

## modone BF1905-BT-AS

# modone Professional Body Fat Scale User Manual

Model: BF1905-BT-AS | Brand: modone

## 1. INTRODUCTION

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The modone Professional Body Fat Scale is a digital smart bathroom scale designed to provide comprehensive insights into your body composition. Utilizing high-precision G-shaped sensors and Bio-electrical Impedance Analysis (BIA) technology, it measures body weight and 18 key body composition metrics. This scale connects via Bluetooth to a dedicated app, allowing for seamless data tracking and integration with popular health platforms.

## 2. PACKAGE CONTENTS

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- modone Professional Body Fat Scale
- 3 x AAA Batteries (included)
- User Manual

## 3. SETUP

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### 3.1 Battery Installation

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

### 3.2 Scale Placement

For accurate measurements, place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect precision.

## THOUGHTFUL & HIGH-DURABILITY



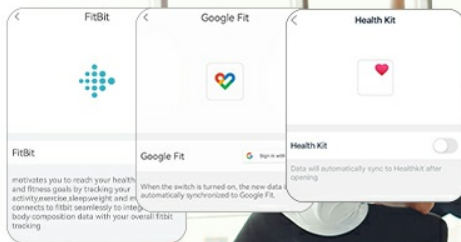
*Image: Underside of the scale with non-slip padding and battery compartment.*

### 3.3 App Download and Pairing

1. Download the **Ailink APP** from the Apple App Store or Google Play Store.
2. Enable Bluetooth on your smartphone.
3. Open the Ailink APP and create a user profile.
4. Step onto the scale 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.

# Track What Matters Most to YOU with modone Scales

Share Your Fitness Data on FitBit, Apple  
health and Google Fit with Friends



Search "AiLink" and download it for free on:

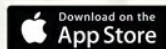


Image: App integration with popular health platforms.

## 4. OPERATING INSTRUCTIONS

### 4.1 Taking a Measurement

1. Place the scale on a firm, flat surface.
2. Step onto the scale barefoot. Ensure your feet are in contact with the four electrode pads for accurate body composition analysis.
3. Stand still until your weight is displayed and stabilized on the LED screen.
4. The scale will automatically transmit data to the AiLink APP via Bluetooth.

# ACCURATE MEASUREMENT

Large  
Electrode Pad

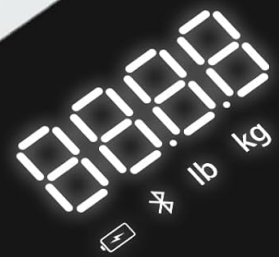
0.2 lb  
Increment

6.6~400 lbs  
Measurement Range

Vibration startup  
Automatic shutdown



\*The package contains 3\*1.5V AAA battery



*Image: Scale displaying weight with large electrode pads.*

## 4.2 Unit Conversion

The scale supports multiple units (KG/LB). You can change the unit setting within the Ailink APP or via a switch on the underside of the scale, if available.

## 4.3 Multi-User Functionality

The modone scale is designed for unlimited users. Each family member or individual can create their own profile within the Ailink APP. The app intelligently recognizes users based on their weight and body composition data, ensuring measurements are assigned to the correct profile.



Image: Multi-user feature for families.

## 5. APP INTEGRATION AND FEATURES

The Ailink APP provides a comprehensive platform for tracking and analyzing your health data:

- **Real-time Data Sync:** All measurements are automatically synced to the app.
- **Trend Charts:** Visualize your daily, weekly, and monthly progress for all 18 metrics.
- **Health App Integration:** Seamlessly share data with Fitbit, Google Fit, and Apple Health.
- **Custom Reminders:** Set personalized reminders to ensure consistent measurement tracking.
- **Secure Cloud Storage:** Your data is stored securely in the cloud with privacy protection.

# KNOW YOUR BODY

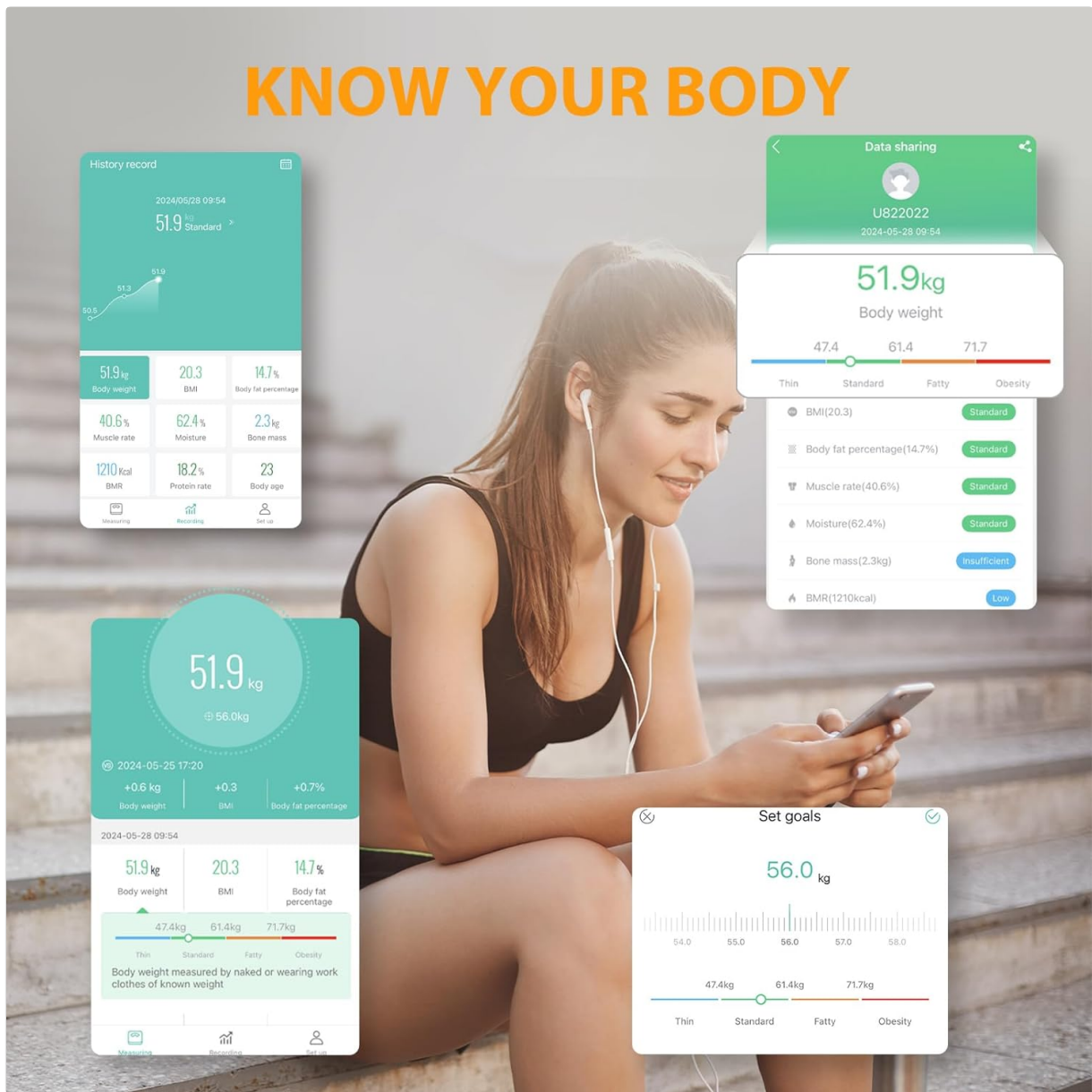


Image: App interface showing detailed body metrics.

## 6. BODY COMPOSITION METRICS EXPLAINED

The modone scale provides 18 body composition metrics to offer a holistic view of your health:

- **Body Weight:** Your total weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Muscle Rate:** The percentage of muscle mass in your body.
- **Moisture Percentage:** The amount of water in your body.
- **Bone Mass:** The amount of bone mineral in your body.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to perform basic, life-sustaining functions.
- **Protein Rate:** The percentage of protein in your body.
- **Body Age:** An estimation of your body's biological age based on your metrics.
- **Visceral Fat Index:** The level of fat surrounding your organs.
- **Subcutaneous Fat:** Fat stored directly under the skin.
- **Standard Weight:** An ideal weight range based on your profile.

- **Weight Control:** Guidance on weight management.
- **Fat Mass:** The total amount of fat in your body.
- **Lean Body Mass:** The total weight of your body minus all the fat.
- **Muscle Mass:** The total amount of muscle in your body.
- **Protein Amount:** The total amount of protein in your body.
- **Obesity Rating:** A classification of your body fat level.



*Image: Overview of 18 body composition metrics.*

## 7. MAINTENANCE

- **Cleaning:** Wipe the scale's tempered glass surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place, away from extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app.

## 8. TROUBLESHOOTING

- **No Display/Power:** Ensure batteries are correctly installed and not depleted. Replace if necessary.
- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Avoid moving the scale between measurements. Ensure feet are clean and dry, and in full contact with electrodes for body composition analysis.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device. Restart the app and/or your phone. Re-pair the scale with the app if necessary.
- **Body Composition Data Not Showing:** Ensure you are stepping on the scale barefoot, with both feet making good contact with the metal electrodes.

## 9. SPECIFICATIONS

Feature	Detail
Brand	modone
Model	BF1905-BT-AS
Color	Brilliant-Black
Weight Limit	400 Pounds (180 kg)
Readout Accuracy	0.2 lb (0.1 kg)
Display Type	LED
Material	5mm Tempered Glass
Connectivity	Bluetooth
Power Source	3 x AAA batteries (included)
Product Dimensions	11.97 x 11.57 x 1.3 inches
Item Weight	2.9 pounds
Special Features	Auto Shut Off, Bodyweight, High Weight Capacity, Large Display, Precision Balanced

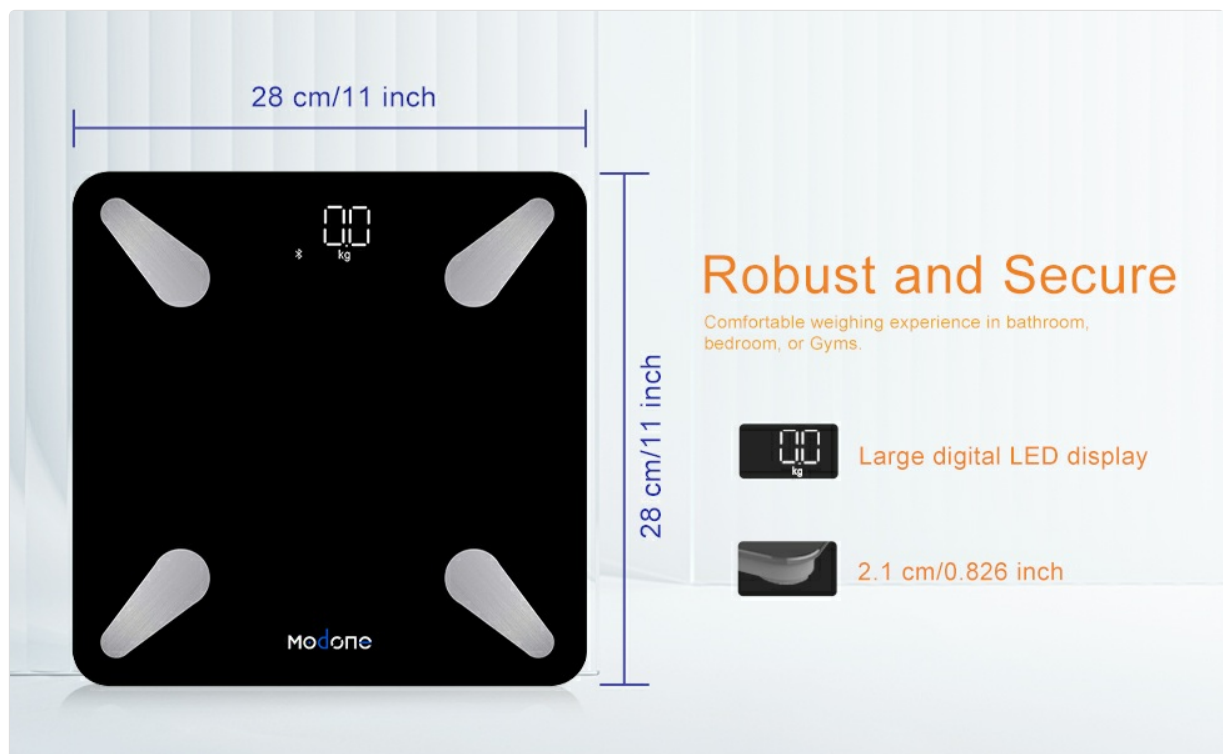


Image: Scale dimensions and construction details.

## 10. SAFETY INFORMATION

- Do not use the scale on wet or slippery surfaces to prevent falls.
- The scale is not intended for medical diagnosis or treatment. Consult a healthcare professional for

health-related concerns.

- Keep the scale out of reach of small children.
- Do not disassemble or attempt to repair the scale yourself. This will void the warranty.

## 11. WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official modone website. Keep your proof of purchase for warranty claims.

## 12. PRODUCT VIDEO

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Your browser does not support the video tag.

*Video: An official modone video demonstrating the Digital Bathroom Scale and its 18 Body Composition Metrics.*