Smart Fitness Scale

Model: ESF00+
Thank you for purchasing the Smart Fitness Scale by Etekcity.

If you have any questions or concerns, please reach out to our helpful Customer Support Team at support.eu@etekcity.com. We hope you enjoy your new scale!

Join the VeSync Community on Facebook.
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Package Contents

1 x Smart Fitness Scale
1 x USB Charging Cable
1 x Measuring Tape
1 x Quick Start Guide

Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Capacity</td>
<td>180 kg / 400 lb / 28 st</td>
</tr>
<tr>
<td>Graduation</td>
<td>0.05 kg / 0.1 lb</td>
</tr>
<tr>
<td>Weight Units</td>
<td>kg / lb / st</td>
</tr>
<tr>
<td>Platform</td>
<td>ITO-coated glass</td>
</tr>
<tr>
<td>Dimensions</td>
<td>375 x 300 x 24 mm / 14.8 x 11.8 x 1.0 in</td>
</tr>
<tr>
<td>Battery Type</td>
<td>1000mAh Li-ion battery</td>
</tr>
<tr>
<td>Charging Time</td>
<td>3 hours</td>
</tr>
<tr>
<td>Input</td>
<td>DC 5V, 500mA</td>
</tr>
<tr>
<td>Auto-Off</td>
<td>30 seconds</td>
</tr>
</tbody>
</table>
Safety Information

Please read and follow all instructions and safety guidelines in this manual.

Medical
• This scale should not be used to diagnose or treat any medical condition.
• Scale data should not be used as a substitute for medical advice from a healthcare professional.
• This scale uses a harmless electrical current to measure body fat. Consult a healthcare professional before using the smart scale if you use medical electronic equipment such as a pacemaker.

General Use
• Check the scale before using. Do not use the scale if it is damaged in any way.
• The glass platform is slippery when wet. Always make sure the platform and your feet are dry before stepping on for measurement.
• Place the scale on a hard, flat surface to avoid tipping.
• To weigh safely and accurately, stand with your feet shoulder-width apart while on the scale. Do not stand on the edge of the scale or jump on the scale.
• Avoid standing on the scale for a long period of time, or when not weighing yourself.
• Do not overload the scale. Maximum weight capacity is 180 kg / 400 lb.
• Keep the scale in a cool area with low humidity. Keep the scale away from heat sources, such as ovens or heaters. Avoid temperature fluctuations. Store the scale in a horizontal position, not vertical.
• Do not use while charging. Remove the power cord before using.
• Handle with care. Not for commercial use. Household use only.

SAVE THESE INSTRUCTIONS
Function Diagram

A. Weighing Platform
B. Display
C. Anti-Skid Padding
D. Unit Switching Button
E. Reset Button
F. USB Charging Socket
G. USB Charging Cable
Digital Display

A. WiFi Icon
B. Bluetooth® Icon
C. Battery Life Indicator
D. Weight Units
E. Weight Measurement
F. Fat/Muscle/Water/Bone/BMR Measurement
G. BMI Measurement
H. BMI Tooltips
VeSync App Setup

Note: Due to app updates and improvements, the contents of this manual may change without notice. The VeSync app user interface may appear slightly different.

1. To download the VeSync app, scan the QR code, or search “VeSync” in the Apple App Store® or Google Play™ Store.

Note:  
• This scale uses the VeSync app, not the VeSyncFit app.  
• For Android users, you may need to select Allow to use VeSync.

2. Open the VeSync app. If you already have an account, tap Log In. To create a new account, tap Sign Up.
Using the Smart Scale

Note:
• To switch between pounds (lb), stone (st), and kilograms (kg), press the unit switching button on the underside of the scale.
• If you are pregnant, scale measurements will not be accurate.

Weighing without the VeSync App

1. Place the scale on a hard, flat surface. [Figure 1.1]

2. Step onto the scale. The scale will automatically turn on and start measuring your weight.

3. Continue standing on the scale until the digits on the screen flash 3 times, showing your final measurement. [Figure 1.2]
Weighing with the VeSync App

Pairing the Scale with VeSync

1. Tap +.

2. Tap Scales.
3. Select **Etekcity Fitness Scale (ESF00+)**.

**Note:** Make sure your phone’s Bluetooth® is turned on in your phone settings.

4. Stand on the scale and tap **Next**.
5. The app will take a moment to scan for devices. Tap **Etekcity Fitness Scale** to connect.

6. If the connection succeeded, go to step 9. If the connection failed, tap **Why can't I connect to my device?** at the bottom of the screen.
7. After following the “Troubleshooting” steps, tap < to return to the previous screen.

8. Then, tap **Search Again**.

9. Give your smart scale a unique name, or simply use the default name.

**Note:** You can change the name and picture at any time in **Device Settings**.
Connecting the Scale to WiFi

Optionally, connect your scale to WiFi after setup. Connecting your scale to WiFi will allow you to view your data from anywhere, even when you’re not at home or within Bluetooth range of your scale.

**Note:**
- Tap **Skip** if you don’t want to connect to WiFi.
- You can connect your scale to WiFi at any time, as long as you have a Bluetooth connection.

1. Connect your phone to a secure 2.4GHz WiFi network.

**Note:**
- **If the app fails to find your network, tap Why can't I find my WiFi network? to see possible reasons.**
- **If your SSID is set to hidden mode, tap Manually Setup My WiFi, select your encryption method, and enter your SSID and password.**
2. Enter your WiFi information and tap **Connect**.
Using the App

Creating a User

If you are a new user, you will need to enter physical information before weighing yourself for the first time so the scale can calculate your body metrics.

Note:

• Entering inaccurate information will make the scale’s measurements less accurate.
• If you don’t identify with the available gender options, or are unsure, pick the choice that you think best physically matches you. This choice is used for physical measurements, such as body fat percentages.
Weight Measurement

1. On the “My Home” screen, tap on the name of your smart scale.

2. Step on the scale with bare feet. Continue standing on the scale for 5-10 seconds. Your measurements will appear in the VeSync app.

Note: If you see a series of zeroes on the scale display, the scale is measuring your body fat and sending measurements to the VeSync app.
3. For further details, see:
   A. More Measurements (page 18)
   B. Data Graphs (page 19)
   C. Device Settings (page 21)

Note: If you’re wearing shoes or socks, the scale cannot measure health metrics such as body fat. Step on the scale with bare feet.
More Measurements

On the “My Home” screen, tap on the name of your smart scale, then scroll down for a comprehensive analysis of the 12 health metrics that the scale tracks. Tap on any of the health metrics for more information.
Data Graphs

1. On the “My Home” screen, tap on the name of your smart scale, then tap **Data Graphs**.

2. You can view daily, weekly, or monthly progress. Tap ☞ to view your weighing history.
3. Tap on any entry to see more information.

**Note:** To delete, swipe left on an entry.

4. View the 12 health metrics that the scale tracks. Tap on any of the health metrics for more information.
Device Settings

On the “My Home” screen, tap on the name of your smart scale, then tap ☰ in the upper right corner to see Device Settings.

- Tap on any setting to change it.
- Tapping on your user icon will allow you to edit your information.
- If you skipped setting up your WiFi connection, tap WiFi Connection to set it up at any time.
- When you change the weight unit in the app, the smart scale will change to match.
Guest Mode

1. On the “My Home” screen, tap on the name of your smart scale.
2. Tap 🛠️ in the upper right corner to see Device Settings. Tap Guest Mode.
3. Choose physical settings for a guest using the smart scale.

Note: Guest Mode measurement data will not be saved.
Data Sharing

You can share your measurement data with your friends.

1. On the “My Home” screen, tap on the name of your smart scale.
2. Tap ☰ in the upper right corner to see Device Settings. Tap Data Sharing.
3. Tap Add Friend.
4. Enter your friend’s email address to send a request.
A. Tap your friend’s name to see their measurement data.
B. Tap **My Data** to see who you’re sharing your information with.
C. Swipe left on a person’s name to unshare your information.
D. Friend requests will appear in your VeSync inbox. Tap on the message to view the friend request and respond.
Connecting with Other Fitness Apps

**Fitbit**

1. On the “My Home” screen, tap on the name of your smart scale.
2. Tap ☑️ in the upper right corner to see Device Settings. Tap **Connect to Fitbit**.
3. Turn on Fitbit, then sign in to your Fitbit account.
4. Allow VeSync to share your data with Fitbit.

*Note: Sharing data is necessary for VeSync to connect with Fitbit.*
**Apple Health**

1. Make sure your Bluetooth is on. On the “My Home” screen, tap on the name of your smart scale.

2. Tap ☰ in the upper right corner to see Device Settings. Tap **Connect to Apple Health**.

3. The Health app should open automatically. If not, go to your profile in the Health app, tap Apps, and select VeSync.

4. Turn all categories on to allow the VeSync app to access and update health data. Then, tap **Allow** at the top of the screen.

**Note:** *If you tap Don’t Allow, the Health app will not work with VeSync until you reopen the Health app, turn all categories on, and tap Allow.*
Google Fit™

1. On the “My Home” screen, tap on the name of your smart scale.
2. Tap ☰ in the upper right corner to see Device Settings. Tap Connect to Google Fit.
3. The Google Fit app should open automatically. Select your account and allow VeSync to sync. Once the toggle is green, you have successfully paired Google Fit with VeSync.

Note: Sharing data is necessary for VeSync to connect with Google Fit.
**Maintenance**

**Recalibrating the Scale**

If the scale has been moved or flipped upside down, it must be recalibrated to ensure accurate results.

1. Place the scale on a hard, flat surface.
2. Step on the scale with 1 foot until digits appear on the display. [*Figure 3.1*] Then, step off.
3. The scale will show “[ ]” while calibrating, then “[ ]” when complete. [*Figure 3.2*]

**Cleaning the Scale**

- Use a slightly damp cloth to clean the surface of the scale, followed by a soft, dry cloth to wipe away any remaining moisture.
- **Do not** use chemical or abrasive cleaning agents to clean the scale.
Charging the Battery

The display will show “🔋” when the battery needs to be charged.

1. Insert the USB charging cable into the USB charging socket. [Figure 4.1]

2. Plug the USB charging cable into a DC 5V adapter and plug into an outlet. You can also plug the cable into a powered USB outlet. [Figure 4.1]

3. The bars in the battery symbol (🔋) will continuously fill as the scale charges. When charged, the symbol will be filled.

Note:
- Charging time is about 3 hours.
- For best results, fully charge your scale before using.
Display Messages

<table>
<thead>
<tr>
<th>Bluetooth Connection</th>
<th>No Connection</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Bluetooth Icon]</td>
<td>![WiFi Connection in Progress Icon]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WiFi Connection</th>
<th>WiFi Connection in Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>![WiFi Icon]</td>
<td>![WiFi Icon Flashes]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lo</th>
<th>Err</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change Battery</td>
<td>Overload</td>
<td>Calibrating</td>
</tr>
</tbody>
</table>
**Troubleshooting**

1. **The scale doesn’t turn on.**
   - The scale may need to be charged. Plug it in and charge for 3 hours.

2. **Nothing happens when I press the unit button.**
   - The scale may need to be reset. Use a safety pin or paper clip to press the “Reset” button on the underside of the scale.

3. **Information flashes on the screen and then disappears.**
   - The battery is low and may need to be charged.

4. **The scale doesn’t connect with the VeSync app.**
   - Make sure your phone's operating system is running on iOS™ 8.0+ or Android™ 4.3+.
   - Close and relaunch the VeSync app. Make sure you’re using the latest version.
   - Turn on Bluetooth on your phone (for Android users, make sure your Location is turned on as well).
   - Make sure your scale and phone are within 10 m / 30 ft of each other.
   - Make sure the scale is not currently connected to any other phone or app.
   - Try turning off any VPN apps.
   - The scale may need to be reset. Use a safety pin or paper clip to press the “Reset” button on the underside of the scale.
5. **My scale will only measure my weight, or only my weight and BMI.**

   - Set up your smart scale in the VeSync app. Your BMI, Fat, Muscle, Water, Bone, and BMR measurements will show on the display, and more results will show on the app.
   - Make sure Bluetooth is turned on.
   - If you’re wearing shoes or socks, the scale cannot measure health metrics such as body fat. Step on the scale with bare feet. [*Figure 5.1*]

**Note:** Resetting the scale will fix many issues.

   A. **To clear user data from the scale,** press and hold the unit button on the underside of the scale for 10 seconds.
   B. **To hard reset the scale,** use a safety pin or paper clip to press the “Reset” button on the underside of the scale.

If you still need help, please contact **Customer Support** (see page 33).
Warranty Information

Terms & Policy

Etekcity Corporation warrants all products to be of the highest quality in material, craftsmanship, and service for 2 years, effective from the date of purchase to the end of the warranty period. Warranty lengths may vary between product categories.

Should you encounter any issues or have any questions regarding your new product, feel free to contact our helpful Customer Support Team.

Customer Support

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*Please have your invoice and order ID ready before contacting Customer Support.*