

■ FAQ

Software doesn't obtain reading from the scale

- Check the connection with app
- Check Bluetooth is switched on. Switch on and off, bridge the Bluetooth connection between scale and smart phone again
- Check battery status
- Relaunch application

Failure to connect to device

- Ensure only one device is connecting to the smart scale
- Make sure the device is equipped with Bluetooth 4.0 or higher.

LCD shows no response

- Check battery status

NOTE: Repairs should not be carried out by unauthorized people.



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

anko

BLUETOOTH BODY ANALYSIS SCALE

INSTRUCTIONS FOR USE

Bluetooth



BodyMonitor

43161973

■ DEAR CUSTOMER

Thank you for purchasing our smart body fat scales.
Please read and keep the instruction manual for future reference

■ SAFETY WARNING

1. People with the following conditions should not use this device:
 - a. Pregnant Women
 - b. Those with symptoms of edema
 - c. Those on dialysis treatment
 - d. Those who use heart pacemakers or other implantable devices
 2. Keep area free of water to reduce slip hazards.
 3. Children under 10, adults over 70 and body building athletes may show deviation therefore the scale should only be used in weighing mode.
 4. The fat percentage and hydration content evaluation by the Smart Body Fat scale is only for reference and not for medical purposes. If the readings are higher or lower than normal and you are worried, consult your doctor for more advice.
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■ USER-FRIENDLY TIPS

1. Scales are to be used on a solid, flat surface.
2. The scales are designed to allow auto step on, ignore the first reading. Correct readings are from 2nd weighing.
3. Weighing should be done in bare feet.
4. Step on the weighing platform gently, do not kick or drop the scales.
5. For consistency, weigh at the same time each day.
6. Keep away from strong electro-magnetic fields.
7. Measuring after intensive exercise, excessive dieting and when dehydrated can give incorrect readings.
8. If scales fail to start, check battery and replace if required.

■ FEATURES

- Bluetooth wireless technology
 - Connect with different smart devices.
 - Auto on function
 - Low battery and overload indicator
 - High precision readings
 - Records body weight, fat, hydration, muscle and bone percentages and suggests calorie intake.
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■ BATTERY INSTALLATION

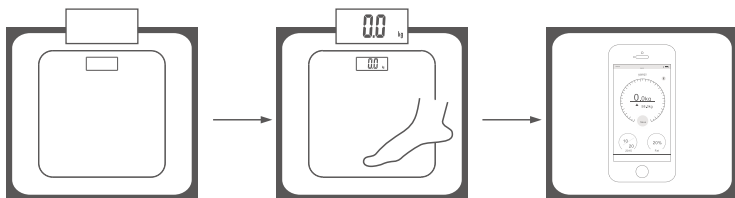
Name	Illustration	Installation
2x1.5V AAA Battery		AAA battery installation Please install battery according to polarity.

Note: Remove batteries when not using for extended periods of time.

WEIGHT AND BODY FAT MEASUREMENT WITH APP

Remove shoes and socks before weighing and ensure that feet are in contact with electrodes on scale.

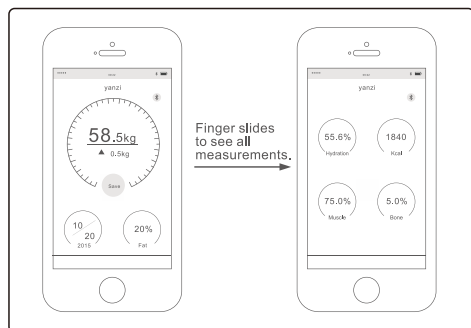
1. Open App and ensure that Bluetooth is on, step on the scale.
2. Weight is shown on both scale and app. After several seconds, the app will show body fat, hydration, bone and kcal.
3. Data will be saved.



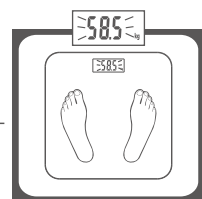
1. Install batteries and place scale on a hard, flat floor. Do not use on carpet or mats.

2. Step on scale to turn on. Ensure Bluetooth is connected and screen shows 0.

Connect your smart phone to measure body fat.



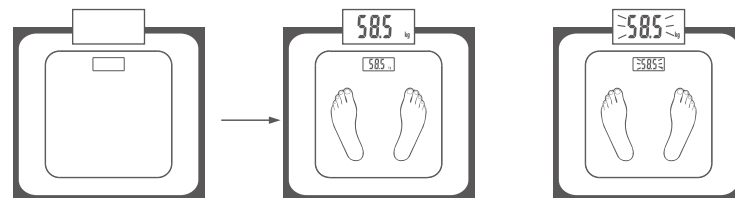
Body fat, hydration, muscle, bone and kcal are on App.



Step on scale. Digits flash, stabilized and locked.

NORMAL WEIGHING MODE

1. Install batteries and place scale on a hard, flat floor. Do not use on carpet or mats.
2. Step on scale to turn on, weight reading will appear on display and will flash after weight has stabilized.

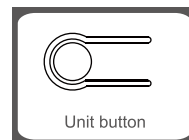


Install battery and place the scale on flat floor. To make sure accuracy place the scale on a hard, flat floor and avoid carpet and soft surface.

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

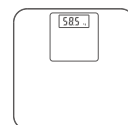
Reading result will flash after weight stabilized.

WEIGHT UNIT



The scale can display metric unit.
The switch is located on the back of the scale.

AUTOMATIC SWITCH OFF



The scales will automatically switch off.


■ INDICATION

Warning indication	Statement	Meaning
Err	OVERLOAD INDICATION	Maximum weight has been reached
Lo	LOW BATTERY INDICATION	Replace batteries
C	REMEASURE	Remeasure required

■ ADVISE FOR USE & CARE

1. Avoid extreme temperature
2. Use on an even hard floor
3. Do not drop or kick scales as they can break
4. Do not use abrasive cleaners

■ APP INSTRUCTION

1. Get the application
 - a. Scan the QR code on the right side to obtain the App.
 - b. At the "App Store" or "Google Play", search keyword "BodyMonitor" to download our application.
2. Bluetooth settings
 - a. Make sure that the Bluetooth is turned on before use
 - b. If not enabled, please go to the "Setting<Bluetooth" menu to turn it on.
 - c. Press the scale platform to turn on.
3. Create a new user
 - a. Click "BodyMonitor" icon, you will enter the "user settings".
 - b. Complete the information to enter weighing interface.
4. How To Use The Scale With Application
 - a. Press scale to turn it on
 - b. Open App and make sure the "  " on main interface is blue, which means scales connect the App.
 - c. Connect to the smart phone to transfer user's information to scale.
 - d. Step on scale.
 - e. Weight will be showed on the scale and App. After several seconds, body fat, hydration, muscles, bone percentage, and kcal suggestion will be showed following upon weight measurement.
 - f. You can review the history, add new users and set reminders for your weighing habit.



BodyMonitor