

iHealth[®]

Wireless Body Composition Scale

iHealth Nexus
QUICK START GUIDE

INTENDED SCALE USE

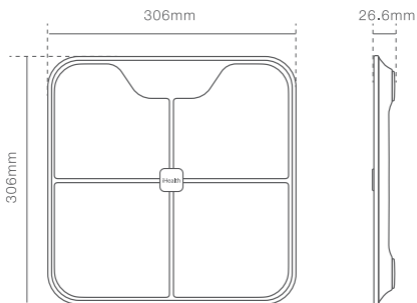
The iHealth Nexus is a precision electronic instrument intended for adult use. The scale utilizes ITO Thin Film Technology and pressure sensors to seamlessly measure body composition values. The measurements are displayed and stored on either your iOS or Android devices in conjunction with the date and time of the reading.

IN THE BOX

1 × iHealth Nexus

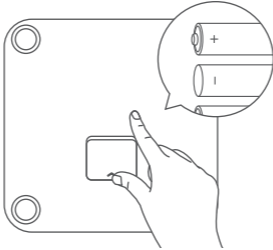
4 × 1.5V AAA Batteries

1 × Quick Start Guide



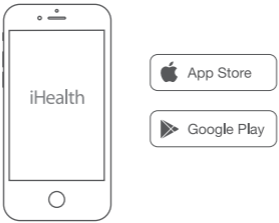
SETUP

1. Install the 4 AAA batteries provided into the battery compartment. Be sure to orient them according to the + and - images shown in the battery slots.



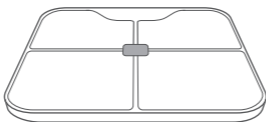
If you received your iHealth Nexus Scale as a part of a healthcare maintenance program, please consult your physician or provider prior to or during use. Otherwise, follow the necessary steps to download and utilize the iHealth Nexus with the MyVitals app available in the App Store or the Google play.

2. Download the “iHealth MyVitals” app from the App Store or the Google play. Follow the on-screen instructions to register and set up your iHealth ID.



3

Add your device when prompted by the iHealth app. Please make sure your phone's *Bluetooth* is enabled and the iHealth Nexus is nearby to establish connection.



4

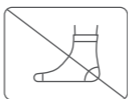
After the connection is established, take a measurement by standing barefoot on the scale. Being barefoot is required for the bio-impedance sensors to be able to measure your body composition metrics.



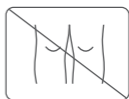
TIPS



No wet feet



Don't wear socks



Don't keep your
knees together

NOTE

1. Place the iHealth Nexus on a hard, flat surface during use. Using the scale on a soft surface like carpet or linoleum may impact the accuracy of measurement.
2. Please ensure that the personal information entered into the iHealth app is correct in order to get the most accurate results.
3. The primary user can choose to share their results with family members or loved ones.
4. If the iHealth Nexus is shared by users with similar weights, make sure that the phone's *Bluetooth* is enabled and the scale is nearby. If the scale is not connected to the iHealth app, data may not be recorded accurately.
5. The primary user can set the "Connected Measurement Only" and "Weight-Only" in the iHealth app.
6. If being used as a medical device, please consult your physician for usage guideline.
7. Please consult your physician prior to using the iHealth Nexus scale if you are under 18 years of age, over 65 years old, pregnant, or suffering from Osteoporosis, edema, or artificial Dialysis.

LED DISPLAY



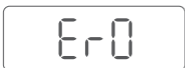
Abnormal electrical impedance measurement.



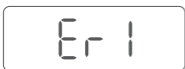
The battery is low, please replace with new battery as soon as possible.



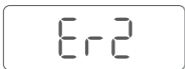
The battery is running out, please replace with new battery.



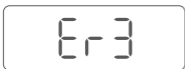
Connection error with weight measurement module.



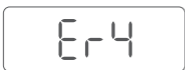
Weight not in supported range.



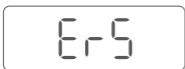
Unstable measurement.



Flash access error.



Firmware update error.



Connection error with app.

SPECIFICATIONS

1. Product name: iHealth Nexus
2. Model: HS2S
3. Product Size: 306 × 306 × 26.6 mm
4. Product weight: 4.08 lb (1.85 kg)
5. Classification: internally powered, type BF applied part (four electrodes)
6. Power: 4 × 1.5 V AAA batteries
Battery life: approx. 3 months with daily usage
7. Display units: lb/kg
8. Compatibility: Android 9.0+, iOS 12.0+
9. Measurement range:
Body Weight: 11 lb-400 lb/5 kg-180 kg
Body Fat: 5.0%-65.0%
Scale resolution: 0.1 lb/0.1 kg
10. Accuracy:
Body Weight: ±1.1 lb/0.5 kg(11-110 lb / 5 kg-50 kg);
±1% (110-400 lb / 50 kg-180 kg)
Body Fat: ±1%
11. Operating temperature: 41°F-104°F (5°C - 40°C)
12. Operating humidity: 20 - 85% RH
13. Storage and transport temperature: -4°F-131°F (-20°C - 55°C)
14. Storage and transport humidity: ≤90% RH

WARNING

Please consult your physician prior to use if you have any of the following*:

- (1) Medical electronic implants such as pacemakers
- (2) Artificial heart/lung or other electronic life support systems
- (3) Portable electronic medical devices such as electrocardiographs.

* The iHealth Nexus scale could cause these devices to malfunction, and thereby pose a considerable health risk to users of these devices.

GENERAL SAFETY & PRECAUTIONS

1. Do not stand on the edge of Scale, as you may fall over or influence the accuracy of the measurement.
2. Do not use the Scale on a tiled or wet floor, as this may result in a fall.
3. Make sure the surface of the Scale is clean and dry before you step onto it, to prevent any slippage.
4. Treat your Scale with care. Do not drop it or jump on it. The Scale is designed to be stood on; misuse or abuse may break the electronic sensors, cause injury, or result in inaccurate measurements.
5. Avoid using this Scale near strong magnetic fields, such as microwave ovens, etc.
6. This device complies with part 15 of the FCC Rules. Its 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.
7. 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 to 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.
8. This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference. (2) This device must accept any interference, including interference that may cause undesired operation of the device.
- L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) L'appareil ne doit pas produire de brouillage; (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
9. This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
- Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé. Cet émetteur ne doit pas être situé au même endroit ou fonctionner avec une autre antenne ou un autre émetteur.
10. Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.
11. *Bluetooth*® associated logos are registered trademarks owned by

Bluetooth SIG, Inc. and any use of such marks by iHealth Labs, Inc. is permitted under license.

Other trademarks and trade names are those of their respective owners.

CARE & MAINTENANCE

1. Avoid high temperatures and irradiation.
2. If the Scale is stored close to freezing point, allow it to acclimate to room temperature before use.
3. Remove the batteries if the Scale is not going to be used for 3 months or more.
4. Clean the Scale with a soft damp cloth. Do not use abrasive or solvent-based cleaners, and never immerse it in water.
5. The Scale will maintain its safety and performance features for at least 10,000 measurements or two years of use.

WARRANTY INFORMATION

The iHealth Nexus is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided. The above warranties extend to the original purchaser of the device. We will, at our option, repair or replace without charge any product covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

EXPLANATION OF SYMBOLS ON UNIT



Refer to the User Manual



Warning



Please recycle where facilities exist. Waste electrical products should not be disposed of with household waste. Check with your local authority or retailer for recycling advice



Keep dry



Manufacturer



Hereby, [iHealth Labs, Inc.], declares that this [HS2S] is in compliance with the essential requirements and other relevant provisions of RED 2014/53/EU. RED 2014/53/EU declaration of conformity can be downloaded on the following link :
<https://www.ihealthlabs.eu/support/certifications>

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+1-855-816-7705 E-mail : support@ihealthlabs.com

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iHealthLabs Europe SAS www.ihealthlabs.eu

36 Rue de Ponthieu, 75008, Paris, France

Customer service: <https://ihealthlabs.eu/en/assistance>



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