

GoWISE USA[®]

Digital Body Fat Scale

Instruction Manual

GW22037










Go WISE USA[®]
www.gowiseusa.com
sales@gowiseusa.com
1-855-233-9199

- Thank you for purchasing this **GoWISE USA[®]** Digital Body Fat Scale.
- To ensure correct use of this analyzer, read these instructions carefully and thoroughly.
- Please keep the manual for future reference.

Safety and Usage Information

The below signs might be in the user manual, labeling or other component. they are the requirement of standard and using.

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	Symbol for "INDOOR USE ONLY"		Symbol for "MANUFACTURE DATE"
	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"
SN	Symbol for "SERIAL NUMBER"		
	Symbol for "DIRECT CURRENT"		

Specifications

- ☐ Uses Bioelectrical Impedance Analysis (BIA) to determine body fat
- ☐ Weight Capacity: 180 kg / 400 lb / 28 st: 5 lb
- ☐ Weight Graduation: kg: 0.1 kg / lb: 0.2 lb / st: 0.2 lb
- ☐ Body Fat Graduation: 0.1% (in the range of 5% - 80%)
- ☐ Height Range: 3' 3.5" – 7' 2.5" (100-220 cm)
- ☐ Age Range: 18 years of age or older
- ☐ Measures weight, body fat, water, muscle, bone
- ☐ Weight-only feature with automatic "step on"
- ☐ Data can be stored for up to 8 users
- ☐ Athlete mode
- ☐ Auto off and Low Battery indicator
- ☐ Operates on 4 x AAA batteries

HOW DOES THE **GoWISE USA** BODY FAT SCALE WORK?

This **GoWISE USA**[®] body fat scale uses Bio Impedance Analysis (BIA) technology which passes an electrical current through the body to estimate body fat mass, total body water, lean mass, and bone mass. The electrical current is small and may not be felt. Contact is made with the body via stainless steel pads on the platform of the scale.

NOTE: This device is a personal monitor and **should be used in a consistent manner** for the most accurate readings. While readings of this analyzer might be different than that of other scales (hydro-densitometry or hand held calipers), your changes in body fat percentage shown by this product will be reflected accurately.

IMPORTANT: *The information provided by this device is NOT meant to treat, cure, or prevent any disease or illness. This device should NOT be used by anyone who is acutely or chronically ill, 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.*

CAUTION: *This scale is NOT intended for use by pregnant women or children under the age of 18. It should also NOT be used by anyone with an implanted medical device (such as a pacemaker, metal plates or screws; or contraceptive devices). If in doubt, contact your physician.*

This analyzer will work accurately as a scale for anyone, within the specifications and warnings

BODY MASS INDEX (BMI) – WHY MEASURE IT?

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 calculated based on a person's weight and height, and is the most widely accepted measurement of weight according to health professionals. Use the chart below to determine your own BMI by matching your height in the left-hand column with your weight in the center. Anyone, male or female, with a BMI of 25-29 is considered overweight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

Body Mass Index

Height (inches)	Body Weight (pounds)						Overweight					Obese					
	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
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



BODY FAT – WHAT DOES IT MEAN?

Human body is made up of, among other things, a percentage of fat. Body fat is an important component of a healthy and functioning body because it 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 too little body fat can cause 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 measurement 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 weight-only scale indicates ‘normal weight’.

1. Ideal body fat content is NOT the same for all people. Age, Sex, and heredity are variables in this measurement. The table that follows is a general guide. *Consult your physician to determine what is most ideal for you.*

Standard for Men

Standard for Women

Rating	Age					Rating	Age				
	20-29	30-39	40-49	50-59	60+		20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18	low	<19	<20	<21	<22	<23
Normal	14-20	15-21	17-23	18-24	19-25	Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	21-23	22-24	24-26	25-27	26-28	Moderately High	29-31	30-32	31-33	32-33	33-35
High	>23	>24	>26	>27	>28	High	>31	>32	>33	>34	>35

2. It is recommended to measure body fat and weight daily at the same time.
3. Use this product without clothing for best accuracy. Clothes can vary in weight and affect the percentage calculation.
4. Feet must be bare and clean. For best readings, they should also be slightly damp.

BODY WATER – WHY MEASURE IT?

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.

LEVEL OF HYDRATION

This scale measures your weight and the electrical impedance between your feet--and then combines those readings with the personal information you entered (Height, Age, Gender). It then automatically calculates your body fat percentage. Your level of hydration (water content)

varies throughout the day and affects your impedance measurement. If you are dehydrated, there is a greater chance for fluctuation in the body fat percentage displayed by this scale than when you are fully hydrated.

For best results, choose a consistent time to use this analyzer, such as in the morning. By establishing the pattern of your body's fluctuation over a period of one month, you can determine your average level of body fat. Women will have more fluctuation in water content than men and need to monitor their reading over a longer period to establish a personal average. You must determine this as a reference point before measuring progress in a health program.

You must wait several hours before taking a body fat reading when: Drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of this scale.

A guide to normal healthy range of total body water (TBW) percentage for MEN:

<u>BF % Range</u>	<u>Optimal TBW % Range</u>
4 to 14%	70 to 63%
15 to 21%	63 to 57%
22 to 24%	57 to 55%
25 and over	55 to 37%

A guide to normal healthy range of total body water (TBW) percentage for 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%

Body water measurement results are influenced by the proportion of body fat and muscle. If the proportion of body fat is high, or the proportion of muscle is low, then the body water results will tend to be low.

It is important to remember that measurements such as body weight, body fat and body water are tools for you to use as part of your healthy lifestyle. Since short term fluctuations can be normal, we suggest that you chart your progress over time, rather than focus on a single day's reading. *Consult your physician to determine what is most ideal for you.*

MUSCLE MASS – WHY SHOULD I KNOW IT?

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by almost 50 percent between the ages of 20-90. An inactive/sedentary lifestyle can cause loss of lean body mass while body fat increases. It's also important to know your muscle mass



percent 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.

IMPORTANT CAUTION: *Proper calorie intake and nutrition are important to maintain a healthy body. Consult a physician before undertaking any exercise or diet program.*

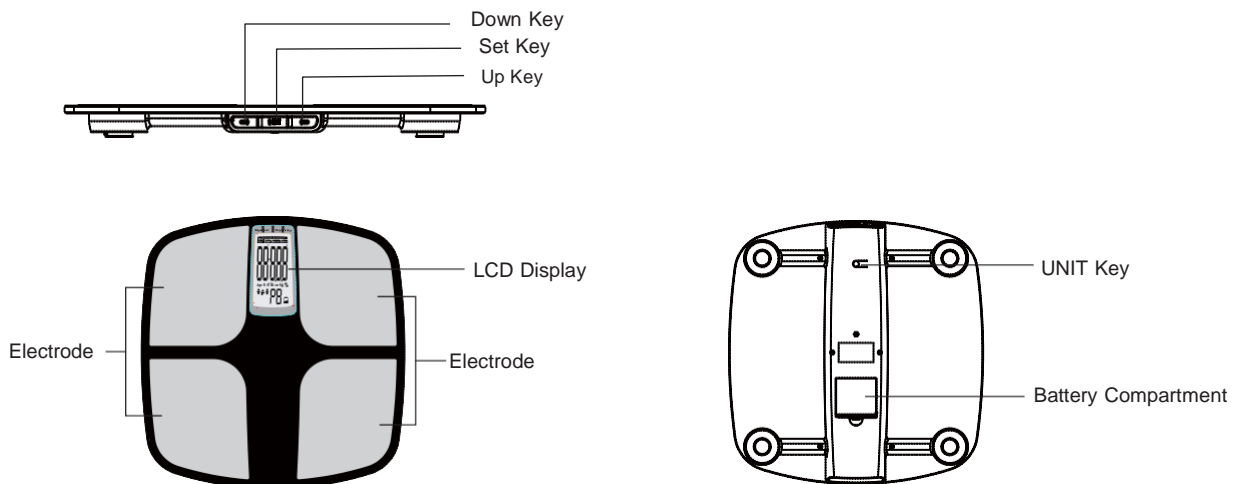
BONE MASS – WHY MEASURE IT?

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 include 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. *Individuals with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones, please consult your doctor.*

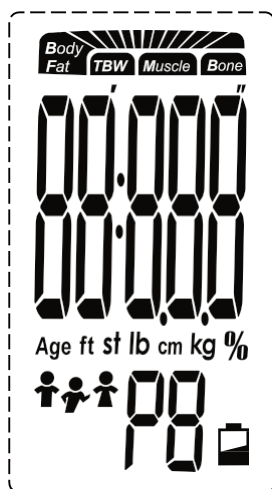
Device Components



List

1. Body Fat Analyzer GW22037
2. 4xAAA Batteries (1.5V each)
3. User Manual

LCD Display

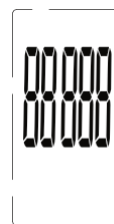


	Body Fat Analysis Result	%	Percentage
	Total Body Water Analysis Result		Man
	Muscle Mass Analysis Result		Sportsman
	Bone Mass Analysis Result		Woman
Age	Age		Sportswoman
ft	Foot	P8	User ID
st lb	Stone	kg	Kilogram
lb	Pound	cm	Centimeter
	Low Battery		

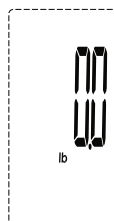
The installment and replacement of battery

This scale operates on 4 x AAA batteries (installed).

1. Open the battery cover.
2. Install the batteries by matching the correct polarity.
* The digits "88888" will be shown on the LCD.

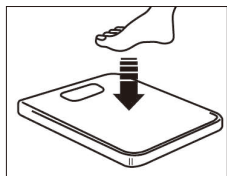


3. Replace the cover and wait until the digits "0.0" are shown on the LCD.



Your scale has been set to measure in pounds (lb) and inches (in). To change the setting to kilograms/centimeters or stone/inches, press the "UNIT" button on the back of the scale until the display shows (kg) or (st lb).

The scale needs to be initialized before first use and after battery replacement. Press firmly on the scale platform. The display will show a running zeros pattern and automatically turn off. Your scale is now ready for use.



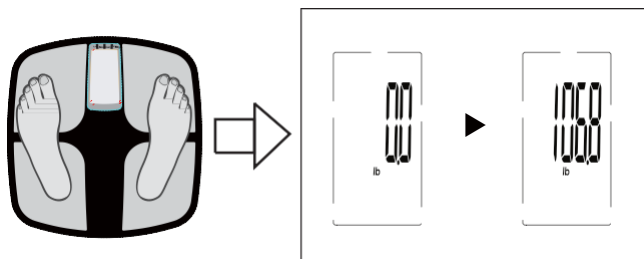
Press firmly to initialize

WEIGHT-ONLY OPERATION

Your **GoWISE USA** Digital Body Fat Scale 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 save your weight.
4. The scale will automatically turn off after 5 seconds.



USING YOUR BODY FAT SCALE

In order to measure body fat and body mass index, you must first enter your height, age and gender (in athlete mode if applicable). The scale uses these parameters to calculate your measurements. Screen prompts will lead you through programming your personal information into the scale. The scale will then use the data to compute your measurement results.

NOTE: Athlete mode uses additional software to calculate more accurate results for highly fit individuals—persons who do 10 hours or more per week of aerobic activity and have a resting heart rate of 60 beats per minute. The scale is not calibrated for professional athletes or body builders.

Bare feet are required for the analyzer to function properly:

Remove your shoes and socks before beginning the measurement. In order to get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping onto the scale.

REMINDER: The scale needs to be initialized after battery installation. The scale may also need to be initialized if it is moved or bumped. **At all other times, you may directly proceed with the following instructions for programming your personal data into the scale.** To initialize the scale, simply press firmly on the scale platform. The display will show “0.0” and automatically turn off. Your scale is now ready for use.

NOTE: The illustrations in this manual are guides only. The display on your scale may differ slightly.

HOW TO ENTER PERSONAL DATA

This scale will store personal data for 8 users in the memory (P1-P8). Select a number (1 through 8) and use this number to enter your height, age, gender, and activity level; the scale will then use these parameters to calculate your results.

Adding personal information into memory, before the first use, eliminates the need to enter it again each time you take a reading.

1. Press “SET” to turn the scale on.
2. Press(◀) or(▶) button to select a memory number. Press the SET button confirm. The gender/athlete mode blinks.



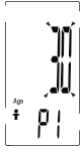
3. Press(◀) or(▶) button to toggle between the male /female / male athlete / female athlete icons. Press SET button to confirm your gender/athlete selection. The height digits blink.



4. Press(◀) or(▶) button to increase / decrease the height value. Press the SET button to confirm displayed height. The age digits blink.



- Press(◀) or(▶) button to increase / decrease the age value. Press SET button to confirm displayed age.



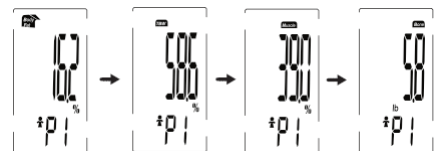
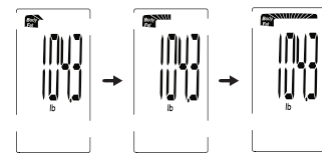
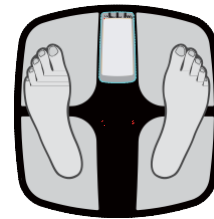
- When the scale shows “0.0”, you may step on the scale for a measurement. Otherwise, the scale will turn off automatically.



- Repeat procedure 1 to 6 for additional users.

HOW TO TAKE A WEIGHT/BODY FAT READING

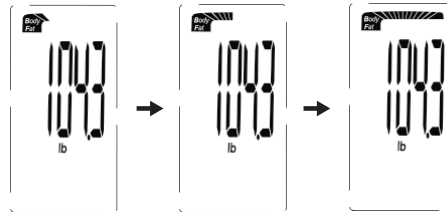
- Press “SET” to turn the scale on.
- Press the (◀) or(▶) button to select your personal memory number. Your personal data will be shown on the display.
- Wait until the display show “0.0”, and then step on the scale with bare feet. Stand still while the unit measures your weight.
- Your weight will display for 2 seconds.
- Continue to stand still on the scale until the progress bar stops flashing and the measuring results displays.
- When the measurement is complete, remain on the scale. The weight and body fat percentage appears first. A body fat icon at below the screen lights.
- The water, muscle and bone readings appear next.
- The results are repeated three times and then the scale switches off.



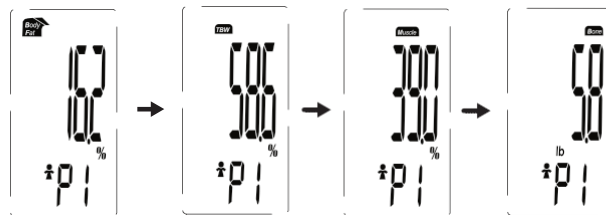
Daily Measurement

With original SENSE ON technology, GW22037 will automatically switch on as you step on the platform barefooted.

Stand still and keep full contact with the electrodes until the progress bar stops flashing.



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 three times.



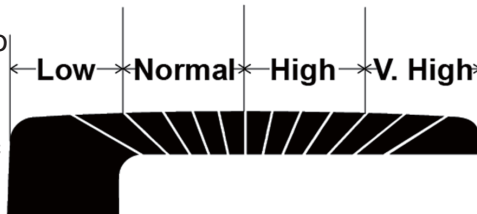
When the system finds out two or more users with similar history records, it will notify you to choose between, for example, P1 and P2. You may press ◀ key for P1 and or ▶ key for P2. The measuring results will then be sorted into the User ID you selected and displayed sequentially three times.



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.)

Body Fat Indicator

The Progress Bar at the top of the LCD Display also functions as the indicator of body fat level. When the measuring result is displayed after analysis, the varying length of the bar indicates different levels of body fat.



(Please refer to [Table of Body Fat Level](#) for more details.)



If you have any problems operating your **GoWISE USA®** Digital Body Fat Scale, please call customer service at 1-855-233-9199 (8 AM and 4 PM, Arizona Time, Monday through Friday).

CARE AND MAINTENANCE

- Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap.
- Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays.
- Do not immerse scale in water.
- Treat your scale with care to ensure the best performance. It contains sensitive electronic parts. Avoid rough treatment. Do not jump on, drop or kick the scale.
- Do not attempt to lubricate, disassemble, or open the scale casing as this will void warranty.
- Always weigh yourself on the same scale placed on the same floor surface.
- Do not compare weight readings from one scale to another as some differences will exist due to manufacturing tolerances.
- Place your scale on a hard even floor to ensure the greatest accuracy and consistency.
- It is recommended that you measure at the same time of the day, preferably early evening before a meal, for the most consistent results.
- Your scale rounds up or down to the nearest increment.
- If you weigh yourself twice and get two different readings, your weight lies between the two.
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove batteries from the scale if it will not be used for a long period.

TROUBLESHOOTING

Error Prompt

Error	Description	Solution
	<p>Overload. The device will power off.</p>	<p>Stop using this scale for measurement.</p>
	<p>Low Battery. The device will power off.</p>	<p>Replace all four batteries at the same time. Please purchase the authorized batteries for replacement.</p>

When Measuring ...

Problem	Root Cause	Solution
<p>Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.</p>	<p>Incorrect posture</p>	<p>Please step on the platform barefooted and stand still.</p>
	<p>The device is located on the soft ground such as a carpet OR on a rugged surface.</p>	<p>Please place the device on a flat, hard surface.</p>
	<p>Cold body that may results in bad blood circulation.</p>	<p>Warm up your hands and feet to resume blood circulation and then measure again.</p>

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Cold Electrodes.	Place the device in a warm room for a while and then measure again.
	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 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 automatically.	Low battery.	Replace all four batteries at the same time. Please purchase the authorized batteries for replacement.

Specifications

Product Name	Body Fat Analyzer (GW22037)
Dimension	Scale: 12.6" x 13" x 1.1"(Approximately)
	Panel: 12.6" x 13" x 0.24"
Net Weight	Approximately 3.86 lb
Display	Digital LCD with White Backlight V.A.:3.7" x 2.05"
Measurement Unit	Kilogram / Stone/ Pound
Measurement Range	5kg to 180kg / 0st: 11lb to 28st: 5lb / 11lb to 397lb
Division	0.1kg / 0.2lb/ 0.2lb
Accuracy	0-110lb: ± 0.7 lb; 110-220lb: ± 0.9 lb; 110-330lb: ± 1.1 lb; 330-400lb: ± 1.5 lb
Working Environment	Temperature: 32 F to 104 F Humidity: $\leq 90\%$ RH
Storage Environment	Temperature: -4 F to 140 F
Power Source	6V (4xAAA Batteries)
Turn on Method	SENSE ON technology
Auto-OFF	8-12 seconds after clearing, Otherwise,13-17 seconds after last operation
Accessories	1. 4xAAA batteries 2. User Manual
Mode of Operation	Continuous Operation
Protection Against Ingress of Water	IPX0
Software Version	1.0

About the Accuracy of This Product

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

MORE QUESTIONS AND ANSWERS

The **GoWISE USA** Digital Body Fat Scale uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A minute electrical current is sent through your feet and legs. This current flows easily through the lean muscular tissue, which has a high fluid content, but not easily through fat. Therefore, by measuring your body's impedance (i.e. its resistance to the current), the quantity of the muscle can be determined, from which the quantity of fat can then be estimated.

What is the value of the current passing through me when the measurements are taken? Is it safe?

The electrical current is less than 1mA. You may not be able to feel it. Please note however that this device should not be used by anyone with an internal electronic medical device, such as a pacemaker, as a precaution against disruption to that device.

Why is the Athlete mode necessary?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for adults 18 years of age or older.

What is the definition of an Athlete?

The general consensus among researchers is that a quantitative dimension could be used to define an athlete. An athlete is considered to be a person who does 10 hours or more per week of aerobic activity and has a resting heart rate of 60 beats per minute. These individuals should select Athlete Mode for the most accurate measurement results. This body fat scale is not calibrated for professional athletes or body builders.

If I measure my body fat at a different time during the day, it can vary quite considerably. Which value is correct?

Your body fat percentage reading varies with body water content, and body water content changes throughout the day. There is no right or wrong time of day to take a reading; however, for best results it is suggested that you take measurements at a regular time of day, when you consider your body to be normally hydrated. Avoid taking readings after having a bath or sauna, following extensive exercise, or within 1-2 hours of drinking in quantity or eating a meal.

My friend has a body fat scale made by another manufacturer. When I used it, I get a different body fat reading than when I use my GoWISE USA Body Fat Scale. Why is this?

Different body fat scales take measurements around different parts of the body and use different mathematic algorithms to calculate the percentage of body fat. The best advice is not to make comparisons from one device to another, but to use the same device each time to monitor any change.

How do I interpret my body fat percentage readings?

Refer to the section at beginning of this manual, BODY FAT – WHAT DOES IT MEAN? The table is a general guide to body fat readings (relative to your age and sex). *Consult your physician for an interpretation that takes your personal health history into consideration.*

Why are the body fat percentage ranges for men and women so different?

Women naturally carry a higher percentage of fat than men, because the make-up of the body is different being geared towards pregnancy, breastfeeding, etc.

Why should I avoid using the *GoWISE USA* Body Fat Scale while pregnant?

During pregnancy, a woman's body composition changes considerably in order to support the developing child. Under these circumstances, body fat percentage readings could be inaccurate and misleading. PREGNANT WOMEN SHOULD CONSULT THE DOCTOR BEFORE USE.

FCC REGULATIONS

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.

WARRANTY

This product is warranted against defects in materials and workmanship for one year from the date purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

Ming's Mark Inc. dba **GoWISE USA**[®] shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, CALL 1-855-233-9199 for RETURN INSTRUCTIONS. Be sure to keep your receipt showing the date of purchase.

GoWISE USA[®]
www.gowiseusa.com
3000 E Chambers St
Phoenix, AZ 85040
1-855-233-9199