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› Etekcity ESF00+ Smart WiFi Body Fat Scale Instruction Manual

Etekcity ESF00+

Etekcity ESF00+ Smart WiFi Body Fat Scale Instruction Manual

Model: ESF00+ | Brand: Etekcity

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INTRODUCTION

This manual provides detailed instructions for the Etekcity ESF00+ Smart WiFi Body Fat Scale. Please read this manual thoroughly before use to ensure proper operation and to maximize the benefits of your new scale. This smart scale is designed to help you track various body composition metrics for a comprehensive understanding of your health.

veSync |  Etekcity COSORI lëvoit

#1
Body Weight
Scale & Infrared
Thermometer
Brand in the US*

Building on
Better Living

*Source: Stackline data for US Amz Sales, January 2021 to January 2022.

*Source: Stackline/Retail Intelligence, U.S. Amz Data Market Share, February 2019-2021

Image: The Etekcity ESF00+ Smart WiFi Body Fat Scale, a modern and sleek device for health tracking.

SETUP

1. Initial Charging

Before first use, ensure the scale is fully charged. The Etekcity ESF00+ uses a micro-USB charger, eliminating the need for disposable batteries. A full charge typically takes approximately 3 hours. It is recommended to use the original charging cable provided.

Rich LCD Display

The large LCD screen offers a comprehensive perspective.

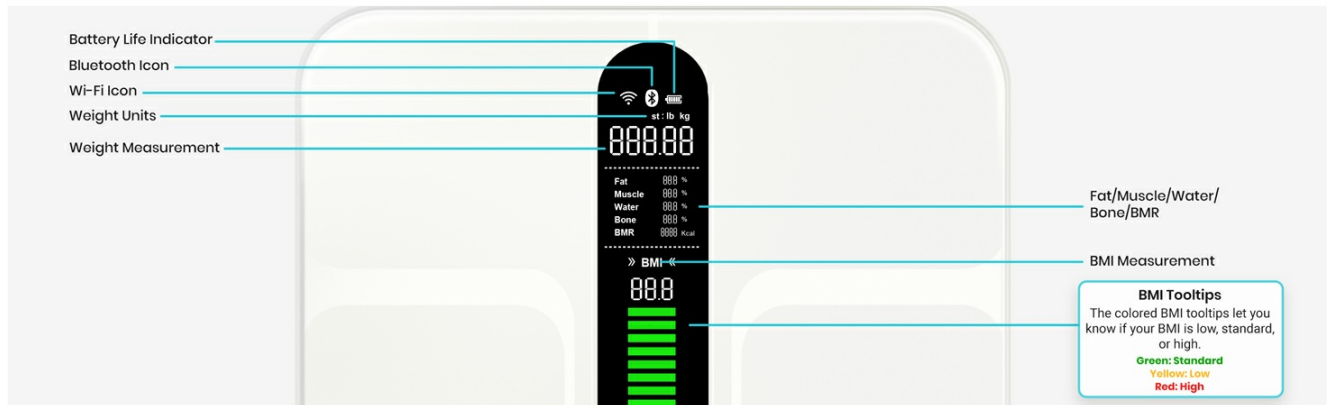


Image: The scale connected to a USB charger, highlighting the micro-USB port for convenient recharging.

2. Download the VeSync App

Download the free VeSync app from your smartphone's app store (Apple Health, Google Fit, FitBit, MyFitnessPal, and Samsung Health compatible). The app is essential for accessing all 12 body composition metrics and tracking your progress over time.

3. Connect to VeSync App (One-Time Setup)

The ESF00+ Smart Scale supports both Bluetooth and Wi-Fi connections. For a hassle-free experience, connect the scale to your home Wi-Fi network once via the VeSync app. This allows the scale to automatically sync data anywhere, anytime, without needing to repeatedly pair with your phone's Bluetooth.

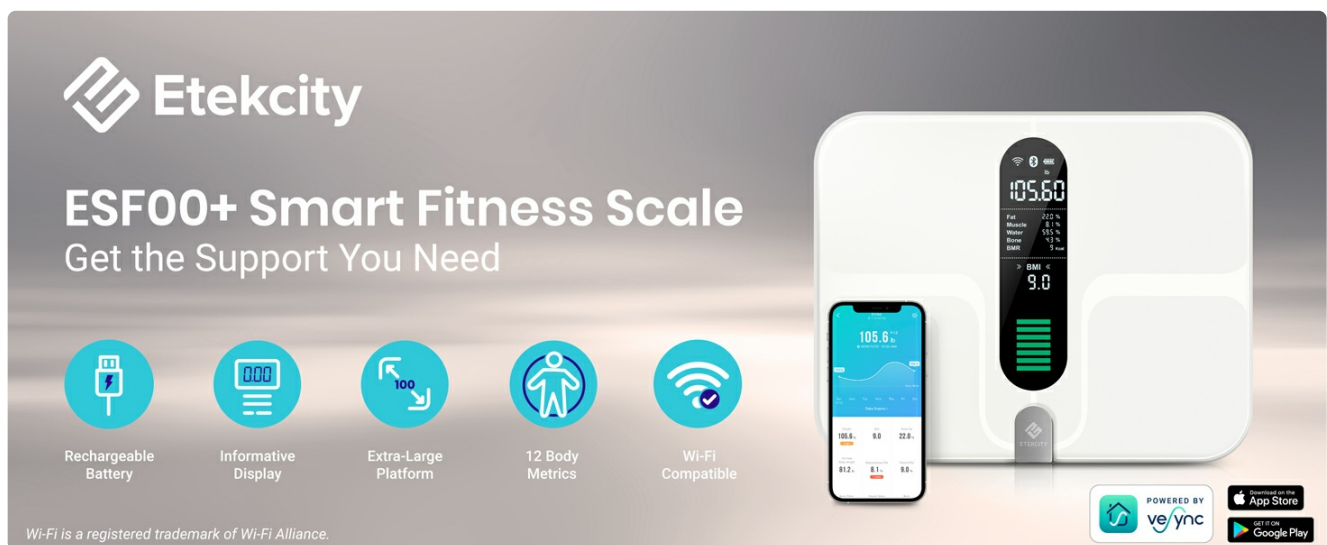


Image: A visual representation of the one-time Wi-Fi setup process for the Etekcity ESF00+ scale, showing a router and a smartphone with the VeSync app's Wi-Fi connection screen.

Convenient Wi-Fi Connection

Enjoy an easy one-time Wi-Fi connection to automatically sync your results for every weigh-in.



Image: A smartphone displaying the VeSync app interface next to the Etekcity ESF00+ scale, illustrating the connection process and data synchronization.

4. Create User Profiles

The smart scale allows you to create up to 8 user profiles within the VeSync app, enabling each family member to track their individual progress.



Dependable Results

You deserve the best information. 4 high-accuracy sensors tell you everything you need to know.

Image: A family running outdoors, symbolizing the multi-user capability of the Etekcity ESF00+ scale with individual profiles in the VeSync app.

OPERATION

1. Taking a Measurement

Simply step onto the scale with bare feet. The advanced ITO-coated surface ensures accurate results regardless of where you step. The large LCD display will immediately show 7 key measurements: weight, body fat, muscle mass, body water, bone mass, BMR, and BMI.



Image: A close-up of the Etekcity ESF00+ scale's rich LCD display, showing weight, body fat, muscle, water, bone, BMR, and BMI readings.

Even without connecting to the VeSync app, the scale provides full-functioning and accurate weight measurements. For a complete body composition analysis with all 12 biometrics, refer to the VeSync app.

Video: Official Etekcity ESF00+ Smart Scale demonstration, showing how to use the scale and its features, including app connectivity and various body metrics.

2. Understanding Your Metrics with the VeSync App

The VeSync app provides 12 essential body composition measurements, including:

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

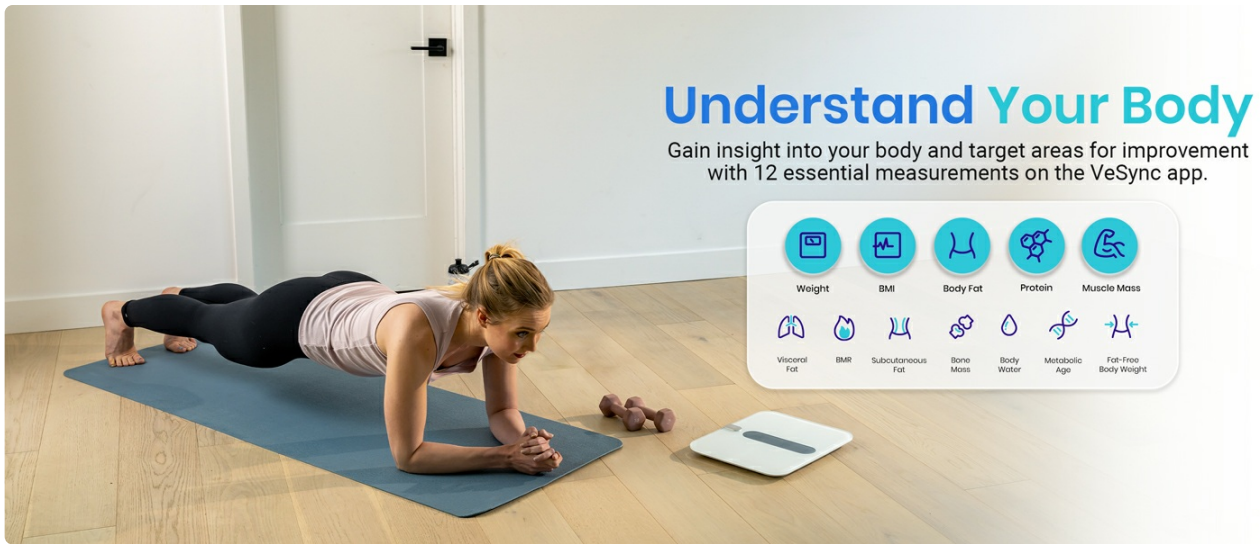


Image: An infographic detailing the 12 essential body composition measurements provided by the Etekcity ESF00+ scale and the VeSync app.

The app also allows you to track your progress with data graphs across days, weeks, and months, helping you stay motivated on your fitness journey.

12 Essential Measurements

Your health is more than just a number. 12 comprehensive measurements give you an inside look into your body.

12 Essential Measurements

Weight

BMI

Body Fat

Fat-Free Body Weight

Subcutaneous Fat

Visceral Fat

Water

Bone Mass

Muscle

Protein

BMR

Metabolic Age

Image: A person viewing their progress graphs on the VeSync app, demonstrating the long-term tracking capabilities of the Etekcity ESF00+ scale.

3. Syncing with Other Fitness Apps

The VeSync app can securely share your data with third-party services of your choosing, including Apple Health, Google Fit, FitBit, MyFitnessPal, and Samsung Health, allowing you to consolidate your health data in one place.

USB Charger

Say goodbye to disposable batteries. Just plug and unplug. It's as easy as that.



Image: A smartphone screen showing various fitness app logos (VeSync, Samsung Health, Google Fit, Apple Health, Fitbit), indicating compatibility and data syncing capabilities of the Etekcity ESF00+ scale.

Video: Official Etekcity video explaining the cutting-edge BIA technology used in the scale for precise body composition measurements.

MAINTENANCE

1. Cleaning the Scale

To clean your Etekcity ESF00+ Smart Scale, use a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals, as these can damage the ITO-coated glass platform and display. Ensure the scale is dry before storage or next use.

2. Charging the Battery

The scale features a rechargeable battery. If the battery runs low, simply plug in the micro-USB charger. The battery indicator on the display will show charging status. Regular charging ensures consistent performance.



Image: The Etekcity ESF00+ scale being charged via its micro-USB port, demonstrating the convenient rechargeable feature.

TROUBLESHOOTING

1. Inaccurate Readings

- Ensure the scale is placed on a hard, flat surface. Soft surfaces like carpets can affect accuracy.
- Make sure your feet are bare and clean when stepping on the scale to allow proper contact with the ITO

sensors.

- Avoid moving the scale frequently. If moved, allow it to recalibrate by stepping on and off once before taking a measurement.

2. Connectivity Issues (Wi-Fi/Bluetooth)

- **Check Wi-Fi Signal:** Ensure the scale is within range of your Wi-Fi router. Moving the scale closer to the router can improve reliability.
- **App Status:** Confirm the VeSync app is open and running on your phone during the weighing process, especially if you are experiencing syncing issues.
- **Bluetooth Pairing:** If using Bluetooth, ensure your phone's Bluetooth is enabled and the scale is paired.
- **Multiple Accounts:** If multiple users are present, ensure only the intended user's app is open and connected to prevent data mix-ups.
- **Reset:** If connectivity persists, try resetting the scale (refer to the device for a reset button, usually near the charging port) and re-pairing with the app.

3. Scale Not Turning On

- Check the battery level. Connect the scale to a power source using the micro-USB cable and allow it to charge for at least 30 minutes before attempting to turn it on again.

SPECIFICATIONS

Model Number	ESF00+
Weight Capacity	400 lb / 28 st / 180 kg
Graduation	0.1 lb / 0.05 kg
Weight Units	lb / st / kg
Platform Material	ITO-coated glass
Dimensions	14.8 x 11.8 x 1.0 in / 375 x 300 x 24 mm
Charging Time	3 hours
Input	DC 5V, 500mA
Auto-Off	30 seconds
Display Type	LCD, VA
Color	White



Image: A visual representation of the Etekcity ESF00+ scale with its dimensions labeled, providing a clear understanding of its size.

WARRANTY & SUPPORT

Warranty Information

Etekcity provides a standard warranty for its products. For specific details regarding your product's warranty period and terms, please refer to the warranty card included in your product packaging or visit the official Etekcity website.

Customer Support

If you encounter any issues or have questions about your Etekcity ESF00+ Smart WiFi Body Fat Scale, please contact Etekcity Customer Support. You can find contact information, FAQs, and additional resources on the official Etekcity website: www.etekcity.com.

Please have your model number (ESF00+) and purchase information ready when contacting support.

