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Target users

This scale is designed for measuring user's body fat percentage in their daily life.

This device is not suitable for individuals with an implanted medical device, such as a pacemaker or cochlear implant, or for pregnant women.

The fat percentage of patients who have a fever, suffer from osteoporosis with very low bone density, edema, use an artificial kidney, and people who work in the fitness or exercise industry is different to that of ordinary people. Measured data is for reference only.

Due to physiological reasons, users aged 18 and below and users aged 65 and above can only measure their weight and heart rate.

Powering on and entering standby mode

Open the battery cover on the back of the scale and install the battery properly, then close the battery cover. The scale will power on automatically and get ready for Bluetooth pairing.

Your scale will turn off its screen and enter standby mode automatically if you have not performed any operations for a long time. step onto your scale to wake it up.

Pairing and connecting

1 Search for and download the latest version of the Huawei Health app from AppGallery or other app stores. If you have installed the Huawei Health app on your phone, update it to the latest version.

2 Open the Huawei Health app, go to **Devices** > **ADD** > **Scales**, and select your scale name.

3 Touch **PAIR** and follow the onscreen instructions to step onto the scale and make sure that the LED indicator on the scale lights up to wake up the device. Then touch **PAIR** in the bottom-right corner.

> ⓘ The Bluetooth icon on the scale will blink to indicate that a Bluetooth connection has not been established and the device is ready for pairing.

4 Touch the scale you have searched for and follow the onscreen instructions in the Huawei Health app to pair two devices. You will be prompted with the message on the screen indicating that the Bluetooth pairing is successful. In this case, both devices are paired.

5 Touch **Next** and confirm user information.

6 Touch **Next** and connect the scale to Wi-Fi. Touch **Connect to Wi-Fi** and follow onscreen instructions in Huawei Health to connect your scale to Wi-Fi. Alternatively, select **Back** if you don't want to connect your scale to Wi-Fi now.

ⓘ • This requires phones that run Android 5.0 or later, iOS 9.0 or later.

- To ensure that all features on the scale can work properly, open the Huawei Health app and grant the corresponding permissions for your scale when pairing your scale with your phone for the first time.

- Ensure that you fill in your correct gender, age, and height, since incorrect information may affect the measurement data If you have entered your data incorrectly, the scale may fail to measure your body fat percentage or measure your data inaccurately.

- When the Wi-Fi settings are configured, the measurement data can be automatically uploaded to the cloud and synced to the Huawei Health app. If you skip the Wi-Fi configuration when the Huawei Health app and scale are pairing, you can configure the settings in the device settings screen by touching **Connecting to Wi-Fi**. If you haven't configure the Wi-Fi settings for your scale or your configured Wi-Fi is unavailable, measurement data cannot be synced to Huawei Health.

- The user who configures the Wi-Fi settings for the scale will be the admin of the scale. To change the admin, restore the scale to the factory settings then configure the admin again.

Connecting the scale to Wi-Fi

When connecting your scale to your phone using the Huawei Health app, follow the onscreen instructions in the app to configure the Wi-Fi settings for your scale.

If you skip the Wi-Fi configuration when the Huawei Health app and scale are pairing, you can configure the settings later by performing the followings:

1 Open the Huawei Health app, touch **Devices** and then touch the connected scale.

2 Touch **Auto-sync**, follow the onscreen instructions to select the Wi-Fi, and enter the corresponding password.

3 The current user will become the admin of the scale after the Wi-Fi is configured.

ⓘ • The scale can only be connected to the 2.4 GHz Wi-Fi.

- The scale does not support PMF or WPA3 encryption. Check that PMF and WPA3 are not enabled on the router.

- We recommend that you do not hide broadcast packets, set MAC address filtering, or configure the blocklist or trustlist.

- You are advised to disable the anti-spoofing feature on your router.

Adding users, deleting users, and editing user information

ⓘ This feature is not supported in areas where HUAWEI Cloud is not supported.

Adding users:

1 Open the Huawei Health app and touch **Weight** on the **Health** screen.

2 Touch the profile icon in the top-right corner, go to **Manage users** > **Add**, and follow the onscreen instructions to add users. Then touch ✓ in the top-right corner to complete.

> ⓘ · A maximum of 10 users can be added.
>
> · Ensure that you fill in your correct gender, age, and height, since incorrect information may affect the measurement data If you have entered your data incorrectly, the scale may measure your data inaccurately.

Editing user information:

On the **Manage users** screen, select the name of the user to edit information such as their gender, date of birth, height, and weight.

Deleting users:

On the **Manage users** screen, select the name of the user and touch **DELETE USER**. Then touch **OK**.

Indicator and display

LED indicator	Note
8888	Startup status. After the battery is installed, the scale automatically powers on and displays "8888".
(weight icon)	Weight-measurement icon. It displays when measuring weight.
(body fat icon)	Body fat percentage icon. It displays when measuring body fat percentage.
(heart icon)	Heart rate icon. It displays when measuring heart rate.
(Bluetooth icon)	The Bluetooth icon will blink to indicate that a Bluetooth connection has not been established and the device is ready for pairing. The Bluetooth icon will light up to indicate that the device has been paired over Bluetooth.
(Wi-Fi icon)	This is the Wi-Fi icon. When the scale is connected properly, this icon will display in white. When it is not connected properly, this icon will display in orange.
(solid bar)	The scale is updating.
(dashed bar)	The scale has updated successfully.

LED indicator	Note
Lo	The scale is in low battery.
oL	Overweight.
- - - -	The scale cannot measure body fat percentage.
- - - -	The scale fails to measure heart rate.
Err	Firmware update fails.

Starting the measurement

Setting weight goals

You can set your weight goal in Huawei Health then the app will remind you to reach your goal.

Open the Huawei Health app, go to **Me > Settings > Goals**, slide to select your desired weight goal, and touch **SAVE**.

Once you have set your goal, the Huawei Health app will display the weight difference to your goal in the scale settings screen.

Setting weight unit

You can set the unit of weight for your scale in the Huawei Health app. It is currently possible to select lbs or kg as the unit of weight.

Open the Huawei Health app, touch **Devices** and then touch the connected scale. Touch **Scale unit** and set the unit to kg or lbs.

Starting a measurement

Starting a measurement using the Huawei Health app (the scale has been connected to Huawei Health over Bluetooth)

1 Open the Huawei Health app and start the measurement following instructions on the screen.
   - On the **Health** screen, touch **Weight**, and check that the profile icon in the top-right corner belongs to the current user. Touch **Measure** and following instructions on the screen to step onto the scale for measurement.
   - Touch **Devices** and select your device name. Touch **START** and then follow instructions on the screen to step onto the scale for measurement.

2 After the measurement completes, you can view the results in Huawei Health.
   After the measurement is complete, you can view the following data in the Huawei Health app including weight, body mass index (BMI), body fat percentage, muscle mass, basal metabolic rate, body water, visceral fat, bone mineral content, protein, fat-free weight, and heart rate.

Starting a measurement directly (the scale has been connected to Wi-Fi but not connected to Huawei Health over Bluetooth)

1 step onto the scale barefoot, stand upright and start the measurement.

2 Your scale will firstly measure your weight and will blink three times before displaying a fixed reading. The scale will then proceed to measure other fitness data such as your fat

percentage (when ◀ lit up) and your heart rate (when ❤ lit up). If you do not need to measure your body fat percentage and heart rate, step off the scale in advance.

3 After the measurement is complete, the data will sync to the phone automatically once the scale is connected to Health. You can view the measurement data in Huawei Health. After the measurement is complete, you can view the following data in the Huawei Health app including weight, body mass index (BMI), body fat percentage, muscle mass, basal metabolic rate, body water, visceral fat, bone mineral content, protein, fat-free weight, and heart rate.

ⓘ · To ensure accurate heart rate data, start measuring when you are feeling calm.

  · Place the scale on a solid and flat floor. Do not place your scale against the wall and make sure that there are no foreign objects on the feet of the scale, the feet of the scale is not placed in the brick seams, and the scale is not lifted up. When moving the scale, do not drag or kick it.

  · Wear light clothing, step barefoot on the scale, and then hold the handle securely. Stand upright and balanced during the measurement. Do not move your body or feet.

  · To ensure accurate measurement data that can provide you with more information about your fitness and health status, try to perform the measurement at the same time and under the same conditions every day.

Measuring data of multiple users

Pairing other phones with the scale

1 Open the Huawei Health app, go to **Devices** > **ADD** > **Scales**, and select your scale name.

2 After both devices are paired, following onscreen instructions to send the auto-sync request to the admin. After the admin confirms the request in the Huawei Health app, the measurement data will be synced to the phone using the connected Wi-Fi.

  · When starting the measurement using the Huawei Health app, open the app, go to **Health**, touch **Weight** and then **measure**.

  · If you measure your body fat percentage using the scale directly, your scale will identify the current user and send the measurement data to the Huawei Health app.

    ⓘ A scale can be paired with up to 10 phones but can only connect to a phone at one time.

Adding users in the Huawei Health app

ⓘ This feature is not supported in areas where HUAWEI Cloud is not supported.

1 Open the Huawei Health app and touch **Weight** on the **Health** screen.

2 Touch the profile icon in the top-right corner, go to **Manage users** > **Add**, and follow the onscreen instructions to add users. Then touch ✓ in the top-right corner to complete. When starting a measurement using Huawei Health, open the Huawei Health app, touch **Weight** on the **Health** screen, touch the profile icon in the top-right corner, and touch the nickname of the user to measure the data for the user.

Claiming data

When your scale cannot automatically identify the user when the current measured data is similar to other records or the scale cannot determine who the user is based on the data stored locally on it (▬▬▬▬ is displayed), you need to check and confirm your data in the Huawei Health app.

1 Open the Huawei Health app, touch **Devices** and then touch the connected scale.

2 Touch **Unclaimed data** to claim your weight data.

> 🛈 If the weight difference is less than 2 kg when the weight is less than 80 kg, user information conflict occurs. If the weight difference is less than 3 kg when the weight is greater than 80 kg, a user information conflict occurs.

Recording data manually

You can manually record your weight and fat rate percentage.

Open the Huawei Health app, go to **Me > My data > Weight > Add record**, or touch **Weight** on the **Health** screen and touch **Create a record** to add the weight and body fat percentage of the current user.

> 🛈 The initial value in the weight card refers to the value measured for the first time after the target is set. If you change the weight goal, the initial value will change to the latest measured or manually recorded weight data.

Viewing history data

You are able to view previously measured data in the Huawei Health app.

- Open the Huawei Health app, touch **Weight**, and then touch your profile in the top-right corner. You can view your latest measurement results, including data about your weight, fat, and skeletal muscle mass. You can also check your daily, weekly, and monthly data.

  > 🛈 The initial value in the weight card refers to the value measured for the first time after the target is set. If you change the weight goal, the initial value will change to the latest measured or manually recorded weight data.

- Select the name of the user whose data you want to view and touch **Records** to view their data. Touch to select a specific data set to view the detailed information of all indicators and your body fitness reports.

Sharing data

Open the Huawei Health app, touch **Weight**, and then touch **Share** in the lower-right corner to share your data to your WeChat friends, WeChat moments, Weibo, or select to save your data locally.

More guides

Unpairing the device

For Android users:

Open the Huawei Health app, touch **Devices** and then touch the connected scale. Go to ⋮ > **Unpair device** to unpair the phone from the current device.

For iOS users:

Open the Huawei Health app, touch **Device** and find the connected scale, swipe to the left on the scale and **Delete**. Then on your phone, go to **Settings** > **Bluetooth** and ignore the current device.

Modifying administrator

The user who has configured Wi-Fi will become the scale administrator.

1 Unpair the scale from the phone or restore the scale to the factory settings.

- Unpairing the scale:
  Open the Huawei Health app, go to the scale settings screen, go to ⬚ > **Unpair device** to unpair the scale from the phone.

- Restoring the scale to its factory settings:
  Open the battery cover of the scale, hold the reset button for three seconds until the scale screen displays "8888" and "0.00 kg" in sequence, then pair the scale with the phone again.

2 Pairing the scale with the phone again.

a Open the Huawei Health app, go to **Devices** > **ADD** > **Scales**, and select your scale name. Touch **PAIR** and follow the onscreen instructions to step onto the scale and make sure that the LED indicator on the scale lights up to wake up the device.

b Touch your scale name and follow the onscreen instructions in the app to pair both devices and set up your personal information.

3 Configure the Wi-Fi settings to become the admin.
After you have added your account to the scale in the Huawei Health app, configure the Wi-Fi to become the admin of the scale.

Restoring the scale to its factory settings

ⓘ Restoring your scale to its factory settings will clear user information and data on the scale. Proceed with caution.

You can use either of the following methods to restore your scale to its factory settings:

- Open the Huawei Health app, touch **Devices**, and touch the scale name to enter the device settings screen. Ensure that the scale on the screen is displayed as connected. Touch **Restore factory settings**.
- Open the battery cover of the scale, hold the reset button for three seconds.

Viewing the Serial Number

You can view the Serial Number (SN) on the packaging or on the rear side of the scale.

Updating the scale

1 Open the Huawei Health app, touch **Devices**, and touch the scale name to enter the device settings screen. Ensure that the scale on the screen is displayed as connected.

2 Touch **Firmware update** to view the current system version of your scale.

3 Touch **Check for updates** and your phone will search for whether there are available updates for your scale. If yes, follow the onscreen instructions to update your scale. If there is no available update, then your scale is running the latest version.

 will appear on the scale screen and the icon flashes and moves to draw a rectangle during the update. The scale will display then restart after the update.

- The user who has configured Wi-Fi will become the scale admin. Only the admin of the scale can update the scale.

- On the **Firmware update** screen, touch the settings icon in the top-right corner and enable **Auto-update**. In this case, your scale will automatically download the available update package and update when it is connected to Wi-Fi.

- Do not step onto, press the scale, or remove the battery during the update.

- If the update is unsuccessful, repeat the aforementioned steps to update your scale again.

Taking care of the scale

- Keep the device free from dust and oil stains. Use the device in a ventilated and dry environment to prevent it from getting rusty.
- The scale is a measurement tool and you are advised to clean it periodically. Remove the battery if you do not need to use it for a long time.
- We recommend that you place the scale in a dry environment and away from strong sunlight and dust.
- Do not uninstall or remove components during daily use.

ⓘ The scale is made of glass, and any glass fragments produced by breakages during use may cause injuries. If this situation happens, step off the scale carefully and avoid touching the glass with your bare hands or feet. If other parts of the device are damaged, do not touch or attempt to remove the damaged parts. You are advised to contact an authorized Huawei Customer Service Center for assistance in a timely manner.