

EV112



GB | Digital Bathroom Scale



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Safety Instructions and Warnings



Read the user manual before using the device.



Follow the safety instructions in the manual.

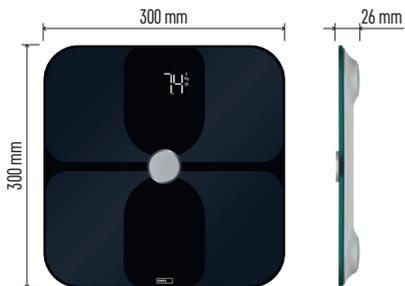
- Digital bathroom scales EV112 are designed for household use only.
- Have all repairs done by a professional in a repair shop or the store where you bought the device!
- Do not use the scales in the vicinity of devices which create electromagnetic fields. Place the scales at a sufficient distance from such products to prevent mutual interference.
- If the scales cannot be turned on, check that batteries are inserted and not drained.
- The measured result is only an approximate value. The product is not a medical tool.
- Please always consult your doctor regarding medication or diet to achieve optimal weight.
- Do not insert any objects into the openings on the device.
- Do not submerge the scales in water!
- The scales must be placed on a flat, hard and stable surface (not on a carpet, etc.).
- Weighing house pets is not allowed.
- Protect the scales from falls or impacts. Do not jump on the scales.
- You or the device may slip when on a wet surface. Similarly, never stand on the edge of the scales when on a smooth surface, and keep balance while standing on the scales.
- Due to electronic impedance, never use the device in the following circumstances:
 - a) if you have an implanted pacemaker or another medical electronic implant
 - b) if you suffer from heart problems or disease
 - c) during pregnancy,
 - d) if you are regularly undergoing dialysis
 - e) if you have a fever
 - f) if you suffer from osteoporosis
 - g) if you have an oedema or swelling
 - h) if you have been exercising longer than 5 hours
 - i) if your heart rate is lower than 60 beats per minute.
- Only use the scales in accordance with the instructions provided in this manual.
- The manufacturer is not liable for damage caused by improper use of the device.
- This appliance is not intended for use by persons (including children) whose physical, sensory or mental disability or lack of experience and expertise prevents safe use, unless they are supervised or instructed in the use of the appliance by a person responsible for their safety. Children must always be supervised and must never play with the appliance.

EMOS spol. s r.o. hereby declares that radio device type EV112 complies with directive 2014/53/EU.

The full wording of the EU declaration of conformity is available at <http://www.emos.eu/download>.

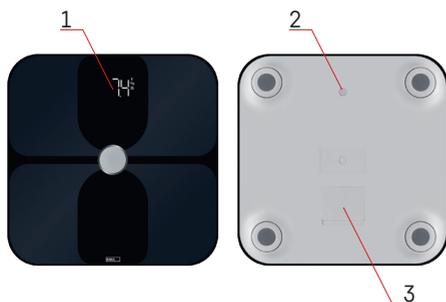
The device can be operated on the basis of general authorization no. V0-R/10/07.2021-8, as amended.





Technical Specifications

Toughened safety glass: 6 mm
LCD screen: 64 × 31 mm
Maximum weight: 180 kg
Minimum load: 3 kg
Measurement resolution: 0.1 kg / 0.2 lb
Unit of weight: kg/lb/st:lb/st
Memory: max. 10 users
Height setting: 30–300 cm
Unit of height: cm/inch
Age setting: 8 to 105 years
unit, fat content measurement resolution: 0.1 %
unit, water content measurement resolution: 0.1 %
unit, muscle mass measurement resolution: 0.1 kg
Automatic switch-off after 20 seconds
Low battery/overload indicator
Power supply: 3 × 1.5 V AAA (included)



Device Description

- 1 – screen
- 2 – on button/change unit of weight button
- 3 – battery compartment



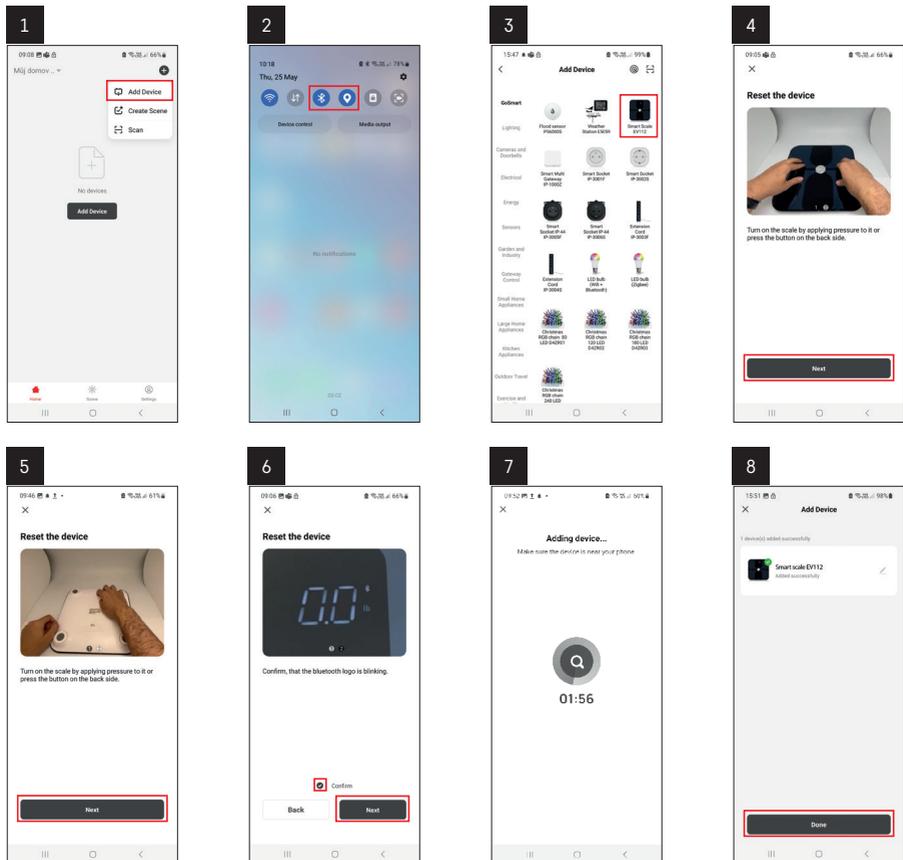
Installation and Assembly

Mobile Application



The scales can be controlled using a mobile app for iOS or Android. Download the EMOS GoSmart app for your device. Tap the Log In button if you've used the app before. Otherwise, tap the Sign Up button and register.

Pairing the Scales with the App



Insert batteries into the scales.

Press on the scales or push the on button on the underside.

The Bluetooth icon will start flashing – pairing mode is active for 20 seconds.

Activate Bluetooth and GPS connection on your mobile phone.

Tap Add Device in the app.

Tap the GoSmart list on the left and tap the EV112 Bathroom Scales icon.

Follow the instructions in the app and enter the name and password for your 2.4 GHz Wi-Fi network.

The scales will pair with the app within 20 minutes.

Note:

If the scales fail to pair, repeat the process.

5 GHz Wi-Fi networks are not supported.

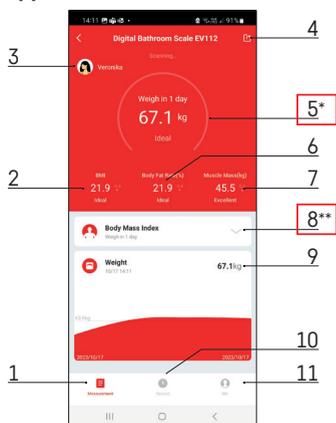
Inserting/Replacing Batteries

1. Open the battery compartment cover on the underside of the scales.
2. Remove the depleted batteries.
3. Insert new 3× 1.5 V AAA batteries. Make sure you observe the correct polarity.
If batteries are protected by a safety film, remove it first before putting the batteries into the scales.
Only use alkaline batteries of the same type; do not use old and new batteries at the same time; do not use 1.2 V rechargeable batteries.
4. Close the cover.

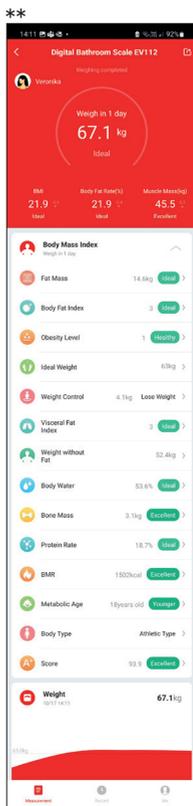
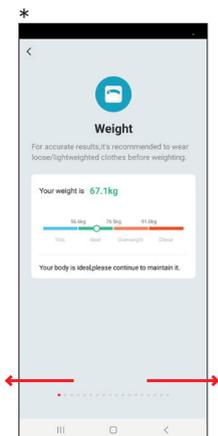
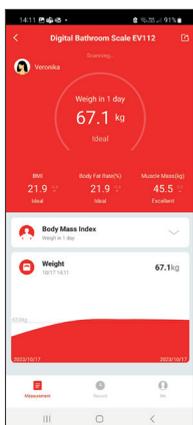


Controls and Functions

Application Menu



- 1 – Weighing
- 2 – BMI index
- 3 – User selection
- 4 – Sharing of measured values in jpg format
- 5 – Measured weight – open the icon for displaying other measured values, swipe left/right
- 6 – Fat amount
- 7 – Muscle mass
- 8 – Other measured values (see Fig. **)
- 9 – Measured weight
- 10 – Weight records (history)
- 11 – Edit user/set weight and height unit



Edit User

Before weighing, enter basic information about each user.
You can save data for a maximum of 10 users.

Tap the icon in the bottom right  in the app.

To add/edit a user, tap the  **User Management** icon.

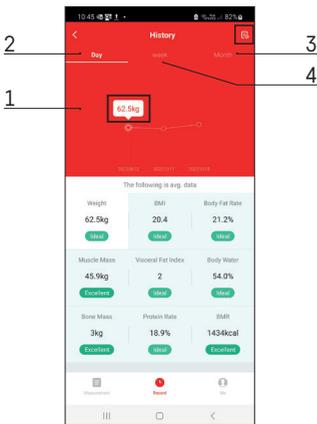
Tap + on the top right and fill in information about the user (sex, date of birth, height, target weight) and confirm with OK.

Tapping the  icon deletes the user.

To set the unit of weight/height, tap the  **Unit Switch** icon.

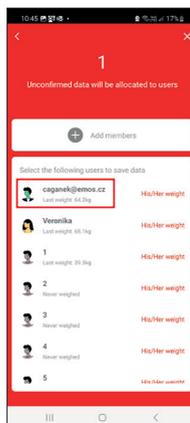
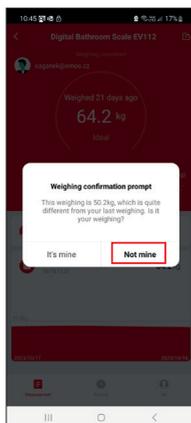
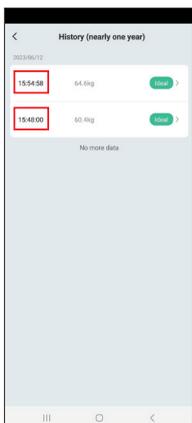
Note: the button on the scales changes the unit of weight (kg, lb) only on the screen of the scales, not in the app.

Weight Records (History)



- 1 – average weight through the day/week/month (tap the value or  to see a list of all weighings)
- 2 – day
- 3 – week
- 4 – month

If the measured value differs significantly from the last one, a table will be displayed where you can either confirm or select a different user that is weighing at the moment.



BMI MEASUREMENT

Before weighing, enter basic information about each user, see Edit User.

Take off your shoes and socks before weighing, otherwise the displayed information will be incorrect.

1. Place the scales on a flat, hard and stable surface.
2. Carefully step onto the scales – the scales turn on and pair with the app automatically.
Select the user that is about to start weighing in the app.
If you wish to change the unit of weight, repeatedly press the ON button on the underside of the scales.
3. Stand still on the scales and do not move – after a while, the measured weight, BMI and other values will be displayed.
4. After 20 seconds, the scales turn off automatically.

MEASURED VALUES

Weight

BMI (body mass index) – used as a measure of obesity.

Body fat percentage – percentage share of fatty tissue in the body composition.

Muscle mass – total weight of muscles, including skeletal muscles, heart muscle and smooth muscles.

Body fat ratio – ratio of fatty tissue in the body composition (subcutaneous and visceral fat).

Body fat index – ratios of each type of body fat in the total body fat percentage.

Obesity level – difference between current and ideal weight.

Ideal weight

Weight check – difference between current and ideal weight.

Visceral fat index – ratio of visceral fat.

Weight without fat – weight after subtracting body fat.

Water in the body – amount of water in the body.

Bone mass – amount of bone mass in the body.

Protein ratio – real weight of the protein in the body.

BMR – basal metabolic rate – minimum amount of energy required while inactive.

Metabolic age – a reference value used to indicate whether you are physically older or younger than your real age.

Body type – body type determined based on the ratio of body fat and BMI.

Score – total physical score

BMI

BMI	Underfat	Healthy	Overfat	Obese
	< 18.5	18.5–25	25–30	> 30

INFORMATION FOR MEASURING BODY FAT

WARNING: People using a pacemaker or another implant with electronic components are not authorised to use these scales – risk of interference with the proper functioning of the implant.

NOTE: Correct measurements can only be achieved when standing evenly on the scales, barefoot and with dry feet! The basic principle of the device is measuring the electrical impedance within the human body. To obtain data, the scales send a weak, unnoticeable electronic signal through the body.

The signal is completely safe! The measurement method is known as bioelectrical impedance analysis (BIA), a factor which estimates body composition such as body water and body fat based on biological data (age, sex, body weight). There are corpulent people with a balanced ratio between fat and body weight and slim people with very high body fat value. Body fat is a factor which can significantly impact, for instance, the cardiovascular system. Therefore, checking both values (fat and weight) is a useful tool for keeping the body fit and healthy.

BODY FAT

Body fat is an important component of the body – it is key for protecting joints, and is also a source of vitamins, serves as a body temperature regulator, and overall plays a vital role in the human body. It is advised to not reduce its amount rapidly, but to ensure it is at a healthy level, keeping a good balance between muscle mass and fat.

IMPORTANCE OF WATER FOR OUR HEALTH

The human body is approximately 55–60 % water, with ratios varying based on age and sex.

Water has several roles in the human body:

- it constitutes parts of our cells; that means all cells, be they skin cells, brain cells, muscle cells etc., only function properly if they contain enough water,
- it is an important substance released in our body,
- it transports nutrients and metabolites in the body.

Focus more on keeping a balance of water in the body. Similarly, to fat levels, water levels fluctuate during the day. To obtain relevant results, make measurements always at the same time of day. The obtained measurements for body fat and water should be primarily taken only as informative. They are not recommended for medical purposes.

Always consult these measurements with your doctor before making radical changes to your regimen.



Troubleshooting FAQ

The scales may display the following error messages:

- Lo – batteries low, replace them.
- Err – the scales are overloaded, step off the scales. They could sustain damage.
- C – the load is lower than 3 kg, reweigh.

