

RENPHO ES-BR001

RENPHO Elis Aspire Smart Wi-Fi Body Scale (Model ES-BR001) Instruction Manual

Brand: RENPHO | Model: ES-BR001

1. INTRODUCTION

The RENPHO Elis Aspire Smart Wi-Fi Body Scale is designed to provide comprehensive body composition analysis. This smart scale utilizes both Wi-Fi and Bluetooth connectivity to seamlessly track 13 essential body metrics, helping you monitor your health and fitness progress with ease. Measurements are delivered directly to the Renpho Health app, which can also sync with other popular fitness applications.



Image: The RENPHO Elis Aspire Smart Wi-Fi Body Scale, white with an LED display showing weight and a Renpho logo in the center. A smartphone displaying the Renpho Health app is shown in the foreground.

2. SAFETY INFORMATION

- This digital scale is not intended for medical diagnosis or treatment. Always consult a healthcare professional for medical advice.
- Individuals who are pregnant, have a pacemaker, or other medical implants should consult a doctor before using this scale.
- Place the scale on a firm, flat, and stable surface. Avoid using it on carpet or uneven flooring to ensure accurate readings.
- Keep the scale dry. Clean with a damp cloth and avoid harsh chemical cleaners.
- The glass surface can be slippery when wet. Exercise caution.

3. PACKAGE CONTENTS

- RENPHO Elis Aspire Smart Wi-Fi Body Scale
- 4 x AAA Batteries
- Quick Start Guide

4. SETUP

4.1 Battery Installation

1. Open the battery compartment on the underside of the scale.
2. Insert the 4 AAA batteries, ensuring correct polarity.
3. Close the battery compartment securely.

4.2 App Download & Account Setup

1. Download the "Renpho Health" app from the Apple App Store or Google Play Store.
2. Open the app and create a new user account. Alternatively, you can use Guest Mode, but note that Wi-Fi functionality and data syncing to other devices will be limited.

4.3 Device Pairing (Bluetooth & Wi-Fi)

The scale uses both Bluetooth and Wi-Fi for comprehensive data syncing. Bluetooth is required for initial setup.

1. Ensure Bluetooth is enabled on your smartphone.
2. Step on the scale to activate it. The app should automatically detect the scale. Tap "Pair" to connect.
3. After the initial Bluetooth connection and first measurement, you can pair the scale via Wi-Fi. Go to the "Device Page" in the app, select "Select Wi-Fi Page".
4. Choose your 2.4GHz Wi-Fi network (5GHz Wi-Fi is not supported) and enter the password.
5. Step on the scale and remain standing still until the Wi-Fi icon on the scale's display turns solid, indicating a successful connection.



Bluetooth & Wi-Fi Dual Connection

Auto-upload your measurement to cloud-ready by Wi-Fi. Receive instant and precise measurements without the need to open the app every time.

Image: The RENPHO Elis Aspire scale showing Bluetooth and Wi-Fi dual connection capabilities, with a smartphone displaying the Renpho Health app measuring data.

4.4 Recalibration

If the scale has been moved or turned upside down, it may need recalibration to ensure accuracy.

1. Place the scale on a firm, flat, and stable surface.
2. Place one foot on the scale to wake it up.
3. When the monitor shows digits, remove your foot.
4. The scale will then show "CAL" followed by "0.0" or "0.00", indicating the recalibration process is complete.

5. OPERATING INSTRUCTIONS

5.1 Taking Measurements

For a complete body composition analysis, step onto the scale barefoot with dry feet. The scale will display your weight, BMI, and body fat percentage directly on its LED screen, and all 13 metrics will be sent to the Renpho Health app.

5.2 Understanding Body Composition Metrics

The scale measures and tracks 13 key body composition metrics:

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

13 ESSENTIAL BODY COMPOSITIONS



Image: Icons representing the 13 essential body compositions measured by the scale, including Weight, BMI, Body Fat, Body Water, Skeletal Muscle, Fat-Free Mass, Muscle Mass, Bone Mass, Protein, BMR, Subcutaneous Fat, Visceral Fat, and Metabolic Age.

5.3 Using the Renpho Health App

The Renpho Health app provides a detailed overview of your health data. You can track your progress daily, weekly, or monthly through graphs and charts. The app is compatible with Samsung Health, Apple Health, and MyFitnessPal, allowing you to consolidate your fitness data in one place.

Renpho Health APP

 Bluetooth

GET IT ON
Google Play

Download on the
App Store



Sync Data with



Apple Health



MyFitnessPal



Samsung Health

Image: Two smartphones displaying the Renpho Health app interface, showing body metrics reports and trends, with logos for Apple Health, MyFitnessPal, and Samsung Health below.

5.4 Multi-User Functionality

The scale supports up to 8 user profiles, allowing multiple family members to track their individual data. The app automatically identifies users and saves data to their respective profiles.

Unlimited Users

The App automatically identifies users and saves data through pre-defined user profiles.

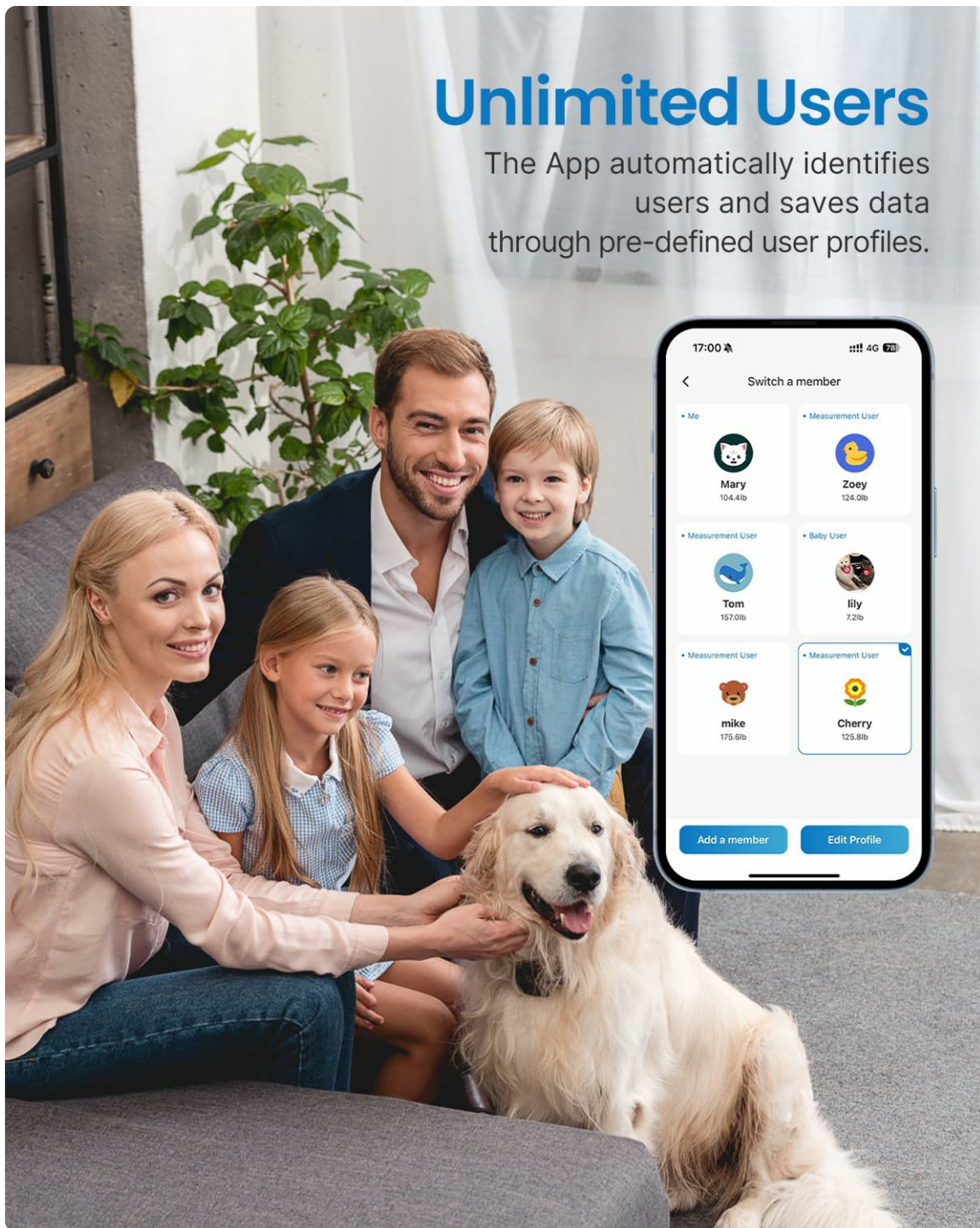


Image: A family with children and a dog, with a smartphone displaying the Renpho Health app's user selection screen, illustrating the unlimited users feature.

5.5 Baby & Pet Mode

The scale includes a baby weighing mode to help record the growth of your little ones or pets. To use this feature, first weigh yourself, then pick up your baby or pet and weigh together. The system will automatically calculate the baby's or pet's weight.

Baby & Pet Holding Mode

Help record the growth of your baby or pet

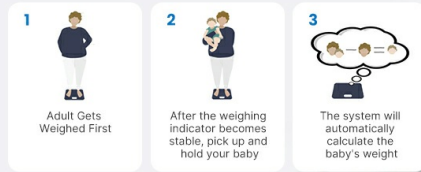


Image: A woman holding a baby and a dog, with an infographic explaining the three steps for using the Baby & Pet Holding Mode.

5.6 Product Video Overview

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Video: An official product video from Renpho Group demonstrating the features and usage of the Renpho Body Fat Scale, including app connectivity and body index monitoring.

6. MAINTENANCE

- Clean the scale with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals.
- Store the scale in a cool, dry place.
- Do not immerse the scale in water.

7. TROUBLESHOOTING

- **Scale not turning on:** Check if the batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Inaccurate readings:** Ensure the scale is placed on a hard, flat surface. Recalibrate the scale as described in Section 4.4.
- **App connectivity issues:** Verify that Bluetooth is enabled on your smartphone and that you are connected to a 2.4GHz Wi-Fi network. Ensure the scale is within range of your router.
- **Body fat percentage not measured:** Ensure you are stepping on the scale barefoot with dry feet, making proper contact with the ITO coating.

8. SPECIFICATIONS

- **Product Dimensions:** 11 x 11 x 1 inches
- **Item Weight:** 2.43 Pounds
- **Model Number:** ES-BR001
- **Weight Capacity:** 0.4-400 lb / 0.2-180 kg
- **Measurement Increments:** 0.2 lb / 0.05 kg
- **Power Source:** 4 x AAA batteries (included)
- **Display Type:** LED
- **Connectivity:** 2.4GHz Wi-Fi, Bluetooth

9. WARRANTY AND SUPPORT

9.1 Warranty Policy

RENPHO provides a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and normal wear and tear. Please retain your purchase receipt for warranty claims.


9.2 Customer Service



For any questions, concerns, or support needs, please contact RENPHO customer service:

- **Email:** support@renpho.com
- **Phone:** +1 (844) 417-0149 (US only)
- **Website:** www.renpho.com

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Related Documents - ES-BR001

	<p>RENPHO Body Composition Scale Quick Start Guide</p> <p>A quick start guide for the RENPHO Body Composition Scale, covering setup, app connection via Bluetooth and Wi-Fi, and recalibration. Includes safety precautions and warranty information.</p>
	<p>RENPHO Elis Evo Body Fat Scale User Manual and Setup Guide</p> <p>This user manual provides comprehensive instructions for the RENPHO Elis Evo Body Fat Scale. It covers essential safety guidelines, technical specifications, step-by-step setup for the RENPHO Health App via Bluetooth and Wi-Fi, usage instructions, calibration procedures, charging information, and troubleshooting tips. Learn how to accurately measure your body composition and utilize the smart features of your Elis Evo scale.</p>

<div><div>RENPHO</div><div>Smart Health Singapore</div></div> <div>User Manual</div> <div></div> <div>Model: R-A017 Elis Chroma</div> <div><div>RENPHO is committed to our environment. To reduce paper usage, please scan the QR Code or enter the following URL to download the full version of the instruction User Manual. https://renpho.com/pages/body-fat-scale</div></div>
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