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## Etekcity EFS-A591S-KUS

# Etekcity Smart Scale for Body Weight Fat

## USER MANUAL

Model: EFS-A591S-KUS

### Introduction

The Etekcity Smart Scale is designed to help you track your health and fitness progress with precision. This digital bathroom weighing machine provides accurate measurements for body weight, BMI, muscle mass, and other body composition metrics. Integrated with the VeSync app, it offers comprehensive data tracking, goal setting, and compatibility with popular health platforms to support your wellness journey.

### Important Safety Information

- Consult a healthcare professional before using the smart scale if you are pregnant or using medical electronic equipment such as a pacemaker.
- Always ensure the scale is placed on a hard, flat, and stable surface for accurate readings. Avoid soft surfaces like carpets unless specifically designed for them.
- **Caution:** The scale surface can be slippery when wet. Ensure the surface is dry before stepping on it to prevent accidents.
- Do not drop or place heavy objects on the scale, as this may cause damage.

### Package Contents

- 1 x Apex™ HR Smart Fitness Scale
- 1 x USB Type-C Charging Cable

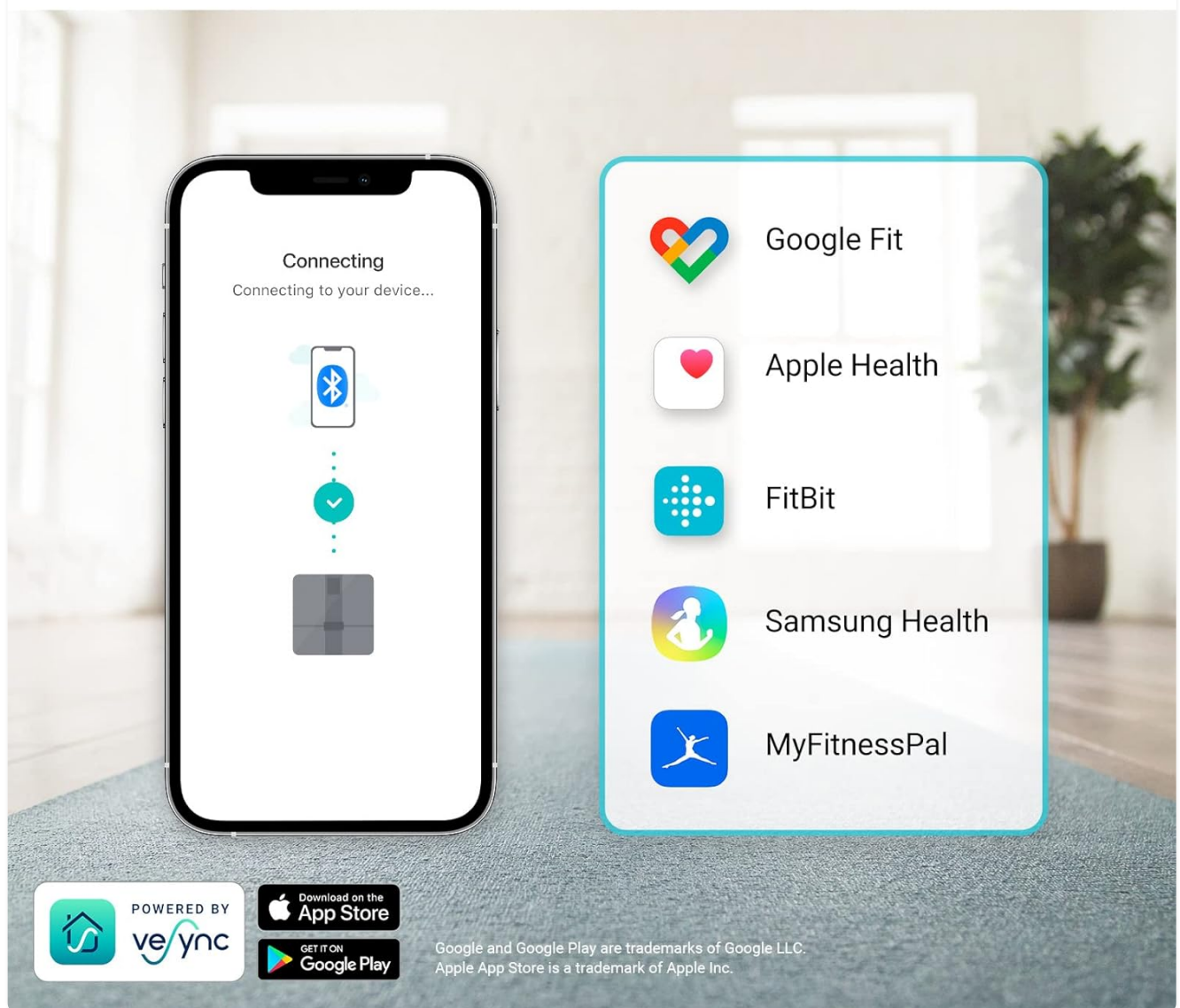
- 1 x Quick Start Guide (QSG)

## Setup Guide

### Initial Setup

The Etekcitec Smart Scale comes with a Lithium Ion battery included. Before first use, ensure the scale is adequately charged using the provided USB Type-C charging cable. A full charge can last up to 3 months with average daily use.

# Connect Your Apps



Product image showing the Etekcitec Smart Scale being charged via a USB Type-C cable, highlighting its long battery life of up to 3 months on a single charge.

### App Installation and Pairing

1. **Download the VeSync App:** Search for "VeSync" in the Apple App Store or Google Play Store and download the application.

2. **Create an Account:** Open the VeSync app and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure your smartphone's Bluetooth is turned on.
4. **Add Device:** In the VeSync app, tap the "+" icon to add a new device. Select your Etekcity Smart Scale from the list of discovered devices.
5. **Connect to Scale:** Step onto the scale to turn it on and ensure the display lights up. Follow any additional in-app instructions to complete the pairing process. The scale will connect to Bluetooth and can also be configured for Wi-Fi connectivity for automatic data syncing.

Your browser does not support the video tag.

Official Etekcity video demonstrating how to set up and use the Etekcity HR Smart Fitness Scale, including app pairing and initial measurements.

## Operating Instructions

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### Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring for accurate results.
2. Gently step on the scale to activate it. The display will light up.
3. Step off the scale and wait for the display to show "0.0" to ensure it's calibrated.
4. Step back onto the scale with bare, dry feet. Stand still until your weight is displayed and flashes three times, indicating the measurement is complete.

The scale features an interactive TFT display that can show up to 9 body metrics directly, allowing you to track progress without needing your phone nearby.

# Real-Time Biometric Data at a Glance

Tailor the **TFT display** with **9 biometrics**.  
Effortlessly track progress without your phone



Image illustrating the Etekcity Smart Scale's real-time TFT display, showing various biometric data points like weight, body fat percentage, and heart rate.

## Understanding Your Metrics

The Etekcity Smart Scale provides 14 essential biometrics to give you a comprehensive view of your overall health status. These include:

- Weight
- Body Mass Index (BMI)
- Body Fat
- Heart Rate
- Muscle Mass
- Bone Mass
- Body Water
- Skeletal Muscle
- Subcutaneous Fat
- Visceral Fat

- Metabolic Age
- Protein
- Fat-Free Body Weight
- Basal Metabolic Rate (BMR)



# Precision With Every Measurement

Valuable insights from

**14** essential biometrics

- Weight
- BMI
- Body Fat
- Muscle Mass
- Subcutaneous Fat
- Heart Rate
- Visceral Fat
- Fat-Free Body Weight
- Skeletal Muscle
- Metabolic Age
- Body Water
- Bone Mass
- Protein
- BMR

Infographic detailing the 14 essential biometrics provided by the Etekcity Smart Scale for comprehensive health analysis.

## Multi-User Functionality

The Etekcity Smart Scale supports multiple users, making it ideal for families. There are two primary ways for multiple users to utilize the same scale:

- 1. Multiple Users with Separate VeSync Accounts:** Up to 5 VeSync accounts can pair with the smart scale at a time. Each user can have their own private data.
- 2. Multiple Users with a Shared VeSync Account:** Users can create multiple user profiles within a single VeSync account. All users can log in to the same account (on their own smartphones) without requiring others to log out. The scale's PreciSync™ Technology automatically recognizes users based on their previous stats. Simply tap your right foot to rotate between users on the scale display.

# A Fitness Regime Fit for You

Frictionless exercise tracking and personalized plans for scientific weight management

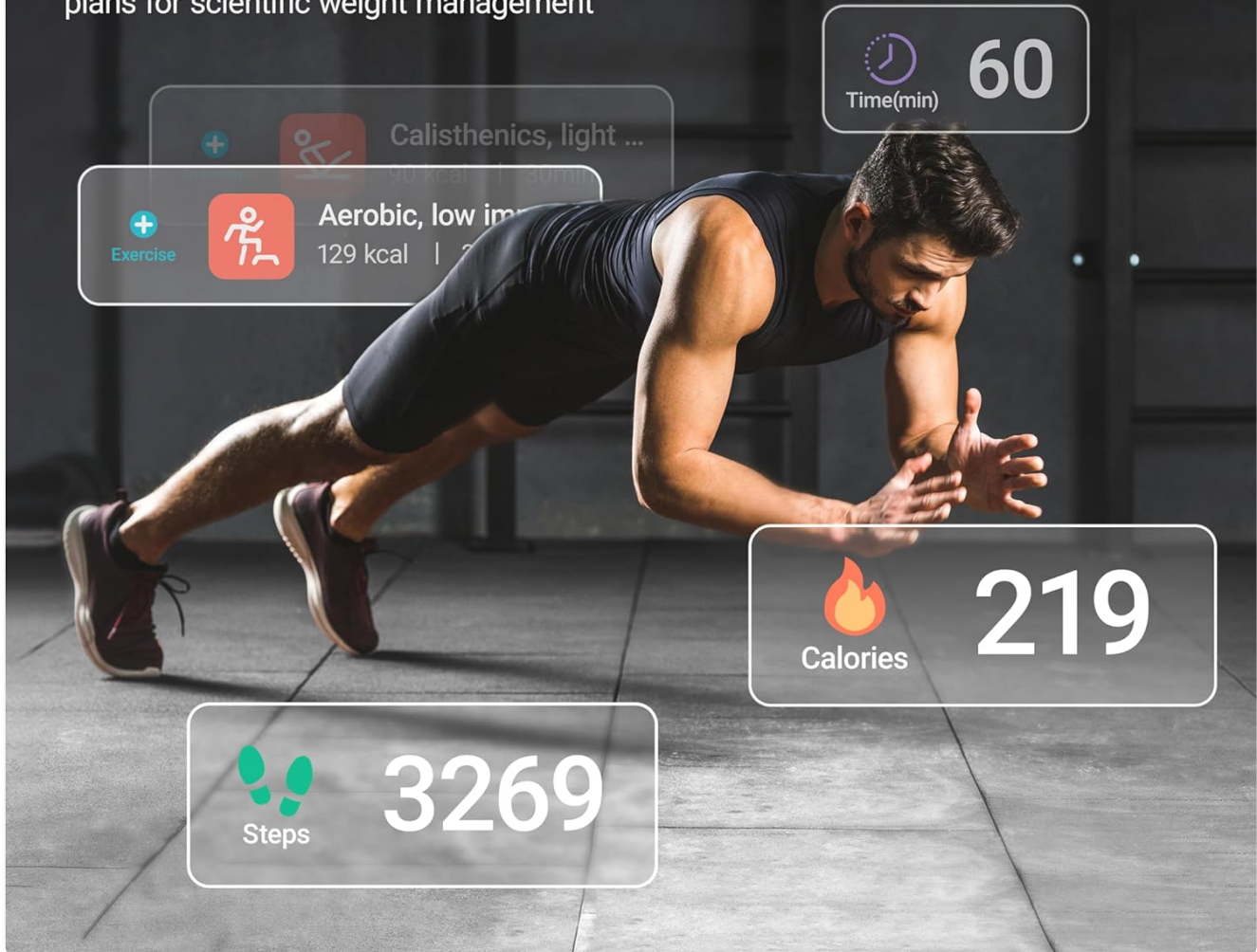



Image demonstrating the unlimited user feature of the Etekcity Smart Scale, allowing multiple family members to track their individual progress.

## Special Modes

- **Zero-Current Mode:** This mode turns off the small electrical current used for body composition analysis, creating a safe weigh-in for pregnant users and those with internal medical devices like pacemakers. In this mode, only weight and BMI are measured.
- **Baby Mode:** This feature allows you to accurately weigh your baby or pet. First, weigh yourself, then hold your baby/pet and step on the scale again. The app will calculate the baby's/pet's weight by subtracting your weight.

# Your Personalized Health Coach

## Customized-Diet Recipes



**766.5 kcal**

Carbs 34% Protein 22% Fat 44%

**Breakfast**

- coffee  
1.00 cup (8 fl oz) | 2.4 kcal
- banana  
1.50 NLEA serving | 168.2 kcal

**Log Meals**

## Wellness Reports

**↔ Body Metrics**

|                            |                           |                                 |
|----------------------------|---------------------------|---------------------------------|
| <b>Weight</b><br>0.95 lb ↑ | <b>Body fat</b><br>1.0% ↓ | <b>Muscle mass</b><br>1.23 lb ↑ |
|----------------------------|---------------------------|---------------------------------|

## Custom Exercise Plans

**Exercise Plan**

Day 1 Day 2 Day 3 Day 4 Day 5

- Walking, 3.0 mph, modera...  
142 kcal | 30 min
- Traditional Strength Training  
168 kcal | 40 min
- Running  
502 kcal | 60 min

**812 kcal**

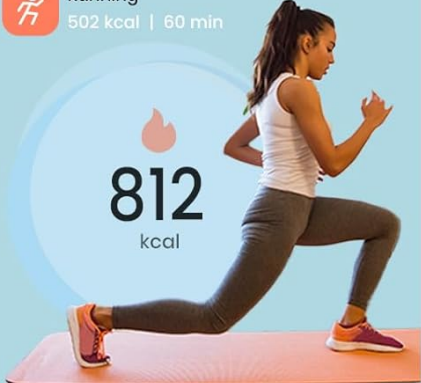


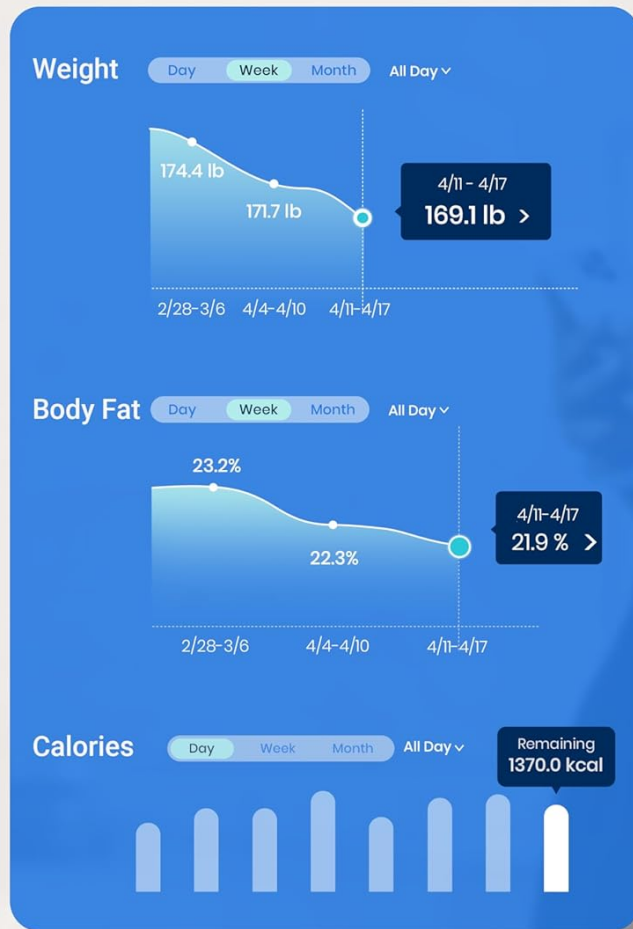
Image showcasing the "Helpful Modes" of the Etekcity Smart Scale, including Zero-Current Mode for sensitive users and Baby Mode for weighing infants.

## VeSync App Features

The free VeSync app enhances your experience by allowing you to sync your health information with popular fitness applications such as Apple Health, Google Fit, FitBit, MyFitnessPal, and Samsung Health. This ensures all your data is in one convenient place.

# Track & Analyze Your Progress

Set, Track, Succeed. Know exactly where you stand with the VeSync app



● Track

● Set Goals

STEP: 1/3

What is your body weight goal?

|            |          |           |
|------------|----------|-----------|
| 164        | 3        |           |
| <b>165</b> | <b>4</b> | <b>lb</b> |
| 166        | 5        | st/lb     |

Screenshot of the VeSync app interface, demonstrating its ability to track and analyze progress through detailed graphs for weight, body fat, and calories, along with goal-setting features.

Within the app, you can set personal goals for weight and body fat, and track your progress through daily, weekly, and monthly graphs. The app also provides personalized, interactive messages to keep you motivated.

# Helpful Modes



**Zero-Current Mode\*** turns off the small electrical current, creating a safe weigh-in for pregnant users and those with internal medical devices.



**Baby Mode\*** allows you to hold your baby while weighing them and tares your weight from theirs.

*\*Only measures weight and BMI*

Image depicting a user reviewing their progress graphs on the VeSync app, showcasing visual trends for weight, body fat, and BMI over time.

The scale is also compatible with Alexa, allowing for hands-free voice control. For example, you can ask, "Alexa, ask VeSync how much weight I have lost this month."

# Wi-Fi & Bluetooth Connection



Image demonstrating the integration of the Etekcity Smart Scale with Amazon Alexa, allowing users to query their weight loss progress using voice commands.

## Maintenance

### Cleaning

To clean your Etekcity Smart Scale, simply wipe it down with a soft, damp cloth or a window cleaner. Avoid using abrasive cleaners or harsh chemicals, as these may damage the surface. The stainless steel surface is designed to resist fingerprints and footmarks, maintaining a clean appearance.

### Battery Information

The scale is powered by a rechargeable Lithium Ion battery. Use the provided USB Type-C charging cable for optimal charging. Avoid using C to C cables, laptop adapters, or fast chargers not specifically designed for the scale, as they may not provide the correct power input. A single charge can last approximately 3 months with an average

of 3 weigh-ins per day.

# Connect Your Apps

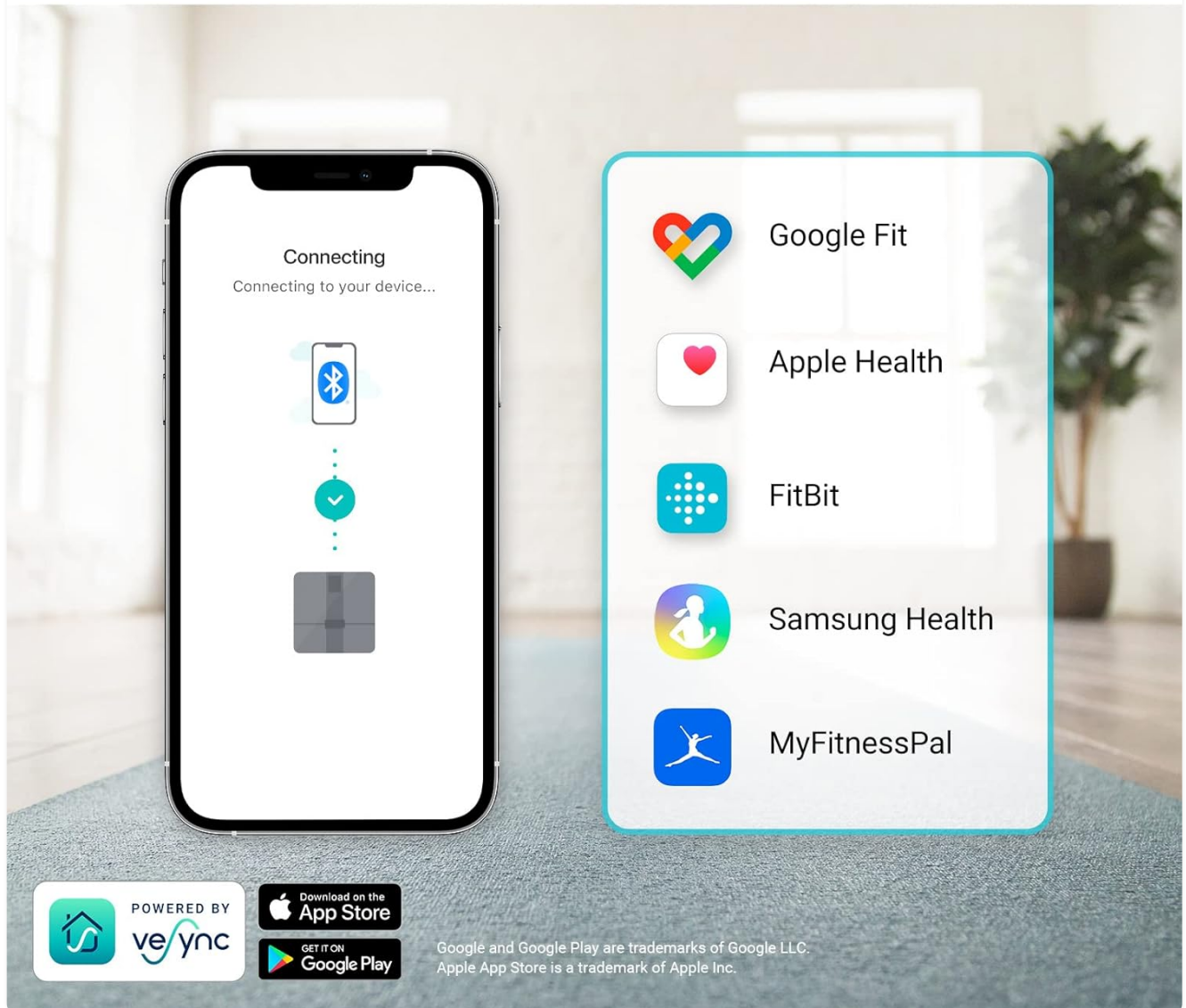


Image illustrating the Etekcity Smart Scale's charging method via USB Type-C and its impressive battery life.

## Troubleshooting

### Common Issues

- **VeSync app showing disconnected constantly?** The scale will power off 20 seconds after displaying your body indexes to save power. During that time, it will show "disconnected." To reconnect, turn the scale back on and open the app.
- **How do multiple users use the same scale?** There are 2 ways: (1) Multiple Users with Separate VeSync Accounts (only 5 VeSync accounts can pair with the smart scale at a time). (2) Multiple Users with a Shared VeSync Account (users can create multiple user profiles within their account, and all users can log in to the same account on their own smartphones without requiring others to log out).

- **How to do firmware update?** Follow these simple steps: (1) Turn on your phone Bluetooth. (2) Light up the scale. (3) Open the app and click the scale picture to go to the device page. Wait for several seconds for it to connect to Bluetooth. A Bluetooth icon will appear in blue on the screen display when connected. (4) Follow the in-app firmware update instruction to update it. Do not let the scale display turn off when connecting or updating.
- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. If on carpet, ensure it's a low-pile carpet (10mm or shorter). Always step on the scale to activate it, then step off and wait for it to zero out to "0.0" before stepping on fully for an accurate reading.

## Product Specifications

|                             |  |
|-----------------------------|--|
| <b>Product Dimensions</b>   | 11.8 x 11.8 x 1.1 inches; 4.28 Pounds        |
| <b>Item Model Number</b>    | EFS-A591S-KUS                                |
| <b>Batteries</b>            | 1 Lithium Ion batteries required. (included) |
| <b>Date First Available</b> | November 13, 2021                            |
| <b>Manufacturer</b>         | Etekcitey                                    |
| <b>Country of Origin</b>    | China  |
| <b>Brand</b>                | Etekcitey                                    |
| <b>Color</b>                | Color Screen-Black                           |
| <b>Recommended Uses</b>     | Humans                                       |
| <b>Special Feature</b>      | Heart Rate, TFT Display, Rechargeable        |
| <b>Display Type</b>         | TFT  |

## Warranty and Support

For detailed warranty information and customer support, please refer to the official Etekcitey website or the full User Manual PDF available for download. You can access the PDF manual directly via this link: [Etekcitey Smart Scale User Manual \(PDF\)](#).

For further assistance, please contact Etekcitey customer support through their official channels.