更新日期:	20250528	设计师:	Halsey
型 號:	F-MSC01		
尺 寸:	96mm W x 130mm H		
材 质:	128g铜版纸, 过哑油		
颜 色:	四色印刷		
工 艺:			
装订方式:	风琴折		

蓝色虚线不印刷

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS CAREFULLY BEFORE USE.

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the appliance.
3. The scale is for household use only and not for medical or commercial purposes. It should not be used in diagnosing a disease, disorder or abnormal physical state.
4. Children under 8 or individuals who are pregnant, have osteoporosis, a pacemaker, artificial joints, portable ECG or other metal implants should use the scale for weighing purposes only and make sure to wear shoes to prevent any electric current when stepping onto the scale.
5. All body composition data provided is for reference and should not be used as a substitute for advice from a licensed healthcare professional.
6. Do not overload the scale.
7. Inspect the scale for any damage before each use. Do not use a damaged scale to avoid inaccuracy or injury.
8. In case of any malfunction, check the battery power first. If necessary, replace the batteries.
9. To ensure accuracy, use the scale on a hard, flat and dry surface.
10. To avoid interference or danger, do not use the scale in an environment near equipment with strong electromagnetic fields.
11. To prevent injury, do not stand on the edges of the scale, jump on or stomp it.
12. The scale is a delicate and precise measuring device. Handle with care to avoid breakage.
13. The scale is not waterproof. Keep it dry and never submerge it in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or chemical cleaning agents.
14. Do not expose the scale to direct sunlight or use it in high temperatures or extremely humid areas. Store the scale in a cool, dry place.

15. Do not attempt to disassemble the scale for any reason, as this may cause damage or void the warranty.

About the battery

1. Do not expose the scale or battery to excessive temperatures.
2. Replace all batteries of a set at the same time.
3. Different types of batteries or new and used batteries are not to be mixed.
4. Exhausted batteries are to be removed from the scale and safely disposed of.
5. If the scale is to be stored unused for a long period, the batteries should be removed.
6. Do not use modified or damaged batteries.
7. Be aware of the risk of terminals of the battery-operated scale or battery being short-circuited by metal objects.
8. This scale contains non-rechargeable batteries, these batteries are not to be recharged.
9. Always insert batteries correctly according to the polarity (+ and -) marked on the battery and scale.
10. Do not heat, short-circuit, force discharge, encapsulate and/or modify the batteries. Do not deform or dismantle the batteries.
11. Keep batteries out of the reach of children.
12. Do not charge the batteries.
13. Do not weld or solder directly to batteries.
14. Do not dispose of batteries in fire.
15. Do not allow children to replace batteries without adult supervision.
16. Store unused batteries in their original packaging away from metal objects. If already unpacked, do not mix or jumble batteries.

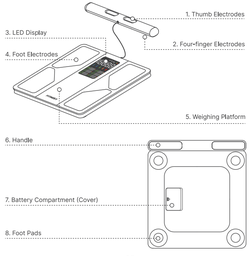
SAVE THESE INSTRUCTIONS

WHAT'S IN THE BOX

Body Composition Scale x1

AAA Battery x3

ABOUT YOUR BODY COMPOSITION SCALE



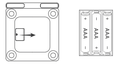
Icons

CAL	Calibrating	Calibrate the scale before each use.
Err	Overloaded	Maximum Capacity: 400 lbs / 180 kg
Lo	Low Battery	Replace the batteries.
st lb kg	Units	Switched via the app.

BMI	Body Fat Percentage
Skeletal Muscle Percentage	Body Water Percentage
Bone Percentage	Visceral Fat Index
Underweight	Normal
Overweight	Obesity
Increase	Decrease

INSTALLING THE BATTERIES

Install the provided batteries into the scale before use. Always insert batteries correctly with regard to polarity (+ and –) marked on the battery and scale.



Note:
- Clean the battery contacts and also those of the scale prior to battery installation.
- Always select the correct size and type of battery most suitable for the intended use. Do not mix new and used batteries or batteries of different types or brands.
- Replace all batteries of a set at the same time.
- Do not short-circuit, charge or force discharge the batteries.
- Remove batteries from the scale if it is not to be used for an extended period of time unless it is for emergency purposes.

INSTALLING THE APP & PAIRING

1. Download the FITINDEX App

Scan the QR code below or search for "FITINDEX" from the App Store or Google Play to download the app.
System requirement: iOS 12.0 or later, Android 7.0 or later

Note:
Due to continuous updates and improvements, the "FITINDEX" App may appear slightly different.

2. Log in / Sign up

a. Log in directly with an existing FITINDEX App account.
b. If you do not have any FITINDEX App account, tap "Sign up" using your email address and fill in the personal information; this step is required for calculating your health measurements accurately.

Note:
You may also log in using Guest Mode if you do not wish to register. However, your measurement data will not be saved if you log it in on another device.

3. Pair the Scale

Before pairing, enable the wireless connection on your smartphone.
a. Open the FITINDEX App, place the scale on a hard and flat surface, and step onto it with bare and dry feet.
b. Tap "+" in the upper-right corner of the "Measurements" page, choose "Device Management" and then select your body fat scale.
c. Follow the in-app instructions to complete pairing.

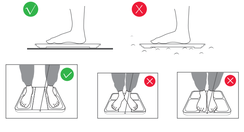
Made in China

NA1

USING YOUR BODY COMPOSITION SCALE

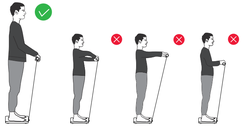
* Create your correct user profile in the FITINDEX App before taking your first measurement. This ensures your measurements are precisely recorded and associated with your profile.

1. Place the scale on a flat, hard surface and step on the scale's electrodes with bare, dry feet. Ensure there is space between your knees and thighs.



2. Grasp the handle with your thumbs on the Thumb Electrodes and the other fingers on the Four-finger Electrodes.

3. Lift and hold the handle to the proper level with your arms naturally hanging, slightly bent and away from your body and abdomen. Stand upright, keep still and wait for your final measurement(s) to be shown on the scale's display.



4. After measuring, carefully put the handle back to the scale in place. The scale will transmit the data to the app. Open the app to sync and view your detailed measurements, track your progress, and access additional features and insights.

TROUBLESHOOTING GUIDE

1. Display Issues

Display	Measurement	Description / Cause
16.88	Weight, BMI, Skeletal Muscle Percentage, Bone Percentage, Body Fat Percentage, Body Water Percentage, Visceral Fat Index	• User identification was detected by the scale. • This measurement was taken with bare feet.
1.180	Weight, BMI	• User identification was detected by the scale. • This measurement was taken with socks or shoes.
7.52	Weight only	• User identification was not detected by the scale. • This measurement was taken with bare feet.
		• User identification was not detected by the scale. • This measurement was taken with socks or shoes.

2. Other Issues

Problem	Solution
The scale cannot detect body fat and / or other data.	a. Ensure your feet are dry and bare. b. Stand and keep still on the scale for about 10s to finish the weighing process. If still not available, try applying a little moisturizer to your feet and measure again or ask another person to repeat the 2 steps above, please be careful not to slip on the weighing platform.
I registered an account on the FITINDEX website but cannot use it to log in on the FITINDEX App.	The FITINDEX website and FITINDEX app are two different systems. Create an account on the FITINDEX App.
I can get my data of BMI, body fat, muscle mass, body water, bone mass and metabolic age from the scale's display, but my family or friends failed.	Your family or friends must complete their profile information on your app using the "add a member" function or log in to the FITINDEX App with their own account.

TECHNICAL SPECIFICATIONS

Product Name: Body Composition Scale
Model: F-MSC01
Maximum Capacity: 400 lbs / 180 kg
Division: 0.2 lb / 0.05 kg
Dimension: 11.8 x 12.2 x 1.4inch / 300 x 310 x 35mm
Batteries: 3 x 1.5V AAA (included)

WARRANTY (1-YEAR PERIOD)

The manufacturer's warranty is void under the following circumstances but not limited to:
• Improper or inadequate maintenance or modification.
• Accident, misuse, abuse, contamination, or other external causes.
• The use of unspecified adapter and accessories.
• Loss or damage in transit.
• Damages that occur as a result of one's failure to follow the instructions.
• This warranty does not apply to expendable or consumable parts and does not extend to any product from which the serial number has been removed.

CUSTOMER SERVICE

We have an award-winning warranty, exchange, and customer service team that guarantees hassle-free solutions to any issue you might have within business hours.

TEL: **+1(714)602-6510 (US ONLY)**
Monday-Friday 9:00AM-4:30PM
1800 69 7367 (AU ONLY)
Monday-Friday 9:00AM-6:00PM (AEST)
+44(0)7434 666088 (UK ONLY)
Monday-Friday 9:00AM-5:00PM (GMT)
+49 40 23969285 (DE ONLY)
Monday-Friday 9:00AM-6:00PM (CET)

Email: **support@fit-index.com (US&CA&AU)**
support-eu@fit-index.com (UK&EU)

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

FCC REGULATORY COMPLIANCE

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.

ISED Regulatory Compliance

This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).
Operation is subject to the following two conditions:
(1)This device may not cause interference.
(2)This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.