80mm

尺寸：80X125mm

125mm

单张双面印制：正面

HAYLOU

HAYLOU
Smart Body Fat Scale

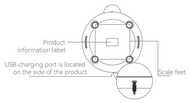
User Manual

Product Information

Thank you for purchasing the Haylou Smart Body Fat Scale.

Display screen

Metal electrodes
(The shape of the electrodes varies from model to model. The picture is for reference only.)



Precautions:
1. This product is pressure-sensitive. The screen will light up when initially placed on a hard and flat surface. The scale will activate after detecting a weight of more than 5kg.
2. Products with built-in lithium batteries should be charged with a 5V ⎓ 1A charger for 2 hours prior to use for the first time.

I. Haylou Fun APP

Search for "Haylou Fun" in the Android App Store or Apple App Store, or scan the QR code below to download and install the "Haylou Fun" App and connect it with your device.

If you use WeChat Scan, please click "..." at the top right corner of the page after scanning and then select "Open in browser" to download the App.

Note: If you download the App through other channels, the App may not work.

Please make sure your device meets the following requirements before connecting the "Haylou Fun" APP with the Smart Body Fat Scale:
- iPhone devices running iOS 10.0 or above.
- Mobile devices running Android 6.0 or above with Bluetooth 4.0 or above.

Scan the QR code
to download the official "Haylou Fun" App

II. Open the Haylou Fun App and activate mobile Bluetooth

Activate Bluetooth on your mobile phone, and open the Haylou Fun App to connect with your device automatically (as shown below using the iPhone as an example), step on the scale to synchronize and record data on the "Weight" page in the Haylou Fun App in real time.

III. Use the device

1. Body fat scale content;
2. Open the App, click on the login/registration button; a new user needs to accurately enter personal information;
3. Enter the App homepage and click "Add a Device" > "Bluetooth Searching & Pairing" > enter "Search a Device" page > click on the searched device. The "Connected" pop-up window will show up (connected devices can be viewed on the "My Smart Devices" page). From there, go to the "Weight" page and step on the scale barefoot to obtain the measured data.

Haylou Fun homepage — Search a Device page — Select a Device page

Homepage > My Smart Devices — My Devices > Add a Device

Homepage > Weight — Weight page

IV. Haylou Fun App

Smart body fat scale when used in conjunction with the Haylou Fun App can not only record your weight change, but also comprehensively measure body data for cloud-based intelligent analysis.

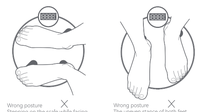
Weight > Main page — More than 10 data types recorded

Note: Due to the rapid update and iteration of the Haylou Fun App, the features listed on this page may differ from those of actual products. These features are subject to changes without further notice.

Begin use

Start recording your weight and body data immediately. When stepping on the scale, spread both feet naturally and evenly on towards either side of the scale, with the balls of your feet resting on the upper half of the electrodes and the heels of your feet on the lower half of the electrodes, as shown in the figure below.

Correct posture — Spread both feet naturally and evenly towards either side of the scale
Wrong posture — Feet protruding from the edge of the scale may affect measurement accuracy



Wrong posture — Stepping on the scale while facing the wrong direction may affect measurement accuracy
Wrong posture — The uneven stance of both feet may affect measurement accuracy

Note:
1. Measurement must be taken with bare feet, with the skin of the feet evenly touching the "metal electrodes" or "ITO electrode pattern".
2. The scale must be placed on a hard and flat surface; not on soft surfaces such as carpet.
3. The plastic bag of the product must be removed to allow the skin to touch the electrodes for measurement.
4. Step down on the scale until the App issues a prompt confirming that measurement has been completed.

Display screen

Note: The screen display varies from model to model. The picture is for reference only.

Body Mass Index Reference Table

BMI (for males and females)					
Age	Underweight	Normal	Overweight	Obese	Very obese
18~100	< 18.5	18.5~23.9	24~27.9	28~34.9	≥ 35

Body mass index (BMI) = weight (kg) ÷ height^2 (m)
Example: BMI=70kg ÷ (1.75m x 1.75m) = 22.86 is within the normal range.
Note: BMI is an internationally recognized measure of obesity and fitness.

Quick charging guide

1. During the charging process, the LED displays the battery symbol and the screen displays "---", as shown in the figure below:

2. When the battery is fully charged, the LED displays "---", as shown in the figure below:

Note: The first full charge cycle is about 2 hours.

Quick use guide

1. The scale is activated by charging or pressure. Upon activation, it displays HI after powering on and 0.00kg after 3 seconds, indicating that it is ready to take a measurement.

2. After weighing and stabilization, (for example, 50kg), then it takes an impedance measurement, and the screen flashes a further four times before displaying the weight value. Once this occurs, the measurement is complete, as shown below:

3. After returning to zero, the scale automatically powers off if idle for 15 seconds.

4. When the battery is dead, the battery symbol L0 will be displayed on the screen. The scale will automatically power off after 3 seconds and cannot be used; you need to connect the USB cable to charge it.

5. When the battery level is low, the scale can still be used, and the battery symbol flashes to remind the user to charge it, as shown in the figure below.

6. The scale's maximum weight load is 180kg. If the load exceeds 182.0kg, it will display the overload symbol Err and will automatically power off after 3 seconds, as shown in the figure below:

7. When the weighing process is unstable, the scale will automatically power off after displaying the following symbol for 3 seconds, as shown in the figure:

Note: For circumference measurement, etc., users need to purchase an additional body circumference measurement device, or manually enter the measured data into the Haylou APP.

Warranty Certificate

The certificate is only applicable to the Chinese mainland (excluding Hong Kong, Macao and Taiwan).

Warranty Terms

Haylou service commitment: We will strictly follow the Law of the People's Republic of China on the Protection of Rights and Interests of Consumers and the Product Quality Law of the People's Republic of China to provide after-sales service. Such services are outlined as follows:

During the validity of the warranty, according to the Terms hereof, upon the provision of your order record or valid voucher, you are entitled to product repair, replacement and return.

•Within 7 days from the date of purchase, if after testing, the Haylou service center confirms the scale has a performance failure in accordance with the "Product Performance Failure List", you may opt for replacement, return or repair free of charge;
•Within 8-15 days from the date of purchase, if after testing, the Haylou service center confirms the scale has a performance failure in accordance with the "Product Performance Failure List", you may opt for replacement or repair free of charge;
•Within 12 months from the date of purchase, if after testing, the Haylou service center confirms the scale has a performance defect in accordance with the "Product Performance Failure List", you may opt for repair free of charge.

Warranty Exception

The warranty does not apply to failures caused by acts outside of Haylou's control including but not limited to:

•Product quality problems due to unauthorized repair; misuse, collision, negligence, abuse, fluid entry, accident, modification or improper components; torn or modified product label;

•Missing warranty certificate or valid invoice, or exceeding the warranty service period;

•Device performance failure in the "Product Performance Failure List" due to man-made factors; damage caused by use and maintenance in violation of the User Manual.

Warranty Terms

Item	Performance failure
Smart body fat scale	Failure of functions listed in the User Manual. No/missing display on the screen. Activation/communication failure. Cracked shell due to structural or material factors.

Basic parameters

Product name:
HAYLOU Smart Body Fat Scale
Product model: CM01 [FG19168]
CMIIT ID: 2020DP0985
Measurement unit: kg
Weighing range: 5~180kg
Division value: 50g

Connection method: Bluetooth 4.0
Operating temperature: 5℃-35℃
Shell material: Eco-friendly plastic
Power supply: 3.7V
(Rechargeable Li-ion battery)
Applicable standard: Q/HCB 08-2020

The symbol signifies the pollution control of electronic information products, indicating that the product has a 10-year eco-friendly service life, can be recycled and should not be carelessly discarded.

Recyclable label

⚠ Warning

Do not disassemble, crush, puncture or short circuit the product, or expose it to water, fire, or temperatures above 60℃ (140℉).

Important Notes

The data measured by the Smart Body Fat Scale is for reference only and is not intended to replace medical advice.
The following groups of people may not receive accurate body data:
- Minors
- Professional athletes
- Pregnant women
- People with medical devices such as pacemakers are prohibited from using this scale

Warning

1. This product uses AAA dry battery and should be placed away from heat sources (heaters, furnaces, fireplaces, etc.).
2. This product is not waterproof. To avoid damage, please do not wash it with water.
3. Do not disassemble or repair this product without permission if failure occurs, as improper maintenance may cause battery explosion.
4. The fragile, elderly, children, etc. must use the product under the guidance or assistance of their guardians.
5. Do not place this product in a place accessible to young children. Young children should be supervised at all times to ensure that they do not play with the product.

Maintenance

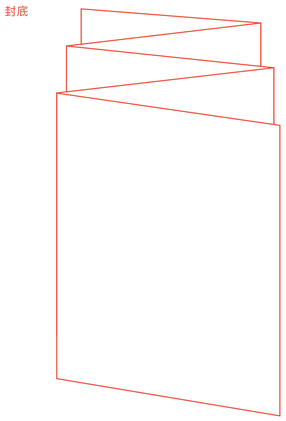
- Please use a dry cloth to wipe dirty spots on the product
- Please do not use any detergent on the product

Charging precautions:

1. This product should be charged using a TYPE-C, and the charging voltage is 5V/500mA. Please do not use excessive voltage to avoid damage.
2. Charging time should not be too long. Unplug the power in time after the product is fully charged, and keep it away from young children during charging.
3. Charge the product in the appropriate ambient temperature, and avoid high or low temperatures.
4. Try to avoid charging the product at night. As the charging time is long and the voltage can be unstable at night, this could have an adverse effect on battery life.

Website: www.haylou.com
Customer Service Hotline: 4008-555-083
Manufacturer: Guangdong Weiland Technology Co., Ltd.
Manufacturer Address: No. 85, Donghe North, Private Science& Technology Park, Shiqi District, Zhongshan City, Guangdong Province (2nd floor, Building B)

封底



封面

PANTONE COOL GRAY 10C
冷灰10C

单张双面印制：背面

HAYLOU

HAYLOU
智能体脂秤

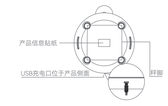
使用说明书

产品信息

感谢您选择 Haylou 智能体脂秤。

显示屏

金属电极片
（不同型号产品电极形状有所不同，以实物为准）



注意事项：
1.本产品为压力感应开机，放置在硬质平整地面后，感应到超过5kg的重量后亮屏开机。
2.内置了嵌入式锂电池的产品在首次使用时，请使用 5V ⎓ 1A 充电器充电2小时。

一、安装Haylou Fun APP

在安卓应用商店或苹果App Store搜索"Haylou Fun"，或者扫描下方二维码下载并安装「Haylou Fun」客户端与设备连接。如使用微信扫一扫功能，请在扫描后页面点击右上角"..."，再选择"在浏览器打开"下载APP。

请注意：通过其他渠道下载的APP可能会出现无法使用的情况。

在「Haylou Fun」APP与智能体脂秤连接之前请确认您的设备符合以下要求：
- 运行系统iOS 10.0及以上系统的iPhone设备。
- 运行Android 6.0及以上系统并配备蓝牙4.0及以上的手机设备。

扫描二维码
下载官方「Haylou Fun」APP

二、打开 Haylou Fun APP并开启手机蓝牙

开启手机蓝牙选项，打开Haylou Fun APP即可自动与设备连接(如下图：以iPhone手机为例)，上秤测量即可实现数据实时同步至Haylou Fun APP的"体重"页面展示并记录。

三、使用设备

1、体脂秤内容；
2、打开APP，点击登录/注册，首次注册的用户需准确填写个人信息；
3、进入APP首页，点击"添加设备"-"蓝牙搜索配对"，进入"搜索设备"页面，点击搜索到的设备，页面弹窗提示"绑定成功"(在"我的智能设备"页面可查看已绑定的设备)，前往"体重"页面光脚上秤测量。

Haylou Fun首页 — 搜索设备页 — 选择设备页

首页-我的智能设备 — 我的设备-添加设备

首页-体重 — 体重页面

四、Haylou Fun APP

智能体脂秤搭配使用Haylou Fun APP不仅能记录您的体重变化，还能通过智能体脂秤全面检测多项身体数据进行云端智能分析。

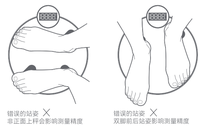
体重-主界面 — 10多项数据详情

注：由于Haylou Fun APP更新迭代速度快，本页所列的功能内容均以实际上市产品为准，如有变更，不另行通知。

开始使用

立刻开始记录您的体重与身体数据情况，上秤测量时，以中心为原点两脚自然分布两侧，脚前掌踩在前半电极片，脚后跟踩在后半电极片，如下图所示。

正确的站姿 ✓ 中心为原点两脚自然分部两侧
错误的站姿 ✕ 脚踩出边缘会影响测量精度



错误的站姿 ✕ 非正面上秤会影响测量精度
错误的站姿 ✕ 双脚前后站姿影响测量精度

注：
- 必须光脚测量，脚部皮肤均与踏板"金属电极片"或"ITO电极图案"。
- 必须放置在硬质平整地面，不可放置在地毯等软质的地面上使用。
- 必须选择产品包装的塑料袋，才可以使皮肤接触到电极片进行测量。
- APP提示测量完毕再下秤。

显示屏幕

注：不同型号的产品屏幕显示有所不同，具体请以实物为准。

身体质量指数对照表

BMI（适用于男、女）					
年龄	偏瘦	正常	偏胖	肥胖	极胖
18~100	< 18.5	18.5~23.9	24~27.9	28~34.9	> 35

身体质量指数(BMI)=体重(kg)÷身高^2(m)
举例：BMI=70kg ÷ (1.75m x 1.75m) =22.86 属于正常范围。
注释：BMI指数（英文为 Body Mass Index）是国际上常用的衡量人体胖瘦程度以及是否健康的一个标准。

快速充电指南

1.充电过程，LED显示电池符号，并且屏幕显示"---"，如下图所示：

2.电池充满电后，LED熄显示"---"，如下图所示：

注：首次充满电量大约2小时。

快速使用指南

1.本机使用充电或压力开机，开机后显示HI，3秒后显示0.00kg，等待上秤测量。

2.上秤称重，体重数值稳定后，显示体重值如50kg，再进行阻抗测量，屏幕灯闪跑四次后显示重量值，测量完成。显示如下：

3.归零完成后，15秒内不称重，产品则自动关机。

4.电量不足状态下，出现电池符号常亮L0显示的，并在3秒后自动关机，产品不能使用，请连接USB线进行充电。

5.电池电量低的时候，电池符号闪烁，产品仍可以使用，提示用户需要开始充电，如图所示：

6.本机最大称重量为180kg，如重量超过182.0kg，产品会显示超载Err符号，产品会在3秒后自动关机，如图所示：

7.当称重不稳的状态下显示如下图符号后，产品会在3秒后自动关机，如图所示：

注:围度测量等需要另外购买体围测量设备，或自行测量后手工录入至App

产品三包凭证

此凭证仅适用于中国大陆(除香港、澳门、台湾地区外)地区。

保修条例

Haylou服务承诺，严格依据《中华人民共和国消费者权益法》《中华人民共和国产品质量法》实行售后三包服务，服务内容如下：在三包有效期内，您可依据本规定享受修理、更换、退货的权利。修理、换货、退货应凭发行单记录或有效凭证办理。

•自您购买起7日内，设备出现《商品性能故障表》所列性能故障的情况，经由Haylou服务中心检测确定，依据您的选择，免费办理退换货或者修理等服务；

•自您购买日起8日-15日内，设备出现《商品性能故障表》所列性能的情况，经由Haylou服务中心检测确定，依据您的选择，免费办理换货或者修理等服务；

•自您购买日起12个月内，设备出现《商品性能故障表》所列性能的情况，经由Haylou服务中心检测确定，依据您的选择，免费进行修理。

非保修条例

属于下列情况(但不仅限于下列情况)不在"三包"服务范围内：

•未经授权的维修、误用、碰撞、跌落、溅洒、进液、事故、改动或不当组件所造成的商品质量问题，或腐蚀、浸改产品标签。

•无"三包"凭证或缺失有效发票或已超过"三包"服务有效期；

•因人为原因导致设备产生《商品性能故障表》所列"性能故障"；未按产品《使用说明书》要求使用、维护和保养而造成损坏。

商品性能故障表

名称	性能故障
智能体脂秤主机	说明书所列功能失效 屏幕无显示/缺失 无法开机、不能正常通讯 因结构或材料因素造成外壳裂损

基本参数

产品名称：HAYLOU 智能体脂秤
产品型号：CM01【FG19168】
CMIIT ID：2020DP0985
测量单位：kg
标重范围：5~180kg
分度值：50g

连接方式：蓝牙4.0
工作温度：5℃-35℃
外壳材料：环保塑料
电源：3.7V（充电锂电池）
执行标准：Q/HCB 08-2020

电子信息产品有毒有害物质申明

有毒有害物质或元素

部件名称	本设备享有永久的技术支持和一年硬件保修期限。					
	Pb	汞(Hg)	镉(Cd)	六价铬(Cr6+)	多溴联苯(PBB)	多溴二苯醚(PBDE)
塑胶外壳	○	○	○	○	○	○
玻 璃	○	○	○	○	○	○
线 路 板	○	○	○	○	○	○
内部线缆	○	○	○	○	○	○
传 感 器	○	○	○	○	○	○
电 池	○	○	○	○	○	○

○：表示该有毒有害物质在该部件所有均质材料中的含量在SJ/Z6572-2011《电子电气产品限用物质的限量要求》规定的限量要求以下。

×：表示该有毒有害物质至少在该部件的某一均质材料中的含量超出SJ/Z6572-2011《电子电气产品限用物质的限量要求》规定的限量要求。

1.机身金属结构件：其中的铝材、铁材、或铁材中含有镍以。
2.电路模块：PCB板选择适合焊接要求，陶瓷电容、贴片电感、贴片电阻、贴片电阻含有镍要求。晶振内部含有镍要求。
3.内部线缆连接器：大部份连接器金属外壳、端子等含有镍要求，引脚含有镍要求。

符号是电子信息产品污染控制标志。表示本产品的环保使用期限为10年，并且可以回收利用，不应随便丢弃。

可回收图标

⚠ 警告

严禁任意拆解、挤压、穿刺、短路本产品或投入水、火中或暴露在温度高于60℃（140℉）的环境中。

重要说明

智能体脂秤测量的数据仅供参考，不作为医疗意见。
以下人群可能导致无法精准获取身体数据：

- 未成年人
- 职业运动员
- 孕期妈妈
- 体内装有心脏起搏器等医疗器具者，禁止使用本秤

警告

1. 本产品使用7号干电池，应放置在远离热源（取暖器、火炉、壁炉等）的地方。
2. 本产品不防水，避免雨水直接冲洗，以免造成损坏。
3. 如发生故障请勿擅自拆开或维修本产品，不正确的维修可能会引起电池爆炸。
4. 体弱、老人、小孩等人士，须在对在对其负有安全责任的人员的指导或帮助下安全使用。
5. 请勿将本产品放置于幼儿可触及的地方，幼儿应该被监督，以保证他们不玩弄产品。

维护与保养

- 产品如有脏污点请使用干布擦拭
- 请勿使用任何洗涤剂

日常充电注意事项:

1. 本产品充电使用TYPE-C接口，充电电压为5V/500mA，禁止使用过大电压充电以免造成损坏。
2. 本产品充电时间不宜过长，充满后要及时拔掉电源，充电的时候要远离幼儿。
3. 充电的时候需要选择适宜的环境温度，不要在过高或过低的环境下充电。
4. 尽量避免睡前充电，因为睡前充电时间较长，而且夜间电压不稳定，对电池影响较大。

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