

**BFS-6/0355**  
**Wireless Body Analysis Scale**  
**with Smartphone Compatibility**



**INSTRUCTION MANUAL**  
**PLEASE READ ALL INSTRUCTIONS CAREFULLY**  
**AND RETAIN FOR FUTURE USE**

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# Introduction

## GETTING STARTED

- Remove Wireless Body Analysis Scale and other accessories from the box.
- Remove any packaging from the product.
- Please read all instructions and retain all packaging until you have checked and counted all of the parts.

## PACKAGE CONTENTS

- **Wireless Body Analysis Scale**
- **Instruction manual**

## Features

- Accurately measures weight, body fat, muscle mass, body mass index (BMI), calories, hydration and visceral fat
- Large LCD screen with easy-to-read blue backlit display
- Attractive tempered 6mm black glass rated for use up to 400 lbs
- Quickly takes measurements the second you step on the scale
- Convenient app with cloud storage works with all NuvoMed devices
- Results sent wirelessly to your iOS™ or Android™ smartphone or tablet
- Google Fit™ and iOS™ Health integration
- Single user memory that tracks and detects changes in your weight with date & time
- Share history data via email
- Digital LCD display with blue backlight
- Auto turn off
- Operates on 2x1.5V (AAA) batteries (not included)

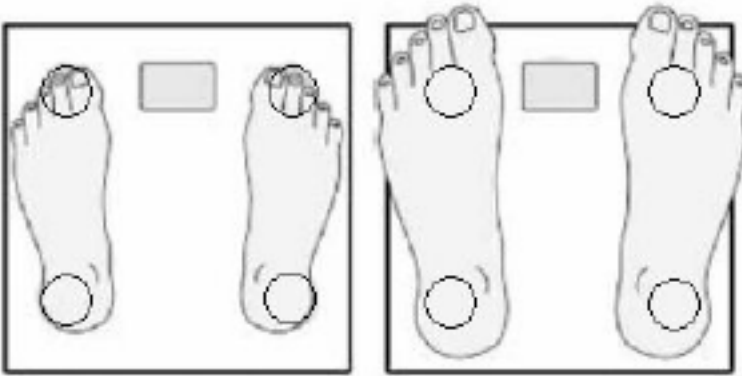
## How to Ensure Accurate Readings

- **Always measure barefoot. Do not step on unit with wet feet, wearing socks or shoes to prevent slipping, damage and inaccurate readings**
- **Recommended to be placed on hard flat surface only.**
- **Always weigh yourself on the same scale, same place and same surface if possible.**
- **Recommended measurement time is after waking up but before breakfast (optimal), 2 hours after recent meal but before the next meal, or before bed but 2 hours after dinner.**
- **Erroneous measurements can occur if feet are dirty, dry or extremely callous.**
- **Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise.**
- **Stand upright and not to the edge of the scale to ensure good contact with the film or electrodes (the film and electrodes both are conductive media depending scale models).**
- **Horizontal line should be running below arch of each foot.**
- **Full feature of scale only available with corresponding app.**

## How does the Wireless Body Analysis Scale work?

This Wireless Body Analysis Scale uses BIA (Bio-electrical Impedance Analysis) technology to estimate body fat mass, muscle mass, total body water and bone mass. The general principle behind: two or more conductors (electrode or ITO film) on the scale contact person's body and a small electric current is sent through the body. The resistance between the conductors will provide a measure of body fat. The electrical current is small and may not be felt.

# Operating Instructions



NOTE: This device is a personal monitor and should be used in a consistent manner for the most accurate reading. While readings of this analyzer might be different with that of others (hydro-densitometry or hand held calipers), your changes in body fat percentage shown by this device will be reflected accurately. While this analyzer will work accurately as a scale for anyone and give accurate body fat readings for a majority of people, it is not intended for being used by pregnant women or children under the age of 18.

## OPERATING INSTRUCTIONS

### Quick Start Guide

1. Remove the battery cover at the back of Wireless Body Analysis Scale, and insert 2x1.5V AAA batteries (not included) into the unit. Make sure the polarity is correct when done. Then, put back the battery cover. Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (nickel-cadmium) batteries.
2. Place the unit on a hard flat surface (avoiding carpets or soft surface).
3. To set “units” in lbs, press the button located on the back of the unit, right behind the display. The set display unit is kg, lbs, st:lb.
4. This product does not have an ON/OFF button. It will turn on when you press the middle button located on the back of the unit.

### Compatibility

This Wireless Body Analysis Scale is compatible with the App – “NuvoMed”



This Wireless Body Analysis Scale and App is compatible with the below devices using iOS 7.0 and above, and with Bluetooth 4.0 and above -

- iPhone 5 and above,
- iPod Touch 5th GEN and above,
- iPad 4 and above, etc.

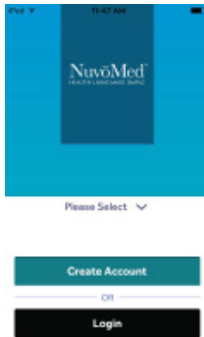
This Wireless Body Analysis Scale and App are compatible with the below devices using Android 5.0 and above, and with Bluetooth 4.0 and above -

- Samsung Galaxy S5 and above,
- Samsung Note 4 and above, etc.

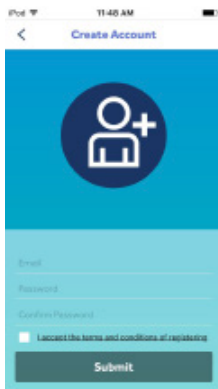
# Operating Instructions

## Operating Instructions

1. Ensure Bluetooth is turned “ON” on your phone.
2. Search for and download “NuvoMed” app on your phone.
3. Open the App and the following screens would appear -



4. Create your new account for the first time use –

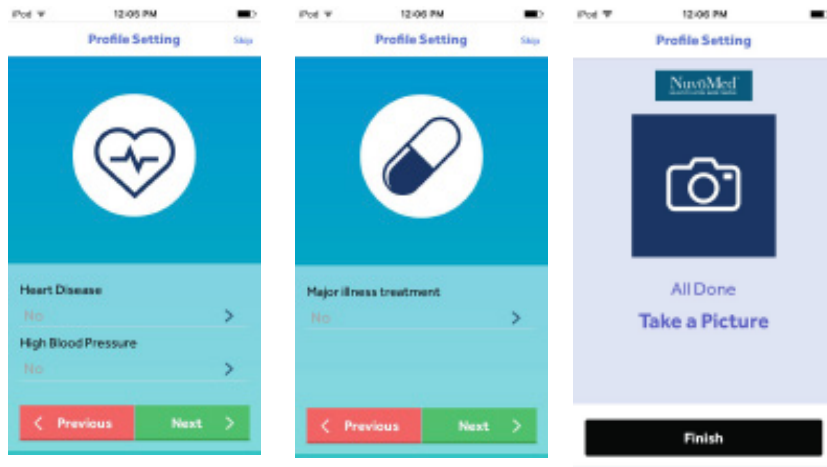


## 5. Input your profile information –

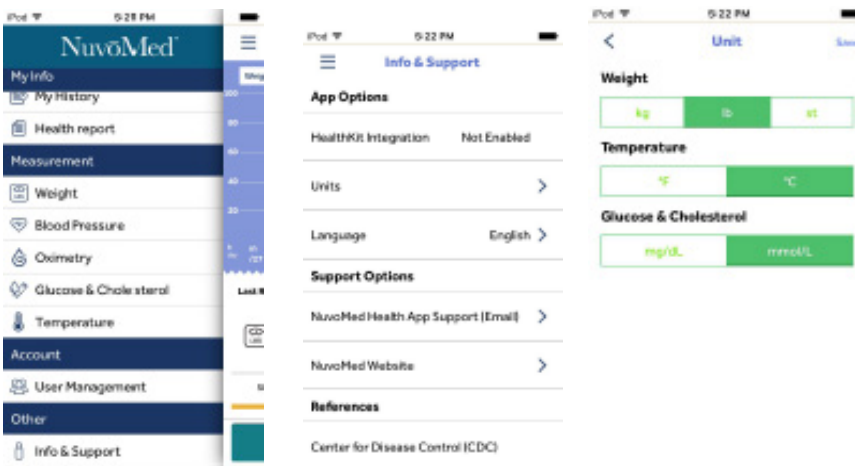
The following table summarizes the content of each screen in the profile setup sequence:

Screen	Icon	Text / Input Fields	Buttons
1	NuvoMed logo	Welcome NuvoMed	Start
2	Speech bubble	Set your name First Name (required) Last Name	Previous, Next
3	Gender symbols	Please select your gender Male, Female	Previous, Next
4	Calendar	Set your birthday YY-MM-DD	Previous, Next
5	Person with height lines	How tall are you? 000.00cm	Previous, Next
6	Person with weight label	What is your current weight? 0.00kg What is your current waist size? 0.00"	Previous, Next
7	Person with ethnicity label	Select your ethnicity Caucasian	Previous, Next
8	Person running	Activity Level at Work Heavy, Laborious Leisure Active, Sports/Workouts	Previous, Next
9	Chili pepper and cigarette	Fruits and Vegetables Hot, everyday Do you smoke? No	Previous, Next
10	Syringe	Personal diabetes No Diabetes in the family No	Previous, Next

# Operating Instructions



6. Click “Info & Support” to set the corresponding weight unit: kg/lb/st:lb, and then return back.



7. Press the button located on the back of the Wireless Body Analysis Scale to turn it on. Place the unit on a hard flat surface (avoiding carpets or soft surface).

## Operating Instructions

8. Click “Weight” & “Start Measurement”, wait the App screen showing green display, and then stand on the scale for Bluetooth-Pairing to measure and obtain the weight data.

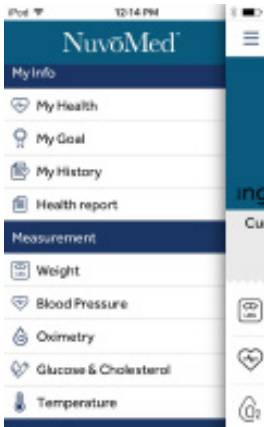


9. Press “Save” to store the measured data inside the App with the Wireless Body Analysis Scale.



# Operating Instructions

10. You can see your past measured temperature data through “My History” and/or “Health report” to review and print report.



11. Reading the Data from Wireless Body Analysis Scale. After finishing the pairing process. You are ready to explore the journey to measure weight and body composition.

The Wireless Body Analysis Scale uses BIM technology. Bioelectrical Impedance Analysis (BIM) is a method of measuring body fat percentage by sending a low-level, safe, electrical current through the body. Therefore, you need to remove your shoes and socks, and then stand on the scale barefoot, covering the chrome discs located on the face of the scale.

The scale will fail to measure body composition if your feet are too dry to make a connection. For these circumstances, try to moisten your feet with a damp tissue or cloth to take readings.

Never attempt to take reading when you are wet after a shower/bath or sauna/steam room or after vigorous exercise.

A summary of your data is then displayed on the App screen, and the scale display only shows your weight.

You can monitor weight, BMI, Body Fat (%), Visceral Fat (%), Muscle Mass (%), Bone Mass (lb), Hydration (%) and Calories for you.

12. Take routine readings and explore the App functions

## Understanding your information

The information displayed: Weight (kg, lb or st:lb), Body Fat (%), Bone Mass (lb), Muscle Mass (%), Hydration (%), Calories and BMI.

## Weight

Your weight displays and gets stored in the App. It will show your weight in relation to your target weight in a line graph, and you can view this over a week, month, year or all of your data.

# Operating Instructions

## Body Fat %

This value can serve as a guide to whether you need to adjust your diet, fitness program or fluid intake to help you to achieve a healthy balance. Our bodies comprise of bone, fat and muscle. Fat is vital for a healthy, functioning body – it protects vital organs, cushions joints, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is in short supply. But too much or too little body fat can be damaging to our health. This is why it is important to measure and monitor our body fat percentage using the Wireless Body Analysis Scale.

Body fat percentage gives us a good measure of wellness when used in conjunction with weight – if we are aiming to lose weight, our weight loss could be because we are losing muscle mass, rather than fat - we can still have a high percentage of fat even when a scale indicates 'normal weight'.

For guidance, the Body Fat ranges for men and women are:

MALE	Age	20-29	30-39	40-49	50-59	60+
	Low	<13	<14	<16	<17	<18
	Optimal	14-20	15-21	17-23	18-24	19-25
	Moderate	21-23	22-24	24-26	25-27	26-28
	High	>23	>24	>26	>27	>28

Female	Age	20-29	30-39	40-49	50-59	60+
	Low	<19	<20	<21	<22	<23
	Optimal	20-28	21-29	22-30	23-31	24-32
	Moderate	29-31	30-32	31-33	32-33	33-35
	High	>31	>32	>33	>34	>35

# Operating Instructions

## Muscle Mass %

Knowing our muscle mass percentage is useful if we are undergoing any changes in our exercise regime or undertaking a program of weight loss. Lean muscle mass may decrease by nearly 50% between the ages of 20 and 90. We can replace this loss with fat if we don't maintain our exercise levels. We can also lose muscle rather than fat if we undergo starvation-type diets, which are not recommended. At rest, the body burns approximately 50 additional calories for each pound of muscle gained. So if we come off a starvation-type diet, we actually put on more weight as fat. Ideally we want to maintain our muscle mass % while reducing fat %.

## Hydration %

Water is a vital element in the majority of the body's functions and can be found in every cell, tissue, and organ. A healthy hydration % needs to be maintained to operate at maximum efficiency. Hydration levels fluctuate throughout the day, so use this measurement as a guide and not your absolute. Also note that eating large meals, consuming alcohol, menstruation, illness, exercising and bathing may cause variations in your hydration level. Optimal hydration % for Women is 45-60% and for Men is 50-65%.

## Body Mass Index (BMI)

Body Mass Index (BMI) is an index of weight-for-height that is routinely used to classify underweight, overweight and obesity in adults.

## Visceral Fat (%)

Visceral Fat is located in our abdominal cavity (stomach area) and surrounds our vital organs. The more visceral fat you have the greater the chance of developing insulin resistance (leading to type 2 diabetes), heart disease and high blood pressure.

The Wireless Body Analysis Scale gives a visceral fat percentage for reference. Visceral Fat percentage between 1% and 9%: Indicates that you have a healthy level of visceral fat.

Visceral Fat percentage more than 9%: Indicates that you could have excess visceral fat and you may wish to consider modifying your diet or increasing your exercise levels.

## Bone Mass (lb)

Similar to MUSCLE MASS percentage, understanding changes in our BONE MASS (lb) can be useful, especially during weight reduction programs.

Male	Weight	Less than 132 lb	132-165 lb	More than 165 lb
	Calculated Bone	5.5 lb	6.4 lb	7 lb
Female	Weight	Less than 99 lb	99-132 lb	More than 132 lb
	Calculated Bone	4 lb	4.8 lb	5.5 lb

## Calories

It is a measure of the number of calories required to keep your body functioning at rest.

## Maintenance and Care

- When the scale is overloaded, it will display “OL”.
- When the battery needs to be replaced, it will display “Lo”.
- Ensure the scale is used on a flat, even and firm surface. Avoid carpet or soft surface.
- Always weigh yourself with the same scale placed on the same surface. Uneven floor may affect the reading.
- The surface of the scale will be slippery if wet. Keep it dry!
- To ensure a consistent result, weigh yourself without clothing and footwear, before meals and at the same time of day.
- Do not expose scale to direct sunlight.
- Keep the scale in a dry place to protect the electronic components.
- Clean after use with a lightly damp cloth, do not use solvents or immerse the product in water.
- Avoid overloading the scales other than to replace the battery.
- Do not disassemble the scales other than to replace the battery.
- Do not store the scale in an upright position when not in use. Only store flat and on an even surface to maintain correct calibration for every use.
- Avoid excessive impact or vibration to the unit, such as dropping the scale onto the floor, or leaving objects on the scale.
- A user who has any metal material inserted into his/her body may get differences in measurement of body fat reading.

## TECHINICAL SPECIFICATION

Display: All data displayed when power on

Capacity: (6.6 lbs-396 lbs) 3kg-180kg

Division: 1D=100g/0.2 lb

Unit: kg/lbs/st:lb

Voltage: 3V

Battery: 2x1.5V AAA batteries

Low battery indication: 2.4V±0.2V, display “Lo” and power off

Current: ≤25mA

Standby current: ≤10μA

Overload indication: overload more than 5.5 lbs (2.5kgs), total 401.5 lbs (182.5kgs) display “OL”

Best working temperature: 41~95°F (5~35°C)

Storage temperature: 14~140°F (-10~60°C)

Moisture environment: ≤90%RH

Dimension: 11”(L) x 11”(W) x 1”(H)

Weight: 3 lbs

# FCC Instructions

## FCC Instructions

Changes or modifications not expressly approved by the party responsible for compliance could void the

NOTE: This product 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 product 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 the product 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 product and receiver.
- Connect the product 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 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.

# Warranty

## Limited Warranty

This manufacturer's product warranty extends to the original consumer purchaser of the product. Neither the retailer nor any other company involved in the sale or promotion of this product is a co-warrantor of this manufacturer warranty.

**WARRANTY DURATION:** All materials and workmanship are warranted to the original consumer purchaser for a period of ninety (90) days from the original purchase date.

**WARRANTY COVERAGE:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty doesn't cover the following which may be supplied with this product, including but not limited to; LCD Screens, glass parts, lenses, bulbs etc. This warranty is effective only if the product is purchased and operated in USA and Canada, and does not extend to any units which have been used in violation of written instructions furnished by manufacturer or to units which have been altered or modified or, to damaged products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**WARRANTY DISCLAIMERS:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for manufacturer any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contractor commercial law including but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract. Under no circumstances will Manufacturer's / Distributor's maximum liability exceed the retail value of the product.

**WARRANTY PERFORMANCE:** During the above 90 day warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at manufacturer's option). The repaired or replacement product will be in warranty for the balance of the 90 day warranty period and an additional one-month period. No charge will be applicable for such repair or replacement.

**SERVICE AND REPAIR:** If service is required for this product, you should first contact Nuvomed Inc Customer Service at [info@nuvomed.us](mailto:info@nuvomed.us) or by calling 1 (866) 815-4714, Monday to Friday 10am to 6pm EST.

**NOTE:** Manufacturer cannot assume responsibility for loss or damage during incoming shipment. As a precautionary measure, carefully package the product for shipment, and insure it with the carrier. Be sure to enclose the following details with the product: your full name, return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.