

AVANTA



e.volve[®]

PREMIUM SMART BODY FAT SCALE

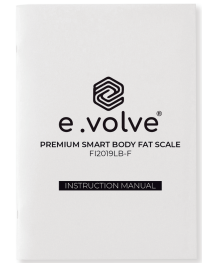
F12019LB-F

INSTRUCTION MANUAL

PACKAGE CONTENTS



Premium Smart Body Fat Scale



Instruction manual



4 x AAA batteries

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GENERAL INFORMATION

USE THE FITDAYS APP FOR MAXIMUM USABILITY

Scan the QR-code below and download the Fitdays app to enable usage of all 'smart' features of the PREMIUM E.volve smart scale. Alternatively, search for the Fitdays app in your Google play-, Apple- or Android app store.



Thank you for choosing the E.volve PREMIUM Smart Body Scale. 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 metrics: 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 product.

IMPORTANT: Please read and follow the instructions in this manual before using the device. Failure to comply with the instructions given in the manual, or using this scale in ways other than the ones mentioned in this manual, may result in personal injury or damage to the product itself.

Standard functions (without using the Fitdays app)

- Measuring of general body weight
- Changing the displayed weight units (Kg, Lb, St)

Additional features (while using the Fitdays app)

- Bluetooth pairing
- Combined app-usage up to 24 individuals
- Tracking progress of fluctuations (increase / decrease) for the following health indicators:
 - Standard weight
 - BMI (Body Mass Index)
 - Body fat ratio
 - Fat-free body weight
 - Subcutaneous fat ratio
 - Visceral fat levels
- Body water ratio
- Skeletal muscle ratio
- Muscle mass
- Bone mass
- Protein
- BMR (Basal Metabolic Rate)
- Body age
- Baby modulus
- Heart rate

Other (manual) functionalities of the Fitdays-app

- Growth / length tracking
- Body circumference tracking
- Synchronisation with Fitbit and other health apps and health devices other than this scale

GENERAL SAFETY



- Do not use with medical implants such as pacemakers.
- Maximum load capacity: 180 KG.
- Do not drop the scale, or drop products / liquids on the scale.
- Store in a dry environment with a stable surface, protecting it from (extreme) moisture, heat, dust and direct sunlight.
- Do not place/store other products on the scale, as this may damage the sensors.
- Only clean the scale with a slightly damp cloth or glass cleaner.
- Do not immerse in water and refrain from using chemical cleaning agents or soap as they can damage the sensors.
- Not recommended for use during pregnancy.

- Not recommended for use by babies and children up to 16 years of age without guidance of an adult.
- Obtained measurements are meant for reference only and should not be interpreted as a medical opinion.
- Always consult with your primary care doctor or physician prior to changing your diet, exercise regime or other forms of physical activity.
- Always check the device for malfunctions before using the scale. The continuous use of a damaged device may cause personal injuries or unreliable measuring results.
- Only use the scale on a hard, dry and flat surface (soft carpets or other uneven surfaces may cause unreliable measuring results).
- Do not step on the edges of the scale but distribute your weight evenly across the sensors.
- Do not jump on the scale.
- Make sure your feet are dry before stepping on the scale.
- Use the scale barefoot to activate the sensors, wearing socks or shoes will refrain the sensors from analysing your results.
- Replace batteries as indicated on the safety sticker, located at the bottom of the scale (4x 1.5V AAA)
- Remove the batteries when the scale will be out of use for prolonged periods of time to avoid a possible battery leakage.
- This product contains small parts and batteries which could be harmful for children when swallowed.

PRODUCT SPECIFICATIONS

Product Size: 278x278x25.3mm
Product Weight: 1.54 Kg / 3.95 Lb
VA screen size: 74x38mm
Power supply: 4x 1.5V AAA
Available weight units: Kg / Lb / St (switch the units via APP setting or via unit button at scale base)
Min - max weight limit: 5Kg-180Kg / 11Lb-396Lb
Division: 0.1 Lb / 0.05 Kg
Maximum number of users: unlimited
Maximum number of users in the Fitdays app: 24 users
In-app Baby modus: allows you to measure the weight of your baby
In-app Height record: allows you to track growth/length for users up to 16 years of age
Min - max operating temperature: 10-40°
Min - max operating humidity: 20% - 90%

ACCURACY RANGE

50kg:±0.3kg	100kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

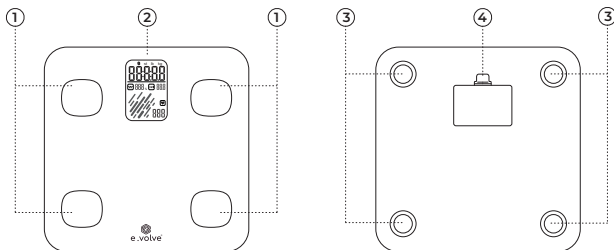
SUPPORTED SMARTPHONES/TABLETS/DEVICES

IOS 8.0 or higher
Android 6.0 or higher
Ipad via Bluetooth 4.0

Please note: in order to use the scale in combination with the Fitdays app, your mobile device must be equipped with working bluetooth functionality.

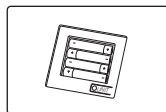
PARTS / COMPONENTS

- ① Stainless Steel Electrodes
- ② VA Colorful Display
- ③ Silicone Feet
- ④ Battery compartment with lid



NOTE:

Install the original battery set. Please note the batteries offered are trial version. We recommend replacing them within 3 months and removing the batteries when not using for a long time.



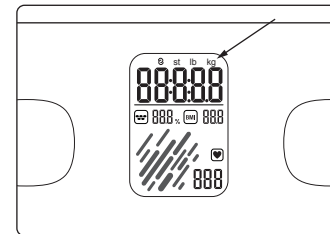
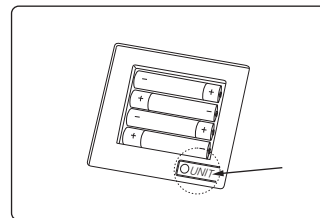
QUICKSTART GUIDE

- STEP 1:** Remove the scale from its packaging, turn around and remove the battery compartment lid ④
- STEP 2:** Remove the battery protector ③ and re-install the battery compartment lid.
- STEP 3:** Place the scale on a hard and stable surface, do not place on carpets or rugs as this may cause the measurements to deviate.
- STEP 4:** Tap (with bare feet) on one of the sensors ① in order to activate the VA-screen.
- STEP 5:** Wait approximately 10 seconds (the value of 0.00kg is flashing while calibrating) until the VA-screen displays the value of 0.00kg and does not flash anymore.
- STEP 6:** Carefully step on the sensors and distribute your weight evenly on the scale.
- STEP 7:** Remain position until the VA-screen blinks 3x, after which you can now view your body weight result (do not worry if you don't see any of the other measurements yet, which we explain in the dedicated chapter: 'using the smart features').
- STEP 8:** Carefully step away from the scale to activate the Power Saving mode: the scale will automatically turn itself off.

POSSIBLE LCD ERROR INDICATORS

No display	The battery protector has not been removed, please remove the battery protector -OR- the batteries are completely empty, please replace the batteries (4x 1.5V AAA).
Lo	The scale is low on batteries, please replace the batteries (4x 1.5V AAA).
ERI	Overload, please allow a maximum load capacity of 180 Kg only. Step away from the scale and try again.
C	An unknown error occurred during the analyzing process, ensure the scale is placed on a flat surface, the scale stabilizers are not damaged or clogged up with dust, step away from the scale and try again.

EXTRA: CHANGE THE DISPLAYED WEIGHT UNIT



- STEP 1:** Activate the scale by tapping one of the sensors with your hand or foot.
- STEP 2:** Open the battery compartment lid and locate the 'UNIT' selection button at the bottom right corner.
- STEP 3:** Change the weight unit by pressing the selection button (located in the battery compartment) 2 to 3 times in order for changes to appear in the top right corner of the VA-display.
- STEP 4:** Re-install the battery compartment lid.

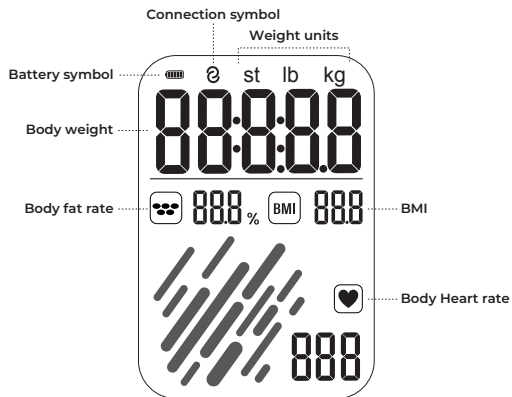
POINTS OF ATTENTION

- Place the scale on a flat and even surface such as tiles and floorboards, do not place on carpets or rugs
- Distribute weight evenly across the scale
- Use with bare feet (in order to activate the sensors and use the smart features)



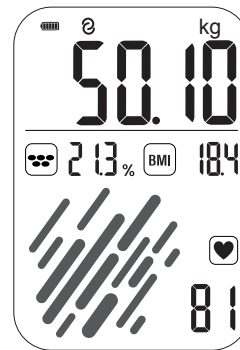
VA DISPLAY

In order to make the most of your E.volve PREMIUM Smart Body Fat Scale you need to enable the smart features. While Body weight can be measured without a bluetooth connection, the extra features of the scale are enabled ONLY when a bluetooth connection is established together with using the Fitdays app.

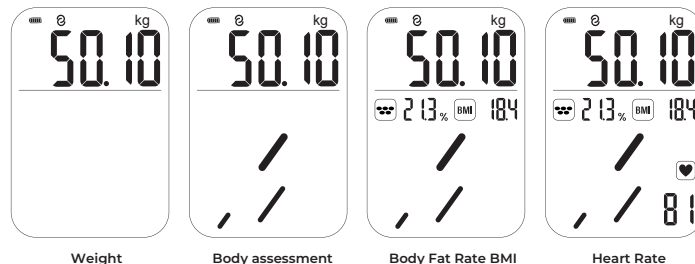


UNDERSTANDING THE SMART INDICATORS

All-in-one easy to read colorful VA Screen
Display full body data at a glance



FULL DISPLAY

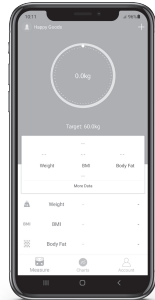


USING THE SMART FEATURES

STEP 1

Install the Fitdays app on your mobile device or tablet

Scan the QR-code and download the Fitdays app to enable usage of all 'smart' features of the E.volve PREMIUM Smart Body Fat Scale. Alternatively, search for the Fitdays app in your Google play-, Apple- or Android app store.



STEP 2

Activate bluetooth-connection

Allow Fitdays to use the Bluetooth functionality on your smart device and ensure bluetooth is activated in your device's settings.



STEP 3

Activate the app

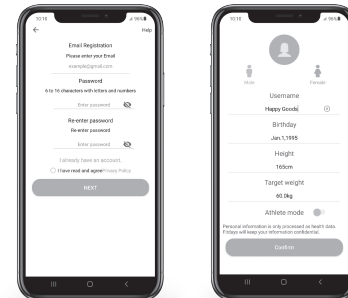
Open the Fitdays-app and register as a new user, or log in as an existing user would you already have an active account. Registration and usage of this app are both free of charge.



STEP 4

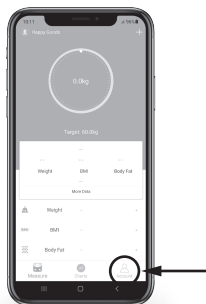
Register & enter your personal data

Follow the registration instructions in the app and add your personal data. Please ensure that you enter these accurately. Failure to comply information regarding gender, height, age and year of birth may result in deviated / incorrect results and measurement data.



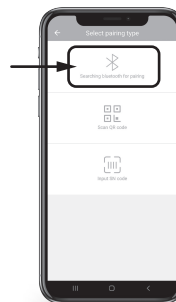
STEP 5.1
Pair the scale with your app

After registration, click on the 'account' icon at the bottom of the screen.



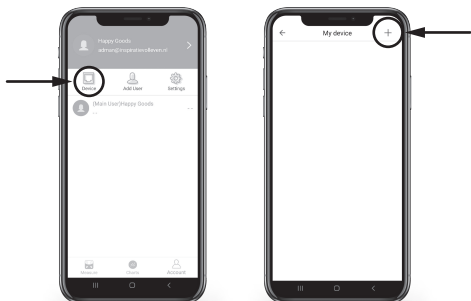
STEP 5.3

In the menu which appears next, select the Bluetooth option and directly after, tap on one of the sensors on the scale in order to activate.



STEP 5.2

Click on the 'device' icon which appears at the top of your screen after which a new (blank) screen appears which is called 'my device'. Click on the '+' icon at the top of this screen.



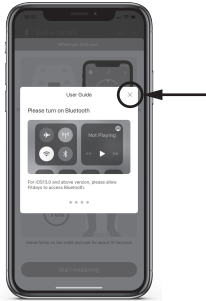
STEP 5.4

A new screen will appear, where the smart scale is listed as "MY_SCALE". Click on this item and hit confirm in the pop-up that appears next. Your scale will now be paired with the Fitdays app.



STEP 5.5

The Fitdays app will show you a short user guide. You can either watch it, or ignore by clicking on the 'X'.

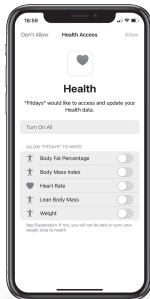


STEP 5.6

The Fitdays app will ask for access to update your Health data (depending on your type of mobile device / tablet).

When enabled: you can find your results both in the Fitdays app, on the display of the scale AND any other health apps on your device.

When disabled: you can still find your all your measuring data in the Fitdays app and the LCD display of the scale.



STEP 5.7

If you have never used the Fitdays App before the screen will display another quick user guide, similar to the below image.

Click on 'start measuring' to obtain your first smart results!

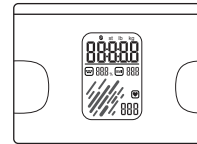
Reminder:

- Place the scale on a flat surface.
- Do not wear socks or shoes.
- First click on start measuring on your smartphone, then step onto the scale.
- The scale will take approximately 10-30 seconds to obtain all data: do not step off the scale as you will have to start all over if you step off too quickly.



STEP 5.8

The scale starts with analysing your general body weight. This takes approximately 5 - 10 seconds. During this first measurement you will notice the following:



On your scales LCD screen:

As you stand on the scale the LCD's KG indicator flashes 3 times. When it stops flashing the first measurement is administered. Next the heart rate and muscle mass icon will start flashing to indicate the scale is getting ready for the next measurement.



In the Fitdays app:

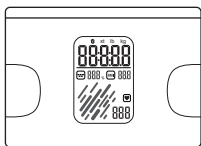
A 'progress wheel' is displayed: as long as the dots are moving the scale is still analysing. When weight is analysed, a new symbol will appear in the middle of the circle for the next measurement.

IMPORTANT:

Please do not step off the scale in order to continue step 5.9 (smart results) and 5.10 (heart rate)

STEP 5.9

If you have remained on the scale the analysis continues with the smart features: BMI, Muscle mass %, Bone mass %, Body fat %, Body water % and the general health status indicator. This takes approximately 5 - 10 seconds. During this second measurement you will notice the following:



On your scales LCD screen:

The smart feature icons will appear - and stop flashing when the measurement is finalized. You will see that the heart rate is not yet displayed.



In the Fitdays app:

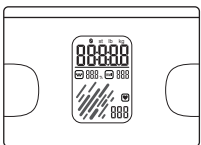
A 'progress wheel' is displayed: as long as the dots are moving the scale is still analysing. When the smart measurements are analysed, a new 'heart rate' symbol will appear in the middle of the circle for the final measurement.

IMPORTANT:

Do not step off the scale in order to continue with step 5.10 (heart rate)

STEP 5.10

If you have remained on the scale the analysis continues with the final measurement: heart rate. This takes approximately 15 - 20 seconds. During this final measurement you will notice the following:



On your scales LCD screen:

The smart features will remain on the LCD screen. As the scale is measuring heart rate, the symbol will flash. The process is finished when the measurement is displayed and the icon stops flashing.



In the Fitdays app:

The progress wheel stops moving and displays your general weight again. Directly underneath the circle your app will indicate 'finished'. All results can be found by scrolling down in the app.

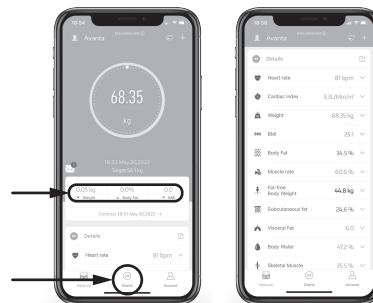
PLEASE NOTE:

- As an extra indicator that the full process is completed, the Fitdays app will make a 'bell' sound.
- After you step off the scale, the results will remain visible on the LCD screen for 10 seconds after which the Power Save mode will turn off the LCD and wipe the results.
- The results (including all previous results) conveniently remain visible in the Fitdays app for future reference and comparison.

STEP 6

Finding your full results

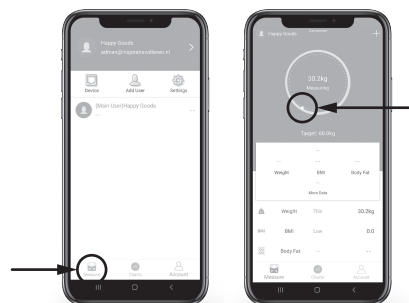
The complete and most recent analysis can be found by tapping the "More Data" button. Tapping the "Charts" icon at the bottom of your screen will display progress, weight gain and weight loss of all measurements which are analysed over time.



TAKING FUTURE MEASUREMENTS

Whether in your personal account menu, or in the main menu, tap the "Measure" icon at the bottom right of your screen, and step on the scale. Please note: always use the scale with bare feet, failure to do so will disallow the scale to measure and analyse all the smart results. Do not step away from the scale until all measurements are calculated and analyzed. The app will send you a notification by sound, the progress-circle will stop moving AND the app will display a message which indicates "Done".

Please note: always wait until "done" appears on your screen in order to fully synchronize the data between the scale and the app. Do not click on any other screens or in-app buttons while the scale is analysing as this will disturb the data transfer.

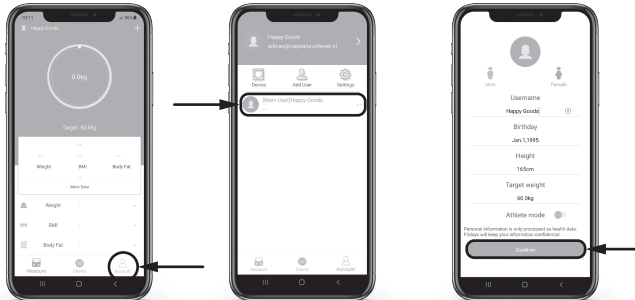


EXTRA FUNCTIONALITIES

Adding multiple users / family members to the app

Tap the "Account" icon and choose "Add user". Enter the personal data and tap "Confirm". All users will now appear in the user list, where you can switch between users. Or simply step on the scale and let the app suggest the already registered users it can recognise.

Alternative method: other users may also install the app on their own mobile device for a full setup and use the app separately.



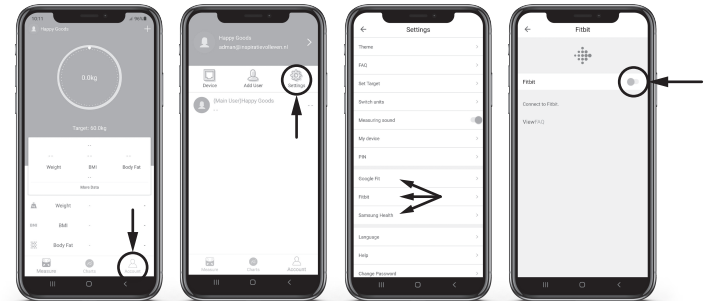
Baby Mode

Tap the "Measure" icon at the bottom of the screen followed by tapping on the "+" icon at the top of the screen. In the dropdown menu which now appears, select "Baby Mode" and follow the provided instructions.



Pair with Fitbit, Google Fit, Samsung Health or Apple Health

Tap the "Account" icon, followed by the "settings" icon. All pairable devices are listed in the settings menu. Choose the preferred device, follow the instructions on the Fitdays app and instructions which appear on your device.

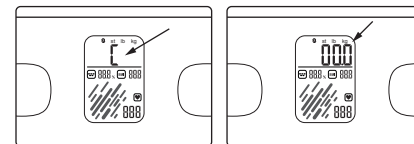


MAINTENANCE

RECALIBRATING THE SCALE

If the scale has been moved or flipped up side down, it must be recalibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.
2. Step on the scale with one foot until the digits appear on the display, then, step off.
3. The scale will show "0.00", indicating that the calibration process is complete.



TROUBLESHOOTING GUIDE

Bluetooth does not seem to be connecting

- Check if the bluetooth functionality on your mobile device is switched on and working
- Check if the 'connection' icon is displayed on the scale's LCD-screen
- Check your mobile device's operating system and update which must be:
 - iOS 8.0 or higher
 - Android 4.3 or higher
- Open the Fitdays app, tap the "account" icon, followed by the "device" icon to double check that the scale is listed in the app
- Install / pair the scale again if needed
- Download, upgrade or re-install the latest version of the Fitdays app

Body fat percentage and other smart data is not displayed on the scale or in the app

- All additional measurements can only be analysed by combined usage of the scale and the Fitdays app
- All additional measurements can only be analysed by using the scale by stepping on it with bare feet
- Ensure both scale and feet are dry, do not wear socks or other footwear
- Ensure scale and app are paired and used together
- Ensure your mobile device's bluetooth is switched on
- Start the analysing process by tapping the "Measure" icon on the app, step on the scale and remain standing on the scale until the app displays "done"
- Do not click on any icons in the app while the analysis is taking place and remain in app's the main menu
- Ensure you keep standing on the scale until all of the scales LCD icons have stopped flashing

Why does the data on the LCD screen disappear in a flash?

- After you have stepped off the scale, the power save mode automatically turns of the LCD display after 10 seconds
- Would you like the results to be displayed a little longer? Then remain standing on the scale for as long as you want them displayed
- When results disappear faster than 10 seconds the battery might be low on energy: replace the batteries

Can I view previous results on the scales LCD?

- The LCD only displays the current results, use the Fitdays app to view previous measurements and progress charts

De scale is showing inconsistent results

- Ensure the scale is placed on a flat and hard surface and make sure the scale is not tilted, as this could influence results
- Check the 4 flexible stabilizers at the bottom of the scale, ensure these are intact and not clogged up by dust or dirt
- Ensure the scale is not placed on carpets or rugs
- Remove and replace the batteries
- Ensure you are using the right user profile on the Fitdays app when combining multiple users
- Ensure correct data is entered for each user (height, age, etc.) during setup

The app displays incorrect fat-muscle ratios and other smart measurements (BMI / body water % etc.)

- The personal data is entered incorrectly
- Ensure all personal data is accurately entered (gender, age, height/length etc.)
- Ensure you are using the right user profile on the Fitdays app when combining multiple users

How can I re-calibrate the scale after moving it or changing the batteries?

- Touch the sensors with your hand or foot, only to activate the scale (do not yet step on it)
- Wait until the scale automatically drops to 0.0kg and stops flashing

How can I change the displayed weight unit (Kg, Lb, St)

- Press the small button located in the battery compartment 2 - 3 times
- Check the changes appearing on the LCD-display

The scale does not turn on

- Ensure the battery protector has been removed
- Ensure the batteries are installed correctly with the polarities pointing in the right direction
- Replace the batteries, they might be faulty or empty
- In case of a battery leakage: erosion could have damaged the battery connectors, try to carefully clean these with a cotton-bud before inserting new batteries

BATTERY ADVICE

- Remove the batteries when the scale won't be used for prolonged periods of time to prevent battery leakage
- Keep and store batteries out of the reach of children
- Do not combine old and new batteries, or batteries from different brands to avoid battery leakages
- Do not place batteries near / in any type of heat source or open fire
- Batteries should not be disposed with regular household waste
- Please check the regulations and solutions offered by your local authority

Disclaimer: The Evolve(r) PREMIUM Smart Body Fat Scale is known for its on point measuring results and accuracy. Still a slight variation may occur when using multiple / other scales (i.e. at your healthcare provider).



Electrical appliances should not be disposed of with regular household waste. Please recycle where facilities exist and contact your local authority for advice and regulations.



PRODUCT DISPOSAL



Parts of our packaging are recyclable. Please dispose of it in an environmentally friendly manner by separating the different materials such as cardboard and plastic. Would you stop using the product while it is still in good working condition, we kindly ask you to consider donation to your local thrift store or charity.



Electrical appliances should not be disposed of with regular household waste. Please contact your local authority for advice on nearby recycling centres for used electronic devices.



Batteries in this product should be removed prior to the disposal of the device and disposed of separately in accordance with the regulations of your local authority. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but should be taken to suitable collection points.