

Thank you for choosing White Bird digital Bluetooth scale. The scale offers data of your personal weight, body fat percentage, body water percentage, muscle mass; bone mass, BMI (Body Mass Index) and more. The scale Provides you an accurate measurements of your overall health and fitness.

To ensure continuous operation and accuracy, please read these operating instructions carefully before use. By passing certain procedures may result in incorrect readings. We hope that you enjoy using your new Bluetooth scale.

### **What's included**

Your Bluetooth Scale box includes:

- The Bluetooth Smart Scale • 4 AAA batteries • Bluetooth Scale Start Guide

### **IMPORTANT SAFETY PRECAUTIONS:**

When using digital scale, certain basic safety precautions must be followed, including the following:

1. Scale is a high precision measuring device. Never jump or stomp on the scale or disassemble. Please handle the scale carefully to avoid breakage.

2. To ensure weighing accuracy, when the scale is first used, please place them on an even surface and wait at least 10 seconds before stepping on the scale. It also applies if the scale has been moved. We suggest you to taking your measurements at the same time every day to ensure the accuracy.

3. Check the device before each use. Do not use the device or an electrode if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.

4. Please check the batteries if the scale malfunction. Change to new batteries if needed.

5. When it is not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.

6. The scale contains plastic materials, if you are Allergic to plastic, do not use it.

For this Bluetooth scale, there are other safe precautions must be followed, including the following:

1. Use the Scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.

2. Make sure your feet are dry before weighing yourself.

3. Place the scale on a hard, flat surface during use. Using the scale on a soft surface - like carpet or linoleum - may affect the accuracy of the Scale readings.

4. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program. If you are pregnant/pacemaker or other internal device holder, you should not rely the data provided by this product. Please note that all the data are for reference and is not a substitute for advice from a licensed health-care professional.

5. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or a glass cleaner. Do not use soap or other chemicals.

**FEATURES & SPECIFICATIONS:**

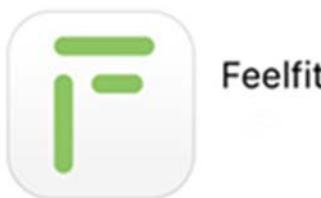
1. This scale use BIA (Bioelectrical Impedance Analysis) technology to measure body composition data by sending a safe low-tension electrical current through the body.
2. High precision strain gauge sensors system
3. Auto ON/OFF
4. Product size: 304\*304\*22mm (L\*W\*D)
5. Magic Hidden LED display
6. Weight Units: kg, lb (switch the units by following OPERATING INSTRUACION 2.0)
7. Weight limit: 5kg-180kg(11lb-396lb)
8. Graduation increments: 0.1kg/0.2lb
9. Measures Body Weight, B.M.I (Body Mass Index) , Body fat, Water, Skeletal Muscle, Bone Mass, Protein, BMR and Body Age.
10. Male/Female option
11. No limitation of users number (add user members by following OPERATING INSTRUACION 1.9)
12. Overload indication: “EEr”. Low batteries indication: “**Lo**” When the battery runs out, the display will show “Lo”. Please replace new batteries.
13. Power supply: 4×AAA batteries.

The typical service life of the new and unused batteries for AAA batteries is 4months measurements for the operation time for AAA batteries is 480 times.

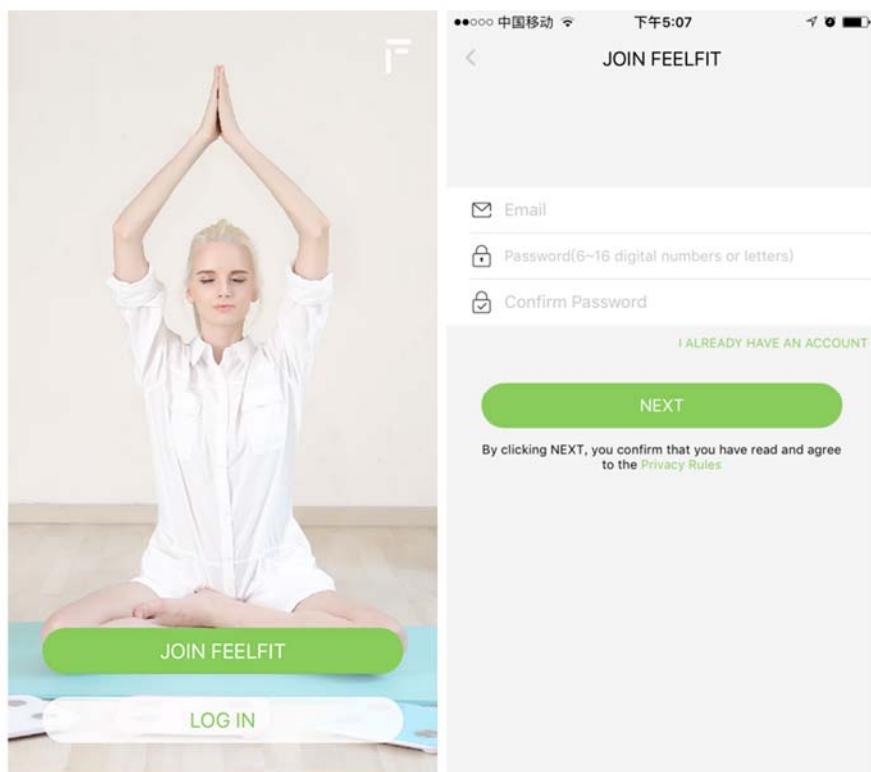
**OPERATING INSTRUCTIONS:**

## 1. General

- 1.1 Remove all packaging before use.
- 1.2 Remove insulating strip beneath the batteries in the battery holder at the back on the scale.
- 1.3 Place the scale on hard, flat ground.
- 1.4 Download the app: Feelfit from App store /Google Play and open mobile Bluetooth.



- 1.5 Register your own ID by email for keeping record. Add personal data during register and confirm OK.



## Bluetooth fat scales

1.6 Turn on Bluetooth system on your phone.



1.7 Step on the scale with BARE feet and wait for 10-15 seconds, the circle is stable with “ding” sound when you turn on bell ring, it means weighing and analyzing are finished.

## Bluetooth fat scales

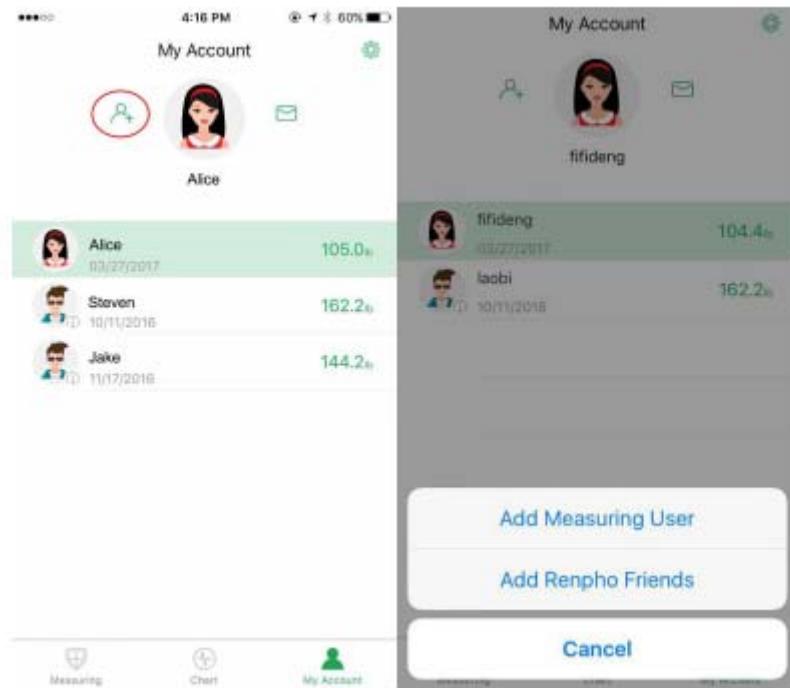


1.8 Click each data, you can find the analyzing report on body weight, BMI, body fat, water, Skeletal muscle, bone mass, protein, BMR and body age. When you click the “chart” item at bottom, you can see your long-term tracking in chart form.

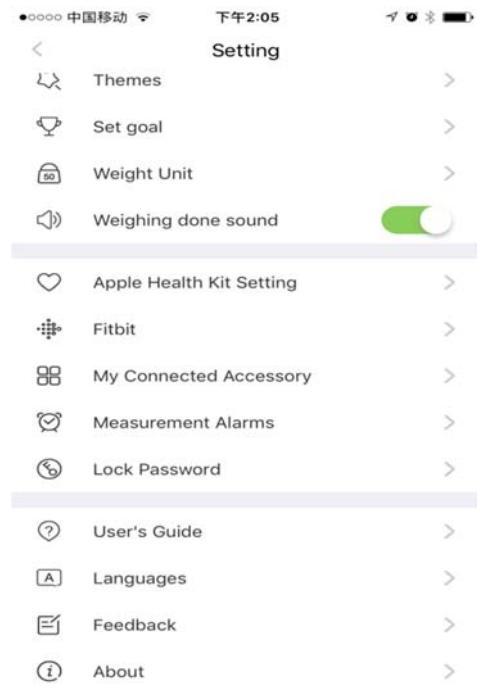


## Bluetooth fat scales

1.9 When you enter my account, you can add unlimited user member by press “+” and also add new users' personal data.



2.0 Themes, Set goal, Weight Unit, Weight done sound, languages, Password, and etc can be set on My Account page.



## Bluetooth fat scales

### FCC Part 15.19 Warning Statement

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.

### FCC Part 15.21 Warning Statement

NOTE: THE GRANTEE IS NOT RESPONSIBLE FOR ANY CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

### FCC Part 15.105 Warning Statement

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.

#### RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Environmental Conditions

## Bluetooth fat scales

Working Temperature 0 ~ 40 °C

Hereby, Zhongshan White Bird Electronic Ltd., declares that this Bluetooth fat scales / BA-521BT, BG-307BT, BG-520BT, BA-306BT, BA-520BT, BA-701BT, BA-702BT, BA-801BT, BA-802BT is in compliance with the essential Requirements and other relevant provisions of RED 2014/53/EU Directive.

Environment friendly disposal

You can help protect the environment!

Please remember to respect the local regulations: hand in the non-working electrical equipment to an appropriate waste disposal center.



The following standards have been applied for the investigation of compliance:

ETSI EN 300 328 V2.1.1:2016

Draft ETSI EN 301 489-1 V2.2.0:2017

Draft ETSI EN 301 489-17 V3.2.0:2017

EN 62479:2010

EN 60950-1:2006+A11:2009+A1:2010+A12:2011+A2:2013

Transmitted Power: Bluetooth -3.45dBm EIRP

Frequency Range: Bluetooth 2402MHz-2480MHz can be used in Europe without restriction.

Manufacturer: Zhongshan White Bird Electronic Ltd

1F/3 Bldg, Xingda Jiahu industrial zone, Torch development district, Zhongshan, China