

Contact Information

Distributed By:

Taylor, division of Lifetime Brands, Inc.

2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001 USA
1-866-843-3905
www.taylorusa.com
Email: taylorusa@lifetimebrands.com

MADE IN CHINA.

One (1) Year Limited Warranty

This scale is warranted against defects in materials of workmanship (excluding batteries) for one (1) year for the original purchaser from date of retail purchase. It does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair. Do not return to retailer. Should this scale require review (or replacement at our option) while under warranty, please pack the item in the original packaging and return it prepaid, along with store receipt showing date of purchase and a note explaining reason for return to:

Taylor, division of Lifetime Brands, Inc.
2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001 USA
1-866-843-3905
www.taylorusa.com
Email: taylorusa@lifetimebrands.com

There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state. For additional product information please contact us through:

www.taylorusa.com

If review is required, do not return to retailer. For information call 1 (866) 843-3905 from 8:00 am to 5:00 pm, Mountain Standard Time, Monday through Friday. To assist us in serving you, please have the model number and date of purchase available.

Not Legal for trade.

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Ref 5324506KHL 3.25 WC



IB5324506KHLB

MODEL # 5324506KHL

TAYLOR[®]

ACTIVATE YOUR
WARRANTY



Body Composition Smart Scale with *Bluetooth*[®]

INSTRUCTIONS FOR USE & WARRANTY INFORMATION

CUSTOMER SERVICE INFORMATION PLEASE READ!

For questions regarding this product, please contact us at:

TAYLOR, division of Lifetime Brands, Inc.
2220 Entrada Del Sol, Suite A | Las Cruces, New Mexico 88001 USA
1-866-843-3905 | www.taylorusa.com
Email: taylorusa@lifetimebrands.com

We value your thoughts on our product and services. Please post an on-line review to help us continue to meet your needs and expectations.

Please contact us before returning to retailer.

Welcome to the Body Composition Scale

This Bluetooth body composition scale and the free AFit Health app are tools to assist you on your wellness journey. Always check with your medical professional before starting a new health program. Tips for getting the best accuracy: Weigh yourself at the same time of day, preferably in the morning before you consume food or drink, wear the same clothing, your feet need to be bare - no shoes or socks.

Ensure your scale is on a flat, even surface, not carpeting. If it's been moved, tap the scale with your foot, it will show 0.0, let it turn off and then take your reading.

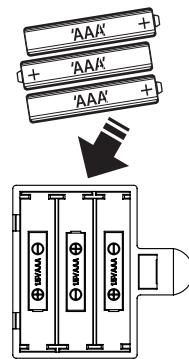
Note that body composition percentages and amounts can vary throughout the day and day by day. The key is to track, using the same device, and monitor the trends over time.

Carefully read the instructions before use.

Preparation Before Use

INSERT THE BATTERIES

1. Remove any plastic wrap from the batteries before installing.
2. Insert the 3 'AAA' (1.5V) batteries (included).
3. Place the batteries into the battery compartment according to the "+" and "-" polarity symbols in the battery compartment.
4. Replace the battery compartment cover.
5. If you do not intend to use the scale for a prolonged period of time, it is advisable to remove the batteries before storing.
6. Do not mix old and new batteries.



WEIGHT UNIT SETTING

- Your scale is set at the factory to weigh in pounds (lb).
- Switch on scale and press the "UNIT" button at back of the scale to convert weight unit if needed.
- Some models have a static cling label on the platform. Remove before use.



PLACE SCALE IN THE CORRECT POSITION

- Always use the scale on a flat and hard floor surface. Do not use on carpets.

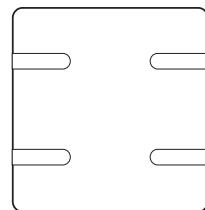


CALIBRATE THE SCALE

- Press firmly on the scale platform to start-up the scale. The display shows "0.0" and then turns off. The scale is ready for use.



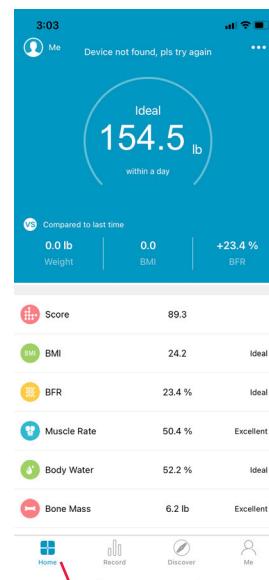
Note: If you move the scale at all, please repeat the steps above for best accuracy.



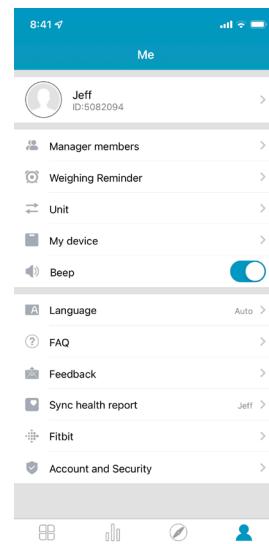
Press on platform to turn on scale

Allow the scale to turn off

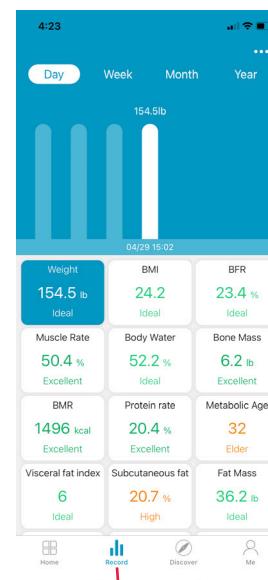
AFit Health App Preview



Home Screen View

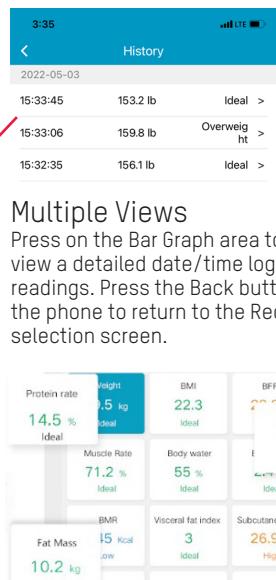


"Me" Profile screen
Select to view and manage settings.



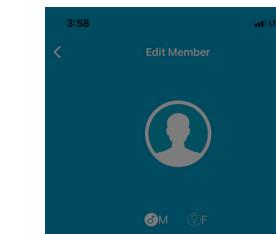
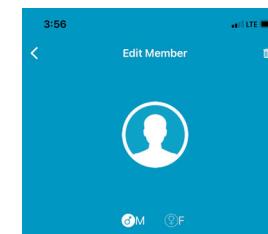
Recorded Data

Select which body composition measurement you would like to view.

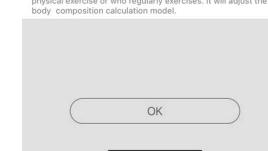


Multiple Views

Press on the Bar Graph area to view a detailed date/time log of readings. Press the Back button on the phone to return to the Record selection screen.



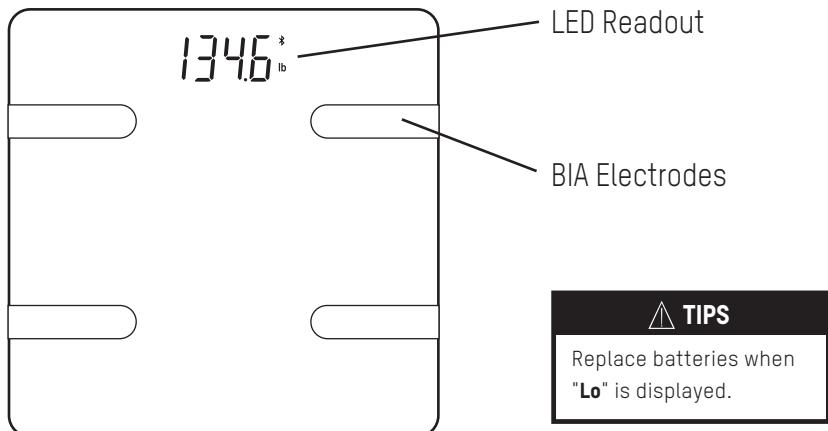
Setting Goals
On the "Me" screens.



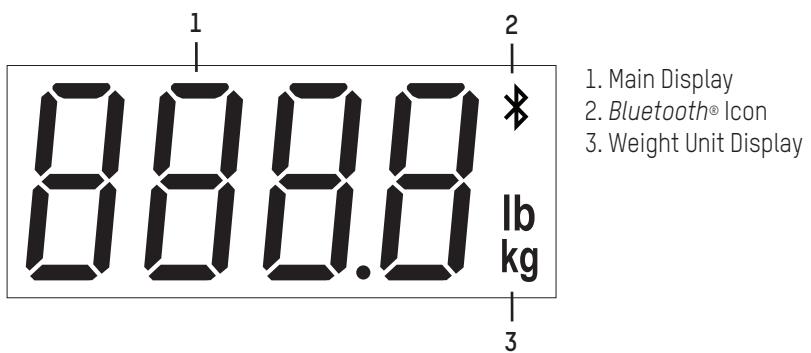
NOTE: Due to improvements in software the APP may change in its appearance and order.

Features/Specifications

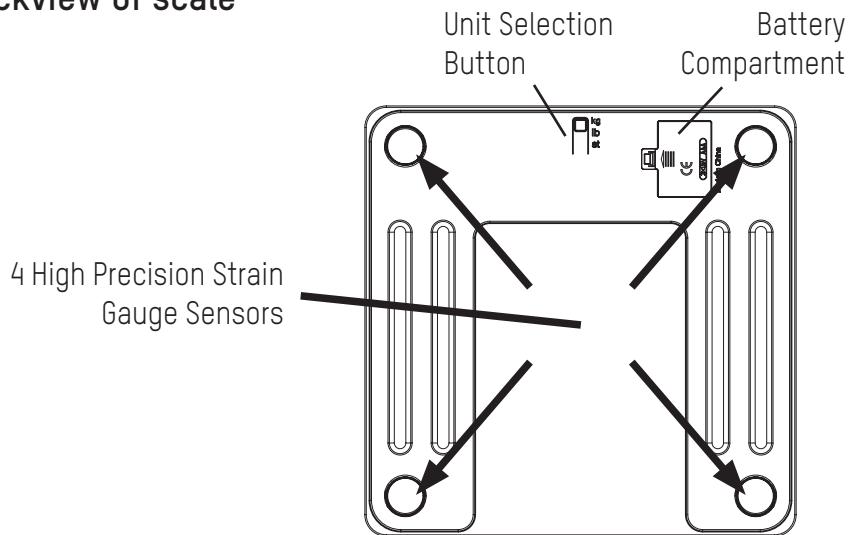
1. Front view of scale



2. LED readout



3. Backview of scale



4. App Information

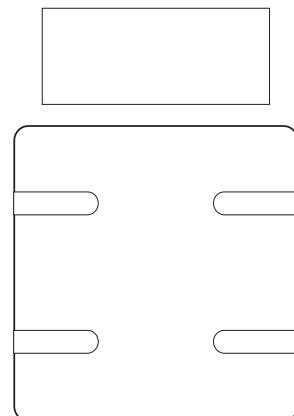
Connecting to the scale by way of *Bluetooth®* and the **AFit Health** app is easy to do. The app is available for iOS and Android device with iOS version 8.0 or Android version 5.0 and *Bluetooth 4.0* (Or higher version).



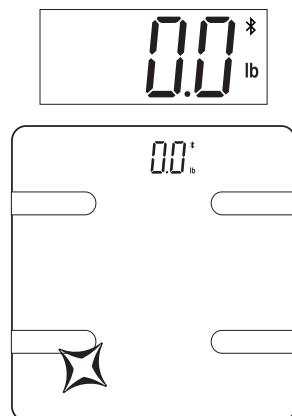
Use the QR code for quick access to download the most up to date version of the AFit Health app.

Weighing-Only Operation

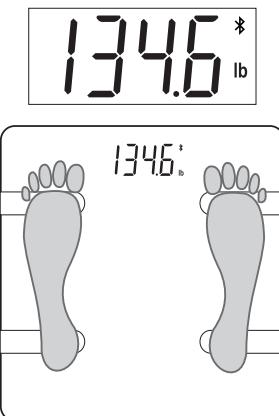
1. Select your desired measurement unit. Your scale is set to default to pounds at the factory but you can switch the measurements to kilograms by pressing the "UNIT" button.
2. Place the scale on a hard, flat surface. Carpeted or uneven floors may affect accuracy.
3. Before first use, after battery replacement, or if the scale has been moved or bumped, press firmly on the scale platform. The scale will turn on and automatically turn off. Your scale is now ready for use. At all other times step straight onto the scale.
4. Step onto the scale and stand still while your weight is being measured.
5. The display will flash digits and then your weight.
6. The scale turns off automatically after use.



Place scale with installed batteries on a hard flat surface



If your scale needs to be calibrated, press on the platform to turn the scale on and then allow it to turn off



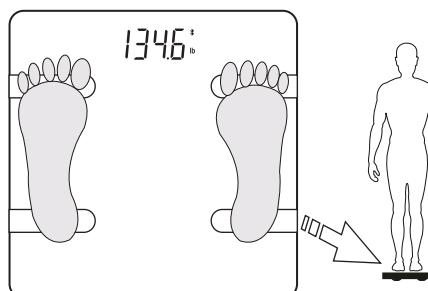
Step evenly on to the scale and your weight will be displayed

Body Composition Estimating Overview

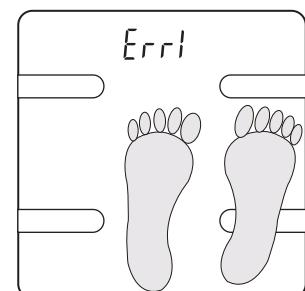
NOTE: Body composition will only be displayed in the APP. Due to improvements in software the APP may change in its appearance.

- Remember to download and install the AFit Health app, from the QR code (for the latest version of the software) on a smart phone with bluetooth technology and pair it with the scale.
- You will need to create a user name and password to set up your user information.
- Open the app and stay on the home page of the app. You can see that the app is scanning and connecting with the device. Then the top of app will display "*Connected:XX:XX:XX:XX:XX:XX*" after connecting.
- With bare feet, ensure your phone's *Bluetooth* feature is on, start the app, go to the home screen and step on the scale to measure yourself.

The accuracy of the results depends on how you stand on the scale.
See diagram below.



Feet centered on electrodes (✓)



Feet not touching the electrodes (X)

NOTE: After a weight reading the scale will show running '0000' as it is switching into a body composition mode. This will not affect your weight reading.

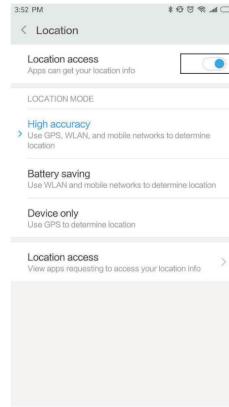
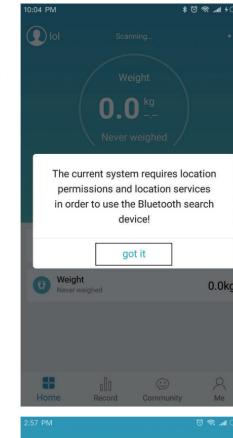
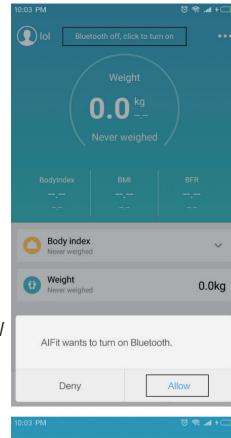
How To Setup App and Register User

1. Scan the QR code and download the AFit Health app.



NOTE: Due to improvements in software the APP may change in its appearance and order.

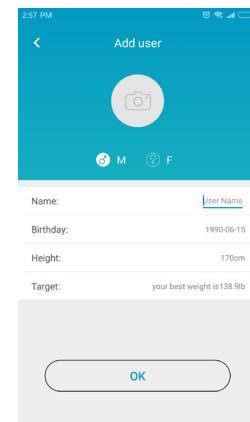
2. Follow the prompts in the app to register and set up your user profile.



3. The current system requires location permissions, follow the prompts.



5. Add User and complete user profile information.



Name:	User Name:
Birthday:	1990-06-15
Height:	170cm
Target:	your best weight is 138.9lb

OK

If the user wants to change units, please select <Unit> to change weight units :kg/lb or height units: cm/inch.



NOTE: For a one-time use, select the "Visitor" option to enter basic information without saving a user profile.

How To Pair the Phone to the Scale

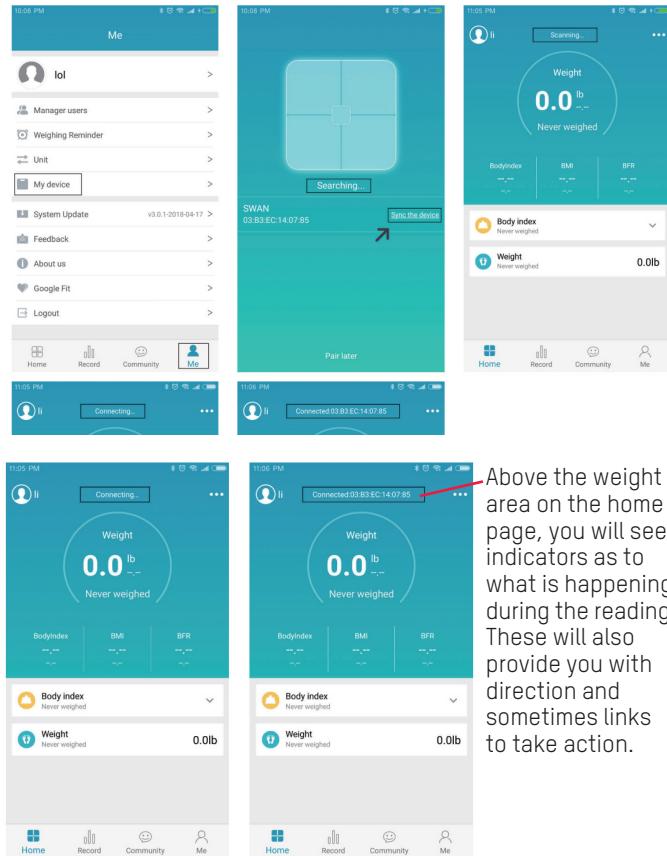
1. Once the app is paired using *Bluetooth* to the scale, please step on the scale to power it on.

2. Select "me" and select "my device" to scan for the scale.

3. Select "sync the device".

Select back to "Home" page and you will see the device is: *Scanning* > *Connecting* > *Connected*.

Measuring will begin after the device is connected.



Above the weight area on the home page, you will see indicators as to what is happening during the reading. These will also provide you with direction and sometimes links to take action.

TIPS: IMPORTANT NOTICE ABOUT THE APP

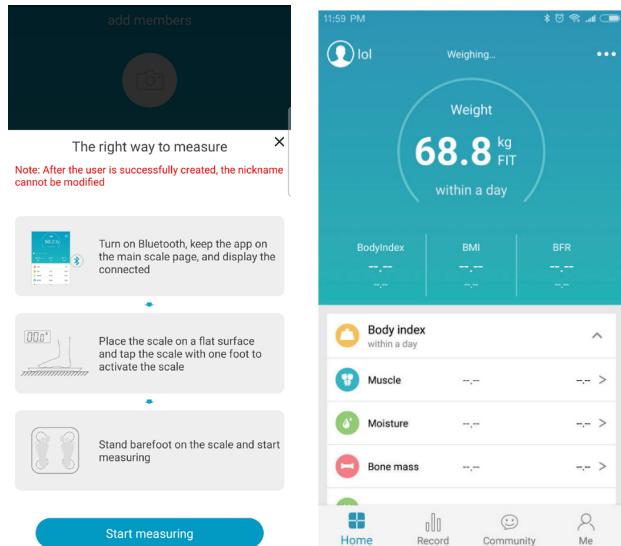
- When pairing the app to the scale, the scale must be turned on.
- Another method for pairing, step on the scale with bare feet, from the home page, at the top of the screen, directions are provided to connect - simply tap the prompt.
- If multiple people are using the scale and app in a household, before the next user takes a reading, you should disconnect from the scale to ensure data is transmitted to the correct user. To ensure data goes to the correct user, close your app after your weigh in. You can also disconnect from the scale by following the prompts at the top of the home page after your reading, simply tap the prompt.
- In order to permanently disconnect, remove the batteries from the scale.

Measuring

Turn on your *Bluetooth* phone setting, then start the app and go to the home screen. With bare feet, stand on your scale.

Your weight will display, and then the scale will begin to estimate your body composition. The screen shows a moving zeros pattern ("0000") while estimating. Continue to stand still on the scale in bare feet.

NOTE: Bluetooth range is 26 feet.



Once your weight and body composition have been measured it will be displayed in the app. The app will track your changes over time.

If multiple people are using the scale and app in a household, before the next user takes a reading, you should disconnect from the scale to ensure data is transmitted to the correct user. To ensure data goes to the correct user, close your app after your weigh in. You can also disconnect from the scale by following the prompts at the top of the home page after your reading, simply tap the prompt.



Care & Maintenance

1. The platform will be slippery when it is wet. Keep it dry! However, do not expose to direct sunlight, extreme hot/cold temperatures or humidity.
2. This scale is designed to read weights 400 lbs / 180 kgs. To prevent damage, do not place more than 400 lbs / 180 kgs on it.
3. DO NOT strike, shock, or drop the scale.
4. Treat the scale with care as it is a precise instrument.
5. Clean the scale with a damp cloth and avoid water getting inside the scale.
6. DO NOT use chemical/abrasive cleaning agents.
7. Always keep your scale in a horizontal position. Do not store on its side.
8. If your scale fails to turn on, check whether batteries are installed, or batteries power is low. Insert or replace with new batteries.
9. Do not use for commercial purpose and follow all instructions provided in this manual.

Battery Warnings!

- Always purchase the correct size and grade of battery most suitable for the intended use.
- NOTE: Please recycle or dispose of batteries per local regulations.
- WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.
- PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak.
- Remove the batteries if the product will not be used for a long period of time. Remove used batteries promptly.
- Clean the battery contacts and also those of the device prior to battery installation.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns."
- Always replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc) or rechargeable (ni-cad, ni-mh, etc.) batteries.
- When batteries of different brand or type are used together, or new and old batteries are used together, some batteries may be over-discharged due to a difference of voltage or capacity. This can result in venting, leakage, and rupture and may cause personal injury.

Problem Solving & Questions

1. If the scale does not turn on or no weight is displayed?

Check if the scale is powered up and started up. If not, please refer to the Section "Preparation Before Use".

2. If the scale is inaccurate or weight varies?

Please refer to the Section "Calibrate the scale".

Place feet in center of platform and stand still. Allow weight to lock in before looking down at display. Flooring may be reason for fluctuation. Use the scale on the hardest floor available for accuracy. Do not move the scale unnecessarily.

3. I have tried all corrective actions, but still can't solve the problem ...

Please contact the Taylor Customer Service Department at 1-866-843-3905 (from 8:00 am to 5:00 pm, Mountain Standard Time, Monday through Friday) or by email to taylorusa@lifetimebrands.com.

4. Why do I get a different body fat reading when I use a different brand of body fat scale?

Different body composition scales take estimations around different parts of the body and use different mathematic algorithm to estimate the percentage of body fat. The best advice is not to make comparisons from one device to another, but to use the same device each time to monitor any change.

DURING MEASUREMENT

- Place your feet in the same position every time you weigh yourself. Stand still during measurement.
- Weigh yourself without clothing whenever possible. Clothes can vary in weight.
- Place the scale where it won't be bumped while being activated or while in use, as an inaccurate reading may occur.
- For the most consistent readings, weigh yourself the same time of day, for best results early in the morning, as weight can fluctuate due to food or drink in your system.

LED Warning Indications!



Low Battery Indication:

The Batteries are running low please replace with new batteries.



Measurement error:

Impedance cannot be measured. Please make sure that you are standing still on the scale with bare feet and maintaining maximum contact between your feet and the metal contacts. You may need to moisten your feet to improve the electrical contact.



Over-Load warning:

Remove weight immediately or damage can be caused.

If Error messages continue after following the correct actions above, remove the batteries and reinsert after 1 minute.

⚠ SAFETY WARNING

- The warning signs and icons shown appear in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.

⚠ PRECAUTION NOTICE

- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

⚠ IMPORTANT NOTICE TO USERS

- This product is intended for humans ages 18 to 85.
- Make sure to use only the type of battery stated (see Section "INSERT THE BATTERIES").
- The "Athlete" mode is applicable only to people 18-85 years of age.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- Body composition readings are estimates.
- Take readings with bare feet, no shoes or socks.

Product Specifications

1. Bioelectrical Impedance Analysis (BIA) technology for body fat and body water percentage, muscle mass estimations and daily calorie intake (DCI) estimations
2. High precision STRAIN GAUGE technology for weight measurement
3. Athlete (for ages 18 to 85 years) or Normal Mode selection
4. Slim design
5. Multi user memories
6. Fast recall function
7. Auto-on and auto-off functions
8. LED readout
9. Low battery indicator
10. Capacity: 400lb, 180kg
11. Body fat graduation: 0.1% (in the range from 5% - 50%)
12. Body water graduation: 0.1% (in the range from 20% - 70%)
13. Muscle Mass graduation: 0.1% (in the range from 15% - 80%)
14. Bone Mass graduation: 0.1% (in the range from 2% - 15%)
15. Age range from 18 to 85 years
16. Height range from 2'5.5" to 7'4.5" (50 to 250 cm)
17. Body fat range: 5 to 50%
18. Total body water range: 20 to 70%
19. Operates with 3 'AAA' (1.5V) batteries (included)
20. Bluetooth range is 26 feet
21. Product dimension: 11.8" x 11.8" x 1.0" (Approx.)
22. Gift box dimension: 13.3" x 13.2" x 2.0" (Approx.)
23. Product weight: 3.56 lb (Approx.)
24. Total weight (product & gift box): 4.24 lb (Approx.)
25. Accuracy of weight measurement: ± 1.1 lb (11 lb ~ 143.3 lb);
 ± 1.8 lb (143.3 lb ~ 297.6 lb); ± 2.6 (297.6 lb ~ 440 lb)
26. Output power for Body Fat Analyzer: <300uA

FCC INFORMATION

**Party issuing Supplier's Declaration of Conformity &
Responsible party – U.S. Contact information:**

Taylor, division of Lifetime Brands, Inc.
2311 W. 22nd Street, Suite 200
Oak Brook, IL 60523

Equipment:
Product Name: Body Composition Scale
Model No.: 5324506KHL
Trade Name: Taylor

We declare under our sole responsibility that the above referenced product has been tested according to FCC requirements and 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.

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

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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

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

FCC ID: 2AJ5E - 5297054