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TrueLife W8

TrueLife FitScale W8 Bluetooth Diagnostic Personal Scale User Manual

Model: W8

INTRODUCTION

The TrueLife FitScale W8 is a smart diagnostic personal scale designed to provide comprehensive body composition analysis. Utilizing bioelectrical impedance analysis (BIA) technology, it measures 15 key body indices, offering a detailed overview of your health and fitness. This manual will guide you through the setup, operation, and maintenance of your device.

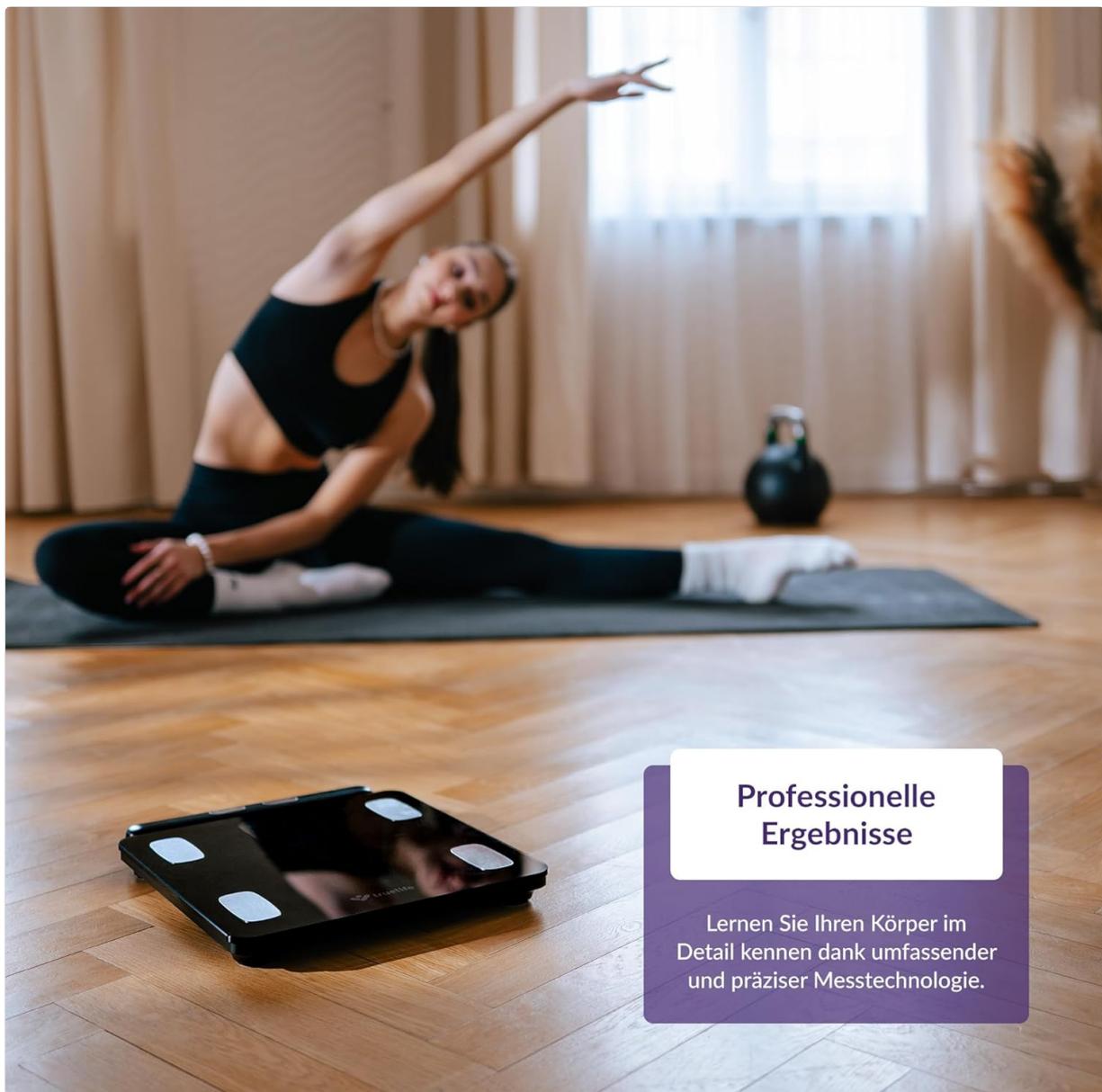


Image: The TrueLife FitScale W8 smart scale positioned on a wooden floor, with a person performing exercises in the background. This image highlights the scale's integration into a healthy lifestyle and its role in achieving fitness goals.

SAFETY INFORMATION

Please read all safety instructions before using the TrueLife FitScale W8. Failure to follow these instructions may result in injury or damage to the device.

- Do not use if you have a pacemaker or other implanted medical device.
- Do not use if you are pregnant.
- Keep the scale dry. Do not immerse in water or use in excessively humid environments.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven floors.
- Do not stand on the edge of the scale; this may cause it to tip.
- The scale is for personal use only and should not be used for medical diagnosis or treatment.
- Keep out of reach of children.

PACKAGE CONTENTS

Verify that all items are present in your package:

- TrueLife FitScale W8 Diagnostic Personal Scale
- 4 x AA Alkaline Batteries
- User Manual (this document)

SETUP

1. Battery Installation

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

2. App Download and Pairing

To unlock the full potential of your FitScale W8, download the companion application on your smartphone.

- Search for the "TrueLife" app in the Apple App Store or Google Play Store.
- Install the application on your device.
- Enable Bluetooth on your smartphone.
- Open the TrueLife app and follow the on-screen instructions to create your user profile and pair the scale.
- Step onto the scale to initiate the pairing process. The scale's display will show a Bluetooth icon when connected.

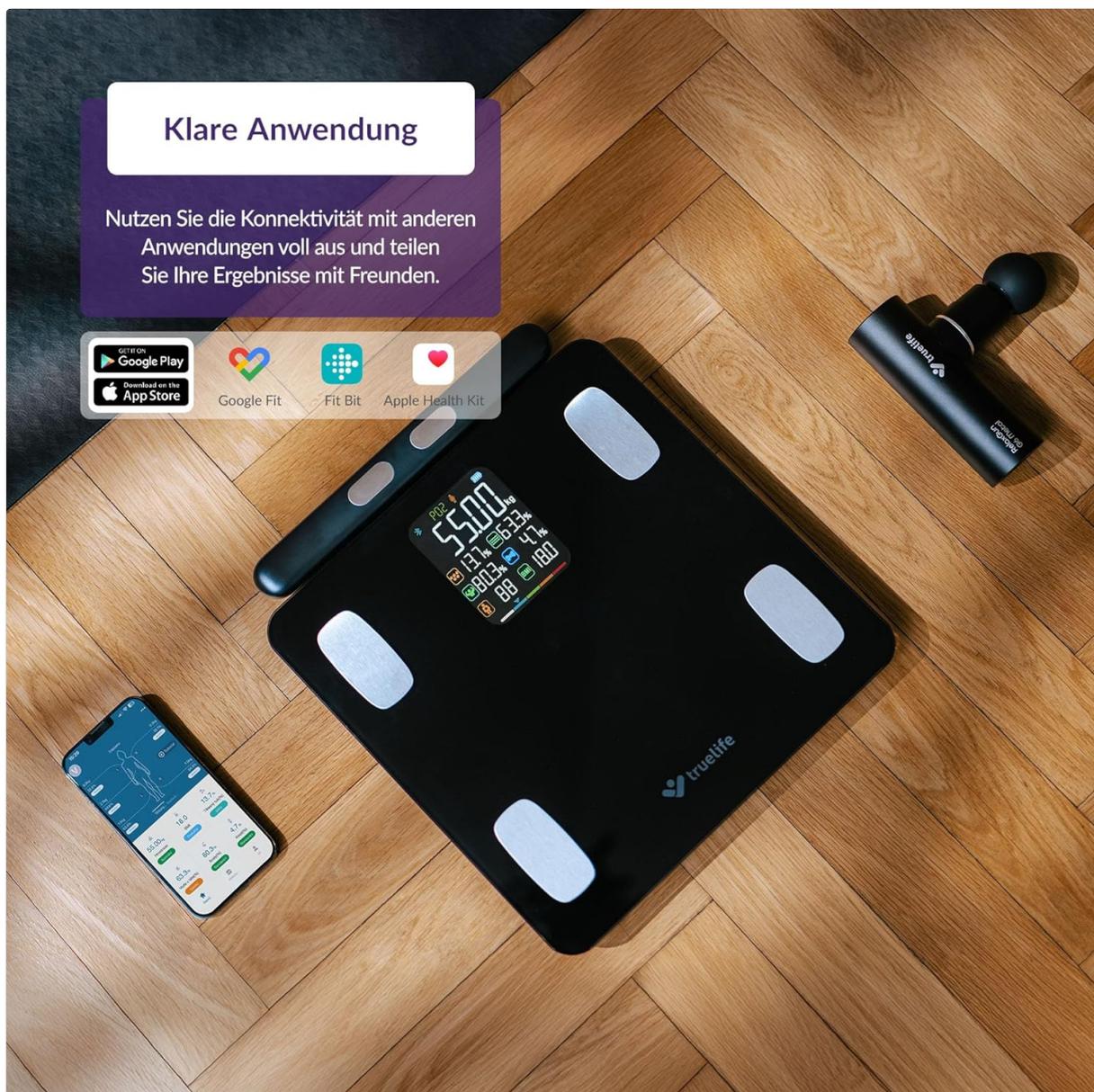


Image: The TrueLife FitScale W8 connected to a smartphone, displaying the companion app interface. This illustrates the app's role in data management and analysis.

OPERATING INSTRUCTIONS

1. Taking a Measurement

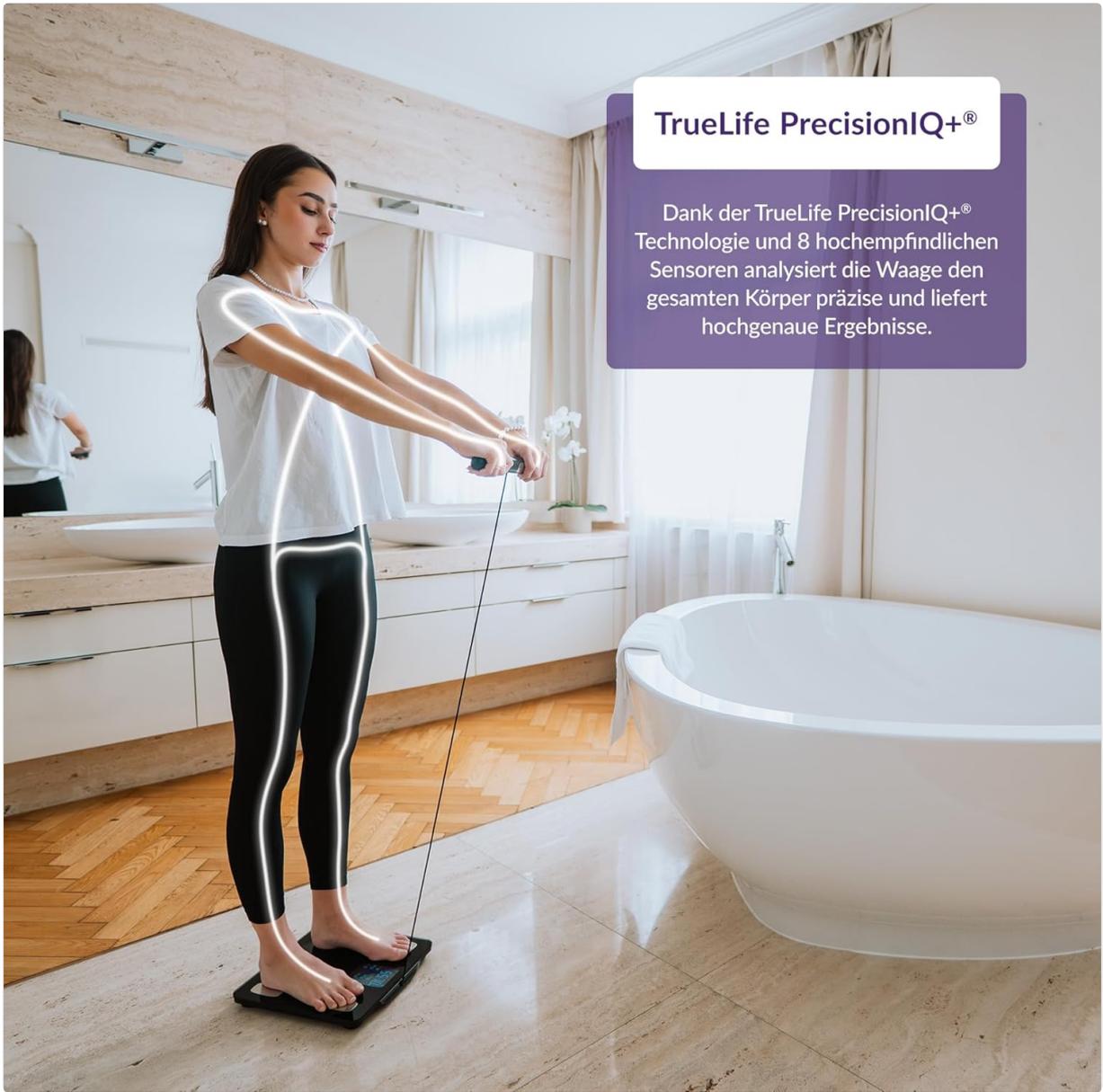
1. Place the scale on a hard, flat surface.
2. Ensure your feet are clean and dry.
3. Step onto the scale barefoot, positioning your feet on the metal electrodes. For full body analysis, hold the retractable handle with both hands, ensuring your palms are on the handle electrodes.
4. Stand still until the measurement is complete. The display will show your weight and other basic indices.
5. For detailed analysis, ensure the app is open and connected via Bluetooth. Your data will automatically sync.

Ausziehbarer Griff

Durch die einstellbare Grifflänge ist eine bequeme und genaue Messung für alle Benutzer möglich, unabhängig von ihrer Körpergröße.



Image: The TrueLife FitScale W8 with its retractable handle extended, showcasing the additional electrodes on the handle. This feature allows for more comprehensive body composition analysis by including upper body measurements.



TrueLife PrecisionIQ+®

Dank der TrueLife PrecisionIQ+® Technologie und 8 hochempfindlichen Sensoren analysiert die Waage den gesamten Körper präzise und liefert hochgenaue Ergebnisse.

Image: A user demonstrating the correct posture for using the TrueLife FitScale W8 with its retractable handle, ensuring accurate full-body composition measurements.

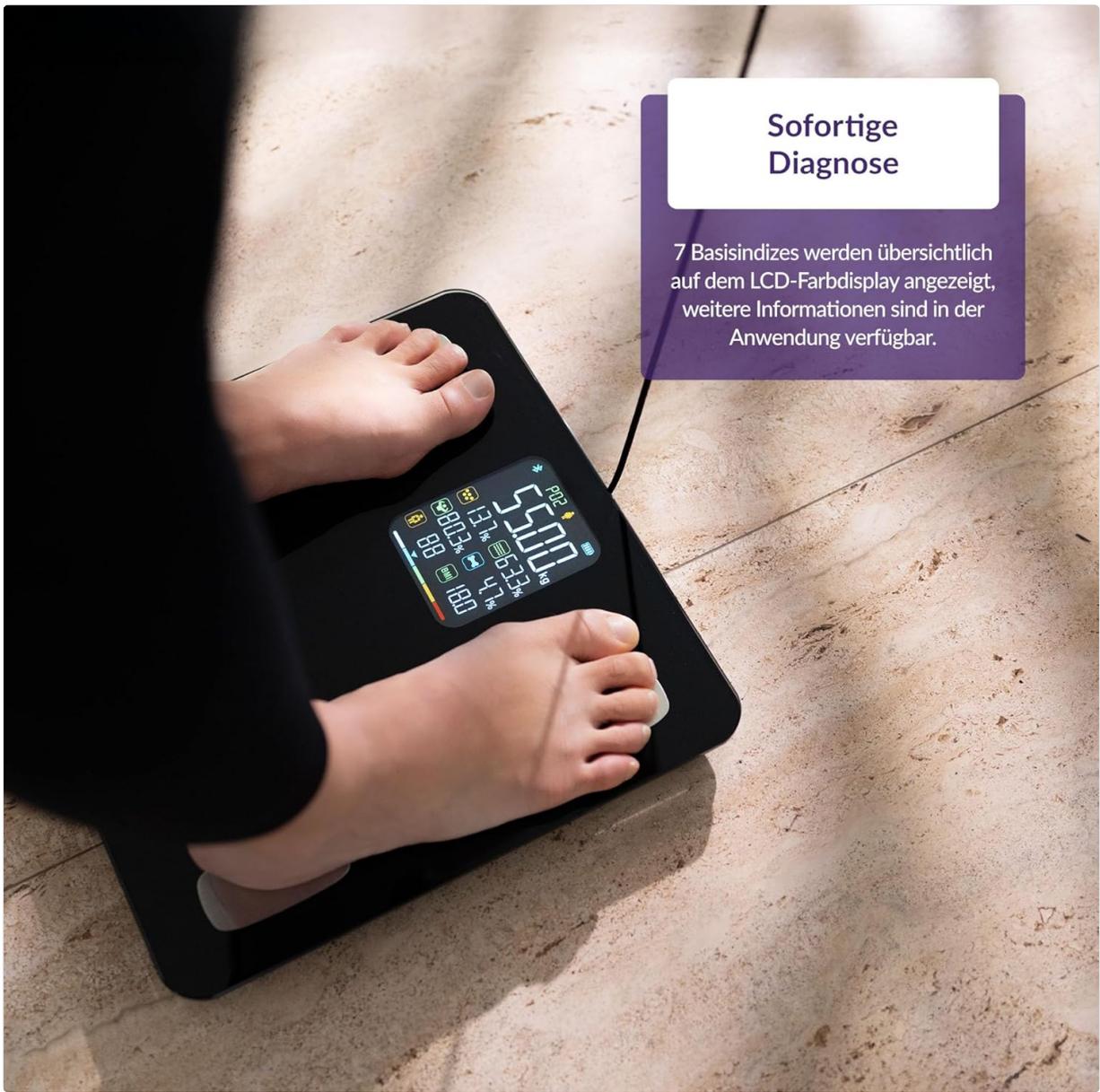


Image: A close-up view of a user's feet on the scale, with the LCD display showing immediate diagnostic values such as weight, body fat, and BMI.

2. Scale Components Overview



Image: An annotated diagram of the Truelife FitScale W8, pointing out key components such as the retractable handle with four electrodes, the color LCD display, internal memory for later synchronization, premium cover glass, and the main measurement electrodes on the scale platform.

3. Understanding Display Readings

The scale's LCD display provides immediate basic readings. For a comprehensive breakdown of all 15 body indices, refer to the TrueLife app.



Image: An annotated diagram illustrating the various indicators and values displayed on the TrueLife FitScale W8's LCD screen, including Bluetooth status, battery level, user code, weight, body fat, body water, muscle tissue, bone tissue, BMI, and body assessment.

4. Using the TrueLife App

The TrueLife app is your central hub for tracking and analyzing your body composition data. It offers:

- **15 Measurable Indices:** View detailed data for weight, BMI, body fat, body water, protein, minerals, somatotype, metabolic age, BMR (Basal Metabolic Rate), and AMR (Active Metabolic Rate).
- **Graphs and Statistics:** Visualize your progress over time with intuitive charts and statistical summaries.
- **Health Report:** Receive a clear report with detailed explanations of each index, graphical representations, and recommendations for achieving your health goals.
- **Measurement History:** Access a complete history of your measurements.
- **Multi-User Support:** The scale supports up to 16 users, each with their own profile and measurement history. The app automatically recognizes the user.

MAINTENANCE

1. Cleaning the Scale

- 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.

2. Battery Replacement

When the battery indicator on the display or in the app shows low power, replace all four AA batteries simultaneously. Refer to the "Battery Installation" section under Setup for instructions.

3. Storage

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

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Replace batteries or check polarity.
Inaccurate readings.	Scale on uneven surface; feet not properly placed; scale not calibrated.	Place on a hard, flat surface. Ensure bare feet are on electrodes. Step on and off quickly to calibrate to zero before measuring.
Bluetooth connection failed.	Bluetooth off on phone; app not open; scale too far from phone.	Ensure Bluetooth is enabled. Open the TrueLife app. Move closer to the scale. Restart both devices if necessary.
No body composition data (only weight).	Not standing barefoot; feet not making contact with electrodes; handle not used (if applicable).	Ensure bare feet are on all four electrodes. If using the handle, ensure palms are on handle electrodes.

SPECIFICATIONS

Feature	Detail
Model Number	W8
Brand	TrueLife
Color	Black
Material	ABS Glass
Maximum Weight Capacity	180 Kilograms
Display Type	LCD Color Display
Power Source	4 x AA Alkaline Batteries (included)

Feature	Detail
Connectivity	Bluetooth
Measurable Indices	15 (Weight, BMI, Body Fat, Body Water, Protein, Minerals, Somatotype, Metabolic Age, BMR, AMR, Muscle Mass, Bone Mass, etc.)
User Profiles	Up to 16 users
Dimensions	40.5 x 36 x 4.5 cm
Item Weight	2.08 Kilograms

WARRANTY

TrueLife products are covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official TrueLife website. Keep your proof of purchase for warranty claims.

SUPPORT

If you encounter any issues or have questions not covered in this manual, please contact TrueLife customer support. Contact information can typically be found on the TrueLife website or on the product packaging.

Website: www.truelife.eu