

**Healthcare-Manager.com**

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Made in China



ENC-203



## Smart Nutrition Scale

ENC-203 User Manual



Scan and Start here for App download!

ISO 9001 CERTIFIED BY SGS

## ● DEAR USERS:

Thank you for using our Smart Nutrition Scale. Please read and keep the manual in order to use the scale best.

## ● ABOUT THE SCALE

The scale helps you save and keep track of nutritional information on your phone via Bluetooth. The included App draws a line chart of the nutrition intake by day/week/month/year so you can check the nutrition intake status at any time. You will take the first step in dietary management after downloading the app and using the Bluetooth scale.

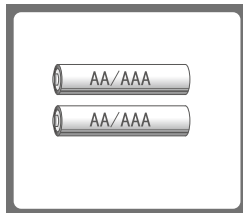
The Bluetooth syncs automatically to any nearby device with "Modern Chef" app open. Having only one device with the app open will ensure Easy@Home Nutrition Scale syncs with intended device.

## ● FEATURES

1. Indicates volume of water and milk
2. Zero, tare function
3. Low battery power / Overload indication
4. Auto off
5. Bluetooth function
6. Measures: calories, sodium, fat, protein, carbohydrates, cholesterol and dietary fiber

## ● TO INSTALL OR REPLACE BATTERY

1. Battery Type: 2 x 1.5V AAA batteries (included).



PIC 2

2. Battery Installation

The 2 AAA batteries are pre-installed in the battery chamber on the back side of the scale. Open the battery chamber cover, remove the insulation foil, then replace the cover.

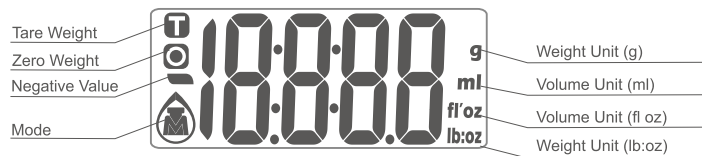
3. Battery Replacement

Take out used batteries, put in two new AAA batteries into the battery chamber in the correct polar direction.

### Caution

Used batteries must be disposed of according to local laws and regulations.

## ● LCD DISPLAY



Weight Mode



Milk Volume Mode



Water Volume Mode

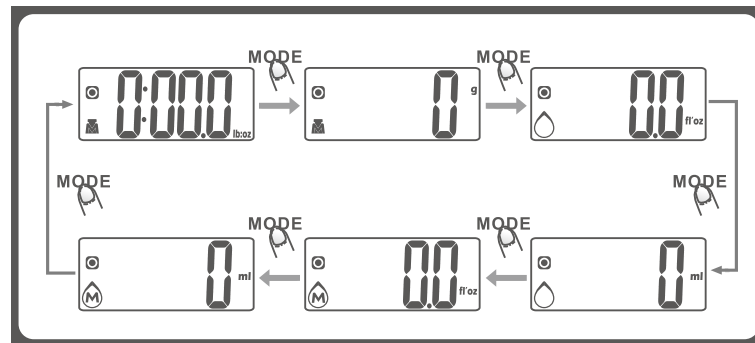
## ● KEY ILLUSTRATION

**MODE** : Mode and unit conversion

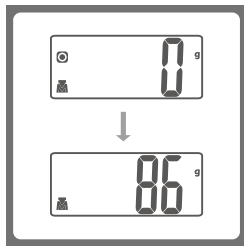
⏻/ZERO: Turn On / Turn off / Zero / Tare

## ● MODE AND UNIT CONVERSION

After turning on scale, press "MODE" button to select certain mode as shown below:

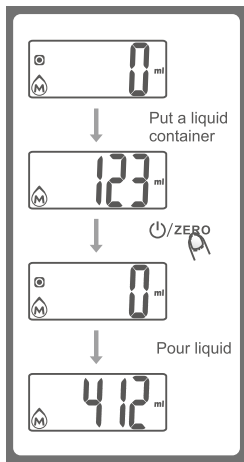


## ● TO START WEIGHING



### Weighing Mode

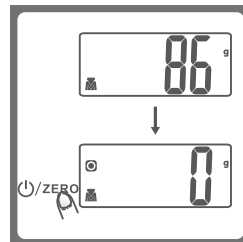
1. Place the scale on a solid and flat surface.
2. Press  $\text{ON}/\text{ZERO}$  to turn on.
3. Wait until LCD shows "0". Press  $\text{MODE}$  button to convert to weighing mode.
4. Load weighing object on scale (or bowl) to start weighing. LCD will show the weight reading.
5. If using a bowl, press  $\text{ON}/\text{ZERO}$  button after placing the bowl on scale.



### Volume Indication Mode

1. Place the scale on a solid and flat surface.
2. Press  $\text{ON}/\text{ZERO}$  to turn on.
3. Wait until LCD shows "0". Press  $\text{MODE}$  button until it converts to volume indication mode.
4. Put an empty liquid container onto the scale platform. LCD shows weight of container.
5. Press  $\text{ON}/\text{ZERO}$  button to zero or tare weight.
6. Pour liquid (water or milk) into the container. LCD shows the volume of the liquid.

## ● "ZERO" OR "TARE" FUNCTION



Weigh different items consecutively without removing any items from the scale. (Put first item on the scale, get weight reading. Press  $\text{ON}/\text{ZERO}$  button to reset the LCD reading to "0" before adding next item. You can repeat this operation - to remove items weight on scale and know new added items weight only.

### Condition 1: "ZERO" function

When total sum of all items on scale = 4% of scale's Maximum weight capacity.

(4%=200g when capacity is 5kg)

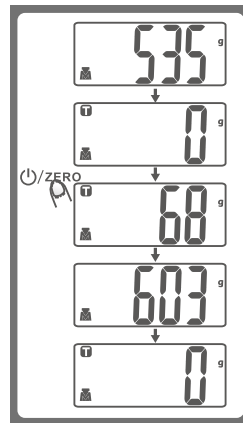
LCD will show "0g" each time  $\text{ON}/\text{ZERO}$  is pressed. This means ZERO function is activated. Maximum weight capacity remains unchanged in this case.

### Condition 2: "TARE" function

When total sum of all items on scale > 4% of scale's Maximum weight capacity.

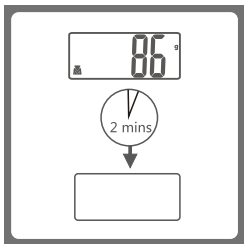
(4%=200g when capacity is 5kg)

LCD will show "0g" and "T" each time  $\text{ON}/\text{ZERO}$  is pressed. It means TARE function is activated. Maximum Weight capacity is reduced by total weight of all items-TARE subtracts the items weight on the scale before adding a new item to weigh (for example when you have a bowl with ingredients and want to remove the weight of the bowl only).



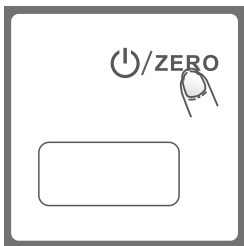
Under this TARE condition (Total sum of all items on scale > 4% of scale's Maximum): By pressing **⏻/ZERO**, you can see the total weight of all loads on the scale. If you want to weigh more loads, just press **⏻/ZERO** to reset LCD reading to '0' again.

## ● AUTO SHUT OFF (POWER SAVING MODE)



Auto shut-off occurs if display shows "0" or shows the same weight reading for 2 minutes.

## ● MANUAL SHUT OFF



To maximize battery life, please press **⏻/ZERO** button to turn off scale after each use.

## ● INDICATION

Warning indication	Name	Instructions and methods
Err	OVERLOAD INDICATION	Scale is overloaded past the maximum capacity (5kg).
Lo	LOW BATTERY INDICATION	Battery power is low. Please replace the batteries.

## ● CLEANING AND CARE

1. Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents.
2. All plastic parts should be cleaned immediately after contact with fats, spices, vinegar and strongly flavored/colored foods. Avoid contact with acids and citrus juices.
3. Always use the scale on a solid, flat surface.
4. Do not hit, bump, or drop the scale.
5. The scale is a precision instrument, always handle it with care.
6. Place it in a cool, dry place when it is not in use.
7. Check the battery if the scale cannot be turned on.
8. Designed for family and non-commercial use.


## ● APP INSTRUCTION

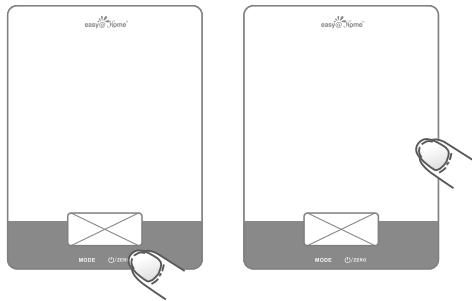
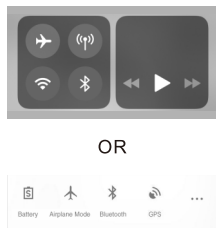
### 1.Download the APP

Search keyword "Modern Chef" in the App Store/Google Play or scan the QR code on the right side to obtain the App.



### 2.Bluetooth settings

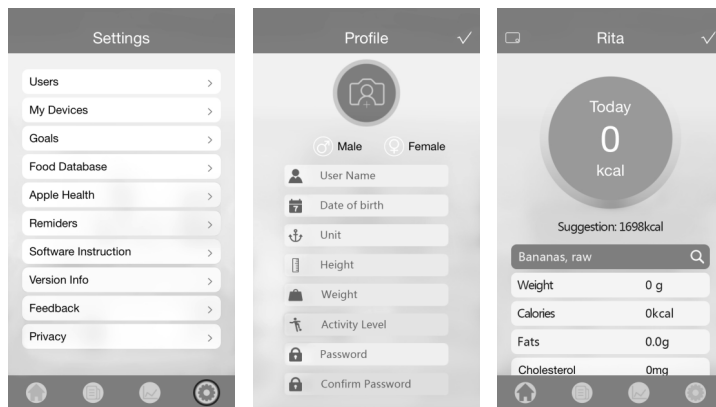
- Make sure that the Bluetooth of your mobile phone or tablet is turned on in your cellphone before use.
- To enable, please go to "Setting<Bluetooth" menu.
- Press the /ZERO to turn on scale.
- Press the scale platform to turn on the Bluetooth of the scale.



**Note: Making sure only one device has this app open nearby will confirm established connection with proper device. No need to manually pair.**

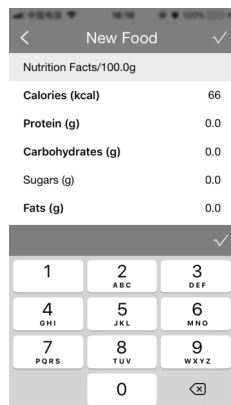
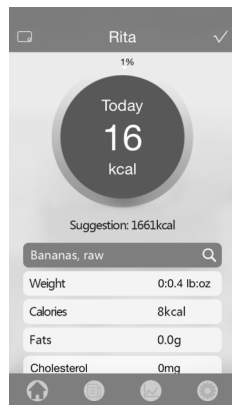
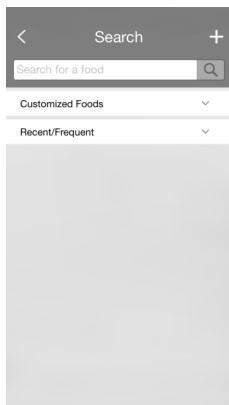
### 3. Create a new user in app

- Click "Modern Chef" icon to open app. Enter the "user settings" (bottom right icon looks like a gear). Press + New User.
- Complete the information to enter the "Home" screen. You can have multiple users for the same scale with one or multiple app logins and profiles. Make sure to close out the app on one phone before using the app on another phone.



#### 4. Weight and nutrition calculate

- Put the food on scale after searching the food in your App.
- Scale reveals the weight and content of nutrition including: calories, sodium, fat, carbohydrates, cholesterol, and dietary fiber.
- Click "Save" to add data to history after weighing.
- If the food you need is not available in the database, please enter the nutrients per 100g of food, then click on "Done" to add it to the database for future use.



#### 5. Review history

The App enables you to check the nutrient curves and history, for multiple users. For further information, please refer to the application instructions.

#### Requirements for mobile devices:

**Bluetooth version: Bluetooth 4.0 or above**

**Apple System: iPhone 4S or later, iOS 8.0 or later**

**Android System: Android 4.3 or later**

## ● FAQ

### What if the application cannot get the data from the scale?

- Check if the Bluetooth function is on for your electronic device.
- Confirm the scales power is on and also in the valid signal range.
- Replace the battery if the battery power is not sufficient.
- Close out and restart the application.
- Reboot the phone and re-establish a Bluetooth connection.
- Delete and re-download app if other solutions do not help.

### What if Bluetooth connection failed?

- Nutrition scale will automatically pair with nearby nutrition app "Modern Chef" via Bluetooth. No need to pair manually yourself. Just make sure only the device you want to use has the app running. If more than one device has the nutrition app open, the Bluetooth will automatically sync with one device at random.
- Confirm your phones' Bluetooth version is 4.0 or later.

## 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.

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 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:

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