

MYKRONOZ



MyScale

- USER GUIDE -

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INTENDED USE

Thank you for choosing a product from our range.

MyScale is only intended for weighing humans and recording your body health data on a secure and personal account.

The scale is equipped with the following functions, which can be used by up to 8 different people:

- Body weight
- BMI
- Body fat
- Muscle mass
- Bone mass
- Body water
- Heart rate

MyScale uses bioelectrical impedance analysis (BIA) technology (a small low electrical current that passes through the body) to estimate body composition (body fat, muscle mass, bone mass and body water) and heart rate. The technology is relatively simple, quick, and noninvasive and provides a complete picture of your personal body health.

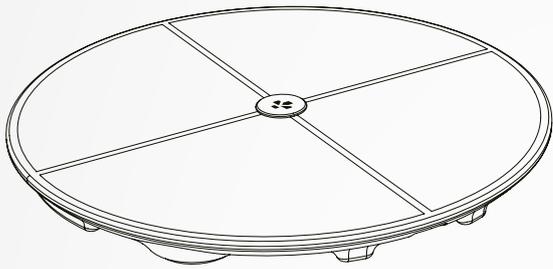
Kindly note that the values calculated by the scale only represent an approximation of the actual medical analytical values for the body. Only a specialist doctor can precisely establish the body fat, body water, muscle percentage and bone structure using medical methods (e.g. computer tomography).

WARNINGS AND SAFETY INFORMATION

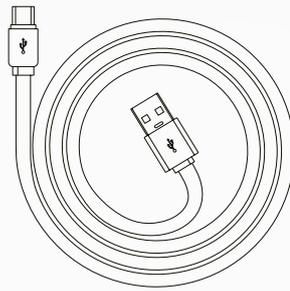
- DO NOT use this product if you have a pacemaker or any other internal medical device
- DO NOT use this product if you are pregnant
- DO NOT use this product to treat or diagnose any medical condition
- DO NOT use this product for any purpose other than measuring your weight and body composition
- DO NOT stand on the edge of the scale or jump on it
- DO NOT overload the scale (max. 180kg / 396lb)
- DO NOT drop the scale or drop any object on it to avoid damage to the weight sensors
- DO NOT submerge the scale or use chemical cleaning agents. Clean the scale with a slightly damp cloth
- MyScale is safe for use by individuals that are 10 years old or older



1. BOX CONTENTS



MyScale

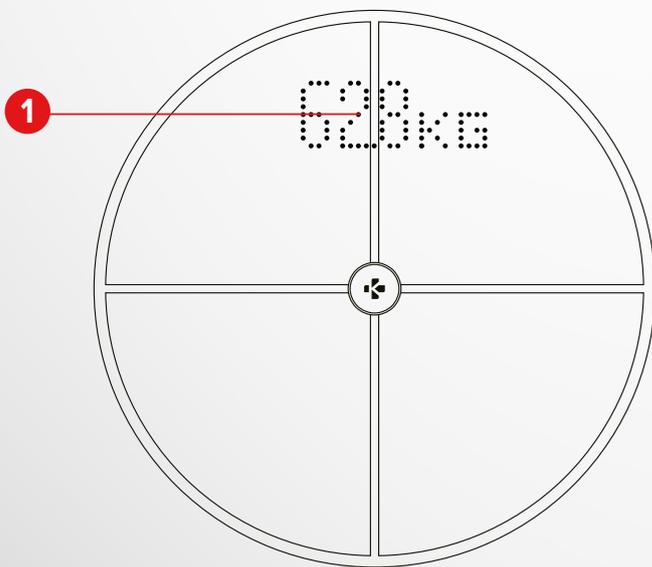


USB-C cable



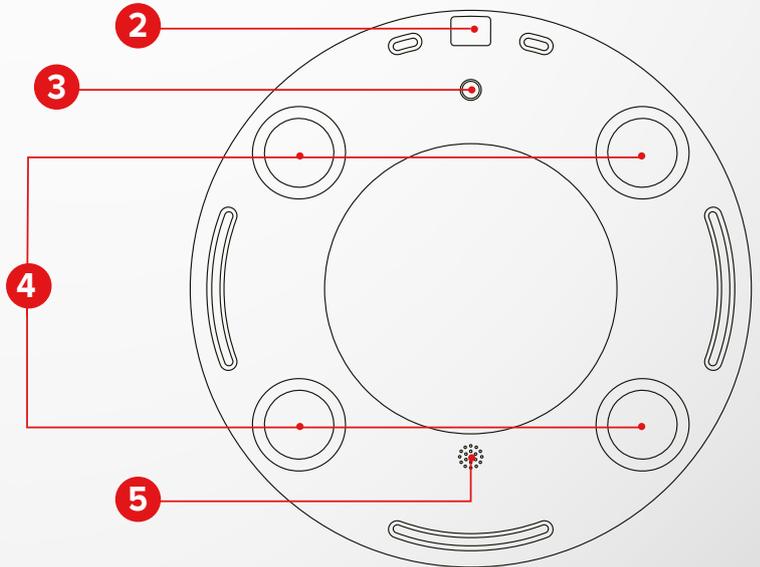
Quick start guide

2. OVERVIEW



1 Display

4 Weight sensors

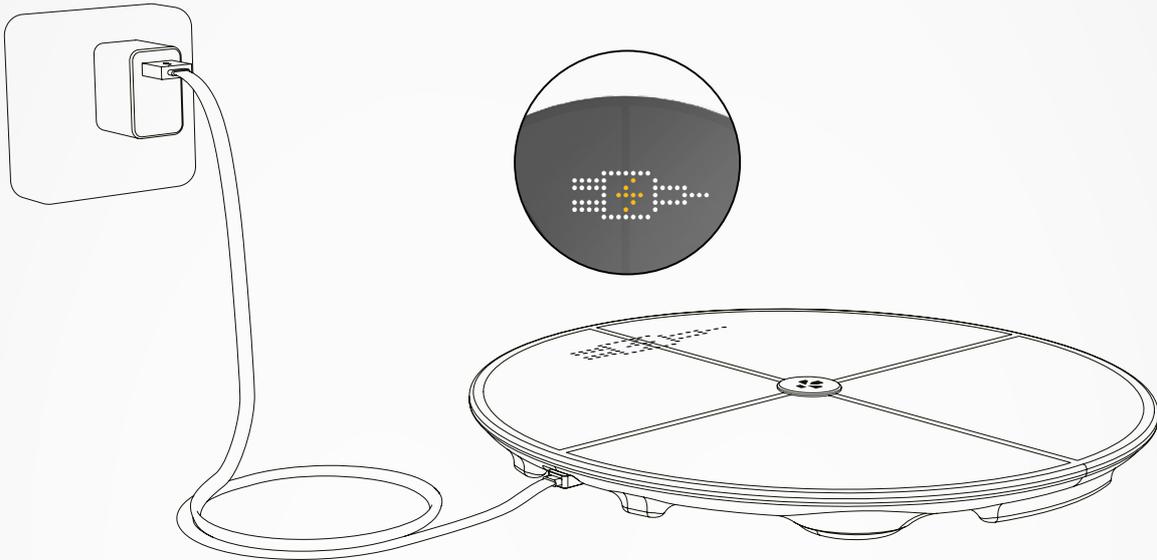


2 USB-C port

3 Reboot button

5 Speaker

3. CHARGING



Plug your MyScale to a power source using the supplied USB-C cable. Your MyScale will display a charging icon to indicate it is charging. Charging the battery completely can take up to 5 hours.



To charge your scale properly, make sure you use a power adaptor (not supplied) that delivers at least 5V-2A.

4. SYSTEM REQUIREMENTS



Smartphone

An iOS or Android device running iOS 9.0+ or Android 6.0+ (with Bluetooth® and Wi-Fi* enabled) is required to:

- Download the MyKronoz App
- Set up your MyScale
- Access specific features/settings



Wi-Fi access* is required to:

- Set up your MyScale
- Retrieve data from your MyScale
- Upgrade your MyScale whenever an update is available



MyKronoz mobile app

- Available on the Play store and App store.

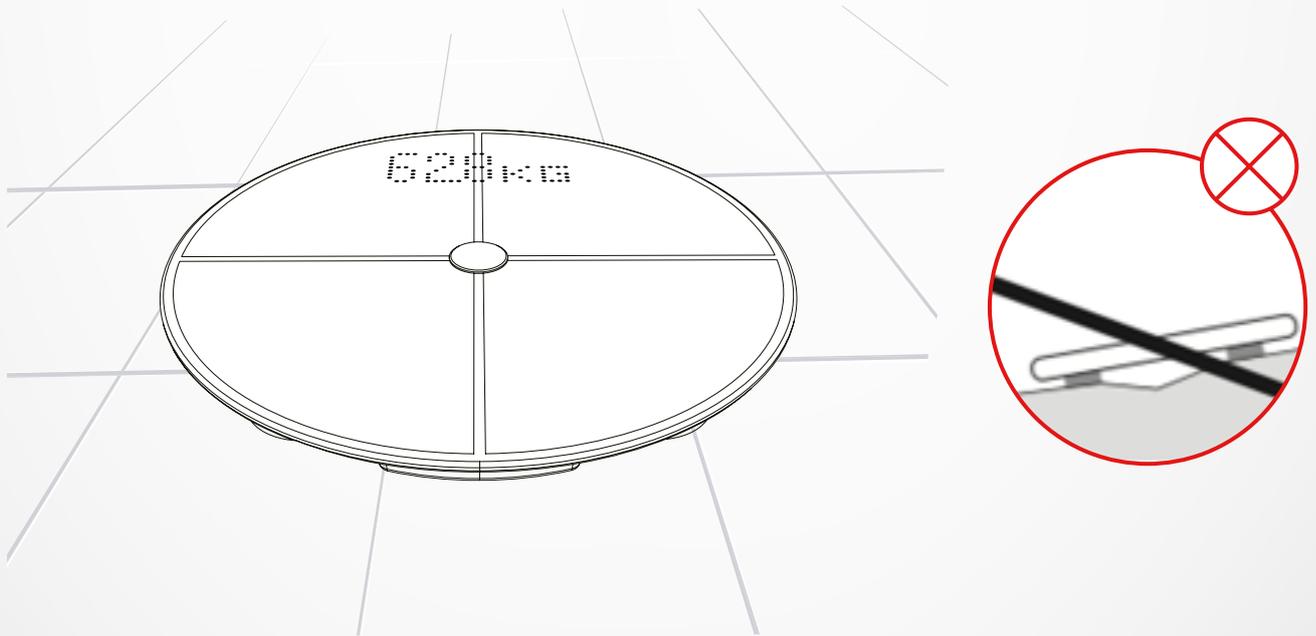
*Only compatible with 2.4GHz Wi-Fi networks

5. SETTING UP MYSCALE

When supplied to the end user, the scale is set to weigh and measure in “kg”. You can change the unit settings during initial use with the app. As long as the scale is not set up, MyScale will only display your weight in kg (by default) and a Guest icon.

Once paired, the scale will update the weight unit (Kg or Lb) based on your user profile.

- 1 Place your scale on a hard and flat surface.
A hard surface is crucial for getting accurate measurements.



- 2 Scan and get the **MyKronoz App** from the App Store or Google Play store.



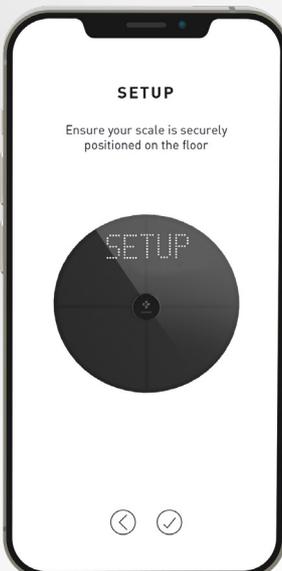


- 3 Open the **MyKronoz App** on your mobile device and select **Smart home**.



- 4 Create a user account or login with your existing account.

Follow the on-screen instructions to register and set up your personal profile. Make sure you enter your profile data correctly as it is used to accurately calculate your BMI and body composition.



- 5 Follow the on-screen instructions:

- If you are the first person to install the scale, select: **I'm the first person to set up this scale**
- If you wish to connect to an already installed scale, select: **I'm joining a scale that's already set up**

6 Make sure to enable **Bluetooth®** and **Wi-Fi***



To connect MyScale to your Wi-Fi network you will need to know the following information:

- Wireless network name (SSID)
- Wi-Fi password

Go over to your Wi-Fi router and make sure you know your Wi-Fi password.

Then connect your smartphone to your Wi-Fi network.

If you do not have this information or you don't know how to open the network to a WPA/WPA2 password protected network, feel free to get in touch with your Internet service provider for assistance.



7 Follow the **on-screen instructions** in order to setup your scale.

Once MyScale is connected to your Wi-Fi router your data will automatically sync measurements to your account. Therefore, you don't need your phone to record a weighing.

6 . INVITING USERS

Once you've successfully installed your MyScale on your account, you can invite up to 7 users to join your scale. There is a limit of eight users per scale.

To invite users and allow them to enjoy all the features of MyScale, follow the instructions below:

I INVITE USERS AFTER FIRST SET UP

1. Tap on **Generate a QR code button**
2. Invite new members who wish to join MyScale to download the MyKronoz application from the Playstore or App store.
Once downloaded:
 - Invite Android users to scan the QR code using a QR code reader
 - Invite iOS users to scan the QR code directly from the phone's camera
3. After scanning the QR code with their phone, they will be redirected to the MyKronoz mobile application in order to create their own account and setup their profile with the scale.

I INVITE USERS FROM DEVICE MANAGEMENT TAB

You are also free to invite users at any time:

1. Tap on Settings tab
2. Select Device Management
3. Select Share
4. Follow the instructions on-screen

7. JOINING A SCALE

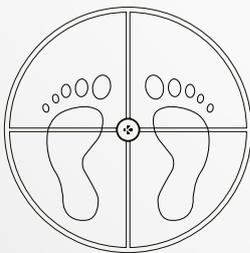
Once a scale has been already installed, you can connect your account to the scale by following the steps below:

1. Download the **MyKronoz App** on the App Store or Google Play store.
2. Open the MyKronoz App on your mobile device and **select Smart home**.
3. **Create a user account or login** with your existing account.
Follow the on-screen instructions to register and set up your personal profile. Make sure you enter your profile data correctly as it is used to accurately calculate your BMI and body composition.
4. Follow the on-screen instructions:
 - If you wish to connect to already installed scale, select:
I'm joining a scale that's already set up
5. Make sure to enable **Bluetooth®**
6. Follow the on-screen instructions and step on MyScale to light up the screen and setup the scale.

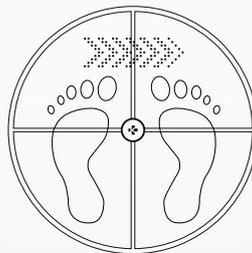
8. INSTRUCTIONS FOR ACCURATE MEASUREMENTS

Make sure to set up your MyScale to measure your body composition.

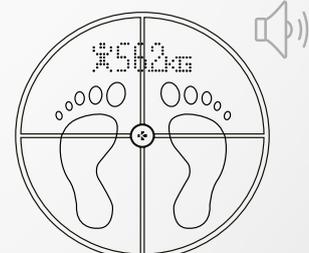
As long as the scale is not set up, it will only display your weight in kg (default) and a Guest icon.



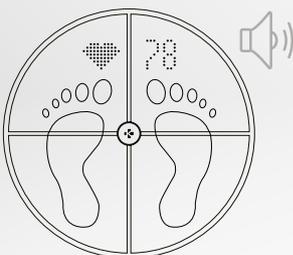
- 1.** Step onto your MyScale with parallel bare feet and stand still



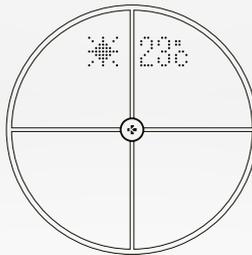
- 2.** Measuring your weight, body composition and heart rate



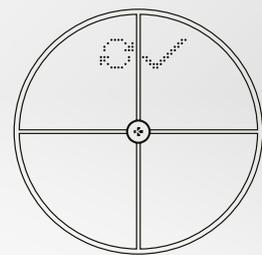
- 3.** A first sound will alert you once the body composition analysis is complete



- 4.** A second sound will alert you once the heart rate analysis is complete



- 5.** Step off the scale



- 6.** Data syncs via Wi-Fi to the MyKronoz App

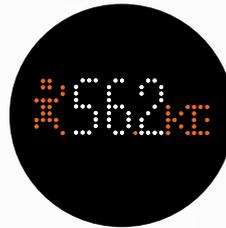
By Default, Weight will display first followed by:

1. Measuring interface
2. Weight trend (Kg /Lb)
3. User pseudonym
4. BMI
5. Muscle mass (Kg /Lb)
6. Body fat (%)
7. Bone mass (Kg /Lb)
8. Body water (%)
9. Heart rate
10. Weather (°C /°F)

I MAIN SCREENS



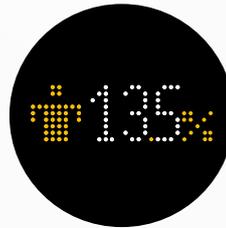
Weight (kg, lb)



Muscle mass (kg, lb)



Weight trend (kg, lb)



Body fat (%)



Pseudonym



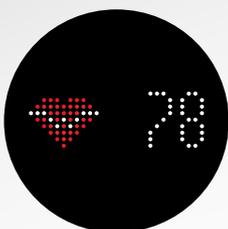
Bone mass (kg, lb)



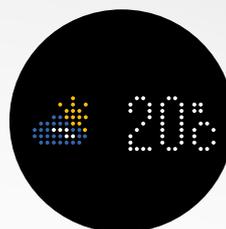
BMI (Body Mass Index)



Body water (%)



Heart rate



Weather (°C/°F)

I ADVICES AND RECOMMENDATION

- Try to measure yourself at the same time every day (ideally in the morning), on an empty stomach and without clothes on, in order to obtain results that can be compared.
- Body composition calculation may only be made when barefoot. Always step into the scale with your socks or shoes off.
- Ensure accurate data are saved in your personal profile (gender, age & height).
- Stand up straight and still during the measurement.
- Do not worry if your feet appear too large compared to the scale surface.
- Remember that only the long-term trend is important. Short-term changes in weight within a few days are normally caused by loss of fluids; however, body water plays an important role in terms of well-being.

I GUEST MODE

If a user does not have a MyKronoz account, MyScale will display “Guest” interface. Guest readings will only measure and display weight.



9 . SYNCING YOUR DATA

Data from your MyScale is automatically synced, without any action required on your part. Your weight data is synced with the MyKronoz app within a few seconds after you are weighing. To refresh the data manually, slide your finger down from the dashboard.

10 . SETTING GOAL

MyScale allows you to set goals so you can keep track of your progress in any mode that you are using.

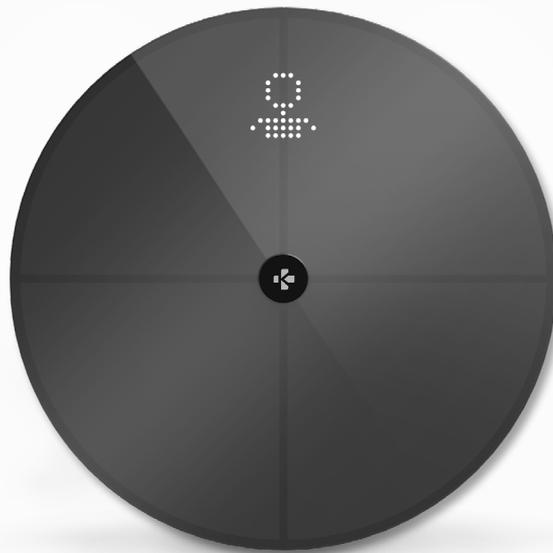
1. Open the **MyKronoz App**
2. Select the **Goal tab**
3. Tap on **Edit Goal** to adjust your goal weight
4. Hit the confirm button located in the bottom of the screen to record your new goal

11. RETRIEVING UNKNOWN MEASUREMENT

MyScale may assign your weigh-in to a guest when:

- You do not have a user account associated with the scale. Therefore, it cannot recognise you and only displays your weight.
- If your weight varied about more or less 2 Kg (4,4 Lb) since your last weigh-in

When this happens, the scale shows the interface below:

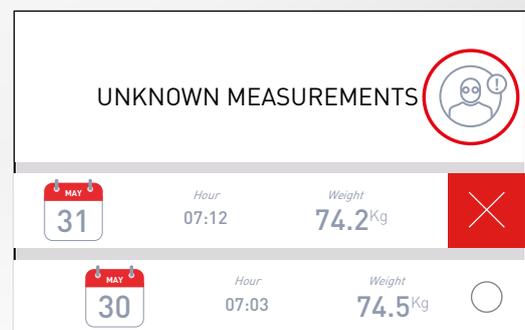


To view and assign the list of unknown measurements:

1. Open the **MyKronoz App**
2. Select **Settings** menu
3. Select **Advanced Settings**
4. Tap on **Assign weigh-ins**
5. Select the measurements you want to assign to your profile

To be recognized by the scale:

1. Open the **MyKronoz App**
2. Select **Settings** menu
3. Select **Advanced Settings**
4. Tap on **Assign weigh-ins**
5. Tap on the icon at the top right corner of the screen and follow the on-screen instructions



12 . REMOVING OTHER USERS

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Device management**
4. Click on the **scale picture**
5. Select **Dissociate**
6. Select the profile you want to remove and **confirm**

13 . LINKING WITH THIRD PARTY APPS

I LINKING YOUR ACCOUNT TO APPLE HEALTH

iOS users can allow MyKronoz app to share health data to Apple's Health app. To connect your MyKronoz account to your Apple health account, perform the following steps:

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Advanced settings**
4. Select **Link to Apple health**
5. Select **the data** you want to share

In order to allow MyKronoz app to share health data to Apple health, make sure to enable the permission in the Apple's health settings on your iPhone.

I LINKING YOUR ACCOUNT TO GOOGLE FIT

Android users can allow MyKronoz app to share health data to Google Fit app. To connect your MyKronoz account to your Google Fit account, perform the following steps:

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Advanced settings**
4. Select **Link to Google Fit**
5. Select **the data** you want to share

In order to allow MyKronoz app to share health data to Google Fit, make sure to enable the permission in the Google Fit settings on your phone.

14 . CUSTOMIZING YOUR MYSCALE

IMPORTANT NOTE

Only the first person who set up the scale can customize the scale and update the following settings:

- Set the weight measurement unit (only for the scale unit)
- Update the Wi-Fi configuration
- Select the screens that appear after each measurement
- Update the location to get accurate weather data
- Enable or disable the confirmation audio sound

These selections also apply to other users.

I CHANGING THE WEIGHT MEASUREMENT UNIT

Weight measurement units are automatically defined based on the user profile.

To select the weight unit that displays on the MyScale screen:

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Advanced settings**
4. Tap on **Weight**
5. Select **the unit (kg/lb)**

To view your body composition measurements in percentage or absolute units (kg, lb) on the MyKronoz App:

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Advanced settings**
4. Tap on **Body composition**
5. Select **the unit (kg/lb or %)**

I CHANGING THE WI-FI CONFIGURATION

You may need to change the Wi-Fi configuration of your scale:

- If you want to use a different Wi-Fi network,
- If you've changed the name or password of the Wi-Fi network you use,

To change your Wi-Fi configuration, perform the following steps:

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Select **Device Management**
4. Select **Wi-Fi configuration**
5. Follow the instructions on-screen

I CHANGING THE SCREENS SELECTION

Only the first person who set up the scale can select which screens will appear on the MyScale screen after each measurement. This selection also applies to other users.

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Select **Device Management**
4. Select **Screens selection**
5. Follow the instructions on-screen

The change will take effect upon next weigh-in.

I CHANGING THE LOCATION

Only the first person who set up the scale can set the location. The location is used to provide you with correct weather data if you have enabled the Weather screen. To update the location manually or if the preset location is incorrect, perform the following steps:

1. Open the **MyKronoz App**
2. Tap on **Settings tab**
3. Select **Device Management**
4. Select **Location**
5. Type **your location**

The change will take effect upon next weigh-in.

The change will take effect upon next weigh-in.

15 . RESETTING MYSCALE

It may be necessary to reset your MyScale in order to resolve any malfunctions or simply to reset the device to its original settings.

To reset Mycale :

1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Device management**
4. Tap on the **scale visual** or **+ icon** and select **Reset**
5. Follow the instructions on-screen

This operation will delete all user profiles and restore all settings to their factory defaults.

To reboot your MyScale, press the button at the back of the device. This procedure is useful to fix miscellaneous bugs (device not recognized, frozen screen...).

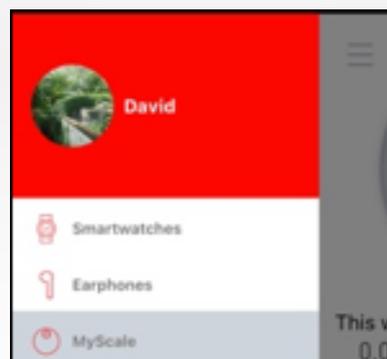
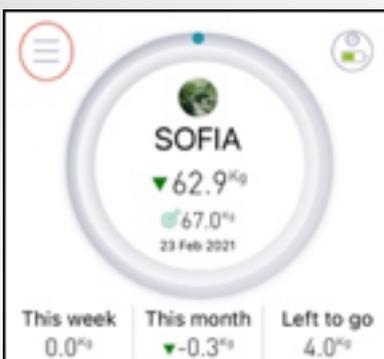
16 . ADDING A NEW DEVICE

To add another scale or any additional MyKronoz products, follow the steps below:

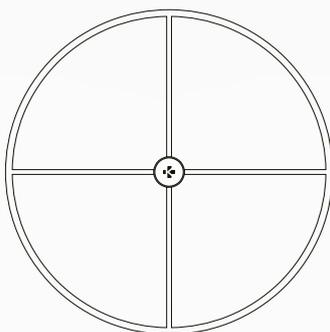
1. Open the **MyKronoz App**
2. Select **Settings menu**
3. Select **Device management**
4. Tap on the **scale visual** or **+**
5. Select **Add a new device**

You can also add a new device from MyScale dashboard

1. Open the **MyKronoz App**
2. From MyScale dashboard, **tap on** 
2. Tap on **Add new device**



17. CARE AND MAINTENANCE



Use a soft damp cloth to clean your scale. Never use detergents, antiseptic wipes or highly concentrated glass cleaner to clean your scale. This may cause irreversible damage to the coating that protects the electrodes used to measure your body composition.

18. TECHNICAL SPECIFICATIONS

DIMENSIONS	34 x 2,6 cm (13,4 x 0,8 in)	BATTERY TYPE	Li-ion 3000 mAh
WEIGHT	2,1 kg (4 lb)	BATTERY LIFE	Up to 1 year
MATERIALS	Tempered glass & ABS bottom housing	CHARGING	Rechargeable battery via USB-C cable
DISPLAY	LED color display	OPERATING TEMPERATURE	5°C - 35°C
SENSOR	4 weight sensors	CONNECTIVITY	Bluetooth® 4.0 - Wi-Fi 2.4 GHz 802.11 (b/g/n)
UNITS	Kg, Lbs		WPA/WPA2 security protocols
WEIGHTING RANGE	5 -> 180 kg (9 -> 396 lb)	SYSTEM REQUIREMENTS	iOS 9.0+, Android 6.0+
GRADUATION	100 g (0.2 lb)		

	Frequency band (MHz)	Max. output power (dBm)
Bluetooth®	2402MHz-2480MHz	20 dBm
WLAN	2412MHz-2462MHz	20 dBm

19. NEED HELP?



Scan to access
the MyKronoz
helpdesk center

SAFETY INSTRUCTIONS

I HEALTH WARNING



- DO NOT use this product if you have a pacemaker or any other internal medical device
- DO NOT use this product if you are pregnant
- DO NOT use this product to treat or diagnose any medical condition
- DO NOT use this product for any purpose other than measuring your weight and body composition
- MyScale is safe for use by individuals that are 10 years old or older

I GENERAL WARNING

- MyScale is designed for private and indoor use only
- Place MyScale on a hard and flat surface
- Use MyScale at temperatures between 5°C/41°F and 35°C/95°F
- DO NOT stand on the edge of the scale or jump on it
- DO NOT overload the scale (max. 180kg / 396lb)
- DO NOT drop the scale or drop any object on it to avoid damage to the weight sensors
- DO NOT submerge the scale or use chemical cleaning agents. Clean the scale with a slightly damp cloth
- DO NOT use detergents, antiseptic wipes or highly concentrated glass cleaner to clean your scale. This may cause irreversible damage to the coating that protects the electrodes used to measure your body composition
- DO NOT dismantle the device. KRONOZ LLC is not responsible for any damage or injury caused by the removal of the battery or any component
- Avoid extreme heat, cold and humidity that may damage the device
- Protect your device from severe impacts or vibrations to avoid damaging the device and causing the device to malfunction

WARRANTY

Kronoz LLC warrants to the original purchaser that the MyKronoz against defects in material and workmanship under normal use for a period of one year from the date of purchase, except if you reside in European Economic Area (EEA) and your purchased your MyKronoz product in EEA, the warranty period is two years from the date of purchase. MyKronoz does not warrant that the operation of the Product will be uninterrupted or error-free. MyKronoz is not responsible for damage arising from failure to follow instructions relating to the MyKronoz product's use.

REGULARY NOTICE

USA

FCC STATEMENT



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.

CAUTIONS

Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

FCC NOTICE

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.

RF EXPOSURE STATEMENTS

This equipment complies with FCC radiation exposure requirement set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The portable device is designed to meet the requirements for exposure to radio waves established by the Federal Communications Commission (USA). These requirements set a SAR limit of 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported under this standard during product certification for use when properly worn on the body.

2AA7D-MSCL

CANADA

INDUSTRY CANADA (IC) STATEMENT

This device complies with Industry Canada license-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device. This Class B digital apparatus complies with Canadian ICES-003.

RF EXPOSURE STATEMENTS

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. End user must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The portable device is designed to meet the requirements for exposure to radio waves established by the ISED. These requirements set a SAR limit of 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported under this standard during product certification for use when properly worn on the body.

IC: 12131A-MSCL

EUROPEAN UNION CE DIRECTIVE



KRONOZ LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of the Directive 2014/53/EU and 2011/65/EU.

The original EU declaration of conformity may be found at:

<https://www.mykronoz.com/assets/certifications-ce-myscale.pdf>

DISPOSAL AND RECYCLING INFORMATION



After the implementation of the European Directive 2012/19/EU in the national legal system, the following applies: electrical and electronic devices may not be disposed of with domestic waste. Consumers are obliged by law to return electrical and electronic device at the end of their service lives to the public collecting points set up for this purpose or point of sale. Details to this are defined by the national law of the respective country. This symbol on the product, the instruction manual or the package indicates that a product is subject to these regulations. By recycling, reusing the materials or other forms of utilizing old devices, you are making an important contribution to protecting our environment.

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Pictures and specifications are not contractual. Designed in Switzerland - Assembled in China.

MYKRONOZ

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— mykronoz.com —