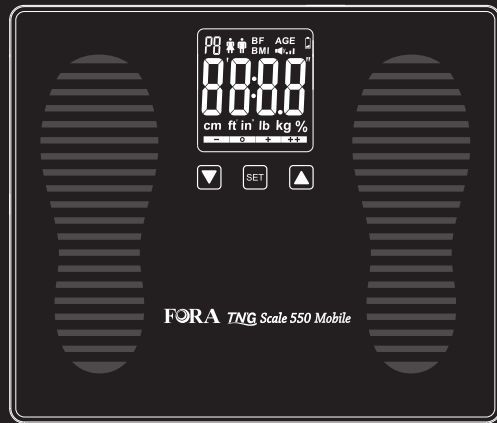


FORA

TN'G Scale 550 Mobile

WEIGHT SCALE



Operating Instructions

ver 1.0 2021/08 311-255700-001

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing the **FORA TN'G Scale 550 Mobile** 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.

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

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

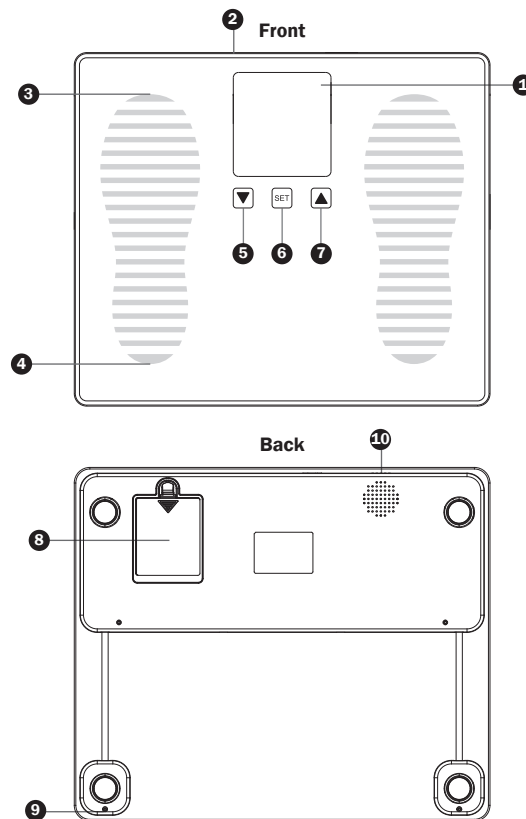
If you take a measurement under any of the above conditions, the calculated body composition may be significantly different from the actual composition due to changes in water content in the body.

Contents of the System

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

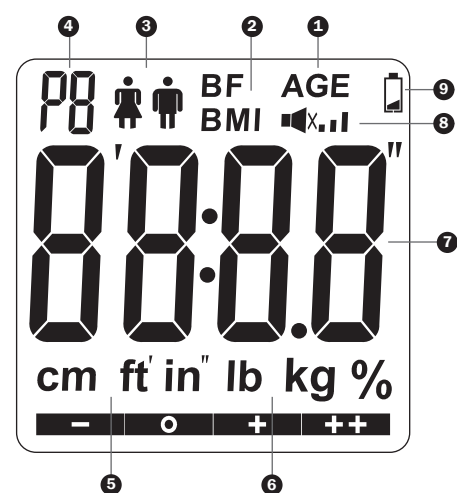
1. Weight Scale
2. Operating Instructions
3. Warranty Card
4. One Rechargeable Lithium-Ion Battery
5. One USB Type-C Cable

SCALE OVERVIEW



- | | |
|----------------------------|-------------------------------|
| ① LCD Screen | ⑥ SET Button |
| ② Battery Indication Light | ⑦ Up Button |
| ③ Toe Position | ⑧ Battery Cover / Compartment |
| ④ Heel Position | ⑨ Supporting Stand |
| ⑤ Down Button | ⑩ USB Type-C Port |

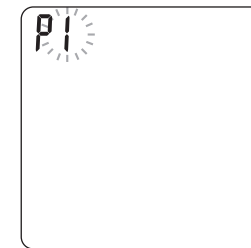
SCREEN DISPLAY



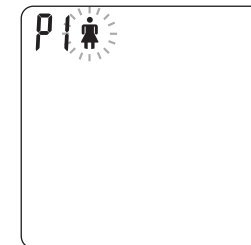
- | | |
|---------------------------|--|
| ① Age Indicator | ⑥ Weight Unit |
| ② BMI Indicator | ⑦ Measurement Result |
| ③ Gender Indicator | ⑧ Volume Indicator / 4G Signal Indicator |
| ④ Personal Profile Number | ⑨ Battery Indicator |
| ⑤ Height Unit | |

SETTING THE SCALE

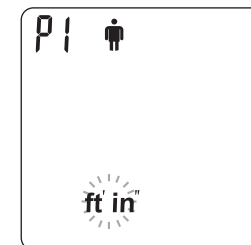
Before using the scale for the first time, input these settings. To ensure accuracy, make sure you complete the steps below and save the desired settings. Start with the scale off. Press **SET** to turn the scale on:



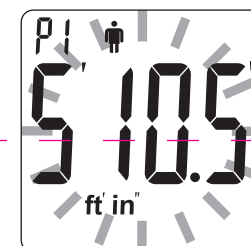
1. Select the personal profile number. Press **▲** or **▼** to select a number from P1 to P5. Press **SET**.



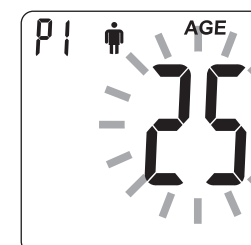
2. Enter the personal profile data. Press **▲** or **▼** to set the gender to male or female. Press **SET**.



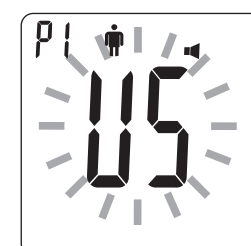
- Press **▲** or **▼** to set the height unit to ft' in" or cm unit. Press **SET**.
When the height unit is set to ft' in", the unit of weight will be automatically set to pounds. When the height unit is set to cm, the unit of weight will be automatically set to kilograms.



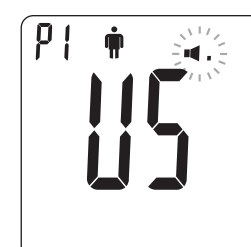
- Press **▲** or **▼** to set the height between 3' 3.5" and 7' 2.5" / 100 cm and 220 cm. Press **SET**.



- 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

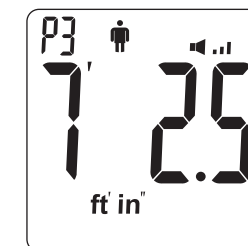
Before Measuring

- 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.

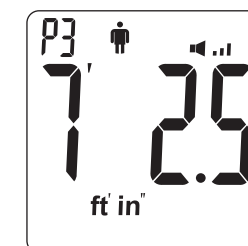
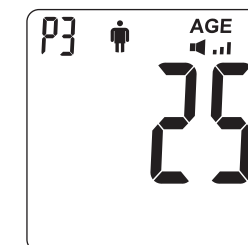
NOTE:

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.

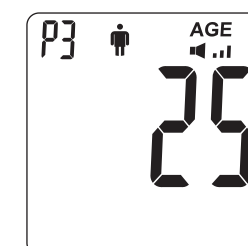
Measuring weight and Body Mass Index (BMI)



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

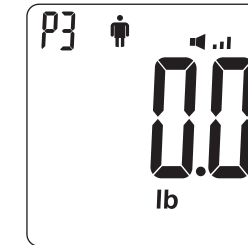


- Press **▲** or **▼** to select the desired profile number.

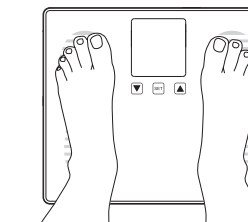


NOTE:

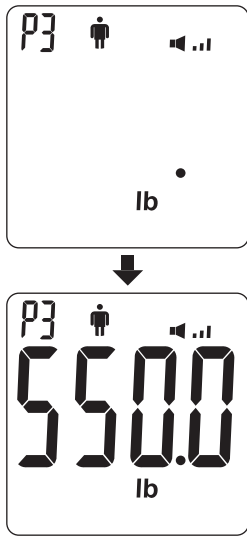
The scale will automatically turn on while stepping on it under standby mode.



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

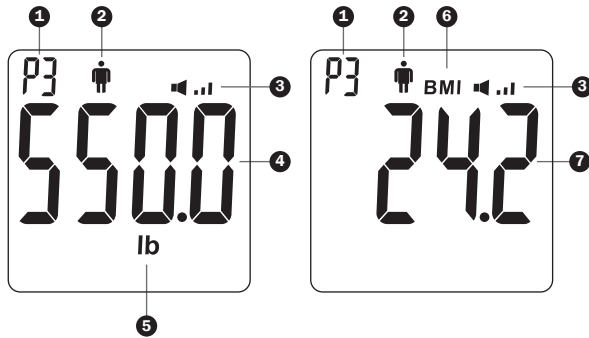


3. Step onto the weighing platform. Stand still and make sure your weight is evenly distributed.



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 4G connection mode.

6. The 4G signal indicator will flash when it is in transmission mode. The three bars indicate the quality of the 4G signal:

- 1 bar: weak
- 3 bars: good

When the bars are solid (not flashing), it means that the 4G transmission is established. The scale will turn off automatically when data transmission is complete, or left idle after 3 minutes.



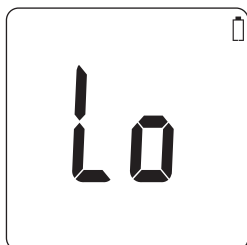
Poor signal quality may affect the data transfer process. If the signal quality is poor, move the scale to a spot with better reception and try again. Make sure the scale is not close to or nearby a microwave, mobile devices, or any other devices that may interrupt the signal.

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 4G connection. This allows you to review your measurements on your mobile device.

MAINTENANCE

Your scale uses one 3.7V Lithium-ion rechargeable battery



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 charge the battery of the scale.

Recharging the Battery

The USB adapter with a USB Type-C cable can be used when you need to recharge the Li-ion battery. To recharge the 3.7V Li-ion battery, please follow the procedures below:

Connect USB adapter to the scale

1. Connect the USB adapter and USB Type-C cable to the scale.
2. Plug the USB adapter into an electrical outlet. The battery indication light should turn red / orange.

Remove USB adapter from the scale

1. When the battery indication light turns green, it means that the battery is fully charged. Remove the USB adapter from the electrical outlet.
2. Disconnect the USB Type-C cable from the scale.

WARNING!

- FORA TN'G Scale 550 Mobile can ONLY use one 3.7V Lithium-ion rechargeable battery.
- Installing wrong types of batteries may cause explosions.
- USB adapter is not included in the kit, please make sure you have a USB adapter before charging.

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), 10% to 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 Mobile
Power Source : One 3.7V Lithium-ion rechargeable battery
Dimensions & Weight : 340 (L) x 400 mm (W) x 32 mm (H), 3300g
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), 15% to 85% R.H.

Storage Conditions : -13°F to 158°F (-25°C to 70°C), 10% to 93% R.H.

Battery Life :

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

Power Supply Input: USB Type-C cable

Accuracy:

4.0 to 60.0 kg ±0.3kg
 60.1 to 250.0kg ±0.5%

User Profile : 5 individuals

Weight Unit : lb / kg

Transmission : 4G

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 4G transmission 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.

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. When used with an accessory that contains metal may not ensure compliance with FCC RF exposure guidelines.

Distributed by ForaCare Inc.

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Toll Free: 1-888-307-8188 (8:30 am-5:00 pm PST, Mon.-Fri.)

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

www.foracare.com

Read instructions before use.