

BRIEF INTRODUCTION

This scale adopts 8 electrodes, multi-frequency BIA and other technologies, which can accurately measure and analyse a full range of body data. Used in conjunction with the APP, it can display and record comprehensive body data, as well as analyse and draw the change trajectory, and check the body changes at any time. It's the first step to control your weight and keep your body shape.

STATEMENT

The pictures, colours, accessories, user interface and other illustrations in the manual are for illustration only. Due to product upgrades, there may be slight differences between the actual product and the illustrations. Please refer to the actual product.

IMPORTANCE INSTRUCTIONS

Accurate body data may not be available for the following groups of people:

- Minors, seniors over 80 years old.
- Professional athletes.
- Pregnant women, artificial dialysis patients, people in a swollen state.

Individuals with pacemakers or other implanted medical devices should only use this product in Zero-Current Mode. This product is not a medical device. Any measurement data provided is for reference only and should not be used as medical advice.

MODE INSTRUCTIONS

- Weight measurement mode: No need to pull up the handle. Step on the scale to complete the measurement.
- Zero-Current Mode: When enabled, the bioimpedance current is turned off. The device will only measure weight and BMI, and the display will show the "0" icon. If you are pregnant or have implanted medical devices, please enable this mode.

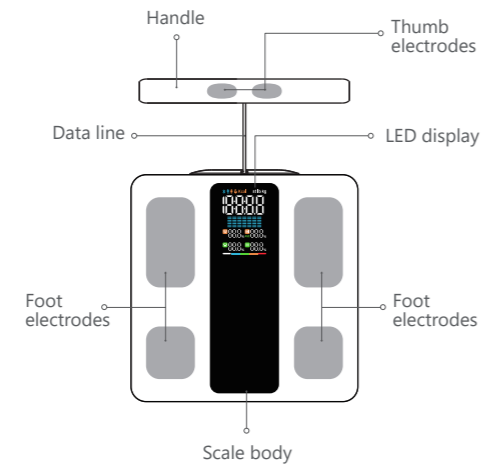
Zero-Current Mode is disabled by default and can be enabled via the App.
App Home > Device Page > Zero-Current Mode.

- Offline Mode: Once you have completed the initial pairing process and taken a first measurement, you will not need to connect your phone again to save each subsequent measurement. The data will automatically upload to the App the next time you connect your phone.
- Small object weighing mode: The scale can directly weigh objects over 0.1kg. For small objects under 10kg, you need to step on the scale surface first to wake up the scale (apply a force greater than 5kg and press the scale surface) and wait until the scale has returned to zero before weighing.

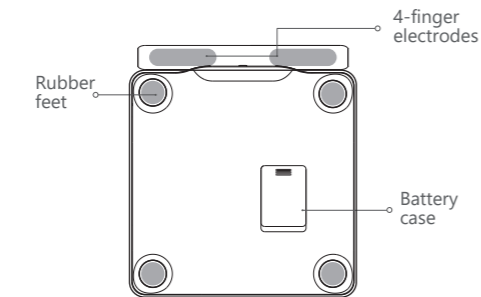
The Small Item Weighing Mode is disabled by default and can be enabled via the App.
App Home > Device page > Small Item Weighing Mode.

The usage instructions after enabling Small Item Weighing Mode are as follows:
After installing batteries or moving the weighing scale, the display may show the scale's own weight (Nothing has been weighed, but the display shows a weight). Wait six seconds for the display to return to zero before use.

GENERAL VIEW OF THE PRODUCT - FRONT SIDE



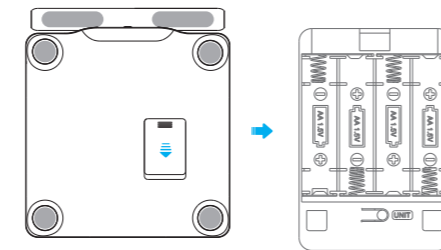
GENERAL VIEW OF THE PRODUCT - BACK SIDE



BATTERY INSTALLATION

4*1.5V AA batteries are used for this scale. Please replace them as per the instructions below:

Change battery: Open the battery cover, take out the used batteries, then install the new ones properly as shown below.



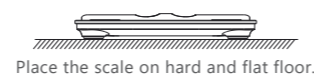
Note:
Please use the right battery. Remove battery if the scale leaves unused for more than 3 months. The battery and related pictures are for reference only, please refer to the actual product.

ABOUT THE UNIT

- It is suggested to set the unit on App.
- The scale has a unit conversion button. Open the battery cover at the bottom of the scale, in the position as shown below, and press this button to select the unit you need.
- The factory unit setting differs from different sales destination. Please refer to the actual product.

HOW-TO-USE

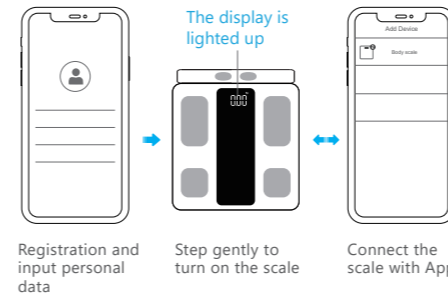
Step 1: Place the scale properly and download the APP.



Search "iMoni Health" in "App Store" or "Google Play" to download the Application. Or in another most convenient way by scanning the QR code above.

Step 2: Register and bind the device

Turn on the Bluetooth on your phone, open the APP, and follow the guidelines to register and bind the device:



Warm reminder:
Personal body information is only used for body composition analysis, not for other purposes. To ensure the accuracy of the results, please enter accurate personal information.

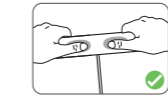
Step 3: Measure

(Body Composition Analysis Measurements)

1. Place the scale on a hard, flat surface and open the App.
2. Stand barefoot on the scale, making sure that both feet are in contact with the four electrodes on the left and right sides of the surface. Then lift the handle. Hold the handle with both hands, as shown in the illustration. Adjust the height of your hands, straightening your arms as shown below. Avoid touching your waist with your arms and keep your arms at a 45-degree angle to your torso.



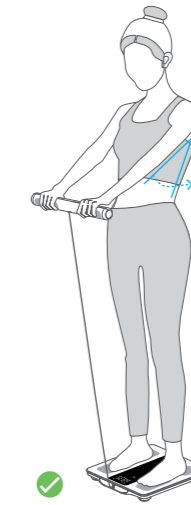
Step on the scale with bare feet and place your feet on the 4 electrodes



Hold the two front electrodes with thumbs



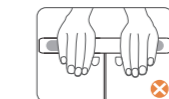
Hold the two back electrodes with the rest of the fingers



• Wrong Measuring Postures



Thumbs in touch



The ten fingers are away from the electrodes



The two arms are not straight or stretched



The knees are bent or not straightened



Measuring with socks



The two feet fail to step on the 4 electrodes evenly



Squatting down to measure

3. After the weight value displayed in the window has stabilised and is blinking, the body composition analysis measurement begins.



Body fat, body water, etc. measuring

Measurement complete



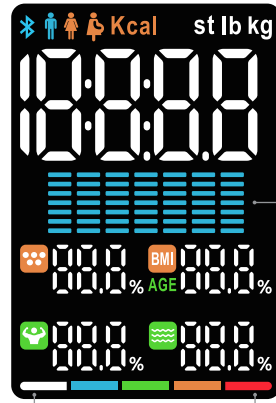
View the measurement reports in the APP and save the historical data.

Tips:

- The whole process will take about 20 seconds.
- To measure body fat accurately, you must hold the metal electrodes on the handles with both hands. Failure to do so will prevent the measurement from being taken.
- Please connect the APP before using.
- Seven-Day Weight Trend Chart: Only one bar chart will be displayed, regardless of whether you measure once or multiple times daily. After seven days of measurements, seven complete bar charts will be shown. If you take measurements for more than seven days, only the bar charts for the most recent seven days will be retained, while the remaining data will be overwritten.
- App is kept updating, so it may differ from showed on manual. For the final and accurate information, please check on App.

This product enables the real-time display of measurement data on your Apple Watch, provided that the product App is installed on both your iPhone and Apple Watch and the devices are paired.

DISPLAY ICONS

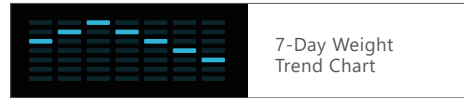


7-Day Weight Trend Chart

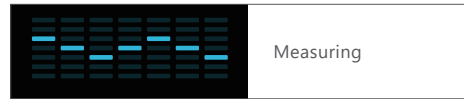
Body fat level

	Bluetooth		Gender (male)
	Zero-Current Mode		Gender (female)
	Fat		Hydration
	Muscle		Body Mass Index
kg	Weight Unit	lb	Weight Unit
P	User Code	st lb	Weight Unit
%	%	Kcal	Calorie Unit
AGE	Age		

Trend Chart

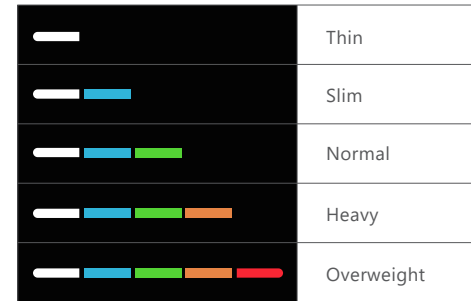


7-Day Weight Trend Chart



Measuring

Body fat level and Body Type Analysis



Warning indications

Err	Over-load Indication
-Err	Negative Weight Alert
Lo	Low Battery Indication
[Re-Test Indication

(Note: Displays may differ. All pictures are for illustrative purposes only.)

MULTIPLE USERS SUPPORTED

Multiple users binding in one scale is supportable. A maximum of 15 groups of historical data for each user can be stored. Data will be automatically synchronized to the smart device when the APP is running.

Note: Final user amount depends on the product.

AUTO USER RECOGNITION

Take a family of four members for example:

Father: Height: 175 cm; Weight: 70 kg;
 Mother: Height: 165 cm; Weight: 55 kg;
 Daughter: Height: 155 cm; Weight: 48 kg;
 Son: height 170 cm, weight 60 kg;

- Once all users have been set up and measured, subsequent use without opening the App will automatically match users if their weight is within ± 2 kg of the original measurement and there is no need to reset the parameters.

ADVICE FOR USE & CARE

- To ensure the accuracy of the data, it is recommended that each measurement be taken at the same time of day, with the recommended time of measurement being 2 hours after a meal.
 * Body weight changes with eating and drinking, and body fat percentage = fat weight/weight, so it is normal for fat percentage to fluctuate.
- Please do not make measurements in strong electromagnetic interference environments or places with high vibration.
- When weighing after not using the scale for a long time or after moving it, please step on the scale surface first, and wait for it to return to zero. Let it switch off automatically before switching on and weighing.
- To ensure the accuracy of the fat measurement, please take off your shoes and socks, try to remove the influence of other weights outside your body, wash and wipe your hands and feet, and then step on the scale with your bare feet and hold the handle with both hands to take the measurement.
- The scale surface is smooth. Please do not use this product on slippery ground or step on the edge of the scale. When weighing on the scale, first stand in the middle of the scale surface. Adjust your feet after standing steadily and step evenly on the 4 electrodes. Please keep your body stable and balanced to prevent the side from tipping or slipping.
- Do not measure after strenuous exercise, overeating, bathing, sauna, hot springs, or in a state of extreme dehydration.
- The product should be kept away from high temperatures. Please do not use the product in humid, too hot, or too cold environment (using temperature range $5\text{ }^{\circ}\text{C} \sim 35\text{ }^{\circ}\text{C}$).
- The product is a precision instrument, and cannot be disassembled. Please do not drop or knock.
- Please keep the product clean. Do not use acidic detergent to clean it.

FAQ

The software can't obtain weighing results from scale.

- Please confirm the connection sign on the smart device to know the connection status.
- Confirm the Bluetooth is on in your device and the scale is on within the valid range of signal coverage.
- Check whether the battery power is running low, please replace with a new battery.
- Relaunch the application.
- Turn off the Bluetooth and on again, then bridge the Bluetooth connection between scale and smart phone again.

Fail to connect to your device

- Please make sure only one device is setting up connection with the scale.
- Please make sure your device is equipped with Bluetooth 4.0 or above.

If the product fails to operate normally or displays any abnormalities:

- Step onto the scale to turn it on.
- If the display remains blank or the abnormalities persist, check the batteries and their charge level. If necessary, remove the batteries for 3 seconds to restart the product or replace them with new ones.
- If the issue persists after replacement, contact your local after-sales service team.

Manufacturer: Zhongshan Camry Electronic Co., Ltd.
 Address: Baishawan Industrial Park, Qiwan Road(N), East District, Zhongshan City, Guangdong Province
 Postal Code: 528403
 Tel: 0760-88235622
 Fax: 0760-88235600
 Email: sales@camry.com.cn

26iF-068E R0



Smart Body Composition Analyzer Scale

Instructions for Use

iF-68 SERIES

ISO 9001 CERTIFIED BY SGS