

131mm

98mm

98mm

98mm

98mm

**Measurement Tips**

Read the warning on front page carefully and follow the instructions.

- This product employs BIA (bioelectrical impedance analysis) technology. To have accurate and consistent measurement results, please use it at the same time during the day and under same conditions as much as possible. Please avoid measurements:
  - o During or immediately after strenuous exercises
  - o Immediately after a shower, bath or sauna
  - o With heavy alcohol consumptions
  - o During or immediately after engorgement
  - o During fever
- During the test, please be barefoot first and stand straight. Wearing stocks you will not have accurate results. Dirty feet may also affect measurement accuracy.
- Weight unit can be changed from pound (lb.) to kilogram (kg), or vice versa, by the mobile app program. The height unit will also change accordingly (meter vs. foot/inch).

- Measure weight correctly: place the scale flat on hard floor and reset it before measurement. The weight should display 0.0 lb. before stepping on the scale.



- Measure body fat and other body composition parameters correctly: Stand straight on scale, and have both feet uniformly touched the electrodes as the below figure.



**Specifications**

Dimensions: 10.2" x 10.2" x 1.0" (260mm x 260mm x 25mm)  
 Weight: 2.6 lb. (1.2 kg)  
 Batteries: 4 x 1.5V AAA  
 Measurement Range: 0.4 ~ 330 lb. (0.2 ~ 150 kg)  
 Measurement Resolution: 0.2 lb. (0.1 kg)

**Trouble shooting**

 Normal working	No display Change battery	 No wireless connection
 Change battery	 Overload	 Calibrating

**DoFit**

**Wireless Body Composition Smart Scale User Manual**

The Wireless Body Composition Smart Scale is a body analyzer that measures weight, and it uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage and other body composition data. It is intended for home use only.

**WARNING**

Please read carefully before use

- Do not use if you have a pacemaker, or artificial lung, or wear an ECG, or any other internal medical device.
- Do not use if you are pregnant.
- Do not use on slippery floor; do not use when your body is wet.

**CAUTION**

- Your body composition data measurements may not be accurate when using the scale immediately after heavy physical activities.
- This model of the Yolanda smart scale is not intended for use by children under the age of 18.
- Yolanda smart scales should not be used to diagnose or treat any medical condition. Always consult your physician or medical professionals to determine what is ideal for you.

**Power On Scale**

Your Yolanda Smart Scale is shipped with 4 AAA batteries. Install the batteries inside the battery compartment and power on your scale.

After power on, you can measure body weight. However, to measure other body composition parameters such as body fat percentage, you need to use your Yolanda Smart Scale together with your smart phones or tablets. You will need to install mobile applications programs on your mobile devices first. See next.

**Apps Install and Measurement**

The Yolanda Wireless Body Composition Smart Scales can connect wirelessly to mobile phones or tablets. To do so mobile devices need to install mobile application programs. Easiest way to download the mobile app is to use your phone to scan the below QR code, and then follow the instructions given.

**Step 1: Download the APP**

Scan QR code and download 'yolanda' APPs      Register      Install battery cells

**Step 2: Pairing scale with mobile phone**

Enter my device/add new device/pair device      Step on scale      Pairing scale to APPs

**Step 3: Measure and check the body analysis report**

Step on again and keep to digital number stable      Check the body report in APPs

Number flash twice means weight test finishes.  
 Number 0 rolling to stable means body fat test finishes.

**What's Included**

- Your Smart Scale Model box includes:
- ① Smart Scale
  - ② Battery: 4x 1.5V AAA
  - ③ User Manual