



Smart Scale Buying Guide Quick Reference Handout

Weighing yourself on a weekly basis is one of the most important parts of a diet and exercise program, but when you only look at your weight, you don't get a full picture of your overall health. Smart scales are a connected health technology that makes it easier to get an idea of your weight, body fat, body mass index (BMI), standing heart rate, bone mass, and more.

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What is a smart scale?

A smart scale is a bathroom scale that looks just like a traditional scale, but it connects and communicates data with other devices. Some smart scales are able to capture data like heart rate, bone density, and body mass index then transmit that data to your phone, tablet, or fitness tracker so you can see a history of your overall progress.

Why should you choose a smart scale?

Having a smart scale means you can keep a detailed history of your weight, body mass, muscle mass, and heart health as it fluctuates over time. Because smart scales use apps to keep track of your health data, you can build up several years worth of health data as simply as stepping on the scale.

Technology built into smart scales

A smart scale has built-in technologies designed to collect data from whoever steps on them.

1. This type of scale uses bioelectric impedance analysis (BIA) to obtain your measurements. BIA involves the passing of a very weak, undetectable electrical current up through your feet.
2. Smart scales typically communicate with other devices via Wi-Fi and Bluetooth. Once you've connected your scale to your home's Wi-Fi, it will use your home network to transmit data to your phone.
3. All of your data will be logged in the smart scale's compatible app, and you can share that data with friends and family, share it with a health care professional, or sync it with your favourite compatible fitness apps.

Powering a smart scale

Most smart scales use AAA batteries for power, but others will use lithium-ion batteries for extended power.



What do smart scales measure?

Stepping on a smart scale will tell you your weight, but it can also go beyond what you currently weigh and show you a more complete picture of your overall health.

1. Body fat

Your body is made up of muscle and fat, and when your weight drops, it isn't always your body fat you're losing. A smart scale will let you know what your body fat index currently is and will track your BMI over time.

2. Body Mass Index (BMI)

Your Body Mass Index is a good indicator of how healthy you currently are by incorporating height and weight into a summary number that categorizes people as underweight or overweight.

3. Muscle mass

With a smart scale, you'll be able to see if your weight has increased due to muscle mass acquired during your strength training workouts.

4. Bone mass

Smart scales can measure your bone mass. A low bone mass could indicate you are at risk for osteoporosis.

5. Water percentage

The amount of water you retain can affect the number you see on the scale, so knowing your hydration level is important when weighing yourself.

6. Heart rate and EKG

Knowing how hard your heart beats at rest is just as important as knowing how hard it beats during exercise. A smart scale can obtain your heart rate when you're stepping on the scale, and tracking it over time can be a good indicator of your overall heart health.

7. Pregnancy Tracker and Baby Mode

Smart scales will track your family's growth and can adjust to different stages of life. Some smart scales have a Pregnancy Tracker so you can track your healthy weight gain for doctor's visits.

8. Nutrition tracking

When you want a helping hand managing what you eat and your calorie allowance, you can use your scale to track your daily nutrition intake.



How many people will be using the scale?

Having a smart scale means you can share your weight and other data with your friends and family, but you can also share the scale itself. You can set up multiple profiles within the compatible smart scale app.

Compatible with top health and fitness apps

Different types of smart scales will sync with fitness watches including Apple Watch, Garmin, Fitbit, and Google Fit. Depending on which smart scale you choose, your scale may have real time data syncing so your weight is automatically uploaded to the different health and fitness apps you use.

Maximum weight capacity of a smart scale

A smart scale is similar to a traditional scale in that it has a maximum weight capacity. For most smart scales, that capacity between 330 to 400 lbs.