



# Mi Body Composition Scale 2 User Manual

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Mi Body Composition Scale 2 User Manual

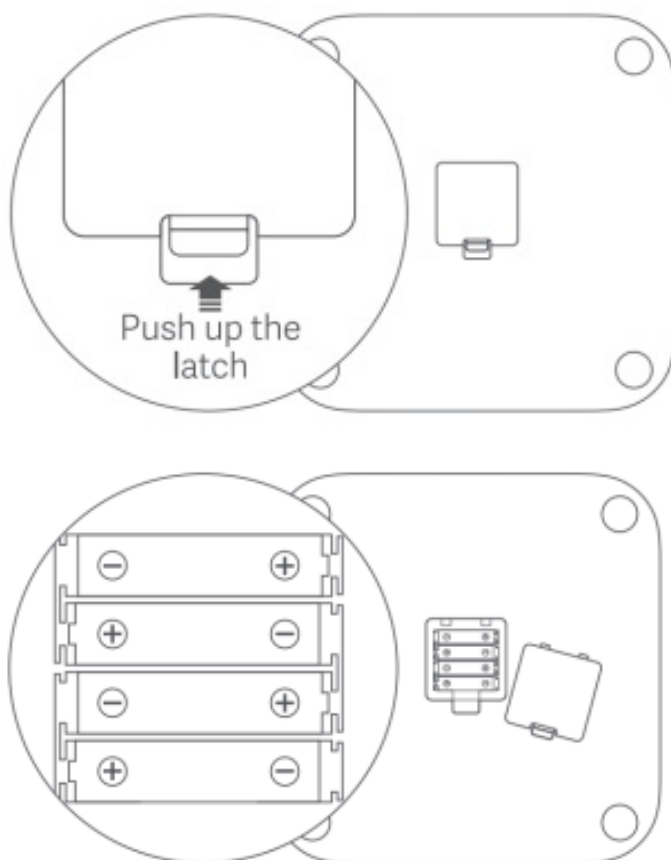


## Mi Body Composition Scale 2 User Manual

Read this manual carefully before use, and retain it for future reference.

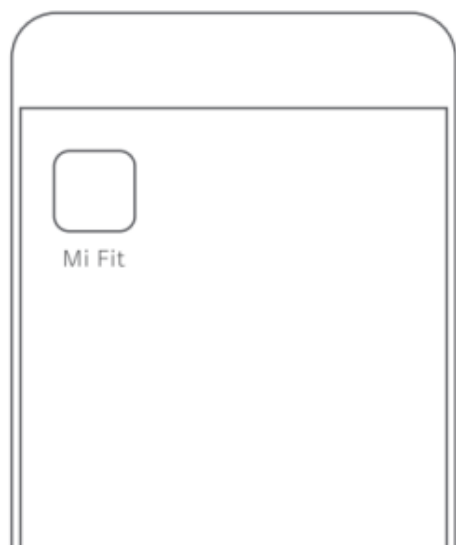
### Installing the Batteries

Open the battery cover and insert four AAA batteries in the directions indicated inside the battery compartment.



### Installing the App

Scan the QR code to download and install the latest version of the “Mi Fit” app, or search for it in Google Play, App Store, or other third-party app stores.



## Pairing the Scale

Open the Mi Fit app and sign in using your Mi account, then pair the scale with your account and enter your personal data according to the on-screen instructions. After pairing the scale, you can check the weighing records and body composition information via the Mi Fit app and the Mi Home/Xiaomi Home app\*. \* The app is referred to as Xiaomi Home app in Europe (except for Russia). The name of the app displayed on your device should be taken as the default. Personal data is used to analyze your body composition. To ensure the accuracy of the results, please enter accurate personal data.

## Weighing and Measuring Body Fat

Place the scale on a hard, flat floor. Step barefoot onto the scale as shown in the figure. Make sure the skin of your feet makes good contact with the four metal electrodes on the scale. After your weight is measured, the scale will begin calculating your body composition. The process is completed when the status bar below the indicated weight starts blinking. You can then view your body composition results on your phone.



The body composition data provided by this scale is for reference only and does not constitute medical advice.

## Weighing Items

Place the scale on a hard, flat surface. Press on the scale to turn it on. Wait until “0.00” is displayed and place the item you want to weigh onto the scale. Moving or bumping the scale may affect the accuracy, in which case you should weigh the item again to make sure the measurement is accurate.

## Alert Indications

When weighing, a blinking “L” indicates a low battery level, and you should replace the batteries as soon as possible.



When weighing, a blinking “OL” indicates the scale is overloaded beyond its maximum capacity of 150 kg.



## Selecting a Weighing Unit

The scale calculates weight in kilograms (kg) by default. You can change the scale’s weighing unit via the device settings in the Mi Fit app. The scale can display weight in kilograms (kg) and pounds (lbs).

## Precautions

1. To prevent slipping, do not place the scale on a slippery floor, and do not use it when your feet or the scale are

wet.

2. Always stand in the middle of the scale, to prevent it from accidentally flipping over while weighing yourself.
3. Only use the scale in a dry environment, and do not immerse it in water.
4. Wipe the surface of the scale with a damp cloth and mild detergent to clean it. Do not use any organic solvents or other chemicals.
5. After the batteries are depleted, immediately remove them to avoid potential leaking and corrosion.
6. This scale is not recommended for persons with a pacemaker or other implanted medical devices. The accuracy of the body composition data may vary when used by professional athletes, pregnant women, and certain other individuals with special conditions.
7. You can go to Mi Fit app to experience the function of One-foot-stand with Eyes Closed Measurement. When you are feeling off balance, please be sure to open your eyes and stand on your feet firmly to prevent from accidentally flipping over and causing a fall. Anyone including children, elderly, expectant mother, and others with physical or balance disorders should use this function with caution.

## Disposal and Recycling Information



The following symbol signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose the electronic equipment at recycling centers so as to help conserve the natural resources.

## Certifications and Safety Approvals

CE Hereby, Anhui Huami Information Technology Co., Ltd., declares that the radio equipment type XMTZCO5HM is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <http://www.mi.com/global/service/support/declaration.html>

## Specifications

- **Dimensions:** 300 x 300 x 25 mm
- **Wireless Connectivity:** Bluetooth 5.0
- **Net Weight:** 1.7 kg
- **Operating Temperature:** 0 – 40°C
- **Weighing Range:** 100 g – 150 kg
- **Frequency:** 2402 – 2480 MHz
- **Weighing Units:** kg / lbs
- **Max. Output:** 0 dBm
- **Increments:** 0.1 kg / lbs
- **Power Source:** 1.5 V AAA batteries x 4
- **Casing Material:** Tempered glass, ABS engineering plastic
- **Compatible with:** Android 4.4 or iOS 9.0 (from iPhone 5S and later) and above, and Bluetooth 4.0 and above.

## Mi Body Composition Scale 2

**Model:** XMTZCO5HM

**Manufactured for:** Xiaomi Communications Co., Ltd.

**Manufactured by:** Anhui Huami Information Technology Co., Ltd. (a Mi Ecosystem company)

**Address:** Room 1201, Building A4, National Animation Industry Base, No. 800 Wangjiang West Road, Gaoxin District, Hefei, Anhui, China

For further information, please go to [www.mi.com](http://www.mi.com).

## FAQS

### Does this have electrodes?

Those four silver circles on the scale are what do the monitoring. Your feet have to be placed over all four of them. Then it monitors BMI and other indicators.

### Is there a way to differentiate multiple users, or is this one scale per user?

The scale interfaces with an app on your phone so each user with the app can use. Multiple users are allowed, I'm just not sure if there is a maximum number allowed.

### Does it measure body fat percentage?

Yes.

### Does it calculate the weight? or just body fat?

All scales tell you the weight. This one too.

### How long does the AAA battery lasts?

It depends on the user, however, according to Xiaomi Store, the maximum battery is up to 240 days with AAA batteries.

### Does it use electrical current for measurement or not?

Does not use

### What should I do if my weight keeps fluctuating?

The fluctuation of weight is caused by a number of factors, such as hydration level, food intake ,bowel movements and stress level .It's normal for your weight to fluctuate by 1-2kg per day due to these factors .

### Why can't I pair the scale?

Please make sure you have installed the latest version of the "Mi Fit" app, and signed in with your Mi account. If you still can't pair the scale, please restart your phone and try again. If you still can't pair the scale, please contact our customer service.

### Can xiaomi scale 2 measure body fat?

However, weight doesn't tell you everything. That's why **the Xiaomi Mi Body Composition Scale 2 displays 13 different body metrics including your BMI, body fat percentage**, muscle mass, water percentage, basal metabolic rate, visceral fat, bone mass and protein percentage.

### Is MI body composition scale accurate?

The most important advantage of this device is the accuracy of the readings. While I ahve no way of telling if the body fluid rating is accurate or not, the WEIGHT is **99.99% accurate**. This level of accuracy is pretty good unless you are bulding rockets.

### Is mi scale 2 accurate?

The Xiaomi Mi Body Composition Scale 2 offers a **very accurate measurement** as it is equipped with an advanced sensor to determine the weight and fat level with an accuracy of 50 g.

## What can MI Smart Scale 2 measure?

Mi Smart Scale 2 is equipped with an ideal weight measurement function, which **intelligently calculates your weight based on your height, age, BMI, and other data**, so that you don't have to lose weight recklessly and become excessively thin for the sake of aesthetics. and joint injuries.

## What is a healthy body fat percentage?

According to the American Journal of Clinical Nutrition, there are healthy body fat percentages based on your age. **For people aged 20 to 39, women should aim for 21% to 32% of body fat. Men should have 8% to 19%. For people 40 to 59, women should fall between 23% to 33% and men should fall around 11% to 21% .**

## Are body fat scales safe?

**"The body fat scales you can buy online are safe and convenient, but they aren't accurate,"** says Dr. Woolcott, who adds that studies on these devices aren't reliable because they're tested on a small number of people. "The scales underestimate or overestimate body fat percentage by quite a lot.

## What is better BMI or body fat?

Body fat percentage distinguishes fat from muscle and calculates the percentage of body fat in the body. While BMI is a rough estimate of body fat, **body fat percentage is a more accurate number .**

## How much body fat percentage can you lose in a month?

"Generally speaking, it's safe to lose 0.5% total body fat per week, or **2% body fat per month.**" An easier way to measure it at home is approximately 1 to 2 pounds a week, depending on your starting weight. Also, fat loss is different from overall weight loss.

## Where do u lose fat first?

Generally weight loss is most noticeable early on in areas where there is little fat, such as the clavicles. Women tend to lose weight all over, and experience fat loss first in their **belly, breasts, and arms**. Generally the last area they lose weight is from their lower body (hips and thighs).

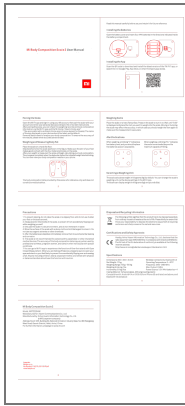
## How does fat leave the body?

Your body must dispose of fat deposits through a series of complicated metabolic pathways. The byproducts of fat metabolism leave your body: **As water, through your skin (when you sweat) and your kidneys (when you urinate). As carbon dioxide, through your lungs (when you breathe out) .**



[www.mi.com](http://www.mi.com)

## Documents / Resources



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Mi, Body, Composition, Scale 2

References

- [Beryko.cz](#)