

Digital Body Fat Scale User Manual (V-2016/1) BFS-835

The user manual can be downloaded through Surpahs® website at <http://www.surpahs.com>



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QUICK START GUIDE

1. Remove the battery insulating strip before first use.
2. Place the scale on a hard flat surface. Avoid carpets, rug or soft, uneven surface.
3. If you would use the scale as a Weight-Only scale, for the first time to use the scale, you may just step onto the scale to turn it on, and then step off, wait the screen to display "0.0" and turn off, and then step on again, the screen will display your weight.
4. If you would use the scale as a Body Fat scale, remove socks and wipe your feet with a damp cloth, leaving them slightly damp.
5. Press "SET" to enter Setup Mode. The Profile Number will flash on the screen. Press the Up / Down arrow keys ▲▼ and press "SET" to select a profile number.
6. Next, select your Gender.
7. Next, set your Height.
8. Next, set your Age.
9. After entering your Age, the scale screen will display "0.0". **Please immediately step onto the scale before it turns off and remain your body still.** The scale will save your weight in your profile, and then display your body fat, water, muscle, and bone ratios, which you can write down to track. You do not have to remain standing on the scale, it will turn off automatically. You may click the "UNIT" button located on the back of the scale to switch display unit between Kilograms (kg) and Pounds (lb).

Next time when you stand on the scale, it will identify your profile automatically according to its stored weight information.

IMPORTANT: This scale uses BIA (Bioelectrical Impedance Analysis) to determine body fat level. BIA sends a harmless signal through the body. It is NOT intended for children or pregnant women, do NOT use this product anyone with an implanted medical device (such as a pacemaker, metal plates or screws; or contraceptive devices). When in doubt, contact your physician.

The information provided by this device is NOT meant to treat, cure, or prevent any disease or illness. This device should NOT be used by anyone who is acutely or chronically ill, suffering from a disease, or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

Statement of Accuracy

- This device is intended for home / consumer use; it is not intended for professional use in hospitals or medical facilities.
- Do not use the scale on a carpet, rug or uneven surface as these can cause inaccurate results.
- This scale uses BIA (Bioelectrical Impedance Analysis) to determine body fat percentage. BIA is considered reasonably accurate for measuring groups, or for tracking body composition in an individual over a period of time, but is not considered sufficiently accurate for recording of single measurements of individuals.
- As BIA is based on body water balance, your state of hydration can impact the level of accuracy. Overall the BIA provides an inexpensive, reliable way to estimate and track body fat level.
- For the most consistent and accuracy results, please do not measure within 30 minutes after a meal or 120 minutes after an exercise. It is recommended that you measure at the same time of the day, preferably early evening before a meal.
- Do not compare weight readings from one scale to another as some differences will exist due to manufacturing tolerances.
- Do not use your Doctor's scale reading as "accurate" reference to determine the accuracy of your scale, as it is not the right way to test the scale accuracy. The best way test scale accuracy would be using 50 kg+ (110 lb+) standard Olympic weight bars on the scale.
- It should be used in a consistent manner for the most accurate readings. While readings of this monitor might be different than that of other scales (hydro-densitometry or hand held calipers), your changes in body fat percentage shown by this scale will be reflected accurately.
- If you weigh yourself twice and get two different results, your weight lies between the two readings.

SPECIFICATIONS/FEATURES

- Measures weight, body mass index (BMI), body fat, body water, muscle, and bone
- Uses Bioelectrical Impedance Analysis (BIA) technology to determine body fat
- Weight Capacity: 180 kg / 397 lb
- Weight Unit: kg /lb
- Weight Graduation: 0.1 kg / 0.2 lb
- Body Fat Graduation: 0.1% (in the range of 5% - 80%)
- Height Range: 3' 3.5" - 7' 2.5" (100-220 cm)
- Age Range: 15 - 85 years of age
- 8 Users profile memory
- Athlete mode
- Auto step ON and OFF
- Low battery indication
- Over load indication
- Power by 2 x CR2032 lithium batteries

HOW DOES THE BODY FAT SCALE WORK?

Fat is essential for human body. It can not only store energy and protect viscera, but also regulate body temperature and maintain normal physiological function of human body. However, too much body fat is harmful to human body. It is always accompanied by Fatty Liver, diabetes, coronary heart disease, etc.

Therefore self-measuring and self-monitoring body fat level are beneficial to your health. Since we can't judge body fat level simply by our weight, this Surpahs® BFS-835 Body Fat Scale, with BIA (Bio-impedance Analysis) technology applied, is an accurate device that offers a quick and comfortable way to obtain your body fat level.

This Surpahs® BFS-835 Body Fat Scale uses Bio Impedance Analysis (BIA) technology which passes a small electrical current through the body to estimate body fat mass, total body water, muscle mass, and bone mass. The electrical current is very small and may not be felt. Contact is made with the body via four stainless steel electrodes on scale.

BATTERY INFORMATION

This scale is powered by 2 x CR2032 lithium batteries (pre-installed).

Before the first use of the scale, remove any plastic strips from the battery compartment on the back of the scale.

When the screen displays "Lo", it indicates power is low, please replace both batteries, do not combine old and new batteries.

UNIT SELECTION

Default displaying unit is "lb" (pound) .

To change displaying unit, press the "UNIT" button located on the back of the scale to switch displaying unit between Kilograms (kg) and Pounds (lb).

INITIALIZATION/ CALIBRATION

NOTE: To maintain accuracy, this initialization process must be done at anytime the scale is moved from one place to another, or batteries are changed.

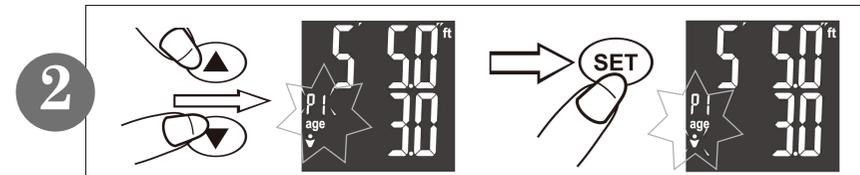
1. Step one foot onto the platform to turn it on and then step off.
2. Wait for "0.0" to be displayed and turn off automatically.
3. The scale is now ready to use.

SETUP USER PROFILE

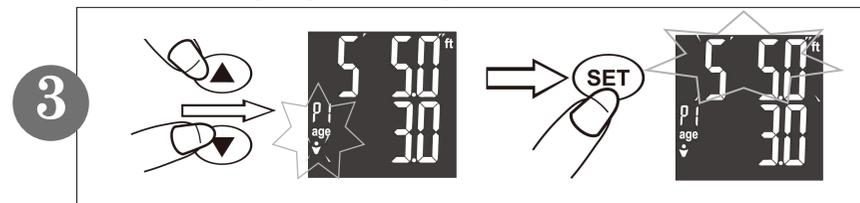
If you would use the scale as Weight-Only scale, you may skip this section and refer to the instructions in "USING THE SCALE AS WEIGHT-ONLY SCALE" section.

This scale can store up to 8 user profiles (identified as P1 to P8) in memory.

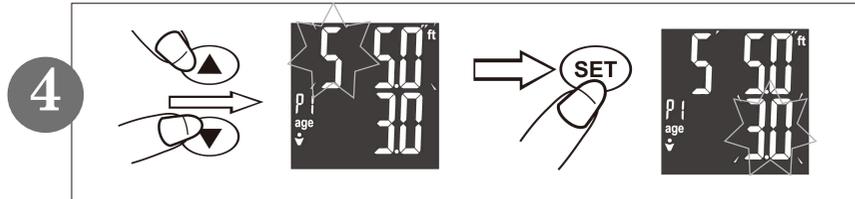
1. Remove socks and wipe your feet with a damp cloth, leaving them slightly damp.
2. Press "SET" to enter Setup Mode. The Profile Number will flash on the screen. Press the Up / Down arrow ▲▼ and press "SET" to select a profile number. Then Gender/Athlete icon is blinking.



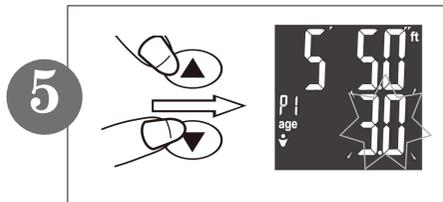
3. Next, select your Gender/Athlete mode from Male /Female /Male Athlete /Female Athlete selections. Then the Height digits are blinking.



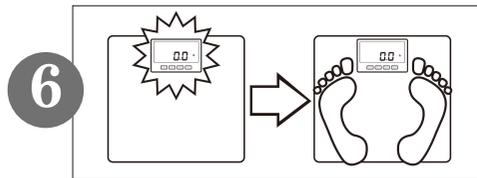
4. Next, set your Height. Then the Age digits are blinking.



5. Next, set your Age.



6. After entering your Age, the scale screen will display "0.0". **Please immediately step onto the scale before it turns off and remain your body still.** The scale will save your weight in your selected profile, and then display your Body Fat, Total Body Water, Muscle Mass, Bone Mass, and Weight.



This completes the programming of your profile. The next time you use your scale, it will identify your profile by comparing your current weight with the stored weight.

Note: If your weight changes by +/-3 kg (+/-6.6 lb) or more, the scale may have trouble identifying your profile. It is recommended that you re-configure your profile.

USING THE SCALE AS WEIGHT-ONLY SCALE

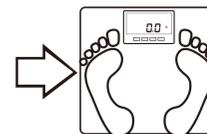
Your Surpahs® Body Fat Scale will operate as a conventional weight-reading scale, there are no special programming steps are required.

You may simply step on the scale to measure your current weight:

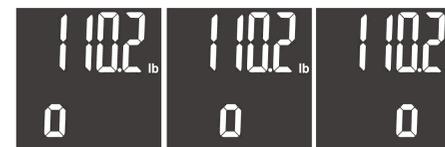
1. Place the scale on a flat hard surface, carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will save your weight.
4. The scale will automatically turn off after a few seconds.

USING THE SCALE AS BODY FAT SCALE

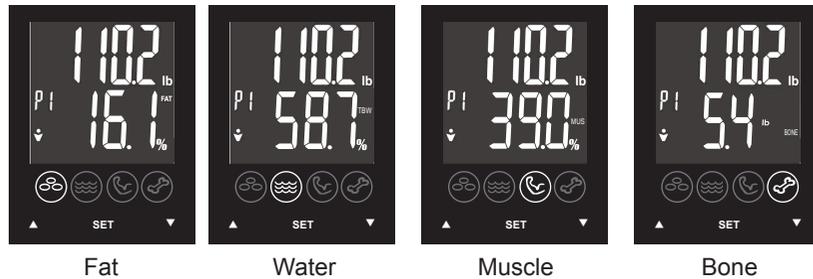
1. If you haven't programmed a user profile, please follow the instructions in "SETUP USER PROFILE" section to complete the setup.
2. If it is the first time use or has been moved from one place to another, please follow the instructions in "INITIALIZATION/ CALIBRATION" to initiate the scale.
3. For the most consistent and accuracy results, please measure at the same time of the day, and do not measure within 30 minutes after a meal or 120 minutes after an exercise.
4. Wipe your feet with a damp cloth, leaving them slightly damp.
5. Press "SET" and select your profile. (This step can be skipped, as the scale can automatically identify your programmed profile.)
6. Step onto the scale.



7. Stand still and keep fully contact with the 4 stainless steel electrodes until the screen stop displaying the moving "o".



8. It automatically identifies a programmed profile (P1-P8). And then displays your Weight along with Body Fat, Total Body Water, Muscle Mass and Bone Mass three times in sequence. You can write down to track. You do not have to remain standing on the scale, it will turn off automatically.



NOTE:

If there is no profile matched, it will just go with the "WEIGHT-ONLY" mode, and displays your weight only.

If your weight changes by +/-3 kg (+/-6.6 lb) or more, the scale may have trouble identifying your profile. It is recommended that you re-configure your profile.

If one or more other user's stored weight is within +/-3kg (+/-6.6 lb) of your weight, the scale is unable to determine which one is your profile, and it will display a choice of profile numbers, you can then use the Up / Down arrow keys to confirm the correct profile. Upon confirming, it will display the results three times in sequence. If no profile is confirmed, it will automatically turn off after a few seconds.



9. Under the Body Fat Indicator you will see a "-", "0", "+", or "++" bar at the bottom of the screen. These are your BMI indicators, which provides a guide to body fat measurements.



- "-" Underweight
- "0" Normal Weight
- "+" Overweight
- "++" Obesity

BODY FAT

1. Ideal body fat content is NOT the same for all people. Age, sex, and heredity are variables in this measurement. The table below is a general guide. Consult your physician to determine what is most ideal for you.

BODY FAT

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<18	<17	<18
Normal	14-20	15-21	17-23	18-24	19-25
Moderately High	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

Female

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

2. It is recommended to measure body fat and weight daily at the same.
3. Use this product without clothing for best accuracy. Clothes can vary in weight and affect the calculation.
4. Feet must be bare and clean. For best results, they should also be slightly damp.

TOTAL BODY WATER (TBW)

You must wait several hours before taking a body fat analyze when: Drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of your body fat analyze.

Normal healthy range of total body water (TBW) percentage table:

	% Body Fat Range	Normal % TBW Range
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

Body water measurement results are influenced by the proportion of body fat and muscle. If the proportion of body fat is high, or the proportion of muscle is low, then the body water results will tend to below.

It is important to remember that measurements such as body weight, body fat and body water are tools for you to use as part of your healthy lifestyle. Since short term fluctuations can be normal, we suggest that you chart your progress over time, rather than focus on just a single day's reading. Consult your physician to determine what is most ideal for you.

MUSCLE MASS

Muscle mass is important in determining a healthy body composition. A person with a higher % of muscle mass finds it easier to move, but needs more energy to do it. Exercise is very important in maintaining a healthy body and the muscle mass % is a useful indicator to control it. The normal muscle mass percentage on the body weight lies between 38% and 54% for men and between 28% and 39% for women depending on age and physical activity level.

BONE MASS

The bone mass readings given by this scale are estimation of the amount of bone in your body. Individuals with osteoporosis or low bone densities may not get accurate. If you have any concern regarding your bones, please consult your doctor.

	Weight	Bone Mass
Men	Less then 143 lb	5.9lb
	143 lb - 209 lb	7.3lb
	209 lb and up	8.1lb
Women	Less then 110 lb	4.3lb
	110 lb - 165 lb	5.3lb
	165 lb and up	6.5lb

MAINTENANCE AND CARE

- The product is intended for home / consumer use only; it is not intended for professional use in hospitals or medical facilities.
- Clean exposed parts with a soft, slightly, damp cloth. To remove stains, use a mild soap.
- Never use detergents, excess water, treated cloths, harsh cleaning agents, or sprays.
- Do not immerse scale in water.
- Treat your scale with care to ensure the best performance. It contains sensitive electronic parts. Avoid rough treatment. Do not jump on, drop or kick the scale.
- Do not attempt to lubricate, disassemble, or open the scale casing as this will void warranty.
- Always weigh yourself on the same scale placed on the same floor surface.
- Do not compare weight readings from one scale to another as some differences do exist due to manufacturing tolerances.
- Place your scale on a hard even floor to ensure the greatest accuracy and consistency.
- It is recommended that you measure at the same time of the day, preferably early evening before a meal, for the most consistent results.
- Your scale rounds up or down to the nearest increment.
- If you weigh yourself twice and get two different results, your weight lies between the two.
- Do not dispose of batteries in fire. Batteries may explode or leak. Remove batteries from the scale if it will not be used for a long period.
- Do not store the scale where you store cleaning chemicals. The vapors may affect the electronic components of your scale. Do not store the scale on its side.
- Store your scale in a clean, dry location at room temperature. Dust, dirt, and moisture from humidity can accumulate on the weighing sensors causing inaccuracy or malfunction.
- To prevent battery drainage, do not store anything on the scale.

TROUBLESHOOTING

1. You must have bare feet to take measurements. In order to get the most accurate and Consistent results, wipe your feet with a damp cloth, leaving them slightly damp before stepping on the scale. Repeat measurements again, maintaining maximum contact between your feet and metal sensors.
2. The condition of the skin on the bottom of your feet can affect the results. The natural effects of aging activity can make the skin hard. Take the reading with clean and slightly damp feet for best accuracy.

3. WARNINGMESSAGE



---- =Overload Warning. The maximum weighing capacity of the scale has been exceeded. Remove the weight immediately; otherwise, permanent damage to the scale will occur.



Lo = Low Battery Warning. Replace the batteries. Always replace both batteries at the same time, do not combine old and new batteries.



If only the weight is all that appears after the Bio Impedance Analysis (BIA) was attempted, or you get instability Error, Contact Error, or Body Fat Beyond Range Error, stand still on the scale while measuring. Clean bottom of your feet with a damp cloth, leave slightly damp, and repeat measurement again, maintaining maximum contact between your feet and the four metal pads (sensors).

FCC REGULATIONS

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received including interference that may cause undesired operation.

WARRANTY

This product is warranted against defects in materials and workmanship for one year from the date purchase, when used in accordance with the instructions provided. This warranty does not cover damages or wear resulting from accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair.

C8KE INC. shall not be liable for loss of use or any other incidental, consequential or indirect costs, expenses or damages. There are no express warranties except as listed above. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Should this product require service (or replacement at our option) while under warranty, please visit website www.surpahs.com and submit a support ticket.

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