

Bluetooth Scale

Instruction manual

Thank you for choosing Electronic Bluetooth Scale. These scale have been designed to accurately indicate your weight and body fat and should give many years of service under normal use.

In order to get the most from your scale please carefully read and follow the instructions provided.

1.Specifications:

Equipped with 4 precision load cells

Digital big LCD display

Capacity 180Kg/396lb

Graduation: 0.1Kg/0.2lb/1/4lb

Body fat division: 0.1%

Age range for body fat: 10-80 years

Height range: 100-240cm

Recommended working environment: Temperature:0°C-40°C/32°F-104°F;Relative humidity < 85%

Auto on switch function

Automatic zero resetting

Automatic switch off

Overload indicator

Low battery indicator

Operates with 4 x 1.5V AAA battery

2.Feature:

2.1 One scale can provide you 3 functions



1. Body Scale -- get your the body weight only
2. Bluetooth Scale--get 7 functions on LCD
3. Bluetooth Scale(with APP)--get 18 datas on the APP

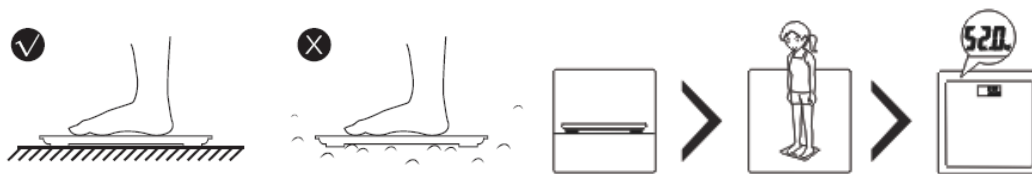
2.2 The scale have Identifying users function,only the weight between **+/-2 kg difference** , scale will detected which user number is belong to you.(you should set user information first)

3.Operating Instructions

Please read the following instructions carefully before use.

The scale are designed for household use only, not to be used for commercial purposes.

3.1 Body Weighing Mode Instruction (if you want your body weight don' t connect app.)



1. Insert the battery into the battery compartment with correct polarity.
 2. Place the scale on a firm, flat and even surface to ensure accuracy.
 3. Step on the scale platform to switch on the scale, stand still and the scale compute your weight.
 5. Your weight will be displayed and will flash three time before it is fixed.
 6. When you step off the scale it will automatically switch off after 30 seconds.
- Remarks: Weighing must be repeated if the scale is moved. At all the times step straight on the scale.

3.2 Bluetooth Scale Mode Instruction(No bluetooth function):

In order to ensure accurate results users should enter the required personal parameters: age, gender and height.

These scale have the facility to store the personal parameters of 10 people.

The technology use Bio-electrical impedance Analysis (BIA) is more technologically advanced than the older Body Mass Index (BMI) method where fat % is calculated using only height and weight. BIA technology uses 5 parameters to get a more accurate resolution for the analysis (weight and biological resistance which are automatically measured by the scale together with three personal parameters entered manually).

How to setting :

Press ■ to switch on the scale.

Press ▲ or ▼ to switch between 0-9. Press ■ to confirm your number and remember it on your mind.

Press ▲ or ▼ to select male (athlete)or female (athlete). Press ■ to confirm.

Press ▲ or ▼ to indicate height. Press ■ to confirm.

Press ▲ or ▼ to indicate age. Press ■ to confirm.

After finishing above setting ,the LCD is displayed 0.0,at this moment,please step on the scale, the weight is measured and recorded, then □□□ is displayed, indicating that the scale are analyzing, please do not get off this scale. Once finished, the weight and body fat percentage, water percentage, bone weight, muscle percentage, KCAL and BMI will be displayed on the LCD,after 30 seconds the scale automatically turn off.

3.3 Bluetooth Scale with bluetooth mode Instruction

If you connect APP with Bluetooth, you will get more datas:Body Weight, BMI BFR. MuscleRate, Body water, Bone mass, BMR, Visceral fat index, Subcutaneous fat, Protein rate. Metabolicage, Standard weight, Weight control, Body fat mass, Weight without fat, Muscle mass, Proteinmass. Obesity level. etc.

Step 1 Download APP



AiFit Health



Available on Google Play/Apple store

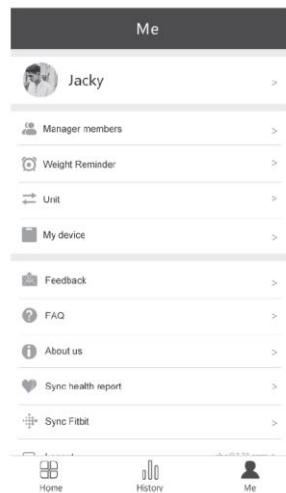


Register

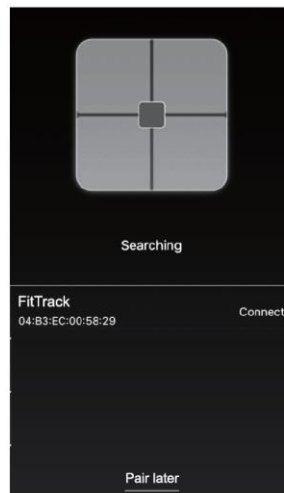
About the APP <AiFit Health>,it can track each time measurement,make record & analyze your body data ,let you have a clear understanding of your physical condition,also have infant mode to measure your baby weight and you also can share your reports on social media platform.

STEP 2: Paring with your device

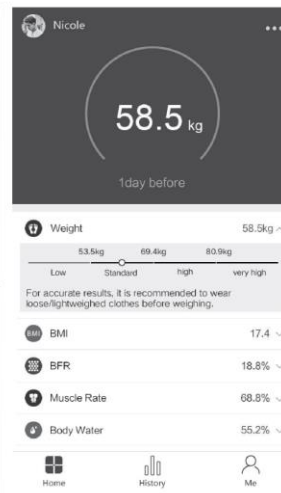
- 1)Open the 'Bluetooth' &' Location'
- 2)Power on your Scale
- 3)Open the AiFit Health APP
- 4)Navigate to "Me," and then, "My device," and then tap connect



<Me>



<Device>



<Home>

激活 W
转到设置

Step 3: Measuring your body composition

Step on the scale ,first the scale displays your weight only. Then, it displays 0000 until it finishes analyzing your body compositions. When the scale displays your weight again,then can get your 18 items of your body compositions' results



Step on again until
digital number keep stable



Check the body
report in APPs








Number fixed mean weight test finishes.
Number 0 rolling to stable means body fat test finishes.

Step 4: Infant Mode

It is not meant for use by children under the age of 18 but does include an "Infant Mode" that can be used to determine the weight of a baby.

- 1: Tap the icon in the top right corner .
- 2: Tap "weigh infant"
- 3: Step on the scale (by yourself) to measure your weight.
- 4: Step on the scale with your baby in your arms, and APP will calculate baby weight!

4.4 Troubleshooting

 <p><working normally></p>	<p>No display</p> <p><change the batteries></p>	<p>Flashing</p>  <p><no Bluetooth connection></p>
 <p><change the batteries></p>	 <p><scale overloaded></p>	 <p><faulty measurement></p>

Faulty Measurement

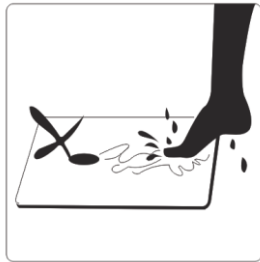
There are 3 reasons your scale might display <Err1>

1. Keep wearing shoes or socks. Suggest to do it with bare feet.
2. Body fat percentage is less than 5% or over 50% (check your app user' s information if correct)
3. Unsuccessful test, please try measure again.

Advice for use and care:

1. Please keep your bare feet in touch with the electrodes when taking Body Weight, Body Fat%, Body Water%, Body Muscle %, Bone Weight, BMI and Calorie,
2. Please check the batteries if the scale malfunctions. Change new batteries if necessary.
3. Please use soft tissue with alcohol or glass cleaner to clean the surface if it is dirty. No soap or other chemicals are recommended. Keep it away from water, heat and extreme coldness.
4. The scale is high precision measuring device. Never jump or stomp on the scale.
5. The scale's data is for reference only. You should consult a doctor when you undertake any diet or exercise program.
6. This scale is not suitable for pregnant women and who with pacemakers

Caution: Slippery when wet ! The scale platform maybe pretty slippery when wet, thus please make sure both the scale platform and your feet are dry before use. Never step on the scale platform with wet foot.



FCC Caution:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.