



# Get to know your Tenvis Scale.

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USER MANUAL

## Pairing the Tervis Scale



Open Tervis app and click on the “+” toggle menu. Select ‘Tervis Scale’.



Stand on the Tervis Scale and stay still to begin searching.



The app will automatically sync your weight. Click ‘Connect’ to confirm the pairing.

## Weighing and Syncing



Open Tervis app and click on the “+” toggle menu. Select ‘Tervis Scale’.



Stand on the Tervis Scale and stay still to begin searching.



Tervis Scale will automatically sync your weight. To measure body fat (barefoot), remain still on the scale for 10 seconds.

## Unpairing the Tenvis Scale



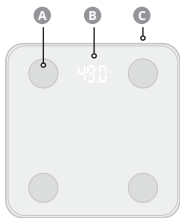
Open Tenvis app and click on the “+” toggle menu. Select ‘Tenvis Scale’.



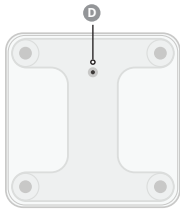
Stand on the Tenvis Scale and stay still to begin searching.



Click on ‘Disconnect Tenvis Scale’



Front



Back

## Tenvis Scale

- A. Body fat monitoring pads.
- B. LED display.
- C. USB charging port.
- D. Imperial/metric unit switcher.

## Notes

1. Keep the scale away from wet areas. The device is not waterproof.
2. Do not step on the scale if the glass surface is wet.
3. When weighing yourself, please stand in the middle of the glass surface.
4. Do not exert excessive force on the glass surface as it may cause cracks or scratches.
5. Avoid using harsh solvents or cleaning liquids on the scale.

# Support

Search “Tennis HR” in iTunes App Store or Google Play to download and install the app.

For online help and support, visit  
**[support.oaxis.com](https://support.oaxis.com)**

For more information, visit  
**[oaxis.com/tennis-scale](https://oaxis.com/tennis-scale)**