

Wifi Smart Scale Instruction Manual



Product function :

- 1).Max Capacity: **396lb/180kg** division:0.2lb/0.1kg
- 2).Auto on and auto off
- 3). Measurement: Body Weight, BMI, Defatted body weight, Body fat, Water content, Muscle, Calorie, Visceral fat level, Protein, Bone content, Body shape, Physical age
- 4). High precision strain gauge sensor system and High Performance CPU, make sure of good accuracy.
- 6).Low battery and overload indicate

Remark:The scale would be switched on when a weight of 5 kg or more is placed on it.After switching on, The minimum weight of measurement is 3kg.

Battery

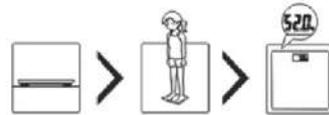
Load AAA battery before you use this scale, placed on even and rigid floor

Operation

A.How to measure Body weight

If you don't connect wifi, then stand on the scale,the scale will only measure your body weight,please follow below step :

- 1)Please use scale on the hard & flat surface.don't use on the carpet or soft surface.



- 2)Carefully step on the platform of the scale. Stand as stationary as possible until the weight reading is shown on the LED,at the moment body weight of measurement is finished.(as shown in the figure)
- 3) The scale will be automatically off if no further operation
- 4) Three weight unit options: kg/lb/st:lb by the button on the back of scale

B. How to connect with wifi for the Body Weight, BMI, Defatted body weight, Body fat, Water content, Muscle, Calorie, Visceral fat level, Protein, Bone content, Body shape, Physical age

Download App

Search and download "Smart Life" in major application markets or scan the QR code to download the App.

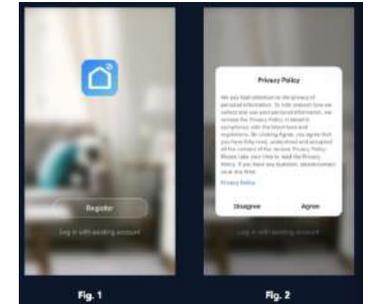


Registration/Login/Password Retrieval

Registration

If you do not have an app account, you may choose to register or log in by authentication code. The registration process is described on this page and the next.

- 1.Click "Register"go to the Smart Life privacy policy page. Click "Agree"to proceed to the registration page.



- 2.The system will identify automatically the country/region you are in, or you may choose to select manually a country/region. Enter your mobile phone number or email and click "Get authentication code".
3. Enter the authentication code your received. Then enter the password and click "Completed" to complete registration.

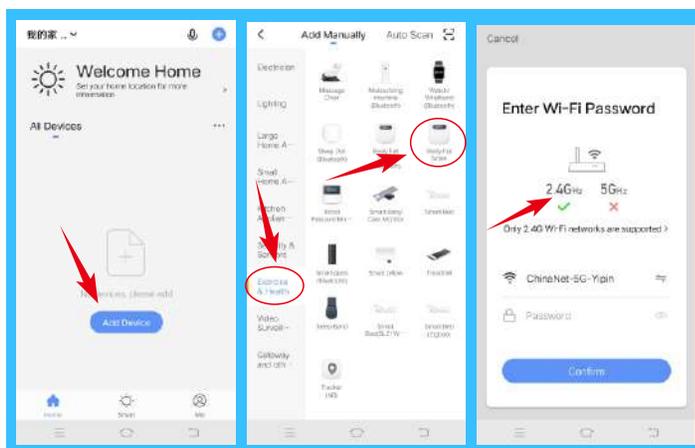
Account ID + Password Login

If you already have an app account, click "Log in with existing account"to proceed to the login page.

- 1.The system will identify automatically the country/region you are in, or you may also choose to select manually a country/region.
- 2.Enter the mobile phone number or email you have registered and enter the password in to log in.

Pair the App and scale device

- 1.Install battery into the scale, Long time press Unit button on the back of scale, until the screen 0 0 flash
- 2.Open the Smart Life App, Click "Add Device", Click "Add manually", click "Exercise & Health", Select "Body Fat Scale"

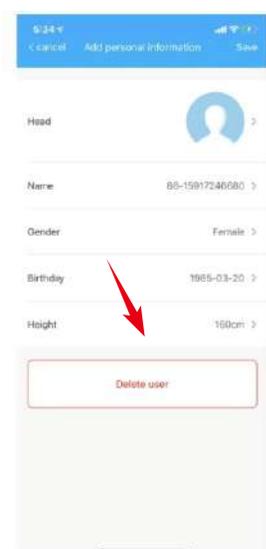


- 3.Choose your your router 2.4G router and input the correct password.

Tips: Please note only 2.4 GHz Wi-Fi networks are supported.

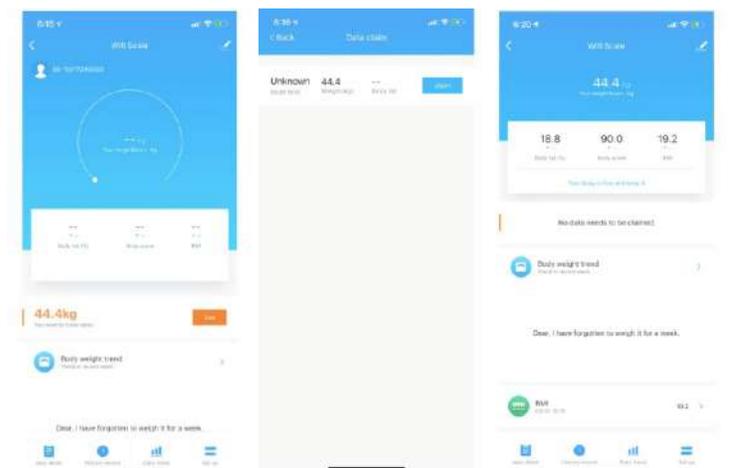
Create user and claim data

- 1.After register and pair the scale device. Add personal information from the App as below page,edit Gender, Birthday, Height.



- 1.Put the scale on the hard and flat surface. Do not use on the carpet or soft surface.
- 2.Carefully step on the platform of the scale. Stand as stationary as possible until the weight reading is show on the screen, at the moment body weight of measurement is finished.

- 4.You will see one data on the App, click "See", click "claim", You will see Body weight, body fat, body score, BMI data on the home page as below picture. And you get full body data measurement result when you click "BMI"bar.



Notice

- 1) Please take off shoes and socks and keep your bare feet in touch with the electrodes when taking Body Weight, BMI, Defatted body weight, Body fat, Water content, Muscle, Calorie, Visceral fat level, Protein, Bone content, Body shape, Physical age.
- 2). Please check the batteries if the scale malfunctions. Change new batteries if necessary.
- 3). Please use soft tissue with alcohol or glass cleaner to clean the surface if it is dirty. No soap or other chemicals. Keep it away from water, heat and extreme coldness.
- 4). The scale is high precision measuring device. Never jump or stomp on the scale or disassemble it and please handle it carefully to avoid breaking when moving it.
- 5). The scale is for family use only and not suitable for professional use. Body Weight, BMI, Defatted body weight, Body fat, Water content, Muscle, Calorie, Visceral fat level, Protein, Bone content, Body shape, Physical age, Body Fat measured are for reference only. You should consult a doctor when you undertake any diet or exercise program. **Caution:** Slippery when wet ! The scale platform may be pretty slippery when wet, thus please make sure both the scale platform and your feet are dry before use. Never step on the scale platform with wet foot.