

RENPHO ES-CS20M-W

RENPHO Smart Scale User Manual

Model: ES-CS20M-W

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the RENPHO Smart Scale. Failure to follow these instructions may result in inaccurate readings or injury.

- The Bluetooth scale should not be used to diagnose or treat any medical condition. Consult a doctor prior to undertaking any diet or exercise program.
- If you are pregnant or suffer from Osteoporosis or have a pacemaker or other internal device, you should not use this body fat function of this smart scale. All body composition data is for reference and should not be used as a substitute for advice from a licensed health care professional.
- Handle the scale with care as it is a high-precision measuring device and is fragile. Avoid dropping or disassembling the scale.
- Always use the scale on a flat, hard, and stable surface. Avoid placing it on carpeting or uneven floors, as this can affect accuracy.
- Do not immerse the scale in water. It is not waterproof. Use a damp cloth or glass cleaner for cleaning. Do not use soap or other chemical cleaning agents.
- Avoid using the scale on wet or slippery surfaces.

2. PACKAGE CONTENTS

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

3. SETUP

3.1 Install Batteries

Open the battery compartment on the underside of the scale. Insert the 3 AAA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.

Batteries Included



Image: RENPHO Smart Scale showing its dimensions and the included AAA batteries.

3.2 Scale Placement

Place the scale on a hard, flat surface. Avoid soft surfaces like carpets or rugs, as this can lead to inaccurate readings. Ensure the scale is stable before stepping on it.

3.3 App Download and Installation

Download the free 'RENPHO Health' app from the Apple App Store or Google Play Store. The app is compatible with Apple Health, MyFitnessPal, and Samsung Health for seamless data integration.

Smart Scale with Free Renpho Health App

Unlimited Users & Baby Weighing Mode

RENPHO Health Syncs With



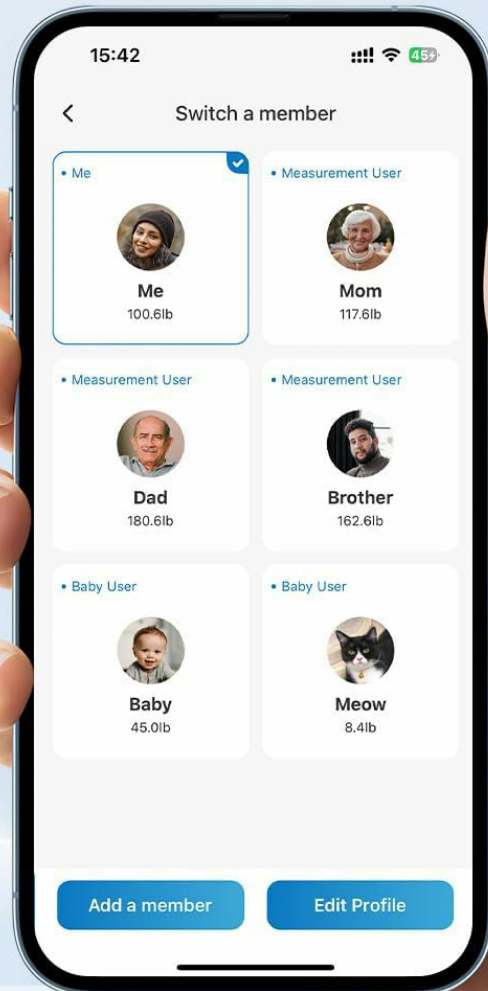
Apple Health™



MyFitnessPal™



Samsung Health®



Download on the
App Store



GET IT ON
Google Play

Image: Screenshot showing the RENPHO Health App's compatibility with other health platforms.

3.4 Pairing with Your Smartphone

1. Enable Bluetooth on your smartphone.
2. Open the RENPHO Health app and register your account or log in.
3. Tap the '+' icon or navigate to 'Device Management' to add a new device.
4. Step onto the scale with bare and dry feet. The scale will automatically turn on and connect to the app.
5. Once connected, your weight and 13 body key metrics will sync to the app.

4. OPERATING INSTRUCTIONS

4.1 Basic Weighing

Simply step onto the RENPHO Smart Scale. The display will show your weight immediately. For body composition analysis, ensure your feet are bare and make contact with all four electrode pads on the scale's surface.



Image: The RENPHO Smart Scale displaying weight, with a smartphone showing the corresponding app data.

4.2 Body Composition Analysis

The scale measures 13 key body metrics, providing a comprehensive overview of your health. These metrics include:

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

- Subcutaneous Fat
- Visceral Fat

13 Key Body Composition Analysis



Image: Visual representation of the 13 body composition metrics measured by the scale.

4.3 Tracking Your Fitness Journey

The RENPHO Health app allows you to track your fitness journey over time. You can view your progress graphically, set goals, and export your data in CSV format for further analysis.

Tracking Your Fitness Journey

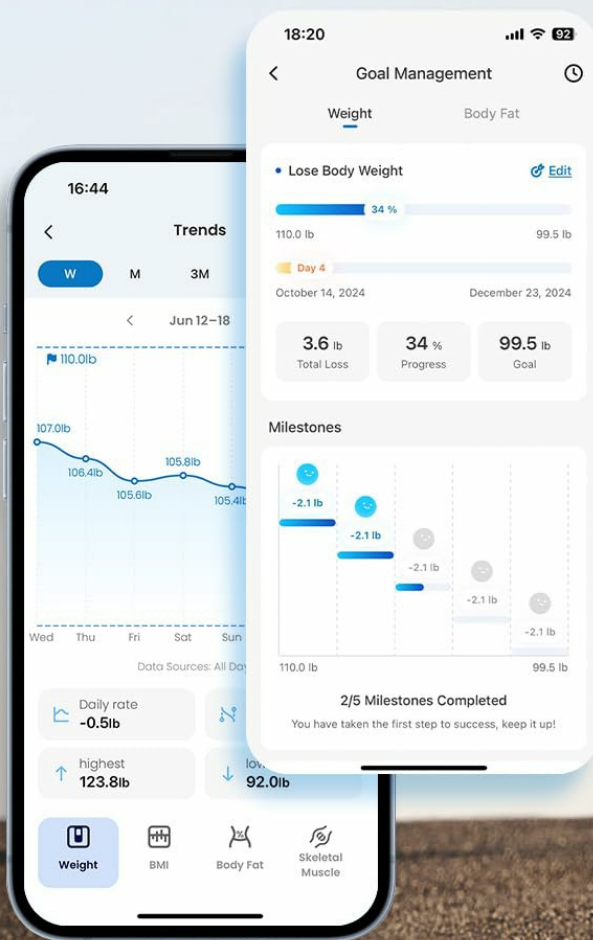
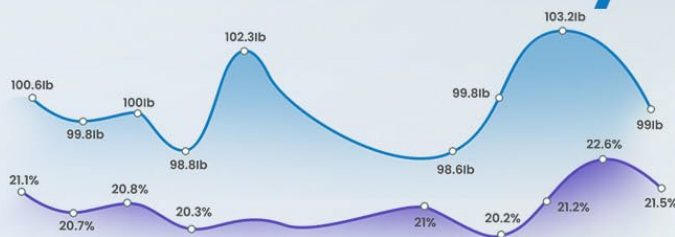


Image: A person running, with a smartphone displaying the RENPHO Health app's tracking features, including weight trends and goal management.

4.4 Multiple User Profiles and Baby Mode

The RENPHO Health app supports unlimited user profiles, making it ideal for families or groups. The unique 'Baby Mode' allows you to easily weigh and track the growth of infants or pets by holding them while stepping on the scale.

5. MAINTENANCE AND CARE

- Keep the scale clean by wiping it with a damp cloth. Avoid abrasive cleaners or harsh chemicals.
- Store the scale in a dry place away from extreme temperatures.
- If the scale displays 'LO', replace the 3 AAA batteries promptly.

6. TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is placed on a hard, flat surface. Re-calibrate the scale by stepping on it briefly, then stepping off and waiting for it to display '0.0' before weighing yourself again.
- **No Display/Power Issues:** Check if the batteries are correctly installed and have sufficient power. Replace batteries if necessary.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the RENPHO Health app has the necessary permissions. Try restarting both the app and your phone.
- **Data Not Syncing:** Confirm that the app is open and connected to the scale via Bluetooth when you weigh yourself. The scale can store measurements temporarily and sync them when the app is next opened.

7. SPECIFICATIONS

Feature	Detail
Model Number	ES-CS20M-W
Capacity	400 lbs / 180 kg
Accuracy	0.2 lb / 0.05 kg increments
Dimensions	11 x 11 x 1 inches
Power Source	3 x AAA batteries (included)
Connectivity	Bluetooth
Material	Tempered Glass, 4 High-Sensitivity Electrodes

8. WARRANTY AND SUPPORT

RENPHO is committed to providing high-quality products and customer satisfaction. For any questions, concerns, or support needs regarding your RENPHO Smart Scale, please refer to the contact information provided in your product packaging or visit the official RENPHO website.

Your personal information collected by the RENPHO Health App is not shared with any third parties.