

**cocoon**™



**SMART BATHROOM SCALES**

**Model Number: HE414044**

**INSTRUCTION MANUAL**



## Smart Bathroom Scales

# Warranty Details

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The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion.

The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

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### AFTER SALES SUPPORT

1300 663 907

[customercare@winplus.com.au](mailto:customercare@winplus.com.au)

MODEL: HE414044 PRODUCT CODE: 46716 09/2014



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# Introduction

Congratulations on the purchase of your Cocoon Smart Bathroom Scales. This product is designed to accurately measure your weight and track your physical progress through many years of reliable use. Please read and follow these instructions carefully. If you experience any difficulties setting up or using this product, please see back page for customer support contact details.

## Package Contents

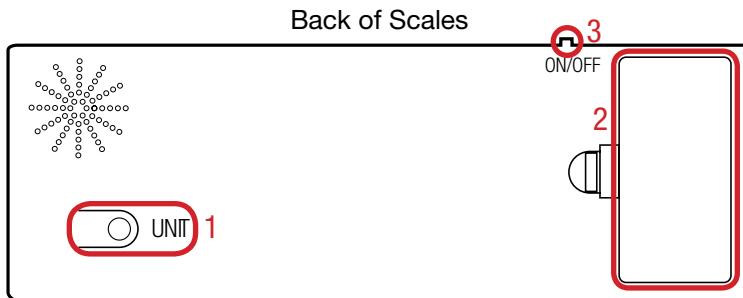
1 x Smart Bathroom Scale	1 x Getting Started Guide
2 x AAA Activ Energy Batteries	1 x Warranty Card
1 x Instruction Manual	

## Technical Specifications

<b>Max Load:</b>	150KG
<b>Communication Distance:</b>	8m line of sight
<b>Power:</b>	DC 3V, 2 x AAA batteries
<b>Size:</b>	310mm x 300mm x 30mm
<b>Weight Increments:</b>	0.1kg
<b>Range:</b>	Up to 8m
<b>Transmission Method:</b>	Ultrasonic

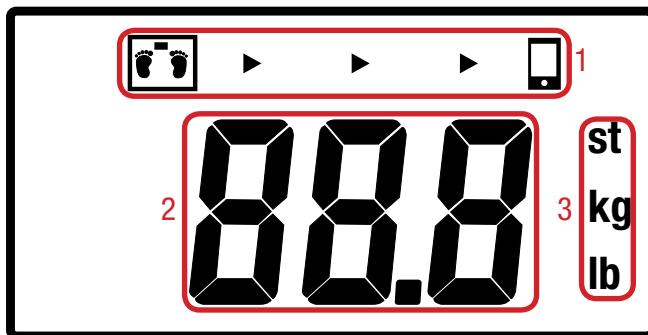


# Product Overview



1. Unit Button (Press to cycle through kg, lb and stone)
2. Battery Compartment
3. On/Off Switch

## WHAT'S ON THE DISPLAY?



1. Transmission Status
2. Weight
3. Units

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# Safety Warnings & Cautions

- Keep the Cocoon Smart Bathroom Scales away from liquid.
- Keep away from heat sources such as heaters and ovens.
- If the Cocoon Smart Bathroom Scales is not to be used for long periods of time, turn off and remove batteries.
- Do not use in dusty conditions.
- Do not drop or jar the Cocoon Smart Bathroom Scales. Dropping or rough use of the unit will cause damage.
- Do not place near strong magnets or strong electric currents.
- In the case of improper usage or if you have opened, altered and repaired the product yourself, all guarantees are void.
- The supplier does not accept responsibility for additional or consequential damage other than covered by legal product responsibility.
- The supplier is not responsible for the end use of this product including any improper use or when used for purposes that are not specified.

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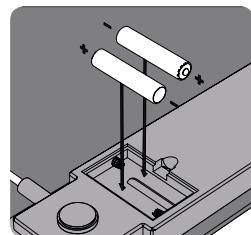
# Instructions

## 1. INSTALLING THE BATTERIES

1. Remove the battery cover.
2. Insert the supplied 2 x AAA batteries as shown.
3. Replace the battery cover.

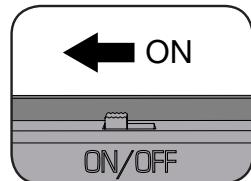
### Battery Warnings

- Use only the size and type of batteries specified.
- Be sure to correctly install batteries according to the polarity markings on the battery compartment. Incorrectly installed batteries may cause damage to the product.
- Do not mix different types of batteries together (eg. Alkaline and Carbon-Zinc) or old batteries with new.
- Remove batteries when product is not in use for a prolonged period of time to prevent damage or battery leakage.
- Do not recharge batteries that are non-rechargeable. Follow manufacturer's instructions.
- Do not remove the batteries while product is in use.



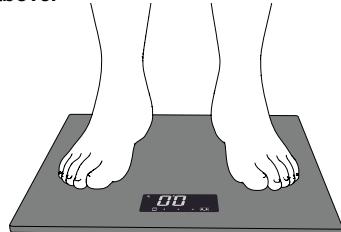
## 2. TURNING THE SMART BATHROOM SCALE ON/OFF

Turn On/Off using the switch located on the back of the scale.



## 3. USING THE SMART BATHROOM SCALE WITHOUT THE APP

1. Turn on the Smart Scale, following the instructions above.
2. Place the Smart Scale on a flat, level surface, such as a wooden or tiled floor.
3. Stand still on the Smart Bathroom Scale and wait for the numbers to stop changing and flash.
4. The final number will indicate your weight.
5. Step off the Smart Bathroom Scale once finished. After 1 minute the scale will automatically go into sleep mode.
6. To activate the scale from sleep mode, stand on the scale and wait for the LED display to start again.



**Warning:** Do not jump onto or stomp on the Smart Scale

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# Instructions

## 4. INSTALLING THE HEALTH SCALE APP

Using your iOS or Android device, search for “Health Scale” in App Store or Play Store respectively.

*Alternatively, you can scan the QR Code seen here*

## 5. USING THE SMART BATHROOM SCALE WITH THE HEALTH SCALE APP

The Smart Bathroom Scale communicates with your smart phone or tablet using ultrasonic sound. This is a high pitched frequency that normally cannot be heard by the human ear. The app will require access to your devices’ microphone to function.

The range of the scale is up to 8m but can be affected by loud ambient noise.

1. Have your iOS or Android device with you and open the App.
2. You will need to input an activation code, this is **100102**. see fig 1.
3. Stand still on the Smart Bathroom Scale and wait for your weight to be calculated.
4. Your weight will automatically appear on your mobile, matching the weight on the scale. see fig 2.

Consult the troubleshooting guide at the back of this manual if you are unable to see your weight on your mobile.

**Note:** It is also possible to manually input your weight, for example if you are not using the Smart Scales. To do this, just tap in the weight box, and enter your weight.



fig 1. activation screen

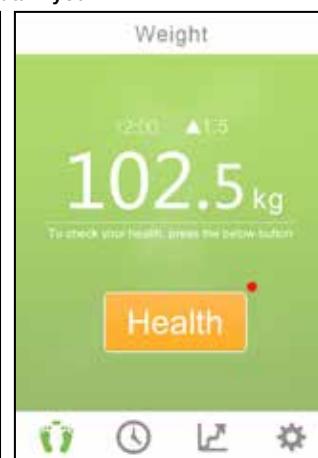


fig 2. weight screen

Please Note: Due to the nature of Smartphone Applications (Apps), the final app available for download may differ in appearance and features.  
Please check our website for latest instructions.

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For Android Devices



For Apple Devices

# Instructions

## 6. PERSONALISE YOUR APP

**Measure and track your progress by entering data about yourself into the Health Scale App. The more information you enter, the more accurate your results will be.**

1. Enter 'Settings' from the main screen
2. Select 'Height Unit' and choose from 'cm' or 'ft / in'.
3. Select 'Weight Unit' and choose from 'kg' or 'lb'.
4. Select 'Personal' to advance to the next screen.
5. On the 'Personal' page, add in the following details:  
Sex  
Birthday  
Height  
Activity

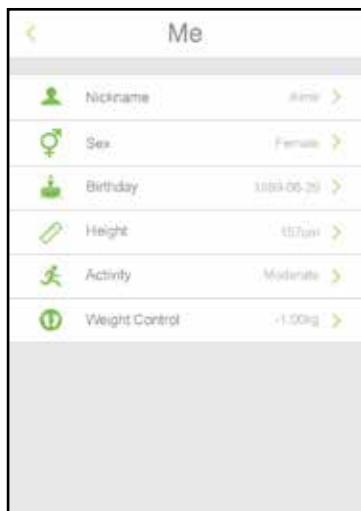


fig 2. personalisation screen

## 7. WEIGHT CONTROL

**The Health Scale App, in conjunction with the Smart Bathroom Scale will allow you to monitor your weight and track your physical activity**

1. Enter 'Settings' from the main screen.
2. Select 'Personal' then 'Weight Control'.
3. Select a goal weight by sliding the numbers up or down under "Weight Goal".
4. Select the difficulty level of weight loss/gain from easy to hard to determine how much weight you need to lose per week and how many weeks it will take to reach your goal.

**Note: This is intended as a rough guide only; each person will lose or gain weight differently. Always consult your doctor before starting an exercise program or diet to confirm a healthy range of weight loss or gain for you each week**

Choose your desired plan



fig 3. weight control screen

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# Instructions

## 8. HEALTH OVERVIEW

**The Health function on the Health Scale App will give a snapshot of your current physical condition**

1. From the main screen, after you have recorded your weight, tap the "Health" button.
2. The first screen will display your Body Mass Index and if it sits within a healthy weight range. see fig 5
3. Swipe to the right and you will see an estimated Body Fat percentage. see fig 6
4. Swipe right again to view your current weight loss plan, and how many calories you can eat for the day. see fig 7

**Note: This information is based on data from the World Health Organisation.**

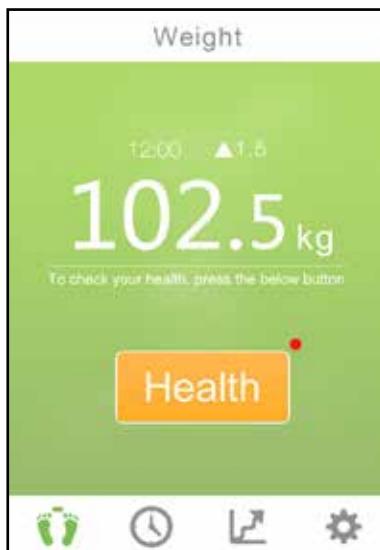


fig 4. weight screen

Please Note: Body Mass Index and Body Fat Percentage figures are based on averages, and will differ from person to person

This is your Body Mass Index



This is your body fat percentage



This is the amount of calories that can be eaten for your weight loss plan

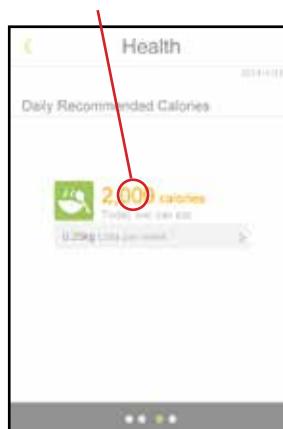


fig 5. Body Mass Index

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# Instructions

## 9. HISTORY

*The built in calendar will give you an overview of your progression towards your weight goal*

1. From the main screen, tap the clock icon to go to the calendar view.
2. A green icon will appear for every date that you have weighed yourself with the Smart Scale, or manually entered your weight in the Health Scale App.
3. You can also view all of the weights you have logged in a chronological list by picking 'List' at the top.



fig 8. history screen

## 10. TREND

*The trend screen is a great way of visualising your progress using the inbuilt graphing function*

1. From the main screen, tap the third icon that looks like a graph.
2. Toggle between daily, weekly or monthly views. The default view is weekly.
3. Each view will display a snapshot of your progress at the bottom.
4. The graph also shows your desired weight and your healthy weight range.



fig 9. trend screen

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# Instructions

## 11. FOOD DIARY

**Use the built in Food Diary to help track your meals and snacks throughout the day**

1. Every day on the history screen has a food diary option. Tap to access the Food Diary.
2. Tap “+” to add snacks and meals.
3. The “Calories eaten” and “Calories left today” will update based on foods entered.

**Note:** This is intended as a rough guide only; each person will lose or gain weight differently. Always consult your doctor before starting an exercise program or diet to confirm a healthy range of weight loss or gain for you each week

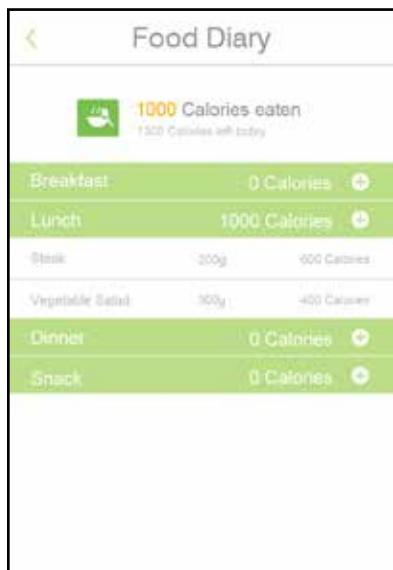


fig 10. food diary screen

## 12. EXERCISE DIARY

**The Exercise Diary included with the Smart Scale App allows you to track any exercise you perform through out the day**

1. From the History Page, tap Exercise Diary to access the diary for that day.
2. Tap “+” on the Exercise row to add in physical activities, the duration and calories burnt performing them.
3. The “Calories burned” and “Calories goal today” will update to reflect your chosen weight management plan.

**Note:** This is intended as a rough guide only; each person will lose or gain weight differently. Always consult your doctor before starting an exercise program or diet to confirm a healthy range of weight loss or gain for you each week

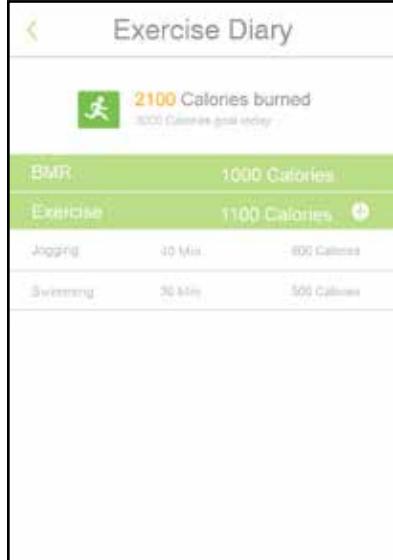


fig 11. exercise diary screen



# Troubleshooting

Problem	Solution
<b>My scale will not turn on</b>	<ul style="list-style-type: none"> <li>- Make sure the switch on the back of the unit is set to ON and then step on the scale.</li> <li>- Replace the batteries, as they might be flat.</li> <li>- Check the batteries have been inserted according to the battery markings.</li> </ul>
<b>There is a high pitched noise coming from the scale</b>	<ul style="list-style-type: none"> <li>- That sound is the ultrasonic communication between the scale and your mobile device.</li> </ul>
<b>The weight displayed is incorrect</b>	<ul style="list-style-type: none"> <li>- Check to ensure that the Smart Bathroom Scales are on a flat solid surface.</li> </ul>
<b>Where do I download the Smart Scale App?</b>	<ul style="list-style-type: none"> <li>- Using your iOS or Android device, go to the App Store or Play Store respectively, and search for Health Scale.</li> </ul>
<b>The screen on the scale appears dull</b>	<ul style="list-style-type: none"> <li>- The batteries in the Smart Bathroom Scales are low, please replace them.</li> </ul>
<b>My weight does not show up on the app</b>	<ul style="list-style-type: none"> <li>- Make sure there is no background noise in the area you are weighing yourself. Try moving your mobile closer to the scale.</li> <li>- Check that the app is open on the home screen.</li> </ul>
<b>How do I change the scale to lbs?</b>	<ul style="list-style-type: none"> <li>- Press the UNIT button on the back of the scale to toggle between kg, lbs, stone.</li> </ul>
<b>What is my activation code?</b>	<ul style="list-style-type: none"> <li>- Your activation code is 100102.</li> </ul>

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## **Notes:**



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## Smart Bathroom Scales

# Repair and Refurbished Goods or Parts Notice

Unfortunately, from time to time, faulty products are manufactured which need to be returned to the Supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost.

**We recommend you save this data elsewhere prior to sending the product for repair.**

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type or use refurbished parts in the repair process.

**Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.**

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1300 663 907 or write to us at:

Winplus Australasia  
PO BOX 537  
Bayswater Business Centre  
Bayswater, VIC 3153

Winplus Help Desk 1300 663 907  
(Operating Hours: Mon-Fri 08:30AM to 6:00PM)

customercare@winplus.com.au  
[www.winplus.com.au](http://www.winplus.com.au)

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