

Bluetooth Body Fat Scale Instruction Manual

Thanks for choosing our product, please read the instruction manual carefully and keep it for future reference.

I .Product function

- 1.Max Capacity: 150kg/330lb or 180kg/396 lb
- 2.Auto on and auto off
- Remark:The scale would be switched on when a weight of 5 kg or more is placed on it.After switching on, The minimum weight of measurement is 3kg.
- Accuracy:100g
- 3.Measurement:body weight,body fat ,body water,muscle,bone mass,BMI , calorie
4. High precision strain gauge sensor system and High Performance CPU, make sure of good accuracy.
- 5.Safety tempered glass platform
- 6.Three weight unit options:kg/lb/st:lb by the button on the back of scale
- 7.Low battery and overload indicate

II. Battery

Load AAA battery before you use this scale, placed on even and rigid floor

III.Operation

A.How to measure Body weight

If you don't connect Bluetooth ,then stand on the scale,the scale will only measure you body weight.Please follow below step :

- 1.Please use scale on the hard & flat surface,don't use on the carpet or soft surface.



- 2.Carefully step on the platform of the scale. Stand as stationary as possible until the weight reading is shown on the display,at the moment body weight of measurement is finished.(as shown in the figure)
- 3.The scale will be automatically off if no further operation

B. How to connect with Bluetooth for the body fat %,water %, muscle%,bone mass (kg),BMI and calorie data

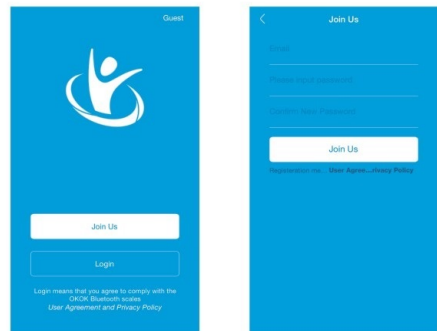
- 1.Download App,App name: **OKOK**

Please kindly scan below QR code and download <OKOK> to your phone.



Remark: Our APP is available for iOS and android device with IOS or Android version 4.3 and Bluetooth 4.0 (Or high version)

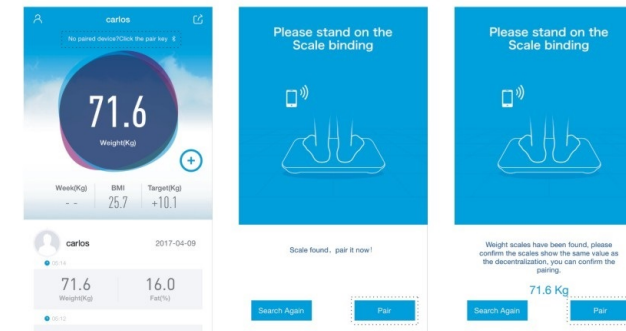
2. Download APP “OKOK” on Apple store or Google play online store
 - 2.1 Registered user
 - 2.2 Start <OKOK> and register a account
 - 2.3 Edit User and complete user Profile



3. Pair the device
First turn on your the Bluetooth function of your device:<Setting>--<Bluetooth>



Start the APP<OKOK> and follow the prompts click on you phone to pair Bluetooth body fat scale



IV.Measure

1. put the scale on the hard &flat surface and open the scale make the display show “0.0”.
2. Step on platform of the scale with bare feet and stand as possible untie the weight reading is show and locked on the display,and wait a second unit your measure data show on the app.



V.Error icon of the scale

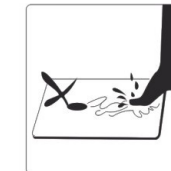
1. Overload or Measure in error operations:the display will indicates“Err”,when scale is over max capacity .Please remove the weight to avoid any damage.
2. Low battery:the display will indicates “Lo” , Please open the battery cover and replace the new battery with correct polarity and negative.



VI.Attention

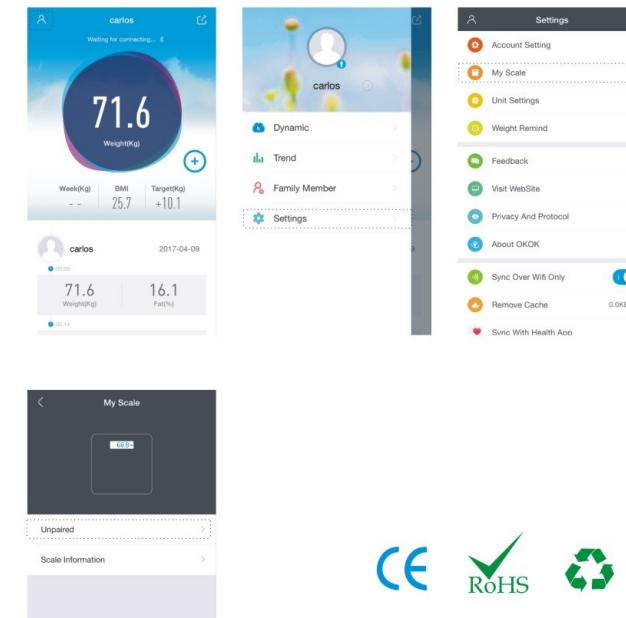
- 1.Please take off shoes and socks and keep your bare feet in touch with the electrodes when taking body fat %,water %,muscle%,bone substance(kg),BMI and Calorie measurement.
- 2.Please check the batteries if the scale malfunctions. Change new batteries if necessary.
- 3.Please use soft tissue with alcohol or glass cleaner to clean the surface if it is dirty. No soap or other chemicals. Keep it away from water, heat and extreme coldness.
- 4.The scale is high precision measuring device. Never jump or stomp on the scale or disassemble it and please handle it carefully to avoid breaking when moving it.
- 5.The scale is for family use only and not suitable for professional use. body fat %, water%,muscle %,bone substance(kg),BMI and Calorie measured are for reference only. Youshould consult a doctor when you undertake any diet or exercise program. Caution: Slippery when wet ! The glass platform maybe pretty slippery when wet,

thus please make sure both the glass and your feet are dry before use. Never step on the scale platform with wet foot.



VII.unpair device

1. If user want to pair another device, please Click<Settings><My Scale><Unpaired>to unpair this device.



FCC Caution.

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§ 15.19 Labelling requirements.

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.

§ 15.21 Information to user.

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

§ 15.105 Information to the user.

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.