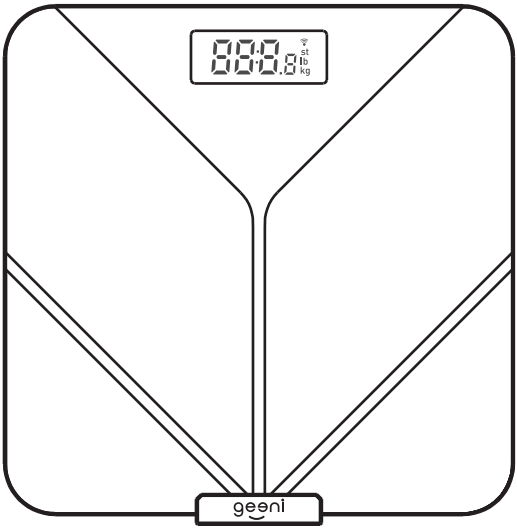


BODY COMPOSITION WI-FI SCALE

Table of Contents

- Thank you for purchasing our products.
- In order to use this product safely, please read the instructions carefully before use.
- Please keep it in a safe place to prevent loss.
- The illustrations in this manual are all renderings.

1.Safety Precautions

Please read the instructions carefully before use.
● The following content is to prevent damage to the user or others during the use of the product or property damage.
● The signs and their meanings are as follows.

⚠ Danger	Indicates that if the operation is wrong, it will directly lead to death or serious injury.
⚠ Caveat	Indicates that the operation may cause death or serious injury.
⚠ Note	Indicates that personal injury and damage to the item may result if the operation is incorrect.Note: Damage to items refers to damage related to houses, property, livestock, pets, etc.

Indicates matters that must be observed	Indicates a prohibited item.
The symbol is a pollution control indicator for electronic information products. Indicates that the product has a ten-year lifespan and can be recycled and should not be discarded.Batteries not included.	
The symbol meaning is the BF type application product.	

⚠ Danger & Caveat

Never use it with the following medical electronic devices.
1. Implantable medical electronic instruments such as pacemakers.
2. Medical electronic instruments used to sustain life, such as artificial hearts.
3. Wearable medical electronic instruments such as electrocardiographs.
If used with the above medical electronic devices, it may be life threatening.

Do not use on tiles or wet floors where it is easy to slip.
● Otherwise the measurer may slip and fall.
Do not measure while the body or hands are wet after showering.
● Otherwise you may slip and fall.
● Otherwise, water will be introduced inside the machine, causing malfunction and the correct body fat rate cannot be measured.
Do not allow this product to be dumped or dropped, and do not allow other items to fall onto the product to avoid strong impact.
Failure to do so may result in damage to the glass due to impact, personal injury, and may not be measured correctly.
● Failure to do so may result in damage to the glass due to impact,personal injury, and may not be measured correctly.
Do not jump on the product or jump on the product.
● Otherwise you may fall.
● Failure to do so may result in damage to the product.
Do not stand on the edge of the glass.
● Otherwise you may fall.
● Otherwise it may not be measured correctly.

Safety Precautions

⚠ Caveat

1. People who have medical devices such as pacemakers in their bodies are prohibited from using the product.
(The measurement method is that weak current flows through the body, which may cause mechanical failure of medical equipment and cause major accidents)
2. When you want to use it, you can't stand on the edge of the glass or jump and stand up and leave. In order to avoid slipping, falling and causing damage.
3. Persons with disabilities must use it with the help of others.
4. When you want to lose weight or exercise therapy, be sure to seek guidance from a doctor or professional. Do not judge for yourself. If you judge it yourself, it may cause harm to your health.

⚠ Note

Do not disassemble, repair or modify this product.
Failure to do so may result in injury or malfunction.

Not for professional use(for example, in hospitals).

Please measure barefoot.
Keep it in a place that is not accessible to infants and toddlers.
Do not reverse the positive and negative terminals of the battery.
Do not mix old and new batteries or different types of batteries.
Remove the battery when not in use for a long time (more than three months).

Storage precautions

Do not store in the following places.
- Where there is water.
- High temperature, humidity, direct sunlight, more dust, and more salt
- Where there are slopes, vibrations, and impacts.
- Where chemicals are stored or where corrosive gases are present

Do not place items on the product or keep the machine in a state where the product is turned over.
- Otherwise it may malfunction.

Safety Precautions

Precautions

Precautions for use

- Do not put it in a place where it is wet, with water, direct sunlight, or where the air-conditioning wind can be blown directly, near the fireworks.
- Do not use on soft floors such as straw mats or carpets.
- If you share this machine with people with infectious diseases such as skin diseases on your feet, please clean them before use.
(Otherwise it may cause an infection. If you share this machine, use a soft cloth dampened with water or a neutral detergent, wring it out, wipe it, and then dry it with a soft cloth.)
- Do not use for purposes other than measuring body weight, body fat percentage, and visceral fat index.
- Do not step on the operation panel.

Daily maintenance considerations
Please keep the product clean.

- The dirt on the product can be wiped off with a soft, dry cloth.
- If the dirt is serious, please use a soft cloth dampened with water or neutral detergent.
- Wipe dry with force and wipe with a soft cloth.
- Do not rinse this product with water.
- Otherwise a malfunction may occur.

Do not use volatile agents, thinners, etc. to remove dirt.

- Otherwise, discoloration or malfunction may occur.


Diluent

Please read carefully before use.

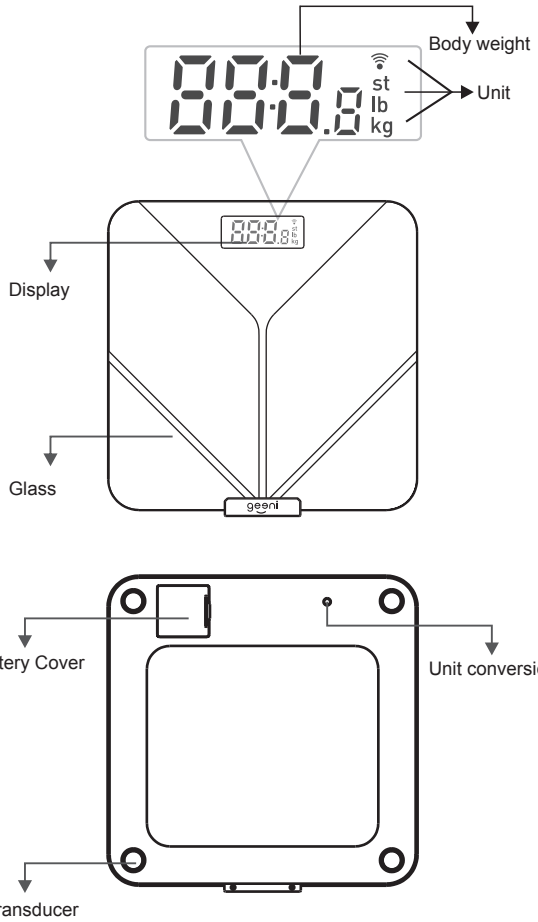
This product is suitable for measuring human body weight and body composition data. Through body weight and human bio-impedance, it is analyzed to obtain BMI value, body fat percentage, muscle rate, water rate, bone mass, visceral fat and basal metabolism.

*BMI value is the body mass index, also known as body mass index,
BMI = weight (KG) / height (M) squared

Precautions for use

The following people may not be able to correctly measure indicators such as height and fat: Growing children / elderly people over 65 years old / postmenopausal women / fever patients / pregnant women / osteoporosis patients with very low bone density / edema patients / artificial dialysis patients / people who are active in fitness or sports.
*Body composition such as moisture in the human body may vary greatly from the average.
*Please refer to Part 8(Doubt) when the measured value is abnormal.

2.Structure and composition



3.Install and replace the battery

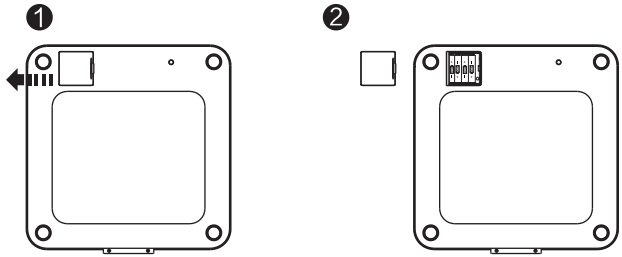
Install and replace the battery

The steps to install and replace the battery are as follows

1.Flip the scale to open the battery cover

(Note: When opening the battery cover, hold the battery cover with your thumb and lift it up).

2. After opening the battery cover, insert the positive and negative terminals of the battery, and align the battery cover with the battery compartment.



About battery life and replacement

■ It can be used for about 1 year. (In the case of using 4 AAA batteries, the room temperature is 23 ℃, and the measurement is performed 4 times a day.) *Do not use a rechargeable battery.

■ “Lo” is displayed, indicating that the battery is exhausted, please replace the battery as soon as possible.

■ Please replace the battery after turning off the power of the main unit. Please dispose of the dry battery after use according to the relevant regulations of urban environmental protection.

About shutdown

The following conditions will automatically shut down.

■ After "0.0kg" is displayed, no operation is performed for about 2 minutes(In the state where the wifi connection has not yet been made).

■ End of measurement, after leaving the scale about 30 seconds (up to 80 seconds later)

■ When "Err" is displayed (after about 10~30 seconds)

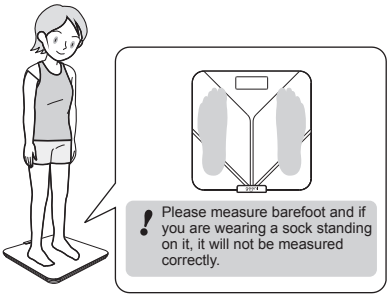
4.Measuring

How to measure

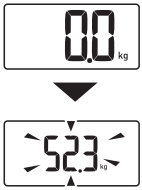
Please measure on a flat, hard ground. (Note: It cannot be measured correctly on soft ground such as mats or carpets.

1. Starting up
The scale can be started by tapping on one foot.
Don't step on the scale or move the scale before the "0.0kg" display, and don't place objects on the scale, otherwise the measurement results will be affected.

2. Step onto the scale



! Please measure barefoot and if you are wearing a sock standing on it, it will not be measured correctly.

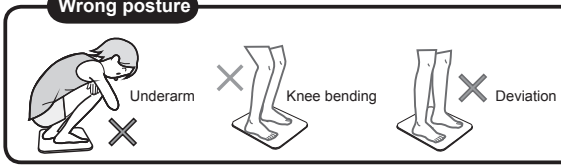


After flashing, the weight has been determined, and then the body fat percentage and other indicators are measured.

3. Next, measure body fat percentage, etc.
In the process of measuring body fat percentage, visceral fat index, muscle rate (skeletal muscle rate) and other indicators, the movement display by "0" indicates that the measurement is in progress, and do not leave the scale at this time.

4. After the measurement results are displayed, the measurement is completed.
Get down form the scale, the measurement results will be displayed in the APP.

Wrong posture

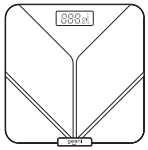


Measuring only weight

It is not necessary to set personal data when measuring weight only.

- Please measure on a flat, hard ground.

! It cannot be measured correctly on soft ground such as mats or carpets.



1

- Step on the scale

! Do not step on the scale or move the scale before the “0.0kg” display, and do not place objects on the scale, otherwise it will not be measured correctly.

2

Confirm the measurement results.
After flashing, the weight has been determined.

3 Get down from the scale and shut down automatically.

Correct measurement method

	Recommended measurement time
1	Breakfast, 2 hours later
2	Lunch, 2 hours later
3	Dinner, bath, 2 hours later

1. Please measure as much as possible under the same time conditions. Because changes in body water and body temperature have an impact on the measurement.
2. Avoid measuring when eating too much, extremely dehydrated, avoiding measurements in the sauna or hot springs and after strenuous exercise.
When you are not feeling well (drunk, diarrhea, fever), it is not suitable for measurement.
3. Correct measurement posture
(1) Uniform contact glass between the toe and the heel
(2) Try not to wear clothes as much as possible (the clothes have weight).
(3) The sole needs to be measured after full contact with the glass. Poor contact will affect the measurement results.
(4) Be measured barefoot and clean the soles before measuring.
(5) The scale must be placed in a flat and sturdy place for measurement.
(6) When measuring, do not bend your knees or sit and measure.
(7) Please keep still during the measurement, and try not to shake it.
(8) Do not measure under the condition that the thighs are in contact with each other.

5.Installing the App

1. Scan QR code
2. Click on the link to download "Android System" or "IOS System"

6.Use of App

Easy operation steps

1. Open the "Smart Life" App
Note: Make sure Bluetooth is turned on when using the app
2. Connect the device to the App
Two connection methods (EZ/AP [Direct Connection Mode and Compatibility Mode]):
A): EZ-direct connection mode: long press the button 4S on the back of the scale, the Wifi icon flashes quickly, that is, enter the quick connection mode, open the APP and directly click to add the device, the mobile phone is connected to the WiFi (2.4G network is required) and the password is entered. The connection process takes about half a minute to one minute (depending on the network environment). If the connection fails, you can repeat the above operation to connect again.
B): AP compatible mode: press and hold the button 4S after the battery box, the Wifi icon flashes slowly, then enter the compatibility mode, open the mobile APP, click the compatibility mode in the upper right corner, and then click Add device, the phone is connected to WFi (2.4 required) G network) and enter the password, then connect the WiF module hotspot in the pop-up window (the hotspot name is SmartlifeXXXX), after connecting, return to the app to connect the device
* Long press the button to switch between EZ and AP modes.

7.Body composition index

1.BMI = weight (KG) / height (M) squared
BMI (Body Mass Index), an index of body mass. It is widely used internationally because it has a lot to do with the amount of fat contained in the body.
Judgement standard:

	Thin	Standard	Overweight	Obesity
WHO evaluation criteria	BMI＜18.5	18.5≤BMI＜25.0	25.0≤BMI＜30.0	BMI≥30.0

2.Body fat percentage (BFR):
The body fat percentage is the proportion of body fat in body weight. It should be judged from the body fat rate whether it is obese or not, not only based on body weight.
Principle of parameter acquisition: BIA (bioelectrical impedance analysis) is used to measure the impedance value of the human body, and then the fat content is calculated. The tissue that is easily conductive in human tissues is water-rich tissues (such as muscles and blood vessels), and the adipose tissue is almost non-conductive. It is the use of different electrodes to send a weak current to the human body, and then to measure the body resistance, using the difference in impedance between the body's fat and non-fat tissue, to calculate the body composition.
Excessive body fat can cause: cancer, diabetes, high blood pressure, cardiovascular disease and other diseases.

Male	18-39 years old	5-10%	10-16%	16-21%	21-26%	More than 26%
	40-59 years old	5-11%	11-17%	17-22%	22-27%	More than 27%
	60 years old	5-13%	13-19%	19-24%	24-29%	More than 29%
	Determination	Thin	Standard-	Standard+	Mild obesity	Severe obesity

Female	18-39 years old	5-20%	20-27%	27-34%	34-39%	More than 39%
	40-59 years old	5-21%	21-28%	28-35%	35-40%	More than 40%
	60 years old	5-22%	22-29%	29-36%	36-41%	More than 41%
	Determination	Thin	Standard-	Standard+	Mild obesity	Severe obesity

3.Body type judgment
Determine body size based on body fat percentage and muscle mass.

Decision table	Obesity	Invisible obesity	Obese	Shoulder fat type
	Mild obesity			
	+ Standard	Lack of exercise	Standard	Muscutarity
	- Standard			
	Spare	Thin	Lean muscle type	Very muscular type
		Less (-)	Standard	More (+)
		Muscle mass determination		

Body composition index

4.Muscle mass (SLM):
Muscle is a tissue that maintains body temperature and body movements, as well as maintains heart beats and creates energy. It plays a very important role. The muscle mass includes values of skeletal muscle, smooth muscle (viscera, etc.) and water content.
Principle of muscle mass acquisition: BIA (bioelectrical impedance method) is used to measure the body impedance value. Muscles are composed of water and protein, and muscle and bone mass are combined to be non-fat. The calculation formula for the muscles is derived from the difference in conduction resistance between the weak currents in the muscles due to age and gender. From the statistics, people will grow until they reach the age of 20, and then they will gradually decrease after the maintenance period.

Male	Height	Less than 160cm	160 - 170cm	170cm or more
	Muscle mass	38.5 - 46.5kg	44 - 52.4kg	49.4 - 59.4kg
Female	Height	Less than 150cm	150 - 160cm	160cm or more
	Muscle mass	21.9 - 34.7kg	32.9 - 37. 5kg	36.5 - 42.5kg

5.Bone mass (MSW): The human bones continue to metabolism, through the intake of calcium to maintain bone growth and development. The relationship between bones and muscles is very close. Too thin or underactive will result in a decrease in bone mass. The principle of bone mass acquisition is a statistically estimated value based on the correlation of non-fat mass (tissue other than fat). Namely: MSW (bone mass) = LBM (degreasing body weight) - SLM (muscle mass).

Male	Body weight	Less than 60kg	60— 75kg	75kg or more
	Bone mass	2.5kg	2.9kg	3.2kg
Female	Body weight	Less than 45kg	45— 60kg	60kg or more
	Bone mass	1.8kg	2.2kg	2.5kg

6.Basal Metabolic Rate (BMR): Basal metabolism (BM) refers to the minimum energy requirement required by all organs of the human body to sustain life. The basal metabolic rate refers to the energy metabolism rate of the human body when it is awake and extremely quiet, and is not affected by muscle activity, environmental temperature, food and mental stress.
Basal metabolism is determined by the amount of muscle in the individual and is determined by how much muscle is consumed. That is, the basal metabolic rate can be derived from the content of human muscle. Usually, the basal metabolic rate accounts for about 70% of the total energy consumed in one day, and the activity metabolism is added to the basal metabolic amount during exercise (including daily housework). The basal metabolic rate is determined by how much energy is consumed by the individual's muscle mass. People with less body fat and more muscles have higher basal metabolism and consume more energy. Exercise muscle can increase basal metabolism. People with high muscle mass and high basal metabolism will not have a tendency to become fat. Conversely, low basal metabolism tends to accumulate fat and become a cause of obesity. When people are chronically hungry or malnourished, the basal metabolic rate will be low.

Body composition index

	Male		Female	
Age	Standard weight(Kg)	BMR	Standard weight(Kg)	BMR
18-29	64.7	1550	51.2	1210
30-49	67	1500	54.2	1170
50-69	62.5	1350	53.8	1110
Over 70	56.7	1220	48.7	1010

7.Body age:
In vivo age is the body age tendency given by the basal metabolism of body weight. The same body weight and body composition will vary in age. The amount of muscle is high, and the person with high basal metabolism is younger, and vice versa.
8.Water content (TF)
Body water refers to blood, lymph, extracellular fluid, intracellular fluid, etc., which contain water in the body. It has important functions such as transporting nutrients, recycling waste in the body, and maintaining body temperature. Water content acquisition principle: BIA (bioelectrical impedance method) is used to measure the body impedance value. When the weak current passes through the human body, the water conductivity is good, so the formula for calculating the water amount can be derived from the measured impedance value((Total body water estimation usingbioelectical impedance:ameta-analysis of the data availablein the literature,Acta Disabetologi-ca,2003,Vol.2003,vol.40(1),pp.s203-s206)).
9.Body water percentage (TFR): The water rate is higher in men than in women, and tends to decrease with age. People with more body fat have less water. During the day, the water rate changes due to water intake, physical activity, and poor health. Algorithmically, height, weight, age, gender, and impedance all have an effect on moisture content. Body water refers to the body's water, including blood, lymph, extracellular fluid and other ingredients. It has important functions such as transporting nutrients, recycling waste, and protecting body temperature.

Normal range of body water	Male	Female
	45--------60%	50-------65%

Body composition index

10.Visceral fat grade (VFR): The fat attached to the visceral gap in the abdominal cavity is called visceral fat. Visceral fat is generally expressed in grades, and level 10 is equivalent to a visceral fat area of 100 square centimeters. Excessive visceral fat can lead to high blood lipids, arteriosclerosis, hypertension, myocardial infarction, cerebral thrombosis, cerebral hemorrhage, diabetes, fatty liver and other lifestyle-related diseases.

	Health (1---4.5)	Warning (5---9.5)	Slightly more (10-14.5)	Dangerous (15 or higher)
Determination	Don't worry now, you should continue to maintain a balanced diet and moderate exercise.	To exercise the right amount of exercise, control the amount of calories ingested and work toward standard visceral fat levels.	To strengthen the amount of exercise, pay more attention to control diet, reduce the intake of calories.	It is necessary to actively participate in exercise and reduce calorie intake. Please consult a doctor for medical diagnosis.

11.Body composition score (Score): A score (0-100) based on a comprehensive evaluation of each component of the body. BMI (40%), fat percentage (40%), and muscle rate (10%) were the main scoring factors (other factors accounted for approximately 10%). The higher the score, the better the physical condition and the closer to the healthiest body. Principle: The main parameters of physical condition assessment are BMI, body fat percentage, muscle mass and other parameters, assuming 100 points for the most standard range of each parameter, then the scores exceeding and below the standard range are decremented accordingly (set the decreasing gradient), then The weight is set according to the influence degree of each parameter on the physical condition, and the comprehensive score is the final score.

12.Protein content (PM): Protein is an important component of all cells and tissues in the human body. Protein is related to life phenomena. Protein content is strongly correlated with muscle mass. Protein acquisition is obtained by the following relationship: muscle = water content + protein content.

<16%	16-20%	>20%
Malnutrition	Normal range	Overnutrition

13.Lean body mass (LBM): The weight of the body that removes fat. It is inversely proportional to the amount of fat. Principle of parameter acquisition: Calculated according to the relationship between lean body mass and body weight and fat: LBM (lean body weight) = Wt (body weight) - fat weight (kg)

8.Doubt

Error message icon appears

Error message	the reason	Countermeasures
	Down from the scale during the measurement	Please take down from the scale after the measurement is over. (☞"4. Measuring body weight, body fat percentage, visceral fat index, muscle rate (skeletal muscle rate) and other indicators")
	The sole of the foot is not close to the ITO film	Please measure the sole of the foot against the electrode. (☞"4. Measuring body weight, body fat percentage, visceral fat index, muscle rate (skeletal muscle rate) and other indicators")
	The measurement posture is incorrect, or the sole of the foot is not close to the ITO film, or the sole of the foot is too dry.	Do not move the sole to measure (☞"4. Measuring body weight, body fat percentage, visceral fat index, muscle rate (skeletal muscle rate) and other indicators") Please wipe the sole with a wet towel, etc
	Battery usage has run out	Please replace the battery
	Exceeding the weight measurement range when measuring	Do not use more than 180kg

Abnormal measured value, abnormal operation

Phenomenon	Reason	Countermeasures
The displayed weight value is abnormally high or low	Step onto the scale before the "0.0kg" display	Please press the scale after "0.0kg" is displayed.
The measured values are abnormally high or low, and the measured values are very different each time.	Measurement posture is incorrect	(☞"4. Measuring body weight, body fat percentage, visceral fat index, muscle rate, skeletal muscle rate, etc."
	Measure on soft ground such as carpet or uneven ground	Please measure on a flat, hard ground
	The sole or body is too cold, Blood circulation is not smooth	The blood circulation is returned to the normal state by means of heat or the like before measurement
	ITO film is too cold	Put it in a warm room for a while, then measure it after the ITO film is warm.
	The sole is too dry	Wipe the soles slightly with a wet towel before measuring.

Doubt

Phenomenon	Reason	Countermeasures
When measuring indicators such as body fat percentage, it is impossible to start measuring body fat percentage and other indicators after the weight value is determined.	No personal information is set	Please set personal information
	No personal information is set	Please measure barefoot
No display after turning on the power	Battery not installed	Please install the battery (☞"3. Installing and replacing the battery")
	The battery is placed in the wrong direction	Please place the battery in the correct direction (☞"3. Installing and replacing the battery")
	Battery is exhausted	Please replace the battery (☞"3. Installing and replacing the battery")

9.Specifications

product name	Wifi smart scale			
Display	Body Weight	0~150kg	:100g unit	
	BMI Body fat percentage Muscle rate (skeletal muscle) Visceral fat grade Moisture rate Bone mass Basal metabolism	10~90 5~60% 5~90% 1~50 35~75% 0.5~8kg 500~4500Kcal	:0.1 unit :0.1% :0.1% :1 indicator unit : 0.1% unit :0.1kg :Kcal	Age10 years old or older Under 99 years old
Setting item	Age gender height	10~99 years old men and women 100~220cm	: 1cm unit	

Weight accuracy	Not more than 2%
power supply	4th No. 7 hard battery (R03) [Alternative battery 7 (LR03) can also be used]
Battery Life	About 1 year (using the No. 7 blast battery. The indoor temperature is 23 ° C, 4 times a day
Ambient temperature and humidity	Temperature is +10°c~+40, relative humidity is 20~90%RH
Preservation of ambient temperature and humidity	Temperature is -10 ° c ~ +50, relative humidity is 20 ~ 90% RH Well-ventilated, dry room, no corrosive gas in the surrounding air
Classified by the degree of protection against electric shock	BF type application part. Representation symbol:
Classified by operating mode	continue to operate
weight	About 1.80kg (including battery)
Executive standard	Q/BT001-2017
Dimensions	Length 300* width 300* height 24mm

The above specifications are subject to change without notice.
* This product cannot measure body fat percentage, BMI and other indicators of users under 10 or 81 years old.

About the accuracy of weight
This product has been strictly inspected before leaving the factory. For the manufacturer's guaranteed accuracy of this product, please refer to the weight accuracy column description in the table above.
This product is a measurement tool made for measuring weight in the home. According to the measurement method, it cannot be used when the item is bought or sold or the weight of the item is correct.

FCC Caution:

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

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment . This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.