

# Smart Body Fat Scale

## Quick Start Manual

### Basic Parameter

Product Name: Smart body fat scale

Product Model Name: SF1

Product Size: 280\*280\*25mm

Product Weight: 1.3KG

Measurement Capacity: 5KG ~ 150KG

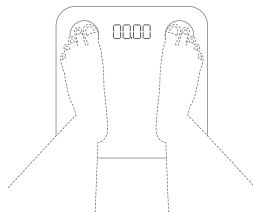
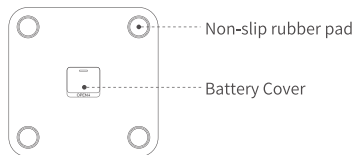
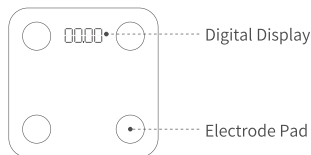
Accuracy: 50g

Battery Type: 4 x AAA battery

Connection Technology: Bluetooth

Working Temperature: -10~45°C

### Introduction of Scale

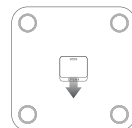


#### Remark:

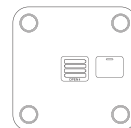
- 1.Please place the scale on a hard and flat ground, not on soft or uneven ground, such as mats, blankets etc., so as not to affect the accuracy of the measurement result.
- 2.The body report is for reference only, not as a medical opinion.
- 3.The scale will turn on automatically if the body weight is higher than 5KG. If the weight is lower than 5KG, it can not be awakened.

### Battery Installation

Please remove the battery compartment cover on the back of the scale, insert 4 AAA batteries, and then place the scale on a flat ground. The display shows 0.00.



- Flip the battery compartment cover as the picture showed direction.



- Install batteries according to the picture show.

### Digital Display Instruction

52.50

During weighing, the number flashes 3 times, indicating that the weight is stable and the weighing is over.

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Analyze body fat data (light up in turn from left to right)

Lo

Low Power Status

0000

Firmware upgrade status

OL

Overweight Status

Remark: When scale battery power to low, it show "Lo" and cannot be weighed normally. Please replace the battery as soon as possible.

## Install Smart Life App

Scan the QR code with your mobile phone, or search for Smart Life in the app market, download and install the App.

**i** If your mobile phone has downloaded Smart Life App, please make sure that the App version is the latest.



Smart Life App

## Connect Device

1. Connect your mobile phone to home wireless network.
2. After scale power on, it enter Bluetooth pairing connection mode by default.
3. Click Smart Life App on your phone, when using it for the first time, please register/log in to your account according to the app guidelines.
4. Go to the home page of the App, click "+" and select "Auto Discovery", the App will search for the smart device to be configured, and add the device according to the App interface prompts.

**i** If the device is not found, click "Add manually" at the top of the scan page, and manually add the device according to the interface prompts.

## Scope of use

1. The body fat scale is suitable for the general population to measure weight and body fat.
2. Use with caution for the following people: users who wear pacemakers and other medical devices in their bodies and pregnant women.
3. The body fat rate of the following people may have large errors. It is recommended to refer only to the change trend of body fat rate: growing children, elderly people, patients with fever due to colds and other reasons, patients with osteoporosis with very low bone density, dropsy patients, artificial dialysis patients, professional fitness trainer or athletes (or similar people).

## Caution

- Please do not use the body fat scale on slippery floors. Please keep the surface of the scale and the soles of your feet dry when using it.
- Please use a damp cloth and neutral detergent to clean the scale. Do not rinse it directly with water.
- Do not stand on the edge of the scale when weighing to prevent injury from falling.
- Please do not place the scale in a humid environment and keep it away from high-temperature objects.
- The body composition information detected by this product is only used as a reference for controlling body shape and fitness, not as a medical opinion.