

RENPHO RF-BMF01

RENPHO Smart Body Measuring Tape User Manual

Model: RF-BMF01

Brand: RENPHO

1. INTRODUCTION

The RENPHO Smart Body Measuring Tape is a sophisticated fitness tool designed to help you accurately track changes in your body measurements over time. This device combines the simplicity of a traditional tape measure with the advanced capabilities of Bluetooth connectivity, allowing seamless integration with the RENPHO Health App for comprehensive data analysis and progress monitoring.

Whether you are focused on weight loss, muscle gain, or simply monitoring body changes, this smart tape measure provides precise and convenient measurements for various body parts.

2. KEY FEATURES

- **Smart Tape Measure:** Fully integrated with the RENPHO Health App for graphing progress over time.
- **Easy-to-Read Display:** Large LCD screen for clear measurement readings, reducing error.
- **Instant Measurement Saving:** Automatically saves measurements via the App, eliminating manual recording.
- **Multifunctional Use:** Ideal for tracking body changes related to fitness, muscle gain, slimming, and even abdominal circumference during pregnancy.
- **Retractable Easy-Lock Hook:** Designed for effortless single-hand operation, allowing self-measurement without assistance.
- **Compact and Portable:** Lightweight, double-sided tape with both inch and centimeter measurements, easy to carry anywhere.
- **Multiple User Profiles:** Supports several user profiles within the app, making it suitable for family use.
- **Note:** This tape measure does not measure body fat.

3. SETUP GUIDE

3.1 Battery Installation

The RENPHO Smart Body Measuring Tape comes with one CR2032 Lithium Metal battery included. Follow these steps to install the battery:

1. Locate the battery compartment on the back of the device.
2. Use a small screwdriver or coin to twist the battery cover counter-clockwise to open it.
3. Insert the CR2032 battery with the positive (+) side facing up.
4. Replace the battery cover and twist clockwise to secure it.

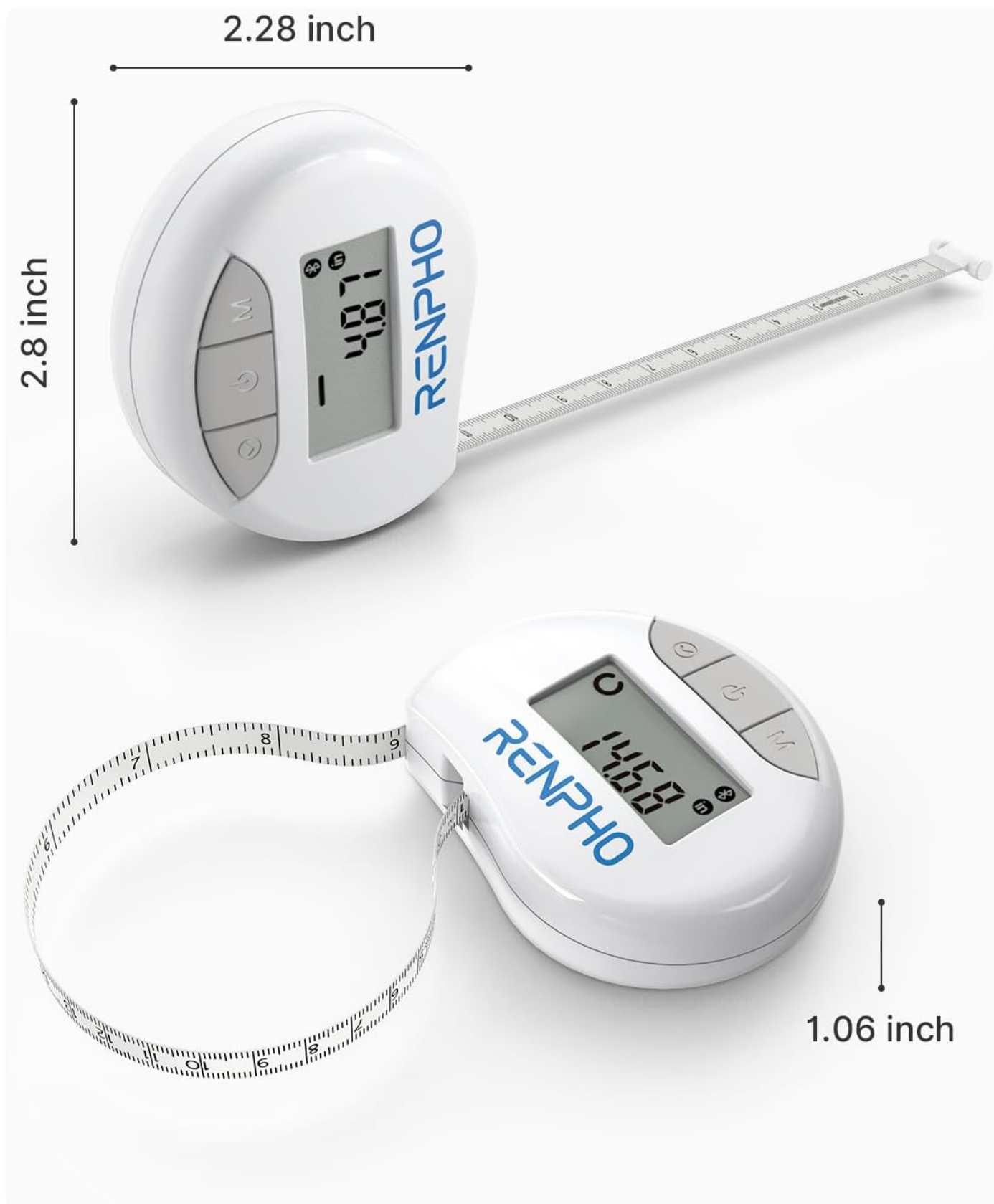


Figure 1: Rear view of the RENPHO Smart Body Measuring Tape with the battery compartment visible.

3.2 App Download and Pairing

To unlock the full smart features and track your progress, download the RENPHO Health App and pair your device:

1. Scan the QR code below or search for "RENPHO Health" in your device's app store (App Store for iOS, Google Play for Android).
2. Install the app and create an account or log in if you already have one.
3. Ensure Bluetooth is enabled on your smartphone.
4. Power on your RENPHO Smart Body Measuring Tape by pressing the power button. The Bluetooth icon on the display will blink.
5. Within the RENPHO Health App, navigate to the device pairing section and select the Smart Body Measuring Tape. The app will guide you through the pairing process.

The advertisement features a woman in athletic wear running against a light grey wall. Blue circular lines are overlaid on her body to indicate measurement points: shoulders, waist, hips, and ankles. In the top left corner, there is a QR code, an 'App Store' download button, a 'Google Play' download button, and a search bar containing 'RENPHO Health'. The top right text reads 'Measurements with RENPHO Health App' in a large, bold font, with 'RENPHO Health' in blue. Below this, it says 'The same app RENPHO scales use'. On the right side, there are two screenshots of the app. The top screenshot is titled 'Waist-Hip Ratio' and shows a value of 0.82, which is labeled 'Standard' in green. A horizontal bar below the value ranges from 0.81 (Low) to 0.85 (High). The bottom screenshot shows the app's main interface with a 'General' tab selected. It displays a silhouette of a person with measurement points labeled: Neck, Shoulder, Biceps R, Biceps L, Chest, Waist (67.8 cm), and Hip. A pop-up window is open over the 'Waist' measurement, asking the user to 'Please select a size' and showing a value of 16.83 inch. Below the pop-up is a ruler scale from 15 to 19 inches and a date selector set to 2023/11/30.

Measurements with
RENPHO Health App

The same app RENPHO scales use

Waist-Hip Ratio

0.82
Standard
0.81 0.85
Low Standard High

11:04 Me

General Favorite Recent

Neck Shoulder
Biceps R: Biceps L:
Chest Waist 67.8 cm
Ankle Hip

Please select a size
16.83 inch
15 16 17 18 19
2023/11/30

Figure 2: Scan this QR code to download the RENPHO Health App.

4. OPERATING INSTRUCTIONS

4.1 Taking a Measurement

The RENPHO Smart Body Measuring Tape is designed for easy and accurate measurements:

1. Press the power button to turn on the device.
2. Pull the tape measure out to the desired length. The digital display will show the measurement.
3. For circumference measurements (e.g., waist, arm), utilize the easy-lock hook. Insert the end of the tape into the slot on the side of the device, loop it around the body part, and then press the retract button to gently tighten the tape until it fits snugly without compressing the skin.
4. Read the measurement directly from the large LCD screen.
5. To retract the tape, press the retract button on the side of the device.



Figure 3: The RENPHO Smart Body Measuring Tape in use, displaying a measurement on its screen and syncing with the mobile app.

4.2 Unit Switching and Mode Selection

You can easily switch between measurement units and modes:

- **Switch Units (Inches/Centimeters):** Short press the 'M' button on the device to toggle between inches (in) and centimeters (cm).

- **Circumference Mode:** Long press the 'M' button to enter circumference mode. In this mode, the device automatically accounts for the 0.86-inch gap created by the tape's thickness when looped, ensuring precise circumference measurements.

Unique Easy Lock Hook Design

Effortless Single-Hand Operation



Figure 4: Intuitive controls allow easy switching between inches and centimeters, and selection of circumference mode.

Intuitive Controls

Short press M button to switch between units (in/cm),
long press to switch mode



For Straight Line



For Circumference

In circumference mode, to ensure measurement precision, the 0.86-inch gap will be eliminated

Figure 5: The unique easy-lock hook design enables effortless single-hand operation for self-measurement.

5. RENPHO HEALTH APP USAGE

The RENPHO Health App is central to tracking your body measurement trends and progress:

- **Accurate Tracking:** The app provides clear and simple graphics to visualize your body changes over time, including waist, hip, bust, arms, and more.

- **Instant Sync:** Measurements are instantly saved to the app via Bluetooth, ensuring your data is always up-to-date.
- **Multiple Profiles:** Create and manage multiple user profiles within the app, allowing different family members to track their individual progress on the same device. This includes a dedicated "Baby Mode" for documenting a baby's growth journey.

Accurate Tracking of Your Body

Clear and Simple Graphics on the App



Figure 6: The RENPHO Health App provides accurate tracking with clear and simple graphics.

Tracking Abdominal Circumference During Pregnancy



Figure 7: The tape measure can be used to track abdominal circumference during pregnancy, with trends visible in the app.

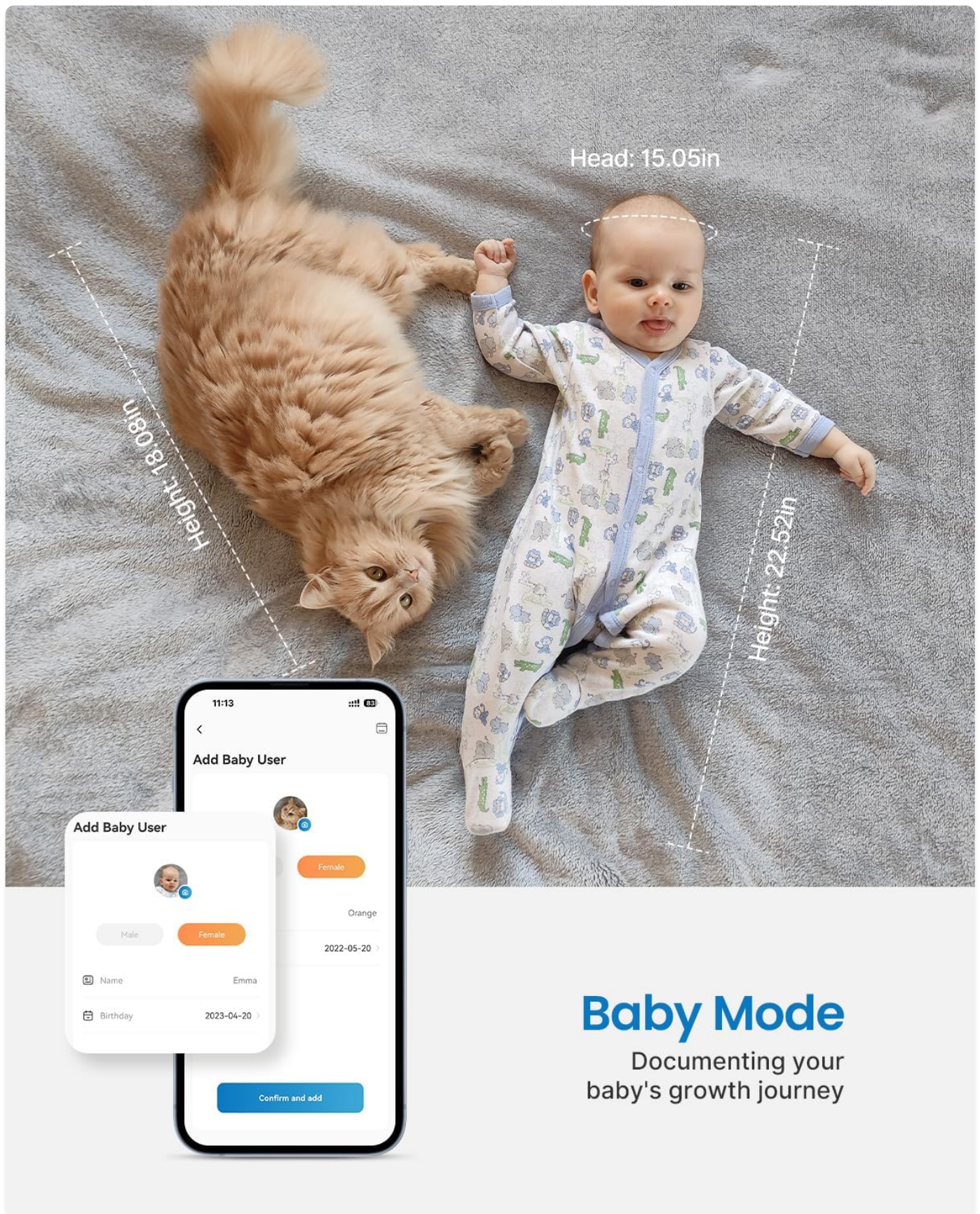


Figure 8: Utilize the Baby Mode in the app to document your baby's growth journey.

6. MAINTENANCE

- **Cleaning:** Wipe the device and tape with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the tape measure in a cool, dry place away from direct sunlight and extreme temperatures.

- **Battery Replacement:** Replace the CR2032 battery when the display becomes dim or the device no longer powers on. Refer to Section 3.1 for battery installation instructions.

7. TROUBLESHOOTING

7.1 Common Issues and Solutions

- **Device not powering on:** Check if the battery is correctly installed and has sufficient charge. Replace the battery if necessary.
- **Bluetooth connectivity issues:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the device is within range of your smartphone.
 - Restart both the tape measure and your smartphone.
 - Try unpairing and re-pairing the device in the RENPHO Health App.
- **Inaccurate measurements:**
 - Ensure the tape is pulled taut and flat against the body part being measured.
 - Verify that you are using the correct measurement mode (straight line or circumference).
 - Check if the tape is damaged or stretched.
- **Measurements not syncing to app:**
 - Confirm the device is successfully paired via Bluetooth.
 - Ensure the RENPHO Health App is open and running in the foreground or background.
 - Check your internet connection if the app requires it for data storage.

For more detailed troubleshooting, please refer to the official [User Manual \(PDF\)](#).

8. SPECIFICATIONS

Attribute	Specification
Brand	RENPHO
Model Number	RF-BMF01
Color	White and Blue
Product Dimensions	2.8"L x 2.28"W
Item Weight	61 Grams (2.15 ounces)
Blade Length	1.5 Meters (60 inches)
Measurement Accuracy	0.01 inch
Lock Type	Push-Button
Blade Material	Stainless Steel
Batteries	1 Lithium Metal CR2032 (included)

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your RENPHO Smart Body Measuring Tape, please visit the official RENPHO website or contact their customer service directly. Contact details are typically provided in the packaging or on the product's official support page.

You can also refer to the comprehensive [User Manual \(PDF\)](#) for additional details and assistance.

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