

Healthkeep

User Manual

ELECTRONIC BODY FAT SCALE

Model FG2016LB



- Thank you very much for selecting **Healthkeep** Electronic Body Fat Scale **FG2016LB**.
- Please read the user manual carefully and thoroughly to ensure the safe usage of this product, Keep the manual well for further reference in case you have problems.

1. INTRODUCTION

Thanks for choosing this **Healthkeep** Electronic Body Fat Scale. This scale can help you conveniently measure the following body composition parameters.

Weight	Heart rate	Body fat level	BMI
Body fat rate	Fat-free body weight	Subcutaneous fat	Visceral fat
Body water	Skeletal muscle rate	Muscle mass	Bone mass
Protein	BMR	Body age	Height record (<16 years old)

With our products, we would like to support you in your personal responsibility for your body. If you are unsure of which measures are suitable for your personal well-being, it is imperative that you obtain professional advice from a physician or dietitian.

2. SAFETY INFORMATION

Please read this Instruction Manual in this manual carefully before use and keep it handy for future reference. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

CAUTION

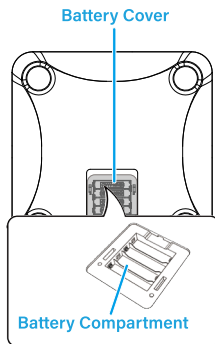
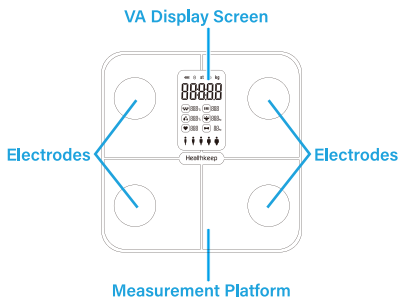
- **DO NOT** use with medical implants such as pacemakers.
- **DO NOT** stand on the edge of the scale or jump on it.
- **DO NOT** overload the scale(Max.180kg).
- **DO NOT** drop scale or droop an object on it as this may damage the sensors.
- **DO NOT** immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.
- Not recommended for pregnant women. **PREGNANT WOMEN SHOULD CONSULT THEIR DOCTOR BEFORE USE.**
- Not recommended for infants, toddlers, and children under 10 years of age.
- Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise plan, or physical activities.
- Always place the scale on a hard, dry, and flat surface before measurement.
- Make sure your feet are dry before stepping on the scale.

3. WHAT'S IN THE PACKAGE

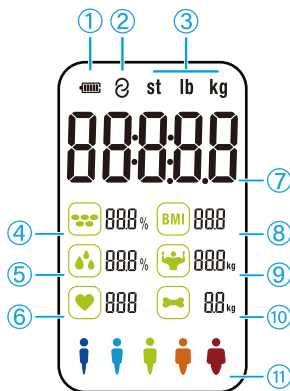
- 1 X Bluetooth Electronic Body Fat Scale
- 4 X AAA-size Batteries (1.5V each)
- 1 X User Manual

4. DEVICE COMPONENTS

MAIN UNIT



DISPLAY



1. BATTERY VOLUME
 2. BLUETOOTH
 3. WEIGHT UNITS
 4. BODY FAT PERCENTAGE
 5. BODY WATER PERCENTAGE
 6. HEART RATE
 7. WEIGHING FIGURES
 8. BMI
 9. MUSCLE MASS
 10. BONE MASS
 11. BODY FAT LEVEL
- LOW
NORMAL
MODERATE
OBESE
OVER FAT

5. INITIAL START-UP

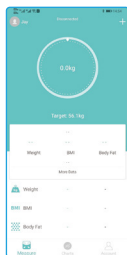
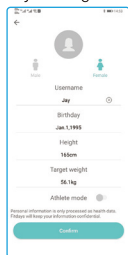
DOWNLOAD APP AND INSTALL THE BATTERIES

1) Download “Fitdays” via Apple Store or Google Play or scan the QR Code below.



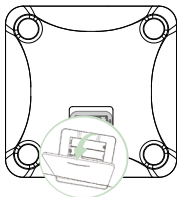
2) Register your own ID by email or social media account, then add personal data and click “Confirm”.
More personal data must be entered to finish setting up the user account, This data is absolutely necessary for the interpretation of the measurement data.

- Please select your gender
- Enter your username
- Select your birthday
- Enter your body height
- Enter your target weight



Note: Personal data can be changed anytime. You can also delete the account.

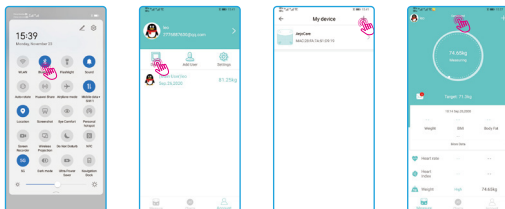
3) Lift the battery cover and install the original battery set. Make sure that their polarity (+/-) is aligned with the polarity (+/-) indicated in the battery compartment.



PAIRING SCALE WITH MOBILE PHONE

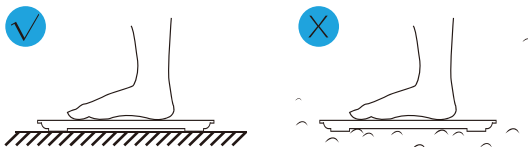
Turn on Bluetooth on your smart phone or tablet. Pair the scale via Bluetooth. Click Mine ----> Device----> + to find and pair the scale ID.

Note: When successfully connecting, a Bluetooth icon will show on the scale and the word Connected will show on the circle of the homepage.



6. STARTING A MEASUREMENT

- 1) Place the scale on hard, flat ground.
- 2) Tap your foot on the scale to activate the display. Wait until the display shows "0.0" kg.
- 3) Stay Fitdays at the homepage. Step onto the scale with BARE feet and stand still to start measuring. An analysis of your body's composition will begin automatically.



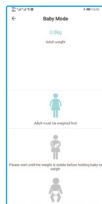
Note: Leave at the homepage, the data cannot sync on phone; Step on the scale with socks, the scale only measures weight and BMI.

- 4) The number on display is flashing when the scale is weighing and analyzing. When it shows your left weight & right weight, you will have about 5-10s to adjust your body. Please try to get equal left & right weight.
- 5) When heart rate measuring, a heart icon will shine on the scale and flash on the app. Please keep silent and peaceful to get more accurate data.
- 6) Stay on the scale until the circle shows **Finished**, all data sync on scale and phone.
- 7) View reports, share progress
Click More data to find details for Body Weight, BMI, BMR, Muscle, Bone Mass, etc. And check data difference on Chart by week, month, and year in vertical or horizon version with icon upright.



8) Add or switch user. Click photo profile on the homepage, or Mine--> Add user. The Smart Scale can recognize the user by weight difference and remind them to change the correct one. Each account can support 24 users.

9) Baby weight checking. Click + --> Baby Mode. Adult steps on the scale to weight first; after the scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.



7. POSTURES TO AVOID DURING MEASUREMENT

Incorrect posture may result in inaccurate measurement of body composition.



Crouching



Knees bent



Your feet are not centered on electrodes.

8. TECHNICAL SPECIFICATION

Dimensions: 278x278x27.5 mm

VA display: 107x62 mm

Weight unit: Kg/ Lb/ St

Weight range: 5-180 kg

Division value: 0.05 kg

Account capacity: No limitation (each account can add 24 persons)

Baby mode: Allow you to scale the weight of the baby

Height record: Allow you to record the height info under 16 years old

Operating temperature: 5-35 °C

Operation humidity: 20%-90%






Support Devices: IOS 8.0 and above, Android 6.0 and above

9. CARE AND MAINTENANCE

To keep your Electronic Body Fat Scale in the best condition and protect the unit from damage follow the directions below:

- 1) Clean the unit with a soft dry cloth. Avoid using any abrasive or volatile cleaners. The unit is not waterproof; do not immerse the unit in water.
- 2) Store the unit in a safe and dry location. Do not expose the unit to direct sunlight, extreme hot or cold temperatures, or humidity. Thoroughly dry any moisture off the unit before storing it. Store the unit safely out of the reach of children.
- 3) Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- 4) Remove the batteries if the unit will not be used for three months or longer.
- 5) Use the unit consistent with the instruction provided in this manual.

10. TROUBLESHOOTING

ERROR DISPLAY	POSSIBLE REASON	SOLUTION
	Low Battery	Replace 4 new batteries
	Overload	Stop using this scale for measurement
	Unstable weighing	Please place on a hard and flat surface
	Failed to obtain impedance	Please step on the scale and weigh once again
	Failed to get the heart rate	Please step on the scale and weigh once again

11. POINTS FOR ATTENTION

- ❖ Place the scale far away from the children in case of falling down or crashing.
- ❖ Do not expose the scale to heat or fire, which will easily cause an explosion.
- ❖ The batteries and the waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.
- ❖ The packaging material is recyclable. Please dispose of it in an environmentally protective way or take it to a recycling center.

12. WARRANTY

ANJOCARE warrants its products free of defects in materials and workmanship in normal use for a period of TWO years from the date of retail purchase. This warranty does NOT cover damages caused by misuse or abuse, including but not limited to:

- 1) Failure caused by unauthorized repairs or modifications;
- 2) Damage caused by shock or drop during transportation;
- 3) Failure caused by improper operation inconsistent with the instruction stated in this user manual;
- 4) Malfunction or damage from failure to provide the recommended;
- 5) Damage caused by improper use of power supply.

Claims under warranty must be supported by proof of purchase. If you have any other problems with our product, or your scale is defective when received, please contact service@healthkeephome.com for help. Our customer representatives will respond to you within 12 hours.