



# SILVERGEAR 108 Smart Scale with Body Analysis App User Manual

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## SILVERGEAR 108 Smart Scale with Body Analysis App



Thanks for choosing the SilverGear Smart Scale. This full body composition scale helps you conveniently measure body weight, body balance, BMI, body fat rate and more.

## **SPECIFICATION**

- Product size: 300x260x20mm
- LCD display: 74x28mm
- Weight unit: kg/lb/st
- Weight limit: 6- 180kg / 13.2-400lb
- Power supply: 2x AAA batteries (not included)
- Operating temperature: 10-40 ° C
- Operating humidity: 20-90%

## **FITDAYS MEASUREMENTS**

- Weight
- Muscle weight
- Body fat
- Weight without fat
- Visceral fat
- Subcutaneous fat
- Calories (daily needs)
- Body age
- Bone mass
- Moisture level
- BMR
- BMI

## **SUPPORTED OPERATING SYSTEM**

iOS 8.0 or higher Android 6.0 or higher

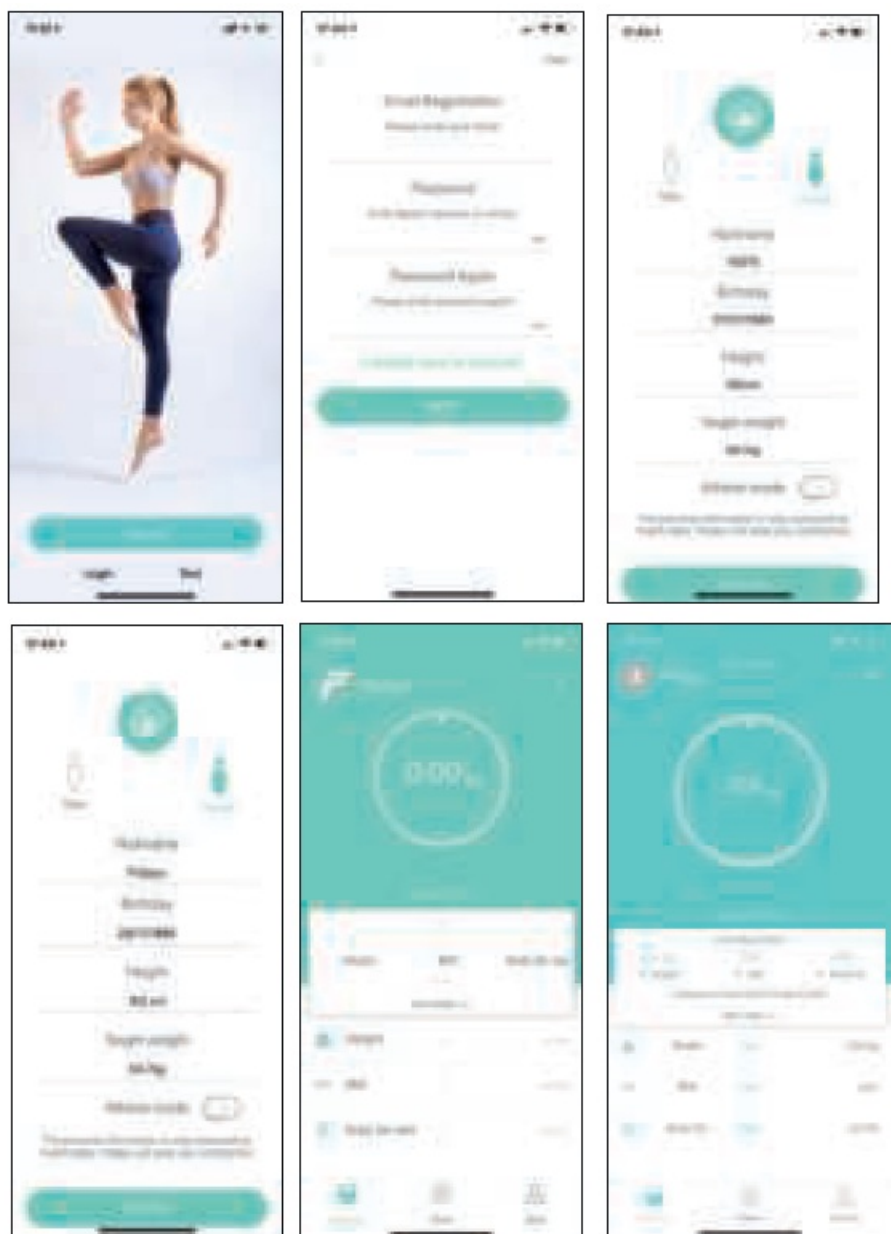
## **DOWNLOAD FITDAYS APP**

Download "Fitdays" in the App Store or Google Play or scan the QR code:

## **HOW TO USE FITDAYS**

Insert 2x AAA batteries at the back of the scale. Place the scale on a hard, flat surface. Before using the smart scale, make sure you have entered all your personal data through the Fitdays app. Turn on bluetooth on your smart phone or tablet. Register your own ID by email or social media account. Add personal data and confirm OK.

**Note:** Entering the wrong gender, age or height can result in inaccurate measurements.



Place the scale on a flat surface. Tap with your foot on the scale to activate the display. Wait until the display shows '0.0'kg/lb/st). Step on the scale barefoot and with slightly damp feet for thorough measurements and full analysis. Make sure to touch all four metal squares. After the weight has been locked, all body composition data can be read in the Fitdays App by clicking ' more data'.

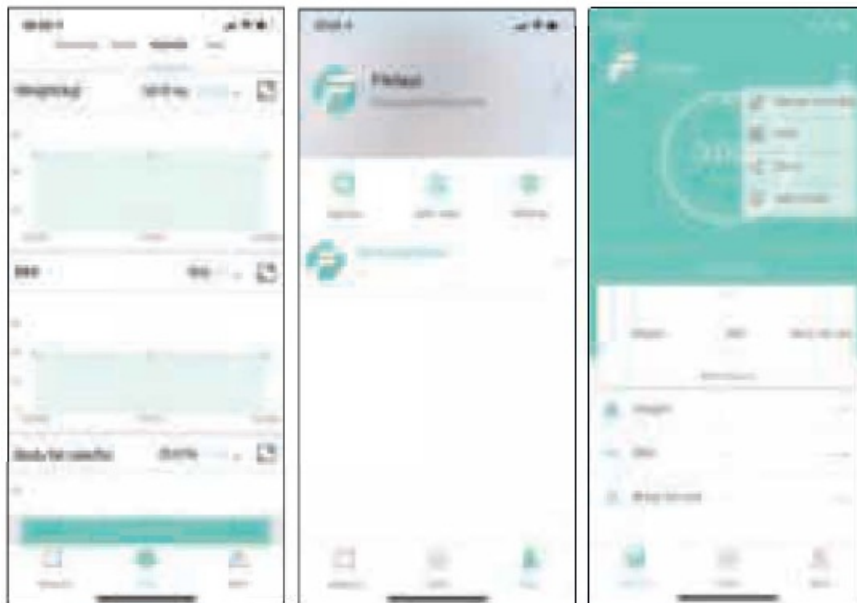
**Note:** When stepping on the scale with socks on, only weight and BMI will be measured and displayed on the main page



- You can find your personal data report on body weight, BMI, BMR, muscle, bone mass etc. by clicking on 'More data >>'.
- When you click Record, you can see your long-term tracking results.
- To delete results: click Chart to view your progress history. Use the calendar to form a list and select the data that you want to delete

Fitdays supports you in keeping a record for every function via the right icon. Fitdays can keep a track-record for recent, week, month and year. Share your results with friends and family Facebook, Instagram, or SMS.

- Add or switch users by clicking the icon upper-left, or click Me -> Manage users, then add personal data.
- The Smart Scale recognizes which user is on it and reminds him/her to switch to the correct user.
- Each account can support 24 users.



Weighing a baby: Click+ and Baby Mode. First, step on the scale yourself. Vv'hen the scale hos determined your weight, hold the baby to measure the boby1s weight.



## TROUBLESHOOTING

1. Bluetooth is not connected
  1. Both the scale and smartphone must have Bluetooth turned on.

2. Check the IOS version of your smartphone; it must be IOS 8.0 or higher / Android 6.0 or higher.
3. Click account -> device to find the scale
2. The scale is not measuring body fat data when weighing
  1. You have to be barefoot to measure body fat.
  2. The scale is not finished with weighing when the number displayed is flashing. Keep standing on the scale for about 10 seconds, until the number on the display stops flashing.
  3. Bluetooth is not turned on.
  4. Bluetooth is connected to a different scale.
3. The scale is producing inconsistent measurements
  1. Check whether the scale is on a hard, flat surface.
  2. Check each sensor foot on the back to make sure nothing is stuck to the bottom.
  3. Remove the batteries to restart the scale.
4. The opp is displaying an incorrect body fat rate
  1. The body parameter setting is incorrect, check to make sure that you enter the correct gender, height, and age.
5. How do I re-calibrate the scale (after moving it or changing the batteries)?
  1. Step on the scale to turn it on. Step off and let the number drop automatically to 0.0 kg/lb/st to calibrate.
6. The scale does not turn on
  1. Remove the batteries and put them back. Make sure to insert the batteries as directed.

## **SAFETY INSTRUCTIONS**

- 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 / 400lb).
- Do not drop the scale or drop objects on it, as this may damage the sensors.
- Do not immerse in water.
- Not recommended for pregnant women.
- Not recommended for children under 10 years of age.
- Any measurement obtained using this device, is for reference only and should not be considered as a medical opinion.
- Consult your GP or specialist before making changes to your diet, exercise pion or physical activities.


## **BATTERY WARNINGS**

- Only use 2x 1 .5V AAA LR3 standard batteries.
- Do not mix old and new, and different types of batteries.
- Insert batteries as directed, with regards to polarity(+ and -).
- Remove batteries before long-term storage.
- Batteries must be recycled or disposed of properly.
- Regularly check the batteries' condition to avoid damage.
- Keep batteries away from direct sunlight, high temperatures, and high humidity.

**DISPOSAL**

The crossed-out wheelie bin symbol on this product is to remind you that electrical products should not be disposed of with household waste. Please dispose of it responsibly at an approved waste or recycling facility. Check with your local authority for recycling advice. Used batteries may not be disposed of in the household waste. Consumers are legally obligated to dispose of batteries at a collection point in their community/ city district or at a retail store. The purpose of this obligation is to ensure that batteries are disposed of in an environmentally congruent manner. Only dispose of batteries when they are fully discharged.

**Documents / Resources**

	<p><b><a href="#">SILVERGEAR 108 Smart Scale with Body Analysis App</a></b> [pdf] User Manual 108, Smart Scale with Body Analysis App, 108 Smart Scale with Body Analysis App</p>
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