Sync with both **iOS** and **Android**

ONE SMARTDIET

USER **GUIDE**
Version 3.0

SD-W10

Please read this **User Guide** before using the device to ensure safe and proper use.

OSD
ONESOFTDIGM

ONESMARTDIET Device

USB Cable

Pouch

User Guide

OSD

2 FEATURES

Front LED Lamp

Operating - Blue, Charging - Red,
Fully Charged – Green.

Four Electrode Sensor

Measure Body Fat (%), Skeletal Muscle (kg),
and other components using BIA

ONE SMARTDIET

Acceleration Sensor

Monitor activity levels through the
acceleration sensors built into the device.

Quick Power Button

You can turn both the device and Bluetooth
on and off with a simple press of the button.

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3 HOW TO USE

① Download the **ONESMARTDIET** App from the ▶ Google Play Store or Apple App Store.

Use the **QR Code** and download apps on your smartphone.

https://smartdiet.onesoftdigm.com/app

② Register user account by inputting height, weight, gender, and age.

③ Connect **ONESMARTDIET** to the smartphone via Bluetooth by pressing the button located under the front LED lamp.

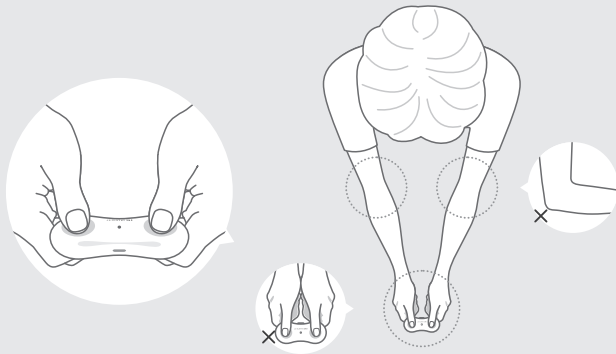④ Measure your health by pressing **Start** on your **ONESMARTDIET** App.

You can find more information in the web manual using the **QR Code**.

http://manual.onesoftdigm.com

ONE SMARTDIET

Lightly pinch the 4 electrodes with both of your thumbs and index fingers to measure Body Fat (%), Skeletal Muscle (kg), Basal Metabolic Rate, and Body water. Stretch your arms and make sure the left and right hands do not touch each other.

Q Should I charge **ONESMARTDIET** when I first get it?

A 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.

Q What smart devices are compatible with **ONESMARTDIET**?

A It is compatible with devices over Android version 5.0, iOS version 9.0, and is optimized for smartphones; some Android tablets and iPads may not be supported.

Q Can anyone else measure it?

A Anyone can measure it after you register with the app; to measure it by another user, select it from the **User List** on the app screen.

Q How can I check my activity log from my smart devices to the app?

A Within the app, you can link through **ONESMARTDIET Connection**, **Fitbit Tracker Connection**, and **Smartphone Device Provide Activity Data Connection** on the **More View > Settings > Activity Interconnect** menu.

Q Which languages is used in the app?

A You can set a language in the **More > Set > Language** menu within the app, and you can see it in your set language: Korean, English, Japanese, Chinese (simplified), Arabic, French, Portuguese, Persian, Vietnamese, Russian, German, Spanish, Turkish, Polish, Danish, and Greek.

Please check our **QR Code** for more info.

> **ONESMARTDIET** is not a medical device and should not be used for diagnostics or treatment.

> Bioelectrical impedance analysis (BIA) uses electric currents under 150uA of 50kHz which is too low to be sensed while measuring.
> In case you feel uncomfortable while measuring, stop using it immediately.

> 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 **ONESMARTDIET** to measure your body composition during pregnancy or menstruation.
> There will be discrepancies.

> Please be aware that **ONESMARTDIET** 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 **ONESMARTDIET** 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.

7 WARRANTY

> If you are experiencing a problem using **ONESMARTDIET**, please contact the OSD team.

> ✉ **osd.sale**@onesoftdigm.com

> We provide one-year warranty and if any malfunction happens under normal usage as specified in the manual, the affected components of the product will be exchanged free of charge.

> After the one-year warranty period, you will be responsible for the cost of any exchanges.

> 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.

ONE SMARTDIET

Device Name	ONESMARTDIET
Model Number	SD-W10
Trade Name	ONESOFTDIGM Co., Ltd.
Manufacturer	ONESOFTDIGM Co., Ltd.
Country of Origin	Republic of Korea
Production Date	Marked Separately

Telephone	**+82-54-279-4467**
Facsimile	**+82-50-4047-8250**
E-Mail	**osd.sale**@onesoftdigm.com
Homepage	http://www.**onesoftdigm**.com http://**smartdiet**.onesoftdigm.com

> The content of the **User Guide** (including safety precautions) may be changed at any time without notice to Users as the specifications for Hardware, Software and Configurations are modified.

> Some of the images which appear in this **User Guide** may differ from those on your product.

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