

## Perel VTBAL206

# Perel VTBAL206 Smart Body Scale Instruction Manual

Model: VTBAL206

## INTRODUCTION

Thank you for choosing the Perel VTBAL206 Smart Body Scale. This manual will guide you through the proper use and care of your new smart scale, designed to help you monitor your body composition with ease through the Tuya Smart app.

## SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- Keep the scale dry. Avoid placing it in wet environments.
- The scale surface can be slippery when wet. Step on and off carefully.
- Do not jump on the scale.
- This scale is for household use only and not for medical diagnosis or treatment.

## PACKAGE CONTENTS

- Perel VTBAL206 Smart Body Scale
- Instruction Manual (this document)
- Batteries (if included, check packaging)

## SETUP

### 1. Battery Installation

Locate the battery compartment on the underside of the scale. Open the cover and insert the required batteries, ensuring correct polarity. Close the battery compartment cover securely.

### 2. App Download and Installation

The Perel VTBAL206 Smart Body Scale works with the Tuya Smart app. Download the app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).

- Search for "Tuya Smart" in your device's app store.
- Download and install the app.
- Register for a new account or log in if you already have one.

### 3. Pairing the Scale with the App

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Tuya Smart app.
3. Step onto the scale briefly to activate it. The display should light up.
4. In the Tuya Smart app, tap "Add Device" or the "+" icon in the top right corner.
5. Select "Fitness Equipment" or "Scale" from the device list.
6. Follow the on-screen instructions to connect the scale. The app should automatically detect the scale via Bluetooth.
7. Once connected, you may be prompted to enter personal information such as gender, age, height, and activity level. This information is crucial for accurate body composition analysis.



Image: The Perel VTBAL206 Smart Body Scale shown alongside a smartphone displaying the Tuya Smart app, illustrating the connection process.

## OPERATING INSTRUCTIONS

### Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors.

2. Ensure your feet are clean and dry.
3. Open the Tuya Smart app on your smartphone and ensure it's connected to the scale.
4. Step onto the scale barefoot, placing your feet on the metal electrodes. Stand still until the measurement is complete.
5. The scale display will show your weight. The app will then display a comprehensive analysis of your body composition data.



Image: The scale's LED display showing a weight measurement of 49.7 kg.

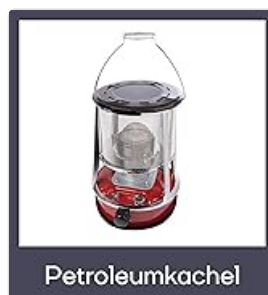


Image: A detailed view of the Tuya Smart app interface, displaying various body metrics after a measurement.



Image: Further details from the Tuya Smart app, including water content, muscle, calorie, and other health indicators.

## Understanding Your Data

The Tuya Smart app provides various metrics to help you understand your body composition:

- **Weight:** Your total body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat:** The percentage of fat in your body.
- **Water Content:** The percentage of water in your body.
- **Muscle Mass:** The total weight of muscle in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Visceral Fat:** Fat stored around your organs.
- **Protein:** The percentage of protein in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs at rest.

Consult a healthcare professional for personalized advice based on your body composition data.

## MAINTENANCE

### Cleaning

- Wipe the scale surface with a soft, damp cloth.
- 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

Problem	Possible Cause	Solution
Scale does not turn on.	Low or dead batteries; incorrect battery installation.	Replace batteries; ensure correct polarity.
App cannot connect to the scale.	Bluetooth is off; scale not activated; app not open; interference.	Ensure Bluetooth is on; step on scale to activate; open app; try pairing again. Move closer to the scale.

Problem	Possible Cause	Solution
Inaccurate weight readings.	Scale on uneven surface; scale not calibrated; user movement.	Place scale on a hard, flat surface. Step on and off quickly to calibrate to zero. Stand still during measurement.
Body composition data not displayed.	Not standing barefoot; feet not on electrodes; personal info not entered in app.	Ensure bare feet are on all four electrodes. Verify personal information in the Tuya Smart app.

SPECIFICATIONS

Feature	Detail
Model Number	VTBAL206
Brand	Perel
Material	Tempered Glass
Display Type	LED
Dimensions (L x W x H)	Approximately 33 cm x 31 cm x 4.5 cm
Connectivity	Bluetooth (Tuya Smart App compatible)
Measurement Units	kg (kilograms)

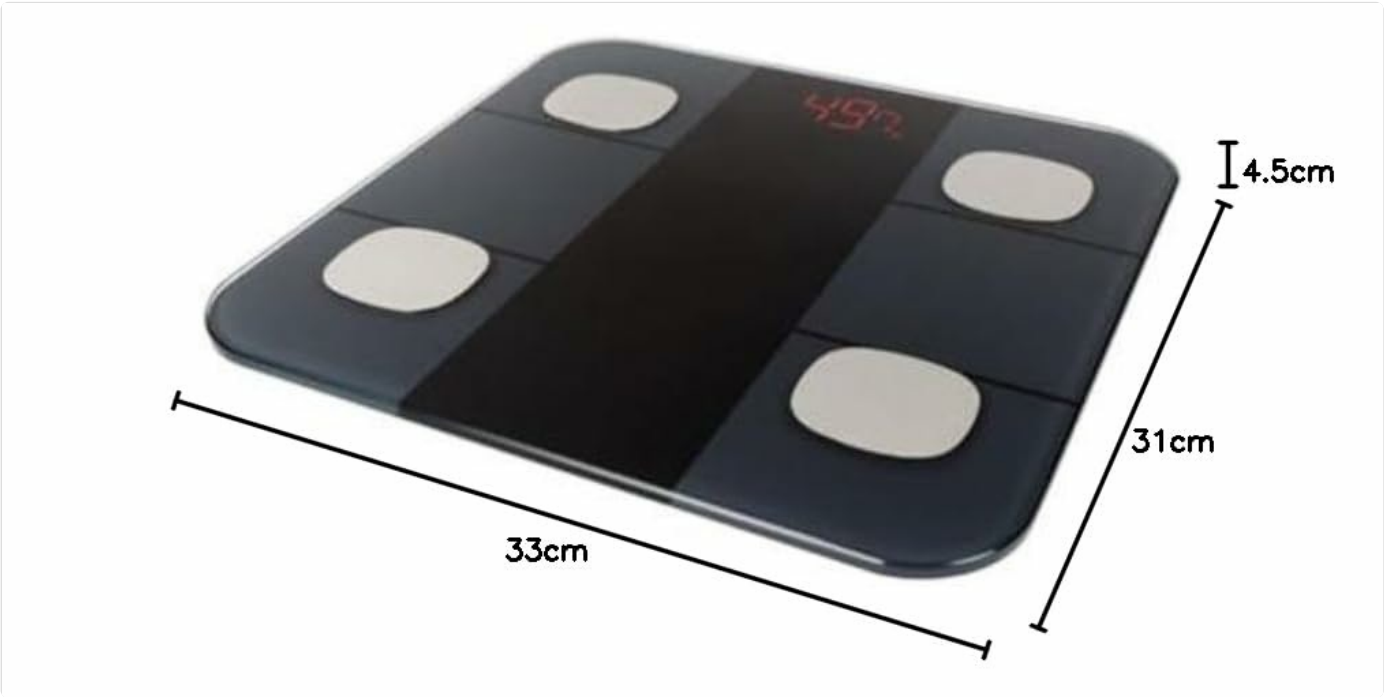


Image: The Perel VTBAL206 Smart Body Scale with its physical dimensions indicated.

WARRANTY AND SUPPORT

Perel products are designed for quality and reliability. For warranty information or technical support, please refer to the warranty card included with your purchase or contact your retailer. You can also visit the official Perel website for further assistance.

For general inquiries, please contact Perel customer service.

