USER MANUAL

PRECISION
LIFE·TRACK body analysis scale

Model No. 10500

BALANCE LIVING™

BALANCE LIVING™

DISCLAIMER

The Balance Living™ Precision LIFE TRACK body analysis scale, information provided by the scale, and these use and operation instructions are not intended to diagnose, treat, cure or prevent any disease. Always consult a physician for medical advice and before starting any kind of weight loss program.

This scale is NOT to be used by anyone who is or may be pregnant, or who has a wearable or implanted electronic device or instrument (such as a pacemaker), or metal (such as a plate or contraceptive) device.

This scale should NOT be used by anyone who is acutely or chronically ill, is suffering from a disease, or is taking medications that affect hydration levels; accuracy of readings in these circumstances has not been verified.

This product is intended for use by adults 18 and over, and is only for use in indoor locations.

It is the responsibility of the User to carefully and thoroughly read the manual to ensure safe use of the scale.

Keep this manual in a safe place for future reference.

User Manual

Balance Living™

PRECISION **LIFE TRACK** body analysis scale

Model No. 10500

Thank you for choosing the
Balance Living™ PRECISION **LIFE TRACK** body analysis scale.
We think you will find this to be an amazing tool!

Please provide comments to our Product Development team.
Your feedback is important to us.

www.balanceliving.co/reviews

Record your purchase information here

Date of Purchase: _____

Place Purchased: _____

Order ID: _____

Stats	Date	Weight	Body Fat	Body Water	Muscle Mass	Bone Mass
Start						
Goal						

Notes: _____

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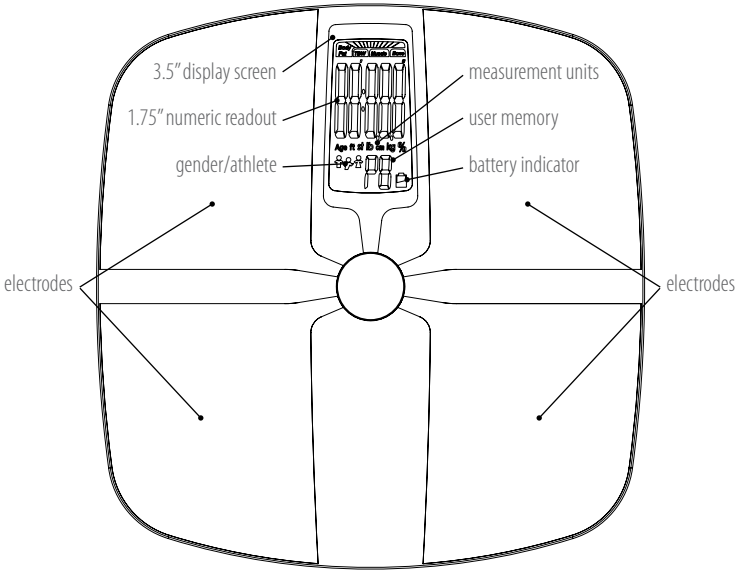
OVERVIEW

List of Product Contents

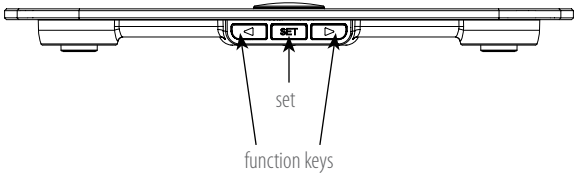
- Balance Living™ Precision LIFE TRACK body analysis scale, Model # 10500
- Four (4) AAA-size Batteries (1.5V each)
- User Manual

Device Components

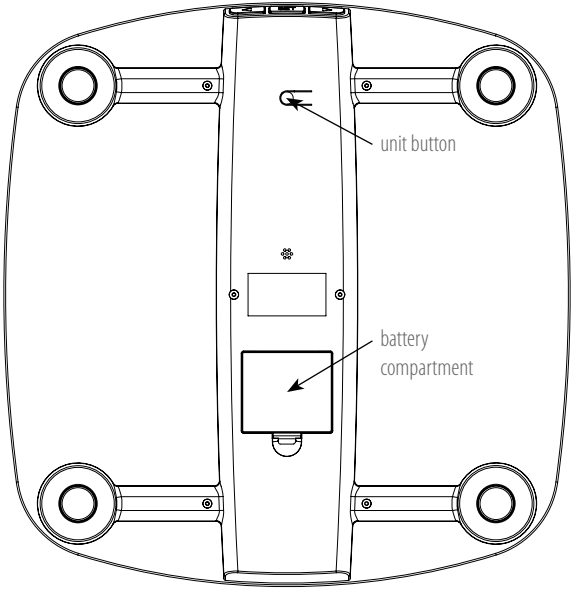
TOP VIEW



SIDE VIEW



BOTTOM VIEW



INDICATIONS FOR USE

The Balance Living™ Precision LIFE TRACK body analysis scale measures weight using bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass, and muscle mass in generally healthy adults 18 years of age and over. It is intended for use in the home and domestic setting, only.

SAFETY INFORMATION

The warning signs and symbols used in the design of this product are essential to ensure your correct and safe use of this product and protect you and others from injury. Please review the meanings of the following symbols used in this manual and on the scale display:

Symbol	Meaning	Symbol	Meaning
	READ OPERATION GUIDE		HOME USE ONLY
	BF TYPE APPLIED PARTS		ENVIRONMENT PROTECTION Do not dispose of waste electrical products with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice
SN	SERIAL NUMBER		
	DIRECT CURRENT		
CE	COMPLIES WITH MDD 93/42/ECC REQUIREMENTS		

Contraindications

The Balance Living™ Precision LIFE TRACK body analysis scale should not be used by:

- Women who are or may be pregnant. In addition to inaccurate readings, the effects of this device on the fetus are unknown.
- Any person who is connected to a wearable or implanted electronic device or instrument. This includes, but is not limited to, pacemakers and defibrillators, metal plates/screws or contraceptive devices.

Your Scale and Its Environment

Safety and Long Life - To ensure your safety as well as the service life of your scale. DO NOT use under the following circumstances:

- Slip-resistant rubber feet on bottom of scale are missing.
- Contacting scale platform while you are wet, especially feet.
- Near a cell phone or microwave oven.

DO NOT store your scale in a location:

- Near a body of water where there might be a potential to cause shock.
- Exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air.
- Where there is a risk of being dropped.
- Where chemicals or corrosive gases are present.
- In reach of small children or infants.

Accurate Use

To ensure your Balance Living™ Precision LIFE TRACK body analysis scale provides the most accurate results:

- Continuity is very important. Always start measurement:
  - *During the same time of day, at least two hours after waking up or eating*
  - *In the same location (same flat, hard surface)*
  - *with the same level of moisture on your feet (not too dry, not too wet)*
- Avoid measurement immediately after strenuous exercise, sauna/bath, drinking, and dining.
- Place the scale on a hard, flat surface. Soft surfaces, such as carpet or rugs, will affect perfomance of the scale.
- Step onto the platform with bare feet. Stand still and maintain full contact with the electrodes until the measurement is complete.

LCD Display

The display symbols and their meanings are as follows:

Symbol	Meaning
P8	User ID (P1 to P8)
	Man
	Sportsman
	Woman
	Sportswoman
cm	Centimeter
ft	Foot
Age	Age
%	Percentage

Symbol	Meaning
kg	Kilogram
st	Stone
lb	Pound
Body Fat	Body Fat Analysis Result
TBW	Total Body Water Analysis Result
Muscle	Muscle Mass Analysis Result
Bone	Bone Mass Analysis Result
	Low Battery

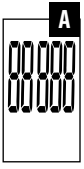
INITIAL START-UP

General Instructions

Balance Living™ Precision LIFE TRACK body analysis scale applies BIA (Bioimpedance Analysis) technology. A weak electrical current (less than 1 mA) flows through the body to detect the bioimpedance and estimate body fat, body water, muscle mass and bone mass.

This BIA technology is inexpensive, safe, non-invasive, non-toxic, and harmless (except as stated in the previous Contraindications section). It is simple to operate and provides abundant information.

Insert the Batteries



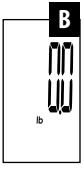
STEP 1. Slide the battery door open (located on back of scale).

STEP 2. Insert four 1.5V AAA batteries into the battery compartment according to the polarity indications marked inside the compartment.

STEP 3. The digits "88888" (image A) are visible on the LCD when the batteries are inserted correctly.

STEP 4. Replace battery door

STEP 5. Wait until the digits "0.0 lb" (image B) are visible on the LCD.



CAUTION

1. Remove batteries if the device is not planned to be used for a period of time greater than two weeks.

2. Worn batteries are harmful to the environment. Do not dispose with household trash; contact your local waste or recycling facilities for proper disposal guidelines.

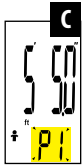
WARNING: No modifications of this equipment are allowed; Device may need re-calibration after two years of service; Please dispose of ACCESSORIES, detachable parts, and the ME EQUIPMENT according to the local guidelines; Please use ACCESSORIES and detachable parts specified/ authorized by MANUFACTURE, otherwise it may cause damage to the unit or danger to the user/patients.

Set Up Your Profile

The Balance Living™ Precision LIFE TRACK body analysis scale supports multiple users. Assign User ID and set up your own profile, including Gender, Stature, and Age.

STEP 1. Assign User ID

- With batteries correctly installed, press "SET" key to enter setting.
- The system will request User ID selection first. As pictured (image C), "P1" blinks. The operator may press the function key ◄ or ► to select a User ID (P1 to P8).
- Press "SET" key to confirm User ID.



STEP 2. Set Gender/Lifestyle

- After confirming User ID, the system will divert to Gender setting automatically.
- As pictured (D), the portrait blinks. The operator may press the function key ◄ or ► to select Gender and Activity Lifestyle (see chart E). Sportsman/woman regularly exercises more than 10 hours/week.
- Press "SET" key to confirm User ID.
- After confirming Gender, the system will automatically advance to height setting

E

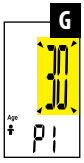
	Man
	Sportsman
	Woman
	Sportswoman

STEP 3. Set Stature (Height)

- As pictured (F), a base height will start flashing. Adjust the measuring unit between centimeters and feet with the Unit Button (underside of the scale). The operator may press the function key
  ◄ or ► to increase or decrease the numeral to their appropriate height (Range: 3' 3½" to 7' 2½" inches).
- Press and hold the function key ◄ or ► to rapidly adjust the numbers.
- Press "SET" key to confirm Height.

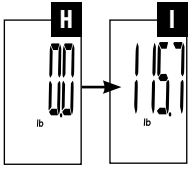
STEP 4. Set Age

- After confirming your Height, the system will move to the Age Setting automatically.
- As pictured (image G), the setting automatically starts at 30. Press the function key ◄ or ► to adjust to the user's correct age. (Range: 10 to 85 years old).
- Press and hold the function key ◄ or ► to rapidly adjust the numbers.
- Press "SET" key to confirm Age.



STEP 5. Select Measurement Unit

With batteries correctly installed, press "UNIT" button on the back of the scale to select preferred measurement unit (image J). The default measurement unit is "pound (lb)". You may press "UNIT" button to choose among kilogram, stone and pound.

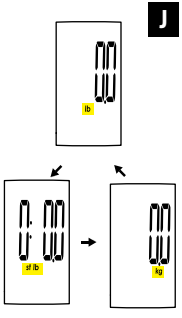


Delete User Profile

The scale does NOT have a special feature to delete a User Profile.

If all 8 profiles have been used and a NEW User Profile is to be added, one of the existing 8 profiles must be reassigned to the NEW User. The data from the existing User will be overwritten with the NEW User Profile information.

Users must be careful to always use their same Profile ID to have accurate readout data. Using other Profile IDs will result in inaccurate data for the User(s).

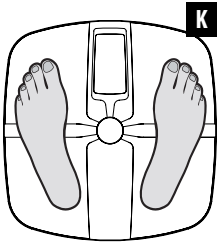


START MEASURING

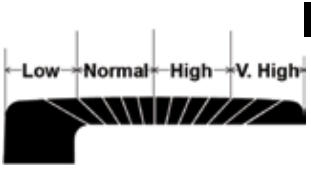
Set User Profile BEFORE you start measurements (Refer to "Set Up Your Profile" for more details).

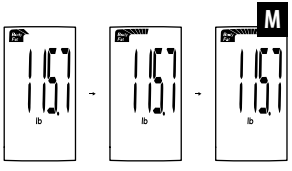
First Measurement

STEP 1: Step on the platform barefooted (image K).

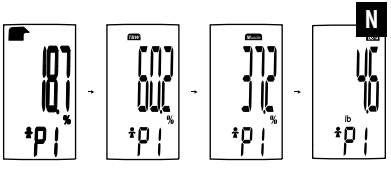


STEP 2: Stand still and maintain full contact with the electrodes until the Progress Bar (images L/M) stops flashing and the measuring results displays. The Progress Bar at the top of the LCD Display also functions as the indicator of body fat level.





STEP 3: Measuring results will be displayed sequentially three times (image N):



Body Fat | Body Water | Muscle Mass | Bone Mass

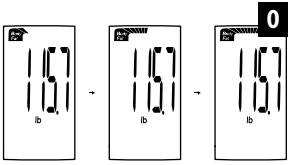
Note: If the analysis fails to be completed in full, only weight data will display.
(Refer to Troubleshooting for possible solutions.)

Daily Measurement

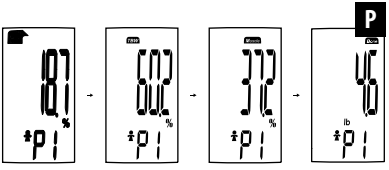
Utilizing SENSE ON technology, Balance Living™ Precision LIFE TRACK body analysis scale will automatically switch on as you step on the scale.

STEP 1. Stand still and maintain full contact with the electrodes until Progress Bar stops flashing (image O).

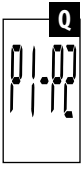
STEP 2. According to the analysis results, the system will automatically select the possible User ID with most similar history records. Then the measuring results will be displayed in sequence displaying values for Body Fat, Total Body Water, Muscle Mass, and Bone Mass (image P).



When the system senses two or more users with similar profiles, it will prompt you to choose your user ID; for example, P1 and P2 (image Q). You may press ◄ key for P1 or ► key for P2. The measuring results will be stored with the User ID you selected and displayed sequentially for three times.



Note: If no User ID is identified, then only the weight data will display (Refer to Troubleshooting for possible solutions.)



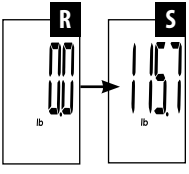
Weight Only Operation

If you choose to use the scale for weight measurements only,

STEP 1. Step onto the scale (image R) and stand still while the weight is being measured.

STEP 2. Then screen displays the weight (image S).

STEP 3. The scale turns off automatically after use.



Health Tips About Body Fat

Fat is essential for normal physiological function of the human body. It stores energy, protects viscera (the soft internal organs of the body), and regulates body temperature.

Self-measuring and self-monitoring body fat levels is beneficial to your health. Since we can't judge the body fat level simply by our weight, the Balance Living™ Precision LIFE TRACK body analysis scale is an accurate device that offers a quick and comfortable way to obtain your body fat level.

Interpreting Your Results

Body Fat: When the measuring result is displayed after analysis, the varying length of the bar represents different levels of body fat. The following tables indicate typical Body Fat ranges for the various levels of activity.

Age	Man/Sportsman			
	Low	Normal	High	V. High
20-29	<13	13.1-20	20.1-23	>23
30-39	<14	14.1-21	21.1-24	>24
40-49	<16	16.1-23	23.1-26	>26
50-59	<17	17.1-24	24.1-27	>27
60+	<18	18.1-25	25.1-28	>28

Age	Woman/Sportswoman			
	Low	Normal	High	V. High
20-29	<19	19.1-28	28.1-31	>31
30-39	<20	20.1-29	29.1-32	>32
40-49	<22	22.1-30	30.1-33	>33
50-59	<23	23.1-31	31.1-34	>34
60+	<24	24.1-32	32.1-35	>35

Source: Derived fr. Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999, 69833-841.

Total Body Water: The following Optimal ranges are based on statistical averages.

Gender	Body Fat % Range	Optimal Total Body Water % Range
Men	4-14	70-63
	15-21	63-57
	22-24	57-55
	≥25	55-37
Women	4-20	70-58
	21-29	58-52
	30-32	52-49
	≥33	49-37

Source: Derived fr. Wang & Deurenberg: "Hydration of fat-free body mass". American Journal Clin Nutr 1999, 69833-841.

Muscle Mass: Muscle mass is based on Total Body Weight.

Gender	Muscle Mass % Range
Men	Approximately 40% of Total Body Weight
Women	Approximately 30% of Total Body Weight

Source International Commission on Radiological Protection, 1975.

Bone Mass: The average bone mass percentage for both men and women is between 4 to 5% (Rico et al. 1993).

TROUBLESHOOTING

Error Prompt

If one or more of these error messages is displayed on your scale, follow the instructions in the solution column of this chart.

Error	Description	Solution
	Overload. The device will power off in four seconds.	**Stop** using this scale for measurement.
	Low Battery. The device will power off in four seconds.	Replace all four batteries at the same time. Only use batteries authorized for replacement.
		CAUTION: When the symbol  appears, the device will power off in 4 seconds. Replace all four (4) batteries; do NOT mix the old batteries with the new one. Worn batteries are hazardous waste. Do NOT dispose of them together with the household waste. Please refer to your local ordinances and recycling
	Install Batteries.	Once batteries are installed correctly, the LCD will display 88888 and the device can start measuring.

When Measuring

Problem	Root Cause	Solution
Abnormal measuring results: Too high; OR Too low; OR Huge difference between two recent measurements	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on a soft surface such as a carpet OR on a rug.	Please place the device on a flat, hard surface.
	Cold body that may result in poor blood circulation	Warm up your hands and feet to resume blood circulation and then measure again.
	Cold Electrodes	Place the device in a warm room for a while and then measure again.
	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 when the device powers on	Batteries not installed	Install the batteries. (see Insert Batteries)
	Worn batteries	Replace all four batteries at the same time. Only use batteries authorized for replacement.
CANNOT proceed to analyze body fat, total body water, muscle mass and bone mass	Wearing socks or shoes	Please keep barefooted during the measurement, and keep full contact with the electrodes as well.
The device powers off automatically.	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the Set Profile instructions (see Set Up Your Profile).
	The user fails to select the User ID from what the system found.	Please assign a User ID following the Set Profile instructions (see Set Up Your Profile).
	Low battery	Replace all four batteries at the same time. Only use batteries authorized for replacement.

SPECIFICATIONS

Product Name	Balance Living™ Precision LIFE TRACK body analysis scale (Model 10500)	
Dimension	Scale	13"(L) x 12.2"(W) x 1.07"(H)
	Panel	13"(L) x 12.2"(W) x .24"(H)
Net Weight	Approximately 4.07 lbs (Excluding the dry cells)	
Display	Blue LCD with White Backlight V.A. = 3.5"(L) x 1.9"(W)	
Measurement Unit	Pound / Kilogram / Stone	
Measurement Range	11lb to 396lb / 5kg to 180kg / 0st:11lb to 28st:4lb	
Division	0.2lb / 0.1kg	
Accuracy	0-110 lbs: ±10 oz. 110-220 lbs: ±14 oz. 220-330 lbs: ±17 oz. 330-396 lbs: ±23 oz.	
Working Environment	Temperature	32° F to 104° F
	Humidity	≤90% RH
Storage Environment	Temperature	-4° F to 140° F
	Humidity	10% RH to 93% RH
Power Source	6V (4 x AAA-size batteries)	
Auto-ON	SENSE ON technology	
Auto-OFF	8 to 12 seconds after clearing. Otherwise, about 15 seconds after last operation	
Accessories	1. Four AAA-1.5 volt batteries 2. User Manual	
Mode of Operation	Continuous Operation	
Protection Against Ingress of Water	IPX0	
Software Version	1.0	

ACCURACY

This product passes strict inspection before delivery and the manufacturer therefore guarantees its accuracy.

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

This product is specially designed for body fat analysis as well as weight measurement. It is NOT intended for use as Legal for Trade measurements.

MAINTENANCE

Regular maintenance of Balance Living™ Precision LIFE TRACK body analysis scale requires that it be used in accordance with the information presented in previous sections of this manual regarding storage, battery use and the following cleaning instructions, including the Precautions listed below.

Cleaning:

- Dust - Use a clean, dry, soft cloth to wipe the dust.
- Dirt - Use a clean, wet, soft cloth dipped into water and wrung out, to wipe the dirt. After removing dirt, wipe devise with a clean dry soft cloth.

Precautions:

- **DO NOT** wash the device with water or immerse in water.
- **DO NOT** use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- **DO NOT** disassemble this device. If you have any problems, please contact Balance Living™ at www.BalanceLiving.co.

WARRANTY

Balance Living™ warrants its products are free of defects in materials and workmanship in normal use for a period of two years from the date of retail purchase.

Exclusions

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 contact us at www.BalanceLiving.co or 858.427.0614.

Returned scales require written approval from Balance Living™. We assume no responsibility for scales that are returned without a Balance Living™ Return Authorization Number. Return your scale to Balance Living™, in the original package with an explanation of your concern. Please be sure to include the Return Authorization Number, your name and your contact information.

FCC REGULATIONS

FCC User Guide Information

Radio Frequency Interface Requirements - FCC

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

(2) This device must accept any interference received, including interference that may cause undesired operation.

APPENDIX

EMC Guidance

Table 1

Guidance and MANUFACTURER'S declaration – ELECTROMAGNETIC EMISSIONS – for all ME EQUIPMENT and ME SYSTEMS

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC EMISSIONS		
The Balance Living™ Precision LIFE TRACK body analysis scale is intended for use in the electromagnetic environment specified below. The customer or the user of the Model # 10500 should assure that it is used in such an environment.		
Emissions test	**Compliance**	**Electromagnetic environment – guidance**
RF emissions CISPR 11	Group 1	The Balance Living™ Precision LIFE TRACK body analysis scale uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic emissionsIEC 61000-3-2	Not applicable	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Not applicable	

Table 2

Guidance and MANUFACTURER'S declaration –
Electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC IMMUNITY

The Balance Living™ Precision LIFE TRACK body analysis scale is intended for use in the electromagnetic environment specified below. The user of the Balance Living™ Precision LIFE TRACK body analysis scale should assure that it is used in such an environment.

IMMUNITY Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment – Guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient / burst IEC 61000-4-4	±2 kV for power supply lines		Not applicable
Surge IEC 61000-4-5	±1 kV line(s) to line(s)		Not applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 sec		Not applicable
Power frequency (50 Hz) magnetic field IEC 61000-4-8	3 A/m		Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_T is the a.c. mains voltage prior to application of the test level.

Table 3

Table 3 has been excluded from this manual as it does not pertain to this particular product.

Table 4

Guidance and Manufacture's Declaration – Electromagnetic Immunity – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

GUIDANCE AND MANUFACTURER'S DECLARATION – ELECTROMAGNETIC IMMUNITY

The Balance Living™ Precision LIFE TRACK body analysis scale is intended for use in the electromagnetic environment specified below. The user of the Balance Living™ Precision LIFE TRACK body analysis scale should assure that it is used in such an environment.

IMMUNITY Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment – Guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the Balance LivingTM Precision LIFE TRACK body analysis scale, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = [\frac{3,5}{V_1}]\sqrt{P}$ $d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2,5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: ((•))
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3V/m	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

[a] Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Balance Living™ Precision LIFE TRACK body analysis scale is used exceeds the applicable RF compliance level above, the Balance Living™ Precision LIFE TRACK body analysis scale should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Balance Living™ Precision LIFE TRACK body analysis scale.
[b] Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3V/m.

Table 5

Table 5 has been excluded from this manual as it does not pertain to this particular product.

Table 6

Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

RECOMMENDED SEPARATION DISTANCES BETWEEN PORTABLE AND MOBILE RF COMMUNICATIONS EQUIPMENT AT THE MODEL # 10500

The Balance Living™ Precision LIFE TRACK body analysis scale is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Balance Living™ Precision LIFE TRACK body analysis scale can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Balance Living™ Precision LIFE TRACK body analysis scale as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = [\frac{3,5}{V_1}]\sqrt{P}$	80 MHz to 800 MHz $d = 1.167\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.333\sqrt{P}$
0.01	N/A	0.117	0.233
0.1	N/A	0.369	0.738
1	N/A	1.167	2.333
10	N/A	3.690	7.377
100	N/A	11.67	23.33

For transmitters rated at a maximum output power not listed above, the recommended separation distance ***d*** in meters (m) can be determined using the equation applicable to the frequency of the transmitter, where ***P*** is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1. At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2. These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

BALANCE LIVING™

DISCLAIMER

The Balance Living™ Precision LIFE TRACK body analysis scale, information provided by the scale, and these use and operation instructions are not intended to diagnose, treat, cure or prevent any disease. Always consult a physician for medical advice and before starting any kind of weight loss program.

This scale is NOT to be used by anyone who is or may be pregnant, or who has a wearable or implanted electronic device or instrument (such as a pacemaker), or metal (such as a plate or contraceptive) device.

This scale should NOT be used by anyone who is acutely or chronically ill, is suffering from a disease, or is taking medications that affect hydration levels; accuracy of readings in these circumstances has not been verified.

This product is intended for use by adults 18 and over, and is only for use in indoor locations.

It is the responsibility of the User to carefully and thoroughly read the manual to ensure safe use of the scale.