

## Healthkeep FG263LB

# Healthkeep FG263LB Bathroom Scale User Manual

Model: FG263LB

## INTRODUCTION

---

Thank you for choosing the Healthkeep FG263LB Digital Bathroom Scale. This smart scale is designed to help you monitor your body composition and track your health progress. By utilizing advanced Bioelectrical Impedance Analysis (BIA) technology, it provides comprehensive data beyond just weight. Please read this manual carefully before use to ensure proper operation and to get the most out of your device.

## PRODUCT OVERVIEW

---

The Healthkeep FG263LB scale features a 6mm thick high-quality tempered glass platform and four high-precision sensors. It is designed to measure 13 key body data points, providing a detailed analysis of your body composition.

### Key Features:

- Measures 13 body composition metrics.
- High-precision sensors for accurate readings (0.1 kg / 0.2 lb increments).
- Maximum weight capacity of 180 kg (396 lbs).
- Instant power-on and automatic shutdown.
- Seamless integration with the "Fitdays" app via Bluetooth.
- Compatible with Apple Health and Google Fit.

## SETUP

---

### 1. Battery Installation

The scale requires 2 x AAA batteries (included). Open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity (+/-). Close the compartment securely.

### 2. Initial Placement

Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy. Ensure the scale is stable before use.

## OPERATING INSTRUCTIONS

---

### Weighing without the App:

1. Gently tap the scale with your foot to activate it. The display will show "0.0 kg" or "0.0 lb".
2. Step onto the scale barefoot, standing still and centered.
3. Your weight will be displayed on the LCD screen. The scale will automatically turn off after a few seconds of inactivity.

### Weighing with the Fitdays App:

For detailed body composition analysis and tracking, use the scale with the Fitdays app. Ensure Bluetooth is enabled on your smartphone and the app is open.

1. Open the "Fitdays" app on your smartphone.
2. Step onto the scale barefoot. The scale will automatically connect to the app via Bluetooth.
3. Your weight and other body composition data will be displayed on the scale and synchronized with the app.

## APP INTEGRATION: FITDAYS APP

---

The "Fitdays" app is essential for unlocking the full potential of your Healthkeep FG263LB scale. It provides a comprehensive overview of your health data and allows for long-term tracking.

### Downloading the App:

The "Fitdays" app is available for free download from the Apple App Store (for iOS devices) and Google Play Store (for Android devices).



Image: Fitdays app download options for iOS and Android devices.

### Compatibility:

- Requires iOS 7.0 or later.
- Requires Android 4.3 or later.
- Bluetooth 4.0 or higher is required for connectivity.

### App Features:

- **Data Synchronization:** Automatically syncs your body data to the app.
- **Health Platform Integration:** Syncs with Apple Health and Google Fit for a centralized health overview.

- **User Management:** Create unlimited user accounts for family and friends.
- **Data Security:** Utilizes an independent cloud platform to secure your health data.
- **Progress Tracking:** View historical data and trends for all 13 body metrics.

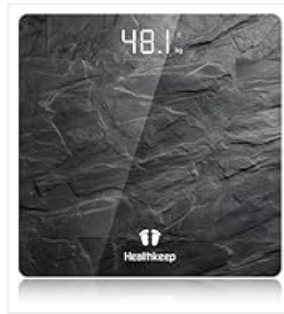


Image: Fitdays app interface demonstrating body goal management and data visualization.



Image: Fitdays app displaying fitness tracking graphs for weight, BMI, and body fat rate over time.

## BODY DATA MEASUREMENTS

---

The Healthkeep FG263LB scale measures the following 13 body composition metrics:



Image: Visual representation of the 13 body data metrics provided by the scale.

- **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.
- **Fat-Free Body Weight:** Your total body weight minus body fat.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Visceral Fat:** Fat stored around the organs in the abdomen.
- **Body Water:** The total amount of fluid in your body.
- **Skeletal Muscle Rate:** The percentage of skeletal muscle in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Protein:** The total amount of protein in your body.

- **BMR (Basal Metabolic Rate):** The number of calories required to keep your body functioning at rest.
- **Metabolic Age:** Compares your BMR to the average BMR for your chronological age.

**Note: The Bioelectrical Impedance Analysis (BIA) method used by this scale is not suitable for children.**

## MAINTENANCE AND CARE

- Clean the scale surface with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals.
- Do not immerse the scale in water or spray water directly onto it.
- Store the scale in a cool, dry place.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- The glass surface can be slippery when wet. Ensure the scale is dry before stepping on it.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AAA batteries.
Inaccurate or inconsistent readings.	Scale is on an uneven or soft surface (e.g., carpet). Scale has been moved recently. User is not standing still or centered. Feet are not clean or dry.	Place the scale on a hard, flat surface. After moving, allow the scale to calibrate by stepping on it briefly, then stepping off, and waiting for it to display "0.0" before weighing again. Stand still and centered with bare, dry feet.
App not connecting to scale.	Bluetooth is off on the smartphone. App is not open or updated. Scale is out of range.	Ensure Bluetooth is enabled on your smartphone. Open the "Fitdays" app and ensure it is the latest version. Stand close to the scale with your smartphone.
"Lo" displayed on screen.	Low battery.	Replace the batteries.
"Err" displayed on screen.	Overload or measurement error.	Ensure weight does not exceed 180 kg. Step off and try again.

## SPECIFICATIONS

Feature	Detail
Model Number	FG263LB

Feature	Detail
Dimensions	26.01 x 26.01 x 5 cm
Item Weight	1.25 kg
Weight Limit	180 kg
Measurement Accuracy	0.1 kg / 0.2 lb increments
Material	Glass, Polyvinyl Chloride
Display Type	LCD
Special Features	Automatic shutdown, Basal Metabolic Rate, High weight capacity, Calorie consumption, Body Mass Index
Power Source	2 x AAA Batteries (included)
Connectivity	Bluetooth 4.0
App Compatibility	iOS 7.0+, Android 4.3+

## WARRANTY AND SUPPORT

---

Healthkeep provides the following warranty and support for the FG263LB Digital Bathroom Scale:

- **Warranty:** 2-year Healthkeep warranty.
- **Certifications:** FDA/CE/FCC certified.
- **Refund Policy:** 60-day refund period.
- **Quality Guarantee:** 24-month quality guarantee.

For further assistance or support, please refer to the contact information provided with your product packaging or visit the official Healthkeep website.