A4

105mm

142mm

Get Free App “iWellness” on

App Store

Google Play

BODY COMPOSITION ANALYZER

USER MANUAL

CF390BLE

Please read this instruction carefully before operating

7.For “Sharing” Function

Browsing in Graph or List page and tap the Sharing icon at the upper right corner, you can share selected data to platforms such as: Facebook, Twitter, Email, SMS etc.

8. To get “ Body health reference tables ”

Please tap “Info” icon at the lower left corner of the main page , you can get the “Body health reference tables ”.

9. For “Settings”

Please tap “settings” icon at the lower middle of the main page, you can reset the user informations, choose scale type, save data in TXT. files and descriptions about the application.

10. For “Delete”

Please tap the icon “Delete” of this user at the lower right corner of the main page to delete current data for this user.

11. Add and delete User Group

Tap the user image icon at the upper left corner of the main page to enter “All the user Groups” page.

Tap “+” to add new users, each user need to re-select scale type and input user information.

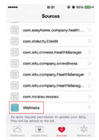
Tap “Edit” to enter user delete option.

Notes: For IOS8 or higher device only

There is a health app called HealthKit which is compatible to iWellness.
It means that some data can be updated from iWellness to HealthKit like Body Fat Percentage, Body Mass Index, Height, and Weight. You can check historical data even if you uninstall iWellness accidentally.

How to use HealthKit ?

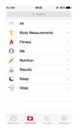
1. Find “Health” app on your device.
2. When you are using iWellness for the first time, you will be asked for permission to update data from iWellness to HealthKit. you should verify that “iWellness” is listed in the Sources of Health App.



If you do not allow permission initially, you can change the settings by opening the Health App and clicking “Sources”, Choose “iWellness”, Data will be transfered automatically.

3. Please note that only when parameters are measured successfully in iWellness, can data be updated in Health. Otherwise, it will not be updated to Health.

4. After you finish a measurement, you can open “ Health ”, select “Body Measurements” , you will see the latest health data updated from iWellness.



5. You can choose “Show on Dashboard”, it will make data easy to check.

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 body bioelectrical impedance, it makes the results much more accurate with new measuring technology. The reason is that human body fat can not be conductive, but muscle and water are good conductors. The device measures human body bioelectrical impedance to calculate the composition of human body.

SPECIFICATION

01. 27x80mm Highlight LED Display
02. Unit: kg / lb
03. 10 user groups
04. Results are displayed graphically
05. Three fitness levels: Ordinary, Amateur and Professional
06. Capacity: 150kg / 330lb
07. Minimum weight: 5kg / 11lb
08. Muscle Mass measurement graduation: 0.1kg
09. Weight measurement graduation: 0.1kg / 0.2lb
10. Body Fat measurement graduation: 0.1%
11. Body Water measurement graduation: 0.1%
12. Bone graduation: 0.1kg
13. Age range: 10~99 years old
14. Height range: 100~220cm 3ft:3in~7ft:3in
15. Working temperature: 10~40 ℃
16. Working humidity: 20%~90%
17. Storage temperature: -10~50 ℃
18. Power: DC 4.5V (3 X AAA Batteries)

CAUTION

SAFETY PRECAUTIONS

- Not recommended for individuals with medical implants such as pacemakers.
- Not recommended for women who are pregnant.

- 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 plans or physical or activities
- **DO NOT** stand on the edge of the scale or jump on it
- Always place scale on a hard, dry and flat surface before measurement
- Make sure your feet are clean before stepping on the scale
- Connect the batteries in accordance with the correct polarities indication
- Remove batteries if device is not to be used for a long time

NOTE

- Do not bend knees when measuring
- Take measurements at the same or similar time of the day
- Keep your bare feet on ITO film
- Do not take measurements immediately after intense exercise
- Mobile phone and microwave frequencies may affect accuracy of results
- The result is just a reference for children, aged people, pregnant women and professional athletes
- Do not disassemble it by yourself
- Do not wash the scale under the water
- Do not wash it with hot water or volatile oil
- Wiping the machine by wet cloth with detergent, and clean it with dry cloth
- Do not overload: max weight (152.5kg / 335.5lb)

PREPARATION BEFORE USE

SET BATTERY

1. Find the battery slot at the back of the scale
2. Set the batteries (3 x AAA) in battery slot
   Please change batteries when “Lo” is shown on the screen

AUTO POWER-OFF

The scale will automatically power off :
- after 10 seconds of no operation
- if it is overloaded
- due to faulty operations

Switch unit

1. Two units: kg and lb for option.

2. The default unit on scale is decided by the UNIT Selection in APP, pls change default unit in APP for daily use.

OPERATION INSTRUCTION:

What devices are compatible？

iOS devices : iPhone4s, iPad3, iPad Mini or higher
Android devices: Android 4.3 or higher with bluetooth 4.0 or higher version, memory capacity no less than 1G.

How to install App at your device?

Download App “iWellness4.0” from Google Play, or “iWellness” from App Store.

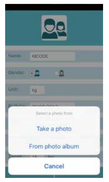
1. Make sure your phone or tablet is connected to internet.
2. Search and download “iWellness4.0” in Google Play, or “iWellness” in App Store. or simply scan the two dimensional QR code at the last page of this manual.

3. The App icon will appear at the desktop of your phone or tablet after the installation is completed.
4. Tap “iWellness4.0” icon to launch the App.

How to use iWellness 4.0 / iWellness App ?

1. Check your device settings to make sure the Bluetooth function is ON.
2. Tap to open the App “iWellness4.0 / iWellness” from your device.
3. When use the App for the first time you need setting as following steps.

a. Tap to select the type of “BODY FAT SCALE”, as Picture “a” shows.



a

b. The user information interface will appear, tap on the picture to change user's image.

c. Enter user name, gender, preferred weight unit, birthday, height, level, check and confirm, then save settings.

d. Back to main page, and you can start testing now.

b

c

d

NOTE:

App will go directly into the main page the next time it is used.

4. Check again to make sure the Bluetooth on your device is on.
   Step on the scale with bare feet, the scale will be activated automatically, so does the Bluetooth connection. Keep standing on the scale to wait for four numbers “ ----- ” running through LED completely.
5. Select “YES” to save data when message popped up. All eight measurements will be displayed on the main page.

NOTE:

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

6. For browsing history data, graphs and lists:

Tap the arrows at the two sides of the weight circle on the main page to view history record, 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 historical record and recent weight and BMI.

Frequently Asked Questions and Solutions:

1.How can I recalibrate the scale after moving it?
- Simply step on the scale to let it power on. Let it automatically drop to 0.0kg/0.0lb, thus the calibration will be done automatically.

Note: The scale will be inaccurate if it is not recalibrated.

2. Display indicates “Err” when weighing:
- Overload the maximum range (152.5kg / 335.5lb).
  Tip: When overloaded, do not stand on the scales for a long time. The service time of the sensors will be shortened.

3. Display indicates “Err2” when measuring body fat:
- Body parameter settings should be with:
  Height 100cm~220cm, 3ft: 3in~7ft: 3in, Aged: 10-99 years old.
- Feet or scale are too wet.

4. No body fat data measured when weighing
- Body fat scale requires weighing with bare feet.
- Body data setting should be with:
  Height 100cm~220cm (3ft: 3in~7ft: 3in), Aged: 10-99 years old.
- Bluetooth function not open.
- Paired with other connected electronic scales.

5. Bluetooth not connected

Application is required to be opened when weighing.
Device’s Bluetooth function is not turned on. Please turn on the Bluetooth and restart iWellness.

For Android devices you can go to System Settings — Bluetooth — Cancel the paired bluetooth devices and reopen the application.

MAINTENANCES

1. The four feet of the scale are rubber components, don’t keep the scale loaded for a long time. This may damage the weight sensors and the scale will not be accurate.
2. Do not put anything on the scale if not in use. This will consume the power and reduce the lifetime of batteries.
3. Keep the product clean and dry; Keep it away from water; Avoid slipping from scale or damaging the inside electric circuits when weighing.
4. Do not drop the product; Avoid the risk of damaging the scale or breaking the glass. The scale is in low power when showing “Lo”. Please change batteries immediately. Permanent damage of the battery will be caused if the scale is kept in low power mode for a long time.
5. This product is a body analyzer scale, for body composition analysing only; Please don’t use it for commercial purposes.

ACCURACY RANGE

50kg: ±200kg	**100kg: ±300kg**	**150kg: ±400kg**
110 lbs: ±0.44lbs	**220 lbs: ±0.66 lbs**	**330 lbs: ±0.88 lbs**

INDICATION SYMBOL

Body Analyzer Error Indication: Err2
Low Power Indication: 4.2V ± 0.2V display “Lo”
Overload Indication: Over the max weight 152.5kg / 335.5lb, then display Err

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help
This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1)this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
This device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.