sinocare CW286

Sinocare Smart Digital Bathroom Scale User Manual

Model: CW286

1. PRODUCT OVERVIEW

The Sinocare Smart Digital Bathroom Scale is designed to provide accurate weight measurements and integrate with smartphone applications for comprehensive health tracking. It features a sleek design, an easy-to-read LED display, and advanced sensor technology.

Figure 1.1: The Sinocare Smart Digital Bathroom Scale, showing its minimalist design, integrated LED display, and connectivity with the SinoHealth app. Batteries are also visible, indicating power source.

Key Features:

- **High Accuracy:** Equipped with 4 high-precision sensors for accurate weight measurement within a range of 0.1kg to 180kg (0.22lb to 396.83lb or 0.01st to 28.35st). Supports 3 weighing units: pounds (lb), kilograms (kg), and stones (st).
- **User-Friendly Design:** Features a supersize digital LED display for clear readings and an easy-to-clean surface. Includes an automatic shut-down function to conserve battery life.
- **Multi-User Sharing:** Allows multiple family members to track their individual weight changes and health data through the SinoHealth App.
- **Bluetooth Connectivity:** Compatible with Bluetooth 4.2, Android 4.3 and above, and iOS 8.0 and above.
- **Offline Data Sync:** Stores up to 100 sets of offline data, which automatically transfers to the app upon the next synchronization.
- **Fitness App Integration:** Seamlessly synchronizes data with popular fitness applications such as Google Fit, Fitbit,

and Apple Health via the SinoHealth app.

Moderate Size but Outstanding Ability

280mm/11.02inch

280mm/11.02inch

25mm/0.98inch

5mm

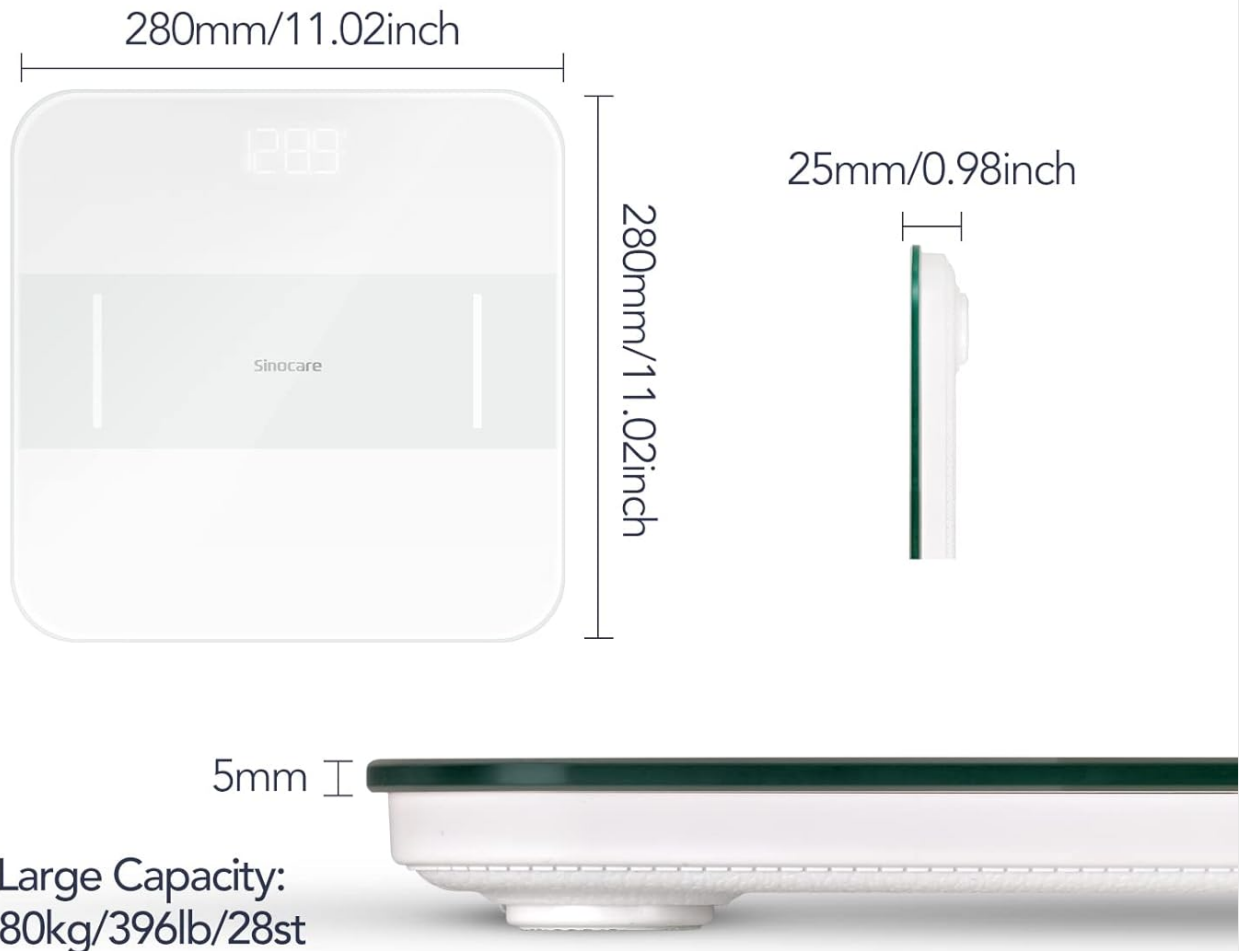Large Capacity:
180kg/396lb/28st

Figure 1.2: Illustration of the scale's internal high-precision sensors, which contribute to its accurate measurement capabilities.

2. SETUP GUIDE

2.1 Battery Installation

The scale requires 4 AAA batteries (included). Ensure correct polarity when inserting the batteries.

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert 4 AAA batteries, matching the positive (+) and negative (-) terminals as indicated inside the compartment.
4. Close the battery compartment cover securely.

Easy to Connect and Share

Download Sinohealth APP
Bluetooth 4.2 Android 4.3
IOS 8.0 and higher

Turn on Bluetooth and GPS at the same time

Figure 2.1: The underside of the scale, illustrating the battery slot for 3 AAA batteries (note: product specifications state 4 AAA, image shows 3, follow product spec). Also visible are the anti-skid padding and the unit conversion button.

2.2 App Download and Pairing

To utilize the smart features and track your data, download the SinoHealth app and pair it with your scale.

1. Download the "SinoHealth" app from the App Store (for iOS devices) or Google Play Store (for Android devices).
2. Ensure Bluetooth is enabled on your smartphone. For optimal performance, also enable GPS/Location services as some Android versions require it for Bluetooth scanning.
3. Open the SinoHealth app. You may be prompted to grant permissions for Bluetooth access. Select "OK" or "Allow".
4. In the app, navigate to the device pairing section. Select "Bluetooth scales" from the device type options.
5. Step onto the scale briefly to activate it. The scale's display should light up.
6. The app will automatically detect the scale. Follow the on-screen prompts to complete the pairing process.
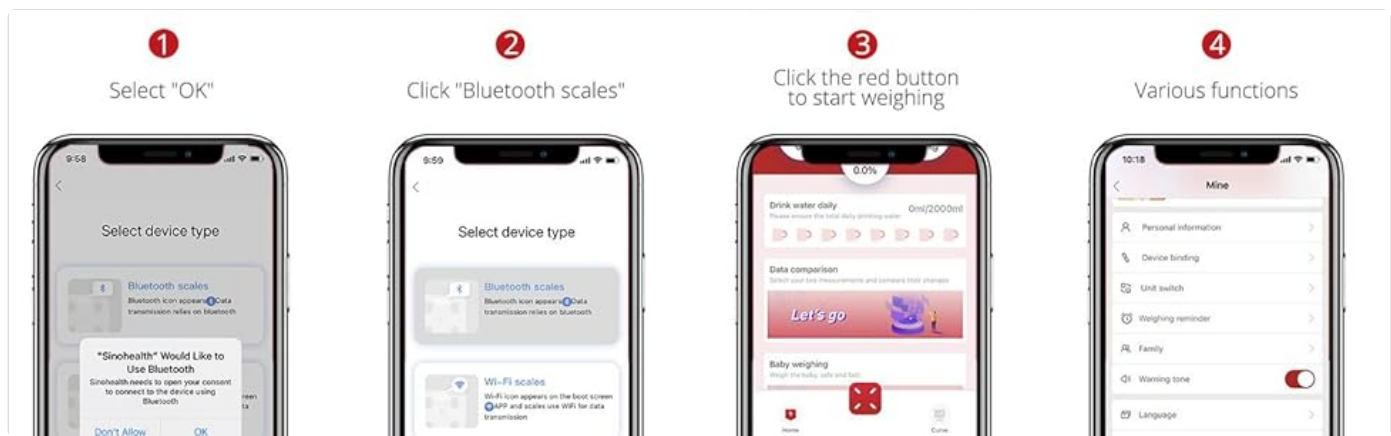
Figure 2.2: A visual guide to connecting the scale with the SinoHealth app, detailing the steps from selecting device type to initiating a measurement.

3. OPERATING INSTRUCTIONS

3.1 Taking a Measurement

For accurate readings, place the scale on a hard, flat surface. Avoid carpets or uneven flooring.

1. Step onto the center of the scale with bare feet. Ensure your feet are making contact with the metal electrodes (if present, for body composition analysis).
2. Stand still until your weight is displayed on the LED screen. The reading will flash a few times before settling.
3. If the app is open and connected, your data will automatically synchronize.
4. Step off the scale. The scale will automatically turn off after a few seconds to save power.

Figure 3.1: A user's feet on the scale, demonstrating proper placement for measurement. A magnified view of the bright and clear LED display shows a weight reading.

3.2 Unit Conversion

You can switch between kilograms (kg), pounds (lb), and stones (st) using the unit conversion button on the underside of the scale.

1. Turn the scale over to access the underside.
2. Locate the small button labeled "UNIT" or with a unit conversion icon.
3. Press the button to cycle through the available units (kg, lb, st). The selected unit will be displayed on the screen when the scale is active.

3.3 Multi-User Functionality

The SinoHealth app allows you to add multiple family members to track their individual health data.

1. Open the SinoHealth app on your smartphone.

2. Navigate to the "Home" screen or "Settings" section within the app.

3. Look for an option to "Add Family Members" or "Manage Users".

4. Follow the app's instructions to create new user profiles. Each user's data will be stored separately, allowing for personalized tracking and progress monitoring.

Figure 3.2: The SinoHealth app interface, highlighting its compatibility with other popular fitness apps like Fitbit, Google Fit, and Apple Health, enabling comprehensive data management.

4. CARE AND MAINTENANCE

Proper care ensures the longevity and accuracy of your Sinocare Smart Digital Bathroom Scale.

4.1 Cleaning

- Wipe the scale's surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is completely dry before storage or next use.

4.2 Storage

- Store the scale in a cool, dry place.
- Avoid storing the scale vertically or placing heavy objects on it, as this may affect its accuracy.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

5. TROUBLESHOOTING

If you encounter issues with your scale, refer to the following common problems and their solutions:

Problem	Possible Cause	Solution
Scale does not turn on.	Low or dead batteries; incorrect battery installation.	Replace batteries with new ones, ensuring correct polarity.
Inaccurate readings.	Scale on uneven surface; scale not calibrated; excessive movement during measurement.	Place scale on a hard, flat surface. Step on and off quickly to calibrate to '0.0' before weighing. Stand still during measurement.

Problem	Possible Cause	Solution
Cannot connect to app via Bluetooth.	Bluetooth off; app permissions not granted; scale not active; app outdated.	Ensure Bluetooth is on. Grant app necessary permissions. Step on scale to activate. Update SinoHealth app. Restart phone and scale.
"Lo" displayed on screen.	Low battery power.	Replace all batteries.
"Err" displayed on screen.	Overload; unstable measurement.	Ensure weight does not exceed 180kg (396.83lb). Step off and re-measure carefully.

6. TECHNICAL SPECIFICATIONS

Detailed specifications for the Sinocare Smart Digital Bathroom Scale:

Feature	Specification
Model Number	CW286
Weight Limit	180 Kilograms (396.83 lbs / 28.35 st)
Measurement Units	kg / lb / st
Display Type	LED (Backlit)
Power Source	4 AAA batteries (included)
Product Dimensions	28 x 28 x 0.5 cm (11.02 x 11.02 x 0.2 inches)
Product Weight	1.2 kg (2.65 lbs)
Connectivity	Bluetooth 4.2
Compatible Apps	SinoHealth, Google Fit, Fitbit, Apple Health

Figure 6.1: The physical dimensions of the scale, indicating its moderate size and slim profile.

7. WARRANTY AND SUPPORT

7.1 Warranty Information

Sinocare products are manufactured with high-quality materials and undergo strict quality control. For specific warranty terms and conditions, please refer to the warranty card included with your product or contact Sinocare customer support.

7.2 Customer Support

If you have any questions, require technical assistance, or need to report an issue with your Sinocare Smart Digital Bathroom Scale, please contact our customer support team. Contact information can typically be found on the product packaging, the official Sinocare website, or within the SinoHealth app's help section.