

Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

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www.lifelongindiaonline.com

lifelong

SMART WEIGHING SCALE

User Manual



Built for Relaxation. Built for India.

INTRODUCTION:

Dear Customer, Congratulations!

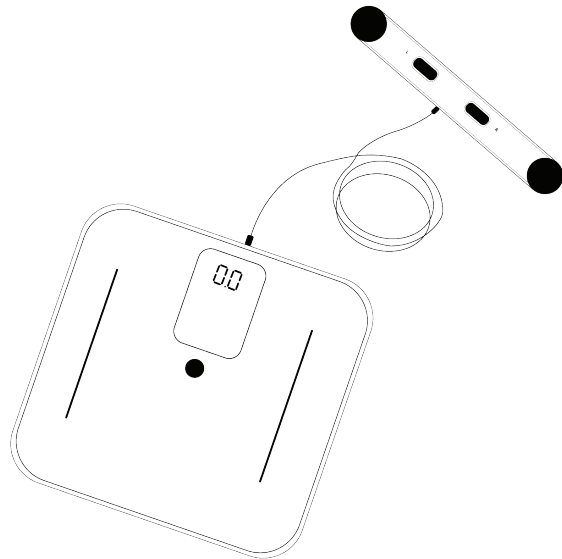
We welcome you to the Lifelong family, as you welcome our Lifelong Smart Weighing Scale to be a part of your home.

At Lifelong, our products are carefully built for the needs of India, which is why we have crafted a diverse range of innovative products, across a spectrum of categories - Home, Kitchen, Grooming, Fitness, Lifestyle and Smart Home, to better help you. We then deliver them at the best prices, enriching your everyday living.

We are sure you can't wait to start using your new Lifelong Smart Weighing Scale.

Looking forward to building our bond for life, cheers!

Thank you, Team Lifelong



LLWS108

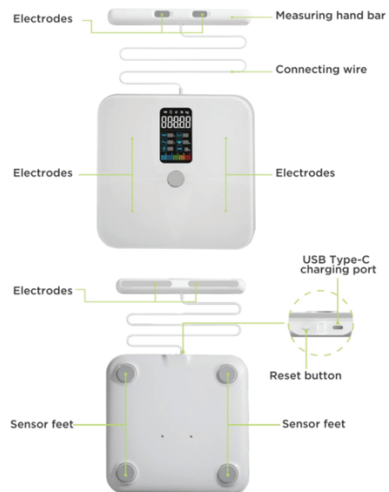
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ABOUT THE PRODUCT:

This high precision smart weighing device is used for accurate measurement of human body weight. It is professionally designed to bring balance to your daily life and diet with its invaluable assistance of knowing your fitness progress. It also comes with a built-in step on technology which facilitates instant activation of the scale after initial insertion of batteries.

MARKINGS ON PRODUCT:



USING THE PRODUCT:

Scan the QR Code to download APP



Thanks for choosing the Lifelong Smart body, Scale. This full body composition scale can help you conveniently measure body weight, Partial body fat & Skeletal muscle, BMI, Body fat rate, Visceral fat, Body water, Skeletal muscle rate, Muscle mass, bone mass, Protein, BMR, Body age, etc.

IMPORTANT: Please read these instructions in this manual carefully before using the device. Failure to comply with the instructions given in the manual or using this scale in ways other than the ones mentioned in this manual may result in injury to yourself or damage to the scale.

INSTALL ONTOFIT APP

1. Download and install the App on your device.
2. The App icon will appear on your phone or tablet after the installation is completed.

Special selling points:

1. First time use: must be online use.
(Otherwise, scale only show weight & BMI)
During use, please keep App on home page, and keep measurement posture for about 30S. When finishing measurement, you can check 8 core data in scale VA display. You also can check more details in App page.
2. From second time use, support offline measurement.
(No need to open App for every measurement)

HOW TO USE ONTOFIT APP

1. Press the button besides USB recharging port to switch the scale on.
2. Place the scale on the hard, flat ground.
Turn on Bluetooth on your smart phone or tablet.

3. Register your own ID by email or social media account for Onto Fit App.

The screenshot shows the registration interface of the OntoFit app. It includes a 'Privacy Policy' section with text about data collection and use. The registration form has fields for 'Please input mailbox', 'Enter password', and 'Re-enter password'. There are also options for 'I have read and agree to Privacy Policy' and 'I forgot my password, tourist mode'. The app is designed for both male and female users.

4. Add personal data and confirm OK;

Note: Enter the wrong gender, age, height info may result in measurement being inaccurate.

The screenshot shows the home screen of the OntoFit app. It displays the user's profile with fields for 'Username', 'Birthday', 'Height', and 'Target weight'. There is a 'Weight' section with a target weight of 50.0kg and a 'History record sorting' section. The app is currently 'Disconnected'.

5. Pair the scale through Bluetooth. Click Account -> Device -> + -> Searching Bluetooth for pairing for pairing to find the scale (Keep scale on) and now your phone is connected with the scale;

The screenshot shows the 'Account' screen of the OntoFit app. It has a 'My device' section with a red box around the 'Add device' button. The 'Binding devices' section shows a list of devices with a red box around the 'Add device' button. The app is currently 'Disconnected'.

After connection, connected will be indicated on Main page, top position;
If disconnected be shown, means failure for pairing. Please repeat above steps.

6. Tap your foot on the scales to activate the display. Wait until the display shows “0.0” (kg/lb/st).

Keep OntoFit App on main page;

Then Bluetooth connection icon will be shown on VA display.

Connected indication will be shown on main page at the same time.

7. Step onto scale with bare feet;

At the same time, make sure your fingers are full touch with four electrodes on handlebar (Pay attention for Left & Right direction), at the same time, stand on each two electrodes metal plate with bare feet as below indication photos;



Please pay attention for handlebar posture, especially for the thumb position and four-finger position, make sure both are in full contact with metal electrodes, and with the correct side.



Note:

If stepping on the scale with socks, or weighing posture is not correct, only weight and BMI will be measured and displayed on the main page. To get complete data, please step on the scale with bare feet, and grip the handlebar with correct posture.

8. The number on the display is flashing when the scale is weighing and analysing.

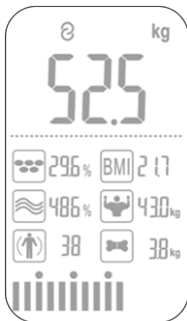
Please stand still and keep same posture for about 30S;

App will show measure schedule and with music playing during body fat measurement.

After measurement finished, you can check more data from App.



At the same time, you can track 8 core data on VA screen also:



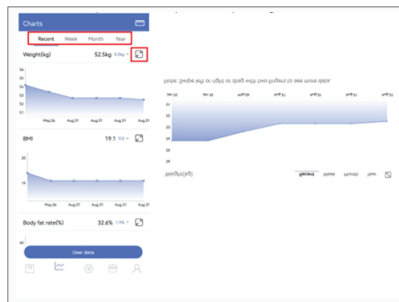
9. You can click More Data to read more Parameter data.

You can click below icon to read detail body composition analysis report for your measurement.

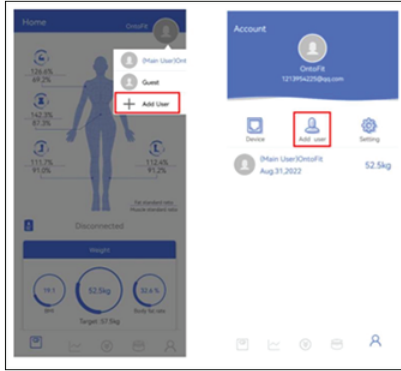


10. You can find the analysing report on Body Weight, BMI, BFR, Muscle mass, Bone Mass, etc.

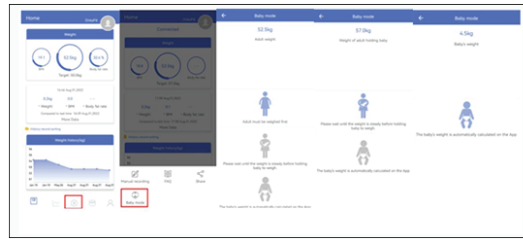
When you click Record, you can see your long-term track chart form.



11. Add, switch user by click on profile ->Add User, or click Account--> Add User, then add personal data. The Smart Scale can recognize which user is step on it and remind user to switch the correct user. Each account can support 24 users;



11. Weighing baby: click + -->Baby Mode. Step on the scale by you own, after scale gets your weight, and then hold the baby to get the weight of baby.



App Functions:

- Weight
- Body fat
- Visceral fat
- Protein amount
- BMI
- Muscle weight
- Bone mass
- Moisture
- BMR
- Degree of obesity
- Body age
- Muscle
- Standard weight
- Without fat
- BFR
- Protein rate
- Subcutaneous fat

- Height record (<16 years old)
- Partial body fat
- Partial muscle rat

Indication Symbols:

LO	Low battery- Please recharge by Type C USB cable
Err	Overload
C	An error has occurred during measurement. Step off the scales and step onto it again to repeat the measuring process.

DOS & DON'TS:

- DO NOT use with medical implants such as pacemakers.
- DO NOT stand on the edge of the scale or jump on it;
- DO NOT overload the scale (Max.180kg)
- DO NOT drop scale or droop and objects on it as this may damage the sensors.
- DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale with slightly damp cloth.
- Not recommended for pregnant women.
- Not recommended for infants, toddlers, and children under 10 years of age.
- Any measurement obtained using this device is for reference only and should not be considered as a medical opinion.
- Consult your primary care doctor or physician before making changes to your diet, exercise plan or physical activities.
- Always place the scale on a hard, dry and flat surface before measurement.

- Make sure your feet are dry before stepping on the scale.
- Connect the batteries in accordance with the correct polarities indicated.
- Remove batteries if the scale is not used for a prolonged period.

PRODUCT SPECIFICATIONS:

- Weight unit: kg/lb/st (switch the units via APP setting)
- Weight limit: 6kg-180kg
- Power Supply: 300mAh rechargeable battery
- Account number: No limitation (each account can add 24 persons)
- Height record: Allow you to record the height info under 16 years old
- Operating temperature: 10-40C
- Operation humidity: 20%-90%

TROUBLESHOOTING GUIDE:

1. Bluetooth not connected

The scale and smart phone must be both have Bluetooth on.

Check the iOS version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 higher.

Click Account ->Device -> + -> Searching Bluetooth for paring to find the scale (Keep scale on status) and now your phone is connected with the scale;

2. No body fat data measured when weighing

User must be bare foot to measure the body fat.

Do pay attention for correct handlebar grip posture during measurement.

Make sure your feet and the scale are both dry.

Scale not finishing weighing when the number display is flashing (Keep standing on the scale around 30 second until the number on the display stops flashing).

Bluetooth is not turned on.

Bluetooth is paired with a difference scale.

3. The scale is producing inconsistent weight.

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.

Remove the batteries to restart the scale;

4. The App is displaying the incorrect fat-muscle ratio

The body parameter setting is incorrect, check to make sure you entered the correct gender, height, and age.

5. How do I re-calibrate the scale after moving it or change the batteries?

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

6. The scale does not turn on

Remove the batteries and put it back. Make sure to insert the batteries in the correct direction;

7. Scale only show weight & BMI?

- For first time uses for every user, need to use on-line mode, connect with App for successful measurement. Otherwise, scale will only weight & BMI.
- For every time use, need to hold up handlebar, and confirm correct grip posture, especially for thumb & four fingers contact posture. Otherwise, the scale will only weight & BMI.
- Keep feet apart, and bear feet onto scale platform, face to display direction. Otherwise, scale will only weight & BMI.

- Keep stand still for about 20-30s to finish the whole measurement. Otherwise, scale will only weight & BMI.

BATTERY:

- * If the scale is not to be used for long periods, it's recommended to remove the battery to avoid damage to the scale due to possible battery leakage.
- * Do not mix old and new batteries, with different compositions or of different brands in order to prevent possible leakage, explosion.
- * Do not heat or deform the batteries or explore to fire.
- * Waste batteries should not dispose of with household waste.
- * Please check with your local authority for battery recycling advice.
- * 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.

DISPOSAL:

- The packaging material is recyclable. Please dispose of it in an environmentally friendly manner and take it to a recycling centre.
- Dispose of the device in an environmentally friendly manner. Dispose of it at a recycling centre for used electrical and electronic devices.
- The batteries should be removed prior to disposal of the device and disposed of separately from the device. To protect the environment, non-rechargeable and rechargeable batteries may not be disposed of with normal household waste, but must be taken to suitable collection points. Also note the relevant statutory regulations governing the disposal of batteries.

Terms and Conditions:

1. This warranty is void if:
 - a. The completely filled warranty card is not presented at the time of servicing the product.
 - b. The product is not operated according to the instructions given under the user manual.
 - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - e. Product label specifying the model number, serial number and production code has been removed and altered.
 - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.

5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from them date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongonline.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log on to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.