VIVITAR®

WIRELESS

# BODY ANALYSIS DIGITAL SCALE

BMI

BMR

BFR

BONE MASS

SKELETAL MUSCLE MASS

WATER MASS

**PSV348 I USER'S MANUAL**

# SAFETY PRECAUTIONS

When using your wireless body analysis digital scale, basic precautions should always be followed. Please read and follow all instructions and warnings before using this product. Save these instructions for future reference.

1. Before stepping on the scale, make absolutely certain that the surface of the scale is clear of water or condensation. Wipe with a clean, dry cloth or towel before stepping on the scale!
2. Clean exposed parts with a soft, slightly damp cloth. To remove stains, use a mild soap. Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays.
3. Do not immerse the scale in water.
4. Do not attempt to lubricate or open the scale casing as this will void your warranty.
5. Treat your scale with care. It contains sensitive electronic parts. Avoid rough treatment. Do not jump on, drop or kick the scale. Treat it with care to ensure the best performance.
6. This scale is designed to read weights between 25 - 396 pounds, To prevent damage, do not place more than 396 pounds on the scale.
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. Do not store the scale resting on its side.
8. This scale is an extremely sensitive weighing device. In order to prevent the run down of the batteries, do not store anything on the scale.
9. This scale is designed for personal use only, not for professional, commercial or industrial use.
10. Remove the batteries if the scale will not be used for a long period of time.
11. Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
12. Do not use this device for diagnosis or treatment of any health problem or disease.

Measurement results are for reference only. Consult a healthcare professional for interpretation of weight measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or healthcare professional.

- The use of this scale is not recommended for persons with an electric implant (Heart pacemaker).
- The scale will not calculate body fat unless you have bare feet.
- For an accurate body fat estimate, do not bend your knees, and keep your legs/thighs apart and straight when standing on the scale.
- The body fat function is not recommended for use by pregnant women, persons with fever, swollen legs or other edemas, as well as a person who is over hydrated or dehydrated.
- Body fat percentages may be slightly higher or lower for children under 16, persons with diabetes and other health conditions.
- Women naturally store approximately 5% more body fat than men.

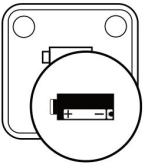
# INSERTING BATTERIES

Your scale requires 2 AAA batteries for power.

1. Open the battery compartment located underneath your scale.

2. Insert batteries with the correct polarity (+,-) as displayed in the battery compartment.

3. Close the battery compartment door once batteries are inserted.




## BATTERY WARNING:

- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc) or rechargeable (nickle-cadmium) batteries.
- Batteries are not to be inserted with the wrong polarity.
- Exhausted batteries are to be removed.
- The supply terminals are not to be short-circuited.

Please recycle or dispose of the battery properly. Contact local recycling facilities and/or the manufacturer of your battery for further information

# APP COMPATIBILITY

Before downloading the Scale Up app, make sure you are using a compatible smartphone.

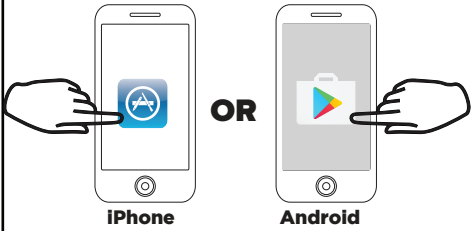
Your scale can be used with iPhones equipped with Bluetooth 4.0 and above running iOS 9.0 or higher.

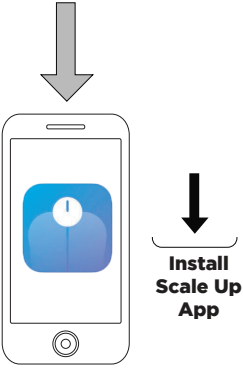
Your scale can be used with Android phones equipped with Bluetooth 4.0 and above running Android 4.4 or higher.

**NOTE:** Due to changes caused by mobile device updates, compatibility may change at any time.

# APP INSTALLATION

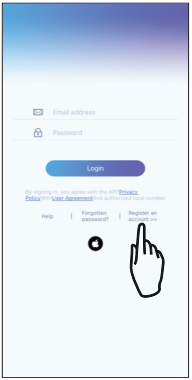
In order to use your scale, you will first need to download the Vivitar Scale Up App, which is available on the Google Play Store and on the iPhone App Store.



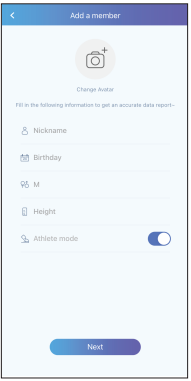



# APP SETUP

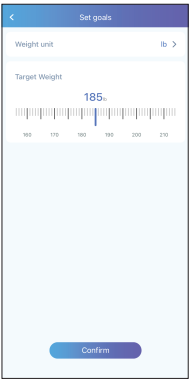
To successfully use the Scale Up App, you will first need to create an account. To do so, follow the steps below.




Open the Scale Up App and press "Register an Account."



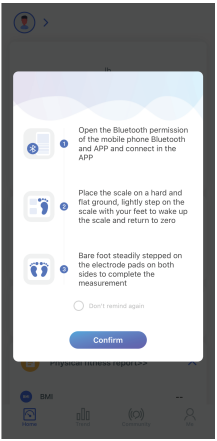

Create a username, and add your birthday, gender and height to get more accurate measurements.




Choose a unit of measurement, and add your target weight.

Hit confirm and you can get ready to check your weight.

# WEIGHING YOURSELF




Before stepping on your scale to weigh yourself, make sure that Bluetooth is turned on in your phone's Bluetooth settings menu.

Make sure that your scale is placed on a flat, solid surface. Do not place your scale on a rug or carpeting.

Tap the surface of your scale with your foot so that it wakes up, and displays zero on its screen.

Then step on your scale, making sure your feet are bare.

**IMPORTANT:**
**Your scale will not be able to measure body fat unless you stand on your scale with your feet bare.**

# SCALE USAGE

When standing on your scale, make sure both feet are centered with your weight evenly distributed.

If your feet are too close to the top of the scale, you could cause the scale to tip over and your measurements many be inaccurate..

Stand naturally, making sure your feet are not too far apart.

If your feet are too close to the bottom of the scale, you could cause the scale to tip over and your measurements many be inaccurate..

**IMPORTANT:**
**Your scale will not be able to measure body fat unless you stand on your scale with your feet bare.**

# MEASUREMENT DATA

## Body Fat Rate
Body fat rate measures the amount of fat in one's body in proportion to their total weight. Obesity is best determined by one's fat rate as opposed to their total weight.

## Basal Metabolic Rate
Basal metabolic rate (BMR) measures the amount of energy that one must use during the course of the day to maintain vital activities such as breathing, heat preservation and keeping a consistent heartbeat.

## Water
Water simply measures the amount of water in one's body in proportion to their total weight. Females typically have a water rate of 45-60% while males typically have a rate of 55-65%

## Bone Mass
The amount of bone measures the amount of bone salt or minerals in the bones. The bones are constantly part of an active metabolism with calcium needed to replenish the bones. Being too thin or not exercising enough can lead to bone loss.

## Visceral Fat
Visceral fat specifically refers to fat that held near the stomach and midsection. This fat is easy to accumulate and can be a leading indicator of potential disease.

# FCC STATEMENT

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

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.

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.

**Keep manual and all relevant information for future reference.**

# WEIGHING YOURSELF

This warranty covers the original consumer purchaser only and is not transferable.

This warranty covers products that fail to function properly UNDER NORMAL USAGE, due to defects in material or workmanship. Your product will be repaired or replaced at no charge for parts or labor for a period of one year.

***What Is Not Covered by Warranty:***
Damages or malfunctions not resulting from defects in material or workmanship and damages or malfunctions from other than normal use, including but limited to, repair by unauthorized parties, tampering, modification or accident.

***To Obtain Warranty Service and Troubleshooting Information:***
Call 1-800-592-9541 or Visit our website at www.vivitar.com.

To receive Warranty service along with the name and address of an authorized product service center, the original consumer purchaser must contact us for problem determination and service procedures. Proof of purchase in the form of a bill of sale or receipted invoice, evidencing that the Product is within the applicable Warranty period(s), MUST be presented in order to obtain the requested service. It is your responsibility to properly package and send any defective products along with a dated copy of proof of purchase, a written explanation of the problem, and a valid return address to the authorized service center at your expense. Do not include any other items or accessories with the defective product. Any products received by the authorized service center that are not covered by warranty will be returned unrepaired.

NO WARRANTIES, WHETHER EXPRESS OR IMPLIED, INCLUDING, BUT NOT LIMITED TO, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN THOSE EXPRESSLY DESCRIBED ABOVE SHALL APPLY. DISTRIBUTOR FURTHER DISCLAIMS ALL WARRANTIES AFTER THE EXPRESS WARRANTY PERIOD STATED ABOVE. NO OTHER EXPRESS WARRANTY OR GUARANTY GIVEN BY ANY PERSON, FIRM OR ENTITY WITH RESPECT TO THE PRODUCT SHALL BE BINDING ON DISTRIBUTOR. REPAIR, REPLACEMENT, OR REFUND OF THE ORIGINAL PURCHASE PRICE - AT DISTRIBUTOR'S SOLE DISCRETION -ARE THE EXCLUSIVE REMEDIES OF THE CONSUMER. IN NO EVENT WILL DISTRIBUTOR, ITS MANUFACTURERS, OR SAKAR INT. BE LIABLE FOR ANY INCIDENTAL, DIRECT, INDIRECT, SPECIAL, PUNITIVE OR CONSEQUENTIAL DAMAGES (SUCH AS, BUT NOT LIMITED TO, DAMAGES FOR LOSS OF PROFITS, BUSINESS, SAVINGS, DATA OR RECORDS) CAUSED BY THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. EXCEPT AS STATED HEREIN, NO OTHER WARRANTIES SHALL APPLY. NOTWITHSTANDING THE FOREGOING, CONSUMER'S RECOVERY AGAINST DISTRIBUTOR SHALL NOT EXCEED THE PURCHASE PRICE OF THE PRODUCT SOLD BY DISTRIBUTOR. THIS WARRANTY SHALL NOT EXTEND TO ANYONE OTHER THAN THE ORIGINAL CONSUMER WHO PURCHASED THE PRODUCT AND IS NOT TRANSFERABLE.

Some countries, states or provinces do not allow the exclusion or limitation of incidental or consequential damages or allow limitations on warranties, so limitation or exclusions may not apply to you. This warranty gives you specific legal rights, and you may have other rights that vary from state to state or province to province. Contact your authorized retailer to determine if another warranty applies. This product is manufactured, distributed and sold by SAKAR International, Inc. All other trademarks are the property of the respective owner, who has not sponsored, endorsed or approved this product.

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