

SMART BODY WEIGHTSCALE

Model: FG2543UWB-A

INSTRUCTION MANUAL

PACKAGE CONTENTS



1x Smart Body Weightscale



1 x Instructions Manual



1x USB-C cable

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GENERAL INFORMATION

USE THE FITDAYS APP FOR MAXIMUM USABILITY

Scan the QR-code below and download the Fitdays app to enable usage of all 'smart' features of the Evolve smart scale.
Alternatively, search for the Fitdays app in your Google play-, Apple- or Android app store.



Thank you for choosing the Evolve Smart Body Scale. Paired with the special Fitdays-app this scale allows you to conveniently measure body weight, Body balance, BMI, Body fat rate, Visceral fat, Body water, Skeletal muscle rate, Muscle mass, Bone mass, Protein, BMR, Body age and more.

IMPORTANT: Please read and follow the instructions in this manual before using the device. Failure to comply with the instructions given in the manual, or using this scale in ways other than the ones mentioned in this manual, may result in personal injury or damage to the product itself.

Standard functions (without using the Fitdays app)

- Measuring of general body weight
- Changing the displayed weight units (Kg, Lb, St)

Additional features (while using the Fitdays app)

- Bluetooth pairing
- Combined app-usage up to 24 individuals
- Tracking progress, weight gain and loss
- Standard weight
- BMI (Body Mass Index)
- 32 Additional body measurements

Other (manual) functionalities of the Fitdays-app

- Growth / length tracking
- Body circumference tracking
- Synchronisation with Fitbit and other health apps and health devices other than this scale

GENERAL SAFETY

- Do not use with medical implants such as pacemakers
- Maximum load capacity: 180kg
- Do not drop the scale, or drop products / liquids on the scale
- Store in a dry environment with a stable surface
- Do not place/store other products on the scale, as this may damage the sensors
- Only clean the scale with a slightly damp cloth
- Do not immerse in water and refrain from using chemical cleaning agents as they can damage the sensors
- Not recommended for use during pregnancy
- Not recommended for use by babies and children up to 16 years of age without guidance of an adult
- Obtained measurements are meant for reference only and should not be interpreted as a medical opinion
- Always consult with your primary care doctor or physician prior to changing your diet, exercise regime or other forms of physical activity

- Only use the scale on a hard, dry and flat surface
- Do not step on the edges of the scale but distribute your weight evenly across the sensors
- Do not jump on the scale
- Make sure your feet are dry before stepping on the scale
- This product contains small parts and batteries which could be harmful for children when swallowed

PRODUCT SPECIFICATIONS

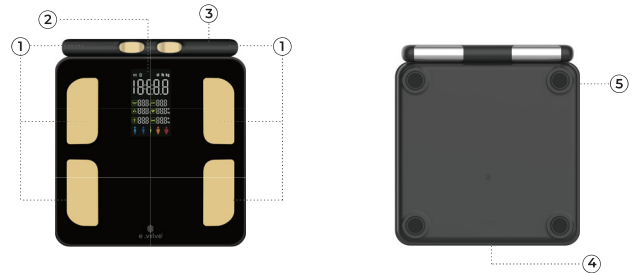
Product Size: 328x300x37mm
VA screen size: 105x60mm
Available weight units: Kg / Lb / St (switch the units via APP setting)
Min - max weight limit: 5kg-180kg / 11lb-396lb
Power supply: Rechargeable (Type-C cable)
Maximum number of users: unlimited
Maximum number of users in the Fitdays app: 24 users
Min - max operating temperature: 10-40°C
Min - max operating humidity: 20% - 90%

SUPPORTED SMARTPHONES/TABLETS/DEVICES

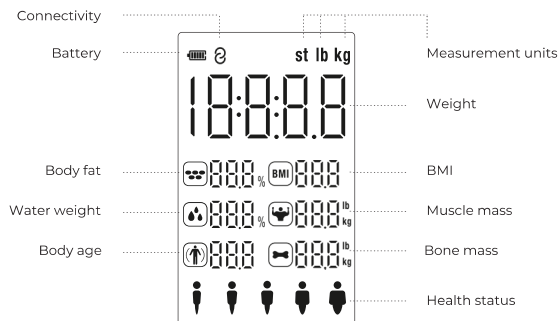
iOS 12.0 or higher
Android 7.0 or higher
Please note: In order to use the scale in combination with the Fitdays app, your device must be equipped with working bluetooth functionality.

PARTS / COMPONENTS

- | | |
|------------------------------|-------------------------|
| ① Stainless steel electrodes | ③ Handlebar |
| ② LED screen | ④ USB - C charging port |
| | ⑤ Silicon feet |



DISPLAY



QUICKSTART GUIDE

Please follow the steps on E.Volve® User Guide

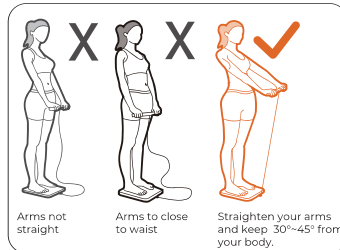
POSSIBLE LED INDICATORS

Lo	The scale is low on batteries, recharge the battery.
Err	Overload, please allow a maximum load capacity of 180 Kg only. Step away from the scale and try again.
C	An error occurred during the analyzing process, step away from the scale and try again.

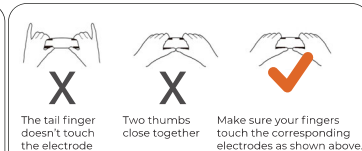
POINTS OF ATTENTION

- Place the scale on a flat and even surface such as tiles and floorboards, do not place on carpets.
- Distribute weight evenly across the scale
- Use with bare feet (in order to activate the sensors and use the smart features)

Attention Point 1



Attention Point 2

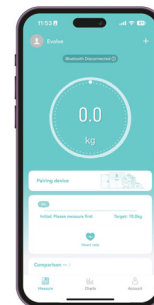


USING THE SMART FEATURES

STEP 1

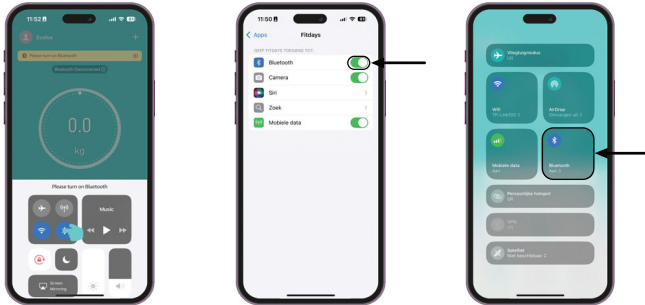
Install the Fitdays app on your mobile device or tablet

Scan the QR-code and download the Fitdays app to enable usage of all 'smart' features of the smart scale.
Alternatively, search for the Fitdays app in your Google play-, Apple- or Android app store.



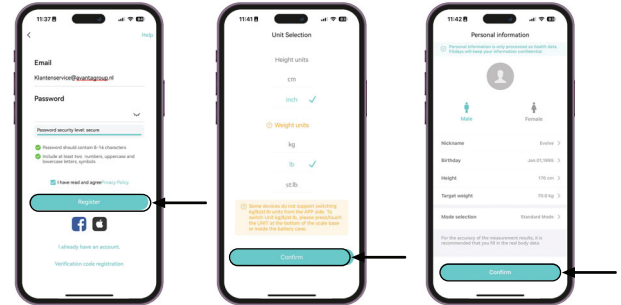
STEP 2 Activate bluetooth-connection

Ensure bluetooth is activated on your mobile device to allow pairing with the scale.



STEP 4 Register & enter your personal data

Follow the registration instructions in the app and add your personal data. Please ensure that you enter these accurately. Failure to comply information regarding gender, height, age and year of birth may result in deviated / incorrect results and measurement data.



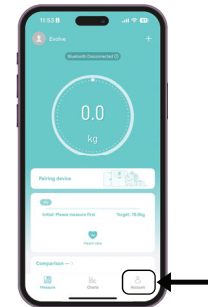
STEP 3 Activate the app

Open the Fitdays-app and register as a new user, or log in as an existing user would you already have an active account. Registration and usage of this app are both free of charge.



STEP 5.1 Pair the scale with your app

After registration, click on the 'account' icon at the bottom of the screen.



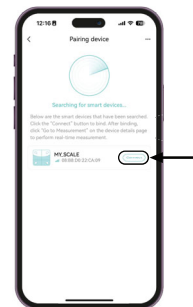
STEP 5.2

Click on the 'device' icon. A new screen will appear with an empty list (or any other products you've already connected if you've used the app before). In the overview, click on '+ Add device' and then select 'Body Fat Scale'.



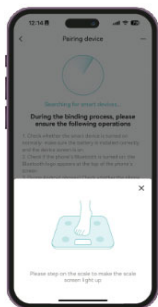
STEP 5.4

The scale named "MY_SCALE" will appear on your smartphone or tablet screen. Tap on it, then click the "connect" button to establish the connection.



STEP 5.3

Follow the instructions on your phone screen, then step onto the scale.



STEP 5.5

The Fitdays app will display a brief user guide. You can review it and then continue.



STEP 5.6

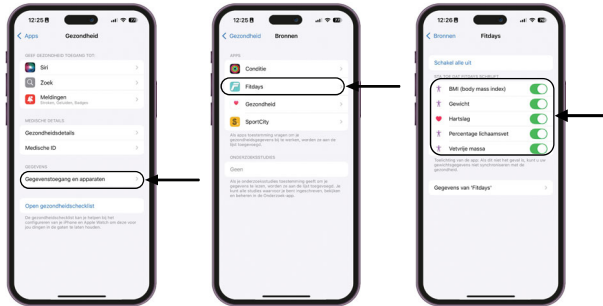
The Fitdays app may request access to other health apps on your mobile device or tablet.

If you grant access:

Your measurement results will be displayed in the Fitdays app, on the LED screen of the scale, and in the other apps you've authorized.

If you do not grant access:

Your measurement results will only be displayed in the Fitdays app and on the LED screen of the scale



STEP 5.7

If you have never used the Fitdays App before the screen will display another quick user guide, similar to the below image.

Click on 'start measuring' to obtain your first smart results!

Reminder:

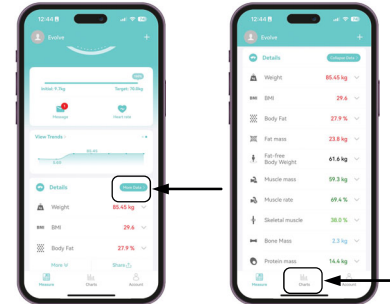
- Place the scale on a flat surface.
- Do not wear socks or shoes.
- First click on start measuring on your smartphone, then step onto the scale.
- The scale will take approximately 10-30 seconds to obtain all data: do not step off the scale as you will have to start all over if you step off too quickly.



STEP 6

Finding your full results

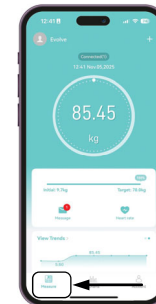
The complete and most recent analysis can be found by tapping the "More Data" button. Tapping the "Charts" icon at the bottom of your screen will display progress, weight gain and weight loss of all measurements which are analysed over time.



TAKING FUTURE MEASUREMENTS

Whether in your personal account menu, or in the main menu, tap the "Measure" icon at the bottom left of your screen, and step on the scale. Please note: always use the scale with bare feet, failure to do so will disallow the scale to measure and analyse all the smart results. Do not step away from the scale until all measurements are calculated and analyzed. The app will send you a notification by sound, the progress-circle will stop moving AND the app will display a message which indicates "Done".

Please note: always wait until "done" appears on your screen in order to fully synchronize the data between the scale and the app. Do not click on any other screens or in-app buttons while the scale is analysing as this will disturb the data transfer.

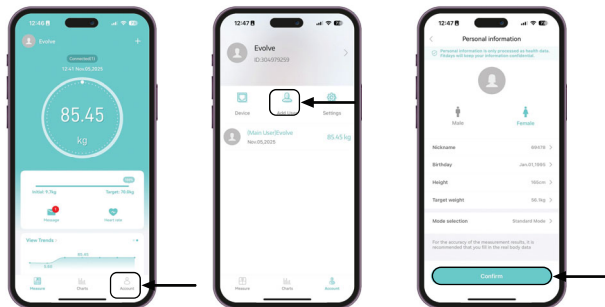


EXTRA FUNCTIONALITIES

Adding multiple users / family members to the app

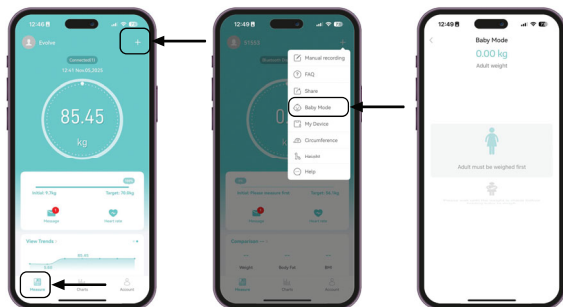
Tap the "Account" icon and choose "Add user". Enter the personal data and tap "Confirm". All users will now appear in the user list, where you can switch between users. Or simply step on the scale and let the app suggest the already registered users it can recognise.

Alternative method: other users may also install the app on their own mobile device for a full setup and use the app separately.



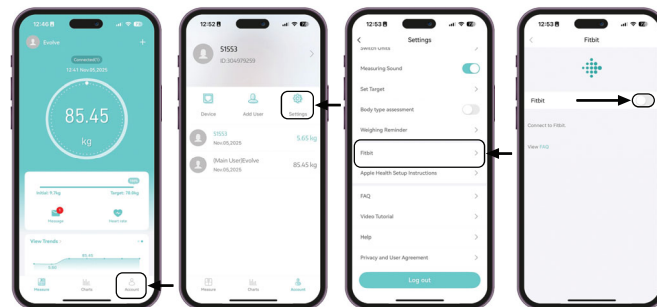
Baby Mode

Tap the "Measure" icon at the bottom of the screen followed by tapping on the "+" icon at the top of the screen. In the dropdown menu which now appears, select "Baby Mode" and follow the provided instructions.



Pair with Fitbit, Google Fit, Samsung Health or Apple Health

Tap the "Account" icon, followed by the "settings" icon. All pairable devices are listed in the settings menu. Choose the preferred device, follow the instructions on the Fitdays app and instructions which appear on your device.



TROUBLESHOOTING GUIDE / F.A.Q.'s

Bluetooth does not seem to be connecting

- Check if the bluetooth functionality on your mobile device is switched on and working
- Check if the bluetooth icon is displayed on the scale's VA display
- Check your mobile device's operating system and update which must be:
 - iOS 8.0 or higher
 - Android 6.0 or higher
- Open the Fitdays app, tap the "account" icon, followed by the "device" icon to double check that the scale is listed in the app
- Install / pair the scale again if needed

Body fat percentage and other smart data is not displayed

- All additional measurements can only be analysed by combined usage of the scale and the Fitdays app
- All additional measurements can only be analysed by using the scale by stepping on it with bare feet
- Ensure both scale and feet are dry, do not wear socks or other footwear
- Ensure scale and app are paired and used together
- Ensure your mobile device's bluetooth is switched on
- Start the analyses by tapping the "Measure" icon on the app, step on the scale and remain standing on the scale until the app displays "done"
- Do not click on any icons in the app while the analysis is taking place and remain in the main menu

The scale is showing inconsistent results

- Ensure the scale is placed on a flat and hard surface and make sure the scale is not tilted, as this could influence results
- Check the support holders at the bottom of the scale, ensure these are intact and not clogged up by dust.
- Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
- Ensure the scale is not placed on carpets or rugs
- Remove and replace the batteries

The app displays incorrect fat-muscle ratios and other smart measurements (BMI / body water % etc.)

- The personal data is entered incorrectly
- Ensure all personal data is accurately entered (gender, age, height/length etc.)

How can I re-calibrate the scale after moving it or change the batteries?

- Touch the sensors with your hand or foot, only to activate the scale (do not yet step on it)
- Wait until the scale automatically drops to 0.0kg

How can I change the displayed weight unit (Kg, Lb, St)

- Check the APP settings

The scale does not turn on

- Ensure the battery is sufficiently charged

Scale only show weight & BMI?

- For first time use for every user, need to use on-line mode, connect with App for successful measurement. Otherwise, scale will only weight & BMI.
- Keep feet apart, bear feet & full contact with four metal parts, face to display direction. Otherwise, scale will only weight & BMI.
- Keep stand still for about 5-10s to finish the whole measurement. Otherwise, scale will only weight & BMI.

BATTERY ADVICE

- Keep and store batteries out of the reach of children.
- Do not combine old and new batteries, or batteries from different brands to avoid.
- Batteries should not be disposed with regular household waste.
- Please check the regulations and solutions offered by your local authority.



Electrical appliances should not be disposed of with regular household waste. Please recycle where facilities exist and contact your local authority for advice and regulations.



PRODUCT DISPOSAL

Parts of our packaging are recyclable. Please dispose of it in an environmentally friendly manner by separating the different materials such as cardboard and plastic. Would you stop using the product while it is still in good working condition, we kindly ask you to consider donation to your local thrift store or charity.



Electrical appliances should not be disposed of with regular household waste. Please contact your local authority for advice on nearby recycling centres for used electronic devices.



Batteries in this product should be removed prior to the disposal of the device and disposed of separately in accordance with the regulations of your local authority. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but should be taken to suitable collection points.

FCC Statement

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 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.