

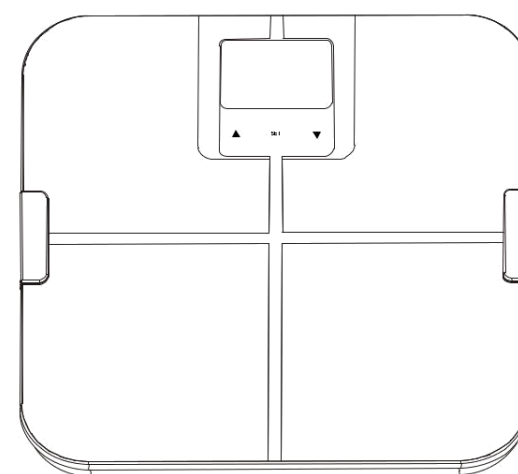
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LIFESmart 

User Manual

Smart Body Scale

LS-936



- Thank you very much for selecting the LifeSmart Smart Body Scale LS-936.
- Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product, and keep the manual well for further reference in case you have problems.

CE **Bluetooth**
ENABLED

Manufactured For: GENESIS BIOTECH PTY LTD
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♥ Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	The Bluetooth Combination Mark		Symbol for "DIRECT CURRENT"
	Symbol for "COMPLIES WITH EU REQUIREMENTS"		Symbol for "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"
	Symbol for "MANUFACTURE DATE"		
	Symbol for "SERIAL NUMBER"		Symbol for "Including RF transmitter"
	For indoor use only		



CAUTION

Our Smart Body Scale LS-936 offers you a seamless way to manage your health. Please be aware that this device is designed for healthy population over 10 years old self-measuring and self-monitoring body compositions. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. If in doubt, contact your physician.

This device is contraindicated for any female subject who may be suspected of, or is pregnant. Otherwise, the effects of this device on the fetus are unknown.

This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

This device should not be used for anyone who is acutely or chronically ill because of 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.

LS-936 is equipped with 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 LS-936. And the device can interfere vicinity electrical equipment.

Manufacturer will make available on request circuit diagrams, component parts list, etc.

WARNING: No modifications of this equipment is allowed. This may result in increased EMISSIONS or decreased IMMUNITY of LS-936.

Please use the device according to the user manual. Any misuse can cause electric shock, burns, fire and other unexpected hazards.

Please use and store the device under the environment which was provided in the user manual. Don't expose the device to extreme temperatures, direct sunlight, moist or corrosive environment. Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

Please keep the device out of reach of infants, children or pets, as swallowing of small parts is dangerous or even fatal.

Please don't use the device out of lifetime any more because degraded sensors and electrodes, or loosened electrodes can degrade performance or cause other problems.

If you have an allergy to stainless steel, please avoid to contact to the electrodes of the device.

The user is an intended operator. The user can measure, transmit data and charge battery under normal circumstances and maintain the device and its accessories according to the user manual.

♥ Your Scale and Its Environment

To ensure your safety as well as the service life of your scale, please avoid using the scale under the following circumstances:

- Concurrent use of this device and implantable medical electronic instruments, e.g. Cardiac Pacemaker
- Concurrent use of this device and wearable medical electronic instruments, e.g. electrocardiograph
- Concurrent use of this device and other medical electronic instruments for life support, e.g. mechanical heart
- Slippery floor such as tile floor
- Jumping onto the platform immediately after bath or with wet hands
- Near a cell phone or microwave oven

Avoid storage in the following locations:

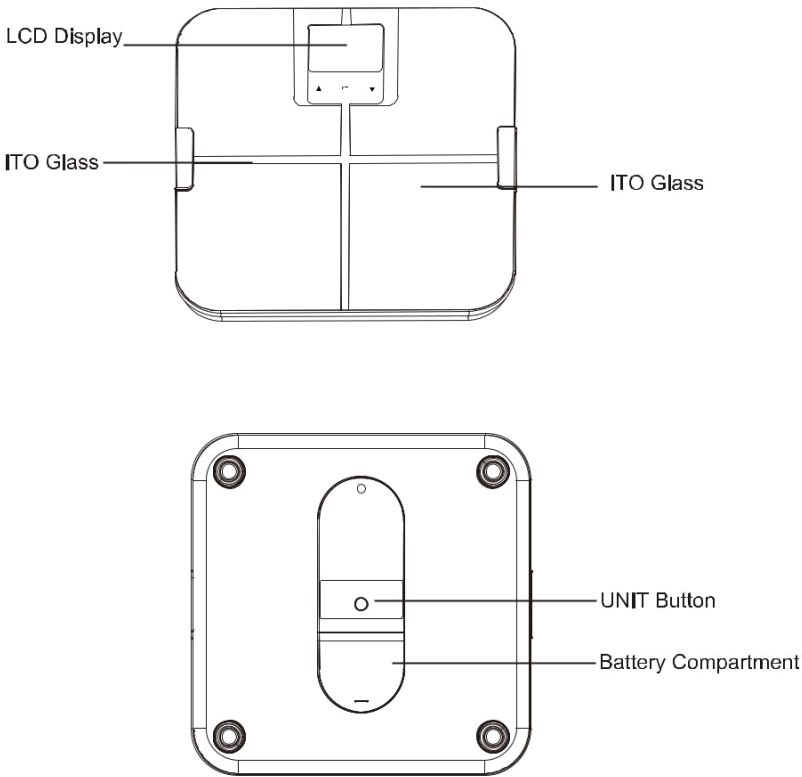
- Where there is water
- Where the device may be exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air
- Where there is risk of shock or drop
- Where you store chemicals or full of corrosive gases
- Where in reach of the infants or children

♥ Efficient Use of Your Scale

To ensure the accuracy of measurement, please follow below instructions when you start measurement.

- Place the scale on a flat, hard surface. Soft surface such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.
- Start measurement at least two hours after Getting up or Dinning.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dinning.
- Always start measurement in the same time slot and on the same scale located on the same flat, hard surface.

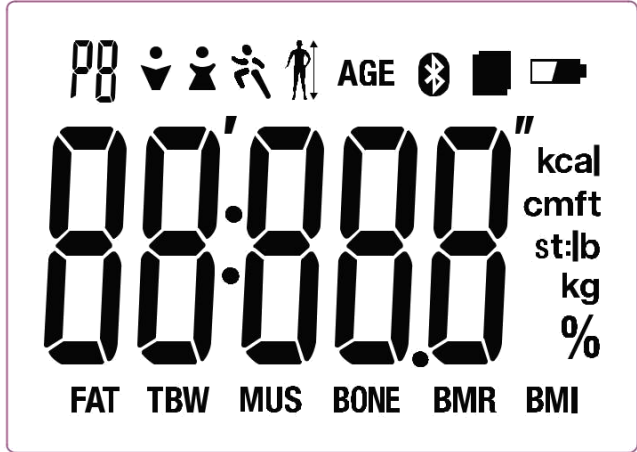
♥ Device Components



♥ List

- 1. Smart Body Scale LS-936
- 2. Four AAA-size Batteries
- 3. User Manual

♥ LCD Display



kg	Kilogram		Successful Bluetooth Connection and data transmitting
st	Stone		Data pending to transmit to wireless wellness system
lb	Pound		Low Battery
cm	Centimeter	kcal	Calorie
ft	Foot	%	Percentage
	Male	FAT	Body Fat Analysis Result
	Female	TBW	Total Body Water Analysis Result
	Athlete	MUS	Muscle Mass Analysis Result
AGE	Age	BONE	Bone Mass Analysis Result
P8	User ID	BMI	Body Mass Index
BMR	Basal Metabolic Rate		

♥ General Instructions

LifeSmart Smart Body Scale LS-936 applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate body fat, body water, muscle mass, BMI, BMR and bone mass. The electrical current is small and may not be felt.

This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

The current mentioned above is less than 1mA. However, please be aware that anyone with an wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

The intended use of this device is for adult's indoor use only.

♥ Insert the Batteries

- Open the battery door in the back of the scale.
- Insert the batteries (4 x AAA) into the battery compartment according to the polarity indications marked inside the compartment.
- * The digits "8888" will be shown on the LCD.



- Close the battery door and wait until the digits "00" are shown on the LCD.



CAUTION

- When the symbol " " appears, the device will power off. Then you shall replace with a new set of batteries. Please replace all four batteries in the same time. Do NOT mix the old batteries with the new one.
- Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries.

♥ Initialising Your Scale

1. Press the platform centre and remove your foot.
2. "0.0" will be displayed.



3. The scale will switch off and is now ready for use.
This initialisation process must be repeated if the scale is moved.
At all other times step straight on the scale.

♥ Weight Reading Only

This scale features our convenient step-on operation. Once initialised the scale can be operated by simply stepping straight on the platform - no more waiting!

1. Step on and stand very still while the scale computes your weight.
2. Your weight is displayed.



3. Step off. Your weight will be displayed for a few seconds.
4. The scale will switch off.
5. The weight won't be stored in the scale and also won't be transmitted to the LifeSmart APP.

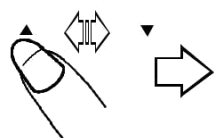
♥ Setting Your Personal Data

1. When the scale is off, press the SET key to enter the setting mode.
Or when the scale is on, press and hold the SET key for 2s to enter the setting mode.



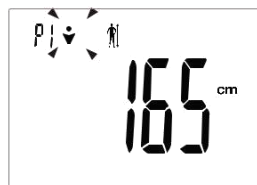
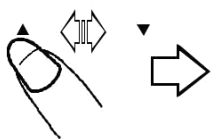
2. Set Memory

Press the [▲] or [▼] key to select a memory location (P1-P8).
Press [SET] to confirm.



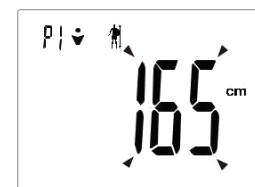
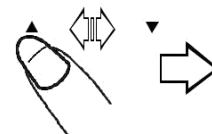
3. Set Gender / Athlete Mode

Press the [▲] or [▼] key choose male (♂) / female (♀) /
male athlete (♂) / female athlete (♀). Press [SET] to confirm.



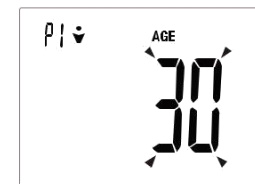
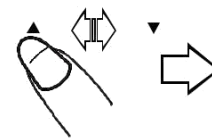
4. Set Height

Press the [▲] or [▼] key to adjust the height.
Press [SET] to confirm. (Setting Range: 100cm~220cm)



5. Set Age

Press the [▲] or [▼] key to adjust the age.
Press [SET] to confirm age. (Setting Range: 10~85 years old)



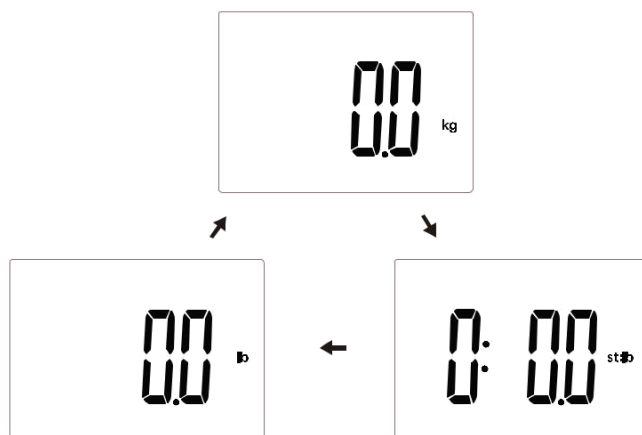
6. After finishing all the settings, your personal information will be saved in memory. The scale will show zero and then you can start measuring.



7. Repeat steps 1-6 to set other pre-programmed user numbers.

♥ Select Measurement Unit

With batteries correctly installed, press "UNIT" button in the back of the scale to select measurement unit. The default measurement unit is "kg". You may press "UNIT" button to choose among kilogram, stone and pound.



♥ Weight & Body Fat Readings

a) Please position the scale on flat surface.

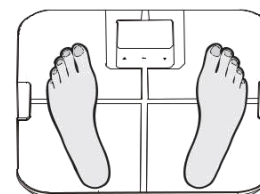
b) Press "SET" to turn on and press "▲" or "▼" to select user No.. The user No.Pn (n can be 1 ~ 8) .



c) Please wait until the LCD displays "0.0".



d) Step onto the platform with bare feet.



e) Stand still and the weight data links and the result will be locked automatically.



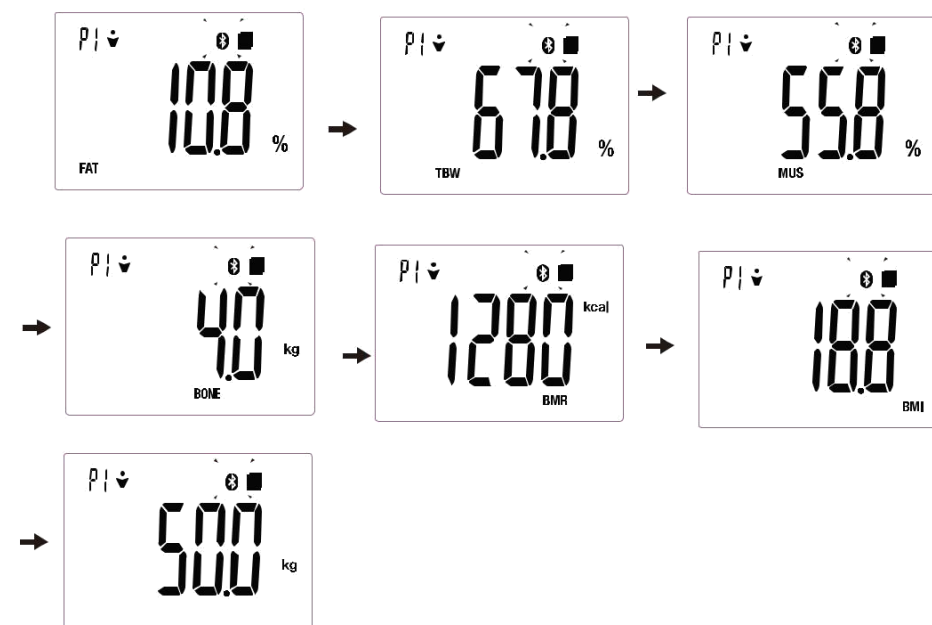
f) The measuring will start automatically with the “0” signal moving from left to right.



g) When the measurement is completed, the results appears repeatedly three times, the weight data will not show on the last time, and will be stored in the scale.

If the APP is on, the data will be transmitted automatically .

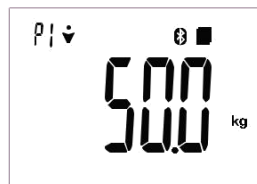
(Please refer to [Data Transmission](#) for more details.)






h) The scale will turn off automatically.


♥ Data Transmission

- With the LifeSmart APP and the Bluetooth is on, the measurement data will be transmitted to your Smart phone/Tablet via Bluetooth.





- The symbol  will disappear after successful data transmission, and you may check your personal health data stored in your Smart phone/Tablet

	Successful Bluetooth Connection and Data transmitting
	Data ready to transmit to the App: -The symbol won't disappear.

- The symbol  will remain all the time. The device can store 30 groups of data. When it's over 30 groups, the new data will replace the old one.

♥ Error Prompt

Error	Description	Solution
	Overload. The device will power off.	Stop using this scale for measurement.
	Low Battery. The device will power off.	Replace all four batteries in the same time. Please purchase the authorized batteries for replacement.

♥ When Measuring ...

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Either your hands or your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.
No display on LCD when the device powers on.	Batteries not yet installed.	Install the batteries. (Please refer to Insert the Batteries)
	Worn batteries.	Replace all four batteries in the same time. Please purchase the authorized batteries for replacement.
CANNOT proceed to analyze body fat, total body water, muscle mass, BMI, BMR and Bone mass.	Step onto the platform wearing socks or shoes.	Please keep barefooted during the measurement, and keep full contact with the electrodes as well.
The device powers off.	Low battery.	Replace all four batteries in the same time. Please purchase the authorized batteries for replacement.

♥ When Data Transmitting ...

Problem	Root Cause	Solution
Data transmission failed.	Bluetooth is OFF.	Turn ON the Bluetooth on your smartphone.
	App is OFF.	Press the icon to turn ON your app.
	Out of range of Bluetooth transmission.	Place your smartphone closer to the scale.

♥ Specifications

Product Name	Smart Body Scale LS-936
Dimension	Scale: 321x321x25.5mm
Net Weight	Approximately 2kg (Excluding the dry cells)
Display	Digital LCD with White Backlight
Measurement Unit	Kilogram / Stone/ Pound
Measurement Range	5kg to 180kg / 0st: 11lb to 28st: 5lb / 11lb to 397lb
Division	0.1kg / 0.2lb/1 lb (≥20st)
Accuracy	5-50kg: ±0.3kg; 50-100kg: ±0.4kg; 100-150kg: ±0.5kg; 150-180kg: ±0.7kg
Working Environment	Temperature: 5 C to 40 C Relative Humidity: ≤85% RH Atmospheric pressure: 86kPa to 106kPa
Storage Environment	Temperature: -20 C to 60 C Relative Humidity: 10%RH to 93% RH Atmospheric pressure: 50kPa to 106kPa
Power Source	6V (Four AAA-size Batteries)
Turn on Method	SENSE ON technology
Auto-OFF	The scale will turn off after about 10 seconds if there is no operation
Accessories	1. Four AAA-size batteries 2. User Manual
Mode of Operation	Continuous Operation

About the Accuracy of This Product

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact LifeSmart.
(Please refer to Warranty for contact information)
- 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.

♥ Warranty

- LifeSmart warrants its products free of defects in materials and workmanship in normal use for a period of ONE year from the date of retail purchase. Your LifeSmart product comes with one year extended warranty apart from one year limited warranty. To validate the extended warranty, you are requested to visit our website (www.mylifesmart.net.au) and register your product by filling all necessary information.
- This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:
 - Failure caused by unauthorized repairs or modifications;
 - Damage caused by shock or drop during transportation;
 - Failure caused by improper operation inconsistent with the instructions stated in this user manual;
 - Malfunction or damage from failure to provide the recommended maintenance;
 - Damage caused by improper use of power supply.
- Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to GENESIS BIOTECH PTY LTD. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

GENESIS BIOTECH PTY LTD
Level 1, 16 McDougall Street, MILTON QLD 4064
www.mylifesmart.net.au

♥ Table of Body Fat Level (Unit: %)

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

Standard for Men

Standard for Women

Rating	Age					Rating	Age				
	20-29	30-39	40-49	50-59	60+		20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18	low	<19	<20	<21	<22	<23
Normal	14-20	15-21	17-23	18-24	19-25	Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	21-23	22-24	24-26	25-27	26-28	Moderately High	29-31	30-32	31-33	32-33	33-35
High	>23	>24	>26	>27	>28	High	>31	>32	>33	>34	>35

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

www.ag.uiuc.edu/~food-lab/ai/bfc.html

♥ Table of Body Water Level (Unit: %)

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

Source: Derived from Wang & Deurenberg: "Hydration of fat-free body mass", American Journal Clin Nutr 1999,69:833-841.

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

♥ Muscle Mass Percentage (25%~75%)

(Source: International Commission on Radiological Protection, 1975)

Men	Approximately 40% of total body weight
Women	Approximately 30% of total body weight

♥ Bone Mass

Men	0.5~10kg
Women	0.5~10kg

♥ Health Tips - About Body Fat

Fat is essential for human body. It can not only store energy and protect viscera, but also regulate body temperature and maintain normal physiological function of human body. However, too much body fat is harmful to human body. It is always accompanied by Fatty Liver, diabetes, coronary heart disease, etc.

Therefore self-measuring and self-monitoring body fat level are beneficial to your health. Since we can't judge body fat level simply by our weight, this Glass body fat analyzer, with BIA (Bio-impedance Analysis) technology applied, is an accurate device that offers a quick and comfortable way to obtain your body fat level.

♥ EMC Guidance

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance $d = 3,3$ m away from the equipment. (Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields $d = 3,3$ m at an IMMUNITY LEVEL of 3 V/m)