English

InnoBeta Fitfy Bluetooth Digital Smart Body Scale User Manual

Thank you for choosing InnoBeta Fitfy Digital Smart Body Scale!
Please read this manual carefully before you use the appliance and save it for future reference.

Overview

How Bioelectrical Impedance Analysis (BIA) Technology Work?

"InnoBeta Fitfy Digital Smart Body Scale" applies the advanced BIA (Bioelectrical Impedance Analysis) technology, which is the most common and popular method for home-used body composition estimation.

1. To start the measurement, an electrical signal will be launched by the four precision sensor on the scale and quickly pass through your body tissues. The safe electrical signal can pass water in the hydrated muscle tissue but impeded by the fat tissue. The biological resistance data will be used for your body fat percentage estimation and body composition analysis.

2. Then, the measured data together with your personal data information such as gender, age and height information, will be imported into scientifically validated equations. The equations will calculate your body composition such as your Body Weight, BMI (Body Mass Index), Body Fat, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR (Basal Metabolic Rate), and Metabolic Age.

3. Besides your body composition data, Fitfy also gives you detailed information about your health status regarding different index for your reference.

The body composition status result is NOT SUITABLE for the following group:

- **People under 18 years old:** children and teenagers are in rapid growth, no standard ranges of body composition data for reference for this group. Fitfy body composition data is for standard adult body types. Please take the factor into consideration when you use Fitfy to measure body changes.

- **Pregnant women:** the baby and amniotic fluid will affect the accuracy of the measurement result. We recommend pregnant beauties use the body weight measurement function only. Please be careful when using the scale and please wear slippers to prevent possible fall down.

- **People with internal medical device:** People with internal medical device: Internal medical equipment such as pacemaker or artificial lung will influence the electrical signal when it is capturing data. We recommend people with internal medical device to use the body weight function only. And please wear slippers when measuring body weight with Fitfy.

- **Professional athlete:** Athletic body types are physiologically different than standard adult body types, due to muscle mass and hydration level differences. Athletes tend to have greater muscle mass and tend to be more dehydrated. Fitfy body composition data is mainly for standard adult body types.

- **People in sickness such as have a fever:** The physical index may provide inaccurate data when people are sick.

Safety Precautious

- The device must be used only for its intended purpose as described in the instruction manual.

- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- Close supervision is necessary when the product is used by, or near children and invalids.

- Stop using the device when it is breakdown, damaged or the glass is broken.

- The device is not waterproof, always keep the device in a cool dry area.

- Do not throw away the product with the normal household waste when disposal. Dispose the product in accordance with local regulations.

- The product contains batteries. Please avoid battery short-circuit, do not dismantle or modify the battery, or put the battery in any high-radiation or high temperature environment.

- WARNING! Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!

Important notes before measurement:

- Measurements should be performed on hard and flat surfaces. Please avoid carpets or other soft surfaces.
- Make sure the scale's platform is dry from water and oil before use.
- Do not stand on the single-edge of the scale, or jump on the scale, to avoid tilting and falling down.
- Do not use the device when your body is wet.
- Do not exceed the maximum measure capacity: 180kg/400lb.

The "InnoBeta Fitfy Digital Smart Body Scale" is intended for HOME USE ONLY.

- The measuring results are for the purpose of reference to track your physical changes, and help to pursue your health goals.
- The measuring results are not intended to substitute advice given by a physician, pharmacist, or other licensed health-care professional.
- This product is not a medical device and should not be used to as self-diagnosis for treating illness or disease.
- Please contact your health-care provider immediately if you suspect that you have health problems.

Specifications

APP	Feelfit
Bluetooth	Bluetooth 4.0 above
Dimensions	284*284*25 mm / 11.2*11.2*1 inch
Net Weight	2.14kg / 4.7lb.
Display	LED Display for Weight Measurement
Measurement Unit Option	kg/lb. (Could be changed in APP setting)
Measurement Range	0.2~180 kg / 0.4~400 lb.
Pressure Sensor	0.7kg/1.5lb pressure to activate the scale
Conductor	4 x Conductive Aluminum Alloy
Accuracy	0.05kg/0.1lb (<100kg/220lb) 0.1kg/0.2lb (100~180kg/220lb~400lb)
Working Environment	Temperature: 5℃ ~ 40℃ / 41℉~104℉ Relative Humidity: ≤80% RH Atmospheric pressure: 86kPa ~ 106kPa
Storage Environment	Temperature: -20℃ ~ 60℃ / -4℉~140℉ Relative Humidity: ≤80% RH Atmospheric pressure: 86kPa ~ 106kPa
Power Source	4 x AAA batteries

Operation

1. Download the APP "Feelfit".

1) Search and download the APP with name "Feelfit" in "App Store" or "Google Play".

2) Or simply scan the QR code below to directly get into the download page.

3) Launch the "Feelfit" APP, and follow the instruction to choose your preferred language and measurement unit.
4) Register and log in your account. And complete your profile information.

2. Power on the device.

1) Insert 4 AAA batteries to power on the scale.

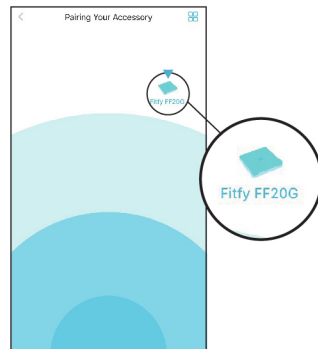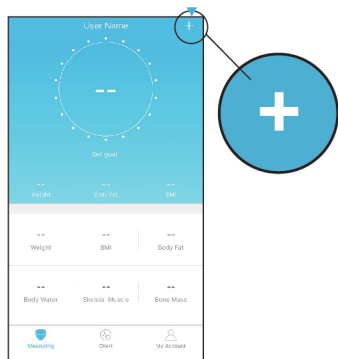   The scale will automatically calibrate and then the LED displays will show as follows.

   0.00 kg

2) The default weight measuring unit is "kg".
   The measuring unit can be changed to "lb" in the APP after connecting Fitfy with your smart devices via Bluetooth.

3. Connect the Scale "Fitfy FF20G" with your smart devices.

1) Turn on the APP "Feelfit" and Bluetooth. Tap the "+" on the upper right corner of the page to pair the scale with the APP.

2) Activate the scale by stepping on it. (The pressure sensor inside the scale will be activated by pressure at least 0.7kg/1.5lb.)

3) Pair the Device "**Fitfy FF20G**". (Please make sure the smart device's Bluetooth is turned on.)

   The pairing page on the smart device will appear the icon with the name of "**Fitfy FF20G**", tap the icon to pair the scale with your smart device.
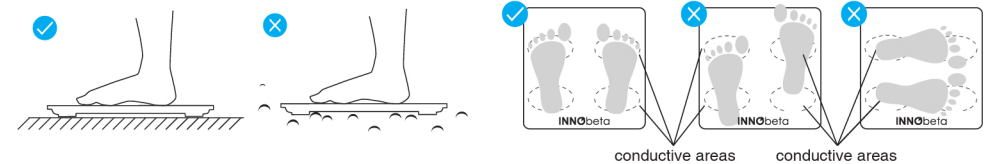   The LED screen of the scale will display a Bluetooth icon when the scale is successfully connected with your smart device.

   And now the data on the scale will be synced with your smart device and the data will be shown in the APP.

   68.00 kg

4. Measure your body composition and check the body analysis report in the APP.

1) Make sure the LED screen is displaying "0.00" and the scale is put on a hard and flat surface before measurement.

2) Stand straightly without bending your knee on the scale with bare and dry feet. Make sure your feet are uniformly touched with the electrodes as below:

   conductive areas   conductive areas

3) The Fitfy will start to measure your body weight first.
   When the digital display is stable, the LED display will flash twice. It means the weight measurement is completed.

4) The scale will start to measure your body fat and other body composition data after the body weight measurement completed. ("0" will be rolling on the display when the body composition analysis is in process. It might take about 10 seconds.)
   When the "0" stops rolling and the LED display shows your body weight again, the whole measurement and analysis process is completed.
   Please stay on the conductive area until the whole analysis process is completed.

   ① 68.00 kg   ② 0000 0000   ③ 68.00 kg

5) Check your measuring report on the APP. The report includes data and analysis of your Body Weight, BMI (Body Mass Index), Body Fat, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR (Basal Metabolic Rate) and Metabolic Age.
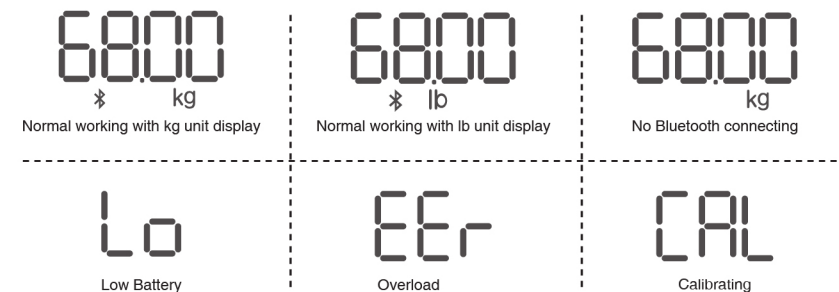   You can also compare various analytical data on the "Chart" page.

   Note:

   The device will detect your body's real-time biological resistance data.
   The measure results will be affected by several factors based on the operation mode of BIA technology.
   To get the most accurate and consistent results for comparing your physical changes, we recommend to take the measurement AT THE SIMILAR TIME each day and UNDER SAME CONDITIONS.
   This will help to generate the most accurate and consistent results, and provide a better comparison of your body changes.

5. LED Display Indication

68.00 kg
Normal working with kg unit display

68.00 lb
Normal working with lb unit display

68.00 kg
No Bluetooth connecting

Lo
Low Battery

EEr
Overload

CAL
Calibrating

When the device is disconnected with APP through Bluetooth, it can be used as a body weight scale as well.

And the scale would save the last 20 measurement data before the batteries run out.
The data will be automatically synced with your smart device when the Bluetooth is connected.

The LED screen will turn off automatically and the device enters standby sleep mode when

- data has been uploaded to the APP.
- no operation and measurement in 30 seconds.
- improperly operated.

Maintenance and Cleaning

- Before cleaning the device, please remove the batteries.
- DO NOT immerse the device in water. Clean the device with a slightly damp cloth, then use a dry soft cloth to dry up the device.
- DO NOT use propellant, abrasive or other chemical cleaning agents on the device in avoidance of discolor or malfunction.
- Cleaning and daily maintenance shall not be conducted by children and invalid without supervision.
- DO NOT disassemble this device by yourself. Any repair must be done by an authorized repairman. If you have any problems, please kindly contact us to get support.
- If the device will not be used for an extended period of time, remove the batteries and store the product in a safe and dry location.
- Make sure the weighing platform is for body weight measuring only.
- Do not treat the scale like a shelf and place object on the weighing platform when it is not to be used. This may cause the sensor damage and reduce the lifetime of the device.
- Frequent overload will permanently damage the sensor and affect the accuracy.
- Change the new batteries immediately when the "Lo" low power indicator is displayed. Permanent damage will occur if the device keeps low power mode for too long.

Troubleshooting

The results are different from my measurement results at the GYM.

- Fitfy is mainly for home-use.
- The measuring technology and calculate method are different between professional medical instruments and home-used instrument.
- The measure results are for reference purposes mainly to track your physical changes, and help to pursue your health goals.

The composition results have a little bit difference during a day.

- The smart scale will detect the real-time biological resistance data of your body. However, body condition and biological resistance data will be affected by several factors, such as water and dietary intake, hot tub bathing, physical exercise activities or even natural body condition fluctuation. Thus, the result may get certain deviation.
- Moreover, body condition and some physical index will naturally fluctuate throughout the day. For example, body weight will be a little bit lighter and height will be slightly higher in the morning.

How can I track my physical changes effectively?

- Use Fitfy AT THE SIMILAR TIME each day and UNDER SAME CONDITIONS.
- We recommend to measure your body condition in the morning before breakfast.
- Compare your measuring data in the similar period each day and under same conditions, to reduce the deviation caused by water and dietary intake, hot tub bathing, physical exercise activities, etc.

How to recalibrate the scale after moving it?

- Activate the scale by stepping on it or give a pressure at least 0.7kg/1.5lb.
- Then the scale will automatically calibrate. If the LED screen shows "0.00", it means the calibration is done.
- Please keep the platform of the scale empty when the scale is calibrating.

The LED screen has no display.

- The batteries are wrongly installed. -----To check if the 4 AAA batteries are correctly installed.
- Batteries are in low power. -------Change new batteries.
- The device is not being activated. -------Step on the device to activate it. The pressure sensor inside the scale will be activated by pressure at least 0.7kg/1.5lb

The scale is displaying inconsistent weights.

- Check whether the scale is on a hard, flat surface.
- Check whether the bottom leg is not being stuck.

The display data cannot be synced to smart devices.

- Make sure the APP you've downloaded is with the name "Feelfit" (no space), and your profile information is completed.
- Make sure your Bluetooth version is above 4.0, and your "Fitfy FF20G" scale is successfully connected to your phone via Bluetooth.
- Make sure the APP is turned on and you have followed the "Operation" instructions.

There is no other body composition measurement report displaying on the APP.

- Make sure your profile information is completed on the APP.
- Make sure you have stand straight without bending your knees on the scale with bare and dry feet. And your feet are uniformly touched with the electrodes.

If the problem still cannot be solved, try the following:

- Remove the batteries, install again to restart the scale.
- Restart the Bluetooth on your smart device, try again with the "Operation" instructions.

Support

- If you need more information or support, please visit our website www.innobeta.com or email us at support@innobeta.com.
- We will try our best to provide the best service for you in 48 hours.
- If you have any advice and opinion of the APP, please kindly submit it on the Feedback page in the APP directly.

§ 15.19 Labelling requirements.

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.

§ 15.21 Information to user.

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

§ 15.105 Information to the user.

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 for Portable device:

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