

acer



SMART BATHROOM SCALE

ACBS001S

USER'S MANUAL

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Thank you for choosing this Acer branded smart bathroom 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 content, muscle mass, bone mass, protein, and much more. We sincerely hope that you enjoy using your new product. This unit is intended to be operated by adults. The product is designed for domestic use only.

Before using the unit

Notes on safety

Danger:

Never use this unit in combination with medical electronic devices such as:

- Medical electronic implants such as pacemakers.
- Electronic life support systems such as an artificial heart/lung.
- Portable electronic medical devices such as an electrocardiograph.

This unit could cause these devices to malfunction, posing a considerable health risk to users of these devices.

Warning:

Keep the unit out of the reach of young kids. It contains small parts that may cause a choking hazard if swallowed by infants.

- Do not use the unit on wet or slippery surfaces.
- Do not jump onto the unit, or bounce on the unit.
- Do not use this unit when your body and/or feet are wet, such as after taking a bath.
- Stand on the unit bare-footed, standing on the unit with socks on may cause you to slip and injure yourself.
- Do not step on the edge or display area of the unit.
- People with disabilities, or who are physically frail, should always be assisted by another person when using this unit.
- This product emits radio frequencies (RF) in the 2.4 GHz band. Do not use this product in locations where RF is restricted, such as on an aircraft or in hospitals.

Caution:

- Do not disassemble, repair, or remodel the unit.
- Do not begin a weight reduction or exercise program without consulting a physician or healthcare specialist first. Self-diagnosis could injure your health.
- During measurement, make sure that no mobile phone or any other electrical devices that emit electromagnetic fields is within 30cm of this device. This may result in incorrect operation of the device and/or cause an inaccurate reading.

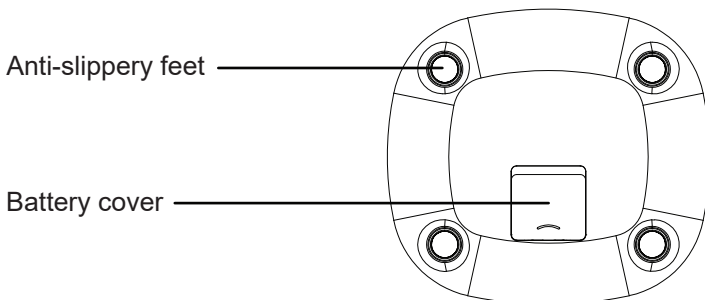
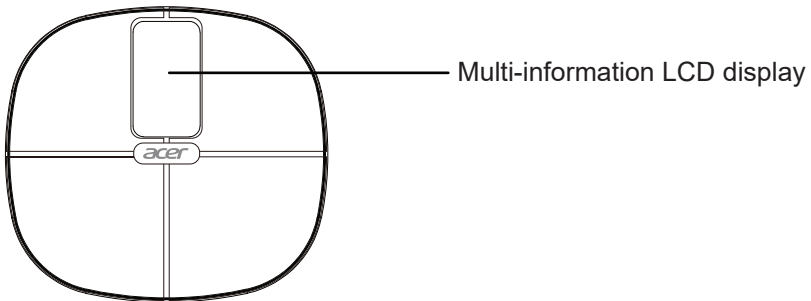
- Always wash your feet before using the unit. If you are suffering from a foot infection or other skin disease, you may cause infection to other people.
- When the unit is used by several people, wipe the unit with a damp cloth moistened with mild detergent post using it. Once done wipe it dry.
- Do not use this unit for purposes other than described in this manual.
- As this unit is a precision instrument, do not drop, vibrate, or apply strong shock.

Product specifications

Product size	300x275x25 mm
Power	4 x AAA batteries
Display	LCD Display
Max capacity	180 kg/400 lbs
Division	0.1 kg/0.2lbs
Unit	kg/lbs
Product weight	1.24 kg

Product features

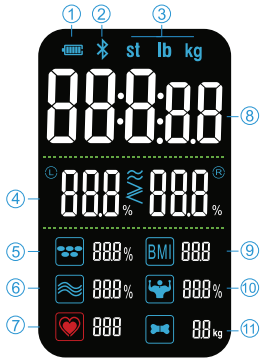
- * Auto ON/Auto OFF
- * Auto zero calibration
- * Weight unit: Kg/Lb
- * Low battery/Overload indication
- * Large scale surface
- * With Bluetooth connectivity



Accuracy range

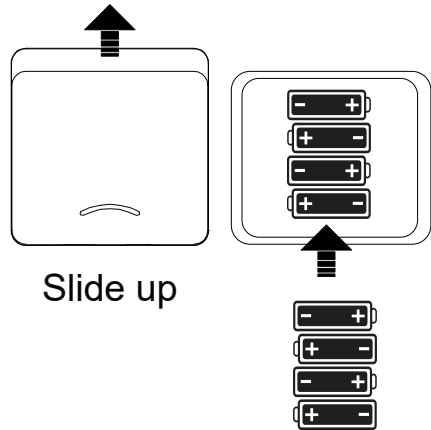
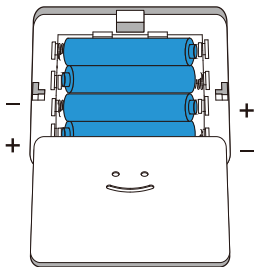
60kg:±0.3kg	120kg:±0.4kg	180kg:±0.5kg
110lb:±0.66lb	220lb:±0.88lb	396lb:±1.1lb

Display



1. Battery level
2. Bluetooth symbol
3. Weight units
4. Balance function
5. Body fat rate
6. Body water rate
7. Body heart rate
8. Body weight
9. BMI (body mass index)
10. Muscle rate
11. Bone mass

Insert and replace the batteries



Slide up

Battery Life and Replacement

Battery life is approximately 6 months, with standard alkaline AAA batteries.

- The supplied batteries are for trial use only, they may have a shorter life. We recommend standard AAA alkaline batteries for a longer life.

When the low battery symbol  appears on the display, replace all batteries with new ones.

Batteries should be replaced after turning off the power.

- Personal data stored is retained even if the batteries are removed.

Battery advice

- * If the scale is not to be used for a long period of time, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.
- * Keep the battery out of reach of the children.
- * Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, or an explosion.
- * Do not heat or deform the batteries or expose to fire.
- * Waste batteries should not be disposed of with household waste.
- * Please check with your local authority for battery recycling advice.
- * Replace worn batteries with new ones immediately.
- * Do not dispose of batteries in fire.
- * Use specified batteries for this unit with correct polarity as per marking.

Pair the unit with your Smart Device

Downloading the App

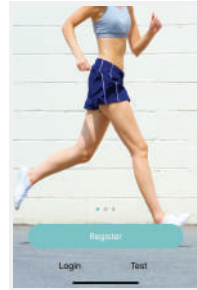
The smart bathroom scale can connect with your mobile phone (Android 6.0+ & IOS 8.0+) or iPad via Bluetooth 4.0. Download the 'FitDays' app from the App Store or Google Play Store.



Scan the QR code to download Fitdays App.



Download " FitDays " via App Store or Google Play Store.

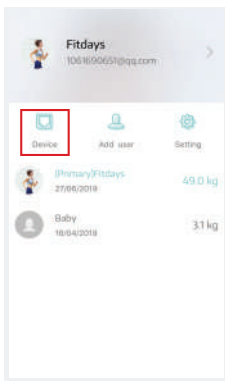


Register yourself, then add personal data and confirm OK.

Pairing the scale with your smartphone

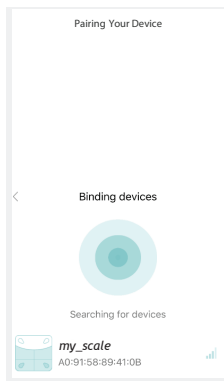
Turn on Bluetooth on your smartphone. Location also needs to be turned on for Android 6.0 or higher.

Step 1



Select Account then click on Device.

Step 2



Now select [+] to connect Bluetooth and add the device.

Step 3

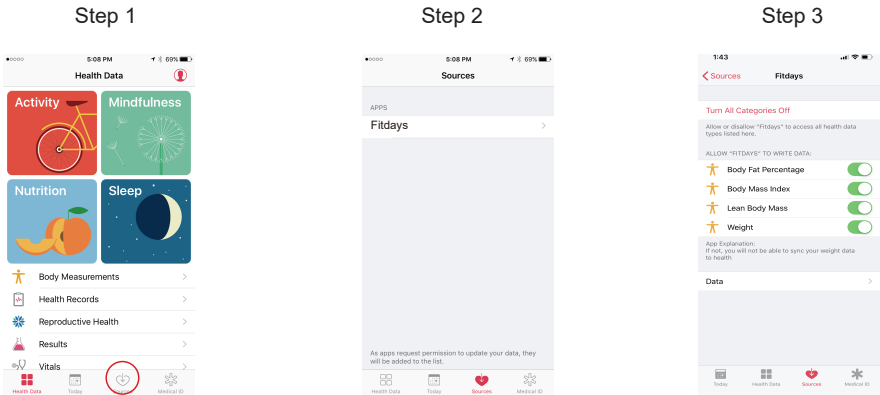


Come back to measure page. Step on the scale and keep standing for 5-10 seconds with bare feet. The weighing process is complete after the data is displayed on the device and scale.

Sync to fitness app

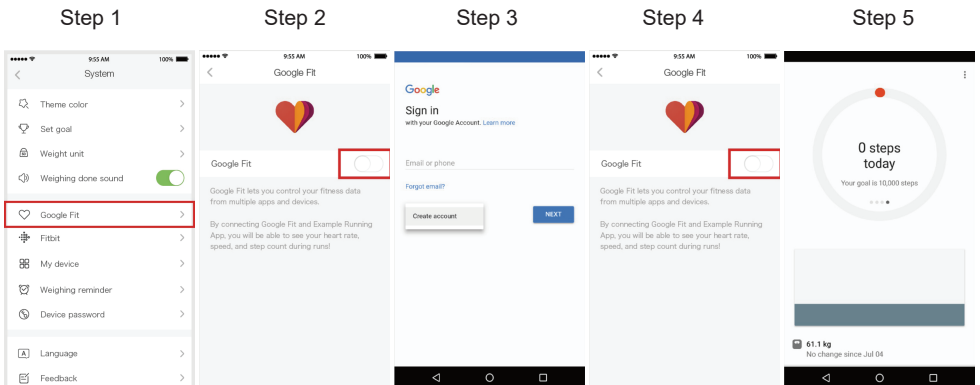
♥ Apple Health

- 1) Open the "Apple Health" app on your iPhone, select "Data Sources".
- 2) Select "FitDays" from the sources list.
- 3) Turn on all categories to allow the FitDays app to work.



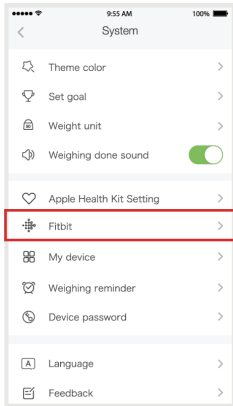
♥ Google Fit

- 1) Enter Setting in the Fitdays App "⚙️" page, select "Google Fit".
- 2) Turn on "Google Fit", login to your Google account.
- 3) It will now automatically redirect you to the "Google Fit" page.
- 4) After the connection has been established, the data will sync to Google Fit.

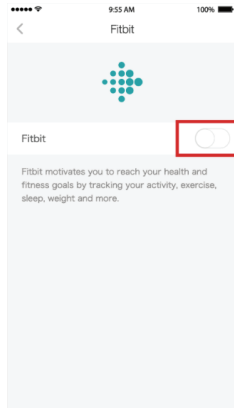


- 1) Enter Setting in the Fitdays App "⚙️" page, select Fitbit.
- 2) Turn on Fitbit, login to your Fitbit account.
- 3) Select "Allow" to access Fitbit App.
- 4) After connection, the data (Weight, Body Fat %, BMI) will sync to Fitbit app.
You can view the data both on app and web.

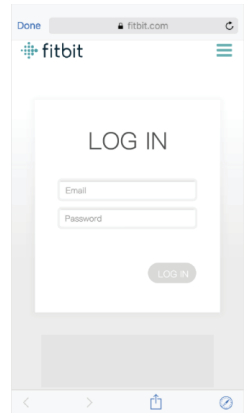
Step 1



Step 2



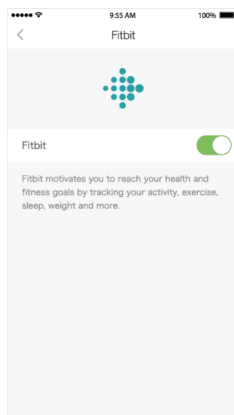
Step 3



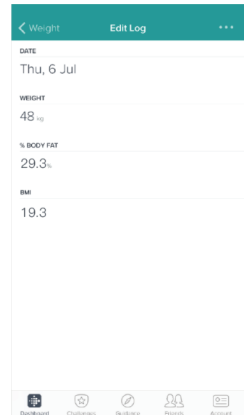
Step 4



Step 5



Step 6

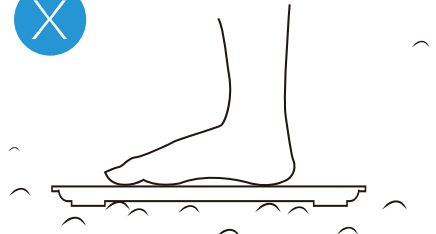
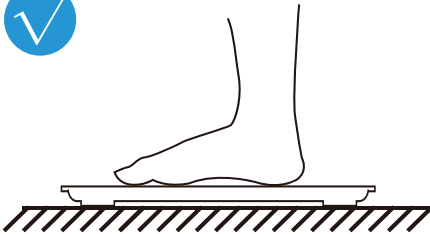


Operating instructions

Things to keep in mind

1. The smart bathroom scale is a high-precision measuring device. Never jump or stamp on the scale or disassemble it. Please handle the scale carefully to avoid breakage.
2. Place the scale on a hard, flat surface during use. Using it on a soft surface like carpet or linoleum may affect the accuracy of the scale readings.
3. To ensure weighing accuracy, please gently step on the scale to wake it up and wait till 0.0 kg appears on the scale. Take your measurements at the same time each day to ensure the most accurate results.
4. When not in use, please remove the batteries and place the device in a dry place and protect it against extreme moisture, heat, lint, dust, and direct sunlight. Never place any heavy objects on the unit.
5. Make sure you have entered all your personal data through the FitDays app to monitor advance body parameters.
6. Use the scale barefoot. The scale cannot measure body parameters if you are wearing shoes or socks.
7. Make sure your feet are dry before weighing yourself.
8. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or glass cleaner. Do not use soap or other chemicals.

How to take a measurement accurately



For body weight: Place the scale on an even surface and wait at least 10 seconds before stepping on the scale. The reading should display 0.0 kg before stepping on.



For body fat and other body composition analysis; stand straight on the scale and place the arches of your feet onto the center of the unit.

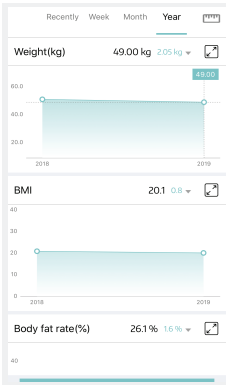
Use the memory function

View the measurement results on your smart device

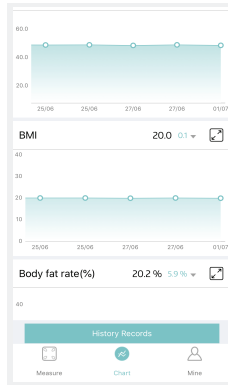
View reports, deleted data, set reference data, share progress by recently, weekly, monthly and yearly on your Fitdays App.

Click "Chart" to view your progress history. Enter it into the calendar to form a list and select the data you want to delete. You can also select data of different dates and share it with a friend via Facebook, Instagram or SMS.

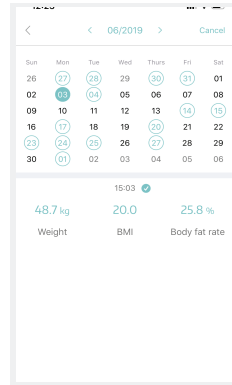
Step 1



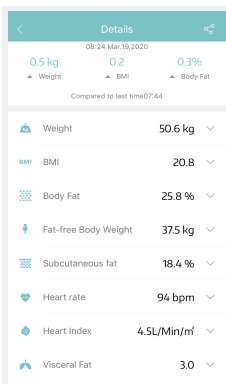
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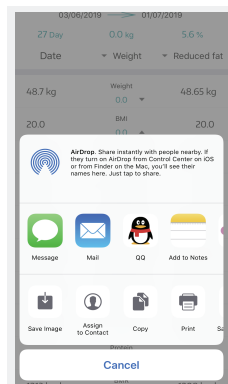
Step 3



Step 4



Step 5

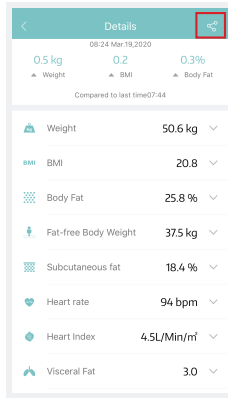


In the home screen of your Fitdays app you can view different types of body parameters. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button [+] and share on the measuring page.

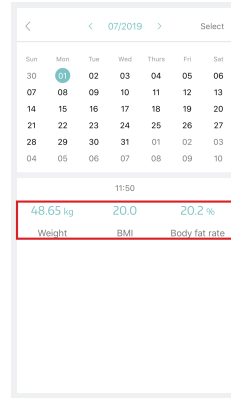
Step 1



Step 2



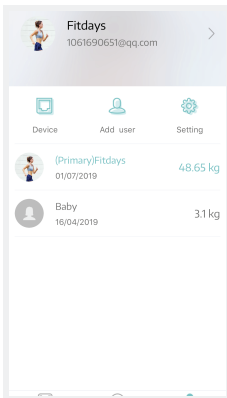
Step 3



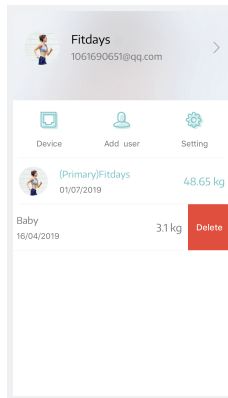
Add/Delete users & Basic settings

Under “Main User” you can add user(s) . To delete an account, swipe the account to the left and select “Delete”. Themes, set goals, weight units, weighing done sounds, languages, passwords can all be set under the Setting page.

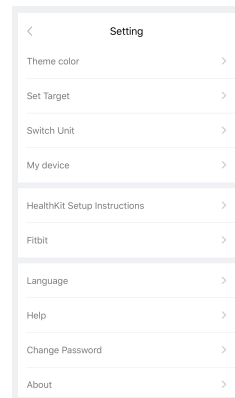
Step 1



Step 2



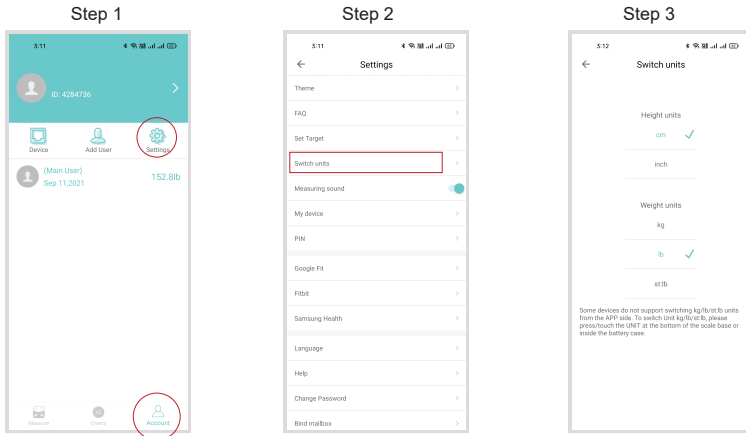
Step 3



How to change unit?

The weighing units of the scale can be changed through the Fitdays app.

1. In the home page select “Account” and then select “Settings”.
2. In settings select “Switch units”.
3. You can switch the weight units i.e kg/lb and height units i.e. cm/inches.

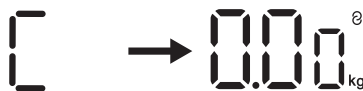
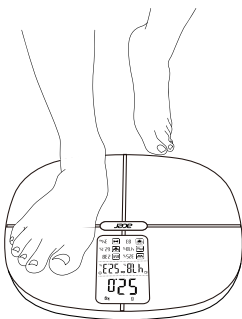


Maintenance and care

Recalibrating the scale

If the scale has been moved or flipped upside 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 kg”, indicating that the calibration process is complete.



Maintenance of the scale

- * Always keep the scale in horizontal position, in a cool-dry place.
- * Avoid hitting or dropping the scale.
- * Do not put heavy items on the scale.
- * Do not overload the scale otherwise you may damage the sensor.
- * Treat the scale with care as it is a high precision electronic instrument.
- * Do not immerse this product in water.
- * Clean the scale with a soft, damp cloth, do not use chemicals.
- * Keep the scale surface dry and do not use it on slippery floor.
- * Do not stand on the scale with wet feet as it may cause accident.
- * The product is for domestic use only.

Troubleshooting

Error indications



Change battery



Overload



Calibrating

No display

Change battery

Frequently asked questions & answers

1. Why doesn't the scale work? Why does the data on screen disappear in a flash?
 - Please check if the batteries are installed properly, replace batteries if necessary.
 - Please refer to page 7 for detailed instructions.
2. The scale cannot connect with app.
 - Check that the phone's software version is iOS 8.0 or higher or Android 6.0 or higher.
 - Download and open the newest version of the FitDays app.
 - Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled.
 - Please restart your device and try again.
3. Body fat is not measured when weighing.
 - Step on the scale with dry and bare feet.
 - Ensure Bluetooth is enabled and working.
 - Ensure personal data is entered.

Waste electrical products should not be disposed of with household waste. please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

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