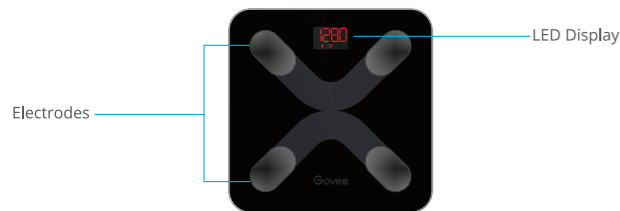


03.04.03.31400

420\*145mm 128g铜版纸 3折4页 4C A/0

## At a Glance



## What You Get

Smart Body Fat Scale	1
AAA Battery	3
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## Safety Instructions

Please read all instructions carefully before using the device.

- Do not use this device if you use a wearable or implanted electronic device such as a pacemaker, oxygenator or wearable electrocardiograph. As there will be a weak electrical current passing through your body when you use the scale, which may impede the operation of these electronic devices.
- Do not place this device on slippery surfaces such as tile or wet floors.
- Exhausted batteries and used scales should be disposed of according to local environmental regulations.

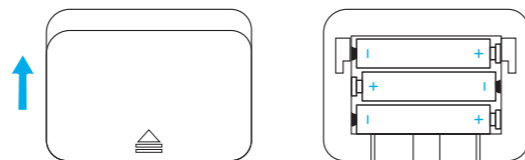
## Usage Tips

- For the most consistent measurements, weigh yourself at the same time of day and location.
- Avoid weighing yourself immediately after strenuous exercise, sitting in the sauna, taking a bath, having a fever or cold, or drinking and eating.

- Wear as little clothing as possible when measuring.
- For 0 - 9 years old children, only body weight and BMI are provided. Most of the data can be measured for adolescents aged 10 - 17 years however, the data is for reference only due to the rapid growth of adolescents.
- The body fat rate of pregnant women, patients undergoing artificial dialysis treatment or with edema symptoms, and the elderly over 80 years may be different from ordinary people. So measurement results are for reference only.

## Inserting the Batteries

- Slide up the cover to open the battery compartment.
- Insert three AAA batteries and close the cover. Make sure the positive and negative ends are facing the correct polarity directions marked in the battery compartment.



## Downloading the Govee Home App

- Download the Govee Home app from the App Store (iOS devices) or Google Play (Android devices).



- Turn on the Bluetooth in your smartphone.
- Open the app, tap "+" icon in the top right corner and search "H5010".
- Tap the device icon and follow on-screen instructions to complete pairing.

**Note:** After pairing successfully, the scale automatically connects to the app once you open the app next time.

## Starting a Measurement

Before taking your first measurement, you will need to create a user ID in the Govee Home app.

- Place the scale on a hard and flat surface.
- Open the Govee Home app and select the scale.
- Step onto the scale with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.



- View the analysis of your body composition on the app.

## Recalibrating Your Scale

Please calibrate the scale each time you move it or replace batteries.

- Step onto the scale gently. The screen displays CAL, indicating the scale is recalibrating.
- Start a measurement when the screen shows 0.00kg.

## Viewing the Display

Display	Situation
	The scale works well.
	1.The batteries are dead. 2.The positive and negative ends of the battery are facing the wrong polarity direction.
	The scale doesn't connect to the Govee Home app.
	The batteries are running low.
	The scale is overloaded.
	The scale is recalibrating.

## Troubleshooting

Issue	Reason	Solution
Abnormal measurement results: <ul style="list-style-type: none"> <li>Too high.</li> <li>Too low.</li> <li>Huge difference between two recent measurements.</li> </ul>	<ul style="list-style-type: none"> <li>Incorrect posture.</li> <li>The scale is placed on soft carpeting or uneven surface.</li> </ul>	<ul style="list-style-type: none"> <li>Step onto the scale barefoot and stand still.</li> <li>Place the scale on a hard and flat surface.</li> </ul>
No analysis of your body composition.	Wear shoes or socks while taking a measurement.	Step onto the scale with bare feet. Stand still and keep full contact with the electrodes.

## Specifications

Dimensions	280 x 280 x 24mm / 11 x 11 x 0.9 inch
Unit Increments	0.05kg / 0.1lb (below 100kg / 200lb) 0.1kg/0.21lb (over 100kg / 200lb)
Operating Weight	> 5kg / 11lb
Maximum Weighing	180kg / 400lb
Working Temperature	-20°C - 60°C (-4°F - 140°F)
Voltage	DC 4.5V

## Customer Service

 Warranty: 12-Month Limited Warranty

 Support: Lifetime Technical Support

 Email: support@govee.com

 Official Website: www.govee.com

 @Govee  @Govee  @Govee  @Goveeofficial



Govee Home App

For FAQs and more information,  
please visit: [www.govee.com](http://www.govee.com)

## FCC Statement

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.  
Warning: 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:

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

## FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

### CAUTION:

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

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# User Manual

Model: H5010  
Smart Body Fat Scale B1