

User Manual

Body Fat Analyzer 0375,0376



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- Thank you very much for selecting the Greater Goods,LLC Body Fat Analyzer 0375,0376.
- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

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♥ Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

| | | | |
|-----------|---|--|---|
| | Symbol for "THE OPERATION GUIDE MUST BE READ" | | Symbol for "MANUFACTURER" |
| | The Bluetooth Combination Mark | | Symbol for "DIRECT CURRENT" |
| | Symbol for "TYPE BF APPLIED PARTS" | | Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice" |
| | Symbol for "MANUFACTURE DATE" | | |
| SN | Symbol for "SERIAL NUMBER" | | |

CAUTION

Greater Goods,LLC's Body Fat Analyzer 0375,0376 offers you a seamless way to manage your health. Please be aware that this device is designed for healthy population over 10 years old self-measuring and self-monitoring 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 physician.

This device is contraindicated for any female subject who may be suspected of, or is pregnant. Otherwise, the effects of this device on the fetus are unknown.

This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

This device should not be used for anyone who is acutely or chronically ill because of suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

0375,0376 is equipped with data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance of 0375,0376. And the device can interfere vicinity electrical equipment.

Manufacturer will make available on request circuit diagrams, component parts list,etc.

WARNING:No modifications of this equipment is allowed. This may result in increased EMISSIONS or decreased IMMUNITY of 0375,0376.

Please use the device according to the user manual. Any misuse can cause electric shock,burns, fire and other unexpected hazards.

Please use and storage the device under the environment which was provided in the user manual.

Don't expose the device to extreme temperatures, direct sunlight, moist or corrosive environment.

Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

Please keep the device out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.

Please don't use the device out of lifetime any more because degraded sensors and electrodes, or loosened electrodes can degrade performance or cause other problems.

If you have an allergy to stainless steel, please avoid to contact to the electrodes of the device.

The patient is an intended operator. The patient can measure, transmit data and charge battery under normal circumstances and maintain the device and its accessories according to the user manual.

INDICATIONS FOR USE

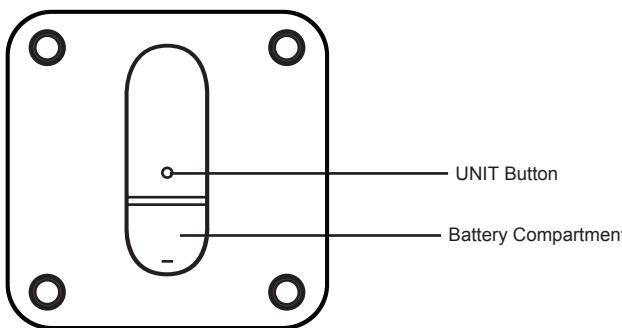
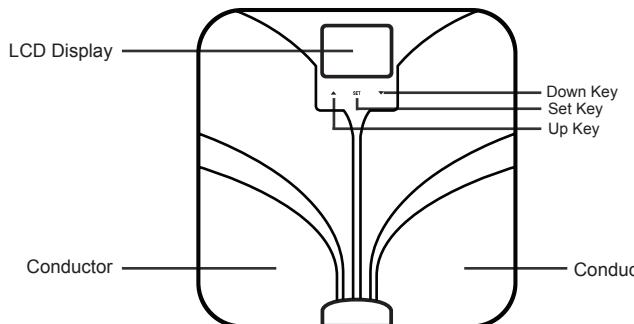
- The Greater Goods,LLC Body Fat Analyzer measures weight and uses bio-electrical impedance analysis (BIA) technology to estimate BMI, body fat, total body water percentage, bone mass, and muscle mass in generally healthy children 10-17 years old and healthy adults.
- It is intended for use in the domestic setting only.

♥ Tips

To ensure the accuracy of measurement, please follow below instructions when you start measurement.

- Place the scale on a flat, hard surface. Soft surface 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.
- Start measurement at least two hours after Getting up or Dinning.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dinnning.
- Always start measurement in the same time slot and on the same scale located on the same flat, hard surface.
- For maximum accuracy and repeatability , it is recommended that you should use the device in the same time of the day and on the same location.
- 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 a problem on operating this scale please contact customer service.
- 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.

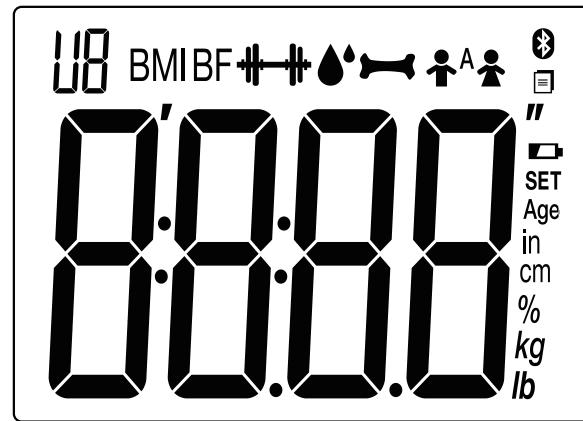
♥ Device Components



♥ List

1. Body Fat Analyzer 0375,0376
2. Four AAA-size Batteries (1.5V each)
3. User Manual

♥ LCD Display



| | | | |
|-----|-----------------------------|-----|---|
| BMI | Body Mass Index | Age | Age |
| BF | Body Fat Analysis Result | in | Inch |
| | Muscle Mass Analysis Result | cm | Centimeter |
| | Water Analysis Result | % | Percentage |
| | Bone Mass Analysis Result | kg | Kilogram |
| | User Interface: Setting | lb | Pound |
| | Male | U8 | User ID (Range from U1 to U8) |
| | Female | | Successful Bluetooth Connection |
| | Male Athlete | | Data transmitting / pending to transmit to wireless wellness system |
| | Female Athlete | | Low Battery |

♥ General Instructions

Greater Goods,LLC Body Fat Analyzer 0375,0376 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 BMI, body fat, body water, muscle mass and bone mass. The electrical current is small and may not be felt.

This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

The current mentioned above is less than 0.5mA. However, please be aware that anyone with an wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

The intended use of this device is for healthy children 10-17 years old and healthy adults.

♥ Power Supply

Battery Mode: 6V, 4 x AAA batteries

Battery Life: Approx. 120 days

(Battery capacity: 230 mAH. If measured three times per day, each measurement takes about 46s. The current for measurement is about 30 mA , while the current when shutdown is about 30 uA.)

♥ Insert the Batteries

- Open the battery door in the back of the scale.
- Insert the batteries (4 x 1.5V AAA) into the battery compartment according to the polarity indications marked inside the compartment.
- * The digits "8888" will be shown on the LCD.



- Close the battery door and wait until the digits "00" are shown on the LCD.



CAUTION

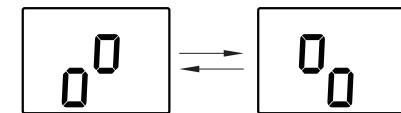
- When the symbol appears, the device will power off. Then you shall replace with a new set of batteries. Please replace all four batteries at the same time. Do NOT mix the old batteries with the new one.
- Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries and scrapped device.
- If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

♥ Pair-Up

With the advanced Bluetooth 4.0 technology applied, the mobile or portable equipments, which are equipped with Bluetooth function in line with BLE Technical Specifications established by global organization Bluetooth SIG, are capable to receive your personal health data.

- Turn on Bluetooth and the App. Make sure both are ON when pair-up is proceeding.
- Press and hold "UNIT" button in the back of the scale to start pair-up.

Symbol and symbol will be shown on the LCD alternatively, indicating pair-up is proceeding.



If SUCCEED, symbol will be shown on the LCD.



If FAIL, symbol "E1" will be shown on the LCD.

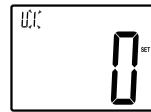


♥ Set Up Your Profile

The body fat analyzer 0375,0376 supports multiple users (Up to Eight). You may follow below instructions to assign User ID and set up your own profile, including Gender, Stature, and Age.

1. Assigning User ID

- With batteries correctly installed, touch and hold "SET" key to enter setting mode.
- The system will request User ID selection first. As pictured on the right, "1" blinks. The operator may touch the function key ▲ or ▼ to select User ID among U1 to U8.
- Touch "SET" key to confirm User ID.



2. Setting Gender

- After confirming User ID, the system will divert to Gender setting.
- As pictured on the right, the portrait icon blinks. The operator may touch the function key ▲ or ▼ to select Gender.(Male/Female/Male Athlete/Female Athlete)
- Touch "SET" key to confirm Gender.

Athlete Mode:

An athlete is defined as an adult who is involved in intense physical activity of approximate 12 hours per week and who has a resting heart rate of approximately 60 beats per minute or less.



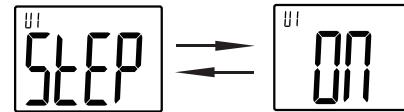
3. Setting Stature

- After confirming Gender, the system will divert to Stature setting.
- As pictured on the right, the digits "5'5.0'" blinks. The operator may touch the function key ▲ or ▼ to increase or decrease the numeral. (Range: 3'3.5" ft to 7'2.5" ft /100 cm to 220 cm)
- You may touch and hold the function key ▲ or ▼ for fast changing the numeral.
- Touch "SET" key to confirm Stature.



4. Setting Age

- After confirming Stature, the system will divert to Age setting.
- As pictured on the right, the digits "30" blinks. The operator may touch the function key ▲ or ▼ to increase or decrease the numeral. (Range: 10 to 85 years old)
You may touch and hold the function key ▲ or ▼ for fast changing the numeral.
- Touch "SET" key to confirm Age.
- When the LCD displays "SLEEP" and "ON" alternately, you may start measuring.



♥ Select Measurement Unit

With batteries correctly installed, press "UNIT" key in the back of the scale to select measurement unit. The default measurement unit is "lb". You may press "UNIT" key to choose between pound and kilogram.

♥ Initialising Your Scale

1. Press the platform centre and remove your foot.
2. "0.0" will be displayed.



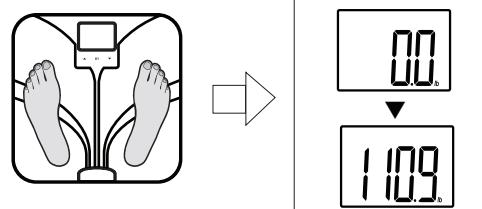
3. The scale will switch off and is now ready for use.
This initialisation process must be repeated if the scale is moved.
At all other times step straight on the scale.

♥ Weight Only Operation

Your Greater Goods,LLC Body Fat Analyzer will operate as a conventional weight - reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight. For only weight reading.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will display your weight value.
4. The scale will automatically turn off after a few seconds.

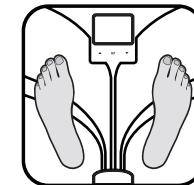


Note: The weight value won't be saved in the scale, and won't be transmitted to the APP.

♥ First Measurement

- Please process the user setting before your first measurement.
(Refer to [Set Up Your Profile](#) for more details)

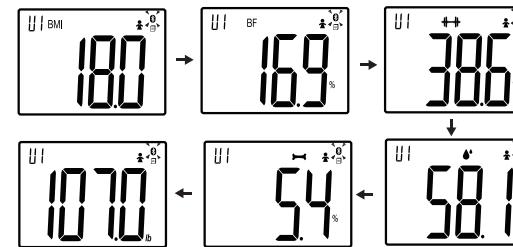
STEP 1: Step on the platform barefooted.



STEP2: Stand still and the weight data will be locked with the unit stop blinking. Keep full contact with the conductors until the LCD stop displaying moving " 0 ".



STEP 3: The measuring results will be displayed sequentially four times:BMI, Body Fat, Muscle Mass,Total Body Water, Bone Mass, Weight, and then turn off.



* If it fails to complete the analysis, the LCD will only display the weight data.
(To find out the solutions, please refer to [Troubleshooting](#) for more details.)

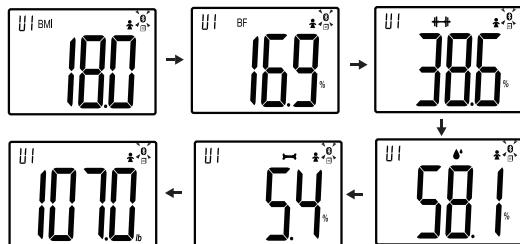
- When your scale is successfully paired with your smartphone and the Bluetooth is ON, 0375,0376 will process data transmission instead.
(Please refer to [Data Transmission](#) for more details.)

♥ Daily Measurement

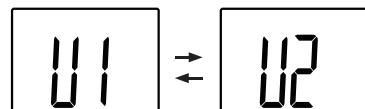
- With original SENSE ON patent technology, 0375,0376 will switch on as you step on the platform barefooted.
- Stand still and keep full contact with the conductors until the LCD stops displaying moving “0”.



- According to the analysis results, the system will automatically identify the possible User ID with most similar history records. Then the measuring results will be displayed sequentially four times and then turn off.



- When the system finds out two or more users with similar history records, the User ID will be displayed alternately, for example, U1 and U2, you may touch ▲ or ▼ key to select the relative user, then touch “SET” key to confirm. The measuring results will then be sorted into the User ID you selected and displayed sequentially four times and then turn off.



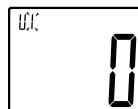
- If it fails to identify the possible User ID, the LCD will only display the weight data.
(To find out the solutions, please refer to [Troubleshooting](#) for more details.)
- When your scale is successfully paired with your smartphone and the Bluetooth is ON, 0375,0376 will process data transmission instead.
(Please refer to [Data Transmission](#) for more details.)

♥ Fast Measurement

- With batteries correctly installed, press “SET” key to turn on the scale, and the LCD displays 0.0, then you may touch the function key ▲ or ▼ to select the User ID.
- If the User ID had set the profile, the LCD will display the personal profile, and then displays “SLEEP” and “ON” alternately, you may start measuring.



- If the User ID hadn't set the profile, the LCD will display as the following picture, then turn off.

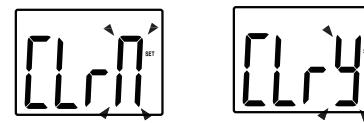


♥ Clear Your Profile

- When the User ID had set up and saved the profile, touch and hold “SET” key to enter setting interface.



- If you touch “SET” key again, the LCD will display as the following picture, the letter “n” blinks. The operator may touch the function key ▲ or ▼ to select “clr A” or “clr Y”. Touch “SET” key to confirm.



Note: Select the “clr A” means the settings of the current user won’t be deleted, and the system will divert to personal profile setting.
Select the “clr Y” means the settings of the current user will be deleted, and the scale will turn off.

♥ Data Transmission

- With 0375,0376 successfully pair-up with your smartphone, the measurement data will be transmitted to your mobile via Bluetooth.
- ONLY when the measuring results are attached to a specific User ID will it be transmitted to your mobile after measurement.
- The symbol  will disappear after successful data transmission, and you may check your personal health data stored in your smartphone.
- If the data transmission fails, the symbol  will remain. The pending measurement data will be temporarily kept in the scale and transmitted to your smartphone when next measurement is complete.



| | |
|---|--|
|  | Successful Bluetooth Connection |
|  | Data transmitting to wireless wellness system: -If SUCCEED, the symbol disappears; -If FAIL, the symbol remains. |



CAUTION

- Interference may occur in the vicinity of equipment marked with the following symbol . And the Analyzer may interfere with nearby electrical equipment.
- To enable the data transmission function, this product should be paired to a Bluetooth 4.0 end.

How to mitigate possible interference?

- The range between the Analyzer and the Bluetooth end should be reasonably close, from 1 meter to 10 meters. Please ensure no obstacles between the Analyzer and the Bluetooth end so as to obtain quality connection.
- To avoid interference, other electronic devices (particularly those with Bluetooth transmission / Transmitter) should be kept at least 1 meter away from the Analyzer.

♥ Error Prompt

| Error | Description | Solution |
|---|--|---|
|  | Overload. The device will power off. | Stop using this scale for measurement. |
|  | Low Battery. The device will power off after about 4s. | Replace all four batteries in the same time. Please purchase the authorized batteries for replacement. |
|  | Failure of pairing up your scale with your smartphone. | Please check below items: -Bluetooth is ON. -App Collector is ON. -Both devices are within the transmission distance of Bluetooth. |

♥ When Measuring ...

| Problem | Root Cause | Solution |
|---|-------------------|---|
| Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement. | Incorrect posture | Please step on the platform barefooted and stand still. |
| The device is located on the soft ground such as a carpet OR on a rugged surface. | | Please place the device on a flat, hard surface. |

| Problem | Root Cause | Solution |
|---|---|--|
| Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement. | Either your hands or your feet are too dry. | Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement. |
| No display on LCD when the device powers on. | Batteries not yet installed. | Install the batteries. (Please refer to Insert the Batteries) |
| | Worn batteries. | Replace all four batteries at the same time. Please purchase the authorized batteries for replacement. |
| CANNOT proceed to analyze BMI, body fat, total body water, muscle mass and bone mass. | Step onto the platform wearing socks or shoes. | Please keep barefooted during the measurement, and keep full contact with the electrodes as well. |
| | The system cannot identify the possible User ID with most similar data. | Please assign a User ID following the instruction in Set Up Your Profile . |
| | The user fails to select the User ID from what the system found. | Please assign a User ID following the instruction in Set Up Your Profile . |
| The device powers off. | Low battery. | Replace all four batteries at the same time. Please purchase the authorized batteries for replacement. |

♥ When Data Transmitting ...

| Problem | Root Cause | Solution |
|---------------------------|---|--|
| Data transmission failed. | Bluetooth is OFF. | Turn ON the Bluetooth via "Setting >> General >> Bluetooth". |
| | The App is OFF. | Press the icon to turn ON your app. |
| | Out of range of Bluetooth transmission. | Place your smartphone closer to the scale. |
| | None of the user ID is assigned. | Please assign a User ID following the instruction in Set Up Your Profile . |

♥ Specifications

| | |
|--|--|
| Product Name | Body Fat Analyzer (0375,0376) |
| Dimension | Scale: 321x321x25mm (Approximately) |
| Net Weight | Approximately 1.98kg (Excluding the dry cells) |
| Display | Digital LCD with White Backlight |
| Measurement Unit | Kilogram / Pound |
| Measurement Range | 5kg to 200kg / 11lb to 441lb |
| Division | 0.1kg / 0.2lb |
| Accuracy | 5-50kg: ±0.3kg; 50-100kg: ±0.4kg; 100-150kg: ±0.5kg; 150-200kg: ±0.7kg |
| Working Environment | Temperature: 5°C to 40°C Humidity: 15% RH to 93%RH Atmospheric pressure: 70kPa to 106kPa |
| Storage Environment | Temperature: -20°C to 60°C Humidity: ≤93% RH Atmospheric pressure: 50kPa to 106kPa |
| Power Source | 6V (Four AAA-size Batteries) |
| Turn on Method | SENSE ON technology |
| Auto-OFF | About 20s after LCD display "0.0", or about 15s after the weight is locked, or about 20s when the weight is unstable. |
| Accessories | 1. Four AAA-size batteries 2. User Manual |
| Mode of Operation | Continuous Operation |
| Degree of protection | Type BF applied part |
| Protection against ingress of water | IP21, It means the device could protected against solid foreign objects of 12.5 mm and greater, and against vertically falling water drops |
| Software Version | 1.0 |
| Bluetooth Module No. | AW8001 |

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact Greater Goods,LLC. (Please refer to [Warranty](#) for contact information)
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period.

♥ Warranty

- Greater Goods,LLC warrants its products free of defects in materials and workmanship in normal use for a period of FIVE years from the date of retail purchase.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:
Failure caused by unauthorized repairs or modifications;
Damage caused by shock or drop during transportation;
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 power supply.
- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to Greater Goods,LLC prepaid. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

Greater Goods, LLC
125N. Main St. Suite 202 St. Charles, MO 63301
Email: info@greatergoods.com Phone: (866) 991-8494
Website: greatergoods.com

♥ FCC Regulations

Contained FCC ID: 2ADUL0380

FCC User Guide Information

Radio Frequency Interface Requirements - FCC

Note: 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.

Radio Transmitters (Part 15)

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Exposure Guidelines

Safety Information

Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.

♥ Health Tips - About Body Fat

Human body is made up of, amongst other things, a percentage of fat. Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat will damage to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror.

This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone—the composition of your weight loss could mean you are losing muscle mass rather than fat—you could still have a high percentage of fat even when a scale indicates 'normal weight'.

The table as follows may be used as a guide:

Table of Body Fat Level (Unit: %)

a) The body fat percentage (%): 5%-60%/0.1%

Standard for Men

| Rating | Age | | | | |
|-----------------|-------|-------|-------|-------|-------|
| | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| low | <13 | <14 | <16 | <17 | <18 |
| Normal | 14-20 | 15-21 | 17-23 | 18-24 | 19-25 |
| Moderately High | 21-23 | 22-24 | 24-26 | 25-27 | 26-28 |
| High | >23 | >24 | >26 | >27 | >28 |

Standard for Women

| Rating | Age | | | | |
|-----------------|-------|-------|-------|-------|-------|
| | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| low | <19 | <20 | <21 | <22 | <23 |
| Normal | 20-28 | 21-29 | 22-30 | 23-31 | 24-32 |
| Moderately High | 29-31 | 30-32 | 31-33 | 32-33 | 33-35 |
| High | >31 | >32 | >33 | >34 | >35 |

Source: University of Illinois Department of Food Science and Human Nutrition.
Body Fat Percentage Calculator.

♥ Health Tips - About Body Water

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body:

All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

The table as follows may be used as a guide:

Table of Body Water Level (Unit: %)

b) The body water percentage (%): 43%-73%/0.1%

Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999,69833-841.

| | BF % RANGE | OPTIMAL TBW % RANGE |
|-------|-------------|---------------------|
| Men | 4 to 14% | 70 to 63% |
| | 15 to 21% | 63 to 57% |
| | 22 to 24% | 57 to 55% |
| | 25 and over | 55 to 37% |
| Women | 4 to 20% | 70 to 58% |
| | 21 to 29% | 58 to 52% |
| | 30 to 32% | 52 to 49% |
| | 33 and over | 49 to 37% |

♥ Health Tips - About Muscle Mass

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing with it you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass with aging
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

The table as follows may be used as a guide:

Muscle Mass Percentage

(Source: International Commission on Radiological Protection, 1975)

| | |
|-------|--|
| Men | Approximately 40% of total body weight |
| Women | Approximately 30% of total body weight |

♥ Health Tips - About Bone Mass

Regular exercise and a balanced diet can help maintain healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks in their thirties. Then people begin to lose bone. Regular exercise can help prevent that loss.

Calcium and vitamin D, good sources of which are dairy products, green leafy vegetables and fish, contribute to healthy bones.

The bone mass readings given by this product are an estimation of the amount of bone in your body. Those with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones please consult your doctor timely.

The table as follows may be used as a guide:

Bone Mass Percentage

(Source: Rico et al. 1993)

The average bone mass percentage for both men and women is between 4 to 5%.

♥ Health Tips - About BMI

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. The Analyzer will calculate your BMI on your height and weight.

The table as follows may be used as a guide:

| | Normal | | | | | Overweight | | | | | Obese | | | | | | |
|----|----------------------|-----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | Body Weight (pounds) | | | | | | | | | | | | | | | | |
| 58 | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 |
| 59 | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 |
| 60 | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 |
| 61 | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 |
| 62 | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 |
| 63 | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 |
| 64 | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 180 | 186 | 192 | 197 | 204 |
| 65 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 |
| 66 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 |
| 67 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 |
| 68 | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 | 223 | 230 |
| 69 | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 236 |
| 70 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 |
| 71 | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 |
| 72 | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 |
| 73 | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 |
| 74 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 |
| 75 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 |
| 76 | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 |
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |

Body Mass Index

♥ EMC Guidance

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance $d = 3,3$ m away from the equipment.
(Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields $d = 3,3$ m at an IMMUNITY LEVEL of 3 V/m)