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› [1 by ONE Scale for Body Weight, Smart Body Fat Scale, Digital Bathroom Weighing Scale with Water Percentage Muscle Mass Bluetooth BMI, 14 Body Composition Analyzer, 400 lb](#)

1byone 700NA-0015

1byone Smart Body Fat Scale User Manual

Model: 700NA-0015

INTRODUCTION

Thank you for choosing the 1byone Smart Body Fat Scale. This digital bathroom weighing scale is designed to provide comprehensive body composition analysis, helping you track your health and fitness progress with precision. It connects via Bluetooth to the 1byone Health app, offering detailed insights into 14 key body metrics.



Image: The 1byone Smart Body Fat Scale, showing its sleek design, digital display, and accompanying mobile application interface. Batteries are also visible, indicating power source.

KEY FEATURES

- **Comprehensive Body Composition Analysis:** Measures 14 metrics including body score, BMI, body fat percentage, body water, muscle mass, visceral fat, bone mass, and protein.
- **High Accuracy:** Equipped with a top precision chip and 4 high-precision sensors, ensuring increments within 0.2lb/100g and a maximum capacity of 400lb/180kg.
- **Smart Bluetooth Connectivity:** Seamlessly connects to the free 1byone Health app (iOS and Android) via Bluetooth, syncing data to Apple Health, Google Fit, and Fitbit.
- **User-Friendly App:** Tracks progress with daily, weekly, and monthly graphs. Data can be saved to the cloud and exported.
- **Multi-User Recognition:** Automatically recognizes and matches measurements to individual user profiles (up to 8

users), ensuring privacy.

- **Wide Platform & Durable Design:** Features 6mm tempered glass and an 11x11 inch platform, suitable for various users. Includes a large, easy-to-read LED display.
- **Convenient Operation:** Supports step-on activation and auto-off function. Units can be switched between pounds (lb) and kilograms (kg).

14

Body Compositions Analysis



Image: An infographic illustrating the 14 different body composition metrics measured by the scale, such as Body Fat, BMI, Muscle Mass, and Body Water.

PACKAGE CONTENTS

Please check the package contents carefully. If any items are missing or damaged, contact customer support.

- 1byone Smart Body Fat Scale
- 3 x AAA Batteries (included)
- User Manual

SETUP GUIDE

1. Install Batteries

1. Open the battery compartment on the back of the scale.
2. Insert the 3 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.



Image: The bottom of the scale, highlighting the battery compartment, weighting sensors, and anti-slip mats.

2. Download the 1byone Health App

The 1byone Health app is essential for tracking your body composition data.

- Scan the QR code provided in the quick start guide (if available) or search for "1byone Health" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

- Download and install the app.



Image: The icon for the 1byone Health mobile application, indicating where to download the app.

3. Pair the Scale with Your Device

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 1byone Health app.
3. Create your user profile within the app, entering necessary details like age, height, and gender for accurate body composition calculations.
4. Step onto the scale with bare feet. The scale will activate and attempt to connect to the app.
5. Follow any on-screen prompts in the app to complete the pairing process.



Image: A visual representation of the 1byone scale wirelessly connecting to a smartphone via Bluetooth, with a cloud icon symbolizing data transfer.

Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors for accurate readings.
2. Ensure your feet are clean and dry. For body fat and other composition measurements, bare feet are required to make contact with the metal electrodes on the scale surface.
3. Open the 1byone Health app on your smartphone.
4. Step onto the scale with both feet, standing still and centered. The scale will automatically turn on and display your weight.
5. Remain on the scale until the display stabilizes and the app shows all body composition data. The data will automatically sync to your profile in the app.

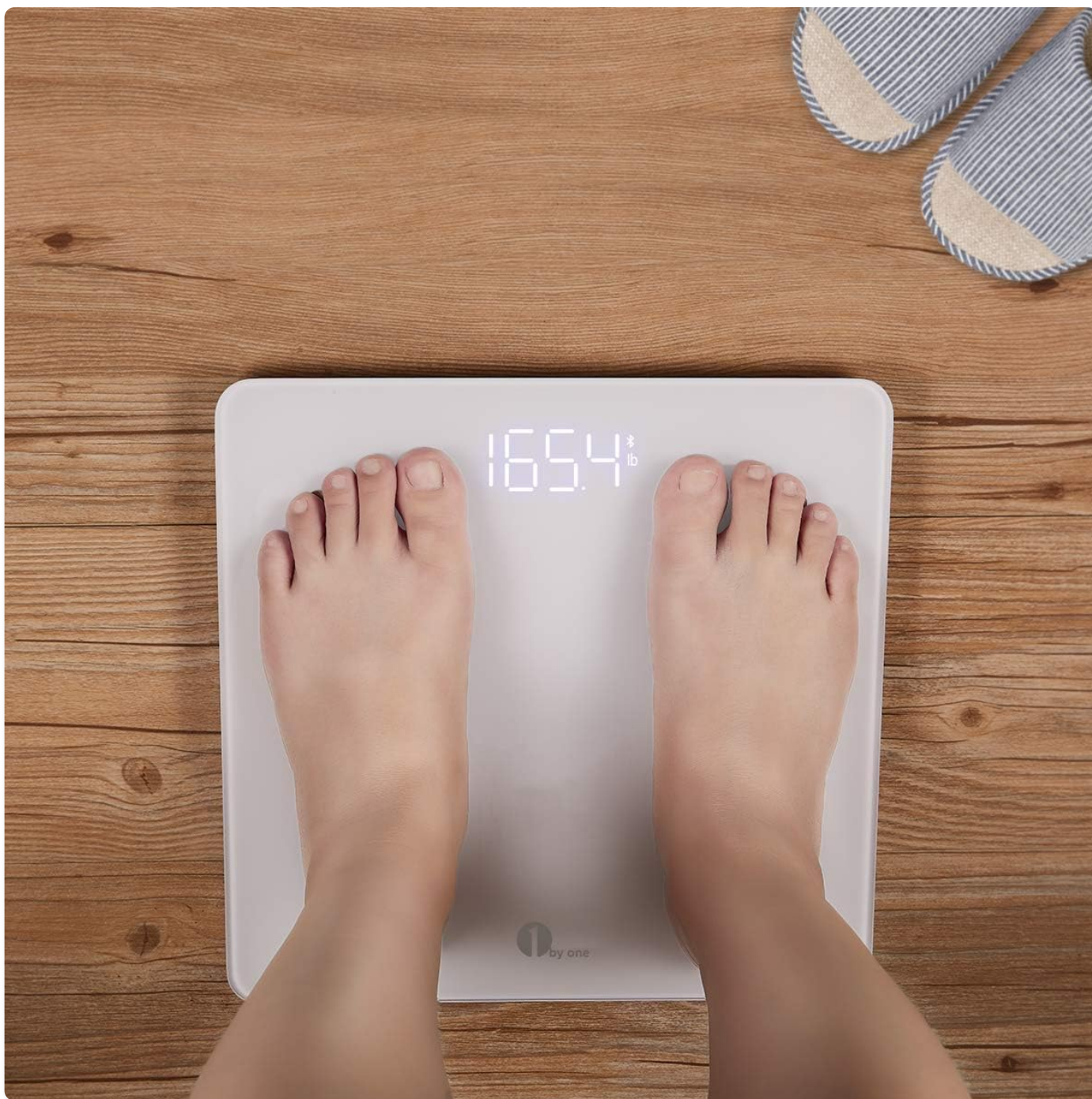


Image: A person standing barefoot on the 1byone Smart Body Fat Scale, demonstrating proper usage for accurate measurements.



Image: A visual instruction to place the scale on a flat and hard floor for optimal accuracy.

Understanding Your Data

The 1byone Health app provides detailed graphs and historical data for all 14 body composition metrics. You can view your progress daily, weekly, or monthly.

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Body Water Percentage:** The amount of water in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The weight of bone mineral in your body.
- **Visceral Fat:** Fat stored around the organs in your abdomen.
- **Protein:** The percentage of protein in your body.
- Other metrics include Body Score, Body Type, BMR (Basal Metabolic Rate), Lean Body Mass, Skeletal Muscle Rate, and Fat-free Body Weight.

Massive Cloud Storage, Graphics Trend & Data Export Freely



Image: A graphical representation of weight, BMI, and body fat trends over weeks, months, or years, demonstrating the app's data tracking capabilities.



Image: A detailed view of the 1byone Health app interface, showing various body composition measurements and data points.

Multi-User Functionality

The scale can store data for up to 8 users. The app will automatically recognize the user based on their weight and historical data.

- Each family member can create their own profile in the 1byone Health app.
- When a user steps on the scale, the app will identify them and record the data to their specific profile.

One Bluetooth Scale, Unlimited Users



Image: An illustration showing multiple users (User A, User B, User C) with their respective weight and BMI, demonstrating the scale's ability to support unlimited users.

MAINTENANCE

Cleaning the Scale

- Wipe the scale surface with a damp cloth and mild detergent.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is dry before storage or next use.

Battery Replacement

- When the battery indicator appears on the display, it's time to replace the batteries.
- Open the battery compartment on the back of the scale.
- Remove the old AAA batteries and insert new ones, observing correct polarity.

- Close the battery compartment.

TROUBLESHOOTING

Problem	Possible Cause / Solution
Scale does not turn on.	Check if batteries are installed correctly. Replace batteries if they are depleted.
Inaccurate weight readings.	Ensure the scale is on a hard, flat surface (not carpet). Recalibrate by stepping on the scale, letting it display "0.0", then stepping off before your actual measurement. Ensure feet are centered on the scale.
App not connecting to scale.	Ensure Bluetooth is enabled on your smartphone. Make sure the 1byone Health app is open when you step on the scale. Try restarting your phone and the app. Ensure the scale is within Bluetooth range.
Body composition data not showing.	Ensure you are standing on the scale with bare, clean, and dry feet, making full contact with the electrodes. Verify your profile information (age, height, gender) is correctly entered in the app.

SPECIFICATIONS

- **Model Number:** 700NA-0015
- **Dimensions:** 11.02 x 11.02 x 0.94 inches (280 x 280 x 24mm)
- **Weight:** 2.65 Pounds
- **Weight Limit:** 400 Pounds (180 kg)
- **Material:** 6mm Tempered Glass
- **Display Type:** LED
- **Power Source:** 3 x AAA Batteries (included)
- **Connectivity:** Bluetooth 4.0
- **Color:** Ivory

**Sync with
Popular Apps**



1byone Health



Google Fit



Apple Health

Image: The 1byone scale with its dimensions (11 inches by 11 inches, and 0.98 inches thick) clearly marked.



Image: A close-up view of one of the four high-precision sensors integrated into the scale's design.



Image: A side profile of the scale, illustrating its slim 6mm tempered glass construction and the unit conversion option (lb/kg).

WARRANTY AND SUPPORT

1byone products are designed with quality and reliability in mind. For warranty information and customer support, please refer to the official 1byone website or contact their customer service directly.

Manufacturer: 1 BY ONE

For assistance, visit the [1byone Store on Amazon](#) or contact their support channels.