

ACTOFIT SMARTSCALE LITE

USER MANUAL



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Getting Started

1.1 Usage

The Actofit Smartscale Lite is a body analyzer powered by Dual BIA (Bioelectrical Impedance Analysis) to read 12 essential health parameters. It is meant for use in homes, gyms, and in clinics.

1.2 What's included

Your Actofit Smartscale Lite box includes:

- 1 Actofit Smartscale Lite
- 4 AAA batteries
- 1 User guide

1.3 Power up your Actofit Smartscale Lite

Your Actofit Smartscale Lite is shipped with 4 AAA batteries. Install the batteries inside the battery compartment to power on your scale. The battery lasts up to 1 year. Kindly change the batteries when required to continue using the device. if not use the product for long time then remove the battery.

1.4 Placement Directions

Remember to place your scale on a hard, level surface. Step onto the scale bare foot, evenly distributing your weight. Make sure that your bare feet are properly placed over all four metal conductors.

Warning:

Never use, or allow others to use, this unit in combination with the following medical electronic devices:

- ▶ Medical electronic implants such as pacemakers
- ▶ Electronic life support systems such as an artificial heart/lung
- ▶ Portable electronic medical devices such as an electrocardiograph



-
- ▶ This scale passes a harmless and unnoticeable electrical current through your body when taking a measurement. This electrical current is not felt while using the scale. This unit may cause the above mentioned medical devices to malfunction.
 - ▶ This product is not intended for use by pregnant women.
 - ▶ This product is not intended for use by infants, toddlers, and children under 10 years of age.
 - ▶ Do not step on the edge of the scale while getting on or off, it may tip.
 - ▶ Do not jump on scale.
 - ▶ Protect scale from hard knocks, temperature fluctuations
 - ▶ Do not place it close to any heat sources. (e.g. stoves, heating units).
 - ▶ Do not drop scale or drop any objects on it. This may damage the sensors.
 - ▶ Do not step or stand on the scale when your body and/or feet are wet – for example, after taking a shower.
 - ▶ Do not step on the scale when the surface is wet.
 - ▶ Please be aware that the measurements obtained from this body analysis scale represent only an approximation.
 - ▶ Do not step on this scale if you weigh more than 400 lbs or 181 kg.
 - ▶ Place the scale on level flooring–otherwise it may tip.
 - ▶ Clean the scale with a slightly damp cloth. DO NOT immerse the scale in water or use chemical/abrasive cleaning agents

1.5 Caution

Using this scale on carpet will not give accurate results



1.6 Cleaning and caring for your Smartscale Lite

There is simply no maintenance required other than the use of water to wipe the foot pads clean OR glass cleaner to keep them shiny. Always use a cloth first to the product. Avoid soaps and abrasives.

1.7 Accuracy Disclaimer:

The data may be inaccurate if you suffer from the following conditions: Fever, hangover, exhaustion (after heavy exercise), overheating (after bath or sauna), and your posture may be wrong. As there is a minor current passing through the body when you step onto the scale, people in the following conditions are not advised to use it: pregnant women, people with surgically inserted pacemakers, artificial dialysis or other medical devices and those suffering from edema.



Setting up

2.1 Download the App

Go to the App store on your device (App Store for iOS or Play Store for Android) to download the app. Just search for "Actofit Smartscale" in the app store

Set up your Smartscale Lite by connecting it to the Actofit Smartscale App. Follow the steps below:

Download the Actofit Smartscale app from Playstore / Appstore.



Sign up

1. Enter Name.
2. Enter email address.
3. Enter and confirm your Password.
4. Click on Sign Up by clicking on the checkbox to accept Terms and Conditions.
5. A verification link will be sent to your registered email address.
6. Kindly click on the link to verify and login.



Already registered? Login to the app.

Connect with Google if you already have a Gmail account.

- Once you are logged in, you will be directed to the home page. Enter your mobile number and proceed to see your member list.
- If your number is already registered, you will be directed to the Measure page.
- If your number was not previously registered, you will be directed to the Add New User page.
- To add users, enter and save all required details.
- Once the user is added, enter your mobile number and click on submit OR go to Member List and select the user.
- Click Proceed to go further.



Forgot Password:

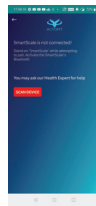
1. In case you forget your password, you can easily reset it.
2. Click on Forgot Password
3. Enter your email address
4. Click on the Reset Password button.
5. A password reset link will be sent to your registered email address.
6. Click on the link and enter a new Password.
7. Save your new password.

2.2 CONNECTING YOUR SMARTSCALE LITE (ANDROID)

1. Go to Home screen.



2. To connect, click on Settings > Scan



3. A device name will appear on your screen with the MAC id
e.g. Actofit Lite Scale A4:C138:1C:65:9B



4. Click on the MAC address of the scale.



5. Once the scale is connected, click on Proceed.



6. Step onto the Smartscale Lite till all your parameters appear on the mobile screen.



2.3 CONNECTING YOUR SMARTSCALE LITE (ios)

1. Login or Sign Up to the application.



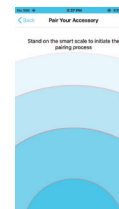
2. Fill all required details.



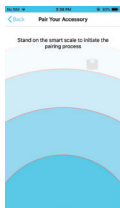
3. Tap on Connect Scale.



4. Step onto the Smartscale Lite to turn on Bluetooth.



5. Tap on your Smartscale as soon as it appears on the Scan page.



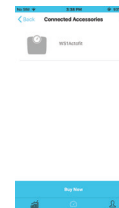
6. On the Profile screen select the user and step onto the scale barefoot for precise measurements.



7. Stand on the scale till all your parameters appear on your mobile screen [Ensure the Bluetooth icon is visible on the Smartscale Lite]



8. In case you're not getting any results, tap the "+" icon at top right of the screen to ensure you're Smartscale Lite is connected.



2.4 VIEWING YOUR DATA

- Once you weigh yourself you can view the measured data on your Actofit Smartscale Dashboard. Log in by entering or mobile number, or simply click on your Username and tap Logs.
- You can also easily compare yourself against other users by clicking on Compare.



2.5 Facing issues?

For more such frequently faced issues faced by our user on the application please refer to the FAQs on pages 14-18.

If you're unable to connect to the Smartscale Lite from your mobile application here are some checkpoints you have to cover and confirm:

1. Check whether Bluetooth & location are enabled on your phone i.e. Location and data storage permissions.
2. Check your internet connection while creating / updating your profile.
3. If the issue persists, then remove the batteries of the Smartscale Lite and reinsert them. This will reset the device.
4. Make sure that your Smartscale Lite is added to your Connected Devices list. To successfully add your device you need to tap multiple times on detected device name e.g. Actofit Lite Scale
5. While taking a reading make sure that the Smartscale Lite is kept on a flat and hard surface.
6. If you are trying to pair the Smartscale Lite with other mobile devices then remember to unpair with all other devices. Delete your Smartscale device from other smartphones to remove the app from background processes.
7. If issue not solved then contact customer support.



What are the methods to get the most accurate reading?

1.1 Method to reduce weight error:

- a) This product must be placed on the hard and flat ground, such as ceramic tiles and the likes, It CANNOT be placed on a carpet; a soft item cannot be padded under the scale.
- b) Before each measurement, calibration is performed and the method is:
You should tread (i.e., turn on) the scale's LED (light-emitting diode), and leave the scale when the displayed number is unstable, and the LED will display several letters, i.e., "CAL", and return to "0". At this time, calibration is complete.

1.2 Method for decreasing errors of fat percentage and water percentage:

- a) This product obtains body fat percentage by using BIA (bio-impedance analysis) bioelectric measurement method; fat percentage obtained by using BIA measurement method is closely related to the following parameters: body impedance coefficient/height/weight/age/gender. Therefore, change in any of the parameters can cause a change of fat percentage.
 - (I) A surveyor is required to enter correct height/gender/age. Once these data are incorrect, accurate body fat percentage cannot be obtained.
 - (II) Bare feet are necessary (Socks should also be taken off)
 - (III) In order to ensure that the surveyor obtains the body impedance coefficient of the standard model, the surveyor is required to follow correct standing posture for measurement.
 - (IV) In order to obtain correct body impedance coefficient, at time of measurement, please put two feet to cover metal electrodes on left and right sides and keep still till end of the measurement. The entire measurement process will take about 20 seconds.
- b) We suggest performing measurements at the same time and under the same body conditions every day. The body's daily weight varies with change in eating food and drinking water and the weight change value is 0.5~2KG. Body fat percentage = fat weight/body weight, therefore body fat percentage will fluctuate and normal body fat percentage fluctuation within one day is shown as the following figure. Before eating food and drinking water in the morning, body fat percentage reaches the highest peak in the day, as well as in the afternoon and evening, with weight gain and water percentage gain caused by eating food and drinking water, body fat percentage reaches the lowest value in the day.



What are the 12 different body parameters measured by Actofit Smartscale Lite?

Actofit Smartscale Lite measures 12 different parameters:



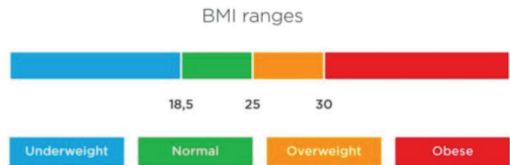
Weight

Weight is one of the most important health indicators. Sudden or absurd changes in weight are often the earliest indications certain ailments.



BMI

BMI or Body Mass Index is a standardized ratio of weight to height used as a general indicator of health. Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters). $BMI = \text{Weight (Kg)} / \text{Height (M)} / \text{Height (M)}$



BMR (Basal Metabolic Rate)

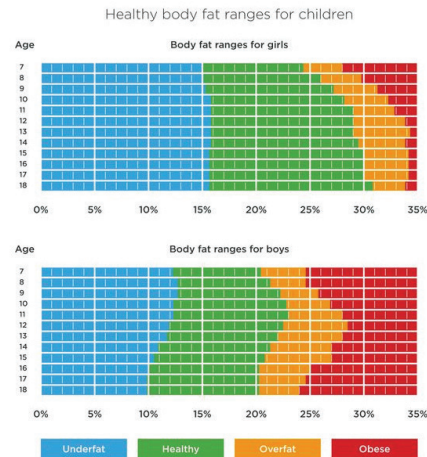
The daily minimum level of energy or amount of calories your body requires when at rest (including sleeping) in order to function effectively. Increasing muscle mass will speed up your basal metabolic rate (BMR). A person with a high BMR burns more calories at rest than a person with a low BMR. About 70% of calories consumed every day are used for your basal metabolism. Increasing your muscle mass helps raise your BMR, which increases the number of calories you burn and helps decrease body fat levels. Your BMR measurement can be used as the initial baseline for a diet program. Additional calories can be included depending on your activity level. The more active you are the more calories you burn and the more muscle you build, so you need to ensure you consume enough calories to keep your body fit and healthy.





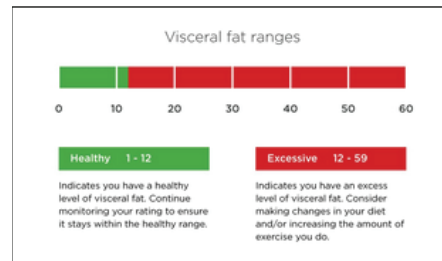
Body Fat

Body fat serves a vital role in storing energy, maintaining body temperature and protecting internal organs. The energy or calories that our body needs comes from what we eat and drink. Energy is burned through physical activity and general bodily functions. If you consume the same number of calories as you burn, all the calories are converted into energy. If, however, you consume more than you burn, excess calories are stored in fat cells. If this stored fat is not converted into energy later, it creates excess body fat. Although you need healthy body fat, too much fat can damage your health. Reducing excess levels of body fat has been shown to directly reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and certain cancers. The Actofit Smartscale Lite helps you keep track of your body fat.



Visceral Fat

Visceral fat is found in the abdomen, surrounding and protecting the vital organs. Even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the abdominal area. Ensuring you have a healthy level of visceral fat directly reduces the risk of heart diseases, high blood pressure and other such ailments. It can also potentially delay the onset of type 2 diabetes. Measuring your visceral fat with Actofit Smartscale Lite helps you keep track of potential problems and test the effectiveness of your diet or training.





Subcutaneous Fat

Subcutaneous fat is a fat that exists below the skin. Subcutaneous fat not only accumulates around the stomach but also around the upper arms, hips and thighs and can distort body proportions.



Muscle Mass

The predicted weight of muscle in your body. Muscle mass includes the skeletal muscles, smooth muscles, and digestive muscles and the water contained in them. Muscles act as an engine in consuming energy. As your muscle mass increases, the rate at which you burn energy (calories) increases. This accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way. If you are exercising hard your muscle mass will increase which may increase your total body weight too. That's why it's important to monitor your measurements regularly to see the impact of your training program on your muscle mass.



Skeletal Muscle

Refers to the amount of skeletal muscle mass with respect to the total body weight, expressed as a percentage.

Skeletal muscle ratio (%) = {Skeletal muscle mass (kg) / Body weight (kg)} x 100



Protein

Protein plays a vital role in the body, building and maintaining muscles, organs and other tissues.



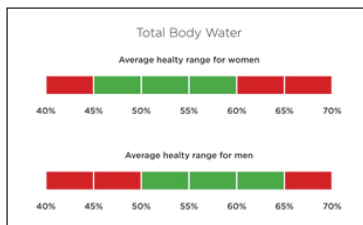


Body Water

Total Body Water is the total amount of fluid in the body expressed as a percentage of total weight. Body water is an essential part of staying healthy. Over half of the human body is made up of water. It regulates body temperature and helps eliminate waste. You lose water continuously through urine, sweat and breathing, so it's important to keep replacing it. The amount of fluid needed every day varies from person to person; it is affected by climatic conditions and the amount of physical activity you undertake. Being well hydrated helps concentration levels, sports performance and contributes to your general wellbeing. Experts recommend you to drink at least two litres of fluid each day, preferably water, or other low calorie drinks. If you are training, it's important to increase your fluid intake to ensure peak performance at all times. The average TBW% ranges for a healthy person are:

Male 50 to 65%

Female 45 to 60%



Bone Mass

The addition of Bone tissue (Bone Minerals like Ca,P and so on) and Bone Matrix (ossein,protein,inorganic and so on) per unit volume. Bone mass is the predicted weight of bone mineral in your body. While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercises. You should track your bone mass over time and look for any long term changes.

Bone Mass		
Female Weight		Healthy BM weight
less than	50kg	1.95kg
between	50kg - 75 kg	2.40kg
over	76 kg	2.95kg
Male Weight		Healthy BM weight
Less than	65kg	2.65kg
between	65kg - 95kg	3.29kg
over	95kg	3.69kg





Metabolic Age

Compares your BMR to that of the average for your age group. This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age, it's an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which in turn will improve your metabolic age. Stay on track by monitoring regularly.



APP FAQ's

How do I sign up as a new user?

Click on the Signup button.

1. Enter email-id in the email-id textbox.
2. Enter desired password in password textbox.
3. Enter the same password in the Confirm password textbox.
4. Click on Confirm button.

How do I delete an existing user?

Click on Member list.

1. Select the user to be deleted from the member profile page.
2. Click on Edit Profile Button on the user's Profile confirmation page.
3. Click on Delete icon to delete member.

How do I edit my profile on Smartscale app?

Click on Member list.

1. Select the user to be edited from the member profile page.
2. Click on Edit Profile Button on the user's Profile confirmation page.
3. Enter user profile details of Name, Mobile no (optional), Gender, Email id, height, D.O.B, Athlete mode / normal mode etc.

How do I add a new user?

Click on Member list.

1. Click on the Add user icon on the Member list page.
2. Fill all the mandatory fields.
3. Click on the Submit button.
4. A secondary user will be created.



How do I delete my false data from the Smartscale app?

Kindly follow the given steps to delete your captured data.

1. Select User from the member list.
2. Click on Compare in Actofit Smartscale app.
3. Select date and month from calendar when you took the data.
4. You will get an option to delete all the captured data.
5. Subsequently you can delete the desired data.

I have changed my Smartphone / I lost my Smartphone containing my body parameter data? What should I do?

Don't worry. Your data is safe with cloud backup. You can download the Actofit Smartscale App on any smartphone (Android OS 5.1 & above) from Play Store. Once downloaded, you need to skip the sign up option & directly login using your existing login credentials. You can easily access and retrieve your Cloud stored data.

What if by mistake I measured my results using another user's profile on Smartscale Lite ?

The Actofit Smartscale App will generate a pop-up if you measured your weight on any other user's profile by mistake. You need to click on 'Yes' for correct user profile and 'NO' if your user profile is not connected to Actofit Smartscale Lite device.

Why does the App need my height, age and other private information from the beginning? Will you keep it confidential?

BIA bioelectric measurement method will need to use three pieces of information, i.e. height, age, and gender, to perform fat percentage calculation by combining the information with weight and body impedance information given by the scale. Therefore, height, age & gender is necessary. Your data is confidential. We make sure that the information is only used for fat percentage algorithm application and not for any other purpose.



How do I share my body parameter results from Smartscale App?

You can share the particular reading by clicking on the Share option as soon as you get the result. Or you can click on the logs button and select the particular reading. After clicking on the Share button a screenshot will be captured which you can share via social media.

Can I connect my Actofit Smartscale App to the printer?

You can save (on Smartphone) and share (on social media) your weight & other body parameter results through the Actofit Smartscale App. You need to have a wireless printer configured to your Smartphone when you click on the 'Share' option to get a print-out of your 15 body parameters result.

Why is the scanning process of Smartscale Lite failing?

1. Actofit Smartscale Lite is not activated. For activation, step onto the Smartscale Lite.
2. Your Phone's Bluetooth and location is disabled. Android OS requires location permission to scan your Bluetooth devices like the Actofit Smartscale Lite. Kindly provide location permissions to proceed with the app.
3. Your scale and phone are too far apart.
4. Check the AAA batteries and re-insert again.
5. Make sure that other mobile devices are already unpaired with Smartscale Lite. Kindly unpair the old device before pairing with the new device.

My historical logs are not displayed.

Kindly logout & re-login to the app.

1. select the user from Users tab to see historical log
2. Go to Compare tab
3. Select Week, Month, Year tab to see the past data accordingly.
4. If you have to see the date wise history then click on the History icon.



Google Fit lets you monitor your fitness data from multiple apps and devices.

Enabling this feature will sync's body composition data to the selected Google Fit account.

Steps to connect Actofit Smartscale App to Google Fit:

1. Tap on the switch above to initiate the process. It will redirect you to select or create an account.
2. Select an existing Google account or register a new one to sync your body composition data to.
3. Once the account is selected, it will redirect you back to this screen.
4. You can now use the smartscale and your body composition data will be synced to your selected Google Fit account.

The Actofit Smartscale App connects to Fitbit seamlessly to integrate your body composition data with your overall Fitbit tracking.

Enabling this feature will sync 's body composition data to the selected Fitbit account.

Steps to connect Actofit Smartscale App to Fitbit:

1. Tap on the switch above to initiate the process. You will when be redirected to the log-in page for "Fitbit".
2. Enter your credentials as prompted.
3. Once you are logged into your Fitbit account, press the back button to finish the process.
4. You can now use the smartscale Lite and your body composition data will be synced to your selected Fitbit account.



What Is the Technology that Actofit uses to Measure your Body Composition

Actofit smartscale Lite calculates 12 body composition parameter by doing Bio-electrical Impedance Analysis (BIA) of your body. All the commercial grade body composition analyzer or body fat analyzer use same BIA technology to estimate the body fat. In the BIA procedure small amount of current is passed through your body to measure your body impedance and based on that your body composition is estimated.

What is the gold standard for Body Fat measurement

The actual measurement of the body fat can only be done by using medical procedure known as DEXA scan. The DEXA scan is similar to x-ray scan. The DEXA scans are not suitable for daily body composition measurements as they are expensive and time consuming.

How good is the Bio-impedance Analysis in comparison with DEXA scan

The research conducted in the field of Bio-electrical Impedance Analysis shown that the procedure is 95% accurate if we compare it with the DEXA scans. These results are obtained considering thousands of data sample. This research can be found here <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3036537/>

What is Athlete and Regular mode in Actofit body composition analysis

Actofit Smart Scale Lite uses Dual frequency Bio-electrical Impedance Analysis Technology for measurement of your 12 body composition parameters. This technology is an advancement in the field of Bio-electrical Impedance analysis. As per our research, the dual frequency Bio-electrical Impedance analysis works differently for different body types. During our research, we found that professional athletes have an entirely different ratio of body composition as compared to regular fitness enthusiasts. Due to this their body composition must be estimated differently. The Actofit's athlete mode is developed by considering the body composition matrix of multiple athletes to provide more accurate readings for our athlete users. While our regular mode is still the best suitable for all non-athlete users and provides accurate results for all users with regular body type.



SMARTSCALE LITE FOR BUSINESS PURPOSES:

Actofit Smartscale Enterprise app is best suited for dieticians, nutritionist, health clinics, gyms and fitness clubs, wherein database management becomes an uphill task due to more and more people turning up every day. Now, create, store, organize and manage data points on your device for endless users, all within our app.

Subscribe to Business and enjoy the perks of:

- a. Enjoy Unlimited Users
- b. Data-Driven Advise
- c. Easily Share Data with your Clients
- d. Track your Clients Records
- e. Rich API integration
- f. Automated Reports with Your Logo
- g. Data Storage
- h. Affordable Pricing
- i. View member data over a Web Browser/Computer



1. Click on the 'Subscribe to Business' where you can join our business plan.



2. Sign-Up for a free 14 day trial if you're still unsure.



3. If you are interested in buying the subscription click on Pricing > Buy. (Once you click on Buy you will be directed to the Actofit website where you can purchase the business subscription). You can also contact us at support@actofit.com





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