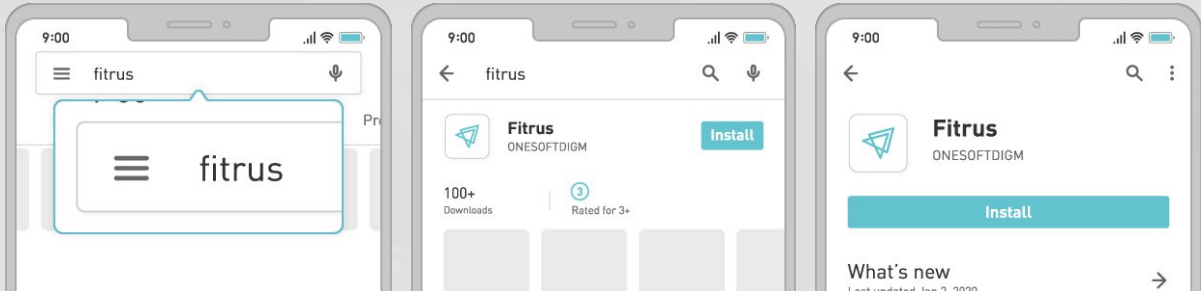




Manual

Body Composition

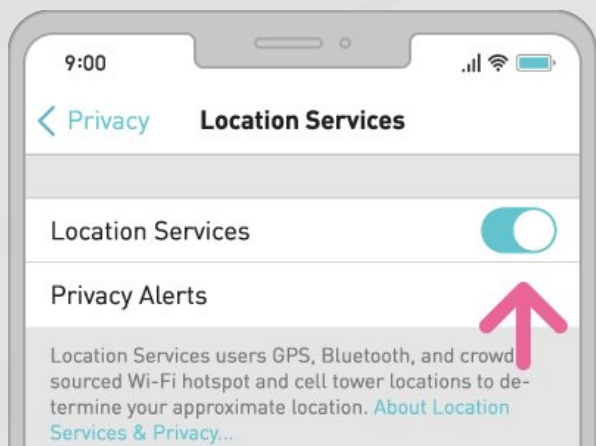
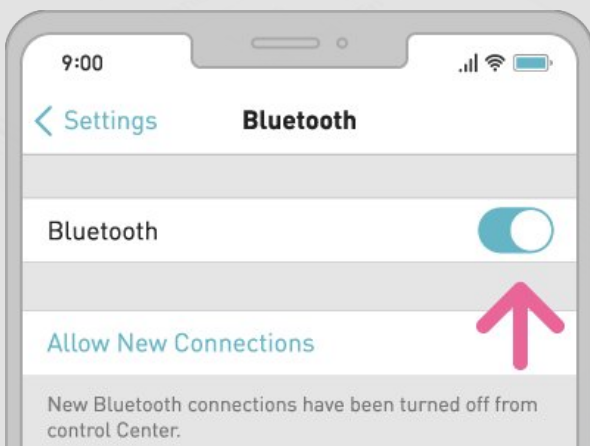
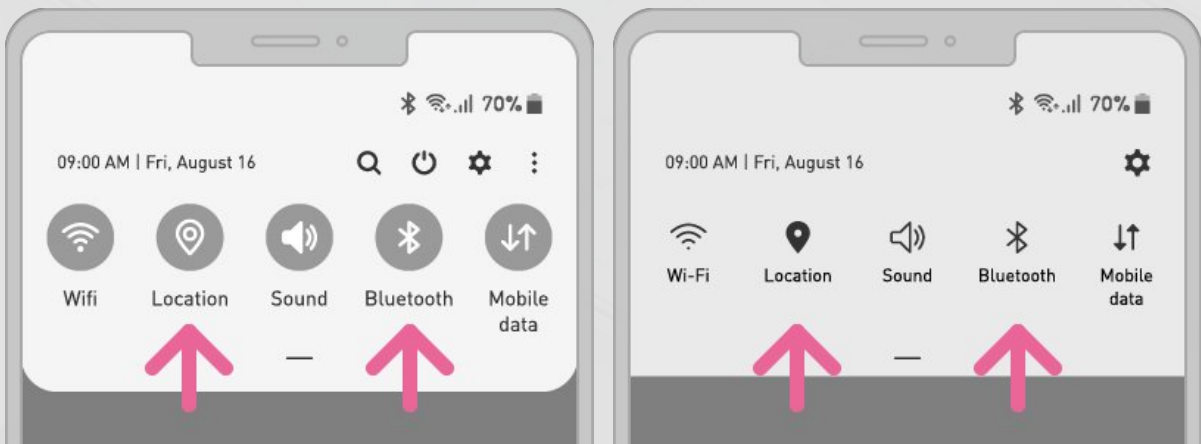
- 1 Download the [Fitrus App](#) from the Google Play Store or Apple App Store.



Click the button below to begin downloading [Fitrus App](#) on your smartphone.

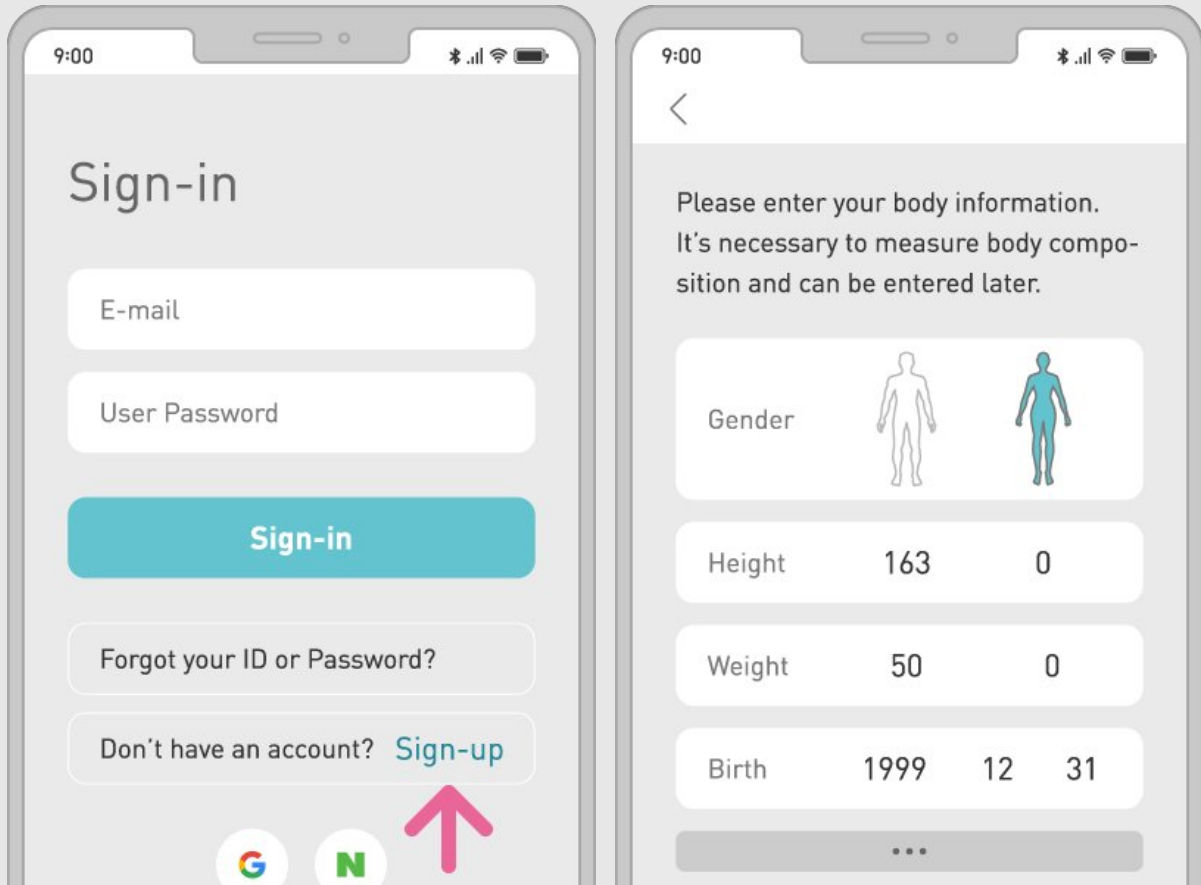


- 2 **Device** syncs with your smartphone.
Make sure your Bluetooth is on.

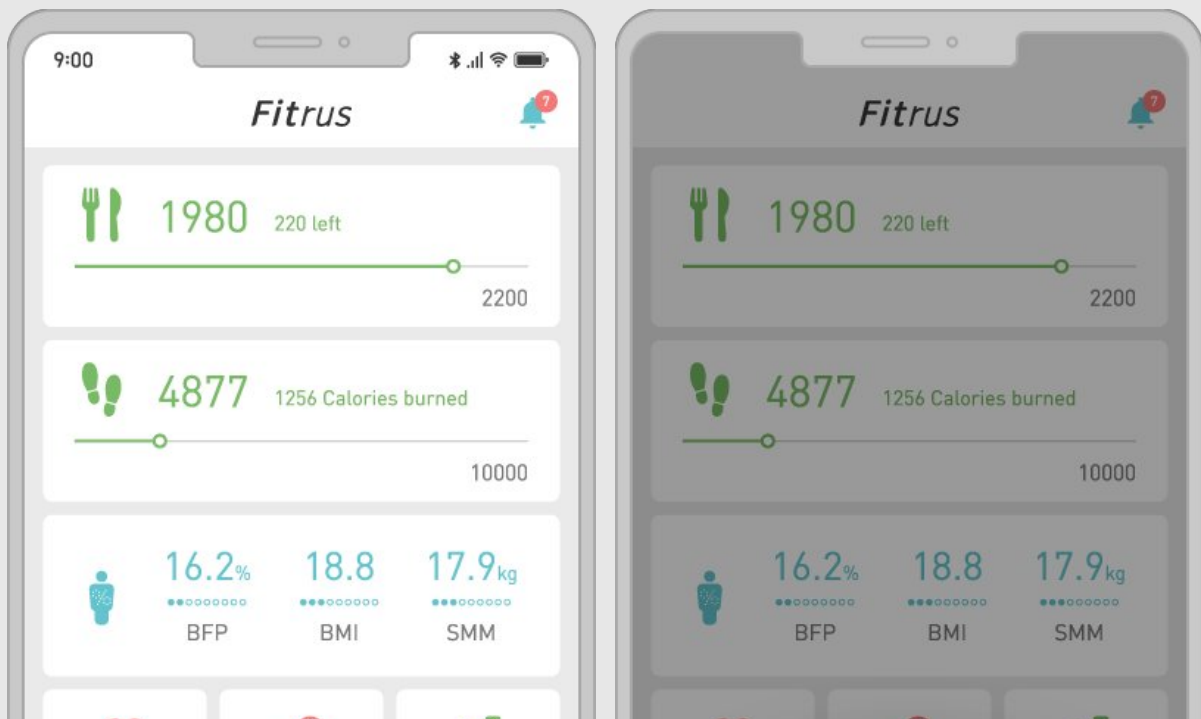


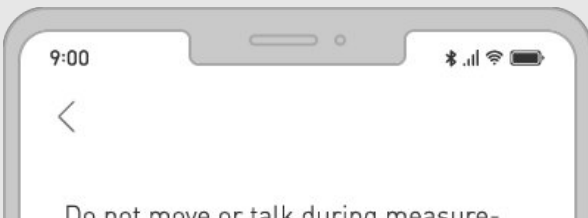
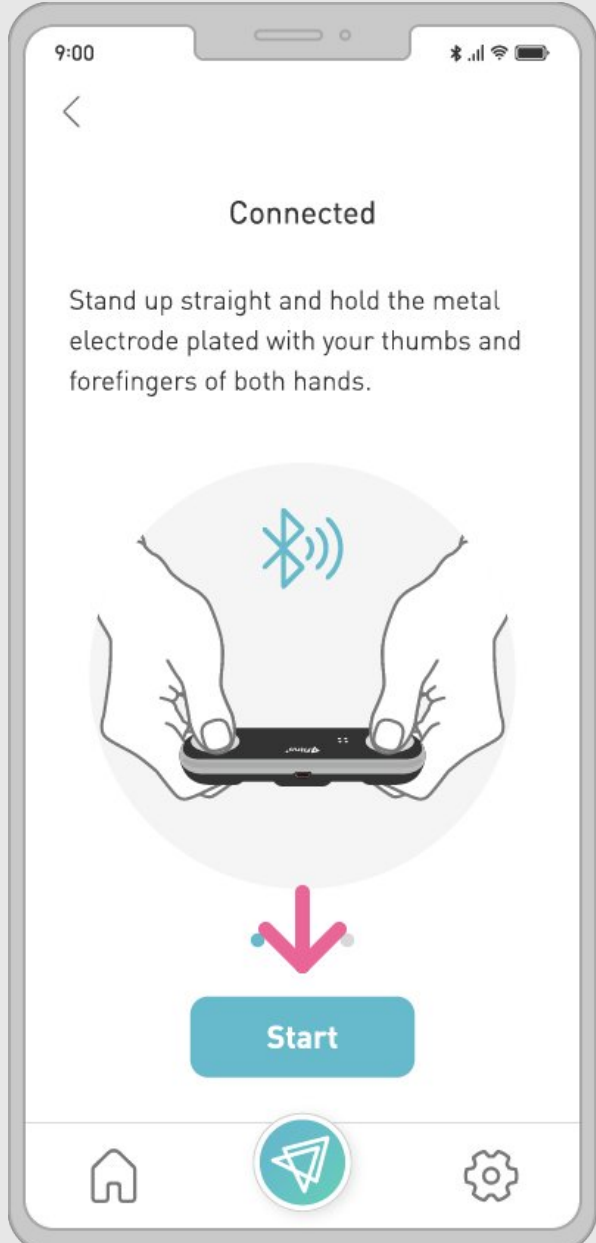
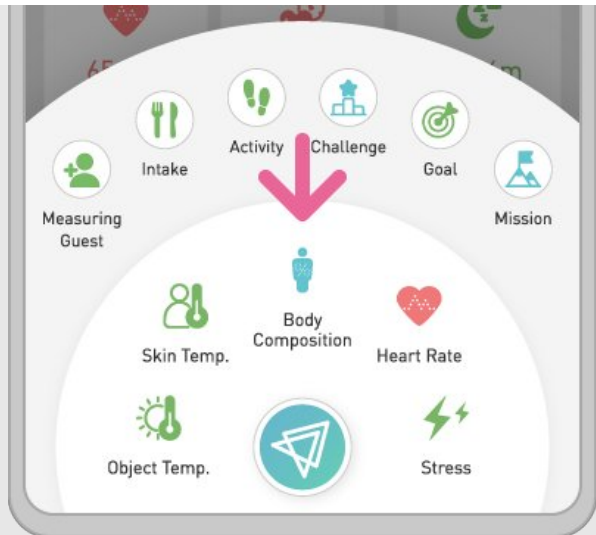
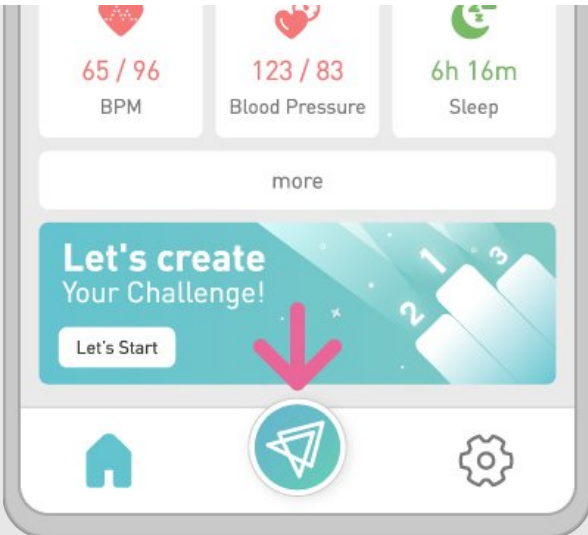
A PIN number is not required to access the [Fitrus App](#) on your smartphone.

- 3 Register user account by inputting height, weight, gender, and age.



- 4 Connect [Fitrus Plus](#) to the smartphone via Bluetooth by pressing the button located under the display screen. Measure your health by pressing [Start](#) on your [Fitrus App](#).





Do not move or talk during measurement.

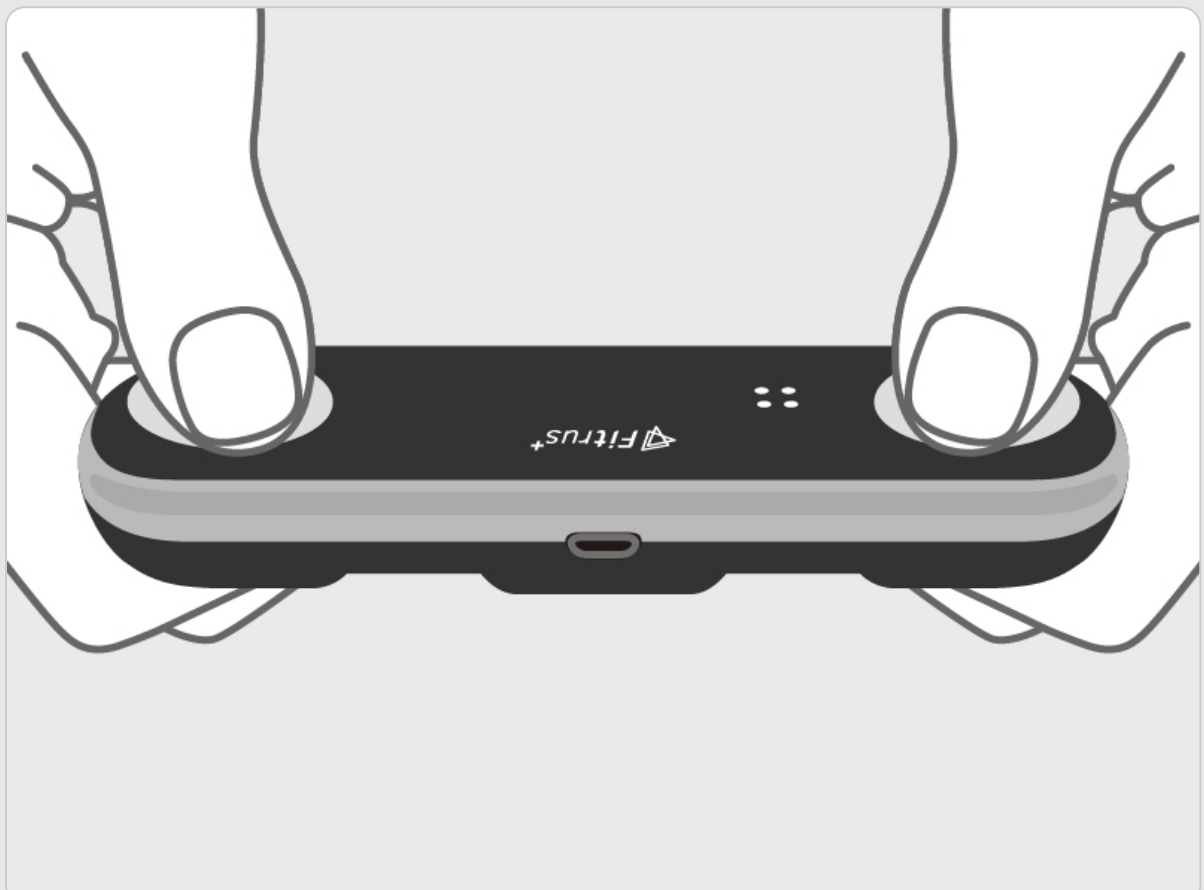
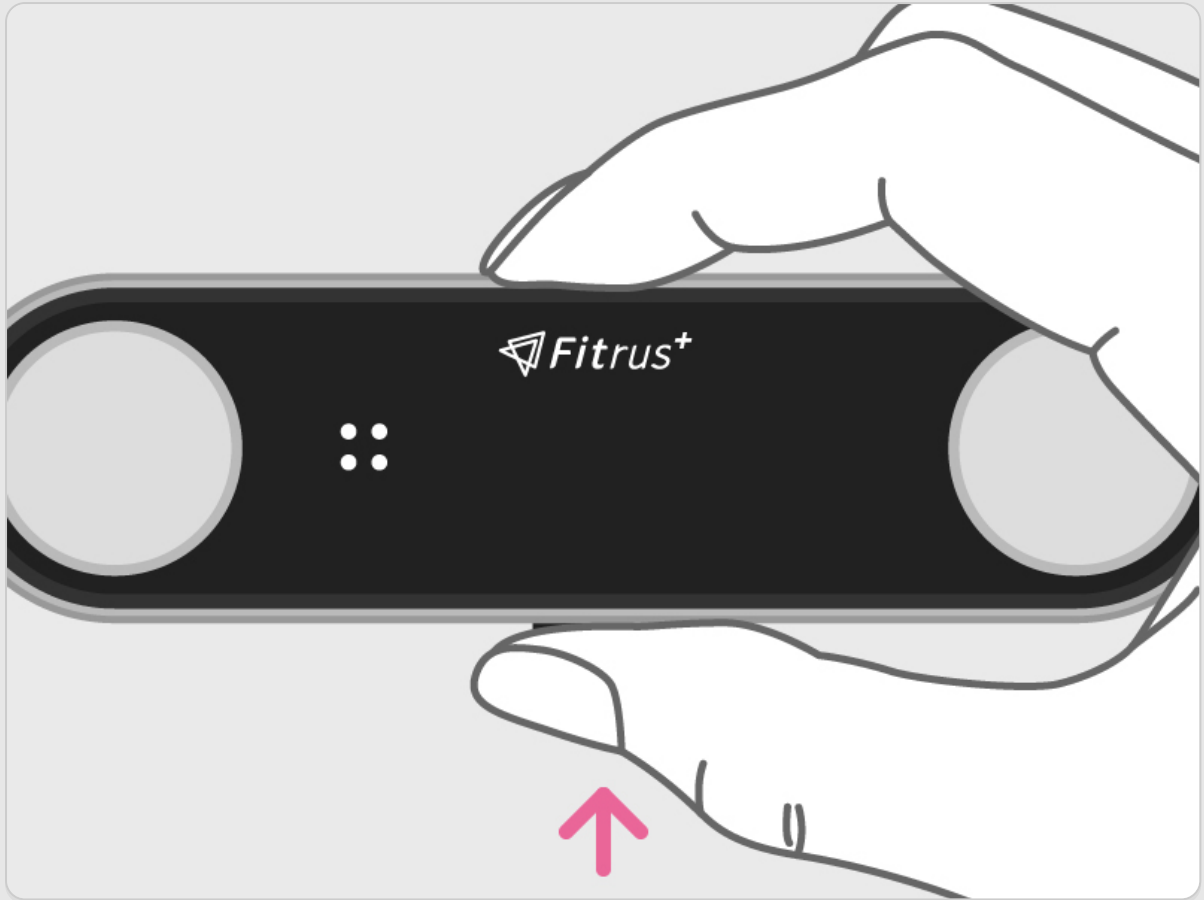


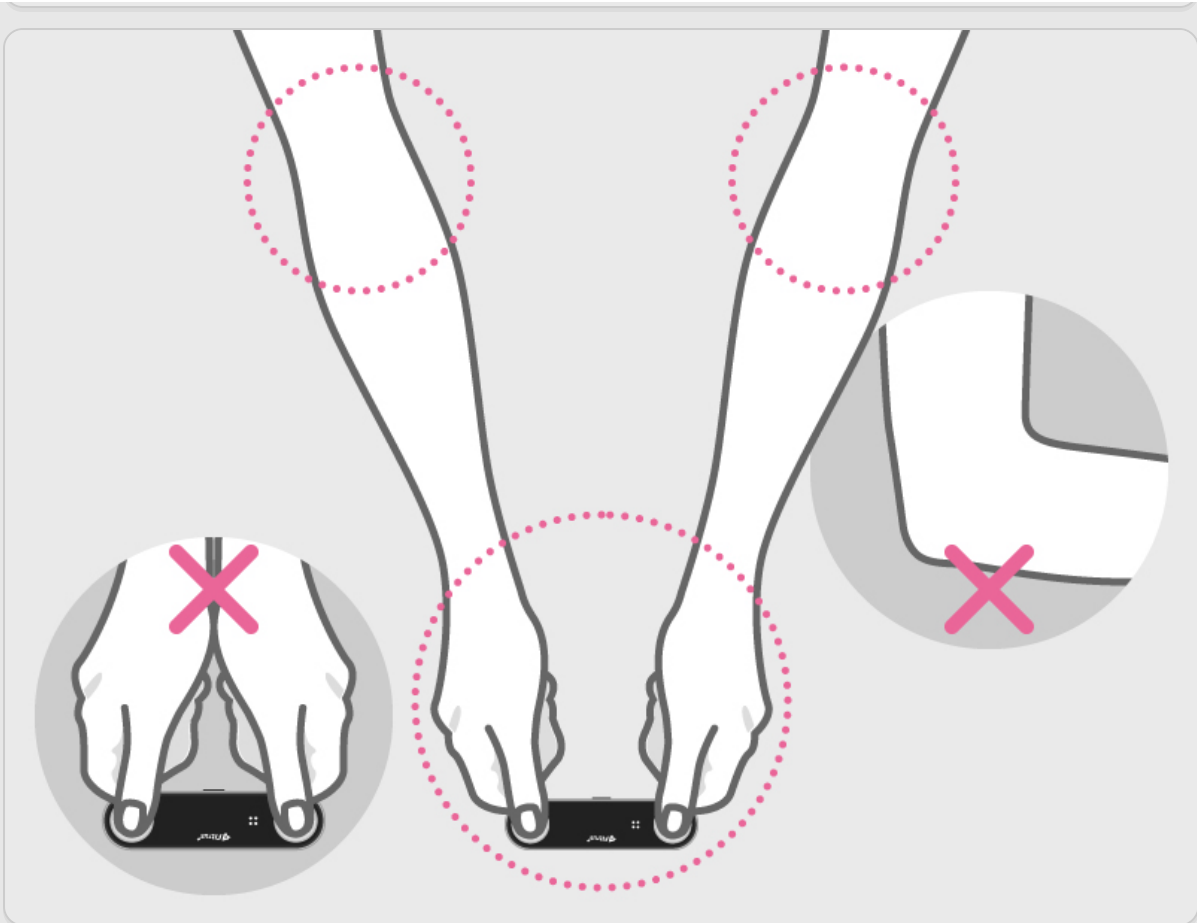
Once the device is connected to the smartphone, the screen will display as below.



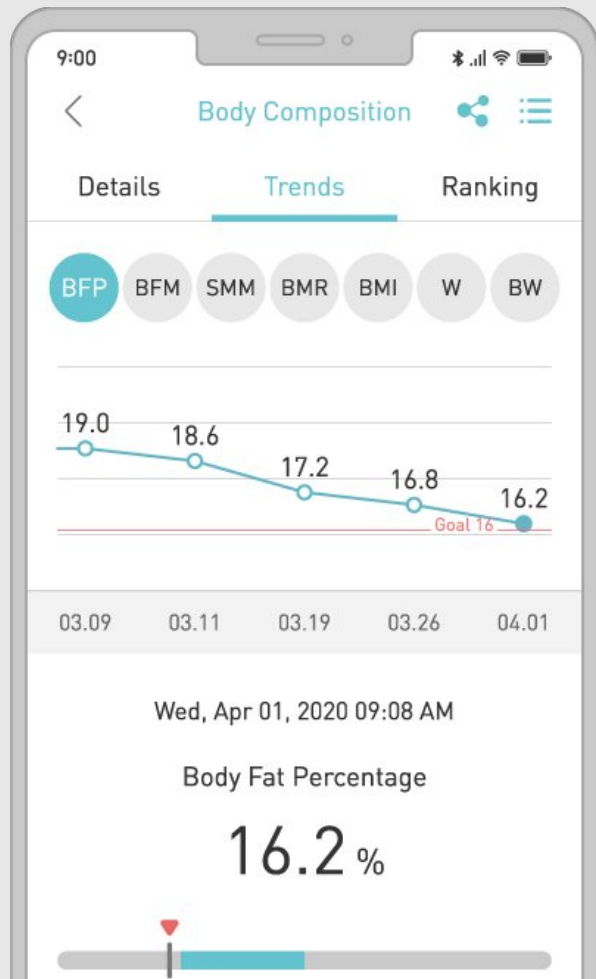
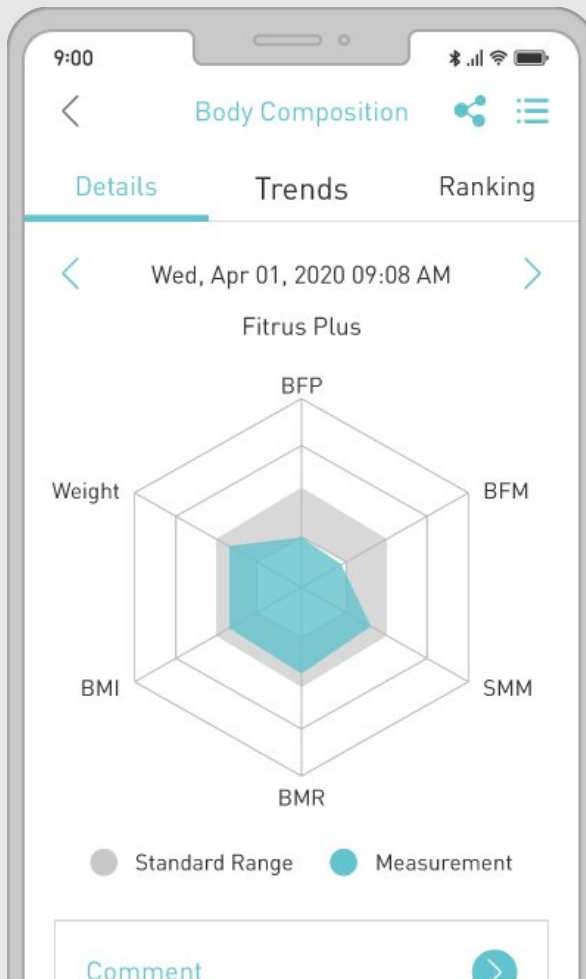
- 5 Lightly pinch the 4 electrodes with both of your thumbs and index fingers to measure **Body Composition**.

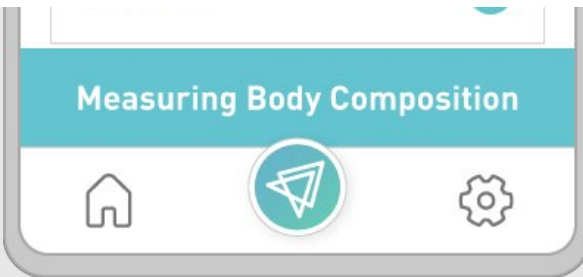
Stretch your arms and avoid your hand to touch each other, also do not talk while you are measuring.



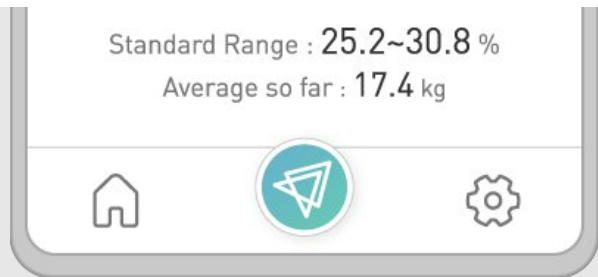


6 Measure your health by pressing Measure on your [Fitrus App](#).

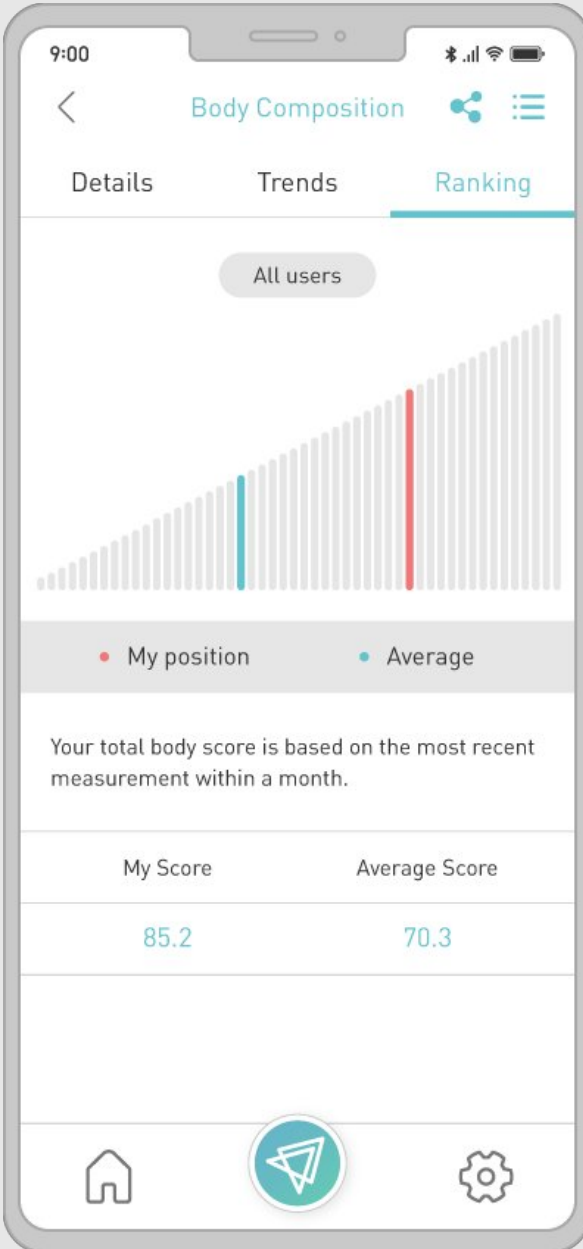




Details



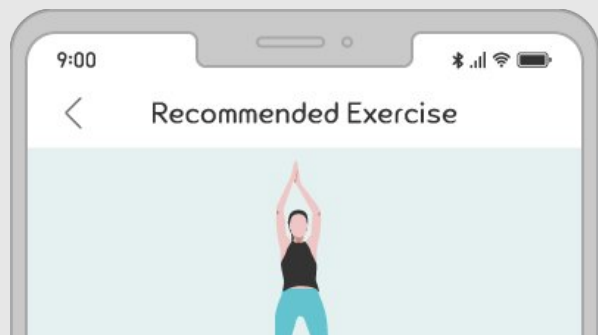
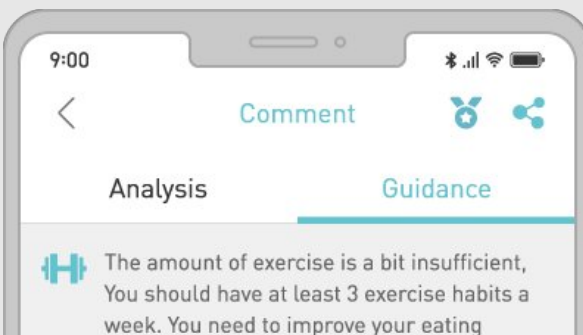
Trends

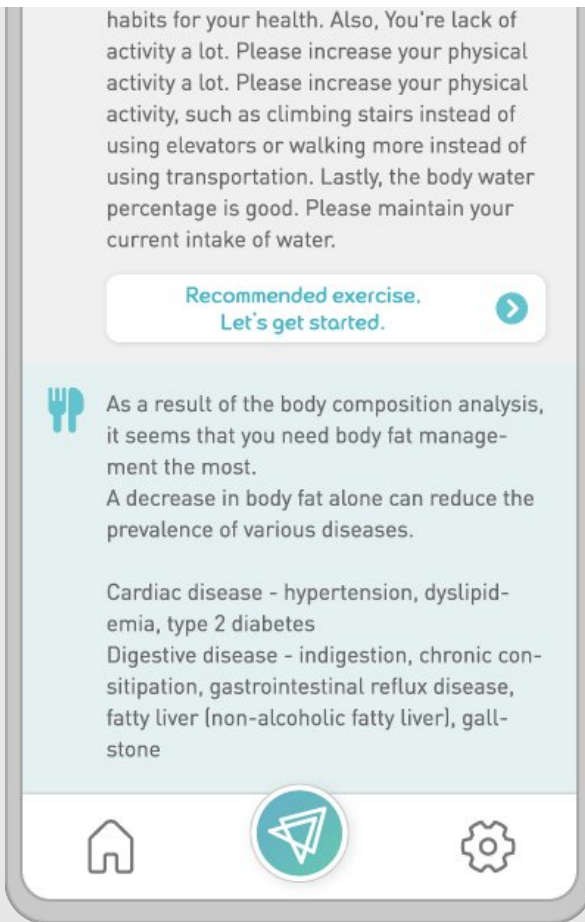


Ranking

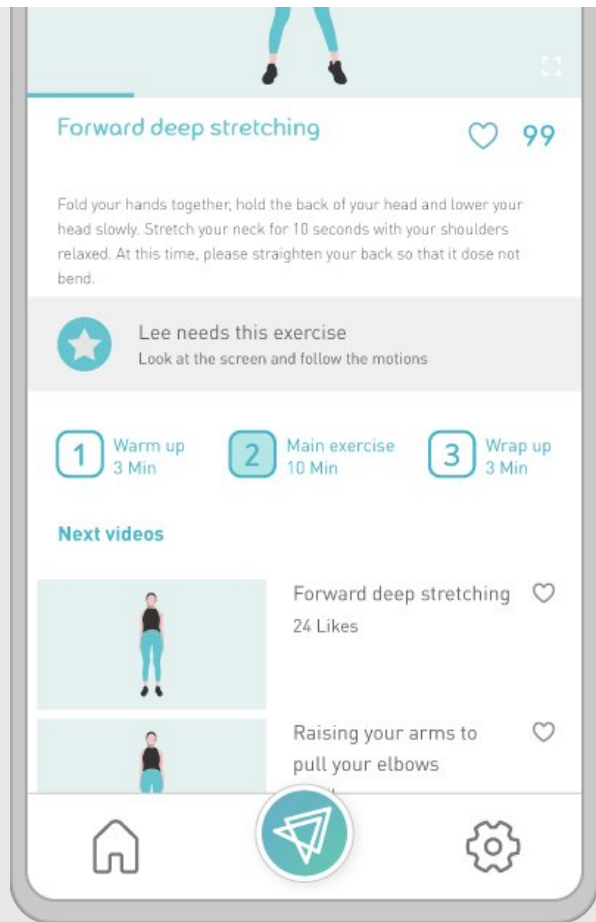


Analysis





Guidance



Recommended Exercise

The [App](#) distinguishes the somatotype based on [ONESOFTDIGM's](#) self-researched body composition.

It divides users into 3 body types, 25 specific subtypes, and provides a total of 139 comments regarding the health condition.

7 [Fitrus App](#) is constantly updated and maintained.

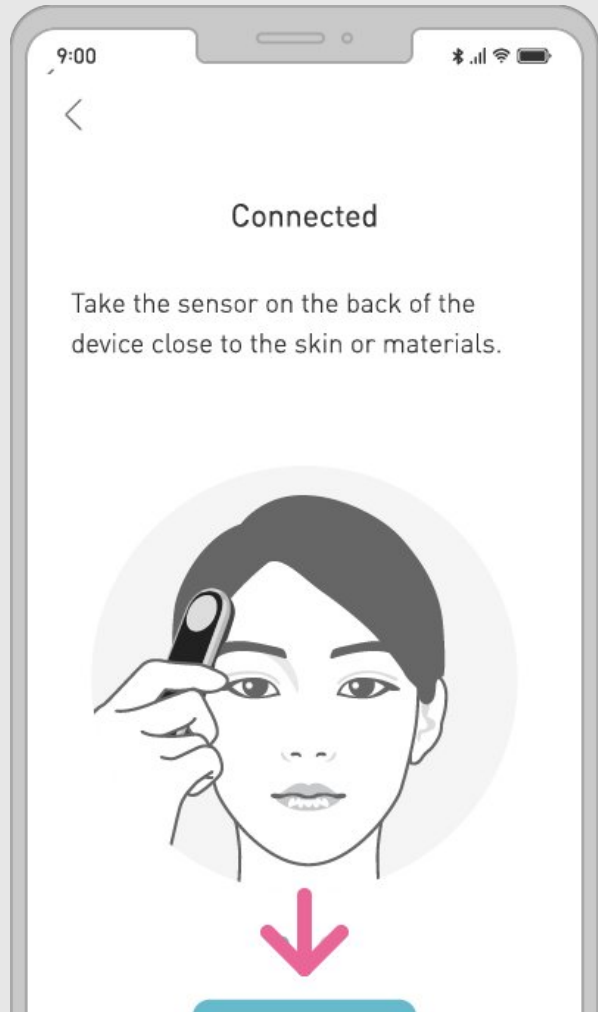
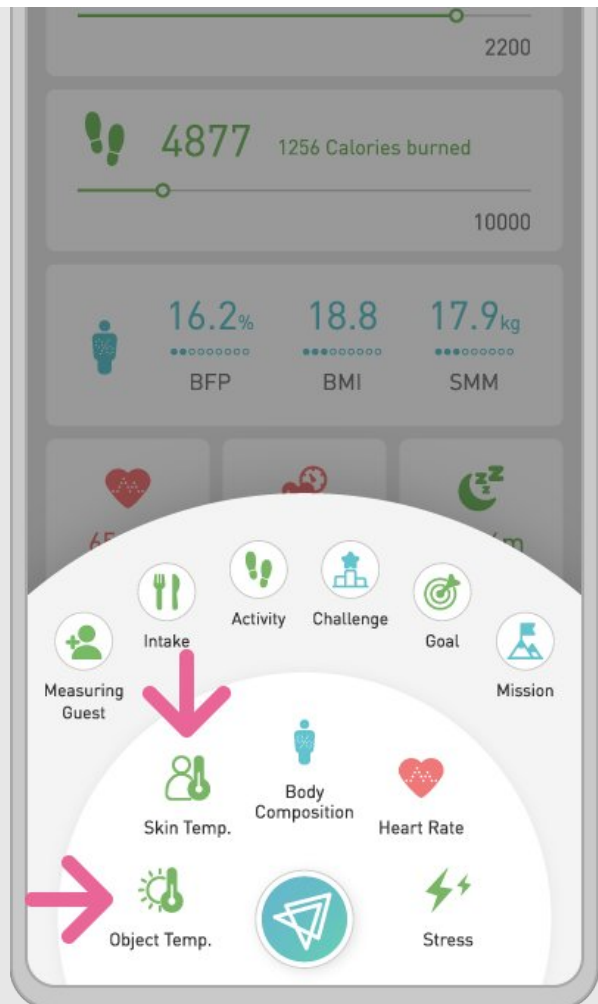
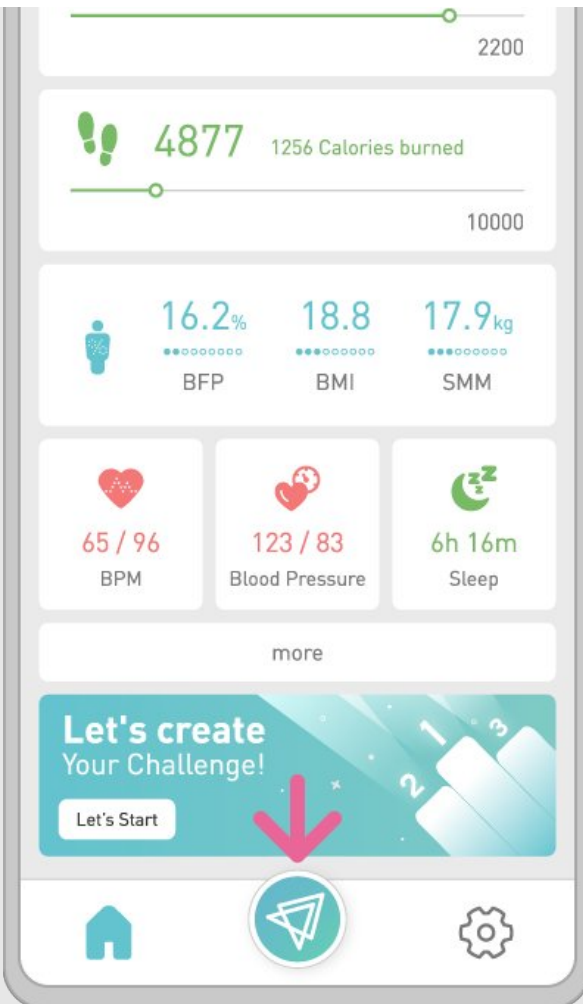
It is recommended to update the latest version of the [App](#) to ensure the smooth usage.

Object & Forehead Temperature

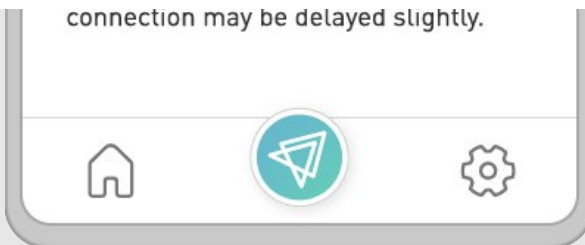
1 Connect [Fitrus Plus](#) to the smartphone via Bluetooth by pressing the button located under the display screen.

Measure your health by pressing [Start](#) on your [Fitrus App](#).

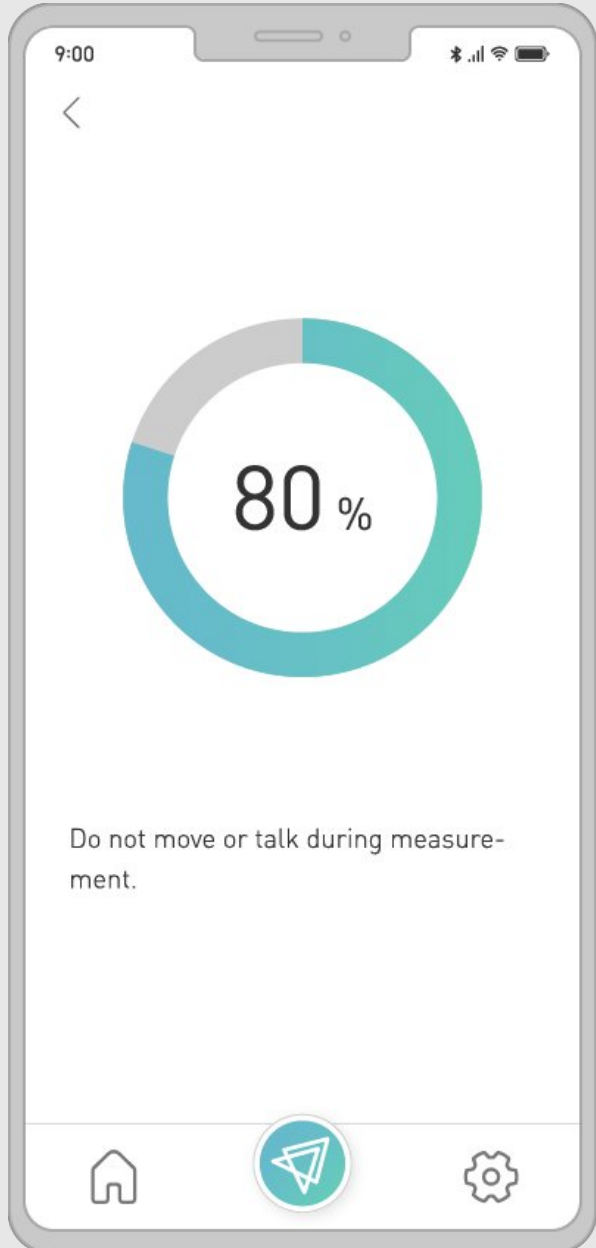
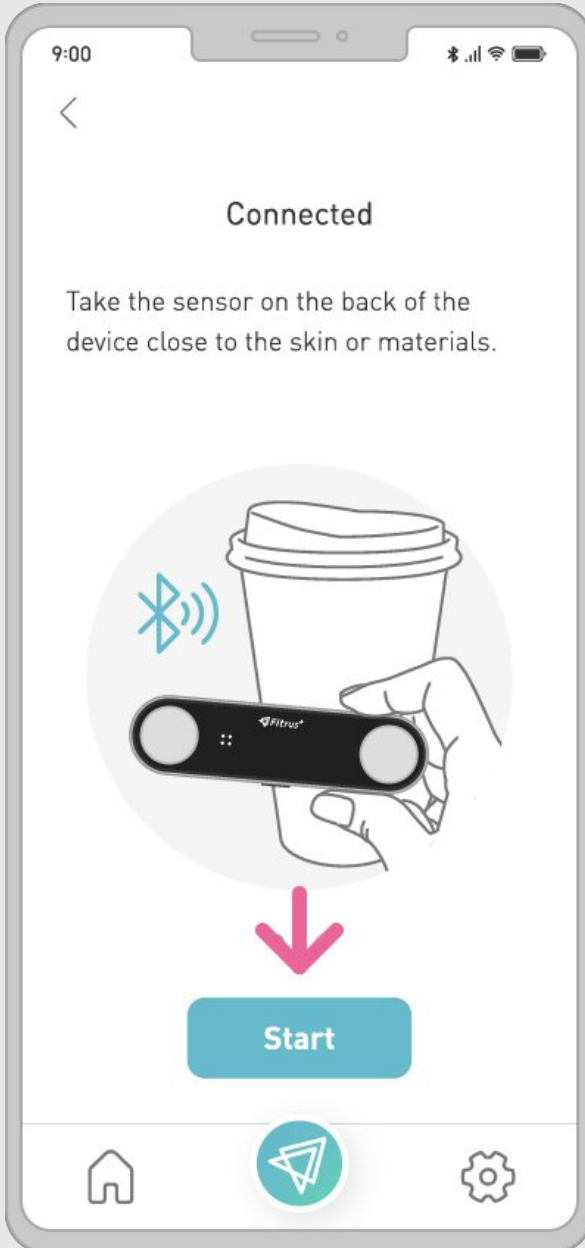
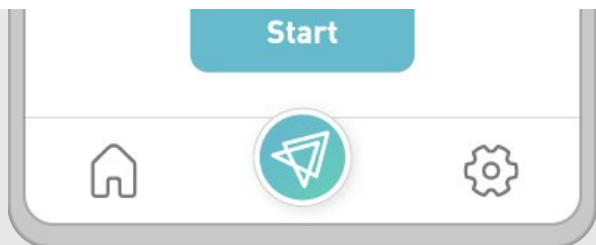




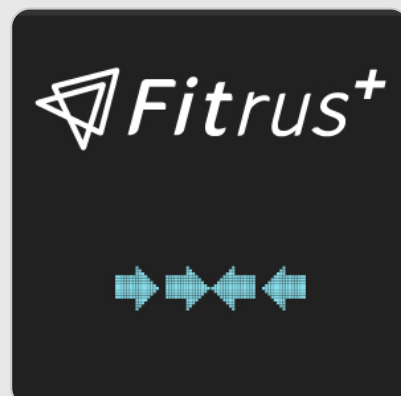
connection may be delayed slightly.



Start



Once the device is connected to the smartphone, the screen will display as below.



 *Fitrus+*



 *Fitrus+*

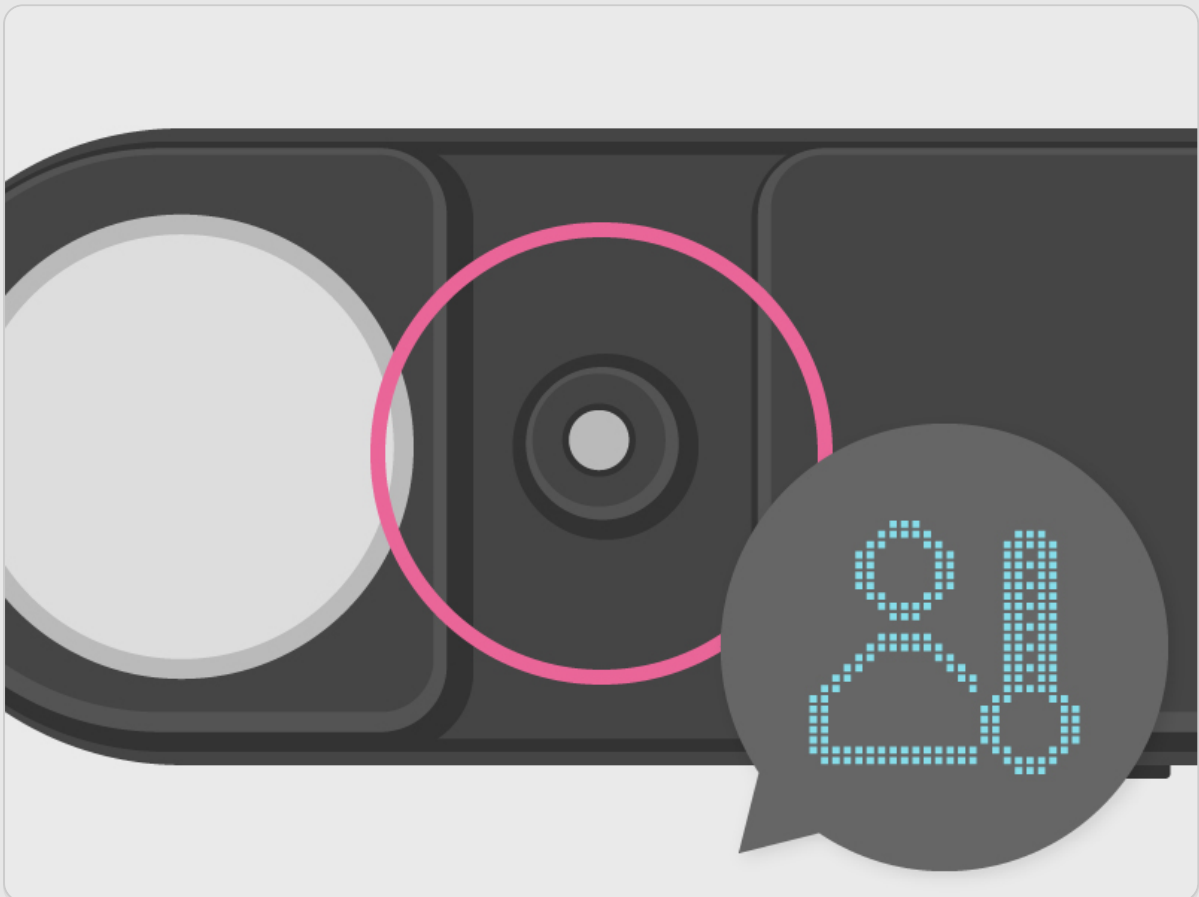


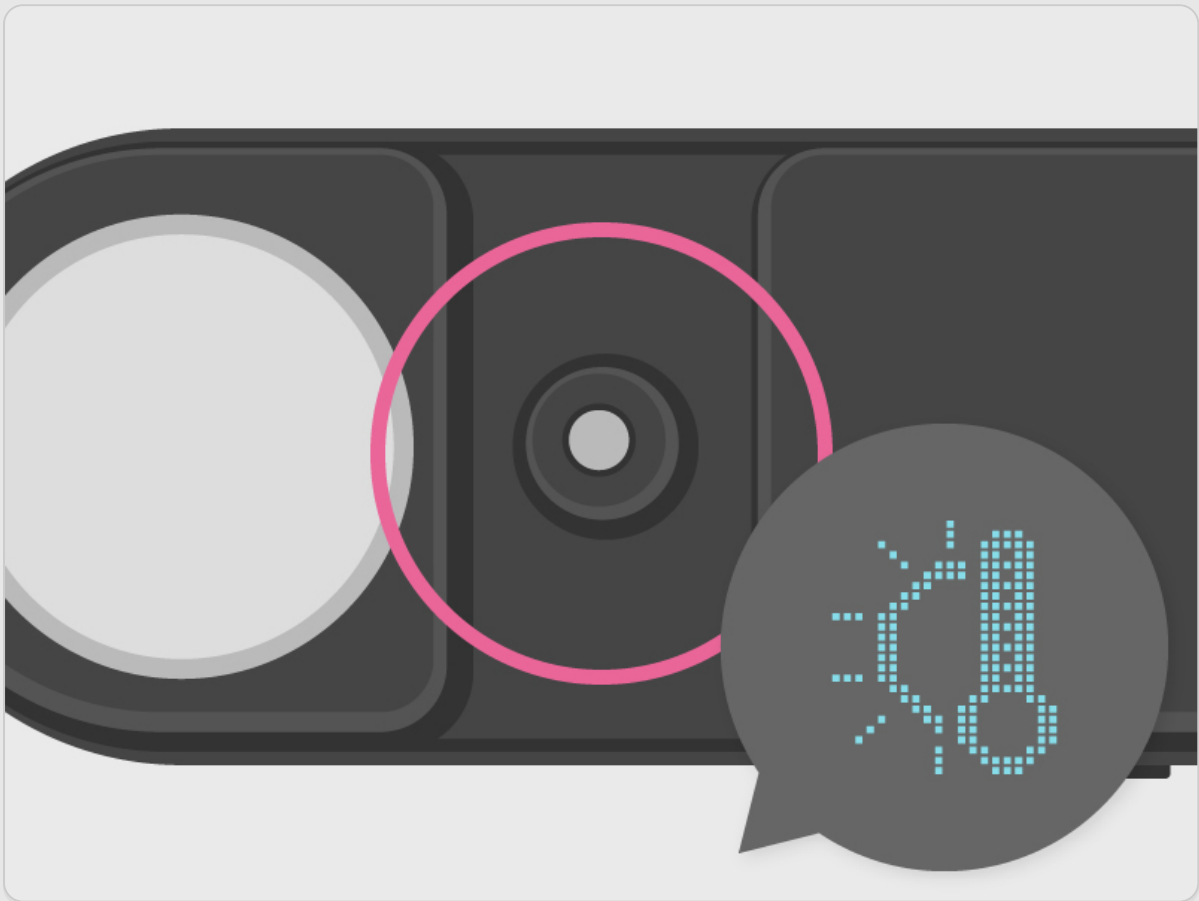
 *Fitrus+*

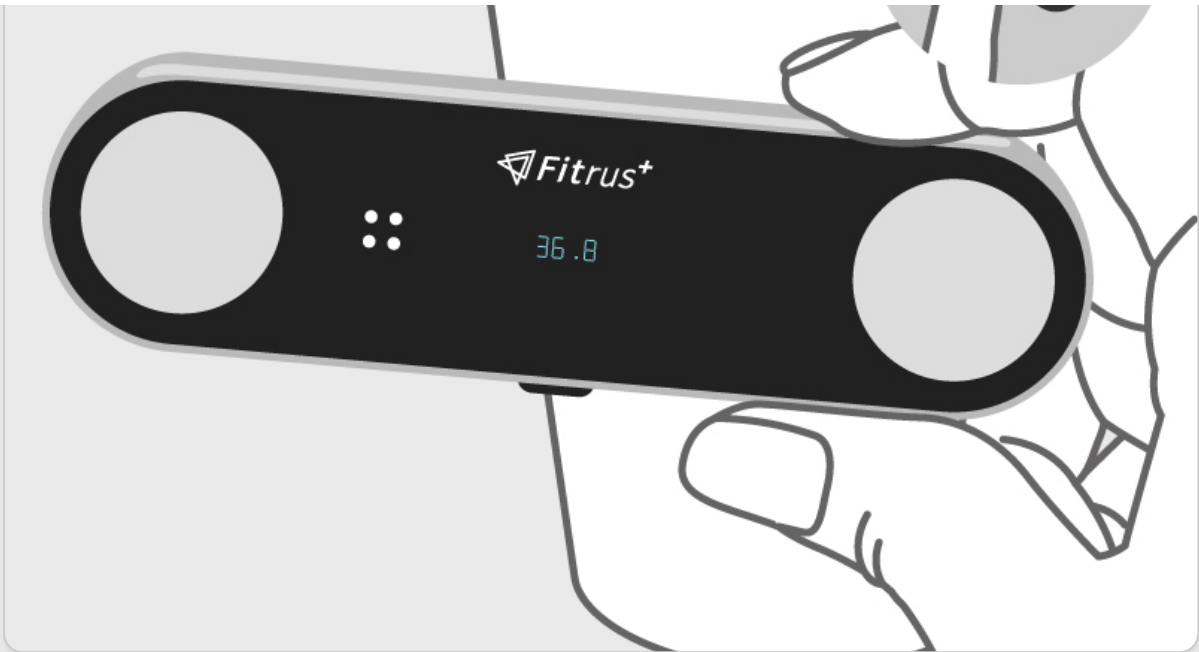


- 2 Hover the circular sensor over the **Object** or **Forehead** to accurately measure **Temperature**.

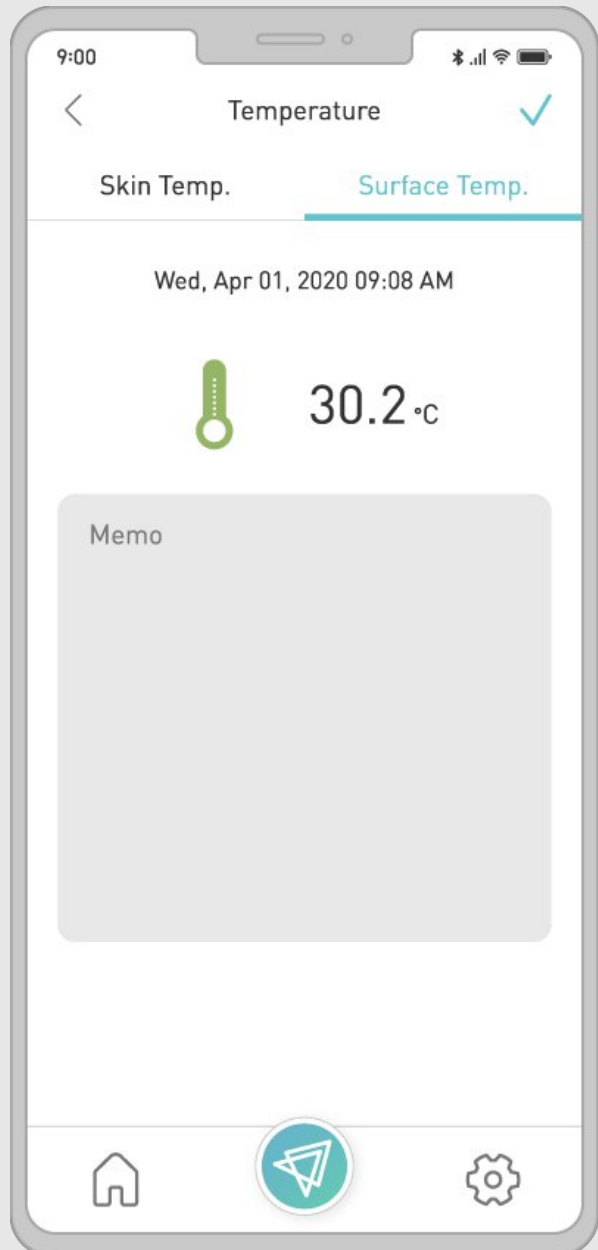
Make sure to position the sensor 1"(2.5cm) apart from the object of interest.



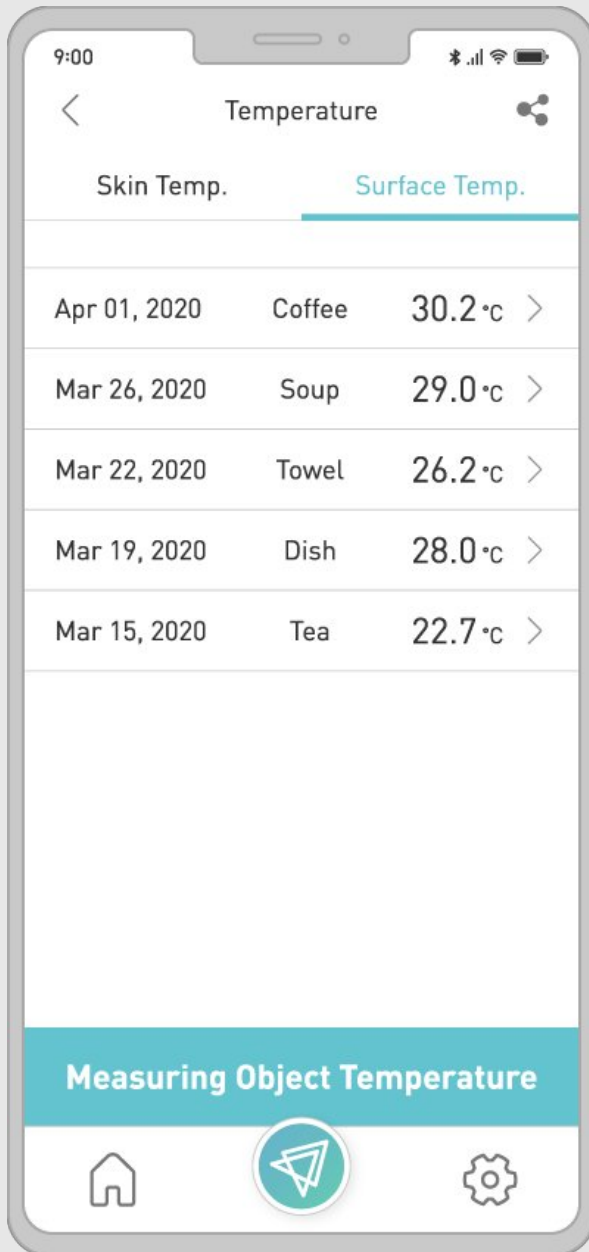




3 Measure your health by pressing Measure on your [Fitrus App](#).



Forehead Temperature



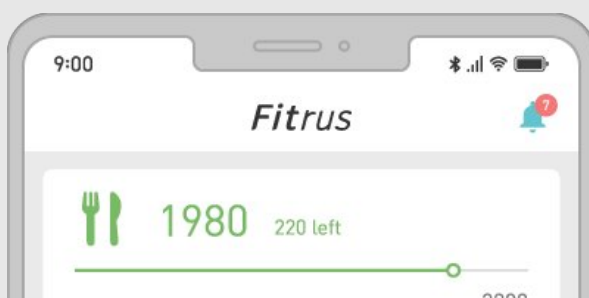
Object Temperature

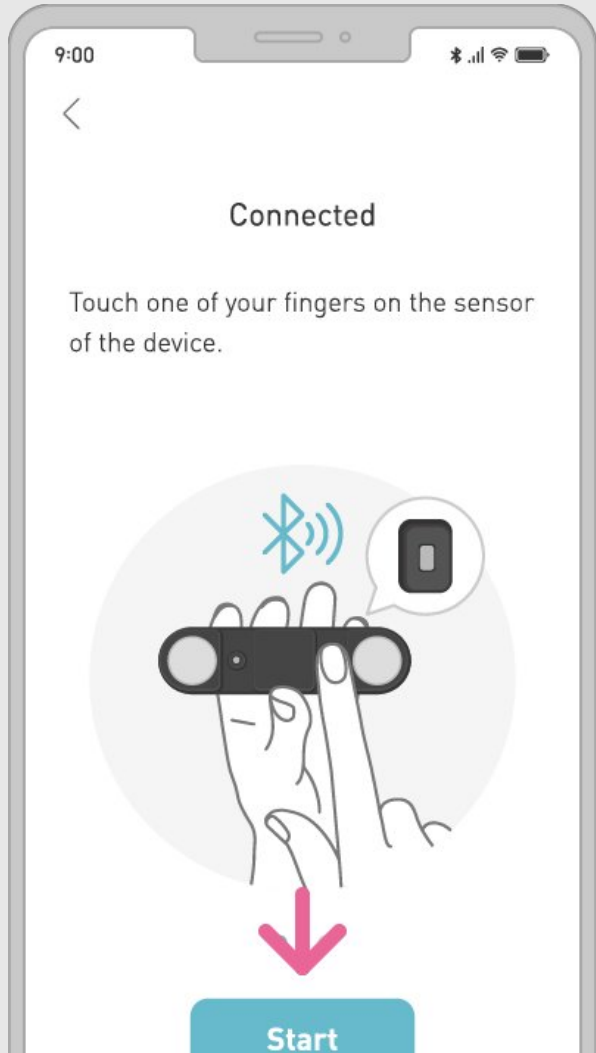
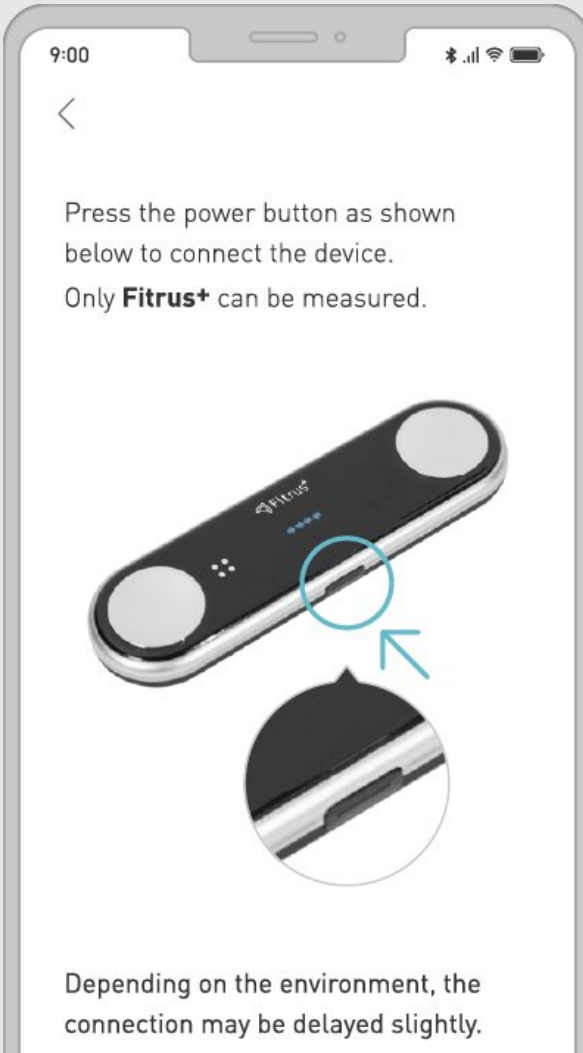
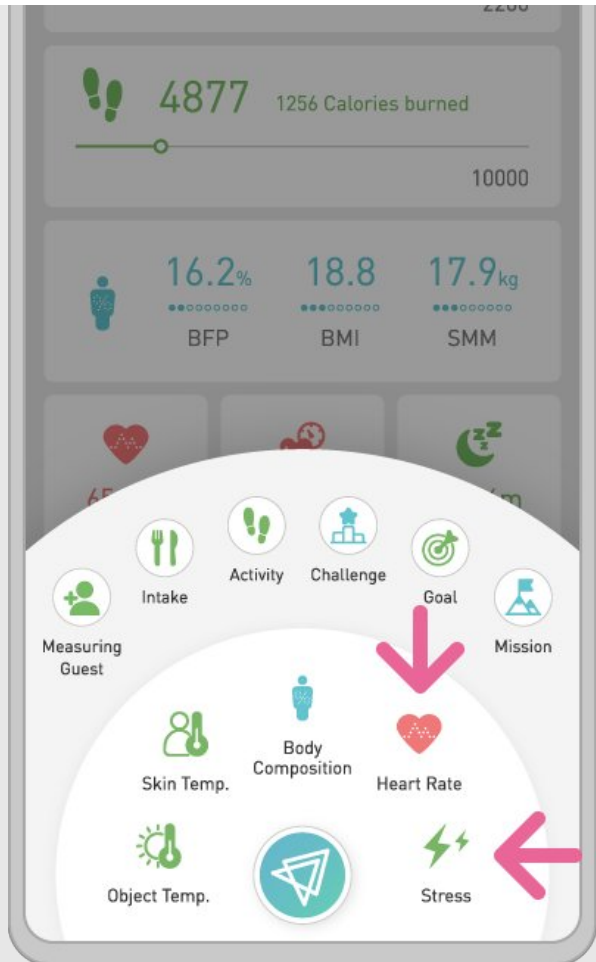
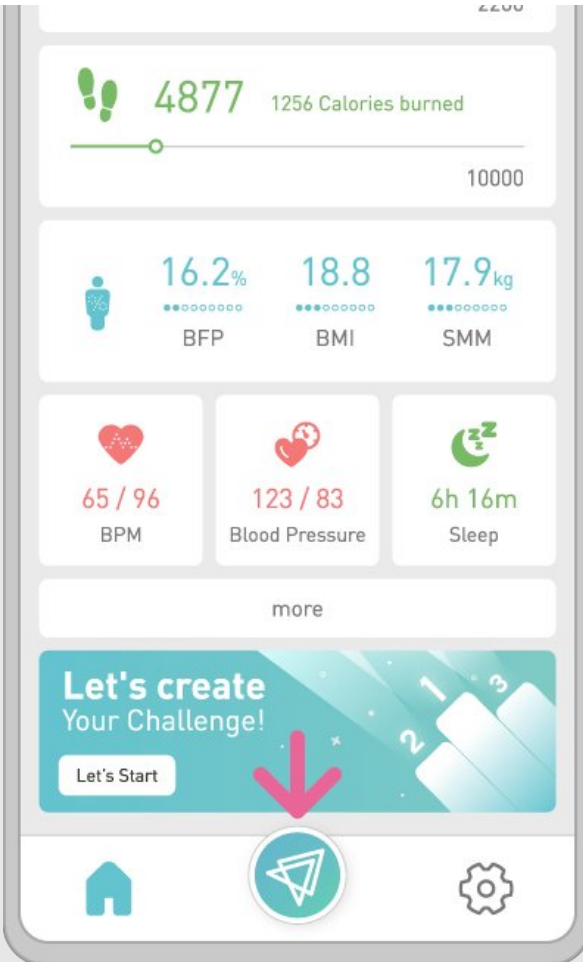
Object Temperature

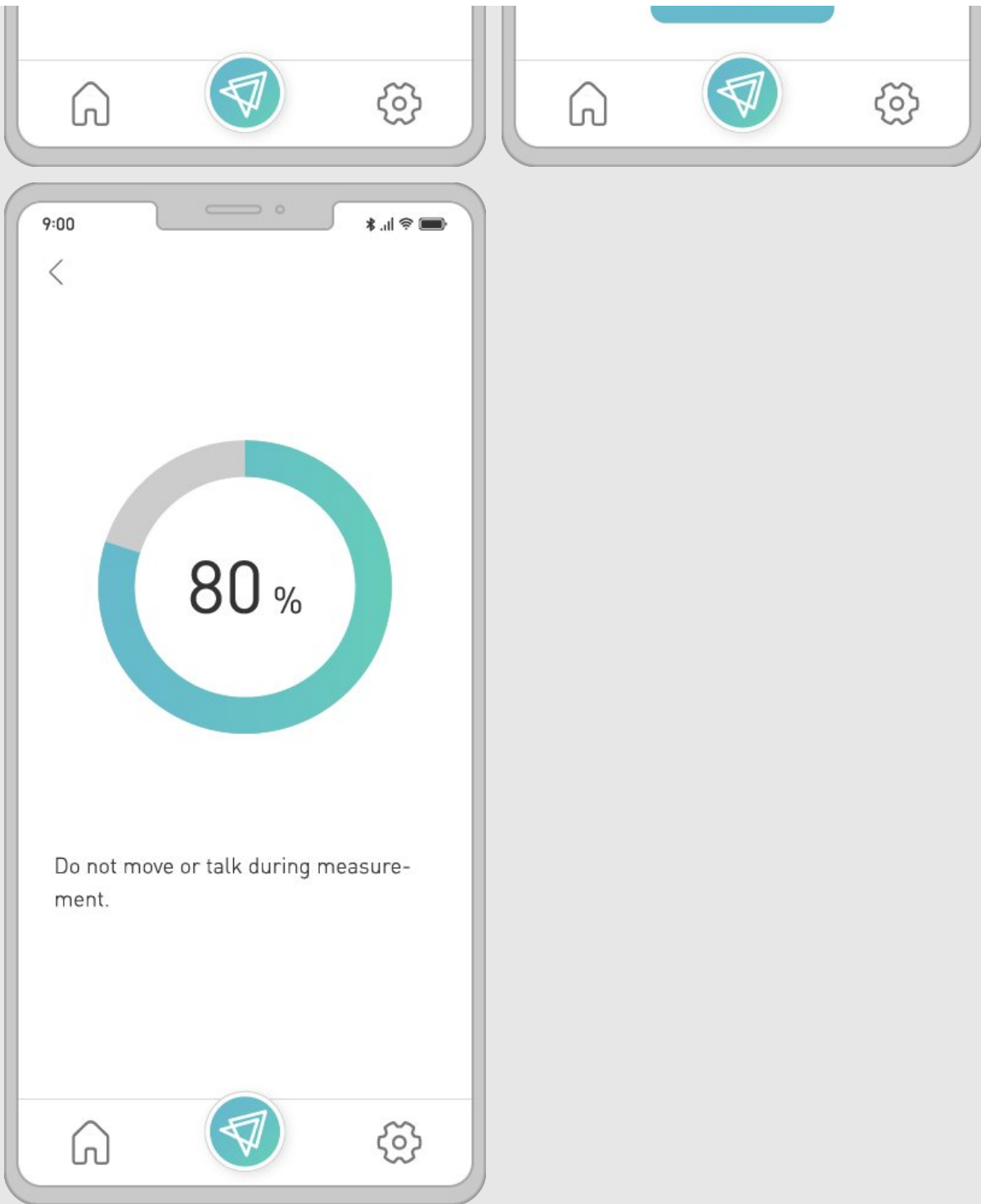
Heart Rate & Stress Index

- 1 Connect **Fitrus Plus** to the smartphone via Bluetooth by pressing the button located under the display screen.

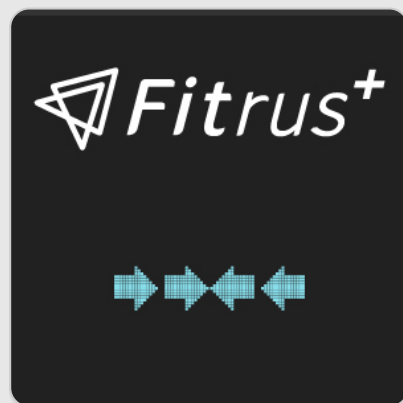
Measure your health by pressing **Start** on your **Fitrus App**.







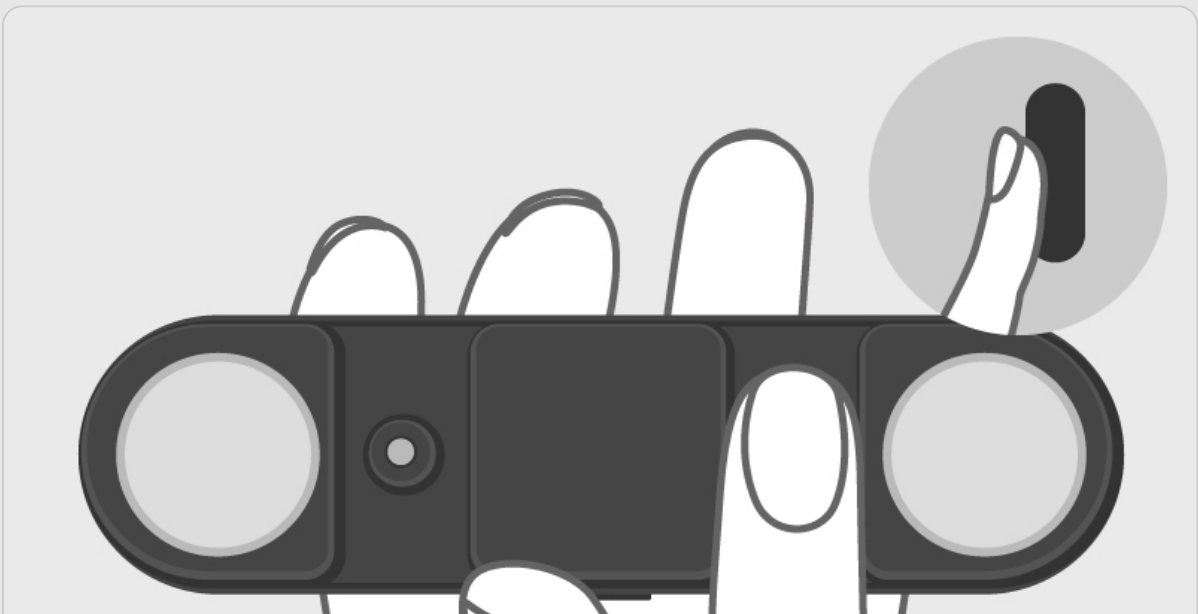
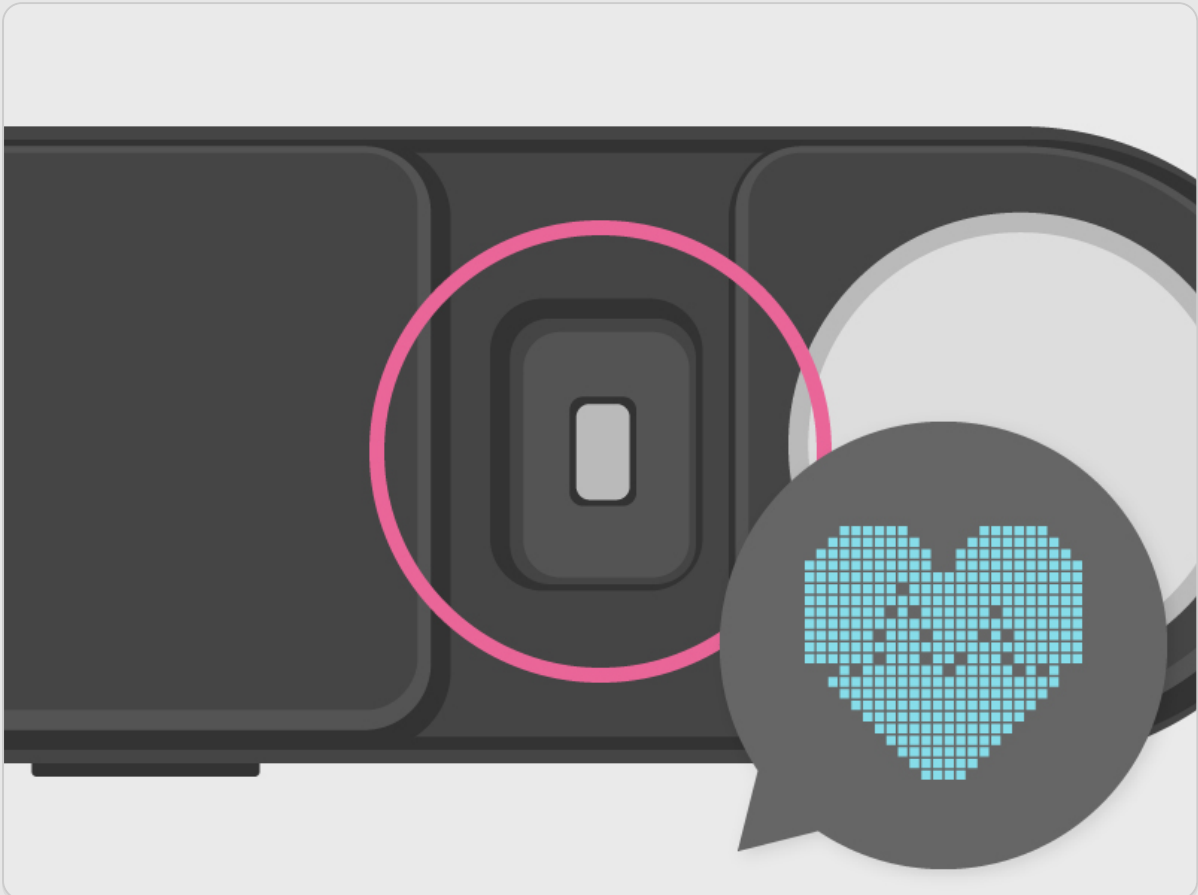
Once the device is connected to the smartphone, the screen will display as below.



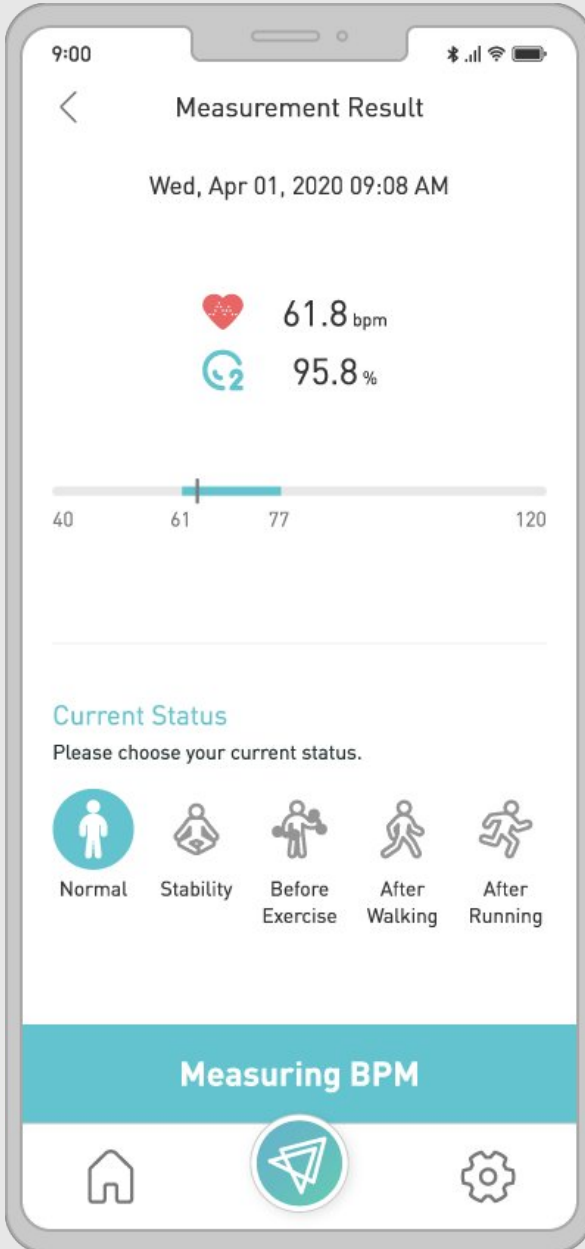
 **Fitrus⁺**



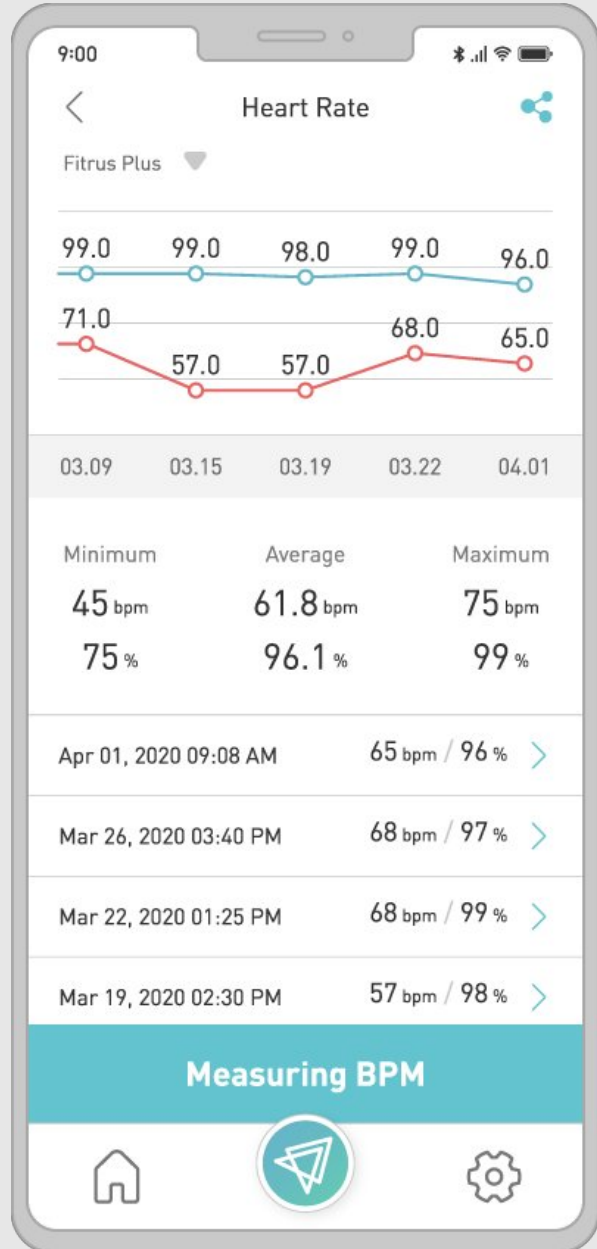
- 2 Place your finger on the rectangular sensor to measure **Heart Rate** and **Stress Level**.



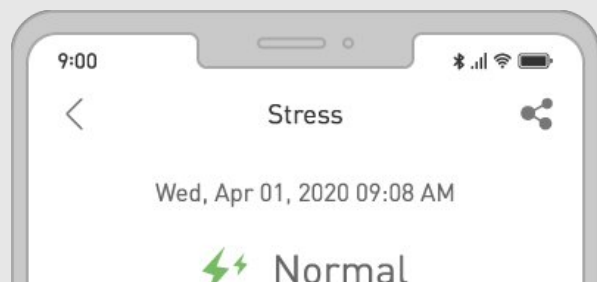
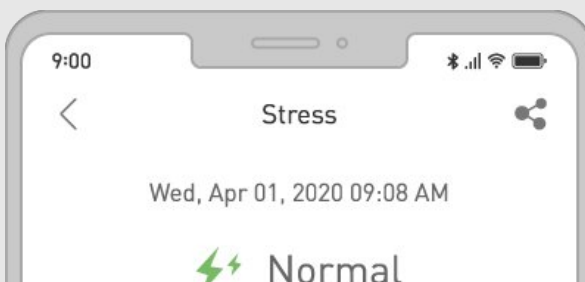
3 Measure your health by pressing Measure on your [Fitrus App](#).

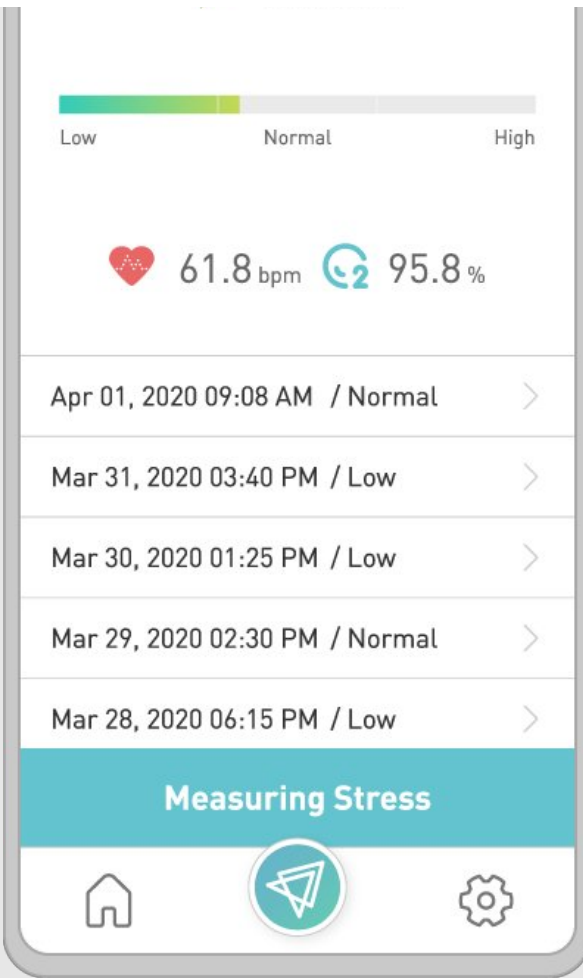


Heart Rate

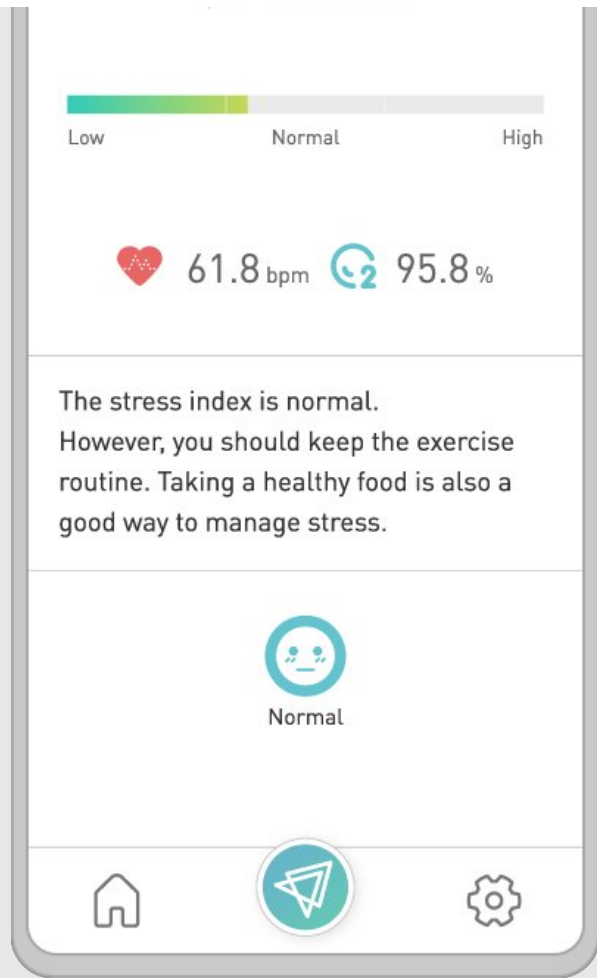


Heart Rate





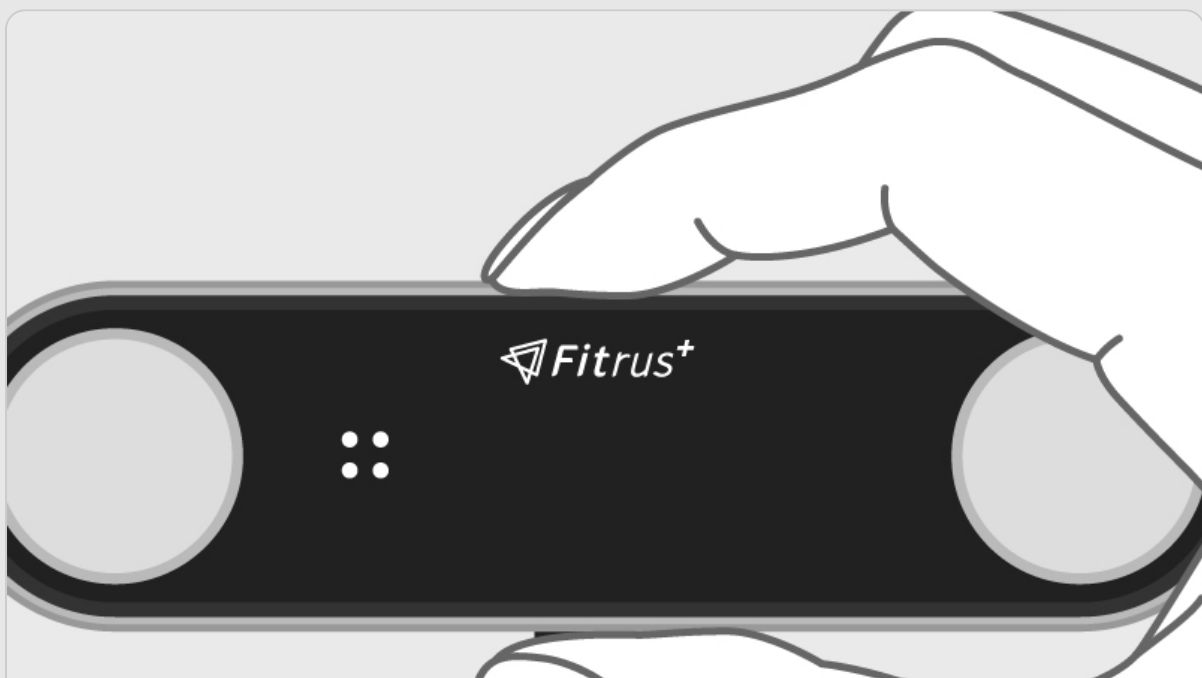
Stress



Stress

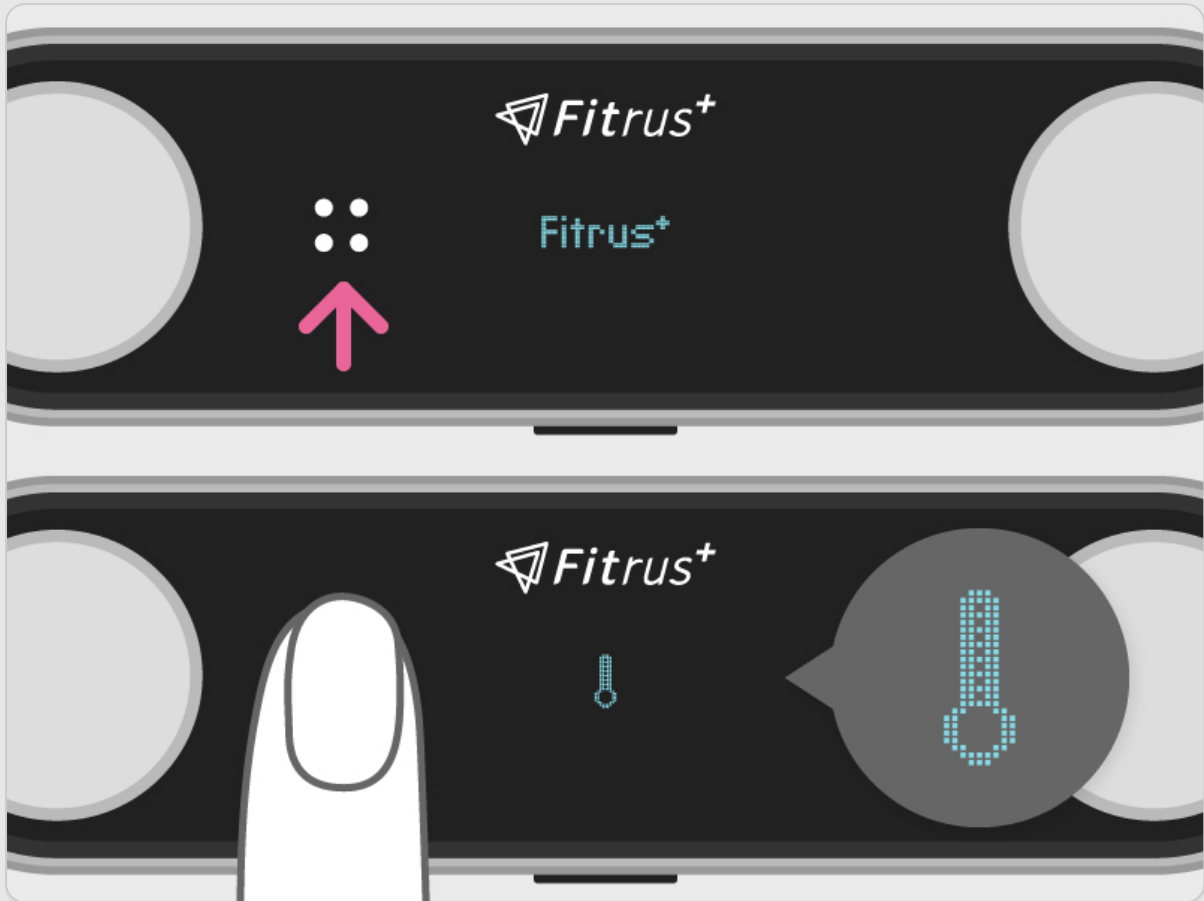
One-Touch Function

The Object or Forehead Temperature can be measured without a smartphone and checked directly with the OLED display.

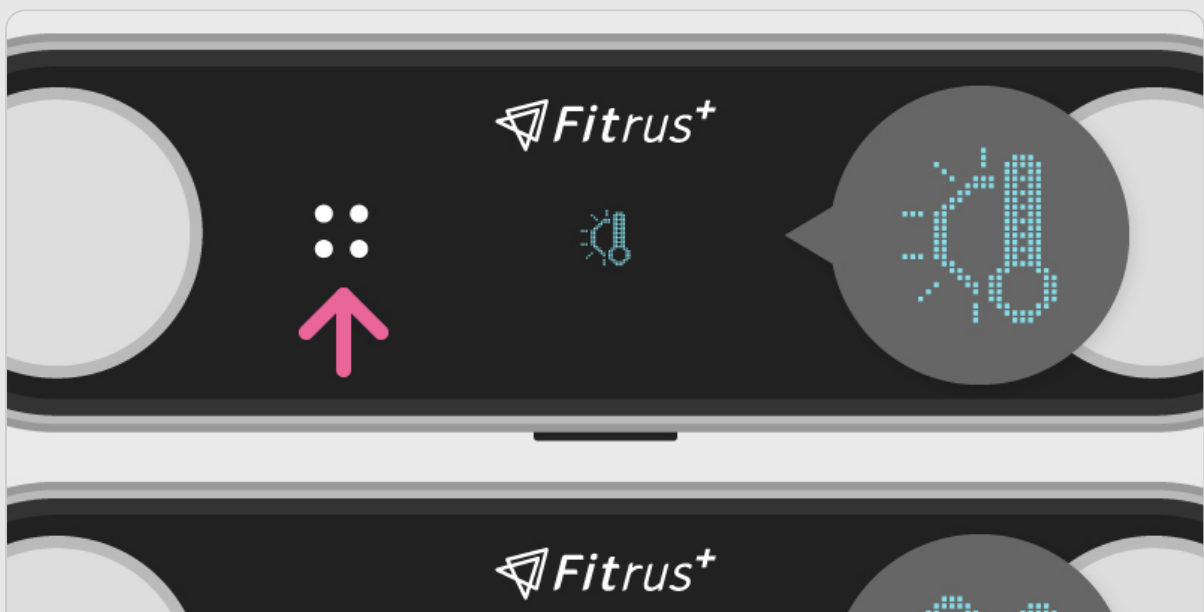


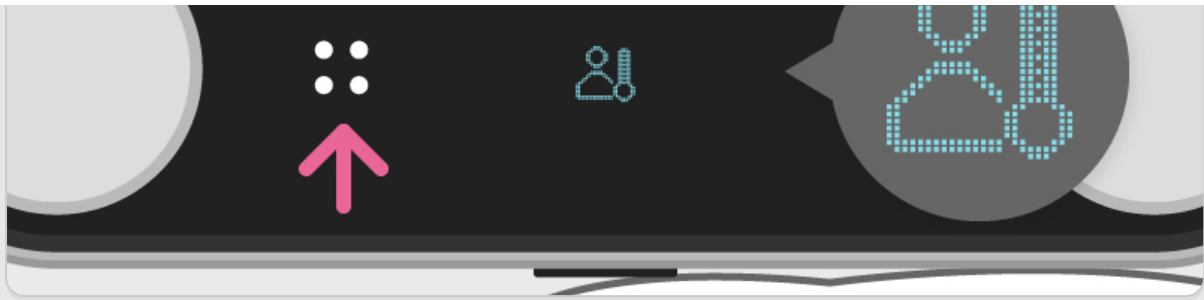


Please turn on [Fitrus Plus](#).

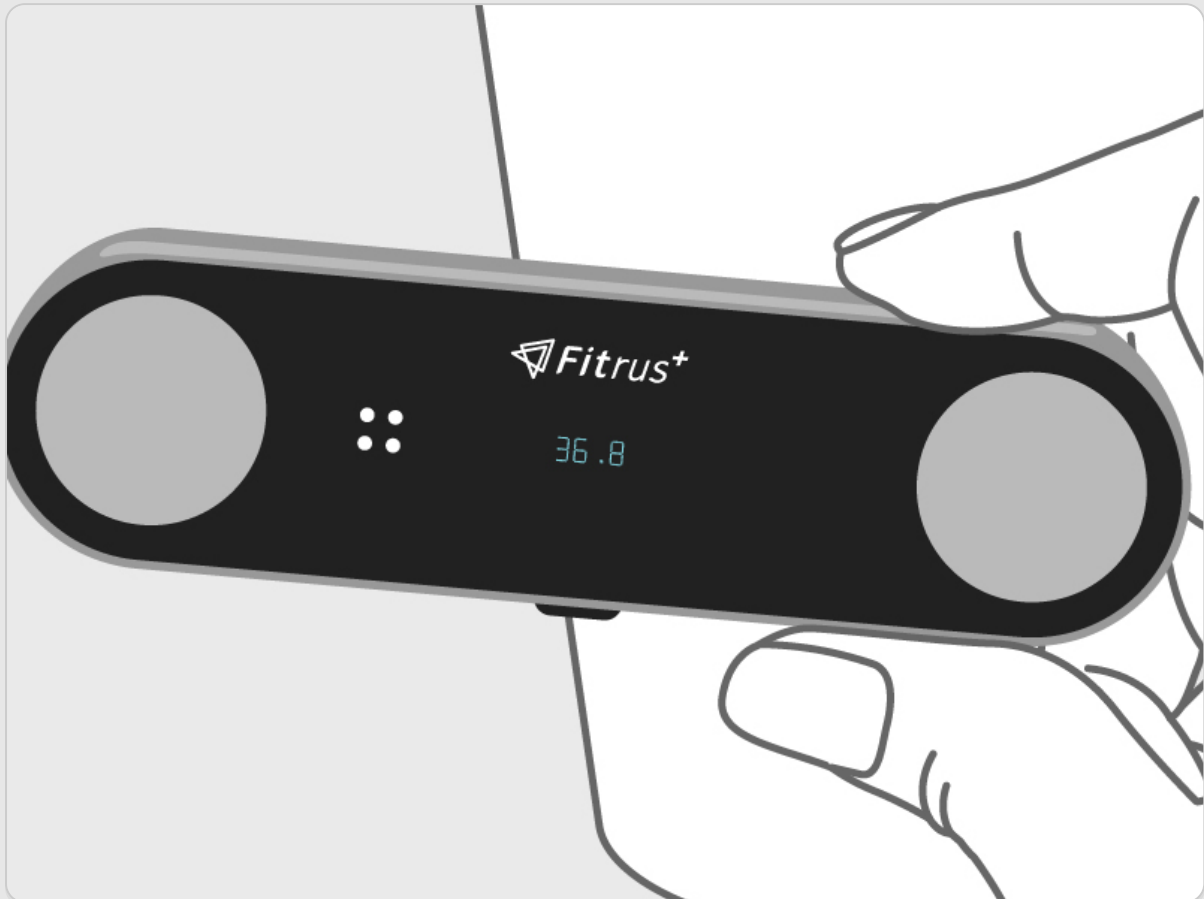


Gently press on the **Touch Sensor** for 3 seconds to activate the **One-Touch Function**.

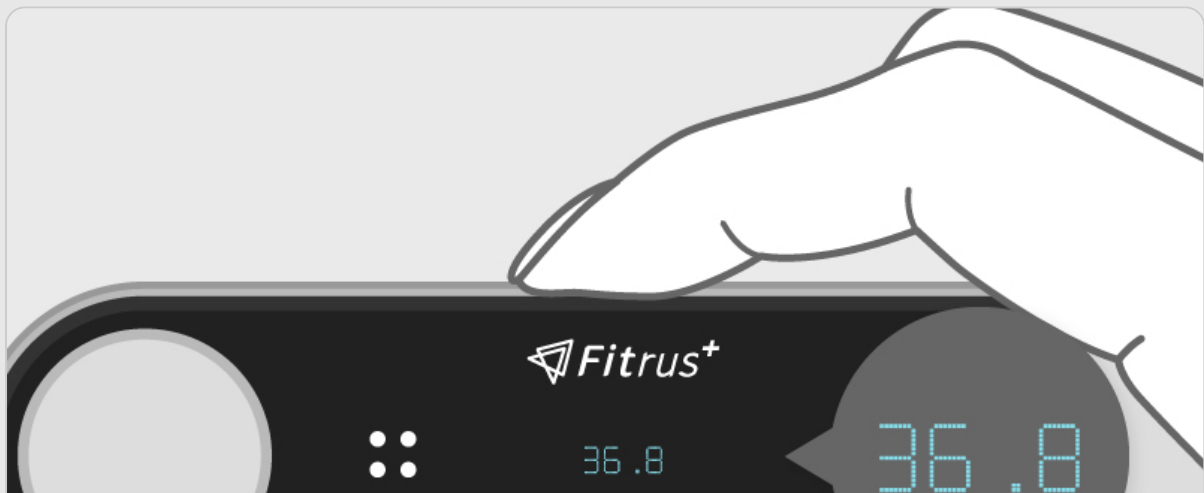




Select **Object** or **Forehead Temperature** with the **Touch Sensor** and press the power button.

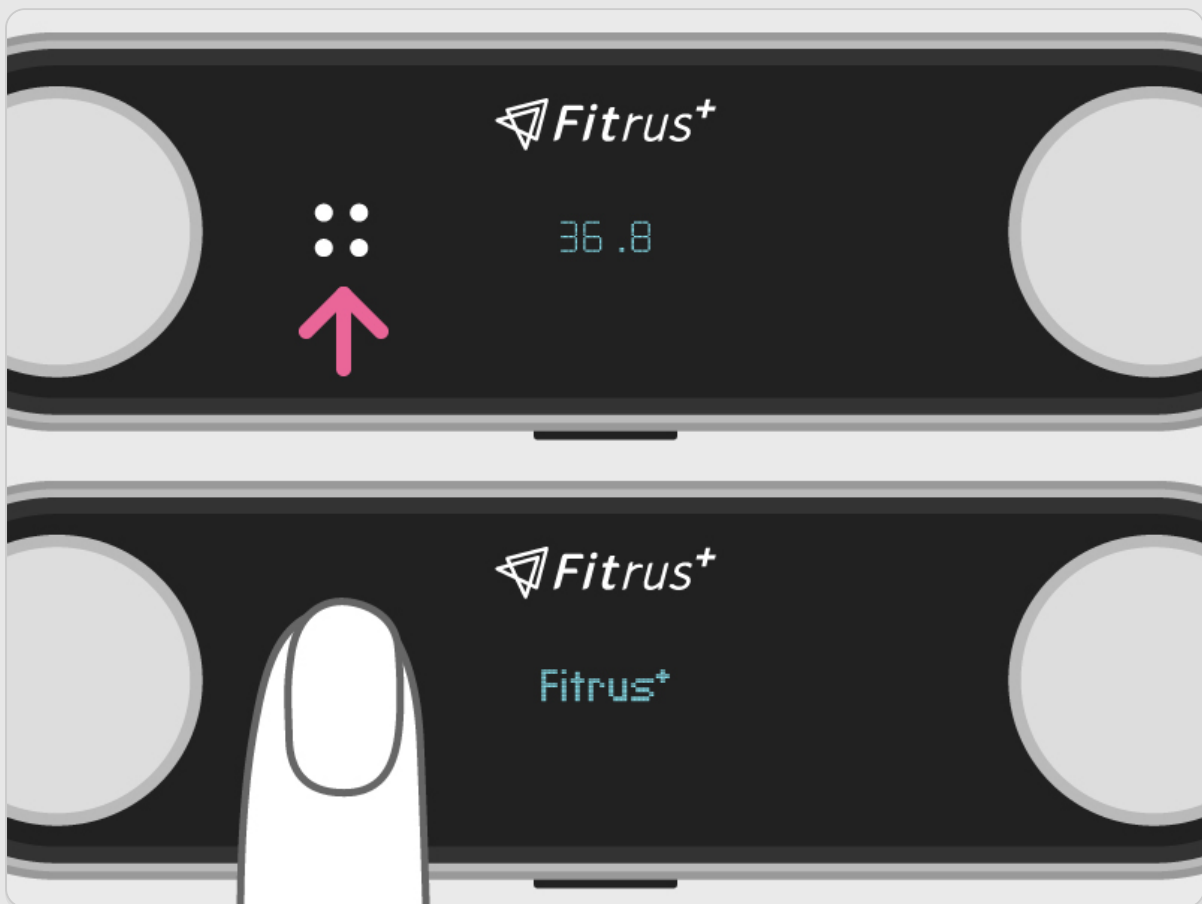


Measure the temperature and check the results.





Measurement can be performed repeatedly by pressing the power button.



Press on the **Touch Sensor** again for 3 seconds to disable the one-touch function.

Frequently asked questions (FAQ)

Should I charge ONESMARTDIET when I first get it?

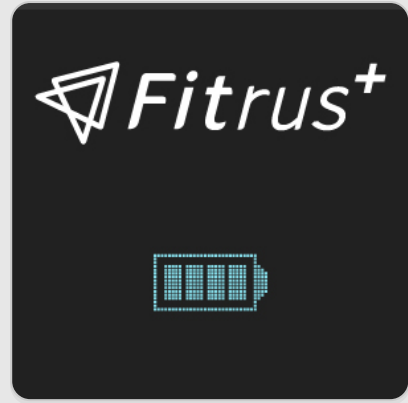
The battery is completely charged already, but it may cause battery loss during delivery. You may fully charge it after receiving it to extend the lifespan of the battery.

What is featured on the OLED display?

It displays the latest measurement of your biometric data, battery life, and step counts.



Power on



Battery life



Step counts



Step counts



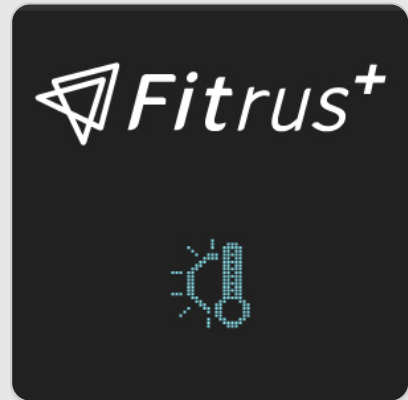
Connection



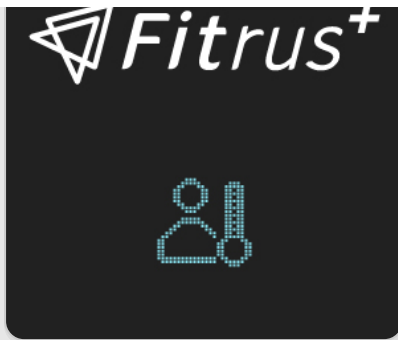
Body composition



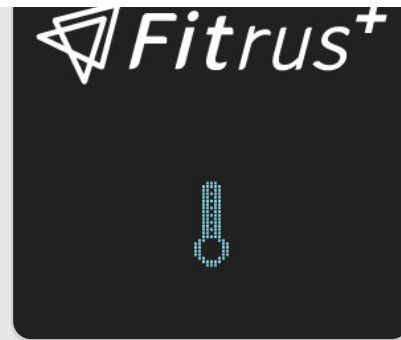
Body composition



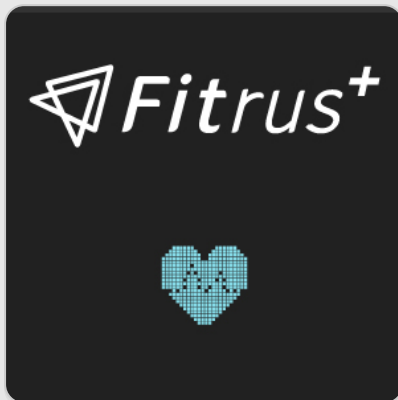
Object temperature



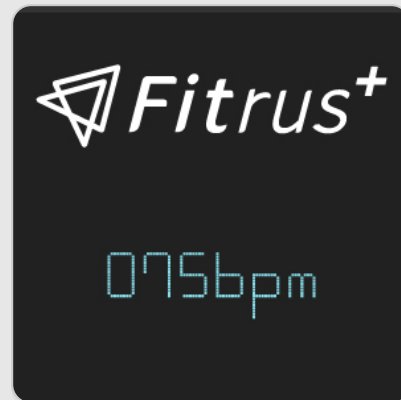
Forehead temperature



Temperature



Heart rate



Heart rate

What versions of the phone are compatible with Fitrus Plus?

Fitrus Plus is compatible with ► Android 5.0 or above, and 🍏 iOS 12.0 or above; however, some Androids and iPads will not be compatible.

Some devices may not be supported.

Does App offer different languages?

You can choose the language through ⚙️ Settings > Language menu.

System Default Language, Korean, English, Japanese and Chinese are supported.

If you choose system default language, the app language will be automatically selected according to the user's smartphone language setting and the Other Language option may only be supported in English.

How can you sync your activity level from the Fitrus App?

⚙️ Settings > Sync > choose between Health App, Fitrus Plus, and All Step.

How to reset Fitrus Plus?

Press Quick Power Button for 5 seconds.

Please check our Web FAQ for more information.

 Web FAQ

Warning

- › **Fitrus Plus** is not a medical device and should not be used for diagnostics or treatment.
- › The electric current (under 150 uA of 50 kHz) is too low for anyone to sense or be affected by it.
If you do experience any sensations or symptoms, immediately cease its operation.
- › Do not use this device if you are dependent on any biometric devices, such as a cardiac regulator, medical ECG, mechanical heart, or heart-lung machine.
- › Do not use **Fitrus Plus** to measure your body composition during pregnancy or menstruation.
There will be discrepancies.
- › Please be aware that **Fitrus Plus** may not provide accurate readings if the person is under the age of 13, extremely obese or severely underweight.

Precaution

- › Make sure to remove any nearby devices that can cause wireless interference.
These sources can cause slower performance or disconnection from **Fitrus Plus** and may also interfere with the Bioelectrical Impedance Analysis(BIA), resulting in inaccurate readings.
- › Do not eat or dismantle the battery.
Keep out of children's reach.
- › You must follow local regulations when disposing of the device or any of its components and accessories.

Warranty

- › If you are experiencing a problem using **Fitrus Plus**, please contact the **OSD** team.

 osd.sale@

- › Within the one-year warranty period, if any malfunction transpires under normal use, as established by the manual, the affected components of the product will be exchanged free of charge.
- › Past the one-year mark of the initial purchase, you will be responsible for the cost of any exchanges.

- › In principle, the components will be exchanged with those of the same color and model.
- › The customer may be responsible for the shipping costs.
- › In the following cases, the service fee may be charged even during the warranty period.

Malfunctions or damages of any disassembled or modified devices.

Damages caused by water & liquid or any weather conditions.

Specification

Fitrus Plus	FR-B10	Republic of Korea	11×3.4×1.25cm	45g	Wait time 168hr (Rechargeable)
Under 150μA		Upper body	DC 5V	BLE 4.2	Approx. 5 seconds 10~40°C 30~75%RH

