. Arising from the use of the product described in this document shall be limited to the amount paid by customers for the purchase of this product.

ACCESS BY PHICOMM HEALTH APP

Please note that the PHICOMM Health App requires access to some other applications. The access is restricted to the areas listed below. We assure that the access is limited to these areas:

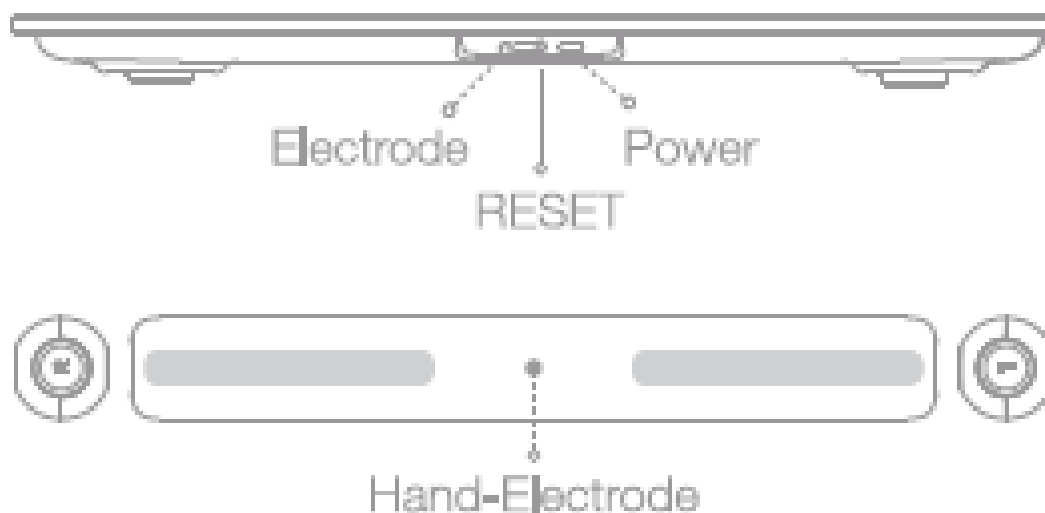
- Your identity for receiving push notifications.
- The camera app to take pictures for your profile or pairing via QR code.
- The storage place of photos, multimedia and other files to cache your images (profile pictures, badges, elements of timelines).
- The phone app to link your contact information.

2 About PHICOMM Smart Scale S7

But what exactly is behind the Smart Health in general refers to a digitization of the healthcare system. This includes not only digital medical records and telemedicine, but also the simple monitoring of body parameters from home. The body analysis scale can make a positive impact to this: with 22 different measured values, the Smart Scale S7 provides a detailed overall picture of your physical condition. You can always keep a good overview of your health. The measurement and calculation values enclosed with the body analysis scales, are showing you simply which values are in the green range and where you might have to help a bit to stay fit for a long time.

Eight highly accurate electrodes allow precise body measurement. The body analysis scale calculates your body values with the Bioelectrical Impedance Analysis (BIA method). Light electric signals flow through the electrodes of the scale as well as corresponding hand part through your body. With body fat the signals come up against resistance, since body fat contains only little liquid. The body water level is determined according to the Brozek formula and reference values on the measured flow resistance (bioelectric impedance) and can be converted into the body fat percentage.

Of course, these values cannot replace clinically tested parameters, but as part of a Smart Health Care program designed to keep your body healthy, it's ideal for keeping track of your values.



LED

| | |
|--|--|
| | Internet connection indicator. Flashing. |
| | Weigh with 4 electrodes. Flashing tree times. |
| | Weigh with 8 electrodes. Flashing tree times (left to right) |
| | Upgrading process bar |
| | Charging indicator ON: Full FLASH: charging |
| | Wi-Fi connection ON: Connected FLASH: Disconnected |

3 Pair with PHICOMM Health App

Smart Health also includes a transparent app that helps you to manage the data from the body analysis scale. The corresponding PHICOMM-Health app synchronizes itself automatically via Wi-Fi connection during the measurement. The app gives you the opportunity to work towards your own goals and to share your achievements with others. With simple graphics, you can quickly gain a deeper understanding of your own body. Up to ten user accounts can be registered on the Smart Scale S7 via the PHICOMM Health App. The big data analysis of body values is based on cloud technology. Health information are securely stored in the PHICOMM Health Cloud and is used only by the PHICOMM Health App. Only you have access to your own data and maintain a long-term view of the progression of your health with innovative Smart Health methods.

Search and download **PHICOMM Health App** from App store / Google play.

Carry out the following steps:

- ① Make sure your mobile is connected with WLAN and the WLAN signal is in good condition.
- ② Open the PHICOMM Health App. You now can log in with your email address, Google Account or Facebook account.
- ③ Link device with app.
- ④ Connect the scale with the hand electrodes.

3.1 Registration

3.1.1 Registration with e-mail

1. Tap on **Register**.
2. Enter your e-mail address.
3. Tap on **Send code**. The verification code will be sent to the specified e-mail address. Please also check your spam folder.
4. Enter your **e-mail verification code**.
5. Enter your original **Password**. The password should be between 6-18 characters long (at least two-character types using letters, numbers and special characters).
6. Read and accept the user registration agreement.
7. Tap on **Register**.
8. Enter a **nickname** and confirm with **Next**.
9. Choose your **Gender**. The gender cannot be changed after setup. Confirm with **Next**.
10. Choose a **Weight unit** and confirm with **Next**.
11. Enter your **Height** by moving the controller and confirm with **Next**.
12. Enter your **Weight** by moving the controller and confirm with **Next**.
13. Set the **date of birth** and confirm with **Save**.

The registration is now complete and an account has been set up.



NOTICE


Please enter real body data during registration. Wrong data will affect the future data measurement.

3.1.2 Registration with your Google-Account

1. Login to **Google** first.
2. Open the **PHICOMM Health App**.
3. Tap on 

4. You will be automatically signed in via your Google account. You now can use the PHICOMM Health App.

3.1.3 Registration with Facebook



1. Login to **Facebook** first.
2. Open the PHICOMM Health App.
3. Tap on 
4. You will be automatically signed in via your Facebook account. You now can use the PHICOMM Health App.

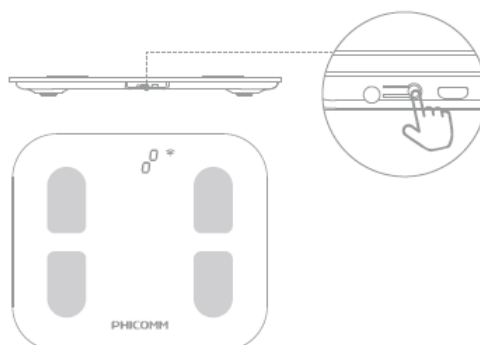
3.2 Link scale to app



You can link the Smart Scale S7 by two methods: from RESET status or via QR code.

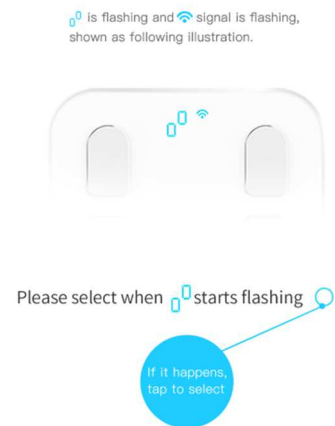
3.2.1 Link scale to app for the first time

If you bind the scale for the first time (RESET status), please proceed as follows:

1. Tap on **Device**  and then on 
2. Tap on **Smart Scale S7**.
3. Choose **Configure Wi-Fi to bind device**.
4. Enter **Network name** and **Network key**. If your smartphone is connected to a Wi-Fi network, the app automatically detects the network name.
5. Tap on **Next**.
6. Press the RESET button for 5 seconds to start the internet connection configuration for your scale.




7. While the connection is being set up, the scale display alternately shows  and the Wi-Fi signal flashes .
8. Please confirm that the signals are flashing by tapping on the blue circle.
9. Tap on **Connect Wi-Fi**, to finally connect the app to the scale.
The connection can take a few moments. If the connection is successful, you will receive a message.
10. Tap on **OK** to finalize the set up.





3.2.2 Link scale via QR code

If the Wi-Fi has already been set up for the scale (Wi-Fi signal is ON), you can link your scale to the app by using a QR code created by another user.

Proceed as follows on the main smartphone:

1. Start **PHICOMM Health App**.
2. Tap on **Device**  Device
3. Tap on the already connected Smart Scale S7.
4. Tap on **QR Code** to create the QR code for your partner device.

Proceed as follows on the partner smartphone:

1. Start **PHICOMM Health App**.
2. Tap on **Device**  Device > **Binding device** 
3. Tap on **Smart Scale S7**.
4. Tap on **Dear bound friends, please scan me!**
5. The PHICOMM Health App now launches the camera mode. Point the camera at the QR code on your main smartphone.
6. After successful scanning, your partner's smartphone is connected to the scale and can be use now.



NOTICE

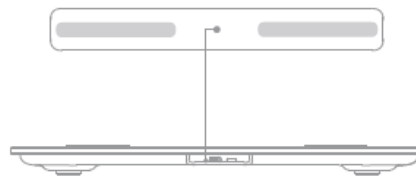
The Phicomm Smart Scale S7 only works with a 2.4GHz Wi-Fi network. If you have a dual-band router at home, please adjust your router settings to allow the Smart Scale S7 connecting only to the 2.4GHz band.

The following reasons may cause pairing failure:

- Your scale is not in RESET status
- A wrong Wi-Fi password has been entered
- Your router is using 5GHz
- The router connection reaches the limit
- Wi-Fi signal is too weak
- The router turns on wireless AP isolation mode
- The router is in dual frequency mode
- The router is in protection mode.

3.3 Connect hand-electrodes with the scale



To connect the scale to the hand-electrodes, insert one end of the hand electrode cable into the socket of the hand-electrodes and the other end into the corresponding socket of the scale.

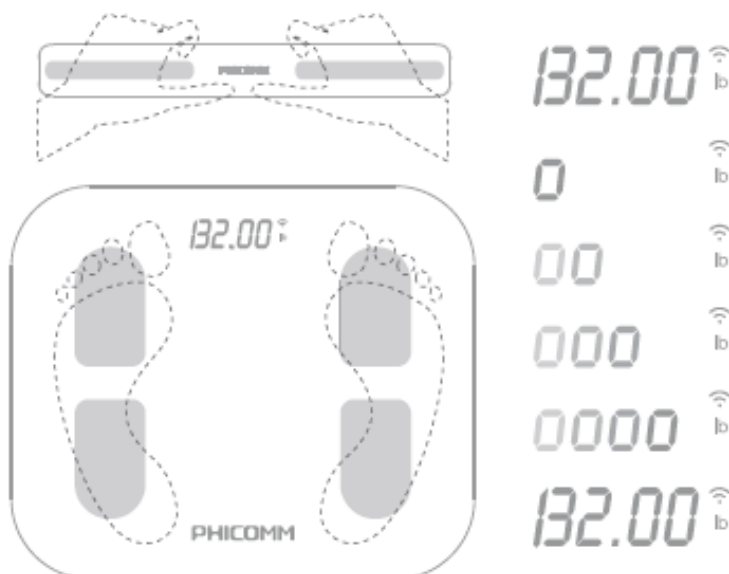


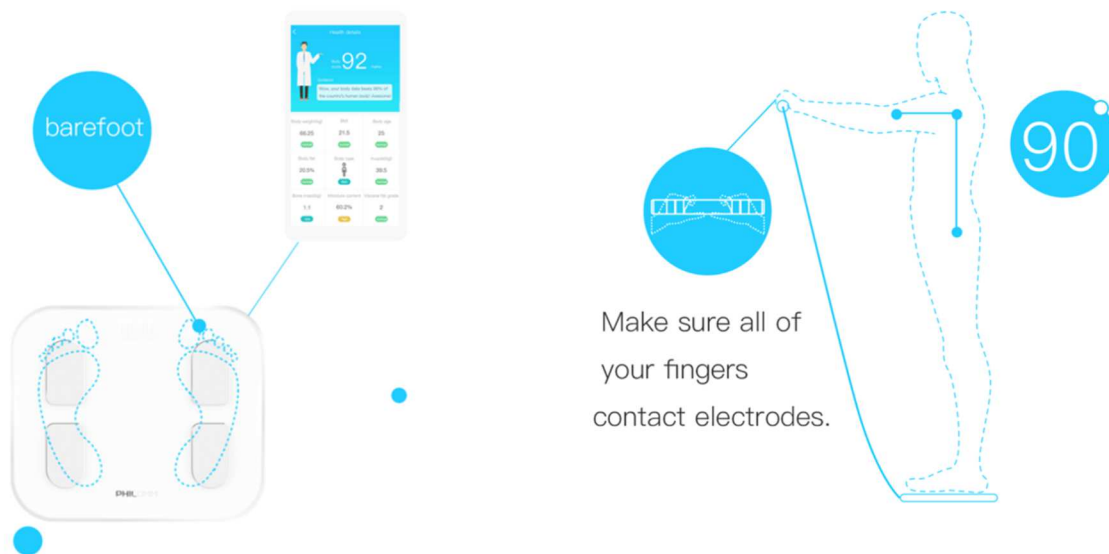
4 Using Smart Scale S7

To get the most accurate measurements you always weigh yourself without clothes and barefoot. Make sure that the back of your feet are centered on the weighting platform. It does not matter if your feet are too big and overhang the edge. You still will get accurate readings. You should do the measurements always at the same time of day if possible. This is the best way to monitor your progress and compare your weight and other values over a longer period of time under the same conditions.

4.1 Start measurements


- Place the scale on a firm, flat surface. Hold the hand electrodes in both hands and step barefoot on the scale.
- Make sure your fingers / hands touch the 4 electrodes and your feet are in good contact with the 4 electrodes on the scale.
- Do not move during the measurements.
- After the numbers on the screen flash tree times, the symbol  is displayed.
- When symbol  disappears, the body weight will be shown.
- Now you can receive / retrieve your measurement results on the PHICOMM Health App.





4.2 Measurements with App

To carry out the measurement in connection with the app, proceed as follows:

1. Start **PHICOMM Health App**.
2. Tap on .
3. Step on the scale as soon as the following screen appears.



4. Perform the steps as in chapter 4.1.

4.3 Only-weight-measurement

If you wish to measure your weight only, simply step on the scale not using the hand electrodes and read off your weight.

5 Review your measurement results



NOTE

The data taken by the S7 scale are for your reference and information only. These are no diagnoses, preventative measures, treatment options or healing methods!

5.1 Without using the app

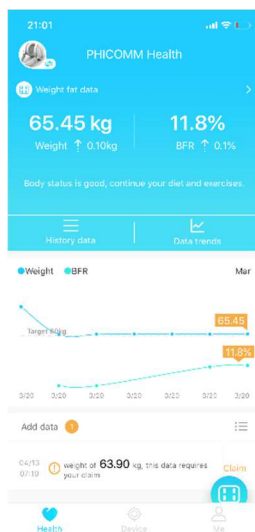
If you weighed yourself without using the app, you will get following icon in the notification bar of your smartphone:



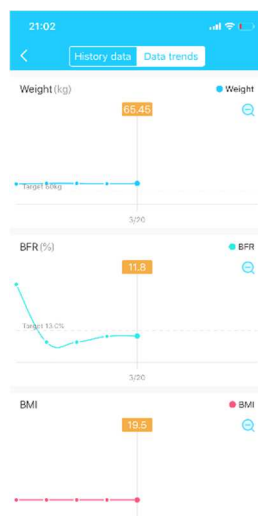
1. Tap on the icon. The PHICOMM Health App will open.
2. On the start screen you will find a new entry at the bottom.
3. To confirm tap on **Claim**. The measurement will be added to History data.
4. Detailed description in next chapter 5.2.

5.2 By using the app

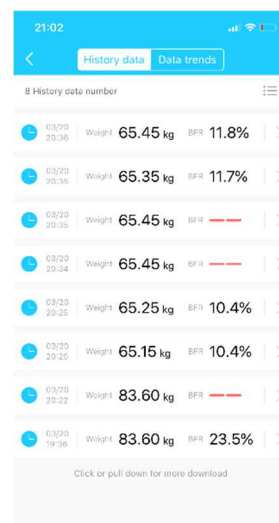
If you weighed yourself by using the app, the data have already been added to your account.





①



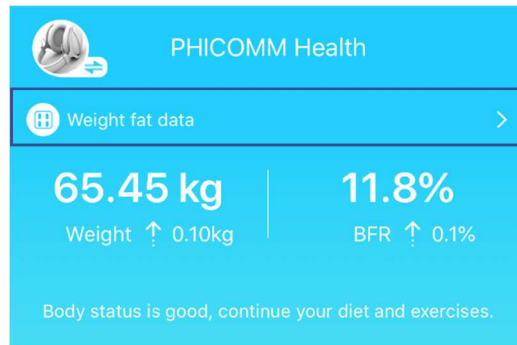
②



③

- ① The homescreen shows a brief overview of your data incl. weight, body fat and history diagrams.
- ② The **Data trends** shows graphics of your weight, body fat and BMI. Tap on 
- ③ The History data gives you an overview of your previously measured results on weight and body fat. Tap on 

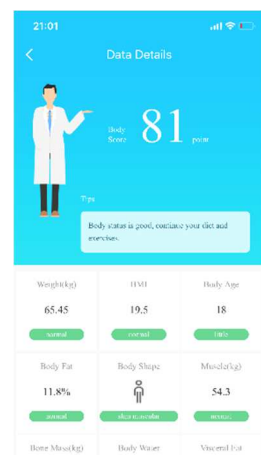
To get all other values you have to enter the detailed overview. Tap on **Weight fat data**.



5.3 Body Score

The Body Score gives you a brief information about your general body condition and body composition.


The body index is being calculated from the BMI (40%), basal metabolic rate (40%), muscle percentage (10%) and other factors (10%). The higher the score (max 100 points), the better the physical conditions.



5.4 Meaning of the colors

The individual values are marked in different colors. The colors give you a quick overall overview of your body conditions.

The S7 scale automatically compares your values with the default values (overview in chapter "Explanation of the results") and colors the values accordingly.






| | | |
|---------------|---|--------------|
| Weight(kg) | BMI | Body Age |
| 65.45 | 19.5 | 18 |
| normal | normal | late |
| Body Fat | Body Shape | Muscle(kg) |
| 11.8% |  | 54.3 |
| normal | fit muscular | normal |
| Bone Mass(kg) | Body Water | Visceral Fat |
| 3.4 | 58.1% | 3.5 |
| normal | low | health |
| BMR(kcal) | Protein | Body Score |

| Color Definition | | | | | |
|---------------------|-----------|--------------|--------------|----------|--------|
| Weight | Low | Standard | a bit higher | high | / |
| BMI | Low | Standard | a bit higher | high | / |
| Muscle | a bit Low | Standard | a bit higher | / | / |
| Body Water | a bit Low | Standard | a bit higher | / | / |
| Visceral Fat | / | Standard | a bit higher | high | danger |
| BMR | a bit Low | Standard | a bit higher | / | / |
| Protein | a bit Low | Standard | a bit higher | / | / |
| Body Score | good | very healthy | Standard | not good | / |

5.5 Overview by body part

The overview by body part shows you the body fat percentage as well as the muscle mass for the left / right arm, left / right leg and for the trunk.

The colors of the symbol are irrelevant in this case. They are merely a better overview.

| Body Part | Fat Rate | Muscle(kg) |
|--|----------|------------|
|  Left Arm | 10.37% | 2.56 |
|  Right Arm | 9.27% | 2.75 |
|  Left Leg | 12.31% | 9.78 |
|  Right Leg | 11.35% | 10.06 |
|  Body Trunk | 15.19% | 27.86 |

The tension of your muscles should be in balance to prevent muscular imbalances. For an upright posture it is important that all contributing forces are in balance. A muscular imbalance can cause decreased performance or increased vulnerability to injury.

6 Explanation of the results

Eight highly accurate electrodes allow precise body measurement. The body analysis scale calculates your body values with the so-called **bioelectrical impedance analysis** (BIA method). Light electrical signals are being send through the scale electrodes as well as the corresponding hand-electrode through your body. The body water is determined according to the **Brozek** formula and the measured flow resistance (bioelectric impedance) and can be converted into the body fat percentage.

Of course, these values cannot replace clinically-tested parameters, but they are ideal for keeping your body healthy.

Your smart scale S7 automatically compares your values with the recommended / standard values. Our table of values are verified by the **Bayerische TelemedAllianz (BTA)** located in Ingolstadt in the south of Germany. The BTA bundles many different fields and interests in the eHealth and telemedicine sector. Thereby being promoted as the central Bavarian telemedicine institute by the Bavarian Ministry for Health and Nursing.



6.1 Body Mass Index

The body mass index (BMI) is used to rank the weight. The BMI is not very conclusive as an absolute value. It must be associated with the gender and age of the person.

The BMI is calculated as follows:

$$\text{BMI} = \text{kg} / \text{m}^2$$

Classification of the calculated values according to WHO (World Health Organization):

| Gender | Age | From | To | Status |
|--------|------------|------|--------|----------------------|
| both | > 20 years | | < 18.5 | Underweight |
| both | > 20 years | 18.5 | 24.99 | Normal weight |
| both | > 20 years | 25 | 29.99 | Overweight |
| both | > 20 years | >30 | | Obese |

6.2 Body Age

The body (biological) age indicates your biological age upon your health and fitness level compared to your real age. People with higher muscle mass and higher BMR will be of lower biological age.

6.3 Body Fat

The body fat rate (BFR) is the total amount of fat related to the total body weight. According to the WHO, lowering excess body fat helps reduce certain complaints such as high blood pressure, heart disease, diabetes and cancer.

| Gender | Age | From | To | Status |
|--------|---------|-------|------|---------------|
| male | 18 - 39 | | < 21 | Low |
| male | 18 - 39 | 8% | 20% | Normal |
| male | 18 - 39 | 21% | 25% | High |
| male | 18 - 39 | > 26% | | Obese |
| male | 40 - 59 | 5% | 11% | Low |
| male | 40 - 59 | 11% | 22% | Normal |
| male | 40 - 59 | 22% | 28% | High |
| male | 40 - 59 | > 28% | | Obese |
| male | > 60 | 5% | 13% | Low |
| male | > 60 | 13% | 25% | Normal |
| male | > 60 | 25% | 30% | High |

| | | | | |
|--------|---------|-------|-------|---------------|
| male | > 60 | > 29% | | Obese |
| female | 18 - 39 | | > 21% | Low |
| female | 18 - 39 | 21% | 33% | Normal |
| female | 18 - 39 | 33% | 39% | High |
| female | 18 - 39 | > 39% | | Obese |
| female | 40 - 59 | | >23% | Low |
| female | 40 - 59 | 23% | 34% | Normal |
| female | 40 - 59 | 34% | 40% | High |
| female | 40 - 59 | > 40% | | Obese |
| female | > 60 | | >24% | Low |
| female | > 60 | 24% | 36% | Normal |
| female | > 60 | 36% | 42% | High |
| female | > 60 | > 42% | | Obese |

6.4 Body Shape

The body type is calculated based on the BMI and BFR.

The determined values are for reference and your information only! These are no diagnoses, preventive measures, treatment options or healing methods.

| Body type | Gender | BFR | BMI |
|----------------------|--------|--------|-----------|
| Very thin | female | <21% | <18.5 |
| Thin | female | 21-33% | <18.5 |
| Hiding obese | female | >33% | <21 |
| Muscular | female | <21% | 18.5-21 |
| Slim | female | 21-23% | 18.5-21 |
| Normal | female | 23-33% | 18.5-24.9 |
| Heavy | female | 27-33% | 25-29.9 |
| Very muscular | female | <23% | >25 |
| Athletic | female | <23% | 21-24.9 |
| Fat | female | 33-41% | >30 |
| Obese | female | >41% | >30 |

| Body type | Gender | Body fat | BMI |
|---------------------|--------|----------|-----------|
| Very thin | male | <11% | <18.5 |
| Thin | male | 11-22% | <18.5 |
| Hiding obese | male | >22% | <21 |
| Muscular | male | <11% | 18.5-21 |
| Slim | male | 11-15% | 18.5-21 |
| Normal | male | 15-22% | 18.5-24.9 |

| | | | |
|----------------------|------|--------|---------|
| Heavy | male | 22-27% | 25-29.9 |
| Very muscular | male | <15% | >25 |
| Athletic | male | <15% | 21-24.9 |
| Fat | male | 22-27% | >30 |
| Obese | male | >27% | >30 |

6.5 Muscle

The muscle mass is calculated from the weight of the muscles (skeletal muscles, smooth muscles and water contained in the muscles). The muscles provide your body with energy. The higher your muscle mass, the more energy you consume while still at rest. Thus, also your body fat percentage can be reduced.

| Gender | Age | Size | From | To | Status |
|--------|------|--------------|-----------|-----------|-----------------|
| male | > 18 | < 160 cm | | < 38.5 kg | Low |
| male | > 18 | < 160 cm | 38.5 kg | 46.5 kg | Standard |
| male | > 18 | < 160 cm | > 46.5 kg | | High |
| male | > 18 | 160 - 170 cm | | < 44 kg | Low |
| male | > 18 | 160 - 170 cm | 44 kg | 52.4 kg | Standard |
| male | > 18 | 160 - 170 cm | > 52.4 kg | | High |
| male | > 18 | > 170 cm | | < 49.4 kg | Low |
| male | > 18 | > 170 cm | 49.4 kg | 59.4 kg | Standard |
| male | > 18 | > 170 cm | > 59.4 kg | | High |
| female | > 18 | < 150 cm | | < 29.1 kg | Low |
| female | > 18 | < 150 cm | 29.1 kg | 34.7 kg | Standard |
| female | > 18 | < 150 cm | > 34.7 kg | | High |
| female | > 18 | 150 - 160 cm | | < 32.9 kg | Low |
| female | > 18 | 150 - 160 cm | 32.9 kg | 37.5 kg | Standard |
| female | > 18 | 150 - 160 cm | > 37.5 kg | | High |
| female | > 18 | > 160 cm | | < 36.5 kg | Low |
| female | > 18 | > 160 cm | 36.5 kg | 42.5 kg | Standard |
| female | > 18 | > 160 cm | > 42.5 kg | | High |

6.6 Bone mass

The bone mass is calculated from the existing bone minerals in your body. While your bone mass does not change substantially in short term, it is important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise.

| Gender | Age | Weight | From | To | Status |
|--------|------|------------|----------|----------|-----------------|
| male | > 18 | < 60 kg | | < 2,5 kg | Low |
| male | > 18 | < 60 kg | > 2,5 kg | | Standard |
| male | > 18 | 60 – 75 kg | | < 2,9 kg | Low |
| male | > 18 | 60 – 75 kg | > 2,9 kg | | Standard |
| male | > 18 | > 75 kg | | < 3,2 kg | Low |
| male | > 18 | > 75 kg | > 3,2 kg | | Standard |
| female | > 18 | < 45 kg | | < 1,8 kg | Low |
| female | > 18 | < 45 kg | > 1,8 kg | | Standard |
| female | > 18 | 45 – 60 kg | | < 2,2 kg | Low |
| female | > 18 | 45 – 60 kg | > 2,2 kg | | Standard |
| female | > 18 | > 60 kg | | < 2,5 kg | Low |
| female | > 18 | > 60 kg | > 2,5 kg | | Standard |

6.7 Body water

The body water indicates the total amount of fluids in your body expressed as percentage of your body weight. The daily amount of fluids varies from person to person and depends on climatic conditions and physical activity. The amount of body water naturally fluctuates at night or during the day and is usually lower in the morning than in the evening. Well hydrated helps concentration levels, sports performance and general wellbeing.

| Gender | Age | From | To | Status |
|--------|------|-------|-------|-----------------|
| male | > 18 | | < 59% | Low |
| male | > 18 | 60% | 65% | Standard |
| male | > 18 | > 66% | | High |
| female | > 18 | | < 50% | Low |
| female | > 18 | 50% | 55% | Standard |
| female | > 18 | > 56% | | High |

6.8 Visceral fat

Visceral fat is located deep in the abdominal area, surrounding and protecting the vital organs. Visceral fat is generally expressed with grades. 10 grades are equivalent to an area of 100 cm² of visceral fat. High visceral fat may lead to hyperlipidemia, arteriosclerosis, hypertension, myocardial infarction, cerebral thrombosis, cerebral hemorrhage, diabetes type 2, fatty liver and other disorders.

| Gender | Age | From | To | Status |
|--------|------|--------|-------|------------------|
| both | > 18 | | < 4,5 | Healthy |
| both | > 18 | 4,5 | 9,5 | Standard |
| both | > 18 | 9,5 | 14,5 | High |
| both | > 18 | > 14,5 | | Excessive |



NOTE

Even if you have low body fat, you may still have an increased level of visceral fat. In this case, have an accurate medical diagnosis made by a doctor.

6.9 Basal Metabolic Rate (BMR)

The Basal Metabolic rate (BMR) is the total number of calories / energy that your body needs to perform basic, life-sustaining functions. These basal functions include circulation, breathing, cell production, nutrient processing, protein synthesis and ion transport.

For example, a person with low body fat and high muscle mass has a BMR than those with the same weight and therefore uses more energy. People with high muscle mass and high BMR will not have the tendency to become fat. On the contrary, low BMR may cause fat accumulation, which is the cause of obesity.

The BMR is calculated by using the Harris-Benedict formula and includes all major factors such as gender, height, weight and age.

Formula for women:

$655 + (9.5 \times \text{weight in kilograms}) + (1.9 \times \text{size in centimeters}) - (4.7 \times \text{age in years})$

Formula for men:

$66 + (13.8 \times \text{weight in kilograms}) + (5.0 \times \text{size in centimeters}) - (6.8 \times \text{age in years})$

This results in the following default values:

| Basal metabolism | | |
|------------------|--------|------|
| Age | Female | Male |
| 18-29 | 1390 | 1820 |
| 30-49 | 1340 | 1740 |
| 50-69 | 1270 | 1580 |
| >70 | 1170 | 1410 |

6.10 Protein

Protein is a solid organic compound that consists of nitrogen and can be found in body cells. Protein is also the main component, along with body water, of Soft Lean Mass. Protein is directly related to intracellular water. Therefore, a lack of protein indicates a lack of intracellular water, which in turn implies poor cell nutrition. An important role of protein in the body is to build new cells and repair existing cells. Proteins are the basis for all human cells.

| Protein | | |
|---------|--------|----------|
| Low | Normal | Elevated |
| <16% | 16-20% | >20% |

6.11 Body Score

The body score is an index that helps you to understand the condition of your body composition more easily. The body index is being calculated from the BMI (40%), basal metabolic rate (40%), muscle percentage (10%) and other factors (10%). The higher the score (max 100 points), the better the physical conditions.

7 Settings

You can access the settings via the menu button **ME**



Here you can make changes to your account, adjust your goals, manage your account or get useful information.

7.1 Manage personal profile

Enter and customize the profile picture, user name, height, weight, date of birth and a description of yourself.


1. Tap on **ME**
2. Tap on your **Account**.
3. Make your changes and tap on **Save**.



7.2 Manage members / users




1. Tap on **ME**
2. Tap on **Members**.
3. To add a **new user**, tap on **+**. Type in your gender, weight, size and date of birth and confirm with FINISH.
4. To delete a user, tap on **Delete** next to the user you want to delete.

7.3 Adjust goals


1. Tap on **ME** 
2. Tap on **Target**.
3. You now can set your target weight and / or target BFR by moving the slider.
4. Tap on **Save**.

7.4 Delete measurements


Delete individual or all measurements.

1. Tap on **Health** 
2. Tap on **History data** 
3. Tap on the **menu** 
4. Tap on **All**, to delete all measurements.
5. Tap on an individual measurement.
6. Tap on **Delete**
7. Confirm with **OK**.

7.5 Change password for your account


1. Tap on **ME** 
2. Tap on **Account manage**.
3. Tap on **Modify PW** to change your password.
4. Enter original password.
5. Type in your new password. Please use at least 6-18 bits (numbers / letters / symbols).
6. Confirm with **Submit**.

7.6 Change email address

1. Tap on **ME** 


2. Tap on **Account manage**.
3. Tap on **change E-mail address**.
4. Type in your authentication code. If you don't remember the code tap on **Send code**.
5. Confirm with **Submit**.
6. Insert your new e-mail address.
7. Type in your authentication code.
8. Confirm with **Submit**.

7.7 Logout

1. Tap on **ME**  Me
2. Tap on **Account manage**.
3. Tap on **Exit**.
4. Confirm with **OK**.

7.8 Get information


Get useful information about your scale S7.

1. Tap on **ME**  Me
2. Tap on **Operation guide**, to get a quick installation information for your PHICOMM Smart Scale S7.
3. Tap on **FAQ**, to get to the frequently asked questions.
4. Tap on **About us**, to get some information about PHICOMM.

7.9 Software Updates


As soon as a Software update is available, you will be notified when opening the PHICOMM Health App. Either can accept (**YES**) or decline (**NO**) it.

Alternatively, you also can check for new software updates:

1. Tap on **ME** 
2. Tap on **Update checking**.
3. You will be prompted to the Google Play Store / Apple Store. If an update is available, tap on **Update**.


7.10 Unit change

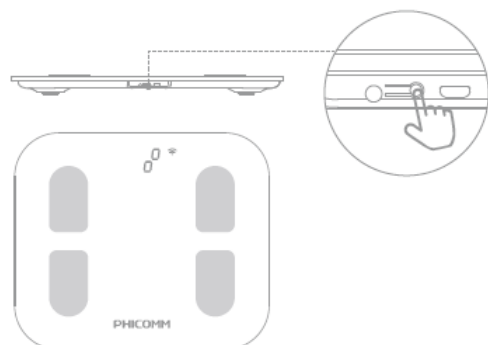
The S7 scale is set to kg by default. Pounds also can be displayed.



1. Tap on **DEVICE** 
2. Tap on the connected Smart Scale S7.
3. Tap on **Unit change**.
4. Tap on **lb.**, to switch to pounds.

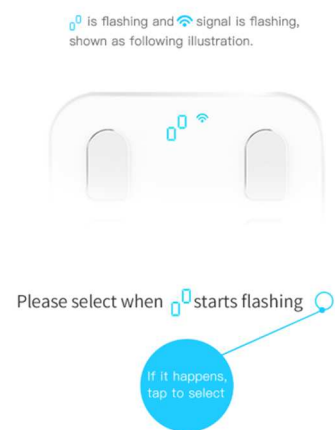
7.11 Reset Wi-Fi

Reset your wireless network as following:

1. Prepare the appropriate Wi-Fi network.
2. Tap on **DEVICE** 
3. Select your PHICOMM Smart Scale S7 from the overview.
4. Tap on **Reset Wi-Fi**.
5. Type in the **network name** and **password**.
6. Tap on **Next**.
7. When prompted long press the **RESET** button for 5 seconds to start the internet connection configuration for your scale.



8. While the connection is being set up, the scale display alternately shows  and the Wi-Fi signal flashes  . .
9. Please confirm that the signals are flashing by tapping on the blue circle.
10. Tap on **Connect Wi-Fi**, to finally connect the app to the scale.
The connection can take a few moments. If the connection is successful, you will receive a message.
11. Tap on **OK** to finalize the set up.



8 Troubleshooting

What can I do, when the pairing with app failed?

Possible reasons for network configuration failure:

1. Wrong network name / password.
2. Unstable network connection during configuration.
3. Wi-Fi hotspot is updating or the router password has changed.
4. No 2.4GHz Wi-Fi network (The Smart Scale S7 only works with 2.4GHz) is available.

➔ If the configuration failed, go to the previous menu item and reenter the Wi-Fi network password.

Possible failure causes:

1. Wrong QR-code has been scanned
 2. Network failure during the connection attempt
- ➔ You can get detailed information about how to create a valid QR code in chapter **3.2.2 "Link scale via QR code"**.

What can cause inaccurate measurements?

The following conditions can lead to inaccurate measurements:

1. Fever
2. Alcohol
3. Too intense or strenuous training
4. Drunk too much water
5. Ate too much
6. After the sauna or bathing
7. Pregnancy
8. Menstruation

What can I do if the results are too inaccurate?

The placement of the scale can have an impact on the results. Please place the scale on a level and hard surface.

Please also pay attention to:

1. Please take off your shoes and socks. You must step on the scale barefoot.
2. Make sure the scale is clean (you can clean it with a slightly damp, lint-free cloth).
3. Please do not move during the measurement.
4. Please do not leave the scale until the symbols on the display stop flashing.
5. Always weigh at the same time of day. The values might differ throughout the day.
6. Make sure that you did enter the correct size, weight and age in your profile. Chapter **7.1 "Manage personal profile"** shows how to adjust it.
7. Make sure you have chosen the correct gender. The gender can only be selected in the Setting Assistant when you set up your account.



NOTE

The best results are achieved in the morning and without clothing.

9 Technical data



Full Body Composition Monitoring. Precise tracking with high-accuracy.



Equipped with a 4-point-segement measurement with 8 high precision sensors for up to 22 precision body measurements.



Can store up to 10 users' profiles and tailored modes to share your profile easily with your beloved ones.



Rechargeable build-in 2000mAh Lithium battery and high impact-resistant solid tempered glass are designed to ensure a long-lasting life.



Synchronize data from every weigh-in appears in the Phicomm health app via Wi-Fi.

Specification

Metrics

| | |
|-------------------------------|---|
| Weight | ✓ |
| Visceral fat | ✓ |
| Body fat | ✓ |
| Body water | ✓ |
| Bone & Muscle mass | ✓ |
| BMI | ✓ |
| BMR (Metabolic rate) | ✓ |
| Biological age | ✓ |

Technical Data

| | |
|-----------------------------|--|
| Dimension | 330 x 280 x 15 mm |
| Weighing Scale | 5-150 kg |
| Rechargeable battery | 2000mAH (up to one-year use) |
| Connectivity | WLAN (IEEE 802.11 b/g/n) |
| Display | 85.2 x 32.2 mm LED background light |
| Number of users | Up to 10 |
| OS | Android™ 4.4, iOS 8.0 and higher |