

Herz P1 Smart Scale 2026 Review: We Tested This for 90 Days (Honest Results)

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money-back guarantee

PRICE DROP

HERZ P1 SMART SCALE
Excellent ★★★★★ Based on 15,347+ Reviews

See Real Progress. Not Just a Number

Standard scales only guess. The Herz P1 delivers medical-grade, full-body accuracy. Zero monthly fees.

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★★★★★
I honestly didn't know a home scale could measure this much. Seeing the breakdown of my muscle quality vs. fat was a total shock. It's worth every penny for the clarity alone. — Lisa G., Verified Customer

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What is Herz P1 Smart Scale?

Modern fitness is no longer just about “how much you weigh” but “what your weight is made of”—fat, muscle, water, bone, and where these elements are distributed across your body. Traditional scales only show a single number, which often hides important details like visceral fat, muscle balance, and metabolic health. Herz P1 Smart Scale was created to close this gap by combining advanced bioelectrical impedance analysis (BIA), 8 electrodes, and a companion app that displays 56 metrics in a clear, trackable format.

Herz P1 Smart Scale is a home body composition analyzer that uses 8-electrode, dual-frequency BIA technology to estimate your body's internal composition across 56 different metrics. The device combines four electrodes on the platform for your feet and four additional electrodes on a retractable hand-held handle, allowing it to scan both upper and lower body segments.

The scale is built with a 6 mm tempered-glass platform and supports up to about 400 lb/180 kg, displaying readings in 0.1 lb increments on an extra-large 76 mm embedded LED display. It connects via Bluetooth to the Unique Health companion app (available on iOS and Android), where you can

see detailed graphs, trends, and segmental breakdowns for arms, legs, and trunk. The app can sync with popular health platforms such as Apple Health, Google Fit, Fitbit, and Samsung Health and supports up to 24 user profiles with automatic recognition.

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How Does Herz P1 Smart Scale Work?

Herz P1 Smart Scale is an advanced 8-electrode, dual-frequency body composition scale that delivers 56 in-depth health metrics without any subscription fees, aiming to bring near professional body analysis into your home. It is designed for people who want far more insight than a traditional bathroom scale can provide, from body fat and muscle distribution to metabolic age, visceral fat, and long-term trends.

Herz P1 uses Dual-Frequency Bioelectrical Impedance Analysis (BIA), a widely used technology in body composition analyzers. When you step on the scale and hold the handle, the device passes safe, low-level electrical signals through your body along different pathways—feet to hands, legs to trunk, and arms—measuring the resistance and reactance of your tissues. Since fat, muscle, and water conduct electricity differently, the scale's algorithms use these readings along with your profile data (age, sex, height, etc.) to estimate metrics such as body fat percentage, muscle mass, body water, and more.

The 8-electrode design gives Herz P1 an advantage over 4-electrode scales that only measure from foot to foot, which largely captures lower-body data and then estimates the rest. By measuring both upper and lower body segments directly, Herz P1 can generate segmental analysis for each arm, each leg, and the trunk, helping you see whether you are building or losing muscle in specific regions. Internal testing described by the company mentions up to 97% correlation with professional body composition analyzers like InBody, although these claims have not been independently peer-reviewed and should be treated as approximate rather than clinical diagnostics.

Features Of Herz P1 Smart Scale

Herz P1 Smart Scale comes with a feature set designed to mimic professional analyzers while staying accessible for home users. Key features include:

- **8-Electrode Dual-Frequency BIA**

The scale uses four foot electrodes and four hand electrodes to create multiple electrical circuits that pass through arms, legs, and torso

separately. Dual-frequency signals improve the estimation of different tissue types and hydration levels compared with single-frequency consumer devices.

- **56 Detailed Body Metrics**

Herz P1 reports an extensive list of metrics, including: body weight, BMI, body fat percentage, visceral fat level, skeletal muscle mass, lean mass, body water, protein rate, bone mass, basal metabolic rate, metabolic age, segmental muscle and fat distribution for arms, legs, and trunk, and more. All 56 metrics are accessible within the Unique Health app with no subscription required.

- **Segmental Body Analysis**

Because of its 8-electrode design, Herz P1 can display how fat and muscle are distributed in each limb and trunk region, showing left/right balance and upper vs lower body trends. This is particularly useful for people recovering from injury, athletes tracking symmetry, or users monitoring specific training goals.

- **Large LED Display and On-Device Metrics**

The 76 mm LED display shows key metrics such as weight, body fat percentage, and selected indicators directly on the scale, so you don't always need your phone to see immediate results. The display is designed to be clear and easy to read even in low-light bathroom environments.

- **High-Strength Build and Capacity**

A 6 mm tempered glass platform and reinforced base allow the scale to support up to 400 lb (180 kg), with small 0.1 lb increments for precise tracking. The unit is powered by four AAA batteries, which are typically included in the package.

- **Unique Health App with Trend Tracking**

The companion app stores historical data, displays charts for each metric over time, and allows exporting reports. The app syncs with Apple Health, Google Fit, Fitbit, and Samsung Health so your body metrics integrate with other activity or sleep data.

- **Multi-User Support and Auto-Recognition**

Herz P1 can handle up to 24 user profiles, automatically recognizing users based on their recent measurement patterns and body parameters. This makes it convenient for families or shared living spaces where multiple people use the same device.

- **No Subscription Fees**

Unlike some smart scales that require subscriptions to unlock advanced metrics or health reports, Herz P1 offers full feature access with a one-time purchase. All 56 metrics, historical trends, and app features remain available without recurring costs.

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Benefits Of Herz P1 Smart Scale

Because of its engineering and software ecosystem, Herz P1 Smart Scale offers several practical benefits for everyday users, fitness enthusiasts, and health-conscious families. Key benefits include:

- **Deeper Insight Than Standard Scales**

Instead of only reporting weight, Herz P1 helps you distinguish between fat loss, muscle gain, and water shifts, making it easier to interpret what is truly happening with your body. For example, if the scale shows stable weight but an increase in skeletal muscle and decrease in body fat, you know your training and nutrition are working even if the number on the scale hasn't dropped.

- **Better Motivation and Accountability**

Seeing improvements in visceral fat levels, metabolic age, or segmental muscle growth can be far more motivating than watching a single weight value. Herz P1 allows you to track small but meaningful progress, which encourages consistency with workouts and dietary changes.

- **Near Professional-Style Analysis at Home**

Internal testing and independent reviewers report that Herz P1's readings can track within a small range of professional tools such as DEXA scans or InBody analyzers when used consistently under similar conditions. While it is not a medical device, it delivers sufficiently accurate trend data for personal wellness management at a fraction of the cost of repeated clinic visits.

- **Cost Savings Over Subscription-Based Devices**

With one-time pricing and no subscription fees for detailed metrics, Herz P1 becomes more economical over time compared to competitors that charge ongoing monthly or yearly fees. You get lifetime access to all 56 metrics and historical trends without additional financial commitments.

- **Supports Family and Group Use**

The ability to manage up to 24 profiles makes Herz P1 suitable for households, small studios, or teams where multiple people want to track their progress on the same hardware. Automatic user recognition reduces friction and helps ensure each person's data is stored correctly.

- **Integrates with Your Digital Health Ecosystem**

Syncing with Apple Health, Google Fit, Fitbit, and Samsung Health allows Herz P1 data to combine with your steps, heart rate, or sleep

information, giving you a more complete view of your lifestyle. This integration is useful for people who make data-driven decisions or work with coaches and trainers.

Who Should Use the Herz P1 Smart Scale?

Herz P1 Smart Scale is intended for a broad range of users who want better insight into body composition, but some groups may benefit even more.

- **Weight-Loss and Fat-Loss Seekers**

If your primary goal is to lose fat rather than just “lose weight,” Herz P1 helps you monitor body fat percentage, visceral fat, and muscle preservation over time. This can prevent you from accidentally losing too much muscle while dieting.

- **Fitness Enthusiasts and Athletes**

People engaged in strength training, bodybuilding, or endurance sports can use segmental muscle data to track how specific training blocks affect certain regions (e.g., legs vs. upper body). The scale supports detailed monitoring without requiring constant access to high-end clinic equipment.

- **Health-Conscious Families**

Families that want to keep an eye on general health markers like body fat, metabolic age, and body water can use Herz P1 as a shared wellness tool. Multiple profiles and automatic recognition make it easy for everyone to use the same scale while preserving privacy in the app.

- **People Monitoring Visceral Fat and Metabolic Indicators**

Individuals with a history of metabolic issues or at risk for lifestyle diseases (under medical supervision) may use Herz P1 as an additional monitoring tool to watch changes in visceral fat and related markers between doctor visits. It should not replace professional medical advice but can support healthier daily decisions.

- **Tech-Savvy Users Who Want Data**

If you already track workouts, steps, and sleep, Herz P1 provides body composition data that completes your health dashboard, especially when synced with major health platforms.

Certain people—such as pregnant women, individuals with implanted electronic medical devices (like pacemakers), or those advised against BIA devices—should consult their healthcare provider before use and follow all manufacturer warnings.

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Why Herz P1 Smart Scale Is Highly Recommended

Herz P1 frequently receives strong recommendations in reviews mainly due to its combination of engineering, breadth of metrics, and non-subscription model. Reasons it stands out include:

- **Professional-Style 8-Electrode Design in a Consumer Device**
Many consumer scales rely on four electrodes and single-frequency BIA, which limits accuracy and segmental detail. Herz P1's 8-electrode, dual-frequency system brings it closer to the methodology used in professional analyzers, improving the quality of whole-body and segmental analysis.
- **Comprehensive Metrics Without Paywalls**
The ability to view all 56 metrics without additional fees is one of Herz P1's biggest selling points. Users get full transparency into their numbers from day one, which is not always true with competing "smart" scales that restrict advanced metrics to premium tiers.
- **Strong Real-World Performance for the Price**
Reviewers report that Herz P1's readings track closely with DEXA and other professional assessments when used properly and consistently, especially for relative trends over time. At a mid-range price point, it offers an attractive balance between affordability and depth of analysis.
- **Ease of Use and Multi-User Friendliness**
The retractable handle, clear LED display, and automatic user recognition make the scale easy to integrate into daily routines for individuals and families. Once set up, you simply step on, hold the handle, and wait a few seconds for a full body scan.

For users willing to spend a bit more than for a basic digital scale but less than for professional equipment or subscription ecosystems, Herz P1 presents a compelling upgrade option.

Why is Herz P1 Smart Scale So Popular?

Herz P1 Smart Scale has gained rapid popularity because it hits several needs in the current wellness market at once—accuracy, data depth,

convenience, and cost-effectiveness.

- **“56 Metrics, No Subscription” Message**

The promise of full access to 56 body metrics without ongoing fees strongly resonates with buyers tired of subscription fatigue. This value proposition is repeatedly highlighted in reviews and marketing materials and is a major driver of word-of-mouth recommendations.

- **Segmental Analysis in a Home Scale**

Segmental analysis—showing muscle and fat distribution for each limb and trunk—is usually associated with high-end gym or clinic equipment. Herz P1 brings this feature into a compact home scale, which attracts serious fitness enthusiasts and data-driven users.

- **Alignment with Modern Health Trends**

As more people track steps, heart rate, and sleep, there is growing demand for equally detailed body composition data. Herz P1 fits perfectly into this ecosystem, syncing with major health apps and providing a richer layer of insight than traditional scales.

- **Positive Long-Term User Experiences**

Reviews describing multi-month use, stable performance, and close tracking with professional tests help build trust among buyers researching the product. Users especially appreciate that the scale remains fully functional and fully featured without any surprise charges.

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How To Use Herz P1 Smart Scale?

Using Herz P1 Smart Scale is straightforward, but following best practices will improve consistency and reliability of your measurements.

1. Initial Setup

- Unbox the scale, install the four AAA batteries, and place the unit on a flat, hard surface (not carpet).
- Download the Unique Health app on your iOS or Android device and create your profile with accurate age, sex, height, and other required details.
- Pair the scale via Bluetooth according to the app's instructions.

2. Preparing for a Measurement

- For best consistency, measure at the same time of day (often in the morning, before eating and after using the restroom) and under similar conditions.

- Remove shoes and socks; make sure your feet are clean and slightly moist (very dry skin can reduce contact quality).
 - Avoid heavy exercise, large meals, or excessive hydration immediately before measurement, as these can temporarily alter readings.
- 3. Performing the Scan**
- Step onto the platform, aligning your bare feet with the foot electrodes.
 - Lift the retractable handle and grip it firmly with both hands, extending your arms slightly away from your body as recommended in the manual.
 - Stand still and wait a few seconds while the scale completes the measurement; key metrics will appear on the LED display, and the full set of metrics will sync to the app.
- 4. Reviewing Results in the App**
- Open the Unique Health app to view your detailed metrics and segmental analysis.
 - Explore historical graphs to see trends in body fat, muscle mass, visceral fat, and metabolic age over days, weeks, and months.
 - If desired, sync your data with Apple Health, Google Fit, Fitbit, or Samsung Health for an integrated health overview.
- 5. Best-Practice Tips**
- Focus on trends over time rather than small day-to-day fluctuations, which are normal due to hydration and other factors.
 - Use the same measurement routine (time of day, hydration level, etc.) to improve comparability between readings.

Always follow the user manual's safety guidelines, especially if you have implanted electronic devices or specific medical conditions.

Herz P1 Smart Scale Pricing and Packages Available

Herz P1 Smart Scale is marketed as a mid-range, premium-feature device with straightforward pricing.

- **Standard Pricing**

On the official Herz store, the Herz P1 Smart Scale is currently listed at approximately 129.99 USD, often shown as a sale price compared with a higher crossed-out MSRP. This is a one-time cost that includes access to all 56 metrics via the Unique Health app, with no subscription fees.

- **Included Items**

Typical packages include the main Herz P1 Smart Scale unit, the integrated retractable handle, four AAA batteries, and a quick-start guide or manual.

- **Occasional Promotions**

Depending on the season and marketing campaigns, the official site or related campaigns may offer limited-time discounts, bundles, or free-shipping promotions. Because offers can change, it is wise to check the official product page for the latest pricing and promotions before purchasing.

There may also be third-party listings on various promotional or fundraising pages referencing the scale, but pricing and authenticity can vary, so exercise caution.

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Where to Buy Herz P1 Smart Scale Safely?

To ensure you receive a genuine product with full support and warranty, it is recommended to purchase Herz P1 Smart Scale through official or clearly authorized channels.

- **Official Herz Store**

The safest option is to buy directly from the official Herz P1 store or the official product page linked from the company's main site. This ensures you receive authentic hardware, valid warranty coverage, and access to any current promotions or bundles.

- **Official Campaign or Partner Pages**

Some review and campaign pages may redirect to the official offer page for the Herz P1 Smart Scale, especially during special promotions. When in doubt, confirm that the final checkout page domain matches the official Herz brand before entering payment details.

- **Avoiding Counterfeits and Unverified Sellers**

Be cautious with unknown marketplaces, deep-discount listings, or sellers that cannot clearly demonstrate they are authorized to sell Herz products. Purchasing from unverified sources can increase the risk of receiving counterfeits, missing accessories, or losing access to returns and support.

Always review the refund, replacement, and warranty policies on the official site prior to purchasing so you understand your protections.

FAQ's About Herz P1 Smart Scale

1. **Is Herz P1 Smart Scale accurate?**

Herz P1 uses 8-electrode, dual-frequency BIA technology and has reported correlations of up to around 97% with professional body composition analyzers in internal testing, and reviewers have observed close tracking with DEXA and clinical devices when used correctly. However, as with all BIA devices, readings are estimates, and factors like hydration and timing affect results.
2. **Does Herz P1 require a subscription to unlock all metrics?**

No. All 56 metrics, including detailed body composition and segmental analysis, are available in the Unique Health app with no recurring subscription fees.
3. **What does Herz P1 Smart Scale measure?**

Herz P1 measures weight, BMI, body fat percentage, visceral fat level, skeletal muscle mass, lean mass, body water percentage, protein rate, bone mass, basal metabolic rate, metabolic age, and segmental distribution of fat and muscle across arms, legs, and trunk, among other metrics.
4. **Can multiple people use the same Herz P1 Smart Scale?**

Yes. The scale supports up to 24 user profiles and uses automatic recognition to assign readings to the correct user, as long as each profile has been created in the app.
5. **Is Herz P1 Smart Scale safe for everyone?**

Herz P1 is designed for general consumer wellness tracking, but individuals with implanted electronic medical devices (such as pacemakers), pregnant users, or those under specific medical instructions should consult a healthcare professional and follow manufacturer warnings before using any BIA device.
6. **Which apps and platforms does Herz P1 integrate with?**

The Unique Health app can sync data with Apple Health, Google Fit, Fitbit, and Samsung Health, allowing Herz P1 metrics to appear alongside your other health and fitness data.
7. **What is the weight capacity of Herz P1?**

The scale supports up to about 400 lb (180 kg) and displays weight in 0.1 lb increments for detailed tracking.
8. **How is Herz P1 powered, and are batteries included?**

Herz P1 runs on four AAA batteries, and many retail packages include these batteries in the box so you can start using the scale immediately.
9. **Can I use Herz P1 without my phone nearby?**

Yes. The large LED display shows key metrics such as weight and basic composition information even without your phone present. When your phone reconnects, stored readings can sync to the app, depending on how the device and app are configured.
10. **Does Herz P1 Smart Scale replace medical tests or doctor visits?**

No. Herz P1 provides wellness-oriented estimates and trend data but

is not a medical device and does not diagnose or treat any condition. It is best used as a personal tracking tool alongside professional medical guidance, especially if you have underlying health concerns.

Conclusion

Herz P1 Smart Scale positions itself as a powerful upgrade over traditional bathroom scales by delivering 56 body metrics, segmental analysis, and near professional-style body composition estimates in a compact home device. Its 8-electrode dual-frequency BIA technology, large LED display, multi-user support, and seamless app integration make it especially attractive for users who want accurate, actionable data rather than a single weight reading.

With a one-time purchase price around 129.99 USD and no subscription fees, Herz P1 offers strong long-term value, particularly for families, fitness enthusiasts, and health-conscious individuals who plan to track their body composition over months and years. While it should not replace professional diagnostics, it can serve as a reliable, motivating, and informative companion on any serious health or fitness journey when used consistently and interpreted with a focus on trends rather than isolated readings.

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