

# Fitto User manual

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# I. Product Overview

## 1. General Information

Fitto is a digital healthcare device that uses near-infrared (NIR) technology to measure and analyze muscle development in each part of the body. The amount of muscle development in each part of the user's body is subdivided into indicators such as mass, quality, and age. Based on the measured data, the user's body type is categorized, and a diet and exercise regimen tailored to the user's goal is recommended. Fitto aims to help those who are passionate about exercise to manage their muscle development and prevent sarcopenia.

## 2. Configuration and Functions of Fitto

Fitto's main user target consists of those who are actively exercising and dieting, taking care of body shape and health and are familiar with a variety of exercise-related devices and services.

### 2.1 Product configuration (Name: Fitto, Model : MT715-BTWT, MT715-BTGY )

Fitto includes:

No	Components	Quantity	Remarks	
A	Main Body	1EA	Dimension (W x L x H)	2.63x 1.81 x 5.05 inch 67 x 46 x 128.5 mm
			Weight	80g , 2.82oz
B	USB Charging Cable	1EA	Cable Length:1m	
			USB Type-C	
C	Quick Start Guide	1EA		
D	Thanks letter	1EA		
E	Pouch	1EA		

## 2.2 Functions of Fitto



### 3. Fitto Status

#### Fitto Scanning Status

##### Scanning Light (Yellow)

Yellow Scanning Light Status	
Yellow Light Mode	Status
Scan Ready	on
Scanning	Flash (1 second)
Scan Fail	on
Scan complete	on

#### Fitto Battery Status

##### Battery Light(Red)

Red Scanning Light Status	
Red Light Mode	Status
Battery Status over 20%	on
Battery Status below 20%	Flash (0.5 seconds)

##### Charging Light (Green)

Green Scanning Light Status	
Green Light Mode	Status
Charging (battery Status over 0~99%)	Flash(2 seconds)
Charging (Full-charged battery )	off

##### Power Light (Yellow)

Yellow Scanning Light Status	
Yellow Light Mode	Status
Device on	on
Device off	off

## II. How to use Fitto Device

### 1. Precautionary Steps

#### 1.1 Precautionary steps before operation

- Before operation, please make sure to familiarize yourself with the operating method on the user manual.
- Ensure that all product components are included in the product's package.
- Check the charging light and use the product after sufficient charging.
- USB port : charging function only
- If the charging cable is damaged or exposed to water, do not connect it with the product as it may cause technical problems.
- Please use the following specifications regarding the adaptor :

(Direct current 5V, current 1A or more can be used)

- Please download the Fitto App from the iOS/Android app store and activate the Fitto's Bluetooth pairing mode.

- Please ensure that your smartphone's software version is higher than iOS 13.0 or Android 6.0.
- Before operation, please make sure to familiarize yourself with the operating method on the user manual.

## 1.2 Turning the Fitto device ON or OFF

- In order to turn the device ON, press the TOP button(Power switch) 2 seconds.
- You will hear a "beep" sound and device will stay on for approximately 3 minutes.
- The device will be turned off automatically if not used.  
(After 3minutes)
- In order to turn the device OFF, press and hold the same TOP button for more than 3 seconds.
- Before scanning your muscle, please ensure that your hair has been removed and that your spot is not wet or moist for more accurate scanning results.
- The product cannot be powered on while charging. Please turn the product on after charging.

## Customer service

### 1. Troubleshooting

### 2. Warranty

#### 2.1 Warranty Policy

- The warranty period of one (1) year, starts on the date of purchase as stated on your proof-of-purchase and expires after the indicated warranty period.
- When there is a request relevant to the warranty, a prompt response of maintenance or exchange shall occur in principle at the headquarters of Olive Healthcare, Inc. or the place of product installation according to the repaired parts or the processing period. (Please check the status of repair)
- Upon submitting a repair request within the warranty period, the user should provide Olive Healthcare, Inc. with the data, video, pictures, etc. needed to confirm any product-related technical problems.
- Please have the following information available when contacting Olive Healthcare Inc. for efficient assistance:
- -Your product type / model number (e.g. Fitto / MT715-BTWT, MT715-BTGY)
- -Your proof-of-purchase (e.g. original invoice or cash receipt) indicating the date of purchase, dealer name, model number of the product and serial number; and
- -The product serial number and production date code as specified on the product.



- Please contact us at [hello@belloeveryday.com](mailto:hello@belloeveryday.com) or <http://www.belloeveryday.com>, if you are in need of any assistance.
- In all cases, the responsibility, and rights for determination of the contents and causes of product damage shall reside in Olive Healthcare Inc. The determination shall be final and conclusive. The warranty excludes, or does not apply, to the following:

## 2.2 Exceptions within the warranty period

The warranty does not cover consequential damages nor compensation for activities done by user due to user's negligence, such as failure to carry out operation procedures and abide by safety notes.

### **The warranty excludes, or does not apply, to the following:**

- Damage caused by service performed by anyone located anywhere other than Olive Healthcare's approved customer service location. In the case of arbitrary modifications or changes, it is hereby announced that the user shall not be eligible to receive paid or free-of-charge repairs. Our company shall not be responsible for the legal problems occurring due to the arbitrary modifications or changes.
- If the defect is the result of excessive use outside the device's intended purpose, etc.
- If the defect is caused by abuse of the product or by environmental conditions that are not in conformance with the guidelines mentioned in the user manual of the product.
- Failure and/or damage caused by a natural disaster.

## Appendix

### A)Electrical Specifications

Item	Description
Operating voltage and power consumption (Lab. Test at Olive Healthcare)	DC 3.6 ~ 4.2V / 0.12W (Battery)
Battery	3.7V, 600mA (For battery operation)
Bluetooth	Version: Bluetooth 5 (1Mbps, 37 Length) (2402~2480MHz)
Max Power	+1.5dbm

- The device will be turned off automatically if the device is not being used for more than 3 minutes.
- Usable time upon full charging is approximately 20 hours in case of keeping the device power on.

### B) Environmental Specifications

- Notes upon management and storage
  - Store the product in a place free of water.
  - Be cautious of the damaging effects of the atmosphere, hygiene, temperature, humidity, ventilation, sunlight, dust, salty air, etc.
  - Do not store the product at in a place with the occurrence of gas and chemicals.

	Operating condition	Transport & storage conditions
Temperature	-10°C ~ 55°C (14°F ~ 131°F)	-20°C ~ 60°C (-4°F ~ 140°F)
Relative humidity	15% ~ 90%	
Atmospheric pressure	70kPa ~ 106kPa (Altitude: Maximum 3,000m)	









When the optimal conditions of use for Bello are not met, store the device at a general temperature (20°C) for at least an hour before use.

### **C)Safety Precautions**

- Do not direct your eyeballs towards, or directly stare at, the scanning light source. Damage can be inflicted on your eyeballs from light being radiated on them.
- Do not keep or use the product near children.
  - As of 2021, only those 17 years of age or older can use this device. It is strictly not allowed to use by minors.
- Do not use the product on sensitive skin or wounds.
- Do not use the product if you have any bioabsorbable implants.
- Do not attempt to open or repair the instrument on your own. If a device fails to operate normally, check the abnormality status of the power supply, charger, etc. and do not arbitrarily touch it. Please request the specialists of manufacturer, importing business or repair business for a repair after making appropriate notes.
- Do not use the product during while it is charging.
- Do not use the product if you have any implantable medical instruments (artificial cardiac pacemaker, implantable cardiac defibrillator, implantable medical electro-stimulator, implantable electric urination suppressor, etc..) that affect electromagnetic waves.
- Pay attention to the notes and cautions for operation as well as side effects and accidents that can result from negligence.

### **D)Marks and Symbols**

- The following symbols are displayed in the product's configuration and the supplies and package provided with the product.

Indication	Description	Indication	Description
	Manufacturer		Manufactured date
	Serial No.		This waste cell must be disposed of in a special way.
	This electronic device must be disposed in a special way.		Temperature display (Bottom left: Minimum temperature Top right: Maximum temperature)
	Pressure display (Bottom left: Minimum pressure Top right: Maximum pressure)		Humidity display (Bottom left: Minimum humidity Top right: Maximum humidity).

## E) Regulatory Notice

### (1) FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could

void the user's authority to operate the equipment.

This equipment complies with FCC/IC RF Radiation exposure limits set forth for an uncontrolled environment.

## **(2) IC (Industry Canada) Statements**

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le present appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisee aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et.
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radio électrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

FCC and IC RF Radiation Exposure Statement: This equipment complies with FCC and IC RF Radiation exposure limits set forth for an uncontrolled environment.

RF du FCC et IC d'exposition aux radiations: Cet équipement est conforme à l'exposition de FCC et IC rayonnements RF limites établies pour un environnement non contrôlé.

## **(3) CE**

This device is compliant with the RED article 10.2 requirement because this device is operated at least one Member State without infringing applicable requirements on the use of radio spectrum.

## **(4) IMDA**



**IMDA Certification Marks**