Smart Body fat scale Instruction Manual

Scan the corresponding QR Code to download APP

Thanks for choosing Smart body Scale. This fully body composition scale can help you conveniently measure body weight, Body balance, BMI, Body fat rate, Visceral fat, Body water, Skeletal muscle rate, Muscle mass, bone mass, Protein, BMR, Body age,Heart rate, Heart Index and etc;

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

(Onfit APP functions)

◆ Weight	◆ Body fat	◆ Visceral fat	◆ Protein amount	◆ BMI
◆ Muscle weight	◆ Bone mass	◆ Moisture	◆ BME	◆ Degree of obesity
◆ Body age	◆ Muscle	◆ Standard weight	◆ Without fat	◆ BFR
◆ Protein rate	◆ Subcutaneous fat	◆ Temperature	◆ Height record (<16 years old)	
◆ Heart rate	◆ Heart Index			

INDICATION SYMBOLS

LO	Low battery - please change the batteries (3x1.5V AAA battery).
Err	Overload
C	An error has occurred during measurement. Step off the scales and step onto them again to repeat the measuring process.

WHAT'S IN THE PACKAGE
◆ 1 X Smart body fat scale
◆ 3 X AAA batteries
◆ 1 X User manual

⚠ **WARNING**

★ DO NOT use with medical implants such as pacemakers.
★ DO NOT stand on the edge of the scale or jump on it;
★ DO NOT overload the scale(Max.180kg)
★ DO NOT drop scale or droop and objects on it as this may damage the sensors.
★ DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.
★ Not recommended for pregnant women.
★ Not recommended for infants, toddlers, and children under 10 years of age.
★ Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
★ Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.
★ Always place the scale on a hard, dry and flat surface before measurement.
★ Make sure your feet are dry before stepping on the scale.
★ Connect the batteries in accordance with the correct polarities indicated.
★ Remove batteries if the scale is not be use for a prolonged period of time.

SPECIFICATION
Product size: 290x290x20mm
Weight unit:kg
Weight limit: 6kg-180kg
Power Supply: 3xAAA batteries
Account number: No limitation (each account can add 24 persons)
Baby mode: Allow you to scale the weight of baby
Height record: Allow you to record the height info under 16 years old
Operating temperature: $10\text{-}40^{0}$C
Operation humidity: 20%-90%

Support Devices:
iOS 8.0 or higher
Android 6.0 or higher

Install Onfit App
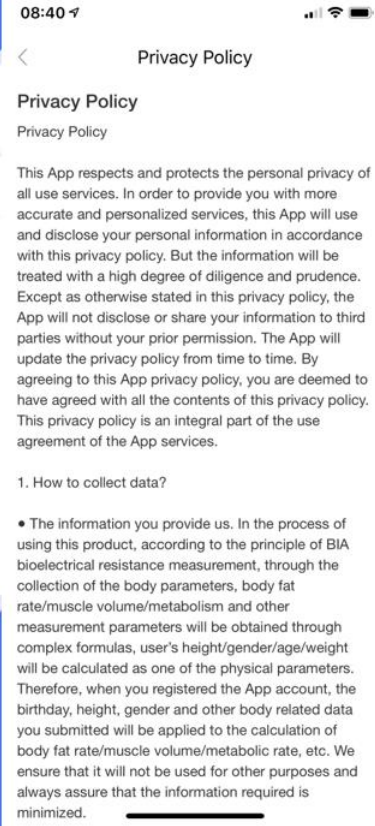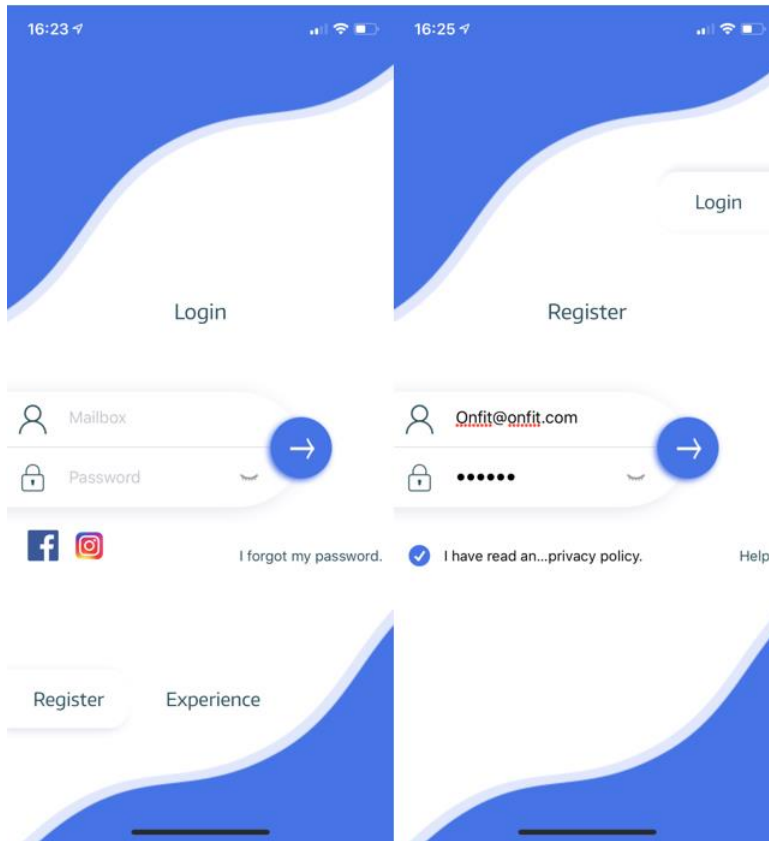1. Seach "Onfit" in Apple Store or Google Play or scan the QR Code below:

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.
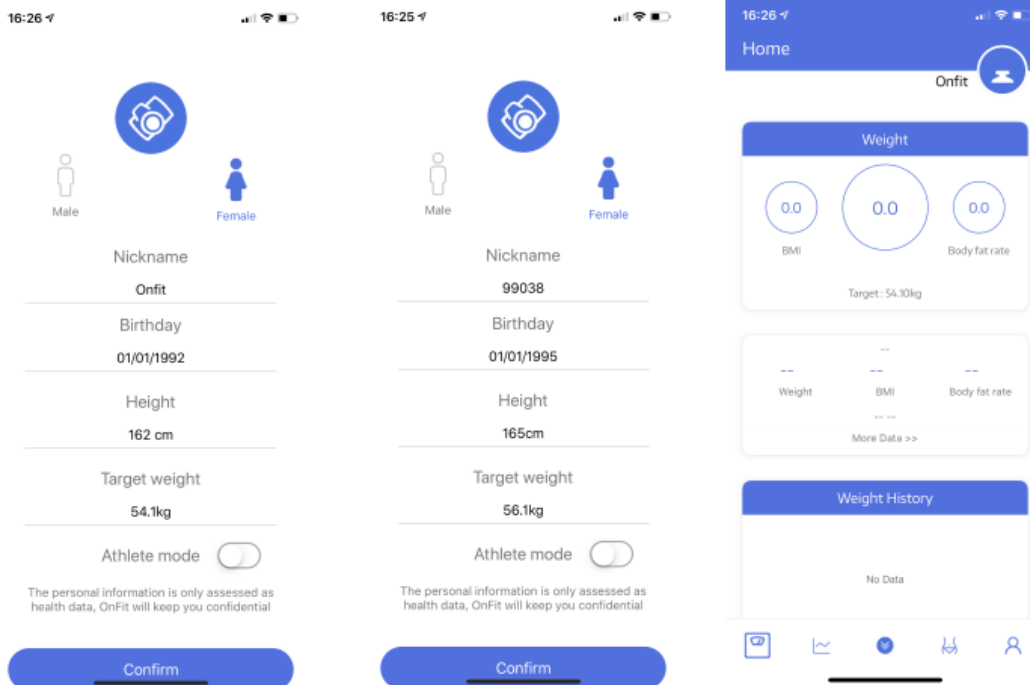
HOW TO USE FITDAYS APP

1. Insert 3xAAA batteries which included in the package to the battery holder on the back at the back of the scale. Place the scale on the hard, flat ground.

2. Turn on the Bluetooth on your smart phone or tablet.
3. Register your own ID by email or social media account.

Privacy Policy

Privacy Policy

This App respects and protects the personal privacy of all use services. In order to provide you with more accurate and personalized services, this App will use and disclose your personal information in accordance with this privacy policy. But the information will be treated with a high degree of diligence and prudence. Except as otherwise stated in this privacy policy, the App will not disclose or share your information to third parties without your prior permission. The App will update the privacy policy from time to time. By agreeing to this App privacy policy, you are deemed to have agreed with all the contents of this privacy policy. This privacy policy is an integral part of the use agreement of the App services.

1. How to collect data?

• The information you provide us. In the process of using this product, according to the principle of BIA bioelectrical resistance measurement, through the collection of the body parameters, body fat rate/muscle volume/metabolism and other measurement parameters will be obtained through complex formulas, user's height/gender/age/weight will be calculated as one of the physical parameters. Therefore, when you registered the App account, the birthday, height, gender and other body related data you submitted will be applied to the calculation of body fat rate/muscle volume/metabolic rate, etc. We ensure that it will not be used for other purposes and always assure that the information required is minimized.
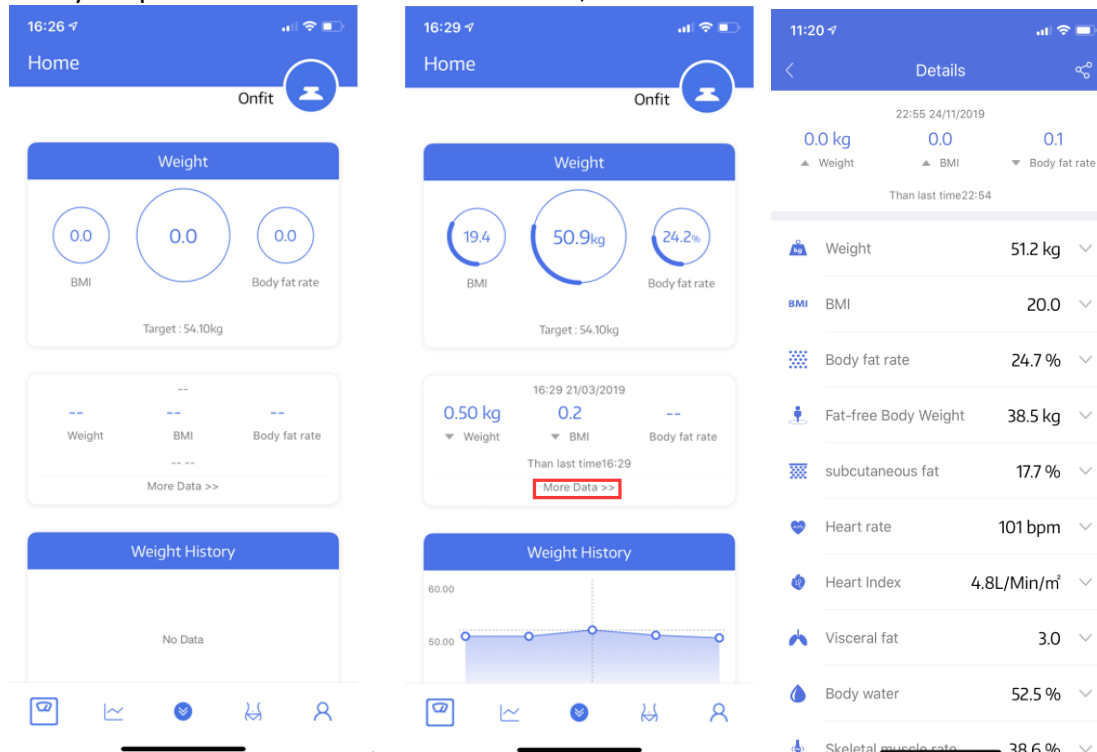
4. Add personal data and confirm OK;

Note: Enter the wrong gender, age, height, or corporeal level may result in measurement being inaccurate.

5. Pair the scale through Bluetooth. Click 👤 ----> Device find the scale "Yologram" now your phone is connected with the scale;

6. Tap your foot on the scales to activate the display. Wait until the display shows "0.0"kg.
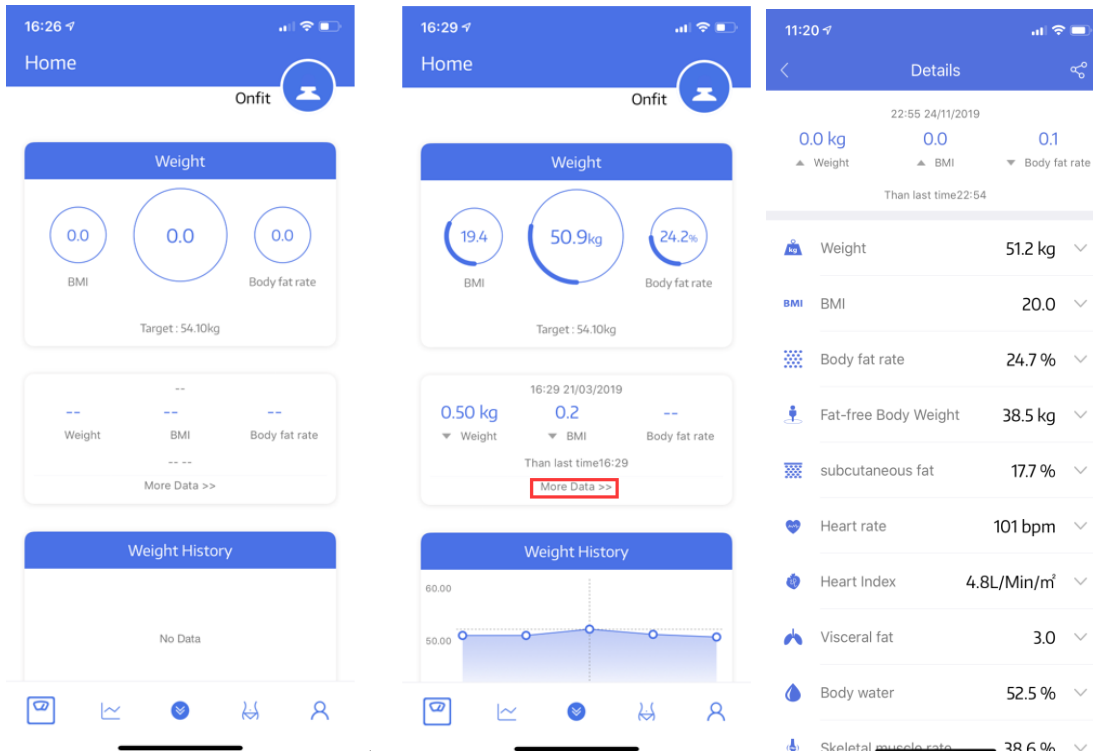
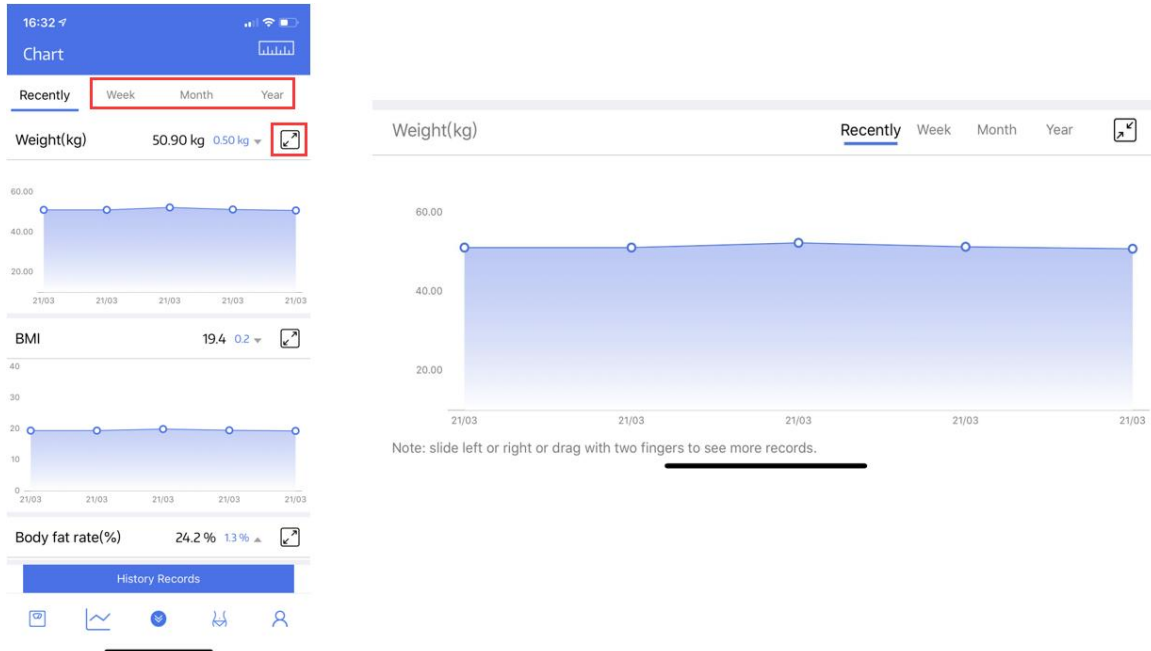7. Step on the scale with BARE feet to turn the scale on.

Note:

If stepping on the scale with socks, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet.
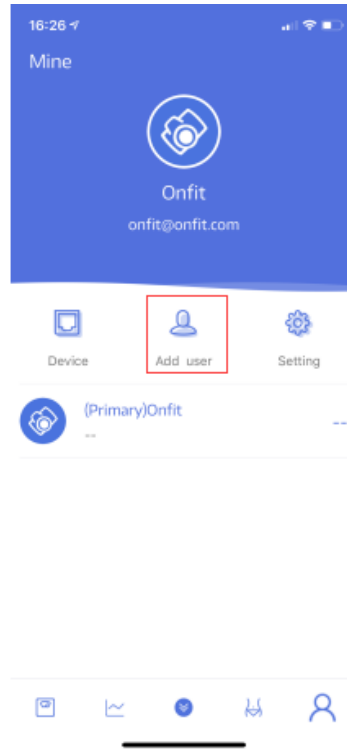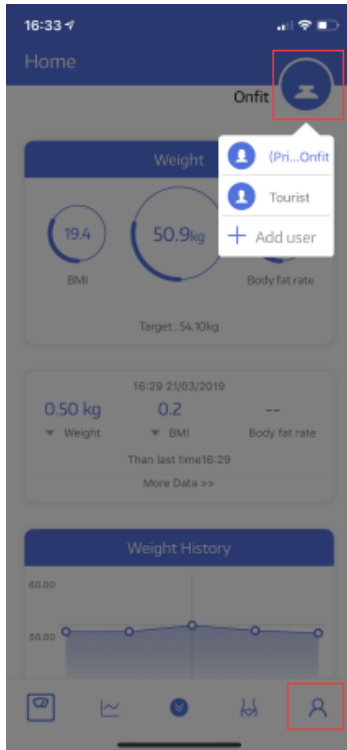
8. The number on the display is flashing when the scale is weighing and analyzing, keep stand still on the scale, till it finish showing "0000", your phone has received all the data from the scale.

9. You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. (see full details on page 1 RECORDED PARAMETERS). When you click chart, you can see your long-term track chat form.
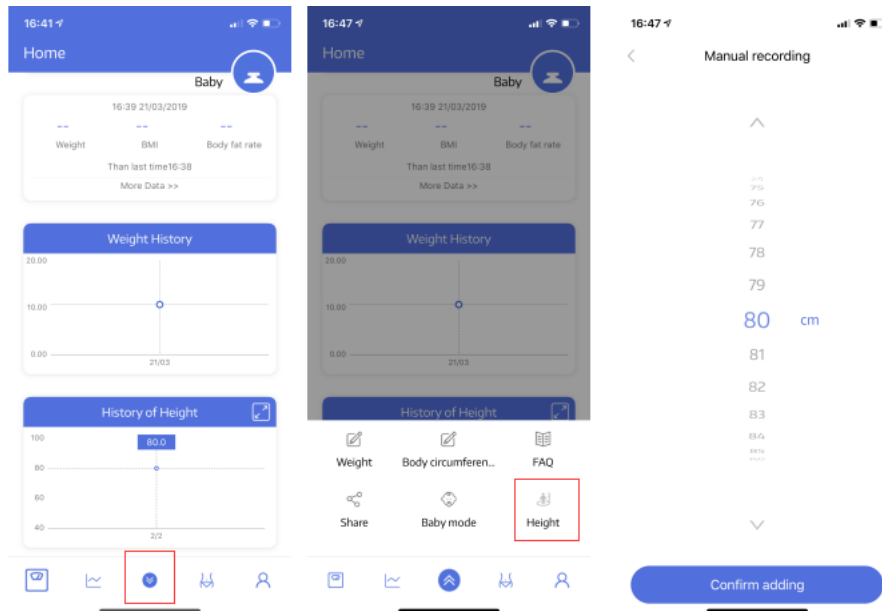

10. Add, switch user by click 😊or click 👤 --> Manage users, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24users;

11, Weighing baby: slide 🔼 -->Baby Mode. Step on the scale by you own, after scale scale gets your weight, and then hold the baby to get the weight of baby.

11. Select user with under age of 16, slide 🔼 -->height to manual add the height record.
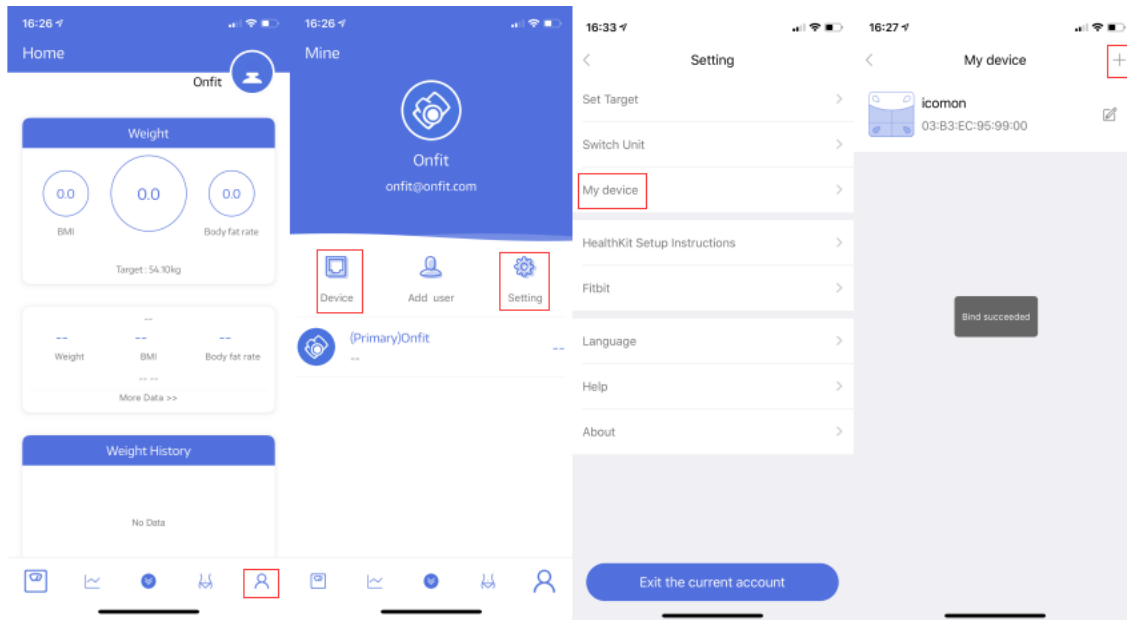
TROUBLE SHOOTING GUIDE

1. Bluetooth not connected
- The scale and smart phone must be both have Bluetooth on.
- For Android version, you need to allow location permission for the APP;
- Need to open the APP during using the scale;
- The scale should be with the connection icon showing on the display;
- Check the iOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- Click ⚲ ---> Device---> + or ⚲ ---> Setting---> My device---> + to find the scale 'My_scale'.

2. No body fat data measured when weighing
● User must be bare foot to measure the body fat.
● Make sure your feet and the scale are both dry.
● Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 10 second until the number on the display stops flashing).
● Bluetooth is not turned on.
● Bluetooth is paired with a difference scale.
● Try to add some water onto the feet bottom once the feet is too dry;
● When one scale be connected to more than 2 phone device, need to make sure the devices which are not for using be turn off first;

3. The scale is producing inconsistent weight.
Check whether the scale is on a hard, flat surface.
Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
Remove the batteries to restart the scale;

4. The App is display the incorrect fat-muscle ratio
The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

5. How do I re-calibrate the scale after moving it or change the batteries?
Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

6. The scale does not turn on
Remove the batteries and put it back. Make sure to insert the batteries in the correct direction;

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
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.