ax/s

Thank you for purchasing the ax/s.

The Caring Mill™ by Aura Axis Scale uses bioelectrical impedance analysis (BIA) technology to help you easily measure:

- ECG
- body weight
- body balance
- body fat percentage
- visceral fat level
- body water percentage
- skeletal muscle percentage
- muscle mass
- bone mass
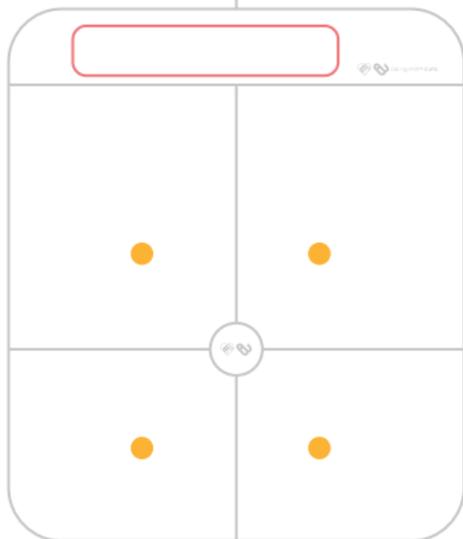- protein level
- BMR
- BMI
- body age
- and more

content

thumb electrode

touch sensor

informative screen

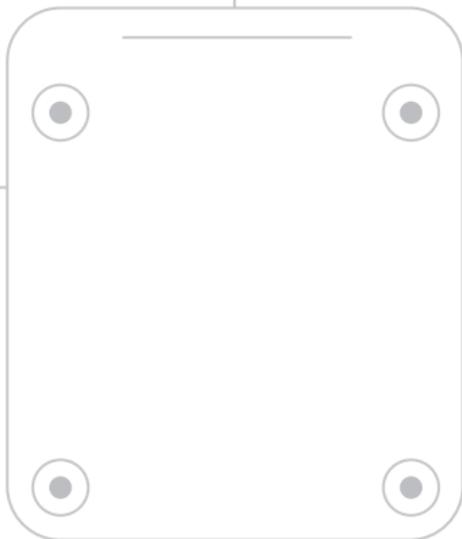ITO sensor

thumb electrode

hand electrode

charging port (USB-C)

silicone floor grips

[product specification]

- Dimensions: 300 × 350 × 44 mm (11.8 × 13.8 × 1.7 in)
- Display: 6.9-inch color TFT
- Net Weight: 2.63 kg (5.8 lb)
- Power: 2000 mAh lithium battery (USB-C charging)
- Capacity: 0–180 kg (0–397 lb)
- Division: 0.1 kg / 0.2 lb
- Units: kg, lb
- Connectivity: Bluetooth

warnings

- Do not disassemble, puncture, or expose the device to short circuits.
- Keep the device away from water and fire.
- Do not expose the device to temperatures exceeding 60°C (140°F).

important notice

- This device provides reference data only.

Measurements should not replace professional medical advice or diagnosis. Measurement accuracy may be affected if:

- You are under 18 years of age
- You are pregnant

Do not use this device if: You have a pacemaker or other implanted medical device

additional warnings

- Contains lithium battery. Store away from heat sources including heaters, stoves, and fireplaces.
- Not water-resistant. Avoid use in wet conditions and do not clean with water.
- Do not attempt to repair or modify this device. Improper handling may cause battery failure.
- Not suitable for individuals with limited physical capacity or cognitive impairment unless supervised by a responsible person.
- Keep out of reach of children.

maintenance

- Clean with a soft, dry cloth only.
- Do not use detergents or cleaning agents.

setup

1. Charge the scale using the included Type-C cable to exit shipping mode.
2. Scan the QR code displayed on screen to download the Fitdays+ app ↓

Fitdays⁺

3. Open the app and complete registration.

Login

Register

← Add Member

Personal information is used for measurement purposes only.

Nickname

Please enter your Nickname   0/25

Gender   ℹ️ ⬆️

Birthdate   -- >

Height   -- >

User type   Standard >

Confirm

4. Enter your personal information: height, gender, age, birthdate, target weight.

Confirm to create your profile.

5. Enable Bluetooth, GPS, and location permissions on your device.

using the ax/s

For Best Results
For the most consistent and accurate readings, weigh yourself once or twice weekly at the same time—ideally first thing in the morning before eating or drinking. We recommend measuring without clothing for optimal accuracy.

Taking a Measurement
1. Step lightly onto the scale to turn it on.
2. In the Fitdays+ app, tap Add Device from the Device screen, or use Device Manager from the Measuring page.

Add Device

Searching for device...
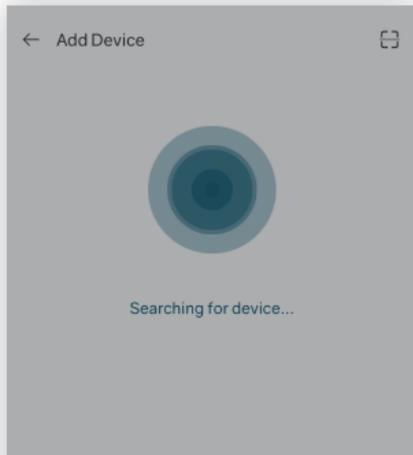
Lightly press the scale body to make the scale body screen light up.

Device

Add Device

Health	Device	Mine

Device Manager

Compare

Single Share

Module Management

FAQ

Device

Add Device

Measuring

Trend

More

Health

Device

Mine

14
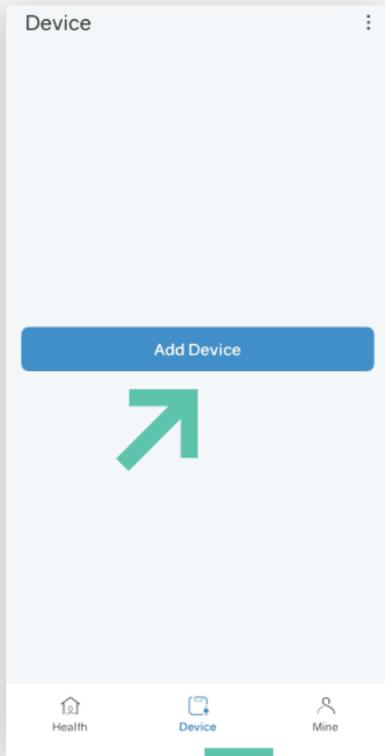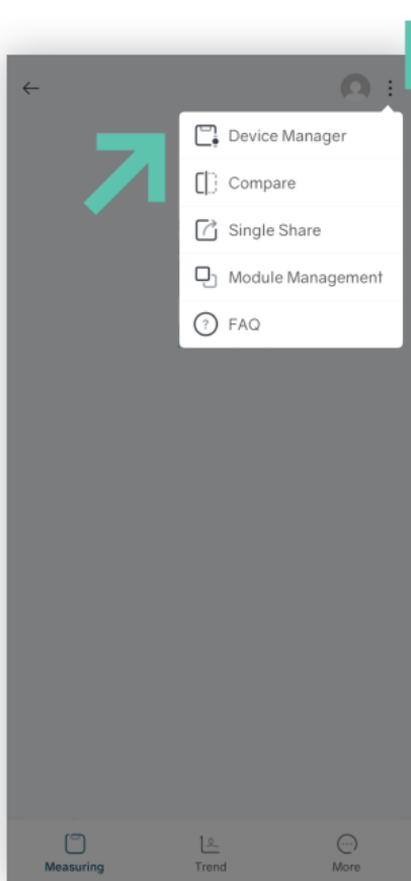
note:

Wearing socks will
measure weight
and BMI only.
For complete body
composition data,
step on the scale
barefoot.

3. **Pull out the handle from beneath the display.**
4. **Hold the handle with thumbs on the thumb electrodes and remaining fingers gripping the metal electrode pads firmly.**
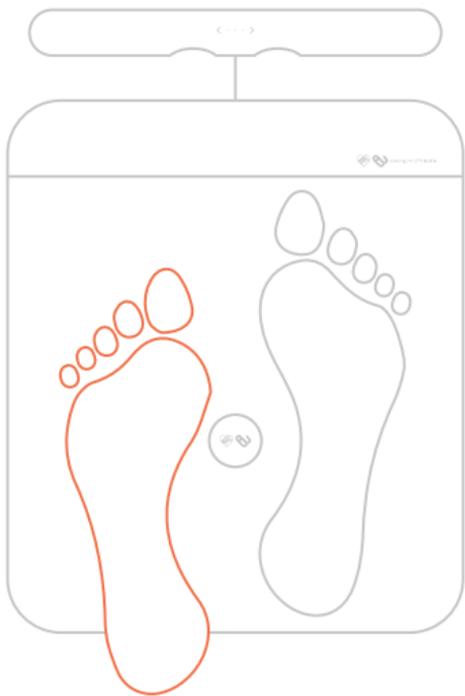
Keep your arms straight at 45 degrees
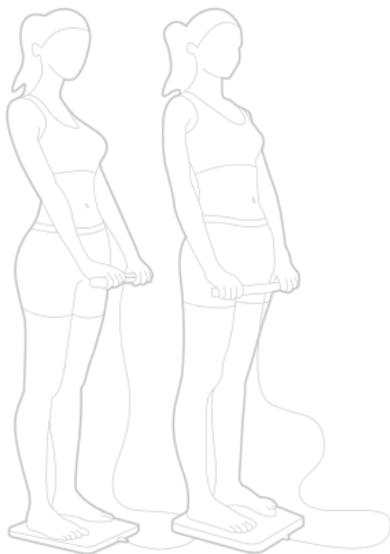
**Arms not straight
Arms too close to waist**

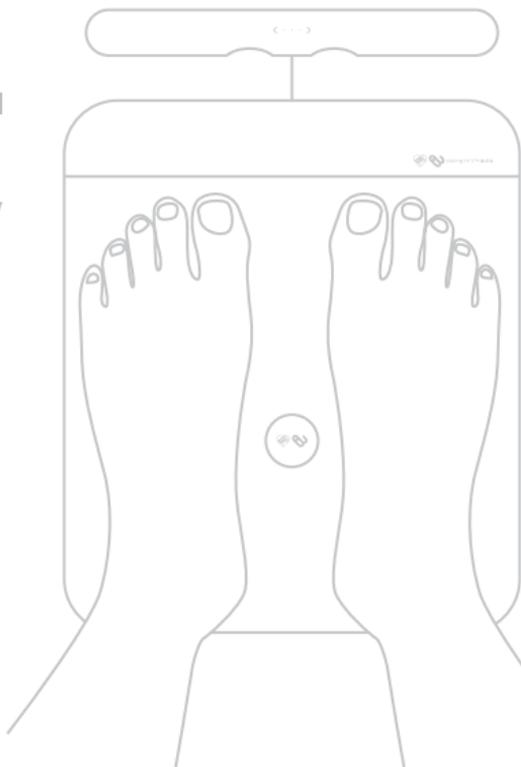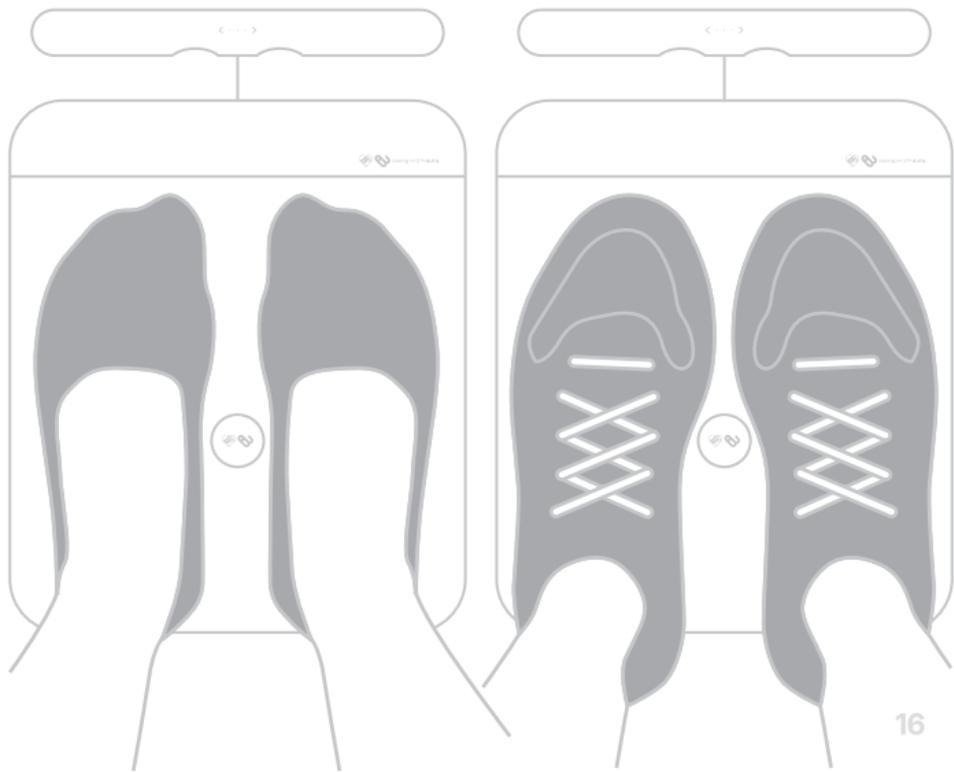**5.** **Extend your arms at a 30–45° angle from your body. Keep your arms away from your torso and remain still until measurement completes.**

Measuring...

Aura BS40

The thumb is parallel to the handle, completely covering and pressing the thumb electrodes, and the remaining four fingers press the electrodes completely. Do not loosen or shift the fingers during fat measurement.

Measuring...

Aura BS40

45°

Raise your arms at an angle of 45° to your body. Keep your arms raised during the fat measurement without touching your body.

Measuring...

Aura BS40

Be sure to maintain this correct posture until the measurement results come out, and try not to move, otherwise the measurement results may be affected.

on-device display

120.0 lb   BMI: 19.5

Weight Measurement

When weight measurement completes, the display
shows your weight and BMI.

118.1 lb   − 1.9 lb

The display also shows your weight trend and change
from your last measurement.

Scanning Body

Body Composition Analysis
During body composition analysis, the display shows a scanning animation.

88 bpm

Excellent

Heart Rate and ECG
The scale measures heart rate and, if enabled, ECG data.

88 bpm

Excellent

If ECG is disabled in the app, only heart rate displays.

FIT Body Type
55 Body Age

24.7% FAT Body Fat
53.8% WATER Body Water
53.0% MUSCLE Body Muscle

47.3kg Fat-Free Body Weight

13.9% Subcutaneous Fat Rate

4.0 Visceral Fat Rate

1392kcal BMR

44.8% Skeletal Muscle

3.2kg Bone Mass
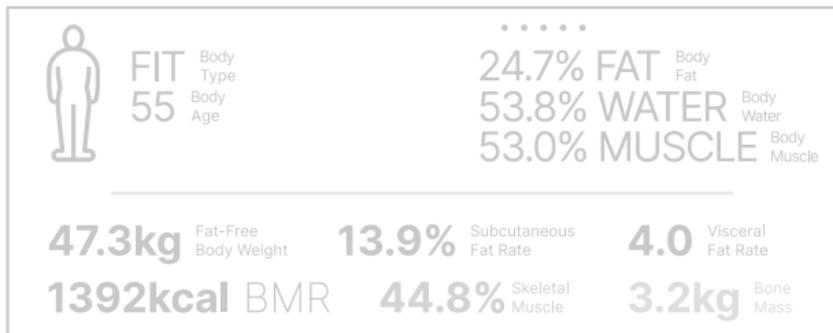
Body Data Summary
After measurement, the display cycles through your body composition metrics.

private mode & user selection

Private   No information will be stored   ⟨ · · · ⟩ ←   Swipe this area on the handle to select the user
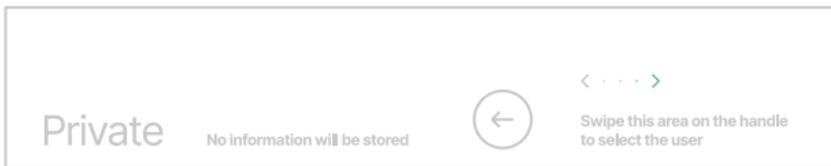
Private Mode
Slide the handle button to the right to enter Private Mode. In this mode, only weight and BMI are measured. No data is saved.

User A   To change the name, use the Scale app   ⟨ · · · ⟩ ←   Swipe this area on the handle to select the user
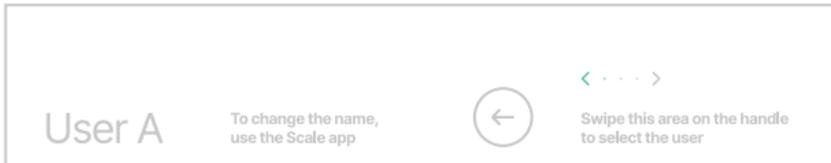
User Quick Selection
Slide the handle button to the left to select a user. The scale stores profiles for up to 8 users. User information must be configured in the app first.

app features

Body Composition Data

The app displays comprehensive body composition metrics across multiple views.

scale_weight_card_ecg

scale_weight_ecg_details

10unit_mm_mv 25unit_mm_s

| ❤️ Heart Rate | 99 bpm |
| 🫀 Cardiac Index | 3.6 L/min/㎡ |

Muscle   Fat

▫ 93.7 %   ▫ 92.2 %
● Standard   ● Standard

▫ 93.5 %
● Standard

▫ 101.7 %   ▫ 101.7 %
● Standard   ● Standard

L   R

%

● Connected >

Weight ✎	Skeletal muscle
	44.1 %
165.0 lb	Body fat rate
	22.2 %
	Report >
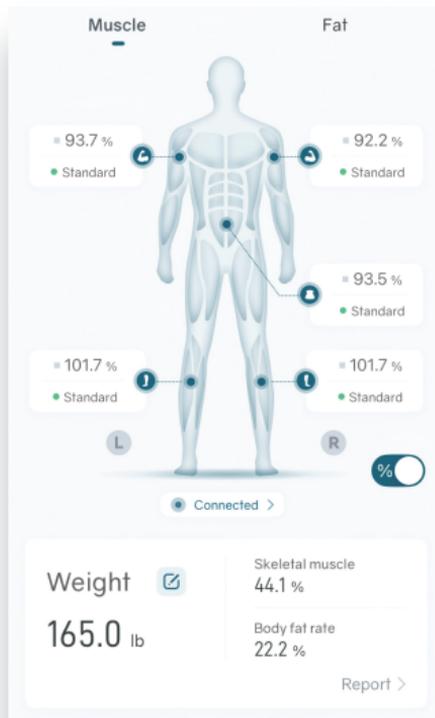
Body Index

BMI BMI	22.3	•
Body Fat	22.2 %	•
Muscle Rate	72.6 %	•
Lean Body Mass	128.4 lb	•
Subcutaneous Fat	15.9 %	•
Visceral Fat	6	•
Body Water	57.0 %	•

Muscle Mass	119.7 lb	•
Bone Mass	8.6 lb	•
Protein	15.6 %	•
BMR	1627 kcal	•
Body Age	26	•
Fat Mass	36.6 lb	•
Water Weight	93.9 lb	•
Protein Mass	25.8 lb	•

Trend Tracking

Tap Trend to view changes in each body parameter over time. Tap All Data to see complete measurement history.

Trend

| Week | Month | Quarter | Year |

Jan.25,2026 - Jan.31,2026   All day

Measurement days(DAYS)   Change
1   – –

167.0

166.3

165.7

165.0   165.0

164.3

163.7

Jan.25 Jan.26 Jan.27 Jan.28 Jan.29 Jan.30 Jan.31   163.0

Weight
165.0 lb

BMI
22.3

All Data

Data Details

165.0 lb

Jan.27,2026 21:45

Report   Detail ›

Segmental fat analysis
Standard range: 80% - 160%

● 2.2 lb   ● 2.2 lb
● 137.7 %   ● 144.4 %
● Standard   ● Standard

                ● 19.6 lb
                ● 188.6 %
 L   R   ● High

● 6.0 lb   ● 6.0 lb
● 145.5 %   ● 145.6 %
● Standard   ● Standard

History Record

Jan.27,2026

21:45   Weight   Body Fat
         165.0 lb   22.2 %   ›

Body Composition Report

Tap Report to access a detailed body composition analysis.

Muscle

- 93.7 % · Standard
- 93.5 % · Standard
- 101.7 % · Standard

Fat

- 92.2 % · Standard
- 101.7 % · Standard

L   R

● Connected ›

| Weight ✎ | Skeletal muscle 44.1 % |
| **165.0** lb | Body fat rate 22.2 % |

Report ›

Body composition analysis report   Fitdays+

ID:Steven   Gender:Male   Age:27   Height:183cm   Testing time:Jun 27,2026 21:49:37

Body composition analysis

	Measurement(kg)	Proportion of weight (%)	Evaluation
Weight	74.7 (62.8~84.7)	100.0	Standard
Body fat	16.5 (8.9~17.8)	22.1	Standard
Bone Mass	3.8 (3.6~4.5)	5.1	Standard
Protein	11.7 (10.7~13.4)	15.6	Standard
Body water	42.7 (39.4~49.1)	57.1	Standard
Muscle	54.3 (50.1~62.5)	72.7	Standard
Skeletal muscle	32.9 (31.7~38.7)	44.1	Standard

Muscle fat analysis

	Low	Standard	High
Weight(kg)			74.7
Skeletal muscle(kg)			32.9
Fat mass(kg)		16.5	

Obesity analysis

	Low	Standard	High
BMI(kg/m²)		22.3	
Body fat rate(%)			22.1
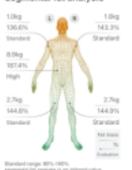
Segmental fat analysis   **Muscle balance**

Bioelectrical impedance

Z(Ω)	Right Arm	Left Arm	Trunk	Right Leg	Left Leg
20(kHz)	341.5	334.7	20.5	317.2	318.5
100(kHz)	310.1	298.4	17.5	290.6	291.6

Body score

70 /100Points

*The total score reflects the evaluated value of body composition. A muscular person may get more than 100 points.

Weight control

Target weight	73.7kg
Weight control	-1.0kg
Fat control	-5.4kg
Muscle control	+4.4kg

Obesity assessment

BMI   22.3
Body fat rate   22.1
Obesity (current weight/target weight)   101%

Other indicators

Visceral fat grade	8
Basal metabolic rate	1627kcal
Fat-free body weight	58.2kg
Subcutaneous fat	19.8%
BMR	1627kcal
Body age	28
WHR	0.87

Common exercise consumption

Fast skipping ropes	470 kcal
Walk	168 kcal
Walk quickly	216 kcal
Run slowly	261 kcal
Yoga	168 kcal
Bike	225 kcal
Basketball	225 kcal
Swim	261 kcal
Climb stairs	261 kcal
Climb stairs	315 kcal

*The calorie consumption of common exercise is calculated by actual weight measurement value exercise for 30 minutes.

device management

ECG Function
The ECG test can be enabled or disabled in the app's device settings.

← Scale 🗑

Device Name   Aura BS40 ›

MAC Address

Firmware Version   • 1.1.4 ›

User Management   ›

Share device   ›

frame_device_detail_ecg   [on]
frame_device_detail_ecg_description

frame_device_detail_ecg_time_setting   30s ›

Heart rate Measurement   [on]
The Heart rate Measurement increases the measurement time (10s-20s), this function (on/off) is only supported on some devices (please check the manual)

system messages

Software Updates

Updating...

During OTA Update

Updated

Update Complete

Failed to Update

Update Failed

Error Messages

| (!) | System Error | If this error occurs frequently, please contact customer support. |

System Error

| (!) | Overload |

Overload — Load exceeds 183kg / 403.4 lb

| (battery icon) | Low Battery |

Low Battery

Calibrating

Calibrating

FCC Statement

This device complies with Part 15 of the FCC Rules for Class B digital devices. These standards ensure reasonable protection against interference in residential settings. This device generates and uses radio frequency energy. If not installed correctly, it may interfere with radio communications. While designed to minimize interference, no installation is guaranteed interference-free. If interference occurs with radio or television reception—confirmed by powering the device off and on — try the following:

- Adjust the position or orientation of the receiving antenna.
- Increase distance between the device and receiver.
- Connect the device to a different electrical circuit.
- Consult your dealer or an experienced technician.

Unauthorized modifications may void your authority to operate this device.

Operating Conditions:
1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

FCC ID: 2AP3Q-FI2502ULB