



caring mill by **aura**



Scale Full Body Analysis

Model No. BS20

User Manual



**Thank you for purchasing
The Scale Full Body Analysis.**

Caring Mill by Aura Full Body Analysis
Scale uses bio-electrical impedance
analysis (BIA) technology to help you
conveniently measure:

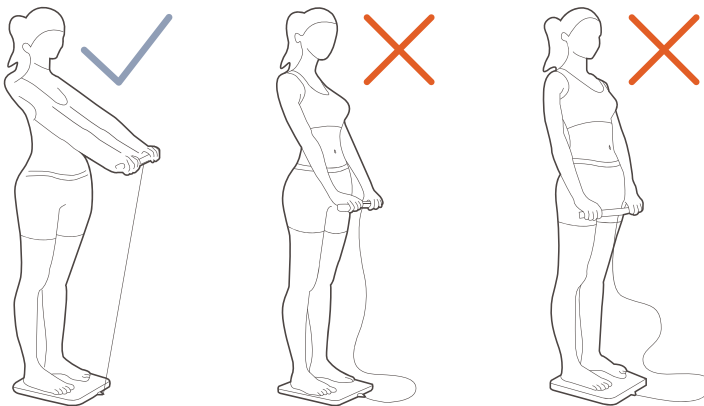
- body weight,
- body balance,
- body fat rate,
- visceral fat,
- body water,
- skeletal muscle rate,
- muscle mass,
- bone mass,
- protein,
- BMR,
- body age and more.

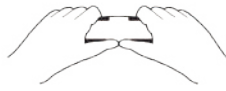
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Quick Guide

- Download the Fitdays App from the App Store or Google Play
- Remove the plastic sheet from the battery cover.
- Place the scale on a hard flat surface.
- Measure with bare feet and make full contact with the sensors.
- Turn on the smart app and connect to the scale before measuring.
- Follow the instructions below and make sure your posture is correct before measuring.





Thumbs should
not be too close
to each other.



Ensure that all fingers
touch the electrode pad.

Warning

- 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. 440lb/180kg/28st).
- DO NOT drop the scale or drop 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 a slightly damp cloth.
- Not recommended for pregnant women, infants, toddlers or 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.

- DO NOT use to diagnose or treat any medical condition. You should consult your primary care 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 will not be used for a lengthy period of time.
- DO NOT use the device if damaged. The continuous use of a damaged unit may cause injury or improper results.
- Please check the device before each use.
- Ensure that the batteries installed are functional.
- Be careful when using on the wet and slippery surface.

Product Specification

| | |
|-----------------------|------------------------|
| Product size | 300x300x26mm |
| LED screen display | 68x109mm |
| Weight unit | lb/kg/st |
| Weight limit | 5kg-180kg |
| Weight division | 0.2lb/0.1kg |
| Power Supply | 300mAh lithium battery |
| Operating temperature | 10-40°C |
| Operation humidity | 40%-80% RH |

Indication Symbols



The battery in the scale is exhausted.
Press the power button to reset the scale.

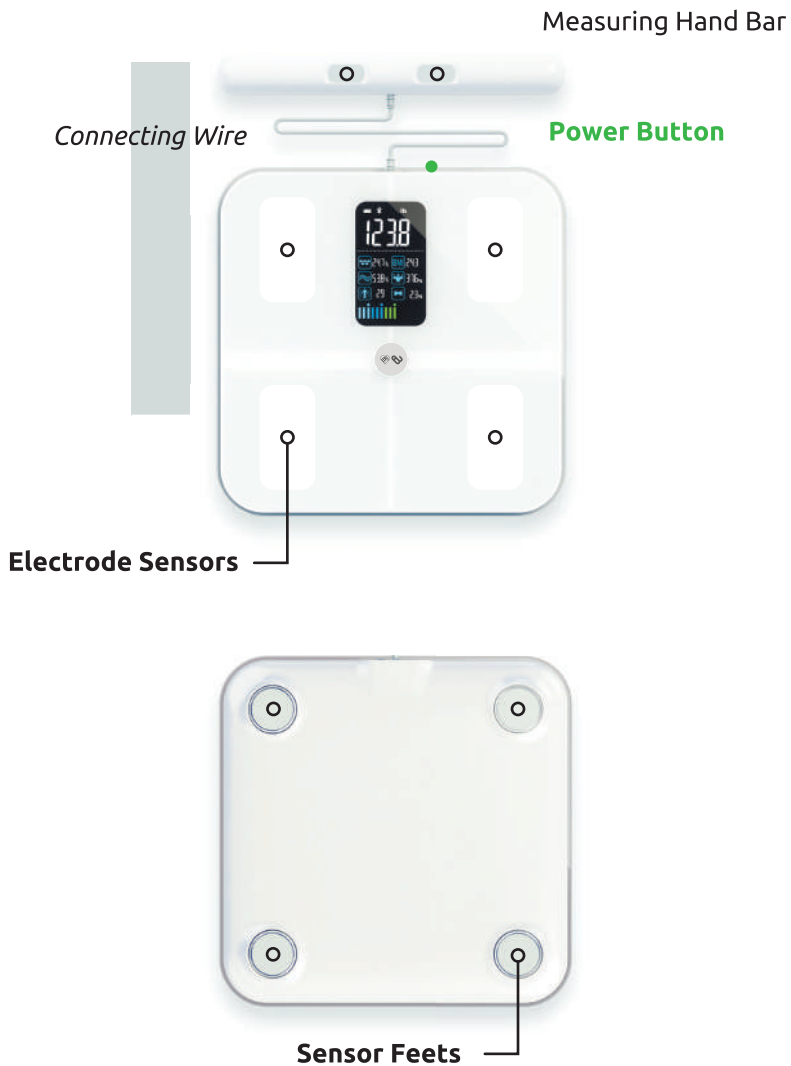


The scale is overloaded.
More than 440lb/180kg is on the scale.



An error has occurred during the reading. Step off the scale, wait 5 seconds and then step on again to restart the process.

Product Overview



Install The Fitdays App

Scan the QR Code or download the Fitdays app from the App Store or Google Play.

Download and install the Fitdays app on your device.

The App icon will appear on your phone or tablet after the installation is completed

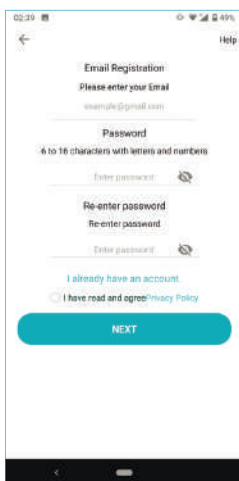


Instructions For Use

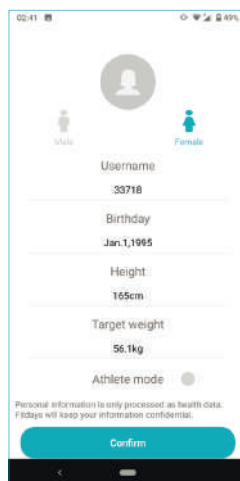
- 1 Open the Fitdays app on your device.
- 2 Register your account by email or login with social media account.
- 3 Add your personal data and confirm.



1

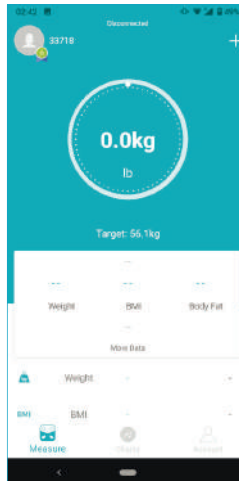
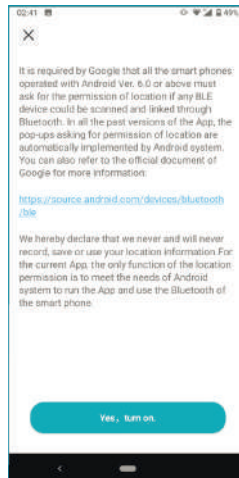
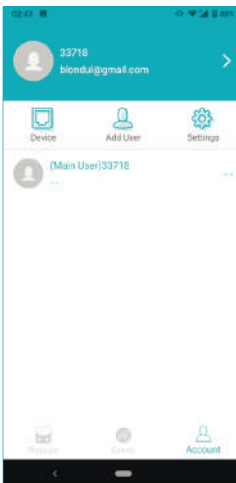
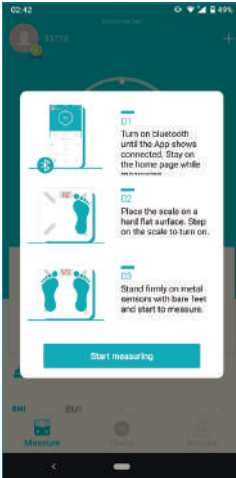


2



3

- 4 Make sure Bluetooth is on. Make sure Bluetooth Authorization, GPS and Localisation are allowed on your device.



- 5 In the back of scale, pull out the insulation sheet, then place the scale on a hard flat surface. Step onto the scale with a single foot to activate it. Wait until the display shows "O.Olb".
- 6 Pair the scale through Bluetooth. Make sure the scale is on when pairing. Leave the app on its main screen, it will connect automatically.
- 7 You could also click "Device" and find the scale via bluetooth ID: Aura Scale.
- 8 The app will show your data within a few seconds.

Troubleshooting

Bluetooth Issues

If the regular connection to Bluetooth failed, please try the below steps:

- 1 Reset the scale by pressing the power button.
- 2 Reset the Bluetooth connection. Ensure Bluetooth and GPS (Android only) are enabled on your device.
- 3 Under the "Account" section, select the "Device". Slide it left to delete the current device. Tap "+" on the top right to enter pairing mode. Step on the scale with single foot to activate it. After a few seconds of loading, the scale name will appear, tap and confirm it. Step on the scale again to complete the pairing.

Bluetooth fails to connect

- Make sure the scale, Bluetooth and GPS (Android only) on your phone are on.
- Check the system version of your smart phone, it must be iOS 8.0 or higher/Android 6.0 or higher.
- When bluetooth is successfully connected, the bluetooth icon will display on the scale and the word "Connected" will display on the app.
- If connection fails, please scroll to Account > Device and search the scale ID: Aura Scale.

Body fat data not displaying

- Step onto the scale with bare feet.
- Make sure your feet and the scale are both dry.
- A full scale reading take about 20 -30 seconds.
Please remain on the scale until the scale reads out all the data.
- Bluetooth might not be turned on.
- Bluetooth might be paired with a difference scale.

Incorrect weight data

- Check whether the scale is on a hard, flat surface.
- Check each sensor foot on the back of the scale to make sure that nothing is stuck to the bottom of it.

Incorrect muscle - fat ratio

- The body parameter settings are incorrect, check to make sure you entered the correct gender, height, and age.
- Check if Athlete Mode is activated.

How to reset the scale

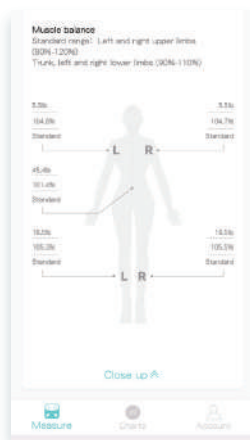
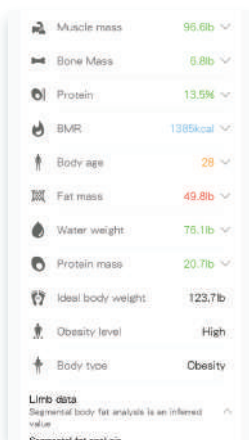
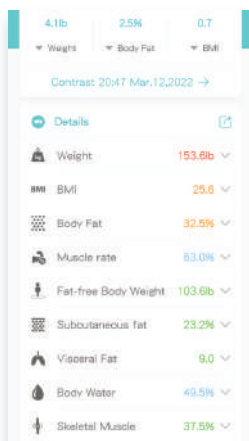
- Step on the scale to turn it on. Let it automatically drop to 0.0lb to calibrate.

The scale doesn't turn on

- Check if the insulation sheet has been pulled out.
- Check if the battery has run out of power and recharge it if necessary.

The Importance Of A Body Composition Monitor

Maintaining a fit and healthy body is more than just about weight. Here are the benefits for tracking your total body composition with the Scale Full Body Analysis.



Understanding The Scale App Metrics

Body fat rate

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else). A certain amount of fat is essential to bodily functions.

According to the American Journal of Clinical Nutrition, there are healthy body fat percentages based on your age. For people aged 20 to 39, women should aim for 21% to 32% of body fat. Men should have 8% to 19%. For people 40 to 59, women should fall between 23% to 33% and men should fall around 11% to 21%.

How to reduce body fat?

Cardiovascular workouts - which include continuous exercises like walking, running and cycling - are important for fat loss. They help you both burn calories efficiently and boost metabolism. To get the most out of fat-burning cardio workouts, determine your maximum heart rate by subtracting your age from 220.

Body water rate

Body water declines as you age, but it will remain above 50 percent for most, if not all, of your lifetime. The normal range for adult women varies between 45% and 60%. For men, the ideal body water percentage fluctuates between 50% and 65% of the total body.

How do you increase your body water percentage?

Avoid sugary, caffeinated, and alcoholic drinks. Drink 1 Ounce of water for every pound of body weight.

Increase consumption of leafy green vegetables which helps your muscles stay hydrated.

Body age

Body age is calculated by weight, body fat percentage and skeletal muscle percentage to produce a guide to determine if your body age is above or below your actual calendar age. If above your calendar age, changes can be made to your body composition, fitness level and diet.

How to reduce body age?

Get regular exercise. Eat a healthy diet that includes fruits and vegetables, whole grains, and the right amounts of healthy fats. Limit your alcohol use. Avoid tobacco products and illicit drugs.

Body mass index

BMI uses the following simple formula to indicate the ratio between weight and height of a person:

$$\text{BMI} = \text{weight (lb)} / \text{height (inches)} / \text{height (inches)} \times 703$$

How can I lower my BMI?

Reduce your daily calorie intake. The basic rule of lowering your BMI, and to maintain a healthy weight generally, is to consume the same or slightly less calories than you burn. Cut down on salt. Get your heart pumping.

Muscle mass

What is muscle mass? Put simply, muscle mass is the amount of muscle in your body, including skeletal muscles, smooth muscles, and cardiac muscles. It can be measured as part of your total body composition, along with fat mass and bone mass. Muscles are often described as the “engine” of your body’s fat and calorie burning mechanism. Increased muscle mass can lead to less body fat, a stronger immune system, improved energy levels, and reduced stress.

Generally, the normal range for muscle mass is as follows:

| Age | Women | Men |
|---------|------------|----------|
| 20 - 39 | 63 - 75,5% | 75 - 89% |
| 40 - 59 | 62 - 73,5% | 73 - 86% |
| 60 - 79 | 60 - 72,5% | 70 - 84% |

How do muscles grow?

When you exercise, you are essentially causing trauma to your muscles, and your body works to repair or replace the damaged cells. During this process, the trauma activates satellite cells located outside your muscle fibers which then begin to multiply. Some of them fuse to your muscle fibers to form new muscle fibers and repair damaged ones, and the thickness and amount of your muscle cells increase.

Muscle mass benefits your immune system, and it can have other health benefits too, including increasing insulin sensitivity and

delaying age-related muscle loss. Whether you're trying to grow muscle or preserve muscle, weight training and strength training may help. Consider talking to your doctor to create an exercise routine that's right for you.

Bone mass

Bone mass may not vary much in the short term, but it is important to track bone mass over time to look for changes in the long term.

Visceral fat - fat surrounding internal organs

Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which can lead to common diseases such as

hyperlipidemia and diabetes, which impairs the ability of insulin to transfer energy from the bloodstream and using it in cells.

In order to prevent or improve conditions of common diseases, it is important to try and reduce visceral fat levels to an acceptable level. People with high visceral fat levels tend to have large stomachs. However, this is not always the case and high visceral fat levels can lead to metabolic obesity. Metabolic obesity (visceral obesity with normal weight) represents fat levels that are higher than average, even if a person's weight is at or below the standard for their height.

How can I reduce my Visceral Fat?

Studies suggest that more calcium and vitamin D in your body may be linked to less visceral fat. So load up on leafy greens like collards and spinach. Tofu and sardines are also good picks, as are dairy

foods like yogurt, cheese, and milk. Your first step in burning of visceral fat is including at least 30 minutes of aerobic exercise or cardio into your daily routine. Studies show that aerobic exercises for belly fat help to reduce belly fat and liver fat. Some great cardio of aerobic exercises for belly fat include: Walking, especially at a quick pace.

Subcutaneous fat

Subcutaneous fat not only accumulates around the stomach but also around the upper arms, hips and thighs, and can cause a distortion of the body's proportions. Although not directly linked to increased risk of disease, it is thought to increase pressure on the heart and other complications. Subcutaneous fat is not displayed in this monitor, but is included in the body fat percentage.

Skeletal muscle

Muscle is divided into two types, muscle in internal organs, such as the heart, and skeletal muscle attached to bones that is used to move the body. Skeletal muscle can be increased through exercise and other activity. Increasing the ratio of skeletal muscle means that your body can burn energy more easily, which means that it is less likely to turn to fat, and makes it easier to lead an energetic lifestyle.

Can I increase skeletal muscle mass?

Each skeletal muscle consists of skeletal muscle cells that come together to form bundles of skeletal muscle fibers. Strength training stimulates these muscle fibers, and when combined with proper nutrition will cause hypertrophy or muscle growth.

Disclaimer

The above-mentioned information should not be considered medical advice. Always discuss your health concerns or important dietary and workout changes with a qualified health care professional.

FAQ's

How to get the most accurate result?

- Stand completely still on the scale.
- Weigh in at the same time each day to ensure the most accurate results.
- Ensure that the scale is placed on a hard flat surface.
- Check your profile information (gender, age, height) and make sure all the data is accurate.
- Ensure the scale legs are balanced
- Scale should display "O.Olb" prior to reading.
- Weigh in barefoot and make sure each foot is perfectly aligned with the scale electrode sensors.

How do I restart my scale?

- Press the power button to turn the scale off and turn it on again to reboot it.

How do I change language?

- Fitdays APP > Account > Settings > Language

How do I change the measure units?

- Fitdays APP > Account > Settings > Switch unit

For more information, please check FQA from Fitdays APP.

- Account > Settings > FAQ

Customer Service

For support or inquiries please contact us at:
support@aura-medical.com

FCC Compliance Information



Keep the scale
away from children.



Do not expose the scale to heat or fire,
it can cause an explosion.



Waste electrical products should not be disposed
of with household waste. Please recycle appropriately.
Check with your local authority or retailer
for recycling advice.

Caring Mill by Aura

Model: BS20

Made in China



