

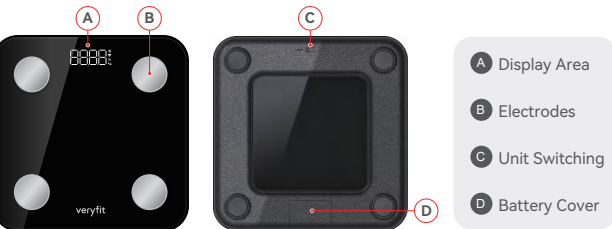
veryfit



VF-SW02

Product Quick Guide

Appearance



Installing Batteries and Powering On

1. Open the battery cover on the back of the body fat scale. Insert 3 AAA alkaline batteries according to the +/- polarity symbols inside the battery compartment. Then close the battery cover.
2. After installing the batteries, put the scale on hard, flat ground. The scale's display will show numbers, and the Bluetooth icon will begin flashing.

Downloading the VeryFit App and Pairing

Download and install the latest version of the VeryFit App from the App Store or Google Play, or scan the QR code below.

Open the app and turn on the Bluetooth function on your phone; Select "Body Fat Scale" from the device type list in the app, and follow the on-screen instructions to complete the pairing.

- If unbound while in pairing mode for an extended time, it will enter standby mode; step on the scale again to re-enter pairing mode.
- Please enter true body information, otherwise the accuracy of body composition data will be impaired.



Starting Measurement

Please step onto the body fat scale barefoot, standing with your feet comfortably apart. Remain standing upright and motionless on the scale until the full measurement cycle is complete.

Synchronized data will be available in the App for detailed review.

The scale will first measure weight, then proceed to body fat analysis and heart rate measurement.

- For individuals with medical implants (such as pacemakers or cochlear implants) and pregnant women, do not use this body fat scale.
- Place the body fat scale on a solid, flat, and hard surface for use. Avoid using it on carpets or soft flooring, as this may affect measurement accuracy.
- Ensure that the scale's feet are free of debris, not stuck in tile gaps, and not propped up. When moving the scale, do not drag or kick it, as this may lead to inaccurate measurements.
- For body fat measurements, remove your shoes and socks and stand barefoot on the scale, as wearing footwear may affect the accuracy of body fat and heart rate readings.
- When measuring heart rate, do so in a calm state, as emotional fluctuations or physical activity may impact result accuracy.

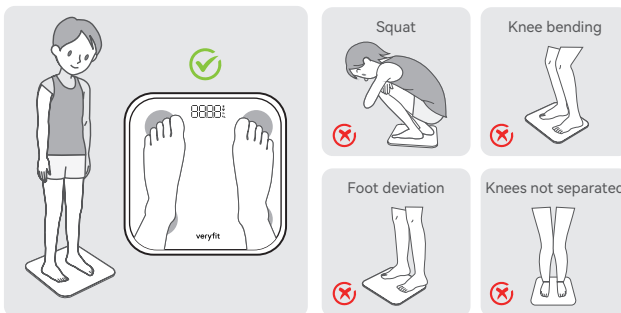
Display Description



① Bluetooth Icon	To be connected: icon flashing. Connected: icon permanently lit.
② Heart Rate Icon	During measurement: the heart rate icon flashes. After measurement is complete: the heart rate icon stops flashing, stays on and displays the heart rate value.

③ Pound Sterling	Measurement completed: The heart rate icon stops flashing, becomes continuously lit, and displays the heart rate value.
④ Kilogram	Measurement completed: The heart rate icon stops flashing, becomes continuously lit, and displays the heart rate value.

Legend for correct/incorrect measurement operations



Testing items

Weight, Body Age, Health Evaluation, Body Score, Bmi, Body Fat Percentage, Bmr, Heart Rate, Body Type, Ideal Weight, Weight Control, Obesity Level, Body Water Content, Protein Content, Fat Mass, Fat-free Body Weight, Visceral Fat, Fat Control Level, Subcutaneous Fat Percentage, Bone Mass, Skeletal Muscle Content, Skeletal Muscle Mass, Muscle Mass, Muscle Content, Muscle Control Level.

Note:

- Measurements must be taken with bare feet, ensuring that the skin of the foot evenly contacts the "electrode pattern".
- It must be placed on a hard and flat surface, and no soft materials should be placed under the scale body.
- The plastic bag of the product packaging must be removed before the skin can come into contact with the electrode pads for measurement.
- For your first weighing measurement, please ensure the screen displays "0.0" before stepping on the scale. Once the app indicates the measurement is complete, step off the scale.

For additional features and FAQs, please refer to the User Guide in the product details page of the App.

Basic parameters

Product Size	280X280X25mm
Net Weight	1.25kg
Weighing Range	0.1-180kg
Connection Method	Bluetooth
Main Materials	ABS + Tempered Glass
Battery	3 AAA Alkaline Batteries

Warn

Important Note

- Before operating the equipment, please be sure to carefully read and follow the following tips and suggestions. This will help ensure optimal performance of the equipment and avoid any potential dangers or illegal activities.
- The radio waves emitted by the device may interfere with the normal operation of implanted medical devices or personal medical devices, such as cardiac pacemakers and cochlear implants. If you are using these medical devices, please consult the manufacturer for restrictions on the use of this device.
- The data measured by the body fat scale is for reference only and is not intended as medical advice. The following groups may not be able to accurately obtain their body data: minors, professional athletes, and pregnant women.

Operating Environment

- This device must not be used in places where the use of wireless devices is explicitly prohibited, to avoid affecting other electronic devices or causing safety issues. If it is necessary to use this device, please check the regulations of the corresponding place in advance and comply with them.
- To ensure the normal operation of the equipment and avoid malfunctions, please do not use the equipment in places with excessive dust, humidity, dirt, or near magnetic fields.
- Please use the device in a suitable temperature range. Excessively high or low temperatures may cause the device to malfunction.
- Please keep away from heat sources or open flames, such as electric heaters and microwave ovens.
- To prevent equipment malfunction or injury caused by misuse by children or pets, please keep the equipment and accessories in a safe place.
- To avoid slipping and equipment damage, do not use on wet or slippery floors.
- To ensure the accuracy of measurement data and avoid equipment malfunctions such as water ingress, please do not conduct measurements while your body or feet are wet.
- Do not place the product under heavy objects that exceed its maximum load capacity to prevent glass breakage and potential injuries. If there is any damage to the appearance, please stop using it immediately.

Maintenance

- Please keep the device and its accessories dry. Do not use external heating devices such as microwave ovens or hair dryers to dry them.
- Please do not place the device and its accessories in areas with excessively high or low temperatures, as this may lead to device malfunction, fire, or explosion.
- Please avoid subjecting the device and its accessories to strong shocks or vibrations, as this may damage the device and its accessories, leading to equipment malfunction.
- Before cleaning and maintenance, please stop using this device, close all applications, and disconnect all connections or cables with other devices.
- Do not use harsh chemicals, cleaning agents, or strong detergents to clean the device or its accessories. Please use a clean, dry soft cloth to wipe the device or its accessories.

Battery safety

- If not in use for an extended period (over 3 months), please remove the battery; otherwise, leakage and other issues may occur, causing damage to the device or harm to the human body.
- If the battery exhibits any abnormalities such as discoloration, deformation, or abnormal heating during use or storage, please stop using it and replace it with a new battery.
- Do not throw the battery into a fire, as it may cause the battery to catch fire and explode.
- Please dispose of batteries according to local regulations and do not dispose of them as household waste. Improper disposal of batteries may lead to battery explosion.
- Please do not let children or pets swallow or bite the battery, as this may cause injury to them or lead to battery explosion.
- Do not use damaged batteries, or batteries that have been dropped, squeezed, or punctured. Avoid subjecting the battery to external high pressure, which can lead to internal short circuits and overheating.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

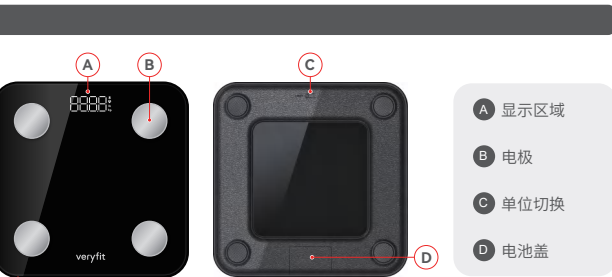
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: 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.

Responsible Party
Name and company of U.S. agent: FCC US Agent Inc.
Physical U.S. address of agent: 6464 Dillon Dr Unit 93 Pueblo CO 81008 United States
FRN of U.S. agent: 0033649971
Email address of U.S. agent: Support@fccagent.com
Contact NO.: (303) 520-9810



1. 打开体脂秤背部的电池盖, 按照电池仓中正负极性符号插入电池 (3 枚 AAA 碱性电池), 并合上电池盖。
2. 安装电池后, 将体脂秤放置在硬质且平整的地面上。体脂秤显示屏会显示数字, 蓝牙图标开始闪烁。

下载安装VeryFit App并配对连接

在App Store、Google Play下载并安装最新版本 VeryFit App 或扫描下方二维码。

打开App, 并打开手机蓝牙功能;

在App设备类型列表中选择体脂秤, 并跟随App界面提示, 完成配对。

长时间配对状态下未绑定, 将进入待机模式, 重新上秤可再次进入配对状态。
请填写真实的身体信息, 否则会影响身体成分数据的准确性。



开始测量

请光脚上称, 双脚分开站立在体脂秤上站在体脂秤上, 以直立姿势进行测量, 保持不动, 直到完成所有测量。数据同步后, 可在 App 查看相关详细数据。体脂秤首先会测量体重, 体重测量完成后, 会分别进入体脂测量及心率测量。

- 对于使用医疗植入设备 (如起搏器、植入耳蜗) 的人群及孕妇, 请勿使用此体脂秤。
- 请将体脂秤放置在坚固且平坦的硬质地面上使用, 避免在地毯或软质的地面上使用, 因为这会影响其准确测量。
- 请确保脚没有杂物, 没有卡在砖缝中, 也没有被垫高。在移动体脂秤时, 请勿拖拽或用脚踢, 否则可能导致测量不准确。
- 在测量体脂时, 请脱去鞋袜, 赤脚站在秤上, 否则会影响测量体脂及心率的准确性。
- 在测量心率时, 请在平静的状态下进行, 情绪波动或活动可能会影响测量结果的准确性。

显示说明



① 蓝牙图标	待连接: 图标闪烁 已连接: 图标常亮
② 心率图标	测量中: 心率图标闪烁 测量完成: 心率图标停止闪烁, 常亮并显示心率值
③ 英镑	可通过秤体背面的按键或在App中切换显示的单位
④ 公斤	可通过秤体背面的按键或在App中切换显示的单位

正确/错误测量操作图例



检测项目

体重、身体年龄、健康评价、身体得分、BMI、体脂率、BMR、心率、身体类型、理想体重、控制体重、肥胖等级、体水分率、蛋白质率、脂肪量、去脂体重、内脏脂肪、脂肪控制量、皮下脂肪率、骨量、骨骼肌率、骨骼肌量、肌肉率、肌肉率、肌肉控制量。

注:

- 必须光脚测量, 脚部皮肤均匀接触 "电极图案"。
- 必须放置在硬质平整地面, 秤体底部不可以放置软性材质的物品。
- 必须去除产品包装的塑料袋, 才可以使皮肤接触到电极片进行测量。
- 首次上秤测量请在屏幕归 "0.0" 后才上秤测量, APP 提示测量完毕再下秤。

更多功能及常见问题, 请通过App设备详情页中的使用指南查看。

基本参数

产品名称	Smart Weight Scale
产品型号	VF-SW02
产品尺寸	280X280X25mm
产品净重	1.25kg
称重范围	0.1-180kg
连接方式	蓝牙
存储温度	-10°C ~ 60°C
工作湿度	<90%RH
温度范围	5-40°C
电池	3枚AAA碱性电池
主要材质	ABS+钢化玻璃

警告

重要说明

- 在操作设备之前, 请务必仔细阅读并遵循以下的提示和建议, 这将有助于确保设备的最佳性能并避免任何可能发生的危险或违法行为。
- 设备的无线电波可能会干扰植入式医疗设备或个人医用设备的正常工作, 如心脏起搏器、植入耳蜗助听器等。如果您正在使用这些医疗设备, 请咨询制造商以了解使用本设备的限制条件。
- 体脂秤测量的数据仅供参考, 不作为医疗意见。以下人群可能导致无法精准获取身体数据: 未成年人、职业运动员、孕期妈妈。

操作环境

- 本设备不得在明确禁止使用无线设备的场合中使用, 以免影响其他电子设备或导致安全问题的出现。如有必要使用该设备, 请先查看相应场所的规定并遵守。
- 为确保设备正常运行并避免故障, 请勿在灰尘多、潮湿、脏乱或靠近磁场的地方使用设备。
- 请在合适的温度范围环境中使用设备, 过高或过低的温度可能导致设备故障。
- 请远离热源或明火, 如电暖器、微波炉等。
- 为防止儿童或宠物误用导致设备故障或受伤, 请将设备和配件放置安全地点。
- 为避免滑倒和设备损坏, 请勿在潮湿或易滑的地面使用。
- 为确保测量数据的准确性及避免设备进水等故障, 请勿在身体或脚底湿润的情况下下进行测量。
- 请勿将产品放置在超过最大承重范围的重物下, 防止玻璃碎裂造成伤害。如外观有破损, 请立即停止使用。

维护保养

- 请保持设备及其配件干燥。请勿使用微波炉或吹风机等外部加热设备对其进行干燥处理。
- 请勿在温度过高或过低区域放置设备及其配件, 否则可能导致设备故障、着火或爆炸。
- 请勿使设备及其配件受到强烈的冲击或震动, 以免损坏设备及其配件, 导致设备故障。
- 清洁和维护前, 请停止使用本设备, 关闭所有应用, 并断开与其他设备的所有连接或线缆。
- 请勿使用烈性化学制品、清洗剂或强洗涤剂清洁设备或其配件。请使用清洁、干燥的软布擦拭设备或其配件。

电池安全

- 长时间不使用 (3 个月以上) 请取出电池, 否则可能发生漏液等情况, 对设备或人体造成伤害。
- 如果电池在使用、保存过程中有变色、变形、异常发热等异常现象, 请停止使用并更换新电池。
- 请勿把电池扔到火里, 否则会导致电池起火和爆炸。
- 请按当地规定处理电池, 不可将电池作为生活垃圾处理。若电池处置不当可能会导致电池爆炸。
- 请勿让儿童或宠物吞咬电池, 以免对其造成伤害或导致电池爆炸。
- 请勿使用已经损坏的电池、跌落、挤压或穿刺电池。避免让电池遭受外部的压力, 从而导致电池内部短路和过热。



This product is suitable for daily use by people who are concerned about their health and need to know their weight, body shape, fat and muscle mass. It provides measurements and analysis of various parameter indicators, but does not function as a diagnostic, preventive, therapeutic or monitoring device for disease. In addition, this product is not intended as a medical device and therefore the health data and recommendations provided should only be used for reference purposes and should not be considered as a basis for diagnosis and treatment.



名称

体脂秤 说明书

材质

80G哑粉

尺寸

成品尺寸:90X90mm

装订方式

骑马钉

颜色

四色印刷