



Smart Body Analyzer **Model: FT-30L**

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Smart Body Analyzer User Manual

Thank you for choosing FITINDEX! This scale is your personal health assistant. It uses bio-electrical impedance analysis (BIA) technology to offer you the data you need to keep track of your personal health; BMI (Body Mass Index), Body Fat %, Body Water Muscle Mass, Bone Mass, Protein, and much more! We sincerely hope that you enjoy using your new FITINDEX scale.

Caution

Safety precautions:

When using digital scale, certain basic safety precautions must be followed, including the following:

1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant/pacemaker or other internal device holder, you should not over rely on the data provided by this product. Please note that all the data are for reference and is not a substitute for advice from a licensed health-care professional.
3. Please check the batteries if the scale malfunction. Change to new batteries if needed.
4. Check the device before each use. Do not use the device or an electrode if it is damaged in any way. The continuous use of a damaged unit may cause injury, improper results, or serious danger.

Note:

1. Scale is a high precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid breakage.
2. Place the scale on a hard, flat surface during use. Using the scale on a soft surface - like carpet or linoleum - may affect the accuracy of the scale readings.
3. To ensure weighing accuracy, please gently step on the scale to wake up it and wait at least 10 seconds before weighing on the scale. It also applies if the scale has been moved. We suggest you to taking your measurements at the same time every day to ensure the accuracy.
4. When it is not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.
5. Before using the scale, make sure you have input all your personal data.
6. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.
7. Make sure your feet and scale are dry before weighing yourself.
8. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or a glass cleaner. Do not use soap or other chemicals.

FCC Warranty:

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.

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

FCC ID: 2AP8BFT-30L

Specifications

Size:10.2*10.2*0.98 inch
Weight: 2.43 lb/1.1kg
Batteries: 3*1.5 V AAA
Capacity: 6.6-396 lb/ 3-180 kg
Division: 0.2 lb/0.05 kg
Unit: lb/kg (Switch the unit via FITINDEX App)

Accuracy Range

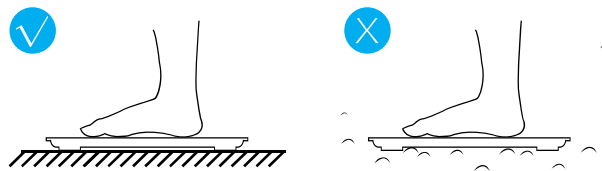
50kg:±0.3kg	100kg:±0.4kg	150kg:±0.5kg
110lbs:±0.66lb	220lbs:±0.88lb	330lbs:±1.1lbs

Trouble shooting

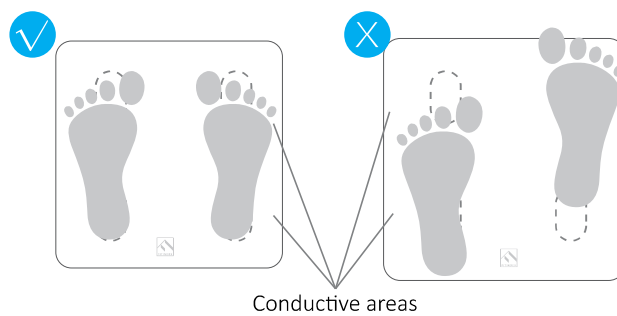
 Functioning normally	No display Change battery	 No wireless connection
 Change battery	 Overload	 Calibrating

05

For body weight: Place the scale on an even surface and wait at least 10 seconds before stepping on the scale. The reading should display 0.0 lb before stepping on.



For body fat and other body composition analysis: Stand straight on scale, and uniformly touched the electrodes with bare and dry feet as below figure.



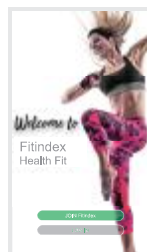
Operating instructions

The FITINDEX Bluetooth Scale can connect with your mobile phone or iPad via Bluetooth 4.0. The Body Composition Analysis will be showed at the APP named 'FITINDEX', which is easy to download from App Store or Google Play.

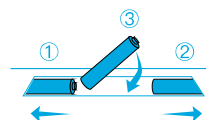
Download App and install the batteries



Download "FITINDEX" via App Store or Google Play.



Register your own ID, then add personal data and confirm OK.



Install original battery set, please note the batteries offered are trial version, please replace them within 2 months, in order to avoid leakage and damage the scale.

Pairing the FITINDEX scale with your smartphone

Turn on Bluetooth on your smartphone. Location also needs to be turned on to have access to Bluetooth for Android version 6.0 or higher.



Press [+] on the measuring page to find device.



Step onto the scale with dry and bare feet. Then add the device 'ES-26M'



Keep standing on the scale for 5-10 seconds. The weighing is finished after '000' has been displayed twice on the display.

View reports, delete data, set reference data, share progress

Click 'Chart' to view your progress history. Enter it into the calendar to form a list and select the data you need to delete.



At the bottom you will find a bar when you can click different types of data to display. You can share your progress with friends via Facebook, Instagram, or SMS by clicking the share button “” on the Measuring page.



Add/Delete Users & Basic Settings

Under “My Account ” you can add user(s) by clicking  . When you need to delete an account, swipe the account to the left and click “Delete”.

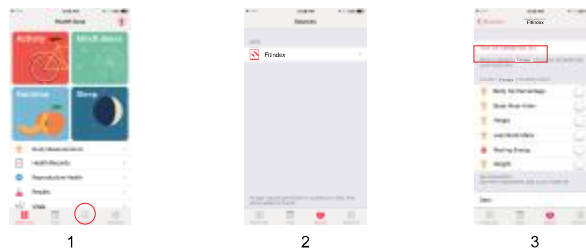
Themes, Set goals, Weight units, Weighing done sounds, Languages, Passwords can all be set under the Setting “” page. Please note that you can change the weighing unit under “My Account > Settings > Weight Unit ”.



Sync to fitness app

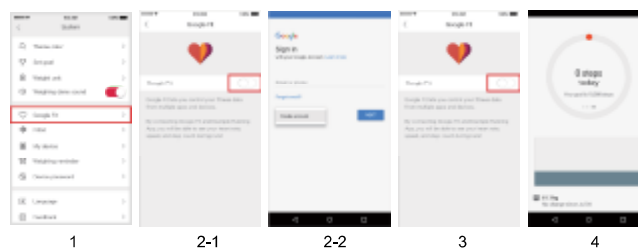
🍏 Apple Health

- 1) Open the 'Health' app on your iPhone, click 'Data Sources' button.
- 2) Select 'FITINDEX' from the sources list.
- 3) Turn on all categories to allow the FITINDEX app to work.



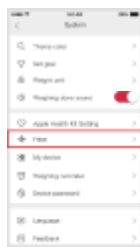
❤️ Google Fit

- 1) Enter Setting “⚙️” page, click “Google Fit”
- 2) Turn on “Google Fit” button, login to your Google account.
- 3) It will now automatically redirect you to the 'Google Fit' page.
- 4) After the connection has been established, the data 'Weight' will sync to Google Fit.



Fitbit App

- 1) Enter Setting “ ” page, click “Fitbit”
- 2) Turn on Fitbit button, login your Fitbit account.
- 3) Click “Allow” to access Fitbit App.
- 4) After connection, the data (Weight, Body Fat%,BMI) will sync to Fitbit app. You can view both on app and web.



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2-1



2-2



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4-1



4-2

Frequently Asked Questions&Answers

1. *Why doesn't the scale work? Why does the data on screen disappear in a flash?*

- Please check the batteries are installed or batteries are in low that need to be replaced.

2. *The scale can not connect with App.*

- Check phone's model number must be higher than IOS 7.0+ or Android 4.3
- Download and open the newest version FITINDEX App when weighing
- Turn on Bluetooth on your phone, location need to turn on too (Only required on Android 6.0+)

3. *No body fat measured when weighing.*

- Step on with dry and bare feet
- Ensure Bluetooth function is working
- Input personal information when creating an account

Need More Help?

See the User's Guide in the FITINDEX Setting “” page. Alternatively, contact us directly via e-mail at: support@fitindex-smart.com, the app feedback page, or phone: 1(714)602-6510.

What's Included

Your FITINDEX Bluetooth Scale box includes:

1. FITINDEX smart Bluetooth Scale
2. Batteries: 3*1.5V AAA
3. User Manual

Guarantee

1. The scale has been checked for accuracy prior to leaving the manufacturing line, and comes with a 1-year guarantee against any defects in either workmanship or materials.
2. If you wish to claim under this guarantee, please email to FITINDEX ([Email:support@fitindex-smart.com](mailto:support@fitindex-smart.com)).