

Smart Height Ruler

Instruction Manual



Model No.: HM2049B

Scan the below QR Code to download the APP:



Thanks for choosing Ultrasonic Smart Height Ruler.

IMPORTANT: Please read the instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this device in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the Smart Height Ruler.

INDICATION SYMBOLS

LO	Low battery - please charge the battery before you start using the product.
Err	Overload / Error

Warning

To ensure your safety and maintain the product's optimal performance, please remember these important guidelines:

1. Do not take apart, apply excessive pressure, bend, or throw the product.
2. Avoid any attempts to create electrical shortcuts.
3. Never submerge the product in water or expose it to fire.
4. Keep the product away from temperatures exceeding 60°C (140°F).

By following these simple precautions, you can safeguard yourself and preserve the functionality of the product.

Important Notes

The Smart Height Ruler data is for reference only. The data should not be used as a substitute for medical advice from a healthcare professional.

Usage and Attention

1. This product includes a lithium battery, and please keep it away from heat sources, such as heaters, furnaces, and fireplaces.

2. This product is not waterproof, so please make sure to keep it dry and avoid exposing it to moisture. If the product gets dirty, refrain from washing it directly with water to prevent any potential damage.
3. Do not attempt to disassemble or repair the product without proper authorization. Doing so may lead to serious consequences, including the risk of battery explosion due to incorrect handling or operation. Please exercise caution and seek authorized assistance when required.
4. For individuals with disabilities, weakness, elderly individuals, children, and others, it is crucial that they use the product only under the guidance or assistance of responsible individuals who can ensure their safety while using the product.
5. To prevent any potential hazards, it is essential to keep the product out of the reach of young children. This product is not a toy.

Maintenance

If the product becomes dirty, simply use a dry cloth to wipe it clean. Avoid using any detergents or strong chemicals, as they may cause damage to the product.

Attention

1. Please be aware that the charger for this product is USB Type-C, and it requires a charging voltage of 5V-1A. It is important to avoid using excessive voltage, as doing so may result in damage to the product.
2. To ensure proper charging, please avoid excessively long charging times. Additionally, please keep the product away from children during the charging process. Once the product is fully charged, it is important to promptly unplug the power supply to avoid any potential issues.
3. Please charge in a suitable temperature environment and do not charge in high or low-temperature conditions.
4. For your safety and to prevent any potential issues, it is advisable to avoid charging the product while you are asleep. Charging during sleep may lead to extended charging times, and the voltage may be unstable during nighttime hours.

SPECIFICATIONS:

Unit: cm/inch (Switch unit via APP)

Measurement limit: 5cm-200cm

Power Supply: 300mAh rechargeable lithium battery

Account Users: each account can add up to 24 user profiles.

Operating temperature: 5-35°C

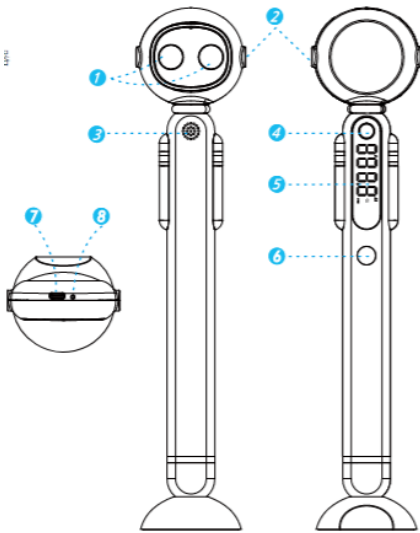
(Accuracy temperature: 15-30°C)

Operation humidity: 20%-85%

Storage temperature: -20°C-60°C

Product Information

1. Ultrasonic Sensor
2. Indicator Light
3. Buzzer
4. Measurement Button
5. LED Display Screen
6. Gradiometer
7. Charging port
8. Reset hole



Notice

1. This product comes equipped with a built-in 3.7V lithium battery. For the initial use, kindly charge it using a Type-C USB cable for approximately 1.5 hours. In fast charging mode, it should take around 30 minutes to charge fully.
2. When the LED screen displays a low battery icon with the indication "Lo," it is important to promptly charge the device. Please ensure that you recharge the product in a timely manner to maintain its optimal functionality.
3. During the charging process, the indicator light will flicker. Once the charging is complete, the light will turn off, indicating that the device is fully charged. At this point, the device will enter either stand-by or sleep mode, ready for your next use.
4. To prioritize safety and conserve battery life, this product is designed to automatically power off after 30 seconds of inactivity. This feature helps ensure the device is not unnecessarily consuming power when not in use.

Supported Devices:

1. iPhone/ iPod touch, with iOS 8.0 or above versions.
2. Android devices with Android 6.0 or above versions and support Bluetooth 4.0.

Install Fitdays +App.

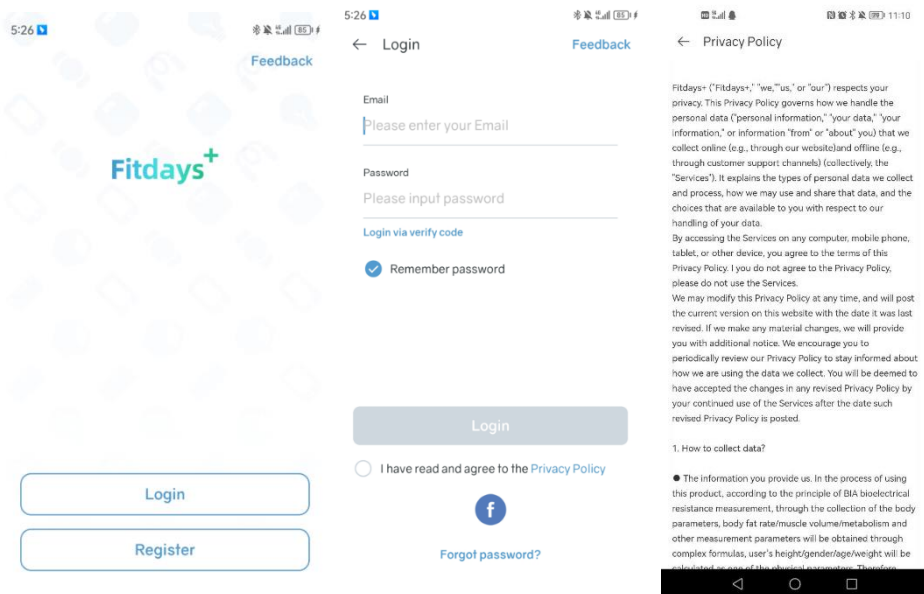
1. Search “Fitdays+” in Apple Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.
3. The App icon will appear on your phone or tablet after the installation is completed.

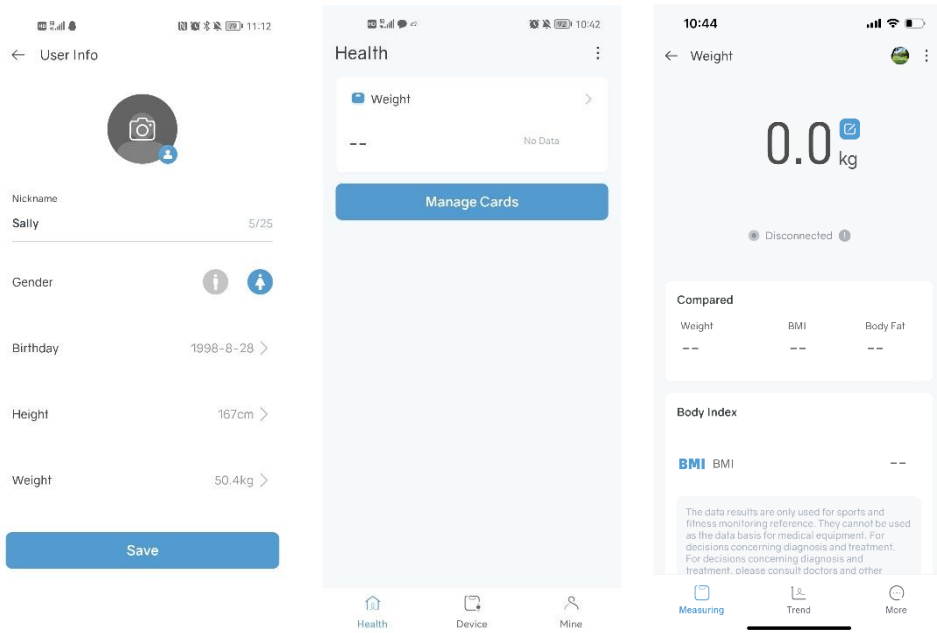
How to use Fitdays+ APP

1. Please charge the Smart Height Ruler for about 5min to activate the battery first.
2. Turn on Bluetooth on your smartphone or tablet.
3. Open the App and Register your own ID using your email or social media account.

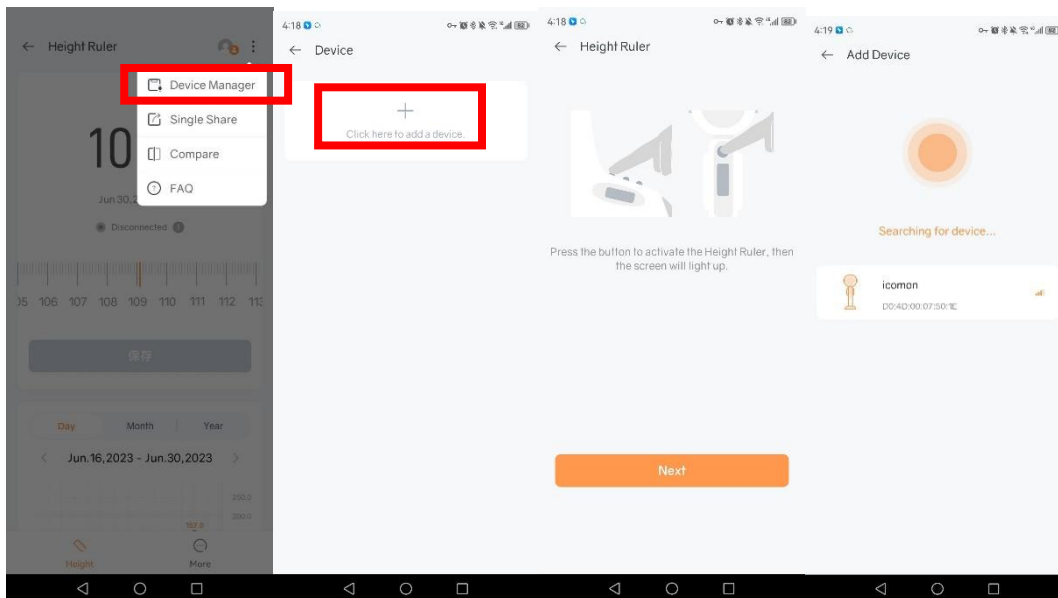


4. Add all the required information and confirm OK.

Note: Please note that entering incorrect information such as gender, age, and height or selecting the wrong level may lead to inaccurate measurements.



5. Make sure to Turn On the device first. Then On your App, Pair the device via Bluetooth. Click Device Manager ----> “+” to find and pair the Device ID. And follow the steps provided on your App.



6. Then press the connect button to pair the device to the App.

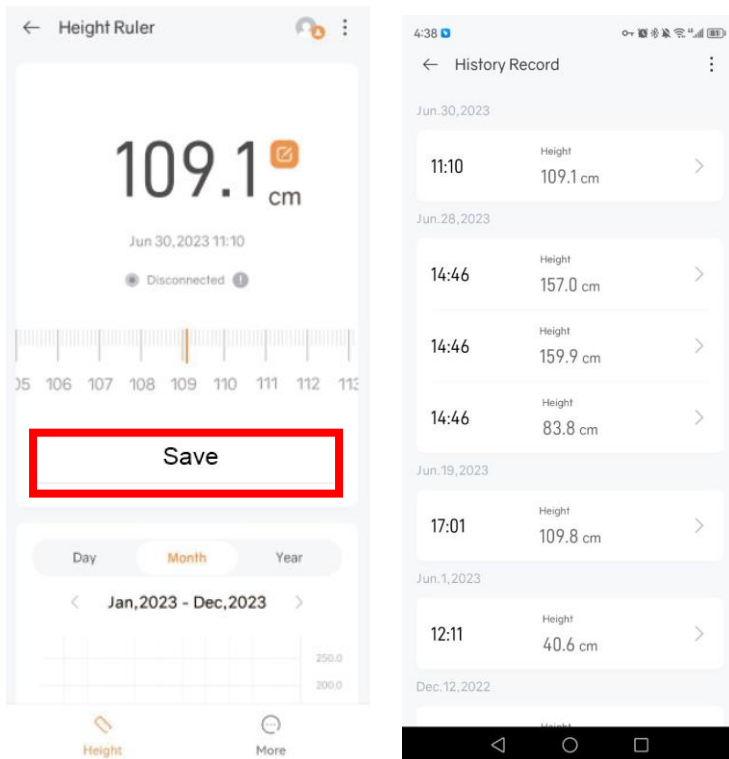
Once connected, it will show the status “Connected” on your App dashboard.

7. To start measuring, Open the App and make sure you are on the “Height” page.

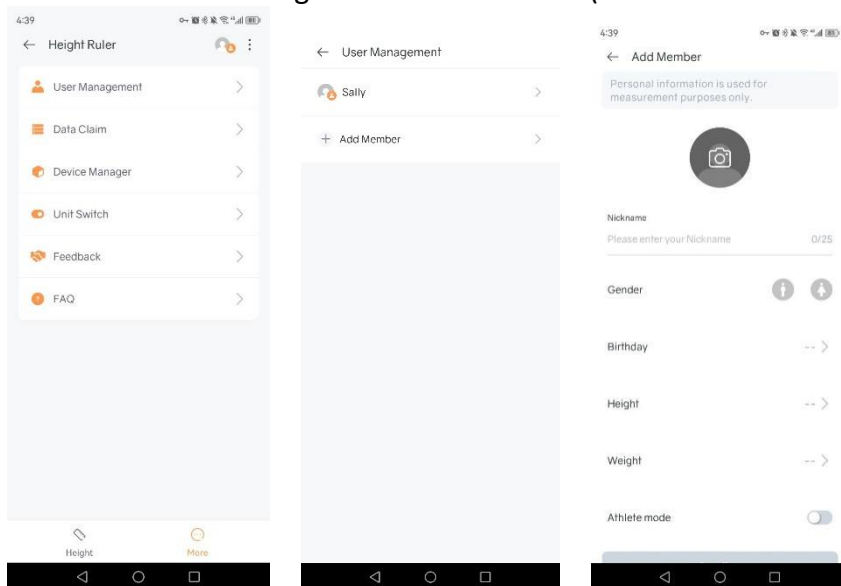
8. Start measuring the subject in a straight position. Press the power button on your device to confirm the height measured.

9. The Data result will then be transferred to your APP page. (You also can read the data results on the height meter LED display)

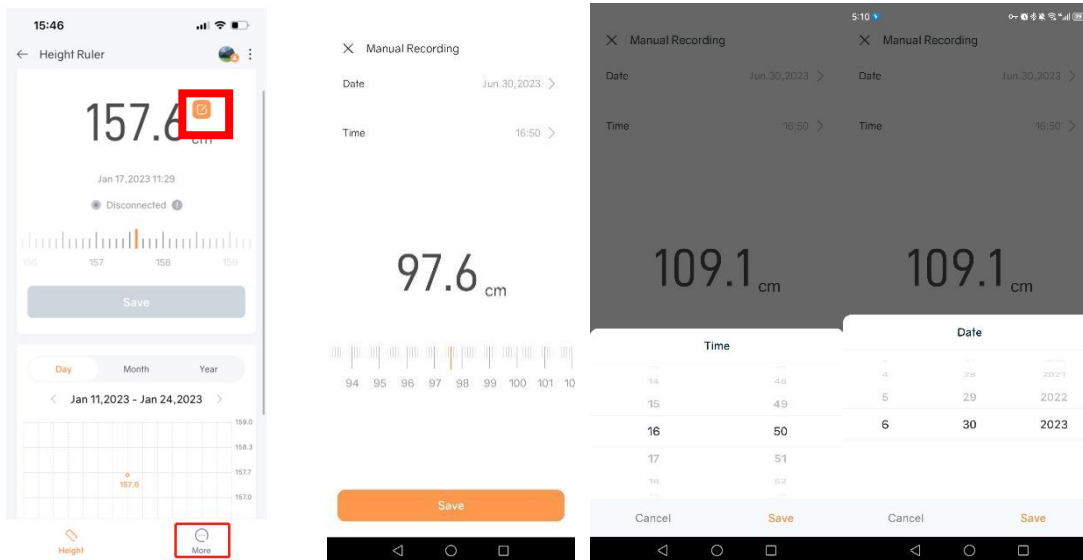
10. Click “Save” to save your data, the data will then be added to your history chart page. If you do not click “Save,” the data will not be recorded in the history chart.



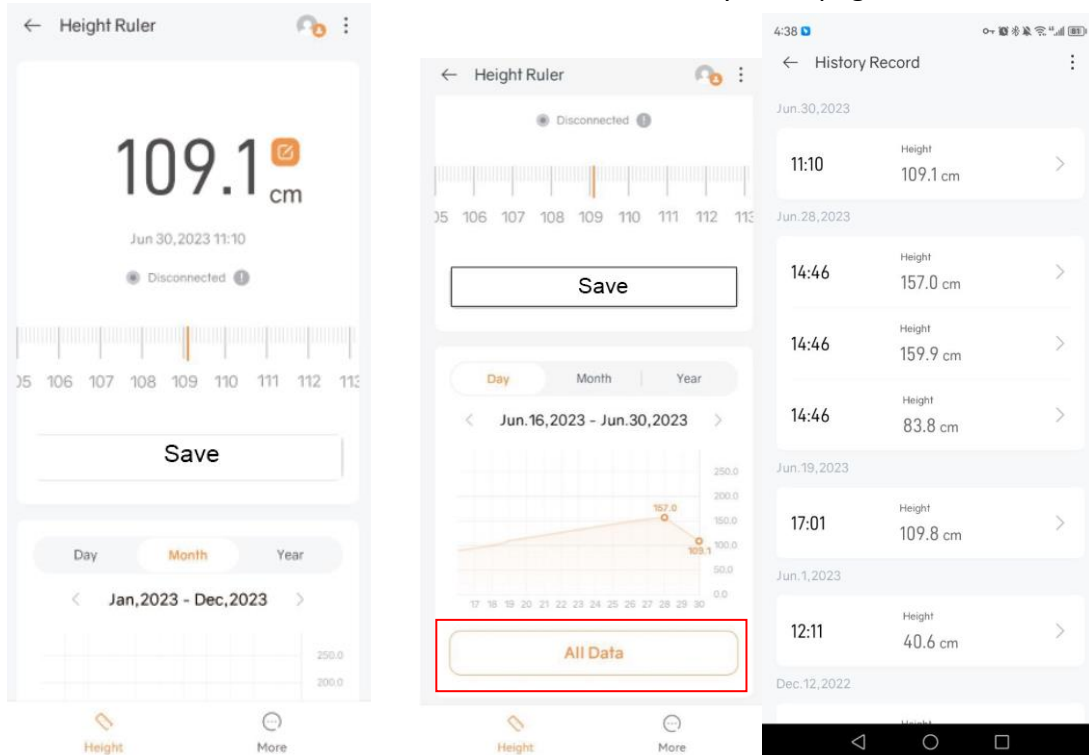
11. Select “User Management” to add a user (One account can accommodate up to 24 users).



12. You can also manually input Height records on your App by following the instructions below. When adding a record manually, you can customize the date, time, and desired height data. Click confirm to finish and save the manual data recording.

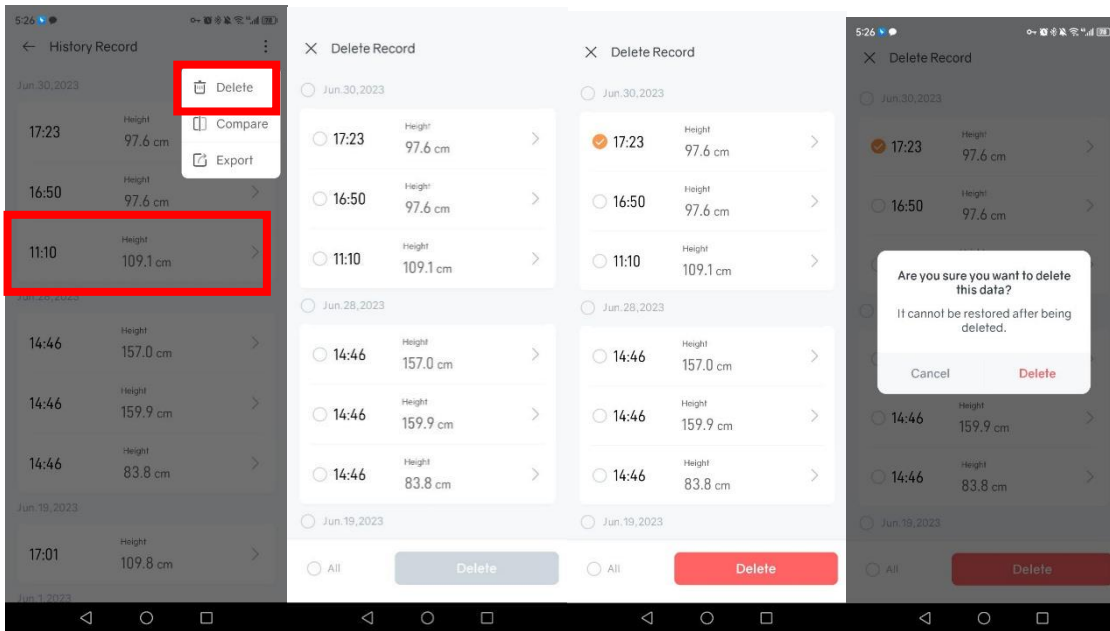


13. You can also click the icon below to enter the history chart page.

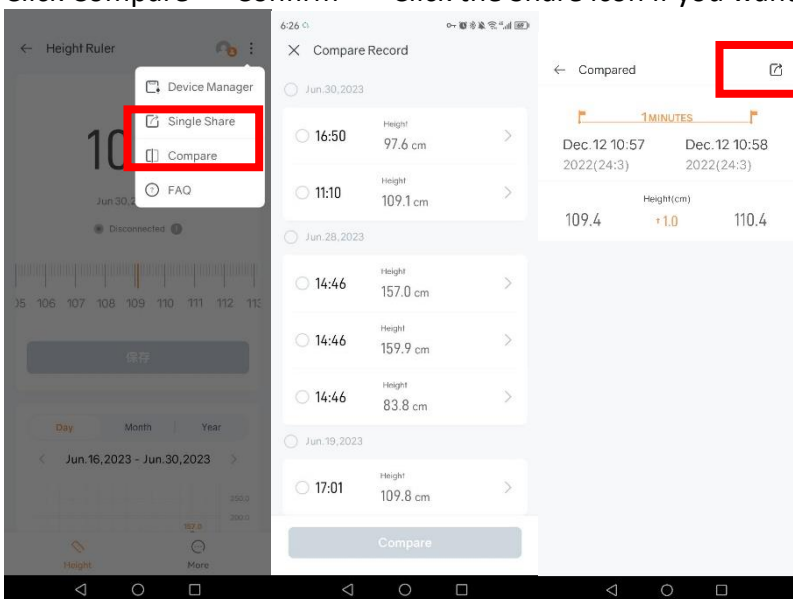


14. You can navigate the calendar to see your historical data.

15. Deleting data - Select the history record you want to delete, and click the delete button to confirm the deletion of the historical data.



16. Compare & Share: On your Historical data page, select the two data you want to compare and share. Click Compare--->Confirm---> Click the Share icon if you want to share the data.



Operating Instructions:

1. Button instructions

Measurement button: This button is also used to turn on the device.

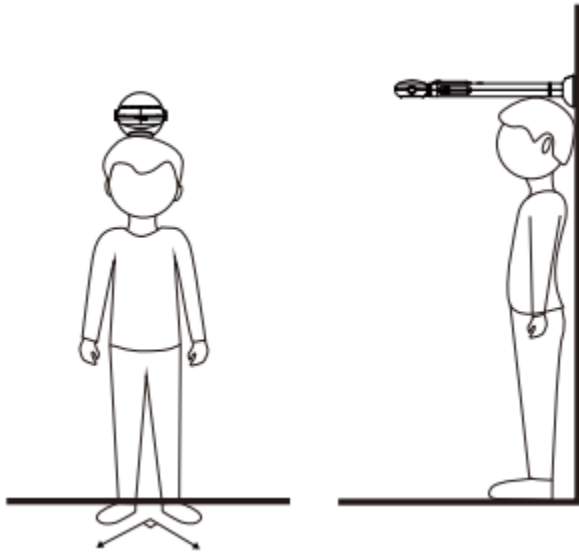
Reset button: This button is next to the charging port and in the circular hole. Poke it with a paper clip if you wish to reset the device.

2. After pressing the measurement Button to power on, the buzzer makes a sound “bleep,” and the LED screen will directly display the current temperature, as shown in the pictures below:



3. Please follow the below instructions to start the measurement process:

- Keep two feet at about 90 degrees.
- keep your stomach muscles in.
- Stand straight and stand still on the wall.
- Keep the Smart Height Ruler steady, and the flat base is connected to the wall.
- When ready, press the measurement button to start measuring and wait for the device to finish measuring.
- Then press the power button again to confirm the height measured.



4. Upon completing the measurement, the height result on the LED screen will flicker twice before stabilizing. Simultaneously, the device will emit two beeps from the buzzer as a signal that the measurement process has concluded. (This process is shown in the following pictures.)



5. Once the height value is displayed, the height meter will automatically synchronize and upload the measurement data to your mobile App. To save the data, please press the confirmation button on the app. If there is no activity within 30 seconds, the LED screen will turn off, and the Bluetooth connection will be disconnected.

6. When the product is running on low power and the low battery icon "Lo" appears, it will automatically shut down after 3 seconds. To ensure uninterrupted usage, please connect the Type-C USB charging cable and



recharge the device before using it again.

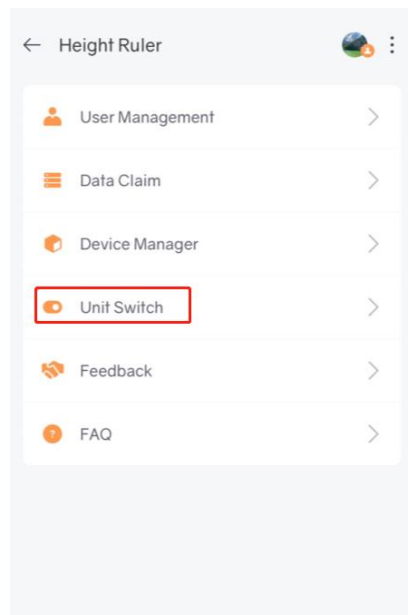
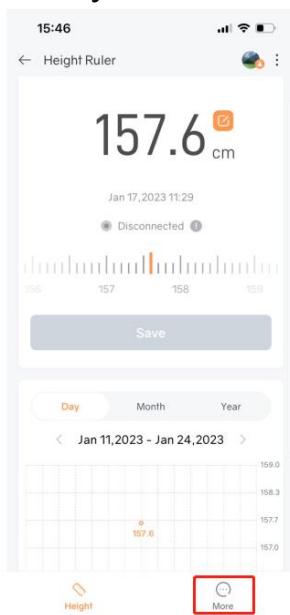
7. ERR - If the measured height exceeds 200.8cm or if there is an error in the measurement, an "err" icon will be displayed on the LED screen. In such cases, the device will automatically turn off after 3 seconds of inactivity. Please ensure accurate measurements are within the valid height range and take the necessary steps to address any errors encountered.



8. Charging the device - While charging, the indicator light will flash every 1.5 seconds as a visual indication of the charging process. Once the battery reaches full capacity, the light will go out, and the product will enter the sleep standby state. To prevent battery overload, it is important to unplug the USB charging cable after the battery is fully charged.



9. Unit conversion - The default measurement unit for this product is centimeters (CM). If you wish to switch the unit to "feet and inches," you can do so through the Fitdays+ app. Simply navigate to the app homepage, click on "Account" in the bottom right corner, then select "Setting" and "Switch units" to make the desired unit adjustment.



FCC Statement

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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 to 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.

FCC ID: 2AP3Q-HM2049B

Model number: HM2049B

Tips for the battery:

- To maximize the lifespan of the batteries, avoid leaving the device without batteries for an extended period. It is recommended to charge the smart height ruler when the battery level is low. If you do not use the device for a prolonged duration, it is advisable to charge it at least once a month.
- Under no circumstances should you attempt to open the device containing the electronic parts. Doing so may result in damage to the rope.
- To prevent battery explosions, never burn the device along with the batteries. Additionally, ensure that you do not dispose of the device in regular household waste. It is recommended to consult your local authority for guidance on proper battery recycling.
- Do not expose the battery to heat or fire, which will easily cause an explosion.
- For your safety, refrain from using the device if you suspect or detect a battery leakage.
- Ensure responsible disposal of waste electrical products by refraining from disposing of them with household waste. Instead, please prioritize recycling at designated facilities, where available. For guidance on proper recycling methods, kindly consult your local Authority or retailer for expert advice on recycling procedures. Together, let's contribute to a sustainable future by disposing of electrical products in an environmentally conscious manner.