

Etekcity ESF-551

Etekcity ESF-551 Smart Body Composition Scale User Manual

Model: ESF-551

1. IMPORTANT SAFETY INFORMATION

Please read and understand all instructions before using this device. Failure to follow safety precautions may result in injury or damage to the device.

- **Medical Electronic Equipment:** Consult a healthcare professional before using this smart scale if you use medical electronic equipment such as a pacemaker. The scale's electrical current may interfere with such devices. You can activate the Zero-Current Mode to measure weight and BMI only, avoiding electrical current.
- **Professional Athletes:** This scale is not intended for use by professional athletes.
- **Placement:** Always place the scale on a hard, flat, and stable surface for accurate measurements. Avoid carpets or uneven floors.
- **Slipping Hazard:** The scale's surface can be slippery when wet. Ensure the scale and your feet are dry before stepping on it.
- **Weight Limit:** Do not exceed the maximum weight capacity of 400 lb / 180 kg / 28 st.
- **Maintenance:** Keep the scale clean and dry. Do not immerse it in water or use abrasive cleaners.

2. PACKAGE CONTENTS

Verify that all items are present and in good condition upon opening the package.

- 1 x Etekcity ESF-551 Smart Body Composition Scale
- 1 x Quick Start Guide (QSG)

- 3 x 1.5V AAA Batteries (Pre-Installed)

3. SETUP GUIDE

3.1 Battery Installation

The scale comes with 3 AAA batteries pre-installed. If the display shows 'Lo' or is blank, replace the batteries.

1. Open the battery compartment on the underside of the scale.
2. Remove the old batteries (if any) and insert 3 new 1.5V AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

3.2 VeSync App Download and Pairing

The Etekcity ESF-551 Smart Scale requires the VeSync app for full functionality and tracking of body composition metrics.

1. **Download the VeSync App:** Search for "VeSync" in the Apple App Store (for iOS 12.0+) or Google Play Store (for Android 6.0+). Download and install the app.
2. **Create an Account:** Open the VeSync app and follow the on-screen instructions to create a new account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Add Device:** In the VeSync app, tap the '+' icon or navigate to "Add Device". Select "Smart Scales" and then choose the Etekcity ESF-551 model.
5. **Pairing:** Step onto the scale briefly to activate it. The app will detect the scale and guide you through the pairing process. Once paired, your initial weight measurement will sync to the app.



Image: The Etekcity ESF-551 Smart Body Composition Scale displaying a weight measurement, alongside a smartphone showing the VeSync app interface with detailed health metrics.

4. OPERATING INSTRUCTIONS

4.1 Basic Weighing

1. Place the scale on a hard, flat surface.
2. Step onto the scale with bare, dry feet. Ensure your feet are centered on the electrodes (the shiny metal pads).
3. Stand still until the weight reading stabilizes on the scale's LED display.
4. If the VeSync app is open and connected via Bluetooth, your weight and other biometrics will automatically sync.

4.2 Using the VeSync App for Body Composition Analysis

The VeSync app provides detailed insights into 13 essential biometrics beyond just weight.

- **13 Biometrics:** The app analyzes and displays metrics such as Weight, BMI, Body Fat, Protein, Muscle Mass, Fat-Free Body Weight, Visceral Fat, Body Water, Skeletal Muscle, Bone Mass, BMR, Subcutaneous Fat, and Metabolic Age.
- **Progress Tracking:** View graphs of your progress over time (daily, weekly, monthly, all-time) for each biometric.
- **Goal Setting:** Set personal weight and fitness goals within the app.
- **Personalized Health Coach:** Access customized diet recipes and exercise plans based on your health data and habits.
- **Wellness Reports:** Receive weekly wellness reports providing a comprehensive analysis of your biometric data, diet, and exercise.

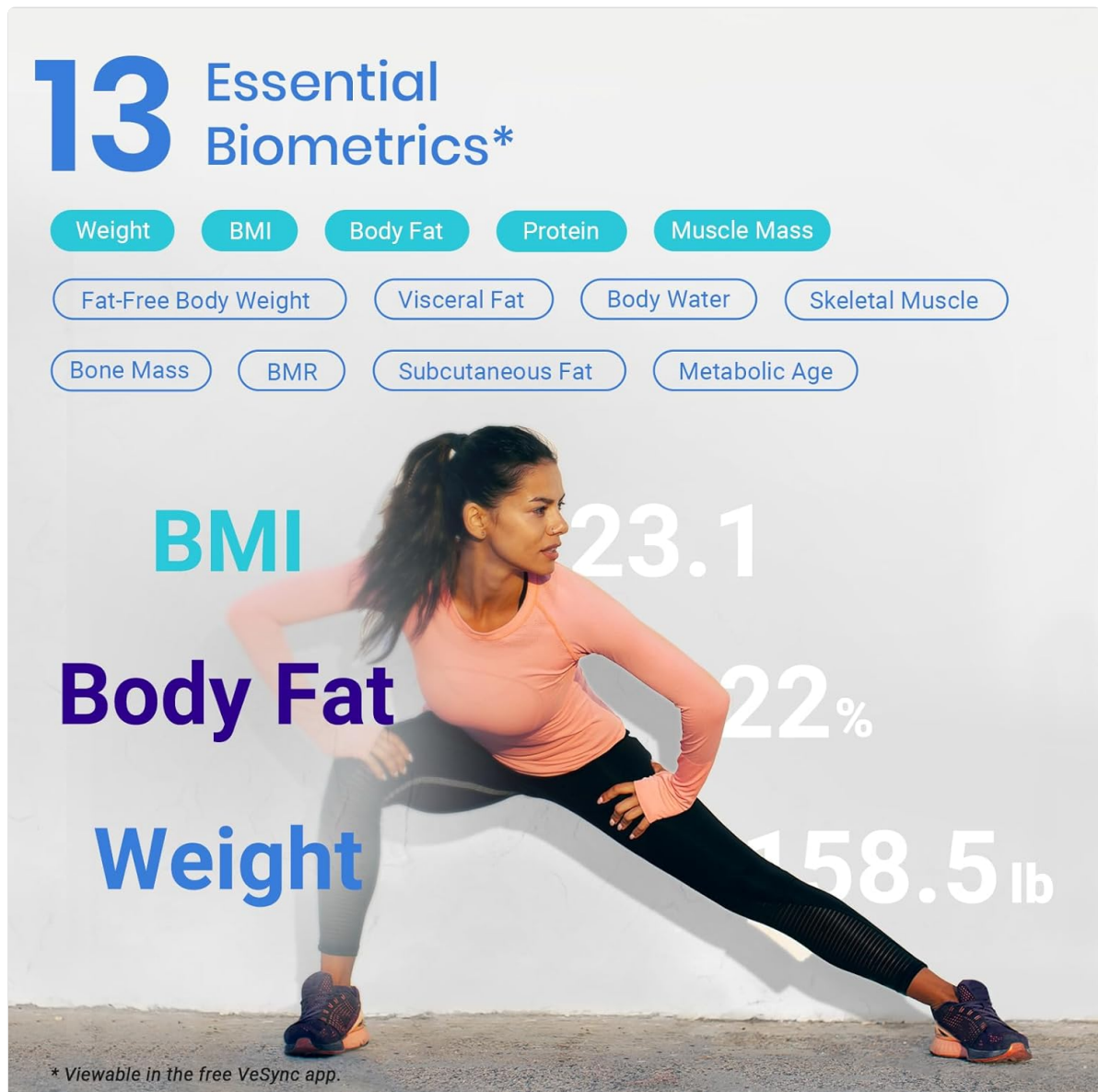
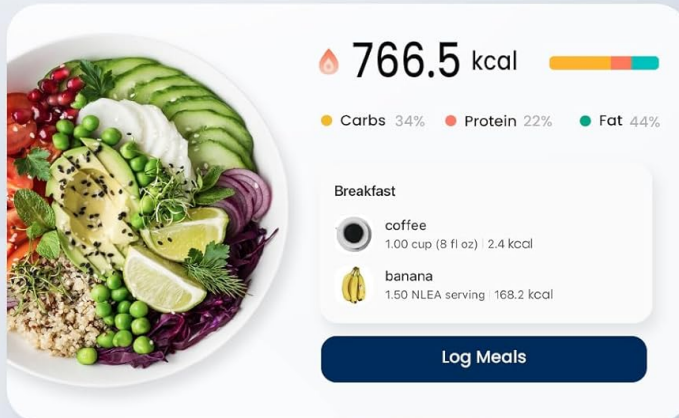


Image: A visual representation of the VeSync app interface highlighting the 13 essential biometrics measured by the Etekcity Smart Scale, such as Weight, BMI, and Body Fat.

Your Personalized Health Coach

Customized-Diet Recipes



Wellness Reports



Custom Exercise Plans

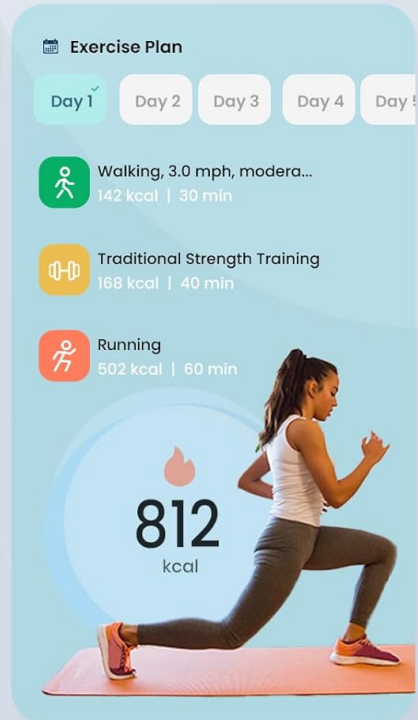


Image: The VeSync app interface demonstrating its personalized health coach features, including customized diet recipes with calorie counts and tailored exercise plans.

4.3 Special Weighing Modes

The ESF-551 offers versatile modes for different weighing needs.

- **Zero-Current Mode:** For users with medical electronic implants (e.g., pacemakers) or pregnant individuals. This mode measures only weight and BMI, disabling the electrical current used for other body composition metrics. Activate this mode in the VeSync app settings.
- **Baby Mode:** Designed for weighing infants or pets. First, weigh yourself, then hold the baby/pet and step on the scale again. The app will calculate the baby's/pet's weight by subtracting your initial weight.
- **Small-Item Mode:** Allows weighing items as light as 100g. Activate this mode in the VeSync app.

Features for Every Body

Meet all your lifestyle needs.



** Weights 22 lbs or less are measured in increments of 0.05 lb.*

Image: A graphic illustrating the three special modes: Zero-Current Mode for pregnant women or those with medical devices, Baby Mode for weighing infants, and Small-Item Mode for weighing light objects like pet food.

4.4 App Integration and Voice Control

The VeSync app seamlessly integrates with popular fitness platforms and voice assistants.

- **Fitness Apps:** Sync your data with Apple Health, Samsung Health, Google Fit, Fitbit, and MyFitnessPal.
- **Apple Watch:** Compatible with Apple Watch for convenient tracking.
- **Alexa Integration:** Connect the VeSync app to Alexa for hands-free voice control and quick answers regarding your health metrics.
- **Unlimited Users:** The VeSync app supports an unlimited number of users, allowing each family member to create their own profile and track their progress independently.

Sync With Your Favorite Apps & Apple Watch



Image: A smartphone displaying the VeSync app connected to various third-party fitness applications like Apple Health, Samsung Health, Google Fit, Fitbit, and MyFitnessPal, along with an Apple Watch showing weight data.

Just ask Alexa for maximum convenience

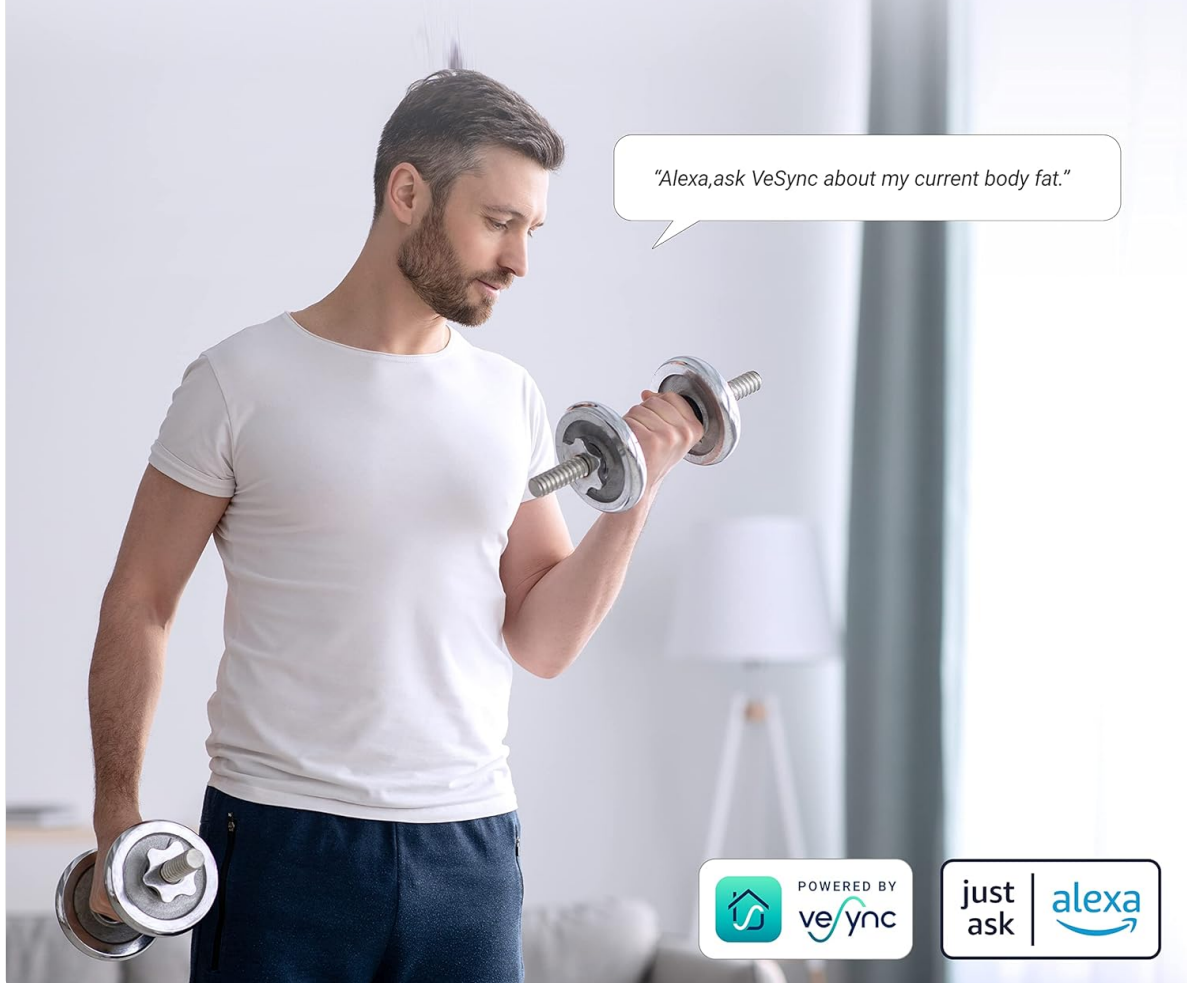


Image: A man lifting weights, with a speech bubble indicating an Alexa command: "Alexa, ask VeSync about my current body fat." This illustrates the voice control feature.

4.5 Unit Conversion

You can change the weight units (lb / kg / st) directly on the scale or within the VeSync app settings.

5. MAINTENANCE

5.1 Cleaning the Scale

- Wipe the scale surface with a slightly damp cloth.
- Do not use abrasive cleaners, harsh chemicals, or immerse the scale in water.
- Ensure the scale is completely dry before storage or next use.

5.2 Storage

- Store the scale in a cool, dry place.

- Avoid placing heavy objects on the scale when not in use.

6. TROUBLESHOOTING

6.1 Scale Not Turning On / Display Blank

- Check if the batteries are correctly installed with the correct polarity.
- Replace the batteries if they are low or depleted. The scale uses 3 AAA batteries.

6.2 Inaccurate Readings

- Ensure the scale is placed on a hard, flat, and level surface. Carpets or uneven floors can affect accuracy.
- Step onto the scale with bare, dry feet, ensuring they are positioned on the electrodes.
- Stand still during measurement.
- Calibrate the scale by stepping on it briefly, stepping off, and waiting for it to display '0.0' before taking a measurement.

6.3 Bluetooth Connection Issues

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the scale is within range of your smartphone.
- Restart the VeSync app and try reconnecting.
- If issues persist, try unpairing and re-pairing the scale in the VeSync app and your phone's Bluetooth settings.

6.4 App Sync Problems

- Confirm that your smartphone meets the minimum operating system requirements (iOS 12.0+ or Android 6.0+).
- Ensure the VeSync app is updated to the latest version.
- Check your internet connection for app features requiring online access.

7. SPECIFICATIONS

Feature	Specification
Model Number	ESF-551
Weight Capacity	400 lb / 180 kg / 28 st

Feature	Specification
Weight Increments	0.05 lb / 0.02 kg (for weights ≤ 22 lbs) 0.1 lb / 0.05 kg (for weights > 22 lbs)
Weight Units	lb / kg / st
Platform Material	Tempered Glass
Power Source	3 x 1.5V AAA Batteries
Dimensions	11 x 11 x 1.1 inches (28 x 28 x 2.9 cm)
Operating System Compatibility	iOS® 12.0+ or Android™ 6.0+
Manufacturer	Etekcity

Thoughtful Design, Durable Construction



Image: A close-up view of the Etekcity ESF-551 Smart Scale highlighting its design features, including the XL LED Display, rounded anti-collision corners, high-strength glass platform, and XL non-slip padding.

8. WARRANTY AND CUSTOMER SUPPORT

8.1 Limited Warranty

Etekcity provides a limited warranty for this product. For detailed warranty terms and conditions, please refer to the Quick Start Guide included in your package or visit the official Etekcity website.

8.2 Customer Support

If you encounter any issues or have questions regarding your Etekcity ESF-551 Smart Body Composition Scale, please contact Etekcity Customer Support.

- **Website:** Visit www.etekcity.com for FAQs, support resources, and contact information.
- **Email/Phone:** Refer to your Quick Start Guide or the Etekcity website for specific email addresses and phone numbers for your region.

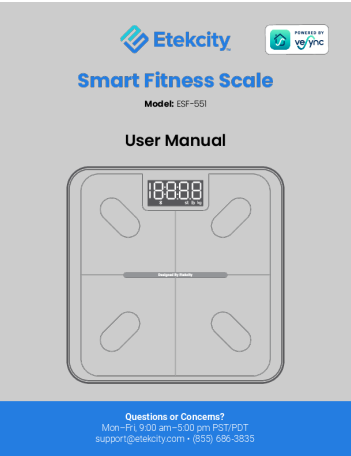
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Related Documents - ESF-551

	Etekcity FIT 8S Smart Fitness Scale User Manual Comprehensive user manual for the Etekcity FIT 8S Smart Fitness Scale, covering setup, usage, maintenance, troubleshooting, and warranty information.
	Etekcity ESB-591 Smart Body Weight Scale User Manual Comprehensive user manual for the Etekcity ESB-591 Smart Body Weight Scale, covering specifications, safety, setup with the VeSync app, usage, maintenance, troubleshooting, and warranty information.
	Etekcity Smart Fitness Scale EFS-C651-KDE User Manual Comprehensive user manual for the Etekcity EFS-C651-KDE Smart Fitness Scale, covering setup, usage, maintenance, troubleshooting, and warranty information. Learn how to connect to the VeSync app and interpret your body composition data.

	Etekcity ESF24 Series Smart Fitness Scale User Manual User manual for the Etekcity ESF24 Series Smart Fitness Scale, detailing setup, operation, maintenance, troubleshooting, and warranty information. Learn how to connect to the VeSync app for advanced health metrics.
	Etekcity ESF24 Series Smart Fitness Scale Quick Start Guide Quick start guide for the Etekcity ESF24 Series Smart Fitness Scale, covering setup, usage, display messages, troubleshooting, and specifications. Learn how to connect to the VeSync app and use your smart scale.
	Etekcity ESB-591 Smart Body Weight Scale User Manual User manual for the Etekcity ESB-591 Smart Body Weight Scale, covering setup, usage, maintenance, troubleshooting, and warranty information. Connects with the VeSync app for advanced features.

Documents - Etekcity – ESF-551

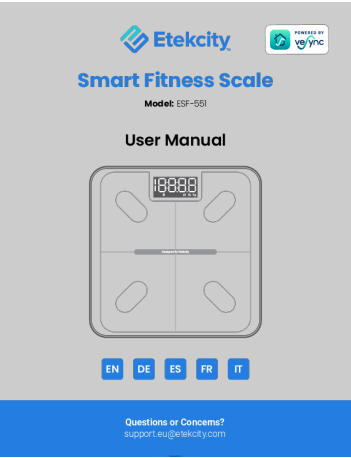


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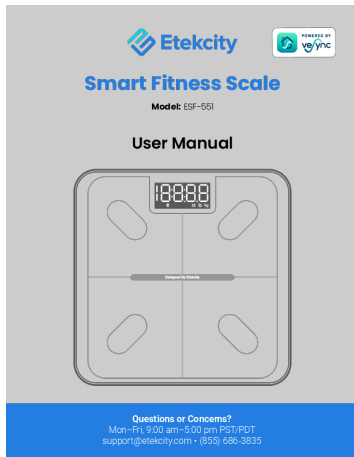


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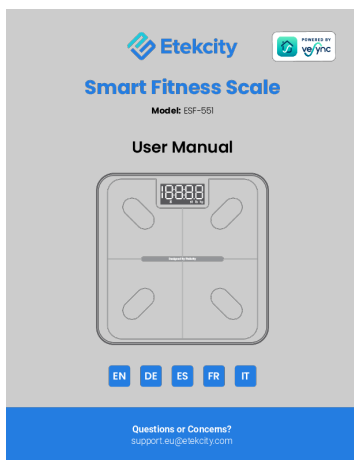


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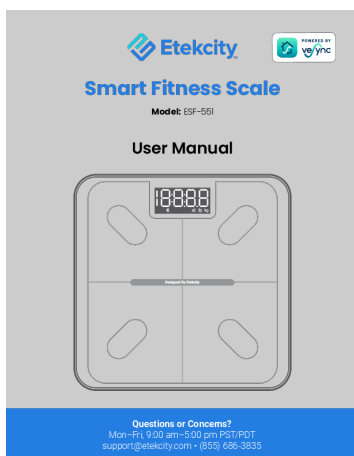


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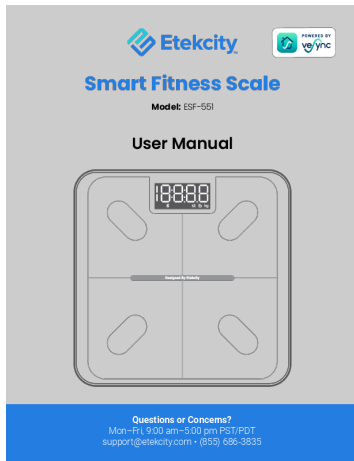


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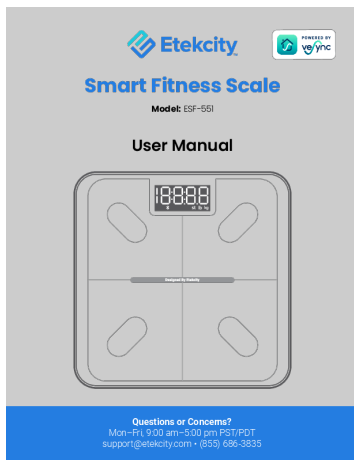
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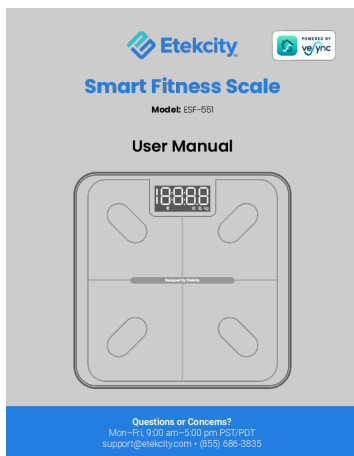
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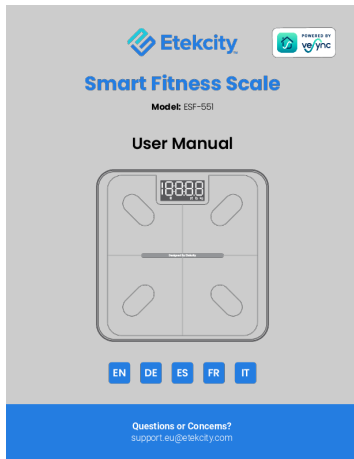
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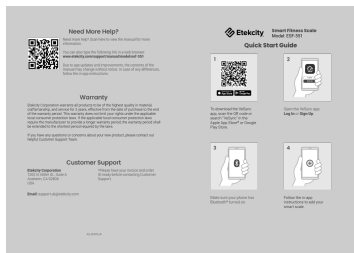


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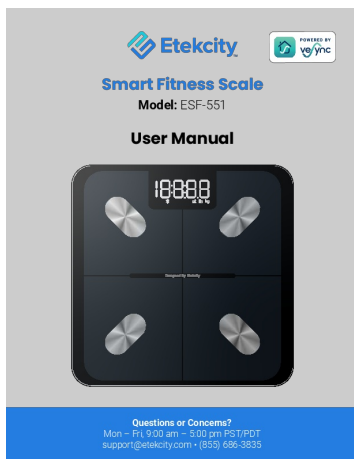


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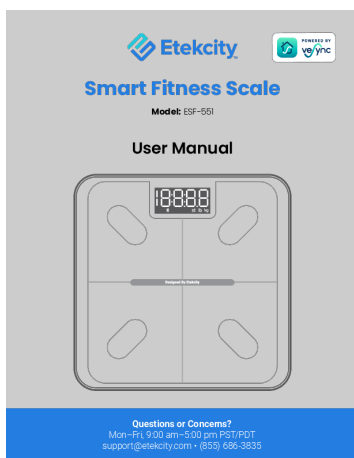


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[pdf] Agent Authorization

PLEASE PRINT ON COMPANY LETTERHEAD MiCOM Labs Inc QMS Agent Authorization Etekcity Corporation ESF551 Smart Fitness Scale 2AB22 2AB22ESF551 esf551
Etekcity Corporation Agent Authorization Company: Etekcity Corporation Address: 1202 N Miller St. Suite A, Anaheim, CA 92806, U.S.A. Product Name: Smart Fitness Scale Model Number s : **ESF-551** Product Description: Smart Fitness Scale We authorize MiCOM Labs Inc., 575 Boulder Court, Pleasanton, Calif...
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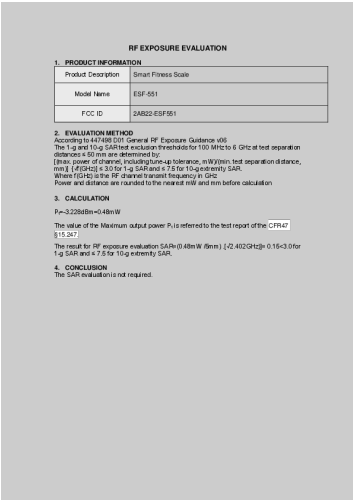
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200 g 300 g 100 g kg 3 x 1.5V AAA 5 / 10 / 30 28 x 28 x ...
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[pdf] Test Report SAR Rating

USER RFExposure Etekcitey Corporation ESF551 Smart Fitness Scale 2AB22 2AB22ESF551 esf551
RF EXPOSURE EVALUATION 1. PRODUCT INFORMATION Product Description
Smart Fitness Scale Model Name **ESF-551** FCC ID 2AB22-ESF551 2. EVALUATION
METHOD According to 447498 D01 General RF Exposure Guidance v06 The 1-g and
10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation dista...
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