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› RENPHO Smart Body Weight Scale User Manual

## RENPHO ES-26BB-B

# RENPHO Smart Body Weight Scale User Manual

Model: ES-26BB-B

## INTRODUCTION

Welcome to the RENPHO Smart Body Weight Scale user manual. This guide provides essential information for setting up, operating, and maintaining your new smart scale. The RENPHO scale is designed to offer a comprehensive analysis of your body composition, helping you track your health and fitness journey with precision and ease.



Image: The RENPHO Smart Body Weight Scale, showcasing its sleek black design and a smartphone displaying the connected app with weight and body composition data.

## KEY FEATURES

- **Comprehensive Body Composition Analysis:** Measures body weight, body fat percentage, BMI, bone mass, protein, muscle mass, and more.
- **User-Friendly App Integration:** Seamlessly syncs with the RENPHO Health App via Bluetooth for detailed data tracking, goal setting, and progress visualization.
- **High Precision Sensors:** Equipped with 4 high-precision sensors for accurate measurements in 0.2 pounds/0.05kg increments, up to 396 pounds/180kg.
- **Multi-User Support:** Allows unlimited users on the RENPHO Health App, including a baby mode for tracking children's and pets' weights.
- **Fitness App Compatibility:** Syncs with popular fitness applications such as Samsung Health, Apple Health, and

- **Durable and Sleek Design:** Features 5mm tempered glass, 4 anti-slip pads, and rounded corners for safety and stability.

## Designed For Safety

Gives you a more comfortable  
and stable measurement experience



5mm Tempered Glass



4 Anti-slip Pads



Rounded Corners

*Image: Close-up view of the RENPHO scale highlighting its safety features: 5mm tempered glass surface, four anti-slip pads on the base, and rounded corners for user comfort and stability.*

## 1. Battery Installation

The RENPHO scale requires 3 AAA batteries (included). Open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity (+/-). Close the compartment securely.

## 2. App Download and Installation

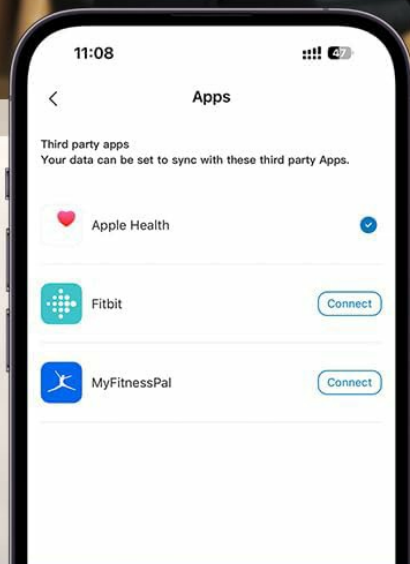
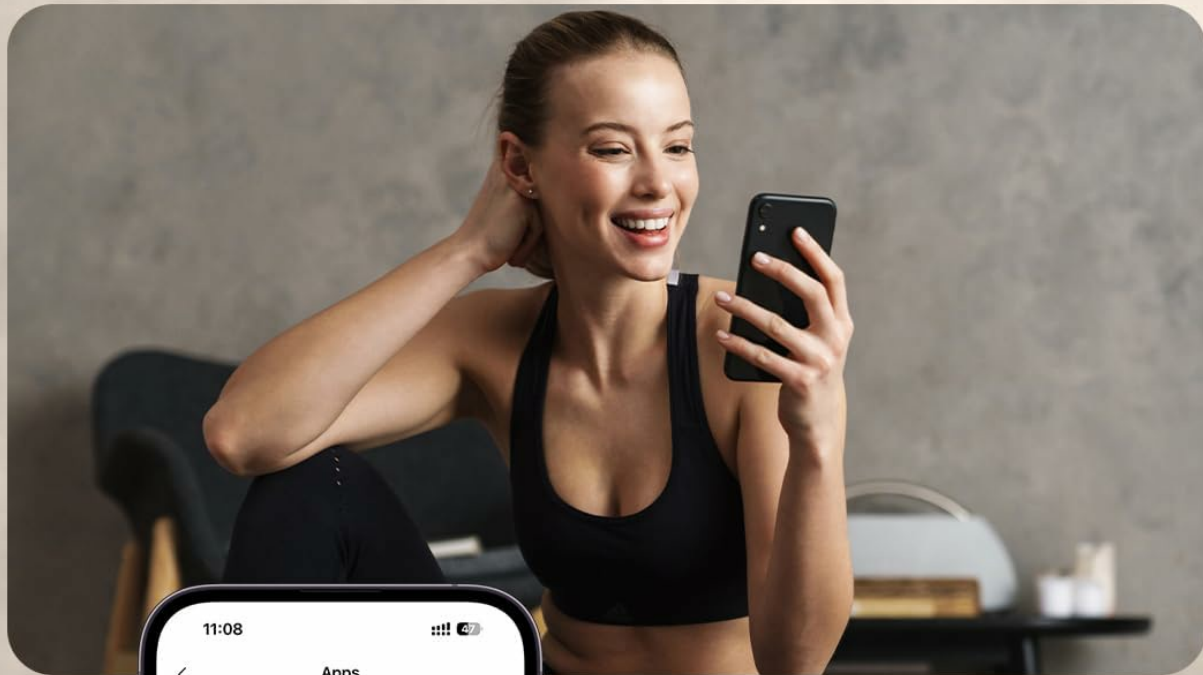
Download the **RENPHO Health App** from the App Store (for iOS devices) or Google Play (for Android devices). You can also scan the QR code provided in the product packaging or on the product page to quickly access the app download.

[Scan to Download RENPHO Health App](#)

# Sync with Fitness Apps



RENPHO Health | Q



## Compatible with



Myfitnesspal



Apple Health



Samsung Health

Image: A smartphone displaying the RENPHO Health App download page, with icons for the App Store and Google Play, and a QR code for easy access.

### 3. Initial Pairing

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the RENPHO Health App and create an account or log in.
3. Step onto the scale barefoot. The scale will automatically turn on and display your weight.

4. The app should automatically detect and pair with the scale. Follow any on-screen prompts to complete the pairing process.
5. For accurate body fat measurements, ensure your feet are bare and make good contact with the four metal electrodes on the scale's surface.

## OPERATING INSTRUCTIONS

### Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid carpets or uneven floors for accurate readings.
2. Open the RENPHO Health App on your smartphone.
3. Step onto the scale barefoot, ensuring your feet are positioned on the metal electrodes.
4. Stand still until your weight is displayed on the scale's LED screen and the data is synced to the app.
5. The app will then display your full body composition analysis.

### Multiple Modes

The RENPHO Health App offers various modes to cater to different users:

- **General Mode:** Standard measurement for adults.
- **Baby Mode:** Allows you to weigh a baby or pet by first weighing yourself, then stepping on the scale holding the baby/pet. The app calculates the difference.
- **Athlete Mode:** Provides more accurate body composition readings for individuals with higher muscle mass and lower body fat.

# Multiple Modes

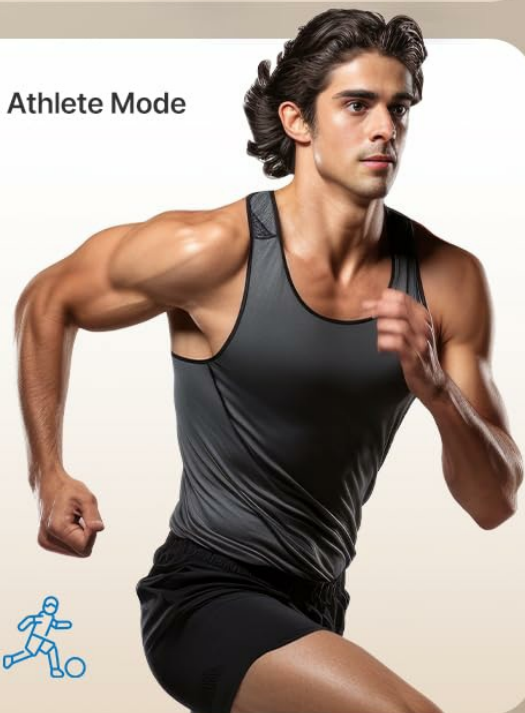
General Mode



Baby Mode



Athlete Mode



*Image: A visual representation of the different modes available in the RENPHO Health App, including General Mode for typical users, Baby Mode for weighing infants or pets, and Athlete Mode for active individuals.*

## BODY COMPOSITION ANALYSIS

The RENPHO Smart Scale provides 13 key body metrics to help you understand your body better:

- Weight

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

# 13 Key Body Metrics

Get to know your body better



Weight



BMI



BMR



Muscle Mass



Fat-free Body Weight



Body Fat



Skeletal Muscle



Metabolic Age



Bone Mass



Body Water



Subcutaneous Fat



Visceral Fat



Protein



Image: An infographic illustrating the 13 key body metrics provided by the RENPHO scale, including Weight, BMI, Body Fat, Muscle Mass, and more, to offer a comprehensive understanding of body composition.

## RENPHO HEALTH APP FEATURES

The RENPHO Health App is your central hub for managing your health data:

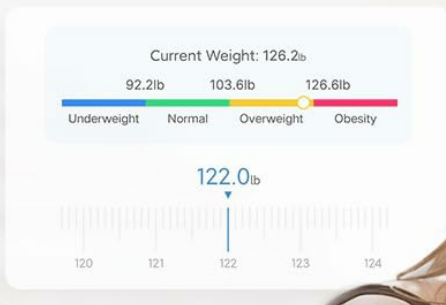
- **Goal Management:** Set personal weight and body fat goals and track your progress towards them.

- **Historical Data & Trends:** View your measurements over time with detailed graphs (weekly, monthly, yearly) to identify trends and patterns.
- **Smart Sharing:** Share your progress with family and friends, or allow multiple users to track their data on the same scale.
- **Fitness App Sync:** Connect your RENPHO Health App data with other popular fitness apps like Samsung Health, Apple Health, and MyFitnessPal for a unified health overview.

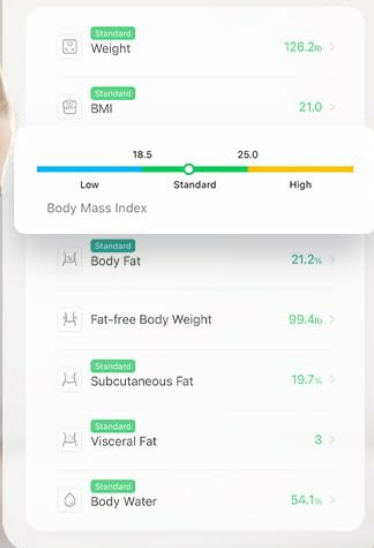
# Track Your Fitness Journey

Record your efforts with detailed graphs on the Renpho Health App toward your fitness goal!

## Goal Management



## Weighing Report



## Trend Graphs



## Days Remaining



Image: A visual representation of the RENPHO Health App's interface, demonstrating its capabilities for tracking fitness journeys with detailed graphs, goal management, and weighing reports.

## MAINTENANCE

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.
- **Surface Care:** The scale surface is made of glass. Handle with care to prevent breakage. Avoid dropping heavy objects on the scale.

## TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Step on the scale barefoot and stand still. Recalibrate the scale by stepping on it briefly, then stepping off and waiting for it to show '0.0' before stepping on again.
- **No Display/Power:** Check battery installation and replace if necessary.
- **App Not Connecting:** Ensure Bluetooth is enabled on your phone and the app has necessary permissions. Restart the app and/or your phone. Try re-pairing the scale in the app settings.
- **Body Composition Data Missing:** Ensure your feet are bare and making good contact with all four metal electrodes on the scale.

## SPECIFICATIONS

Attribute	Value
Product Dimensions	10.24 x 10.24 x 0.98 inches
Weight	2.6 Pounds
Item Model Number	ES-26BB-B
Batteries	3 AAA batteries (included)
Manufacturer	RENPHO
Color	Smart APP Black
Recommended Uses	Babies, Animals, Luggage, Adults, Athlete
Special Features	Portable, Backlit Display, Body Fat, Bone Mass, Bodyweight
Display Type	LCD

## What's in the Box

- Weight scale

## WARRANTY AND SUPPORT

RENPHO products typically come with a manufacturer's warranty. Please refer to the warranty information provided in your product packaging or on the official RENPHO website for specific details regarding warranty coverage and duration. For technical support, troubleshooting assistance, or any inquiries regarding your RENPHO Smart Body Weight Scale, please visit the official RENPHO support page or contact their customer service directly. Contact information can usually be found on the RENPHO website or in your product's quick start guide.