

Health keep

User Manual

Product Model CQT100



For better APP experience,

IOS 10.0 and above or Android 5.0 and above is required.

Multilingual Directory

English P1

Feel free to contact us by email for more service support!

Support Email:XXXXXXXX@gmail.com

User Manual

Product Introduction and Description

The Wireless Body Composition Smart Scale is a body analyzer that measures weight and uses Bioelectrical Impedance Analysis (BIA) technology to estimate body fat percentage and other body composition data.

The CQT100 Smart Body Composition Scale can easily measure your weight, BMI, BMR, fat mass, muscle mass, body water, bone mass, protein and other component amounts and ratios.

The corresponding APP is health tree



For better APP experience,

IOS 10.0 and above or Android 5.0 and above is required.

Warning

English

Please read carefully before use

Do not use if you have a pacemaker, artificial lung, electrocardiogram or any type of internal medical device.

Do not use on slippery floors and do not use when your body is wet to avoid slipping.

Important Notes

- ◆ Your body composition data measurements may be inaccurate when using the scale immediately after meals and heavy exercise.
- ◆ This scale is best suited for adults 18 years of age and older (refer to weight and BMI data for children 0-12 years of age and weight, BMI and body fat percentage for adolescents 12-17 years of age, other data is for reference only).
- ◆ The Smart Scale should not be used to diagnose or treat any disease. Always consult your physician or medical professional to determine what is best for you.

Please read these tips to help you obtain the most accurate measurement results.

This product uses BIA (Bioelectrical Impedance Analysis) technology. In order to obtain accurate and reliable measurement results, please use it at the same time of day and under the same conditions whenever possible.

Please avoid measurements under the following conditions.

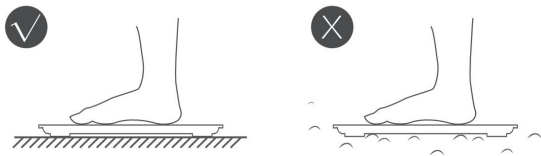
- ◆ Measured during or after strenuous exercise or heavy exercise
- ◆ After meals and after heavy alcohol consumption
- ◆ During pregnancy
- ◆ After a shower, bath or sauna.

When testing, please stand straight with bare feet, wearing socks may not always give accurate results. Dirty feet will also affect the accuracy of the measurement.

Weighing units include kg (kilograms), lb (pounds), st (English stones) you can switch it in the APP. When you switch the unit after weighing the unit will be synchronized with APP in the next measurement.

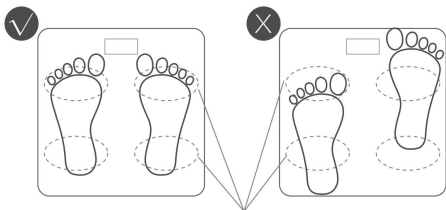
To measure the weight correctly: place the scale flat on a hard floor and reset it before measuring.

The weight should show 0.0kg/lb before stepping on the scale.



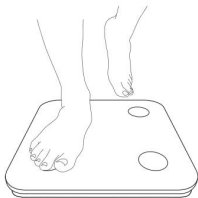
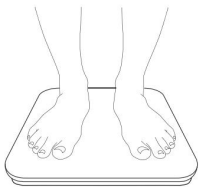
Use on hard flat surfaces

For proper body composition measurement, please stand straight on the scale with bare feet and feet evenly touching the electrodes.

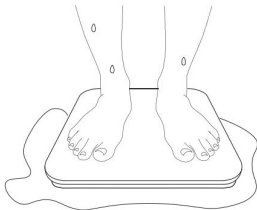
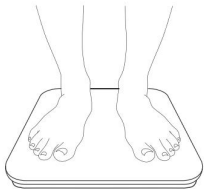


Electrode measurement area

Correct standing posture



Use in a dry environment



Dry, water-free environment

With water, humid environment

Your smart scale requires 2 AAA batteries, install the batteries into the battery slot your scale will turn on.

Once the batteries are installed you can step on the scale to measure your weight, but needing to measure other data requires the cooperation of your smartphone. To learn how to install and use APP on your mobile device, please see the next section.

This smart scale can be connected wirelessly to your mobile APP, for this you need to install our APP on your cell phone.

Step 1 Download App and Register Account

Scan this QR code to enter the download
Search "health tree" on Google play or
apple story to download the app.

The first time you use the app, click "Register" and enter your email and password to complete your account registration.

After registration, you need to fill in your basic data to ensure the accuracy of the subsequent calculation results.



Open your phone's Bluetooth under the checkbox My / select Device Management / click on the upper right **+** Add Device

Stepping on the bright claim

Select the scale you want to bind among the scales that appear in the screen

Pairing will be done automatically when the scale is lit up. If the scale is lit up when measuring and the APP has no value and the connection at the end of the scale is not lit up, it means that the current account has not added the scale.

Note: Android 6.0 or above devices need geolocation permission to use Bluetooth service.

Step 3 Measure and generate analysis report



You can always weigh in for measurement

View analysis reports on the app

Description of the measurement process

After standing on the scale, the weight is being measured and the value displayed is the measurement process until a stable weight is measured.

After the weight measurement is complete the impedance is being measured when the measurement reaches a stable value or the measurement fails to time out

The measurement is finished and the final measured weight is displayed

Package Contents

English

Your smart weighing package contains.

- ① Smart Scale 1 unit
- ② Battery 2×1.5V AAA
- ③ User manual

Specification

Size: 280×280×24mm(11×11×0.9in)

Product weight: 1.2kg(2.64lb)

Battery: 2×1.5 AAA

Display Description

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.

Any 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:

- 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.