

User Manual

Homebuds Smart Body Fat Scale



ASIN: B0B9BP2G3K

Please read this User Manual carefully before using the device

Warning

1. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
2. Children shall not play with the appliance.
3. Cleaning and user maintenance shall not be made by children without supervision.
4. Model of battery that appliance used is 3×AAA.
5. Non-rechargeable batteries are not to be recharged.
6. Different types of batteries or new and used batteries are not to be mixed.
7. Batteries are to be inserted with the correct polarity.
8. Exhausted batteries are to be removed from the appliance and safely disposed of.
9. If the appliance is to be stored unused for a long period, the batteries are removed.
10. The supply terminals are not to be short-circuited.
11. Take the scale, turn it over, open the battery compartment, put 3×AAA batteries according to the right polarities, then return the battery compartment cover.

Homebuds Smart Body Fat Scale

Thank you for choosing Homebuds Smart body fat 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; 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 Homebuds scale.

Safety Cautions

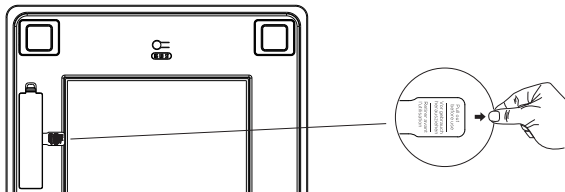
1. This scale is not intended for commercial use.
2. This scale should not be used to diagnose or treat any medical condition. Consult your primary care physician before making changes to your diet, exercise plans, or physical activities.
3. **If you are pregnant, have a pacemaker, or other internal device, you should not use the body fat function of this smart scale. Please note that all data should be used as a reference and is not substitute for medical advice from a licensed healthcare professional.**
4. Check the scale before use. Do not use the scale if it is damaged in any way.
5. The glass platform is slippery when wet. Make sure the platform and your feet are dry before stepping on for measurement.

Use and Care

1. To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale.
2. DO NOT strike or drop the scale.
3. DO NOT stand on the edge of the scale or jump on it.
4. DO NOT stand on the scale platform for a prolonged period of time or when not in operation.
5. DO NOT store or operate near heat sources or in humid environments.
6. Handle the scale with care, as it is a precision instrument.
7. Clean the scale with a clean and dry cloth. Avoid getting water or any other liquid inside the scale.
8. DO NOT use chemical or abrasive cleaning agents to clean the scale.
9. Keep the scale in a cool and dry environment.
10. Always keep the scale in a horizontal position, do not store vertically.
11. If the scale fails to turn on, check whether the batteries are installed correctly. Replace the batteries if necessary.
12. If an error appears on the display or if the scale does not turn off automatically, remove the batteries for over 30 seconds, then reinstall them.
13. DO NOT overload the scale (maximum weight capacity: 182 kg / 400 lb/28st).
14. DO NOT mix new and used batteries or different battery brands to power the scale.

First Time Setup

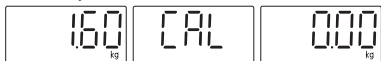
IMPORTANT! BEFORE USE: Remove the isolator tab from the battery compartment.



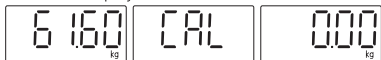
Operation

Weighing without our App

1. Remove the isolator tab from the battery compartment.
2. For best accuracy, place the scale on a hard and flat floor. Carpeted or uneven floors can negatively effect the accuracy.
3. The scale operates with step-on technology but needs to be calibrated automatically under following occasions.
 - A. when first time use, moving the scale or battery exchange, the scale will display scale itself weight, and appear "CAL" after around 1second, and then display "0.0" or "0.00" after around 2 seconds , now it's ready to step on to weigh normally.



- B. If step on the scale before calibration, the scale will display an wrong weight and appear "CAL" after around 1second, and then display "0.0" or "0.00" after around 2seconds.



After calibration, please step again on to weigh and get correct weight.



4. Under other occasions, please step on to weigh directly.
5. Step off the scale, the weight readings remain for several seconds. Then the scale will turn off automatically.
6. When Weighing without App, the scale only display weight data and switch the unit by press the unit button on the backside of scale.

VERY IMPORTANT NOTICE - If the scale placed in a NON-HORIZONTAL POSITION or MOVED BEFORE WEIGHING, please note there are two situations of measurements after stepping off the scale: 1.If "CAL" displayed after around 1 second and then display "0.0" after around 2 seconds, it means that the displayed weight is incorrect, please step on the scale again to get the correct weight; 2. If there is no "CAL" display after around 2 seconds, the displayed weight is correct.

Weighing with our App

The Homebuds Bluetooth Scale can connect with your mobile phone or Ipad via Bluetooth . The Body Weight and body fat result data will be showed at our App powered by "VitaFit " APP, which is easy to download from IOS App Store or GooglePlay.

Download App and Register ID

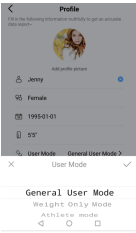
Scan the QR code or Download " VitaFit APP" via IOS App Store or Google Play.



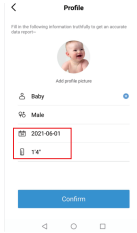
Register Your own ID,Then add personal data and confirm OK.

Set Special User Mode

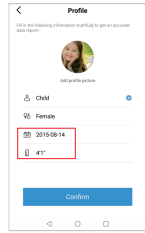
Under these modes, we adopt zero-current technology that only measure weight and BMI.



1. If you are pregnant, have a pacemaker or other internal device, please choose Weight Only Mode for safety measurement.



2. If the user is under 2 years old, put in baby's age and height, VitaFit app will automatically recognize and enter baby mode that only measure weight.



3. If the user is among 2-18 years old, put in child's age and height, VitaFit app will automatically recognize and enter child mode.

Note: When measuring with VitaFit App, please switch the unit via App, the scale will keep same unit with App. Let's make more clear, the unit button on the backside of scale will be nonfunctional when the scale connected to VitaFit App.

Pairing the Homebuds Scale with your smartphone

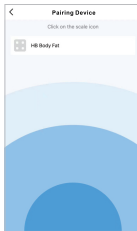
Turn on Bluetooth® on your smartphone.

NOTE: For Android users, Location and Bluetooth® must be turned on for Android 6.0 and later.

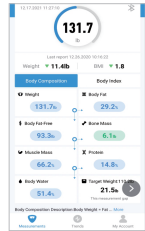
OR ELSE THE APP WON'T GET RESULTS ACCORDING TO ANDROID REGULATIONS.



1. Tap + on the measuring page to discover the scale.



2. Step onto the scale with bare feet, then add the device named "HB Body Fat".



3. Keep standing on the scale for 5-10 seconds. Pairing is successful when your final weight and body fat result appear on the app.

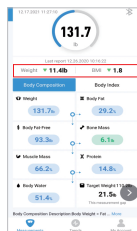
Viewing Reports



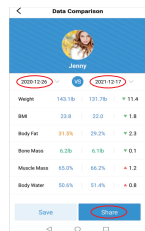
1. The body measurement result divided into two part "Body composition and Body Index". Click each bar to view each part of result.



2. Click each measurement bar, you can view history data for the previous three times.



3. To view comparison data, click the bar under the weight section.



4. To view comparison data for a specific time, select starting date and ending date to generate the report, you can save or share your progress with friends via Facebook and Instagram by Click the "share" button on this page.



5. Click trend to view your progress history. You can select your progress for the week, month, or year.



6. To view data for a specific day, click calendar logo the top right corner of the screen.

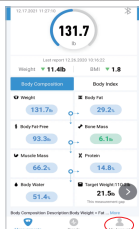


7. To view reference data from a specific time frame, click Data Select, then select date.

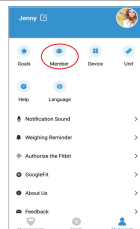
Deleting Reference Data



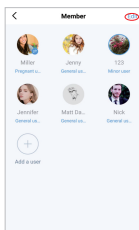
1. To delete a reference data, click Select and select date, then click the "X" button.



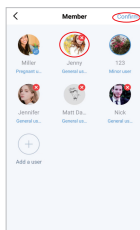
1. On the Measurement page, tap My Account at the bottom of the screen.



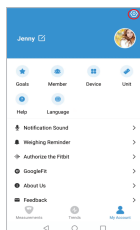
2. To add new users, click Member and select "Add a user" and then enter the new user information.



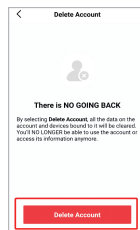
3. To delete a user, first click Edit and delete, and then confirm.



5. other setting: You can set goal weights, change weight units, select sounds, select languages, and set weighing reminder on the current page.



4. To delete the account, first click SET logo and click "Delete Account".

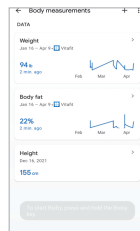
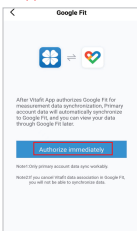
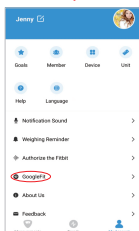


Connecting with Other Fitness Apps

Google Fit

1. On the page of My Account, Select Google Fit from the menu.
2. Turn on Google Fit, then sign into your Google Account. You will be automatically redirected to the Google Fit page. After successfully connecting, your measurement data will sync with Google Fit.

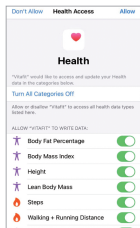
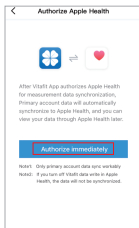
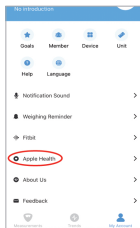
Note: In Android system, could not be allowed to Sync with Apple Health.



Apple Health

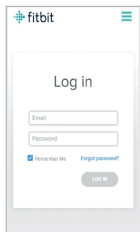
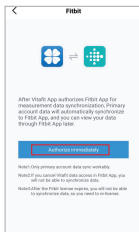
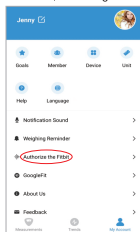
1. On the page of My Account, Select Apple Health from the menu.
2. Click Authorize and the App will authorize immediately.
3. Open the Health App on your iPhone, then tap Sources. Be sure to turn on your Bluetooth®.
4. Select VitaFit from the list.
5. Turn on all categories to allow the VitaFit app to work.

Note: In iOS system, couldn't be allowed to Sync with Google Fit.

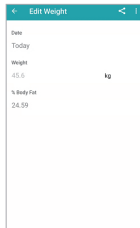
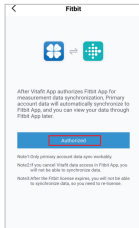
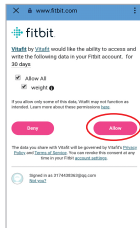


Fitbit

1. On the page of My Account, Select Fitbit from the menu.
2. Turn on Fitbit, then sign into your Fitbit account.



3. Tap Allow to access the Fitbit app.
4. After successfully connecting, your data will sync to the Fitbit app. You will be able to view your progress both on the app as well as online.



Frequently Asked Questions

1. Why doesn't the scale turn on?
 - Check whether the batteries are properly installed.
 - Why does the data flash on the screen and then disappear?
 - The batteries are low and to be replaced.
3. Why doesn't the scale connect with the app?
 - Make sure your phone's operating system is running on iOS 9.0+ or Android 4.3+.
 - Download and open the latest version of the app.
 - Turn on Bluetooth® on your phone (for Android users, make sure your Location is turned on as well).
4. Why is my body fat not measured when weighing in?
 - Step on the scale with dry and bare feet, Place bare feet on the scale's conductive areas.
 - Make sure Bluetooth® is turned on.
 - Enter your personal information when creating your account.
 - Make sure to place your feet on the scale's conductive areas.

Package Contents

Serial Number	Item	Quantity
1	Smart Body Fat Scale	1
2	1.5V AAA Battery	3
3	User Manual	1

Specifications

Capacity: Min 5 kg/11lb/0:11lb
Max 182kg/400lb/28st

Weight unit: kg/lb/st

Graduation: 0.05kg/0.1lb/0.1lb

Dimensions: 280x280x24mm or 300x300x24mm(Depended on the model)

Display: LCD or LED (Depended on the model)

Platform: Tempered glass

Batteries: 3xAAA

Warranty Information

Homebuds guarantees all products to be of the highest quality in material and craftsmanship, and provides all products with 3 years warranty effective from the date of purchase.

For more information please visit www.homebuds.com

Email: service@homebuds.com

Notice:



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Changes or Modifications not expressly approved by the party responsible could void the user's authority to operate this device.

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.

This device complies with Industry Canada Licence-exempt RSSs. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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.

Homebuds

Inspired by Life



Factory: SHENZHEN SHINE INDUSTRIAL CO., LTD.
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