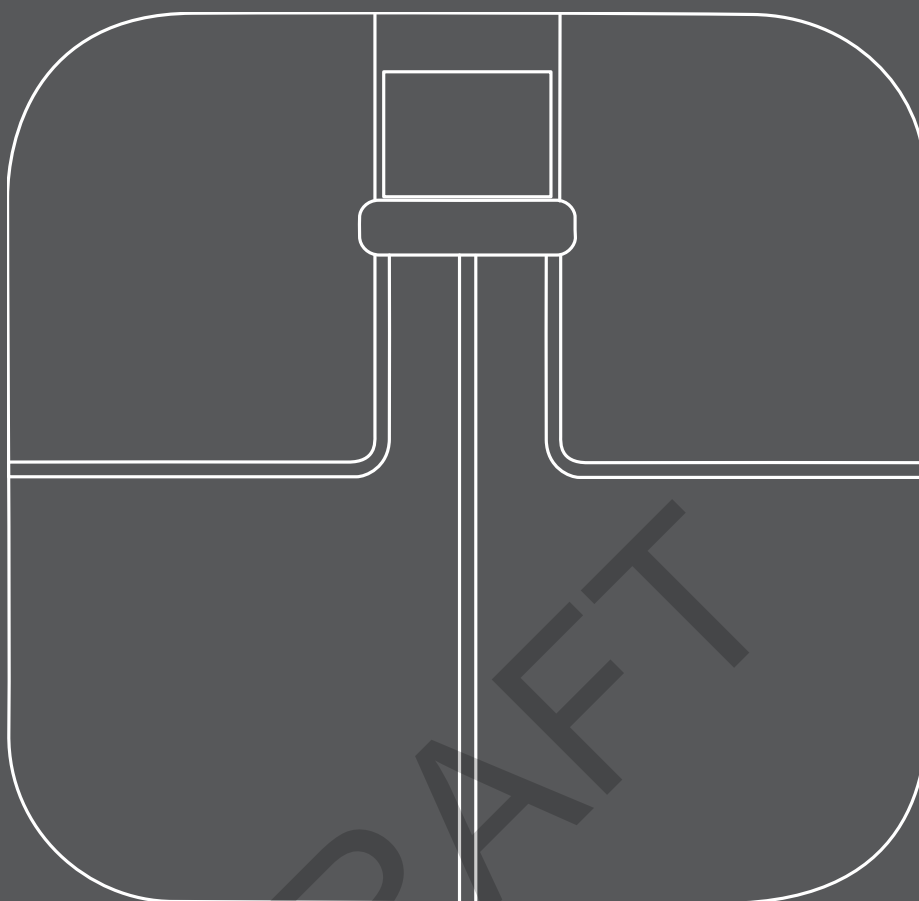


GARMIN®



GARMIN INDEX™ S2 SMART SCALE

Quick Start Manual

Getting Started

WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Device Overview



①	LCD screen
②	Reset key
③	Units of measure switch
④	Battery door

Installing the Batteries

The device operates on four AAA batteries.

- 1 Remove the battery cover.
- 2 Insert four AAA batteries, observing polarity.



- 3 Replace the battery cover.

After installing the batteries, the wireless indicator lights on the LCD screen flash and appears to indicate the device is ready to set up.

Status Icons

Icons appear on the LCD screen to indicate connection status and to indicate which metric is displayed on the screen. Flashing wireless signal icons indicate the device is searching for a signal. A solid icon means the device is connected using the corresponding wireless technology.

	Wi-Fi® signal status
	Bluetooth® wireless signal status
	Body mass index
	Body fat percentage
	Body water percentage
	Skeletal muscle mass
	Bone mass
	Weight trend
	Weather
	Low battery
	Guest user
	Setup mode
	A software update or software maintenance connection status
	Data upload or software update was successful
	Data upload or software update was unsuccessful

Setting Up Your Device

For the most accurate weight measurement, you should use the device on a hard, flat floor.

To set up the Garmin Index S2 device, it must be paired directly through the Garmin Connect™ app and connected to a compatible Wi-Fi router before you can use all of the features of the device.

- 1 From the app store on your smartphone, install and open the Garmin Connect app.
- 2 Select an option to add your device to your Garmin Connect account:
 - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
 - If you have already paired another device with the Garmin Connect app, from the settings menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

NOTE: Until you complete the setup process, the device has limited functionality.

- 3 Customize your widget views (optional).

Additional Users

You can invite up to 15 guest users to use your Garmin Index S2 device. Each guest user must have a Garmin Connect account.

NOTE: Only the device owner can invite users.

Inviting a Guest User with the Garmin Connect App

Each guest user must have a Garmin Connect account.

- 1 From the Garmin Connect menu, search for the name of the guest user.
- 2 If you are not already connected to the guest user, select **Connect**.
- 3 From your Garmin Connect device menu, select **Manage People**.
- 4 Select **Invite Connections**, and select the guest user.

After the invitation is accepted, the guest user can use the Garmin Index S2 device.

Reading and Recording Measurements

Each time you step on the device, it calculates your weight and other measurements. The LCD screen displays the calculated measurements automatically, moving to the next measurement every few seconds.

- 1 Remove your socks and shoes.
- 2 Tap the scale.
The LCD display activates.
- 3 Stand on the scale barefoot.



TIP: For best results, stand with your feet placed flat on the glass surface of the scale.

The scale weighs you, and it displays your initials and measurements automatically.

- 4 When measurements display, tap the device to move through the measurements more quickly.

If you have set up your device with an active Wi-Fi connection, measurements are uploaded automatically to your Garmin Connect account.

Changing Users

The Garmin Index S2 device distinguishes between users automatically based on weight and frequency of use. When you step on the device, it weighs you and displays your initials on the screen. If the device detects the wrong user, you can change users.

- 1 Stand on the scale.
Initials appear on the device screen.
- 2 Tap the device to move through the registered users.

Getting the Owner's Manual

Go to www.garmin.com/manuals/indexS2.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Do not use a sharp or abrasive object to clean the device.

Avoid chemical cleaners, abrasive cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Cleaning the Device

- 1 Clean the surface of the device using a cloth dampened with a mild detergent solution.
- 2 Wipe the device dry.

Specifications

Maximum load	181.4 kg (400 lb.)
Battery type	4 AAA alkaline batteries
	NOTICE You must use 1.5 V batteries in this device.
Battery life	Up to 9 mo.
Operating temperature range	From 10° to 40°C (from 50° to 104°F)
Storage temperature range	From -20° to 50°C (from -4° to 122°F)
Wireless frequency	2.4 GHz @ 18.7 dBm nominal

Symbol Definitions

These symbols may appear on the device or accessory labels.

	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.
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