




Product Name	Bluetooth Body Fat Scale
Display	Digital LCD
Measurement Unit	Kilogram / Pound
Measurement Range	2kg to 180kg
Division	0.1kg / 0.2lb
Power Source	2 x 1.5V AAA 
Auto - OFF	About 30s after LCD display "0.0" or about 10s after the weight is locked.
Mode of Operation	Continuous Operation
Degree of protection	Type BF applied part 
Software Version	V1.0
Bluetooth Module No.	A8105
Protection against electric shock	Internally powered ME equipment
Note:	Not intended to be sterilied. Not for use in an OXYGEN RICH ENVIRONMENT.

	载荷m以检定分度值e表示	2kg≤m≤50kg	50kg≤m≤100kg	100kg≤m≤150kg	150kg≤m≤200kg
	最大允许误差	±0.2kg	±0.3kg	±0.4kg	±0.5kg

Manufacturer: Guangdong SENSSUN Weighing Apparatus Group Ltd.
Address: Baishawan Industrial Park, Qiwan Road (N),
East District, Zhongshan City, Guangdong Province
Postal Code: 528403
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Email: sales@camry.com.cn



14iF-001C R0

The product picture is indicative only. Appearance specifications please in kind prevail.



Bluetooth Body Fat Scale

iF-1 SERIES (iF921B) Instructions for Use



Start Here!

Bluetooth 4.0 Supported



ISO 9001 CERTIFIED BY SGS

DEAR CUSTOMER:

Welcome to use SENSSUN Bluetooth Body Fat Scale.

This product is specially designed to test body fat/hydration/muscle/bone, help keep a close eye on the daily change of your body fat, hydration, muscle, bone and weight, providing information for your reference. Base on the analysis of your height, weight and age etc., it tells your daily energy requirement, and helps control your weight. Please read this instruction carefully before use.

ABOUT SENSSUN

Bluetooth scale helps you to store and keep track of your weight on mobile devices. This scale can transmit your weight data to your smart devices via Bluetooth technology, as well as make graph of your weight results, from which you are able to keep track of the trend anytime. Download SENSSUN Scales software to use Bluetooth scale, you will start your first step of weight control.

USER-FRIENDLY TIPS

1. During Measuring

- The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- Always remove your shoes and socks, wipe clean your feet before using.
- Step on the weighing platform gently.
- It is advisable to take measurement at the same time of the day.
- Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
- The measured data of the following people may have deviation:
 - Children under 10
 - Adult over 70
 - Body building athletes or other occupational athletes.
- People with the following conditions should not use the device:
 - Pregnant women
 - Those with symptom of edema
 - Those on dialysis treatment
 - Those who use heart pacemaker or with other implanted medical device.

2. Safety Warning

- The Fat% Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
- Keep away from strong electro-magnetic field when using the scale.
- Don't use the scale on the damp floor, neither could stand on the edge to one side of the scale, otherwise it may tip!

FEATURES/SPECIFICATIONS

1. Scale Body

- Using high precision strain gauge sensor
- Multifunction: test body fat %, body hydration %, body muscle %, body bone % and suggest calorie intake requirement.
- Built-in memory for 12 different users
- Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings
- Low battery and overload indication


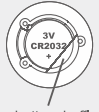
2. Bluetooth

- Directly check personal weight, body fat %, body hydration %, body muscle %, and body bone % information through graphs.
- Set password to protect personal information and store multi-user data;
- Simple and clear graphs current weight trends, from which you are able to keep track of the change;
- Bluetooth wireless technology;
- Connect with different smart devices respectively;

PERFORMANCE INDEX

Item Index	Weighing Capacity	Fat%	Hydration%	Muscle%	Bone%	Calorie
Index Range		4.0% ~60.0%	27.5% ~66.0%	20.0% ~56.0%	2.0% ~20.0%	
Division	0.1 kg	0.1 %	0.1 %	0.1 %	0.1 %	1KCAL

BATTERY INSTALLATION

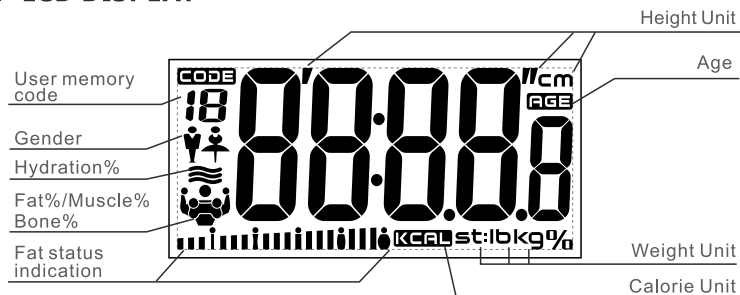
Name	Illustration	Installation
2x1.5V AAA Battery		AAA battery installation Please install battery according to polarity.
1x3V or 2x3V lithium battery (CR2032)	 battery baffle	A. Take out the used battery with the aid of a cuspidal object B. Install new battery by putting one side of the battery beneath the battery baffle and then pressing down the other side. Please take note to the polarity.

Note: Please use corresponding battery. Please remove battery if it is not in use in a long time (more than three months).

KEY ILLUSTRATION

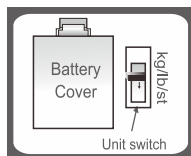
- SET : Turn on the scale and prompt to next parameter.
(Please refer to the Setting Personal Parameter overleaf)
- ▲ : Value up by each interval press.
Press and hold the button to have consecutive value added.
- ▼ : Value down by each interval press.
Press and hold the button to have consecutive value reduced

LCD DISPLAY

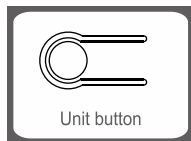


TO CONVERT WEIGHT UNIT

If the scale is with both measuring system of Metric(kilograms) and Imperial (pounds, stones), you can convert weight unit as follow:



- Condition 1: if the unit switch is on the back of the scale,
- Find unit switch on the back of scale.
 - Pull up and down the unit switch to convert scale unit between kg-lb-st.

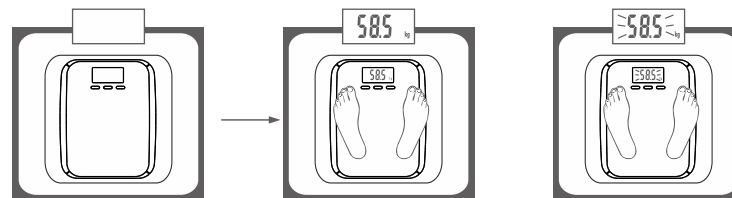


- Condition 2: if the unit switch is on the back of the scale,
- Find unit switch on the back of scale.
 - Press the unit conversion button when scale is power on, LCD shows current weight unit. Press the button again to convert weight unit.

NORMAL WEIGHING MODE (bypassing parameter setting)

1. Auto step on weighing

After installing battery, place the scale on flat floor. Keep stand still on scale when testing. Then wait for seconds, display shows the same weight reading for approximate a few seconds.



Install battery and place the scale on flat floor. To make sure accuracy, place the scale on a hard, flat floor and avoid carpet and soft surface.

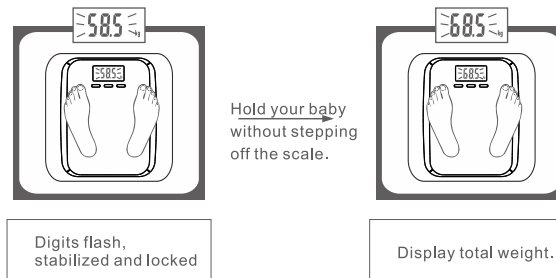
Step on scale slightly (Auto-on) for a while, wait for weight reading display (as shown above).

Reading result will flash after weight stabilized.

2. Consecutive add-on weighing

After digits stabilized, additional loadings can be conducted. Ensure each add-on loading has to exceed 2kg to get a new reading.

Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



FAT/HYDRATION/MUSCLE/BONE/ CALORIE MEASURING MODE

(1) Setting personal parameters

A. At the first time when you install battery and switch on, all default parameter are set as follow:

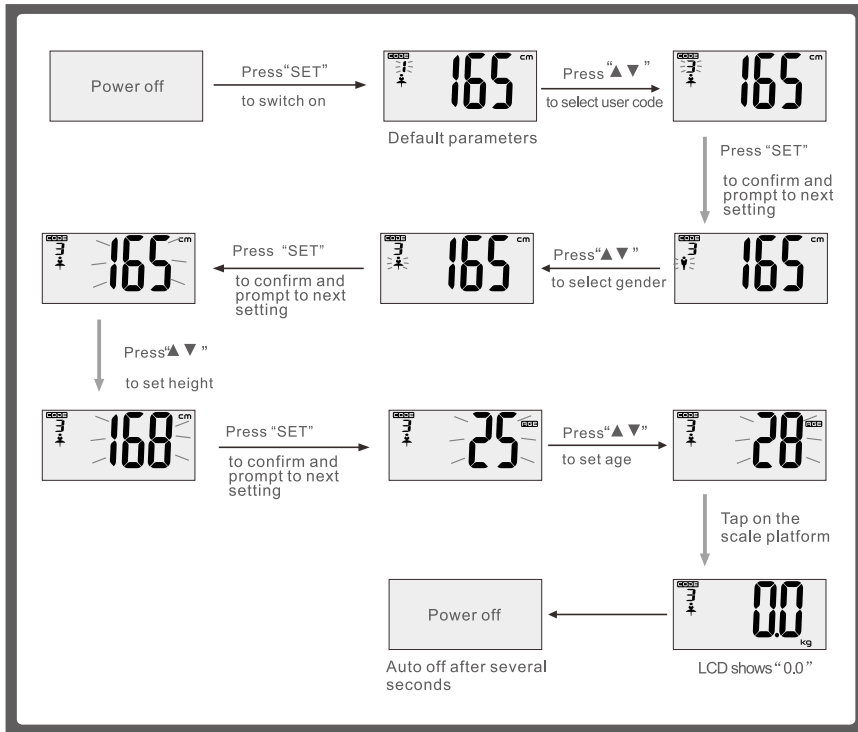
Memory	Gender	Height	Age
1	Female	165cm/5'05.0"	25

B. Parameters can be set in the following range:

Memory	Gender	Height	Age
1~12	male/female	100~250cm 3'03.5"~8'02.5"	10~100

C. Parameter setting

Example: the 3rd user, female, 168cm, 28 years old, can set her parameters as follow:



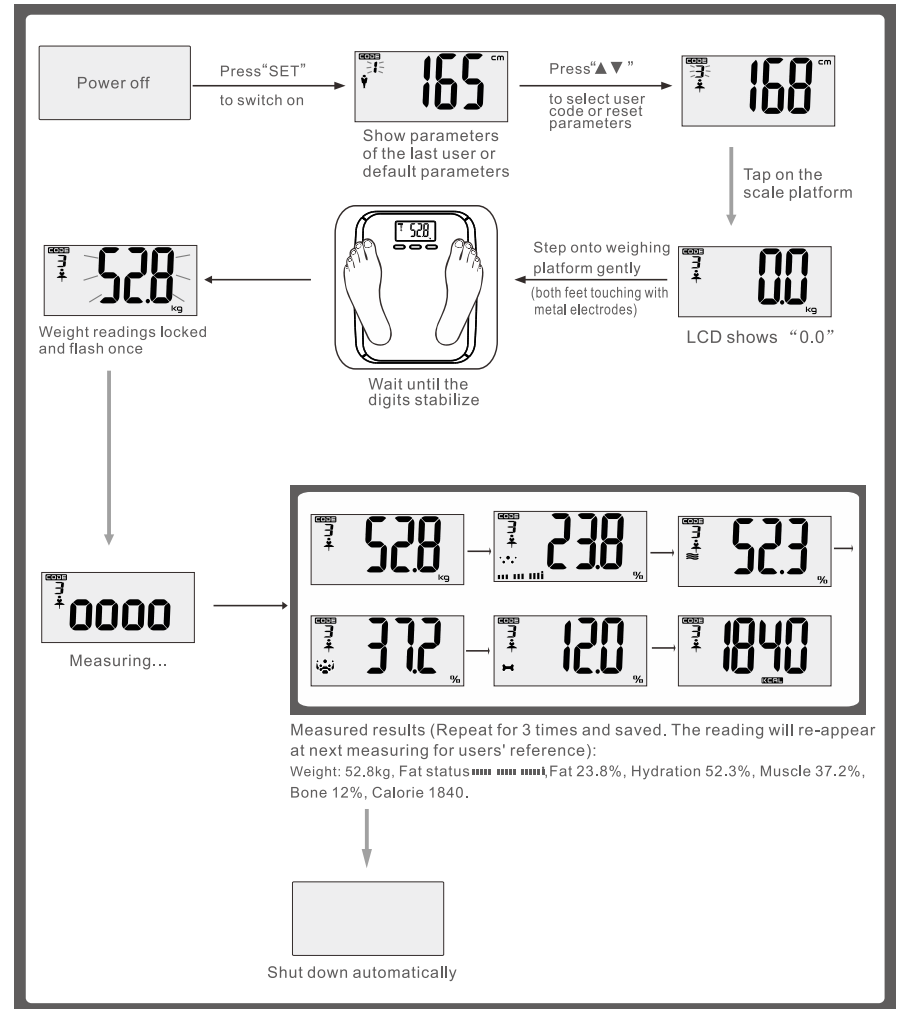
NOTE:

- During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0", meaning body fat measuring will be started.
- If LCD prompt to show "0" during parameter setting, press SET for 3 seconds to return setting mode, then you can set user code, gender, height and age

(2) To Start Measuring (Make sure your feet are touching with the electrodes on the scale platform, or body fat can not be measured.)

To ensure accuracy, please remove your shoes & socks before stepping on.

Example: the 3rd user, female, 168cm, 28 years old can measure as follow:



■ WARNING INDICATIONS



Low Battery Indication
The battery power is running low, please replace with a new battery.



Over-load Indication
The weighing subject on the platform exceeds the maximum capability of scale. Please step off to avoid damage.



Low Fat% Indication
The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



High Fat% Indication
The Fat% is too high. Please watch your diet and do more exercise.



Re-test
Error exists, please re-test to get the correct result.

■ ABOUT FAT

1. About Fat%

- Fat% is an index % of fat content in human body.
- The fat content in human body is of a certain level, overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying, " Obesity is hotbed of illness " .

2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological impedance analysis, biological impedance analysis this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

3. Fat/Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat(F)	Hydration(F)	Fat(M)	Hydration(M)	Status	Key Line Indication
≤30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Thin	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Slim	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Heavy	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Overweight	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Thin	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Slim	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	Heavy	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Overweight	

- The above information is only for reference

■ ABOUT CALORIE

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.

■ HOW TO SET UP AND USE OUR APP

1. Get the Application:

- Go to the "App Store" or "Google Play", and search "SENSSUN" to download our Fine-designed Application.
- Or in another most convenient way by scanning the QR code on the right side:



Start Here!

2. Bluetooth Setting:

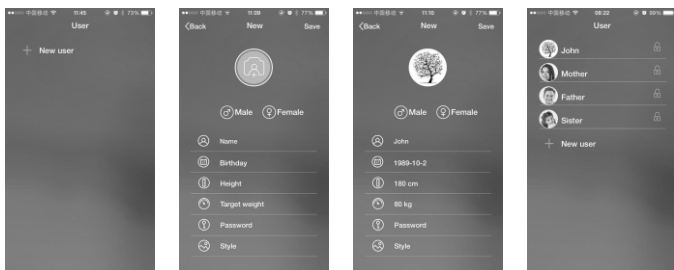
- Make sure that the Bluetooth is already on.
- If not, go to the "Settings > Bluetooth" to turn it on.
- Tap on the platform of scale to turn it on.

Note:

- Due to the new technology of Bluetooth 4.0, there is no need to pair the smart device with scale, it will be matched automatically within the Bluetooth signal coverage of 5~10 meters.
- The products are Bluetooth 4.0 supported, and require iOS 7.0/Android 4.3 or later. They could be compatible with iPhone4s or later, Samsung Galaxy S3, HTC One, Huawei Honor 6, Xiaomi 3, Meizu MX3, LG G2 pro, etc. This App is not optimized for tablet.

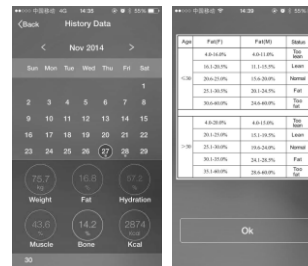
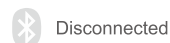
3. Creating A New User Profile:

- Click the "SENSSUN" icon to open the App, you will see the initial interface without any profile
- Click "+ New user" and fill out all requested information, such as gender, name, date of birth, height, target weight, theme of the interface, and could even set a password to protect your private information.
- Click "save" to save the profile, and then it will redirect to the initial interface. Now, you can enter your profile and start weighing.



4. Weighing with your Smart device:

In the weighing mode, also the overview interface, you will see the Bluetooth icon, under your avatar, is already in dark blue, which means the Bluetooth connection goes into effect.



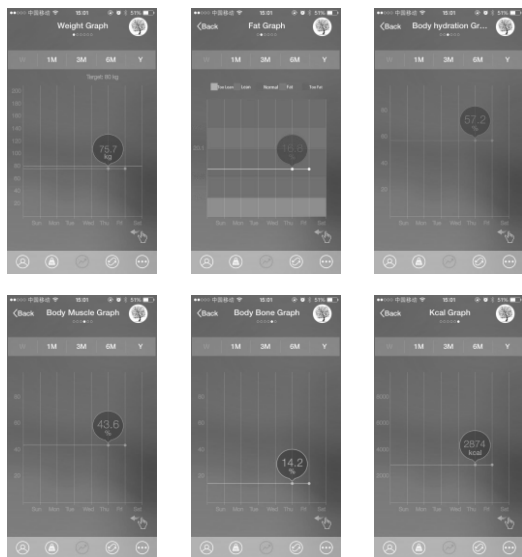
- Shake your device to transfer your basic info., gender, age and height, to the scale before weighing for the purpose of starting the body composition measuring instead of setting on the body of scale.
- After weighing, on the first page, you can reach the information of weight, fat %, and date.
- Sliding towards the left, on the second page, you can reach other physical indices of hydration%, Muscle%, Bone% and Kcal recommendation.
- Click "Save" on the first page, the data will be saved in the history.
- Click the date circle, you can review the history data by every single day recorded.
- Click the Fat% circle, you can refer to the Fitness Assessment Chart which could catch your attention on your healthy condition, and make some changes if it is necessary.

Note:

- The daily record for one user is always the last record measured and saved within day.
- The Fitness Assessment Chart is only for your reference, not determining everyone's real healthy status.
- There is also a Fitness Assessment Chart in the manual.
- You can modify your basic info. by clicking your avatar to the setting mode.

5.Tracking your weight and other indices:

In order to track the trend of those indices, clicking the third icon on the bottom bar, you will be taken to the line graphs interface that shows the tendency of your weigh, fat%, hydration%, Muscle%, Bone% and Kcal Recommendation by the period of week, month, 3 months, 6 months and year. You can slide towards the left or right to switch between those graphs.



Note:

- Week: the graph displays the trends of the current week by every single day last record in the week.
- 1 month: the graph displays the trends of the current month by every weekly last record in the month.
- 3 months: the graph displays the trends of the last 3 month by every weekly last record in this 3 month.
- 6 months: the graph displays the trends of the last 6 month by every monthly last record in this 6 month.
- 1 year: the graph displays the trends of the current year by every monthly last record in the year.

6.Data Synchronizing:

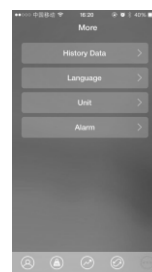


- Click the fourth icon on the bottom bar.
- Turn on the scale.
- Press "Data Sync" to sync the data into the history records.

Note:

- The built-in memory of the scale can save up to 15 days of data, which means you can use the scale without smart device for some days.

7.More Functions:



- Click the fifth icon on the bottom bar.
- You can reach the history data here as well.
- Customize the language, weighing unit, or even set a repeated alarm that reminds you to weigh yourself, so that it will make the tendency of the results be more referable.

Attention:

The application is approving for your better experience, please keep your attention on the changes and improvements of the application with every update.

■ ADVISE FOR USE & CARE

1. DO NOT use the scale in humid, overheat or overcold environment. (Temperature range from 5°C to 35°C)
2. DO NOT use the scale on soft mat, lawn, slippery floor or uneven floor.
3. DO NOT drop, shock or strike the scale as it is a precise instrument.
4. Keep the scale clean. DO NOT use acid cleaning agent.
5. DO NOT use the scale on a place with intense shake. Keep standing firmly on scale when in use.
6. To ensure accuracy, please test at the same time of the sequential days.

■ FAQ

The software can't obtain weighing results from Bluetooth scale.

- Please confirm the Bluetooth icon on the software interface is in dark blue, showing connected successfully.
- Confirm the Bluetooth is on in your device.
- Confirm the Bluetooth scale is on within the valid range of signal coverage.
- Check the battery of Bluetooth scale, replace it if necessary.
- Restart your device and set up Bluetooth connection.

Fail to connect to your device

- Please make sure only one device is setting up connection with the Bluetooth scale.
- Please make sure your device is equipped with Bluetooth 4.0 or above.

LCD has no responses

- Please first check the batteries and replace them if necessary.
- Repairs may only be carried out by our authorized customer service or dealers.

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.

Warning: When measurement, shall not touch batteries output

Warning: No modification of this equipment is allowed

Manufacturer will provide circuit diagrams, component part lists, descriptions, calibration instructions to assist to service personnel in parts repair

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURE"
	The Bluetooth Combination Mark	 Symbol for "ENVIRONMENT PROTECTION - Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"	
	Symbol for "TYPE BF APPLIED PARTS"		
	Symbol for "MANUFACTURE DATE"		
	Symbol for "SERIAL NUMBER"		

Interference may occur in the vicinity of equipment marked with the following symbol:



normal working condition	Noram indoor condition Temperature: 5 to 35°C Humidity: ≤85% RH
storage & transportation condition	Temperature: -10 to 55°C Humidity: ≤85% RH
protection against ingress of water	Ip21, it means the device could protected against solid foreign objects of 12.5mm and greater, and against vertical falling water drop
degree of protection	type BF type applied part(electrodes)
mode of operation	Continuous operation
device classification	internally powered
software version	V01
Expected service life of the me equipment	5 years
Power supply	3VDC (2 AAA 1.5V alkaline batteries)

EMC declaration

- 1) This equipment needs to be installed and put into service in accordance with the information provided in the ACCOMPANYING DOCUMENTS;
- 2) Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance d away from the equipment. The distance d is calculated by the MANUFACTURER from the 800 MHz to 2.5 GHz column of Table 6 of IEC 60601-1-2:2007, as appropriate.

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.

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:

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- 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.
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