



STEPS™

BODY COMPOSITION SCALE

INVEST IN YOUR
HEALTH WITH STEPS



User Manual



Steps Body Composition scale User Manual

Qutek Wellbeing introduces STEPS Body Composition Scale, designed to add a huge insight for a real health experience right at your feet.

This scale uses bioelectrical impedance analysis (BIA) technology to estimate key body health stats including body fat percentage to deliver actionable insight. With STEPS Body Composition Scale, you can now weigh yourself and your body composition data will sync automatically with Qutek App.

STEPS gives precise results to help you set your goal to stay on track while connecting with your body.

Thank you for choosing STEPS Body Composition Scale to be your health partner!

Guarantee

The scale has been inspected for accuracy prior to leaving the manufacturing line, and comes with a 1 year guarantee against any defects in either workmanship or materials.
**Apply warranty terms and conditions.

Address

Qutek Technology Limited
71-75 Shelton Street, Covent Garden, London, WC2H 9JQ, United Kingdom

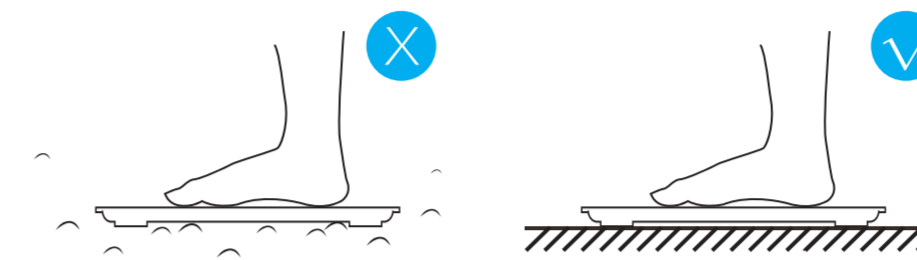
Specifications

Dimensions: 12.2" x 12.2" x 1.0" (310mm x 310mm x 25mm)
Weight: 3.97 lb. (1.8 kg)
Batteries: 4 x 1.5V AAA
Measurement Range: 0.4 ~ 400 lb. (0.2 ~ 180 kg)
Measurement Resolution: 0.2 lb. (0.1 kg)

Trouble shooting

	No display	
Normal working	Change battery	No wireless connection
Change battery	Overload	Calibrating

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Measurement Tips

Read the warning on front page carefully and follow the instructions.

- This product employs BIA (bioelectrical impedance analysis) technology. To have accurate and consistent measurement results, please use it at the same time during the day and under same conditions as much as possible. Please avoid measurements:
 - o During or immediately after strenuous exercises
 - o Immediately after a shower, bath or sauna
 - o With heavy alcohol consumptions
 - o During or immediately after engorgement
 - o During fever
- During the test, please be barefoot first and stand straight. Wearing socks you will not have accurate results. Dirty feet may also affect measurement accuracy.
- Weight unit can be changed from pound (lb.) to kilogram (kg), or vice versa, by the mobile app program. The height unit will also change accordingly (meter vs. foot/inch).

WARNING

- STEPS must not be used on slippery floor, and in case your body is wet.
- STEPS is not recommended for pregnant women, patients with a pacemaker or artificial lung or wear an ECG or any other device.
- In case of malfunction, check the batteries in the scale and replace if needed.
- In case the device is damaged, do not use in order to avoid any inconvenient results.
- In case you do not plan on using the product for a week or more, please remove the battery.

CAUTION

- Your body composition data measurements may not be accurate when using the scale immediately after heavy physical activities.
- This model of STEPS body scale **should** not be used to diagnose or treat any medical conditions. It is best to consult with your physician for any advice on medications, diet or exercise programs.
- STEPS is not intended to be used by children under the age of 18.
- STEPS is not waterproof, never immerse the device in water. To clean, use a damp cloth. Do not use soap or any detergents.

- Use STEPS on a hard surface during use.
- Gently step on the scale to wake up and wait at least 10 seconds before weighing yourself. It is recommended never to jump or stamp to avoid damage.
- When not in use, please remove the batteries and place your device in a dry room avoiding heat, sunlight or dampness.

Power On Scale

Your Steps Body Composition Scale is shipped with 4 AAA batteries. Install the batteries inside the battery compartment and power on your scale.

After power on, you can measure body weight. However, to measure other body composition parameters such as body fat percentage, you need to use your Steps Body Composition Scale together with your smart phones or tablets. You will need to install mobile applications programs on your mobile devices first. See next.

Apps Install and Measurement

The Qutek Wireless Body Composition Smart Scales can connect wirelessly to mobile phones or tablets. To do so mobile devices need to install mobile application programs. Easiest way to download the mobile app is to use your phone to scan the below QR code, and then follow the instructions given.

Step 1: Download the APP



Scan QR code and download 'Feelfit' APPs



Register

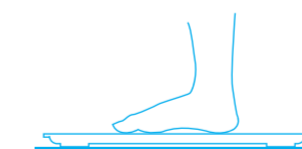


Install battery cells

Step 2: Pairing scale with mobile phone



Enter my device/add new device/pair device



Step on scale



Pairing scale to APPs

Step 3: Measure and check the body analysis report



Step on again and keep to digital number stable



Check the body report in APPs



Number flashes twice means weight test finishes.

Number 0 rolling to stable means body fat test finishes.

What's Included

Your Steps Body Composition Scale Model box includes:

- Steps Body Composition Scale
- Batteries : 4x 1.5V AAA
- User Manual