

PAVABA

Smart Body Composition Scale

Smart Scale P1



WEIGHT



BMI
INDEX



BODY FAT



LEAN BODY
MASS



SUBCUTANEOUS
FAT



VISCERAL
FAT



BODY WATER



SKELETAL
MUSCLE



MUSCLE
MASS



BONE MASS



PROTEIN



BMR



METABOLIC
AGE



BODY
SCORE

test item

Weight, visceral fat, BMI, BMR, adiposity, muscle mass, body water percentage, bone mass, protein, Obesity class, subcutaneous fat percentage, defatted weight, body type, standardized weight.

Principle of operation

This device works on the principle of bioresistive impedance (BIA). It utilizes a new technology to test the body impedance, which makes the measurement results more accurate. The body resistance method is based on the fact that body fat is not a conductor, but muscle and water are, and the composition of the human body can be calculated by measuring the body's bioresistance.

Product Specification

Weighing range:0.1~180kg

Battery specification: 4*AAA Dry Batteries

Unit: kg/lb

Net weight: 1.65kg





Minimum weight:5kg±1kg

Graduated value:0.1kg / 0.2lb

Product size: 324*300*33mm

Working temperature:-10°-50°

Display Description

			
Normal	Scale not connected to cell phone, blinking Bluetooth	Insufficient power, please replace the battery	Err displayed, weighing overload

Battery Setup

Open the battery compartment in the bottom case of the scale and insert the batteries in the correct orientation of the battery tabs. When "Lo" is displayed on the screen, please replace the batteries in time. If the scale is not used for a long time, please take out the batteries to avoid corrosion of the scale by leaking liquid from the batteries.

Automatic shutdown

If there is no operation, the product will shut down automatically after 10 seconds.

If overloading the maximum range, the display will show "Err", and then it will shut down automatically after 5 seconds.

The product will shut down automatically if there is a fat measurement error.

Optimal storage method

Keep out of direct sunlight and away from overheated objects.

Keep away from high temperatures.

Do not place in a humid environment.

precision error

0.5-49.9kg±0.1kg

100.0-149.9kg±0.3kg

50.0-99.9kg±0.2kg

150.0-180.0kg±0.5kg



Scope of application

- ① Measurement data from the scale is for reference only and should not be used for medical purposes.

This product is mainly suitable for home use. Various body composition data are derived from the analysis of human body sign information.

Product Cleaning Methods

When dirty, wipe with a soft cloth moistened with water, then dry with a dry cloth.

Safety Precautions

Read the safety precautions before use.



The use of this product is prohibited for pregnant women and those with medical devices such as pacemakers, artificial lungs, and wearable electrocardiographs in their bodies.

When using this product to measure body fat percentage, a weak electric current passing through the body may affect the normal operation of medical devices in the body, leading to serious consequences.



Do not use the product on slippery surfaces or floors.

Slippery scales may cause you to fall and get hurt.



Do not use inferior, substandard or broken batteries.

Substandard batteries have the potential to damage your smart body fat scale.



When old batteries or scrapped, please dispose of them properly according to the relevant regulations in your region.

Notes on the use of the product

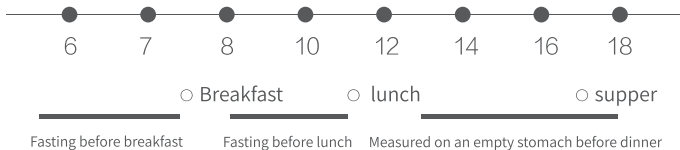


In order to ensure the accuracy of the measurement, please try to measure at the same time, under the same conditions, and avoid measuring under the following conditions:

- After strenuous exercise
- After a bath or sauna
- After eating or drinking
- After drinking a lot of water or alcohol
- In the midst of a cold or fever



The following is the recommended measurement period, try to keep the same time and conditions every day.
Measurement.

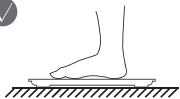


Measurements should be taken barefoot, with the right and left feet apart, while keeping the body straight, and wearing only underwear if possible.

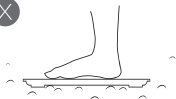
- As young people under the age of 18 are in a rapid growth period, the data are for reference only.
- The body fat percentage of patients on artificial dialysis, patients with symptoms of swelling, and elderly people over 80 years of age is different from that of the general population, so it is recommended to use the measured value as a reference only.

Proper Measuring Method

- Please place the product on a hard, flat floor, not on carpet or other soft surfaces, as this will cause inaccurate measurements.
- Clear the zero before each measurement.
Zeroing method: step lightly on the scale surface and then step off the scale, the number on the screen will automatically return to 0.0KG.



Place the scale on a hard, flat floor



Do not place on carpeted or soft floors

Proper Standing



Proper Measurement



The feet are too far apart or close to the edge, resulting in inaccurate measurements.

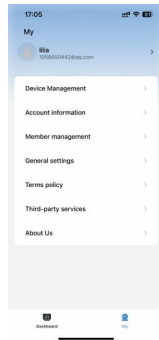
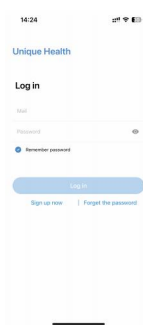
Instructions

APP installation

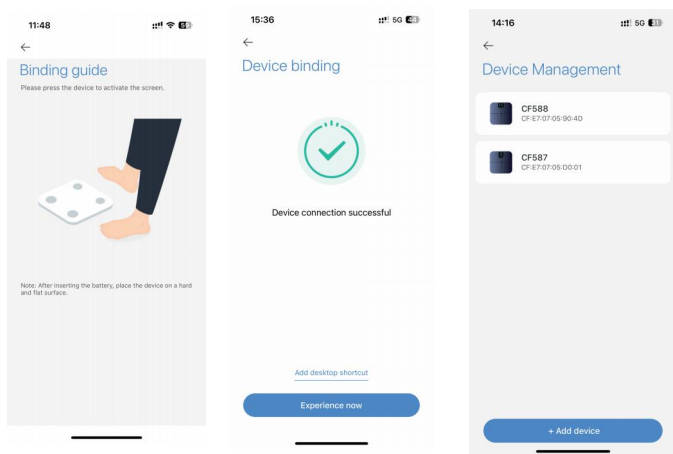
- Search "Unique Health" APP from the app store to download and install or directly scan the QR code to open it in the browser.
- Below are the QR codes for downloading the app



1. Turn on the Bluetooth option of the mobile phone, open the "Unique Health" App to enter the interface, first-time users need to choose to accept the user agreement before continuing.
2. Before connecting and using, Please lightly step on the scale body to make the screen light up, and make sure that the Bluetooth and GPS positioning are turned on.
3. Use the APP, enter the home page, and log in/register. For the first time use, please set the correct personal parameters for the current user.



4. After entering the App interface, click [My]-[device management], and please confirm whether the device has been bound.



Measurement On The Scale

Unit & Language Conversion

After the mobile APP is connected to the scale end, enter the **[General setting]** interface, and you can switch the measurement unit and language.

User Switch

It can switch between users by clicking the arrow next to the avatar at the top left of the Dashboard page.

Weighing Methods

1. Stand directly on the scale.

Follow the prompts on the scale and wait for the indicator to be detected until the measurement is completed, then you can view the relevant data information on the scale.

If you want to further view the detailed explanation or look back, then in the "bound device" to enter the device page, click on the **【Sync scale data】**, after successful synchronization, directly click on the main icon of the colourful circle to view the details.

2. Click **【measure weight】** in "bound device" on APP. Please note that this method needs to light up the scale surface in order to get the connection status, please keep standing steadily before the indicator measurement is completed, after the completion of the interface will automatically switch to the measurement results, click on the specific indicators can be viewed in detail and explain the data and suggestions.