Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

e.volve FG220LB

e.volve FG220LB Digital Smart Scale User Manual

Model: FG220LB

Introduction

The e.volve FG220LB Digital Smart Scale with App is an advanced body analysis scale designed to help you track your fitness journey. This innovative scale connects via Bluetooth to the Fitdays app, allowing you to monitor various body composition metrics beyond just weight. It supports up to 24 users and provides accurate measurements for a comprehensive health overview.

What's in the Box

Upon unpacking, please ensure all items listed below are present and in good condition:

- 1 x e.volve Smart Scale (Model FG220LB)
- 2 x 1.5V AAA-batteries
- 1 x User Manual



Image: The e.volve Smart Scale, its retail box, two AAA batteries, and the instruction manual, illustrating the complete package contents.

Specifications

- **Model:** FG220LB
- **Manufacturer:** AVanta Group
- **Measurement Capacity:** Up to 180 kg / 400 lbs
- **Measurement Accuracy:** 0.1 kg
- **Sensors:** 4 high-precision sensors
- **Display:** LED
- **Power:** 2 x AAA batteries (included)
- **Connectivity:** Bluetooth
- **App Compatibility:** Fitdays app (syncs with Apple Health, Samsung Health, Fitbit, Google Fit)
- **User Profiles:** Up to 24 users
- **Material:** Durable Tempered Glass
- **Color:** White

- **Features:** Automatic On/Off, Anti-slip design

14 Body Analysis Measurements:

- Weight
- Visceral Fat
- Subcutaneous Fat
- BMI (Body Mass Index)
- Body Fat Percentage
- Fat-free Body Weight
- Body Water Percentage
- Skeletal Muscle
- Metabolic Age
- Muscle Mass
- Bone Mass
- Protein Percentage
- BMR (Basal Metabolic Rate)
- Muscle Speed



Image: A visual representation of the 14 essential body measurements the e.volve scale can track, such as Visceral Fat, Weight, BMI, and Muscle Mass.



Image: An exploded view of the e.volve scale highlighting its accurate components: durable tempered glass, four precise weight sensors, and four highly sensitive electrodes for body analysis.

Setup

1. Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the two included 1.5V AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

2. App Download and Pairing

1. **Download the Fitdays App:** Scan the QR code in the manual or on the product packaging, or visit http://www.wellandtec.com/fitdays/ to download the 'Fitdays' app from your device's app store (Google Play for Android or App Store for iOS).
2. **Create a Profile:** Open the Fitdays app and follow the on-screen instructions to create your user account and personal

profile. Enter accurate personal information (gender, age, height) for precise body composition analysis.

3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
4. **Pair the Scale:** Step onto the e.volve scale barefoot to activate it. The app should automatically detect and connect to the scale. If not, navigate to the 'Device' section within the app and manually add the scale.
5. **Initial Measurement:** Once paired, perform your first measurement. Your weight will display on the scale, and all 14 body analysis metrics will appear in the Fitdays app.



Image: The e.volve scale and a smartphone connected to the Fitdays app, demonstrating how to link the scale to the application and other health platforms.

Operating Instructions

1. Taking a Measurement

1. **Placement:** Place the e.volve scale on a hard, flat, and stable surface. Avoid carpets or uneven floors, as this can affect accuracy.
2. **Step On:** With the Fitdays app open on your smartphone (and Bluetooth enabled), step onto the center of the scale

barefoot. Ensure your feet are making contact with all four metal electrodes.

3. **Readings:** Your weight will be displayed on the scale's LED screen. All 14 body composition metrics will be calculated and synchronized to the Fitdays app within a few seconds.
4. **Step Off:** Step off the scale once the measurement is complete. The scale will automatically turn off after a short period of inactivity.



Image: The e.volve scale in use, showing a weight reading on its display and the corresponding body analysis data on the connected Fitdays app on a smartphone.

2. Multiple Users and Modes

- **Up to 24 Users:** The Fitdays app supports up to 24 individual user profiles. Each user can create their own profile, and the app will intelligently recognize and assign measurements to the correct user based on weight similarity. If there's a significant weight difference between users, the app may prompt you to select the correct profile.
- **Athlete Mode:** For individuals with a higher muscle mass and lower body fat percentage (e.g., professional athletes or those who exercise intensely), activate 'Athlete Mode' in your Fitdays app profile settings. This adjusts the algorithm for more accurate body composition readings.
- **Baby Mode:** To weigh an infant or pet, first step on the scale yourself to get your weight. Then, step off, pick up the

baby/pet, and step back on the scale. The app will calculate the baby's/pet's weight by subtracting your weight.



Image: An illustration demonstrating the e.volve scale's ability to support 24 users, including specific modes for athletes and weighing babies, showing different weight and BMI examples.

Maintenance

- **Cleaning:** Wipe the surface of the scale 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 the AAA batteries when the low battery indicator appears on the scale's display or in the app.
- **Avoid Impact:** Handle the scale with care. Avoid dropping it or subjecting it to strong impacts, as this may damage the sensors or glass surface.

Troubleshooting

Problem	Possible Cause / Solution
Scale not turning on	Check if batteries are correctly installed. Replace batteries if they are depleted.
Inaccurate weight readings	• Ensure the scale is placed on a hard, flat, and stable surface. • Step onto the scale gently and stand still. • Calibrate the scale by stepping on it briefly, then stepping off, and waiting for it to display '0.0' before taking a measurement.
App not connecting to scale	• Ensure Bluetooth is enabled on your smartphone/tablet. • Make sure the Fitdays app is open and running in the foreground. • Step on the scale to activate it before attempting to connect. • Restart your phone and the scale, then try again.
No body composition data (only weight)	• Ensure you are stepping onto the scale barefoot, making full contact with all four metal electrodes. • Your feet should be clean and dry. • Check your profile settings in the Fitdays app to ensure all personal data is entered correctly.
Error message 'Lo'	Low battery. Replace the AAA batteries.
Error message 'Err'	Overload. The maximum weight capacity of 180 kg has been exceeded. Step off the scale immediately.

Warranty and Support

For warranty information and customer support, please refer to the specific warranty card included with your product or contact the manufacturer, AVanta Group, directly. You can typically find contact details on the product packaging or the manufacturer's official website.
Please retain your proof of purchase for any warranty claims.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0CNNR7W9F

More documents and user manuals: **https://manuals.plus/**