

名称	700NA-0015 700EU-0015 体脂称 CF398BLU 白色 1byone Health 说明书 EN		
颜色	C M Y K 封面四色、内页单黑		
尺寸	105X145mm		
工艺	封面光胶		
材质	封面铜版纸 128g、内页书写纸		
折叠方式	见折叠图		
日期	20180626	设计	Jessica
折叠图	骑马钉		



# SMART SCALE



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Instruction Manual

## Introduction

Thank you for purchasing the 1byone Body Analysis Scale. You will now be able to measure and track vital body composition parameters from the comfort of your home.

In addition to body weight, the 1byone Body Analysis Scale measures:

- BMI (Body Mass Index)
- Muscle Mass
- Body Water
- BMR (basal metabolism rate)
- Body Fat
- Visceral Fat
- Bone Mass

This manual will guide you through the set up procedures and highlight the scale's key features. Please keep it handy for future reference.

## Working Theory

This device is based on BIA (Bioelectrical Impedance Analysis) technology. BIA allows for much more accurate measuring of body fat percentage. It is able to do this because we know muscle and water are good conductors of electric current but fat is not and 1byone Scale can calculate the body's composition by measuring the current running through the body.

 **Body fat percentage data may differ from typical values for the following groups of people:**

- Young people under the age of 18
- People over the age of 65
- Professional athletes

## Important Notes For Users

1. This scale is not recommended for any person using a pacemaker or other internal device. 
2. It is also not recommended for women who are pregnant.
3. Some physical conditions could affect hydration levels that may lead to inaccurate results. Please consult your healthcare provider for more information.
4. Any measurement obtained using this scale is for reference only and should not be considered as a medical opinion.

5. Consult your primary care doctor or physician before making changes to your diet, exercise plans or physical activities.
6. **DO NOT** stand on the edge of the scale or jump on it.
7. **DO NOT** overload the scale (maximum 396lb/180kg).
8. Always place the scale on a hard, dry and flat surface before measurement.
9. Make sure your feet are dry before stepping on the scale.

## Preparation For Use

### Installing the Batteries

Open the battery compartment on the rear of the scale and remove the compartment cover. Insert 3 AAA batteries, paying attention to the correct polarity.

-  If "Lo" appears on the scale's LED display, replace all the batteries.
-  Rechargeable batteries are not suitable for this scale.
-  To avoid damage as a result of battery leakage, remove the batteries if the scale is not going to be used for a long period of time.

### Switching Measurement Units

1. Three available units: kg/lb/st:lb.
2. The scale will default to the measurement unit as set in the accompanying 1byone Health App. Units can be changed in the user profile page of the app.

**Note:** The scale will only display "lb" if "st:lb" is set in the app.

### Re-calibrating the Scale

Re-calibrate the scale before weighing if the scale has been physically moved or the batteries have been changed.

**Directions:** Step on the scale, wait for the display to turn on, then step off. Wait until the scale automatically drops to 0.0kg/0.0lb and step back on the scale and begin weighing.

## Downloading and Installing the 1byone Health App

1. Make sure your mobile device is connected to the Internet.
2. Search and download "1byone Health" in the Apple App Store or Google Play Store or simply scan the QR code below.
3. The application's icon will appear on the home screen of your device after installation is completed.
4. Tap the 1byone Health icon to launch the application.



1byone Health



1byone Health App Icon

### Compatible Mobile Devices

Apple devices: iOS 8.0 or higher

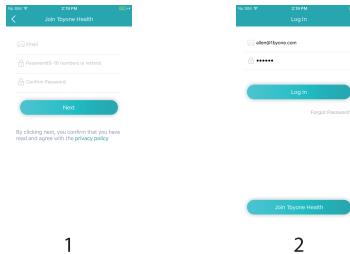
Android devices: Android 4.4 or higher with Bluetooth 4.0 or higher.

Note: For Android 6.0 and above phones, please turn on GPS/location permission before turning on Bluetooth.

# Using the 1byone Health App

## 1. Join 1byone Health or log in.

Tap “Join 1byone Health” to start registration. Input your email and make a password to register an account. Tap “Next” to log in (Image 1).

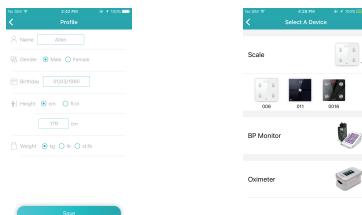


## 2. Input User Information

Input your user information (user name, gender, birthday, height, weight) and tap “Save” to continue (Image 3).

## 3. Select a Device

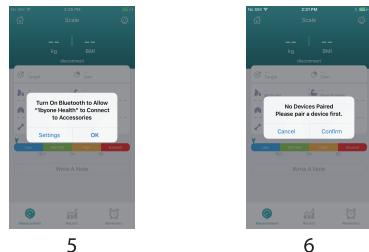
Tap on your smart scale type to continue (Image 4).



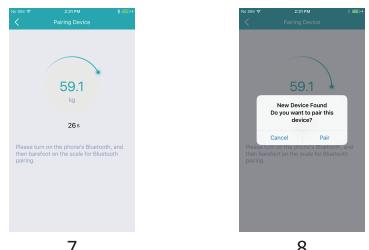
## 4. Pairing the Device and Smart Scale

4.1 After entering the homepage of the smart scale, the app will either detect a Bluetooth connection with the scale or notify you to turn on Bluetooth. Tap “OK” to turn on Bluetooth (Image 5).

4.2 If the device and smart scale are not paired, the app will notify you to pair a device. Tap “Confirm” to start the pairing process (Image 6).



4.3 Stand still with your bare feet on the metal pads of the scale. Your device will automatically detect the scale. Tap “Pair” to complete the pairing process (Image 8).



## 5.1 Weighing

Step completely off the scale and then step back on the scale. After stepping back on, the scale's display will flash "----" three times and then show a weight measurement (Image 9). Tap "Save" and the app will save the retrieved measurement result (Image 10).



9

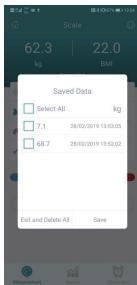


10

## 5.2 Syncing Offline Measurements

Once set up through the app, your scale will be able to store any weight and body measurements taken offline when your phone isn't nearby and automatically sync this stored data (up to 100 records) the next time the scale and phone are connected.

**Please Note:** If two people using the scale have a weight difference of less than 2kg/4.4lbs, their data will be saved as a single user. Also, if any of the stored offline data is  $\pm 2\text{kg}/4.4\text{lbs}$  different than the previously-recorded weights of users in the app, the app will notify you of this abnormal data when syncing and ask if you wish to save or delete it.



## 6. Baby Mode

Press the  button on top right to weigh babies who are too young to stand on the scale.

**Note:** Baby mode doesn't support body analysis.

## Navigating the App's Main Menu

Tap the  button to access the main menu.

### 1. Profile

Reset user information and set measurement unit.

### 2. Settings

- A. Sync saved data with Fitbit, Google Fit or Apple Health.
- B. Upload saved data to cloud storage and download data in the cloud to 1byone Health app.
- C. Viewing paired devices and pair a new device.
- D. Switch languages between English, German, French, Spanish, Japanese and Italian.



### 3. Tips

Find solutions for potential smart scale issues.

### 4. Support

Write and send feedback about any issues or suggestions you have.



 Support

### 5. Store

Visit our store page to view additional products.

### 6. Gift

Join our Super User program to receive gifts and rewards.

**Note:** The app interface design in the manual's images may change as the result of app updates. The interface may also slightly vary depending on the smartphone brand and model.

## How to Sync with Fitbit

1. Tap your ID and tap Settings.



2. Turn on "Sync with Fitbit" and choose "Yes".

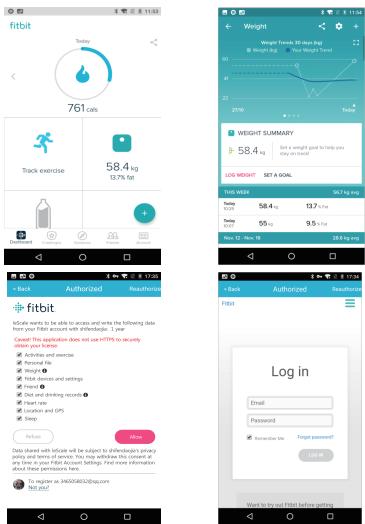


3. The authorized login interface will appear. Log in with your Fitbit account. If you have no account, please register an account.

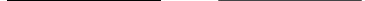
4. After login authorization is successful, data importing will be enabled.



5. Go back to the main 1byone Health app interface and take a measurement. You should now find that the scale data is being synced with the Fitbit app.



6. To log in with a different Fitbit account, tap "Re-authorize." The authorized Fitbit log in interface will appear. Tap "Not You?" And follow the instructions on-screen.



## Maintenance and Cleaning

1. Do not keep the scale loaded with weight for an extended period of time. This may cause damage to the scale and it will no longer be accurate.
2. Do not put anything on the scale when not in use. Otherwise, it will consume power and reduce the lifetime of the scale and batteries.
3. Keep the scale clean and dry. Keep the scale away from water.
4. Do not drop the scale. Avoid risking damaging the scale or breaking its glass.
5. This scale is a body analyzer scale for body composition analyzing only. Do not use for commercial purposes.
6. Clean the scale with a damp cloth and wipe down using a dry cloth.
7. DO NOT use detergents or cleaning agents to clean the scale. Doing so may permanently damage the plating on the electrodes used to measure body fat.

## Accuracy Range

50KG±300g	100KG±400g	150KG±500g
110lbs±0.66lbs	220lbs±0.88lbs	330lbs±1.1lbs

## Indication Symbols

Lo	Low battery indicator
Err	Overload indicator

## Specifications

1. Units: kg/lb/st:lb
2. Capacity: 6.6-396lb/3-180kg
3. Age range: 10~99 years old
4. Height range: 3'3"-7'3"/100-220cm
5. Working temperature: 50-104°F (10-40°C)
6. Working humidity: 20%~90%
7. Storage temperature: 14-122°F (-10-50°C)
8. Power: DC 4.5V (3 x AAA Batteries)

## DISPOSAL

### Disposal of the appliance



Under no circumstances should you dispose of the appliance in normal domestic waste. This product is subject to the provisions of European Directive 2012/19/EU.

Dispose of the appliance via an approved disposal company or your municipal waste facility. Please observe currently applicable regulations. Please contact your waste disposal center if you need any further information.

### Disposal of batteries



Used batteries may not be disposed of in household waste.

All consumers are statutorily required to dispose of batteries at a collection point provided by their local municipality or retail store. The purpose of this obligation is to ensure batteries are disposed of in a non-polluting manner. Only dispose of batteries when they are fully discharged.



The appliance's packaging is made from environmentally friendly material and can be disposed of at your local recycling plant.

# **Customer Service/Kundenservice**

# **Service Clients/Atención al cliente**

# **Assistenza Clienti/ カスタマーサービス**

## **US**

To ensure speedy handling of your issue, please call or email us for assistance.

Phone: +1 909-391-3888  
(Mon-Fri 9:00am - 6:00pm PST)  
Email: ushelp@1byone.com

## **UK**

To ensure speedy handling of your issue, please call or email us for assistance.

Phone: +44 158 241 2681  
(Mon-Fri 9:00am - 6:00pm UTC)  
Email: ukwebhelp@1byone.com

## **FR**

Pour vous assurez une assistance rapide en cas de problème, veuillez envoyer un e-mail.

Email: euhelp@1byone.com

## **IT**

Per supporto immediato in caso di bisogno, la invitiamo a contattarci via email.

Email: euhelp@1byone.com

## **CA**

To ensure speedy handling of your issue, please email us for assistance.  
Email: cahelp@1byone.com

## **DE**

Für eine zügige Bearbeitung ihres Problems, melden Sie sich bei uns wie folgt.

Email: euhelp@1byone.com

## **ES**

Para garantizar una rápida atención de su problema, favor envíenos un email para ayudarle.

Email: euhelp@1byone.com

## **JP**

お客様の問題が直ちに解決されるため、ぜひメールにて弊社までご連絡ください。

Eメール : jphelp@1byone.com