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[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Healthkeep](#) /
- › [Healthkeep Digital Smart Bluetooth Body Fat Scale User Manual](#)

### Healthkeep FG2001B-A

# Healthkeep Digital Smart Bluetooth Body Fat Scale User Manual

Model: FG2001B-A

## INTRODUCTION

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This manual provides detailed instructions for the Healthkeep Digital Smart Bluetooth Body Fat Scale (Model: FG2001B-A). This intelligent scale is designed to provide comprehensive health data, including weight, BMI, body fat, muscle mass, and more, through its advanced 8-electrode measurement technology. It connects seamlessly with the Fitdays app to help you track your progress and manage health data for multiple users.



Image: The Healthkeep Digital Smart Bluetooth Body Fat Scale, showing the main unit, a detachable handle for 8-electrode measurement, a smartphone displaying the Fitdays app interface, and a smartwatch showing synchronized data.

## SAFETY INFORMATION

Please read all instructions carefully before using the scale. Keep this manual for future reference.

- Do not use if you have a pacemaker or other internal medical device.
- Do not use if you are pregnant.
- Place the scale on a hard, flat surface. Avoid carpets or uneven floors, as this can affect accuracy.
- The scale surface is glass; handle with care to prevent breakage. Do not jump on the scale.
- Keep the scale dry. Do not immerse in water or use in extremely humid environments.
- Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners.
- Keep out of reach of children.
- The scale is designed for household use only, not for medical or commercial purposes.

## PACKAGE CONTENTS

- 1 x Healthkeep Digital Smart Bluetooth Body Fat Scale
- 3 x AAA Batteries (included)
- 1 x User Manual

## SETUP

### 1. Battery Installation

Open the battery compartment on the back of the scale. Insert the included 3 AAA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.



Image: Diagram showing the bottom of the scale with dimensions, battery compartment, and larger anti-slip pads for stability.

### 2. App Download and Installation

The Healthkeep scale uses the Fitdays app for full functionality. Download the Fitdays app from the App Store (for iOS devices) or Google Play Store (for Android devices).

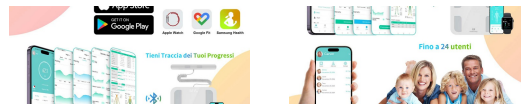


Image: Icons for downloading the Fitdays app from Apple App Store and Google Play Store, indicating compatibility with iOS 8.0+ and Android 4.3+.

### 3. Bluetooth Pairing

1. Enable Bluetooth on your smartphone.
2. Open the Fitdays app and create your user profile.
3. Step onto the scale to activate it. The LED display will light up.
4. The app will automatically detect the scale and prompt you to connect. Follow the on-screen instructions to complete the pairing process.

Once paired, your measurements will automatically sync with the app.

## OPERATING INSTRUCTIONS

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### Taking a Measurement

For accurate body composition analysis, use the scale with the detachable handle. This 8-electrode system provides more comprehensive data than traditional 4-electrode scales.

1. Place the scale on a hard, flat surface.
2. Ensure your feet are bare and clean. Step onto the scale, placing your feet on the designated electrode areas.
3. Hold the detachable handle firmly with both hands, ensuring your palms are in contact with the handle electrodes.
4. Stand still until the measurement is complete and your data appears on the scale's LED display and syncs with the Fitdays app.

**La misurazione professionale con otto elettrodi fornisce risultati più precisi rispetto ai metodi tradizionali a quattro elettrodi.**



### **Healthkeep 8 Elettrodi**

Misurazione Accurata di Tutto il Corpo



### **La Misurazione Tradizionale a Quattro Elettrodi**

è limitata alla parte inferiore del corpo

Image: Illustration comparing the measurement areas of an 8-electrode scale (full body) versus a traditional 4-electrode scale (lower body only), highlighting the superior accuracy of the 8-electrode method.

## **Understanding Your Health Metrics**

The scale provides 18 comprehensive health indicators. These include:

- Weight
- BMI (Body Mass Index)
- Body Fat
- Fat-Free Body Weight
- Subcutaneous Fat
- Visceral Fat
- Body Water
- Skeletal Muscle
- Muscle Mass

- Bone Mass
- Protein
- BMR (Basal Metabolic Rate)
- Metabolic Age
- Ideal Weight
- Heart Index
- 5 Limb Data (specific fat and muscle data for upper and lower limbs)



Image: An infographic displaying 18 different health metrics, such as Weight, BMI, Body Fat, Muscle Mass, Visceral Fat, and more, indicating the comprehensive data provided by the scale.

## Using the Fitdays App

The Fitdays app allows you to:

- **Track Progress:** View your health data over time with detailed graphs (weekly, monthly, yearly).
- **Multi-User Management:** The app supports up to 24 user accounts, making it suitable for families and friends.



# Gestione multiutente

Condividi la tua bilancia con amici e familiari



Image: A family, including children and a dog, gathered around the Healthkeep scale, with a smartphone displaying the multi-user management interface of the Fitdays app, demonstrating its ability to support up to 24 users.

## MAINTENANCE

- Clean the scale surface with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- Ensure the scale is dry before storage or next use.
- Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

## TROUBLESHOOTING

| Problem | Possible Cause / Solution |
|---------|---------------------------|
|---------|---------------------------|

| Problem                        | Possible Cause / Solution  |
|--------------------------------|--|
| Scale does not turn on.        | Check battery installation and ensure batteries are not depleted. Replace if necessary.  |
| Inaccurate readings.           | Ensure the scale is on a hard, flat surface. Recalibrate by stepping on and off the scale quickly. Ensure feet are bare and clean.                       |
| Cannot connect to Fitdays app. | Ensure Bluetooth is enabled on your device. Make sure the app is open and the scale is activated (step on it). Restart the app or your device if needed. |
| App not syncing data.          | Confirm successful Bluetooth connection. Ensure you are standing still during measurement. Check app permissions.  |
| "Lo" displayed on screen.      | Low battery. Replace batteries.  |
| "Err" displayed on screen.     | Overload or measurement error. Step off the scale and try again. Ensure weight is within the 180kg limit.  |

## SPECIFICATIONS

| Feature           | Detail  |
|-------------------|---|
| Model Number      | FG2001B-A                                     |
| Brand             | Healthkeep                                    |
| Dimensions        | 30 x 30 x 4 cm                                |
| Weight Capacity   | 5-180 kg (0.10kg/0.2lb increment)             |
| Display Type      | LED   |
| Power Source      | 3 x AAA Batteries                             |
| Connectivity      | Bluetooth                                     |
| App Compatibility | Fitdays App (iOS 8.0+ / Android 4.3+)         |
| Health Indicators | 18 (Weight, BMI, Body Fat, Muscle Mass, etc.) |
| Max Users         | 24  |

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official Healthkeep website. Keep your purchase receipt as proof of purchase.

