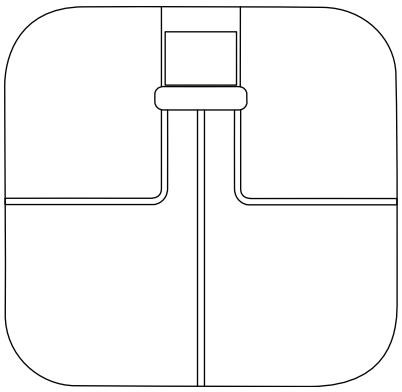
GARMIN®

INDEX™ S2 SMART SCALE



Owner's Manual

Table of Contents

Έναρξη χρήσης 1
Παρουσίαση συσκευής 1
Installing the Batteries 1
Changing the Units of Measure 1
Status Icons 1
Setting Up Your Device 1
Additional Users 2
Inviting People with the Garmin Connect™ App 2
Changing Users 2
Changing Your Wi-Fi® Connection 2
Setting the Weather Location 2
Reading and Recording Measurements 2
Measurements 2
Customizing the Scale Display 3
Deleting a Measurement from your Garmin Connect™ Account 3
Πληροφορίες συσκευής 3
Τοποθέτηση των πελμάτων ανύψωσης 3
Φροντίδα της συσκευής σας 3
Καθαρισμός της συσκευής 3
Specifications 3
Αντιμετώπιση προβλημάτων 3
Software Updates 3
How do I wake up the device? 3
My device is not recording measurements 3
My device is recognizing me as another user 3
My device is locked in setup mode 3
Tips for Erratic Body Composition Data 4
Resetting the Device 4
Λήψη περισσότερων πληροφοριών 4
Παράρτημα 4
Body Mass Index Nutritional Status 4
Body Fat Percentage Status 4
Ορισμοί συμβόλων 4

Έναρξη χρήσης

⚠ ΠΡΟΕΙΔΟΠΟΙΗΣΗ

Ανατρέξτε στον οδηγό *Σημαντικές πληροφορίες για την ασφάλεια και το προϊόν* που περιλαμβάνεται στη συσκευασία του προϊόντος, για προειδοποιήσεις σχετικά με το προϊόν και άλλες σημαντικές πληροφορίες.

Η συγκεκριμένη συσκευή διαπερνά ηλεκτρικό ρεύμα μέσα από το χρήστη για να πραγματοποιήσει μετρήσεις. Η συγκεκριμένη συσκευή δεν πρέπει να χρησιμοποιείται από άτομα με βηματοδότη ή άλλες εσωτερικές ιατρικές συσκευές. Εάν είστε έγκυος ή πιστεύετε ότι μπορεί να είστε έγκυος, συμβουλευτείτε το γιατρό σας προτού χρησιμοποιήσετε αυτό το προϊόν.

Παρουσίαση συσκευής

1	Οθόνη LCD
2	Πλήκτρο επαναφοράς
3	Διακόπτης μονάδων μέτρησης
4	Πορτάκι μπαταριών

Installing the Batteries

The device operates on four AAA batteries.

1 Remove the battery cover.

2 Insert four AAA 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

The scale can be set to use stones (ST), kilograms (KG), or pounds (LB).

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

NOTE: This does not change the units of measure in your Garmin Connect™ account.

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
BMI	Body mass index
	Body fat percentage
	Body water percentage
	Skeletal muscle mass
	Bone mass
	Weight trend
	Weather
	Low battery
	Socks detected
	Guest user
	Setup mode
	The device is syncing with the Garmin Connect™ app.
	The device is busy. Do not attempt a measurement.
	The device is updating or resetting. It may be a few minutes until it is ready for use.
	The update was successful.
	The update was unsuccessful.

Setting Up Your Device

To set up the Index™ S2 device, it must be paired directly through the Garmin Connect™ app and connected to a compatible Wi-Fi® router before you can use all of the features of the device.

1 From the app store on your smartphone, install and open the Garmin Connect app.

2 Select an option to add your device to your Garmin Connect account:

- If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect app, select ••• > **Συσκευές Garmin** > **Προσθήκη συσκευής**, and follow the on-screen instructions.

NOTE: Your device may require a software update before you can use it. The update may take a few minutes.

3 Customize your widget views (optional).

Additional Users

You can invite up to 15 people. Each person must have a Garmin Connect account and must be a connection to the device owner.

NOTE: Only the device owner can invite additional users.

Inviting People with the Garmin Connect™ App

Each person must have a Garmin Connect account.

1 From the Garmin Connect menu, search for the person's name.
2 If you are not already connected to the person, select **Σύνδεση**.
3 From your Garmin Connect device menu, select **Διαχείριση ατόμων**.
4 Select **Πρόσκληση συνδέσεων**, and select the name.

After the person accepts the invitation and you sync the scale to your Wi-Fi® network, they can use the Index™ S2 device.

Changing Users

The Index™ S2 device distinguishes between users automatically based on weight. When you step on the device, it weighs you and displays your initials on the screen. If the device detects the wrong user, you can change users.

- Tap the device to view the registered users.
- If you are an unregistered or guest user, tap the device until appears.

  Guest user data is not stored in the device memory or synced to a Garmin Connect™ account.

Changing Your Wi-Fi® Connection

You can add up to seven Wi-Fi networks.

Only the device owner can add Wi-Fi networks.

1 Tap the scale.
2 On the underside of the scale, press **RESET**.

  NOTE: Returning the device to setup mode does not delete any user information or your stored Wi-Fi information.

3 Wait a few seconds.

  The scale turns off. The scale turns on in Bluetooth® pairing mode.

4 From your Garmin Connect™ device menu, select **Γενικά** > **Wi-Fi**.
5 Follow the on-screen instructions.

Setting the Weather Location

1 From your Garmin Connect™ account, select ••• > **Ρυθμίσεις** > **Ρυθμίσεις χρήστη** > **Τοποθεσία καιρικών συνθηκών**.
2 Select **Χρήση τοποθεσίας τηλεφώνου** or **Χρήση σταθερής τοποθεσίας**.

Reading and Recording Measurements

For the most accurate weight measurement, you should use the device on a hard, flat floor.

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 still with your feet placed flat on the glass surface of the scale.

  The scale displays your weight.

4 When you see your initials, step off the scale.

  The scale displays additional measurements.

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

Measurements

The Index™ S2 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.

Weight trend: The weight trend widget displays your daily weight on a line graph for one month. If you weigh yourself multiple times per day, the trend graph uses the last measurement recorded each day.

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.

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.

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

Skeletal muscle mass: Skeletal 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.

Customizing the Scale Display

You can turn on and off the widgets and weight metrics that appear on your Index™ S2 device.

From your Garmin Connect™ device menu, select **Εμφάνιση** > **Widget**.

After customizing the settings, you must sync by recording a measurement.

Deleting a Measurement from your Garmin Connect™ Account

1. From your Garmin Connect account, browse to the date of the measurement.
2. Select ⋮ > **Διαγραφή ζυγίσματος**.
3. If necessary, select the measurement.
4. Select **Διαγραφή**.

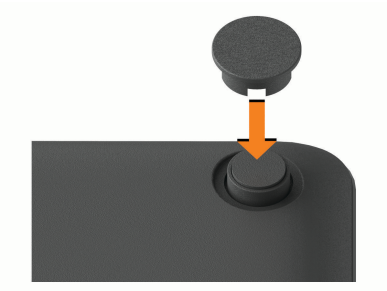
You cannot delete the measurement from your trend graph.

Πληροφορίες συσκευής

Τοποθέτηση των πελμάτων ανύψωσης

Για μετρήσεις βάρους ακριβείας, πρέπει να χρησιμοποιείτε τη συσκευή σε σκληρό, επίπεδο δάπεδο. Αν σκοπεύετε να χρησιμοποιείτε τη συσκευή σε δάπεδο με χαλί, πρέπει να τοποθετήσετε τα πέλματα ανύψωσης που περιλαμβάνονται στη συσκευασία. Τα πέλματα ανύψωσης δεν είναι απαραίτητα όταν χρησιμοποιείτε τη συσκευή σε σκληρό δάπεδο.

Πιέστε ένα πέλμα ανύψωσης σε κάθε πόδι της συσκευής.



Φροντίδα της συσκευής σας

ΕΙΔΟΠΟΙΗΣΗ

Αποφύγετε τους υπερβολικούς κραδασμούς και τη βίαια μεταχείριση του προϊόντος, καθώς ενδέχεται να υποβαθμιστεί η διάρκεια ζωής του.

Μην αποθηκεύετε τη συσκευή σε μέρη όπου ενδέχεται να εκτεθεί σε ακραίες συνθήκες θερμοκρασίας για μεγάλο χρονικό διάστημα, επειδή μπορεί να προκληθεί μόνιμη ζημιά.

Μην χρησιμοποιείτε αιχμηρά ή στιλβωτικά αντικείμενα για να καθαρίσετε τη συσκευή.

Αποφύγετε τη χρήση χημικών καθαριστικών, στιλβωτικών καθαριστικών, διαλυμάτων και εντομοαπωθητικών που ενδέχεται να προκαλέσουν ζημιά στα πλαστικά μέρη και στα φινιρίσματα.

Καθαρισμός της συσκευής

1. Καθαρίστε την επιφάνεια της συσκευής με ένα πανί ελαφρώς εμποτισμένο με ήπιο απορρυπαντικό διάλυμα.
2. Σκουπίστε τη συσκευή.

Specifications

Maximum load	181.4 kg (400 lb.)
Battery type	4 AAA 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 frequencies	2466 MHz @ -6.38 dBm maximum 2412 MHz to 2472 MHz @ 20 dBm maximum 2402 MHz to 2480MHz @ -6.51 dBm maximum

Αντιμετώπιση προβλημάτων

Software Updates

Your device checks for software updates automatically when it is connected using Wi-Fi® technology. The device updates software between 1:00 and 4:00 am.

How do I wake up the device?

1. Tap the scale with your toe.

   A short, sharp tap wakes up the scale.
2. When the scale displays 0.0, step on the scale.

My device is not recording measurements

- Verify that you have completed the setup process and the device is connected using Wi-Fi® technology (*Setting Up Your Device*, page 1).
- Verify that the batteries are installed correctly.
- Replace or charge low batteries.
- Remove socks before stepping on the scale.

  If you wear socks, 👣 appears and the scale records only weight and BMI.

My device is recognizing me as another user

- Verify your display name and weight on your Garmin Connect™ account.
- When a name appears on the screen, tap the scale to move through the registered users and find your name.

  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 locked in setup mode

If the scale locks up and appears on the display, you may need to reset the scale and restart the setup process.

1. Remove the scale from the Garmin Connect™ app.
2. Remove the scale from the Bluetooth® settings on your phone.
3. Reset the scale to its factory default settings (*Resetting the Device*, page 4).
4. Set up the scale again (*Setting Up Your Device*, page 1).

Tips for Erratic Body Composition Data

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

- Verify the surface of the scale is dry before use.
- Do not wear socks or shoes.
- Stand still with your feet placed flat on the glass surface of the scale. Do not contact the screen or the Garmin® logo.
- Do not bounce or move while the scale is measuring.
- 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.

Resetting the Device

You can reset your device to the factory default values.

NOTE: Resetting the device deletes all of the users and data from the device, but does not delete information saved to your Garmin Connect™ account.

1. Tap the scale.
2. On the underside of the scale, press **RESET**.

   The scale turns off. The scale turns on in Bluetooth® pairing mode.
3. Hold **RESET** until flashes and turns red.

   The scale turns off. The scale turns on in setup mode.
4. Set up the scale (*Setting Up Your Device*, page 1).

Λήψη περισσότερων πληροφοριών

- Επισκεφτείτε τη διεύθυνση **support.garmin.com** για περισσότερα εγχειρίδια, άρθρα και ενημερώσεις λογισμικού.
- Για πληροφορίες σχετικά με προαιρετικά αξεσουάρ και ανταλλακτικά εξαρτήματα, μεταβείτε στη διεύθυνση **buy.garmin.com** ή επικοινωνήστε με τον αντιπρόσωπο της Garmin®.

Παράρτημα

Body Mass Index Nutritional Status

⚠ CAUTION

This data is not intended to diagnose any medical condition. Always consult your health care provider.

Body mass index (BMI) is your weight divided by the square of your height. These status categories are based on the BMI values for adults provided by the World Health Organization. It is used for both men and women, age 18 or older.

BMI Range	Nutritional Status
Less than 18.5	Underweight
18.5 to 24.9	Normal weight
25 to 29.9	Pre-obesity
30 to 34.9	Obesity class I
35 to 39.9	Obesity class II
40 and greater	Obesity class III

Body Fat Percentage Status

⚠ CAUTION

This data is not intended to diagnose any medical condition. Always consult your health care provider.

These ranges for adults are provided by the American Council on Exercise.

Status	Women	Men
Essential fat	10 to 12%	2 to 4%
Athletes	14 to 20%	6 to 13%
Fitness	21 to 24%	14 to 17%
Acceptable	25 to 31%	18 to 25%
Obese	32% and greater	26% and greater

Ορισμοί συμβόλων

Αυτά τα σύμβολα μπορεί να εμφανίζονται στη συσκευή ή σε ετικέτες αξεσουάρ.

	Σύμβολο διάθεσης WEEE και ανακύκλωσης. Το σύμβολο WEEE είναι προσαρτημένο στο προϊόν, σε συμμόρφωση με την οδηγία 2012/19/ΕΕ της ΕΕ σχετικά με τα απόβλητα ειδών ηλεκτρικού και ηλεκτρονικού εξοπλισμού (WEEE). Προορίζεται για την αποφυγή της εσφαλμένης διάθεσης του προϊόντος και την προώθηση της επαναχρησιμοποίησης και ανακύκλωσης.

This Greek version of the Index S2 English manual (Garmin part number GUID-0BADEBCF-960D-4961-856C-86B9204BC169, version 4) is provided as a convenience. If necessary, please consult the most recent revision of the English manual regarding the operation and use of the Index S2.

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