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e.volve FI2019LB

e.volve Smart Scale User Manual

Model: FI2019LB

1. Product Overview

The e.volve Smart Scale is a digital body composition scale designed to provide comprehensive insights into your health and fitness. It measures various body metrics and synchronizes data with the Fitdays app for easy tracking and analysis.



Figure 1.1: e.volve Smart Scale, showing its sleek black design, LED display, and connectivity with a smartphone app and smartwatch.

2. Safety Information

- Do not use if you have a pacemaker or other internal medical device.
- Do not use if you are pregnant.
- Keep the scale dry. Do not immerse in water.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or soft surfaces.
- Do not jump on the scale.
- The scale is made of tempered glass; handle with care to prevent breakage.

3. What's in the Box



Figure 3.1: Packaging contents, including the e.volve Smart Scale, 4x AAA batteries, and the user manual.

Upon opening the package, ensure all components are present:

- 1 x e.volve Smart Scale
- 4 x 1.5V AAA Batteries
- 1 x User Manual

4. Setup Guide

4.1. Installing Batteries

1. Flip the scale over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert the 4x AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

4.2. Downloading and Connecting the Fitdays App

The e.volve Smart Scale works seamlessly with the Fitdays app, available for both iOS and Android devices. This app allows you to track your measurements, view trends, and manage user profiles.



Figure 4.2: The e.volve Smart Scale's compatibility with the Fitdays app, Apple Health, Samsung Health, Fitbit, and Google Fit.

1. Scan the QR code on the scale's packaging or visitwww.wellandtec.com/fitdays/ to download the Fitdays app.
2. Create an account and set up your personal profile within the app.
3. Ensure Bluetooth is enabled on your smartphone.
4. Step onto the scale to activate it. The scale will automatically attempt to pair with the app.
5. Confirm the connection within the Fitdays app.

5. Operating Instructions

5.1. Taking a Measurement

1. Place the scale on a hard, flat, and stable surface.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, standing still with your weight evenly distributed.
4. The scale's LED display will show your weight first, then cycle through other body composition metrics.
5. Your measurements will automatically synchronize with the Fitdays app if connected.

5.2. Understanding the Display



Figure 5.2: Detailed breakdown of the e.volve Smart Scale's LED display, indicating various metrics such as fat percentage, moisture percentage, heart rate, BMI, muscle mass, bone mass, health status, weight, weighing unit, and battery/connection status.

The LED display provides real-time feedback on your measurements:

Number	Metric

Number	Metric
1	Fat Percentage
2	Moisture Percentage
3	Heart Rate
4	BMI (Body Mass Index)
5	Muscle Mass
6	Bone Mass
7	Health Status Indicators (for multiple users)
8	Weight
9	Weighing Unit (kg)
10	Battery/Connection Status

5.3. Multiple User Management

The Fitdays app supports up to 24 user profiles, making it suitable for families or small groups. Each user can have their own profile to track individual progress.

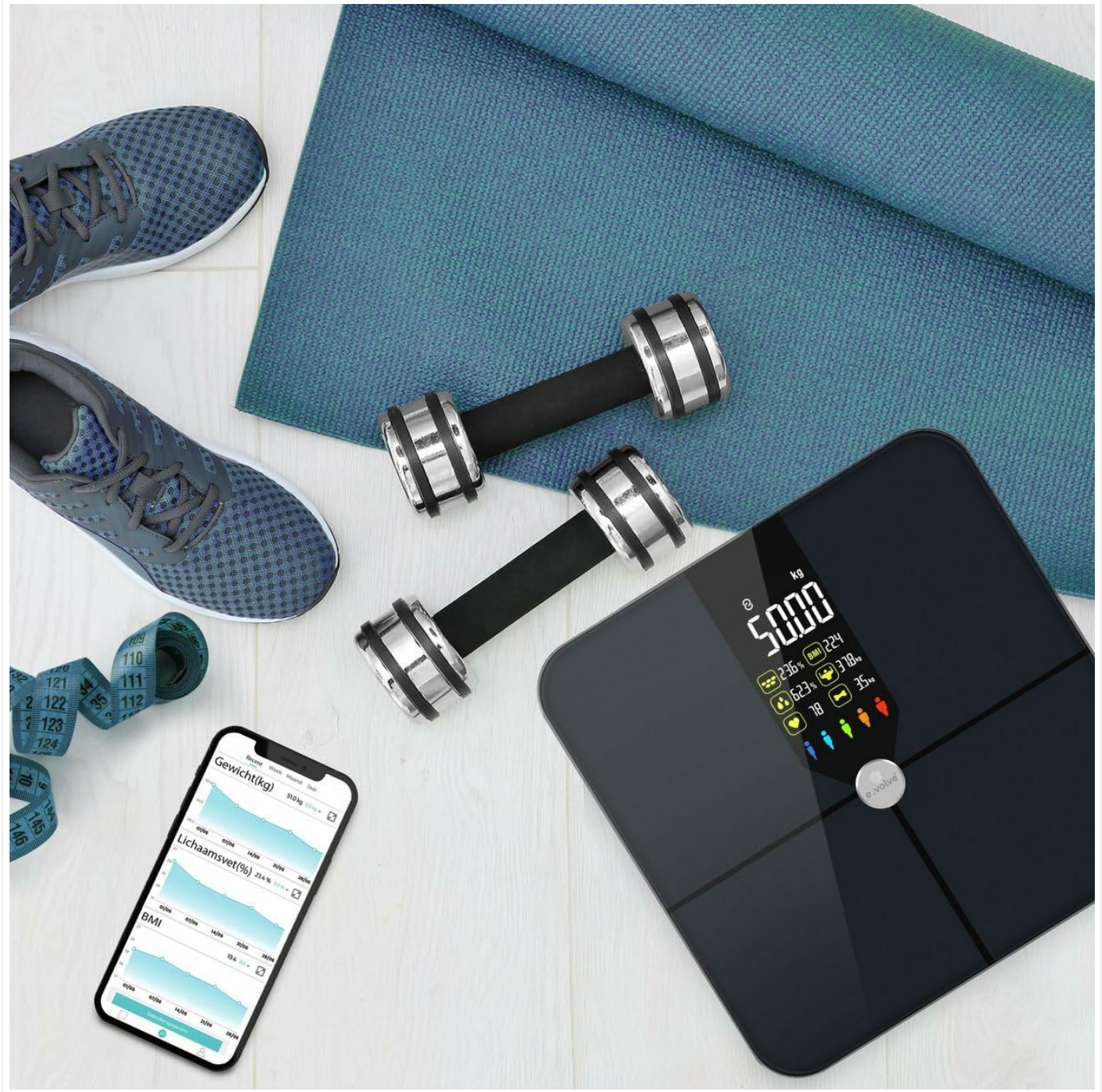


Figure 5.3: The e.volve Smart Scale supports up to 24 users, including specific modes like Athlete Mode and Baby Mode for tailored measurements.

The scale also features specialized modes:

- **Athlete Mode:** For individuals with a higher muscle mass and lower body fat percentage, which can affect body composition readings.
- **Baby Mode:** Allows you to weigh an infant by first weighing yourself, then stepping on the scale holding the baby. The app will calculate the baby's weight.

Refer to the Fitdays app's in-app instructions for detailed guidance on setting up and managing multiple user profiles and special modes.

6. Maintenance

- Clean the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.

- Store the scale in a cool, dry place.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- Replace batteries when the low battery indicator appears on the display or in the app.

7. Troubleshooting

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new batteries.
Inaccurate readings.	Scale is on an uneven or soft surface; feet are not clean/dry; scale needs calibration.	Place on a hard, flat surface. Ensure feet are clean and dry. Step on and off the scale quickly to calibrate to zero before taking a measurement.
App not connecting to scale.	Bluetooth is off; app permissions not granted; scale not activated.	Ensure Bluetooth is on. Check app permissions. Step on the scale to activate it. Restart app/phone if necessary.
Body composition metrics not showing.	Not standing barefoot; feet not making proper contact with electrodes.	Ensure you are standing barefoot with both feet on the metal electrodes.

8. Specifications

Feature	Detail
Model	FI2019LB
Brand	e.volve
Color	Black
Material	Tempered Glass
Display Type	LED Color Display
Weight Limit	180 Kilograms
Measurement Type	Kilograms (kg)
Number of Measurements	22 (including body fat, muscle mass, heart rate, BMI, etc.)
App Compatibility	Fitdays App (iOS & Android), Apple Health, Samsung Health, Fitbit, Google Fit
User Capacity	Up to 24 users
Power Source	4 x 1.5V AAA Batteries

9. Warranty and Support

For warranty information and technical support, please refer to the contact details provided with your purchase or visit the

official e.volve website. Keep your proof of purchase for warranty claims.

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