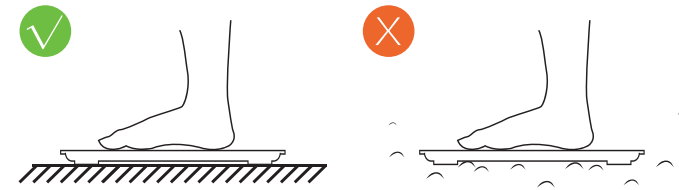


Using your scale

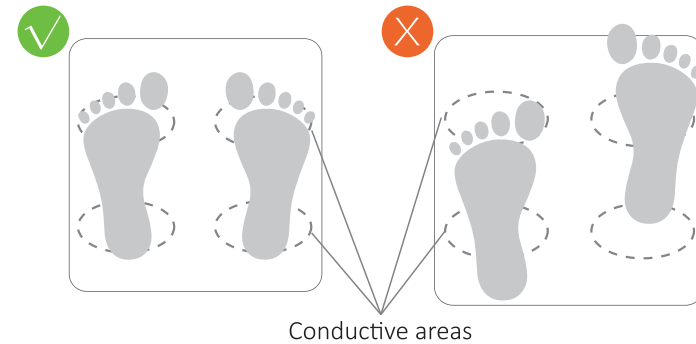
Read the warning on front page carefully and follow the instructions.

- This product employs BIA (bioelectrical impedance analysis) technology. To have accurate and consistent measurement results, please use it at the same time during the day and under same conditions as much as possible. Please avoid taking readings:
 - o During or immediately after strenuous exercises
 - o Immediately after a shower, bath or sauna
 - o With heavy alcohol consumptions
 - o During or immediately after breastfeeding
 - o During fever
- During the test, please be barefoot first and stand straight. Wearing stocks will not give accurate results. Dirty feet may also affect measurement accuracy.
- Weight unit can be changed from pound (lb.) to kilogram (kg), or vice versa, by the mobile app program. The height unit will also change accordingly (meter vs. foot/inch).

- Measure weight correctly: place the scale flat on hard floor and reset it before measurement. The weight should display 0.0 lb. before stepping on the scale.



- Measure body fat and other body composition parameters correctly: Stand straight on scale, and have both feet uniformly touched the electrodes as the below figure.



Specifications

Dimensions: 260mmx260mmx23mm(10.2" x 10.2" x 0.9")
 Weight: 1.0 kg (2.2 lb.)
 Batteries: 3 x 1.5V AAA
 Measurement Range: 0.2 ~ 150 kg (0.4 ~ 330 lb.)
 Measurement Resolution: 0.1 kg (0.2 lb.)

Troubleshooting

 Normal working	No display Change battery	 No connection
Lo Change battery	EEr Overload	CAL Calibrating



Wireless Body Composition Smart Scale User Manual

The bFit Wireless Body Composition Smart Scale is a body analyzer that measures weight, and it uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage and other body composition data. It is intended for home use only.



BF Scale app

Please Note:
 Some Android handsets may NOT work with the BF Scale App due to certain limitations on the relevant handset manufacturers! Check that your Smart Phone is Compatible before purchasing!



For Android 4.3 & above



For IOS 7.0 & above



www.bfit.co.za

WARNING

Please read carefully before use

- Do not use if you have a pacemaker, or artificial lung, or wear an ECG, or any other internal medical device.
- Do not use if you are pregnant.
- Do not use on slippery floor; do not use when your body is wet.

CAUTION

- Your body composition data measurements may not be accurate when using the scale immediately after heavy physical activities.
- This model of the bFit smart scale is not intended for use by children under the age of 18. (*Body composition data- will not be accurate)
- bFit Smart scales should not be used to diagnose or treat any medical condition. Always consult your physician or medical professionals to determine what is ideal for you.

Powering up your scale

Your bFit Smart Scale is shipped with 3 AAA batteries. Install the batteries inside the battery compartment and power on your scale.

After powering up your scale, you can measure body weight. However to measure other body composition parameters such as fat percentage, you need to use your bFit Smart Scale together with your smart phones or tablets. You will need to install the mobile applications program on your mobile devices first. See next.

App installation and measurement

The bFit Wireless Body Composition Smart Scales can connect wirelessly to mobile phones or tablets. Your mobile devices need to install mobile application program. To download the app- go to your mobile App store and search for BF Scale - download the app.

Step 1: Download the BF Scale APP



Scan QR Code or search APP "BF Scale" in Apple Store or Google Play to download mobile APP



Register

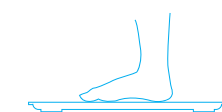


Install battery cells

Step 2: Pairing scale with mobile phone



Following APPs installation guide/add new device/pair device



Step on scale



Pairing scale to APPs

Step 3: Measure and check the body analysis report



Step on scale again and wait until digit reading is stable



Check the body report in APPs



Number flashing twice means your weight test has been completed successfully.

Number 0 rolling to stable means body fat test finished.

Whats included

Your bFit Smart Scale Model box includes:

- ① bFit Smart Scale
- ② Battery: 3 x 1.5V AAA
- ③ User Manual