DIAMOND HILLS

Body · Health · Performance

SMART BODY TAPE MEASURE



User Manual

Model:DH-SBT-019631

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS CAREFULLY BEFORE USE.

- DO NOT use this device for any purpose other than outlined in this manual.
- The device is not intended for use by children under 12 years of age or younger or persons with reduced physical, sensory or cognitive capabilities unless they have been given supervision or instructions concerning the use of the device in a safe way and understood the hazards involved.
- DO NOT disassemble / modify the device. There are no user - serviceable parts inside.
- DO NOT subject or expose the device to extreme conditions: extreme temperatures beyond operating temperatures, high vibrations, dusty areas, humid conditions (including any liquid) or direct sunlight.
- DO NOT use excessive force on the gear or pull the tape over 150cm/60in. Stretching the tape or grinding the gear can damage the device permanently.
- DO NOT fold or twist the tape to avoid damaging the device.
- USE CAUTION when measuring neck circumference to avoid accidental choking.
- Retract the tape slowly to avoid injury.
- Do not heat, short-circuit, force discharge, encapsulate, deform, modify or dismantle the battery.
- Be aware of the risk of terminals of the battery-operated device or battery being short-circuited by metal objects.
- Do not get the device wet as it may damage the battery.
- Only use the provided charging cable and charger (DC 5V 0.5A, not included) to charge the device.

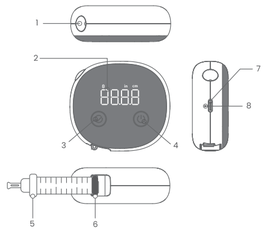
SAVE THESE INSTRUCTIONS



WHAT'S IN THE BOX

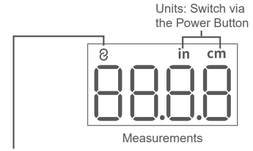
Smart Body Tape Measure x1
USB-C Charging Cable x1 (For charging only, not for data transfer)
User Manual x1

ABOUT YOUR SMART TAPE



1. **Retract Button**
 Press to retract the tape
2. **LED Display**
3. **Confirm Button**
 Press to confirm the measurement
 Press and hold for 3 seconds to zero out the measurement
4. **Power Button**
 Press to turn on | Switch the units of measure
 Press and hold for 3 seconds to turn off
5. **Locking Pin**（Press to unlock / lock)
6. **Tape Receptacle**
7. **USB-C Charging Port**
8. **Reset Button**
 To reset the device, insert a pin (not included) into the Reset Button, press and release.

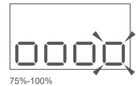
LED DISPLAY



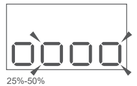
The tape is not connected with app

The tape is connected with app

LED SCREEN PROMPTS INDICATING BATTERY LEVEL



75%-100%



25%-50%



50%-70%



0%-25%

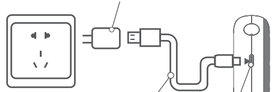


Low battery. Charge the device.

成品尺寸	110 x 80 mm
	铜版纸128g
	无
	四色印刷
装订方式：风琴页	

CHARGING YOUR SMART TAPE

Charging Time: approx. 2 hours
DC 5V 0.5A Charger (Not included)



Power Source　Provided charging Cable　USB-C Charging Port

INSTALLING THE APP & PAIRING

1. Download the "Fitdays" App

Scan the QR code below or search for "Fitdays" from the App Store or Google Play to download the app.
System requirement: iOS 12.0 or later, Android 7.0 or later

Download on the App Store

GET IT ON Google Play

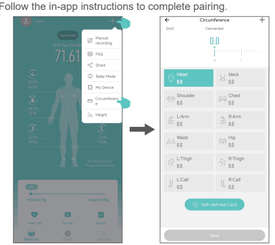
Note: Due to continuous updates and improvements, the"Fitdays" App may appear slightly different than shown here.

2. Log in / sign up

Log in directly with an existing "Fitdays" App account.
If you do not have any "Fitdays" App account, tap "Sign up" using your email address and fill in the personal information;
this step is required for calculating your health measurements accurately.
Note: You may also log in using Guest Mode if you do not wish for the measurement data to be saved.

3. Connect the Tape with the App

Before pairing, enable the wireless setting on your smartphone.
Open the Fitdays App and press Power Button.
Tap "+" in the upper-right corner of the "Home" page and select your smart tape from the device list.
Follow the in-app instructions to complete pairing.



USING YOUR SMART TAPE

Press Power Button to turn on the smart tape. When" "on the smart tape display turns solid, it indicates a successful connection.
Press Power Button again to choose the unit (in/cm) you prefer.
Once the device is connected, tap the body part name on the App.

Press the locking pin until a "click" is heard, pull out the tape and wrap it around your target body part.
Insert the locking pin into the receptacle until a "click" is heard.
Press Retract Button to tighten the tape and press Confirm Button to get your measurement on the tape display or App.
Tap " Save " on the app to save all the measurements.

Note:
If the smart tape is turned on and left idle, it will shut off automatically after 20 seconds.
After measuring, retract the tape for easy storage and to keep it in good condition.

TROUBLESHOOTING GUIDE

Problem	Possible Cause	Solution
Nothing appears on the display or the measurement is blurred.	Low battery.	Charge the device.
Erratic display.	Casual malfunction caused by high vibration or strong swing.	Insert a pin into the Reset Button, press and release.
Fail to connect to the app.	Phone is too far away from the device.	Keep phone with in 26ft (8m) of the device.

TECHNICAL SPECIFICATIONS

Product Name: Diamond Hills Smart Body Tape
Model:DH-SBT-019631
Unit: cm / in
Size: 78x70x28 mm
Measuring Range: 150cm / 60in
Resolution: 1mm, 1 / 16in
Accuracy: ±3mm,±3 / 32in
Working Temperature: 0°C~40°C / 32°F~104°F
Working Humidity: 40%~85%
Battery Capacity: 300mAh 1.11Wh
Input: 5V ⎓0.5A
Rated Power:2.5W

FCC Regulatory Compliance

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 acceptany interference received, including interference that may cause undesired operation.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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 lechnician for help.

RF Exposure Compliance
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment, This transmitter must not be co-located or operating inconjunction with any other antenna or transmitter.

ISED Regulatory compliance
This device contains licence-exempt transmitters that comply with Innovation.
Science and Economic Development Canada's licence-exempt RSS(s).
Operation is subject to the following two conditions:
(1)This device may not cause interference.
(2)This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
(1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doitaccepter tout brouillage radioélectrique subi, même si le brouillage est susceptibled'en compromettre le fonctionnement.
This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.
Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.