

GoWISE USA®

Digital BMI Scale

Instruction Manual

GW22039



GoWISE 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 scale, read these instructions carefully and thoroughly.
- Please keep the manual for future reference.






Specifications

- Uses ITO Glass with Intelligent “Step On” Technology
- Weight Capacity: 440 lbs. / 200 kg / 31 st: 4 lb
- Weight Unit: kg / lb / st:lb
- Weight Graduation: kg: 0.1 kg / lb: 0.2 lb / st: 0.2 lb
- Height Range: 3’ 3.5” – 7’ 2.5” (100-220 cm)
- Age Range: 18 years of age or older
- Measures weight & body mass index (BMI)
- Weight-only feature with automatic “step on”
- 8 User Profiles
- Auto off and Low Battery indicator
- Operates on 2XCR2032 batteries

Safety Information

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. The chart below explains meanings of the warning signs and symbols you may encounter in the packaging or user manual.

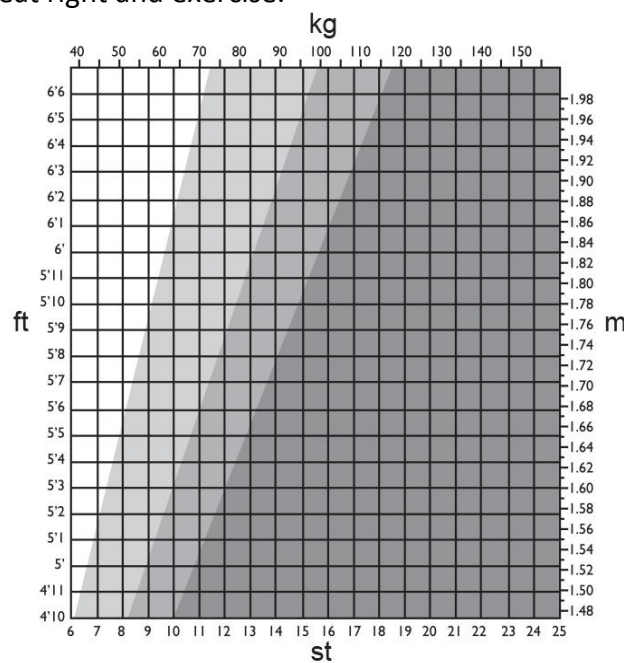
	Symbol for “THE OPERATION GUIDE MUST BE READ”		Symbol for “COMPLIES WITH EU REQUIREMENTS”
	Symbol for “MANUFACTURER”		Symbol for “ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice”
	Symbol for “DIRECT CURRENT”		
SN	Symbol for “SERIAL NUMBER”		

HOW DOES BODY MASS INDEX (BMI) WORK?

The scale will calculate your BMI based on your height and weight.

BODY MASS INDEX (BMI) – WHY MEASURE IT?

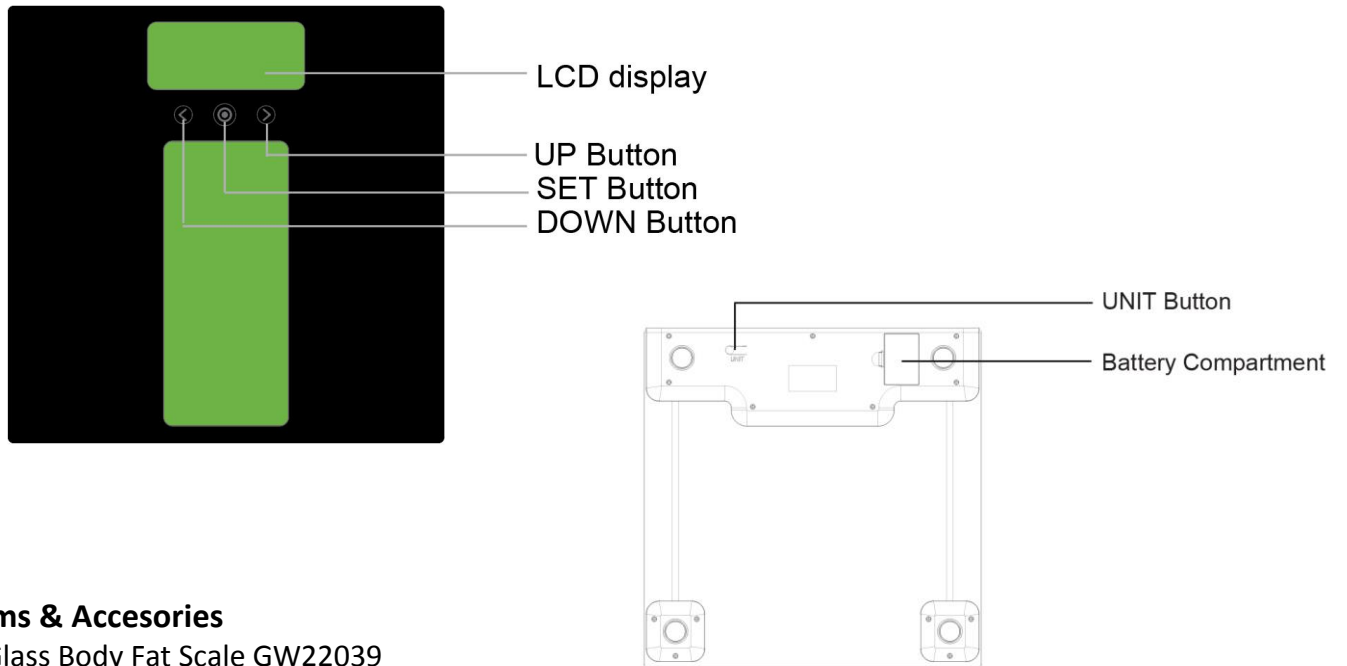
Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes, and some forms of cancer. The Body Mass Index (BMI) is calculated based on a person's weight and height, and is the most widely accepted measurement of weight according to health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



Classification		Backlight colour	BMI	
⬆	Obese	Obese class III	Red	≥ 40
⬆		Obese class II	Red	35.00 - 34.99
⬆		Obese class I	Red	30.00 - 29.99
⬇	Overweight	Pre-obese	Yellow	25.00 - 29.99
⊙	Normal	Normal	Green	18.50 - 24.99
⬇	Underweight	Mild thinness	Yellow	17.00 - 18.49
⬇		Moderate thinness	Yellow	16.00 - 16.99
⬇		Severe thinness	Red	<16

NOTE : If the chart/table shows that you are outside of a 'normal' healthy weight range, consult your doctor before taking any action. BMI classifications are for adults only.

Device Components



Items & Accessories

1. Glass Body Fat Scale GW22039
2. 2 x CR2032 Batteries (3V each)
3. User Manual

BUTTONS DIAGRAM



LEFT

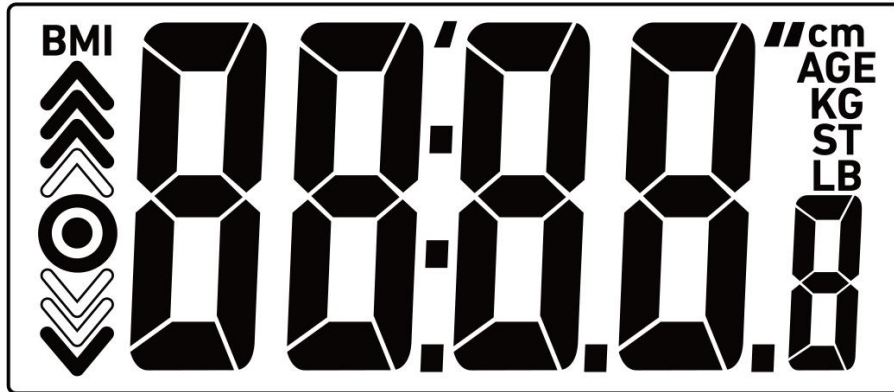


SET



RIGHT

♥ LCD Display



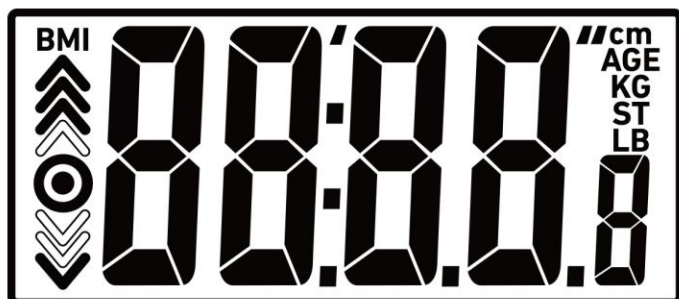
BMI	Body Mass Index	ST LB	Stone
cm	Centimeter	LB	Pound
AGE	Age	KG	Kilogram
	BMI Status		

BATTERY INFORMATION AND GENERAL SET-UP PROCEDURE

INSERT THE BATTERIES

Open the battery door on 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.

* All the digits will be shown on the LCD



Close the battery door and wait until the digits “0.0lb” are shown on the LCD.

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

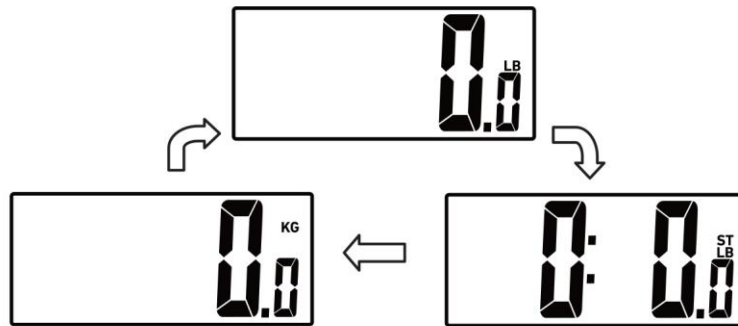
When the symbol “Lo” appears, replace with a new set of batteries. Please replace all batteries at the same time. DO NOT combine old and new batteries.

- ***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.***

If you need any assistance setting up your scale, please contact customer support via phone 1-855-233-9199 or email sales@gowiseusa.com.

SELECT MEASUREMENT UNIT

With batteries correctly installed, press “UNIT” button in the back of the scale to select measurement unit. The default measurement unit is “lb”. You may press “UNIT” button to choose among pound, kilogram and stone.



INITIALIZING YOUR SCALE

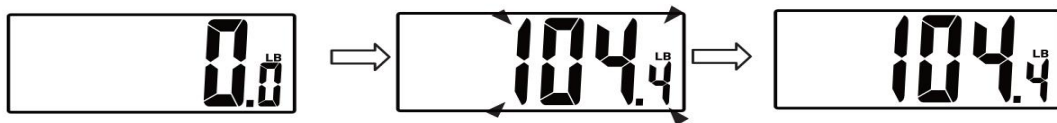
Press firmly on the center of the platform and remove your foot. A “0.0” will show on the display.



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.

DAILY MEASUREMENT

1. Position the scale on a hard, flat, and even surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and stand still while the scale computes your weight.
3. You can step off the scale and the scale will automatically turn off after a few seconds. See the diagram below for reference.



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SET UP YOUR PROFILE

Your BMI Scale supports up to 8 users. Please read the directions below to set up your profile.

1. SELECTING THE USER NUMBER

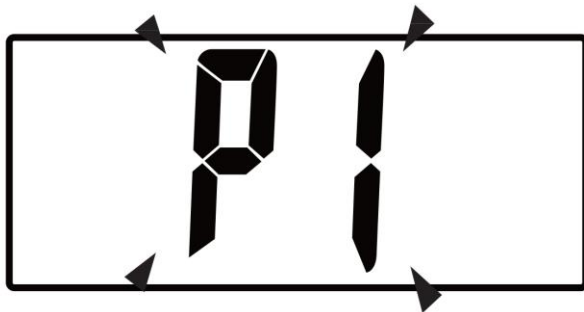
Press or step on the scale to power ON the scale. The scale will show "0.0"



2. SELECTING THE USER

Immediately hold down the "⊙" for at least three seconds then let go of the button. The letter "P" with a corresponding number should flash on the display, which represents the user profile. See the image below for reference.

You can use the ◀ or ▶ buttons to cycle through the user profiles. To select a user profile, hold down the ⊙ center button for at least 3 seconds to enter the user set up mode.



3. SETTING THE UNIT

The display will flash “LB”, “KG”, or “ST LB”, to select the unit of your choice, you can use the ◀ or ▶ to cycle through the choices and press the Ⓞ button to confirm. See image below for reference.



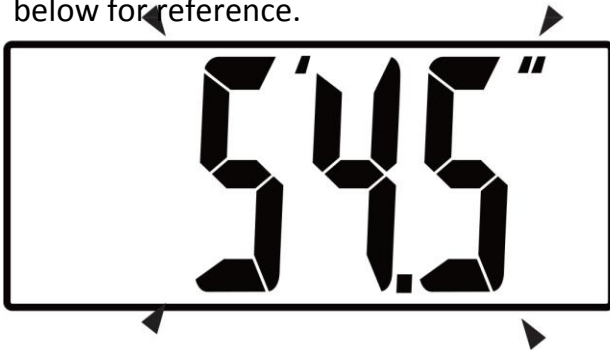
4. SETTING THE AGE

After confirming the unit of measurement, you will have to set the age of the user. You can use the ◀ or ▶ to increase or decrease the age shown on the display. Once you have reached the desired age, press the Ⓞ button to confirm. See the image below for reference.



5. SETTING THE HEIGHT

After confirming the age, you will have to set the height of the user. You can use the ◀ or ▶ buttons to increase or decrease the numbers. Once you have reached the desired height, press the Ⓞ button to confirm. See the image below for reference.



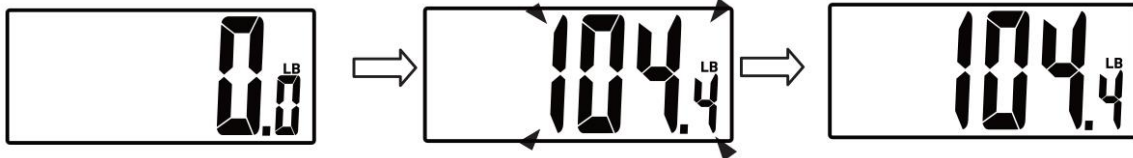
After confirming the height, the LCD will display a "0.0", you must step on the scale immediately, so the profile will be saved to your specific weight. See the image below for reference.



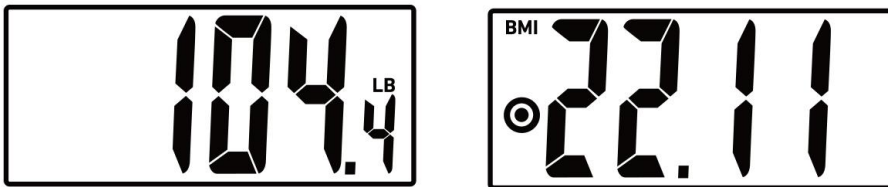
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WEIGHT & BMI READING

1. After setting up your profile, step on the platform when the scale displays “0.0”
2. Stand still on the platform until the weight is stable. The numbers will blink three times and this indicates that the weight is locked.



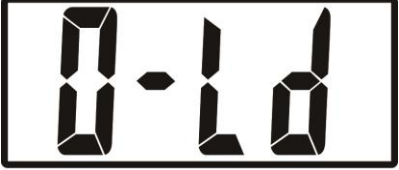
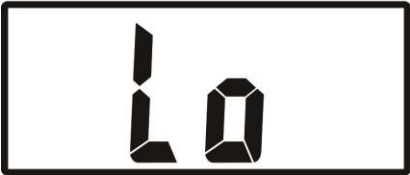

3. After your weight is shown, the BMI status will display on the LCD.



NOTE : BMI status is shown for users are 18 – 100 years old only. For ages 10-17, only the BMI number will display.

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ERROR PROMPT

ERROR	DESCRIPTION	SOLUTION
	Overload	The user has reached the scale capacity. The scale does not support weight over 440.
	Low Battery. The device will power off in four seconds.	Replace both batteries at the same. Please purchase the correct batteries for replacement.
	The weight is unstable.	Step off the scale. Step back onto the scale and stand still to measure your weight again.
After standing on the scale, the LCD doesn't light up.	The batteries are weak. The batteries were not installed correctly.	Replace the batteries with new batteries. Insert the batteries as indicated in the battery slot.

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MAINTENANCE

Please be sure to practice the following guideline for properly maintaining the scale:

- Use a dry soft cloth to wipe dust off the scale.
- Use a damp soft cloth to wipe the dirt off the surface of the scale and use a dry cloth to wipe the surface of the scale after.
- Do not wash the device with water or immerse it in water
- Do not use propellant, abrasive or other chemicals to wipe the dirt as this may result in discoloration or malfunction.
- Do not disassemble the device. If you have any problems, please contact GoWISE USA customer support via phone or email for assistance. (*Refer to the Warranty section for contact information.*)

If you need any assistance setting up your scale, please contact customer support via phone 1-855-233-9199 or email sales@gowiseusa.com.

WARRANTY

This product is warranted against defects in materials and workmanship for one year from the date of 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®

3000 E. Chambers St.

Phoenix, AZ 85040

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