

Quick Guideline

Thank you for choosing the smart body fat scale, this instruction page will quickly help you use this product, if you want to know more, please refer to the manual.

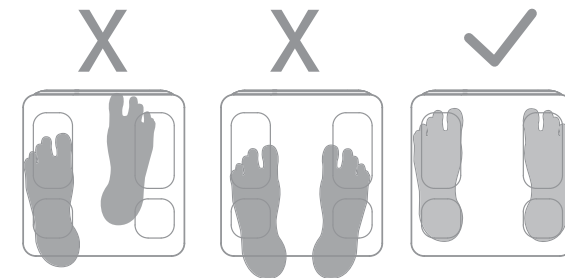
01 Scan the QR code below or in the app market to download and install the app.



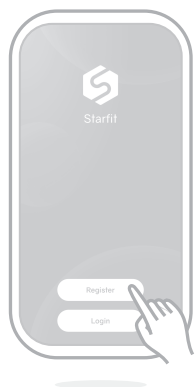
04 Connect the device Find the device and press to be paired.



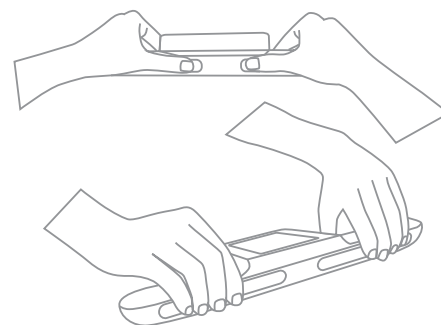
07 Stand straight and keep your feet apart, and keep your feet (Specially for heel) full contact with metal electrodes.



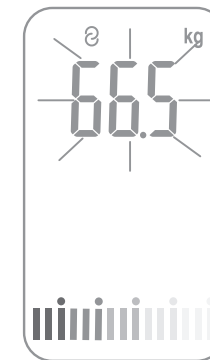
02 Register and log in Follow the guideline to complete.



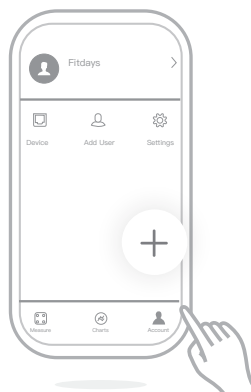
05 Step scale on or switch the button on, wait till scale display show 0.0, Step onto scale with bare feet first, then grip handle bar as below:
- Thumb: need full contact with hump-metal electrodes.
- Four fingers: need full contact with two long metal electrodes.
Pls refer to below photos:



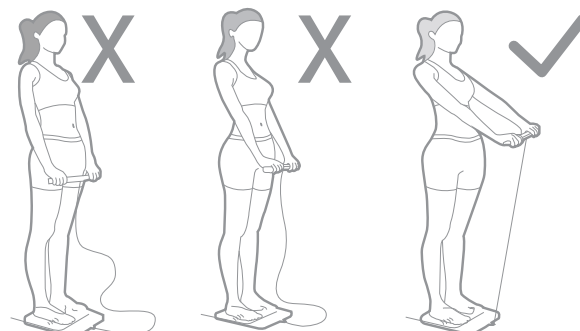
08 First time use: must be online use. (Otherwise, scale only show weight & BMI) During use, please keep App on home page, and keep measurement posture for about 30S.



03 Add device: Turn on Bluetooth, click [Mine] -> [Device Management] -> [+] in the App, before entering the search, please tap the scale to light up the handle screen.



06 Attention: Keep correct posture to guarantee measurement accuracy. Face to LCD display. Keep arm & body about 30-45 degree which can make you feeling nature.



09 When finishing measurement, you can check 8 core datas in scale VA display. You also can check more details in App page. From second time ues, support off line mode. (No need to open App for every measurement)

