

## CE Conformity Statements

This device complies with CE & R&TTE Directive. A copy of the EU Declaration of Conformity is available online at <http://www.picooc.com/en/suport.html>



## PICOOC Technology Co.,Ltd

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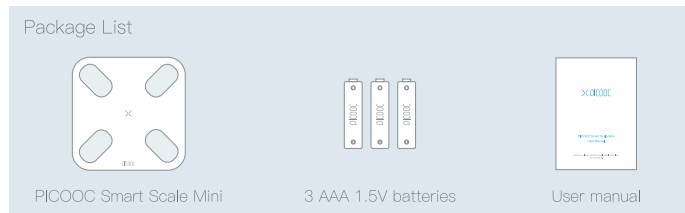
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## User Manual

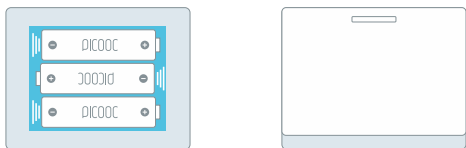
Read the instruction manual carefully before using the device.

## Connect

- 01 Open the package and install the batteries



Remove the transparent protective film, open the battery cover under the scale, install the batteries and close the cover.



- 02 Scan the QR code to download PICOOC APP, register an account and then operate according to the guidance.

For old accounts, please select "Setting – Equipment Management" in PICOOC APP, chose the "+" symbol and then operate according to the guidance.



You may also search for PICOOC in APP Stores or Google Play.

\* Specific connecting methods may change due to APP upgrades, please refer to the latest version.

## Weight Measurement

- 01 Before measuring, please place the device on hard and flat ground to ensure accuracy.

Error may be larger for the following users:

- Growing children
- Elderly people
- Fever patients due to cold and other reasons
- Osteoporotic patients with very low bone mineral density
- Edema patients
- Artificial dialysis patients
- People who work on fitness or sports (or similar people)

Please avoid using the scale in the following situations, as far as possible:

- After strenuous exercise
- After sauna or bath
- After heavy drinking
- After taking in much water and food

- 02 Click "Measure" in the APP and use it barefooted

- \* To be barefooted is necessary for normal measurement of body fat and
- \* Please stand properly on the device: take the centre as an origin, and place your feet naturally on both sides.
- \* Standing too close to the edge may turn over the device and cause body damage or affect the measurement accuracy.



- 03 LED numerals may change for a few seconds when measuring. After the measurement is done, the flicker will stop to show the weight.



- 04 When measurement is successfully done, data will be sent to PICOOC APP, and you may check the measurements and analysis in your APP.



\* Use the scale cooperatively with the APP to check multiple body data of the user, including 6 items (weight, BMI, fat, muscle, bone mass, water) from BIA, and other 4 items (body type, protein, basic metabolism, visceral fat) from PHMS.

\* BIA (Bioelectrical Impedance Analysis) is an electrical impedance spectroscopy which does not exclude errors like individual differences.

\* PHMS (PICOOC Health Measurement System) is a body health evaluation and inspection system developed by PICOOC™.

\* Any data or advices in the APP are for reference only, and they do not replace or stand for professional diagnosis of medical institutions.

## Safety and Maintenance

- ⚠ Patients with pacemakers or other medical equipments must not use this device!
- ⚠ If you are pregnant, please consult a doctor for advice before using!
- ⚠ Do not place the device on slippery surfaces when using!
- ⚠ The device is covered by glass. In order to prevent injury, please make sure that the glass is not damaged before using.

- Please place the device on hard and flat ground when using, and do not place other objects underneath.
  - For body fat percentage and other results, please use it barefooted.
  - Do not scratch the surface with hard objects, it might damage the device.
  - Please reset before using if the scale has been moved.
  - Place the device on hard and flat ground, carefully step on the surface with one leg until the screen is on, then take back your leg and wait for 3 seconds to complete the reset.
  - Do not use the device near strong electromagnetic fields.
  - Do not use the device in the following places: unstable surfaces, damp surfaces (like bathroom), dusty surfaces, and places with drastic temperature change or direct sunshine.
  - Do not wash and clean the device with hot water, corrosive detergents or other liquids, use soft fabric and clear water when it is dirty, and then wipe with a dry cloth.
  - Do not disassemble and clean it arbitrarily.
- If this device will not be used for a long time, please take out the batteries and keep it properly.
- Swallowing the batteries can be dangerous. Batteries should be stored away from babies, children and pets.
  - The battery in package is non-rechargeable.
  - Please do not use different batteries in the same device and replace all the batteries when you do it.
  - Do not dump the batteries with garbage nor put in fire.
  - Please send the waste batteries to specified recycling center.
  - When the device is unusable due to defects or when you do not use it any more, it is necessary to recycle it according to the local regulations in your country. If you have any questions, please contact the local government for details.
  - Please keep the manual properly, and offer it to others before they use the device, the manual should be included for sales.

## Warranty and Support

You may consult your dealer for warranty and service support policies of the device. You may check the dealer information on supporting websites and learn about more information of the device. <http://www.picooc.com/en>