

Thank you for purchasing the Valore Smart Scale with Body Composition & Heart Rate Monitor (LA28).

- **Full body composition scan**

Tracks weight, body mass index (BMI), basal metabolic rate (BMR), body fat, heart rate and more

- **Keep track of your health in one app**

Sync stats wirelessly with mobile app

**Important:** Please read the user manual thoroughly before using your Smart Scale.

Note: Do not use this monitor if you have a pacemaker or is pregnant.

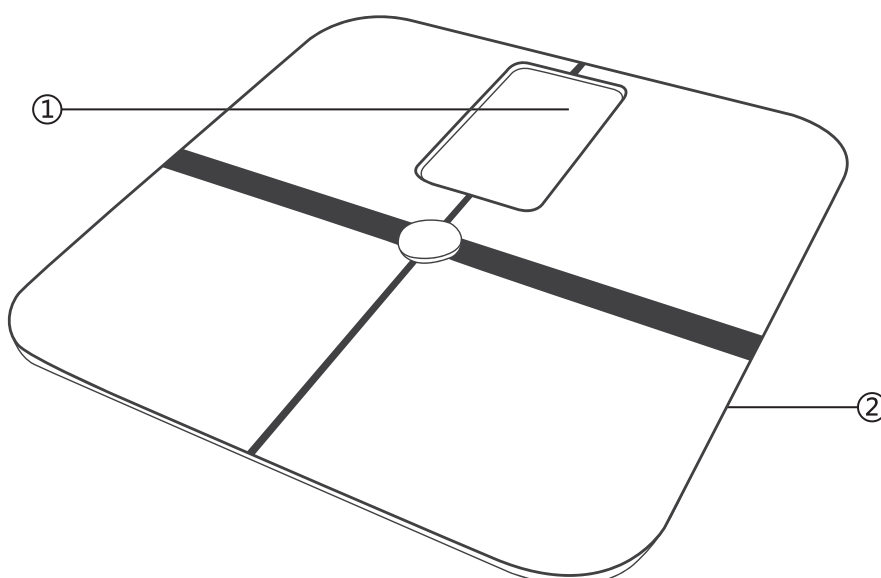
### Specifications:

- Full body composition scan:
  - BMI parameter
  - Bodyweight
  - Body fat analysis
  - Body water analysis
  - Body bone analysis
  - Heart rate
  - Body balance
  - Body age
  - Protein
  - Basal metabolic rate
- LCD display screen: 109 x 62mm
- Capacity: 6 – 180kg (max)
- Graduation: d – 100g
- Battery: AAA x 4 (not included)
- Platform material: Tempered glass
- Dimensions (L x W x H): 300 x 300 x 27.5mm
- Weight: 1800g

### Package Contents:

- Smart scale with body composition & heart rate monitor x 1

## UNDERSTANDING THE PRODUCT



- ① Display
- ② Battery Compartment

# START USING THE SMART SCALE

## Install Fitdays App

1. Search “Fitdays” in Apple Store or Google Play or scan the QR Code below:



2. Download and install the App on your device.

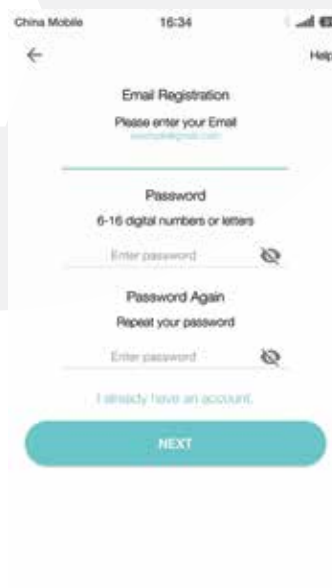
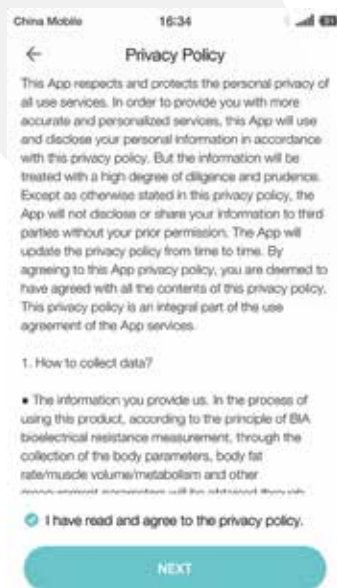
## How to use Fitdays App

1. Place the scale on a hard, flat ground.



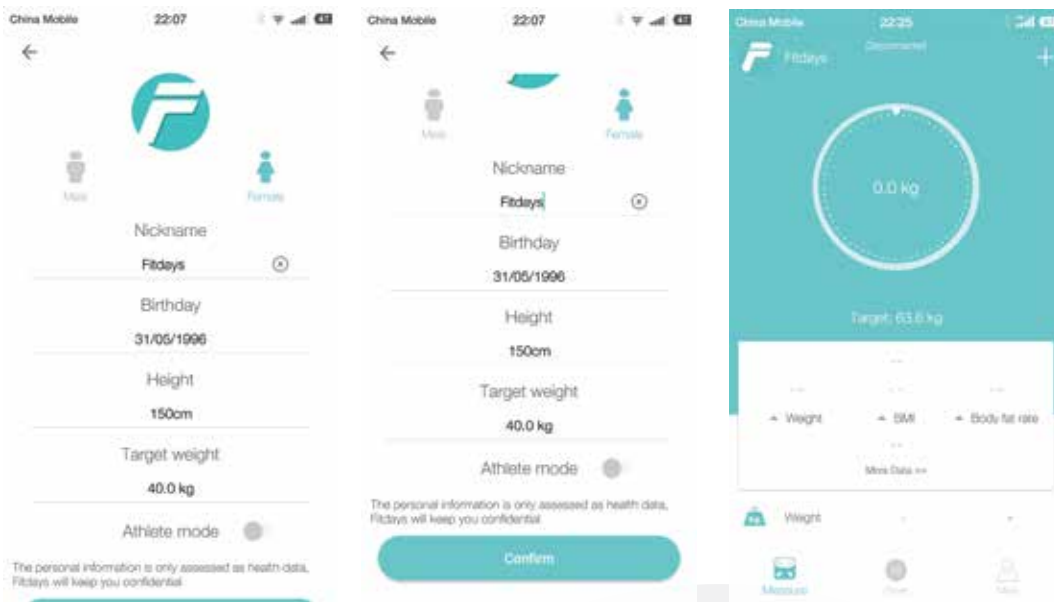
2. Turn on Bluetooth on Smartphone or tablet.

3. Register ID by email or social media account.



4. Add personal data and click “Confirm”.

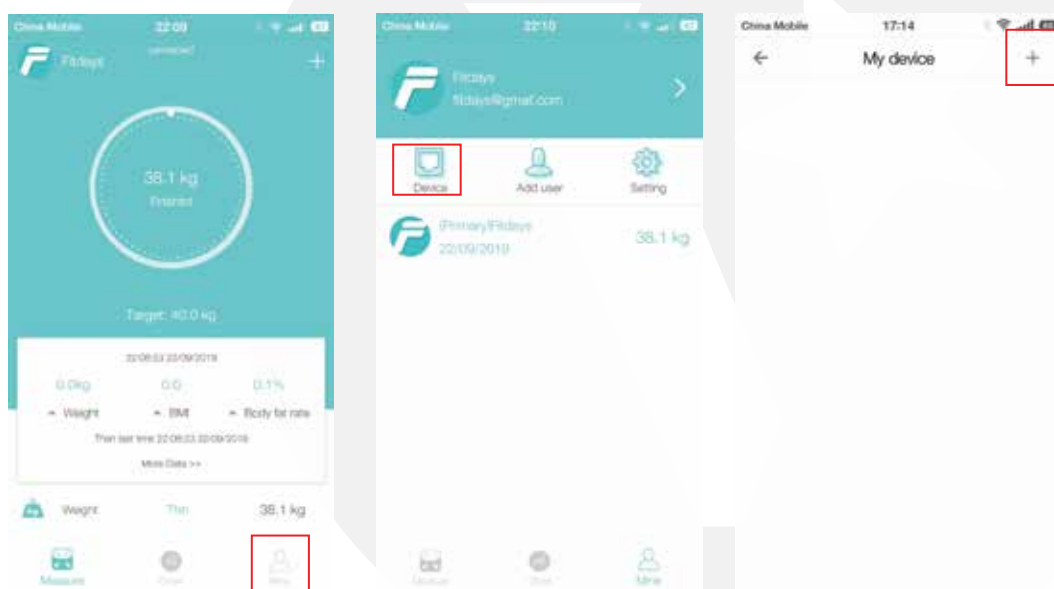
*Note: Wrong info like gender, age, height, etc. may result in measurement inaccurate.*



5. Pair the scale via Bluetooth.

Click Mine ----> Device----> + to find and pair the scale ID.

*Note: When successfully connection, a Bluetooth icon will show on scale and the word "Connected" will show on the circle of homepage.*



6. Tap your foot on the scale to activate the display. Wait until the display shows "0.0"kg.

7. Stay Fitdays at the homepage and step on the scale with BARE feet to star measuring.



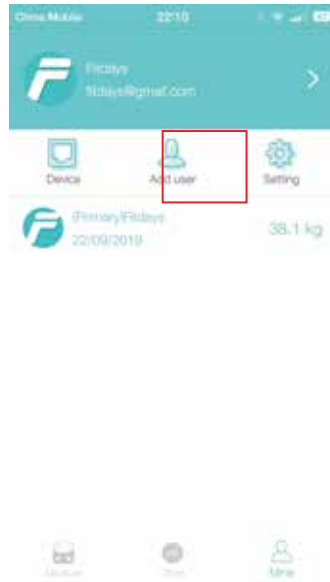
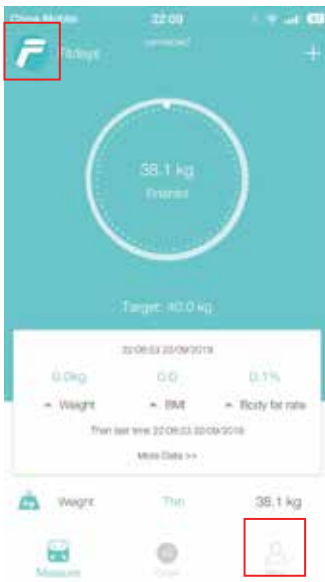
8. The number on display is flashing when the scale is weighing and analyzing. When it shows your left weight & Right weight, you will have about 5-10seconds to adjust your body. Please try to get equal left & right weight.
9. When heart rate measuring, a heart icon will show on scale and flash on the app. Please keep silence and peace to get more accurate data.
10. Stay on the scale until the circle shows 'Finished', all data sync on scale and phone.



11. Click More data to find details for Body Weight, BMI, BMR, Muscle, Bone Mass etc. and check data difference on Chart by week, moth and year in vertical or horizon version with icon up right.

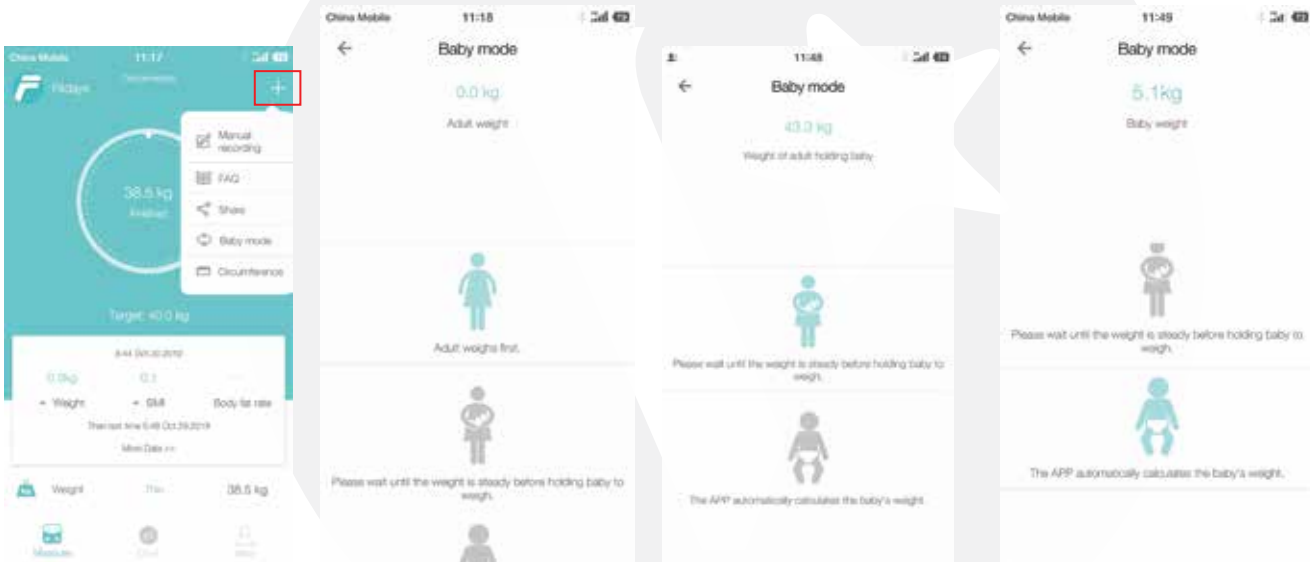


12. Add or switch user: click photo profile on homepage, or Mine--> Add user. The Smart Scale can recognize the user by weight difference and remind to change the correct one. Each account can support 24 users.



### 13. Baby weight checking: click + --> Baby Mode.

Adult steps on scale to weight first; after scale gets the weight, please step off the scale and hold the baby to weigh again; Fitdays will automatically calculate the baby's weight.



## TROUBLE SHOOTING GUIDE

### 1. Bluetooth failed to connection

- Make sure the scale and the Bluetooth on your phone are on
- Check the OS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.
- For successfully connection, there has a Bluetooth icon on the display and the word “Connected” will show on the circle of the homepage on phone
- If fail to connect via Bluetooth, please click Mine--->Device to find the scale ID.

### 2. No body fat data after weighting

- User must step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- Step off the scale when measurement does not finish (Please keep standing on the scale around 10 second until the number on the display stops flashing).
- Bluetooth is not turned on.
- Bluetooth is paired with a difference scale.

### 3. Incorrect weight data occurs.

- Check whether the scale is on a hard, flat surface.
- Check each sensor foot on the back to make sure nothing is stuck to the bottom of it.
- Press the button on the edge of scale;

### 4. Incorrect fat-muscle ratio shows on App

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.

### 5. How do I re-calibrate the scale after remove?

- Step on the scale to turn it on. Let it automatically drop to 0.0kg to calibrate.

### 6. The scale does not turn on

- Check if the battery has run out of power and charge with USB plug if needed.

### 7. How to exchange the unit

- Click Mine--->Setting--->Switch unit to change the unit on your phone.

## TECHNICAL SUPPORT & WARRANTY

- For Technical Support, email us at [v.info@valore.sg](mailto:v.info@valore.sg).
- For Warranty Registration, visit [www.valore.sg](http://www.valore.sg).

### Cautions:

Read all the instructions and warnings carefully prior to using this product.

- Do not store the body composition monitor in a high temperature environment.
- Do not place the body composition monitor near a fire or other excessively hot environments.
- Do not expose this body composition monitor to moisture or submerge it in liquid. Keep body composition monitor dry at all times.
- Do not disassemble this body composition monitor or attempt to repair or modify it in any manner.
- Be cautious of excessive drops, bumps, abrasions or other impacts to this body composition monitor. If there is any damage to the body composition monitor such as dents, punctures, tears, deformities or corrosion, stop using the body composition monitor and contact us immediately via email at [v.info@valore.sg](mailto:v.info@valore.sg), or return this product to the store where you have purchased it from.
- If the product produces an abnormal smell, high temperature (low temperature during normal use), discolours or changes shape abnormally, stop using the product and contact us immediately via email at [v.info@valore.sg](mailto:v.info@valore.sg).

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