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Etekcity ESF93

Etekcity ESF93 Rechargeable Smart Body Composition Scale User Manual

Model: ESF93

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INTRODUCTION

The Etekcity ESF93 Smart Body Composition Scale is designed to help you track your health and fitness progress. This digital scale provides accurate body weight measurements and, when paired with the VeSync app, offers comprehensive insights into 12 essential body metrics including Body Fat, BMI, Muscle Mass, and more. Its rechargeable design ensures long-lasting use without the need for frequent battery replacements.

Package Contents

- 1 x Smart Fitness Scale
- 1 x Type-C Charging Cable
- 1 x Quick Start Guide

IMPORTANT SAFETY INFORMATION

WARNING: Consult a healthcare professional before using the smart scale if you use medical electronic equipment such as a pacemaker. The bio-electrical impedance analysis (BIA) technology used by this scale sends a small, safe electrical current through the body to estimate body composition. This current may interfere with medical devices.

Do not use this scale while charging. Always pull out the power cord after charging is complete. To prevent damage, avoid hitting the edges of the scale or dropping heavy objects on its surface.

CAUTION: SLIPPERY WHEN WET! Do not step on the scale with wet feet.

SETUP GUIDE

1. Charge the Scale

The Etekcity ESF93 scale features a convenient Type-C rechargeable battery. A full charge takes approximately 3 hours and provides 6–8 months of continuous use.



Image: The Etekcity ESF93 Smart Scale connected to a Type-C charging cable, highlighting its rechargeable feature. The display shows '0.00' and 'kg' units.

2. Download the VeSync App

To unlock the full potential of your smart scale, download the free VeSync app from your smartphone's app store. The app allows you to track your progress, view detailed body metrics, and sync data with other fitness applications.

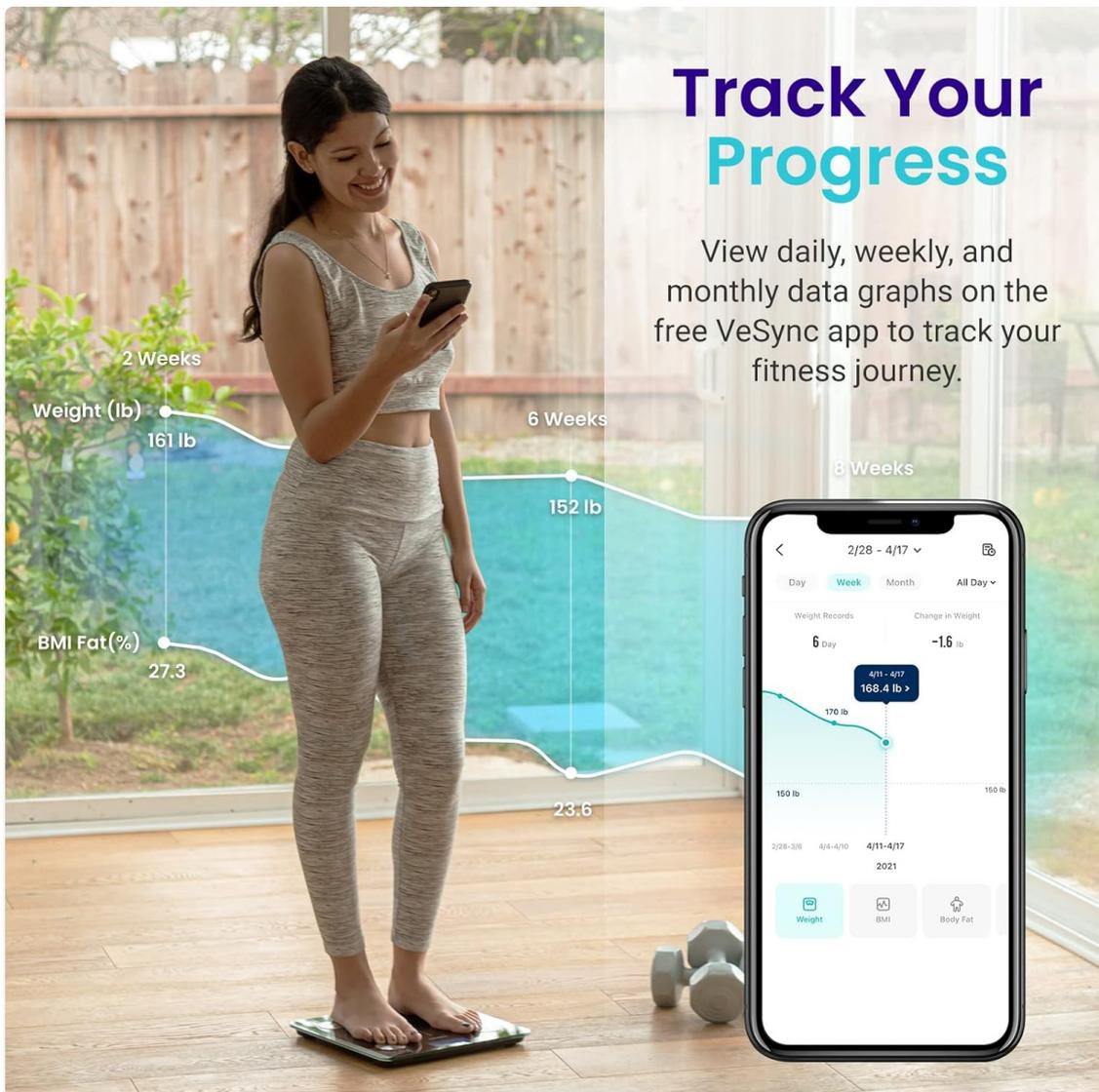


Image: A woman stands on the Etekcity smart scale while viewing her weight and body fat trends on the VeSync app, demonstrating the 'Track Your Progress' feature.

3. Place the Scale

For accurate readings, place the scale on a hard, flat surface. Avoid placing it on carpets or uneven flooring, as this can affect measurement precision.

Large & Stable Platform

The wide platform is stable and easy to stand on.



Image: The Etekcity ESF93 Smart Scale, highlighting its large and stable platform with dimensions of 11.8 inches by 11.8 inches.

4. Initial Measurement & Unit Change

1. Step on the scale. The display will flash several times before showing your final measurement.
2. To change the unit of measurement (kg, lb, or st), turn the scale over and press the unit conversion button on the underside. You can also adjust the unit within the VeSync app settings.
3. Ensure your feet are bare and make sure they are in contact with the 4 metal sensors for full body composition analysis.

OPERATING THE SCALE

1. Taking a Measurement

Step onto the scale with bare feet. Stand still until the display shows your weight. For body composition metrics, ensure your bare feet are in contact with all four metal sensors on the scale's surface. The scale will automatically send data to the VeSync app if connected via Bluetooth.

2. Understanding Body Metrics

The VeSync app provides a comprehensive list of 12 essential body metrics, giving you a detailed view of your fitness:

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

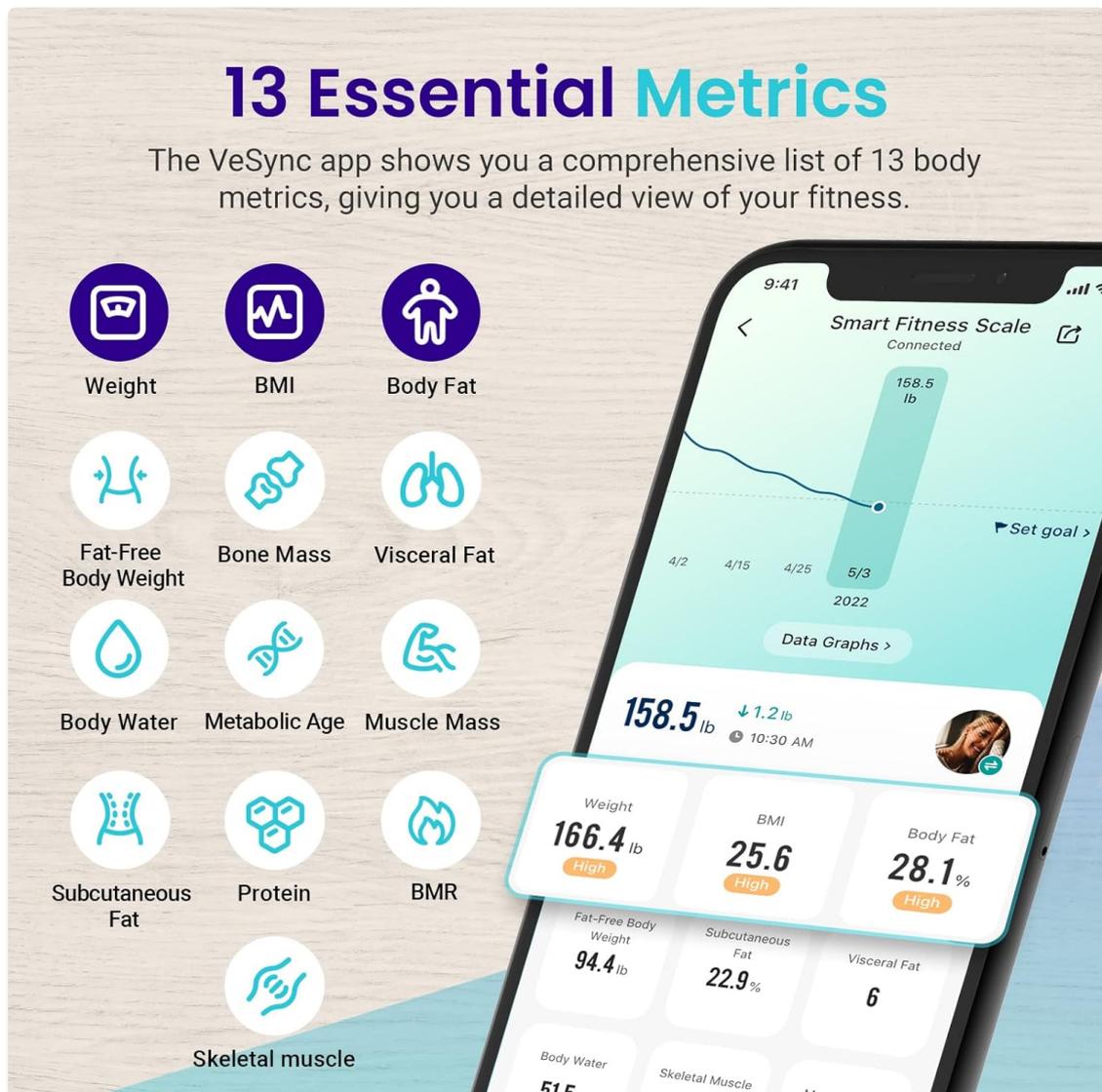


Image: The Etekcity ESF93 Smart Scale display and a smartphone screen showing the VeSync app interface with 13 essential body metrics.

3. Tracking Progress with the App

The VeSync app allows you to view daily, weekly, and monthly data graphs to monitor your health journey. This visual representation helps you understand trends and make informed decisions

about your fitness goals.

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Video: This video demonstrates the Etekcity scale's cutting-edge BIA technology, showing how it measures full body composition biometrics and syncs results to the VeSync app.

4. Multi-User Functionality

Create unlimited user profiles within the VeSync app, allowing every member of your household to track their individual fitness progress with the same smart scale.



Image: A group of friends or family members looking at a smartphone showing the VeSync app with various user profiles, highlighting the unlimited user feature.

5. Baby Mode

Utilize the new Baby Mode feature in the VeSync app to accurately weigh your baby or pet. This mode simplifies tracking the weight of smaller individuals.

Baby Mode

Weigh your baby or pet using the new Baby Mode feature.



Image: A split image showing a mother weighing her baby and a woman weighing her pet, demonstrating the 'Baby Mode' feature for tracking weight.

6. Syncing with Other Fitness Apps

The VeSync app can easily sync your data via Bluetooth with popular fitness apps such as Fitbit, Google Fit, Apple Health, Samsung Health, and MyFitnessPal. This allows you to consolidate all your health information in one convenient location.



Image: A man running outdoors, with icons of various fitness apps (Google Fit, Apple Health, Fitbit, MyFitnessPal, Samsung Health) indicating data synchronization.

7. Voice Assistant Integration

Connect the VeSync app to Amazon Alexa to get answers to your health-related questions, such as your recent weight changes, directly through voice commands.

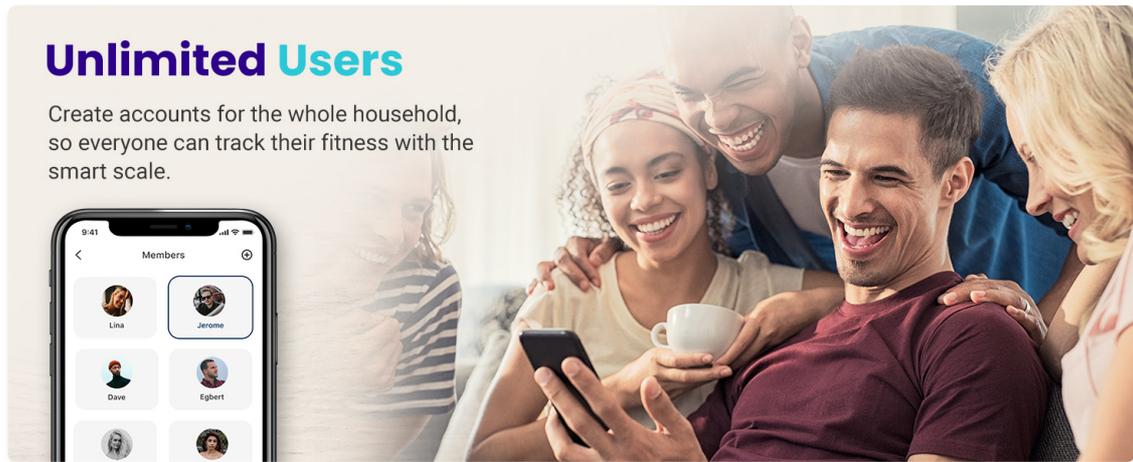


Image: A woman exercising, with a speech bubble showing an Alexa command related to weight tracking via the VeSync app.

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 completely dry before storage or next use.

Storage

Store the scale in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

TROUBLESHOOTING

Inaccurate Readings

- Ensure the scale is placed on a hard, flat surface.
- Step on the scale with bare, dry feet, ensuring contact with all four metal sensors for body composition analysis.
- Calibrate the scale by stepping on it briefly, then stepping off and waiting for it to display '0.0' before taking a measurement.
- Check the battery level and recharge if necessary.

App Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the VeSync app is open and the scale is within range of your smartphone.
- Restart your smartphone and the VeSync app.
- If issues persist, try re-pairing the scale with the app.

SPECIFICATIONS

Feature	Detail
Product Dimensions	11.8 x 11.8 x 0.9 inches
Item Model Number	ESF93
Weight	3.62 Pounds
Power Source	Rechargeable Type-C
Display Type	LCD with Backlit Display
Weight Capacity	Up to 400 lb (180 kg)
Measurement Increments	0.1 lb / 0.05 kg
Sensors	4 High-Precision Sensors
Connectivity	Bluetooth

WARRANTY AND CUSTOMER SUPPORT

Warranty Information

Etekciti products typically come with a 2-year warranty. To register your product and receive exclusive news, scan the QR code provided in your Quick Start Guide or visit the Etekciti website. Registration ensures access to warranty information and quality customer support.

Customer Support

For any questions or concerns, please contact our helpful customer support team:

- **Email:** support@etekcity.com
- **Toll-Free:** (855) 686-3835

Support Hours: Monday - Friday, 9:00 am - 5:00 pm PST/PDT



Image: The Etekciti brand logo.