
Dr.Trust
SMART RECHARGE

Body Composition Analyzer

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Introduction

Please read the instruction manual carefully before use

OKOK APP totally adopts the method of Bio.electrical Impedance Analysis (BIA) to estimate body fat, body water and muscle mass. Suppose that body fat scale sends a harmless amount of electricity into the body, then it will measure the impedance of body and send the value to OKOK APP. On APP side, the percentage of body fat, body water and muscle mass will be calculated totally based on the impedance of body sent from body fat scale. If no body fat scale is used, besides weight and BMI, the APP does NOT display these data, such as body fat, body water, and muscle mass etc.

The OKOK International APP supports both Android and IOS system. It can be FREE downloaded from the link (<http://www.tookok.cn/download.html>), or from either the App Store (for iOS devices) or Google play (for Android device).



Chapter 1 Registration and Login

When you open the APP, you will first see the Login screen illustrated in figure 1 below.



Figure 1 Login screen

If this is first time to use the APP without registration before, you need to finish a registration first. You either slightly slide the screen from right to left, or click the “Join us” under the button of “Login”, you will see the registration screen illustrated in figure 2 below.

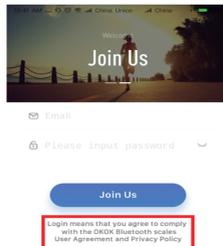


Figure 2 Registration Screen

To finish the registration, both e-mail address and password are required to be entered before you click “Join Us” button. Then, you are asked to set your personal profile, such as nickname, age, gender, and height etc. for complete registration. Completing a personal profile is essential because the data you enter will be used as reference for APP to analyze and assess health situation.

After you finish registration, you can slide the screen from left to right, and switch to “login in” screen shown in figure 1. Now you enter the e-mail address and password you already set in the processes of registration, click “Login” button. You will see the main screen illustrated in figure 3 below.



Figure 3 Main screen (example)

At the first time without any measurement, there is not any data show in the screen.

Chapter 2 Body Fat Scale Binding

Right now, you can bind your body fat scale for measurement late. Click “Device” in the bottom right corner, you see the “Binding device screen” illustrated in figure 4 below.



figure 4 Binding Device Screen

Click “Pair”, APP will automatically remind user if Bluetooth is not turn on in your Phone. If Bluetooth has been turn on, you will be asked to type a nickname of your body fat scale (illustrated in figure 5). After typing nickname, step the scale lightly, the number should be displayed on your phone (example shown in figure 6). If you confirm the data is yours, you then click “Bind” button to bind the body fat scale with the nickname you gave. That means that you can manage multiple body fat scales using one account.

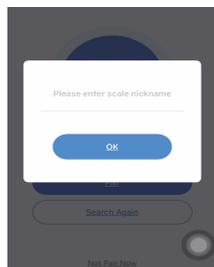


Figure 5 Nickname Typing screen

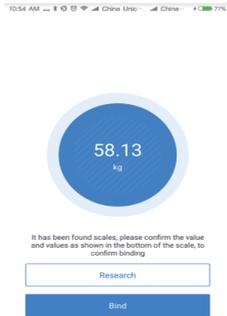


Figure 6 Data Transmitting During Binding Process

If you are not so sure the data came from the body fat scale you want to bind, you can click “Search Again” for a new searching and binding processes.

While binding is done, you can step on the scale for measurement. Be sure to keep feet bare, otherwise, you cannot measure data correctly. After weighting, you can see the main screen with date. An example is illustrated in figure 7.

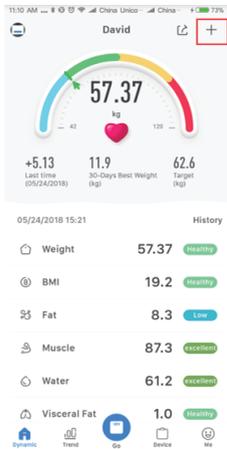


Figure 7 Measurement Display Example

Chapter 3 Basic Operations

3.1 Family Member Management

Enter main screen, click the avatar icon at the top left corner (shown in figure 8).



Figure 8 Member Management Operation

Now all family members' nicknames are display as shown in figure 9 below.

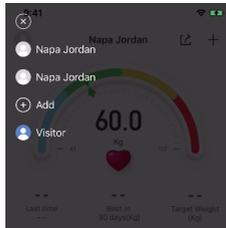


Figure 9 Family Members List under one account

You can select one member for current measurement results, show or manage his or her data. Also, you can use "Add" operation to add a family member or even a "visitor" for a guest to try a body fat scale. The Member Profile setting screen is shown in figure 10. You can set personal profile, including nickname, gender, birthday, and height to register to your account.

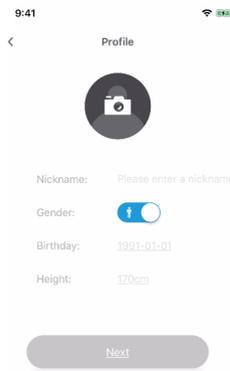


Figure 10 Member Profile Setting Screen

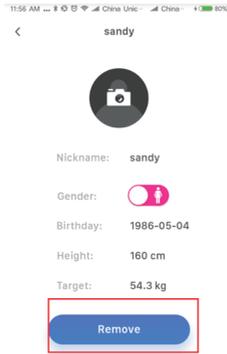


Figure 11 Member Remove Screen

On the other hand, you can use “X” operation to remove one family member or a guest” under your account. Please note, while you remove one member or guest, all data of the member or guest will be removed too. The remove operation screen is illustrated in figure 11.

3.2 Weight Record Adding Manually

If you like, or you have a usual weight scale rather than a Bluetooth body fat scale, you can add measurement result manually, and use the APP to manage your data. At the main screen, there is a manual adding “+” icon at the top right corner (show in figure 12).

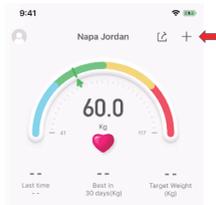


Figure 12 Weight Data Adding Manually Operation

While you click the “+” icon, a data entering screen is displayed. You can slide the dial to enter the weight, and click “OK” at the bottom to confirm the number.



Figure 13 Weight Data Entering Screen

Please note, as you only enter weight data, there are NOT other data, such as Fat, Muscle, Visceral Fat, and water etc. The display may look like that shown in figure 14 below.

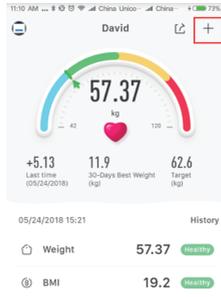


Figure 14 Display of only Weight Measurement

3.3 Detailed Data Checking

Click on one selected parameter, such as “BMI” on main screen, APP will display detail about BMI. It looks like that shown in figure 15 below.

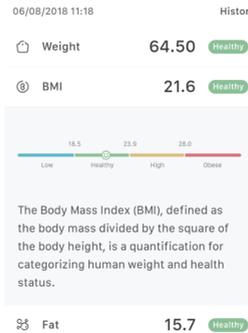


Figure 15 Description of Detail about BMI

3.3.1 Body Mass Index (BMI)

BMI is broadly used to assess if a person is at a healthy weight for his or her height because BMI is a number based on one's weight and height. With a BMI number, a person can assess if he or she is at risk for health problems such as heart disease, diabetes, and cancer. Generally, table 1 gives a usual reference for health situation assessment using BMI.

Table 1 Reference BMI for Health Assessment (Source: Wikipedia)

Category	BMI (kg/m ²)		BMI Prime	
	from	to	from	to
Very severely underweight		15		0.60
Severely underweight	15	16	0.60	0.64
Underweight	16	18.5	0.64	0.74
Normal (healthy weight)	18.5	25	0.74	1.0
Overweight	25	30	1.0	1.2
Obese Class I (Moderately obese)	30	35	1.2	1.4
Obese Class II (Severely obese)	35	40	1.4	1.6
Obese Class III (Very severely obese)	40	45	1.6	1.8
Obese Class IV (Morbidly Obese)	45	50	1.8	2
Obese Class V (Super Obese)	50	60	2	2.4
Obese Class VI (Hyper Obese)	60		2.4	

Please note, BMI is used to usually define different weight groups in adults 20 years old or older for both men and women. These recommended BMIs may vary from time to time and country to country. Table 2 gives a BMI chart recommended by US Department of health and Human Services, etc. On the other hand, the way of body fat estimation using BMI could possibly overestimate the percentage body fat of adult elite athletes.

TABLE 2 Adult BMI Chart

BMI	Height																
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	
41*†	91	96	100	105	110	115	119	124	129	134	138	143	146	150	154	160	167
41††	94	99	104	109	114	119	124	128	133	138	143	146	150	154	158	163	170
37*	87	102	107	112	116	121	126	131	135	139	143	147	150	154	158	164	170
37†	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
33*	104	109	115	120	125	131	136	142	147	153	158	164	169	175	180	186	191
33†	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
29*	101	106	112	118	124	130	136	141	147	153	159	164	170	176	182	187	193
29†	104	110	116	122	128	134	140	146	151	157	163	169	174	180	186	192	197
25*	104	110	116	122	128	134	140	146	151	157	163	169	174	180	186	192	197
25†	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
21*	118	124	130	136	142	148	154	160	166	172	178	184	190	196	202	211	217
21†	121	127	134	140	146	152	158	164	170	176	182	188	194	200	206	211	217
17*	126	131	136	141	146	151	156	161	167	172	178	184	190	197	203	210	216
17†	128	133	138	143	148	153	158	163	169	174	180	186	192	198	204	210	216
13*	132	138	144	150	156	162	167	174	180	186	192	198	204	210	216	222	228
13†	136	143	150	157	163	170	176	184	190	197	204	211	218	225	232	239	246
9*	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
9†	144	151	159	166	174	182	189	197	204	212	219	227	235	243	250	257	265
6*	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6†	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: US Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute. The Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: Evidence Report. September 1998 (NIH pub. No. 98-4083)

Anyway, BMI is still the data easy to get and recommended by WHO (World Health Organization) for personal assessment of health usually.

3.3.2 Body Fat Percentage (BFP)

BFP is the calculation of total mass of fat divided by total body mass and then times 100; Body fat includes both essential body fat and storage body fat. In this manual, the BFP is got based on bioelectrical impedance analysis (BIA), although there are other accurate methods, such as hydrostatic weight, skinfold calipers etc. However, the way using BIA method is still popular and convenient to track any change of body fat. Table 3 gives a reference of body fat percentage to assess your level of BFP. For more personal suggestion and number should be advised by your physician.

Table 3 Reference Table of BFP

		BODY FAT CHART FOR MEN (%)																					
AGE	18-20	2.0	3.0	4.2	5.3	6.5	7.7	9.0	10.3	11.5	12.8	14.0	15.3	16.6	17.8	19.0	20.2	21.5	22.7	24.0	25.3	26.6	
	21-25	2.5	3.5	4.7	5.8	7.0	8.2	9.4	10.7	11.9	13.1	14.4	15.6	16.9	18.2	19.5	20.8	22.1	23.4	24.7	26.0	27.3	
	26-30	3.5	4.5	5.4	6.4	7.4	8.4	9.4	10.4	11.4	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.4	
	31-35	4.5	5.4	6.4	7.4	8.4	9.4	10.4	11.4	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.4	24.4	
	36-40	5.5	6.4	7.4	8.4	9.4	10.4	11.4	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.4	24.4	25.4	
	41-45	6.7	7.7	8.7	9.7	10.7	11.7	12.7	13.7	14.7	15.7	16.7	17.7	18.7	19.7	20.7	21.7	22.7	23.7	24.7	25.7	26.7	
	46-50	7.7	8.7	9.7	10.7	11.7	12.7	13.7	14.7	15.7	16.7	17.7	18.7	19.7	20.7	21.7	22.7	23.7	24.7	25.7	26.7	27.7	
	51-55	8.8	9.8	10.8	11.8	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8	22.8	23.8	24.8	25.8	26.8	27.8	28.8	29.8
	56 & 60†	9.9	10.9	11.9	12.9	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9	25.9	26.9	27.9	28.9	29.9	30.9
			LEAN				IDEAL				AVERAGE				BODY FATNESS								

		BODY FAT CHART FOR WOMEN (%)																
AGE	18-20	11.5	13.5	15.7	17.7	19.7	21.7	23.7	24.8	26.3	27.7	29.0	30.3	31.7	33.1	34.5	35.9	37.3
	21-25	11.9	14.2	16.3	18.4	20.5	22.1	23.8	25.6	27.0	28.4	29.8	31.2	32.6	34.0	35.4	36.8	38.2
	26-30	12.5	14.8	16.9	19.0	21.1	22.7	24.3	26.1	27.6	29.1	30.6	32.1	33.6	35.1	36.6	38.1	39.6
	31-35	13.2	15.4	17.6	19.6	21.6	23.4	25.1	26.7	28.2	29.8	31.4	33.0	34.6	36.2	37.8	39.4	41.0
	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.4	29.0	30.7	32.3	34.0	35.6	37.3	38.9	40.6	42.3
	41-45	14.4	16.7	18.9	20.8	22.6	24.4	26.1	27.8	29.4	31.0	32.6	34.3	36.0	37.6	39.3	41.0	42.7
	46-50	15.0	17.3	19.4	21.3	23.1	24.8	26.5	28.1	30.1	31.5	32.8	34.0	35.0	36.1	37.1	38.1	39.1
	51-55	15.6	17.8	20.0	22.1	24.0	25.8	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.4	39.3
	56 & 60†	16.3	18.5	20.7	22.7	24.6	26.3	28.0	29.6	31.3	32.7	34.0	35.2	36.3	37.2	38.1	39.0	39.9
			LEAN				IDEAL				AVERAGE				MODERATE			

1. Body fat charts provided by BodyFatCharts.com
2. Data provided courtesy of AccuFitness, LLC

3.3.3 Body Water Percentage (BWP)

Just like BFP and BMI, total body water percentage is another important measure of good health. Although water is a main component in human body, BWP is different between women, men, babies and the elderly. However, it's important to keep a body water percentage slightly over 50 percent.

Table 4 Reference Table of BWP

		BODY WATER CHART**	
		BF % Range	Optimal BW % 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 28%	70 to 58%	
	21 to 29%	58 to 52%	
	30 to 32%	52 to 49%	
	33 and over	49 to 37%	

**Source: Derived from Wang & Durenberg. "Hydration of fat-free body mass." American Journal Clin Nutr 1995; 49:832-841.

Please note, here the table of BWP just gives you a reference. For more personal suggestion and accurate number should be advised by your physician.

3.4 Historical Data Checking

Click on "History" on main screen (shown in figure 16), APP will display historical data of selected family member. The list of historical data is illustrated in figure 17.

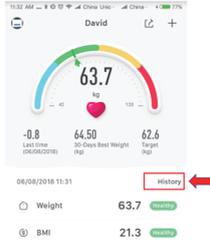


Figure 16 Historical Data Checking

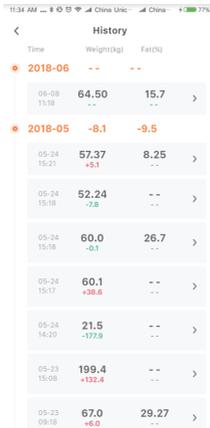


Figure 17 Display of Historical Data

Click on one selected record, APP will display its detail, which looks like that shown in figure 18 below.

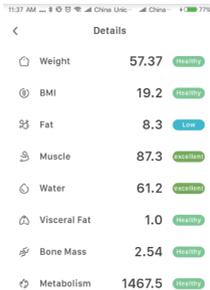


Figure 18 Detail of Historical Record

On the screen of figure 17, user can slide up or down to check the list of historical records. User can also delete any record. For Android phone, long press one record can delete the record; for IOS phone, slide the record from right to left, a deleting screen is displayed as figure 19 below. Click the delete icon to remove the record.



Figure 19 Delete Historical Records on IOS Phone

3.5 Trend Checking

Click on "Trend" at bottom left corner of main screen (shown in figure 20), APP will display the diagram of trend of selected parameter, such as weight, BMI, fat, muscle, water, bone mass, or metabolism. One example is shown in figure 21.



Figure 20 Trend Checking Operation



Figure 21 Display of Trend Diagram

Click parameter icon (shown in figure 22) to select and display its trend diagram.



Figure 22 Parameter Icons

3.6 Visitor Model

Enter main screen, click the avatar icon in the top left corner (shown in figure 8) to add a visitor. Then, click “Visitor” and enter the visitor model shown in figure 23 below.

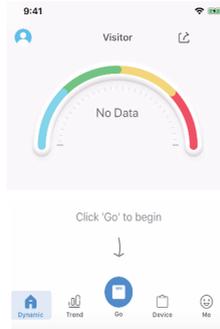


Figure 23 Visitor Mode Screen

Then click “Go” button. App will display the Edit screen (shown in figure 24) for visitor’s profile setting. After it is done, the guest can step on body fat scale to measure weight and others.

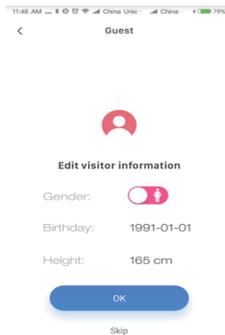


Figure 24 Visitor Profile Edit Screen

For Visitor model, only the latest record is kept, and “Trend” function is not available for this model.

Chapter 4 Application Setting

Click on the “Me” icon in the bottom right corner of main screen, then APP will display the “Me” screen with multiple setting operations illustrated in figure 25.

Figure 25 "Me" icon on bottom operation Bar

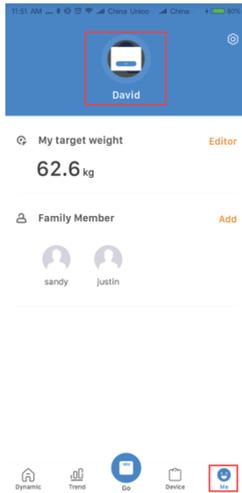


Figure 25 "Me" main screen

4.1 My Profile Setting

Click the head portrait in the middle of "Me" main screen shown in figure 25 to edit user's profile including these listed below:

- Head Portrait
- Nickname
- Gender
- Birthday
- Height

My profile edit screen is illustrated in figure 26 below.

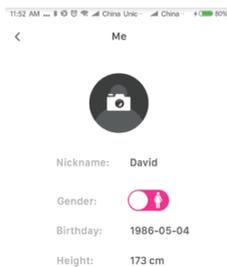


Figure 26 My Profile Edit Screen

4.2 Target Weight Setting

Click the "Edit" of "My target weight" on the "Me" main screen shown in figure 27. App will display the "Target" screen (shown in figure 28) for target weight setting. So user can set goal for weight loss and then use OKOK APP to implement weight management.

4.3 Family Member Setting

Click the "Edit" of "Family Member" on the "Me" main screen shown in figure 25. App will display the "Profile" screen (similar to figure 26) for persona information collection for one family member.

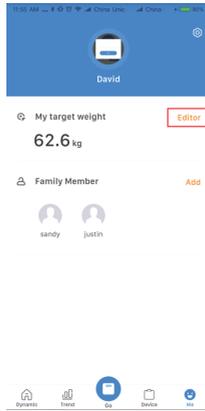


Figure 27 Target Weight Setting Screen

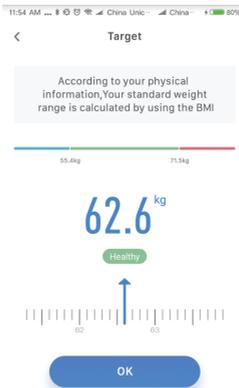


Figure 28 Enter Target Weight

4.4 Settings Screen

Click the “Settings” button on the Me screen shown in figure 29. App will display the “Settings” screen shown in figure 30 for multiple basic settings.

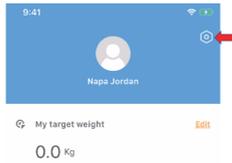


Figure 29 Settings Button on Me Screen

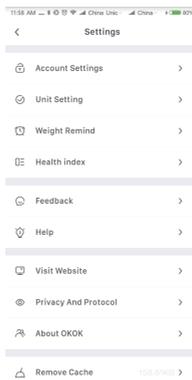


Figure 30 Settings Screen

4.4.1 Account Setting

Click the “Account Setting” on Settings screen shown in figure 30. App will display the “Account settings” screen shown in figure 31 for setting e-mail and password.



Figure 31 Account Settings Screen

4.4.2 Unit Setting

Click the “Unit Setting” on Settings screen shown in figure 30. App will display the “Unit setting” screen shown in figure 32 for units setting, such as metric, inch or mile.

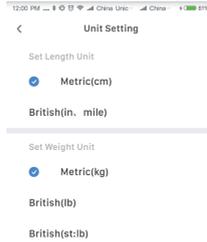


Figure 32 Unit Setting Screen

4.4.3 Weigh Remind

Click the “Weight Remind” on Settings screen shown in figure 30. App will display the “Weight Remind” screen shown in figure 33 for weight measurement remind setting,

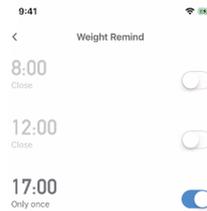


Figure 33 Weight Measurement Remind Setting Screen

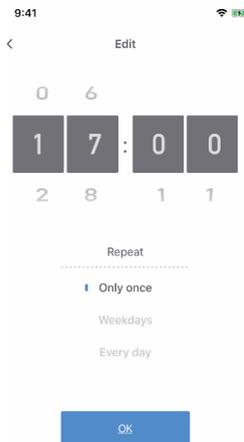


Figure 34 Repeat Setting

Click on the time number on screen shown in figure 33, APP will display the Repeat Setting screen shown in figure 34. User can set (1) Only once per week; or (2) One time from Monday to Friday (work days), or (3) One time every day;

4.4.4 Health Index

Click the “Health Index” on Setting screen shown in figure 30. App will display the “Health Index” screen shown in figure 35 for health index open or hidid.

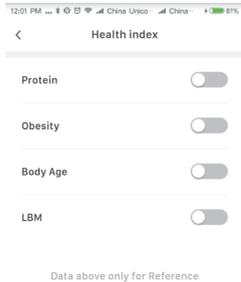


Figure 35 Health Index Setting Screen

4.4.5 Feedback

User can subscribe any feedback, such as suggestions, comments or even complaints to OKOK APP operator. That's great appreciated and helpful for OKOK APP team to improve the design and services.

4.4.6 Help

User can find basic help or answers for some basic questions that refer to setting, measurement, and registration, etc. The help screen is shown in figure 36.

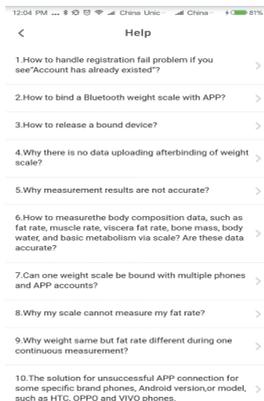


Figure 36 Help Screen

4.4.7 Visit Website

It provides a link to redirect to OKOK APP website, where you can check some information or news about OKOK, or update OKOK APP.

4.4.8 Privacy and Agreement

It shows and declare the privacy and agreement for the usage of OKOK APP for Bluetooth body fat scale.

4.4.9 About OKOK

It provides information about the version and update notice of OKOK APP.

4.4.10 Clear/Remove Cache

Click the icon of “Clear/Remove Cache” to clear up all data temporarily stored in the cache.

4.4.11 Sync with Google Fit/Apple Health

For Android phone, user can active the sync with Google Fit application in the sync screen shown in figure 37. Then, measured data will sync to Google Fit application.

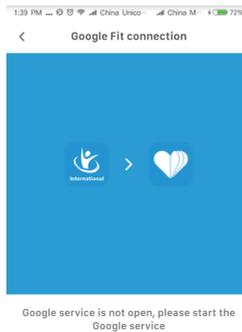


Figure 37 Sync Screen for Android OS

For iPhone, user can active the sync with Apple Health application in the sync screen shown in figure 38. Then, measured data will sync to Apple Health application.

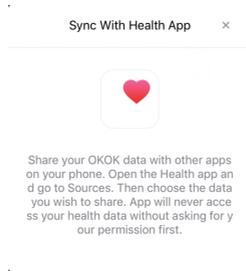


Figure 38 Sync Screen for IOS

Chapter 5 END

The OKOK APP is designed and free provided for users of body fat scales by Chipsea Technologies (Shenzhen) Corp. Shenzhen, China.

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Thank you very much for your choice of OKOK International APP.

And,

Wish you successful business and happy life!

For any query contact: -dr@drtrustusa.com.