



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



This Bluetooth body analysis smart scale is specially designed to evaluate your body composition, such as body fat, hydration, muscle and bone percentages, BMI, BMR/AMR and more. 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.

■ 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.

■ Features / specifications

1. This scale indicates body weight only. To get complete body analysis, you must use a smart device.
 2. Compatible with iOS 8.0 and Android 4.3 or later devices
 3. "MOVING LIFE" app works with Bluetooth 4.0 and above
 4. Provides complete body analysis such as body weight, body mass index (BMI), body fat, subcutaneous fat, visceral fat, body hydration, body muscle, skeletal muscle, body bone, lean body mass, BMR/AMR, body age and more
 5. Large data storage and multiple users profiles
 6. Tempered glass weighing platform
 7. Capacity: 400 lb / 180 kg
 8. Accuracy: 0.1 lb / 50 g
 9. Auto on, low battery 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
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■ 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.
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■ Warnings

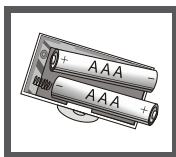
The body analysis weighing mode, called Bioelectrical Impedance Analysis (BIA), which is used by this scale, determines your body fat proportion by transferring a harmless signal all the way through your body.

- 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.

■ Install / replace batteries

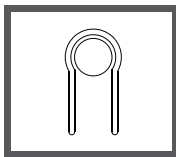


Requires 2 AAA batteries (included)

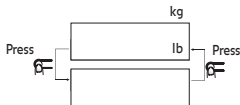
- 1- Open battery case cover on the back of scale.
- 2- Take out the used batteries.
- 3- Install new batteries by putting one side of the battery then pressing down the other side. Please take note to the polarity.

- 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.

■ 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.

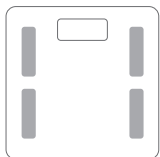


After selecting the preferred unit, the scale will auto-off after 3 seconds. The selected weight unit will be activated the next time you turn on the scale.

- 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.

■ 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.

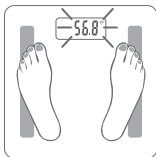


Reading result will flash after weight stabilized.

2. Consecutive add-on weighing

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



Digits flash, stabilized and locked.

Hold your baby without stepping off the scale.



Display total weight.

■ Warning indications



Low battery indication

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



Overload indication

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



Re-test

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

BLUETOOTH FUNCTIONS AND APPLICATION



■ How to set up and use the application

1. Get the application

- To get complete body analysis, you must use a smart device and download the “MOVING LIFE” app from “App Store” or “Google Play”.
- You can also scan QR code to obtain the App.



Note: App is constantly updated.

2. Bluetooth setting

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

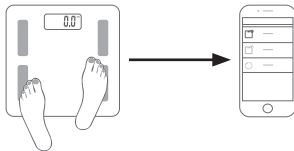
* Please note that you do not need to pair your smart device with scale as it is using the Bluetooth 4.0 technology. It will match automatically within the Bluetooth signal coverage of 5 -10 meters.

* 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

- Open “MOVING LIFE” App and follow instructions.
- First, you must set up your personal profile.

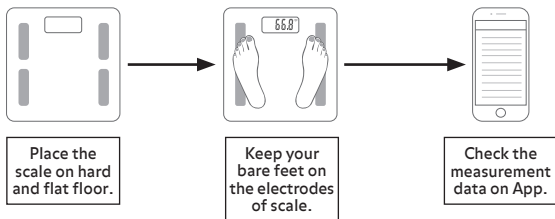


Step gently to turn on the scale.

Connect the scale with App.

4. Start weighing

- Place the scale on hard and flat floor.
- Stand gently on the scale. Place your bare feet on the electrodes of the scale to get complete body analysis composition.
- The weight reading is stable and flashes, then begins to be transmitted to your smart device.
- App will show and save all index and history record.
- The scale shuts off after several seconds.



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 response

- 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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