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› Healthkeep Bluetooth Digital Body Fat Scale (Model FG2001B-G) Instruction Manual

Healthkeep FG2001B-G

Healthkeep Bluetooth Digital Body Fat Scale

MODEL: FG2001B-G INSTRUCTION MANUAL

1. Introduction

Thank you for choosing the Healthkeep Bluetooth Digital Body Fat Scale. This advanced scale is designed to provide a comprehensive analysis of your body composition using 8 electrodes and Bio-electrical Impedance Analysis (BIA) technology. It measures 18 key health indicators, including weight, BMI, body fat, muscle mass, and more, offering a detailed understanding of your physical health. The data is easily accessible and trackable via the Fitdays app on your smartphone.



UPGRADE



8-Electrode Body Fat Scale

Generation 3

- Measure Weight
- Analysis Body Fat
- BIA Chip
- 18 Health Indicators
- 8-electrode
- Measurement
- Technology
- High Precision Sensors

Body Fat Scale

Generation 2

- Measure Weight
- Analysis Body Fat

Weight Scale

Generation 1

- Measure Weight

Others

Others

Healthkeep

Image 1: The 8-electrode technology provides more realistic and direct measurements of limbs and trunk compared to traditional 4-electrode scales.

2. Safety Information

- Do not use this device if you are pregnant, have a pacemaker, or other implanted medical devices.
- The scale is intended for household use only. It is not a medical device and should not be used for diagnosis or treatment of any medical condition.
- Place the scale on a hard, flat surface. Avoid carpets or soft surfaces, which can affect accuracy.
- Keep the scale dry. Do not immerse it in water or use harsh chemical cleaners.
- Do not jump on the scale. Stand still during measurement.
- The glass surface can be slippery when wet. Ensure the scale surface is dry before use.
- Keep out of reach of children.

3. Package Contents

Please check the package for the following items:

- Healthkeep Bluetooth Digital Body Fat Scale (Model FG2001B-G)
- User Manual

Note: 4 AAA batteries are required for operation and are not included in the package.

4. Setup

1. **Install Batteries:** Open the battery compartment on the back of the scale and insert 4 AAA batteries, ensuring correct polarity. Close the compartment.
2. **Download the Fitdays App:** Search for "Fitdays" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices) and download the free application. The app is compatible with iOS 8.0 and above, and Android 4.3 and above.

Bluetooth Connection Compatible With



Image 2: Download the Fitdays app, compatible with iOS and Android, and syncs with popular health platforms.

3. Pair with Bluetooth:

- Enable Bluetooth on your smartphone.
- Open the Fitdays app and follow the on-screen instructions to pair your scale. You may need to step on the scale briefly to activate it for pairing.

4. **Create User Profile:** In the Fitdays app, create your personal profile by entering your gender, age, height, and activity level. This information is crucial for accurate body composition analysis. The app supports up to 24 user accounts.

5. **Automatic Calibration:** The scale features automatic calibration. Simply step on the scale to activate it, and it will calibrate itself. You can also change the unit of measurement (e.g., kg, lb, st) within the Fitdays app settings.

5. Operating Instructions

1. Taking a Measurement:

- Place the scale on a hard, flat surface.
- Step onto the scale with bare, dry feet. Ensure your feet are positioned on the metal electrodes.
- Grasp the manual sensors (handle) with both hands, ensuring your thumbs touch the small electrodes and

your arms are straightened, not touching your waist or sides of the body.

- Stand still until the measurement is complete and your weight is displayed on the LED screen. The app will then synchronize the full body composition data.

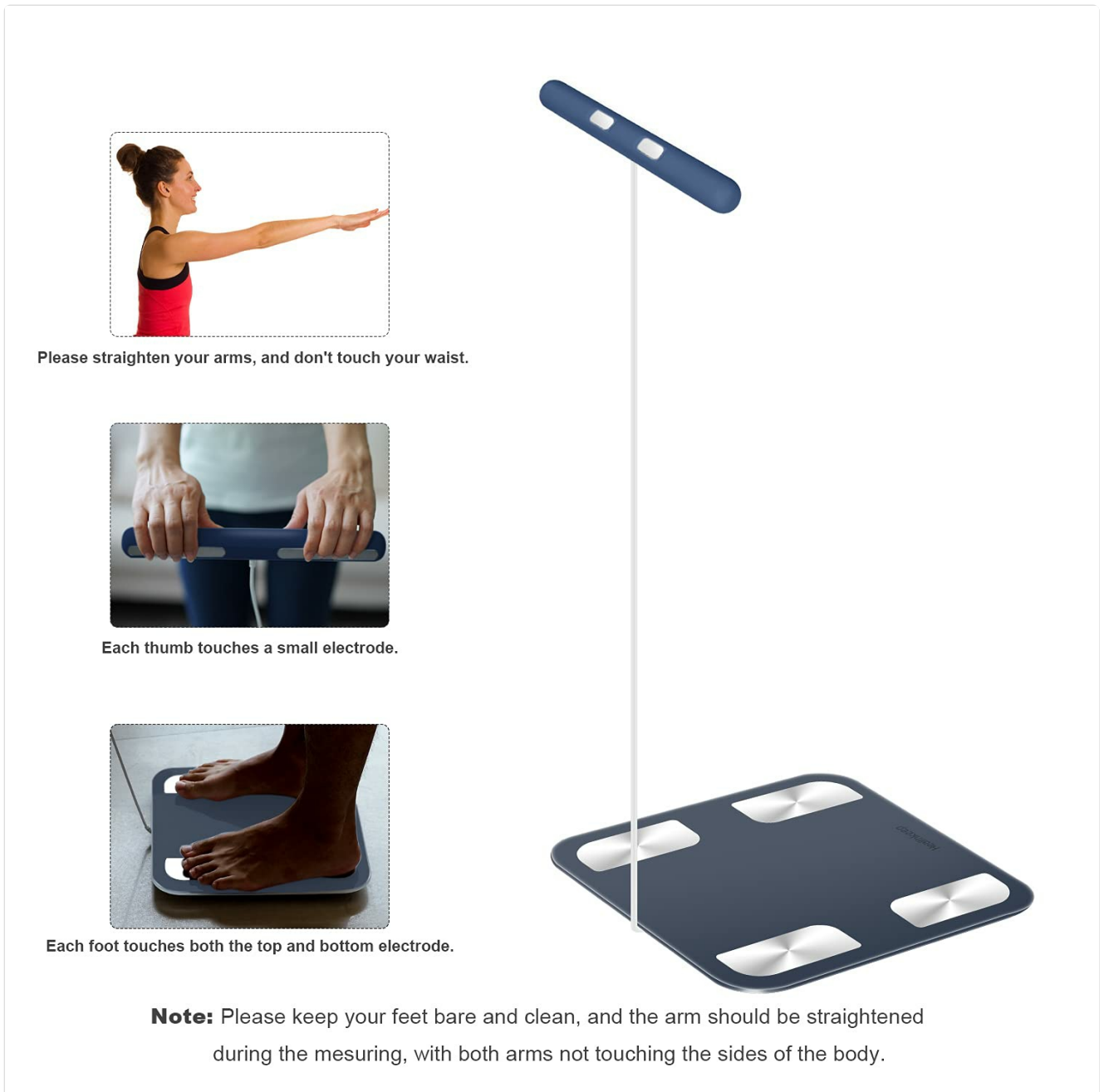


Image 3: Correct posture for measurement, ensuring bare feet on electrodes and hands grasping the manual sensors with straightened arms.

2. **Automatic On/Off:** The scale automatically turns on when you step on it and turns off after a period of inactivity to conserve battery life.
3. **Data Synchronization:** Ensure your smartphone's Bluetooth is on and the Fitdays app is open (or running in the background) when taking a measurement. Your data will automatically sync to the app. The Fitdays app can also synchronize data with other health platforms like Samsung Health, Apple Health, and Google Fit.
4. **Multi-User Function:** The Fitdays app supports up to 24 user profiles. Once a profile is set up and a measurement is taken, the scale will remember user information. It also offers a "Guest Mode" for temporary use without saving data to a specific profile.

6. Understanding Your Data

The Healthkeep scale provides 18 comprehensive body composition metrics. These include:

- Weight
- Body Mass Index (BMI)
- Body Fat Percentage
- Fat-Free Body Weight
- Visceral Fat
- Muscle Mass (Total and Segmental for limbs)
- Body Water Percentage
- Bone Mass
- Protein Percentage
- Basal Metabolic Rate (BMR)
- Metabolic Age
- Subcutaneous Fat
- Skeletal Muscle
- Body Score
- And more, including specific data for upper and lower limbs.

The segmental analysis, enabled by the 8 electrodes, provides detailed insights into the composition of your arms, legs, and trunk, allowing for more targeted fitness and health management.

High-precision Micro-resistance Weight Sensor

Division per 50g

perceiving every subtle change of the body!

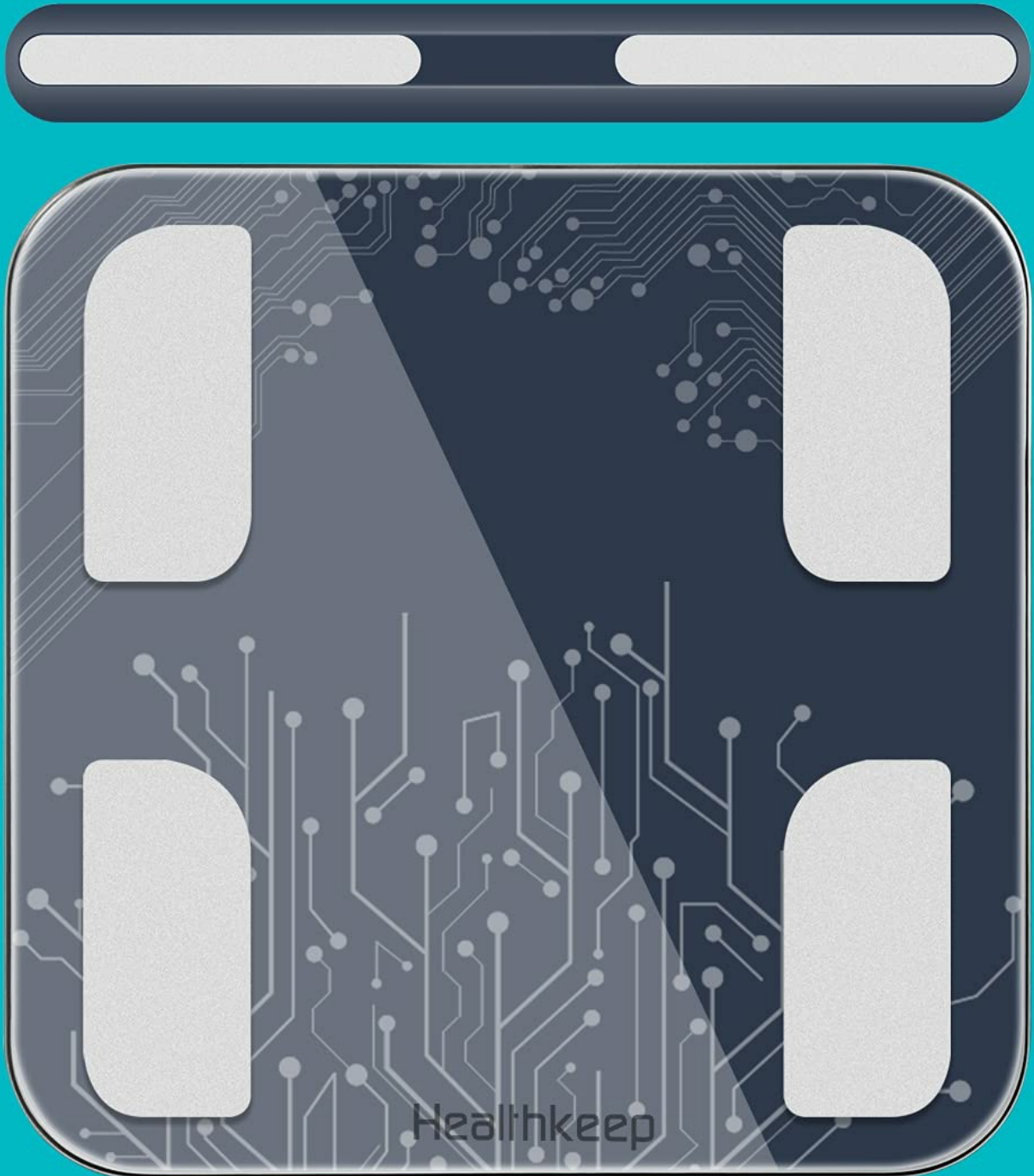


Image 4: The scale features high-precision micro-resistance weight sensors for accurate measurements.

7. Maintenance

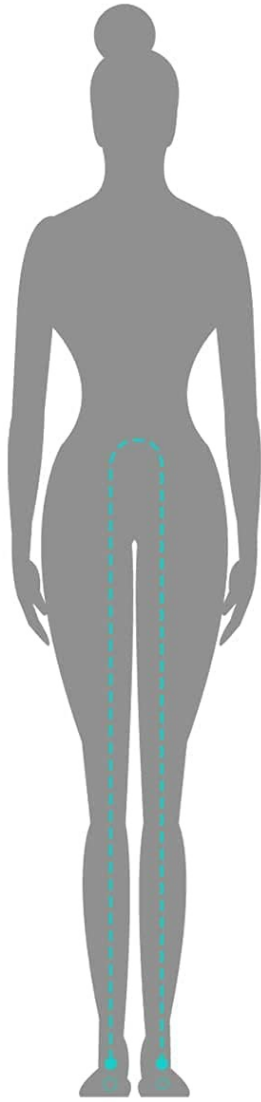
- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app. Remove batteries if the scale will not be used for an extended period.

8. Troubleshooting

Problem	Solution
Scale does not turn on.	Check if batteries are installed correctly and are not depleted. Replace if necessary.
Inaccurate readings.	Ensure the scale is on a hard, flat surface. Stand still with bare, dry feet. Ensure proper posture with hands on sensors and arms straightened. Recalibrate by stepping on and off the scale.
Bluetooth connection failure.	Ensure Bluetooth is enabled on your phone. Make sure the Fitdays app is open. Try restarting your phone and the scale (by removing and reinserting batteries). Ensure the scale is within range of your phone.
App not syncing data.	Confirm successful Bluetooth connection. Ensure the app has necessary permissions. Check for app updates.
Error message on display.	Refer to the Fitdays app for specific error code explanations, or try restarting the scale.

9. Specifications

Model Number	FG2001B-G
Brand	Healthkeep
Dimensions (L x W x H)	40 x 33 x 4 cm
Item Weight	2.25 Kilograms
Weight Limit	180 Kilograms
Power Source	4 AAA batteries (not included)
Material	Glass
Display Type	LED
Connectivity	Bluetooth
App Compatibility	iOS 8.0+, Android 4.3+
Special Features	Connected scale, Body composition analysis, High precision, Segmental measurement, Smart connectivity



Generally, the four-electrode body fat scale can only measure the lower extremities, and the upper extremity data is speculated.



The eight-electrode body fat scale uses the segment bio resistance impedance measurement method to directly measure the limbs and trunk.

Image 5: The Healthkeep FG2001B-G represents a Generation 3 body fat scale with advanced features.

10. Warranty and Support

Healthkeep products are manufactured to the highest quality standards. For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official Healthkeep website. Please retain your proof of purchase for warranty claims.