

# anko

## BLUETOOTH BODY ANALYSIS SCALE

### INSTRUCTIONS FOR USE

Bluetooth



Start Here!

Bluetooth 4.0 Supported



## ■ DEAR CUSTOMER:

Thank you for using our Bluetooth body analysis scale. Please read and keep the manual in order to use the scale better.

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## ■ BLUETOOTH BODY FAT SCALE

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

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## ■ USER-FRIENDLY TIPS

### 1. During Weighing

1. 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.
2. Always remove your shoes and socks, wipe your feet clean before using.
3. Step on the weighing platform gently.
4. It is advisable to weigh at the same time of the day.
5. Result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
6. Always weigh/use the scale on a hard and flat surface. When you are weighing, please keep still.
7. The measured data of the following people may have deviation:
  - Children under 10 or adult over 70 (can only use the device under normal weighing mode)
  - Body building athletes or other occupational athletes.
8. 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

1. 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.
  2. Keep away from strong electro-magnetic field when using the scale.
  3. Do not use on slippery surfaces.
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## ■ FEATURES

1. Size of LCD; 74\*35.6mm
  2. High precision strain gauge sensor
  3. Auto on function.
  4. Low battery and overload indication.
  5. Multifunction: test body fat%, body hydration%, body muscle%, body bone% and suggest calorie intake requirement.
  6. Set password to protect personal information and store multi-user data.
  7. Bluetooth wireless technology.
  8. Connect with different smart devices respectively.
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## ■ BATTERY INSTALLATION

Name	Illustration	Installation
2x1.5V AAA Batteries (not included)		AAA battery installation Please install battery according to polarity.

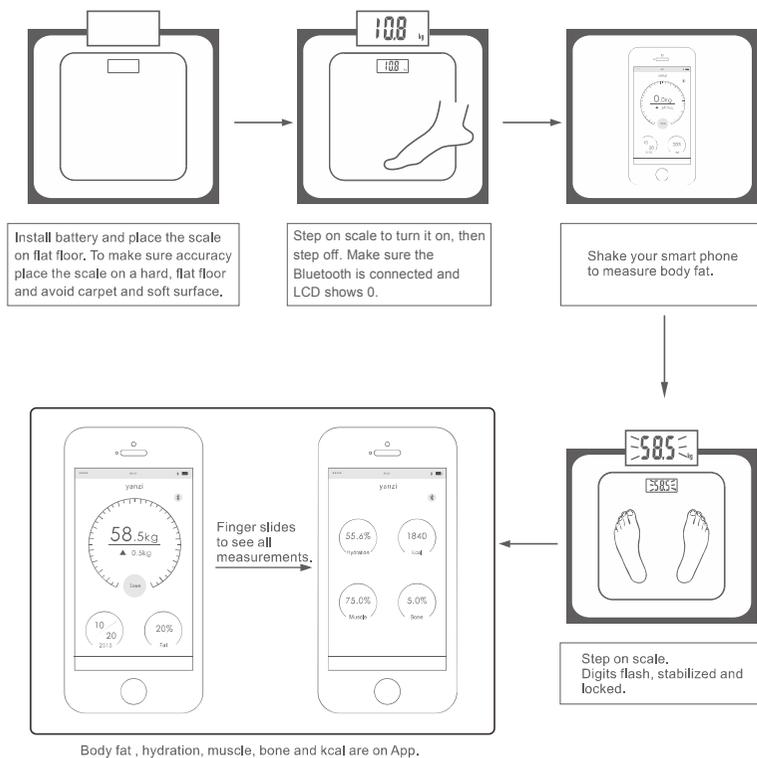
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Note: Please remove battery if it is not in use in a long time (more than three months).

## WEIGHT AND BODY FAT MEASUREMENT WITH APP

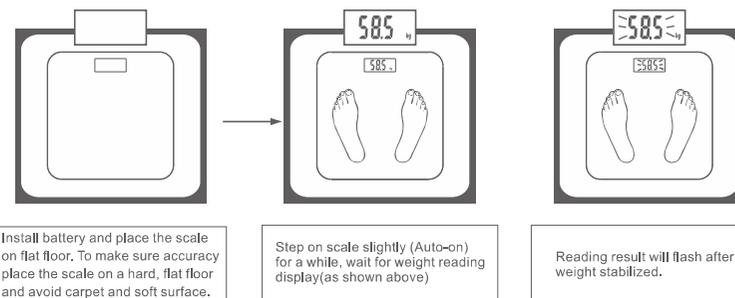
Make sure your feet are touching the metal on electrodes or the data will be inaccurate. Remove socks for greater accuracy.

1. Open App. Step on scale to turn it on. Step off. Make sure the Bluetooth is on.
2. Step on scale. Weight is showed on both scale and App. After several seconds, you can get your body fat, hydration, muscle, bone and kcal on App.
3. Data will be saved automatically in history record.

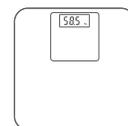


## NORMAL WEIGHING MODE

After installing battery, place the scale on flat floor, step on and then step off scale (Auto-on), step on and stand still. For a few seconds until weight has stabilized (when weight reading flashes on scale).



## AUTOMATICALLY TURN OFF



Data stabilized and locked for several seconds. It will turn off automatically when not in use.

## INDICATION

Warning indication	Name	Instructions and methods
Err	OVERLOAD INDICATION	Scale overload the max weight (Max weight is indicated on the scale.) Please step off to avoid damage.
Lo	LOW BATTERY INDICATION	Battery power is low. Please replace new battery.
C	REMEASURE	There is error. Please remeasure.

## ADVISE FOR USE & CARE

1. DO NOT use scales in humid, very hot over very cold conditions, ideal temperature range is from 5 °C-35 °C.
2. Make sure that the scales are used on a hard, flat surface.
3. DO NOT drop, shock or strike the scale as they are a precision instrument.
4. Clean the scales with a soft cloth and mild detergent only, do not use abrasive cleaners.

## ■ APP INSTRUCTION

### 1. Get the application

1. Scan the QR code on the right side to obtain the App.
2. At the "App Store" or "Google Play", search keyword "BodyMonitor" to download our application.



### 2. Bluetooth settings

1. Make sure that the Bluetooth is turned on before use
2. If not enabled, please go to the "Setting > Bluetooth" menu to turn it on.
3. Press the scale platform to turn on.

### 3. Create a new user

1. Click "BodyMonitor" icon, you will enter the "user settings".
2. Complete the information to enter weighing interface.

### 4. How To Use The Scale With Application

1. Press scale to turn it on
2. Open App and make sure the "  " on main interface is blue, which means scales connect the App.
3. Shake the smart phone to transfer user's information to scale.
4. Step on scale.
5. 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.
6. Click "Save" to keep data in history.
7. You can review the history, add new users and set reminders for your weighing habit.

Warm Tips:

Requirements for mobile devices:

Bluetooth version: Bluetooth 4.0 or above

Apple System: iPhone 4S or later, iOS 6.0 or later

Android System: Android 4.3 or later

## ■ 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.

1. Confirm the Bluetooth is on in your device.
2. Confirm the Bluetooth scale is on within the valid range of signal coverage.
3. Relaunch the application.
4. Turn off the Bluetooth and on again, then bridge the Bluetooth connection between scale and smart phone.

### Fail to connect to your device

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

### LCD has no responses

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