



封底

封面

01/SAFETY PRECAUTIONS

Precautions

- Precautions Measurements are for informational purposes only and are not to be taken as medical advice.
- Keep your feet dry and clean before use.
- For best results, take measurements at the same time each day.
- Do not use this product after strenuous exercise.
- This product is only subjected to static pressure, please do not jump onto the scale for weighing.
- Do not use chemical solvents to wipe this product, use a cloth dampened with water, and do not soak the scale body.
- Please place it horizontally on a flat hard floor.
- Do not put anything on the scale if it is not in use.

Prohibition

- Prohibited matters It is strictly forbidden to disassemble, crush, puncture, short-circuit this product or throw it into water, fire or expose it to a temperature higher than 60°C (140°F).
- People who have medical devices such as cardiac pacemakers in their bodies are prohibited from using the scale.
- The product is easily damaged and dangerous if it is hit or dropped.
- Do not use the device in dusty, wet, dirty or near magnetic fields, so as not to cause internal circuit failure of the device.
- Please use this device within the temperature range of 5°C-40°C. When the ambient temperature is too high or too low, it may cause equipment failure.
- Do not place the device near heat sources or exposed fire sources, such as electric heaters, microwave ovens, covers, water heaters, stove fires, candles, or other places that may generate high temperatures.
- Do not use on wet ground or places that are prone to slipping.
- Do not measure when the body or feet are wet, otherwise it may cause body fall, inaccurate measurement data, water entering the machine and other failures.

Measurement on the scale

- Unit conversion**
After the mobile APP is connected to the scale end, enter the parameter setting interface, and you can choose the unit kg or lb. You can also select the unit kg or lb through the touch button on the bottom case.
- Correct posture**
Immediately start recording your weight and body data. When measuring on the scale, the two feet are naturally distributed on both sides with the center as the origin. The forefoot is on the front ITO electrode pattern, and the heel is on the second half of the ITO electrode pattern, as shown in the figure below.

- Note:**
It must be measured with bare feet, and the skin of the feet is evenly in contact with the ITO electrode pattern.
The plastic bag of the product packaging must be removed before the skin can touch the electrode pad for measurement.
If the scale has been measured several times in a row, please perform scale measurement again after the screen returns to "0.00".
- Start measuring**
Start to measure on the scale. When the weight is stable, the value of the scale body will flash three times at the same time, and then enter the state of body fat measurement. Wait for all the measurement data to stop flashing and lock, and then it will be displayed synchronously on the [HealthU+] App interface of the mobile phone. After the test is completed, the scale body will automatically shut down after displaying for 10 seconds.
- Numeric query**
Enter the homepage of HealthU+, click the interface measurement value list, you can view a number of body measurement data.
- Chart query**
Enter HealthU+, click [Trend] in the lower right corner to query the historical measurement results.

Warnings

- The object to be weighed should not exceed 150% of the rated range, so as not to damage the force-measuring components.
- Do not stand on the side of the scale or jump onto the scale to avoid injury.
- Do not scrub this product with hot water or volatile oil.
- This product contains a lithium battery and should be placed away from heat sources (radiators, stoves, fireplaces, etc.)
- This product is not waterproof, avoid using it in rainy days, and avoid washing it directly with water after use to avoid damage.
- Do not disassemble the battery unless the appliance is discarded.
- Failure to comply may cause damage to the product, fire, electric shock, injury and other accidents during the continued use of the product. If you need to repair the battery, please consult the repair center or after-sales service center.
- The lithium battery used in this product is a valuable resource that can be recycled and regenerated. Please take out the lithium electronic battery when it is discarded after use, and hand it over to a professional organization that can recycle and regenerate rechargeable batteries. The appliance must be de-energized when removing the batteries.

02/INSTRUCTIONS

APP installation

- Search for "HealthU+" in the Android App Store or the Apple App Store, or scan the QR code below to download and install the [HealthU+] client to connect with the device.
- Before connecting the [HealthU+] APP with the smart body fat scale, please confirm that your device meets the following requirements for iPhone/iPad touch devices running iOS8.0 and above.
Mobile devices running Android 4.3 and above and equipped with Bluetooth 4.0.

Scan the QR code to download the official «HealthU+»

- Result query and sharing**
Click the share button in the upper right corner to share historical data.

03/PRODUCT DESCRIPTION

Product Structure

04/PARAMETER INFORMATION

Detection item

Fat percentage, water percentage, bone weight, muscle percentage, muscle weight, BMI, BMI, visceral fat level, weight, bone percentage, lean weight, fat weight, body age, protein, body type, heart rate

Parameter information

Product Name: Smart Body Fat Scale
Product model: CF568BLE+WiFi
Rated capacity: 150kg
LED display size: 72.4x48.96mm
Size: 300*300*26mm
Graduation value: 0.02kg

Common problems and solutions abnormal situation

Can not boot
Connect to the power supply to check whether the power supply is good.

Display "FAL"
Wi-Fi network configuration failed, please re-configure the network.

The data display is abnormal during measurement
Please measure with bare feet and keep the soles of your feet clean to obtain impedance by measuring fat, please re-measure on the scale.

Show 0
Overload display, please do not exceed 150kg when using.

No display on the screen, errors, missing pictures
Make sure your phone's Bluetooth is always on.

Sudden stop during operation
Continuous use for too long, product overloading protection. Reopen the shutdown button after the product cools down.

1. Turn on the Bluetooth option of the mobile phone, open the "HealthU+" App to enter the interface, first-time users need to choose to accept the user agreement before continuing.

2. Before connecting and using, please make sure that the battery is fully charged before it can be used normally. Please lightly step on the scale body to make the screen light up, and make sure that the Bluetooth and GPS positioning are turned on.

3. Use the APP, enter the home page, and log in/register. For the first time use, please set the correct personal parameters for the current user.

4. After entering the App interface, click [My] [Device Binding] on the upper left, and please confirm whether the device has been bound.

5. Click [Settings] [Distribution Network] to confirm that the device has been configured with a network.

1. The product is powered on by pressure induction. After it is placed on a hard and flat ground, it will turn on the screen after sensing a weight of more than 3kg.

2. For products with built-in lithium batteries, please use a 5V~1A charger to charge for 2 hours when using for the first time.

Display screen

SAR Information Statement

Your Electronic scale is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to radiofrequency (RF) energy set by the Federal Communications Commission of the U.S. Government. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for Electronic scale employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg. Tests for SAR are conducted with the Electronic scale transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the Electronic scale while operating can be well below the maximum value. This is because the Electronic scale is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output.

Before a Electronic scale model is available for sale to the public, it must be tested and certified by the FCC that it does not exceed the limit established by the government adopted requirement for safe exposure. The tests are performed in positions and locations (e.g., at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this Electronic scale when tested for use at the Limbs is 0.60 W/kg (1g). While there may be differences between the SAR levels of various Electronic scale and at various positions, they all meet the government requirement for safe exposure. The FCC has granted an Equipment Authorization for this Electronic scale with all reported SAR levels evaluated as compliance with the FCC RF exposure guidelines. SAR information on this Electronic scale is on file with the FCC and can be found under the Display Grant section of <http://www.fcc.gov/oet/efcc> after searching on

FCC ID: 2AVEN-CF568 Additional information on Specific Absorption Rates (SAR) can be found on the Cellular Telecommunications Industry Association (CTIA) web-site at <http://www.ctia.com>. * In the United States and Canada, the SAR limit for Electronic scale used by the public is 1.6 watt/kg (W/kg) averaged over one gram of tissue. The standard incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements. The SAR test distance is 0mm.

FCC Statement

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

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.

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.