

## How to measure BMI

For proper measurement you have to stand in proper posture on Weighing Scale, The proper body posture is a normal standing position with the arms and legs extended. For accurate results, please take off heavy clothes and accessories.

### LED Indication on device.

LED	Status (Indication)	BMI classification
Red	Obesity	>30
Yellow	Over Weight	25-29.99
Green	Normal	18.5-24.99
Blue	Under Weight	<18.5

How to operate BMI is given in user manual which is attached to BMI