VitaeChek

Electronic Body fat scale

Instruction Manual (VC-B1 mini)

Scan the QR Code to download APP

Thanks for choosing Smart body Scale. This fully body composition scale can help you conveniently measure body weight, Body balance, BMI, Body fat rate, Visceral fat, Body water, Skeletal muscle rate, Muscle mass, bone mass, Protein, BMR, Body age and etc;

IMPORTANT: Please read these instructions in this manual carefully before using the device. 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.

(Fitdays+ APPfunctions)

1-Weight
2-BMI
3-Body Fat
4-Muscle Rate
5-Lean Body Mass
6-SubcutaneousFat
7-Viseral Fat
8-Body Water
9-Skeletal Muscle
10- Bone Mass
11- Protein
12-BMR
13-Body Age
14- Fat Mass
15-WaterWeight
16-ProteinMass
17-IdealBodyWeight
18-Obesity Level
19- Body Type

INDICATION SYMBOLS

Lo	Lowbattery-Pleasereplace2xAAAnewbatteries;
Err	Overload
C	Anerrorhasoccurredduringmeasurement.Stepoffthescalesandsteponto them again to repeat the measuring process.

WHAT'S IN THE PACKAGE

- 1 X Smart body fat scale
- 1 X User manual
- 2 XAAAbatteries(notincluded)

WARNING

- 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 and objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.
- Not recommended for pregnant women.
- Not recommended for infants, toddlers, and 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 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.
- Connect the batteries in accordance with the correct polarities indicated.
- Remove batteries if the scale is not be use for a prolonged period of time.

SPECIFICATION

Weight unit: kg/lb/st:lb **(Switch the units via the button on bottom plastic)**
Weight limit: 5kg-180kg
Power Supply: 2xAAA batteries(not included)
Account number: No limitation (each account can add 24 persons)
Baby mode: Allow you to scale the weight of baby
Height record: Allow you to record the height info under 16 years old
Operating temperature: 10-400C
Operation humidity: 20%-90%

Switch Units

Please switch the unit kg/lb/st:lb via the button on backside of the scale;

If you switch unit via APP, scale will not be changed according to APP;

Support Devices: iOS 8.0 or higher Android 6.0 or higher

InstallFitdays+ App

1. Search“Fitdays+”inAppleStoreorGooglePlayorscantheQRCodebelow:

2. Download and install the App on your device.
3. TheAppiconwillappearonyourphoneortabletaftertheinstallationiscompleted.

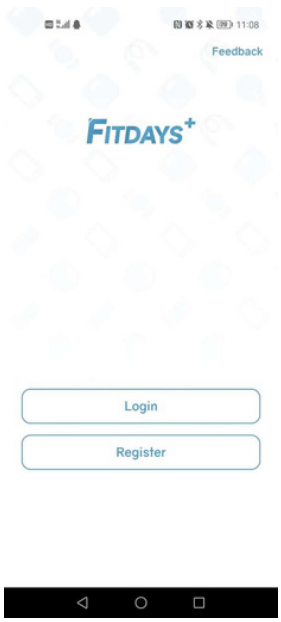
HOW TO USE FITDAYS+ APP

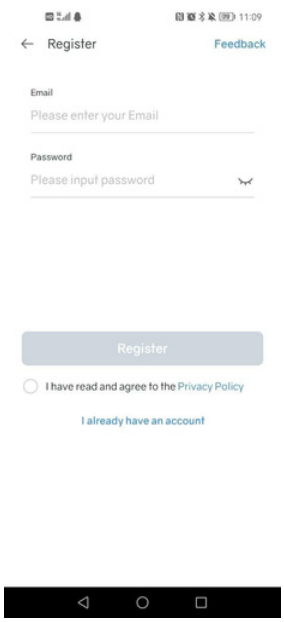
1. Insert 2xAAA batteries into the battery lot, or pull out insulator sheet if batteries were installed with insulator sheet. Place the scale on the hard, flat ground.

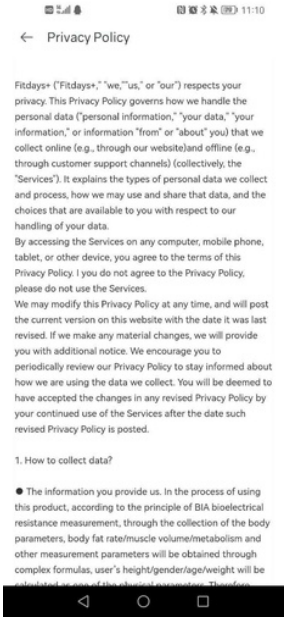




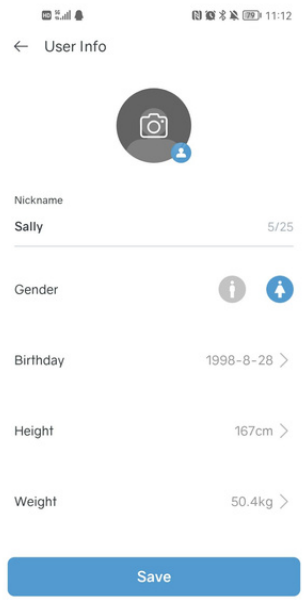
2. Turn on the Bluetooth on your smart phone or tablet.
3. RegisteryourownIDbyemailorsocialmediaaccount.

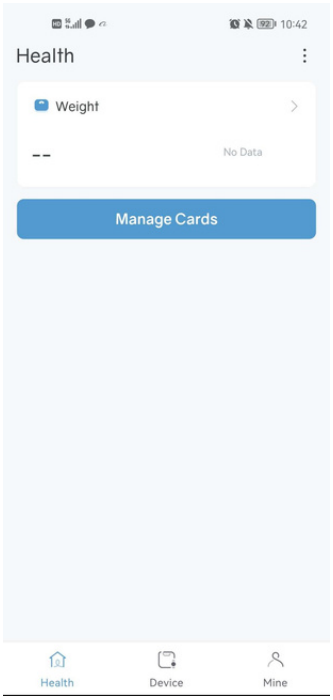


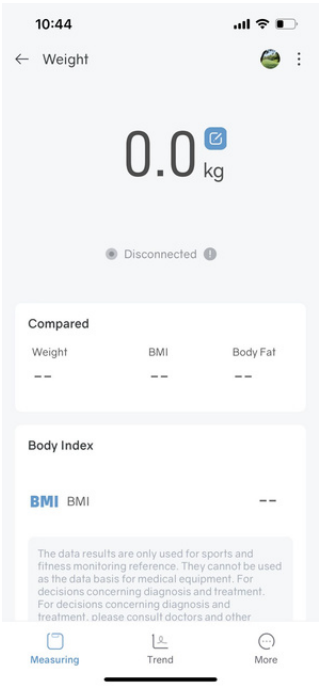




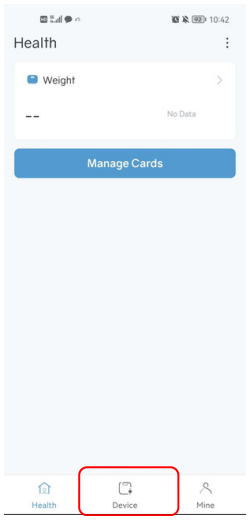
4. Addpersonaldataandconfirm OK;
Note: Enter the wrong gender, age, height info may result in measurement being inaccurate.

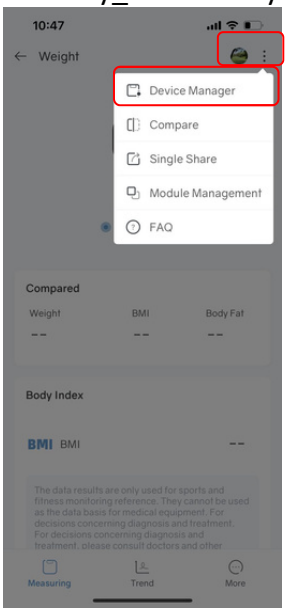


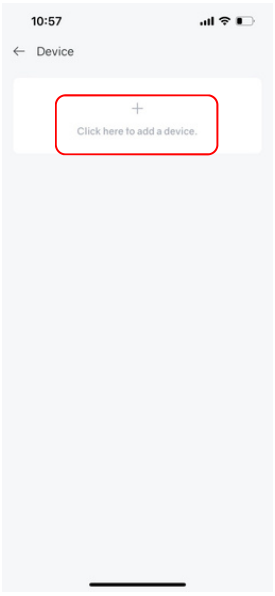




5. PairthescalethroughBluetooth.ClickDevice(FromHealthpageorWeightpage)----> DeviceManager-+- scale“My_Scale”nowyourphoneisconnectedwiththescale;









6.Tapyourfootonthescalestoactivatethedisplay.Waituntilthedisplayshows “0.0”(kg /lb/st:lb).
7. SteponthescalewithBAREfeettoturnthescaleon.

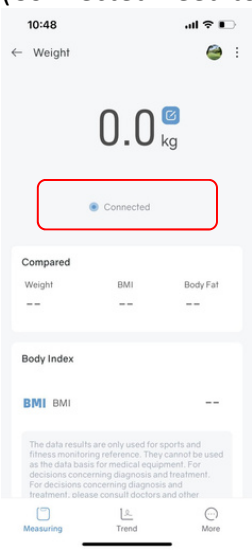




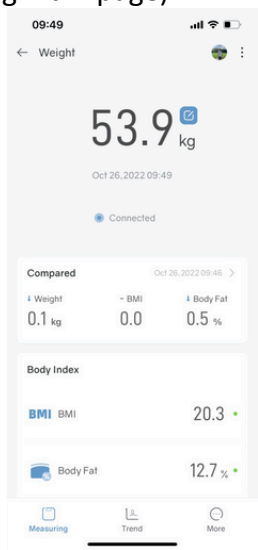


If stepping on the scale with socks, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet.

8. Thenumberonthedisplayisflashingwhenthescaleisweighingandanalyzing.
(Connected need to be shown in weighing main page)

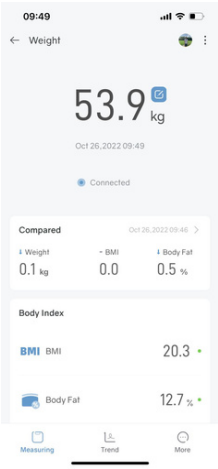


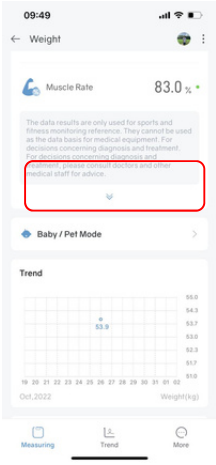


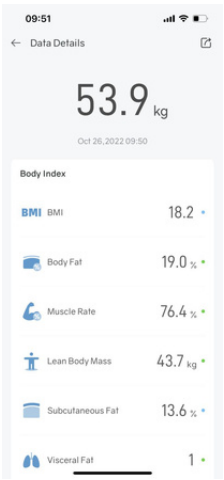


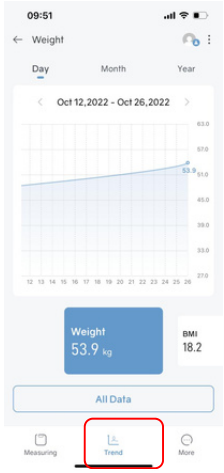
Continue to stand on the scale until the circle is stable, your phone has received all the data from the scale.

9. You can find the analyzing report on Body Weight, BMI, BFR, Muscle, Bone Mass etc. (Slip down screen to see full details) You can check history chart via Trend.

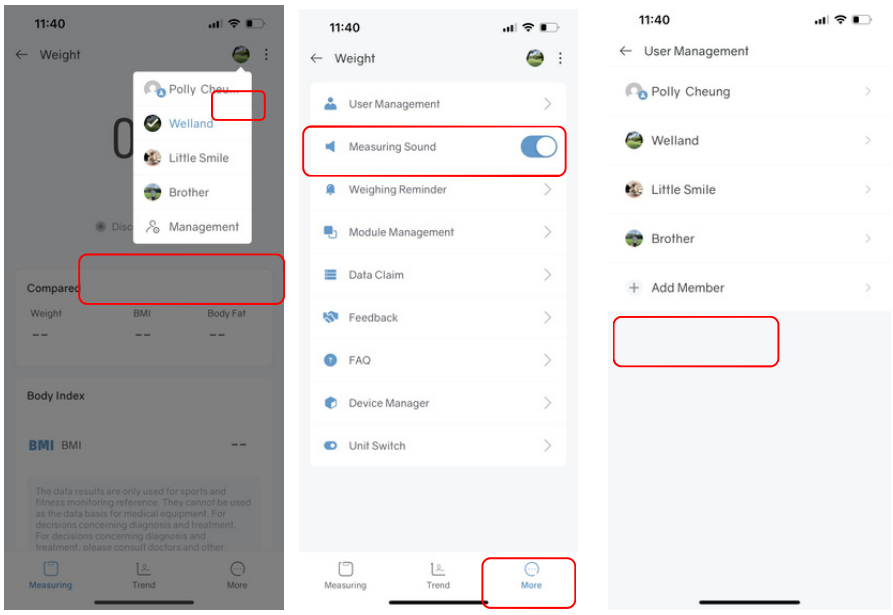




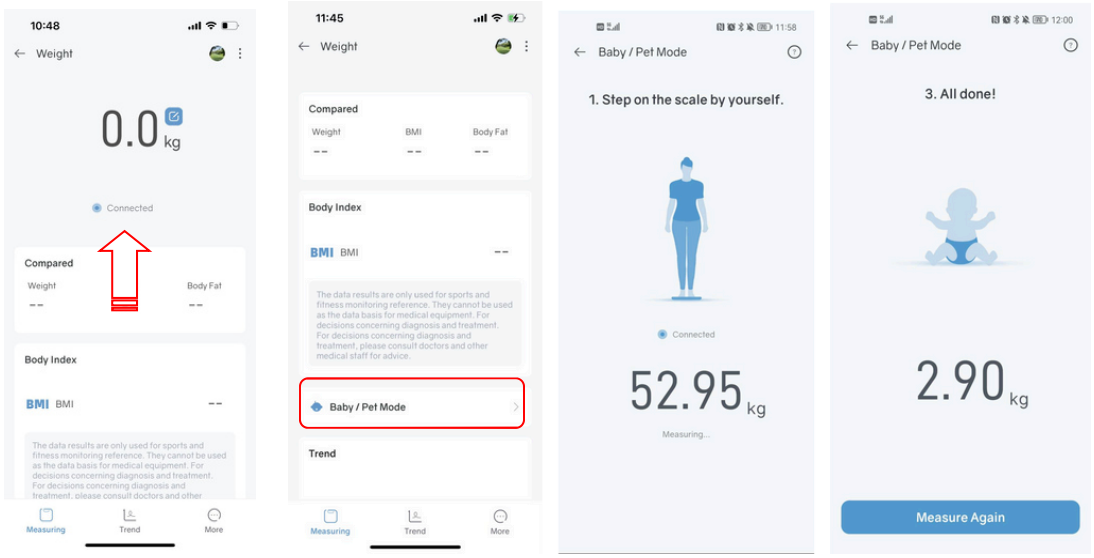




10. Add, switch user by click , or click Mine--> User Manangerment, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24users;



11. Weighing baby: Slip down weighing page-->Baby/PetMode.Step on the scale by you own,after scale gets your weight, and then hold the baby togetthe weight of baby.



TROUBLE SHOOTING GUIDE

1. Bluetoothnotconnected

- The scale and smart phone must be both have Bluetooth on.
- Check the OS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- Click Device (From Health page or Weight page)----> Device Manager- + - scale "My_Scale" now your phone is connected with the scale;

2. Nobodyfatdatameasuredwhenweighing

- User must be bare foot to measure the body fat.
- Make sure your feet and the scale are both dry.
- Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 10 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

3. Thescaleisproducinginconsistentweight.

Check whether the scale is on a hard, flat surface.
Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
Remove the batteries to restart the scale;

4. TheAppisdisplaytheincorrectfat-muscleratio

The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

5. HowdoIre-calibratethescaleaftermovingitorchangethebatteries?

Steponthescaletoturniton.Letitautomaticallydropto0.0kgtocalibrate.

6. Thescaledoesnotturnon

Removethebatteriesandputitback. Makesuretoinsertthebatteriesinthecorrect direction;

Battery Advice



*Ifthescaleisnottobeusedforlongperiods,it'srecommendedtoremovethe battery to avoid damage to the scale due to possible battery leakage.
* Keep the battery our of each of children.



* Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.
* Do not heat or deform the batteries or explore to fire.



* Waste batteries should not disposed of with household waste.
* Please check with your local authority for battery recycling advice.



Wasteelectricalproductsshouldnotbedisposedofwithhouseholdwaste.Pleaserecycle where facilities exist. Check with your local Authority or retailer for recycling advice.

Disposal



The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.



Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre for used electrical and electronic devices.
You can obtain more information from your local authorities.



The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.