



Digital Body Fat Scale
eF-715B4 (EOC-SWSBT)



User Guide

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

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment .

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Dear Customer,

Thank you for choosing the Eocene Body Fat Scale eF-715B4 (EOC-SWSBT)
For the purpose of proper usage and maintenance of the Body fat scale, please read this manual completely before operating the unit. Please retain this instruction manual for future use. The warranty card is attached to this manual. please retain it as well.

Note: Illustrations in this manual is solely for interpretation purposes only.

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Safety Information

To assure the correct use of this device, the following basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

- 1. This device is intended for the use of adults to measure body weight, Body fat percentage, body water percentage, Muscle percentage, body mass and basic active metabolic rate.*
- 2. The monitor is not intended to be a diagnostic device.
The scales must not be used by someone with medical implants (e.g. heart pace-makers) because, functioning of implants or the scale could be impaired.*
- 3. Do not use during pregnancy.*
- 4. Do not stand on the outer edge to one side of the scale, it may tip!*
- 5. Place the scale on a firm level floor, a firm floor is required for correct measurement.*
- 6. Do not expose the scale to moisture, dust, chemicals, major temperature fluctuations and keep away from heat sources such as stoves, heating radiators etc.*
- 7. Do not use abrasive detergents and do not immerse the unit in water or wash the scale. Ensure that no liquid gets in to the scale.*
- 8. Do not place any objects on the scale when it is not being used.*
- 9. Do not press the buttons using excessive force or with pointed objects.*
- 10. Do not expose the scale to high temperatures or strong electromagnetic fields(e.g. Mobile phones).*
- 11. Do not dismantle or try to repair the scale. There is no user serviceable parts in it.*
- 12. Use only 1.5 V (Volt) alkaline batteries for this device. Using other type of batteries may damage the unit.*
- 13. Ensure the batteries are inserted in to the battery compartment with the correct polarity.*
- 14. If battery fluid gets in to your eyes, rinse with plenty of water and contact a physician immediately.*
- 15. When the 'Low battery' indicator appear on the screen, replace all 4 batteries after turning off the device.*
- 16. If the device is being used after more than 3 months of inactivity, please replace the batteries.*
- 17. Dispose batteries and the device with all accessories in accordance with the prevailing laws and regulation of your City/county/State*

Getting to know your Scale

To assure the correct use of this device, the following basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

This device is intended for the use of adults to measure physical data. The scale has following functions:

The scale has the following functions:

1. Body weight measurement
2. Measurement of body fat percentage
3. Body water percentage
4. Muscle percentage
5. Bone mass
6. Basic and active metabolic rate

What's in the Box

The box should have the following items:


1. Main body - The Scale
2. Batteries (4xAA Alkaline batteries)
3. Instruction Manual
4. Warranty card

Battery Installation

Please follow the directions mentioned below:

1. Turn around the main body, press on the cover of the battery compartment and slide it down.
2. Install the four 'AAA' Batteries by matching the polarities: + (positive) and - (Negative) as marked in the battery compartment.



3. Slide in the battery compartment cover back. When replacing batteries in the future, ensure that the scale is turned off. When the battery is low, This icon  will appear and start flashing. At this time please replace all 4 batteries. The time and date need to be reset every time the batteries are replaced.

Changing unit of measurement

After installing the batteries and closing the battery compartment, press the square button located above the battery compartment to change the measuring unit. If the measuring unit is in Kilogram, it will change to Pounds and visa versa.

Setting up your Scale

Always set up the scale on a flat, hard and even surface to ensure accurate reading/measurement.

Measuring Principle and other information

This scale operates according to the B.I.A. Principle (bioelectric impedance analysis). This enables the measurement of physical data within seconds by means of an undetectable, completely harmless electric current. The body fat percentage and other physical data of the body are determined by measuring the electrical resistance (impedance) and calculating constants and individual parameters such as age, height, gender and degree of activity.

Muscle tissue and water have good electrical conductivity, and therefore lower resistance. Bone and fatty tissue, on the other hand, have low conductivity and have very high resistance.

Please be aware that values obtained from the scale represent only an approximation of actual analytical medical data. Only a specialist or physician can accurately determine body fat, body water, muscle percentage and bone structure using medical procedures.

The capacity of the scale is 150kg (330lb, 24st). For weight measurement and bone mass measurement, the results are shown in 100g increments (0.2 lb).

The measuring result of the body fat, body water and muscle percentage are shown in 0.1% increments. The caloric requirements are specified in steps of 1 kcal.

Before Using your Scale

You must either download the Android or iOS app to your mobile (smart) phone from Play store (Android) or App store (Apple). You will also need to have Bluetooth enabled on your mobile phone. Upon downloading and installation of the Eocene App, please follow the instructions. For automatic personal recognition the first measurement must be assigned to your personal user data. Follow the app instructions for this.

Your personal and user parameters are provided by your healthcare provider if you have purchased this device as recommended by your healthcare provider.

If not, you may have to input the information after downloading the Eocene App.

Please contact Eocene Customer Support for more information at 1-321-567-0916.

If you are using the Eocene Home Control box, make sure the scale is within 25 feet of the Eocene Home Control box so as to have a strong Bluetooth connection between the scale and the box.

The scale can assign up to 8 users for a weight only measurement. Eocene Health Systems recommend that only one user is assigned so as to give your healthcare provider an accurate reading.

Using your Scale

1. As mentioned earlier, place the scale on a level, hard surface. If you are using the Eocene Home Control box, place the scale near the box.
2. Step on the scale bare footed, remove socks if you are wearing them and stand still.
3. Do not hold or touch any other objects with you hands, legs or any other part of your body to avoid in correct readings.
4. As soon as you step on the scale, it begins weighing. At first it displays the weight and the the screen will display "0000" while other parameters are measured and
5. then soon, the measured weight is displayed.
If a user is assigned, the BMI, Body fat, water, muscle and bone readings will be shown.
6. In order to weigh only your weight, wear a pair of shoes and stand still on the scale with your weight distributed evenly between both legs. The scale will display your weight and then display "Err" as it couldn't measure othet parameters.

Understanding Results

Body Fat Percentage guide

MAN

Age	Low	Normal	High	Very high
10-14	<11%	11-16%	16.1-21%	>21.1%
15-19	<12%	12-17%	17.1-22%	>22.1%
20-29	<13%	13-18%	18.1-23%	>23.1%
30-39	<14%	14-19%	19.1-24%	>24.1%
40-49	<15%	15-20%	20.1-25%	>25.1%
50-59	<16%	16-21%	21.1-26%	>26.1%
60-69	<17%	17-22%	22.1-27%	>27.1%
70-100	<18%	18-23%	23.1-28%	>28.1%

WOMAN

Age	Low	Normal	High	Very high
10-14	<16%	16-21%	21.1-26%	>26.1%
15-19	<17%	17-22%	22.1-27%	>27.1%
20-29	<18%	18-23%	23.1-28%	>28.1%
30-39	<19%	19-24%	24.1-29%	>29.1%
40-49	<20%	20-25%	25.1-30%	>30.1%
50-59	<21%	21-26%	26.1-31%	>31.1%
60-69	<22%	22-27%	27.1-32%	>32.1%
70-100	<23%	23-28%	28.1-33%	>33.1%

A lower value is often found in athletes. Depending on the type of sports, training intensity and physical activity, the values may be below the recommended values stated. It should however be noted that there could be a danger to health in the case of extremely low values.

Understanding Results

Body Water Percentage guide

MAN				WOMAN			
Age	Poor	Good	Very good	Age	Poor	Good	Very good
10-100	<50%	50-65%	>65%	10-100	<45%	45-60%	>60%

Body fat contains relatively less water. Therefore persons with a high body fat percentage have body water percentages below the recommended values. In athletes the readings could exceed the recommended values due to low fat percentages and high muscle percentage. This scale is unsuitable for measuring body water for medical conclusions concerning age-related water retention, Please consult with your physician. A high body water percentage should be ideal.

Muscle Percentage guide

MAN

Age	low	normal	high
10-14	<44%	44-57%	>57%
15-19	<43%	43-56%	>56%
20-29	<42%	42-54%	>54%
30-39	<41%	41-52%	>52%
40-49	<40%	40-50%	>50%
50-59	<39%	39-48%	>48%
60-69	<38%	38-47%	>47%
70-100	<37%	37-46%	>46%

WOMAN

Age	low	normal	high
10-14	<36%	36-43%	>43%
15-19	<35%	35-41%	>41%
20-29	<34%	34-39%	>39%
30-39	<33%	33-38%	>38%
40-49	<31%	31-36%	>36%
50-59	<29%	29-34%	>34%
60-69	<28%	28-33%	>33%
70-100	<27%	27-32%	>32%

Error Display Interpretation

If the scale detects and error when measuring, the following is displayed.

Err	Unknown measurement is beyond the assigned limit for the user or unique assignment is not possible	Make sure the device is on a hard, level floor and try again. Contact Eocene Customer support if the scale continues to give error
	The fat percentage is outside the measurable range (less than 3% or greater than 65%)	Try again with bare feet or moisten the soles of your feet slightly
oL	The maximum load bearing capacity is 330lbs and this must have been exceeded.	The load must not exceed 330lbs
Err or Incorrect weight is displayed	The scale is not on a flat and or hard surface or Not standing still	Place the scale on a flat surface, stand still and try again
	Scale zero setting is incorrect.	Wait until the scale switches off by itself. configure the scale to "0.0lbs" and repeat measurement.
Lo	Battery is depleted	Replace all 4 batteries

Warranty

One year warranty from the date of purchase. purchase invoice required
Warranty service shall not be provided if the device malfunction is because:

1. The user opened the device and or dismantled and reinstalled the device
2. User inadvertently or otherwise dropped the device
3. lack of reasonable maintenance
4. User operated the device not in accordance with the guidelines provided in the user manual
5. Repair or maintenance done by an unauthorized personnel or establishment

Service provided outside the scope of warranty will be charged as per prevailing regulations and stipulated rates.
For warranty services, please contact:

Eocene Systems,
2441 Bellevue Avenue,
Daytona Beach, FL 32114
Support: 321-567-0688 FAX: 321-567-0688

Model Number: _____	Name of Purchaser: _____
Date of Purchase: _____	
Name of Store: _____	Address: _____
Address: _____	
	Zip: _____ State: _____
Zip: _____ State: _____	
	Phone: _____