

# BLUETOOTH BODY SCALE USER MANUAL



MAKE YOUR LIFE HEALTHIER

Model:FSBT40-ES  
FCC ID:A4XFSBT40-ES

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# BLUETOOTH BODY SCALE

## DEAR CUSTOMER

Thank you for purchasing this product. For optimum performance and safety, please read these instructions carefully before connecting, operating or using this product. Please keep this manual for future reference.

## 1. INTRODUCTION

This Bluetooth Body Scale is a smart digital scale that measures your weight and vital body composition parameters (fat mass, visceral fat rating etc.), and BMI. With built-in integrated Bluetooth 4.0, it can connect and transmit your body information to your smart phone or tablet, where you can use a corresponding free app to track the data over time with charts and graphs, and even share your information with others.

## 2. FEATURES

- Uses bioelectrical impedance technology to estimate your body composition;
- Built-in Bluetooth 4.0 technology allows connection to smart phone or tablet within 10 m;
- Tempered glass of 6mm thickness allows up to 180kg;
- Backlit LCD display with large numbers;
- Powered on by 3 x 1.5V AAA batteries;
- Smart step-on technology and automatic shutdown;
- Free corresponding App:
  - Compatible with iOS 7.0 or later/ Android 4.3 or later operating system;
  - Visualizes your weight trends and body composition parameters, and motivates you to build a healthy lifestyle;
  - Supports multi-users with automatic recognition, smart enough for the whole family;

### 3. SPECIFICATIONS

Power	3 x 1.5V AAA batteries
Color	Black, White, Green
Size(L-W-H)	300*300*23.5mm
Weight(Net)	1.5 kg
Measurement range	3kg-180kg
Operating Temperature	10°C to +35°C
Operating Humidity	20% to 85 % RH (no condensation)
Storage Temperature	-20°C to +60°C
Storage Humidity	10% to 95 % RH (no condensation)
Limited Warranty	1 Year
User Manual	English Version

### 4. PACKAGE CONTENTS

Before attempting to use this unit, please check the packaging and make sure the following items are contained in the shipping carton:

Bluetooth Body Scale ×1

User Manual×1

### 5. PRODUCT SHOW



1	LCD Display	Backlit for easy readability.
2	Electrodes	Connect with your body to measure the body composition.

3	Tempered Glasses	Of 6mm thickness allow up to 180kg.
4	Battery cover	Requires 3 x 1.5V AAA batteries to power on the Scale.

## 6. OPERATION OF THE SCALE

1. Open the battery cover on the back of the Scale and insert 3 x 1.5V AAA batteries.
2. Step on the Scale to turn it on (minimum 8~10 kg is required to turn on the Scale). Once you stand still on the Scale, the Scale will display your weight.

**Note:** Stand on the Scale with bare feet to connect with the electrodes and light clothes to ensure accurate results.

## 7. OPERATION OF THE APP

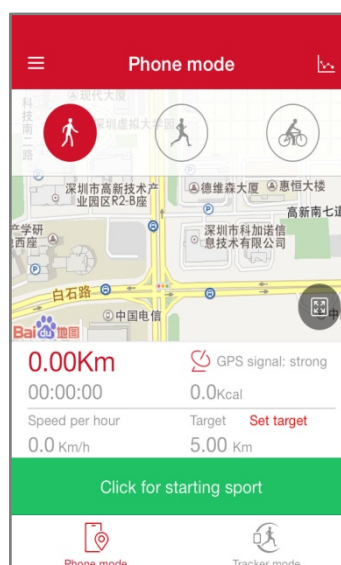
Download and install the App by scanning the QR code.



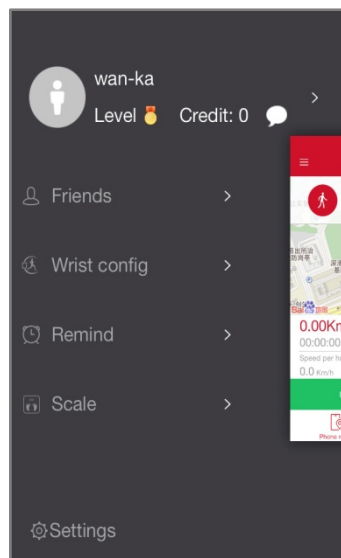
Or search “玩咖运动” in App Store or Android Market to download.

### 7.1 Register

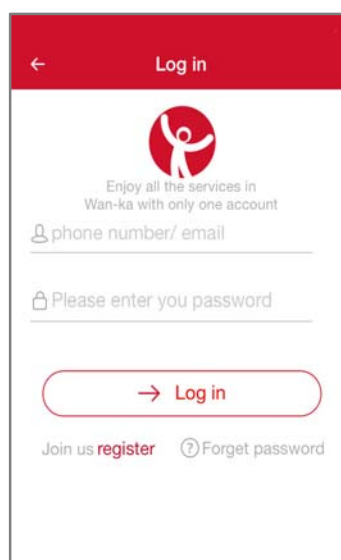
Launch the App > Tap the icon on the top-left



> Tap the image to login or register



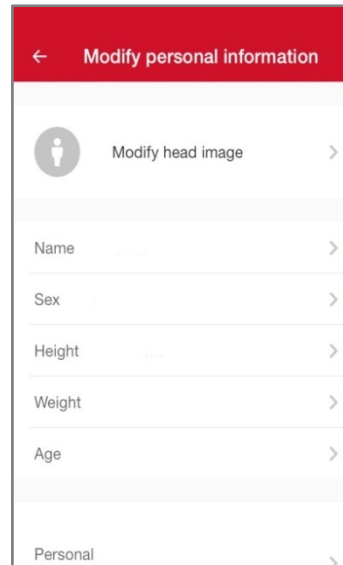
> Tap **register**, and follow the instructions to apply for a free account. (**Note:** 1. This account will be applicable to all Wan-ka smart devices; 2. Also, personal account registered in [www.wan-ka.com](http://www.wan-ka.com) can login on App for phone.)



## 7.2 Modify personal information

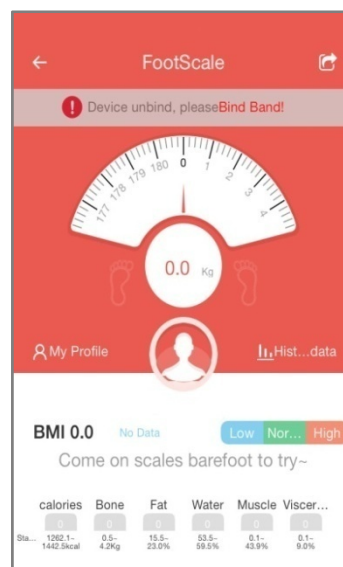
Launch the App > Tap the icon on the top-left > Tap **Scale** > Tap **My Profile**, and then you can edit your personal information.

**Note:** It is important that every Scale user should complete this personal information because data points such as age and height are necessary to measure body composition.

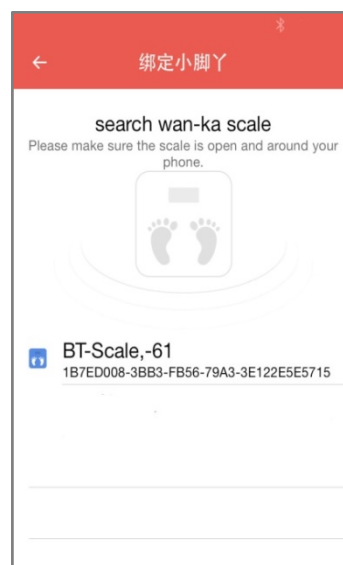


### 7.3 Connection with the Scale

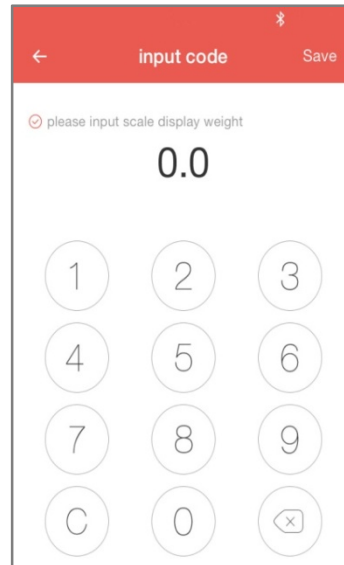
- > Turn Bluetooth "On" on your smart phone;
- > Launch the App > Tap the icon on the top-left > Tap Scale;
- > Turn on the Scale by stepping on it until your weight is displayed;
- > Swipe down the App screen or tap **Bind Band** on the App screen to pair with the Scale;



- > Your smart phone will start searching for the Scale, and then select the model name.



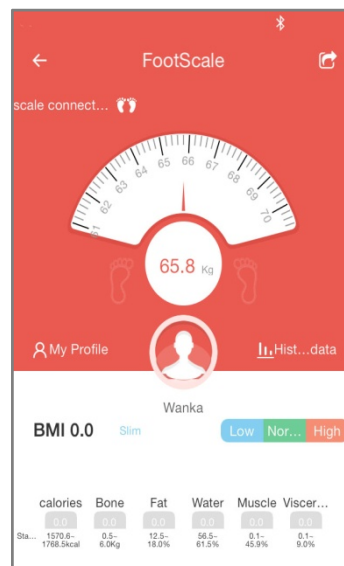
> Then input your weight displayed on the Scale to connect;



5. Wait for a few seconds till the connection completes.

 suggests successful connection.

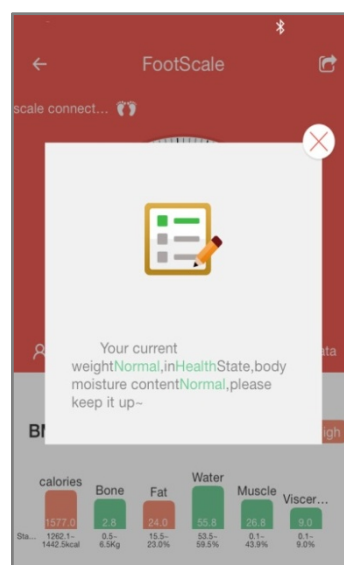
6. Now the Bluetooth Body Scale is ready for use.




## 7.4 Functions

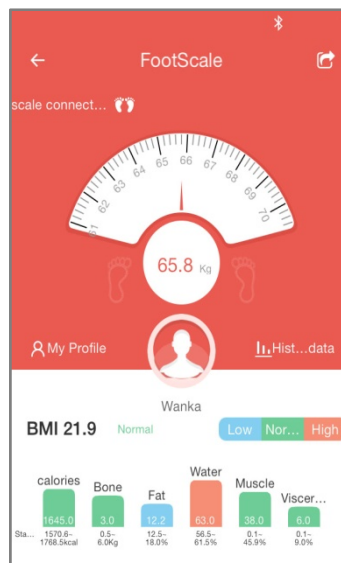
### Measurement:

Step on the Scale with bare feet, and then a pop-up window will appear on your device, giving a brief introduction on your health after comparing with the data base. This introduction is based on the data measured by the Scale through the electrodes.





Tap  to close the window, then you can check your weight, BMI, and body composition parameters as well as standards of these parameters on the App screen.

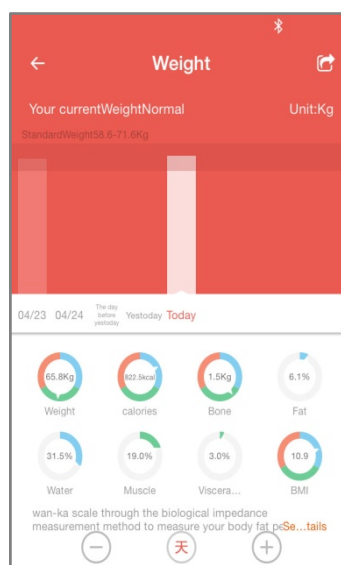


You can select a weight unit in **Settings**.

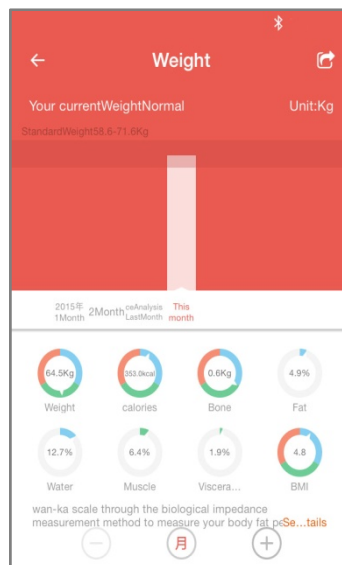


### History Data:

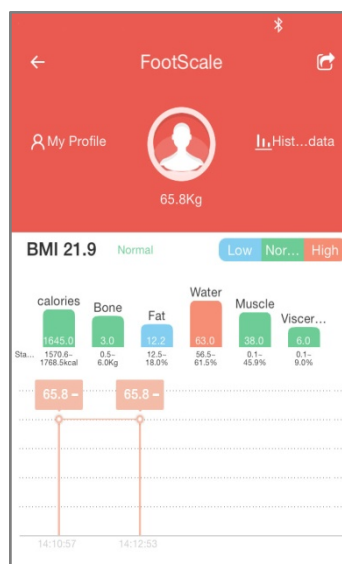
① Check detailed history data:  
Tap **History Data** on the screen. Then you can check your data by day.



You can also check your data by month.

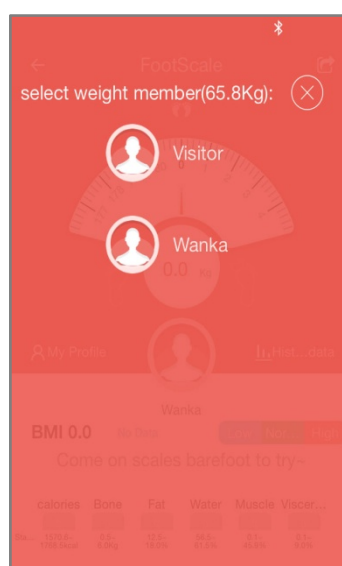


②Check general history data  
Swipe up the screen, then you can check the data at the bottom of the screen (swipe left or right to see more data)

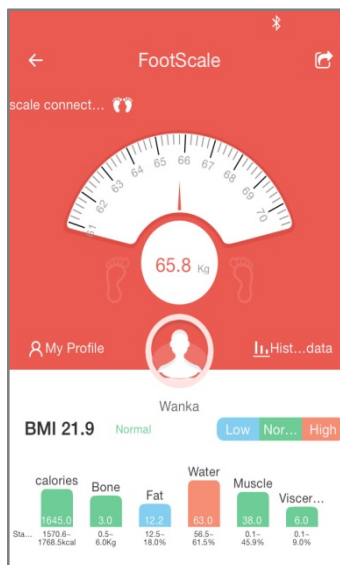



**Add accounts:**

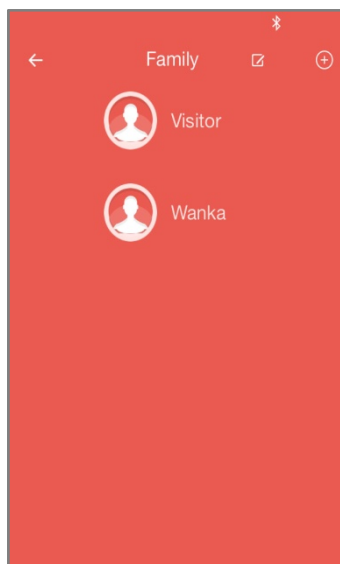
Every account belongs to one user. The Scale determines the user by matching the new weight with weight previously recorded. Therefore, you can add several accounts to create a family group on your App.



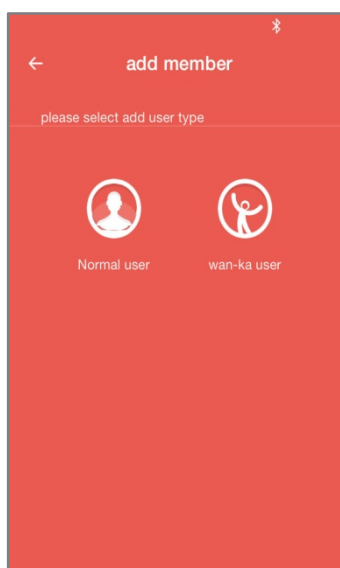
Tap the head icon on the center to enter the next page to add accounts;




Tap  to add new accounts (up to 8) into your family group;

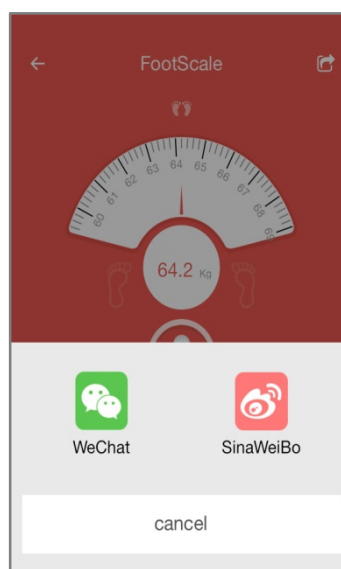


You can choose either **Normal user** (without wan-ka account) or **wan-ka user** (with a wan-ka account)

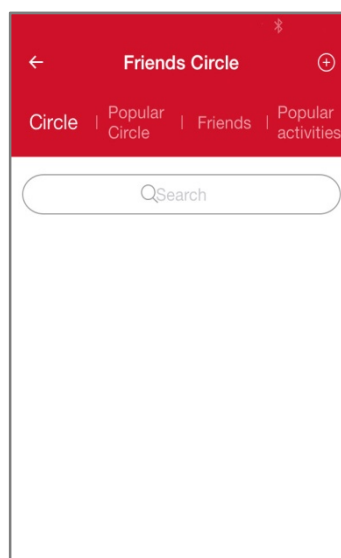


### Share with your friends:

Tap  to share your information to Social Network App such as WeChat or Sina Weibo.

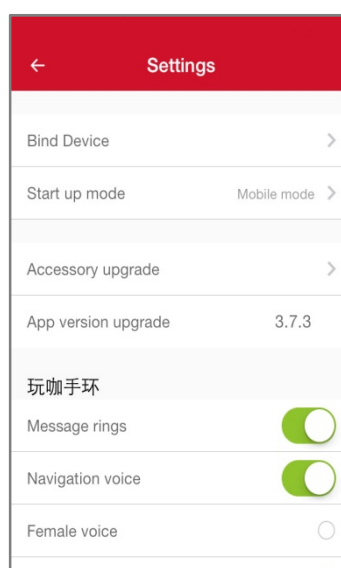


You can also create your own friend circle to share and communicate with your friends.

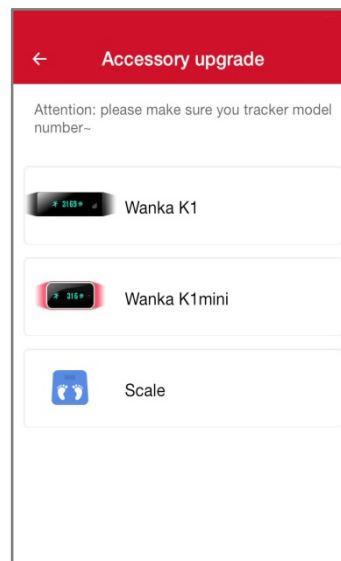


### 7.5 Upgrade

Launch App > Go to **Settings** > Tap **Accessory upgrade**, there you will find all Wan-ka smart wearable devices.



> Tap **Scale** to upgrade for the latest version.



## 8. OPERATION NOTES AND SAFETY

### 8.1 Operation Notes

1. Please stand on the Scale with bare feet as direct contact is needed between the body and the Scale for bioelectrical impedance analysis.
2. Please wear light clothes and keep still until the display shows your weight so as to ensure accurate results.
3. The electrodes pass a very weak electrical current through the body which has not been determined whether it has any influence on the pregnant; therefore, pregnant women are suggested to step on the Scale with their shoes on to avoid potential risk as well as to avoid slip.
4. Children under 10 can use the Scale only for weight measurement as there is no data base for their body composition.
5. Put the Scale on an even floor when using so as to ensure reliable results.
6. Meanings of the Body Composition Parameters:
  - BMI** (Body Mass Index): to assess how much an individual's body weight departs from what is normal or desirable for a person of his or her height;
  - Body Fat**: the total mass of fat contained in a body;
  - Body Water**: the water content of a body which is contained in the tissues, the blood, the bones and elsewhere;
  - Muscle Mass**: the total mass of muscle;

**Visceral Fat:** the total fat contained in viscous (lung, kidney, etc.);

**Bone Mass:** the total mass of bones contained in a body;

**Daily Calorie Intake:** total calorie taken each day.

## 8.2 Safety

Please read all of the safety before using:

1. Make sure that the surface of the Scale is clean and dry before stepping on it so as to avoid slip.
2. Do not stand on the edge of the Scale to avoid potential risk of falling or inaccurate results.
3. Do not use the Scale while wearing pacemakers.
4. Do not immerse the Scale in water.
5. Do not open the Scale or attempt to repair or service it if not authorized.

- To find more, please go to <http://www.wan-ka.com>

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.

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.

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