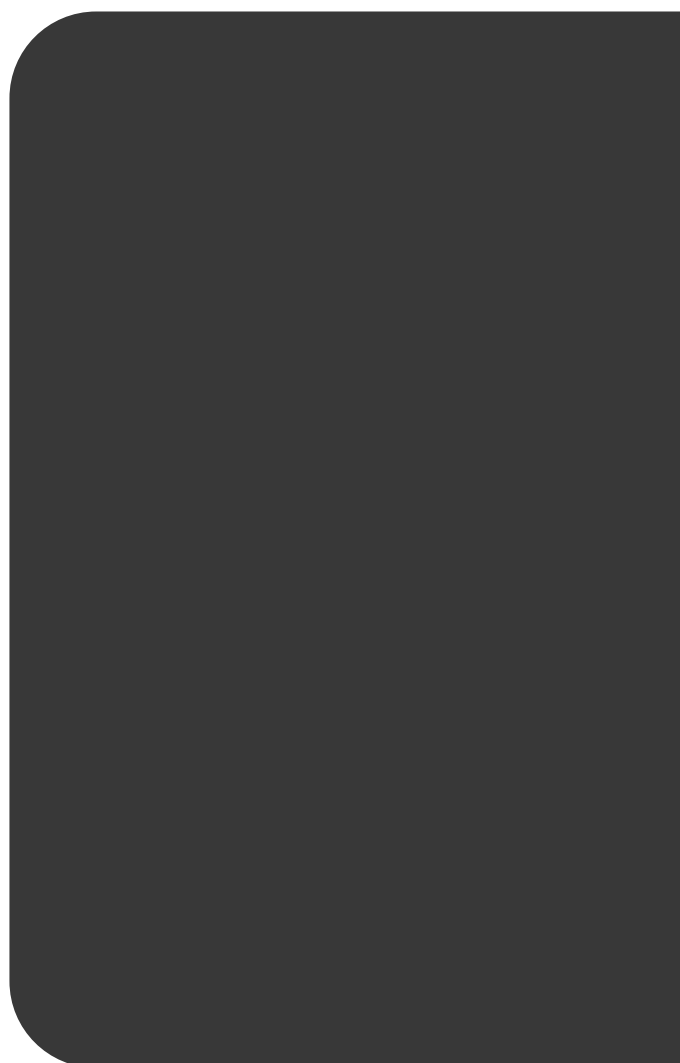




**Energize
Your Health
Journey!**





Discover Verve!

Unleash spirited health and fitness with your brand new smart scale.

Bring a brand new sense of vitality to your life with *Verve*! By combining the best in body metric measuring, our in-house Weight Gurus app, and one-of-a-kind *AccuCheck* technology, the tools are at your disposal to find new inspiration in your fitness routine and health monitoring. Gain a comprehensive picture of your health. Track the trends and accomplish your goals!



**More of a world wide
web person?**

In that case, scan this QR code or
visit **GREATERGOODS.com/0412**
to access our detailed, online
instruction manual.

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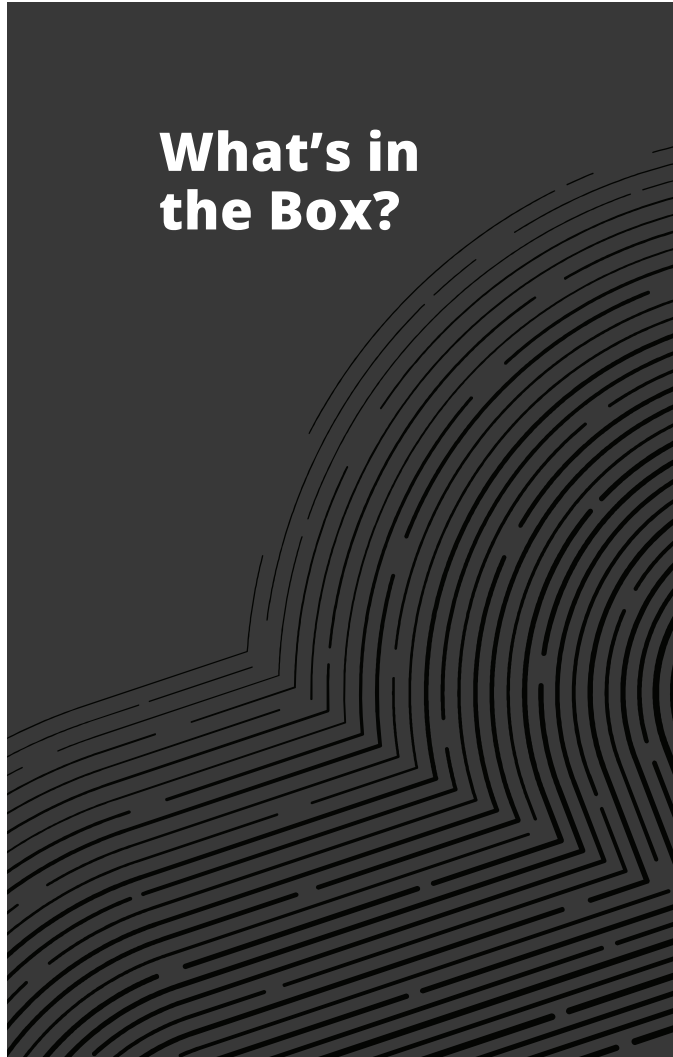
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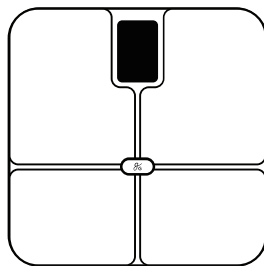
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Contact Us
info@greatergoods.com
866.991.8494

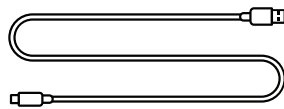
What's in the Box?



Contents



**Verve AccuCheck
Smart Scale**

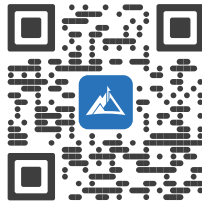


**Charging Cord
(USB-A to USB-C)**



**Introductory
Booklet (me!)**

**Connect
& Conquer
Your Goals!**



GET THE APP

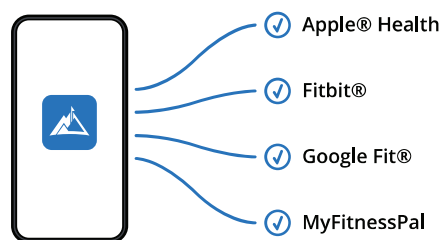
Connect

To unlock all the potential of your new *Verve* smart scale, download the Weight Gurus app from iOS or Android.



Once in the app, create a Weight Gurus account.

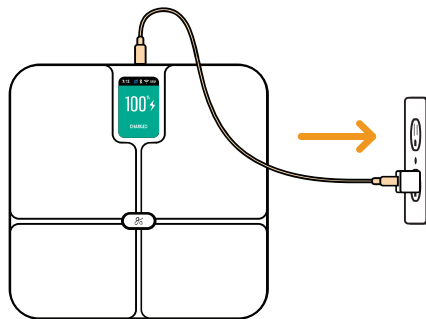
Don't worry if you already have a favorite fitness app, Weight Gurus integrates with—and is not limited to—Apple® Health, Google Fit®, FitBit®, and MyFitnessPal. You can find this feature in the app settings.



3, 2, 1... Go!

This Is How You Do It

1. Plug your *Verve* in to give it a nice, full charge.

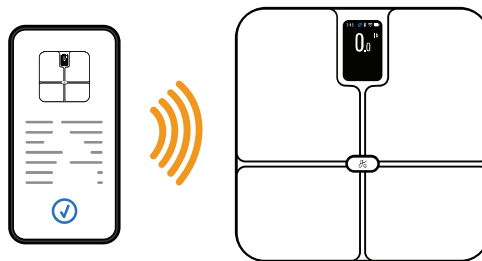


2. Place the scale on a hard, flat surface.

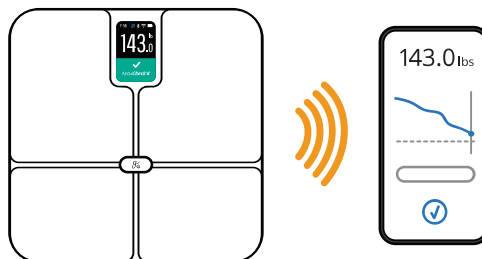


This Is How You Do It

3. Tap the *Verve* to wake it up, open the Weight Gurus app, and connect your scale.



4. Step on and let *Verve* handle the rest.
All results will immediately be sent to your desired health app, regardless of where your phone is!



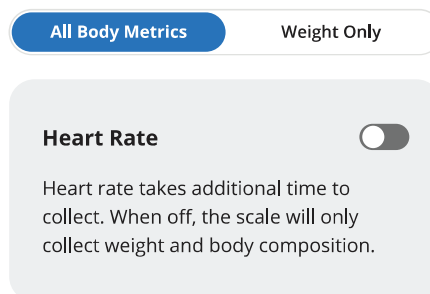
This Is How You Do It

Different Modes

Two different modes exist: All Body Metrics and Weight Only (🔗). All Body Metrics mode measures all of your body composition metrics, and Weight Only, as you might imagine, only calculates weight.

The scale utilizes a minor electric current to gather any metrics beyond weight. Users with certain medical conditions—like those with implanted medical devices or those that are pregnant—should consult with their doctor to determine which mode is safest.

To avoid exposure to the current, select Weight Only mode.



Note: Toggle the switch for Heart Rate if you want the Verve to measure it as well!

Check Out
AccuCheck

Solving the #1 Problem with Bathroom Scales!

AccuCheck is a proprietary feature to Greater Goods scales—patent pending—that double-checks your weight for the utmost accuracy.

After stepping on your scale, it will measure and the screen will show this:



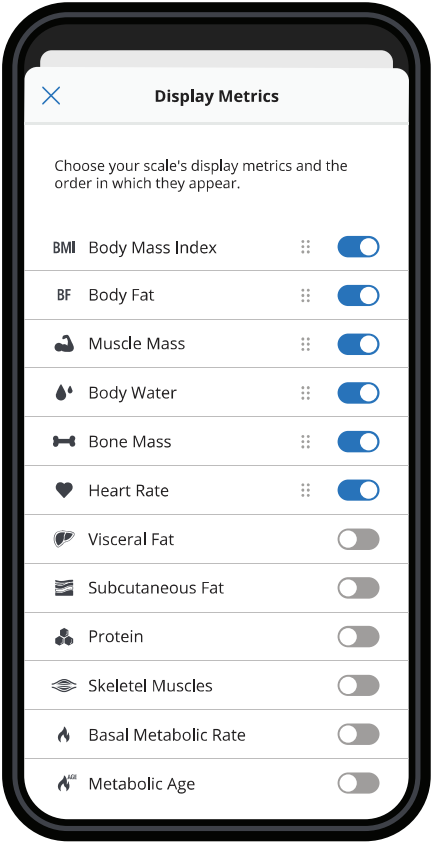
Step off, and the scale will double-check its measurement, correcting itself if necessary. When it's completed, you'll see this:



One Scale, Many Measurements

Within the app, you can customize which metrics will display on your scale's screen and set it up to show the trends of your health journey! To access this feature, go to the Display Metrics page in Scale Settings.

Body Metrics



Body Metrics

Typical Results

Note: To learn more about health, body metrics, and healthy ranges head to the *Weight Gurus* app!

Body Mass Index

| BMI | Weight Status |
|-------------|---------------|
| <18.5 | Underweight |
| 18.5 - 24.9 | Normal |
| 25 - 29.9 | Overweight |
| 30+ | Obese |

Body Fat %

| Female | | | | |
|--------|-----|--------|------------|------|
| Age | Low | Normal | Above Avg. | High |
| 20-29 | <19 | 20-28 | 29-31 | >31 |
| 30-39 | <20 | 21-29 | 30-32 | >32 |
| 40-49 | <21 | 22-30 | 31-33 | >33 |
| 50-59 | <22 | 23-31 | 32-34 | >34 |
| 60+ | <23 | 24-32 | 33-35 | >35 |
| Male | | | | |
| Age | Low | Normal | Above Avg. | High |
| 20-29 | <13 | 14-20 | 21-23 | >23 |
| 30-39 | <14 | 15-21 | 22-24 | >24 |
| 40-49 | <16 | 17-23 | 24-26 | >26 |
| 50-59 | <17 | 18-24 | 25-27 | >27 |
| 60+ | <18 | 19-25 | 26-28 | >28 |

Body Metrics

Muscle Mass %

| Female | Male |
|------------|------------|
| Approx. 30 | Approx. 40 |

Body Water %

| Female | |
|------------|---------|
| Body Fat % | Water % |
| 4-20 | 58-70 |
| 21-29 | 52-58 |
| 30-32 | 49-52 |
| 33+ | 37-49 |
| Male | |
| Body Fat % | Water % |
| 4-14 | 63-70 |
| 15-21 | 57-63 |
| 22-24 | 55-57 |
| 25+ | 37-55 |

Bone Density Weight

| Female | | | |
|--------|------|---------|------|
| Weight | <100 | 100-135 | >135 |
| Bone | 3.9 | 4.1 | 4 |
| Male | | | |
| Weight | <135 | 135-165 | >165 |
| Bone | 4 | 4.4 | 4.2 |

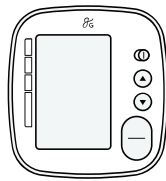
A Happy, Healthy Family

One makes the others better.
The best in home health!



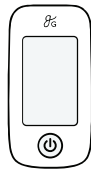
grtr.gd/health

Shop Greater Goods Health



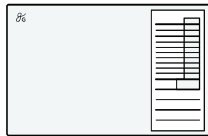
Smart Blood Pressure Monitor

Connect with your heart health.



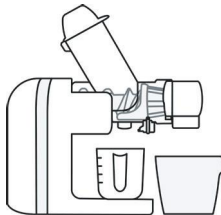
Pulse Oximeter

Home is where the heart beat is.



Food Facts Scale

Like a little nutritionist for your kitchen.



Juicer

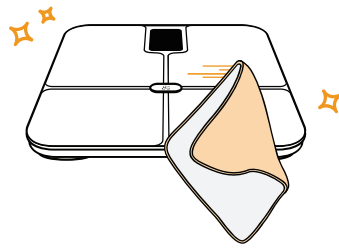
Freshen things up.
Get juicy.



**Keep It
Clean**

Best Use

- Your scale is not waterproof, so never immerse it in any type of liquid.
- To clean the weighing platform, use a soft, slightly damp cloth or sponge and warm water.
- If you need to remove stains or other residue, carefully use a mild dishwashing soap with a sponge or cloth and warm water.



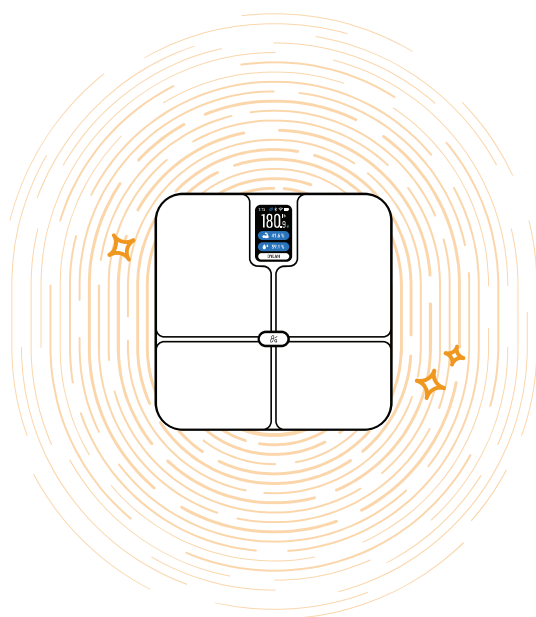
- Never use harsh cleaners on the scale.



Best Use

Warnings

- Never use, or allow others to use, this scale in combination with the following medical electronic devices:
 - Medical electronic implants, such as pacemakers.
 - Electronic life support systems, such as an artificial heart/lung.
 - Portable electronic medical devices, such as an electrocardiograph.
- This scale passes a harmless and undetectable electric current through your body when taking a measurement (All Body Metrics mode). The electric current is not felt while using the scale. This scale may cause the above electronic devices to malfunction.
- All Body Metrics mode is not intended for use by pregnant women.
- This scale is not intended for use by infants, toddlers, and children under the age of 10.
- Do not step on the edge of the scale while getting on or off. It may tip over.
- Always place the scale on level flooring. Otherwise it may tip.
- Do not step or stand on the scale when your body and/or feet are wet—for example, after taking a shower.
- Do not step on the scale when the surface is wet. There is a danger of slipping.
- Never jump on the scale.
- Protect the scale from hard knocks, temperature fluctuations, and heat sources that are too close (like heating units or stoves).
- Do not drop the scale or drop anything on the scale.
- Please be aware that the body metric measurements obtained from this scale represent an approximation.
- Do not use this scale if you weigh more than 440 pounds.



Viva La Verve!

Statements

An abstract graphic consisting of a series of concentric, curved lines that create a sense of depth and movement. The lines are dark and set against a lighter background, forming a shape that resembles a stylized 'C' or a series of nested arches.

Statements

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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.

Statements

SAR Information Statement

Your Bluetooth WIFI Body Scale is a radio transmitter and receiver. It is designed and manufactured not to exceed the emission limits for exposure to radiofrequency (RF) energy set by the Federal Communications Commission of the U.S. Government. These limits are part of comprehensive guidelines and establish permitted levels of RF energy for the general population. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health. The exposure standard for this Bluetooth WIFI Body Scale employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg. * Tests for SAR are conducted with the Bluetooth WIFI Body Scale transmitting at its highest certified power level in all tested frequency bands. Although the SAR is determined at the highest certified power level, the actual SAR level of the Bluetooth WIFI Body Scale while operating can be well below the maximum value. This is because the Bluetooth WIFI Body Scale is designed to operate at multiple power levels so as to use only the power required to reach the network. In general, the closer you are to a wireless base station antenna, the lower the power output. Before a Bluetooth WIFI Body Scale model is available for sale to the public, it must be tested and certified to the FCC that it does not exceed the limit established by the government adopted requirement for safe exposure. The tests are performed in positions and locations (e.g., at the ear and worn on the body) as required by the FCC for each model. The highest SAR value for this Bluetooth WIFI Body Scale when tested for Limbs is 0.59 W/Kg. While there may be differences between the SAR levels of various Bluetooth WIFI Body Scales and at various positions, they all meet the government requirement for safe exposure.

Statements

The FCC has granted an Equipment Authorization for this Bluetooth WIFI Body Scale with all reported SAR levels evaluated as in compliance with the FCC RF exposure guidelines. SAR information on this Bluetooth WIFI Body Scale is on file with the FCC, and can be found online at <https://www.fcc.gov/oet/ea/fccid> by searching this product's FCC ID: 2ADUL412-13. Additional information on Specific Absorption Rates (SAR) can be found on the Cellular Telecommunications Industry Association (CTIA) website at www.wow-com.com. * In the United States and Canada, the SAR limit for Bluetooth WIFI Body Scales used by the public is 1.6 watts/kg (W/kg) averaged over one gram of tissue. The standard incorporates a substantial margin of safety to give additional protection for the public and to account for any variations in measurements. The SAR test distance is 0mm.

Drop Us a Line

Having trouble with your
new scale?

Catch us here:

info@greatergoods.com
866.991.8494

Or visit the online guide.

[GREATERGOODS.com/0412](https://greatergoods.com/0412)

Oooooor find us on social!

   greatergoods

 greater_goods

