

Personal diagnostic scale with Bluetooth



EV-600BT

Instruction manual

EN



Download the application using this QR code

Model: EV-600BT

Intended use of the device

- The device is intended exclusively for informative determination of body weight and (possibly also) the structure of the human body in the home environment, to the extent determined by technical and operational parameters and functions, safety and user instructions and external influences of the operating environment.
- This device in no way replaces accurate medical measurements of body weight on calibrated scales specially designed for this purpose. The results of measuring body weight at home are only therefore, if you are interested in finding out the exact values, consult your doctor.
- The balance may not be used to determine weight in business relationships, to calculate fees and penalties and similar types of payments, in the judiciary, in healthcare, in pharmaceutical laboratories, for pricing and for other purposes requiring the use of measuring instruments subject to the requirements laid down for specified measuring instruments. .
- ORAVA electrical appliances are manufactured in accordance with the state of the art and recognized safety regulations. Nevertheless, incorrect and unprofessional use or use contrary to the intended purpose may create a risk of injury or endanger the life of the user or a third party, resp. damage to equipment and other property.

1. GENERAL SAFETY INSTRUCTIONS A NOTIFICATIONS



Read all instructions before using the device!

This document contains important safety instructions and warnings for the safe, correct and economical operation of electrical/electronic equipment. Its compliance helps the user avoid risks, increase product reliability and durability.

1.1 General Safety Instructions

- Before operating the equipment, we recommend that you carefully read the operating instructions and operate the equipment according to the instructions!
- The safety instructions and warnings contained in this manual do not cover all possible conditions and situations that may arise when using the equipment. The user needs to understand that a factor that cannot be built into any of the products is personal responsibility and caution. These factors must therefore be ensured by users operating this device.
- Failure to observe the safety instructions and warnings does not warrant the manufacturer for any damage to health or property!
- Keep the operating instructions as close as possible to the equipment throughout its life. Always keep these operating instructions together with the appliance for future reference and use by new users

- Use the equipment only for its intended purpose and in the manner specified by the manufacturer.
- This is not a professional device for commercial use.
- Do not change the specifications and characteristics of the equipment by unauthorized modification or modification of any part of the equipment.
- The manufacturer is not liable for damages caused during transportation, improper use, damage or destruction of the equipment due to adverse weather conditions.

Safety of the operating environment

- Do not use the device in an industrial environment or outdoors!
- Do not expose the device to:
 - sources of excessive heat or open flame,
 - dripping or splashing water
 - vibration, shock and excessive mechanical stress
 - insects, animals and plants,
 - aggressive and chemical substances.
- The operating environment of the equipment must always be in accordance with the established essential characteristics.

Operating environment characteristics:

1. Ambient temperature: $+5 \div +40$ ° C
2. Humidity: $5 \div 85\%$
3. Altitude: 000 2,000 m
4. Water occurrence: occasional water condensation or water vapor
5. Occurrence of foreign bodies: the amount and type of dust are insignificant
6. Degree of protection: min. IP20 (the device is protected against contact with dangerous parts by the finger and unprotected against water)

Electrical safety

- Electrical Class III electrical devices are those that are powered by a low-voltage (battery or accumulator) source and do not pose a hazard to the user due to electric shock.

Personal safety

- This appliance is intended for use and operation by persons without electrical qualifications - by the layman, following the manufacturer's instructions.
- Operators of the equipment include activities such as switching the equipment on and off, user manipulation and setting of operating parameters, visual or auditory control of the equipment and user cleaning and maintenance.
- This appliance may be used by children from 8 years of age and persons with reduced physical, sensory or mental abilities or with a lack of experience or knowledge if they are supervised or instructed in the safe use of the appliance and understand the dangers involved.
- Children must not play with the appliance.
- Cleaning and maintenance by users must not be performed by children without supervision.

Cleaning, maintenance and repair

- Only carry out normal cleaning and maintenance of the appliance in the recommended manner. Do not use solvents or abrasive cleaning items for cleaning. Pollution and visible spots from touching fingers or hands can be cleaned using cleaning agents designed to clean household appliances.
- Never clean the device in a way that may cause immersion in liquid and liquid flow into the device.
- Clean the electrical/electronic parts only with a damp cloth and wipe dry or allow to dry.
- Keep the appliance clean and dry.
- Do not disassemble the appliance!
- Never repair the electric appliance by yourself!

2. Special safety instructions. Read carefully!

- The electrical/electronic equipment is designed and manufactured in such a way as to allow safe operation and use by persons without professional qualifications. Despite all the precautions that have been taken by the manufacturer for safe use, operation and use carry some residual risks and associated hazards.
- The following symbols and their meanings have been used on the device and in the accompanying documentation to warn of potential hazards:



This symbol warns users that there is a danger that the safety instructions for use and operation are not observed:
Risk of serious injury!
Risk of equipment damage or other property damage!



This symbol warns users that there is a risk of falling if they do not follow the safety instructions when using or operating the equipment:
Danger of falling!



This symbol alerts users to:
Do not use the device by persons who have implanted medical electronic devices!

- Failure to observe the safety instructions for use and operation of the device:
Risk of serious danger to health or life!

Transportation/Transfer

- When transporting and carrying, take care when moving to avoid tipping the machine.
- Carry the device firmly by the bottom of the base or the solid parts of the body. Make sure your hands and equipment are not damp or slippery when carrying. There is a risk of serious injury or danger to life! There is a risk of damage to the equipment!

Unpack/Packaging

- Unpack the equipment and remove any parts of the packaging materials and labels from the machine before putting it into operation. Store packaging materials in a safe place, especially out of the reach of children and incapacitated persons, or dispose of them safely.

Inspection/Commissioning

- We recommend that you perform both initial and follow-up periodic inspections of the equipment.
- Never use the appliance if it is incomplete, damaged, or any part of it is damaged during use.
- Do not use non-original and incomplete equipment and accessories. There is a risk of serious injury!
- If the equipment has been transported and stored at low temperatures or excessive humidity (eg winter), leave it for about „Acclimatize“ at room temperature for 1 hour to remove any moisture in the electronic components that occurs when the ambient temperature changes.
There is a risk of damage to the equipment!

Location/Installation

- Only place the device on:
 - flat, strong and stable mats - for floors and stable mats with a solid surface finish and with sufficient load-bearing capacity.
- Always make sure that the space you want to place the equipment has sufficient space, mechanical strength and load capacity.
- Do not use the appliance on a wet and slippery floor and mat. There is a risk of serious injury!
There is a risk of damage to the equipment or other material damage!

Warning!

Do not place the device:

- uneven, unstable and dirty surface
- on the tight edge of stairs or other floor irregularities,
- near containers with water or other liquids.

Warning!

- Place the machine in a place where children cannot reach it freely.
- Keep children away from the machine. The device may fall over children and cause injury.
- Mechanical damage (eg rupture of plastic or glass covers) may cause serious injury.

There is a risk of serious injury!

There is a risk of damage to the equipment or other material damage!

Operation/Supervision

Warning!

- This notice applies to all electrical and electronic equipment and devices in which a very small electrical current is transmitted to the user's body.
- The manufacturer does not recommend the use of electrical and electronic equipment that emits electrical current to the body of persons who have implanted sensitive medical electronic devices (such as a pacemaker, etc.) in their bodies as this may affect the correct and safe functioning of these sensitive devices and electronic devices and thereby endanger life.
- Do not use the appliance if your health does not allow you to do so. Talk to your doctor about how to use the device.
- Do not use the device by persons who have implanted medical electronic devices! Risk of serious danger to health or life!

Warning!

- The device is intended for use only with replaceable batteries that can be replaced by the user and whose type is specified in the operating instructions.
- For proper and reliable operation of the electronic equipment that has been stored at low temperatures and under excessive humidity (eg in winter), have the device "acclimatized" first.
- Use the machine horizontally and placed on a solid and stable surface. Uneven, unstable, or soft mats may adversely affect the accuracy of weight measurement results.
- Keep the device dry and in a dry and clean environment.
- Do not use the device on wet, slippery and dirty floors. Do not step on the device when the feet are wet. Do not step on the edges of the machine's functional surface. Be careful about personal stability.
There is a risk of falling!
There is a risk of damage to the equipment!
- Do not use the device near strong electromagnetic fields. Electromagnetic field effects can affect the correctness of electronic device functions.
- Store the equipment in a clean and dry place. Do not load

the device when storing.

- Never overload the equipment beyond the limits specified in the technical data!
- Do not overload the device above the measuring range.
- Do not continue to use the device if you notice any non-standard features while using the device. Have the device checked by a specialist garage.
- If any safety part/component (mechanical, electrical/electronic) is part of the equipment, never disassemble this part/component! if it is safety part/component damaged or inoperative, do not use the device!
- Never underestimate possible hazards and be careful!

Power Supplies/Batteries

Safety instructions for changing and loading the power supply - batteries

Warning!

- When using electrical/electronic equipment that is equipped with a DC power source - battery , always follow important safety and operating instructions and handling of these sources.

Warning!

- Never recharge batteries!
- Never disassemble the batteries!
- Never heat or dispose of batteries in a fire!
- Failure to follow the safety instructions may result in:
Risk of serious injury! Danger of explosion!
Chemical hazard!
Risk of equipment damage or other material damage!

Warning!

- There is a danger of incorrect replacement and handling - electric short circuit, explosion, electrolyte leakage, chemical burns.
- Dispose of the batteries in accordance with the applicable regulations and disposal of electronic equipment.

Warning!

- Always store batteries out of the reach of children, disabled people and pets.
- Keep the used batteries in a safe place so that they cannot be swallowed by children and dispose of as soon as possible. Seek medical advice immediately if swallowed.
- Use only the same or equivalent type of batteries specified by the manufacturer. Do not use new batteries with old ones. This may cause damage to the device.
- Wipe the batteries with a dry cloth before loading them into the machine. This ensures better electrical contact.
- Insert the batteries so that the „+“ and „-“ symbols on the batteries and on the inside of the machine cover match.

- Do not handle batteries with metal tools (eg tweezers, etc.). Conductive contact of both battery poles can cause a short circuit.
- If you do not use your device for a long time, it is recommended that you remove the batteries from the device. This protects the device from damage from leaking batteries. If battery leakage occurs, have the device cleaned by an authorized service center.

Bluetooth® technology

- Bluetooth® technology is a wireless technology of transfer informations that enables synchronization and communication between a digital device, such as a phone mobile and main unit.
- ORAVA is not liable for any incidental, indirect or consequential damages or other damages, or disclosure of information that may occur during wireless transmission.

Frequency band

- This technology uses the 2.4 GHz unlicensed microwave radio frequency band.

Certifications

- This equipment complies with frequency limits and has been certified to demonstrate compliance with regulatory requirements for frequency bands. Therefore, no wireless authorization is required.
- The interventions listed below are illegal:
 - Separation from the main facility
 - Remove parameter labels

Determination of use

- This device is designed for normal general use.
- Microwaves transmitted from Bluetooth devices may adversely affect the functionality of electronic medical devices.
- Do not use this product near equipment or in a high-frequency environment such as:
 - places with the presence of flammable gas,
 - places close to automatic door systems, alarm devices such as:
 - airports,
 - Hospital
 - laboratories
 - petrol stations, etc.

because broadcast interference can cause an accident.

Usage restrictions

- Wireless transmission and use with all Bluetooth® devices cannot be guaranteed.
- All devices must comply with the standards set by Bluetooth SIG, Inc.
- Depending on the device parameters and settings, the connection may fail or some operations may be different.
- This device supports Bluetooth® security features. However, in some operating environments or with certain settings, this security may not be sufficient. Use caution when transferring data wirelessly to this device.

Use range

- Use a wireless device within a maximum of 10 meters.
- Different types and environments, obstacles or interference may reduce the transmission range (eg metal barriers, walls, people ...).

Interference with other devices

- If this device is placed too close to other Bluetooth® devices or devices that use the 2.4 GHz frequency band, it may not work properly, and there may be some noise or noise problems caused by radio wave interference.
- This unit may not operate properly if the radio waves transmitted by a nearby radio station or similar device are too strong.

Other

- If you experience discomfort when using Bluetooth®, stop using the Bluetooth device immediately.
- If any problem persists, contact your nearest ORAVA dealer.

Licenses

- The Bluetooth® word mark and logo are owned by Bluetooth SIG, Inc. and any use thereof by ORAVA is subject to license.
- Other trademarks and trade names are those of their respective owners.

Technical specifications

Power supply:	4.5 V DC from three 1.5 V AAA batteries (not supplied)
Units of measure:	Metric (kg)/British (lb)
Maximum load:	180 kg (100 g increments)
Bluetooth:	Bluetooth ver. 4.0
Measurements: (W x D x H):	30.2 x 30.2 x 2.2 cm
Weight:	1.55 kg

We reserve the right to make changes!

Information

The device is designed to measure personal weight and processes data from an accurate digital scale built into the base. This weighing method is fast, safe and accurate and provides the result in no time.

In cooperation with your Android or iOS smartphone, in which you install our „SenssunHealth“ application or another compatible application, the scale can also provide other information via the smartphone, such as:

- Measurement of body weight (**Weight** kg/lbs)
- Body Mass Index (**BMI**)
- Measurement of body fat (**Body Fat** - measurement in%)
- Measurement of water content (**Body Water** - measurement in%)
- Measurement of the proportion of skeletal muscle (**Skeletal Muscle** - measurement in%)
- Measurement of bone fraction (**Bone** - measurement in%)
- Measurement of protein content (**Protein** - measurement in%)
- Measurement of the proportion of muscles in the body (**Muscle** measurement in%)
- **Subcutaneous Fat** (kg)
- Lean Body Mass (**Lean Body Mass**)
- Body age (estimate of age according to body condition) (**Body Age** - data in years)
- Body type (body type) (**Somatotype** - obese, sports, etc.)
- Basal metabolic rate (**BMR** (Basal Metabolic Rate) - measured in kCal)
- Active Metabolic Rate (**AMR**) - measurement in kCal

This data can be weighed and measured in the application for multiple users, or with multiple smartphones. Use the Play Store (Android) or App Store (iOS) to download the application. In the search, type the name „Moving Life“ and download the searched application.

You can also download the application in the form of an installation .apk file after scanning the QR code. Here, however, it is necessary to allow installation from unknown sources on the smartphone. Therefore, we recommend that you download the application via the Play Store or App Store

QR code to download the application:



Measurement principle

This scale works on the principle of BIA, bioelectrical impedance analysis. In a few seconds, it is possible to determine the proportion of the desired substances in the body by means of an imperceptible, completely insignificant and inconvenient current.

By means of this measurement of electrical resistance (impedance) and counting of constants, resp. individual values (age, height, sex, degree of activity) it is possible to determine the proportion of body fat and other variables in the body. Muscle tissue and water have good electrical conductivity and thus low resistance. Bones and adipose tissue, on the other hand, have low conductivity because fat cells and bones, due to their high resistance, hardly conduct current.

Please note that the values measured by the diagnostic weight are only close to the real values based on the medical analysis of the body. Only a specialist can perform accurate determination of body fat, water, muscle mass and bone structure using medical methods (eg computed tomography).

General advices

- Weigh yourself, if possible, always at the same time of day (preferably in the morning), after the need, on an empty stomach and without clothing, in order to achieve comparable results.
- Important for measurement: Body fat determination must be performed barefoot, it is advisable to have slightly damp feet. Completely dry feet can lead to unsatisfactory results because they then show too little conductivity.
- Stand straight and calm during the measurement.
- After unusual physical exertion, wait a few hours before measuring.
- After getting up, wait about 15 minutes for the water to dissipate properly in the body.
- Only the long-term trend is important. Short-term weight variations within a few days are usually due to fluid loss; however, water in the body plays an important role in good physical condition.

Restrictions

Deviating and unreliable results may be reported in the determination of body fat and other values in the following cases:

- children under the age of about 10,
- top athletes and bodybuilders,
- pregnant women,
- people with a fever, people on dialysis, with symptoms of swelling or osteoporosis,
- people taking cardiovascular medicines (heart and vascular system),
- people taking medicines to widen or narrow blood vessels,
- people with significant anatomical abnormalities in their legs relative to their overall height (significantly shorter or longer feet).

Preparation

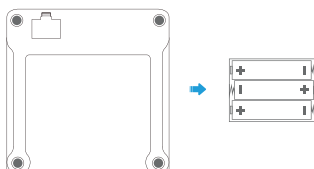
Power supply

The device works on three 1.5 V AAA batteries.

Batteries are not supplied, so insert them into the scale after purchasing.

Before using the device, 3 AAA batteries (not supplied) must be inserted into the device.

- 1 Open the battery cover (gently push the latch in the direction of the arrow and lift the cover).
- 2 Insert three 1.5 V AAA batteries. Observe the correct polarity + and -.
- 3 Close the battery cover.



Advice

- In normal use, the batteries should last for several months. If the display is no longer lit, replace both batteries with new ones.

Notes

- Do not leave the scale control in very hot or humid places.
- Do not use a new battery with an old one.
- If you will not be using the balance for a long time, remove the batteries. This will prevent possible damage to the balance due to battery leakage and subsequent corrosion.

Weighing

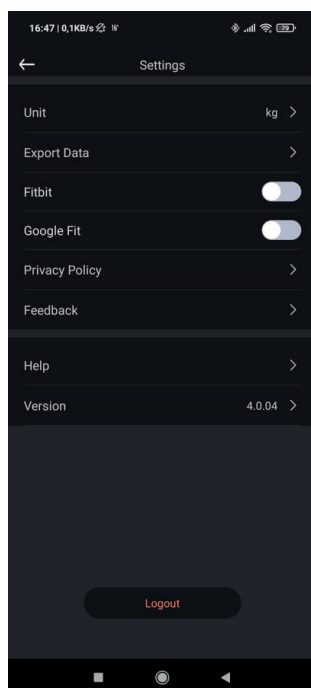
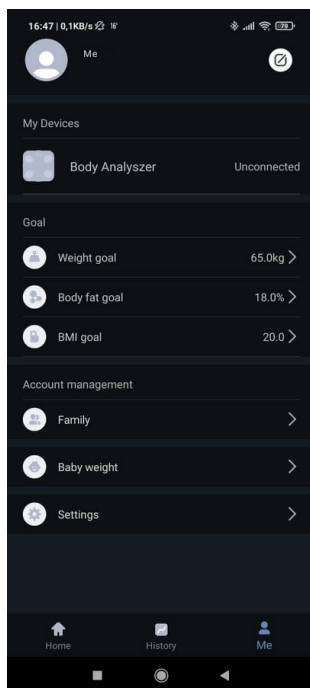
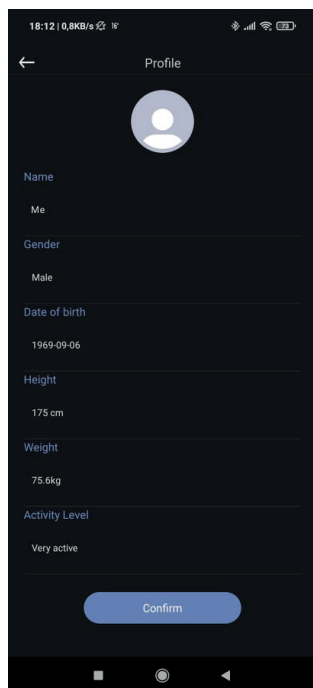
Location

Place the device on a flat, firm and hard surface. Do not place it, for example, on the carpet.



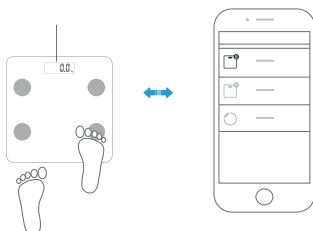
Weighing with smartphone and application

- 1 Download the application to the smartphone, turn on the Bluetooth interface on the smartphone, and launch the application.
After launching the application, it is necessary to set the application, enter weight units, enter user data (name, age, gender, height, target weight, etc.). A Google Account may also be required.
Follow the application proactively, as weight measurement applications are constantly updated and changing.



- 2 After entering all the data and registering the desired user, leave the application switched on and switch on the balance by lightly pressing on some part of the foot area and waiting for a while until „0.0 kg“ appears on the display. If the error message „Err“ appears instead of „0.0 kg“, wait until the balance switches off and on again.

The LED screen lights up



- 3 While the balance is switched on, search for and add it to the application as a weighing device. The procedure differs depending on the application. After adding this scale, the scale and interface for measuring the active user will appear on the smartphone display.

- 4 Stand on the scale with feeling.

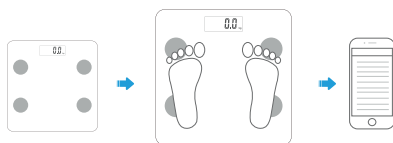
Stand on it with your bare feet and make sure that you stand on the ITO electrodes in peace and with an evenly distributed weight on both feet.

Important:

The feet, legs, calves and thighs must not touch each other. If they touch, it is not possible to perform the correct measurement.

Important:

If you measure in socks, the result will not be correct.



- 5 The balance starts measuring immediately. Wait until your fixed weight (eg „58.5“) appears on the balance display. First, the weight is shown on the display of both the scale and the smartphone. The measurement takes a while, shortly afterwards other measurement results appear on the smartphone display.

Values are displayed for that user:

Weight kg/lbs

BMI - Body Mass Index

Body Fat in%

Body Water in%

Skeletal Muscle in%

Bone in %

Protein in %

Muscle in %

Subcutaneous Fat (underskin fat) in kg

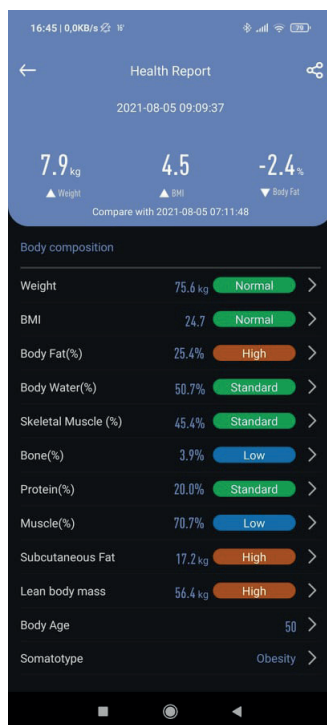
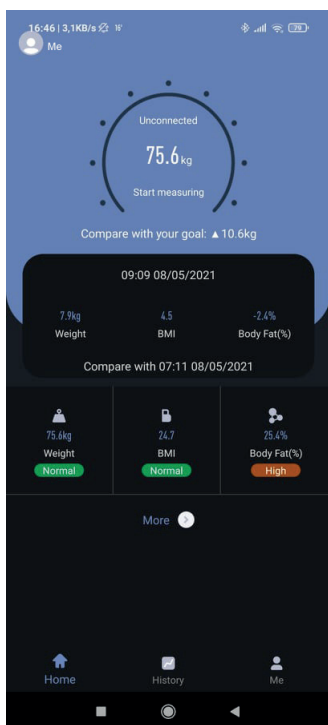
Lean Body Mass (body without fat) in kg

Body Age (estimate of age by body condition)

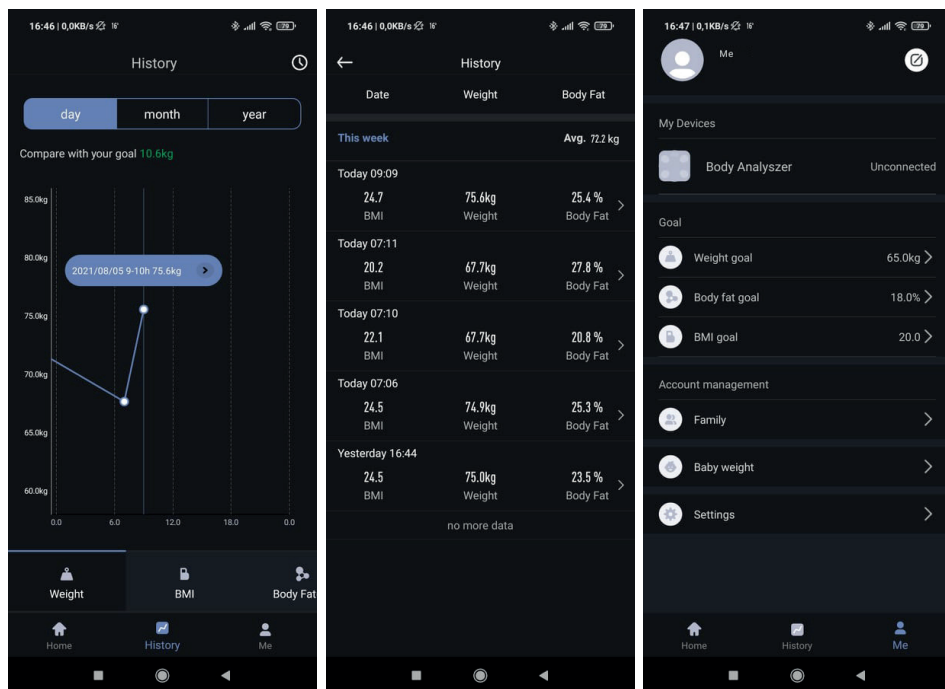
Somatotype (body type, grafically and verbally)

BMR (Basal Metabolism) (caloric energy consumption) in kCal

AMR (Active Metabolism) (consumption during activity) in kCal



- 6 After the measurement, the measured values are stored in the smartphone's memory in the application and it is possible to perform comparisons of individual weighings, display graphs, etc.



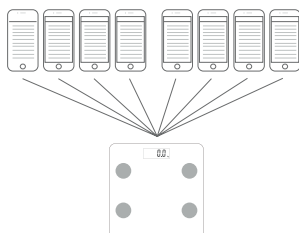
- 7 Within the application, you can create profiles on your one phone and add other users for weighing.

Use the „Me“ tab and the „Account Management“ item on it, where in the „Family“ item you can add other family members or friends and so on using the „+“ icon. You can create up to 11 people in total.

You can also weigh your children via „Baby Weight“.

In „Settings“ you can adjust the settings of your profile, etc. You can export or share the measurement results using the share button, etc. Follow interactively and intuitively according to the specific application.

- 8 It is also possible to connect several mobile phones to this balance, so the balance can serve more users. The number is limited by the specific model.



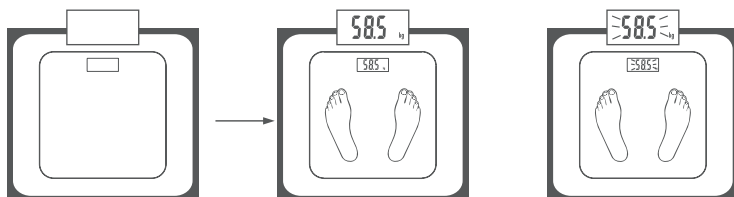
Automatic shutdown

If you are not using the balance (no one is standing on it) and the display shows a few seconds „0.0 kg“, the balance switches off automatically.

If you used the application on a smartphone, turn it off and turn off the Bluetooth interface on it.

Normal weighing without a smartphone

- 1 Switch on the balance by pressing lightly on one part of the footrest and wait a while until „0.0 kg“ appears on the display.
If the error message „Err“ appears instead of „0.0 kg“, wait until the balance switches off and on again.
- 2 When the balance is switched on, stand gently on the balance (you do not have to be barefoot) in peace and with the balance evenly distributed on both feet.
- 3 The balance starts measuring immediately. Wait until your fixed weight (eg „58.5“) appears on the balance display.



Analysis of results

The proportion of body fat

The following % body fat values are a guide for you (contact your doctor for more information).

Male

Age	Well done	All right	On average	Unfit
10-14	<11%	11-16%	16,1-21%	>21,1%
15-19	<12%	12-17%	17,1-22%	>22,1%
20-29	<13%	13-18%	18,1-23%	>23,1%
30-39	<14%	14-19%	19,1-24%	>24,1%
40-49	<15%	15-20%	20,1-25%	>25,1%
50-59	<16%	16-21%	21,1-26%	>26,1%
60-69	<17%	17-22%	22,1-27%	>27,1%
70-100	<18%	18-23%	23,1-28%	>28,1%

Female

Age	Well done	All right	On average	Unfit
10-14	<16%	16-21%	21,1-26%	>26,1%
15-19	<17%	17-22%	22,1-27%	>27,1%
20-29	<18%	18-23%	23,1-28%	>28,1%
30-39	<19%	19-24%	24,1-29%	>29,1%
40-49	<20%	20-25%	25,1-30%	>30,1%
50-59	<21%	21-26%	26,1-31%	>31,1%
60-69	<22%	22-27%	27,1-32%	>32,1%
70-100	<23%	23-28%	28,1-33%	>33,1%

Athletes often find a lower value. Depending on the type of sport being performed, the intensity of the workout, and the body structure, lower values than the indicated values can be achieved.

However, be aware that at extremely low levels your health may be at risk.

The proportion of water in the body

The proportion of water in the body in % is normally within the following range:

Male

Age	Unfit	All right	Well done
10 - 100	<50	50 - 65 %	>65

Female

Age	Unfit	All right	Well done
10 - 100	<45	45 - 60 %	>60

Body fat contains relatively little water. Therefore, in people with a high body fat content, the proportion of water can be below the standard of value. On the contrary, due to the low fat content and high muscle mass, endurance athletes can exceed the standard values. Measurement of the water content of the body by this balance is not suitable to draw medical conclusions, e.g. retention of age-related water. Alternatively, contact your doctor. In principle, a high proportion of water in the body should be sought.

The proportion of muscle mass

The proportion of muscle mass in % is normally within the following range:

Male

Age	Little	Normally	Lot
10 - 14	<44	44 - 57 %	>57 %
15 - 19	<43	43 - 56 %	>56 %
20 - 29	<42	42 - 54 %	>54 %
30 - 39	<41	41 - 52 %	>52 %
40 - 49	<40	40 - 50 %	>50 %
50 - 59	<39	39 - 48 %	>48 %
60 - 69	<38	38 - 47 %	>47 %
70 - 100	<39	37 - 46 %	>46 %

Female

Age	Little	Normally	Lot
10 - 14	<36	36 - 43 %	>43 %
15 - 19	<35	35 - 41 %	>41 %
20 - 29	<34	34 - 39 %	>39 %
30 - 39	<33	33 - 38 %	>38 %
40 - 49	<31	31 - 36 %	>36 %
50 - 59	<29	29 - 34 %	>34 %
60 - 69	<28	28 - 33 %	>33 %
70 - 100	<27	27 - 32 %	>32 %

Bone mass

Our bones, like the rest of our bodies, are a natural process of growth, loss and aging. Bone mass grows very quickly in childhood and reaches a maximum at the age of 30 to 40 years. With age rising

Bone Mass Again Reduces Somewhat. This reduction in bone mass can be partially prevented by healthy nutrition (especially calcium and vitamin D) and regular body movement. In addition, by increasing the muscle mass proportionally, you can improve the stability of your skeleton.

Be aware that the weight does not measure the calcium content of the bones but the weight of all bone components (organic substances, inorganic substances and water). Bone mass can hardly be affected, but it fluctuates slightly within influencing factors (weight, height, age, sex). No recognized standard values are available and recommendations.

Warning!

Do not confuse bone with bone density. Bone density can only be detected in medical examinations (eg computed tomography, ultrasound).

Therefore, it is not possible to draw conclusions on bone changes and hardness (eg osteoporosis) with this weight.

BMR

Basal Metabolic Rate (BMR) is the amount of energy a body needs in complete peace to maintain its core functions (eg, a 24-hour bed rest). Basically, this value depends on weight, height, and age. It is displayed on a diagnostic scale in kcal / day and is calculated using a scientifically recognized Harris-Benedict formula. This amount of energy needs your body in any case and must be delivered in the form of food. Lower energy intake for a long time can lead to health risks.

AMR

Active Metabolic Rate (AMR) is the amount of energy a body consumes in its active state in one day.

The energy consumption of a person increases with increasing physical activity and is determined by the diagnostic level by the specified level of activity (1-5). In order to maintain the current weight, the energy consumed must be supplied to the body again in the form of food and drink. If less energy is consumed for a longer period of time than the body consumes, the difference will be mainly offset by the stored fat reserves and the weight is reduced.

Conversely, if more energy than the calculated Active Metabolic Value (AMR) is received for a longer period of time, the body is not able to consume excess energy, stores it in the form of fat, and increases the weight.

Time dependence of results

Remember that only a long-term trend is important. Short-term weight variations within a few days are typically caused by fluid loss. The importance of results is driven by changes in total weight and percentage of body fat, body water, and muscle mass, and also depends on the time period for which these changes will occur. Sudden changes within a few days need to be distinguished from mid-term (within weeks) and long-term changes (within months).

As a rule of thumb, short-term weight changes are almost exclusively changes in body water content, while medium and long-term changes may also affect fat and muscle mass.

- If you lose weight for a short time, but the amount of body fat increases or stays the same, you have lost only water - eg. after training, sauna or diet, limited to quick weight loss only.
- On the other hand, if your medium weight increases and the amount of fat decreases or stays the same, you might have a valuable muscle mass.
- If you lose weight and body fat at the same time, your diet works - you lose fat.
- Ideally, it is advisable to support your diet with physical activity, exercise or strength training. In this way you can achieve an increase in muscle mass in the medium term.
- Body fat, body water or muscle mass can not be summed up (water is also part of muscle tissue).

Warning indicators

1 „Lo“

Weak batteries. It is necessary to replace both batteries with new ones.



2 „Err“

The maximum load capacity of the balance has been exceeded. Get off the scales immediately, to prevent damage to the balance. The maximum load capacity is indicated in the instructions.



3 „C“

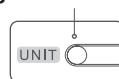
Incorrect measurement. Repeat the measurement.



Prepínanie jednotiek

Unit toggle button

If you need to change the weight units, you can do so by toggling the „kg / lb“ switch on the bottom of the scale.



Battery replacement and disposal

If „Lo“ appears on the display, all three batteries must be replaced.

- 1 Open the battery compartment cover on the bottom of the balance.
- 2 Remove the batteries.
- 3 Insert 3 new 1.5 V AAA batteries (use only the same type). Observe the correct polarity + and -!
- 4 Close the battery cover.

You can ensure the ecological disposal of used batteries by handing them over to your specialized dealer, or throw them in in special containers prepared for this purpose by the municipality. Find out how to dispose of batteries according to local regulations and standards.

Do not dispose of them in unsorted municipal waste.

If you do not plan to use the device for a long time, remove the batteries. This will prevent them from discharging and possible damage to the device by leaking electrolyte.

Problem solving

If the device does not work, first try the following measures. If the above measures did not help and the balance still does not work, contact the sales representative or a service center.

The application does not receive weighing results from a Bluetooth scale.

- To check the connection status, check the BT connection in the application interface.
- Check that Bluetooth is turned on on your mobile device and that the bluetooth device is within signal range.
- Check that the batteries are not in the balance or on a mobile device is low.
- Restart the application.
- Switch Bluetooth off and on again and then re-establish the Bluetooth connection between the balance and the mobile phone.

Could not connect to your device

- Make sure that no other device is connected to the balance via Bluetooth at the same time.
- Make sure your mobile device is equipped with Bluetooth ver. 4.0 or later.

LED display does not respond/does not light

- Check that 3 AAA batteries are inserted correctly and replace if necessary.

Cleaning and maintenance

Clean the scale with a dry cloth slightly moistened with water. Do not use any abrasive cleaners or solvents such as alcohol, benzine, or thinner to clean.

Do not immerse the scale in water.

Clean the glass when it is already dirty from the feet.

Warning!

If the display shows „Err“ error message or if the balance is not working, even if you have replaced the batteries, contact your dealer or an authorized service center.

Producer:

ORAVA retail 1, a.s.
Seberínho 2
821 03 Bratislava
Slovenská republika

Importer:

ORAVA retail 1, a.s.
Seberínho 2
821 03 Bratislava
Slovenská republika

ORAVA distribution CZ, s.r.o.
Ostravská 494
739 25 Sviadnov
Česká republika

**DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT**

The symbol on the product or on its packaging indicates that this product does not belong to household waste. It is necessary to take it to a collection point for electrical recycling and electronic equipment.

By ensuring proper disposal of this product, you will help prevent negative consequences to the environment and human health that would otherwise be caused by inappropriate disposal of this product. For more detailed information about recycling of this product, please contact your local authority, your household waste disposal service or the shop where you purchased the product.



This product meets all the essential requirements of the EU directives that apply to it.

DECLARATION OF CONFORMITY

Short text Declaration of Conformity:

ORAVA retail 1, a.s. hereby declares that the EV-600 BT complies with the essential requirements and other relevant conditions of Directive 2014/53/ EU of the European Parliament and of the Council.

The full text of the Declaration of Conformity is available at: www.orava.eu