

# KEVA

# BMI MACHINE



Explore your business by  
organizing Health Camps

# WHAT IS BMI?

- BMI or BODY MASS INDEX is calculated using just your weight and height, so it is just an estimate of whether you're likely to fit within the healthy weight range.
- Any BMI between 18.5 and 24.9 puts you within the normal range, while anything higher than this indicates you may be overweight.
- *For example, if you're 5 feet, 7 inches tall, you're considered a healthy weight if you're between 121 and 153 pounds. This measurement doesn't take into account how much muscle a person has, however, and it can overestimate fat in very muscular people or underestimate in elderly individuals.*

Body

Mass

Index

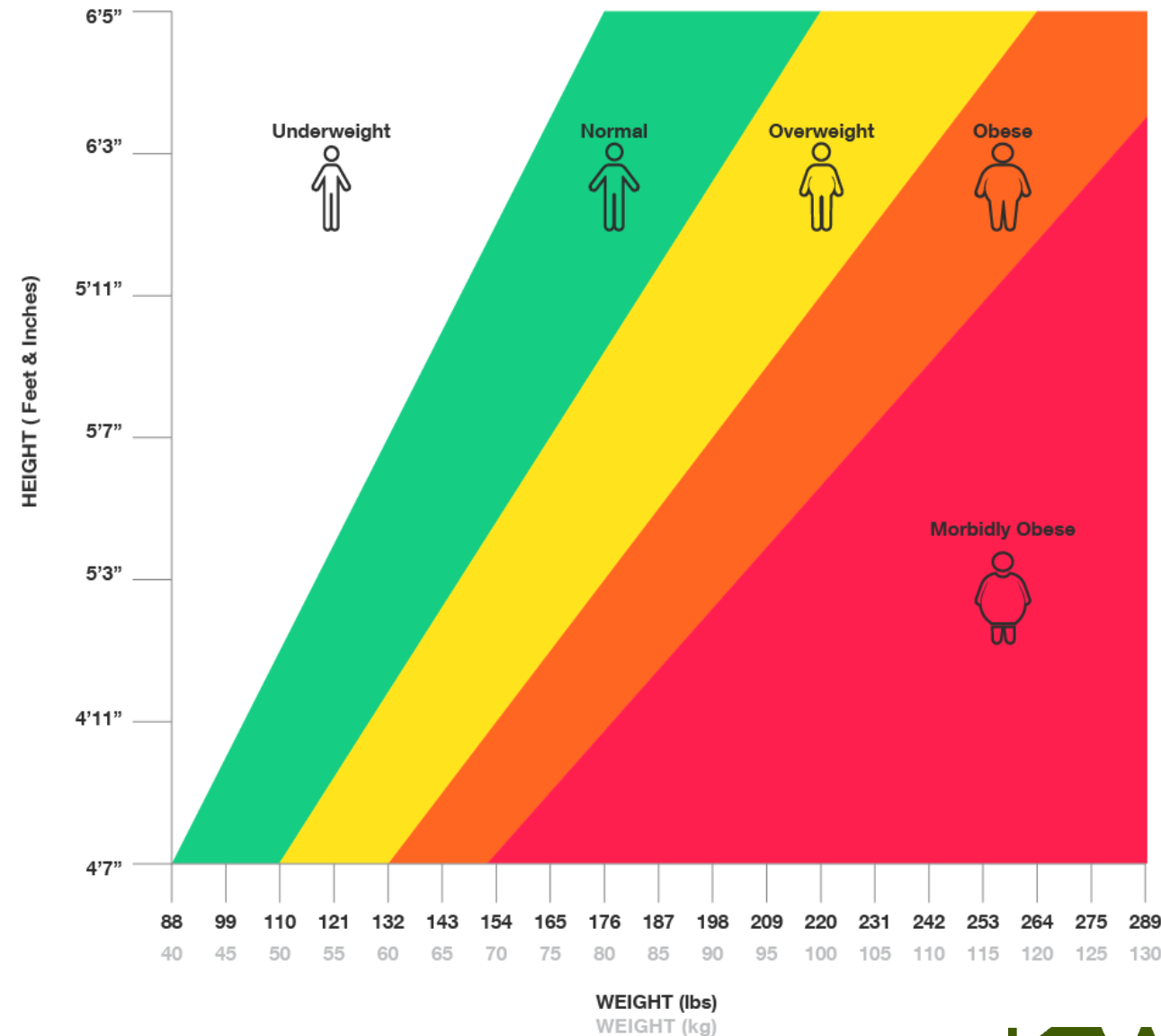
# Body Mass Index



- Body mass index, or BMI, is an easy-to-calculate measure of obesity based on the ratio of your weight and your height.
- It's convenient to use -- just knowledge of your height and weight -- and it's useful for most people to get a general idea of your disease risk.
- BMI isn't perfect, however, and while it's beneficial in some circumstances, it has some major limitations if you're trying to use it to gauge your individual disease risk.

# HEALTH TIPS - ABOUT BODY FAT

- ✓ Human body is made up of, amongst other things, a percentage of fat.
- ✓ Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce.
- ✓ However, too much body fat or indeed too little body fat causes damage to your health.
- ✓ It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror. *This is why it is important to measure and monitor your body fat percentage.*
- ✓ Body fat percentage gives you a better measure of fitness than weight alone, the composition of your weight loss could mean you are losing muscle mass rather than fat-you could still have a high percentage of fat even when a scale indicates 'normal weight'.



**The table as follows may be used as a guide:**

**The body fat ratio (Unit - %) :**

**Standard for Men**

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Normal	13-20	14-21	16-23	17-24	18-25
Moderately High	20.1-23	21.1-24	23.1-26	24.1-27	25.1-28
High	>23	>24	>26	>27	>28

### Standard for Women

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Normal	19-28	20-29	21-30	22-31	23-32
Moderately High	28.1-23	29.1-32	30.1-33	31.1-34	32.1-35
High	>31	>32	>33	>34	>35

The color of display becomes Red if the body fat is above normal range.

The color of display becomes Green if the body fat is within normal range.

The color of display becomes Yellow if the body fat is below normal range.



# HEALTH TIPS - ABOUT BODY WATER

- Body water is the single most important component of body weight. *It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle).*
- Water performs a number of important roles in the body. All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water.
- Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.
- **The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.**

**The table as follows may be used as a guide:**

**The body water ratio (Unit - %) :**

	BF % RANGE	OPTIMAL 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%

The color of display becomes Red if the body water is above normal range.

The color of display becomes Green if the body water is within normal range.

The color of display becomes Yellow if the body water is below normal range.



# HEALTH TIPS - ABOUT MUSCLE MASS

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing with it you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained.

## Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass with aging.
- Maintenance of flexible joints.
- Guide weight reduction when combined with a healthy diet.

The table as follows may be used as a guide:

The body muscle ratio (Unit - %) :

Men	Approximately 40% of total body weight
Women	Approximately 30% of total body weight

The color of display becomes Red if the muscle mass is above normal range.

The color of display becomes Green if the muscle mass is within normal range.

The color of display becomes Yellow if the muscle mass is below normal range.

# HEALTH TIPS - ABOUT BONE MASS

- Regular exercise and a balanced diet can help maintain healthy bones. *Like muscle, bone is a living tissue that can respond to exercise by becoming stronger.*
- For most people, bone mass peaks in their thirties. Then people begin to lose bone. Regular exercise can help prevent that loss.
- **Calcium and vitamin D, good sources of which are dairy products, green leafy vegetables and fish, contribute to healthy bones.**
- **The bone mass readings given by this product are an estimation of the amount of bone in your body.** Those with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones please consult your doctor.

You may refer to the following guide :

**The bone range (kg) < 10kg**

**The average bone mass percentage for both men and women is between 4 to 5%.**

The color of display becomes Red if the bone mass is above normal range.

The color of display becomes Green if the bone mass is within normal range.

The color of display becomes Yellow if the bone mass is below normal range.

## HEALTH TIPS - ABOUT BMI

- Maintaining proper weight is essential to healthy living. *Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer.*
- The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. The Analyzer will calculate your BMI on your height and weight.

*The color of display becomes Red if the BMI is above normal range. The color of display becomes Green if the BMI is within normal range. The color of display becomes Yellow if the BMI is below normal range.*

## HEALTH TIPS - ABOUT CALORIE

- The device uses your age, height, gender setting to calculate the estimated number of Calories you can consume a day to maintain your present weight. *This estimation may gradually help you with a weight loss, gain or maintenance plan.*

*The color of display becomes Red if the value of calories is above normal range. The color of display becomes Green if the value of calories is within normal range. The color of display becomes Yellow if the value of calories is below normal range.*

# KEVA








# KEVA BMI MACHINE

**The Body Analysis Scale EEF 2001A offers you a seamless way to manage your health**



# SAFETY AND USAGE INFORMATION

The warning signs and symbols are essential to ensure correct and safe use of this product and to protect you and others from injury. Kindly find the meanings of the warning signs and symbols, which you may encounter on the scale and in the user manual, as follows:

	Symbol for "THE INSTRUCTION MANUAL MUST BE READ"		Symbol for "MANUFACTURER"
	Symbol for "TYPE BF APPLIED PARTS"		Symbol for "MANUFACTURE DATE"
<b>SN</b>	Symbol for "SERIAL NUMBER"		Symbol for "ENVIRONMENT – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "DIRECT CURRENT"		

## CAUTION



- **The Body Analysis Scale EEF 2001A offers you a seamless way to manage your health.**
- **Please be aware that this device is designed for adults' self-measuring and self-monitoring body fat level.**

*Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. 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.*

- **Before diet and exercise, you must first find a professional medical guide to assist and guide you.**

*Kindly note that the use of accessories, transducers or cables other than those specified, with the exception of transducers and cables sold by the manufacturer as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the device. To assist to guide you Portable and mobile RF communications equipment can affect the measuring accuracy of the device. Be aware that misuse of electrical equipments can cause electric shock, burns, fire and other hazards. Please do not use the device in flammable gas environment.*

*Warning that the body analysis scale should not be used adjacent to or stacked with other equipment*

*WARNING: No modifications of this equipment is allowed. During use of body analysis scale, the user will come in contact with the surface and the electrode of the body analysis scale. The surface and the electrode of the body analysis scale is type BF Applied part. The device doesn't need to be calibrated for next 5 years. Do not touch the output of batteries when using the analyzer. The user is an intended operator. The user can perform all the operations in the manual, such as measurement, changing batteries.*



## Model No EEF2001A (Colour changing Display)

### Features :

1. Equipped with 4 high precision G-sensors
2. 6 mm Tempered glass
3. Equipped with 4 BIA sensors
4. Sense on Technology Auto on and off
5. Capacity 200 kg, Division 100g
6. Low battery and overload indicator
7. 75 X 29 mm LCD with colour changing backlight
8. Power 2 X 3V CR2032 lithium battery
9. Product size 300 X 300 X 18 mm
10. Three colour Cool Grey, Grey and Black

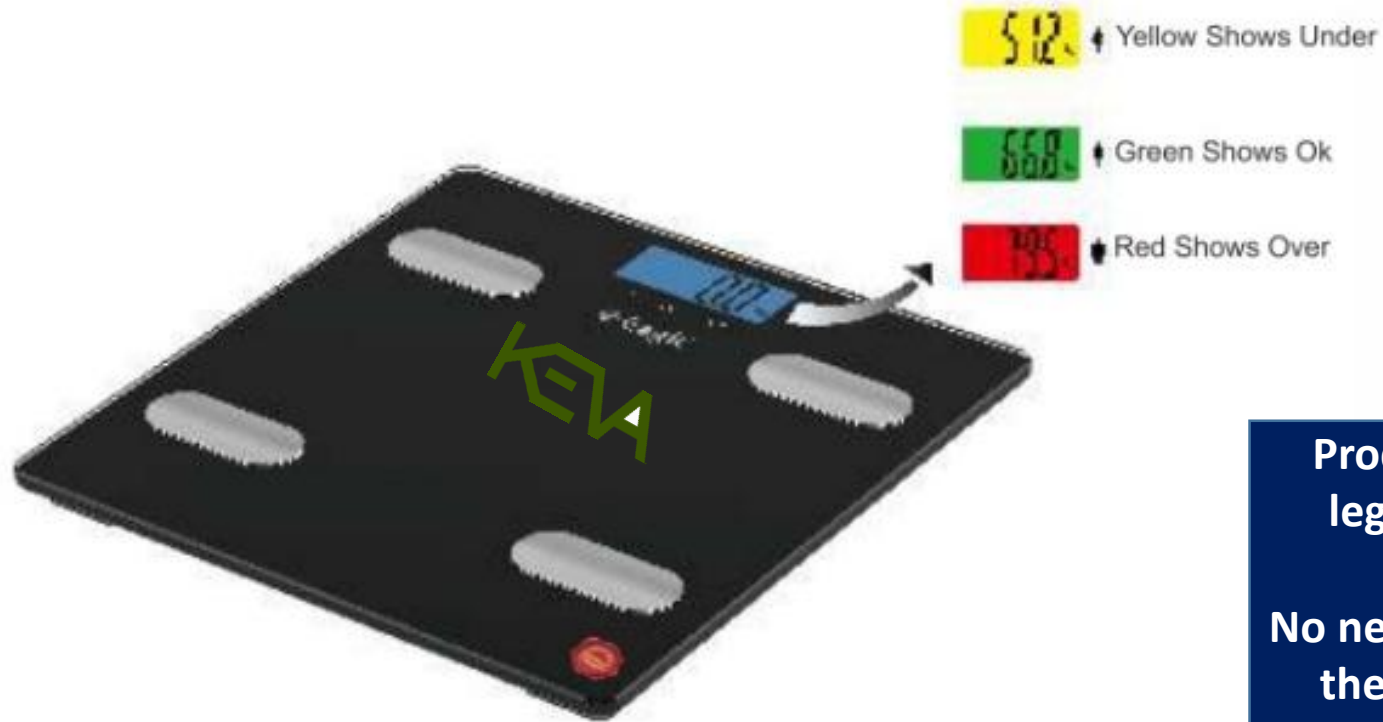


### Measures :

1. Weight
2. Body Fat
3. Muscle mass
4. Calorie requirements
5. BMI
6. Body water
7. Bone density
8. Bio Age



## Model No EEF2001A (Colour changing Display)



36 months Warranty

Product approved from  
legal Metrology Dept.  
India.  
No need of license for using  
the product as per The  
Legal Metrology Dept. India

MODEL : EEF2001A



# SAFETY INFORMATION



## INDICATIONS FOR USE

- The Body Analysis Scale measures weight, BMI and uses Bio-electrical Impedance Analysis (BIA) technology to estimate body fat, total body water percentage, bone mass and muscle mass in generally healthy children aged between 10-17 years old and healthy adults.
- It is intended for domestic use only.

## CONTRAINDICATIONS

- This device is contraindicated for any female subject who may be suspected of, or is pregnant. Besides provided inaccurate readings, the affects of this device on the fetus are unknown.
- This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

# SAFETY INFORMATION

## YOUR SCALE AND IT'S ENVIRONMENT

To ensure your safety as well as the service life of your scale, please avoid using the scale under the following circumstances:

- Slippery floor such as tile floor
- Jumping onto the platform immediately after bath or with wet feet
- Near a cell phone or microwave oven

## Avoid storage in the following locations:

- Where there is water
- Where the device may be exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air
- Where there is risk of shock or drop
- Where you store chemicals or full of corrosive gases
- Where in reach of the infants or children



# SAFETY INFORMATION



## EFFICIENT USE OF YOUR SCALE

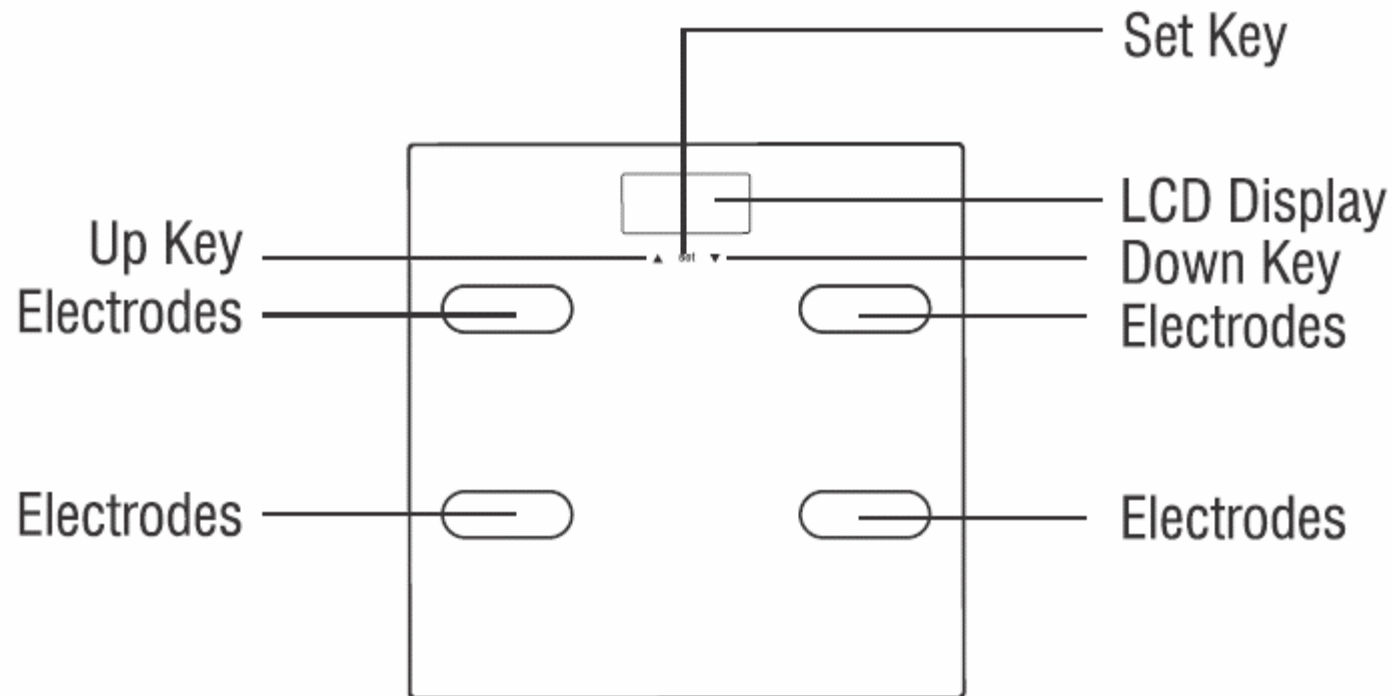
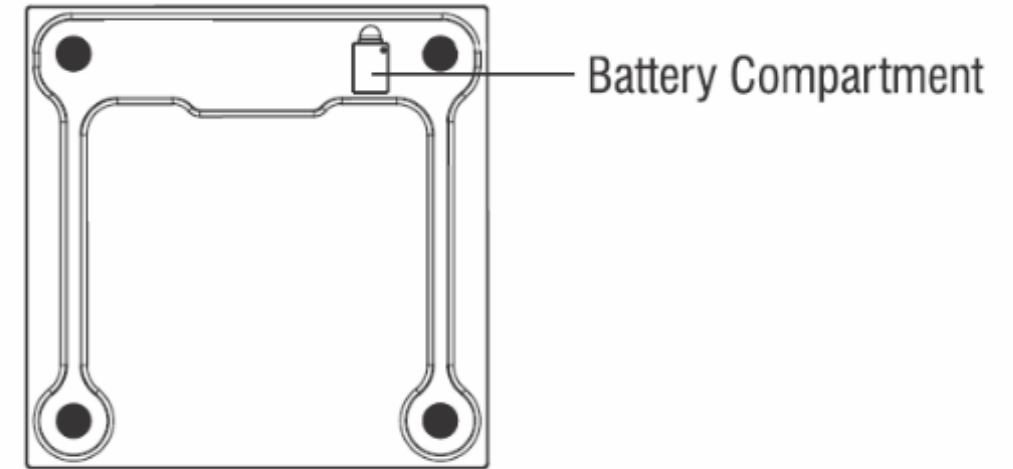
**To ensure the accuracy of measurement, please follow below instructions when you start measurement.**

- Place the scale on a flat, hard surface. Soft surface such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.
- Start measurement at least two hours after getting up or dinning.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dinning.
- Always start measurement in the same time slot and on the same scale located on the same flat, hard surface.

# DEVICE COMPONENTS

## List

1. Body Analysis Scale EEF 2001A
2. 2\*CR2032 Battery (3V)
3. User Manual



# OVERVIEW

## LCD DISPLAY



age	Age	MUS	Muscle Mass Analysis Result
Male icon	Male	KCAL	Kilo Calorie
Female icon	Female	BMI	Body Mass Index
P8	User id	kg	Kilogram
BF	Body Fat Analysis Result	st:lb	Stone/Pound
BW	Total Body Water Analysis Result	cm	Centimeter
BON	Bone Mass Analysis Result	%	Percentage

# INITIAL START-UP

- **Body Analysis Scale EEF 2001A applies BIA (Bio-Impedance Analysis) technology.**
- **A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate BMI, body fat, total body water, muscle mass, bone mass and calorie. The electrical current is small and may not be felt.**

## GENERAL INSTRUCTIONS

*This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.*

*The current mentioned above is less than 0.5mA. However, please be aware that anyone with wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.*

*The intended use of this device is for healthy children aged between 10-17 years and healthy adults.*





# INITIAL START-UP

## INSERT THE BATTERY

- Open the battery cover on the back of the scale.
- Remove insulating strip from beneath the battery.
- Insert the battery. As the battery is inserted all segments in display gets lit up for a moment.
- Close the battery cover and wait until the digits "0.0kg" are shown on the LCD.



## CAUTION

- When the symbol "Lo" appears, the device will power off after about 4s. Then you need to replace the battery with a new battery.
- Used/old batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the used/old batteries and scrapped device.
- If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

## SET UP YOUR PROFILE

The Body Analysis Scale EEF 2001A supports multiple users (Up to 8). You may follow below instructions to assign User ID and set up your own profile, including Gender, Height, and Age.

### 1. Assigning User ID

- With batteries correctly installed, press "SET" key to enter setting mode when the scale is OFF or when the LCD displays 0.0, press "SET" key to enter setting mode.
- The system will request User ID selection first. As pictured below, "P1" blinks. The operator may press the function key A or v to select User ID among P0 to PB (12 Users).
- Press "SET" key to confirm User ID.



## 2. Setting Gender

- After confirming User ID, the system will show Gender setting automatically.
- As pictured below, the portrait + blinks. The operator may press the function key A or v to select gender. (Male/Female )
- Press "SET" key to confirm gender.



# INITIAL START-UP

## 3. Setting Height

- After confirming Gender, the system will show height setting automatically.
- As pictured below, the digits "173" blinks. The operator may press the function key A or V to increase or decrease the numeral. ( 14 cm
- Press "SET" key to confirm height.



## 4. Setting Age

- After confirming height, the system will show Age setting.
- As pictured below, the digits "30" blinks. The operator may press the function key A or V to increase or decrease the numeral.
- You may press and hold the function key A or V for fast changing the numeral.
- Press "SET" key to confirm Age.



# INITIAL START-UP

5. After confirming the Age, the LCD will display "0.0kg", then you can start measuring.



6. Repeat procedure for a second user, or to change user details.

*NOTE: To update or overwrite the memorized data, follow the same procedure and make the changes as required.*

7. The default measurement unit is "kg".

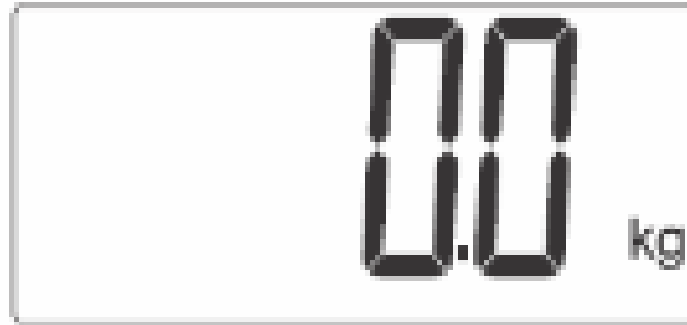
*Unit change : To change unit long touch the "SET" button, kg will flash. Touch A or V\_ button to change into LB or ST*



# INITIAL START-UP

## INITIALIZING YOUR SCALE

1. Press the platform center and remove your foot.
2. "0.0" will be displayed.



3. The scale will switch ON and is now ready for use. This initialization process must be repeated if the scale is moved to a new location. At all other times, step straight on the scale.

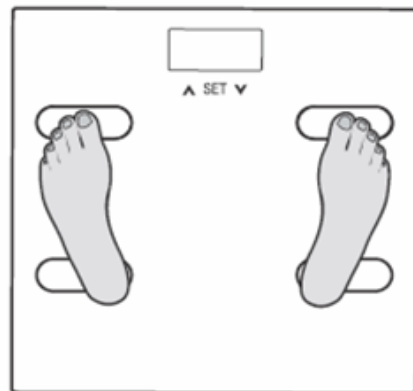


# INITIAL START-UP

## Weight Only Operation

Your Body Analysis Scale will operate as a conventional weight reading scale. No special programming steps are required. For only weight - Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step on the scale with bare feet and make sure you are standing still on stainless steel electrodes.
3. The scale will display your weight value.
4. The scale will automatically turn OFF after a few seconds



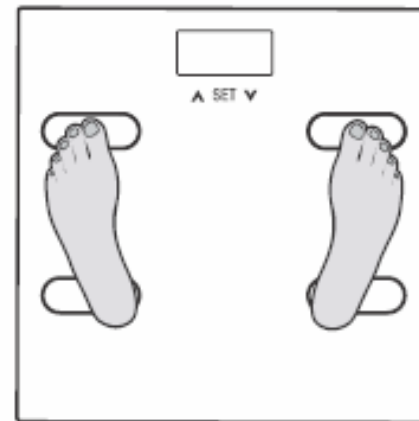


# START MEASURING

## FIRST MEASUREMENT

- Position scale on a firm flat surface.
- Press "SET" key.
- While the user id number of the latest measurement is flashing, select your user number by pressing A or V key. After 3s, the selected number is locked, the scale shows zero reading. (NOTE: When the user number is flashing, if you press set key again, it will enter the setting mode, after all the settings are finished, it will display zero reading.)

**STEP 1:** Step on the platform barefooted when the LCD displays "0.0".

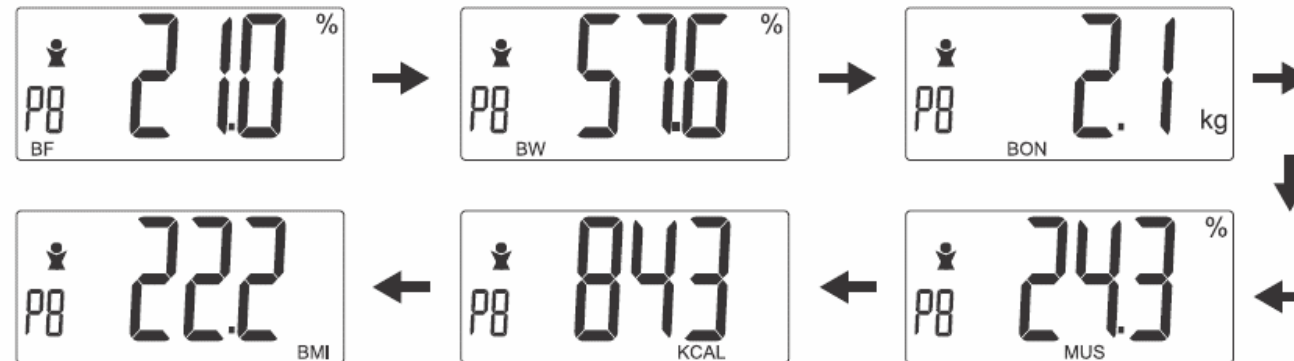


# START MEASURING

**STEP 2:** Stand still on the scale. The weight data will be displayed on the LCD. The weight is flashing initially and after 2~3 seconds the weight data is locked and flashing stops. Keep full contact with the electrodes until the LCD stops displaying moving “o”.



**STEP 3 :** The measurement results will be displayed in a sequence as shown below, i.e. BF (Body Fat), BW (Body Water), BON (Bone Density), MUS (Muscles), KCAL (Kilo Calories) and BMI (Body Mass Index).






After displaying the analysis results, the device will divert to the weighing interface automatically. You may start measuring and the measuring results will be recorded under the referring User ID

## TROUBLE SHOOTING



## Error Prompt

Error	Description	Solution
	Low Battery. The device will power OFF after three seconds.	Replace 2*CR2032 battery at the same time. Please purchase the authorized battery for replacement.
	Overload. The device will power OFF.	Stop using this scale for measurement
	Failure in BMI	Do the measurement again

# TROUBLE SHOOTING

## WHEN MEASURING



PROBLEM	ROOT CAUSE	SOLUTION
Abnormal measuring results: <ul style="list-style-type: none"> <li>• Too high; OR</li> <li>• Too low; OR</li> <li>• Huge difference between two recent measurement</li> </ul>	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface	Please place the device on a flat, hard surface
	Your feet are too dry	Wipe your feet with a damp keeping them slightly damp when starting measurement.
Nothing displays on LCD when the device powers ON	Batteries not yet installed	Install the batteries
	Old/Used batteries	Replace one battery at the same time. Please purchase the authorized battery for replacement

# TROUBLE SHOOTING WHEN MEASURING



<p>Cannot proceed to analyze BMI, body fat, total body water, muscle mass} and bone mass.</p>	<p>Stepped onto the platform wearing socks or shoes</p>	<p>Please be barefooted during the measurement, and keep full contact with the electrodes as well</p>
	<p>The system cannot identify the possible User ID with most similar data.</p>	<p>Please assign a User ID following the instruction in Set Up Your Profile.</p>
	<p>The user fails to select the User ID from what the system found</p>	<p>Please assign a User ID following the instruction in Set Up Your Profile.</p>
<p>The device powers OFF</p>	<p>Low battery</p>	<p>Replace all batteries at the same time. Please purchase the authorized battery for replacement</p>

# SPECIFICATIONS

## Specifications



<b>Product Name</b>	Body Analysis Scale EEF 2001A
<b>Dimension</b>	Scale: 300 x 300 x 22.2mm $\pm$ 3 mm (Approximately)
<b>Net Weight</b>	Approximately 1.28kg ( Excluding the battery )
<b>Display</b>	Digital LCD
<b>Measurement Unit</b>	Kilogram
<b>Measurement Range</b>	180 kg
<b>Division</b>	0.1 kg
<b>Accuracy</b>	50 kg: $\pm$ 0.3 kg;      100 kg: $\pm$ 0.4 kg; 150 kg: $\pm$ 0.5 kg      180 kg: $\pm$ 0.7 kg;
<b>Working Environment</b>	Temperature: 5C to 40 C      Relative Humidity: 585% RH Atmospheric pressure: 86kPa to 106kPa
<b>Storage Environment</b>	Temperature: -20C to 60C      Relative Humidity: :90% RH Atmospheric pressure: 50kPa to 106kPa

# SPECIFICATIONS

## Specifications



### ABOUT THE ACCURACY OF THIS PRODUCT

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.



# MAINTENANCE



When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device

**THANK YOU**