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### Sinocare SN-0114

# Sinocare Digital Body Weight Scale

Model: SN-0114

## 1. INTRODUCTION

The Sinocare Digital Body Weight Scale is a professional bioimpedance scale designed to provide comprehensive insights into your body composition. Utilizing advanced technology, it measures 13 key health indicators, helping you monitor your fitness journey with precision. This manual provides essential information for the proper setup, operation, and maintenance of your scale.



Image: Front view of the Sinocare Digital Body Weight Scale, displaying a weight of 112.4 lbs. The scale is white with four silver electrode pads and the Sinocare logo.

## 2. SAFETY INFORMATION

- Always place the scale on a hard, flat surface to ensure accurate measurements. Avoid carpets or uneven floors.
- Do not use the scale on wet or slippery surfaces. Ensure your feet are dry before stepping on.
- Do not immerse the scale in water or use abrasive cleaners. Wipe with a damp cloth.
- Keep the scale away from extreme temperatures and direct sunlight.
- This device is for personal use and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.
- Keep out of reach of children.

## 3. PACKAGE CONTENTS

Please check the package to ensure all items are present:

- 1 x Sinocare Digital Body Weight Scale
- 1 x User Manual
- (Note: 2 AAA batteries are required and not included in the package.)

## 4. SETUP GUIDE

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### 4.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert 2 AAA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

### 4.2 Initial Placement

Place the scale on a hard, flat, and stable surface. Avoid placing it on soft surfaces like carpets, rugs, or uneven flooring, as this can affect measurement accuracy.

### 4.3 App Download and Connection

To unlock the full potential of your Sinocare scale, download the companion app (e.g., "OKOK-international" or as specified in the package) from your device's app store. The app is compatible with iOS 8.0+ and Android 4.3+ systems.

# Sincronizza con le tue app



FREE Download "Fitdays"APP at



Available on the  
App store



GET IT ON  
Google play

Image: Diagram showing the Sinocare scale connecting wirelessly to both iOS (8.0+ system) and Android (4.3+ system) devices, with icons for App Store and Google Play.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the downloaded app.
3. Step onto the scale to activate it. The app should automatically detect and connect to the scale. If not, follow the in-app instructions to pair the device.
4. Ensure location services are enabled for the app if you experience connection issues, as some Android devices require this for Bluetooth scanning.

## 5. OPERATING INSTRUCTIONS

### 5.1 Taking a Measurement

1. Place the scale on a firm, flat surface.
2. Step onto the scale barefoot with your feet evenly placed on the four electrode pads. Stand still.
3. The display will show your weight. If connected to the app, additional body composition data will be transmitted to your smartphone.
4. Step off the scale once the measurement is complete. The scale will automatically turn off after a few seconds of inactivity.

## 5.2 Unit Conversion

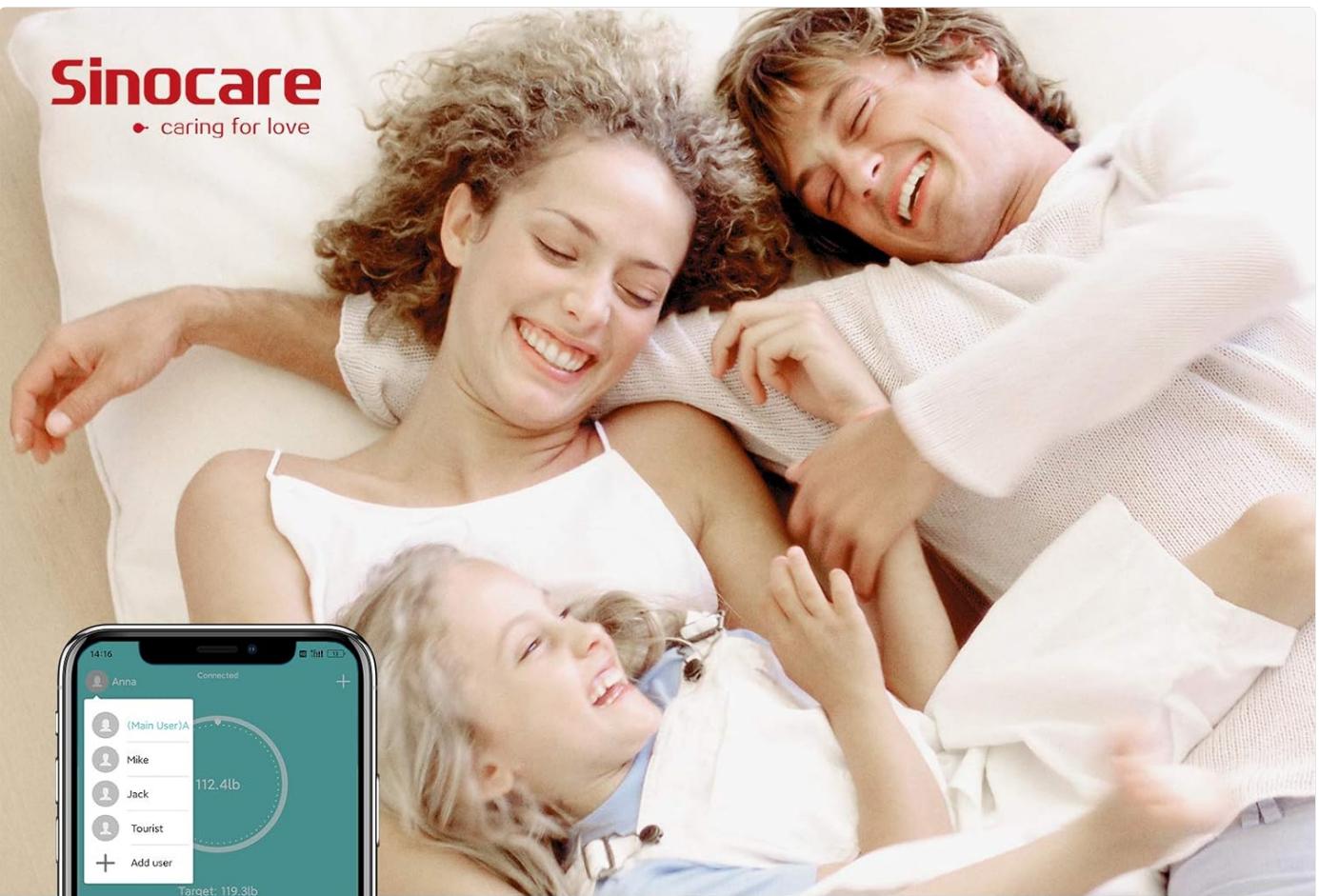
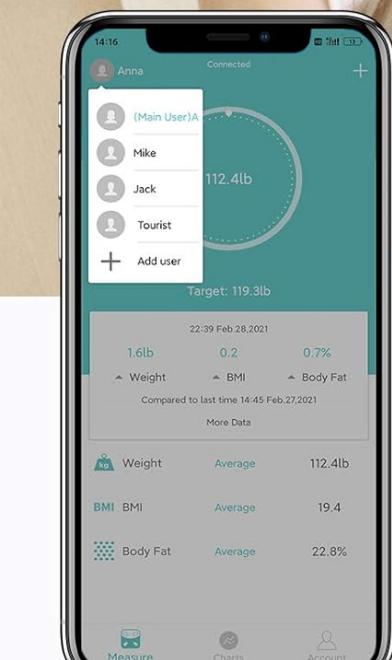
The scale primarily displays weight in kilograms (kg). To view measurements in pounds (lb) or stones (st), you can typically change the unit setting within the connected mobile application. The app supports LB/KG/ST unit conversion.



Image: Graphic illustrating the accurate measurement capabilities of the scale, highlighting LB/KG/ST unit conversion and measurement ranges (0.2lb-396lb / 0.1kg-180kg / 0.01st-28st).

## 5.3 Multiple User Profiles

The Sinocare scale and its companion app support multiple user profiles, allowing families or groups to track their individual health data. You can add family members within the app, and the system will intelligently recognize each user based on their weight and body composition data.



## ONE SCALE, UNLIMITED USERS

manage and share health measurements  
with family & friends

Image: Screenshot of the Sinocare app interface demonstrating the ability to manage multiple user profiles, with options to add new users.

## 6. UNDERSTANDING YOUR MEASUREMENTS

The Sinocare scale provides 13 accurate health indicators to help you understand your body composition:

- **Weight:** Your total body mass.
- **Body Fat:** The percentage of fat in your body.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **BMR (Basal Metabolic Rate):** The number of calories required to keep your body functioning at rest.
- **Muscle Mass:** The total weight of muscle in your body.
- **Body Water:** The percentage of water in your body.
- **Bone Mass:** The total weight of bone in your body.
- **Visceral Fat:** Fat stored around the organs in the abdomen.
- **Obesity Degree:** An indicator of obesity level.

- **Protein:** The percentage of protein in your body.
- **Body Age:** Your body's biological age based on your health metrics.
- **Fat-Free Weight:** Your total body weight minus body fat.
- **Metabolism:** The process by which your body converts food and drinks into energy.

These indicators provide a holistic view of your health. For personalized advice, consult a healthcare professional or fitness expert.

## 7. APP INTEGRATION AND PROGRESS TRACKING

The Sinocare app is designed to help you set goals, save historical data, and monitor your progress daily, weekly, and monthly. It seamlessly syncs with popular fitness apps such as Fitbit and Apple Health, and offers compatibility with Apple Watch.



Image: Graph illustrating the tracking of physical changes over time, showing trends for Weight, BMI, and Muscle mass.

You can easily visualize your progress through charts and graphs within the app, making it simpler to stay motivated and adjust your health regimen as needed.

## 8. MAINTENANCE AND CARE

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use chemical cleaning agents or abrasive materials.
- **Storage:** Store the scale in a cool, dry place. Avoid direct sunlight and extreme temperatures.
- **Battery Replacement:** When the battery indicator appears on the display or the scale does not turn on, replace both AAA batteries with new ones.

## 9. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new AAA batteries.
Inaccurate readings.	Scale is on an uneven surface; feet are not dry; scale needs calibration.	Place scale on a hard, flat surface. Ensure feet are dry. Step on and off quickly to re-calibrate to zero.
Cannot connect to app via Bluetooth.	Bluetooth is off; app permissions not granted; scale not activated.	Ensure Bluetooth is on. Grant location permissions to the app. Step on the scale to activate it before connecting. Restart app/phone if necessary.
App not recording data.	Not properly connected to scale; app outdated.	Verify Bluetooth connection. Ensure app is updated to the latest version.

## 10. SPECIFICATIONS

- **Brand:** Sinocare
- **Model:** SN-0114
- **Dimensions:** 26 x 26 x 1.8 cm (10.2 x 10.2 x 0.7 inches)
- **Weight:** 1.23 kg (2.7 lbs)
- **Weight Capacity:** 180 kg / 400 lb
- **Power Source:** 2 x AAA Batteries
- **Connectivity:** Bluetooth
- **Display Type:** LED
- **Health Indicators:** 13 (Weight, Body Fat, BMI, BMR, Muscle Mass, Body Water, Bone Mass, Visceral Fat, Obesity Degree, Protein, Body Age, Fat-Free Weight, Metabolism)
- **App Compatibility:** iOS 8.0+ / Android 4.3+

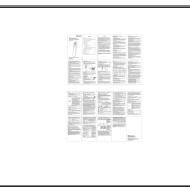
## 11. WARRANTY AND SUPPORT

Your Sinocare Digital Body Weight Scale comes with a **15-month warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any inquiries regarding your product, please contact Sinocare customer service through the contact information provided on your purchase receipt or the official Sinocare website. Please have your model number (SN-0114) and proof of purchase ready when contacting support.

*Note: The warranty does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear. Batteries are not covered under warranty.*

## Related Documents - SN-0114

	<p><a href="#">Bedienungsanleitung für Sinocare AES-U181 Oberarm-Blutdruckmessgerät</a></p> <p>Erfahren Sie, wie Sie Ihr Sinocare AES-U181 Oberarm-Blutdruckmessgerät sicher und effektiv bedienen. Diese Anleitung bietet wichtige Informationen zur Nutzung, Wartung und Fehlerbehebung für genaue Messergebnisse.</p>
	<p><a href="#">Sinocare Safe-Accu 2 Blood Glucose Test Strips: User Guide and Specifications</a></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><a href="#">Sinocare Gold AQ Plus Blood Glucose Test Strips User Manual</a></p> <p>User manual for Sinocare Gold AQ Plus Blood Glucose Test Strips, providing instructions for use, features, and specifications in English, German, and Italian.</p>
	<p><a href="#">Sinocare Non-Contact Infrared Forehead Thermometer User Manual</a></p> <p>User manual for the Sinocare SC-600 Non-Contact Infrared Forehead Thermometer, providing instructions for use, technical specifications, safety precautions, and troubleshooting.</p>
	<p><a href="#">Руководство пользователя Sinocare iCan i3 CGM</a></p> <p>Полное руководство пользователя для системы непрерывного мониторинга глюкозы Sinocare iCan i3 CGM, включая технические характеристики, инструкции по применению, меры предосторожности и информацию о гарантии.</p>
	<p><a href="#">Sinocare i3</a></p> <p>Sinocare i3</p>