

SALTER MiBody

Body Analyser Scale with USB PC Data Tracking

Quick Start Guide



GETTING STARTED

This is the **MiBody Quick Start Guide**. To make full use of the body analyser features please download the full operating instructions from www.mibody.co.uk

Step 1: Batteries

Insert the 1x 9v battery supplied into the battery compartment, ensuring the + and – terminals are correctly orientated.

Step 2: Carpet feet

For use on carpet please attach the carpet feet provided.

Step 3: Software Installation

Please go to www.mibody.co.uk and download the latest version of the MiBody software. The full operating instructions will be included with this download.

The MiBody computer software is compatible with Windows 2000, XP, Vista and Windows 7. It is not compatible with Apple computers. To install the software follow this sequence:

1. Close all open programs.
2. Double-click on the application file that you have just downloaded.
3. Follow the on screen installation instructions.

Step 4: USB Flash Drive (not included)

Before using the USB flash drive for the first time, insert it into the USB slot on your computer. Wait while the computer identifies the USB flash drive and installs the necessary driver.

To avoid corrupting the data on the USB flash drive always click the Safely Remove Hardware icon before removing the USB flash drive. The icon is on the right of the toolbar along the bottom edge of your computer screen. The icon is identified by a bright green arrow.

You are now ready to begin using your scale.

SCALE OPERATION

This section explains how to take a simple weight reading. To make full use of the body analyser features please refer to the full operating instructions available from www.mibody.co.uk

Weight Reading Only

If you just want to know your weight, follow this sequence:

1. Tap the platform centre (vibration activates your scale) and remove your foot.
2. Wait until zero is displayed.
3. Step on and stand very still while the scale computes your weight.
4. Your weight is displayed.
5. Step off. Your weight will be displayed for a few seconds.
6. The scale will switch off.

Note: Weight only readings are not saved for transfer to your computer.

INFORMATION FOR YOUR SAFETY

This product is for domestic use only.

Professional medical guidance should always be sought before embarking on diet and exercise programmes.

The Salter MiBody is calibrated for adult use (age 16+ years).
It is not suitable for use during pregnancy.

**CAUTION: Do not use this product if you have a pacemaker or other medical device fitted.
If in doubt, consult your doctor.**



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IB-9138-1009-01