



**Bluetooth Body Analysis  
Smart Scale**  
Instructions for use



This Bluetooth body analysis smart scale is specially designed to evaluate your body weight, body fat, hydration, muscle and bone percentages and to keep a close eye on your body composition. Based on the analysis of your height, weight, age, etc., it calculates your daily energy requirement, and can be used as a helpful tool to control your weight.

Please read this instruction manual carefully before use.

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## ■ **About Bluetooth Body Analysis Smart Scale**

Thanks to the Bluetooth technology, scale data is transmitted to your smart devices. This Bluetooth body analysis smart scale will help you set your goals and track your daily, weekly and monthly progress.

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## ■ **Features / Specifications**

1. This Bluetooth body analysis smart scale can be used with or without a smart device
2. Compatible with iOS 8.0 or Android 4.3 or later devices
3. "BODY MONITOR" App works with Bluetooth 4.0 and above
4. Indicates body weight, percentages of body fat, hydration, muscle, bone, daily calorie intake and body mass index (BMI)
5. Follow and analyze your data up to 12 months with simple graphical displays
6. Memorizes information up of 12 different users
7. Capacity: 180 kg / 400 lb
8. Accuracy: 100 g / 0.2 lb
9. Auto on, low batteries and overload indicators
10. Requires two AAA batteries (included)
11. Platform dimensions: 11.9" x 11.9" x 0.8" / 30.2 cm x 30.2 cm x 2.2 cm
12. Screen dimensions: 2.9" x 1.4" / 74 mm x 35.6 mm

## ■ Helpful Tips

- A. This Bluetooth body analysis smart scale is designed to allow auto step on. The first time you use the scale please ignore the initial reading as this may reflect the factory settings. The scale will be accurate as of the second use.
- B. For better results, always remove your shoes and socks.
- C. It is advisable to always take measurement at the same time of the day.
- D. Readings can be misleading after intensive exercise, excessive dieting or under extreme dehydration.
- E. Always weigh/use the scale on a hard and flat surface. When you are on the weighing platform, please keep still.
- F. For children under 10 or adults over 100, the scale can only be used in regular weighing mode.
- G. For adults over 70, body builders or people with extreme fitness levels, there may be deviations in the measured data.

## ■ Warning!

The body analysis weighing mode, called Bioelectrical Impedance Analysis (BIA), which is used by this scale, determines your body fat proportion by transferring a harmless signal all the way through your body.

A. This scale provides body analysis measures for a majority of people, but people with the following condition should never use this scale under this weighing mode:

- Pregnant women
- Those with symptoms of edema
- Those on dialysis treatment
- Those who use heart pacemakers or other implanted medical devices

**These people should only use a scale under the regular weighing mode, which will indicate only your body weight.**

B. The fat and hydration percentages content evaluated by this body fat scale **is only for reference** (not for medical purpose). If your fat and hydration percentages content is over/below normal level, please consult your doctor for more advice.

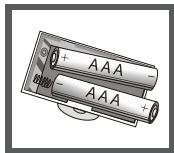
C. Keep away from strong electro-magnetic fields when using the scale.

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## ■ Performance index

	Capacity	Fat %	Hydration %	Muscle %	Bones %	Calorie
Index Range	180 kg 400 lb	4.0% ~60.0%	27.5% ~66.0%	20.0% ~56.0%	2.0% ~20.0%	
Accuracy	100 g 0.2 lb	0.1%	0.1%	0.1%	0.1%	1 KCAL

## ■ To install / Replace batteries



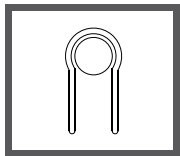
Requires 2 AAA batteries (included)

- 1- Open battery case cover on the back of scale.
- 2- Take out the used batteries.
- 3- Install new batteries by putting one side of the battery then pressing down the other side. Please take note to the polarity.

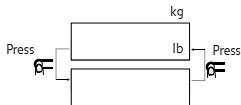
- Do not dispose of batteries in fire. Batteries may explode or leak.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable batteries.
- Please dispose the batteries according to local municipal regulations.

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## ■ Setting Weight Unit



This scale is available in "kg" or "lb". You can set to the one you prefer by pressing the unit conversion button on the back of the scale (picture shown on the right). Press the unit conversion button when scale is powered on. LCD shows current weight unit. Press the button again to convert to another weight unit.



After selecting the preferred unit, the scale will auto-off after 3 seconds. The selected weight unit will be activated the next time you turn on the scale.

- When setting "lb" as weight unit, the default height unit is feet/inch.
- When setting "kg" as weight unit, the default height unit is cm.

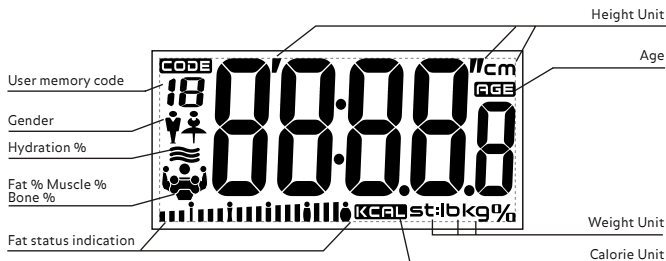
## ■ Key Illustration

**SET** : Turn on the scale / Save parameters / Prompt to next parameter.  
(Please refer to the Setting personal parameter section)

**▲** : Advance the value by one interval each press. Hold down button to advance more quickly.

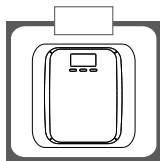
**▼** : Decrease the value by one interval each press. Hold down button to decrease more quickly.

## ■ LCD Display



## ■ Regular Weighing Mode (indicates body weight only)

### 1. Auto step on weighing



Install batteries and place the scale on a hard and flat floor.



Step on scale slightly for a while and wait for weight reading display.

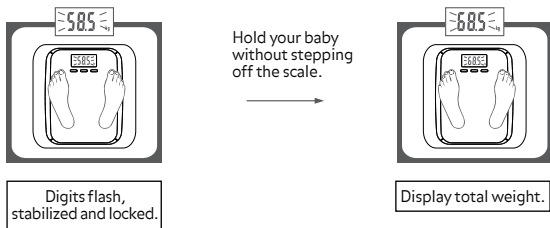


Reading result will flash after weight stabilized.

## 2. Consecutive add-on weighing

After digits stabilized, additional loadings can be conducted. Ensure each add-on loading has to exceed 2 kg (4.4 lb) to get a new reading.

**Example:** If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



## ■ Body Analysis Weighing Mode

(indicates body fat, hydration, muscle, bone and daily calorie intake)

### (1) Setting personal parameters

- ① The first time you turn on your scale, the default parameters are set as follows:

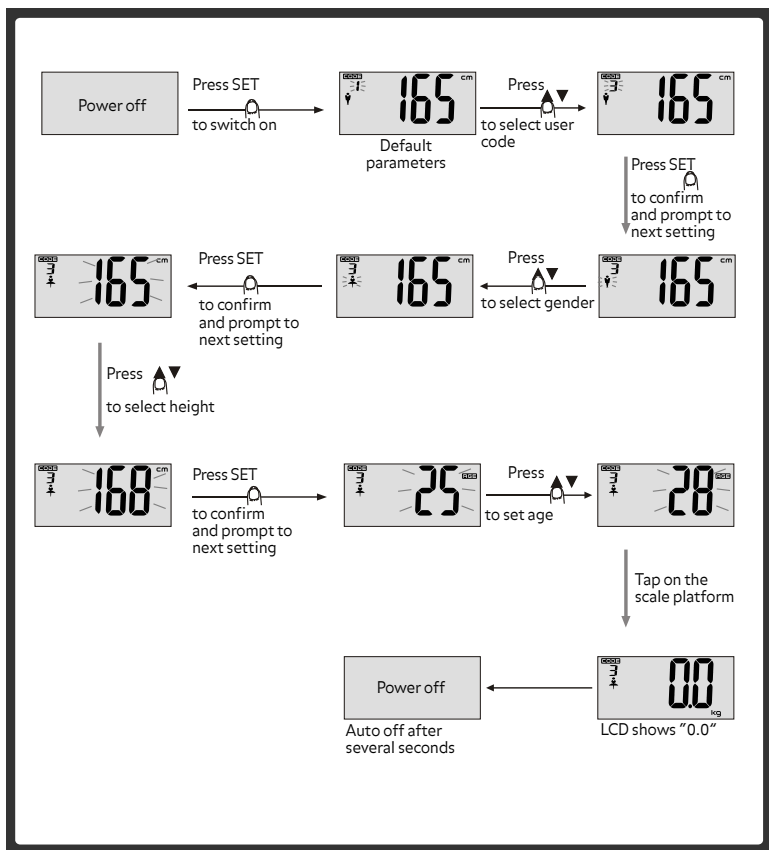
Gender	Height	Age
Man	165 cm / 5.5"	25

- ② Parameters can be set in the following range:

User	Gender	Height	Age
1-12	Woman Man	100 - 250 cm 3'3" - 8'2"	10 - 100

### ③ Parameter setting

Example: the 3rd user, woman, 168cm, 28 years old, can set her parameters as follow:



#### Note:

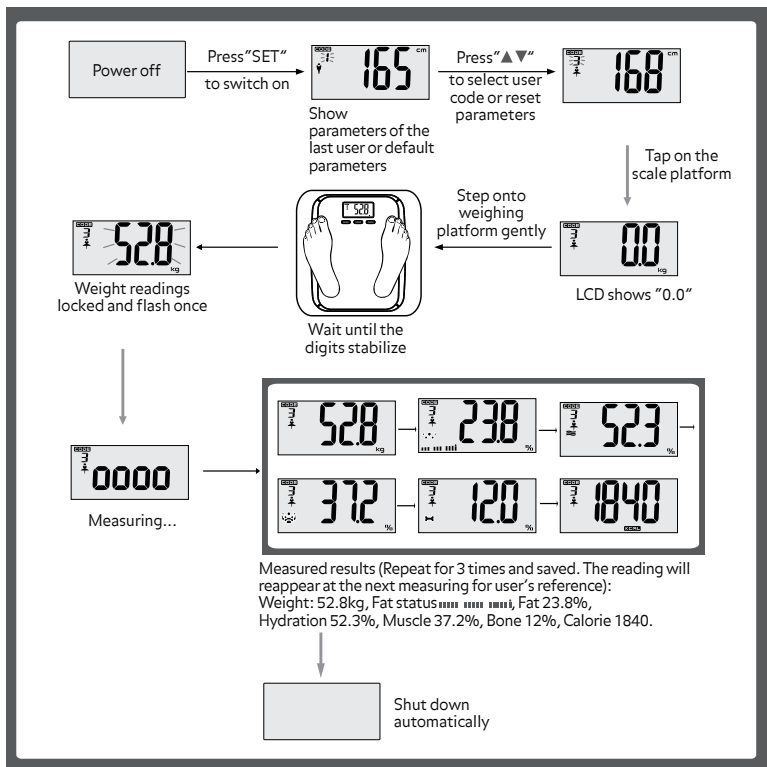
- If while setting the parameters there are no entries for period of 6 seconds, the parameters already set will be automatically saved and body fat measuring will start.
- If body fat measuring starts before you had time to finish setting your parameters, press SET for 3 seconds to return to the setting mode. You will then be able to set your user code, gender, height and age.



## (2) To start weighing

It is really important to remove your shoes and socks before stepping on the scale especially when you are using the scale in body analysis weighing mode. Assure that your feet are well positioned on the metallic sensors, otherwise the scale will not be able to determine your body composition.

Example: the 3rd user, woman, 168cm, 28 years old can measure as follow :



## ■ Warning Indications



### **Low battery indication**

The battery power is running low. Please replace with new batteries.



### **Overload indication**

Maximum weight capacity is 180 kg / 400 lb. The weighing subject on the platform exceeds the maximum capability of the scale.



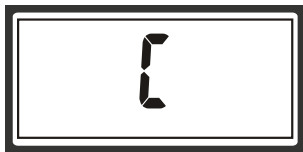
### **Low Fat % Indication**

The fat percentage is below the outlined performance index and therefore cannot be measured. Please consult a health care professional.



### **High Fat % Indication**

The fat percentage is above the outlined performance index and therefore cannot be measured. Please consult a health care professional.



### **Re-test**

Error exists, please step off the scale and start over.

# ■ Readings

## 1. Body Fat Percentage

Body fat scale sends a small and completely harmless electrical current through your body. The electrical current passes more quickly through fat to the electrical current relates to how much fat-free mass a person has and their body density.

## 2. Understanding the readings

Fat percentage is an index of fat content in human body.

The same goes for hydration, bone and muscle.

The information provided by the scale is for reference only.

Consult your health care professional for more detailed information.

## 3. Fat / Hydration Content Fitness Assessment Chart

After weighing you can use the following Assessment Chart for reference:

Age	Woman		Man		Statut	Key Line Indication
	Fat	Hydration	Fat	Hydration		
<30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too Lean	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	High	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too High	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too Lean	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	High	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too High	

\*\*\* The above information is for detailed reference only. For more detailed information, consult your health care professional.

BF: Fat %    BW: Hydration %    BM: Muscle %    BONE: Bone %

## ■ **About calorie**

Calorie is an energy unit. The reading data indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

Control the calorie intake combined with proper exercise is an effective way to lose weight. For more detailed information, please consult your health care professional.

## BLUETOOTH FUNCTIONS AND APPLICATION



# ■ How to set up and use the application

## 1. Get the application

- A. You can use this scale with or without a smart device.
- B. To use the scale with your smart device, you must download the “BODY MONITOR” app from “App Store” or “Google Play”.
- C. You can also scan below QR code to obtain the App.



## 2. Bluetooth Setting

- A. Make sure the Bluetooth function is activated on your device. Otherwise, please go to “Settings” on your device and turn on the Bluetooth function.
- B. Tap the scale platform to turn it on.
- C. You can now use your scale with your device.

\* Please note that you do not need to pair your smart device with scale as it is using the Bluetooth 4.0 technology. It will match automatically within the Bluetooth signal coverage of 5-10 meters.

\* This scale is Bluetooth 4.0 supported and requires iOS 8.0 and Android 4.3 or later. This scale is compatible with iPhone 4s or later, Samsung Galaxy S3, HTC One, Huawei Honor 6, Xiaomi 3, Meizu MX3, LG G2 pro, etc.

\* Unfortunately, the application is not optimized for tablet.

### **3. App instructions**

Please follow the “BODY MONITOR” App instructions. Once you entered your user parameters, you will be able to start.

This scale has an auto-recognition function. If the body weight of two members is so closed within 2 kg (4.4 lb), you will need to choose the right user to collect the corresponding measurements.

App is constantly updated.

#### **Please note :**

If it is impossible for you to obtain weighing results from your scale to your smart device:

- Verify if the Bluetooth function is activated on your device.
- Verify if the Bluetooth scale is within the valid signal coverage (5-10 meters).
- Verify if the batteries still have power. Otherwise, please change them.
- You can also restart your device and set up the Bluetooth connection again.

#### **Fail to connect to your device**

- Please make sure only one device is setting up connection with the Bluetooth scale.
- Please make sure your device is equipped with Bluetooth 4.0 or above.

#### **LCD has no responses**

- Please check the batteries and replace them if necessary.

## Advise for use & care

1. To get an accurate weighing reading, please:
  - always weight yourself naked, no clothes, no shoes.
  - always weight yourself at the same time of the day.
  - avoid weighing yourself after a physical activity.
2. The glass platform will be slippery if it is wet.
3. Keep standing still during the course of weighing.
4. DO NOT strike, shock or drop the scale.
5. Treat the scale with care as it is a precise instrument.
6. Clean the scale with a damp cloth and avoid water getting inside the scale.
7. DO NOT use chemical or abrasive cleaning agents.
8. Keep the scale in a cool place with dry air.
9. Always keep your scale in a horizontal position.
10. If the scale does not turn on, check whether the batteries are installed or battery power is low. Replace the batteries.
11. If there is an error message on the display or if the scale does not turn off, remove the batteries for about 3 seconds, then install them again. If you cannot resolve the problem, please contact your dealer for consultation.
12. Not for commercial use.



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**BFT** BFT IMPORT AND DISTRIBUTION INC  
LONGUEUIL (QUEBEC) J4G 1V6