

vive[®]
PRECISION



BODY FAT SCALE

Owner's Manual
DMD1O44

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Precision Body Fat Scale as easy as possible. Check out the included links and QR codes to help you through the process.



To see all FAQs in one place
visit vhealth.link/1pv

HOW TO INSERT THE BATTERIES

1. Lift up the scale and flip it over so that the feet are facing up.
2. Locate the battery cover and slide the cover down to open.
3. Insert three AAA batteries according to polarity.
4. Put the battery cover back in place and slide up to close.

OPERATION



For a video demonstration,
check out vhealth.link/b6k

MEASURING BODY WEIGHT

Without connecting to your smart device, the scale will measure body weight. Follow these steps to measure body weight:

1. Place the scale on a hard, flat surface. Do not use on soft surfaces, such as carpet.
2. Step onto the scale platform carefully. Stand as still as possible until the weight reading is shown and locked on the LCD screen.
3. Without further movement or operation, the scale will automatically shut off.

CONNECTING TO YOUR SMART DEVICE

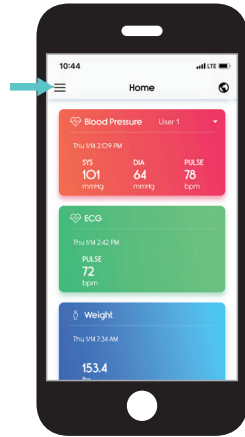
When connected to your smart device, the scale will measure body weight, BMI, body fat, muscle content, water percentage, visceral fat, bone mass, and metabolism. Follow these steps to connect to your device:

The **Vive Precision** app is available for download on the Apple Store or Google Play store. The app is compatible with iOS and Android devices (iOS version 8.0 or higher, Android version 5.0 or higher).

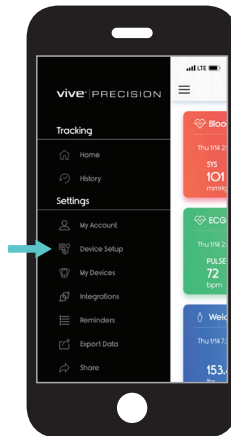
Before connecting to the Vive Precision app, ensure that the batteries are inserted correctly.

1. Download the Vive Precision app.
2. Sign up to create an account, or sign in if you already have an account.

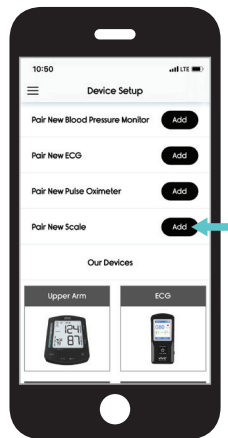
- Step lightly on the device to activate the smart device capabilities of the device, then wait for the screen light to switch on.
- Select the menu icon.



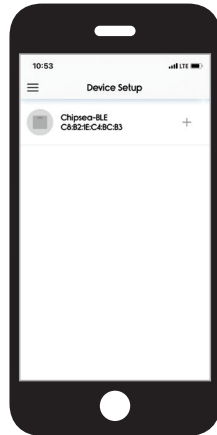
5. Select "Device Setup".



6. Select "Add" to choose your scale and begin the pairing process. Follow the presented steps to successfully connect your device.



7. With the scale on, you will see the device naming ID on the app screen.



8. After pressing the device naming ID, you will see this screen to indicate that the scale is now pairing to your device.



9. Once your device has paired, you will see this screen confirming a successful connection.



10. You can then change the name of your device if you would like.



Note: Ensure that you have accurately entered your basic information, including gender, date of birth, and height during sign-up. This information will impact the accuracy of your health and fitness data.

HOW TO CHANGE THE UNITS

Open the battery compartment to find the button to change units. The default unit is pounds. Press once for stone. Press twice for kilograms. Press again to return to pounds.

- The available measurement units are: centimeters, inches, and feet.
- The available weight measurements are kilograms, pounds, and stones.

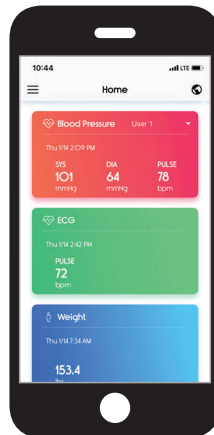
HOW TO TAKE A MEASUREMENT

- Put the scale on a hard, flat surface. Turn on the scale so that the display shows "00.0".
- Step onto the platform of the scale with bare feet. Stand as still as possible until the weight reading appears and locks on the display.
- Wait until the measurement data is shown in the app.

For the best results, complete the measurement process in this order: Weigh - Analyze - Test Complete.

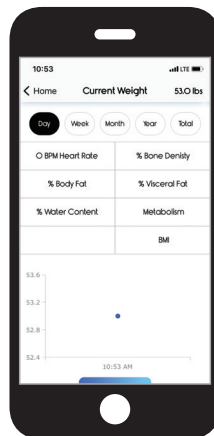
REVIEWING YOUR MEASUREMENTS

1. Measurements that have been transferred are stored in the app. You can view your most recent measurement on the home screen.

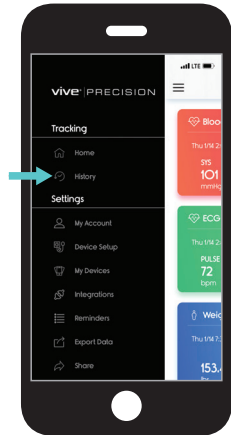


2. Clicking on the weight box on the home screen will show you a graphical trend of your weight as well as a table with your most recent measurements.

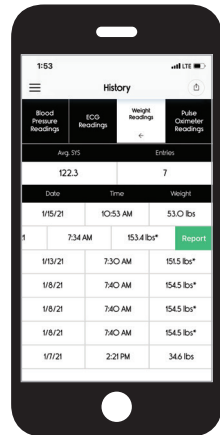
Note that this scale does not record your heart rate so this value will not be displayed.



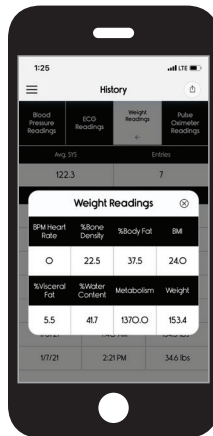
3. To view measurements from past days, weeks, months, or years, navigate to the "History" section located in the menu.



4. There you can view all past measurements. To see more than just weight, swipe to the left to see the Report function.



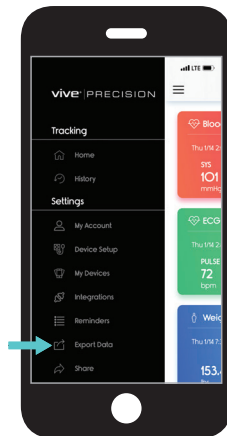
5. Clicking on Report will bring up this screen.



EXPORTING MEASUREMENTS

1. Once you have transferred measurements to the app, you can then send them to a physician or loved one.

To do so, navigate to the "Export Data" section of the Menu.



ERROR MESSAGES

Overload or Measure in Error:

The LCD screen will show "Err" when the maximum capacity of the scale has been exceeded. To avoid damage, remove the weight from the scale.

Low Battery:

The LCD screen will show "Err" when the batteries are low. Open the battery cover, remove the old battery, and reinsert new batteries according to polarity marks.

CARE INSTRUCTIONS

- To clean the scale platform, use a soft cloth with alcohol or glass cleaner. Do not use soaps or chemicals to clean the scale.
- Keep the scale away from water, heat, and extreme cold.

SPECIFICATIONS

1	Maximum Capacity	396lbs./180kgs.
2	Auto On and Auto Off Remark	The scale will automatically switch on when weight of 10 lbs. or more is placed on it.
3	Measurement:	Body weight, metabolism, visceral fat, water content, bone density, BMI
4	High Precision Strain Gauge Sensor System and High Performance CPU	Ensure accuracy.
5	Low Battery and Overload Indication	Inform user when battery is low or when too much weight is placed on the scale.
6	Battery Power	The scale uses three AAA batteries. For the first time use, open the battery cover and insert the batteries according to polarity marks. If the scale fails to operate, remove the batteries completely and reinsert them.

CAUTIONS

- The scale is slippery when wet. Ensure that the scale platform and your feet are completely dry before use. Never step onto the scale platform with wet feet.
- Remove all shoes and socks before stepping onto the scale so that your bare feet touch the electrodes when measuring body weight, BMI, body fat, muscle, water, v-fat, bone mass, and metabolism.
- If the scale malfunctions, start by checking the batteries and replacing them if needed.
- Never jump, stomp, roughly handle, or disassemble the scale, as it's a high-precision measuring device. Handle it carefully to avoid damage when moving it.
- The scale is designed for home use only and isn't suitable for professional use. All measurements are for personal reference only.
- Do not use this product with a defibrillator.
- Contact a doctor prior to starting any diet or exercise regimen.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/1pv for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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