



Garmin Index™ Smart Scale



Owner's Manual

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M/N: N5; ATWINC1500-MR210PA

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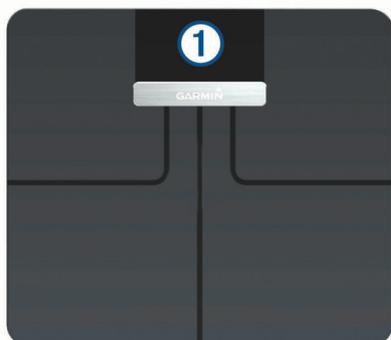
Getting Started

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

This device passes electric current through the user to conduct measurements. This device should not be used by individuals with pacemakers or other internal medical devices. Consult your physician before using this product if you are pregnant or if you think you may be pregnant.

Device Overview

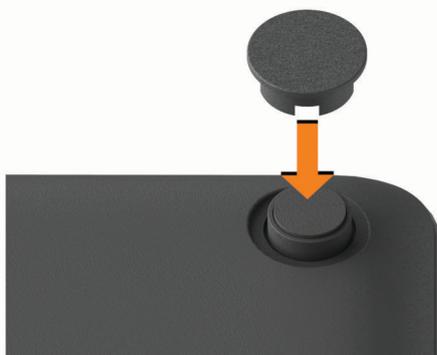


①	LCD screen
②	Reset key
③	Units of measure switch
④	Battery door

Installing the Risers

For the most accurate weight measurement, you should use the device on a hard, flat floor. If you plan to use your device on a carpeted floor, you should install the included risers. The risers are not necessary when you use the device on a hard floor.

Press a riser onto each foot on the device.



Installing the Batteries

The device operates on four AA batteries.

- 1 Remove the battery cover.
- 2 Insert four AA batteries, observing polarity.



- 3 Replace the battery cover.

After installing the batteries, the wireless indicator lights on the LCD screen flash and  appears to indicate the device is ready to set up.

Changing the Units of Measure

On the underside of the scale, slide the switch to your preferred unit of measure.

Status Icons

Icons appear on the LCD screen to indicate connection status and to indicate which metric is displayed on the screen. Flashing wireless signal icons indicate the device is searching for a signal. A solid icon means the device is connected using the corresponding wireless technology.

	Wi-Fi® signal status
	Bluetooth® wireless signal status
	ANT® wireless signal status
	Body mass index
	Body fat percentage
	Body water percentage
	Skeletal muscle mass
	Bone mass
	Low battery
	Guest user
	Setup mode
	A software update or software maintenance connection status
	Data upload or software update was successful
	Data upload or software update was unsuccessful

Setting Up Your Device

You must set up your Garmin Index device with Garmin Connect™ and connect it to a compatible Wi-Fi router before you can use all of the features of the device.

- 1 Go to www.garminconnect.com/indexscale.
- 2 Select an option:
 - Select **Mobile** to set up your device using the Garmin Connect Mobile app.
 - Select **WPS** to set up your device using a WPS-enabled Wi-Fi router.
- 3 Follow the on-screen instructions on your computer or smartphone to set up and configure your device.

NOTE: Until you complete the setup process, the device has limited functionality.

Additional Users

You can invite up to 15 users to use your Garmin Index device using your Garmin Connect account. Each invited user must have a Garmin Connect account.

NOTE: Only the device owner can invite users.

Inviting Users with Garmin Connect

- 1 Sign in to your Garmin Connect account on your computer.
- 2 Select **☰** > **Devices** > **Index Smart Scale**.
- 3 Select **Invite** next to the user.

Inviting Users with the Garmin Connect Mobile App

- 1 Open the Garmin Connect Mobile app on your compatible smartphone.
- 2 Select an option:
 - For Android devices, select **☰**.
 - For iOS devices, select **More**.
- 3 Select **Garmin Devices** > **Index Smart Scale** > **Device Settings** > **Manage People** > **Invite Connections**.
- 4 Select **Invite** next to the user.

Changing Users

Your device distinguishes between users automatically based on weight and frequency of use. When you step on the device, it weighs you and displays your initials on the screen. If the device detects a different user, you can change users.

While initials are displayed on the device screen, tap the device to move through the users registered to the scale.

Changing Your Wi-Fi Connection

You can return your device to setup mode and change your Wi-Fi connection at any time.

NOTE: Returning the device to setup mode does not delete any user information from the device.

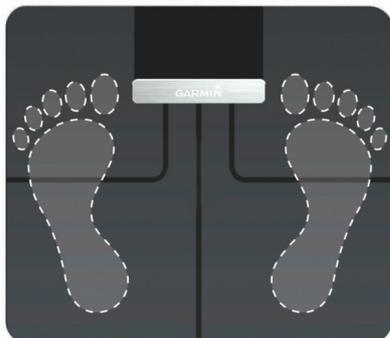
On the underside of the scale, press **RESET**.

The wireless indicator lights on the LCD screen flash to indicate the device is ready to set up ([Setting Up Your Device, page 1](#)).

Reading and Recording Measurements

Each time you step on the device, it calculates your weight and other measurements. The LCD screen displays the calculated measurements automatically, moving to the next measurement every few seconds.

- 1 Remove your socks and shoes.
- 2 Tap the scale.
The LCD display activates.
- 3 Stand on the scale barefoot.



TIP: For best results, stand with your feet placed flat on the glass surface of the scale. Do not contact the screen or the Garmin® logo.

The scale weighs you, and it displays your initials and measurements automatically.

- 4 When measurements display, tap the device to move through the measurements more quickly.

If you have set up your device with an active Wi-Fi connection, measurements are uploaded automatically to your Garmin Connect account.

Measurements

The Garmin Index smart scale uses bioelectrical impedance to calculate your body composition. The device sends a small amount of electrical current (which you will not feel) from one foot through your body to the other foot. The device measures the electrical signal after it passes through your body to estimate aspects of your body composition.

For best accuracy, ensure you use the device under the same circumstances and at approximately the same time of day each time you use the device. Activities that temporarily impact your body's weight, hydration, and distribution of water can impact the accuracy of measurements.

Garmin recommends waiting two hours before using the device after eating, drinking, exercising, bathing, or visiting a sauna.

Body Mass Index (BMI): Body mass index is your weight in kilograms divided by your height in meters squared. BMI is often used to estimate if a person is underweight or overweight.

Muscle Mass: Muscle mass is the total amount of mass attributed to muscle. It is measured in pounds, kilograms, or stones and pounds.

Bone Mass: Bone mass is the total amount of mass attributed to bone. It is measured in pounds, kilograms, or stones and pounds.

Body Fat Percentage: Body fat percentage is the percentage of total mass attributed to fat, including essential fat and storage body fat. Essential body fat is required for basic health.

Water Percentage: Water percentage is the percentage of total mass attributed to fluid. This measurement can be used to indicate your level of hydration.

Device Information

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Do not use a sharp or abrasive object to clean the device.

Avoid chemical cleaners, abrasive cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Cleaning the Device

- 1 Clean the surface of the device using a cloth dampened with a mild detergent solution.
- 2 Wipe the device dry.

Specifications

Maximum load	181.4 kg (400 lb.)
Battery type	4 AA alkaline batteries
	NOTICE You must use 1.5 V batteries in this device.
Battery life	Up to 9 mo.
Operating temperature range	From 10° to 40°C (from 50° to 104°F)
Storage temperature range	From -20° to 50°C (from -4° to 122°F)
Wireless frequency/protocol	Wi-Fi 802.11 b/g/n: 2412 to 2472 MHz (ch. 1 to 13 for EU models) @ 9 dBm ANT: 2402 to 2480 MHz @ 0 dBm Bluetooth Smart: 2402 to 2480 MHz @ 0 dBm

NOTE: Resetting the device to factory default values does not delete information saved to your Garmin Connect account.

On the underside of the scale, hold **RESET** for 5 seconds.

Troubleshooting

Software Updates

Your device receives software updates automatically when it is connected using Wi-Fi technology.

Getting More Information

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Tips for Erratic Body Composition Data

If body composition data is erratic or does not appear, you can try these tips.

- Stand with your feet placed flat on the glass surface of the scale. Do not contact the screen or the Garmin logo.
- Verify the surface of the scale is dry before use.
- Do not wear socks or shoes.
- Use the device under the same circumstances and at approximately the same time of day each time you use the device.
- Garmin recommends waiting two hours before using the device after eating, drinking, exercising, bathing, or visiting a sauna.

My device is recognizing me as a guest or another user

- Verify your initials and weight on your Garmin Connect account.
- When a user name appears on the screen, tap the scale to move to the next user.

The device distinguishes between users based on weight and frequency of use. If another person with similar characteristics uses the device, it is possible for the device to select the wrong person.

My device is not recording measurements

- Verify the battery is not low.
- Verify you have completed the setup process and that the device is connected using Wi-Fi technology.

Resetting to Factory Defaults

You can reset all the options on your device to factory default values.

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