

It is compatible with iOS and Android.



OSD
ONE SOFT D I O M

Reading this user manual before use
will help ensure safety and proper usage.

01 FUNCTION

 **Fitrus**

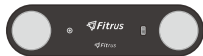
 **Fitrus A**



 **Fitrus Light**



 **Fitrus Pro**



BIA



BMI



Body
Water



Basal
Metabolic
Rate



Heart
Rate



Stress



Surface
Temperature



Blood
Pressure



HRV



Continuous
Blood
Pressure

Fitrus Pro



Fitrus Light



Fitrus A



02 FEATURES

FRA-W10 Size 10×2.9×1.2 cm | Weight 25g

 **Fitrus A**

Power button

Pressing the button lightly turns on the device and connects it to your smartphone.

The device automatically turns off after measurement.

LED Indicator

Displays remaining battery and measurement notification.

Four electrode sensors

There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

COMPONENTS



USB Charging Cable



User Manual

FRL-B10

Size 13x3.5x1.2cm | Weight 40g

 **Fitrus Light**

Power button

Pressing the button lightly turns on the device and connects it to your smartphone. The device automatically turns off after measurement.

Heart rate & stress measurement sensor

It can measure heart rate and stress levels.

Four electrode sensors

There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

Charging indicator light

During charging, it displays red, and when charging is complete, it shows green.

LED display

The latest measurement and remaining battery level will be displayed.



COMPONENTS



USB Charging Cable



User Manual

FR-B30

Size 12.6×3.4×1.36 cm | Weight 40 g

 **Fitrus Pro****Four electrode sensors**

There are four electrode sensors that allow you to measure body composition using the thumbs and index fingers of both hands.

Touch sensor

You can change what appears on the display with a light touch.

**Temperature sensor**

You can measure skin or object temperature. (Non-contact)

PPG

Blood pressure & heart rate & stress measurement sensor

It can measure blood pressure and heart rate and stress levels.

OLED display

The latest measurement and remaining battery level will be displayed.

Power button

Pressing the button lightly turns on the device and connects it to your smartphone. The device automatically turns off after measurement.

COMPONENTS

USB Charging Cable



User Manual



Search for **Fitrus** on  Google Play Store or  Apple App Store to download the app.
This free app helps you control device more effectively.



You can also download the **Fitrus** app on your smartphone using a QR code.

<https://thefitrus.com/app/> 



The **Fitrus** app is compatible with Android version 5.0 or higher, iOS version 12.0 or higher, and it operates as efficiently as possible on Smartphone.

Note that it may not be supported on some Android tablets and iPads.

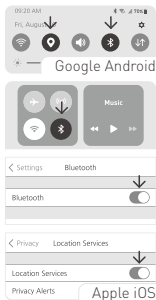
04

HOW TO USE



- 1 Turn on the GPS and Bluetooth on your smartphone, and open the **Fitrus** app.

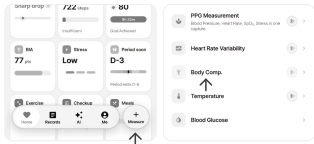
It does not require direct Bluetooth connection between the smartphone and device.
Do not enter a PIN number.
When you open the app and turn on the device, it will automatically connect.



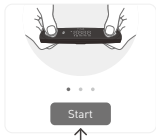
- 2 Open the **Fitrus** app.
The measurement results from device are recorded and stored in the **Fitrus** app.



- 3 Press Sign up and enter your user information.



- 4 Please press the power button on the device to turn it on, and then press the **Start** button on the smartphone screen.



The device will automatically turn off when the measurement is complete.



- 5 You can check the measurement results through the **Fitrus** app.



To reset the **Fitrus Pro**, press quick power button for 5 seconds.

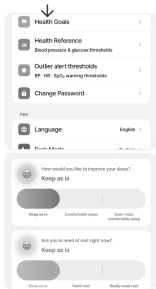


For more details, access the web manual through the QR code.

<https://manual.onesoftdigm.com>

HEALTH GOALS

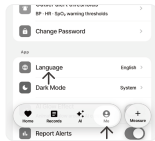
Use the Health Goals feature in the **Fitrus** app to set personalized health goals and manage them consistently.



LANGUAGE SETTINGS

In the **Fitrus** app, you can select various languages such as the system default, Korean, English, and Japanese on the Me ► Language screen.

If you set it to the system default, the app language will match your smartphone language. Currently unsupported languages will be displayed in English.

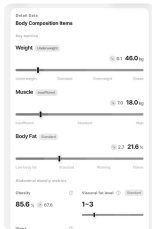


BODY ANALYSIS



Check your body status through body composition scores and body type analysis.

BODY DETAILS



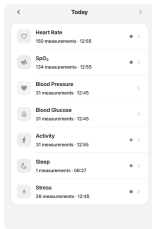
View key body composition data such as weight, muscle mass, and body fat.

BODY TRENDS



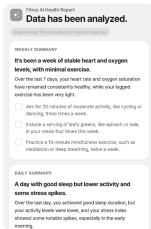
Track body composition changes over time for ongoing health management.

HEALTH RECORDS

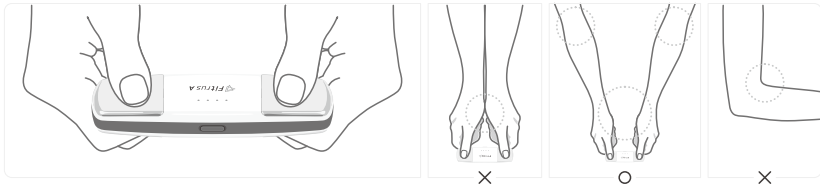


View measurement records for heart rate, blood pressure, activity, and more.

AI ANALYSIS



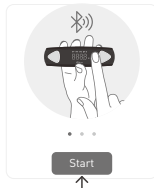
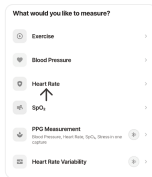
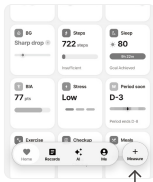
Use AI analysis to get an overall view of your measurement results and health status.



Hold the four electrodes with your thumbs and index fingers, stretch your arms forward. Keeping your elbows straight, and avoid touching your hands together. To obtain accurate results, it is important to maintain the appropriate measurement posture during the bioelectrical impedance analysis, where a microcurrent is consistently passed through the body.

CORRESPONDING PRODUCT

 **Fitrus A** **Fitrus Light** **Fitrus Pro**



Put your finger on the mini square sensor on the front of the device.
Cover the sensor completely and don't press too hard.

CORRESPONDING PRODUCT



Fitrus Light



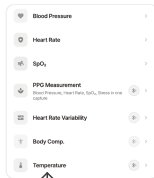
Fitrus Pro

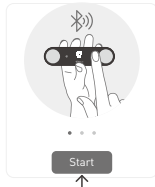
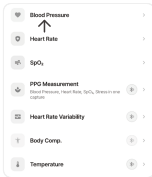
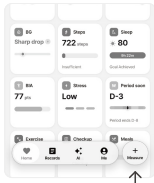
**Non-Contact**

Place the rounded sensor on the back of the device close to the skin or object, approximately 2 to 5 cm away. When measuring the temple, you can obtain a value similar to the body temperature.

Temperature

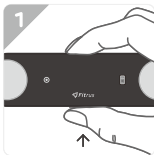
Attach the body temperature cap to the sensor before measuring body temperature.

**CORRESPONDING PRODUCT** Fitrus Pro

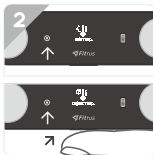


Put your finger on the mini square sensor on the front of the device.
Cover the sensor completely and don't press too hard.

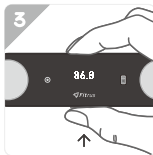
The **temperature** can be measured without a smartphone and checked directly with the OLED display.



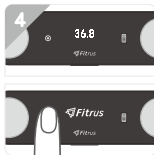
Please turn on the power button.



Select skin or object 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.

CORRESPONDING PRODUCT



 **Fitrus Pro**



BATTERY CHARGING



You can charge the device using the included USB cable.

 Usable for 20 days | Charging time is 3 hours

It is recommended to fully charge the device upon receipt. Measure after separating the device from the charger.

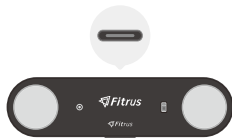
 **Fitrus A**



 **Fitrus Light**



 **Fitrus Pro**

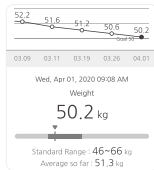
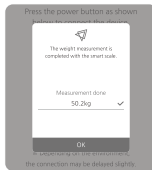


FRS-W10

Size 30×23.5×2 cm

Fitrus Scale is wirelessly connected with the **Fitrus** app.

If you step on the scale without pairing it with the **Fitrus** app weight or body composition measurement screen, your weight will be automatically saved without any additional operations. Select the weight or body composition card on the **Fitrus** app dashboard. Press the **weight measurement** button. When you step on the **Fitrus Scale**, it will measure automatically. Keep still until your weight is displayed, and then step off the scale. Once the results are shown on the **Fitrus** app, please step off the weighing scale. Once the measurement is complete, pressing the confirmation button will save the recorded weight.



Automatic on/off

Battery

Detects over 5 kg

3 AAA batteries

FRW-B10 | A smart watch for 24/7 health, activity, and sleep monitoring.

Charging Connect the included magnetic charging cable and fully charge the watch before use.

Connection Turn on Bluetooth on your smartphone and select the watch in the Fitrus app to connect.

Power on / off Press and hold the power button on the right side of the watch to turn it on or off.

Basic behavior Tap or swipe the screen to navigate the menu. Press the right button to return to the Home screen.



Blood Pressure



SpO₂



Steps



Stress



Heart rate



Blood Glucose



Sleep



HRV



Connect the magnetic charging cable to the back of the watch to charge.

Display

Waterproof

Battery

1.85 inch AMOLED

IP68

Up to 7 days

- › Device is not a medical device and is not a product for diagnosis, treatment, healing, and prevention of diseases. It is a home healthcare device based on **bioelectrical resistance analysis (BIA)** and self-developed algorithms.
 - › Do not use it together as it may affect biological devices such as heart rate regulators, cardio-cardiogram medical devices, artificial hearts, and artificial cardiopulmonary devices.
 - › Using the BIA technique, a microcurrent of 50 kHz approximately 150 μ A or less is used, so no current is felt during the measurement. Do not use it if current is felt during measurement.
 - › Measurement errors may be severe during pregnancy or menstruation.
For safety, do not use pregnant women, the elderly, or extremely weak mind and body.
 - › If you are extremely obese, underweight, or under the age of 13, the measurement may not be smooth.
If the measurement problem persists, please contact the customer service center within the warranty period.
-
- › The instructions may be changed without your prior consent or notice due to performance improvements such as hardware, software, and product configurations. Some images in the User's Manual may differ from the physical product.

- › Without the acquisition inspection certification of low-power radio frequency equipment, the company or user cannot change frequency, increase output, and change design characteristics and functionality.
The use of low-power radio frequency equipment should not affect flight safety or interfere with legitimate communication. If communication interference is found, it should be discontinued immediately and improved until there is no interference. Legal communication means wireless communication operated under the Communications Management Act. Low-power radio frequency equipment must be subject to legitimate communications or interference from industrial, scientific and medical radio-radiated electrical devices.
- › If you're storing devices for a long time without using them, make sure they're charged to about 40-60% at the right temperature. Batteries are damaged if stored for long periods of time in a discharged state.
- › Do not use near devices that generate powerful electromagnetic waves, such as microwaves.
Measurement errors may occur.
- › Never eat or break down the battery as it contains heavy metals. Keep out of reach of children.
- › Local laws must be observed when disposing of devices, accessories, batteries, etc.

› If you experience any problems using the device, please contact the following channels.



support@onesoftdigm.com

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- › The warranty period is one year after purchase,
and if the product defect in normal use according to the instruction manual, it can be exchanged free of charge.
 - › After the warranty period, you can get an exchange for a fee.
 - › In principle, the same product and color are used for product color.
 - › Transportation costs are borne by the customer when exchanging products.
 - › Payable services may be provided during the warranty period under the following circumstances.
 - Failure or damage caused by impact
 - Appearance changes with use
 - Improper use or carelessness, improper repair or alteration
 - Damage to parts caused by water or liquid entering the product



Country of manufacture	Republic of Korea	Current measurement	Approximately 150 μ A or less	
Company name Manufacturer	ONESOFTDIGM Co., Ltd.	Frequency range	50 kHz	
Communication	BLE 4.2	Measurement range	100~950 Ω	
Electricity	DC 5v	Recommended usage range	130~220 cm	30~180 kg
Manufacturing Date	Mark separately	Usage environment	10~40 $^{\circ}$ C	30~75 %RH