

USER MANUAL

# fitdays

## smart body scale

Model : BS 171



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# COMPLETE BODY ANALYSIS

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This full body composition scale has 13 body composition measuring functions as below :



Body Weight



Body Mass Index



Body Fat Percentage



Fat-Free Body Weight



Subcutaneous Fat Percentage



Visceral Fat



Body Water Percentage



Skeletal Muscle Percentage



Muscle Mass



Bone Mass



Protein Percentage



Basal Metabolic Rate



Metabolic Body Age

## SPECIFICATION

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Size of scale	: 27 x 27 cm
Size of LED display	: 62 x 27 mm
Measurement units	: Kg/Lb/St
Weight limit	: 5-180 Kg
Power supply	: 2 x AAA batteries (included)

# SAFETY PRECAUTIONS

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This instrument is for personal use and following instructions in right way as mentioned is very important for most accurate results.

This scale is not intended for use by following groups :

1. Children under the age of 10 years
2. Pregnant women
3. People with medical implants such as pacemakers

## DO'S AND DON'TS

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1. Make sure your bare, dry feet touches all four metal sensors



2. Do not shake or drop the scale.



3. Do not immerse the scale in water or use chemical cleaning agents. Clean the scale with a slightly damp cloth.



4. Do not place the scale on any carpet or uneven flooring. Always place the scale on hard, flat, dry surface before measurement.





5. Stand still for atleast 5 seconds until the scale locks a reading and blinks 3 times during the course of weighing



6. Always keep your scale in horizontal position.



7. Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.



8. Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activity.



9. Connect the batteries in accordance with the correct polarities indicated.



10. Keep the batteries away from heat, fire and reach of children.



11. Remove the batteries if the scale is not to be used for a prolonged period of time for longevity

# PROMINENT FEATURES

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High Precision  
G Sensors



Advanced BIA  
Technology



50gm Graduation  
Accuracy



Bright  
White LED



Baby Weight  
Mode - In App.



Set Your  
Goal - In App.



Graphical Analysis  
of Readings - In App



Data Sync with  
major health apps



One Scale  
for 24 Users



Skid-Proof  
Rubberised  
Sensors



Unit  
Conversion  
Button



Strong  
Bearing  
Surface



Low Battery  
& Error  
Indicators

# ACCURACY RANGE

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Body weight fluctuates through the day as per food & liquid intake. The acceptable amount of variation in weight readings is given below

Weight Range	5kg to 50kg	50kg to 100kg	100kg to 180kg
Error Range	± 400g	± 500g	± 600g

# LED DISPLAY

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0000

Weight Indicator

No display

Change battery

[

Calibrating

Lo

Low Battery

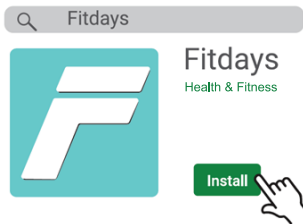
EEr

Overload

# INSTALLING FITDAYS APP.

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1. Search “Fitdays” in (  ) Apple Store or (  ) Google Play



or scan  
the QR Code



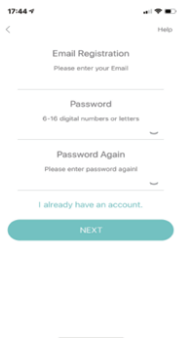
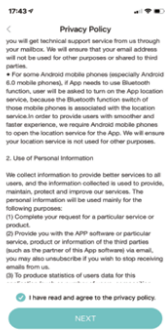
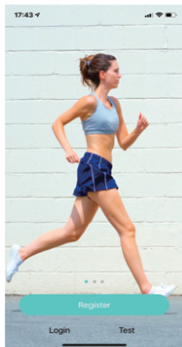
2. Download and install the App on your device
3. The App icon will appear on your phone or tablet after the installation is completed.

# PAIR FITDAYS BLUETOOTH SCALE WITH APP

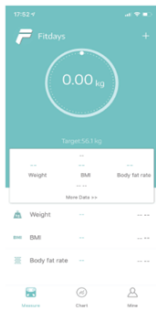
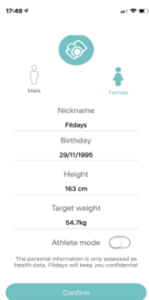
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1. Insert 2\*AAA batteries to the battery holder at the back of the scale with right polarities
2. Ensure to keep Bluetooth ON and for android system, GPS & Location must be ON along with Bluetooth

### 3. Click "Register" to create a new user with email or log-in your existing account



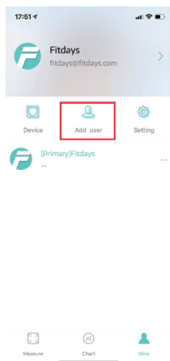
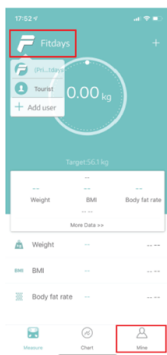
### 4. Add your personal data. such as age, height, gender and click Confirm. (Results may vary if you put wrong personal information)



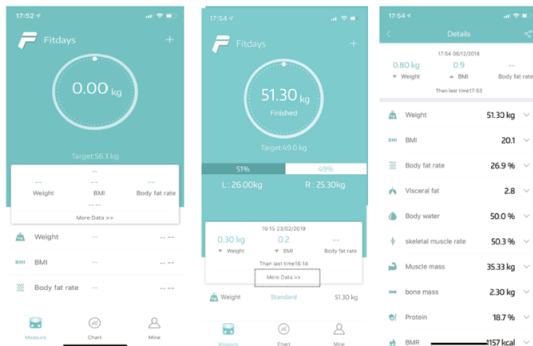
5. Pair your scale through Bluetooth. Click Mine → Device → +. Find the scale ID and pair. Once paired, your scale is ready to use.

Note:

1. You can add another user to the App by either clicking the profile picture or by clicking Mine → Add user. Each account can support up to 24 users.
2. To delete a user swipe the account to the left and select "Delete"



6. Now, open "Measure" page on App. Step on the scale (display must be at 0:00). Stay for 5 seconds until weight blinks 3 times. The App will automatically pair with scale & record your detailed body analysis data..
7. Your complete body analysis is now available in the App. Click "Charts" to view the latest reading and also track your periodical progress in graphical manner.



## CALCULATING BABY WEIGHT

Click + and select “Baby Mode”. Step on the scale yourself, so the scale calculates your weight. Then hold the baby to get your baby’s weight.



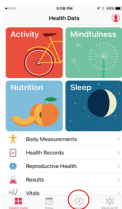
# SYNC DATA WITH OTHER FITNESS APPS



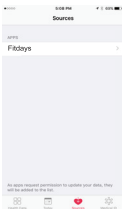
## Apple Health

1. Download “Health” on your iPhone if needed and open the App.
2. Click Sources--->Fitdays and skip to next page.
3. Select the target data to synchronize with Apple Health.

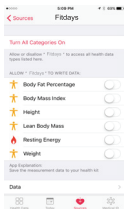
Note: The data for the day, will be synced and visible only after measurement is completed.



1




2



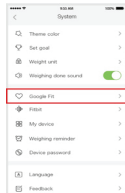
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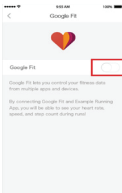
## Google Fit

1. Click “Account” ---> “” to find Google Fit.
2. Enable Google Fit on the page. Log in with your Gmail account or register a new one.
3. After connected successfully, the data will upload to Google Fit every time you take a reading

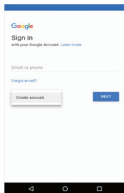
Note: The data for the day, will be synced and visible only after measurement is completed.



1




2-1

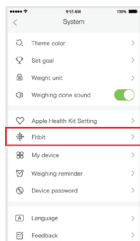


2-2

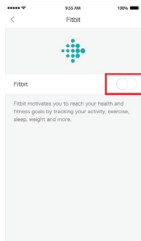
# Fitbit App

1. Click “Account” ---> “ ” to find Fitbit.
2. Enable Fitbit on the page and log in with your account.
3. Click “Allow” on the shown website to finish the authorization.
4. Please keep the Fitbit button on the APP and the network available.

Note: The data for the day, will be synced and visible only after measurement is completed.



1



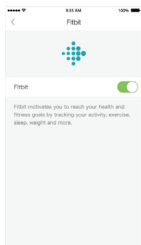
2-1



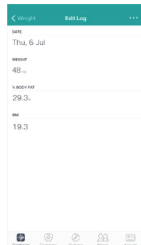
2-2



3



4-1



4-2



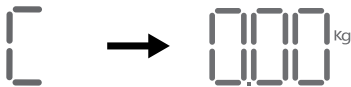
# MAINTENANCE

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## Recalibrating the scale

If the scale has been moved or flipped up side down, It must be recalibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.
2. Step on the scale with one foot until the digits appear on the display, then, step off.
3. The scale will show “0.00”, indicating that the calibration process is complete.



## TROUBLESHOOTING GUIDE

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1. Recheck if Bluetooth is ON & for android system GPS & location is also ON along with Bluetooth in your smartphone. Ensure if the network on your phone works well
2. Check the operating system of your smartphone. It must be IOS 8.0 or higher / Android 6.0 or higher.

3. No body fat data measured when weighing
  - Bare and dry feet should touch/be in contact with metal sensors on scale.
  - Keep standing on the scale until the display is flashing 3 times & reading is locked
  - Your app should be on "Measure" screen while taking a reading
  
4. The scale display inconsistent weight
  - Check whether the scale is on hard, flat surface
  - Display must be at 0.00 before you step on the scale to weigh.
  - Remove batteries, insert again and restart the scale
  - If the readings are still inaccurate after following instructions, please contact HealthSense Support Team for assistance
  
5. The App is displaying incorrect fat-muscle ratio.
  - The personal data entered may be incorrect. Please check if you have provided accurate information. (always ignore first reading)
  
6. How to change between the units?
  - Remove the battery cover; there is a unit button. Press it to change unit from Kg-Lb-St.
  
7. How do I re-calibrate the scale?
  - Simply step on the scale to turn it on, it will automatically calibrate itself to 0.00Kg
  
8. Why does the data flash on the screen and then disappear?
  - The batteries are low and may need to be replaced.

## WARRANTY & SUPPORT

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Entitle yourself for the 1 year HealthSense warranty by registering your purchase and easily reach us to submit your product related issues & queries, when you follow these hassle free ways.

At HealthSense our top priority has always been our valued customers. We very well know your HealthSense product is a part and parcel of your everyday life, which is why we are more easily accessible than earlier.

SCAN - For Warranty Registration



( Must register within 30 days from date of purchase )

SCAN - To File Complaint



( Fill & submit form if you are facing any product related issues )

- \* For detailed warranty terms please visit the link : [www.healthsense.in/warranty-terms](http://www.healthsense.in/warranty-terms)
- \* For additional support : Mail us at [support@healthsense.in](mailto:support@healthsense.in) or Call us on : 080-41262836

[www.healthsense.in](http://www.healthsense.in)



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