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1byone 1

1 BY ONE Smart Body Weight Scale User Manual

Model: 1

1. Introduction

The 1 BY ONE Smart Body Weight Scale is a digital bathroom scale designed to measure and track various body composition metrics. This device connects via Bluetooth to the 1 BY ONE Health app on your smartphone, allowing for comprehensive health data analysis and progress tracking. It supports multiple users and integrates with popular fitness applications.

Key Features:

- Measures 14 essential body composition metrics.
- Synchronizes with 1 BY ONE Health app (iOS & Android).
- Compatible with Apple Health, Google Fit, and Fitbit.
- Supports an unlimited number of user profiles.
- High-precision sensors with a maximum capacity of 180 kg (396 lbs).
- Durable tempered glass platform.

2. Setup

2.1. Battery Installation

The scale requires 3 AAA batteries (included). Open the battery compartment on the underside of the scale and insert the batteries according to the polarity indicators (+/-).

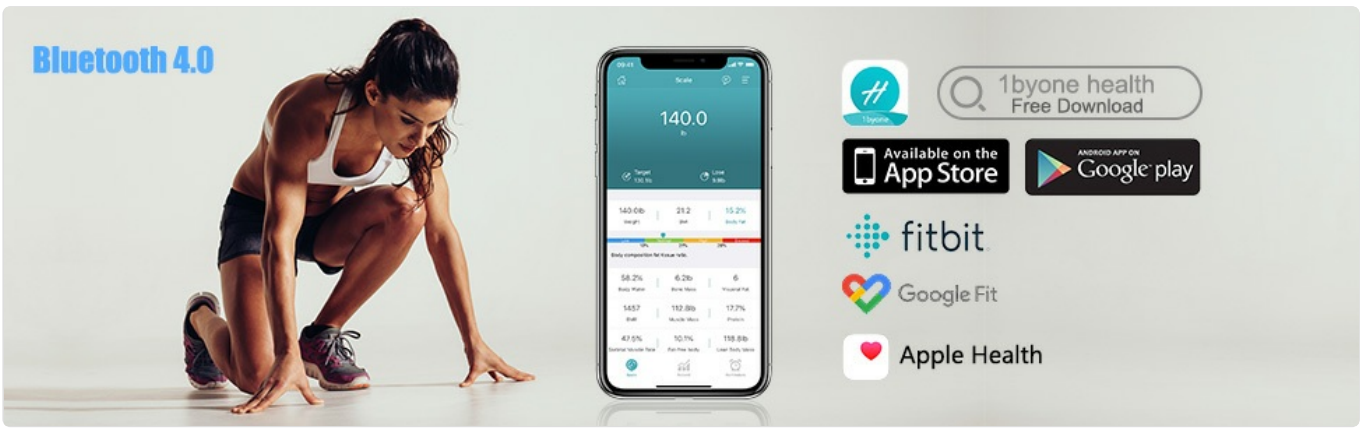


Image: Underside of the scale with battery compartment and anti-slip pads.

2.2. App Download and Installation

1. Search for "1 BY ONE Health" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the application on your smartphone.
3. Follow the in-app instructions to create your user profile.

2.3. Scale Placement and Initial Calibration

For accurate measurements, place the scale on a hard, flat surface. Avoid carpets, rugs, or uneven flooring.



Image: Important usage notifications for the scale.

To calibrate the scale:

1. Step onto the scale briefly until the display lights up.
2. Step off the scale and wait for the display to show "0.0" or turn off. The scale is now calibrated.

3. Operating Instructions

3.1. Taking a Measurement

1. Ensure your smartphone's Bluetooth is enabled and the 1 BY ONE Health app is open (or running in the background).
2. Place the scale on a hard, flat surface.
3. Step onto the scale barefoot. Ensure your feet are dry and positioned on the metal electrodes. Do not wear socks or shoes.
4. Stand still on the scale until your weight is displayed and the measurement process is complete.
5. Your data will automatically synchronize with the 1 BY ONE Health app. If your phone is not connected, the scale will store the weight, and other metrics will sync once the connection is re-established.



Image: Feet on the scale showing an easy-to-read backlit display.

3.2. Understanding Your Metrics

The 1 BY ONE Health app analyzes and displays 14 essential body metrics:

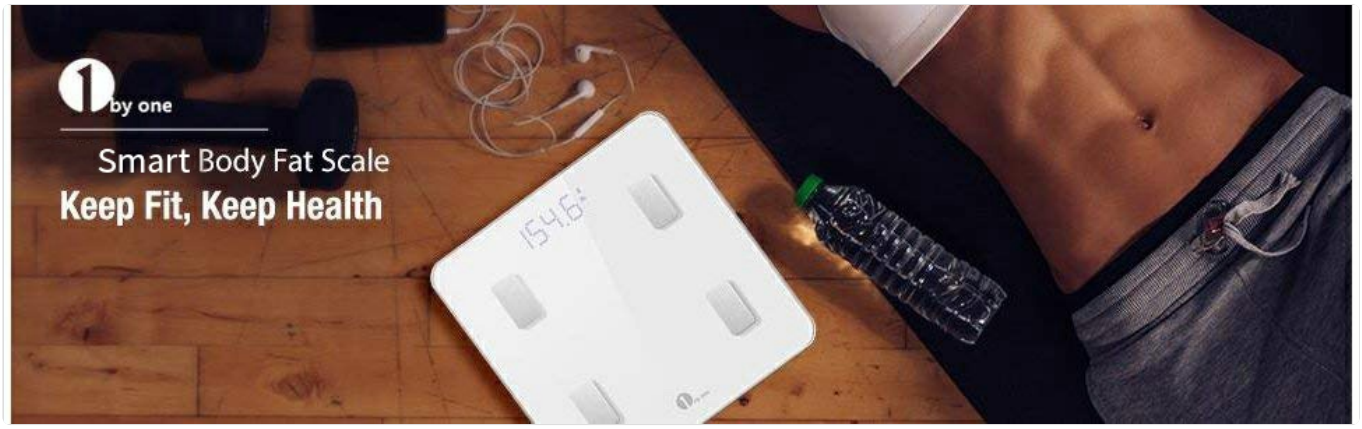


Image: Visual representation of the 14 essential body metrics.

- Weight
- BMI (Body Mass Index)
- Body Fat
- Protein
- Bone Mass
- Visceral Fat
- BMR (Basal Metabolic Rate)
- Muscle Mass
- Body Water
- Skeletal Muscle Rate

- Fat-free Body Weight
- Lean Body Mass
- Body Type
- Body Score

3.3. Using the 1 BY ONE Health App

The app provides a comprehensive overview of your health data:

- **Progress Tracking:** View your measurements over time with daily, weekly, and monthly graphs.
- **Multiple Users:** Create individual profiles for each family member. Data is stored separately on each user's smartphone.
- **Data Export:** Export your data to PDF or synchronize with Apple Health, Google Fit, and Fitbit.
- **Cloud Storage:** Store your data on the 1 BY ONE Cloud to prevent data loss.
- **Manual Data Entry:** Add data manually, useful for tracking progress when away from the scale.



Image: Reviewing progress efficiently with the app.

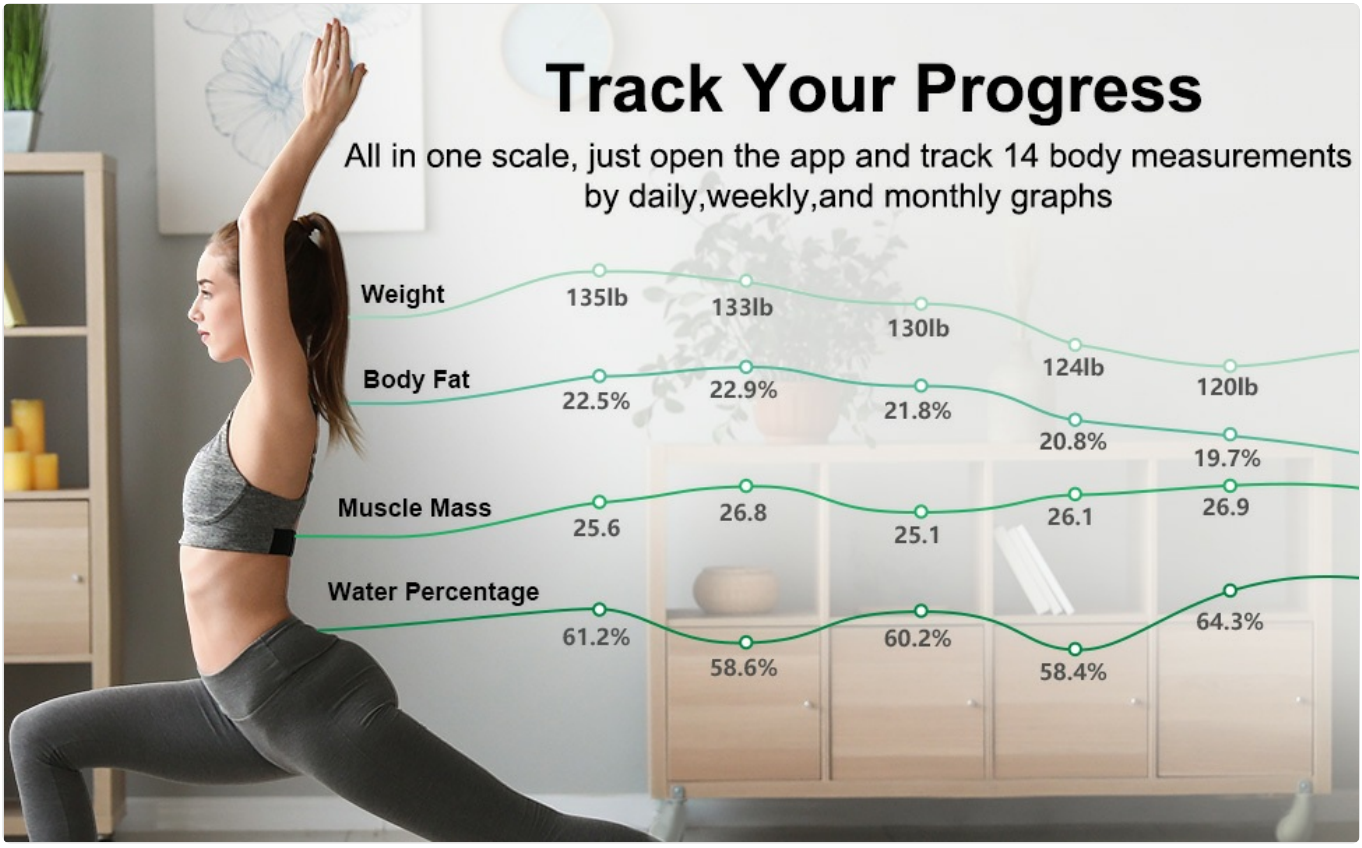


Image: Cloud storage and PDF export features in the app.

4. Maintenance

4.1. Cleaning

Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.

4.2. Battery Replacement

When the battery indicator appears on the display or in the app, replace all three AAA batteries with new ones. Ensure correct polarity.

5. Troubleshooting

5.1. Inaccurate Readings

- Ensure the scale is on a hard, flat, and level surface. Avoid carpets or uneven floors.
- If the scale has been moved or batteries replaced, recalibrate it by stepping on and off once before taking a measurement.
- Ensure your feet are bare, dry, and properly positioned on the electrodes.

5.2. No Bluetooth Connection

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the 1 BY ONE Health app is open or running in the background.
- Try restarting your smartphone and the app.
- Ensure the scale is within range of your smartphone.

5.3. App Not Displaying Data

- Confirm the scale is connected via Bluetooth.
- Check if the app has the necessary permissions on your smartphone.
- Ensure your user profile is correctly selected in the app.

6. Specifications

Model Number	1
Dimensions (L x W x H)	28 x 28 x 2.4 cm (11.02 x 11.02 x 0.94 inches)
Weight	1.4 kg (3.08 lbs)
Weight Capacity	180 kg (396 lbs)
Power Source	3 x AAA Batteries
Material	Tempered Glass
Display Type	LCD or LED
Measurement Precision	Less than +/- 1%



Image: Scale dimensions.

7. Warranty and Support

1 BY ONE provides professional technical support and satisfactory after-sales service. For any issues regarding the scale's performance or operation, please contact customer support directly through the 1 BY ONE Health application. Support is available year-round.

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