

sinocare CS20B

Sinocare Smart Scale User Manual

Model: CS20B

INTRODUCTION

Thank you for choosing the Sinocare Smart Scale. This digital bathroom scale is designed to provide accurate weight measurements and comprehensive body composition analysis when paired with the SinoHealth smartphone application. This manual will guide you through the setup, operation, and maintenance of your new smart scale, ensuring you get the most out of its features.

SAFETY INFORMATION

- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- Keep the scale dry. Do not immerse it in water or use it in extremely humid environments.
- The scale surface can be slippery when wet. Step on and off carefully.
- Do not jump on the scale.
- This scale is intended for household use only and should not be used for medical diagnosis or treatment.
- Keep out of reach of children.

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- Sinocare Smart Scale
- 3 x AAA Batteries
- User Manual (this document)

PRODUCT OVERVIEW



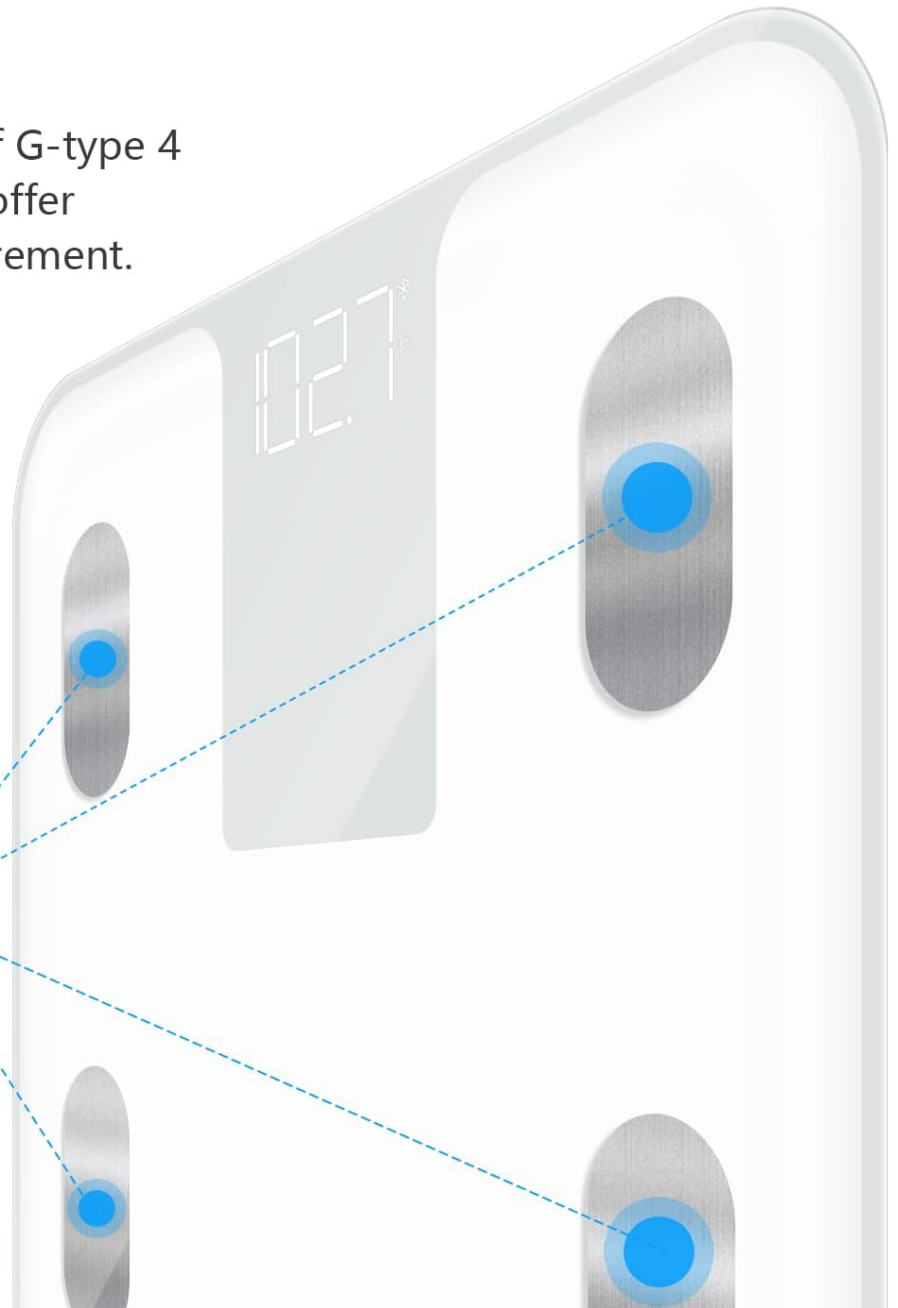
The Sinocare Smart Scale features a clean white design with a central LED display and four metallic electrode pads for body composition analysis.

Bioelectrical Analysis

The latest generation of G-type 4 high precision sensors offer accurate weight measurement.

High-Precision Sensors

High-precision weighing sensors that deliver unparalleled accuracy



Equipped with G-type 4 high-precision sensors, the scale ensures accurate weight measurements and bioelectrical impedance analysis for body composition.

Easy to read

The display is equipped with LED backlight to clearly display the results, even in a dark room.



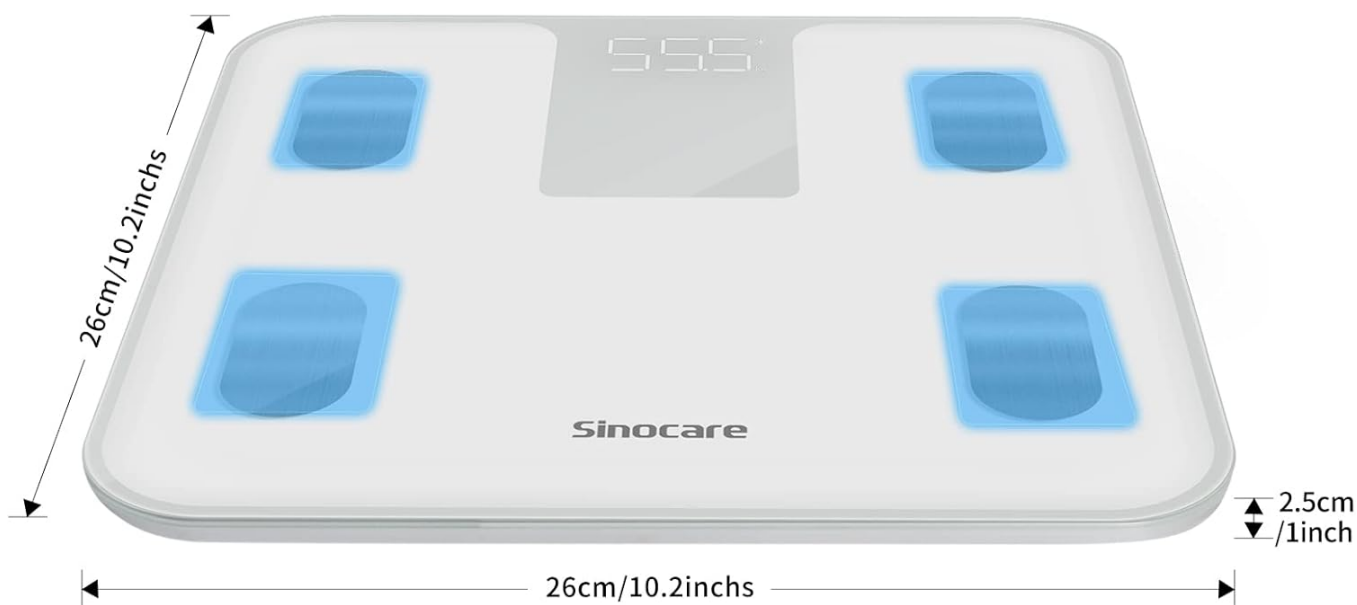
The bright LED backlight display ensures clear readability of your weight, even in dimly lit environments.

Designed for **Safety**

Stay supported with the 5-mm-thick tempered glass platform while rounded corners and anti-skid pads prevent collision and slippage.



Designed for safety, the scale features a 5mm-thick tempered glass platform with rounded corners and anti-skid pads to prevent slippage.



The underside of the scale includes a unit button to switch between lb/kg/st and anti-slip pads for stability. Dimensions are approximately 26cm x 26cm (10.2 inches x 10.2 inches) with a height of 2.5cm (1 inch).

SETUP

- 1. Install Batteries:** Open the battery compartment on the back of the scale. Insert the 3 AAA batteries, ensuring correct polarity (+/-). Close the compartment.
- 2. Placement:** Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.
- 3. Initial Calibration:** Gently tap the scale with your foot to turn it on. Wait for the display to show "0.0" or "CAL" before stepping on it. This calibrates the scale.
- 4. Unit Selection:** On the back of the scale, locate the "UNIT" button. Press it to cycle through the available units: pounds (lb), kilograms (kg), and stones (st). Select your preferred unit.
- 5. Download SinoHealth App:** For full body composition analysis, download the "SinoHealth" app from the Apple App Store or Google Play Store.



- 6. Pair with App:**

- Enable Bluetooth on your smartphone.
- Open the SinoHealth app and create your user profile (or log in).
- Step onto the scale barefoot. The scale will activate and attempt to connect to the app via Bluetooth.
- Follow the in-app instructions to complete the pairing process. Ensure your feet are in full contact with the electrode pads for accurate body composition readings.

OPERATING INSTRUCTIONS

Basic Weighing (Without App)

To measure only your weight:

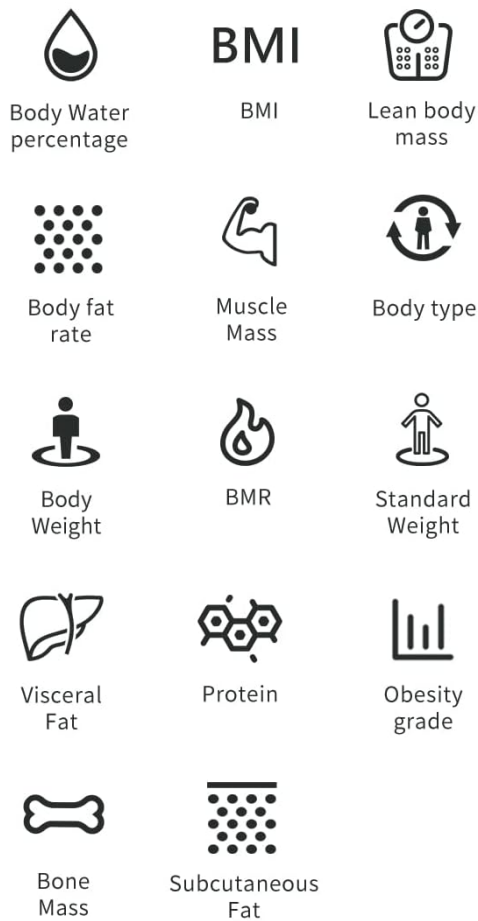
1. Place the scale on a hard, flat surface.
2. Gently tap the scale to turn it on. Wait for "0.0" to appear.
3. Step onto the scale with both feet centered on the platform. Stand still until your weight is displayed and stabilizes.
4. The scale will automatically turn off after approximately 10 seconds of inactivity to conserve battery.

Body Composition Analysis (With App)

For a full body composition analysis, ensure the scale is paired with the SinoHealth app and Bluetooth is enabled on your device.

1. Open the SinoHealth app on your smartphone.
2. Step onto the scale barefoot, ensuring your feet are in full contact with all four electrode pads.
3. Stand still. The scale will display your weight, and then the app will begin to receive and process your body composition data.
4. The app will display various metrics, including:

14 Essential Measurements



The SinoHealth app provides 14 essential body measurements, including Body Water percentage, BMI, Lean body mass, Body fat rate, Muscle Mass, Body type, Body Weight, BMR, Standard Weight, Visceral Fat, Protein, Obesity grade, Bone Mass, and Subcutaneous Fat.

- Body Weight
- Body Mass Index (BMI)
- Body Fat Rate
- Muscle Mass
- Body Water Percentage
- Bone Mass
- Basal Metabolic Rate (BMR)
- Visceral Fat
- Protein
- Subcutaneous Fat
- Lean Body Mass
- Body Type
- Standard Weight

- Obesity Grade

5. The app will automatically sync and store your data, allowing you to track your progress over time.



SINOHEALTH APP USAGE

The SinoHealth app is your central hub for tracking and analyzing your body composition data. It is compatible with iOS and Android devices.

Key Features:

- **User Profiles:** Create and manage multiple user profiles, making it ideal for families. The app can automatically recognize different users.
- **Data Tracking:** View historical data for all 14 body composition metrics in easy-to-read graphs and charts.
- **Goal Setting:** Set personal health goals and track your progress towards them.

- **Integration:** Syncs with popular fitness apps like Fitbit, Google Fit, and Apple Health for a holistic view of your health data.

Easy to Share

Connect to SinoHealth App or other fitness App to track your body data.



Sino Health



fitbit



Google Fit



Apple Health

Download free "SinoHealth" APP



Download on the
App Store



GET IT ON
Google Play

The SinoHealth app allows easy sharing and synchronization of your body data with other popular fitness applications such as Fitbit, Google Fit, and Apple Health.

- **Health Reports:** Generate detailed health reports based on your measurements.

For detailed instructions on specific app features, refer to the in-app help section or the SinoHealth website.

MAINTENANCE AND CARE

- **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.
- **Battery Replacement:** If the display shows "Lo" or becomes dim, it's time to replace the batteries. Use 3 new AAA batteries.
- **Avoid Impact:** Protect the scale from strong impacts or dropping, as this can damage the sensors.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AAA batteries.
Inaccurate readings.	Scale is on an uneven surface; not calibrated; or moved.	Place scale on a hard, flat surface. Tap to turn on and wait for "0.0" before stepping on. Avoid moving the scale between uses.
"Lo" displayed.	Low battery.	Replace batteries.
"Err" displayed.	Overload or measurement error.	Ensure weight is within the 396 lb (180 kg) limit. Step off and on again.
App not connecting to scale.	Bluetooth is off; app not open; scale not active; pairing issue.	Ensure Bluetooth is on. Open SinoHealth app. Step on scale to activate. Try re-pairing the device in the app settings. Ensure no other devices are connected to the scale.
Body composition data not showing.	Not stepping on barefoot; feet not fully on electrodes.	Step on the scale barefoot, ensuring both feet make full contact with all four metallic electrode pads.

SPECIFICATIONS

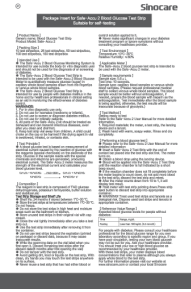



- **Model:** CS20B
- **Brand:** Sinocare
- **Product Dimensions:** 4.34 x 4.34 x 0.39 inches (11 x 11 x 1 cm); 2.82 Pounds (1.28 kg)
- **Weight Limit:** 396 Pounds (180 kg)
- **Display Type:** Digital LED
- **Power Source:** 3 x AAA Batteries (included)
- **Special Features:** Body Fat, Body Mass Index, Smart Connectivity (Bluetooth)
- **Measurement Units:** lb / kg / st
- **Sensors:** 4 High-Precision Sensors

WARRANTY AND SUPPORT

Sinocare provides a standard warranty for this product. For specific warranty terms, conditions, and support inquiries, please refer to the warranty card included in your package or visit the official Sinocare website. You may also contact Sinocare customer service through the contact information provided on their website or within the SinoHealth application. For the latest information and updates, please visit the [Sinocare Store on Amazon](#).



Related Documents

	<p>Sinocare Safe-Accu 2 Blood Glucose Test Strips: User Guide and Specifications</p> <p>Comprehensive package insert for Sinocare Safe-Accu 2 Blood Glucose Test Strips, covering intended use, test principles, performance, and important warnings for self-testing.</p>
	<p>Sinocare BSX516 Blood Pressure Monitor User Manual</p> <p>Comprehensive guide for the Sinocare BSX516 Blood Pressure Monitor, detailing setup, operation, measurement methods, and troubleshooting for accurate home blood pressure monitoring.</p>
	<p>Sinocare Safe AQ Smart Blood Glucose Meter - Operation Manual</p> <p>Concise operation manual for the Sinocare Safe AQ Smart blood glucose meter, detailing preparation, usage steps, and important notes for accurate blood sugar testing.</p>
	<p>Sinocare Safe AQ Smart, Safe AQ Voice, Safe AQ Air Blood Glucose Meter User Manual</p> <p>Comprehensive user manual for the Sinocare Safe AQ Smart, Safe AQ Voice, and Safe AQ Air blood glucose monitoring systems. Learn about intended use, safety information, test procedures, troubleshooting, and specifications.</p>