

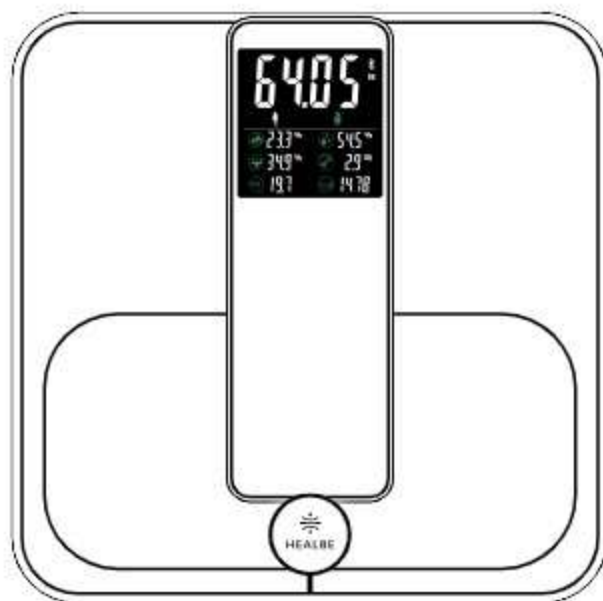
HEALBE Scale user manual

HEALBE Scale general information

The HEALBE Scale smart is part of the HEALBE device ecosystem, designed for convenient tracking and analysis of weight, muscle mass, and body fat.

Package Contents

The HEALBE Smart Scale comes in a box with protective films and a set of disposable batteries pre-installed in the battery compartment.



How does the Scale measure body composition?

The HEALBE Smart Scale is equipped with a bioimpedance sensor. This technology estimates the quantity and properties of body tissues based on their electrical resistance.

To determine tissue resistance, the scale sends a safe, unnoticeable electrical signal through your feet.

This method makes it possible to assess parameters such as body fat percentage, bone mass, and even metabolic rate.



Before you start using the HEALBE Scale

To use the HEALBE Scale to its full potential, please install or update the HEALBE app to the latest version:

- 1 Download and install the HEALBE app for iOS/Android on your smartphone

Type "HEALBE" in the search bar of your preferred app store or open your phone's camera app and point it at the QR below:



- 2 Create a HEALBE account in the app

Please note

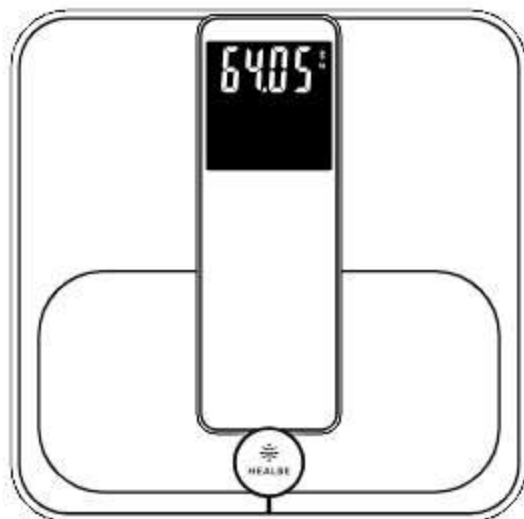
We recommend filling out all profile fields accurately to achieve the best results. Once completed, the HEALBE algorithms will use this information to adapt to your individual body characteristics, making calculations more personalized and accurate.

Preparing the Scale for use

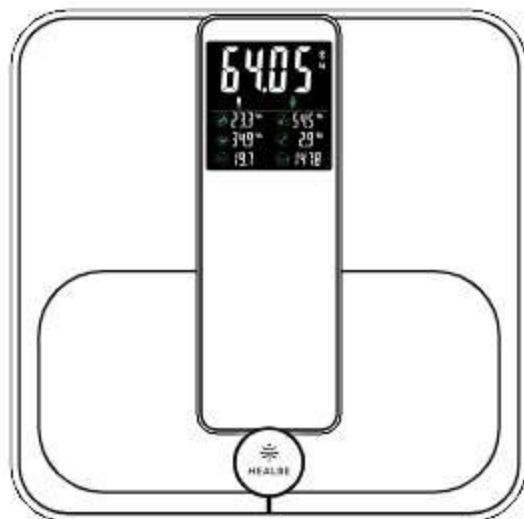
- ① Unpack the HEALBE Scale from the box, remove all protective packaging, and open the battery compartment on the bottom of the scale.
- ② Remove the protective films from the batteries (these prevent accidental short circuits during transport) and reinsert the batteries into the compartment.
- ③ Always place the scale on a flat, non-slip surface when measuring. Hard flooring without carpets or other soft materials works best.

First Connection

- The first connection differs from the usual scale usage process.
- Before the initial connection with the HEALBE app, the HEALBE Smart Scale will measure and display only body weight on the screen, without body composition or other additional metrics.
- Once the scale is connected for the first time, its display will start showing body composition data during each measurement.



Before the first connection



After the first connection

Connecting the Scale to the HEALBE mobile app:

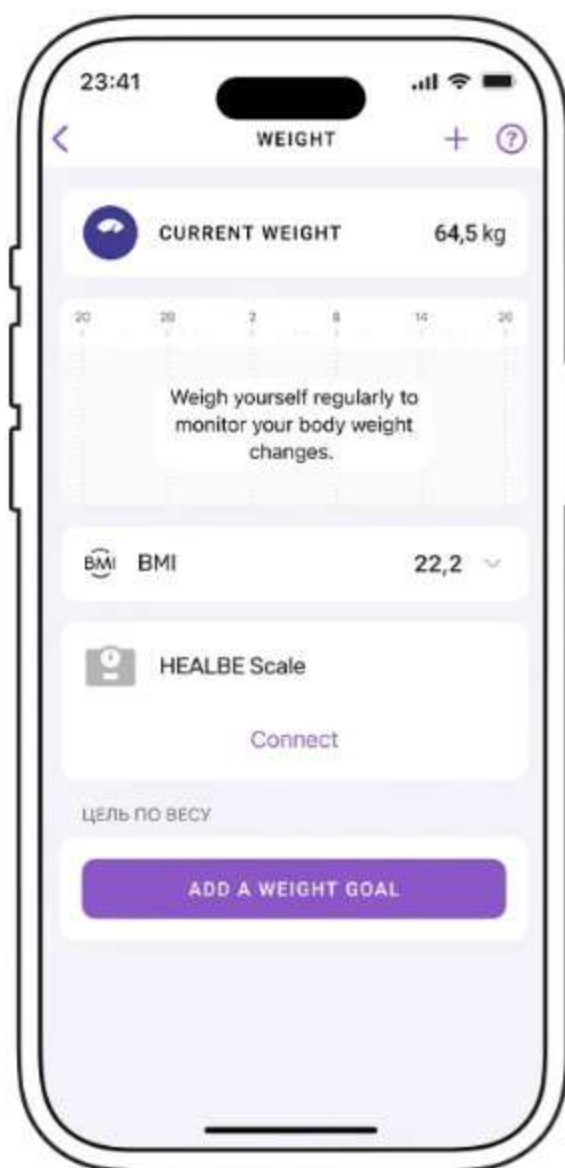
To successfully connect the scale to the HEALBE app, you only need one step with a few simple actions:

- 1 Open the HEALBE app and go to the "Weight" section
- 2 In the Weight section, tap the button with the scale icon
- 3 Remove your shoes and socks. Step onto the scale to activate data transfer. A blue Bluetooth logo will appear on the scale display.
- 4 Stay on the scale and follow the instructions on the app screen
- 5 After a successful connection, a confirmation message and a new button will appear in the "Weight" section

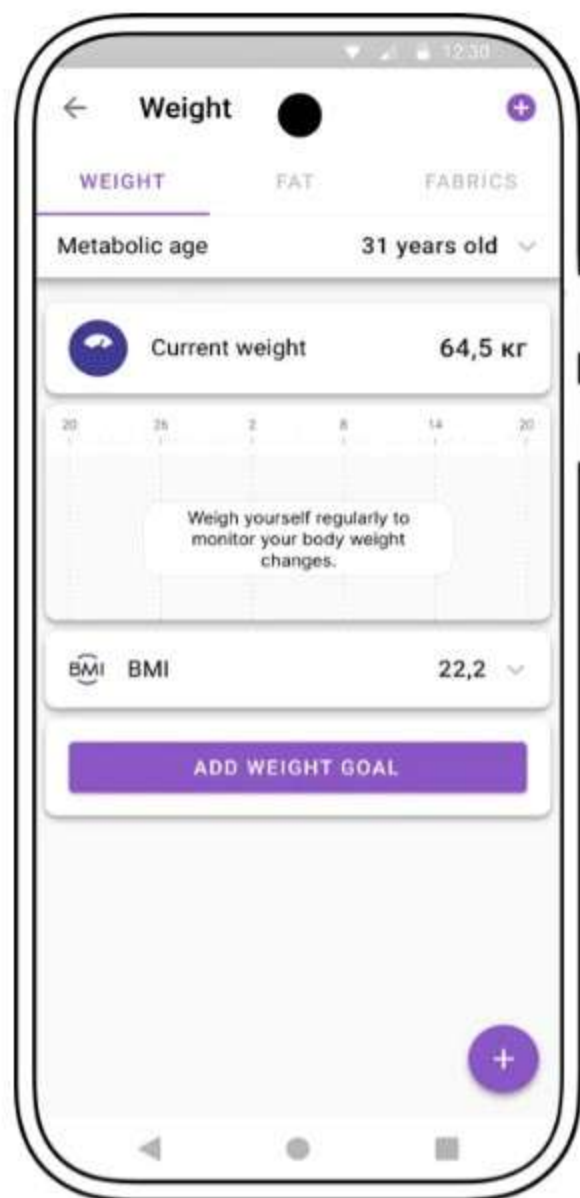
First weigh-in:



Tap «+» (top right), then select «Scale».



Tap "+" (bottom right), then select the scale icon.

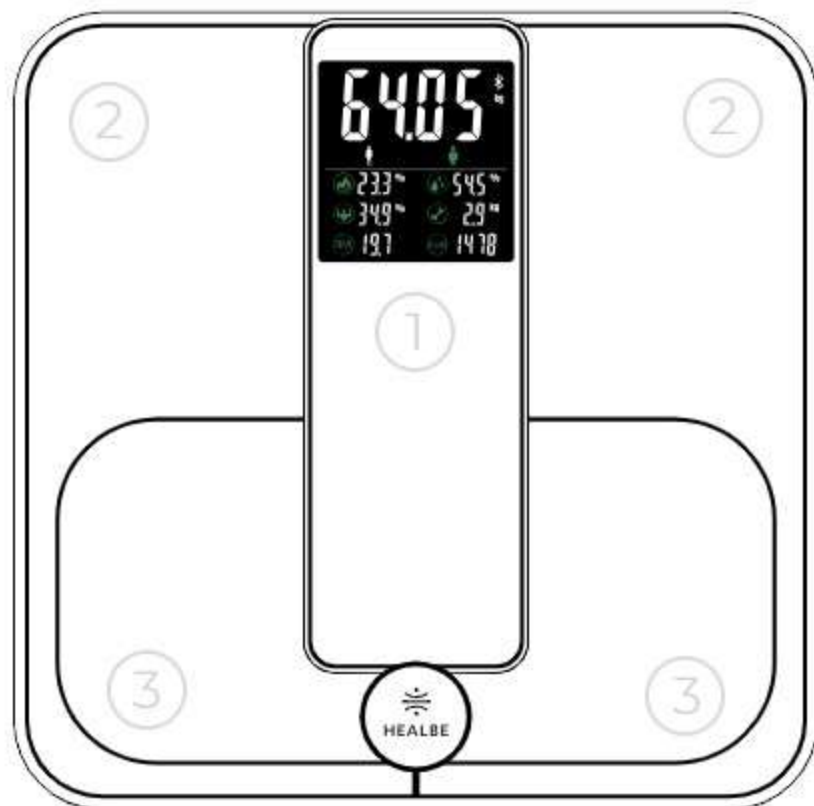


Using the HEALBE Scale

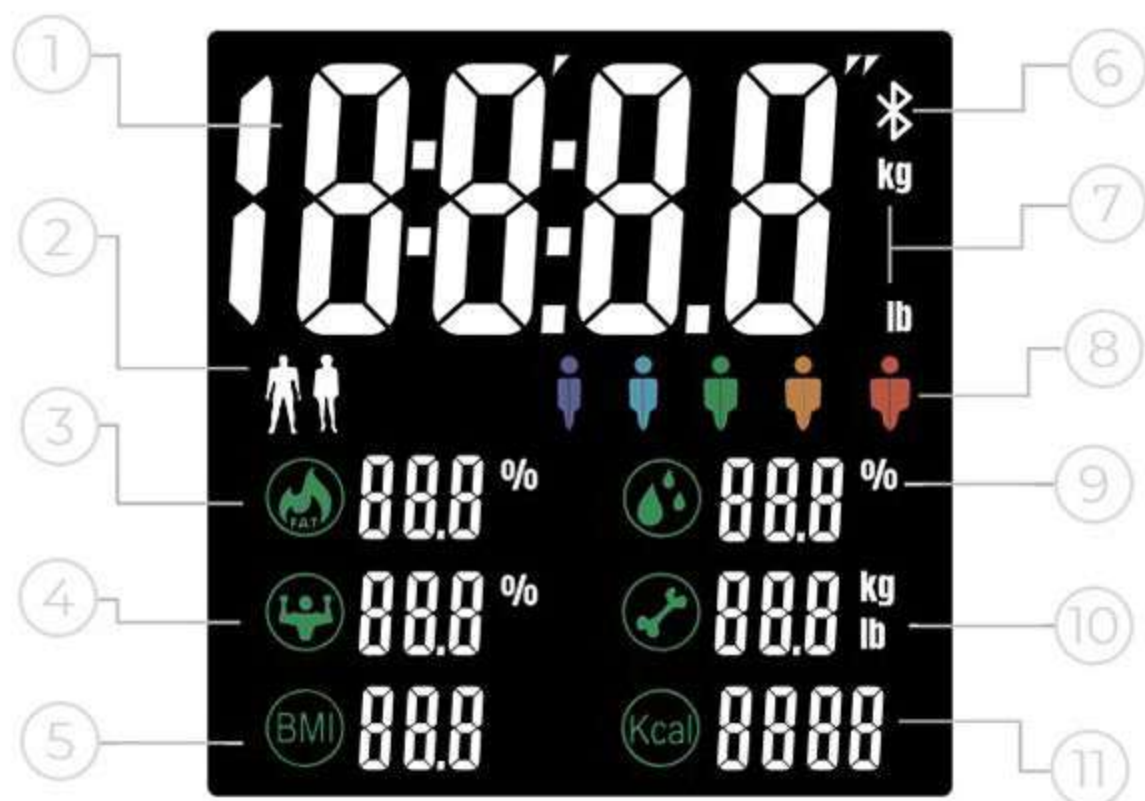
Device overview and components

The components of the HEALBE Scale can be seen in the diagram on the right

- ① Display
- ② Weighing platform
- ③ Bioimpedance sensor electrodes



Display indicators



1 Weight display section

2 Gender indicator

3 Total body fat percentage indicator

4 Muscle mass percentage indicator

5 Body Mass Index (BMI) indicator

5 Body Mass Index (BMI) indicator

6 Bluetooth connection status indicator

7 Selected weight unit indicators

8 Body type indicator

9 Hydration level indicator

10 Bone mineral mass weight with selected measurement unit

10 Bone mineral mass weight with selected measurement unit

11 Basal Metabolic Rate (BMR) indicator

Measuring with the App

Weighing with the HEALBE app allows you to analyze measurement data and store it conveniently. To collect data in the app, connect to it before weighing.

- 1 Enable Bluetooth on your smartphone
- 2 Open the HEALBE app and log into your account
- 3 Find and open the «Weight» section in the app
- 4 Tap the round auto-weigh button
- 5 Follow the on-screen instructions in the app



After a successful measurement, simply save the results to track changes in your metrics over time.

Measuring without the app

Weighing without the app lets you quickly check your body composition.

Without connecting to the app, the scale will not save your measurements, making it impossible to compare them to previous results.

To weigh without the app, follow three simple steps:

- 1 Remove your socks to ensure fabric does not interfere with the sensors
- 2 Step onto the scale
- 3 Wait until the weigh reading stops flashing — meaning your result is fixed. The impedance data will appear below



To take another measurement, step off the scale and then step back on.

If an error occurs during weighing, refer to the [«Measurement Error List»](#) section.

HEALBE App Features

When measuring with the app, you gain access to all the benefits of using the smart scale:

- Data is stored in a secure vault
- Metrics are compiled into easy-to-read charts and reports
- A history of your results is created
- Data can be shared with Apple Health and Health Connect



Data Storage and Transfer

All your data is accessible only after logging into your secure account. After receiving measurements from the scale, the HEALBE app sends the data to the server, where it is stored in encrypted form.

If the internet is unavailable, the data is temporarily stored in your smartphone's internal storage.

To ensure successful transfer and saving of data from the scale, follow these recommendations:

- Do not disable Bluetooth or internet access on your smartphone during data transfer and saving
- Do not step off the scale platform during weighing
- If you are unsure whether the device had enough time to complete the measurement, it's best to repeat it
- Do not minimize or close the HEALBE app during measurement
- Remember to save successful measurements in the HEALBE app

Syncing data with other apps

The HEALBE app stores all data from past measurements taken with the HEALBE Smart Scale when connected to the app.

You can share this data with aggregators to use or analyze it elsewhere. You can set up data sharing from the HEALBE Smart Scale in the "Settings" section of the HEALBE app. Enable the relevant options to allow measurement data transfer.

Usage notes

To ensure accurate measurements, the smart scale requires a few important conditions:

- Make sure the scale is on a hard, stable surface and that you have something to hold onto in case you lose balance
- Remove socks or clothing covering your feet and soles to avoid interference with the bioimpedance sensors
- Ensure the surface of the scale is clean and safe to step on
- Do not change posture, shift your weight from foot to foot, or jump on the scale during measurement
- Prevent dirt and liquids from getting onto the measuring platform of the scale

Measurement Error List

Several types of errors may appear on the scale's display, all related to measurement issues:

- **Err1** — Weighing not completed
- **Err** — Maximum weight limit of 180 kg exceeded
- **Lo** — Low battery

A digital display showing the error code "Err1" in a stylized, segmented font.A digital display showing the error code "Err" in a stylized, segmented font.A digital display showing the error code "Lo" in a stylized, segmented font.

Limitations

The scale's algorithms are designed for normal human body parameters. During pregnancy, extreme conditions, or certain illnesses, measurement results may be significantly distorted.

The scale also has the following technical limitations:

- Maximum weight capacity: 180 kg
- Measurement accuracy: ± 0.1 kg
- Bluetooth: version 4.2 or higher
- Waterproofing: none
- Compatibility: iOS and Android

Maintenance and Specifications

Smartphone Requirements

Since weight data display functionality is integrated into the HEALBE app, Android and iOS smartphones must meet the following OS requirements:

- Minimum iOS version — iOS 15
- Minimum Android version — Android 9

The HEALBE Smart Scale transmits data via Bluetooth technology, so the smartphone must support Bluetooth 4.2 and Bluetooth Low Energy (BLE).

Operation

Caring for the smart scale is similar to caring for regular scales and other electronic devices — do not spill liquids on it to avoid damaging the electronics or slipping, and avoid dropping or heavily soiling the device.

Troubleshooting

If your scale stops working, don't worry. Check if Bluetooth is enabled on your smartphone, whether the scale's batteries are drained, and if the scale powers on when you step on it.

If none of these steps help, the HEALBE Care team will be happy to assist you.

Our support team can help via the HEALBE app chat or at scale@healbe.com.

Replacing batteries

The HEALBE Smart Scale operates on three standard AAA batteries. The batteries are easy to replace, and the battery compartment is located on the underside of the scale.

Dimensions and Weight

Dimensions:

Height: 0.94 in

Length: 11.02 in

Width: 11.02 in

Package weight:

3.64 lb

Description

Name: HEALBE Scale

Model: BCS1H

Series model: 700A, B6H, B12H, B30H, B40H, B41H, B80H, B90H, BCS2H, B21H, B16H, B92B, B200H, B700H

Model difference: The difference of the models are model name and product appearance color, others are the same.

Hardware Version: bm16

Software Version: BM16H2S4.1.0.20250307

Ratings: Battery 4.5V

Battery: 4.5V

Frequency Band: 2400 Mhz to 2483.5 MHz

Frequency Range: 2402 Mhz to 2480 MHz

FCC Statement

1. 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.

2) This device must accept any interference received, including interference that may cause undesired operation.

2. 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.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.