

## **User's Manual**

## **LEICKE Sharon Body Fat Analyser**





Product number: LH67301

#### Thank you for purchasing the Body Fat Analyser from LEICKE Sharon.

We continuously work on the development of our products, our customer support and innovations. Our products have a long service life, are eco-friendly and high performing. Furthermore, every day we do our very best to satisfy you as our customer. That is why you, no matter if private or business customer, are in the focus of our company's efforts. We take your reviews and proposals seriously and evaluate them continuously. That way, we get to know you and your demands on our products and services better and thus allow for positive enhancements.

To discover more about LEICKE products, or if you have any questions about this product, visit our website www.leicke.com.

#### PACKAGE CONTENTS

Before attempting to use this device, please check the packaging and make sure the following items are contained in the package:

Number of Pieces	Name	Note
1	Body Fat Analyser	Bluetooth 4.0
3	Three AAA-size Batteries	(1.5V each)
1	User's Manual	-

#### **TECHNICAL DETAILS**

Power Source	4.5V (Three AAA-size Batteries)
Measurement Unit	Kilogram / Stone / Pound
Measurement Range	5kg to 180kg / 0st: 11lb to 28st: 5lb / 11lb to 397lb
Accuracy	5-50kg: ±0.3kg; 50-100kg: ±0.4kg; 100-150kg: ±0.5kg; 150-180kg: ±0.7kg
Normal working condition	Temperature: 5°C to 40°C Relative humidity: ≤ 85%RH Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature: -20°C to 60°C Relative humidity: 10%RH to 93%RH Atmospheric pressure: 50kPa to 106kPa
Turn on Method	SENSE ON technology
Division	0.1kg / 0.2lb
Auto-OFF	The scale will turn off after about 15 seconds if there is no operation
Display	Digital LCD
Weight	1.6 kg
Dimensions	Size: 300 x 300 x 24 mm

#### About the Accuracy of This Product

• This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer.

Please refer to the above table for the descriptions on accuracy.

• This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

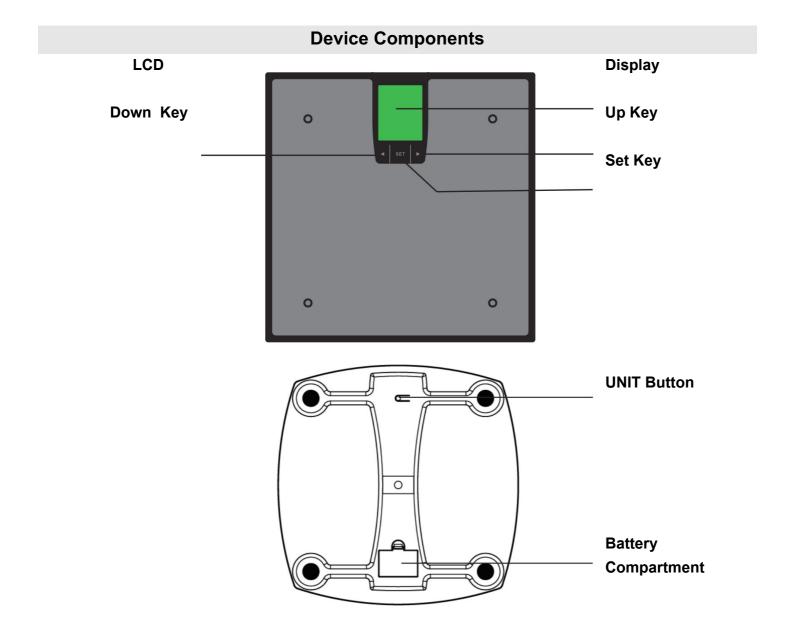
#### **PRODUCT INFORMATION**

The Sharon Body Fat Analyser applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate calorie, BMI, body fat, body water, muscle mass and bone mass. The electrical current is small and may not be felt.

This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

The current mentioned above is less than 0.5mA. However, please be aware that anyone with a wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

The intended use of this device is for healthy children 10-17 years old and healthy adults.



#### SAFETY INFORMATION

The warning signs and symbols are essential to ensure correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:

Symbol for "THE OPERATION GUIDE MUST BE READ"	Symbol for "MANUFACTURER"
The Bluetooth Combination Mark	Symbol for "DIRECT CURRENT"
Symbol for "COMPLIES WITH EU REQUIREMENTS"	Symbol for "ENVIRONMENT PROTECTION - Electrical waste products
Symbol for "MANUFACTURE DATE"	should not be disposed of with household waste. Please recycle where facilities exist. Check with your
Symbol for "SERIAL NUMBER"	local authority or retailer for recycling advice"

#### CAUTION:

\* Sharon LEICKE Body Fat Analyser offers you a seamless way to manage your health. Please be aware that this device is designed for healthy population over 10 years old self-measuring and self-monitoring body compositions. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. If in doubt, contact your physician.

\* This device is contraindicated for any female subject who may be suspected of, or is pregnant. Otherwise, the effects of this device on the fetus are unknown.

\* This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

\* This device should not be used for anyone who is acutely or chronically ill because of suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

\* LH67301 is equipped with data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF

communications equipment can affect the performance. And the device can interfere vicinity electrical equipment.

\* WARNING: No modifications of this equipment are allowed. This may result in increased EMISSIONS or decreased IMMUNITY.

\* Please use the device according to the user manual. Any misuse can cause electric shock, burns, fire and other unexpected hazards.

\* Please use and storage the device under the environment which was provided in the user manual.

\* Don't expose the device to extreme temperatures, direct sunlight, moist or corrosive environment.

\* Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

\* Please keep the device out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.

\* Please don't use the device out of lifetime any more because degraded sensors and electrodes, or loosened electrodes can degrade performance or cause other problems.

\* If you have an allergy to stainless steel, please avoid contact to the electrodes of the device.

\* The patient is an intended operator. The patient can measure, transmit data and charge battery under normal circumstances and maintain the device and its accessories according to the user manual.

\* The device is not AP/APG equipment. It is not suitable for use in the presence of a flammable anaesthetic mixture with air (or oxygen, nitrous oxide).

\* Please use ACCESSORIES and detachable parts specified / authorised by MANUFACTURER. Otherwise, it may cause damage to the unit or danger to the user / patient.

#### **MEASUREMENT PRINCIPLE**

# To ensure the accuracy of measurement, please follow the instructions below when you start measurement.

Place the scale on a flat, hard surface. Soft surface such as carpet will affect the performance of the scale. Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.

Start measurement at least two hours after getting up or dining.

Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dining. For maximum accuracy and repeatability, it is recommended that you should use the device in the same time of the day and on the same location.

The condition of the skin on the bottom of your feet can affect the reading. Take the reading with clean, slightly damp feet for best accuracy. If you are having a problem on operating this scale please contact customer service.

Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

SYMBOL	DESCRIPTION	SYMBOL	DESCRIPTION
<b>B</b> ody <b>F</b> at	Body Fat Analysis Result	%	Percentage
TBW	Total Body Water Analysis Result	t	Male
Muscle	Muscle Mass Analysis Result	Ťŕ	Male Athlete
Bone	Bone Mass Analysis Result	1	Female
Age	Age	†Ť	Female Athlete
ft	Foot	P8	User ID (P1-P8)
st Ib	Stone	CAL	Calorie Analysis Result

#### LCD DISPLAY SIGNAL

lb	Pound	BMI	Body Mass Index
СМ	Centimetre		Low Battery
kg	Kilogram	Goal	Goal Weight
Weight Difference	Difference Compared with Goal Weight		More than the Goal Weight
	Less than Goal Weight		Successful Bluetooth Connection
	Data transmitting / pending to transmit to wireless wellness system		

#### **INSERT THE BATTERIES**

- 1. Open the battery door at the back of the scale.
- Insert the batteries (3x1.5V AAA) into the battery compartment according to the polarity indications marked inside the compartment. (The digits "8888" will be shown on the LCD.)
- 3. Close the battery door and wait until the digits "0.0" are shown on the LCD.



4.



\* When the symbol **a** ppears, the device will power off in about 3s. Then you shall replace with a new set of batteries. Please replace all three batteries at the same time. Do NOT mix old batteries with new ones.

\* Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.

\* Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries and scrapped device.

\* If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

#### SET UP YOUR PROFILE

The body fat analyser supports multiple users (up to 8). You may follow below instructions to assign a User ID and set up your own profile, including Gender, Stature, Age and Goal Weight.

#### 1. Assigning User ID

- With batteries correctly installed, press "SET" key to enter setting.
- The system will request User ID selection first. As pictured below, "P1" blinks. The operator may press the function key "up" or "down" to select User ID among P1 to P8.
- Press "SET" key to confirm User ID.

#### 2. Setting Gender

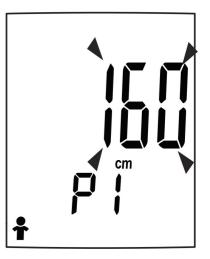
- After confirming User ID, the system will divert to Gender setting automatically.
- As pictured below, the portrait "T" blinks. The operator may press the function keys to select Gender. (Male/Female/Male Athlete/ Female Athlete).
- Press "SET" key to confirm Gender.

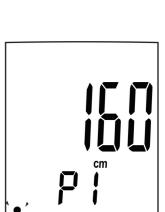
#### Athlete Mode:

An athlete is defined as an adult who is involved in intense physical activity of approximate 12 hours per week and who has a resting heart rate of approximately 60 beats per minute or less.

#### 3. Setting Stature

- After confirming Gender, the system will divert to Stature setting automatically.
- As pictured below, the digit "160" blinks. The operator may press the function keys again to increase or decrease the numeral. (Range: 100 cm to 220 cm/ 3'3.5"~7'2.5" ft)
- You may press and hold the function key "Up" or







"Down" for fast changing the numeral.

- Press UNIT Button to select between ft (Foot) and cm (Centimetre).
- Press "SET" key to confirm Stature.

#### 4. Setting Age

- After confirming Stature, the system will divert to Age setting.
- As pictured below, the digit "30" blinks. The operator may press the function keys to increase or decrease the numeral.

(Age Setting Range for Normal Mode:

10 to 85 years old)

# Age

#### 5. Setting Goal

- After confirming Age, the system will divert to Goal setting.
- As pictured below, the digits "50.0" blink. The operator may press the function key "Up" or "Down" to increase or decrease the numeral.
- You may press and hold the function key or for fast changing the numeral.
- Press "SET" key to confirm Goal.
- When the LCD displays "0.0kg", you may start measuring.

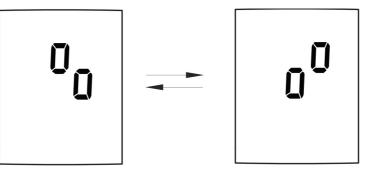


#### PAIRING WITH YOUR DEVICE

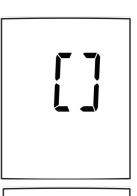
# Download and install the MedM Health APP into your mobile device which supports Bluetooth 4.0 technology from APP Store or Google Play.

With the advanced Bluetooth 4.0 technology applied, mobile or portable devices which are equipped with Bluetooth in line with the BLE Technical Specifications established by the global organization Bluetooth SIG, are capable to receive your personal health data.

- 1. Turn on Bluetooth and the App. Make sure both are ON when pair-up is proceeding.
- 2. Press and hold "UNIT" button in the back of the scale to start pair-up.
  - These symbols shown on the LCD alternating indicate that pair-up is proceeding.



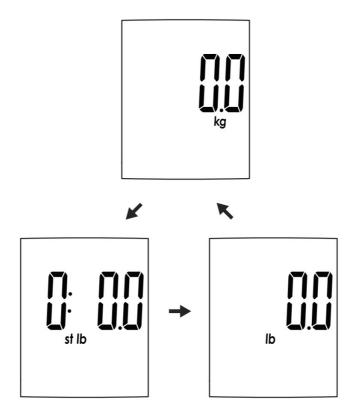
• If SUCCEED, this symbol will be shown on the LCD.



• If FAIL, symbol "E1" will be shown on the LCD.

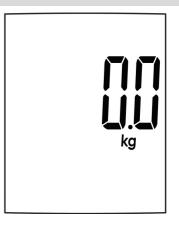
#### SELECT MEASUREMENT UNIT

With batteries correctly installed, press "UNIT" button in the back of the scale to select measurement unit. The default measurement unit is "kg". You may press "UNIT" button to choose among kilogram, stone and pound.



#### SWITCHING ON YOUR SCALE

- 1. Press the platform centre and remove your foot.
- 2. "0.0" will be displayed.
- The scale is now ready for use.
  This initialisation process must be repeated if the scale is moved.

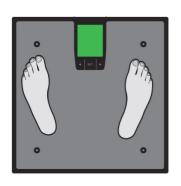


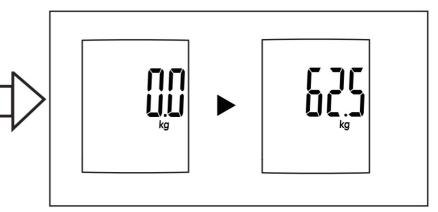
#### WEIGHT ONLY OPERATION

Your LEICKE Sharon Body Fat Analyser will operate as a conventional weight-reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight.

- 1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
- 2. Step onto the scale platform and remain still while the scale computes your weight.
- 3. The scale will display your weight value.

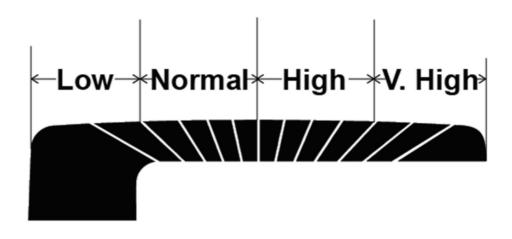




4. The scale will automatically turn off after a few seconds, and you can press "SET" or "UNIT" key to turn it on.

#### **BODY FAT INDICATOR**

The progress bar at the top of the LCD display also functions as the indicator of body fat level. When the measuring result is displayed after analysis, the varying length of the bar indicates different levels of body fat.

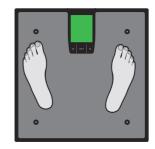


#### START MEASUREMENT

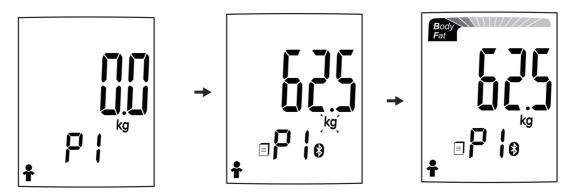
#### 1. First Measurement

Please process the user setting before your first measurement. (Refer to Set Up Your Profile for more details)

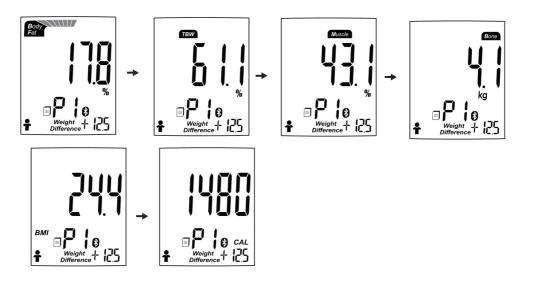
**STEP 1:** Press "SET", choose according profile and step on the platform barefooted.



**STEP 2:** Stand still and keep full contact with the scale until the LCD stops displaying a moving body fat level bar.



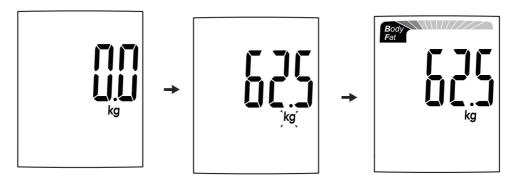
**STEP 3:** The measuring results will be displayed sequentially for three times: Body Fat, Total Body Water, Muscle Mass, Bone Mass, BMI and assumed daily Calorie consumption.



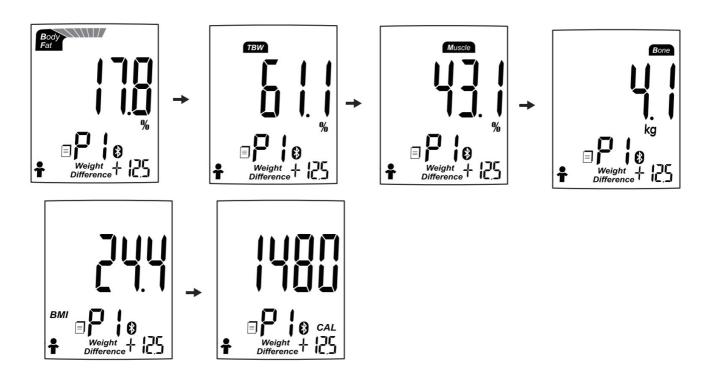
• If it fails to complete the analysis, the LCD will only display the weight data. (To find out the solutions, please refer to Troubleshooting for more details.)

#### 2. Daily Measurement

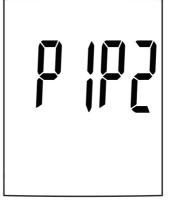
- With original SENSE ON patent technology, the analyser will switch on as you step on the platform barefooted.
- Stand still and keep full contact with the scale until the LCD stops displaying a moving body fat level bar.



 According to the analysis results, the system will automatically identify the possible User ID with most similar history records. Then the measuring results will be displayed sequentially for three times.



• When the system detects two or more users with similar history records, it will notify you to choose between, for example, P1 and P2. You may now select the right person. The measuring results will then be sorted to the User ID you selected and displayed sequentially three times.



• If it fails to identify the possible User ID, the LCD will only display the weight data. (To find out the solutions, please refer to Troubleshooting for more details.)

#### DATA TRANSMISSION

- To pair-up the Analyser successfully with your smartphone, the measurement data will be transmitted to your device via Bluetooth.
- ONLY when the measuring results are attached to a specific User ID will it be transmitted to your mobile after measurement.
- The symbol 🗐 will disappear after successful data transmission, and you may check your personal health data stored in your smartphone.



If the data transmission fails, the symbol <sup>□</sup> remains. The pending measurement data will be temporarily kept in the scale and transmitted to your smartphone when next measurement is complete.

Successful Bluetooth Connection
Data transmitting:
- If SUCCEED, the symbol disappears;
- If FAIL, the symbol remains.

#### MAINTENANCE

# When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

\* DO use a dry soft cloth to wipe the dust.

\* DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.

\* DON'T wash the device with water or immerse it in water.

\* DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolour or malfunction.

\* DON'T disassemble this device. If you have any problems, please contact LEICKE. (Please refer to CONTACT for contact information)

\* Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period.

#### HEALTH TIPS – ABOUT BODY FAT

The Human body is made up of, amongst other things, a certain percentage of fat. Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat will damage your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror. This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone. The composition of your weight loss could mean you are losing muscle mass rather than fat - you could still have a high percentage of fat even when a scale indicates 'normal weight'. The following table may be used as a guide:

Table of Body Fat Level (Unit: %)

- a) The body fat percentage (%): 5%-60%/0.1%
- b) Standard For Men

Standard for Women

Rating			Age			Rating			Age		
	20-29	30-39	40-49	50-59	60+		20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18	low	<19	<20	<21	<22	<23
Normal	14-20	15-21	17-23	18-24	19-25	Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	21-23	22-24	24-26	25-27	26-28	Moderately High	29-31	30-32	31-33	32-33	33-35
High	>23	>24	>26	>27	>28	High	>31	>32	>33	>34	>35

#### HEALTH TIPS – ABOUT CALORIE

The device uses your age, height, gender and an activity level setting to calculate the estimated number of calories you can consume a day to maintain your present weight. This estimation may gradually help you with a weight loss, gain or maintenance plan.

#### HEALTH TIPS – ABOUT BODY WATER

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body: All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

The following table may be used as a guide:

Table of Body Water Level (Unit: %)

b) The body water percentage (%): 43%-73%/0.1%

	BF % RANGE	OPTIMAL TBW % RANGE
	4 to 14%	70 to 63%
D.4 au	15 to 21%	63 to 57%
Men	22 to 24%	57 to 55%
	25 and over	55 to 37%
	4 to 20%	70 to 58%
Women	21 to 29%	58 to 52%
women	30 to 32%	52 to 49%
	33 and over	49 to 37%

#### **HEALTH TIPS – ABOUT MUSCLE MASS**

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass with ageing
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

The muscle mass percentage (%): 25%-75%

#### **HEALTH TIPS – ABOUT BONE MASS**

Regular exercise and a balanced diet can help maintain healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks in their thirties. Then people begin to lose bone. Regular exercise can help prevent that loss.

Calcium and vitamin D, good sources of which are dairy products, green leafy vegetables and fish, contribute to healthy bones.

The bone mass readings given by this product are an estimation of the amount of bone in your body. Those with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones please consult your doctor timely. The average bone mass percentage for both men and women is between 0.5 to 10kg.

#### HEALTH TIPS – ABOUT BMI

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. The Analyser will calculate your BMI on your height and weight.

The table as follows may be used as a guide:

**Body Mass Index** 

Error

Error	Description	Possible Solution		
	Overload. The device will switch off.	Stop using this scale for measurement.		
D	Low Battery. The device will switch off.	Replace all three batteries at the same time. Please purchase the righ- batteries for replacement.		
	Failure of pairing up your scale with your smartphone.	Please check if Bluetooth is ON, App is ON, both devices are within transmission distance of Bluetooth.		

#### When transmitting data

Problem	Cause	Possible Solution
	Bluetooth is OFF.	Turn ON the Bluetooth via Settings.
Data transmission	The App is OFF.	Press the icon to turn ON your app.
failed.	Out of range of Bluetooth transmission.	Place your smartphone closer to the scale.
	None of the user ID is assigned.	Please assign a User ID following the instruction in <u>Set Up Your Profile</u> .

Problem	Cause	Possible Solution		
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent	Incorrect posture	Please step on the platform barefooted and stand still.		
	The device is located on soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.		
measurement.	Either your hands or your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.		
No display on LCD	Batteries not yet installed.	Install the batteries. (Please refer to Insert the Batteries)		
when the device powers on.	Worn batteries.	Replace all three batteries at the same time. Please purchase the right batteries for replacement.		
CANNOT proceed to analyse calorie, BMI,	Step onto the platform wearing socks or shoes.	Please keep barefooted during measurement, and keep full contact with the electrodes as well.		
body fat, total body water, muscle mass and bone	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the instruction in Set Up Your Profile.		
mass.	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in Set Up Your Profile.		
The device powers off.	Low battery.	Replace all three batteries at the same time. Please purchase the right batteries for replacement.		

#### WARRANTY

\* LEICKE warrants its products free of defects in materials and workmanship in normal use for a period of one year from the date of retail purchase.

\* This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:

\* Failure caused by unauthorized repairs or modifications;

\* Damage caused by shock or drop during transportation;

\* Failure caused by improper operation inconsistent with the instructions stated in this user manual;

\* Malfunction or damage from failure to provide the recommended maintenance;

\* Damage caused by improper use of power supply.

\* Should this device require maintenance (or replacement at our option) under warranty, please deliver the original package to LEICKE. Please return the store receipt (with the retail purchase date) and a note with reasons to return on it as well.

#### **EMC GUIDANCE**

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.

2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance d = 3,3 m away from the equipment. (Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields d = 3,3 m at an IMMUNITY LEVEL of 3 V/m)

#### **DECLARATION OF CONFIRMITY**

Declaration of Conformity with regard to the EU Directive R&TTE 1995/5/EC. See also at www.leicke.com.

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 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 conditions: This device may not cause harmful interference, and this device must accept any interference received, including interference that may cause undesired operation.

FCC-Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

#### IMPORTANT NOTE:

#### Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users should follow the specific instructions in the user's manual to comply with the FCC rules. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

#### DISPOSAL

This device contains materials that must not be disposed of as household waste. Please check local laws



concerning the applicable disposal regulations. Protect the environment by participating in recycling programs.

#### CONTACT

#### If you have any questions, please feel free to contact us.

### PRODUCTION & WHOLESALE LEICKE GmbH Dohnanyistr. 28 04103 Leipzig Germany Web: www.leicke.com

Mail: info@leicke.com