Smart Scale
with Bluetooth® 4.0 Technology
Body Fat, Body Water, Muscle Mass & Cal-Max™

Instruction Manual and Warranty Information

Model # 7222F

FREE APP
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INTRODUCTION

Thank you for purchasing the Taylor® Smart Scale with Bluetooth® 4.0 technology. You will now be able to effortlessly measure, track and share health and fitness information. This instruction manual will guide you through the setup process and provide key information about the scale itself. Please read it completely and keep it handy for future reference.

WHAT IS INCLUDED

• Smart Scale with Bluetooth® 4.0 technology
• Instruction Manual
• Quick Use Guide
• Three (3) AAA Batteries

INTENDED USE

The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water and muscle mass. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of body fat, percentage total body water and percentage muscle mass. It is intended for adult use in the home.

CAUTION

• Do not use this device if:
  • You are pregnant
  • You are 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.
  • You have a pacemaker or any other internal medical device.
  • Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening.
  • Specific medical advice should be obtained from a physician.
  • Do not disassemble the scale as incorrect handling may cause injury.
  • Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.
PRODUCT DESCRIPTION

FRONT & BACK VIEW

LCD Readout & Button Description

<table>
<thead>
<tr>
<th>SET Button</th>
<th>▲ &amp; ▼ Button</th>
<th>Platform with electrodes</th>
</tr>
</thead>
<tbody>
<tr>
<td>LCD Readout</td>
<td>Battery Compartment</td>
<td>Unit of Measure and Connect Button</td>
</tr>
</tbody>
</table>

LCD READOUT & BUTTON DESCRIPTION

<table>
<thead>
<tr>
<th>FAT</th>
<th>Body Fat Estimate Result</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBW</td>
<td>Total Body Water Estimate Result</td>
<td>Male Athlete</td>
</tr>
<tr>
<td>MUS</td>
<td>Muscle Mass Estimate Result</td>
<td>Female</td>
</tr>
<tr>
<td>CAL</td>
<td>Calorie Estimate Result</td>
<td>Female Athlete</td>
</tr>
<tr>
<td>st</td>
<td>Stone</td>
<td>Data not sent</td>
</tr>
<tr>
<td>lb</td>
<td>Pound</td>
<td>Bluetooth icon</td>
</tr>
<tr>
<td>kg</td>
<td>Kilogram</td>
<td>Over goal weight</td>
</tr>
<tr>
<td>%</td>
<td>Percentage</td>
<td>Under goal weight</td>
</tr>
<tr>
<td>ft</td>
<td>Foot</td>
<td>User ID (Range from P1 to P8)</td>
</tr>
<tr>
<td>cm</td>
<td>Centimeter</td>
<td>age</td>
</tr>
</tbody>
</table>

FUNCTION KEYS

SET
- Confirmation button for selection
- Recall settings of user memory locations
- Changes value of height, age and activity level, toggle between Male/Male Athlete and Female/Female Athlete
- Scroll through user memory P1 - P8

UNIT / CONNECT
- Quick single clicks will change between pound, kilogram and stone units of measurement
- Press and hold to send a transmission to connect via Bluetooth® to your mobile device
INSTALLING BATTERIES
This scale operates on 3 AAA alkaline batteries (included). Open the battery cover on the back of the scale unit. Remove any plastic wrap from the batteries. Insert the batteries. Be sure the polarity of the batteries is set correctly for the scale to function properly. Always replace all batteries at the same time; do not combine old and new batteries. Do not mix Alkaline, carbon zinc (standard) or Nickel- Cadmium (rechargeable) batteries. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

AUTOMATIC SHUT-OFF
To conserve battery life this scale has an automatic shut-off feature. If the scale is turned on and not touched, it will display “0.0” and turn off after 10 seconds. If the scale is turned on, a measurement taken and weight is locked, the measurement readings will be displayed and the scale will shut off after 10 seconds.

Cal-Max™ FEATURE
The Cal-Max feature uses your gender, height, age, current weight and an activity level setting to estimate number of calories you can consume a day to maintain your present weight. This estimation may gradually help you with a weight loss, gain or maintenance plan.

SETTING UP YOUR SMART SCALE
USING BLUETOOTH® 4.0 TECHNOLOGY
You can use your Smart Scale with or without Bluetooth 4.0 transmitting data. Below are the directions for setting up the scale using Bluetooth 4.0. For instructions on setting up the scale as a stand-alone scale only, please see page 11.

SMART SCALE REQUIREMENTS
The Smart Scale is designed to be used with the following:

• **iOS**
  - iPhone® (4s/5/5c/5s), iPad® (3), iPod Touch® (5) and iPad mini using iOS 6 and above

• **Android**
  - The following products: Samsung Galaxy® S3/S4/ Note II, HTC One® and Google Nexus® 4 and above

• **Compatible with devices running Bluetooth® 4.0 technology and above**
INITIAL PROCEDURES

SET UNIT OF MEASUREMENT
Your scale is set to read weight in pounds (lb). You may select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement by pressing the “UNIT / CONNECT” button on the bottom of the scale. Quick single clicks will change the units that display. This button will also be used to connect to Bluetooth® by pressing and holding the button. Be sure to check the unit of measurement after you connect to the Bluetooth® app to be sure you have the preferred unit displayed.

DOWNLOAD SmarTrack™ APP & SET UP USER PROFILE
Download the FREE SmarTrack™ application from either the App Store (for iOS devices) or Google play (for Android devices). Use keyword search terms “SmarTrack”, “Smart Scale”, “Smart Bath Scale”, “Weight Scale” or “Bluetooth Scale”. Once you have downloaded the SmarTrack™ App, it is important that any Smart Scale users follow the on-screen instructions to register. Once you have registered on the app, enter your personal profile from your device (phone or tablet). Completing a personal profile is essential because the data you enter (gender, height, normal/athlete, age, activity level) is necessary to provide you with the most accurate information.

Note: If you are sharing the scale with another user and they enter a personal profile through the scale directly, be sure you are aware of which user number they have selected. If you select their user number, your app profile will override the profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.

SET ACTIVITY LEVEL
Your personal profile will include an activity level. Choose from one of the following activity levels:
Level-1 Sedentary / very inactive: little or no exercise
Level-2 Limited Activity: exercise/sports 1-3 days a week
Level-3 Moderate Activity: exercise/sports 4-5 days a week
Level-4 Very Active: exercise/sports 6-7 days a week
Level-5 Extremely Active: physically demanding exercise/sports or athletic training

SET GOAL WEIGHT
From your home page, tap the edit user icon (.Err) and then tap the goal weight button. From the goal weight page, turn the feature on and scroll right or left, or use the – and + keys to set your goal weight. Set your goal date by tapping on the date and scrolling. Use the (Err) to save and return to your user profile page, hit the (Err) again to go to the home page.
Once the profile is complete, it will transmit the user information to the scale during the next transmission.

EDIT USER PROFILE
To change a profile, tap the user profile icon (Err) and then make changes to the data as necessary. Once the changes are made, tap the back button (Err) to save the changes.
SET UP BLUETOOTH® CONNECTION

Your SMART SCALE estimates body fat %, total body water%, muscle mass, daily calorie estimates and weight, and then it transmits your results to an app on a mobile device using Bluetooth® 4.0 technology.

1. Turn on the Smart Scale by stepping on it with a bare foot until “0.0” displays.

2. Ensure your Bluetooth setting is “On” in your mobile device
   (Example: Settings > Bluetooth > On) By now you should have downloaded the SmarTrack™ App, registered and set-up your user profile.

3. From your home page, select the settings icon ( ), select add device ( ), select SmarTrack™ Bluetooth Body Analyzer. Then quickly pick up the scale and turn it over and press and hold the “UNIT / CONNECT” button (Note: it may take up to 30 seconds for the device to detect the Bluetooth signal.)

4. The Add Device screen will then indicate that the scale has connected when “SmarTrack™ Bluetooth Body Analyzer found” is displayed on your screen.

5. Select SmarTrack™ Bluetooth Body Analyzer and it will take you to the “Pair User” screen where you will select your user number. The scale can store data for up to 8 users. Tap your user number and it will take you to the “Completed” screen. Tap “Done” and it will take you back to your home page.
   **Note:** If you are sharing the scale with another user and they enter a personal profile through the scale directly, be sure you are aware of which user number they have selected. If you select their user number, your app profile will override the profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.

6. The Smart Scale is now ready for use.

CONNECTION TROUBLESHOOTING

If the transmission fails, repeat above steps. To improve transmission connection, follow these guidelines:

a) Place the scale and Bluetooth® device reasonably close together, between 3 and 30 feet.

b) Check there are no obstacles between the scale and the Bluetooth® for best connection.

c) Other electronics devices may cause interference (particularly those with Bluetooth); keep them at least 3 feet away from the scale.

**Note:** If the batteries are removed from the scale, you will not have to reconnect the scale to the app as it will still recognize the device when you replace the batteries.

DELETING A USER PROFILE FROM THE APP

In order to delete your user profile from the app, go into Settings and delete the scale device. This will disconnect the app and the scale.
To ensure accuracy, use these tips to get the most accurate and consistent readings from your scale:

- Place the scale on a flat, hard floor surface. Carpeted or uneven floors may affect accuracy. If you experience any difficulty, move the scale to a different, hard flat surface and try again.
- **You must have bare feet** for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
- Balance your weight evenly between both feet and stand still while on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and other measures will naturally vary during the course of the day.
- **IMPORTANT:** The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

**MEASUREMENT PROCEDURES WITH BLUETOOTH®**

**TO TAKE A MEASUREMENT:**

1. If your user information is already in the scale, then simply use a firm press of the foot to turn the scale on.
   
   **OR** Press “SET” to turn the scale manually on and to select the user number that you paired with your personal device.

2. When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.

3. Stand still while the scale measures your weight. The display counts up to your weight and will flash twice when the weight is locked. Your weight is displayed.

4. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.

5. Your body fat % (FAT), total body water % (TBW), muscle mass (MUS), Cal-Max™ estimate (CAL), and the difference between your current and goal weights are automatically transmitted to your personal device.
MEASURING USING AUTO RECOGNITION FEATURE

After you have saved your personal profile data into a memory number and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 4.4 lbs / 2 kgs):

1. When you step the platform if there is only one user whose last weight data is close to the current one, the memory number will be selected automatically. When estimates are completed, the results appear on your personal device.

2. If two or more users are in a similar weight range (within +/- 4.4 lbs / 2 kgs), the scale will notify you to choose between, for example, P1 and P2. Press “▲” or “▼” to get to the correct number and select the user by pressing ‘SET’. If the scale cannot identify the user’s memory number, it will only display the weight. See “Problem Solving” section.

Note: You need to save your personal data in a user number before using the automatic user identification measuring method, or the function will fail.

DATA TRANSMISSION FROM SMART SCALE TO MOBILE DEVICE

When your Smart Scale has been paired up with your phone or other mobile device, your data results will be transmitted to the device via Bluetooth. An onscreen “✓” icon indicates a successful Bluetooth® connection.

A "✓" icon appears while data is transmitted, then disappears when transmission is complete. You may review your data on your mobile device.

If the “✓” icon remains on the screen, the transmission has failed. The scale will temporarily store the pending data, and it will be transmitted after the next measurement is complete.

Note: Data will only be transmitted if attached to a specific memory number. If a personal profile has not been assigned to a memory number, the results will appear once on the scale display only and will not be transmitted or saved.

Note: It is recommended that you have the app open and your device within 30 feet when you are taking your readings for instant transmission and viewing of your data in the app. If your device is not within 30 feet or your app is closed, the data will not be transmitted to the app at that time but will be stored in the scale and transmitted the next time you take a new reading, your device is within 30 feet and your app is open. The app must be open, your device within 30 feet of the scale and you must taking a new reading for data to transmit to the app.

PLEASE NOTE: If you take multiple weight readings in one day, the graph views will reflect the average of those readings. The text views will line list each reading.
When you have stepped on the scale and Smart Scale has synced, you can view the measured data:
From your home page tap on the dashboard: You can view as a graph and a dashboard at the same time or turn your device horizontally for a larger graph view.
In either graph view, tap the (weight bar) to drop down the menu of measurement. Tap the measurement you want to view (such as Body Fat, Body Water etc...).
You can also tap the page icon to see a full listing of individual data as well as to delete or manually enter a weight.
Tap the (       ) to return icon to your home page.

To manually enter a weight, when you are in your home screen, tap “+” and the Add Data page will appear. Enter the data and tap ‘Add’.

**SHARING YOUR DATA**
From your home page, tap the share button on the bottom of the screen. This will take you to default facebook, twitter or email on the mobile device and follow the prompts afterward.

**APP COMPATIBILITY**
From your home page, tap the settings (        ) icon, tap connection, then select the app you wish to connect to by sliding the on/off switch (             ) to “ON”. Your data will be automatically uploaded into that app for the measurement that the app supports. If you decide you no longer want your data to transfer over, simply slide the switch to off.

Note that if you connect to one of these apps and you are not registered and/or do not already have the app downloaded and open, SmarTrack will direct you into the internet and either to their registration page or the app download page. You may have to complete these actions before the switch will stay on in SmarTrack. If you have the app installed, you will be directed to the apps login page and confirms Authorization Success.

**MEMORY AND STORAGE**
After it has been used for the first time, the Smart Scale will be synchronized with your personal device. If you take a measurement on the scale without immediately uploading to your device, the data will be stored in the scale’s memory and can be uploaded to your personal device when a connection is re-established. See section “Data Transmission from Smart Scale to Mobile Device”.

**Memory**
The SmarTrack app itself can store unlimited results for each user. The number of records that can be viewed will be based on the memory capacity of the user’s device. New measurements will overwrite the oldest ones. All of your data will be saved in a cloud so that if your device is damaged your history will not be lost. The data is linked to the email address you used when you registered in SmarTrack.
A user may choose to use the Smart Scale as a basic weight only scale, or view a one-time current body composition estimate on the scale only, without use of Bluetooth® and a mobile device app.

**SET UNIT OF MEASUREMENT**

Your scale is set to read weight in pounds (lb). Press the “UNIT” button on the bottom of the scale to select kilograms (kg) or stone (st lb) (1 stone = 14 pounds) units of measurement.

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**WEIGHT ONLY MEASUREMENT WITHOUT USING BLUETOOTH®**

*Your Smart Scale will operate as a basic weight-reading scale.*

The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

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. The display counts up to your weight and will flash twice when the weight is locked. Your weight is now displayed.
3. The scale will display your weight value.
4. The scale will automatically turn off after 10 seconds.

**Note:** A weight only reading will not be saved in the scale and will not be transmitted to the app. The weight will only be saved and transmitted during a body composition reading while paired up with the app.
SETTING UP AND USING YOUR SMART SCALE WITHOUT USING BLUETOOTH®

BODY COMPOSITION ESTIMATIONS WITHOUT USING BLUETOOTH®

In order to use the Smart Scale’s body composition estimation feature, you must enter your age, height, gender, normal/athlete selection and an activity level. This data will be saved into a personal data profile for easy use each time the scale is used.

SET UP YOUR USER PROFILE
To set up and save your personal user data profile into memory:

1. Select a Memory Number
Press “SET” while the scale is off. The scale will turn on and “P1” will blink on the screen. Press “▲” or “▼” to choose a memory number (P1-P8). Press “SET” to confirm the memory number. The gender icon blinks.

2. Set Gender / Athlete
Press “▲” or “▼” to choose male ( ), male athlete ( ), female ( ), female athlete ( ). Press “SET” to confirm. The goal weight number blinks.

NOTE: Athlete mode is only available for those 15-85 years of age. For those aged outside this range, this step is automatically by-passed. (See section: “Why is the Athlete Mode necessary in a Body Fat Analyzer?”). For this scale, an athlete is defined as a person who consistently works out for approximately 3 times per week at 2 hours for each occurrence.

3. Set a Goal Weight
Press “▲” or “▼” to change the goal weight number. Press “SET” to confirm. Height digits will begin to blink.
4. Set Height
Press “▲” or “▼” to adjust the height. Press “SET” to confirm. Age will begin to blink.

5. Set Age
Press “▲” or “▼” to adjust the age. Press “SET” to confirm. Activity level begins to blink.

6. Choose an Activity Level
Press “▲” or “▼” to increase / decrease the activity level.
Select your Activity Level according to the following guidelines:
   - Level-1 Sedentary / very inactive: little or no exercise
   - Level-2 Limited Activity: exercise/sports 1-3 days a week
   - Level-3 Moderate Activity: exercise/sports 4-5 days a week
   - Level-4 Very Active: exercise/sports 6-7 days a week
   - Level-5 Extremely Active: physically demanding exercise/sports or athletic training
Press “SET” to confirm your activity level and all other selections.

7. After pressing “SET”, the scale will display your personal data once, then zero. When zero shows, you may step on the scale with bare feet for your body composition estimation. Otherwise, the scale will turn off automatically. Your data is saved.

8. Repeat above steps to set up another user.
To change a profile, repeat above steps and make changes to the data as necessary.

Notes:
• If you are sharing the scale with another user and they enter a personal profile through the app and choose the user number you selected, their app profile will override your profile entered on the scale. Ensure all users are aware of which user numbers have already been selected.
• Delete a User Profile: Once a user profile is set up directly into the scale it cannot be deleted. However, if a profile is set up through the app and that user number is selected, it will override the user information in the scale.
• If the batteries are changed, the user information that has been entered through the scale will not be lost.
Use these tips to get the most accurate and consistent readings from your scale:

- Place the scale on a flat, hard floor surface. Carpeted or uneven floors may affect accuracy. If you experience any difficulty, move the scale to a different, hard flat surface and try again.
- You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
- Balance your weight evenly between both feet and stand still while on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and other measures will naturally vary during the course of the day.
- **IMPORTANT:** The scale needs to be initialized after battery installation or if it is moved or bumped. At all other times, you may step directly on the scale for a reading. To initialize the scale, simply press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

### Measuring by Selecting a User Number Manually

1. Press "SET" to turn the scale on.
2. Press "▲" or "▼" to move to your memory number (P1-P8).
3. The memory number will blink 3 times then remain steady. The display will show your data and then zero.

(Note: if you press "SET" while the memory number is blinking, the scale will enter Setting Mode instead of Measurement Mode. If this occurs, press "SET" to re-confirm all the data. The scale will show the data again and then zero. When the ( ) icon appears on the LCD the data is not sent to a mobile device.

4. When the scale shows zero, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.

5. Stand still while the scale measures your weight. Your weight will appear on the screen. Continue to stand still on the scale. A moving zeros pattern shows while the scale estimates your body composition.
6. Your body fat % (\textit{FAT}), total body water % (\textit{TBW}), muscle mass (\textit{MUS}), calorie estimate (\textit{CAL}), and the difference between your current and goal weights are displayed sequentially 3 times. (A “\(\uparrow\)” arrow by the goal weight number indicates you are over your goal weight. A “\(\downarrow\)” arrow indicates you are under your goal weight.)

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textbf{BODY FAT} & \textbf{BODY WATER} \\
\hline
\begin{tabular}{c}
\textit{P1} \\
1100 \text{ lb}
\end{tabular} & \begin{tabular}{c}
\textit{P1} \\
670 \text{ lb}
\end{tabular} \\
\hline
\end{tabular}
\end{table}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textbf{MUSCLE MASS} & \textbf{CALORIE ESTIMATE} \\
\hline
\begin{tabular}{c}
\textit{P1} \\
558 \text{ lb}
\end{tabular} & \begin{tabular}{c}
\textit{P1} \\
1280 \text{ cal}
\end{tabular} \\
\hline
\end{tabular}
\end{table}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textbf{GOAL WEIGHT} & \\
\hline
\begin{tabular}{c}
\textit{P1} \\
650 \text{ lb}
\end{tabular} & \\
\hline
\end{tabular}
\end{table}

7. The scale will turn off automatically.

**Notes:**

\textbf{A)} If the scale is paired with your mobile device and the Bluetooth® is ON, the scale will send the measurement results to the mobile device instead of the scale, and the scale display will be blank.

\textbf{B)} If the scale cannot identify the user’s memory number, it will only display the weight. See “\textit{Problem Solving}” section.

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**MEASURING USING AUTO RECOGNITION FEATURE**

After you have saved your personal profile data into a memory number and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 4.4 lbs / 2 kgs).

1. When you step the platform, if there is only one user whose last weight data is close to the current one, the memory number will be selected automatically. When estimates are completed, the results appear on the scale.

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textit{P1} & 1100 \text{ lb} \\
\hline
\end{tabular}
\end{table}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textit{P1} & 1100 \text{ lb} \\
\hline
\end{tabular}
\end{table}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|}
\hline
\textit{P1} & 1100 \text{ lb} \\
\hline
\end{tabular}
\end{table}

2. If two or more users are in a similar weight range (within +/- 4.4 lbs / 2 kgs), the scale will notify you to choose between, for example, P1 and P2. Press “\(\uparrow\)” or “\(\downarrow\)” to get to the correct number and select the user by pressing ‘\textit{SET}’. If the scale cannot identify the user’s memory number, it will only display the weight. See “\textit{Problem Solving}” section.

**Note:** You need to save your personal data in a user number before using the automatic user identification measuring method, or the function will not work.
1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

The optimal %BF of an individual varies according to age and gender.

The table as follows may be used as a guide:

a) The body fat percentage (%): 5%-60%/0.1%

<table>
<thead>
<tr>
<th>Rating</th>
<th>Standard for Men</th>
<th>Standard for Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>20-29</td>
<td>30-39</td>
</tr>
<tr>
<td>Normal</td>
<td>&lt;13</td>
<td>&lt;14</td>
</tr>
<tr>
<td>Moderately High</td>
<td>14-20</td>
<td>15-21</td>
</tr>
<tr>
<td>High</td>
<td>&gt;23</td>
<td>&gt;24</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rating</th>
<th>Standard for Men</th>
<th>Standard for Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>20-29</td>
<td>30-39</td>
</tr>
<tr>
<td>Normal</td>
<td>&lt;19</td>
<td>&lt;20</td>
</tr>
<tr>
<td>Moderately High</td>
<td>20-28</td>
<td>21-29</td>
</tr>
<tr>
<td>High</td>
<td>&gt;29-31</td>
<td>&gt;30-32</td>
</tr>
</tbody>
</table>

Source: University of Illinois Department of Food Science and Human Nutrition. Body Fat Percentage Calculator.

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated. Please note that the percentage of body fat and body water will not add up to 100%.

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.
3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body’s weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one’s health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA.

The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

The optimal %TBW and average %SM of an individual varies according to age and gender. The table as follows may be used as a guide:

b) The body water percentage (%): 43%-73%/0.1%


<table>
<thead>
<tr>
<th></th>
<th>BF % RANGE</th>
<th>OPTIMAL TBW % RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 to 14%</td>
<td>70 to 63%</td>
<td></td>
</tr>
<tr>
<td>15 to 21%</td>
<td>63 to 57%</td>
<td></td>
</tr>
<tr>
<td>22 to 24%</td>
<td>57 to 55%</td>
<td></td>
</tr>
<tr>
<td>25 and over</td>
<td>55 to 37%</td>
<td></td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 to 20%</td>
<td>70 to 58%</td>
<td></td>
</tr>
<tr>
<td>21 to 29%</td>
<td>58 to 52%</td>
<td></td>
</tr>
<tr>
<td>30 to 32%</td>
<td>52 to 49%</td>
<td></td>
</tr>
<tr>
<td>33 and over</td>
<td>49 to 37%</td>
<td></td>
</tr>
</tbody>
</table>

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.
4. **When should I use the scale’s body fat and total body water functions?**

For maximum accuracy and repeatability, it is recommended that the scale’s body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of %BF and %TBW and tracking their changes is better than merely comparing your %BF and %TBW value to the population’s “normal” value.

The estimates provided are not substitutes for physician assessments. Consult your physician to determine what body fat percentage, total body water percentage, body mass index and daily calorie intake are most ideal for you.

5. **What is the Cal-Max™?**

The Cal-Max function estimates the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting daily calorie goals during weight loss and exercise programs.

6. **Muscle Mass- Why should I know it?**

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing about this, you are losing muscle and increasing fat. It is also important to know your muscle mass % 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 that happens with aging
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

---

### Safety and Usage Information

<table>
<thead>
<tr>
<th><img src="symbol.png" alt="Symbol" /></th>
<th>Symbol for &quot;CAUTION&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="symbol.png" alt="Bluetooth" /></td>
<td>The Bluetooth Combination Mark</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;MANUFACTURER&quot;</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;COMPLIES WITH FCC RULES&quot;</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;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&quot;</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;TYPE BF APPLIED PARTS&quot;</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;SERIAL NUMBER&quot;</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Symbol" /></td>
<td>Symbol for &quot;DIRECT CURRENT&quot;</td>
</tr>
</tbody>
</table>
CAUTION:
• BIA (Bioelectrical Impedance Analysis) method estimates your body fat percentage by sending a harmless signal through the body.
• 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.
• If in doubt, contact your physician.
• This scale will give body fat estimates for a majority of people, but is not intended for use by the following groups:
  Children: Anyone under the age of 18 years
  Pregnant Women

• Interference may occur in the vicinity of equipment marked with the following symbol “[WiFi]”. Also, the scale may interfere with electrical equipment within its vicinity.
• To enable the data transmission function, this scale should be paired to a Bluetooth® end at 2.4 GHz.

How to mitigate possible interference?
1. The distance between the scale and the Bluetooth should be reasonably close, between 3 to 30 feet. Please ensure there are no obstacles between the scale and the Bluetooth end so as to obtain a quality connection.
2. To avoid interference, other electronics devices (particularly those with Bluetooth® transmission/transmitter should be kept at least 3 feet away from the scale.

<table>
<thead>
<tr>
<th>Bluetooth Module No. : AW2540MV1</th>
<th>Frequency Range</th>
<th>Supply Voltage</th>
<th>Transmitting Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2402MHz - 2480MHz</td>
<td>3.6V</td>
<td>30 feet</td>
</tr>
<tr>
<td>Output Power Range</td>
<td>-1 dBm</td>
<td>Tr</td>
<td></td>
</tr>
</tbody>
</table>
QUESTIONS AND ANSWERS:

**How exactly is my body fat being measured?**

This Body Fat Scale uses a measurement method known as Bioelectrical Impedance Analysis (BIA). A small current is sent through your body, via your feet and legs. This current flows easily through the lean muscular tissue which has a high fluid content, but not easily through fat which has a lower fluid content. In this way, the bio-impedance (i.e. resistance to the current) is used to estimate body fat and body water. The electrical current is small and may not be felt. Contact with the body is made via metal electrodes on the platform of the scale.

**What is the value of the current passing through me when the measurement is taken? Is it safe?**

This BIA technology is safe, non-invasive, toxic-free and harmless. The current is measured at less than 1mA. However, please be aware that anyone with a wearable or implantable medical device, such as a pacemaker, must avoid using this device. Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.

**Why is the Athlete Mode necessary in a Body Fat Scale?**

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.

**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 defined for this scale as a person who consistently works out for approximately 3 times per week at 2 hours for each occurrence. These individuals should select Athlete Mode for the most accurate measurement results. **Please note scales are not calibrated for professional athletes or body builders.**
CARE AND MAINTENANCE

1. Do not disassemble the scale other than for replacing the batteries; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove the batteries when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.
5. When replacing batteries, always replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries.
6. Do not store anything on the scale, as it is a sensitive weighing device.
7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale.

BATTERY INFORMATION

Low batteries
This scale is equipped with a low battery indicator. Replace the batteries when “Lo” is displayed, if readings grow dim or become irregular, or if the scale shuts off quickly.

BATTERY REPLACEMENT

1. Use 3 “AAA” batteries only. Remove any plastic wrap from the batteries before proceeding.
2. Remove the Battery Compartment Cover on the bottom of the scale.
3. Place the batteries into the battery compartment as indicated by the polarity symbols marked in the compartment.
4. Replace the Battery Compartment Cover.
5. The scale needs to be initialized before first use or after battery replacement. Press firmly on the scale platform. The display will turn on and automatically turn off. Your scale is now ready for use.

⚠️ WARNING!

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

NOTE: Please recycle or dispose of batteries per local regulations.

PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.
PRODUCT SPECIFICATIONS

1. Bioelectrical Impedance Analysis (BIA) technology for body fat and total body water percentage, calorie intake estimations and muscle mass percentage estimations
2. High precision STRAIN GAUGE technology for weight measurement
3. Athlete (for ages 15-85 years) or Normal Mode selection
4. 8 - user memories
5. 3 - button operation
6. Auto-on and auto-off functions
7. Power saving LCD readout
8. Low battery indicator
9. Capacity: 400 lb, 180 kg, 28 st :5 lb
10. Graduation: 0.2lb or 0.1kg
11. Body fat graduation: 0.1%
12. Body water graduation: 0.1%
13. Muscle mass graduation: 0.1%
14. Age range from 10 to 85 years
15. Height range from 3'3.5" to 7'2.5" (100 to 220 cm)
16. Body fat range: 5% to 60%
17. Total body water range: 43% to 73%
18. Operates with 3 AAA batteries (included)
19. Product dimension: 11.8"×11.8"×0.9" (300×300×23.9mm Approx.)
20. Gift box dimension: 14.7"×14.3"×1.7"(374×364×43mm Approx.)
21. Product weight: 3.5 lb(1.59 kg Approx.)
22. Total weight (product & gift box): 5.27 lb (2.39kg Approx.)
23. Accuracy of weight measurement: 5 ~ 50kg ~ ±0.3kg ~ 50 ~100kg ~ ±0.4kg , 100 ~ 150kg ~ ±0.5kg ~ 150 ~ 180kg ~ ±0.7kg
24. Output power for Body Fat Analyzer: <300uA
25. Working Environment: Temp: 0ºC to 40ºC / Humidity: ≤90%RH / Pressure: 86-106 kPa
26. Storage Environment: Temperature: -20ºC to 60ºC Humidity: 10%RH to 93%RH
**PROBLEM SOLVING**

1. You must have bare feet to take this measurement. In order to get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. Repeat measurement again, maintaining maximum contact between your feet and the metal electrodes.

2. The condition of the skin on the bottom of your feet can affect the reading. The natural effects of aging or activity can make this skin hard. If you are having a problem operating this scale, please contact customer service.

3. Move your scale to a location where it will not be bumped. If your scale is bumped while being activated or while in use, an inaccurate reading will occur. Initialize the scale by pressing firmly on the scale platform to turn on the scale. The display shows zero and then turns off. The scale is ready for use.

4. Place scale on flat, hard surface. Carpeted or uneven floors may affect accuracy.

5. Make sure the batteries are properly installed. If the LCD is blank, shows “Lo” or turns off quickly, replace all the batteries.

6. If the scale does not show body fat, total body water, muscle mass and calorie estimates:
   a) You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet for maximum contact with the metal electrodes on the platform.
   b) The scale cannot identify the possible user memory number with the most similar weight reading. Please assign your personal profile data into a memory number, following the instructions in the section “SET UP YOUR PERSONAL PROFILE”.
   c) The user did not choose one of the memory numbers displayed (P1, P2, etc.). Please assign your personal profile data into a memory number, following the instructions in the section “SET UP YOUR PERSONAL PROFILE”, then choose the correct number when it appears on screen.

7. Problem Solving if data transmission fails:
   a) Bluetooth® is OFF. Turn ON your devices Bluetooth® function.
   b) The app is CLOSED. Press the SmarTrack™ icon to turn OPEN your app.
   c) Out of range of Bluetooth® transmission (3 to 30 feet). Place your phone or other mobile device closer to the scale.
   d) No data assigned to a memory number. Please assign your personal profile data into a memory number, following the instructions in the section “SET UP YOUR PERSONAL PROFILE”.


NOTE: SPECIAL DISPLAYS

Overload Warning. The maximum weighing capacity of the scale has been exceeded. The scale will automatically turn off after 4 seconds. Remove the weight immediately; otherwise, permanent damage to the scale may occur.

Low Battery. Replace all the batteries. Do not mix old and new batteries. Do not mix Alkaline, carbon-zinc (standard) or Nickel-Cadmium (rechargeable) batteries.

Measuring error. Step off the scale. Tap firmly on the platform to re-initialize the scale. The display will turn on and off. Step back onto the scale, standing still while your results compute. Do not wear shoes or socks during measurement. Cleaning bottom of bare feet with a damp cloth and leaving them slightly damp may help to improve the contact. Repeat measurement.

Synch error between scale and mobile device. Check that Bluetooth is ON, the App is ON, and the scale and mobile device are within transmission range (3 to 30 feet).
Reaching Target Weight

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 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 to 29 is considered over weight and a body mass index of 30 is considered obese. Remember to eat right and exercise.

Body Mass Index Chart

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Normal</th>
<th>Overweigh</th>
<th>Ob</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Body Weight (pounds)</td>
<td>t</td>
<td>138</td>
</tr>
<tr>
<td>58</td>
<td>91 96 100 105 110 115</td>
<td>119 124 129</td>
<td>143 148 153 158 162 167</td>
</tr>
<tr>
<td>60</td>
<td>97 102 107 112 118 123</td>
<td>128 133 138 143 148</td>
<td>153 158 163 168 174 179</td>
</tr>
<tr>
<td>61</td>
<td>100 106 111 116 122 127</td>
<td>132 137 143 148 153</td>
<td>158 164 169 174 180 185</td>
</tr>
<tr>
<td>62</td>
<td>104 109 115 120 126 131</td>
<td>136 142 147 153 158</td>
<td>164 169 175 180 186 191</td>
</tr>
<tr>
<td>63</td>
<td>107 113 118 124 130 135</td>
<td>141 146 152 158 163</td>
<td>169 175 180 186 191 197</td>
</tr>
<tr>
<td>64</td>
<td>110 116 122 128 134 140</td>
<td>145 151 157 163 169</td>
<td>174 180 186 192 197 204</td>
</tr>
<tr>
<td>65</td>
<td>114 120 126 132 138 144</td>
<td>150 156 162 168 174</td>
<td>180 186 192 198 204 210</td>
</tr>
<tr>
<td>66</td>
<td>118 124 130 136 142 148</td>
<td>155 161 167 173 179</td>
<td>186 192 198 204 210 216</td>
</tr>
<tr>
<td>67</td>
<td>121 127 134 140 146 153</td>
<td>159 166 172 178 185</td>
<td>191 198 204 211 217 223</td>
</tr>
<tr>
<td>68</td>
<td>125 131 138 144 151 158</td>
<td>164 171 177 184 190</td>
<td>197 203 210 216 223 230</td>
</tr>
<tr>
<td>69</td>
<td>128 135 142 149 155 162</td>
<td>169 176 182 189 196</td>
<td>203 209 216 223 230 236</td>
</tr>
<tr>
<td>70</td>
<td>132 139 146 153 160 167</td>
<td>174 181 188 195 202</td>
<td>209 216 222 229 236 243</td>
</tr>
<tr>
<td>71</td>
<td>136 143 150 157 165 172</td>
<td>179 186 193 200 208</td>
<td>215 222 229 236 243 250</td>
</tr>
<tr>
<td>72</td>
<td>140 147 154 162 169 177</td>
<td>184 191 199 206 213</td>
<td>221 228 235 242 250 258</td>
</tr>
<tr>
<td>73</td>
<td>144 151 159 166 174 182</td>
<td>189 197 204 212 219</td>
<td>227 235 242 250 257 265</td>
</tr>
<tr>
<td>74</td>
<td>148 155 163 171 179 186</td>
<td>194 202 210 218 225</td>
<td>233 241 249 256 264 272</td>
</tr>
<tr>
<td>75</td>
<td>152 160 168 176 184 192</td>
<td>200 208 216 224 232</td>
<td>240 248 256 264 272 279</td>
</tr>
<tr>
<td>76</td>
<td>156 164 172 180 189 197</td>
<td>205 213 221 230 238</td>
<td>246 254 263 271 279 287</td>
</tr>
</tbody>
</table>

Body Mass Index
This Taylor Smart Scale body fat scale is designed and manufactured in a facility certified ISO 9001 Quality Health and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat and total body water. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water and percentage body fat. The body fat scale also estimates a daily calorie intake. The body fat scale is also equipped with an “Athlete Mode” for athletes whose body build is different from non-athletes. It is intended for adults in the home.

Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. 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.

This 7222F scale is equipped with a data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance of the 7222F scale.

Portable and mobile RF communications equipment can affect the measuring accuracy of this 7222F scale.

Warning that the use of accessories, transducers and cables other than those specified with the exception of transducers and cables sold by the manufacturer of the 7222F scale as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the 7222F.

Warning: The 7222F should not be used adjacent to or stacked with other equipment.

Note: Read this Instruction Manual carefully and keep it handy for future reference.
FCC REGULATIONS

CAUTION:
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

Radio Transmitters (Part 15)
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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

Safety Information
Reducing RF Exposure - Use Properly
Only operate the device in accordance with the instructions supplied. This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20 cm (8 inches) during normal operation.
Guidance and MANUFACTURER'S declaration – ELECTROMAGNETIC EMISSIONS for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration – electromagnetic emissions

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>Emissions test</th>
<th>Compliance</th>
<th>Electromagnetic environment-guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>RF emissions</td>
<td>Group 2</td>
<td>The device must emit electromagnetic energy in order to perform its intended function. Nearby electronic equipment may be affected.</td>
</tr>
<tr>
<td>CISPR 11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harmonic emissions</td>
<td>Class B</td>
<td></td>
</tr>
<tr>
<td>IEC 61000-3-2</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Voltage fluctuations/</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>flicker emissions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IEC 61000-3-3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Guidance and MANUFACTURER'S declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer’s declaration – electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>IMMUNITY test</th>
<th>IEC 60601 test level</th>
<th>Compliance level</th>
<th>Electromagnetic environment – guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrostatic discharge (ESD)</td>
<td>± 6 kV contact</td>
<td>± 6 kV contact</td>
<td>Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%</td>
</tr>
<tr>
<td>IEC 61000-4-2</td>
<td>± 8 kV air</td>
<td>± 8 kV air</td>
<td></td>
</tr>
<tr>
<td>Electrical fast transient/burst</td>
<td>± 2 kV for power supply lines</td>
<td>Not applicable</td>
<td>Mains power quality should be that of a typical commercial or hospital environment</td>
</tr>
<tr>
<td>IEC 61000-4-4</td>
<td>± 1 kV for input/output lines</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Surge</td>
<td>± 1 kV line(s) to line(s)</td>
<td>± 2 kV line(s) to earth</td>
<td>Mains power quality should be that of a typical commercial or hospital environment</td>
</tr>
<tr>
<td>IEC 61000-4-5</td>
<td>Not applicable</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Voltage dips, short interruptions and voltage variations on power supply input lines</td>
<td>&lt;5 % (U_i) (&lt;95 % dip in (U_i)) for 0.5 cycle</td>
<td>Not applicable</td>
<td>Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery</td>
</tr>
<tr>
<td>IEC 61000-4-11</td>
<td>40 % (U_i) (60 % dip in (U_i)) for 5 cycles</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 % (U_i) (30 % dip in (U_i)) for 25 cycles</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&lt;5 % (U_i) (&lt;95 % dip in (U_i)) for 5 s</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Power frequency (50/60 Hz) magnetic field</td>
<td>3 A/m</td>
<td>3 A/m</td>
<td>Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment</td>
</tr>
<tr>
<td>IEC 61000-4-8</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOTE** \(U_i\) is the a.c. mains voltage prior to application of the test level.
### Guidance and Manufacturer's Declaration — Electromagnetic Immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>Immunity Test</th>
<th>IEC 60601 Test Level</th>
<th>Compliance Level</th>
<th>Electromagnetic Environment — Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conducted RF</td>
<td>3 V/m 150 kHz to 80 MHz</td>
<td>Not applicable</td>
<td>Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance: ( d = \frac{3.5}{Y^2} )</td>
</tr>
<tr>
<td>Radiated RF</td>
<td>3 V/m 80 MHz to 2.5 GHz</td>
<td>3 V/m</td>
<td>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</td>
</tr>
</tbody>
</table>

**NOTE 1** At 80 MHz and 800 MHz, the higher frequency range applies.

**NOTE 2** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

*a* Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radio, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

*b* Over the frequency range 150 kHz to 80 MHz, field strengths should be less than \( \frac{Y}{2} \) V/m.
Recommended separation distances between portable and mobile RF communications equipment and the device

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

<table>
<thead>
<tr>
<th>Rated maximum output power of transmitter W</th>
<th>Separation distance according to frequency of transmitter m</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 kHz to 80 MHz</td>
<td>80 MHz to 800 MHz</td>
</tr>
<tr>
<td>$d = \frac{3.5}{P^\frac{1}{3}}$</td>
<td>$d = 1.157 \sqrt{P}$</td>
</tr>
<tr>
<td>0.01</td>
<td>0.117</td>
</tr>
<tr>
<td>0.1</td>
<td>0.369</td>
</tr>
<tr>
<td>1</td>
<td>1.167</td>
</tr>
<tr>
<td>10</td>
<td>3.690</td>
</tr>
<tr>
<td>100</td>
<td>11.67</td>
</tr>
</tbody>
</table>

For transmitters rated at a maximum output power not listed above, the recommended separation distance $d$ in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where $P$ is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.
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www.taylorusa.com

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Five (5) Year Limited Warranty

This scale is warranted against defects in materials of workmanship (excluding batteries) for five (5) years from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. Should this scale require review (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

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2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001
1-866-843-3905
email: www.prodsupport@taylorusa.com

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. For additional product information please contact us through www.taylorusa.com.

If review is required, do not return to retailer. For information call 1 (866) 843-3905 from 7:30 am to 4:30 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

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Mobile device not included.