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## **Arboleaf™ Body Composition Smart Scale User Manual**

Arboleaf™ Body Composition Smart Scale measures weight, body fat percentage, BMI, and other body composition data, using bioelectrical impedance analysis (BIA) technology. This Smart Scale is intended for home use only.

If any quality questions or confusion, feel free to contact us via **[support@arboleaf.com](mailto:support@arboleaf.com)**

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### **Package Contents**

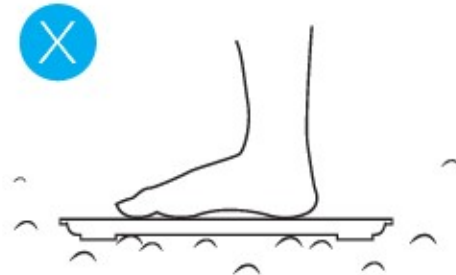
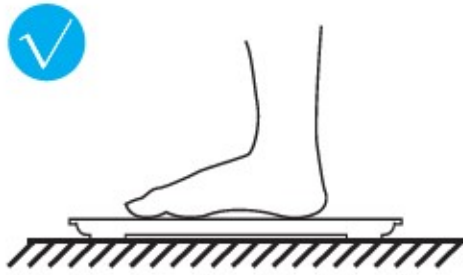
1.Smart Scale    2.Batteries: 3 AAA    3.User Manual

## Measurement Tips

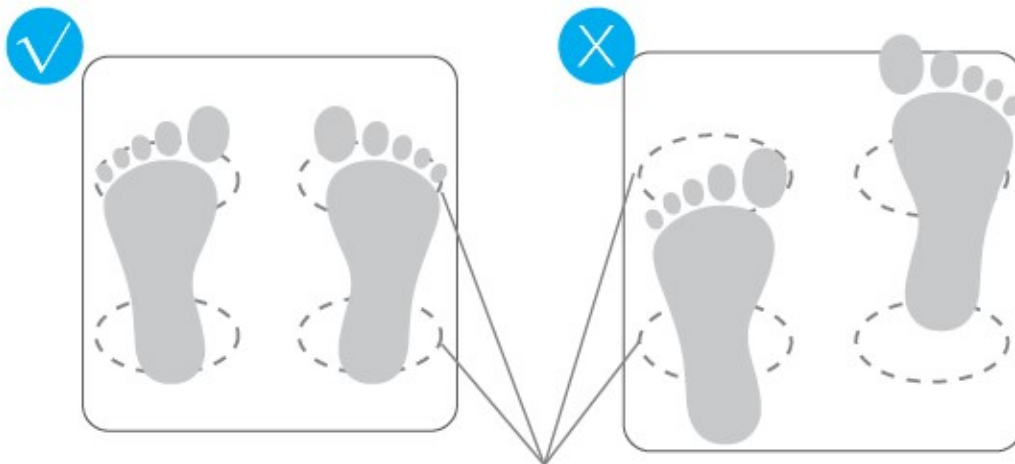
Read the warning on the front page carefully and follow the instructions.

- To have accurate and consistent measurement results, please use the Smart Scale during **the same hour each day** under the same conditions as much as possible. Please avoid measurements:
  - **during or immediately after strenuous exercises**
  - **immediately after a shower, bath or sauna**
  - **after heavy alcohol consumption**
  - **during or immediately after engorgement**
  - **when you have a fever**
- When using the Smart Scale, please **stand straight barefoot**. Wearing socks or having dirty feet will affect the accuracy of the results.
- You can toggle the measurement units between pounds (lb) and kilograms (kg) with the app. The height units will also change accordingly between the metric system and the Imperial system.

- For best accuracy, **place the scale flat on a hard surface.** **Do not place it on carpet.** Tap the scale first. You will then see the display show 0.0 (lb/kg). Now step on the scale to start your measurements.



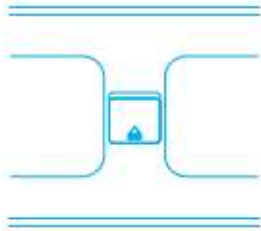
- To accurately measure body fat and other body compositions, stand straight on the scale with both feet uniformly touching the electrodes as shown below.



Conductive areas

## Step 1: Download the App

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Insert batteries



Download the “Arbo-leaf” app, can do it by scanning the QR code.



Register a new account

## Step 2: Pair scale with smartphone

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Click the add button (+)



Tap the scale



Connect your scale to the app

Automatic pairing in most cases, do only as needed. Make sure Bluetooth is enabled on your smartphone.

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

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Step on the scale again until the display number is stable.



Check for a body composition report in the app.



If the display number flashes twice, this means the weight test has finished.

When you see the number 0 stop moving back and forth, this means the body fat test has finished.

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## Specifications

Dimension: 11.8" x11.8" x 1" (300 mm X 300 mm X 25 mm)

Weight: 3.53 lb (1.6 kg)

Power: 3 AAA batteries

Measurement Range: 0.4-400 lb (0.2-180kg)

Measurement Resolution: 0.4 lb (0.2 kg)

## Trouble shooting



136.0  
\* lb

Normal working

No display

Change battery



136.0  
lb

No wireless  
connection



Lo

Change battery



EEr

Overload



CAL

Calibrating



## **WARNING**

Please read carefully before use

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



## **CAUTION**

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- Your body measurements may not be accurate after heavy physical activity.
  - This smart scale model is not intended for use by infants or toddlers; some body composition measurements are not for children under 18.
  - Arboleaf smart scales should not be used for treating or diagnosing any medical conditions. Always consult your physician or health professional to determine what is suited for you.



## Getting Started

Your Smart Scale shipment comes with 3 AAA batteries. Put the batteries in the battery compartment. The scale is ready for use.

At this point, you can now measure your body weight. To access more functionalities such as body fat percentage, you will need to connect the scale with your mobile phone with the Arboleaf app installed.

## Apps Install and Measurement

From Apple App Store (for iOS) or Google Play (for Android) search for and download the “Arboleaf” mobile app. You can also do it by scanning the QR code.

Install and run the app on your phone. Register a new account. **Make sure bluetooth is enabled on your phone.** The app will automatically pair with you Smart Scale. If not do it manually. Then you can start measurements.