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Healthkeep FI2019LB-I

Healthkeep Smart Body Fat Scale User Manual

MODEL: FI2019LB-I

1. Introduction

Thank you for choosing the Healthkeep Smart Body Fat Scale. This manual provides essential information for the safe and effective use of your new scale. Please read it thoroughly before use and retain it for future reference. This device is designed to help you monitor various body composition metrics and track your health progress over time.

2. Safety Information

- This scale is intended for general health monitoring and is not a substitute for professional medical advice. Consult a healthcare professional for any health concerns.
- Do not use this device if you have a pacemaker or other internal medical device.
- Keep the scale dry. Avoid placing it in wet environments or submerging it in water.
- Place the scale on a hard, flat, and stable surface for accurate measurements. Uneven surfaces can affect accuracy.
- The maximum weight capacity of this scale is 180 kg (400 lb). Do not exceed this limit.
- Do not jump on the scale. Step on and off carefully.
- Keep out of reach of children.

3. Package Contents

- Healthkeep Smart Body Fat Scale (Model: FI2019LB-I)
- User Manual
- AAA Batteries (4x)

4. Product Overview

The Healthkeep Smart Body Fat Scale features advanced technology to provide comprehensive insights into your body composition.

Key Features:

- **Revolutionary Dual VA Displays:** One screen displays weight, while the other shows vital health metrics.
- **16 Comprehensive Health Measurements:** Includes Heart Rate, Cardiac Index, Weight, BMI, Body Fat, Muscle Rate, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR, and Body Age.
- **Heart Rate Monitoring:** Provides a holistic view of cardiovascular health.
- **Advanced ITO Technology:** Ensures precise measurements, enhanced durability, and easy cleaning.
- **Multi-User Management:** Supports up to 24 user profiles via the Fitdays app.
- **High Precision:** Measures with an accuracy of 0.05 kg (0.1 lb) up to 180 kg (400 lb).
- **User-Friendly Operation:** Features auto-calibration, auto on/off, and auto-zero.
- **Large & Stable Platform:** Dimensions of 28 x 28 x 2.7 cm for enhanced stability and safety.

Components:

The scale consists of a tempered glass surface with ITO coating, dual VA display screens, and anti-slip padding on the bottom.



Image: Overview of the Healthkeep Smart Body Fat Scale, displaying weight and other metrics, alongside a smartphone and smartwatch showing synchronized data.

Revolutionary Dual VA Screen Design

Screen 1:

Precise Weight Monitoring

Track your weight changes and manage your weight effortlessly.

Screen 2:

All Your Vital Health Metrics

Easily view essential health data like body fat percentage, BMI, body water, bone mass, muscle mass, and heart rate for a complete assessment of your well-being.



Image: Detailed view of the scale's dual VA screens. Screen 1 shows precise weight monitoring, and Screen 2 displays vital health metrics like body fat, BMI, body water, bone mass, muscle mass, and heart rate.

5. Setup

5.1 Battery Installation

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

5.2 Initial Placement

Place the scale on a hard, flat, and stable surface. Avoid carpets or soft flooring, as this can affect measurement accuracy.

5.3 App Download and Pairing

1. Download the **"Fitdays"** app from the App Store (iOS) or Google Play (Android).
2. Create an account and set up your personal profile (gender, height, age, etc.).
3. Enable Bluetooth on your smartphone.

4. Step onto the scale to activate it. The scale will automatically attempt to pair with the app.
5. Confirm the pairing within the Fitdays app.



Image: Illustration of the Fitdays app and its compatibility with various fitness applications such as Apple Health, Fitbit, Samsung Health, and Google Fit, along with an Apple Watch displaying health data.

6. Operating Instructions

6.1 Taking a Measurement

1. Ensure your feet are clean and dry.
2. Step onto the scale barefoot, placing your feet on the ITO-coated surface. Ensure your feet make good contact with the electrodes.
3. Stand still on the scale. The dual VA displays will show your weight first, followed by other body composition metrics.
4. The measurements will automatically synchronize with the Fitdays app on your paired smartphone.

16 Comprehensive Health Measurements

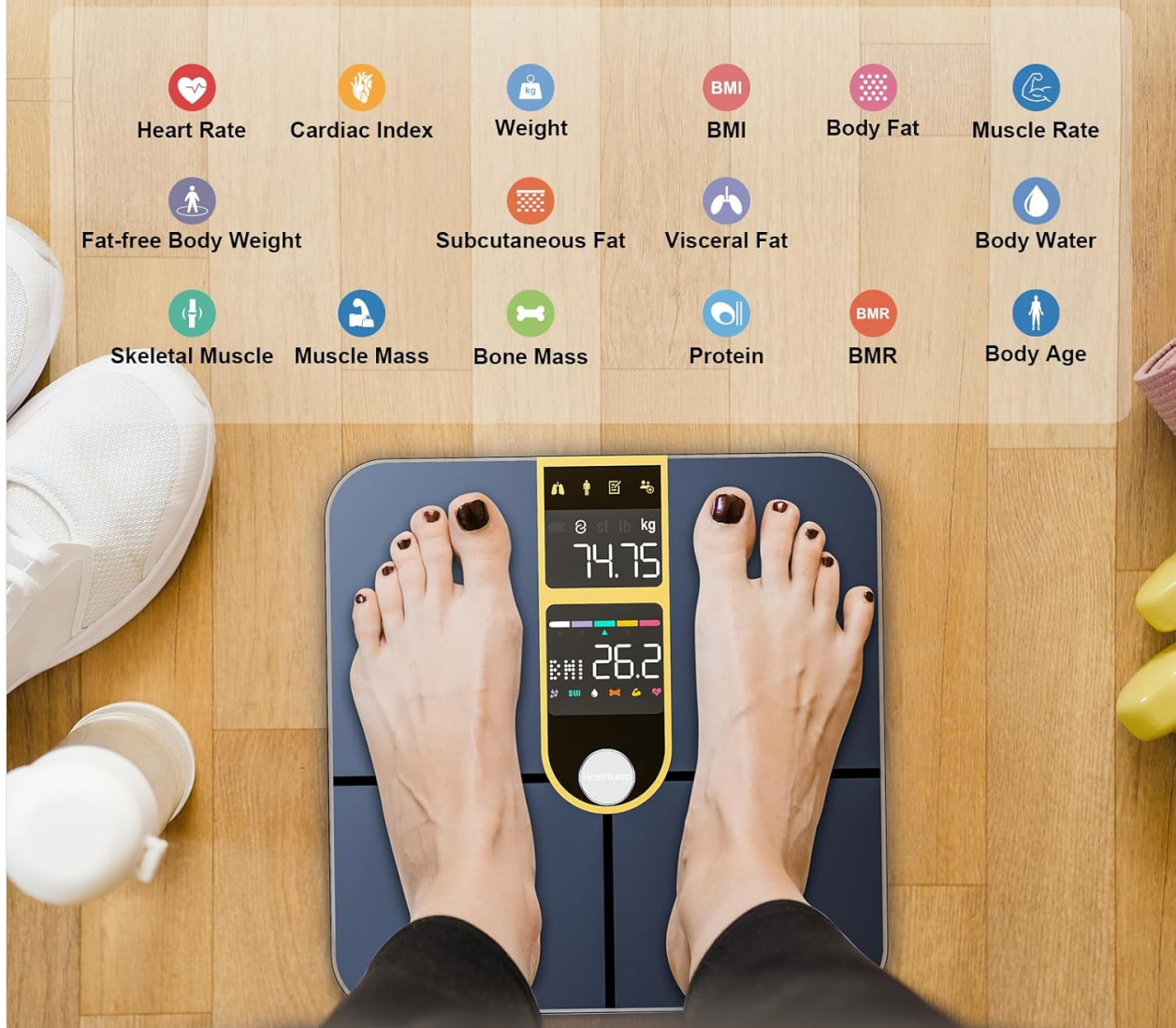


Image: A person standing barefoot on the scale, demonstrating how to take a measurement. The image highlights the 16 comprehensive health measurements displayed, including Heart Rate, BMI, Body Fat, and Bone Mass.

6.2 Understanding the Dual Displays

- **Screen 1:** Primarily displays your current weight.
- **Screen 2:** Cycles through various body composition metrics such as Body Fat percentage, BMI, Body Water, Bone Mass, Muscle Mass, and Heart Rate.

6.3 Multi-User Functionality

The Fitdays app supports up to 24 user profiles. To add or switch users:

1. Open the Fitdays app.
2. Navigate to the user management section.
3. Add a new user profile or select an existing one.
4. Ensure the correct user profile is selected in the app before taking a measurement to ensure data is recorded accurately for that individual.

Multi-User Management

Share Your Scale with Friends and Family



Image: A family demonstrating the multi-user management feature, with a smartphone displaying the Fitdays app showing different user profiles and their respective body fat and BMI readings.

7. App Integration (Fitdays App)

The Fitdays app is your central hub for tracking and analyzing your health data. It provides comprehensive insights into your progress over daily, weekly, monthly, and yearly periods.

- **Data Tracking:** Monitor trends for weight, BMI, body fat percentage, muscle mass, bone mass, heart rate, and all other 16 metrics.
- **Goal Setting:** Set and track personal fitness and health goals.
- **Third-Party App Sync:** Seamlessly sync your data with popular health platforms such as Samsung Health, Apple Health, Fitbit, and Google Fit.

Uncover Your Fitness Journey with Fitdays

Effortlessly track your progress and gain actionable insights with Fitdays, your intelligent fitness companion.



Image: A woman tracking her fitness journey using the Fitdays app, which displays detailed graphs and insights into her progress over time.

8. Maintenance and Care

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or chemical detergents. A small amount of alcohol can be used if necessary.
- **Storage:** Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the display becomes dim or shows a low battery indicator, replace all four AAA batteries simultaneously.
- **Avoid Impact:** Do not drop the scale or subject it to heavy impact, as this may damage the sensors or glass surface.

9. Troubleshooting

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Scale does not turn on	Low or dead batteries; Incorrect battery installation	Replace batteries; Ensure correct polarity
Inaccurate readings	Scale on uneven surface; Not standing still; Dirty ITO surface; Calibration needed	Place on hard, flat surface; Stand still; Clean surface; Step on and off to re-calibrate
App not connecting via Bluetooth	Bluetooth off; App not open; Scale not active; Interference	Ensure Bluetooth is on; Open Fitdays app; Step on scale to activate; Move closer to scale
Body composition data not displayed	Not standing barefoot; Poor contact with ITO surface	Step on barefoot; Ensure feet cover the ITO electrodes

10. Specifications

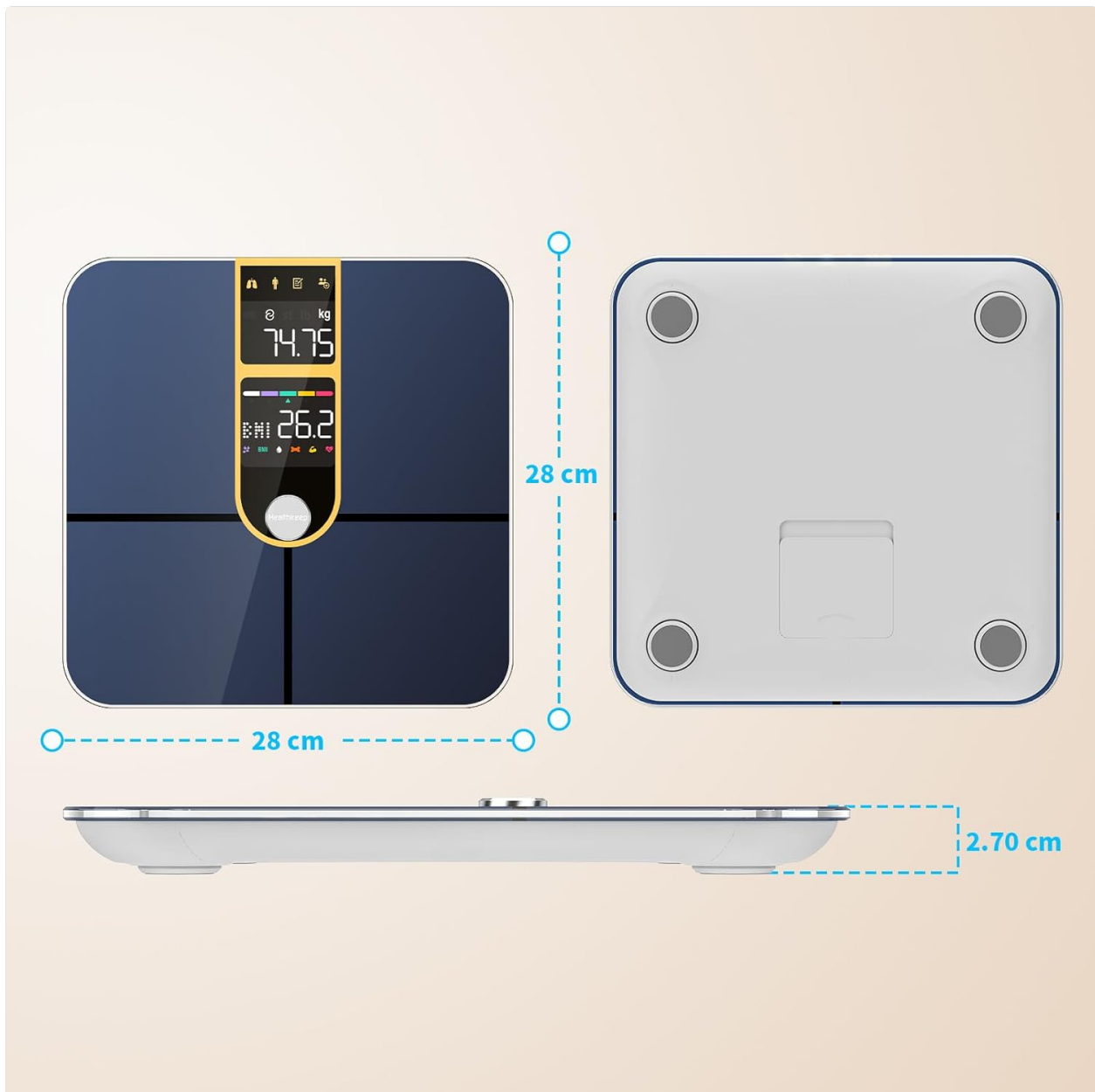


Image: Technical diagram illustrating the dimensions of the Healthkeep Smart Body Fat Scale, measuring 28 cm in length and width, and 2.7 cm in height.

Feature	Detail
Product Dimensions	11.02 x 11.02 x 1.06 inches (28 x 28 x 2.7 cm)
Item Model Number	FI2019LB-I
Weight	3.31 Pounds
Manufacturer	Healthkeep
Brand	Healthkeep
Color	Golden
Recommended Uses	Adults
Special Features	Bone Mass, Heart Rate, Large Display, Muscle Mass, Smart
Display Type	LCD (Dual VA Displays)
Maximum Capacity	180 kg (400 lb)
Measurement Precision	0.05 kg (0.1 lb)
Connectivity	Bluetooth (Compatible with iOS & Android)

11. Warranty and Support

Healthkeep products are manufactured to high-quality standards. For information regarding warranty coverage, technical support, or customer service, please refer to the contact details provided with your purchase or visit the official Healthkeep website. Please retain your proof of purchase for warranty claims.