

User Manual  
**BHG-208 Cardio Scale**



Please keep the instruction manual at hand all the time for future reference.

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## **Copyright Notice**

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# Table of Contents

<b>I. Before Use</b>	<b>4</b>
A. General Information	4
B. Connecting to o'Care app on smartphone	5
<b>II. Product Description</b>	<b>6</b>
A. Overview	6
B. Inserting Batteries	7
<b>III. How to Use</b>	<b>8</b>
A. Self-calibration	8
B. Conducting measurement	8
<b>IV. Caring for your product</b>	<b>10</b>
A. Use & Storage	10
B. Service and maintenance	10
<b>V. Troubleshooting</b>	<b>11</b>
<b>VI. Product Specifications</b>	<b>12</b>
A. Product Information	12
B. EMC Guidance and Manufacturer's Declaration	13

# I. Before Use

## A. General Information

Thank you for choosing this oserio product. Before use, please read this user manual carefully, and keep it in a safe place for reference. It contains important instructions regarding proper usage.

### Intended Use

This product is intended to measure the weight and heart rate of children or adults who can stand unassisted.

### General Handling

- Product should be placed on stable, flat, solid, non-slippery surface.
- Place the product in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water.
- Usage on soft surfaces (ex: carpet) may result in inaccurate results.



### Disposal

- All batteries contain toxic compounds; batteries should be disposed of via designated competent organizations. Batteries should not be incinerated.
- This product is not to be treated as regular household waste, but should be taken to a designated collection points for electronics. Further information should be provided by local waste disposal authorities.

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## **B. Connecting to o'Care app on smartphone**

The BHG-208 is designed to be used with the o'Care smartphone app, making it easy to track body composition results for as many users as needed.

An iOS or Android device (with operational Bluetooth and Wi-Fi) is required to download the o'Care app, and retrieve measurement results from the product.

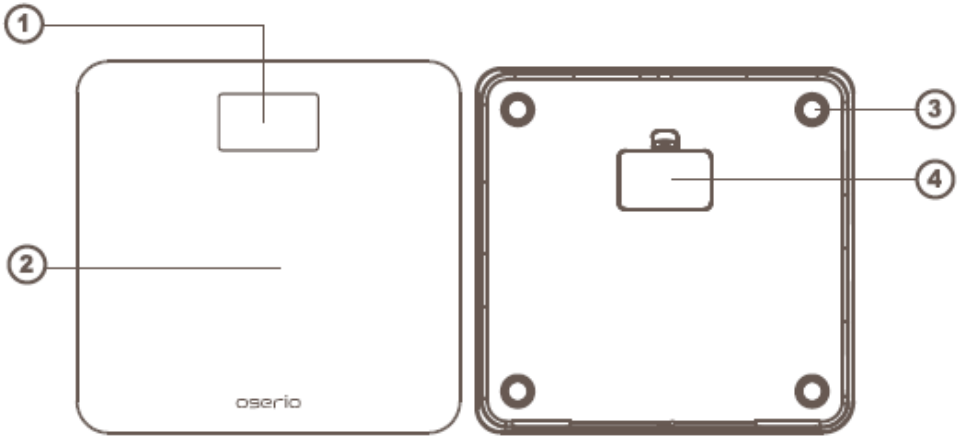
[QR Code]  
Google Play (Android Devices)

[QR Code]  
App Store (Apple Devices)

After installation, product and app is ready for use. Create a user profile as instructed by o'Care. The BHG-208 will automatically pair and sync with your smartphone if the o'Care app is open during measurement.

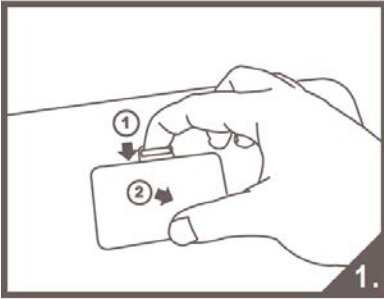
## II. Product Description

### A. Overview

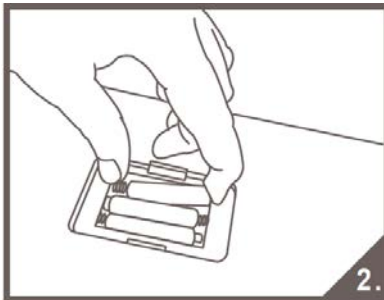


1. LED screen
2. Measurement platform
3. Feet
4. Battery cover

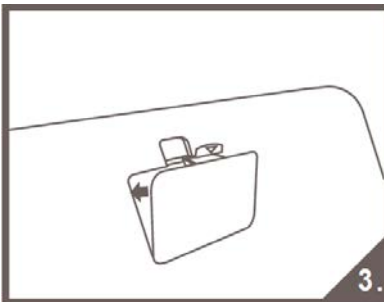
## B. Inserting Batteries



1. Open battery housing cover
2. Remove battery cover



Insert 3 AAA batteries



Replace battery cover

**NOTE:** Ensure batteries are inserted in correct orientation. If batteries are inserted incorrectly, product will not function. If product will not be used for a long period of time (> 3 months), remove the batteries before storage.

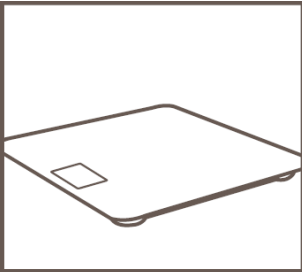
## III. How to Use

### A. Self-calibration

The product may require a quick self-calibration before being used for the first time to ensure accuracy.

1. Place product on stable, flat, solid, non-slippery surface (no carpet).
2. Step on measurement platform. Weight will be displayed on screen.
3. Step off from measurement platform. After product turns off automatically after a short period of time, self-calibration is complete.

### B. Conducting measurement

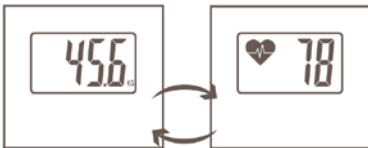


Place product on stable, flat, solid, non-slippery surface (no carpet). To ensure accuracy, we recommend performing self-calibration if product is moved.

Open o'care app on smartphone and log-in. Results will be automatically transferred after measurement, so it is important to select the correct user.



Stand on product for measurement. Try to stand as still as possible. Weight result will appear on screen. After weight is measured, device will measure heart rate (~15 seconds).



After measurement completion, screen will alternate display of weight and heart rate. Product will send results to smartphone. (please open o'Care app prior to measurement, to allow product to automatically pair and sync)

After result transfer is complete, product automatically shut down.



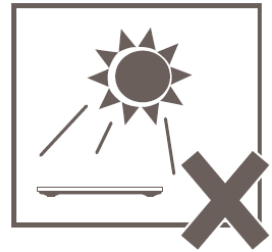
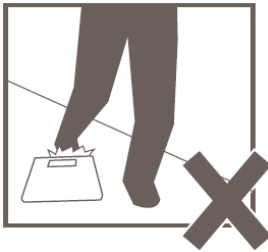
### Syncing measurement results

1. If o'care app is not open on smartphone, results will not be transferred. Product will automatically shut down 30 seconds after completion of heart rate measurement.
2. Ensure that Bluetooth is enabled on smartphone.

## IV. Caring for your product

### A. Use & Storage

- Product should be stored in clean, cool, dry location when not in use, away from direct sunlight and extreme temperatures.
- This product is not a toy. Children should not be allowed to play with it.
- Avoid corrosive liquids and materials. Do not use detergents or cleaners to clean the product. This may damage the coating protecting the electrodes used for body composition measurement.
- Wipe the platform and display using clean soft cloth. Avoid rough, sticky cloth, to prevent scratching the measurement platform and screen panels.








### B. Service and maintenance

The BHG-208 does not contain user-maintained parts. Service and maintenance not described in this user manual should be performed only by authorized technicians.

## V. Troubleshooting

### Error Messages

Error Message	Reason and action required
	<b>Low battery warning</b> Replace batteries
	<b>Overload or unstable weight</b> Total load exceeds product's maximum capacity. Stay still and avoid movement during measurement.
	<b>Data transfer error</b> Data sent from smartphone to product resulted in error. Try measurement again.
	<b>Data transfer error</b> Data sent from product to smartphone resulted in error. Try measurement again.
	<b>Heart Rate measurement error</b> Stay still and avoid movement during heart rate measurement.

## VI. Product Specifications

### A. Product Information

<b>Model</b>	BHG-208 Cardio Scale		
<b>Battery</b>	3 AAA batteries	<b>Product Weight</b>	1.6 kg
<b>Dimensions</b>	Product: 290(W) x 300(D) x 25(H) mm Screen: 76(W) x 42.5(D) mm		
<b>Operation Environment</b>	Temperature: 5°C~35°C Relative Humidity: 30%~85%		
<b>Storage Environment</b>	Temperature: -20°C~60°C Relative Humidity: 10%~95%		
<b>Capacity / Graduation</b>	5~180 kg x 0.1 kg 11~396 lb x 0.2 lb		
<b>Measurement Sensors</b>	4 weight sensors BCG pulse measurement		
<b>Measurement Output</b>	Weight Heart Rate		

## B. EMC Guidance and Manufacturer's Declaration

<b>Guidance and manufacturer's declaration-electromagnetic emissions</b>		
The BHG-208 Cardio Scale is intended for use in the electromagnetic environment specified below. The customer or the user of the product should assure that it is used in such an environment.		
<b>Emission test</b>	<b>Compliance</b>	<b>Electromagnetic environment-guidance</b>
RF emissions CISPR 11	Group 1	The product uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The product is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations /flicker emissions IEC 61000-3-3	Compliance	


<b>Guidance and manufacturer's declaration-electromagnetic immunity</b>			
The BHG-208 Cardio Scale is intended for use in the electromagnetic environment specified below. The customer or the user of the product should assure that it is used in such an environment.			
<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment-guidance</b>
Electrostatic discharge(ESD) IEC 61000-4-2	<u>± 8 kV contact</u> <u>± 2 kV, ± 4 kV,</u> <u>± 8 kV, ± 15 kV</u> <u>air</u>	<u>± 8 kV contact</u> <u>± 2 kV, ± 4 kV,</u> <u>± 8 kV, ± 15 kV</u> <u>air</u>	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%
Electrical fast transient/burst IEC 61000-4-4	± 2kV for power supply lines + 1kV for input/output lines	+ 2kV for power supply lines + 1kV for input/output lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1kV line(s) to line(s) ± 2kV line(s) to earth	+ 1kV line(s) to line(s) + 2kV line(s) to earth	Mains power quality should be that of a typical commercial or hospital environment.

Voltage Dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<u>0% UT for 0,5 cycle</u> <u>0% UT for 1 cycle</u>  <u>70% UT(30% dip in UT) for 25 cycles</u>  <u>0% UT for 5 s</u>	<u>0% UT for 0,5 cycle</u> <u>0% UT for 1 cycle</u>  <u>70% UT(30% dip in UT) for 25 cycles</u>  <u>0% UT for 5 s</u>	Mains power quality should be that of a typical commercial or hospital environment. If the user of the product requires continued operation during power mains interruptions, it is recommended that the product be powered from an uninterruptible power supply or a battery.
Power frequency(50/60 Hz) magnetic field IEC 61000-4-8	<u>30 A/m</u>	<u>30 A/m</u>	The product power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

### Guidance and manufacturer's declaration-electromagnetic immunity

The BHG-208 Cardio Scale is intended for use in the electromagnetic environment specified below. The customer or the user of the product should assure that is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 KHz to 80 MHz	3 Vrms 150 KHz to 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of the product including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.  <b>Recommended separation distance:</b> $d = 1,2 \sqrt{P}$ $d = 1,2 \sqrt{P}$ 80MHz to 800 MHz $d = 2,3 \sqrt{P}$ 800MHz to 2,5 GHz Where $P$ is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and $d$ is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>3</sup> , should be less than the compliance level in each
Radiated RF IEC 61000-4-3	<u>6 V in ISM bands between 0,15 MHz and 80 MHz</u> <u>80 % AM at 1 kHz</u>  3 V/m 80MHz to 2,7 GHz	<u>6 V in ISM bands between 0,15 MHz and 80 MHz</u> <u>80 % AM at 1 kHz</u>  3 V/m <u>80MHz to 2,7 GHz</u>	

			frequency range <sup>b</sup> . Interference may occur in the vicinity of equipment marked with the following symbol: 
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NOTE1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the product is used exceeds the applicable RF compliance level above, the product should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the product.

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

### Recommended separation distance between portable and mobile RF communications equipment and the BHG-208 Cardio Scale

The product is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the product can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the product as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 1,2\sqrt{P}$	80 MHz to 800 MHz $d = 1,2\sqrt{P}$	800 MHz to 2,5 GHz $d = 2,3\sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $p$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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oserio®  
Health is Beautiful



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