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e.volve EV01578

e.volve Smart Digital Body Composition Scale EV01578 User Manual

Model: EV01578

1. Introduction

This manual provides detailed instructions for the setup, operation, and maintenance of your e.volve Smart Digital Body Composition Scale, model EV01578. This device is designed to help you monitor various body composition metrics through its advanced BIA technology and seamless integration with the Fitdays app.



Image 1.1: The e.volve Smart Digital Body Composition Scale, shown with a smartphone and smartwatch displaying synchronized health data.

2. Package Contents

Please check the box for the following items:

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



Image 2.1: All items included in the e.volve Smart Scale package.

3. Specifications

Model Number	EV01578
Weight Capacity	Up to 180 kg (400 lbs)
Measurement Accuracy	0.1 kg
Sensors	4 high-precision sensors
Body Analysis Metrics	14 metrics including Weight, BMI, Body Fat, Muscle Mass, Water Percentage, Bone Mass, BMR, etc.

Connectivity	Bluetooth
App Compatibility	Fitdays App (compatible with Apple Health, Samsung Health, Fitbit, Google Fit)
Power Source	4 x 1.5V AAA Batteries
Material	Durable tempered glass surface



Image 3.1: Internal components illustrating the accuracy features of the e.volve Smart Scale.

4. Setup

4.1 Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the 4 x 1.5V AAA batteries, ensuring correct polarity (+/-).

3. Close the battery compartment securely.

4.2 Initial Placement

For accurate measurements, place the e.volve Smart Scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect accuracy.

4.3 App Installation and Pairing

1. Download the **Fitdays** app from your smartphone's app store (App Store for iOS or Google Play Store for Android). You can also visit www.wellandtec.com/fitdays/ for direct links.
2. Enable Bluetooth on your smartphone.
3. Open the Fitdays app and create a user profile.
4. Step onto the scale with bare feet to activate it. The app should automatically detect and pair with the scale. Follow any on-screen prompts in the app to complete the pairing process.



Image 4.1: The e.volve Smart Scale's connectivity with the Fitdays app and other health platforms.

5. Operating Instructions

5.1 Taking a Measurement

1. Ensure the scale is on a hard, flat surface.
2. Open the Fitdays app on your smartphone and ensure Bluetooth is enabled.
3. Step onto the scale with bare, dry feet. Position your feet on the metal electrodes for accurate body composition analysis.
4. Stand still until your weight is displayed on the scale's screen. The app will then synchronize and display all 14 body composition metrics.
5. Step off the scale. It will automatically turn off after a few seconds.

5.2 Understanding Body Analysis Metrics

The e.volve Smart Scale uses Bioelectrical Impedance Analysis (BIA) technology to estimate various body composition metrics. While your weight is shown on the scale's display, the Fitdays app provides a comprehensive breakdown of 14 essential measurements:

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



Image 5.1: The 14 essential body composition metrics provided by the scale and Fitdays app.

5.3 Multi-User Functionality

The Fitdays app allows you to create and manage up to 24 user profiles. This enables multiple individuals to track their progress independently using the same e.volve Smart Scale. The app intelligently recognizes each user based on their weight and other metrics.



Image 5.2: The e.volve Smart Scale supports up to 24 users, making it suitable for families.

5.4 Data Synchronization and Tracking

All your measurement data is automatically synchronized with the Fitdays app via Bluetooth. The app provides clear graphs and historical data, allowing you to track your progress over time for metrics like weight, body fat percentage, and BMI. This visual representation helps you monitor trends and achieve your health goals.



Image 5.3: The Fitdays app provides detailed graphs to track your fitness progress.

6. Maintenance

6.1 Cleaning

- Wipe the scale's surface with a soft, damp cloth.
- Do not use abrasive cleaners, harsh chemicals, or immerse the scale in water.
- Keep the scale dry to prevent damage to electronic components.

6.2 Storage

- Store the scale in a cool, dry place.
- Avoid extreme temperatures and direct sunlight.
- Do not place heavy objects on the scale when not in use.

6.3 Battery Replacement

When the battery indicator appears on the display or the scale fails to power on, replace all four AAA batteries with new ones. Refer to section 4.1 for battery installation instructions.

7. Troubleshooting

Problem	Possible Cause	Solution
No display / Scale does not turn on	Low or dead batteries; incorrect battery installation.	Replace batteries with new ones, ensuring correct polarity.
Inaccurate weight readings	Scale on uneven surface; scale moved recently; initial calibration needed.	Place scale on a hard, flat surface. Step on and off quickly to calibrate, then weigh yourself.
Body composition metrics not displayed in app	Not standing with bare feet; Bluetooth not connected; app not open.	Ensure bare, dry feet are on electrodes. Check Bluetooth connection. Open Fitdays app before weighing.
App not connecting to scale	Bluetooth off on phone; app not granted permissions; scale not active.	Enable Bluetooth on your phone. Grant necessary permissions to the Fitdays app. Step on the scale to activate it. Try restarting the app or your phone.

8. Warranty and Support

8.1 Warranty Information

The e.volve Smart Digital Body Composition Scale is covered by a standard manufacturer's warranty. Please refer to your purchase documentation or contact your retailer for specific warranty terms and conditions. Keep your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting, or any questions regarding your e.volve Smart Scale, please contact the retailer or the manufacturer, AVanta Group. Contact details can typically be found on the product packaging or the retailer's website.

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