Box Contents

Your iChoice S1 Package includes:

- 1 iChoice S1 Wireless Scale
- 1 quick user guide
- $4 \times 1.5V$, AAA battery

If any of the above contents are not included, please contact the Distributor from which you originally purchased this product. To obtain service under warranty, please read our warranty terms at http:// www. ichoicelife .com/support/warrantyservices.

Important safety information

Please read the entire instruction manual before using your iChoice S1

Safety symbols

Warning: incorrect use may cause death or serious injury

Caution: indications a potentially hazards situation which may result in the possibility of injury or damage to the unit

When operating the device

Warning!

• It is recommended you contact a physician or healthcare provider before beginning exercise therapy and/or changing your diet.

Caution

- Do not disassemble or modify the unit in any way without authorization. Doing so may result in permanent damage to the unit
- Avoid severe impact to the unit, such as dropping the unit on the floor.
- Do not submerge the unit in the liquid. Doing so will result in damage to the unit.
- Try to stand in the middle place to avoid slip.
- Stand on the scale in good balance to avoid slip and incorrect results.

Understanding your unit

The iChoice S1 is the weight scale that allows the user to track personal weight, interact with an online interface, and log physical activity and personalized diet.

Using your iChoice S1

- Install batteries
- Put the scale on the steady and flat place to take a measurement
- Comfortably stand on the scale with your weight evenly balanced.
- When your weight stabilizes, step off scale.
- You can view your information on the iChoice home screen.

Understanding the Display



| Kg/lb | Unit | Set the unit on the App |
|-------|------------------------|-----------------------------|
| Lo | Battery low indication | Please change the batteries |

Screen timeout

By default, your iChoice S1's screen will switch off automatically after <mark>5 seconds</mark> if there has been no touch-tone operation.

Cleaning your iChoice S1

Wipe your iChoice S1's surface with a soft dry cloth.

- When oil and dirt are difficult to remove, a soft dry cloth moistened with clear water or usable neutral solvent to clean surface may be used. Wipe with dry cloth.
- Do not immerse or splash water into the device.
- Do not use volatile liquid such as ethanol and or gasoline.

Power supply

- Your iChoice S1 runs on AAA alkaline batteries (4×1.5 V).
- The batteries support 1200 times measurement.
- Battery–low icon will appear when the battery has a low voltage and this indicates that your iChoice S1 will run out of battery life shortly.

Batteries Installation:

- Open the battery cover and you can see the battery polarities.
- Install 4 AAA alkaline batteries lightly as indicated by the polarity signs in the battery compartment.
- Close the battery cover.

Warning!

• Make sure the polarities of the batteries are correct.

Cautions!

- Do not use batteries not specified for this unit.
- Do not dispose of batteries in fire.
- If battery fluid gets on your skin or clothing, rinse with plenty of clean water immediately.
- Take out batteries from the unit when you are not going to use it for a long period of time.
- Do not use batteries of different types together.
- Do not use new and used batteries together.
- Dispose of batteries in accordance with the local ordinances and regulations.
- Do not use the damaged battery.

Unit Specs

Screen

OLED display monitor

Size and weight

- 344 mm×344 mm×28mm
- Lower than 2kg

Environmental Conditions

Operation Temperature: $5^{\circ}C \sim 40^{\circ}C$ ($41^{\circ}F \sim 104^{\circ}F$) Storage Temperature: $-20^{\circ}C \sim 55^{\circ}C$ ($-4^{\circ}F \sim 131^{\circ}F$) Ambient humidity: $\leq 80\%$, no condensation in operation;

 \leqslant 93%, no condensation in storage

Atmosphere pressure: 86kPa~106kPa

Note: keep unit in dry conditions. Damp conditions may shorten the life of your unit and even damage the product.

Measurement Range: 5kg~108kg (9lbs~396lbs) Resolution: 0.1kg Accuracy: ±1%

Compatible device

iPhone 4S iPod Touch (5th gen. +) Andriod 4.3+

What is iChoice life?

The basics

iChoice life is a simple, easy to use web interface what syncs up with your iChoice A30 You can log your activities, eating habits, weight-loss goals, blood pressure and more. My iChoice will allow you to keep an eye on how you are doing in terms of your physical activities, calories burned and food intake-without having to flip between various iChoice

life features.

With iChoice life, you can set personal goals, challenge yourself and share your progress with others in the iChoice life community.

With iChoice life you can set your multiple-choice goals, view information fitness data such as steps, distance, calories, and analyze your progress through colorful charts and graphs. Online community will allow you to share message and successful stories with your friends. Here you will have more fun!

Download the free iChoice App

Access the App store on your iOS device by searching "iChoice" or scan the QR code on the outside of the package.

Sign up for a free account

Enter an E-mail address (user name) and password for your new account. If you already have an account, please log in.



Register Interface

Login interface

Click "Next" to fill your personal information such as: nick name, birthday, height, weight and gender.



About the home page

Click "Next" enter into the home page as follow:



About the home page:

| lcon | Definition | Icon | Definition |
|-----------|------------------------------|------------------|-------------------------|
| Ì | Link status about the device | | Food intake |
| | Steps | I | sleep |
| 0 | Distance | | Weight |
| 99 | Climb height | SpO ₂ | Oxygen saturation level |
| (M) | Calories burned | ВР | Blood pressure |
| | Fat burned | | Heart rate |

Link your device

• Click "Settings" to link or change device.

| iPod | 2:44 PM | * ■⊃• | | |
|----------|--|----------|--|--|
| | Settings | | | |
| | hannah Joined Apr 16, 2014 | > | | |
| | iChoice Walk A30 Last Sync at Apr 24, 2014, 6:30 AM | > | | |
| Link | or Change Devices | | | |
| Adva | anced Settings | > | | |
| | Log out | | | |
| | | | | |
| | | | | |
| A | & P | 0 | | |
| iChoic | e Friends Goals S | Settings | | |

• Choose "iChoice Walk A30"



• Press start , the iOS device begin to search you iChoice device



 Long press button at the side of the iChoice A30 enter into the sleep mode, once your iChoice A30 enters sleep mode, press the button again to exit the sleep mode. Your device's screen will show a four-digit code. Input this code on your iOS. This will sync your deive will your account. This cound take up to one minute.

| ••••• Carrier 🗢 4:34 PM 🛞 100% 📖 | ●●●●● Carrier 🗢 4:34 PM 🐵 100% 📖 |
|--|------------------------------------|
| Back iChoice Walk A30 | iChoice Walk A30 Done |
| Please enter the number On your iChoice Walk display. | |
| I. Numbers | Successful ! |
| A Numbers | Your iChoice Walk is now linked to |
| Cancel Next | your iChoice account. |
| in the second se | your iChoice Walk on |
| | www.iChoicelife.com. |
| | |
| | |
| | |
| QWERTYUIOP | |
| ASDFGHJKL | |
| | |
| .?123 space return | |

About advanced settings

You can set the unit and change the password.

Weight unit: Kg/lbs/stone

Height unit: cm/feet

Temperature: °C/°F

Sync the records

Make sure turn on your iOS device's Bluetooth. So the records in the iChoice A30 can sync to your account. And the distance between iChoice A30 and iOS device is less than 10m.

Detail information about each parameter

Just take steps for example

In the home page, click the steps icon, enter into detail information about steps you take. The steps you take will show in graphs and trends as follow.

| •••• Car | rtier 🗢 😤 | 15:29 | • * | 64% 🔳 |
|---------------|------------|---------|-------------|----------|
| 〈 Back | A | ctivity | | + |
| < | Т | ōday | | > |
| Steps | | | | |
| 0:00 | • | | • | 23:59 |
| 1 | No manuall | y logge | ed activity | |
| A | & | | | Ø |
| iChoice | Friends | G | ioals | Settings |

Click the graph, you can view it in full screen. Tap the up right sign 1d/1w/1m/1y to view the records on daily/ weekly/ monthly/year basis. Tap Hide (on the left bottom) back to the previous interface.



Log activities

Under the steps interface, tap "+" to log activities. First of all, search an activity, and then input the detail information about activity.

| ●●●● Carrier ᅙ 4:34 | PM @ 100% | | | |
|------------------------------------|-------------------|---|--|--|
| Cancel Choose Activity | | | | |
| Q Search for an activity | | | | |
| Common | Mine | | | |
| FREQUENT | | | | |
| Aerobic step | 10 - 12 inch step | > | | |
| ★ Airplane repair | | > | | |
| RECENT | | | | |
| Automobile or light truck (not a > | | | | |
| Bicycling | under 10 mph | > | | |
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Log food diary

Under the home page, tap the food intake icon to log food diary. Here you will have a clear understanding of the calories that you intake every day. Help you control weight.

| ●●○○○ 中国移动 | হ 19:0 | 9 🗣 | O 🖇 50% 💶 + |
|---------------|-------------|-------|-------------|
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| < | 今日 | 天 | > |
| 🧭 4 Ca | lories eate | n | |
| BREAKFAST | Г | | |
| Apples - | 2 | | 4 cal |
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| fi | 8 | | O |
| iChoice | Friends | Goals | Settings |

Notes:

- Input other parameters (SpO₂, BP, HR)as the same way as the food intake.
- If you have other iChoice devices such as iChoice S1, iChoice HR1, the records will automatically sync to your account.

Sleep mode

Wearing iChoice A20/A30, it will monitor your sleep quality. The device collect the sleep data that include sleep starting time, sleep ending time, sleep time and wake up times. Help you have a clear understanding of your sleep quality.

| ••ooo Carri | er 🗢 ⊹ 18:3: | 3 @ (| ♥ 券 26% ∎• |
|----------------|----------------|-------|------------|
| 🗸 Back | | | |
| < | 今7 | ₹ | > |
| 🔚 s | leep Efficienc | у | 0 % |
|) 00 | :00 | × | 00:00 |
| Total Time 0 | | | |
| Asleep Time 0 | | | 0 |
| Times Awakened | | | 0 |
| SLEEP DETAILS | | | |
| iChoice | & Friends | Goals | Settings |

Friends

Following: the friends that you pay close attention. Followers: your fans that pay close attention to you. Message: messages between friends.

| ••ooo Carrier | 😪 🔆 19:11 | ֎ ฃ ∦ 52% ■ |
|---------------|--------------------------|-------------|
| | Friends | + |
| Following | Followers | Message |
| | 383015318 23879 steps | > |
| | JAYFEI 3271 steps | > |
| | sophia Unranked | > |
| | | |
| | | |



Tap the up right sign "+", add the friends that you interest. Here you also send message to your friends or view your frineds' fans.

From the friends circle, you can compete and share your progress with them.

Goals

Tap the "Goals", enter into the goals setting interface as follow.

Create Personal Fitness Goals Studies show that setting personal goals will enhance success. With ichoicelife.com you can set a personal activity goal to help motivate exercises. iChoice Life also makes it easy to achieve your goal weight with recommended fitness plans.

| ••ooo Carrier | ন্≎ 19 | :12 🕑 🛈 | ∦ 52% 💶 ≁ |
|---------------|---------------|------------|-----------|
| Goals | | | |
| Daily Acti | vity Goal | Weight Cor | trol Goal |
| Steps | | | 10,000 |
| Distance | | | 8.05 Km |
| Climb | | 30 | 0 meters |
| Cal Burned | ł | 2,184 | calories |
| Fat Burned | 1 | | 121 g |
| | | | |
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| iChoice | Friends | Goals | Settings |

Weight control goals

Under the goals interface, tap weight control goal, input the your personal data, and start the trip of loss weight.

For a successful weight-loss and fitness program, a balanced diet is important. Knowing your daily calorie intake vs. burned is the best way to stay on track and see results. My iChoice makes it easy to track your calories with easy to read charts and graphs. My iChoice also offers an extensive food database to help you track your food intake.

| • ∞∞∞ Carrier ຈ 18:32 | | | | |
|-----------------------------|---------------------|--|--|--|
| Daily Activity Goal | Weight Control Goal | | | |
| Start Weight | 89 kg | | | |
| Desired Weight | 79 kg | | | |
| You want to lose | 10 kg | | | |
| Target Goal Date | Sep 16, 2014 | | | |
| Daily Calorie Deficit 50 | | | | |
| Weight Lose/Week | 0.5 kg | | | |
| Set New Weight Control Goal | | | | |
| | | | | |
| iChoice Friends | Goals Settings | | | |

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Sync

Download the free iChoice App

Access the App store on your iOS device by searching "iChoice" or scan the QR code on the outside of the package.

Sign up for a free account

Enter an e-mail address (user name) and password for your new account. If you already have an account, please log in.

Sync

- Tap the settings icon on the bottom of the screen. Tap "iChoice Weight" and then turn on your unit. This will sync your device.
- Comfortably stand on the scale with your weight evenly balanced. When your weight stabilizes, step off scale. Open the iChoice App. Your data will sync automatically with your account. This could take up in one minute.
- You can view your information on the iChoice home screen.
- Tap the "Goals" icon on the bottom of the screen. Set your own health goal about loss weight in App.