

L I F E   I N   B A L A N C E

# SOEHNLE

WEB CONNECT ANALYSIS

## Instruction Manual



WEIGHT



FAT



WATER



MUSCLE



BMI



BIO IMPEDANCE  
TECHNOLOGY



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## 1. Introduction

### 1.1 Proper use

With professional Bio Impedance Multi-Frequency Measurement, "Web Connect Analysis" always delivers precise data regarding body weight, muscle mass, fat and water content. Therefore, the body analysis scale ensures the perfect overview. Together with a personal account on the web, SOEHNLE offers a high-quality fitness platform for anyone wanting to stay active and healthy.

With our products we would like to support you in your personal responsibility for your body. If you are unsure of which measures are suitable for your personal wellbeing, it is imperative that you obtain professional advice from a physician or dietician.

This body analysis scale is designed for persons 17 years of age or older.

Up to 8 people can register per scale.

This device is not designed for medical and commercial use.

Please thoroughly read these instructions, particularly the safety information, and follow the instructions for care.

Please store these instructions for future use.

Further information can be found at our website at [www.soehnle.com](http://www.soehnle.com).



## 1.2 Safety information

**Danger**

Improper use may result in hazards that may lead to death or severe injury.

**Warning**

Improper use may, in certain circumstances, cause injuries and pose risks to your health.

**Attention**

Improper use may result in injury or property damage.

**Notes**

Important information

**Danger**

Never use this device with

- electronic medical devices, e.g. pace makers
- electronic life-sustaining systems, e.g. heart/lung machines
- portable electronic medical devices, e.g. electrocardiographs

This device may cause malfunctions in the above-mentioned electronic medical devices.



- Never use the device on slippery floor covers.
- Risk of slipping if your feet or the surface of the platform are wet.  
Dry your feet and the platform prior to using the device.
- Never throw used batteries into open flame. Danger of explosion!
- Never short-circuit batteries.

**Warning**

- Consult a physician or a dietician before reducing your weight.
- Keep the device away from small children.
- Support physically handicapped persons in the use of this device.
- Always step onto the intended location of the device and never on the edges and corners; always stand still during the analysis.
- Be sure to use the right type of battery. Insert the battery with the pole in the correct direction. Always use a fresh battery when replacing the battery and never use batteries from different manufacturers, with different charges, or batteries with visible damages - this could result in overheating or explosions.
- Always store batteries outside of the reach of children.

## Attention

- The individual components of this device may not be disassembled, repaired or modified.
- Batteries contain chemicals. A leakage of these chemicals could result in damages to objects or bodily injuries. If battery acid comes into contact with the eye, immediately rinse the eye with plenty of water and contact a physician.
- Remove the batteries from the device if it is not used for a long time.

## Notes

The result may be falsified

- in the vicinity of cellular phones
- in the vicinity of heat sources or locations with variations in temperature
- in locations with great humidity and
- in locations that are influenced by vibrations or impacts
- when operating the device on carpets.

Therefore it is imperative that you always place the device on a solid surface.

- Never subject the device to direct sunlight.
- Never step on the display terminal.
- Dispose used batteries according to the regulations of your country
- Clean the parts of this device only with a damp cloth and some mild cleaning agents if required. Corrosive or abrasive cleaning agents will cause damages.



### 1.3 Why is body analysis sensible?

A balanced and controlled diet and exercise are the true “secrets” for great health, moderate body weight, and general wellbeing.

For this, a Soehnle body analysis scale will enable you to determine the body values that are relevant for your health.

#### Values recommended by health experts

	Men						Women					
Age	Body fat*				Body water	Muscle mass	Body fat*				Body water	Muscle mass
	low	normal	Above-average	Very high	normal	normal	low	normal	Above-average	Very high	normal	normal
16-18	< 8	8-18	18-24	> 24	> 58.5	> 38	< 15	15-25	25-33	> 33	> 52.5	> 28
18-30	< 8	8-18	18-24	> 24	> 57	> 38	< 20	20-29	29-36	> 36	> 49.5	> 28
30-40	< 11	11-20	20-26	> 26	> 56	> 38	< 22	22-31	31-38	> 38	> 47.5	> 28
40-50	< 13	13-22	22-28	> 28	> 55	> 38	< 24	24-33	33-40	> 40	> 46.5	> 28
50-60	< 15	15-24	24-30	> 30	> 54	> 38	< 26	26-35	35-42	> 42	> 46	> 28
60+	< 17	17-26	26-34	> 34	> 53	> 38	< 28	28-37	37-47	> 47	> 45	> 28

\* Based on NIH/WHO BMI guidelines (US National Institute of Health/World Health Organization).

### 1.4 Bio Impedanz Analysis (BIA)

BIA is the common measurement method among Body Balance body analysis scales. This method does not directly measure values like body fat, body water, and muscle mass but instead measures the electric resistance (impedance) of the body.

The impedance measurement is performed by 4 electrodes located on the platform of the scale. This is done by a harmless, weak electrical signal, which is sent through the body (< 0.1 mA). The electric current is able to flow better through body fluids (water), which are contained chiefly in the muscles of the human body, than through body fat. The higher the body's resistance against the electric signal, the higher the body fat content and the lower the body water content. And vice-versa: the higher the muscle mass in percent, the higher the body water content in percent and the lower the body fat content in percent.



## 1.5 The body mass index (BMI)

The foundation of this calculation is the body mass index - an index number that can be used to interpret body weight in terms of the risk it poses to your health.

The index number is calculated based on the body weight in kilogram, divided by the body height squared

$$\text{(example: BMI} = \frac{75 \text{ kg}}{1,75 \text{ m} \times 1,75 \text{ m}} = 24,5)$$

### Classification of the body weight based on BMI

(Source: World health organization, 2000)

BMI (kg/m <sup>2</sup> )	Classification
< 18.5	Underweight
18.5 - 24.9	Normal weight
25.0 - 29.9	Overweight
≥ 30.0	Adiposity
30.0 - 34.9	Adiposity level I
35.0 - 39.9	Adiposity level II
≥ 40.0	Adiposity level III



## 1.6 Rules for weighing

The weight of an adult can change by approx. 2-3 kg during one day.

For a reliable weight control it is therefore important to maintain constant weighing conditions.

That's why it's best to weigh oneself

- sober
- always at the same time: the time between 6 p.m. and 8 p.m. is best for body analysis.
- undressed

Ensure the sturdy and secure placement of the platform. Textile or soft floor surfaces can influence the measurement results rather strongly.

In order to prevent falsification of the weighing result, the scale should not be moved for 3 minutes prior to the weighing process.

### The body analysis

- Step on platform barefoot.
- Stand on the platform symmetrically. An uneven load on the platform may falsify the weighing result.
- Stand still.
- Do not hold on to anything for support.
- Always weigh yourself at the same location. Environmental changes, i.e. floor coverings, temperature, humidity, can result in a variance of weighing results.

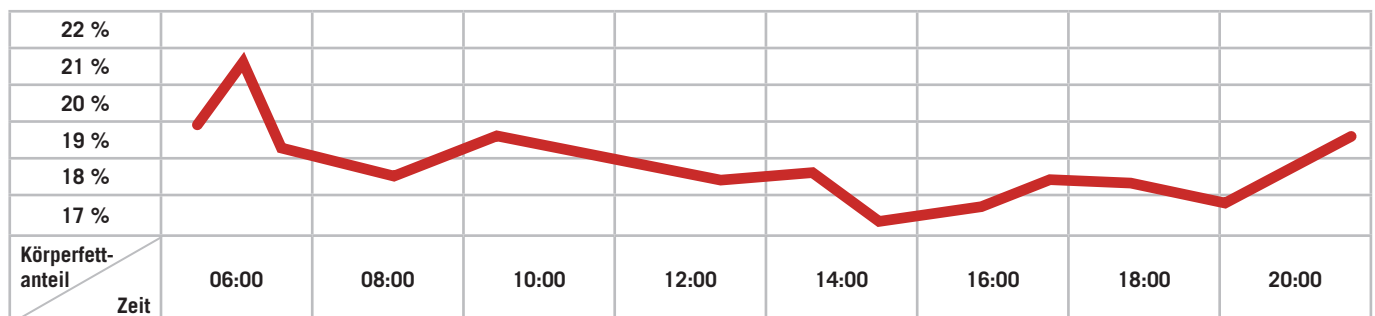
### Circumstances influencing a body analysis

The body mass information provided by the bio impedance measurement method can fluctuate during the course of a day. This is not due to a lack of precision of the Body Balance body analysis scales, but rather due to the fluctuations of the body's daily water content.

The human body may lose up to 2 - 3 kg of body water while sleeping. Therefore, the body is usually dehydrated (lacking water) immediately after getting up in the morning. However, the lower the body water content, the higher the body resistance and the calculated body fat content while the calculated muscle mass is lower.

Water reserves are refilled over the course of a day and the measurement values return to a normal range.

While regular weighing is recommended immediately after waking, body analysis should be performed in the evening. The time between 6:00 p.m. and 8:00 p.m. is usually best for body analysis.





### **Other circumstances influencing a body analysis**

Besides fundamental fluctuations in daily measurement values, fluctuations may also arise due to changes in the water content due to the consumption of foods and liquids, menstruation, illness, exercise, and bathing.

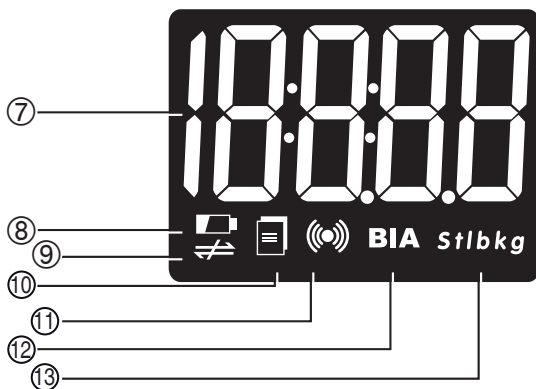
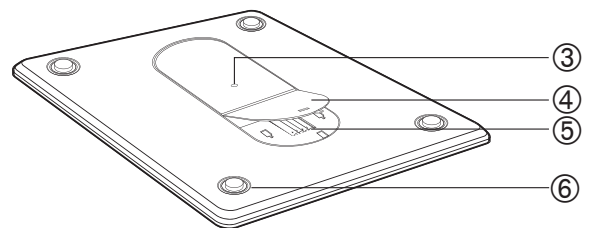
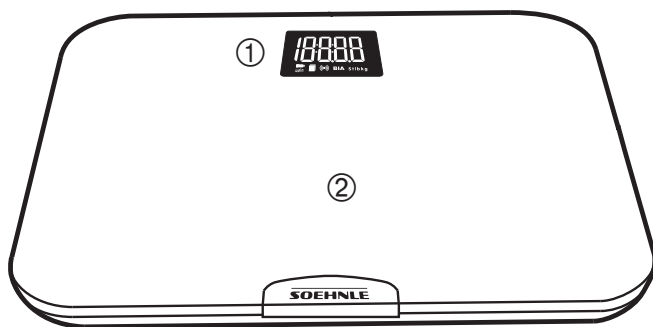
Implausible results may occur among

- persons with fever, edema, or osteoporosis
- persons in dialysis treatment
- persons taking cardiovascular medicines
- pregnant women
- youth under the age of 16
- persons of the Asian and African population group.

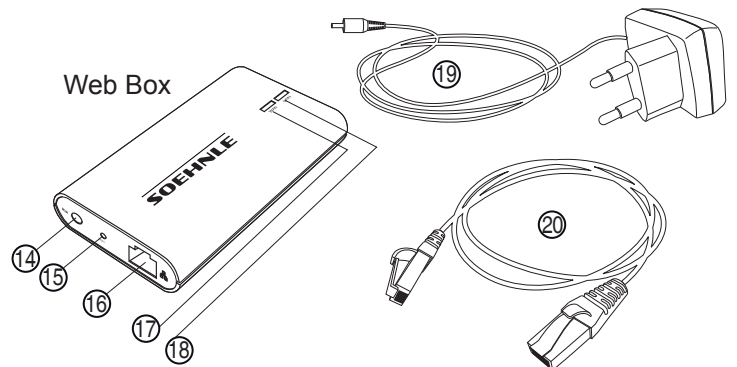
## 2. Start-up operation

### 2.1 Description of the device

Scale



Web Box



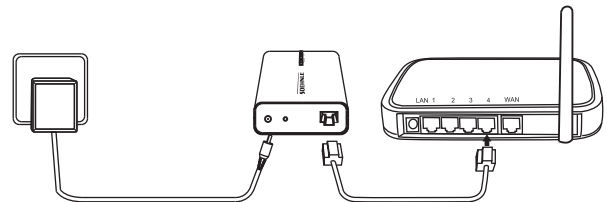
- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1. Display                          | 14. Power supply socket           |
| 2. Weighing platform                | 15. Reset key                     |
| 3. Activation key                   | 16. Broadband interface           |
| 4. Battery cover                    | 17. Internet connection indicator |
| 5. Battery compartment              | 18. Network connection indicator  |
| 6. Weighing cell                    | 19. Power supply unit             |
| 7. Measured value                   | 20. Internet cable                |
| 8. Weak battery                     |                                   |
| 9. Internet connection disrupted    |                                   |
| 10. Determine data for transmission |                                   |
| 11. Data transmission               |                                   |
| 12. Body fat measurement            |                                   |
| 13. Measurement unit                |                                   |

## 2.2 System requirements

1. Broadband router with one free LAN port (10 Mbit/s) and internet access
2. Internet-capable device (e.g. smartphone, tablet or PC/MAC) with web browser of the newest generation. No software or app installation required.
3. Valid email address for registration on the portal.

## 2.3 Installation

1. Connect the web box with the power supply unit to the power network.
2. Use the network cable to connect the web box to the router.

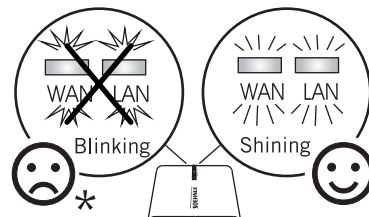


The connection is established when both LEDs light up.

Troubleshooting should be performed according to the display if one or both LEDs flash.

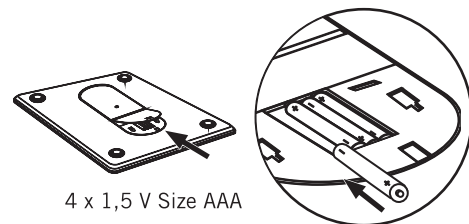
WAN = check internet connection

LAN = check router or connection to the router



## 2.4 Insert or replace batteries

Open battery compartment of weighing platform.  
Insert batteries. Observe correct polarity.



4 x 1,5 V Size AAA

### Attention

When replacing used batteries, only use fresh batteries of the same type. Never use batteries of a different type or of different charge status!

As an alternative to regular alkaline batteries, NiMh accumulator batteries with a low self-discharge rate are also recommended.

Important: accumulator batteries must be recharged outside of the device.

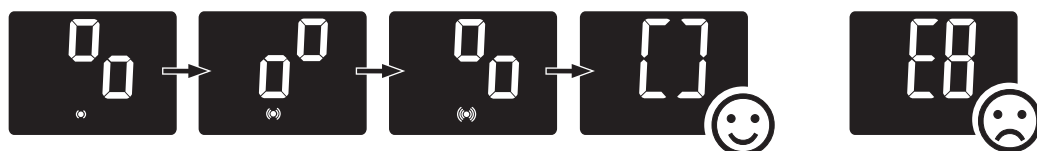
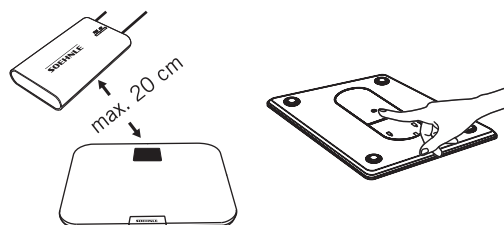
## 2.5 Activate connection between web box and scale

The distance between the web box and the scale should not exceed 20 cm during activation.

Push the button on the back of the scale to start activation.

Activation was successful if **[ ]** is displayed.

However, if the scale displays **E8**, activation failed.



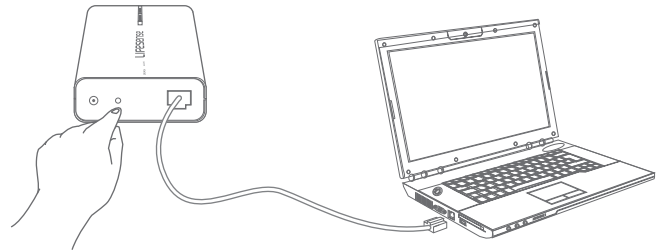
## 2.6 Messages

Problem	Cause	Solution
LAN and WAN LED are dark	Error in power supply	Check the web box power supply connection
LAN and WAN LED are flashing	Web box does not communicate with the router	1) Check the router power supply connection 2) Check the connection between web box and router
LAN LED lights up, WAN LED flashes	Network is okay but the web box does not communicate with the network	1) If the DHCP function was activated on the router: push reset key on web box to reset to factory settings. 2) If the DHCP function was not activated on the router: follow chapter 2.
LAN and WAN LED light up. Data transmission was successful but data is not displayed in the personal account	No user selected	Please set up user, see chapter 2.8
	Data cannot be allocated automatically to a user	Please follow the steps in chapter 3 to allocate data to a user.

## 2.7 Configure IP setting manually

In rare cases it might be necessary to configure IP addresses manually. This might be the case if the DHCP\* function is deactivated on the router. If this is the case, please continue as follows:

1. The web box must be switched on (both LEDs are flashing).
2. Push the reset key and hold it for approx. 5 seconds.  
Both LEDs will light up simultaneously.  
When both LEDs begin to flash, release the key.
3. Then connect web box and PC using the network cable.
4. Access the network connections via Start => Control panel => Network connections.
5. Click on LAN connection (for WIN95 use right mouse button) and select settings.
6. Next to internet protocol, mark (TCP/IP) and select settings.
7. You now have the choice to obtain the IP address automatically or to configure it manually.  
Select "Use following IP address" and enter the following IP address: 192.168.1.5 Subnet mask: 255.255.255.0 and confirm.
8. Now enter the following information into your browser:  
`http://192.168.1.2/`  
The adjacent input screen will appear and must contain this information precisely. Change if required and then confirm.
9. The web box can now be connected via the router (chapter 2.3).



### Bridge Setting Interface

[中文](#) | [English](#)

You can get IP address automatically if your network supports this capability. Otherwise, you need to ask your network administrator for the appropriate IP settings.

- ☒ Obtain an IP address automatically  
☐ Use the following IP address:

IP address:   
 Subnet mask:   
 Default gateway:

- ☒ Obtain DNS server address automatically  
☐ Use the following DNS server address:

Preferred DNS server:   
 Alternate DNS server:



\* The Dynamic Host Configuration Protocol (DHCP) provides a framework for passing configuration information to hosts on a TCP/IP network.



my.soehnle.com/new

## 2.8 Setting up the user account

1. Visit the website "my.soehnle.com/new"
2. Select the desired language.
3. Go to "Registration" and enter your user name and your personal email address.

**Note:** The scale can be used by up to 8 persons. Each user must have its own email address.

4. Continue with "Send".
5. You will now receive an email with your user name and password.

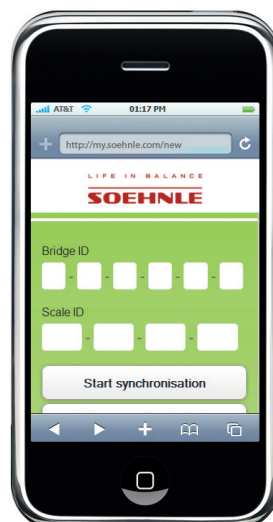
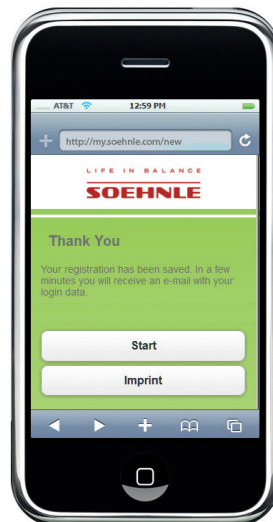
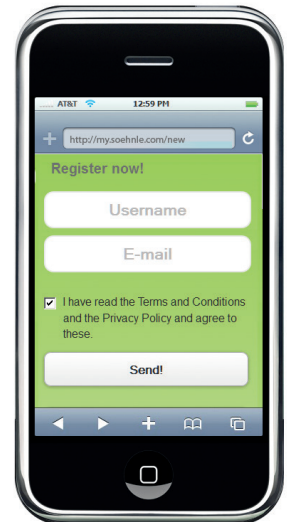
**Note:** You can see your personal data at any time in your login area.

6. Select "Start" and enter your user name and password. Continue with "Login".
7. Enter the ID number of the web box (bridge) and the scale. You will find these on the bottom of the respective product.

**Note:** Please note that for synchronization, scale and web box must be ready for operation and an internet connection must be established (WAN and LAN LED light up).

Start synchronization.

8. Step onto the scale within the next five minutes, with bare feet and if possible undressed, and stand still until the display goes out.
9. If your weight is being displayed in "My Soehnle", please confirm using "Yes".
10. Personal data will be entered next (chapter 2.8.1)





## 2.9 Entering personal data

More personal data must be entered to finish setting up the user account. This data is absolutely necessary for interpretation of the measurement data.

1. Select language
2. Enter gender
3. Enter the name with which you would like to be addressed
4. Set up birthdate
5. Enter body height
6. Select activity level
7. Select desired unit of measurement for display (kg - lb -st).
8. Enter target weight.
9. The user name can be changed here
10. If the password is to be changed, this can be entered here.
11. Email address can be changed here
12. Confirm entries with "Save"

**Note:** Personal data can be changed anytime.

It is also possible to completely delete the account.

Use "Logout" to log out.

Language  
English

Sex  
☐ female  
☒ male

Name

Date of Birth  
 14 5 1973

Height in cm

Activity level  
 athletic: 4

Maßeinheit  
 kg

Your Target Weight kg

Username

New password (four characters at last)

New password (Repeat)

E-mail

Save

Main menu

Register Scale

Delete Account

Feedback

Logout

### 3. Body analysis

A body analysis is only possible with bare feet. Personal data must have been entered beforehand.

For concise results, please step onto the platform without any clothing and under the same conditions (time, food consumption, etc.).

Note: an internet connection must be available if the data is to be transmitted to your personal account. Only the weight will be displayed if no internet connection is available. The measured data will not be saved.

1. Step onto platform.
2. The weight will be displayed.

Stand still while the body analysis is being performed and during data transmission.

The data will be automatically allocated to your personal account.



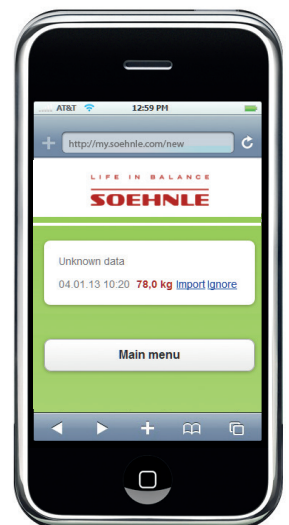
#### Note

In rare cases, an automatic allocation to one account is not possible.

The user must then be allocated manually.

The user will receive a note in its personal account that data cannot be allocated to a user.

Have the list displayed to you and accept the data into your account or tap on "Ignore". The data will then remain available for another user.



## 4. The personal account

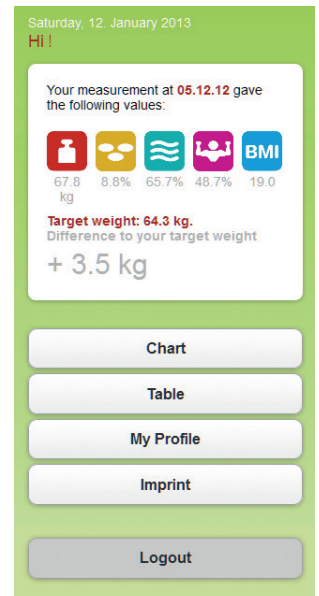
### 4.1 The main menu

1. Go to **my.soehnle.com**, enter your user name and your password and tap on **"Login"**.
2. You will be in the main menu.

The values that were determined last and the difference to your desired weight will be displayed.





Links to the other information pages are available here:

- Diagram display
- Table display
- My profile (see chapter 2.7.1)



### 4.2 Diagram display

Select the period for review and the parameter to be displayed.

-  Body weight
-  Body fat content
-  Body water content
-  Muscle mass




Use "Filter data" to individually adjust the period for review and the parameters to be displayed.

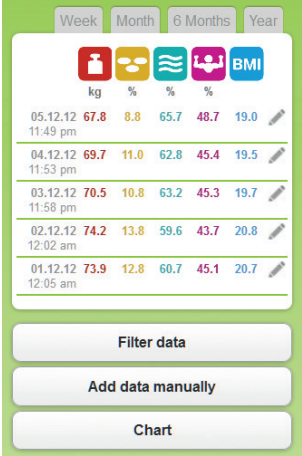
Screenshot of the Soehnle mobile app filter settings screen. It includes a 'Time' section with a dropdown menu set to 'no value'. Below this is a 'From' section with dropdowns for '1', '1', and '2012'. A 'to' section has dropdowns for '1', '12', and '2012'. A 'Filter' section contains checkboxes for 'Weight', 'Bodyfat', 'Bodywater', and 'Musclemass', all of which are checked. At the bottom, there is a section for 'Diagramme integrieren?' with two radio buttons: 'Werte in einem Diagramm anzeigen' (selected) and 'Werte in Einzeldiagrammen zeigen'. An 'Apply Filter' button is at the very bottom.

### 4.3 Tabular display

Go to "Table".

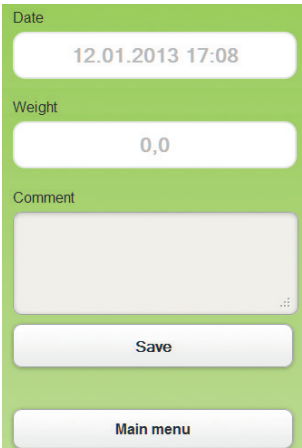
Select the period for review (week, month, 6 months, year, or customized via "Filter data") for which the values are to be displayed.

If you tap on  next to an individual value, you can edit this data or add a comment.



	kg	%	%	BMI
05.12.12 11:49 pm	67.8	8.8	65.7	48.7
04.12.12 11:53 pm	69.7	11.0	62.8	45.4
03.12.12 11:58 pm	70.5	10.8	63.2	45.3
02.12.12 12:02 am	74.2	13.8	59.6	43.7
01.12.12 12:05 am	73.9	12.8	60.7	45.1

Use "Add data manually" to add weight values and comments without using the scale.



Date  
12.01.2013 17:08

Weight  
0,0

Comment

Save

Main menu

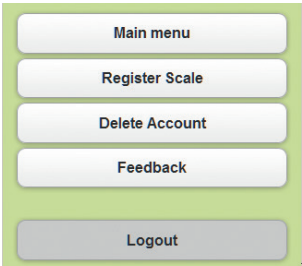
### 5. Feedback

Use "My profile/feedback" to send us remarks regarding this program or the product.

### 6. Deleting Account

Use "My profile/delete account" to delete your personal account.

All data will be irretrievably deleted after a security query and the corresponding confirmation.



Main menu










Register Scale

Delete Account

Feedback

Logout

## 7. Messages

Problem		Cause	Solution
No display		No batteries or batteries are empty	Insert or replace batteries
		Batteries inserted incorrectly	Insert batteries correctly
Display while the product is being activated or synchronized		1. Radio communication is interrupted 2. Distance between scale and web box is too great during activation	Activate the product again with a distance of 20 cm between scale and web box.
		Network error	Check the network connection
		The product has not been synchronized	Synchronize the product (see chapter 2.8)
Display while the product is being used		Broadband error WAN LED flashes	Check the internet connection
		Weak batteries	Replace batteries
		1. The connection between scale and web box has been interrupted 2. The scale is outside of the radio range	Bring the scale back to the radio range of the web box.  Interrupt the power supply of the web box for 30 seconds.
		Your measurement results cannot be transmitted due to a network error	Check the network connection
		Overload display	Load scale with max. 150 kg.
	 BIA is not being displayed	The user is not standing on the scale with bare feet	Step onto scale with bare feet
Last measured data is not being displayed in the personal account		The measured data cannot be allocated to a user.	Go to your personal account and accept the data (see chapter 3.0)
		Broadband error WAN LED flashes	Check the internet connection

## 8. Technical specifications

### Web Box

- Radio frequency: 434 MHz
- Power supply unit:     Model: BLJ5W050100P-V  
                              Input: 100-240V~50/60Hz, 150mA  
                              Output: 5V = 1000mA

### Scale

- Load capacity x graduation = max 150 kg x 100 g / max 330 lb / 0.2 lb
- Display precision:     Body fat content: 0.1%  
                              Body water content: 0.1%  
                              Muscle mass: 0.1%
- Body height: 100-250 cm
- Age: 17-99 years
- 8 memory slots for individual persons
- Measurement current: < 0.1 mA RMS, 50/5 kHz
- Radio frequency: 434 MHz
- Batteries: 4 x 1.5 V AAA batteries included in the scope of delivery.  
As an alternative to regular alkaline batteries, NiMh accumulator batteries with a low self-discharge rate are also recommended.

### Important

Accumulator batteries must be recharged outside of the device.



## 9. Declaration of conformity

Soehnle herewith declares that this device is in compliance with the basic requirements and all other applicable regulations of directive 1999/5/EC. You will find the EU compliance declaration on [www.soehnle.com](http://www.soehnle.com).

Although the appliance has been tested and its emissions do not exceed the permitted radio frequency emission levels as laid down in the above directives, there is no guarantee that interference will not occur in certain situations. Possible interference can be detected by switching the appliance on and off at the same time as checking the radio or TV reception. You can try to remove interference by carrying out one or more of the following steps:

- Point the appliance in question or its antenna in a different direction.
- Increase the distance between the appliance in question and the scale.
- If necessary, call in an experienced radio/TV engineer.

**IMPORTANT!** Making modifications to this product's electronics or housing requires express consent from Soehnle; ignoring this regulation may result in the user's permission to operate the appliance being withdrawn.

### Electromagnetic influences

Under extreme electromagnetic influences, e.g. operating a radio-controlled appliance in the immediate proximity of the appliance, this may cause a detrimental effect to the display value. When the cause of the disturbance ceases, the appliance can be used again as intended, or it may be necessary to switch it off and on or temporarily remove the batteries. Subject to technical changes.

## 10. Disposal

### Disposal of used electronic devices



The symbol on the product or its packaging informs you that this product cannot be regarded as normal household waste, but must be returned at a collection point for recycling electronic and electrical devices.

Please contact your local community, your communal waste disposal companies or the store where you bought the product.

### Battery disposal

Batteries should not be disposed of with your regular household waste. You, the consumer, are obligated to return used batteries. You can return used batteries to your communal collection points or wherever batteries of the respective type are sold.



Pb = contains lead

Cd = contains cadmium

Hg = contains mercury

Pb - Cd - Hg

## 11. Service and Support

Monday through Friday from 8:30 a.m. to noon

Germany      Ph.: 08 00 - 5 34 34 34

International      Ph.: +49 - 26 04 - 97 70

If you'd like to contact us in writing, please use the contact form at the SOEHNLE homepage [www.soehnle.com](http://www.soehnle.com). For contact information of SOEHNLE representative in your country, visit [www.soehnle.com](http://www.soehnle.com).

## 12. Guarantee

SOEHNLE guarantees a rectification of faults based on material or production errors free of charge, either by repair or replacement, for 3 years as of the date of purchase. Please retain the receipt of purchase. In case of a guarantee claim, please return the scale with filled-in guarantee slip and receipt of purchase to your seller.

Name

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Address

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Purchase date

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Seller

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Description of fault

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**SOEHNLE**

Quality & Design by

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56377 Nassau / Germany

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Fax +49 2604 977-300

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