FORA® W550
WEIGHT SCALE

Operating Instructions

ver 1.0　2019/12
311-2555400-010

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing the **FORA W550** Weight Scale. This manual provides important information that will help you to use this device. If you have any questions regarding this product, please contact the place of purchase.

1. Use this device ONLY for the intended use described in this manual.
2. Read all the instructions and information in this manual before using this device.
3. Do NOT use the device if it is not working properly or damaged.
4. Consult your physician or healthcare provider before beginning a weight loss or exercise program.
5. Consult your physician before using this device if you are pregnant.
6. Do NOT step on the edge of the weighing platform or jump on the weighing platform.
7. Do NOT step on the weighing platform if your body or feet are wet.
8. Do NOT use the device on slippery surfaces such as wet floors.
9. Do NOT use cell phones, microwaves or other devices that generate strong electrical or electromagnetic fields near the device. This may result in an operational failure.
10. Do NOT disassemble or try to modify the device.

KEEP THESE INSTRUCTIONS IN A SAFE PLACE

BEFORE YOU BEGIN

Body Mass Index
The Body Mass Index (BMI) is a number that is often called upon to evaluate body weight.

$$BMI = \frac{body\ weight\ (Kg)}{(height(m))^2}$$

$$BMI = \frac{body\ weight\ (lb) \times 703}{(height(in))^2}$$

Recommended Measurement Time
To obtain an accurate reading, we recommend that you always take the measurement in the same environment and at the same time of day. Avoid taking measurements under the following conditions:
• Immediately after a bath or exercise
• After drinking alcohol or a large amount of water
• Less than 2 hours after a meal

If you take a measurement under any of the above conditions, the calculated body composition may be significantly different from the actual composition due to changes in water content in the body.

Contents of the System
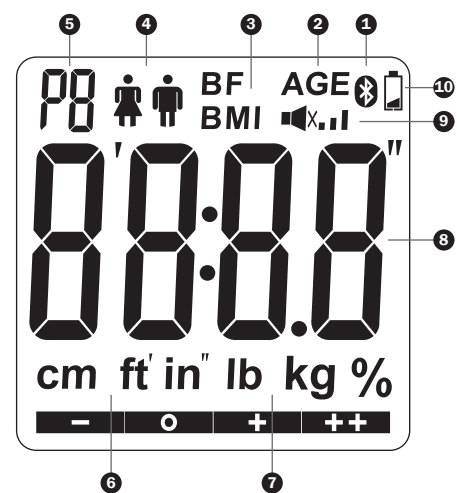Your new **FORA W550** kit contains:
1. Weight Scale
2. Operating Instructions
3. Warranty Card
4. Four 1.5V Alkaline Batteries

SCALE OVERVIEW

Front

Back
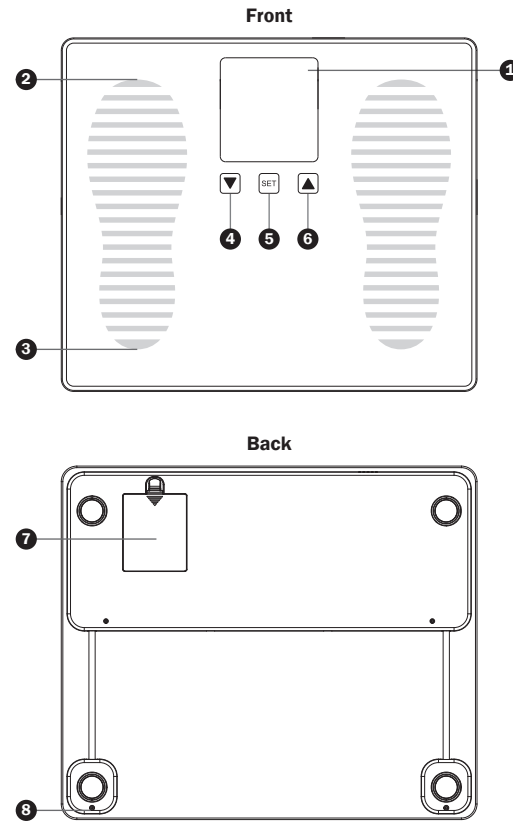
❶ **LCD Screen**
❷ **Toe Position**
❸ **Heel Position**
❹ **Down Button**
❺ **SET Button**
❻ **Up Button**
❼ **Battery Cover / Compartment**
❽ **Supporting Stand**

SCREEN DISPLAY

❶ **Bluetooth Indicator**
❷ **Age Indicator**
❸ **BMI Indicator**
❹ **Gender Indicator**
❺ **Personal Profile Number**
❻ **Height Unit**
❼ **Weight Unit**
❽ **Measurement Result**
❾ **Volume Indicator**
❿ **Battery Indicator**


SETTING THE SCALE

Before using the scale for the first time, input these settings. To ensure accuracy, make sure you complete the steps below and save the desired settings.
Start with the scale off. Press **SET** to turn the scale on:
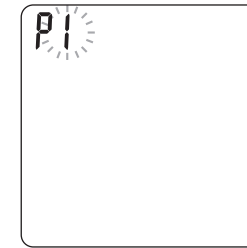
1. Select the personal profile number.
Press ▲ or ▼ to select a number from P1 to P5. Press **SET**.
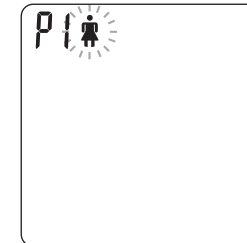
2. Enter the personal profile data.
Press ▲ or ▼ to set the gender to male or female. Press **SET**.
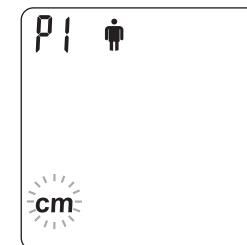
Press ▲ or ▼ to set the height unit to ft' in" or cm unit. Press **SET**.
When the height unit is set to ft' in", the unit of weight will be automatically set to pounds. When the height unit is set to cm, the unit of weight will be automatically set to kilograms.
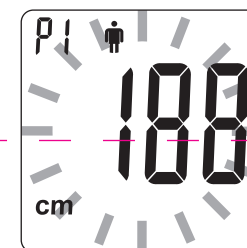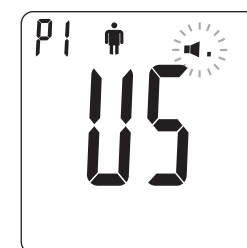
Press ▲ or ▼ to set the height between 3' 3.5" and 7' 2.5" / 100 cm and 220 cm. Press **SET**.
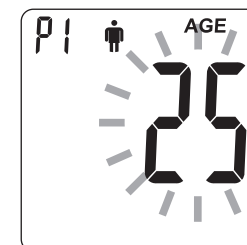
Press ▲ or ▼ to set the age between 6 and 99. Press **SET**.
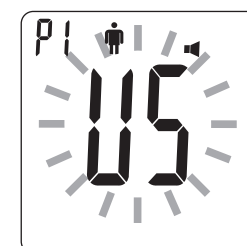
Press ▲ or ▼ to set the voice language (English, French or Arabic). Press **SET**.

Press ▲ or ▼ to set the voice volume. Press **SET**.

3. Press **SET** to exit the setting mode.
If you make a mistake before finishing, repeat the steps from "Select the personal profile number."

NOTE:
Your settings are automatically saved when you exit the setting mode.

TAKING MEASUREMENTS

Before Measuring
• Place the scale on a hard, flat surface. Soft or uneven flooring (e.g. carpets, rugs) may cause the scale to give an inaccurate weight reading.
• Measurement must be taken with your feet dry and positioned correctly. Remove your shoes and socks before stepping onto the scale.
• Step onto the scale with your feet parallel to each other and your weight evenly distributed.
• Weigh yourself on the same scale at the same time every day, before breakfast or before getting dressed.
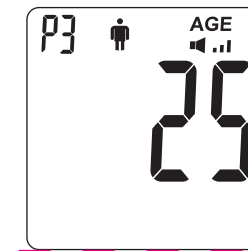
NOTE:
When receiving the scale for the first time, or if you move the scale to a different location, press the **SET** button and quickly release to turn the scale on and wait for the LCD to display 0.0. Please wait 2 seconds then start the measurement.
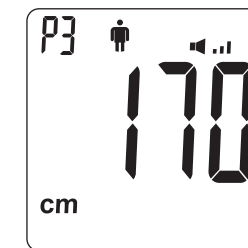
Measuring weight and Body Mass index (BMI)
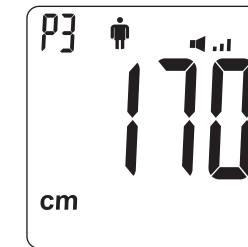
1. Press **SET** or tap on the weighing platform to turn on the scale. The scale displays the profile setting of the last user.
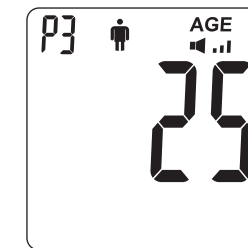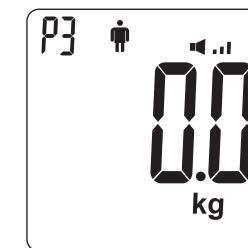
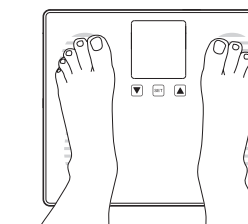Press ▲ or ▼ to select the desired profile number.

NOTE:
The scale will automatically turn on while stepping on it under standby mode.

2. Wait for "0.0" to appear on the display window.

3. Step onto the weighing platform.
Stand still and make sure your weight is evenly distributed.

Once a stable value is obtained, the reading will flash three times and then calculate your BMI.

4. Understanding your displayed result.

❶ **Personal Profile Number**
❷ **Gender: Male**
❸ **Volume**
❹ **Your Weight**
❺ **Weight Unit**
❻ **BMI Symbol**
❼ **Your BMI**

5. Step off the weighing platform.
The result is saved in the scale memory and the scale enters into Bluetooth mode.

SCALE MEMORY

Your scale stores up to a 135 measurements for all 5 personal profiles. Results in memory can be transmitted to the mobile device by wireless connection. This allows you to review your measurements on your mobile device.

Bluetooth pairing and data transmission
Please make sure you have installed the software in your device (smart phone or tablet) before pairing. Please note that you must pair your weight scale to your device before transmitting data.
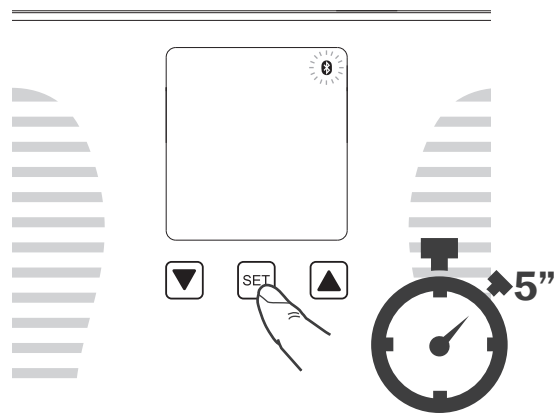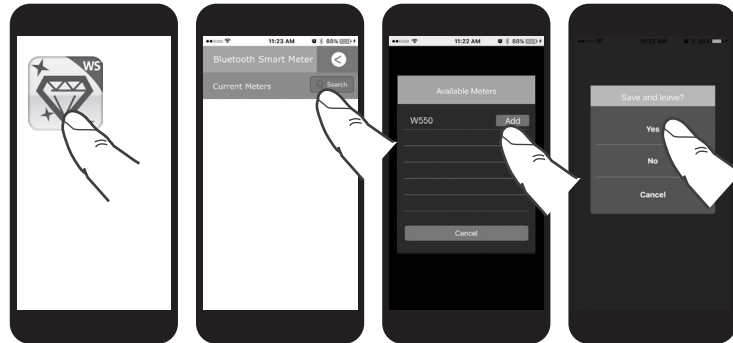
Pairing with your mobile device
1. Press and Hold **SET** for 5 seconds until the Bluetooth symbol is displayed and starts to flash.

2. Make sure your mobile device is in Bluetooth mode, then launch the iFORA WS APP on your device, go to the settings tab and press pair. Then press "search", the APP will then start to search for your scale.

3. After successfully pairing the APP to your scale, the Bluetooth function on the scale will then start to transmit your data to your APP.

Bluetooth indicator on the weight scale

| BLUETOOTH INDICATOR	STATUS
Flashing	The Bluetooth function is enabled and waiting for connection.
Solid	The Bluetooth connection is established.

Data transmission
After each measurement, the Bluetooth function on the scale will activate and try to connect to your paired device (e.g smart phone or tablet) to transmit data.

NOTE:
● While the weight scale is in transmission mode, it will be unable to perform a test.
● Make sure that your device supporting Bluetooth Smart Technology has turned on Bluetooth before transmitting the data and the weight scale is within the receiving range. For the requirement of OS version, please find on App Store or Google Play when you download the app.
● A compatibility issue between your mobile device and the meter might occur due to the way Bluetooth functionality is implemented by the various mobile device manufacturers.

MAINTENANCE

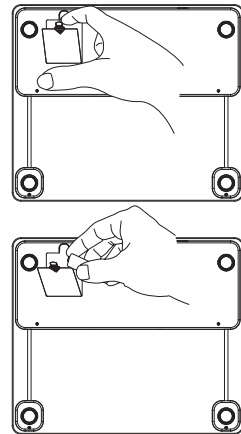Your scale uses four 1.5V AAA alkaline batteries.
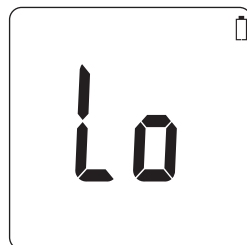
Low Battery Signal
The scale will display the message shown to alert you when the scale power is running low. This means it is about time to replace the batteries.

WARNING!
If the incorrect type of battery is used, it may cause damage to the scale.

Replacing the batteries
When replacing the batteries, make sure that the scale is turned off.
1. Press the edge of the battery cover and lift it up.

2. Remove the old batteries and replace them with four 1.5V alkaline batteries.

3. Close the battery cover.

4. Zero out. (See NOTE)

NOTE:
● Zero out - Press the **SET** button and quickly release to turn the scale on and wait for the LCD to display 0.0. Please wait 2 seconds then start the measurement.
● Replacing the batteries does not affect the test results stored in memory.
● Properly dispose of the batteries according to your local environmental regulations.
● Batteries may leak chemicals if left unused for a long time. Remove the batteries if you are not going to use the device for an extended period (i.e. 3 months or more).

Cleaning
● To clean the outside of the scale, wipe it with a slightly damped cloth and water or a mild cleaning agent, and then dry the device with a soft dry cloth. Do NOT immerse the device in water.
● Do NOT use chemical or organic solvents to clean the scale.
● Wipe the scale clean at once if any grease, sauce, vinegar, juice or other substances that may cause damage are spilled on the scale.

Scale Storage
● Storage condition: -25°C to 70°C (-13°F to 158°F), below 93% relative humidity.
● Avoid dropping the scale or heavy impact.
● Avoid direct sunlight and high levels of humidity.

SYSTEM TROUBLESHOOTING

Error Messages

MESSAGE	WHAT IT MEANS	WHAT TO DO
H₁	The weighing subject exceeds the maximum capacity of the device.	Remove the weighing subject from the platform to avoid damage.

If you follow the recommended action but the problem persists, or if error messages other than the ones shown above appear, please contact local customer service. Do not attempt to repair the device by yourself and do not try to disassemble the scale under any circumstances.

SPECIFICATIONS

General Information
Model No. : W550
Power Source : Four 1.5V AAA alkaline batteries
Dimensions & Weight : 340 (L) x 400 mm (W) x 26 mm (H), 3200 g without batteries
Size of LCD : 98 (L) x 92 (W) (mm)
LCD : Backlit LCD
Range :
Gender: Male / Female
Height: 3' 3.5" to 7' 2.5" / 100 to 220 cm
Age: 6 to 99
Weight: 8.8 to 550 lb / 4 to 250 kg

Operating Conditions : 5 °C to 40 °C (41°F to 104°F), below 85% R.H.
Storage Conditions : -25°C to 70°C (-13°F to 158°F), below 93% R.H.
Battery Life :
At least 180 measurements (3 minutes each time) or at least 3 months on standby.

User Profile : 5 individuals
Weight Unit : lb / kg
Transmission : Bluetooth

Auto Switch-Off:
1. If the meter is idle for 30 seconds during the measuring mode, it will switch off automatically.
2. If the meter is idle for 3 minutes during the Bluetooth mode, it will switch off automatically.

This device has been tested to meet the electrical and safety requirements of: IEC/EN 61010-1, IEC/EN 61326-1, EN 301 489-17, EN 300 328.

SYMBOL INFORMATION

Symbol	Referent	Symbol	Referent
📖	Consult instructions for use	⚠	Caution, consult accompanying documents
SN	Serial number	👤	Type BF equipment
CE	CE Mark	🚮	Collection for electrical and electronic equipment
🌡	Temperature limitation	📅	Manufacturer
💧%	Humidity limitation		

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CE 📖