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› RENPHO Smart Scale User Manual

RENPHO ES-CS20M

RENPHO Smart Scale User Manual

Model: ES-CS20M | Brand: RENPHO

INTRODUCTION

The RENPHO Smart Scale is designed to provide comprehensive body composition analysis, helping you track your health and fitness progress. This digital bathroom scale measures body weight and, when connected to the RENPHO Health app, provides 13 essential body metrics including BMI, body fat percentage, muscle mass, and more. It is an ideal tool for individuals seeking detailed insights into their body composition.

SAFETY INFORMATION

- Do not use if you are pregnant or have a pacemaker or other internal medical device.
- The scale's surface is tempered glass. Avoid letting the sides, especially the four corners, hit any object. It is recommended to wrap the four corners of the glass with soft objects for protection.
- Ensure the scale is placed on a hard, flat surface for accurate readings. Avoid carpets or uneven floors.
- Do not use the scale immediately after a bath or shower, as the wet surface can be slippery.
- Keep the scale dry and clean. Do not immerse it in water.
- This scale is for household use only and should not be used for commercial or medical purposes.

PACKAGE CONTENTS

- RENPHO Smart Scale (Model: ES-CS20M)
- 3 x AAA Batteries (included)
- User Manual

SETUP

1. Install Batteries

Open the battery compartment on the back of the scale and insert the included 3 AAA batteries, ensuring correct polarity (+/-).

2. Download the RENPHO Health App

Search for "RENPHO Health" in the Apple App Store or Google Play Store and download the app to your smartphone. The app is compatible with Bluetooth 4.0 and above.

3. Initial Pairing and Setup

1. Enable Bluetooth on your smartphone.
2. Open the RENPHO Health app and register or log in.
3. Follow the in-app instructions to add your device. Step onto the scale with bare feet to activate it and allow the app to detect it.
4. Complete your personal profile within the app (gender, age, height, etc.) for accurate body composition analysis.



Image: The RENPHO Smart Scale, showing its sleek black design with four circular electrodes, alongside a smartphone displaying the RENPHO Health app interface and a smartwatch showing body metrics.

Sync with Leading Fitness Apps & Apple Watch

Renpho Health



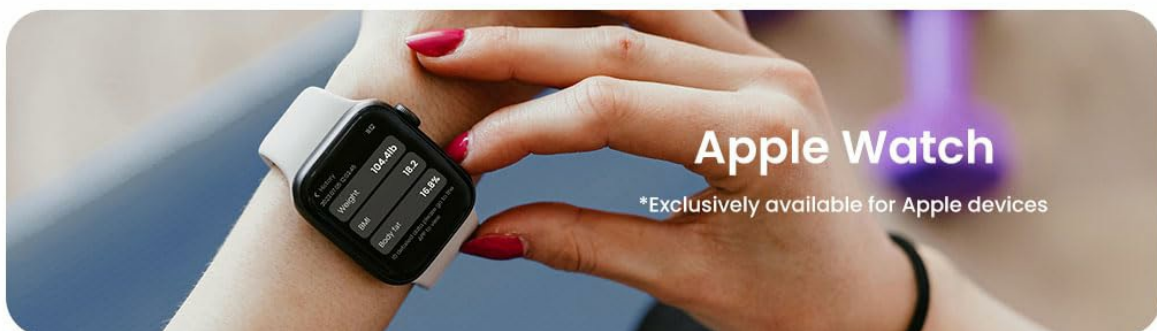
MyFitnessPal



Samsung Health



Apple Health



Apple Watch

*Exclusively available for Apple devices

Image: A smartphone screen displaying the Renpho Health app logo and options to download from App Store or Google Play. Below it are logos for MyFitnessPal, Samsung Health, and Apple Health, indicating compatibility. An Apple Watch is also shown, highlighting its integration.

OPERATING INSTRUCTIONS

Taking a Measurement

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

2. Open the RENPHO Health app on your smartphone and ensure Bluetooth is enabled.
3. Step onto the scale with bare, dry feet. Ensure your feet are in contact with all four metal electrodes.
4. Your weight will display on the scale's LED screen. The app will then sync and display 13 essential body composition metrics.
5. Remain still on the scale until the measurement is complete and the data is transferred to the app.

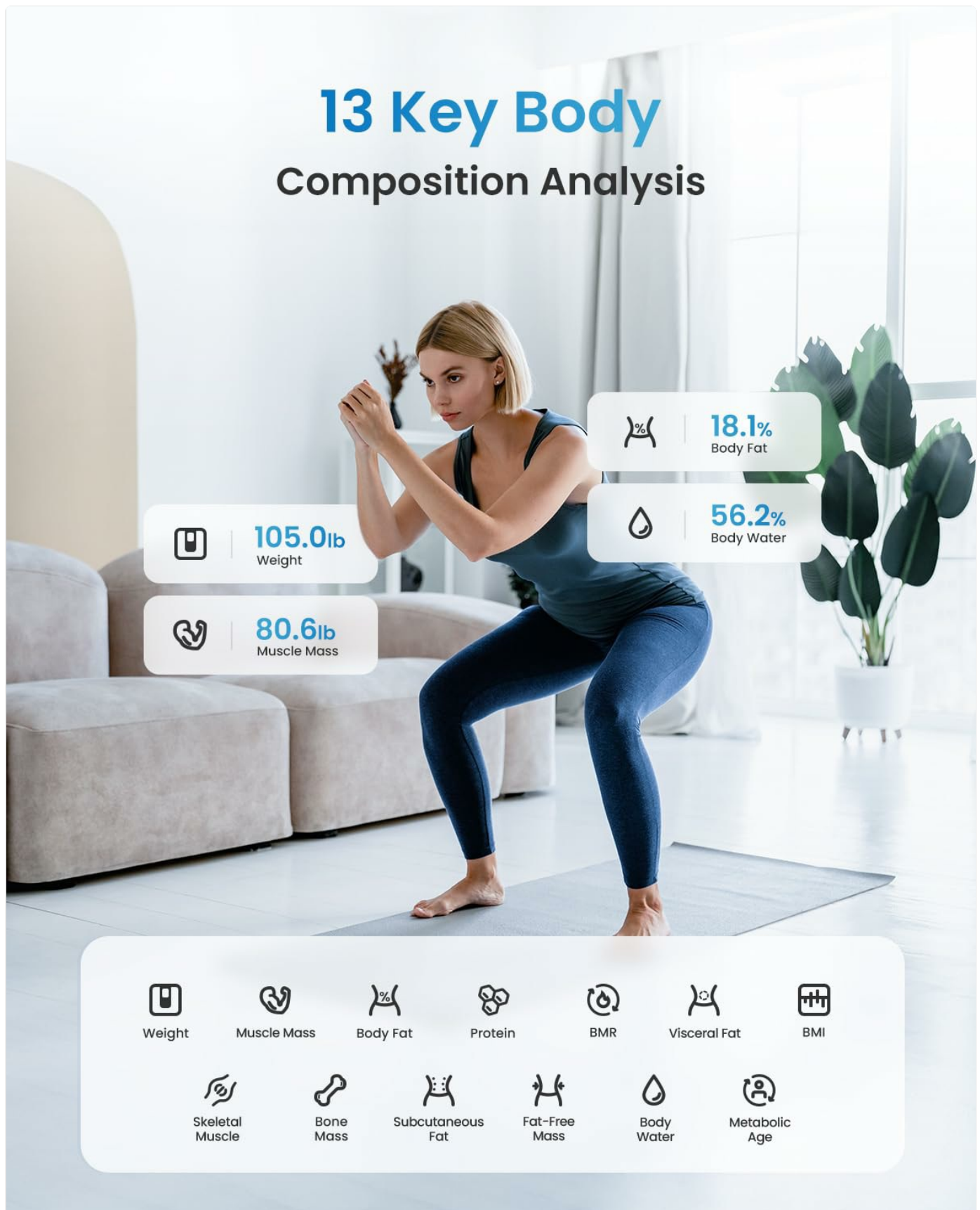


Image: A woman in athletic wear performing a squat, surrounded by graphical representations of body composition metrics such as weight,

muscle mass, body fat, and body water. A list of 13 key body composition analysis metrics is shown at the bottom.

Understanding Your Data

The RENPHO Health app provides detailed insights into your body composition. The 13 essential measurements include:

- Weight
- Body Mass Index (BMI)
- Body Fat Percentage
- Muscle Mass
- Body Water
- Bone Mass
- Protein
- Basal Metabolic Rate (BMR)
- Visceral Fat
- Subcutaneous Fat
- Skeletal Muscle
- Fat-Free Mass
- Metabolic Age

The app allows you to track trends over time, set goals, and view comprehensive weighing reports.

Embrace a Healthier You with RENPHO

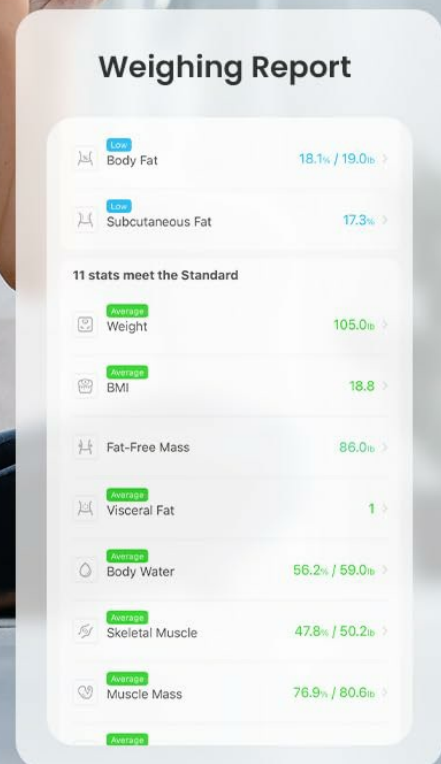


Image: A woman smiling while looking at her smartphone, which displays various health metrics and graphs from the RENPHO Health app, including weight trends, a weighing report with body composition data, and goal management features.

Multi-User and Baby Weighing Mode

The RENPHO Health app supports unlimited users, making it suitable for the entire family. Each user can create their own profile to track individual progress. The app also includes a "Baby Weighing Mode" for conveniently weighing infants or pets by holding them while stepping on the scale.

Baby Mode

Simply hold your baby or pet in your arms for hassle-free weighing.

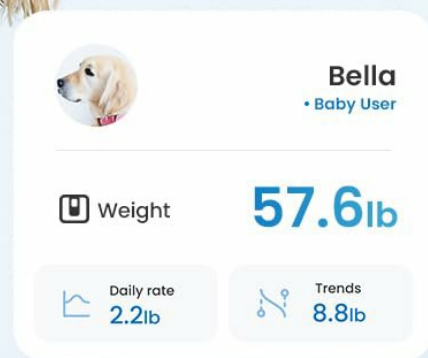


Image: A mother holding a baby while standing on the RENPHO Smart Scale, with a dog sitting nearby. The image illustrates the "Baby Mode" feature, showing app interfaces for tracking the weight and trends of both a baby and a pet.

MAINTENANCE

- Clean the scale with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals.
- Do not immerse the scale in water or spray water directly onto it.

- Store the scale in a cool, dry place.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

Problem	Possible Cause / Solution
Scale does not turn on.	Check battery installation. Ensure batteries are correctly inserted and not depleted. Replace if necessary.
No body composition data in app (only weight).	Ensure you are standing on the scale with bare, dry feet, making full contact with all four electrodes. Check Bluetooth connection.
Inaccurate readings.	Ensure the scale is on a hard, flat surface. Avoid carpets. Recalibrate by stepping on and off the scale quickly. Ensure your profile information in the app is correct.
App not connecting to scale.	Ensure Bluetooth is enabled on your phone. Restart the app and your phone. Re-pair the device in the app settings. Ensure the scale is active (step on it).
"Lo" displayed on screen.	Low battery. Replace batteries.
"Err" displayed on screen.	Overload or measurement error. Step off the scale and try again. Ensure weight is within capacity (400 lbs / 180 kg).

SPECIFICATIONS

- **Model:** ES-CS20M
- **Capacity:** 400 lbs / 180 kg
- **Measurement Increments:** 0.2 lb / 0.05 kg
- **Dimensions:** 11 x 11 x 1 inches (280mm x 280mm x 25.4mm)
- **Power Source:** 3 x AAA Batteries (included)
- **Display Type:** LED
- **Special Features:** Precision Balanced, Backlit Display, Body Fat, Bone Mass, Auto Shut Off
- **Connectivity:** Bluetooth 4.0 and above
- **Material:** Tempered Glass Surface, 4 High Sensitive Electrodes
- **First Available Date:** December 22, 2016

Large Platform

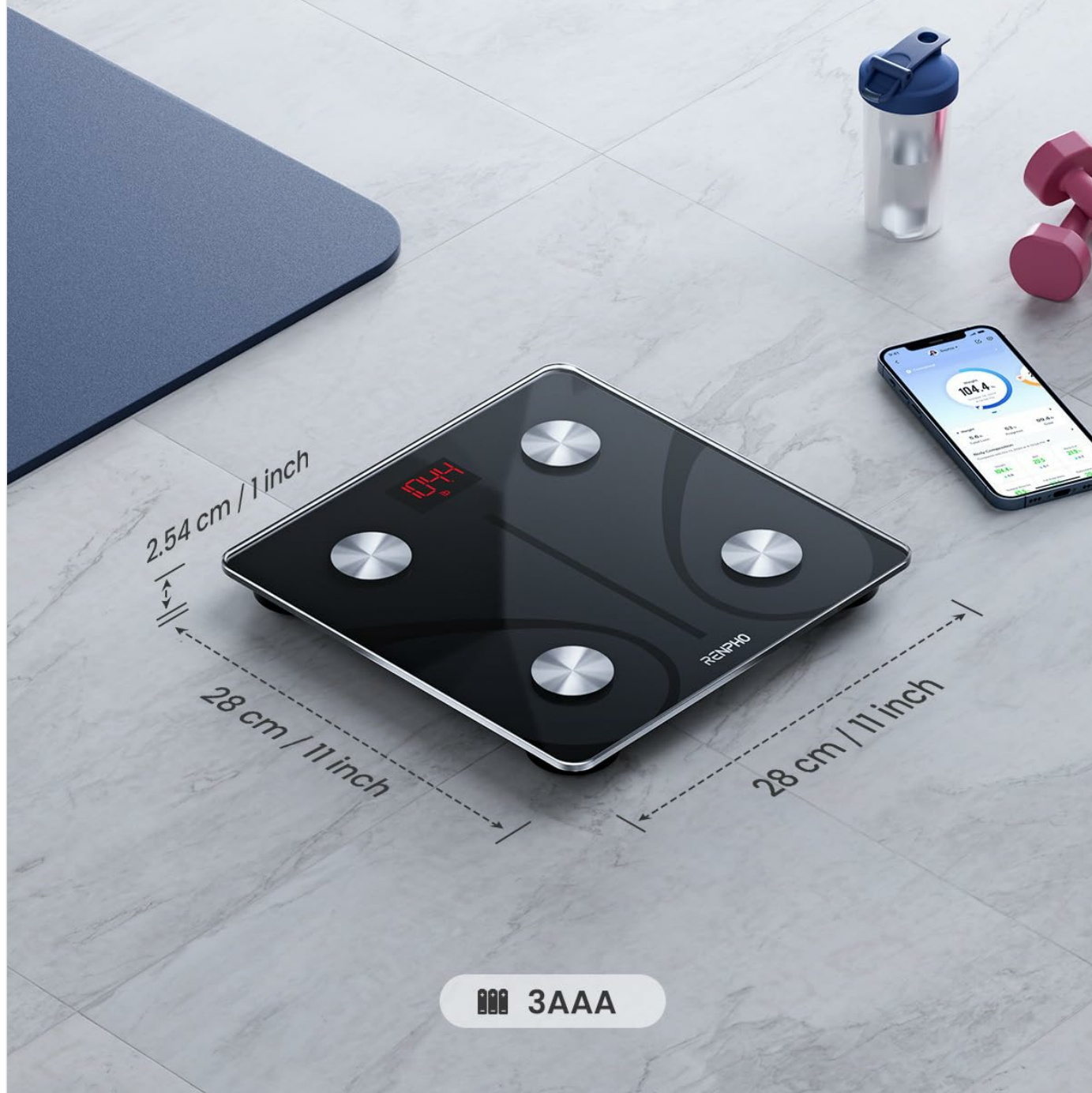


Image: The RENPHO Smart Scale displayed on a tiled floor, with measurements indicating its dimensions: 28 cm / 11 inches in length and width, and 2.54 cm / 1 inch in thickness. The image also notes that it uses 3 AAA batteries.

WARRANTY AND SUPPORT

RENPHO provides a standard warranty for its products. For detailed warranty information, product support, or technical assistance, please visit the official RENPHO website or contact their customer service. Keep your purchase receipt for warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question