Introduction

Thank you for purchasing the YUNMAI Smart Scale

About YUNMAI smart scale

The Yunmai Smart Scale is a body analyzer that measures body weight and uses bioelectrical impedance analysis (BIA) technology to estimate body fat, weight, BMI, muscle, body water, bone mass, protein, visceral fat, body age, BMR. All the statistics helps in measuring and managing your health statistics. Automatic user-identification technology stores personal data for a maximum of 16 users and saves it in cloud storage. Upload data to your smart phone or other
devices using the Bluetooth for easy monitoring through the Yunmai app.

**Yunmai smart scale comes with the following:**

1. Yunmai smart scale
2. 4 AAA batteries
3. foot pad
4. user manual

**Yunmai smart scale measurement principle**

Yunmai smart scale measurement principle is “BIA (bioelectrical impedance analysis), under that method and composing of weight, age, height to calculate stats like body fat, muscle, etc., All the stats can help you to know yourself better.

**Measure Accuracy and range**

1. Weight measure range: 3kg~150kg, Accuracy: 0.2kg
2. Body fat measure range: 5%~75%, Accuracy: 99.8%
3. Water weight measure range: 15%~70%, Accuracy: 99.9%
4. Fitness age measure accuracy: 1 year old
5. BMI measure accuracy: 0.1kg
6. Muscle measure range: 15~70%, Accuracy: 99.9%
7. Bone weight measure accuracy: 0.1kg

**YUNMAI App**

Yunmai app is matched for Yunmai smart scale only. Family management system helps your family health information. Yunmai uses cloud server to record your data every day. Yunmai helps you to know yourself better.

**App features**

1. Family health management: a good advisor for your family members.
2. Setup goals: find your inspiration
3. 10 body statistics

4. Health center: binding center to track your stats automatically

5. Brief: Tracking and presenting up to 16 family members’ data

6. Inspection report: according to your each body index gives a more targeted exercise and diet plan

**Please read instructions below carefully before using it.**

1. Pregnant women: Please wear slippers to weigh yourself if you are pregnant. Due to your special physical status, the scale will only show the weight.

2. Athletes and fitness coaches: Athletes have different body types. Scales with only foot electrodes underestimate body fat in people with lots of body fat and overestimate it in leaner people.

3. Under 18 years old: Only weight is available for young people under 18, because they are growing too fast and their body data is changing too frequently.

4. Wear a heart pacemaker: Yunmai smart scale will transmit weak electric current when measure body statistics, it will affect the device normally working. So we suggest not to weight on Yunmai smart scale if wear a heart pacemaker. Or wear slippers for only measure weight.

5. Athlete and people who are fitness coach: Because there is a big difference between athlete and normal users. Athlete has a higher physical quality, while Yunmai smart scale intend to measure normal users, so that there might be a big difference stats for athlete comparing to hand held body fat meter. Yunmai is going to improve our target user and measurements soon.

6. About hemodialysis and dropsy condition: There is a weak electric current when you step on the scale to measure body impedance, but the lightly electronic is no harmful. However, it is better to not measure the stats for hemodialysis or people who are in dropsy condition.

7. The human body is made up of fat, muscle, water, bone, protein components, while there’s a huge different impedance in each body composition.

8. Human body is comprise by fat, muscle, water, bone mass, protein and so on.

9. The measurement results about BIA is not 100% accurate that we only can calculate the approximate stats. For absolute precision value, it’s better for you to go to hospital to do in body inspection if necessary.
10. When you step on the scale, before finishing test, do not leave the scale or shake your body.

11. Do not put the scale on the soft materials like carton, books, yoga mat.

12. If you need to measure more than one time constantly, please wait the display turned off till 2 to 3 seconds.

13. If you have moved the scale, you need to wait after the scale flashing 3 to 4 times for calibration.

**Frequency Questions:**

1. **How to use YUNMAI Smart Scale to measure body stats**
   
   Please follow below three steps
   
   ➢ The first step: How to install battery
     
     Open the battery cover on the back of the product, and then insert the battery in accordance with the anode and the cathode, then the screen will flicker and flash. If there is no data display, please rub the four batteries up and down with fingers until it can display.
   
   ➢ The second step: How to download “YUNMAI” App
     
     You can scan the QR code on the product; search “YUNMAI” from Apple store or Google play. Then follow the App instruction and register with email or phone number account.
   
   ➢ The third step: How to connect “YUNMAI” with your mobile phone
     
     Turn on the Bluetooth. When the App home page display your account name or the product screen display the Bluetooth symbol “B”, it means connect successfully. (“YUNMAI” App can connect with the product automatically, and no need to manual pair from your mobile phone Bluetooth list.) Then you can step on the smart scale with barefoot. Standing in the center, and leaning forward a little bit is prefer.

2. **The situation of screen is black and no reaction when battery installed**
   
   If the product show similar situation of black screen is not the defective of product, but most likely the battery is not assembled properly.

   The instructions of assembling battery show as below:
   
   ➢ Step 1 Install the battery to the back of the scale.
➢ Step 2 check the display, if it doesn’t work, installs the battery again.

➢ Step 3 if it still doesn’t work, try to twist the battery up and down, or install it one more time.

3. **What’s the lifetime for the batteries?**

   It runs for 3 to 6 months on four AAA batteries, 2 to 3 months for high frequency used, So it’ please take out the battery if you are not going to use it for a long time

4. **The situation of all data and battery icon of the LCD screen flashing**

   The situation of all data of the LCD screen flashing means the product low battery. Please change four new batteries and assemble to weight again.

**Helpful Tips:**

1. If the scale is not being used for a long period, please remove the batteries.
2. Clean the scale with a slightly damp cloth.
3. Please stand on the platform with bare feet to calculate the correct fitness measurements.
4. Use dry feet - the glass top can be slippery when wet.
5. The condition of your skin on the bottom of your feet can affect readings after shower and exercise

**WARNING:**

1. The measurements provided are not substitutes for physician assessments. Always consult your physician to determine appropriate goals for your body.
2. Bioelectric Impedance Analysis devices pass an extremely weak electrical signal through the body when taking a measurement. This weak electrical signal is not felt and is safe for individuals.
3. As a precaution, persons with cardiac pacemakers, electrocardiographs and/or other medical devices implanted in the body or used for life support should not use Bioelectric Impedance Devices directly. Please wear slippers to weigh yourself, the scale will transmit an extremely weak electrical current when measuring body statistics, and it could affect the other device.
Contact with YUNMAI:

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