



Body Analysis Smart Scale

Instruction Manual



Read this Instruction Manual carefully
before operating the appliance and keep it for future reference.

Thank you for purchasing our smart scale. This manual will provide instructions for effective and safe use of the product. Please read it carefully before use and store the manual in a safe place for future reference. If you ever pass the product on to others, this manual should be included.

1. Technical data

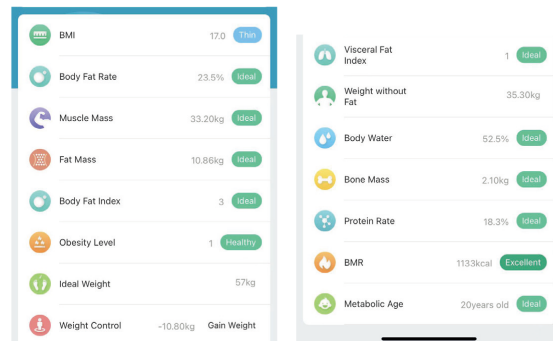
Product size: 260 x 260 mm
 LCD display: 74 x 28 mm
 Weight unit: kg / lb / st
 Measurement range: 5-180 kg / 11-400 lb
 Power supply: 2x AAA batteries (not included)
 Operating temperature: 10-35 °C
 Operating humidity: 20-90 % RH

Supports:

- iOS 8.0 or higher
- Android 6.0 or higher

Recorded parameters:

- Weight
- BMI
- Body fat rate
- Muscle mass
- Fat mass
- Body fat index
- Obesity level
- Ideal weight
- Weight control
- Visceral fat index
- Weight without fat
- Body water
- Bone mass
- BMR
- Metabolic age



2. Safety instructions

- The product is safe to use by children from the age of 10 and by persons with reduced physical or mental capabilities, or with lack of experience or knowledge, but only under supervision of an adult and with taking into account any hazards.
- Maintenance should be done by or under the supervision of an adult.
- Before use, inspect the device and its parts. Do not use in case of damage.
- Do not use to diagnose or treat any medical conditions.
- Do not use with medical implants such as pacemakers.
- Make sure the scale and your feet are dry before stepping on the scale, to avoid slipping.
- Do not stand on the edge of the scale or jump on it.
- Do not overload the scale (max 180 kg/400 lb).
- Place the product on a hard, flat surface.
- Do not drop the scale or drop objects on it, as this may damage the sensors.
- Do not immerse in water.
- Not recommended for pregnant women.
- Not recommended for infants, toddlers, and children under 10 years of age.
- Do not attempt to repair, disassemble or alter the product yourself.

Note

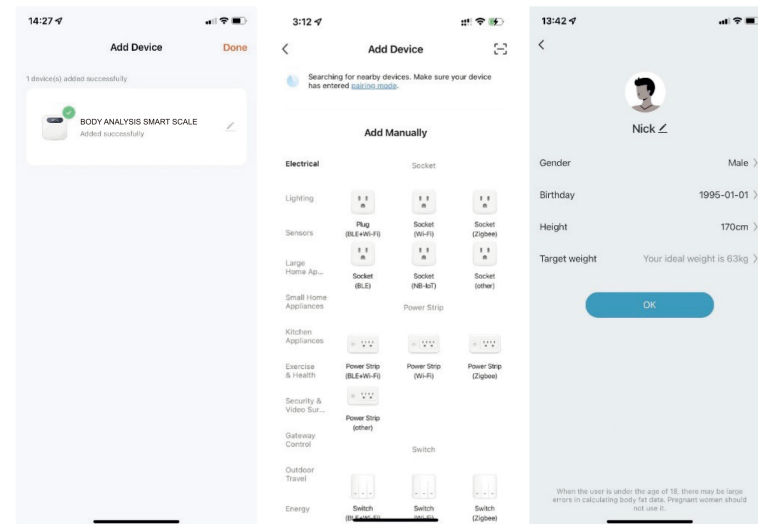
- Any measurement obtained using this device, is for reference only and should not be considered as a medical opinion.
- Consult your GP or specialist before making changes to your diet, exercise plan or physical activities.
- To ensure the most accurate results, take your measurements at the same time of the day and under similar circumstances.

3. Preparations

1. Download the Tuya Smart Life app from the App Store or Google Play or scan the QR code:
2. Log in with an existing account or create a new one.
3. Follow the on-screen instructions to complete the installation.
4. Insert 2x AAA batteries at the back of the scale.
5. Place the scale on a hard, flat surface.
6. Turn on Bluetooth on your smartphone to enter pairing mode.
7. Step on the scale to activate it.



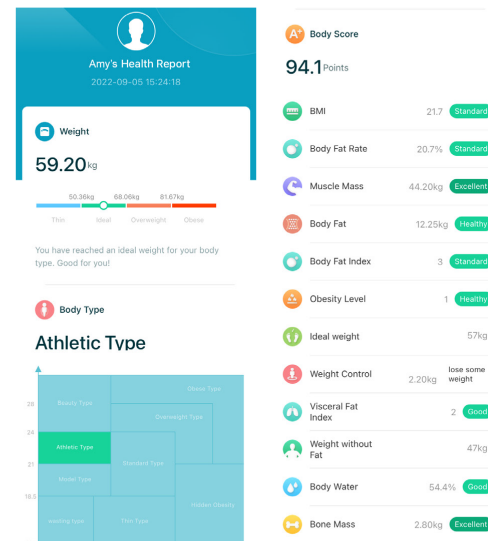
8. Click Add Device or the plus icon (+) in the top right corner on the Home page.
9. Add the smart scale and select a weight and height unit.
10. Enter your personal data in the profile and press OK.



Note: Entering the wrong gender, age or height can result in inaccurate measurements.

4. Operation

1. Place the scale on a hard, flat surface.
2. Step on the scale barefoot for thorough measurements and full analysis. Make sure your feet touch all four metal sensors.
3. After the weight has been locked, all body composition data can be read in the Tuya App by opening the drop-down menu 'Body Mass Index'.



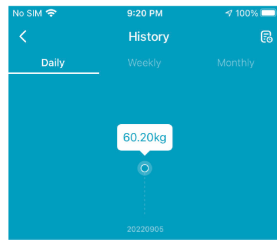
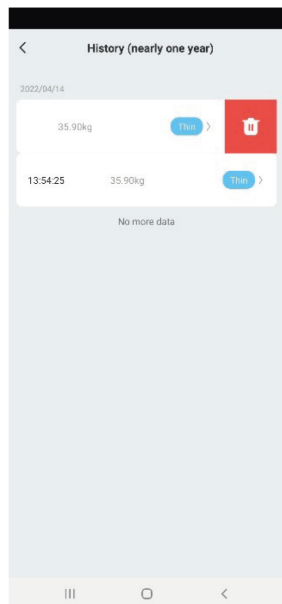
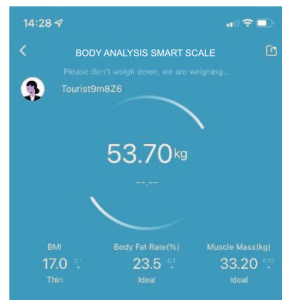
Note: When stepping on the scale with socks on, only weight and BMI will be measured and displayed on the main page.

Usage tip: Drink cold water when rising in the morning (ensure that the amount of water and its temperature are the same each day) and wait 30 minutes. Urinate and start the analysis with bare feet on the Silvergear scale.



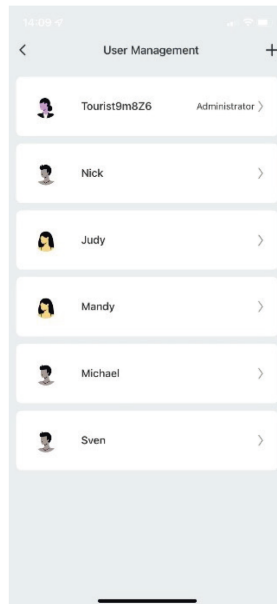
Using the Tuya app

- Share your measurements in a 'Health report' by clicking on the icon in the top right corner of the Home page.
- When you click 'Record', you will see your long-term tracking results.
- To delete results, click on the icon in the top right corner of the Record page. Swipe left to delete data.
- Add up to 10 users by clicking 'Me' → 'User Management' → plus icon (+) and filling in personal data.



The following is avg. data

Weight	BMI	Body Fat Rate
60.20kg Ideal	20.8 Standard	10.7% Standard
Muscle Mass	Visceral Fat Index	Body Water
51.10kg Good	5 Good	64.4% Good
Bone Mass	Protein Rate	BMR
2.70kg Standard	20.4% Excellent	1531kcal Standard



5. Troubleshooting

- Bluetooth connection failed.
 - Make sure the scale and Bluetooth are on.
 - Check the system version of your smart phone, it should be iOS 8.0 or higher/Android 6.0 higher.
 - Add the smart scale manually in EZ mode (Wi-Fi) or in AP mode (hotspot).
- The scale is not measuring body fat data.
 - You have to be barefoot to measure body fat. Make sure your feet and the scale are both dry.
 - Stand on the scale for about 10 seconds, until the number on the display stops flashing.
 - Bluetooth is not turned on.
 - Bluetooth is paired with a difference scale.
- The scale gives inconsistent measurements.
 - Check whether the scale is placed on a hard, flat surface.
 - Make sure nothing is stuck to the bottom.
 - Reinsert the batteries to restart the scale.
- The app displays an incorrect body fat rate.
 - The body parameter settings are incorrect, check to make sure that you entered the correct gender, height, and age.
- How do I re-calibrate the scale (after moving it or changing the batteries)?
 - Step on the scale to activate it. Let it drop to 0.0 kg automatically to calibrate it.
 - Remove one of the batteries, place it back and wait for the scale to restart automatically.
- The scale does not turn on.
 - Remove the batteries and place them back. Make sure to insert the batteries as directed.
 - Check if the batteries are depleted.
- How to change units?
 - You can change units via the Tuya app. The scale will then show the same unit as the app.

For more information, please check FAQ from the Tuya app.

Error indication:

LO	The battery power is running low. Replace the batteries.
OL	The scale is overloaded (max 180 kg). Place less weight onto the scale.
EER	An error had occurred during measurement. Step off the scale for 5 seconds and step back on to measure again.

6. Maintenance

- If necessary, clean the scale with a slightly damp towel and wipe it dry with a soft cloth.
- You can use cleaning alcohol to clean the sensors. Do not use it on other parts of the unit.
- Store the scale in a dry, cool place away from direct sunlight.

WARRANTY AGAINST DEFECTS

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law.

You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

IFI AU Pty Ltd will repair or replace such defective goods for up to 1 year from the date of purchase. This warranty is against defects in the goods purchased and does not cover damage caused by the incorrect use or installation of the goods or by modifications or by accident. To claim under the warranty you need to return the product to the place of purchase (at your expense) with a valid receipt or other proof of purchase. If you are not able to return the product to the place of purchase, please contact: support@ifsource.com or call customer service hotline: +61 1300522523 Mon. - Fri. 9am - 5pm AEST

This limited warranty applies only to products purchased within the territory of Australia.

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