HUAWEI Scale 3 (Bluetooth Edition)

User Guide

HUAWEI

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Getting started

Target users

This scale is designed for measuring healthy people's weight and body fat percentage in daily life. Pregnant women and those with an implanted medical device, such as a pacemaker or a cochlear implant, should not use this product.

The body fat percentages of people who suffer from osteoporosis or edema, use an artificial kidney, have a fever, or are fitness professionals, differ from those of ordinary individuals. Their body fat percentage measurements may not be as accurate and should be used for reference only.

Some body composition measurements are not supported for those under 18 or over 65 years old, due to these age groups' unique physiology.

Powering on and entering standby mode

Open the battery cover on the back of the scale, correctly insert the batteries, and close the battery cover. The scale will power on automatically and get ready for Bluetooth pairing.

After a while, if the scale is not used, its screen will turn off and it will enter standby mode. Stepping on the scale automatically wakes it up.

Pairing with a phone

1. Search for and download the latest version of the Huawei Health app from HUAWEI AppGallery or another app store. If the app is already installed on your phone, make sure it is running the latest version.
2. If you are using an Android phone, open the Huawei Health app, go to **Devices** > **ADD** > **ADD** > **Scales**, and select your scale name. If you are using an iPhone, open the HUAWEI Health app, go to **Devices** > **Add** > **Body fat scales**, and select your scale name.
3. Touch **PAIR**, follow the onscreen instructions to step on the scale, and make sure the LED indicators on the scale lit up, meaning the scale woke up.
   The Bluetooth icon on the scale screen will flash to indicate that a Bluetooth connection has not been established and the scale is ready for pairing.
4. Touch **Next**. The Huawei Health app will detect available Bluetooth devices automatically. Select the scale name to start pairing. Pairing is complete when a message on the screen says Bluetooth pairing was successful.
5. Touch **Next**, and follow the onscreen instructions to confirm user information.

- Pair your scale with a phone running Android 6.0/iOS 9.0 or later.
- You can make sure all scale features are available by granting your scale all related permissions in the Huawei Health app when pairing it with your phone for the first time.
- Confirm that your gender, age, and height are filled in correctly. If not, some of the scale's measurements, such as body fat percentage, may fail or may not be accurate.
- Offline measurement data can be synced to the Huawei Health app for viewing after Bluetooth connection is reestablished.

Adding, editing, and deleting users

This feature is only supported in areas where Huawei Cloud is available.

Adding users:

1 Open the Huawei Health app, and touch the **Weight management** card.

2 Touch **Weight management** in the upper left corner, go to **Manage users** > **Add**, and follow the onscreen instructions to add users. When you're done, touch ✓ in the upper right corner.

- The maximum number of users that can be added is 10.
- Make sure your gender, age, and height are filled in correctly, otherwise measurement data may not be accurate.

Editing user information:

On the **Manage users** screen, select the name of a user to edit that user's information, such as gender, date of birth, height, and weight.

Deleting users:

On the **Manage users** screen, select the name of the user you want to delete, select **DELETE USER**, and touch **OK**.

Indicator and display descriptions

LED Indicators and Display	Description
	The device is in the initialization state. You will first see this icon after you insert the batteries and the scale automatically turns on.
	Weight-measurement icon. It is displayed when the scale is currently measuring weight.
	Body fat percentage icon. It is displayed when the scale is currently measuring body fat percentage.

LED Indicators and Display	Description
	Bluetooth icon, which flashes to show the device is ready for Bluetooth pairing. If this icon's light is solid, the Bluetooth pairing is successful.
	A scale update is in progress.
	The scale update completed successfully.
	Low battery.
	Overweight.
	Body fat percentage measurement failed.
	Firmware update failed.

Starting a measurement

Setting weight goals

You can set your weight goal in the Huawei Health app, and the app will remind you how much you need to gain or lose to reach your goal.

Open the Huawei Health app, go to **Me** > **Settings** > **Goals**, set your desired weight goal, and touch **SAVE**.

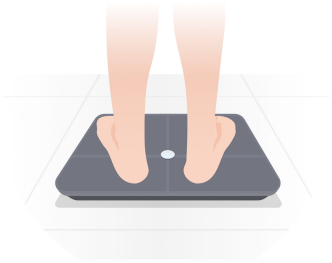
Once you have set your goal, the Huawei Health app home screen will display the difference between your current weight and your target weight.

Setting the weight unit

You can set the weight unit for your scale in the Huawei Health app. Currently supported options are pounds (lbs) and kilograms (kgs).

Open the Huawei Health app, touch **Devices**, and touch the connected scale to enter its details screen. Touch **Scale unit** and set the unit to lbs or kgs.

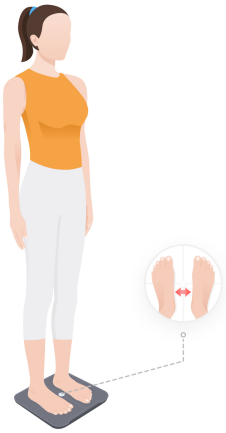
How to measure the weight



Place the scale on a flat, hard surface, such as on the ground.



Make sure that there is enough space around the scale, that nothing is obstructing the scale in any way, and that the feet of the scale are not sitting in the gaps between floor tiles.



Step on the scale barefoot.

Starting a measurement

Starting an online measurement using the Huawei Health app (The device is connected to the Huawei Health app via Bluetooth.)

1 Open the Huawei Health app, and follow the onscreen instructions to start a measurement.

- On the **Health** screen, touch the **Weight management** card, select a user, choose **MEASURE** at the bottom of the screen, and follow the onscreen instructions to step on the scale and measure weight.
- On the **Devices** screen, select your scale name to enter its details screen. Touch **START**, and follow the onscreen instructions to step on the scale and measure weight.

2 After the measurement is complete, you can view the results in the Huawei Health app.

Starting an offline measurement (Bluetooth is not connected.)

1 Stand barefoot on the scale, with your legs and back straight.

2 First, the scale will measure your weight. After the weight measurement, the scale will measure other fitness data such as fat percentage (when lights up). If you do not need

to measure body fat percentage, you can step off the scale when the weight measurement is done.

- Offline measurement data will be synced to the app automatically after an online measurement.
- Place the scale on a solid, flat floor. Do not place it against a wall. Make sure there are no foreign objects on the feet of the scale, the feet of the scale are not in gaps between tiles, and the scale is not being lifted up by anything. When moving the scale, do not drag or kick it.
- Wear light clothes and stand barefoot on the electrode plates of the scale to start a measurement. Stand straight and avoid moving during the measurement. Do not shake your body or feet.

Measuring the data of multiple users

- The scale can only be paired with one phone at a time.

Adding users in the Huawei Health app

This feature is only supported in areas where Huawei Cloud is available.

1. Open the Huawei Health app, and touch the **Weight management** card.
2. Touch **Weight management** in the upper left corner, go to **Manage users** > **Add**, follow the onscreen instructions to add users, and select ✓ in the upper right corner.
3. To start an online measurement, open the Huawei Health app, touch the **Weight management** card, touch **Weight management** in the upper left corner, and then touch the user's nickname to start the measurement.

Manually adding data

To manually add your weight and body fat percentage:

Open the Huawei Health app, go to **Me** > **My data** > **Weight management** > **Add record** or touch the Weight management card on the **Health** screen, and select **Add record** to add the current user's weight and body fat percentage.

The initial value in the Weight management card is the first value measured after a target is set. If you change the weight goal, the initial value will change to the latest measured or manually added data.

Viewing measurement data

Viewing the latest measurement data:

1. Open the Huawei Health app, and touch the **Weight management** card.

2 Touch **Weight management** in the upper left corner and select a user. You can then view that user's latest measurements, including weight, body fat percentage, and skeletal muscle mass. You can also view that user's daily, weekly, monthly, and yearly data across all indicators.

- The initial value in the Weight management card is the first value measured after a target is set. If you change the weight goal, the initial value will change to the latest measured or manually added data.
- The Weight management card stores up to 500 data sets.

Viewing previous data:

1 Open the Huawei Health app, and touch the **Weight management** card.

2 Touch **Weight management** in the upper left corner and select a user. If you are using an Android phone, touch ⋮ in the upper right corner, and touch **History**. If you are using an iPhone, go to **More** > **History** in the lower right corner. Select a specific data set to view the details of all indicators as well as a body fitness report.

Sharing data

To share the latest measurement data:

1 Open the Huawei Health app, and touch the **Weight management** card.

2 Touch ⋮ in the upper right corner of the Weight management screen to share data.

To share previous measurement data:

1 Open the Huawei Health app, and touch the **Weight management** card.

2 On the Weight management screen, touch ⋮ in the upper right corner, select **All data**, and choose the data you would like to share.

3 Touch the Share icon in the upper right corner of the **Measure** screen to share data.

More guidance

Restoring to factory settings

After restoring your scale to its factory settings, all user information and data on the scale will be deleted. Make sure you want to do this.

Method 1: Open the Huawei Health app, touch **Devices**, select the connected scale to enter its details screen, and touch **Restore factory settings**.

Method 2: Open the scale's battery cover, and press and hold the **Reset** button for three seconds. When all LED indicators are on, your scale is restored to its factory settings.

For Method 1, your scale should be connected to the Huawei Health app to restore to factory settings. (You can step on your scale to activate it, then connect it to the Huawei Health app.)

Viewing the SN

You can view the serial number (SN) on the package or on the back of the scale.

Updating the scale

1. Open the Huawei Health app, touch **Devices**, and select the scale name to enter its details screen. Make sure the scale shows as connected.
2. Touch **Firmware update**, and go to the **Firmware update** screen to view the current system version of your device.
3. Touch **Check for updates** to start an update check. If there are updates, follow the onscreen instructions to update your scale. If there are no updates, your scale is up to date.

- Do not step on the scale, press the scale, or remove the batteries during an update.

Maintenance

- Keep the device free of dust and oil. Use it in a ventilated, dry environment to guard against rust.
- The device is used for measurements. It is recommended to clean the device regularly, and remove the batteries if the device is not used for a long time.
- It is also recommended to keep the device in a dry place, away from strong sunlight and dust.
- Do not uninstall or remove scale components during daily use.

- The scale surface is made of glass. If it breaks, stop using it immediately and do not touch it with your bare hands or feet to avoid injuries. If any other part of the device is damaged, do not touch or attempt to remove the damaged part. Please contact an authorized Huawei Customer Service Center for assistance as soon as possible.