

USER MANUAL

Smart Body Scale

Simple Operation

High Measuring Accuracy



NantLife

NantLife

Smart Body Scale

NantCare LLC, 2929 N 44th Street
Phoenix, Arizona, 85018-7239 - USA
1-855-NANTCARE - Email: support@nantcare.com
www.nantcare.com

Table of Contents

1	Table of Contents		4	Troubleshooting	P 12
1.1	Introduction	P 4	4.1	Error Indicators	P 12
1.2	Intended Use	P 4	4.2	Troubleshooting Tips	P 13
1.3	Safety Information	P 4	5	FCC Statement	P 14
1.3.1	Operating the Device	P 4	6	CE mark	P 14
1.3.1.1	Warnings	p 4	7	Warranty	P 15
1.3.1.2	Cautions	P 6	8	Specifications	P 16
1.4	Before Taking a Measurement	P 6	9	Manufacturer	P 17
2	Operating Instructions	P 7			
2.1	Know your NantLife Body Scale	P 7			
2.2	Unit Display	P 7			
2.3	Display & Label Symbols	P 8			
2.4	Batteries Installation	P 8			
2.5	Batteries Replacement	P 9			
2.6	Taking a Measurement	P 11			
3	Care and Maintenance	P 12			
3.1	Cleaning	P 12			
3.2	Maintenance	P 12			

1.1 Introduction

Thank you for purchasing the NantLife Smart Body Scale.

Weight and BMI

Four load cells measure weight. BMI is calculated and displayed based on weight.

Body composition

The scale measures body mass using bioimpedance analysis. ITO electrodes form a pattern on the top of the scale, and send a small, safe signal through the body to measure impedance.

The NantLife Smart Body Scale comes with the following components:

- **Monitor with LCD backlit display**
- **Displays Weight & BMI**
- **Tempered glass platform**
- **Bluetooth® Low Energy data transmission**
- **User Manual**
- **User Guide**
- **Units lb, kg**
- **Measurement range 20–350 lbs (9–158 kg)**

Refer to the following website for information on Bluetooth connection and pairing:
www.bluetooth.com/Pages/advice-how-to.aspx

Thank you for your trust; we are available at any time for service and product questions.

More information at: www.NantLife.com

1.2 Intended Use

- This device is intended for use in measuring body weight and body mass index by people above 12 years old to geriatric in the home.
Under eighteen (18) years of age, use with adult supervision.
- The Smart Body Scale is not intended to be a diagnostic device.
- Never change your medication on the basis of results you have obtained. The evaluation of the measurements and the treatment may only be carried out by the treating physician.
- The Blood Pressure Monitor comes with carpet feet adaptors. Make sure to add them to the existing feet if you are using the Body Scale on a carpeted floor.
- Do not let infants or person who cannot express their intention use the Body Scale.

1.3 Safety Information

1.3.1 Operating the Device

To assure the correct use of the monitor, always follow the warnings and cautions lifted in this instruction manual.

1.3.1.1 Warnings

Read all of the information in the instruction manual and any other instruction in the box before operating the unit.

If you experience discomfort during a measurement- Step out of the Body Scale .

Please contact our Customer Service at support@NantCare.com

in addition, please note:

- To produce precise readings, the device should be placed on a hard and leveled surface.
- Do not under any circumstances use the device in the bath or the shower. If, however, liquid gets into the device, you must remove the batteries immediately and refrain from further use. Contact our service department (see page 17).
- The device may not be used near a nuclear magnetic tomographic resonance.
- Using components that are not part of the scope of delivery can produce faulty measurements (Exception: battery replacement).
- DO NOT subject the body scale to strong shocks such as dropping the unit on the floor.
- DO NOT damage the batteries. If battery fluid gets in your eyes, immediately rinse with plenty of clean water and contact a physician immediately.
- Do not use if you have a pacemaker or other internal medical device, or are pregnant.
- Not intended for use by children under 10. Always consult your physician.
- Slippery when wet.
- Aria is designed to work in a humid bathroom environment. Some condensation on the scale is expected (due to hot showers, etc.) and will not damage the scale. The scale should not be submerged. Avoid splashing large amounts of water on the scale. To prevent slipping / accidents, please thoroughly dry the glass top before stepping on the scale.
- Keep away from source of fire and/or heat.
- Store the device in a clean, safe location.
- DO NOT disassemble the body scale or its accessories.
- DO NOT use the body scale in the proximity of a MRI or CT.
- DO NOT use the body scale in the presence of flammable anesthetics.
- Explosion hazard: DO NOT use the body scale in an explosive atmosphere.
- Chemicals from LCD display panel are toxic if ingested. Use caution if the blood pressure meter display screen is broken.
- The body scale is intended only as an adjunct in patient assessment. It must be used in conjunction with other methods of assessing clinical signs and symptoms.
- Use only 1.5V AA alkaline batteries with this device. Other type of battery may damage the unit.
- Follow local ordinances and recycling instructions regarding disposal or recycling of the device components, including batteries.
- Only the authorized service personnel can repair this device.

1.3.1.2 Cautions

- Excessive user movement may cause inaccurate readings
- All NantLife devices are designed to be compliant with rules and regulations in locations they are sold and are labeled as required.
- Any changes or modifications to NantLife equipment, not expressly approved by NantLife void the user's authority to operate the device.
- Autoclaving, ethylene oxide sterilizing, or immersing the blood pressure meter in liquid may cause inaccurate measurements.

1.4 Before Taking a Measurement

General information about weight and BMI measurements:

Your healthcare providers want to get an accurate picture of your blood pressure and chart what happens over time. Starting at age 20, the American Heart Association recommends a regular blood pressure screening.

Your doctor will evaluate the data you have stored, once you share it with her/him, and will immediately have a better overview of the course of your blood pressure measurements. You will be controlling and supporting the monitoring of your doctor's treatment.

To ensure a reliable reading follow these recommendations:

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for more than 30 minutes before taking your measurement. Rest for 15 minutes before taking the measurement.
- Do not take measurement during stressful times.
- Remove tight-fitting clothing from the arm.
- Remain still and do not talk during measurement.
- Try to measure your blood pressure at about the same time every day for consistency.
- Wait 3 minutes between measurements to allow the arteries to return to normal condition.

2 Operating Instructions

2.1 Know your NantLife Body Scale

Removable Top Cover

Air Jack - Air Plug

Button

LCD display

Note: the battery compartment is located at the bottom of the Body Scale

Caution: Substitution of a component different from that supplied might result in measurement error.

2.2 Unit Display









Weight

Wireless Signal Indicator

Battery Level Indicator

Diastolic Blood Pressure Value

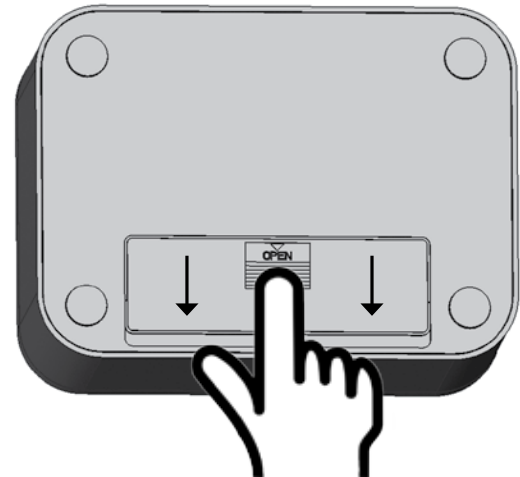
2.3 Display Symbols

Symbols	Operation	Measure/Solution
SYS (mm/Hg)	Displays systolic value	Upper value
DIA (mm/Hg)	Displays diastolic value	Lower value
PULSE (1/min)	Displays pulse	Pulse rate per minute
	Batteries indicator, empty	Replace all the batteries
	Mobile Wireless Data Transmission	See page 10
ER (#)	Error Message	See page 12
	Manufacturer information	
	Read instructions carefully before use	
	There are specific warnings or precautions associated with this device	
	Disposed of separately from normal household waste	
	Type BF Applied Part	
4.0 	Bluetooth® Low Energy	

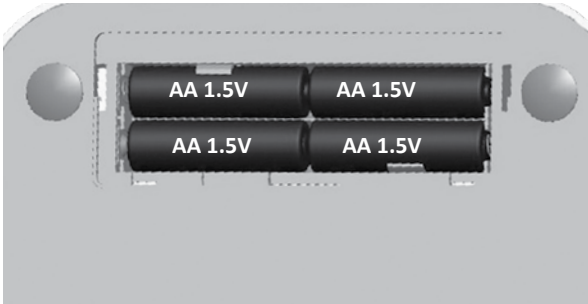
2.4 Batteries Installation

NOTE: Batteries are not included

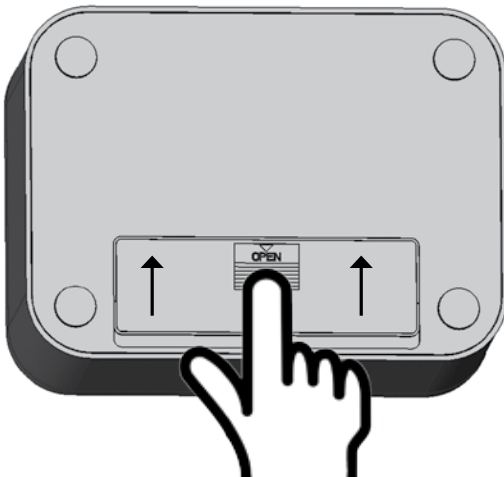
1. Press down the ▼ indicator on the battery cover and slide the cover off in the direction of the arrow.



2.5 Batteries Replacement



2. Install the 4 “AA” batteries so the + (positive) and the – (negative) match the polarities of the compartment.
3. Replace the battery cover



When the low battery indicator appears on the display screen, turn off the monitor and remove all the batteries. Replace with 4 new “AA” 1.5V alkaline batteries.

WARNING:

If battery fluid gets in your eyes, rinse with plenty of clean water and contact a physician immediately.

CAUTION:

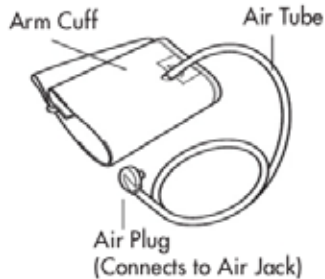
Dispose of the device and empty batteries according to applicable local regulations.

Unlawful disposal may cause environmental pollution.

2.6 Applying the Arm Cuff

CAUTION: Read all the information in the instruction manual and any other documents in the box before operating the unit.

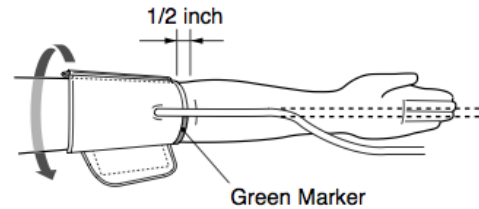
1. Open the top cover of the NantLife Blood Pressure Monitor
2. Gently, take the cuff out of the compartment
3. Make sure the air plug is securely inserted into the air jack



4. Remove clothing from your upper (preferably left) arm



5. Apply the cuff to your arm so the arrow is centered on the inside of your arm and aligned with your middle finger. The air tube runs down the inside of your arm. The bottom edge of the cuff is approximately $\frac{1}{2}$ " above your elbow joint (2cm)



6. Wrap the cuff firmly in place using the closure strip
7. Keep your arm very still during the measurement

Notes: Be careful not to rest your arm on the air tube. This will restrict the flow of air going to the cuff.

2.7 Taking a Measurement

Sit in a chair with your feet flat on the floor, place your arm with the cuff on a table or on your lap so the cuff is level with your heart. Relax your arm.



1. Start the NantLife Blood Pressure Monitor by pressing the button once. The NantLife logo will appear on the screen and stay for 2 seconds, then 00 values will appear for 10 seconds.

2. Press the button a second time to start the measurement.



3. The cuff starts to inflate automatically. As the cuff inflates, the monitor determines your ideal inflation level. The monitor detects your blood pressure and pulse rate during inflation. The cuff deflates automatically.

4. After a successful measurement, the display will show like the example below



5. The measurement is stored and sent automatically to your virtual Health Diary. You can access your data by login in the Nantlife portal or by using the NantLife Application.

6. The monitor will automatically turn off 10 seconds after sending the data through Bluetooth, or after 1 minute when it cannot find a Bluetooth connection. The data is stored in the device memory until a bluetooth connection is detected.

Notes: To STOP the inflation or measurement, press the button. The monitor will stop inflating, start deflating and turn off.

3 Care and Maintenance

3.1 Cleaning

If required, wipe the plastic casing with a damp cotton cloth only. Do not use abrasive or volatile cleaners.

Important Note: The NantLife blood pressure meter cuff cannot be washed or dry-cleaned.

Contact us at www.NantLife.com for part replacement.



3.2 Maintenance

Store the cuff inside the Smart Blood Pressure compartment when not in use.

Do not forcefully bend the arm cuff and air tube.

Do not fold tightly.

Remove the batteries if the unit will not be used for three months or longer.

Use the unit in a manner that is consistent with the user guide manual provided.

4 Troubleshooting

4.1 Error Indicators

Error code	Cause	Solution
Er 1	Movement Impaired reading -	Keep your arm still and repeat the measurement. Do not talk during measurement. Refer to page 10
Er 2	Cuff not applied correctly	Put on cuff correctly (See page 10) and repeat the measurement
	Air plug disconnected or air leaking.	Insert the air plug securely into the air Jack. (see illustration on section 2.1 page 7)
	Clothing is interfering with the cuff	Remove clothing interfering with the cuff
Er 3	Cuff was partially inflated	Device automatically stop inflating and exhausting. Repeat measurement

4.2 Troubleshooting Tips

Description of the Problem	Solution
During the measurement, pressing the button once does not stop the measurement immediately and the cuff does not immediately deflate	Open the cuff, remove the batteries and DO NOT use the device. Contact the service department
The button is pressed but the measurement does not take place. The pumping does not start or stop prematurely.	Check the batteries and replace them if necessary
No symbols appear on the screen	Check the batteries and replace them if necessary
Battery symbol appears on the screen	Replace the batteries
Battery symbol flashes on the screen	Replace the batteries
Measurement values appear too high or too low	<p>Blood Pressure varies constantly. Factors like stress, time of the day, how you wrap the cuff can affect your blood pressure. Review the section “Before taking a measurement” and “Taking a measurement”</p> <ul style="list-style-type: none">a. Verify that the cuff is placed correctly. Refer to 4.3b. Check that you have the correct size for the cuffc. Keep your arm still during the measurement <p>Repeat measurement after corrections above</p>

5 FCC Statement

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This equipment has been tested and complies 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 when the equipment is operated in a residential environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the user guide manual, might cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one of the following actions:

- Reorient or relocate the receiving antenna
- Increase the separation between the product and the receiver
- Consult the dealer or an experienced radio/TV technician for help
- Plug the product (if relevant) in an outlet on a circuit different from that to which the receiver is connected.

NantLife is not responsible for any radio or television interference caused by unauthorized changes or modifications to this equipment. Unauthorized changes or modifications could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device might not cause harmful interference, and (2) this device must accept any interference received, including interference that might cause undesired operation.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications. Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to use the equipment.

6 CE mark

NantLife Smart Blood Pressure Monitor complies with the provisions of Council Directive 93/42/EEC of 14 June 1993 as well as national laws concerning medical devices.

NantLife Smart Blood Pressure Monitor complies with the provisions of Council Directive 99/5/EC(R&TTE). It carries the CE mark as proof of this.

This model complies with the provisions of the European Standard EN 1060-1 Non-invasive sphygmomanometers- part 1: General requirements and EN 1060-3: Supplementary requirements for electro-mechanical blood pressure measuring systems.

7 Warranty

1. The blood pressure monitor and the arm cuff are warranted to be free from defects in material and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. Proof of purchase must be supplied in the form of a correctly completed guarantee card or a receipt. Include a \$5.00 for return shipping and handling. Include a letter with your name, address, phone number, and description of the problem. Pack the product carefully to prevent damages during transportation.
2. Defects due to faulty material or workmanship will be repaired free of charge during the warranty period.
3. The warranty period is not extended as a result of warranty services being provided, either for the devices as a whole or for any components. The warranty excludes:
 - Any damage caused by improper use, e.g. through failure to observe the operating instructions,
 - Damage caused by maintenance or interventions carried out by the purchaser or unauthorized third parties
 - Damage resulting from transport, either from the manufacturer to the consumer, or on the way to the customer services.
 - Component parts subject to normal wear and tear (cuff, batteries etc.)
4. Liability is excluded for direct or indirect damage caused by the device, even if the damage to the device falls within the terms of the warranty
5. The warranty extends only to the original retail purchaser.
6. NantLife shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages.
7. To obtain warranty service contact NantLife for the address of the repair location.

For Customer Service

Visit our website at www.NantLife.com

Call toll free at 1-855-NANTCARE - 1-855-626-8227

**Complete your Health Monitoring with
a full range of NantLife Wireless Sensors**

8 Specifications

Model	BP 4.0		
Measuring Range	Systole (SYS)	70 to 260 mmHg	
	Diastole (DIA)	30 to 180 mmHg	
	Pulse (PULSE)	40 to 199 (1/min)	
Operating Temperature	+ 10°C to + 40°C		+ 50°F to + 104°F
Operating Humidity	15 to 90% RH		
Storage Temperature	-20°C to 60°C		-4°F to + 140°F
Storage Humidity	15 to 95% RH		
Indicating Range	Pressure : 20 to 280 mmHg		
	Pulse: 40 to 199 beats per minute (1/min)		
Accuracy	Pressure: ± 3 mmHg or 2% of reading		
	Pulse: ±5% of reading		
Measuring Method	Oscillometric method		
Default Cuff Size	Upper arm circumference:	25-35cm	9,5"to12,6"
Cuff Tube Length	35 7/16" (600mm)		
Inflation	Automatic by electric pump		
Deflation	Automatic rapid deflation pressure		
Pressure Detection	Resistive semi-conductor pressure sensor		
Pulse Wave Detection	Resistive semi-conductor pressure sensor		
Air Release	Automatic exhaust valve		
Memory capacity	10 records in EEPROM when data cannot be transmitted		
Display	Liquid crystal display (LCD)		
Operating elements	One button inside the main compartment with square symbol		
Data transmission	Bluetooth Class II – Bluetooth Class 4		

Power supply	4 alkaline 1.5V AAA batteries	
Battery Life	Approximately 300 uses starting with new alkaline batteries when inflated to 170mmHg at 73°F (23°C) with standard adult cuff	
Unit dimensions	185mm x 138mm x 100mm	7.3" x 5.4" x 4"
Weight	980g (34.5oz) not including batteries	

Note: These specifications are subject to change without notice.

9 Manufacturer

Manufactured by NantCare LLC - Made in China
Distributed by NantCare LLC dba NantLife
2929 N 44th Street - Phoenix, Arizona 85018
Toll free phone 1-855-NANTCARE www.NantLife.com

The manufacturer has calibrated the device for a period of two years. Metrological inspection and adjustment must take place of two years. Metrological inspection and adjustment is subject to a fee and can be carried out by NantLife, a responsible authority, or an authorized maintenance service.

NantLife certifies that:

Blood pressure measurements determined with the NantLife Blood Pressure Monitor are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or automated sphygmomanometers (SP10).

The NantLife Smart Blood Pressure Monitor meets the relevant provisions of the Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.

The measuring accuracy meets the requirements of the European Society of Hypertension (ESH) and British Hypertension Society (BHS). Stolberg, October 2008

**Add more NantLife devices to your
wireless monitoring**



Visit us at www.NantLife.com