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› Sinocare Digital Smart Weight Scale User Manual

sinocare Digital Smart Weight Scale

Sinocare Digital Smart Weight Scale User Manual

Model: Digital Smart Weight Scale

1. INTRODUCTION

Thank you for choosing the Sinocare Digital Smart Weight Scale. This scale is designed to provide accurate body weight measurements and integrate with smartphone applications for comprehensive health tracking. Featuring high-precision sensors, a large LED display, and Bluetooth connectivity, it offers a convenient way to monitor your health. Please read this manual thoroughly before use to ensure proper operation and maintenance.

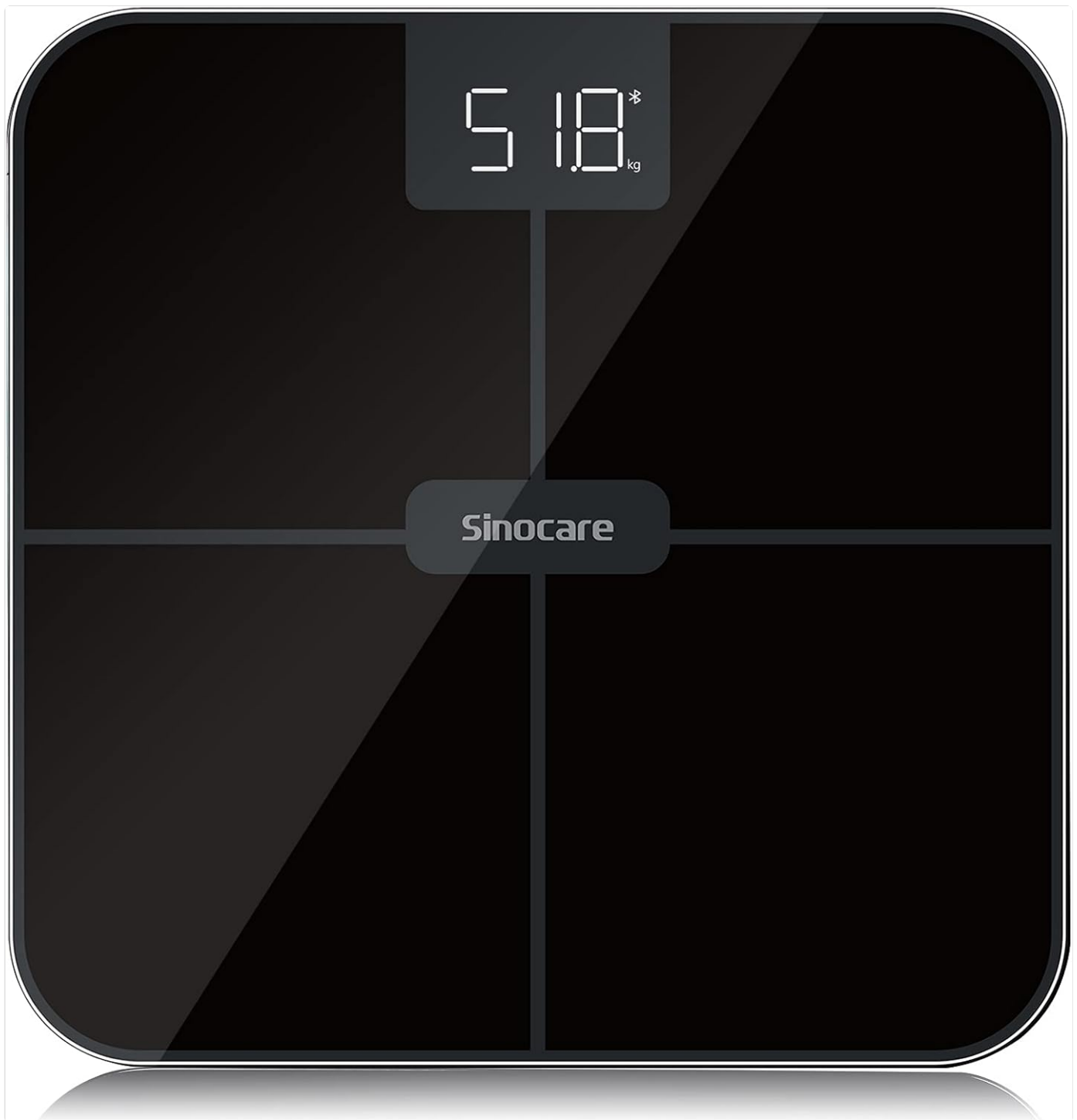


Image: Front view of the Sinocare Digital Smart Weight Scale, displaying a weight reading.

2. PRODUCT FEATURES

- **High Precision Sensors:** Equipped with 4 high-precision sensors for accurate and sensitive weight measurement. Supports a range of 0.1kg-180kg / 0.2lb-396lb / 0.01st-28st, with results accurate to 0.05kg / 0.1lb / 0.01st.
- **User-Friendly Design:** Features a 63.5 x 26 mm supersize LED backlight display for easy reading, 10-second automatic shut-down for power saving, and a smooth, easy-to-clean surface. Four anti-skid pads ensure stability.
- **Easy to Use:** Provides accurate and immediate readings with step-on technology and auto-calibration. Includes a low battery indicator.
- **Multi-User Support:** Suitable for all family members, allowing you to add multiple users to track individual growth and weight changes.
- **Bluetooth Data Transmission:** Connects to the "SinoHealth" app (available on APP Store or Google Play) via Bluetooth, synchronizing data with Google Fit, Fitbit, and Apple Health to help track weight loss and maintain a healthy lifestyle.

Practical Features



Low Battery
Prompt



Auto
On/Off



LED
Display



3 Weighing
Units



Bluetooth
4.2



Image: Icons illustrating practical features: Low Battery Prompt, Auto On/Off, LED Display, 3 Weighing Units, and Bluetooth 4.2.



Low Battery
Indication



Auto
On/Off



Bluetooth
4.2



LED
Display



3 Weighing
Units



Image: A person performing a bridge exercise with the scale in the foreground, illustrating smart data synchronization and key features like low battery indication, auto-off, index value, and weight capacity.

3. PACKAGE CONTENTS

The Sinocare Digital Smart Weight Scale package includes:

- 1 x Sinocare Digital Smart Weight Scale
- 3 x AAA Batteries (pre-installed or included separately)
- 1 x User Manual (this document)

4. SETUP GUIDE

4.1 Battery Installation

The scale requires 3 AAA batteries. If not pre-installed, open the battery compartment on the underside of the scale and insert the batteries, ensuring correct polarity (+/-).



Image: The underside of the scale, highlighting the battery box, unit conversion touch button, and anti-skid padding.

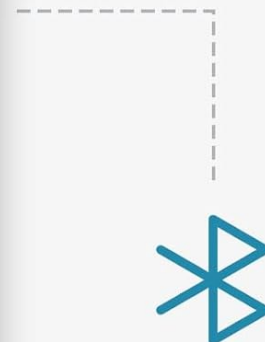
4.2 Scale Placement

For accurate readings, place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect measurement precision.

4.3 App Download and Connection

To utilize the smart features and track your data, download the "SinoHealth" app.

1. Search for "SinoHealth" in the Apple App Store or Google Play Store.
2. Download and install the app on your smartphone.
3. Enable Bluetooth on your smartphone.
4. Open the SinoHealth app and follow the on-screen instructions to pair your scale. The scale will automatically connect when you step on it with the app open.



Bluetooth Connection

Works with "Sinohealth", free download at



and



Google play

Image: Diagram showing the Sinocare scale wirelessly connecting via Bluetooth to a smartphone running the SinoHealth app.

Your Fitness Partner

Track your progress in the free Sinohealth app, or connect to your favorite fitness app.

Data Syncs With



Sino Health



Google Fit



Apple Health



fitbit

Free Download

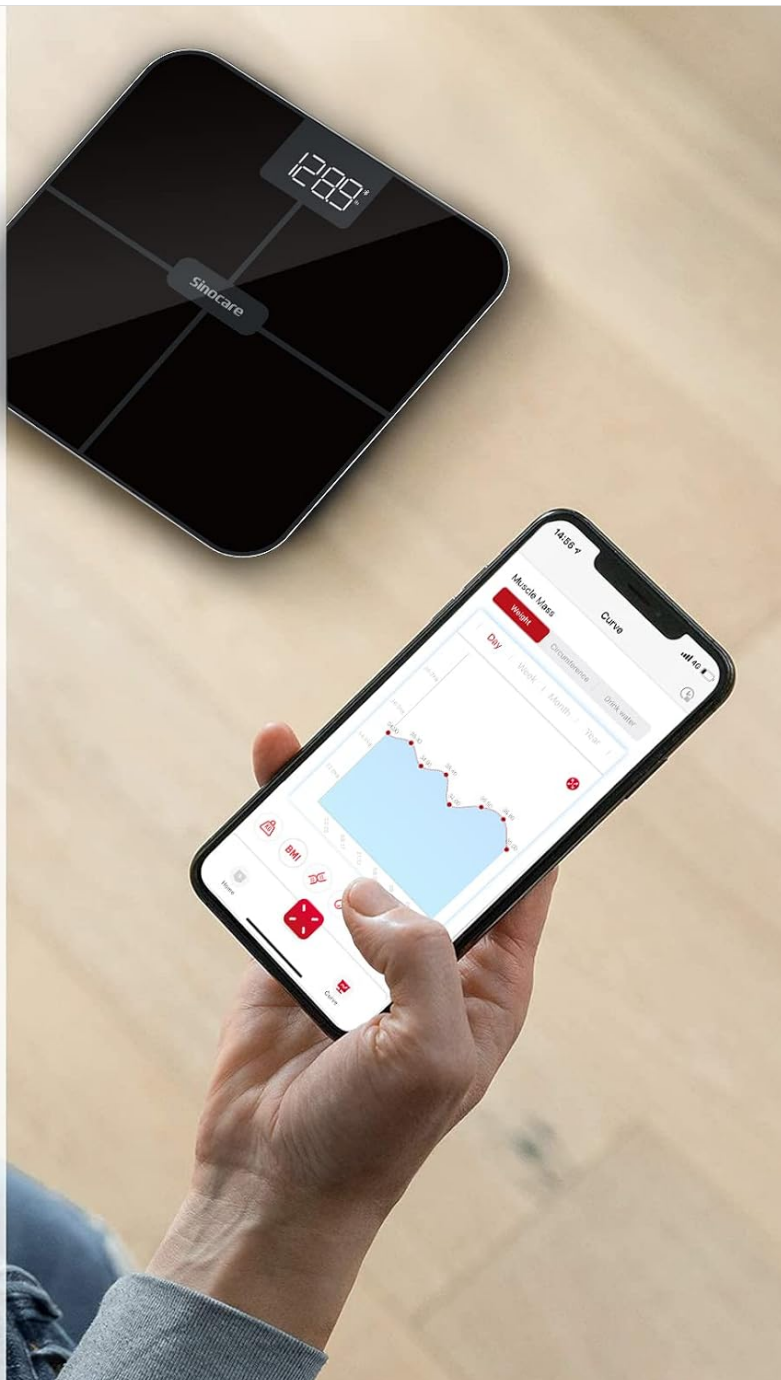


Image: The Sinocare scale and a smartphone displaying the SinoHealth app, with logos indicating data synchronization capabilities with Google Fit, Apple Health, and Fitbit.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare feet. The scale will automatically turn on and begin measuring.
3. Stand still until your weight reading stabilizes on the LED display.
4. If connected to the SinoHealth app, your data will automatically sync.

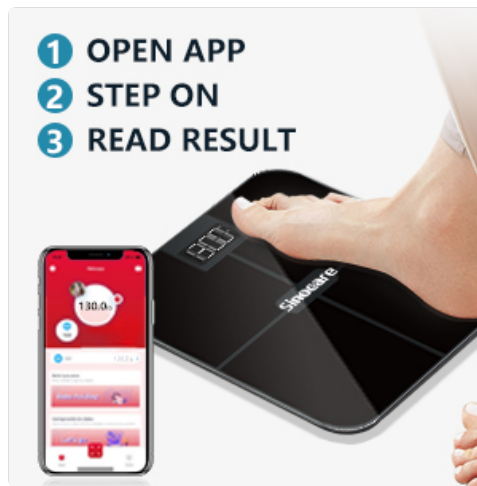


Image: A visual guide showing three steps: 1. Open app, 2. Step on scale, 3. Read result on the scale and in the app.

5.2 Changing Weight Units

The scale supports kilograms (kg), pounds (lb), and stones (st). To change the unit, locate the unit conversion button on the underside of the scale (near the battery compartment) and press it to cycle through the available units.

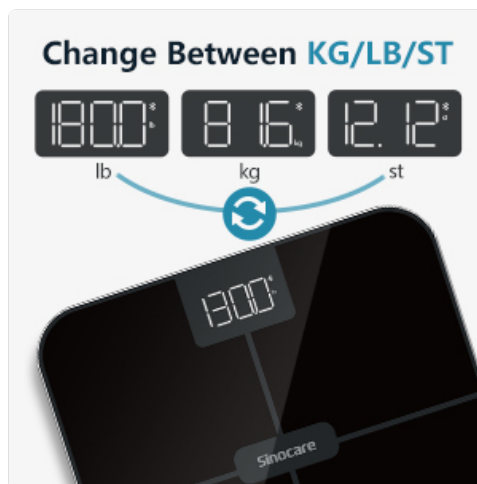


Image: The scale display showing examples of weight readings in pounds (lb), kilograms (kg), and stones (st), with an arrow indicating the unit conversion function.

5.3 Multi-User Functionality

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

1. Open the SinoHealth app.
2. Navigate to the home screen or settings.
3. Look for an option to "Add Family Users" or similar.
4. Follow the prompts to create profiles for each user. The app will intelligently recognize users based on their weight and historical data.



Image: A family sitting on a couch, with the scale and app in the foreground, illustrating how the scale is a great companion for family health tracking with multiple user profiles.

6. MAINTENANCE

- **Cleaning:** The scale's smooth surface is easy to clean. Use a soft, damp cloth to wipe down the surface. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place, away from extreme temperatures or direct sunlight.
- **Battery Replacement:** When the low battery indicator appears on the display, replace all 3 AAA batteries promptly to ensure continued accurate operation.



Image: A close-up of a foot stepping onto the scale, highlighting the safety design with durable tempered glass and anti-slip padding on the bottom.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new AAA batteries.
Inaccurate or inconsistent readings.	Scale is on an uneven surface; scale needs re-calibration; user is not standing still.	Place scale on a hard, flat surface. Step off and then back on to allow auto-calibration. Stand still during measurement.
Bluetooth connection issues.	Bluetooth is off on phone; app is not open; scale is out of range.	Ensure Bluetooth is enabled on your phone. Open the SinoHealth app. Move closer to the scale. Restart the app or phone if necessary.
Display shows "Lo" or "Err".	"Lo" indicates low battery. "Err" indicates an overload or measurement error.	Replace batteries for "Lo". For "Err", ensure weight is within the 396lb/180kg limit and step on correctly.

8. SPECIFICATIONS

Feature	Detail
Brand	Sinocare
Model	Digital Smart Weight Scale
Color	Black
Display Type	LED
Weight Limit	400 Pounds (180 kg)
Readout Accuracy	0.1 Pounds (0.05 kg)
Batteries	3 AAA batteries (included)
Package Dimensions	11.93 x 11.54 x 1.3 inches

High Accuracy

Equipped with 4 high-precision weight sensors

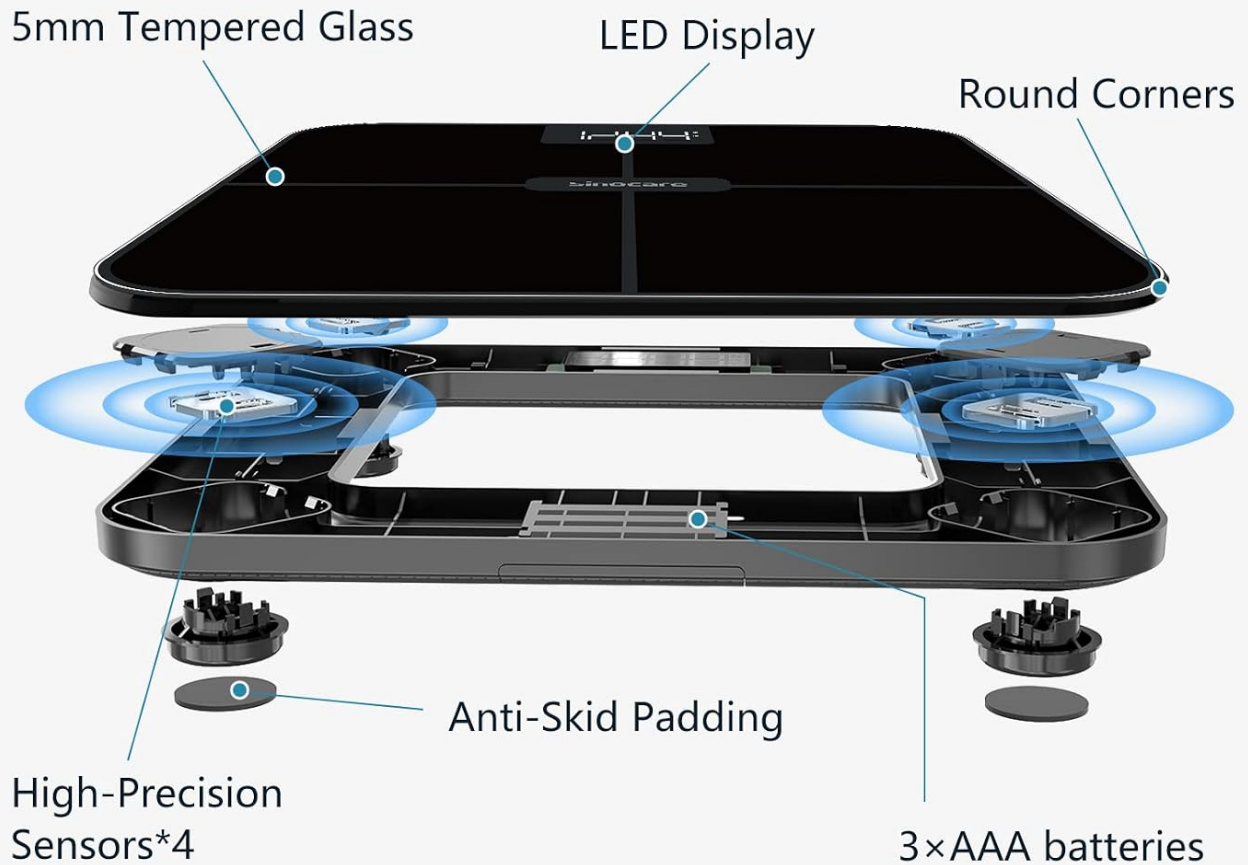


Image: An exploded diagram of the scale, showing its internal components including 5mm tempered glass, LED display, round corners, high-precision sensors (x4), anti-skid padding, and 3xAAA batteries.

Get the Weight Quickly

Auto off after 10 seconds without operation

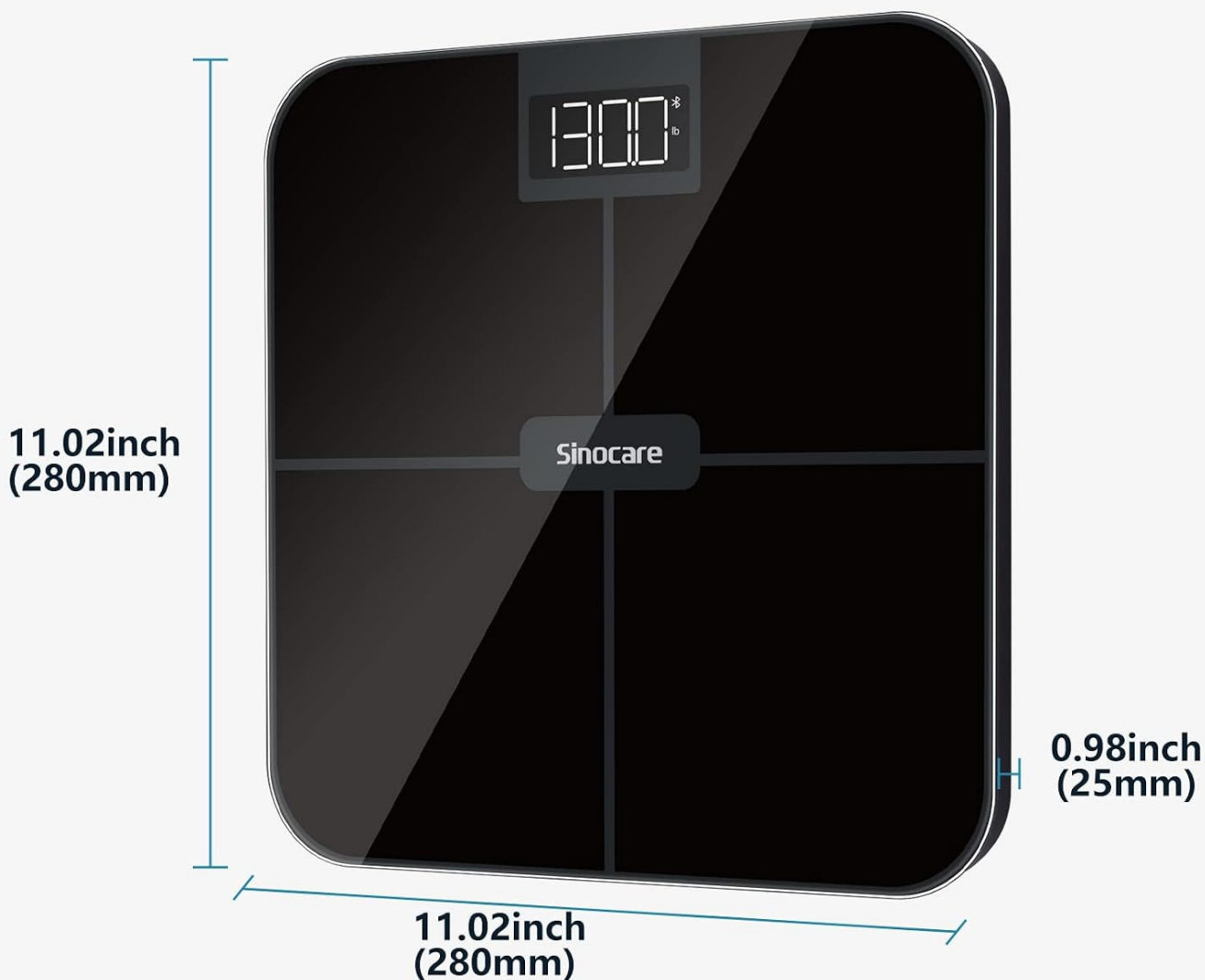


Image: The Sinocare scale with its dimensions indicated: 11.02 inches (280mm) length and width, and 0.98 inches (25mm) height.

9. WARRANTY AND SUPPORT

Sinocare is committed to providing high-quality products. For any questions, concerns, or technical support regarding your Sinocare Digital Smart Weight Scale, please contact Sinocare customer service.

Please refer to the product packaging or the official Sinocare website for the most up-to-date warranty information and contact details.

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

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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