

Vont TED

Vont Smart Scale User Manual

Wireless Body Fat Scale, BMI Digital Bathroom Scale, Model: TED

1. INTRODUCTION

Thank you for choosing the Vont Smart Scale. This advanced digital bathroom scale is designed to provide comprehensive insights into your body composition, helping you track your health and fitness journey. Utilizing Bluetooth technology, it connects seamlessly with your smartphone to offer 13 essential body measurements. Please read this manual carefully before use to ensure proper operation and maintenance.

2. PRODUCT OVERVIEW

The Vont Smart Scale (Model: TED) is an ultra-slim, feature-packed device engineered for precision and ease of use. It measures not just your weight, but also provides detailed body composition analysis through its accompanying mobile application.



Image: The Vont Smart Scale in white, showing its sleek design and an accompanying smartphone displaying detailed body composition data from the Vont app.

Key Features:

- **High Precision Sensors:** Equipped with advanced sensors and ultra-sensitive electrodes for accurate measurements.
- **13 Body Measurements:** Provides data on Weight, BMI, Body Water, Metabolic Age, Body Fat, Muscle Mass, Visceral Fat, Bone Mass, BMR, Protein, Subcutaneous Fat, Fat-Free Body Weight, and Skeletal Muscle.
- **Bluetooth Connectivity:** Seamlessly syncs data to your smartphone via the Vont Home app.
- **LCD Backlight Display:** Clear and easy-to-read weight display on the scale itself.
- **Multi-User Recognition:** Automatically recognizes up to 8 registered users, plus guest users.
- **Durable Design:** Features non-slip rubber pads for stability.

PRECISE NUMBERS. ACCURATE TO A T

Get exact readings with Ted's smart calibration technology.

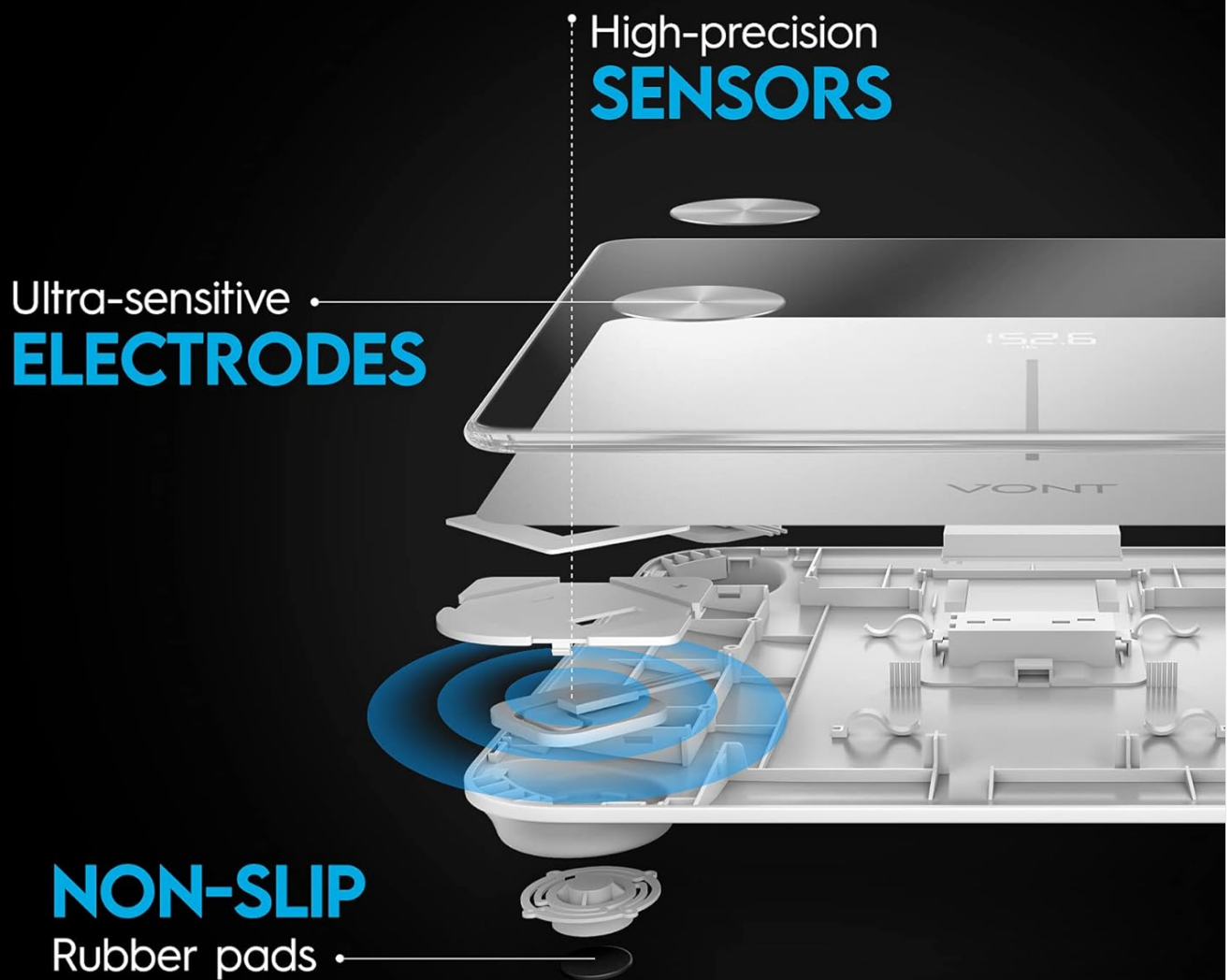


Image: An exploded view diagram of the Vont Smart Scale, highlighting its high-precision sensors, ultra-sensitive electrodes, and non-slip rubber pads, emphasizing its accurate measurement technology.

3. SETUP

3.1 Battery Installation

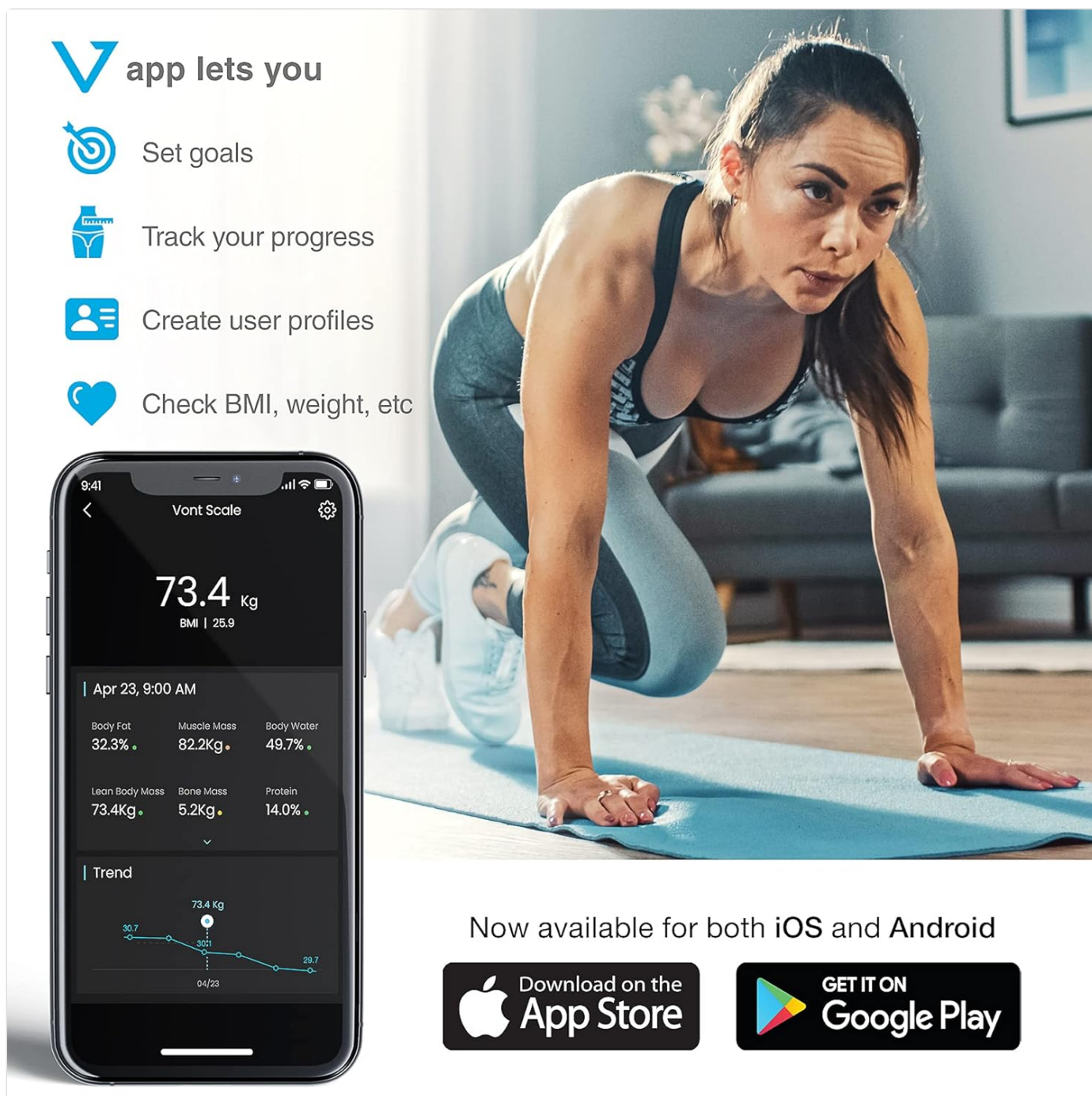
1. Open the battery compartment on the underside of the scale.
2. Insert the 3 AAA batteries (included) according to the polarity indicators (+/-).
3. Close the battery compartment securely.

3.2 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 and does not wobble.

3.3 App Download and Pairing

To unlock the full potential of your Vont Smart Scale, download the Vont Home app on your smartphone.



V app lets you

-  Set goals
-  Track your progress
-  Create user profiles
-  Check BMI, weight, etc

9:41 Vont Scale


73.4 Kg
BMI | 25.9

| Apr 23, 9:00 AM


Body Fat 32.3%	Muscle Mass 82.2Kg	Body Water 49.7%
Lean Body Mass 73.4Kg	Bone Mass 5.2Kg	Protein 14.0%

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Now available for both iOS and Android

 Download on the
App Store


 GET IT ON
Google Play

Image: A visual representation of the Vont Home app interface on a smartphone, with logos for App Store and Google Play, indicating availability for both iOS and Android devices.

1. Search for "Vont Home" in the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Download and install the app.
3. Open the Vont Home app and create a new user account or log in if you already have one.
4. Enable Bluetooth on your smartphone.
5. Step onto the scale to activate it. The scale will automatically attempt to pair with the app.
6. Follow the on-screen prompts in the app to complete the pairing process and set up your user profile (gender, height, age, etc.).

4. OPERATING INSTRUCTIONS

4.1 Taking a Measurement

1. Ensure the Vont Home app is open on your smartphone and Bluetooth is enabled.
2. Step onto the scale barefoot, placing your feet on the metal electrodes. Stand still until your weight is displayed on the scale's LCD screen.
3. The scale will then transmit your full body composition data to the Vont Home app.
4. View your detailed measurements and progress within the app.

4.2 Multi-User Functionality

The Vont Smart Scale can automatically recognize up to 8 registered users. For additional users or guests, the app provides options to add profiles or take guest measurements without saving data.



Image: The Vont Smart Scale shown alongside hexagonal profile pictures representing multiple users, illustrating its capability to automatically recognize and track data for up to 8 registered individuals.

- Each user should create their own profile within the Vont Home app.
- When a registered user steps on the scale, the app will identify them and record their data to their specific profile.

5. APP INTEGRATION AND MEASUREMENTS EXPLAINED

5.1 Vont Home App Features

The Vont Home app is your central hub for all health data collected by the scale. It allows you to:

- Set personal health and fitness goals.
- Track your progress over time with intuitive graphs and charts.
- Create and manage multiple user profiles for family members.
- View detailed breakdowns of all 13 body composition measurements.
- Sync data with other fitness apps (if supported by Vont Home).

5.2 Understanding Your Measurements

The Vont Smart Scale provides 13 key body composition metrics:



ULTRA SLIM BUT FEATURE-PACKED

Ted (yep, the scale has a name!) is your smart and sleek fitness ally keeping you on track of your goals.



13

AVAILABLE MEASUREMENTS



Weight



BMI



Body Water



Metabolic Age



Body Fat



Muscle Mass



Visceral Fat



Bone Mass



BMR



Protein



Subcutaneous Fat



Fat-Free Body Weight



Skeletal Muscle

Image: An infographic detailing the 13 available body measurements provided by the Vont Smart Scale, including Weight, BMI, Body Water, Metabolic Age, Body Fat, Muscle Mass, Visceral Fat, Bone Mass, BMR, Protein, Subcutaneous Fat, Fat-Free Body Weight, and Skeletal

Muscle.

- **Weight:** Your total body mass.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Water:** The total amount of fluid in your body.
- **Metabolic Age:** Compares your basal metabolic rate to the average for your age group.
- **Body Fat:** The percentage of fat in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Visceral Fat:** Fat stored around your internal organs.
- **Bone Mass:** The total weight of bone in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body burns at rest.
- **Protein:** The percentage of protein in your body.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Fat-Free Body Weight:** Your total body weight minus all fat.
- **Skeletal Muscle:** The amount of muscle attached to bones, responsible for movement.

6. MAINTENANCE

6.1 Cleaning

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.
- Keep the surface dry to prevent slipping and ensure accurate readings.

6.2 Battery Replacement

- If the display becomes dim or the scale does not turn on, replace all 3 AAA batteries.
- Always use new batteries and dispose of old ones responsibly.

7. TROUBLESHOOTING

Common Issues and Solutions:

- **Scale Not Turning On:**
 - Check if batteries are inserted correctly and are not depleted. Replace if necessary.
 - Ensure the scale is placed on a flat, hard surface.
- **Inaccurate Readings:**
 - Make sure the scale is on a hard, flat, and stable surface.
 - Step onto the scale barefoot and stand still.
 - Ensure your feet are clean and dry, making good contact with the electrodes.
 - Calibrate the scale by stepping on it briefly, stepping off, and then stepping on again for your measurement.
- **Bluetooth Connection Issues:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the Vont Home app is open and running in the foreground or background.
 - Restart your phone's Bluetooth or the Vont Home app.
 - Try re-pairing the scale with the app if the issue persists.
 - Ensure your phone's operating system is up to date.

- **App Not Displaying All Measurements:**
 - Ensure you are stepping on the scale barefoot.
 - Verify your user profile in the app is complete (gender, height, age).
 - Ensure good contact with all four electrodes on the scale.

8. SPECIFICATIONS

Specification	Detail
Brand	Vont
Model Number	TED
Weight Limit	400 Pounds (approx. 181 kg)
Item Weight	1.2 kg (2.65 lbs)
Product Dimensions	27.94 x 27.94 x 2.54 cm (11 x 11 x 1 inches)
Batteries	3 AAA batteries (included)
Connectivity	Bluetooth
Display	LCD Backlight Display
Measurements	13 Body Composition Metrics
UPC	860000677608



Image: The Vont Smart Scale displayed with its dimensions, indicating it is 11 inches by 11 inches, and showing its weight capacity from 0.44 lbs to 400 lbs.

9. WARRANTY AND SUPPORT

Vont provides a limited warranty for its products. For specific warranty terms and conditions, please refer to the official Vont website or contact customer support.

Customer Support:

If you encounter any issues or have questions regarding your Vont Smart Scale, please contact Vont customer support through their official website or the contact information provided in the Vont Home app. Please have your model number (TED) and UPC (860000677608) ready when contacting support.

