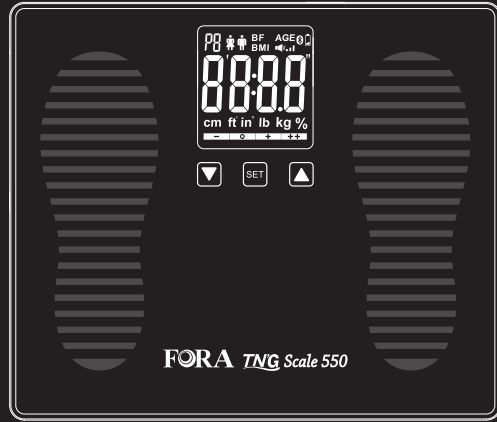


FORA

TN'G Scale 550

WEIGHT SCALE



Operating Instructions

ver 3.0 2016/08 311-2555400-007

IMPORTANT SAFETY PRECAUTIONS

- Thank you for purchasing the **FORA TN'G Scale 550** Weight Scale. This manual provides important information that will help you to use this device. If you have any questions regarding this product, please contact the place of purchase.
1. Use this device ONLY for the intended use described in this manual.
 2. Read all the instructions and information in this manual before using this device.
 3. Do NOT use the device if it is not working properly or damaged.
 4. Consult your physician or healthcare provider before beginning a weight loss or exercise program.
 5. Consult your physician before using this device if you are pregnant.
 6. Do NOT step on the edge of the weighing platform or jump on the weighing platform.
 7. Do NOT step on the weighing platform if your body or feet are wet.
 8. Do NOT use the device on slippery surfaces such as wet floors.
 9. Do NOT use cell phones, microwaves or other devices that generate strong electrical or electromagnetic fields near the device. This may result in an operational failure.
 10. Do NOT disassemble or try to modify the device.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

BEFORE YOU BEGIN

Body Mass Index

The Body Mass Index (BMI) is a number that is often called upon to evaluate body weight.

$$\text{BMI} = \frac{\text{body weight (Kg)}}{(\text{height(m)})^2} \quad \text{BMI} = \frac{\text{body weight (lb)} \times 703}{(\text{height(in)})^2}$$

Recommended Measurement Time

To obtain an accurate reading, we recommend that you always take the measurement in the same environment and at the same time of day. Avoid taking measurements under the following conditions:

- Immediately after a bath or exercise
- After drinking alcohol or a large amount of water
- Less than 2 hours after a meal

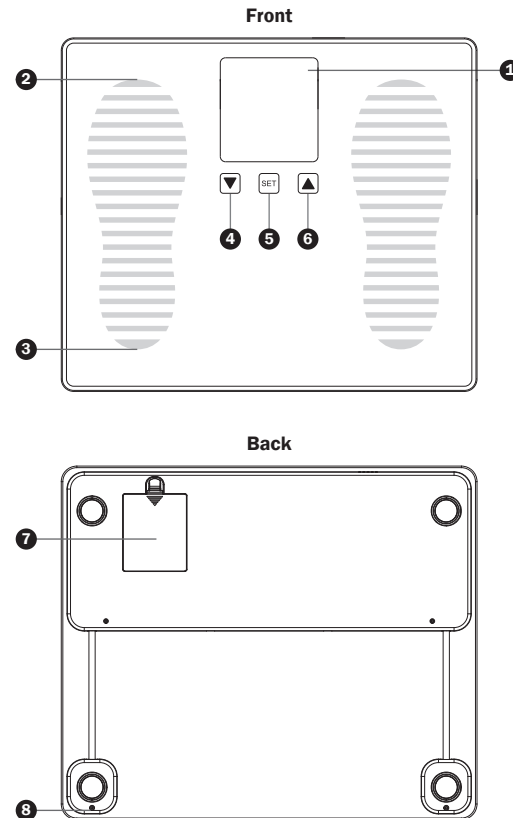
If you take a measurement under any of the above conditions, the calculated body composition may be significantly different from the actual composition due to changes in water content in the body.

Contents of the System

Your new **FORA TN'G Scale 550** kit contains:

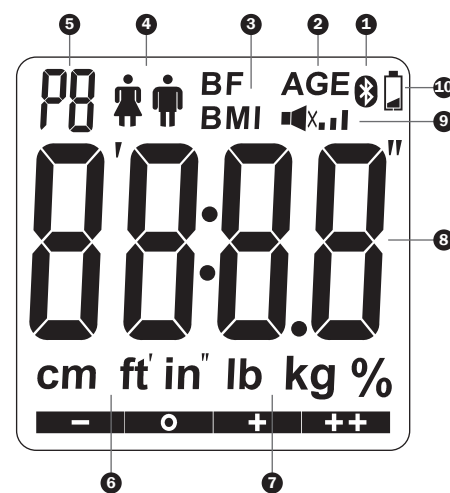
1. Weight Scale
2. Operating Instructions
3. Warranty Card
4. Four 1.5V Alkaline Batteries

SCALE OVERVIEW



- | | |
|-----------------|----------------------------------|
| ① LCD Screen | ⑥ Up Button |
| ② Toe Position | ⑦ Battery Cover /
Compartment |
| ③ Heel Position | ⑧ Supporting Stand |
| ④ Down Button | |
| ⑤ SET Button | |

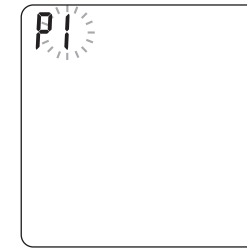
SCREEN DISPLAY



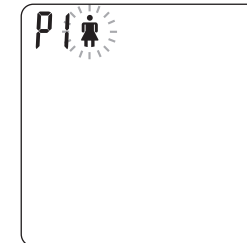
- | | |
|---------------------------|----------------------|
| ① Bluetooth Indicator | ⑥ Height Unit |
| ② Age Indicator | ⑦ Weight Unit |
| ③ BMI Indicator | ⑧ Measurement Result |
| ④ Gender Indicator | ⑨ Volume Indicator |
| ⑤ Personal Profile Number | ⑩ Battery Indicator |

SETTING THE SCALE

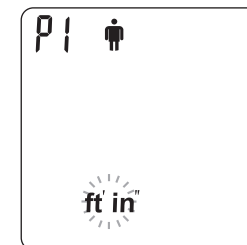
Before using the scale for the first time, input these settings. To ensure accuracy, make sure you complete the steps below and save the desired settings. Start with the scale off. Press **SET** to turn the scale on:



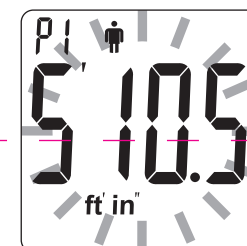
1. Select the personal profile number. Press **▲** or **▼** to select a number from P1 to P5. Press **SET**.



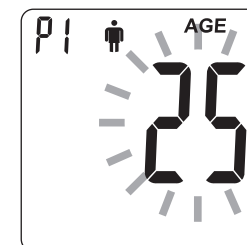
2. Enter the personal profile data. Press **▲** or **▼** to set the gender to male or female. Press **SET**.



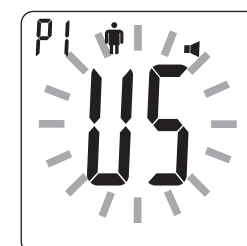
- Press **▲** or **▼** to set the height unit to ft' in" or cm unit. Press **SET**.
When the height unit is set to ft' in", the unit of weight will be automatically set to pounds. When the height unit is set to cm, the unit of weight will be automatically set to kilograms.



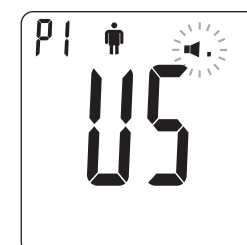
- Press **▲** or **▼** to set the height between 3' 3.5" and 7' 2.5" / 100 cm and 220 cm. Press **SET**.



- Press **▲** or **▼** to set the age between 6 and 99. Press **SET**.



- Press **▲** or **▼** to set the voice language (English, Spanish or French]). Press **SET**.



- Press **▲** or **▼** to set the voice volume. Press **SET**.

3. Press **SET** to exit the setting mode. If you make a mistake before finishing, repeat the steps from "Select the personal profile number."

NOTE:

Your settings are automatically saved when you exit the setting mode.

TAKING MEASUREMENTS

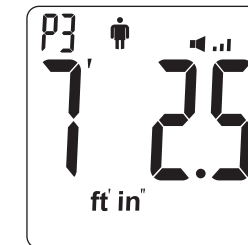
Before Measuring

- Place the scale on a hard, flat surface. Soft or uneven flooring (e.g. carpets, rugs) may cause the scale to give an inaccurate weight reading.
- Measurement must be taken with your feet dry and positioned correctly. Remove your shoes and socks before stepping onto the scale.
- Step onto the scale with your feet parallel to each other and your weight evenly distributed.
- Weigh yourself on the same scale at the same time every day, before breakfast or before getting dressed.

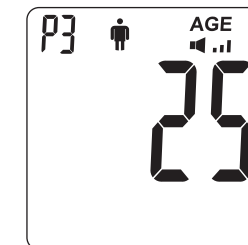
NOTE:

When receiving the scale for the first time, or if you move the scale to a different location, press the **SET** button and quickly release to turn the scale on and wait for the LCD to display 0.0. Please wait 2 seconds then start the measurement.

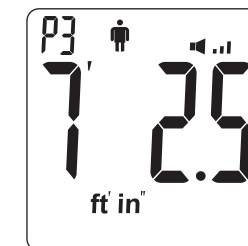
Measuring weight and Body Mass Index (BMI)



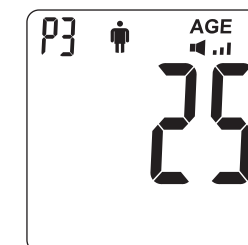
1. Press **SET** or tap on the weighing platform to turn on the scale. The scale displays the profile setting of the last user.



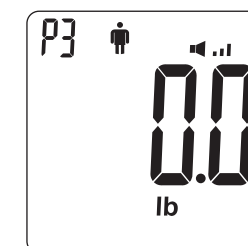
- Press **▲** or **▼** to select the desired profile number.



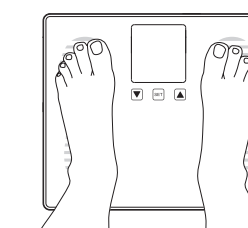
- Press **▲** or **▼** to select the desired profile number.



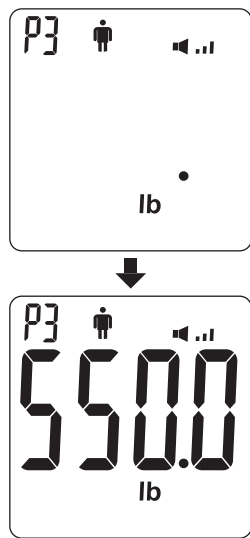
- NOTE:**
The scale will automatically turn on while stepping on it under standby mode.



2. Wait for "0.0" to appear on the display window.

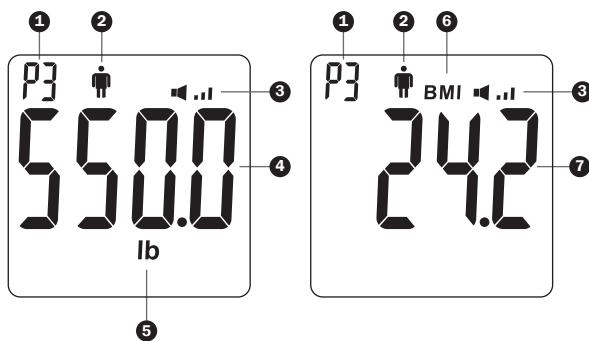


3. Step onto the weighing platform. Stand still and make sure your weight is evenly distributed.



Once a stable value is obtained, the reading will flash three times and then calculate your BMI.

4. Understanding your displayed result.



- 1 Personal Profile Number
- 2 Gender: Male
- 3 Volume
- 4 Your Weight
- 5 Weight Unit
- 6 BMI Symbol
- 7 Your BMI

5. Step off the weighing platform.

The result is saved in the scale memory and the scale enters into Bluetooth mode.

SCALE MEMORY

Your scale stores up to a 135 measurements for all 5 personal profiles. Results in memory can be transmitted to the mobile device by wireless connection. This allows you to review your measurements on your mobile device.

Bluetooth pairing and data transmission

Please make sure you have installed the software in your device (smart phone or tablet) before pairing. Please note that you must pair your weight scale to your device before transmitting data.

Pairing with your mobile device

1. Press and Hold **SET** for 5 seconds until the Bluetooth symbol is displayed and starts to flash.

2. Make sure your mobile device is in Bluetooth mode, then launch the iFORA WS APP on your device, go to the settings tab and press pair. Then press "search", the APP will then start to search for your scale.

3. After successfully pairing the APP to your scale, the Bluetooth function on the scale will then start to transmit your data to your APP.

Bluetooth indicator on the weight scale

BLUETOOTH INDICATOR	STATUS
Flashing	The Bluetooth function is enabled and waiting for connection.
Solid	The Bluetooth connection is established.

Data transmission

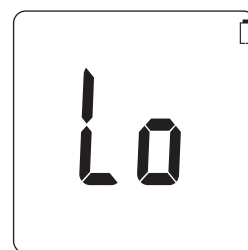
After each measurement, the Bluetooth function on the scale will activate and try to connect to your paired device (e.g smart phone or tablet) to transmit data.

NOTE:

- While the weight scale is in transmission mode, it will be unable to perform a test.
- Make sure that your device supporting Bluetooth Smart Technology has turned on Bluetooth before transmitting the data and the weight scale is within the receiving range. For the requirement of OS version, please find on App Store or Google Play when you download the app.
- A compatibility issue between your mobile device and the meter might occur due to the way Bluetooth functionality is implemented by the various mobile device manufacturers.

MAINTENANCE

Your scale uses four 1.5V AAA alkaline batteries.

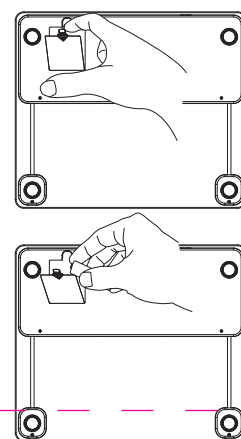


Low Battery Signal

The scale will display the message shown to alert you when the scale power is running low. This means it is about time to replace the batteries.

WARNING!

If the incorrect type of battery is used, it may cause damage to the scale.



Replacing the batteries

When replacing the batteries, make sure that the scale is turned off.

1. Press the edge of the battery cover and lift it up.
2. Remove the old batteries and replace them with four 1.5V alkaline batteries.
3. Close the battery cover.
4. Zero out. (See NOTE)

NOTE:

- Zero out - Press the **SET** button and quickly release to turn the scale on and wait for the LCD to display 0.0. Please wait 2 seconds then start the measurement.
- Replacing the batteries does not affect the test results stored in memory.
- Properly dispose of the batteries according to your local environmental regulations.
- Batteries may leak chemicals if left unused for a long time. Remove the batteries if you are not going to use the device for an extended period (i.e. 3 months or more).

Cleaning

- To clean the outside of the scale, wipe it with a slightly damp cloth and water or a mild cleaning agent, and then dry the device with a soft dry cloth. Do NOT immerse the device in water.
- Do NOT use chemical or organic solvents to clean the scale.
- Wipe the scale clean at once if any grease, sauce, vinegar, juice or other substances that may cause damage are spilled on the scale.

Scale Storage

- Storage condition: -13°F to 158°F (-25°C to 70°C), below 93% relative humidity.
- Avoid dropping the scale or heavy impact.
- Avoid direct sunlight and high levels of humidity.

SYSTEM TROUBLESHOOTING

Error Messages

MESSAGE	WHAT IT MEANS	WHAT TO DO
H1	The weighing subject exceeds the maximum capacity of the device.	Remove the weighing subject from the platform to avoid damage.

If you follow the recommended action but the problem persists, or if error messages other than the ones shown above appear, please contact local customer service. Do not attempt to repair the device by yourself and do not try to disassemble the scale under any circumstances.

SPECIFICATIONS

General Information

Model No. : TN'G Scale 550

Power Source : Four 1.5V AAA alkaline batteries

Dimensions & Weight : 340 (L) x 400 mm (W) x 26 mm (H), 3200 g without batteries

Size of LCD : 98 (L) x 92 (W) (mm)

LCD : Backlit LCD

Range :

Gender: Male / Female

Height: 3' 3.5" to 7' 2.5" / 100 to 220 cm

Age: 6 to 99

Weight: 8.8 to 550 lb / 4 to 250 kg

Operating Conditions : 41°F to 104°F (5 °C to 40 °C), below 85% R.H.

Storage Conditions : -13°F to 158°F (-25 °C to 70 °C), below 93% R.H.

Battery Life :

At least 180 measurements (3 minutes each time) or at least 3 months on standby.

User Profile : 5 individuals

Weight Unit : lb / kg

Transmission : Bluetooth

Auto Switch-Off:

1. If the meter is idle for 30 seconds during the measuring mode, it will switch off automatically.
2. If the meter is idle for 3 minutes during the Bluetooth mode, it will switch off automatically.

This device has been tested to meet the electrical and safety requirements of: IEC/EN 61010-1, IEC/EN 61326-1, EN 301 489-17, EN 300 328.

FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

Federal Communications Commission (FCC) Statement

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 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.

This 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 of the device.

FCC RF Radiation Exposure Statement:

1. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator radiation source and your body.

SYMBOL INFORMATION

Symbol	Referent	Symbol	Referent
	Consult instructions for use		Caution, consult accompanying documents
	Serial number		Type BF equipment

Distributed by ForCare

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Toll Free: 1-888-307-8188 (7:00 am-6:00 pm PST, Mon.-Fri.)

For assistance outside of these hours, please contact your healthcare professional.

www.foracare.com

Read instructions before use.

