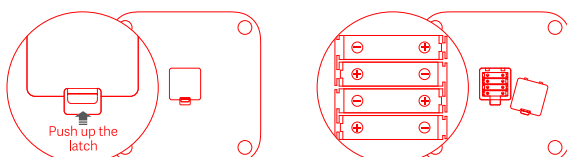# Mi Body Composition Scale 2 User Manual

Read this manual carefully before use, and retain it for future reference.
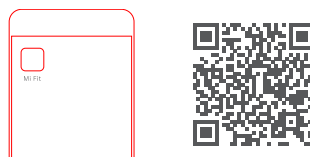
Installing the Batteries

Open the battery cover and insert four AAA batteries in the directions indicated inside the battery compartment.

Push up the latch

Installing the App

Scan the QR code to download and install the latest version of the "Mi Fit" app, or search for it in Google Play, App Store, or other third-party app stores.
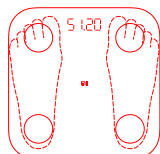

Pairing the Scale

Open the Mi Fit app and sign in using your Mi account, then pair the scale with your account and enter your personal data according to the on-screen instructions.
After pairing the scale, you can check the weighing records and body composition information via the Mi Fit app and the Mi Home / Xiaomi Home app*.
* The app is referred to as Xiaomi Home app in Europe (except for Russia). The name of the app displayed on your device should be taken as the default.
Personal data is used to analyze your body composition. To ensure the accuracy of the results, please enter accurate personal data.

Weighing and Measuring Body Fat

Place the scale on a hard, flat floor.
Step barefoot onto the scale as shown in the figure. Make sure the skin of your feet makes good contact with the four metal electrodes on the scale.
After your weight is measured, the scale will begin calculating your body composition. The process is completed when the status bar below the indicated weight starts blinking. You can then view your body composition results on your phone.

The body composition data provided by this scale is for reference only and does not constitute medical advice.
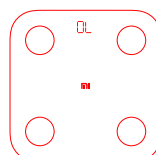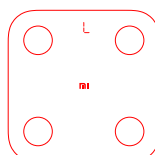

Weighing Items

Place the scale on a hard, flat surface. Press on the scale to turn it on. Wait until "0.00" is displayed and place the item you want to weigh onto the scale. Moving or bumping the scale may affect the accuracy, in which case you should weigh the item again to make sure the measurement is accurate.

Alert Indications

When weighing, a blinking "L" indicates a low battery level, and you should replace the batteries as soon as possible.

When weighing, a blinking "OL" indicates the scale is overloaded beyond its maximum capacity of 150 kg.

Selecting a Weighing Unit

The scale calculates weight in kilograms (kg) by default. You can change the scale's weighing unit via the device settings in the Mi Fit app.
The scale can display weight in kilograms (kg) and pounds (lbs).

Precautions

1. To prevent slipping, do not place the scale on a slippery floor, and do not use it when your feet or the scale are wet.
2. Always stand in the middle of the scale, to prevent it from accidentally flipping over while weighing yourself.
3. Only use the scale in a dry environment, and do not immerse it in water.
4. Wipe the surface of the scale with a damp cloth and mild detergent to clean it. Do not use any organic solvents or other chemicals.
5. After the batteries are depleted, immediately remove them to avoid potential leaking and corrosion.
6. This scale is not recommended for persons with a pacemaker or other implanted medical devices. The accuracy of the body composition data may vary when used by professional athletes, pregnant women, and certain other individuals with special conditions.
7. You can go to Mi Fit app to experience the function of One-foot-stand with Eyes Closed Measurement. When you are feeling off balance, please be sure to open your eyes and stand on your feet firmly to prevent from accidentally flipping over and causing a fall. Anyone including children, elderly, expectant mother, and others with physical or balance disorders should use this function with caution.

Disposal and Recycling Information

The following symbol signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose the electronic equipment at recycling centers so as to help conserve the natural resources.

Certifications and Safety Approvals

Hereby, Anhui Huami Information Technology Co., Ltd., declares that the radio equipment type XMTZC05HM is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
http://www.mi.com/global/service/support/declaration.html

Specifications

Dimensions: 300 × 300 × 25 mm
Net Weight: 1.7 kg
Weighing Range: 100 g - 150 kg
Weighing Units: kg / lbs
Increments: 0.1 kg / lbs
Casing Material: Tempered glass, ABS engineering plastic
Compatible with: Android 4.4 or iOS 9.0 (from iPhone 5S and later) and above, and Bluetooth 4.0 and above

Wireless Connectivity: Bluetooth 5.0
Operating Temperature: 0 ~ 40°C
Frequency: 2402 - 2480 MHz
Max. Output: 0 dBm
Power Source: 1.5 V AAA batteries × 4

Mi Body Composition Scale 2

Model: XMTZC05HM
Manufactured for: Xiaomi Communications Co., Ltd.
Manufactured by: Anhui Huami Information Technology Co., Ltd.
　　　　　　(a Mi Ecosystem company)
Address: Room 1201, Building A4, National Animation Industry Base, No. 800 Wangjiang West Road, Gaoxin District, Hefei, Anhui, China
For further information, please go to www.mi.com