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Sinocare B09LHD5ML6

Sinocare Digital Bluetooth Body Weight Scale User Manual

Model: B09LHD5ML6

INTRODUCTION

This manual provides instructions for the setup, operation, and maintenance of your Sinocare Digital Bluetooth Body Weight Scale. This smart scale is designed to accurately measure body weight and track BMI, connecting wirelessly to a mobile application for comprehensive health monitoring.



Traceable Data

Connect to the scale via Bluetooth and mobile APP. The weight data of multiple members in different periods can be recorded at the same time.



March 1st, 2021

132.2lb

110.0lb

44.0lb

March 2st, 2021

133.0lb

110.4lb

44.7lb

March 3st, 2021

132.0lb

110.0lb

44.5lb

March 4st, 2021

133.0lb

111.0lb

45.0lb

Image: The Sinocare Digital Bluetooth Body Weight Scale, a sleek black square device with a digital display.

SETUP

1. Battery Installation

The scale requires 3 AAA batteries (included). To install:

1. Turn the scale over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert 3 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

PACKAGE CONTENT

1 X Digital Weight Scale

3 X 1.5V AAA Batteries

1 X Quick Start Guide



Image: The underside of the Sinocare scale, highlighting the battery compartment and anti-slip padding.

2. App Download and Pairing

To utilize the smart features of your scale, download the companion mobile application:

1. Search for "Sinocare Health" or "SinoHealth" in your device's app store (Apple App Store or Google Play Store).
2. Download and install the application.
3. Enable Bluetooth on your smartphone.
4. Open the Sinocare Health app and follow the on-screen instructions to create a user profile and pair your scale. Ensure the scale is active (step on it briefly) during the pairing process.

Your browser does not support the video tag.

Video: This video demonstrates the process of setting up the Sinocare scale, including stepping on it to activate, opening the Sinocare Health app, enabling health access permissions, and binding the device to view real-time weight and BMI data. It also shows how to add multiple users and track weight trends.

OPERATION

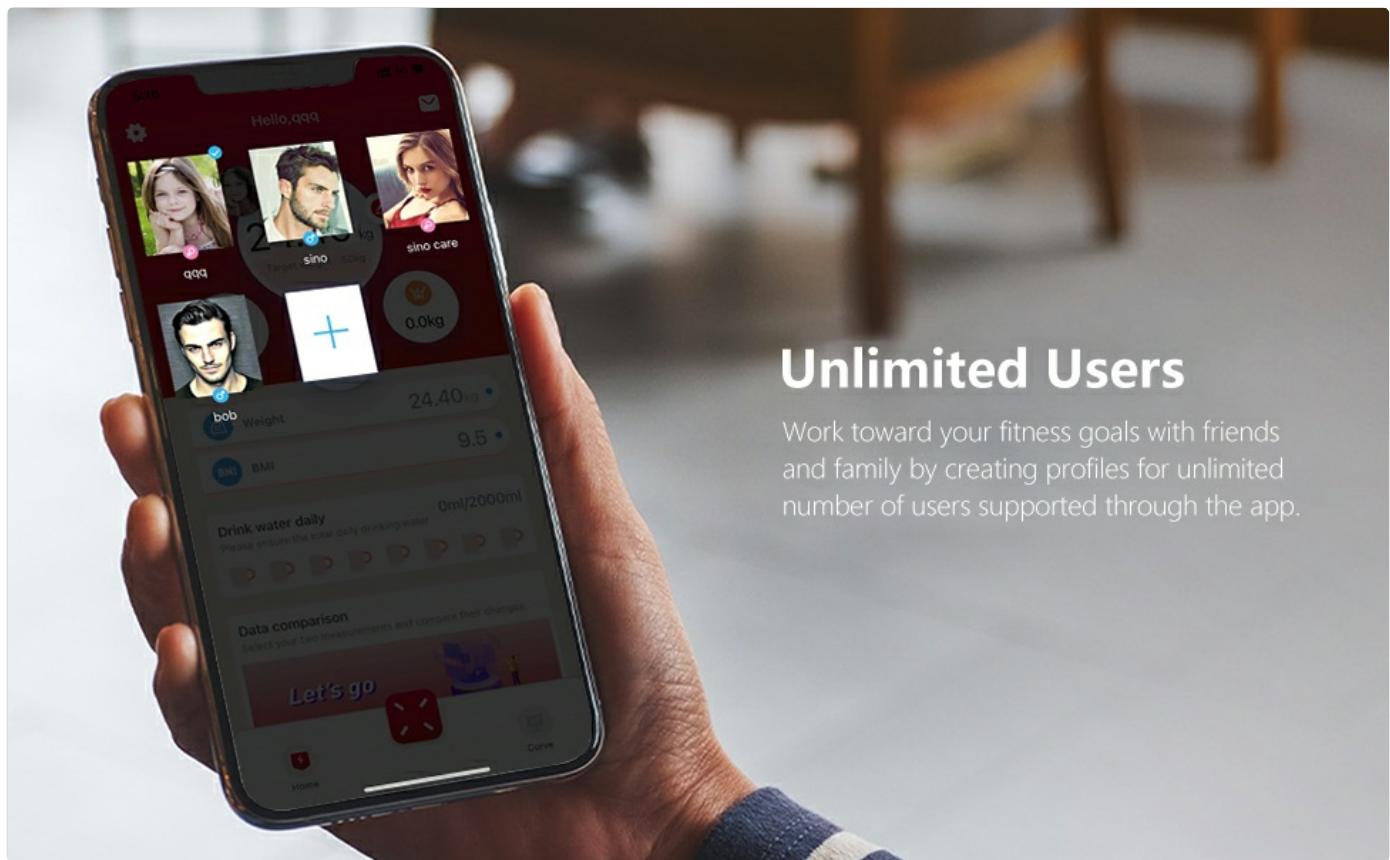
1. Taking a Measurement

For accurate readings:

1. Place the scale on a hard, flat surface. Avoid carpets or uneven flooring.

2. Step onto the scale barefoot and stand still. The display will show your weight.

3. If connected to the app, your data will automatically sync to your profile.



Unlimited Users

Work toward your fitness goals with friends and family by creating profiles for unlimited number of users supported through the app.

Image: The Sinocare scale illustrating the four built-in gravity sensing chips for accurate measurement.

2. Unit Conversion

To change the unit of measurement (kg/lb/st):

- Locate the unit switch button on the underside of the scale.
- Press the button to cycle through the available units. The display will update accordingly.

PACKAGE CONTENT

1 X Digital Weight Scale

3 X 1.5V AAA Batteries

1 X Quick Start Guide



Image: The underside of the Sinocare scale, pointing out the unit switch button.

3. App Features

The Sinocare Health app offers several features:

- **Weight and BMI Tracking:** View your current weight and Body Mass Index (BMI).
- **Historical Data:** Track your weight and BMI trends over time (daily, weekly, monthly, yearly).
- **Multiple User Profiles:** Add and manage profiles for multiple family members. Each user's data is stored separately.



Led Screen Digital Scale

Track your progress everyday



Image: A family using the Sinocare scale, with the app displaying traceable data for multiple users over time.



Image: A smartphone screen displaying the Sinocare app interface for adding and managing multiple user profiles.

MAINTENANCE

1. Cleaning

To clean your scale:

- Wipe the surface with a soft, damp cloth.
- Do not use abrasive cleaners or immerse the scale in water.

2. Storage

Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.

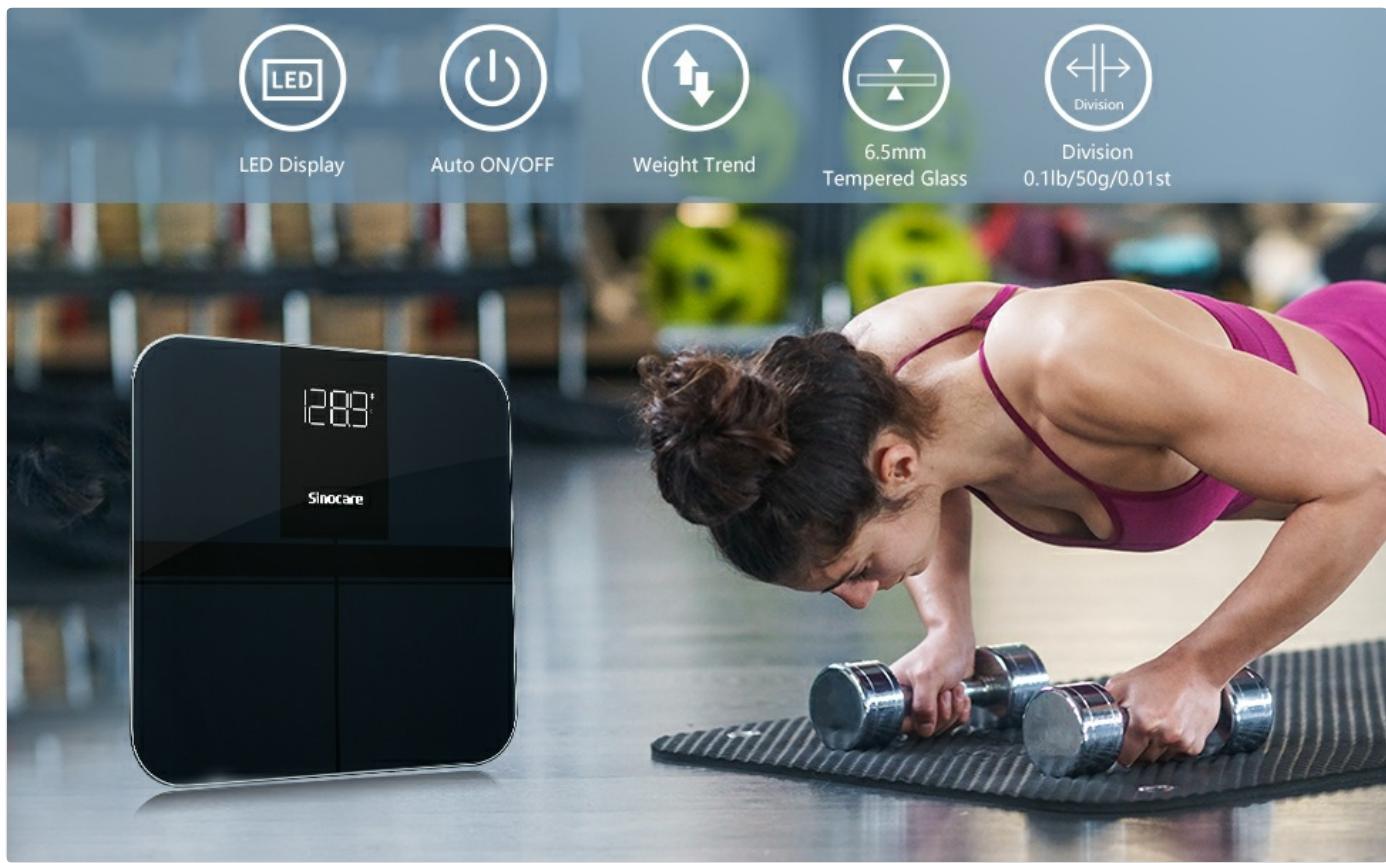


Image: The Sinocare scale, emphasizing its 6.3mm tempered glass surface and rounded corners for safety and durability.

TROUBLESHOOTING

- **"Lo" or Low Battery Indicator:** Replace the batteries with new AAA batteries.
- **"Err" or Overload Indicator:** The maximum weight capacity of the scale is 400 lbs (180 kg). Remove weight exceeding this limit.
- **No Display/Scale Not Turning On:**
 - Check if batteries are installed correctly and are not depleted.
 - Ensure the scale is on a flat, hard surface.
 - Step on the scale briefly to activate it.
- **App Not Connecting/No Data:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the scale is active (step on it).
 - Restart the app and try pairing again.
 - Check app permissions for Bluetooth and health data access.

SPECIFICATIONS

Brand	Sinocare
Model	B09LHD5ML6
Weight Limit	400 Pounds (180 kg)
Accuracy	0.1lb / 50g

Material	Tempered Glass
Power Source	3 x AAA Batteries
Connectivity	Bluetooth
Product Dimensions	Approximately 0.43 x 0.43 x 0.04 inches (Note: This dimension seems incorrect for a scale, likely a typo in source data. Actual scale dimensions are typically larger.)
Item Weight	3.1 pounds

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official Sinocare website. You can also contact Sinocare customer service directly for assistance with product issues or inquiries.

Manufacturer: Sinocare

Website: [Visit the Sinocare Store on Amazon](#)

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