

TrueLife W6

TrueLife FitScale W6 BT Bluetooth Smart Scale User Manual

Model: W6

INTRODUCTION

The TrueLife FitScale W6 BT is an advanced Bluetooth smart scale designed to provide comprehensive insights into your body composition. Utilizing bioelectrical impedance analysis, it measures 19 different body indexes, offering a detailed understanding of your health. This manual provides essential information for setting up, operating, and maintaining your FitScale W6 BT. For a quick overview, the scale's color LCD displays 7 key body indexes directly. For a complete analysis and historical data, connect the scale to the mobile application via Bluetooth.

IMPORTANT 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.
- The glass surface can be slippery when wet. Step on and off carefully.
- Keep out of reach of children.
- Dispose of batteries according to local regulations.

PACKAGE CONTENTS

Verify that all items are present in the package:

- TrueLife FitScale W6 BT Smart Scale
- 4 x AAA Batteries
- Instruction Manual



Image: TrueLife FitScale W6 BT Smart Scale in its retail packaging, showing the scale and branding.

PRODUCT OVERVIEW

The TrueLife FitScale W6 BT features a minimalist design with a high-quality glass surface and a clear color LCD. It is equipped with four electrodes for bioelectrical impedance analysis.



Image: Annotated diagram of the TrueLife FitScale W6 BT, highlighting its components: User Recognition, Bluetooth, Color LCD Display, Electrodes, and Adjustment Buttons.

Key Features:

- **Bioelectrical Impedance Analysis:** Provides detailed body composition data.
- **19 Body Indexes:** Measures weight, BMI, BFR, BMR, muscle mass, body water content, skeletal weight, body proteins, metabolic age, visceral fat, standard weight, weight control, body fat percentage, fat-free weight, obesity degree, body type, protein rate, and score.
- **Color LCD Display:** Shows 7 key body indexes directly on the scale.
- **Automatic User Recognition:** Identifies up to 8 different users.
- **High-Quality Glass Surface:** Durable and supports up to 180 kg.
- **Bluetooth Connectivity:** Syncs data with the mobile application for comprehensive reports and statistics.



Image: Visual representation of the TrueLife FitScale W6 BT's capabilities, including 19 measurable body indexes, data visualization, color LCD, quick diagnosis, health reports, user history, app data sharing, multi-user support, and durable glass construction.

SETUP GUIDE

1. Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the 4 AAA alkaline batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

2. Initial Placement

- Place the scale on a hard, flat, and stable surface. Uneven or soft surfaces (like carpets) can affect accuracy.
- Ensure the scale is not near strong electromagnetic fields.

3. Mobile Application Download and Pairing

1. Download the official TrueLife FitScale mobile application from your device's app store (Google

Play Store for Android or Apple App Store for iOS).

2. Enable Bluetooth on your smartphone.
3. Open the TrueLife FitScale app and follow the on-screen instructions to create a user profile and pair your scale. You may need to step on the scale briefly to activate it for pairing.

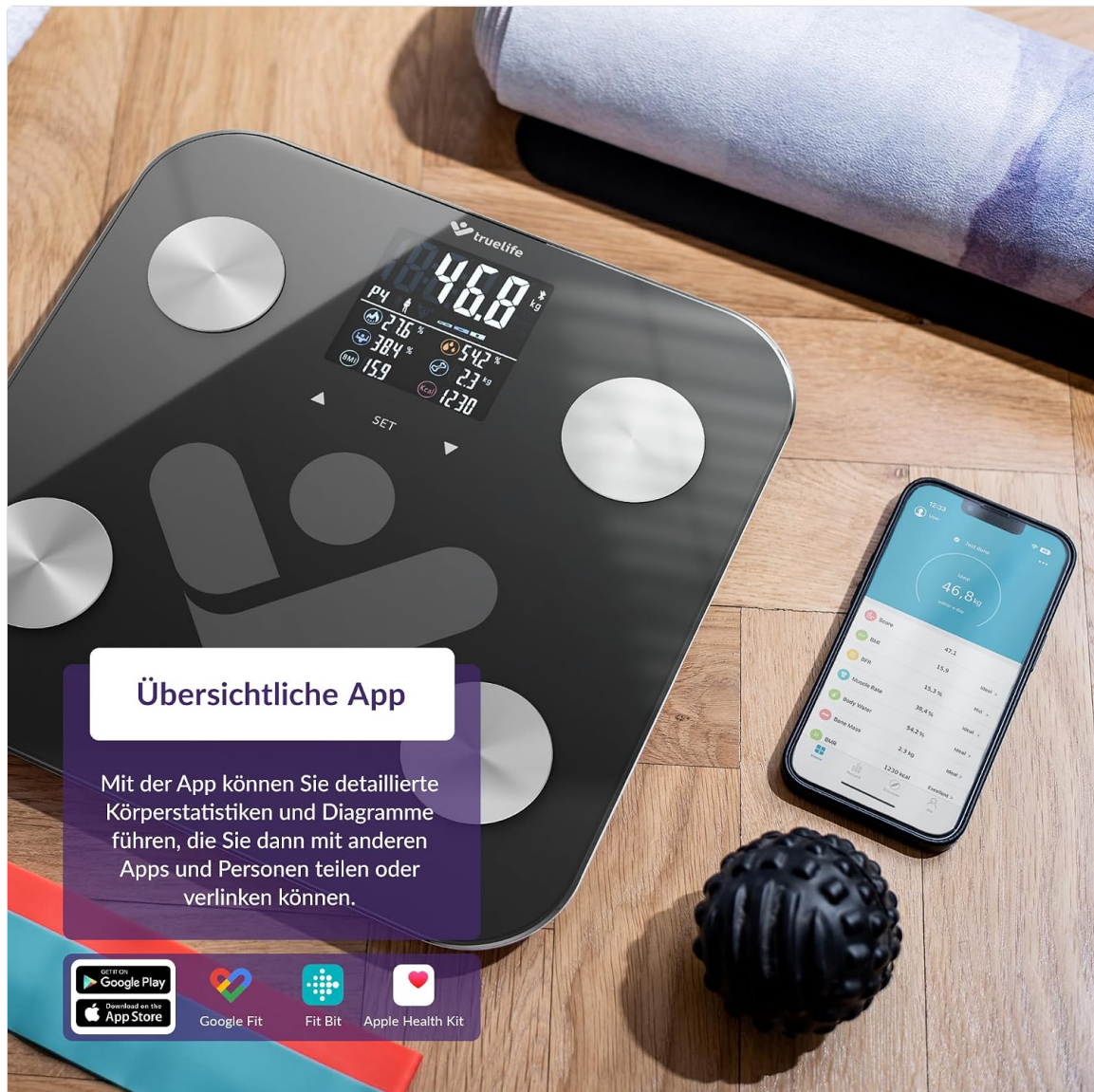


Image: The TrueLife FitScale W6 BT next to a smartphone showing the mobile application interface, indicating compatibility with Google Fit, Fit Bit, and Apple Health Kit.

OPERATING INSTRUCTIONS

1. Basic Weighing

- Step onto the scale barefoot and stand still. Ensure your feet are in contact with the electrodes for body composition analysis.
- The scale will automatically turn on and display your weight.
- After a few seconds, the color LCD will cycle through 7 key body indexes.
- The scale will automatically turn off after a period of inactivity.



Image: A close-up view of the TrueLife FitScale W6 BT's LCD, displaying current weight and several body composition metrics such as fat ratio, muscle mass, BMI, water ratio, skeletal weight, and BMR.

2. Using with the Mobile Application

- Ensure Bluetooth is enabled on your smartphone and the TrueLife FitScale app is open.
- Step onto the scale as described above.
- Your measurements will automatically sync to the app, providing a full report of all 19 body indexes, historical data, and trend analysis.
- The scale can automatically recognize up to 8 users, provided their profiles are set up in the app.

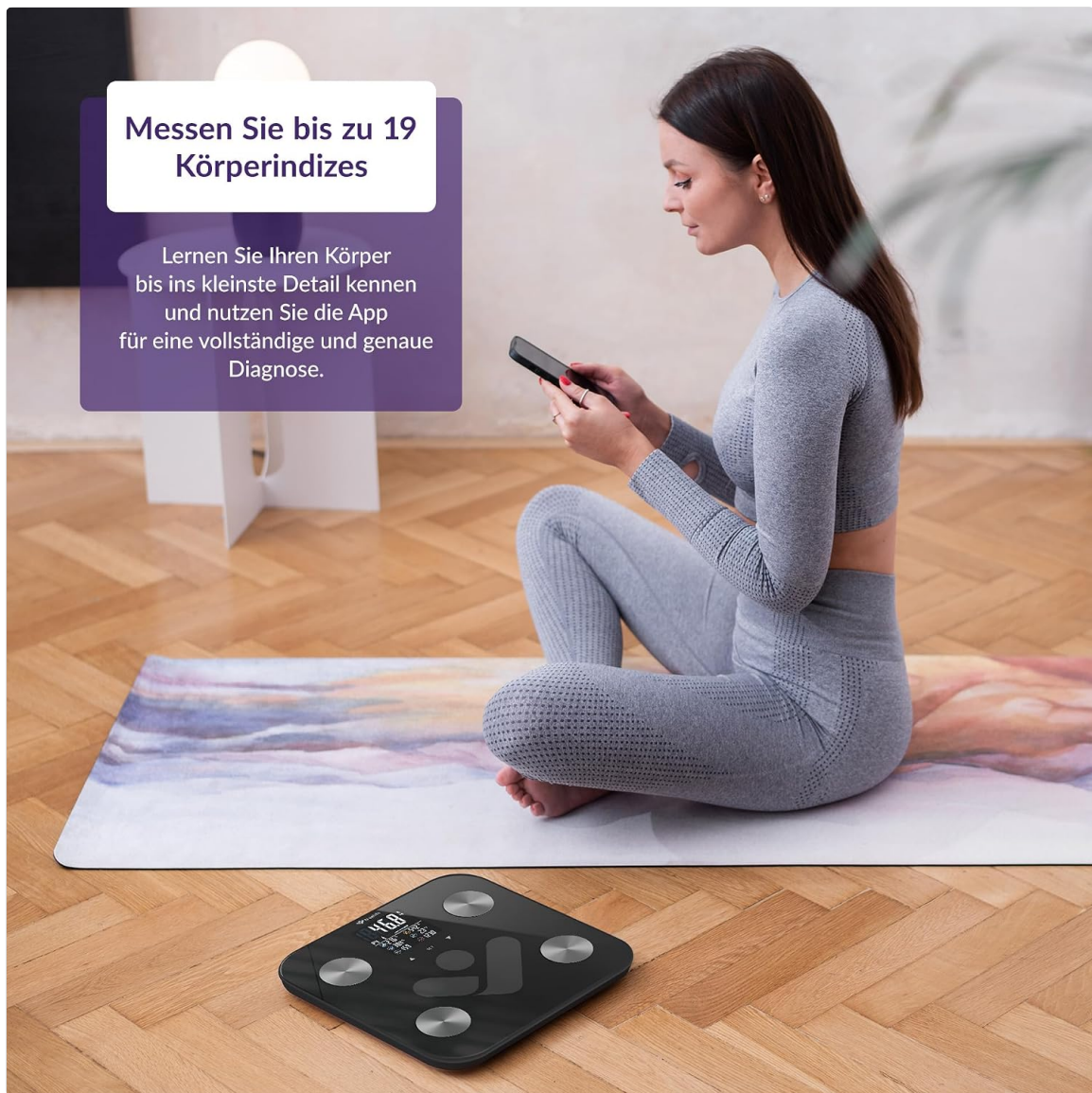


Image: A person interacting with the TrueLife FitScale W6 BT via their smartphone, demonstrating the use of the mobile application for detailed body analysis.

MAINTENANCE

Cleaning

- Wipe the scale surface with a soft, damp cloth.
- Do not use abrasive cleaners or chemical solvents.
- Ensure the scale is completely dry before storage or next use.

Storage

- Store the scale in a cool, dry place.
- Avoid placing heavy objects on the scale when not in use.

Battery Replacement

- If the display becomes dim or the scale does not turn on, replace all 4 AAA batteries.
- Always replace all batteries at the same time with new ones of the same type.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace all 4 AAA batteries.
Inaccurate weight readings.	Scale is on an uneven or soft surface. Not properly calibrated.	Place the scale on a hard, flat surface. Step on the scale, let it display "0.0", then step off. Wait for it to turn off, then weigh yourself again.
Body composition data (e.g., fat, muscle) not displayed.	Not standing barefoot. Feet not making proper contact with electrodes. User profile not set up in app.	Ensure you are barefoot and your feet are positioned correctly on the electrodes. Set up your user profile in the mobile app.
Scale not connecting to the app via Bluetooth.	Bluetooth is off on the phone. App is not open. Scale is out of range.	Ensure Bluetooth is enabled on your phone. Open the TrueLife FitScale app. Move closer to the scale. Restart both the app and the scale (by removing and reinserting batteries).
Battery drains quickly.	Low-quality batteries. Frequent use.	Use high-quality alkaline batteries. Ensure the scale turns off automatically after use.

SPECIFICATIONS

Feature	Detail
Model:	TrueLife FitScale W6 BT
Maximum Weight Capacity:	180 Kilograms
Measurement Precision:	+/- 0.1 kg (100 Grams)
Display Type:	Color LCD
Body Indexes Measured:	19 (Weight, BMI, BFR, BMR, Muscle Mass, Body Water Content, Skeletal Weight, Body Proteins, Metabolic Age, Visceral Fat, Standard Weight, Weight Control, Body Fat Percentage, Fat-Free Weight, Obesity Degree, Body Type, Protein Rate, Score)
User Recognition:	Up to 8 users
Connectivity:	Bluetooth
Power Source:	4 x AAA Alkaline Batteries (included)

Feature	Detail
Dimensions:	34.7 x 34.7 x 3.8 cm
Weight:	2.04 Kilograms
Manufacturer:	TrueLife

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or visit the official TrueLife website. If you encounter any issues or require technical assistance, please contact TrueLife customer support through their official channels.

Online Support: www.truelife.eu