



USER MANUAL

FOR BODY FAT SCALE CF350BT and CF351BT



Please read this instruction carefully before using it

MEASURE RANGE

Body weight, Body fat, Body water, Muscle mass, BMI(body mass index), BMR(KCAL), Bone mass and Visceral fat.

WORKING THEORY

This device is based on the BIA(Bioelectrical impedance Analysis) technology. To measure bioelectrical impedance more accurately, it uses new measuring technology that focuses on muscle and water. The reason is that human body fat is not conductive, but muscle and water are good conductors. These measurements calculate the composition of the body.

SPECIFICATION

1. 94x56mm Back light LCD Display
2. Unit: kg/ lb/ st
3. Unlimited user groups
4. Three modes: average person, amateur athlete and professional athlete
5. Capacity: 180kg/400lb
6. MIN weight: 5kg/11lb
7. Muscle mass increments: 0.1kg / 0.2lb
8. Weight increments: 0.1kg / 0.2lb
9. Fat increments: 0.1%
10. Water increments: 0.1%
11. Bone increments: 0.1kg / 0.2lb
12. Age range: 10-100
13. Height range: 100-255cm or 3ft3in-8ft4in
14. Optimal room temperature: 10-40°C or 50-104°F
15. Optimal humidity: 20%-90%
16. Storage temperature: 10-50°C or 50-122°F
17. Power: DC 6V (4 X AA Batteries)

CAUTION

SAFETY PRECAUTIONS

- Pacemaker users/wearers, or other medical implants with electronic components, are not recommended to use this scale.
- Pregnant women are not recommended to use this scale.
- Use additional resources if you want to use the results to formulate dieting and exercising plans.
- Don't use it on slippery or wet floor.
- Don't stand on the edge of scale or jump onto it.
- Don't allow children to move it or they may get hurt.
- Put the batteries in the right position. Take batteries out if you will not use it for a long time.
- Keep your body and feet dry when you use the scale.

HOW TO USE

- The scale should be placed on a flat and hard floor
- Step on the platform with clean and bare feet
- It is preferable to weigh in same/similar condition each time
- Keep away from microwave devices

NOTE

- Don't disassemble it by yourself
- Don't wash the scale under the water
- Clean by using a cloth and detergent to wipe surface. Dry with dry cloth.
- Don't overload 20% of the max weight

PREPARATION BEFORE USE

GET READY THE BATTERIES

1. Flip the scale to its back.
2. Open the battery compartment cover, remove the plastic insulation sheet.
3. Put back the cover, and the scale is ready to use.

Note: Please change the batteries when "LOW" displays on the LCD.

AUTO POWER-OFF

The scale will power off in 3 seconds after data transmission to app device completed.

If not used, it will power off after about 30 seconds

If overloaded, it will power off

Faulty operation will make it power off

Overview:

We are glad to announce that the upgraded app “easyhomescale” for all Easy At Home Bluetooth Body Fat Scales has just launched to deliver a better user experience. The instructions below will guide you in installation and usage

Required Devices

iOS devices : iPhone4S, iPad 3, iPad Mini or higher

Android devices: Android 2.3 or higher with bluetooth2.2 or higher such as Samsung Galaxy S4, S5 and Nexus 4/5/7/9

Installing “easyhomescale” on your device

1. Make sure that cell phone or tablet is connected to internet.
2. Search and download "easyhomescale" in App Store for iOS devices or Google Play for Androids, or simply scan the QR code at the back side of the scale. Please note that there are 2 codes --one for iOS and another for Android.
3. The app icon will appear at the desktop of your phone or tablet after the installation is completed.

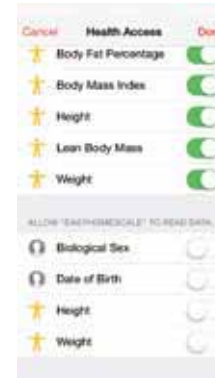


4. Tap “easyhomescale” icon to launch the app. If you are using an Android device, you will need to pair your device. Stand on the scale to start and you will be asked to enter a pairing code. Enter the code “0000”, and then the app and the scale will be paired. If you are using an iOS device, you will not need to pair the app and scale.

Using the app “easyhomescale”

1. Check your device settings to make sure the Bluetooth function is ON;
2. Tap “easyhomescale” to open the app on your device.
3. When using the app for the first time, you will need to enter your Profile information. To do so, please follow the steps below.
 - a. This step only apply to iPhone that supports iOS 8 or higher. If this doesn't apply to you, please go to step b.

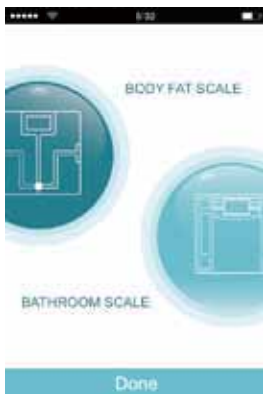
When you open EasyHomeScale App for the first time, the system will automatically turn to health data access page. You can select all health data types which can be synchronized to HealthKit, and tap “Done” on top right corner afterwards. Currently the HealthKit App only accepts 5 parameters: Body Fat Percentage, BMI, Height, Lean Body Mass and Weight.



Note:

1. HealthKit will only be updated when both Weight and Body Fat results are collected. If only Weight is collected, it is invalid for updating HealthKit App.
2. Currently HealthKit App accepts the Data input for only 5 parameters: Weight, Height, Body Fat Percentage, BMI, and Lean Body Mass. The Easy@Home CF351BT scale measures 8 parameters. So, within 8 parameters, only Weight, Body Fat percentage and BMI will be imported into HealthKit App directly. The definition of the Lean Body Mass in HealthKit is different from the Muscle Mass measured in CF351BT Scale, so it cannot be used directly. However, this lean Body Mass can be calculated based on the Muscle Mass measured by the CF351BT Scale. As for Height, this will stay fixed based upon your height listed in your profile.

b. Tap "Scale" and select the type of "Body Fat scale", then press "Done".



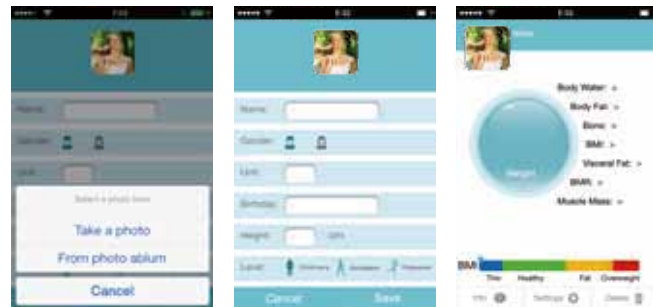
c. You will enter into the user information page.

d. Tap on the picture to change user's image;

e. Enter user's name, gender, preferred weight unit, birthday, height, and level.

Check to confirm and save your settings.

f. You will enter into the main page.



4. Check again to make sure the Bluetooth of your device is on. Step on the scale barefooted. The scale and Bluetooth connection will both be automatically activated. Keep standing on the scale, wait for "8888" on the display to run through completely, and the measurements will show up on the display.



When all body information has been received by your device, all information will show up on the main page and be saved. You should see the collection time of each measurement beside the user image on the top.

Note:

- a. When using the scale with socks on, only the weight is measured. To receive the full data, step on the scale with bare feet. When stepping on the scale CF350BT, you must place your bare feet on the silver metal sheets to ensure the correct body fat measuring.
- b. For Android phone, if bluetooth not connected automatically. Please click “Tool” on the main page to scan bluetooth device manually.
- c. For Android 6.0 device, you should turn on “Location” function on the device firstly. The bluetooth will be activated, so will the bluetooth connection.



b



b



c

- 5. Please tap the arrows at the two sides of the weight circle on the main page to view your measurement history, back and forth in full data pages. Tap on any of the eight parameters at the main page (Weight, Body Water, Body Fat, Bone, BMI, Visceral Fat, BMR, Muscle Mass) to view the graph of the history record of it and the record list of recent weight and BMI.



- 6. To share your accomplishments, tap the Cloud Sharing icon at the upper right corner of the list or graph pages of the records. You can share the data through social media such as Facebook, Twitter, email, and SMS.



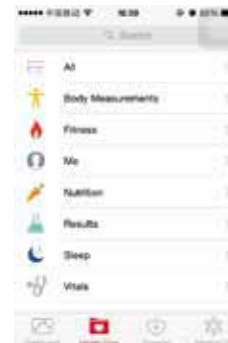
7. To get "Other information" please find "Health reference tables" at the lower left corner of the main page and tap "Info" to enter.
8. To change any settings, please find the "settings" on the main page to reset the user information, select scale types, save data as text and view app's version etc.
9. To delete data, find the "delete" icon on the main page to delete the data of one measurement; to delete all history data, enter the graph and list page (ref. Using the app "easyhomescale" P6) and you'll see "Delete All" at the lower right corner of this page.
10. To add and delete a user, tap the user image icon on the upper left corner of the main page to access the "All Users" page. Tap "+" to add new users, each user needs to re-select scale type and input their individual user information, Tap "edit" to delete a user.
11. Tap the logo on the top right corner of the main page, to enter into our website: EasyHomeScale.com

Check Data in HealthKitApp for iPhone that supports iOS 8 or above

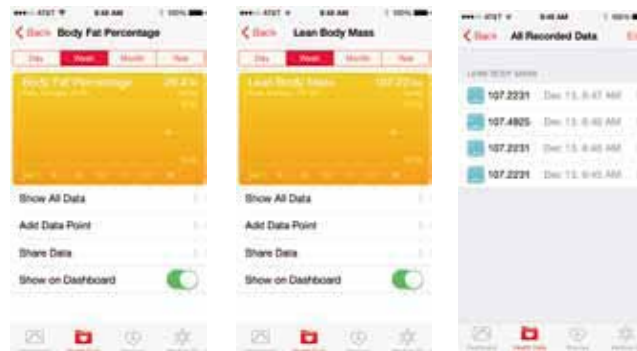
1. Firstly, you should verify that the EasyHomeScale is in the Source of HealthKit App.



2. After you finish a measurement, you can open "HealthKit", select "Body Measurements" where you can see all the updated health data from "easyhomescale"



3. Then you can check all your historical measurements in Health Data.



4. For convenient checking, you can also choose "Show on Dashboard", then you can see all the data information in the "Dashboard"



Frequently Questions And Solutions:

1. Anytime you use the scale for the first time or replace the batteries or move the location, a recalibration should be performed for accurate weight reading.

The recalibration procedure is:

Simply step on the scale for a few seconds, then step down. Then wait until the display screen goes off. Typically a couple of times this procedure are needed. Once it is done, it should remain calibrated until the batteries are replaced or location is changed.

NOTE: There will be inaccurate measurements if you do not recalibrate.

2. Display indicates "EEEE" when weighing:

There is an overload of the maximum range. You have to change to another model of scale with larger capacity.

NOTE: When overloaded, do not stand on the scale for a long time because this shortens the service life of the sensors!

3. Display indicates "Err2" when measuring body fat:

- A body parameter setting may not fit in the required range:
Height 100cm-255cm, 3ft3in-8ft4in
- Less than 30kg/66lb
- Feet or scale surface are too wet.

4. No body fat data measured when weighing

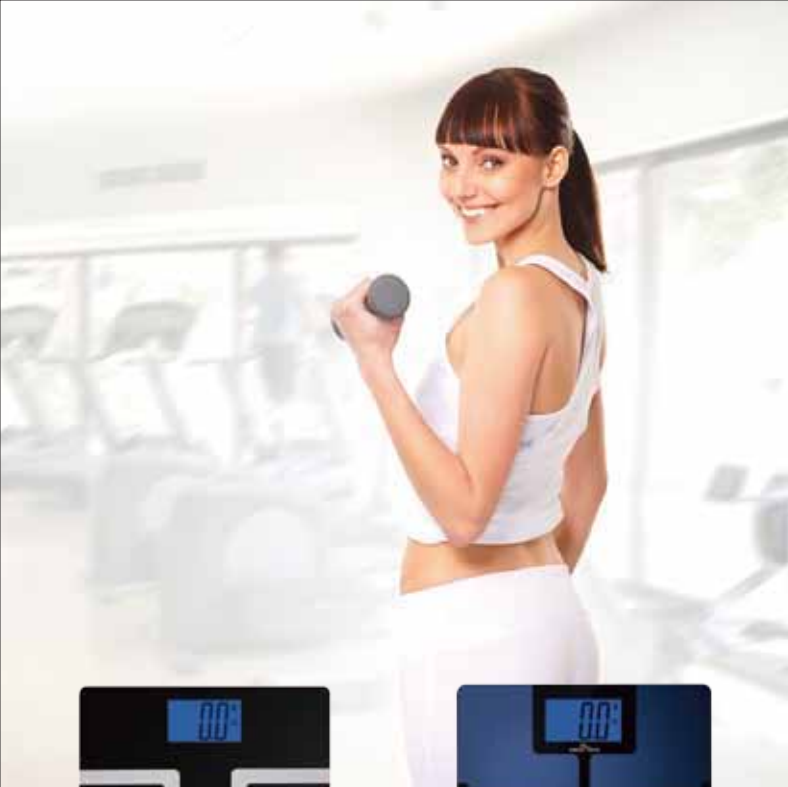
- Body fat scale requires weighing with bare feet.
- If using the scale with metal sheets, you must put your bare feet on the sheets in order to measure body fat.
- One or more incorrect body data settings:
Height 100cm-255cm (3ft3in-8ft4in), Age 10-100 years old
- Bluetooth function not open
- Already paired with other connected electronic scales

5. Bluetooth not connected

- Applications and scale must be open when weighing.
- Device's Bluetooth function is not open. Please open the Bluetooth and restart software applications.
- For Android devices go to System Settings --- Bluetooth --- Cancel the paired Bluetooth devices and reopen the application.

Maintenances

1. The scale consists of elastic components, don't keep the scale loaded for a long time. This may cause the scale damage and make it inaccurate.
2. Do not put anything on the scale if you aren't weighing yourself. This will drain the batteries. The scale is in low power when display shows "Low". Please change the batteries immediately.
3. Keep the product clean and dry; Keep away from water.
4. Do not drop the product or hit it, this will damage the scale and may result in broken glass.
5. This product is body analyzer scale, for body composition analysing only; Please don't use it for commercial purpose.



GET FIT EASY WITH PRECISION SCALE

Tolerance Range

50kg: $\pm 300g$ 100kg: $\pm 400g$ 150kg: $\pm 500g$

INDICATION SYMBOL

Body Analyzer Error Indicator: Err2

Low Power Indicator: "LO"

Overloaded Indicator: Over the max weight +25d, then display Err1

Thank you for choosing Easy@Home Bluetooth Body Fat Scale, if you have any more questions please email support_service@healthcare-manager.com or call us toll-free at 1-855-822-6999 Monday – Friday 9:00 a.m.-5:00 p.m. Central Time

----- *Healthcare-Manager.com* -----