

ITO Wireless Body Fat Scale




Model # ADF-B885T



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Instructions

- 
Install AAA batteries on back of scale (batteries included).
- 
Download your Andesfit Health app to your mobile device and follow in-app instructions to set up your scale.
- 
Open the app, step on your scale and start weighing in!

Available on the
App Store

GET IT ON
Google play

ITO Wireless Body Fat Scale

INSTRUCTION MANUAL

Model # ADF-B885T

INTRODUCTION




Our smart scale is available in black and pearl white, it shows seven aspects of body composition which including weight, BMI, BMR, body fat, bone mass, water weight and muscle mass. This scale give user a better understanding of body composition and data can be saved for self-monitoring.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicates the right conditions to use the product and to prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicates important notices users should read before using the product.
 CARE AND MAINTENANCE	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat and body water using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

PRECAUTION NOTICE

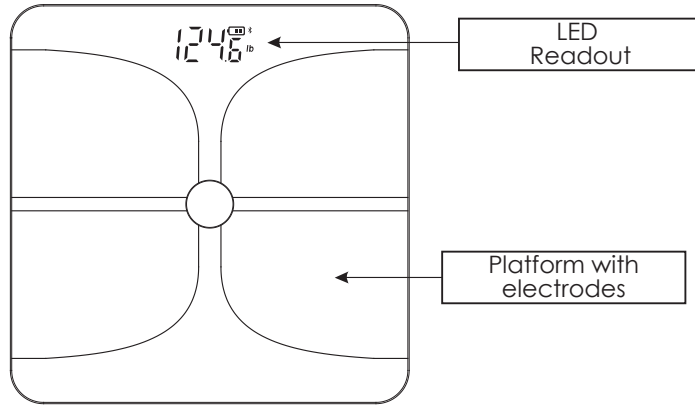
- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.

IMPORTANT NOTICE TO USERS

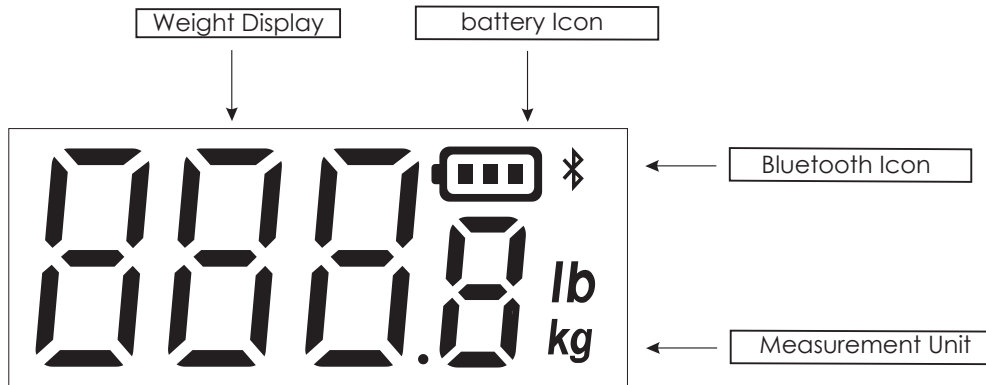
- This product is intended for adults (ages 18 to 80).
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, always estimate in bare feet.

PRODUCT DESCRIPTION

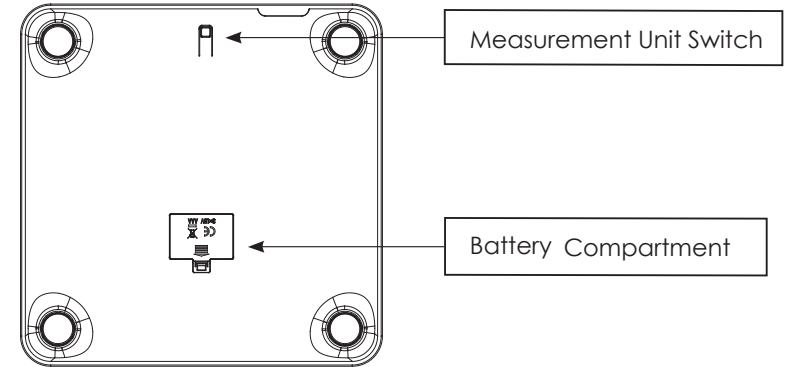
FRONT VIEW



LED READOUT



BACK VIEW



MEASUREMENT UNIT SWITCH

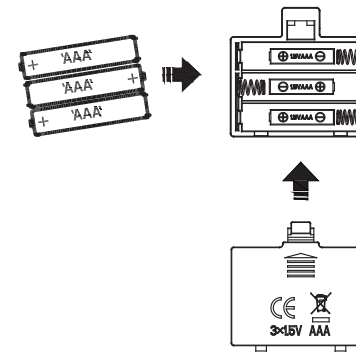
You can change the measuring unit between kg and lb by pressing the button located on the bottom of the scale.

PREPARATION BEFORE USE

1. Insert the Batteries

This scale operates on 3 AAA batteries (included). Remove any plastic wrap from the battery before installation. Always replace both batteries at the same time; do not mix old and new batteries. Remove any screws and open the battery cover on the back of the scale unit. Place the batteries into the battery compartment according to the "+" and "-" polarity symbols at the bottom of the compartment. Replace the battery compartment cover and screw(s). If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storing.

Open the battery door



TIPS

Replace battery when "Lo" is displayed.

2. Some models have a static cling label on the LED lens to prevent scratching. Remove before use.

3. Set the Right Position

Always use the scale on a flat and hard floor surface. Do not use on carpets.



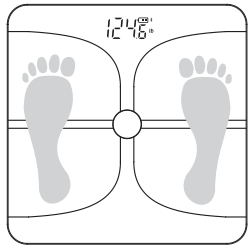
4. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows '0.0' and then turns off. The scale is ready for use.

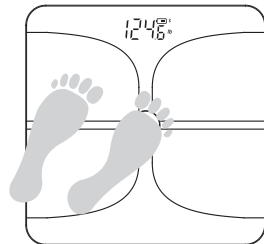
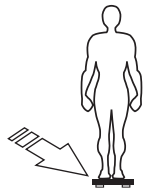
⚠ PRECAUTION !
 The scale must be started up after each battery insertion/ replacement of batteries or each time it is moved or bumped.

OPERATION

The accuracy of the results depends on how you stand on the scale. Position your feet for maximum contact with the metal electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.



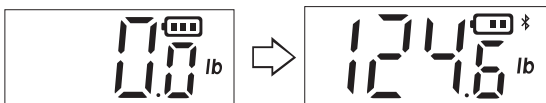
Feet centered on platform (✓)



Feet not centered on platform(X)

WEIGHING-ONLY OPERATION

1. Step onto the scale and stand still while the weight is being measured.
2. The screen displays the weight.
3. The scale turns off automatically after use.



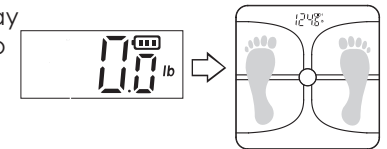
Measuring

Then the scale shows "0.0". Step on the scale with bare feet and stand still while the weight is being measured. Otherwise the scale turns off automatically. Your personal information was sent to the app.

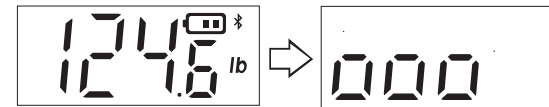
1. You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results.
2. Turn the scale on.
3. Press the keys to select unit then wait for the screen to show "0.0".

Step On Scale With Bare Feet !

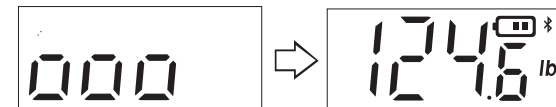
4. When the screen displays "0.0", step on the scale with bare feet and stand still. The display will show the weight reading and continue to stand still on the scale.



5. Stand still while the scale measures your weight and estimates your body composition. The screen will show running zeros.



6. After a few seconds your weight results.



TO TURN OFF THE SCALE

The scale turns off automatically after a few seconds if no buttons are pressed or nothing is weighed.

PROBLEM SOLVING AND QUESTIONS

1. No weight displayed?

Check to see if the scale is powered up and started up. If not, please refer to the Section "Preparation Before Use".

2. Why does the display read "Lo"?

Battery is running low. Replace the battery.

3. You must have bare feet to make this measurement.

To get the most accurate and consistent reading, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale.

4. The message displays "Err"?

Overload Warning. The maximum weight capacity of the scale (395lbs / 180 kgs) has been exceeded. Remove the weight immediately otherwise, permanent damage to the scale will occur.

5. The message displays "Err 1"?

Contact error. Clean bottom of feet with a damp cloth, leave slightly damp, and repeat measurement again, maintaining maximum contact between your feet and the metal sensors.

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

Note: 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. This equipment has been tested and 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.

CARE AND MAINTENANCE

1. **OVERLOAD WARNING:** the maximum weight capacity of this scale is 395 lbs /180 kgs . Remove the weight immediately when the scale displays " Err "; otherwise, permanent damage to the scale will occur.
2. The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
3. Do not disassemble the product. Other than replacing the batteries, it contains no user serviceable parts.
4. Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water.
5. Your scale contains sensitive electronic parts. Avoid rough treatment. Do not drop, kick, or jump on it. Treat it with care to ensure the best performance.
6. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.
7. This scale is a sensitive weighing device. To prevent run down of the battery, do not store anything on the scale.
8. Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.
9. When replacing batteries, if there is more than one battery in the scale, replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries. Remove the batteries if the scale will not be used for a long period of time.

WARNING


NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: Do not dispose of battery in fire. Battery may explode or leak. Remove the battery if the scale will not be used for a long period of time.

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