

## HAYLOU CM01

# HAYLOU CM01 Smart Body Scale User Manual

Model: CM01 / 13106

## 1. INTRODUCTION

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Thank you for choosing the HAYLOU CM01 Smart Body Scale. This device is designed to provide high-precision measurements of your body weight and various body composition metrics. Please read this manual thoroughly before use to ensure proper operation and to maximize the benefits of your smart scale. Keep this manual for future reference.

## 2. SAFETY INFORMATION

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- Do not use this device if you have a pacemaker or other implanted medical device.
- Do not use this device if you are pregnant.
- Always place the scale on a hard, flat surface for accurate measurements. Avoid carpets or soft surfaces.
- The scale surface can be slippery when wet. Ensure the surface is dry before stepping on it.
- Do not jump on the scale or use it for purposes other than body measurement.
- Keep the scale away from water and extreme temperatures.
- This scale is intended for household use only and should not be used for medical diagnosis or treatment.

## 3. PACKAGE CONTENTS

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Please check the package contents upon opening. If any items are missing or damaged, contact your retailer.

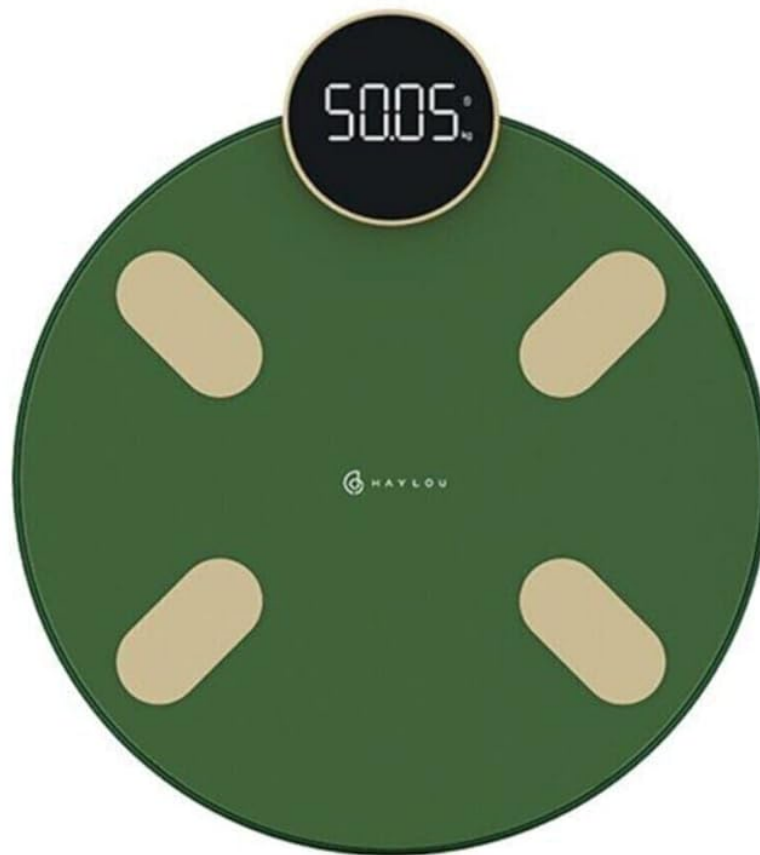
- HAYLOU CM01 Smart Body Scale (Green)
- User Manual
- (Batteries may or may not be included, check packaging)

## 4. PRODUCT OVERVIEW

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The HAYLOU CM01 Smart Body Scale features a sleek, circular design with a green platform and four gold-

colored electrode pads for body composition analysis. It includes a separate, circular digital display unit for clear weight readings.



**Figure 4.1:** Top-down view of the Haylou CM01 Smart Body Scale. The circular green platform features four gold electrode pads. The detached digital display unit shows a weight reading of "50.05".



**Figure 4.2:** Angled view of the Haylou CM01 Smart Body Scale. The scale's green platform and gold electrode pads are visible, along with the detached digital display unit showing "0.00", indicating it is ready for use.



**Figure 4.3:** Side profile of the Haylou CM01 Smart Body Scale. This view highlights the slim design of the green circular platform and the separate, round digital display unit.



**Figure 4.4:** Top-down view of the Haylou CM01 Smart Body Scale with the display unit detached. The green platform with gold electrode pads is shown next to the circular digital display, which reads "50.25".

## 5. SETUP

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## 5.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the required batteries (e.g., AAA batteries, quantity specified on compartment) according to the polarity indicators (+ and -).
4. Close the battery compartment cover securely.

## 5.2 Initial Placement

- Place the scale on a hard, flat, and stable surface. Uneven surfaces or soft flooring (like carpet) can affect accuracy.
- Ensure the scale is not near any heat sources or in direct sunlight.

## 5.3 App Pairing (If Applicable)

The HAYLOU CM01 Smart Body Scale is designed to connect with a companion mobile application for tracking and analyzing your health data. Follow these general steps:

1. Download the official HAYLOU app from your smartphone's app store (e.g., Apple App Store or Google Play Store).
2. Create an account and set up your personal profile within the app.
3. Enable Bluetooth on your smartphone.
4. Open the HAYLOU app and follow the on-screen instructions to pair your scale. This usually involves stepping on the scale briefly to activate it, then confirming the connection in the app.

# 6. OPERATING INSTRUCTIONS

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## 6.1 Taking a Measurement

1. Ensure your feet are clean and dry.
2. Step onto the scale barefoot, placing your feet on the four gold electrode pads. Stand still and balanced.
3. The digital display unit 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.

*Note: For consistent results, take measurements at the same time each day, preferably in the morning before breakfast and after using the restroom.*

## 6.2 Weight Unit Conversion

If your scale supports multiple weight units (e.g., kg, lb, st), there is usually a button on the underside of the scale or an option within the companion app to switch between units. Refer to the app's settings for digital unit conversion.

# 7. UNDERSTANDING YOUR DATA

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The HAYLOU CM01 Smart Body Scale is designed to measure up to 20 different health data points, providing a comprehensive overview of your body composition. These typically include:

- Body Weight

- BMI (Body Mass Index)
- Body Fat Percentage
- Muscle Mass
- Body Water Percentage
- Bone Mass
- Visceral Fat Level
- Basal Metabolic Rate (BMR)
- Protein Percentage
- Metabolic Age
- Subcutaneous Fat
- Skeletal Muscle
- Body Score
- Weight Control
- Fat Mass
- Non-Fat Mass
- Standard Weight
- Body Type
- Health Score
- And others, depending on the app's capabilities.

For detailed explanations and historical tracking of these metrics, refer to the HAYLOU companion app.

## The Key of Beauty Lies not in Weight

Fat has 3 times the volume of muscle for the same mass. Why is she slimmer while heavier? A good figure is determined by body fat. Just set out for beauty with 50kHz fat measurement and big data analysis technology.



\*Display chart of different fat rates

**Figure 7.1:** Illustration of body fat percentage. This graphic demonstrates how body composition, specifically body fat percentage, can influence body shape, even at similar weights. The Haylou CM01 scale helps in monitoring these metrics.

## 8. MAINTENANCE AND CARE



- Clean the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- Avoid dropping the scale or subjecting it to strong impacts.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.
- Store the scale in a cool, dry place.

## 9. TROUBLESHOOTING

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| Problem                  | Possible Cause                                                         | Solution                                                                                                            |
|--------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Scale does not turn on.  | Batteries are dead or incorrectly installed.                           | Check battery polarity or replace with new batteries.                                                               |
| Inaccurate readings.     | Scale is on an uneven surface; not calibrated; feet are not clean/dry. | Place scale on a hard, flat surface. Step on and off quickly to calibrate to "0.00". Ensure feet are clean and dry. |
| "Lo" or "Err" displayed. | Low battery or measurement error.                                      | Replace batteries. Step off and then back on the scale.                                                             |
| Cannot connect to app.   | Bluetooth is off; app not open; scale not activated.                   | Ensure Bluetooth is on. Open the HAYLOU app. Step on the scale to activate it before attempting to pair.            |

## 10. SPECIFICATIONS

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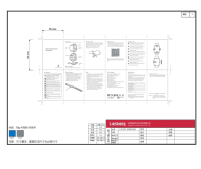
| Feature          | Detail                                                        |
|------------------|---------------------------------------------------------------|
| Brand            | HAYLOU                                                        |
| Model Number     | CM01 / 13106                                                  |
| Type of Scale    | Smart Body Composition Scale                                  |
| Special Features | Intelligent, Lightweight, Portable                            |
| Display Type     | Digital                                                       |
| Recommended Use  | Human Body Measurement                                        |
| Color            | Green (as per product images) / Black (as per specifications) |
| Number of Units  | 1 unit                                                        |
| Manufacturer     | XIAOMI                                                        |

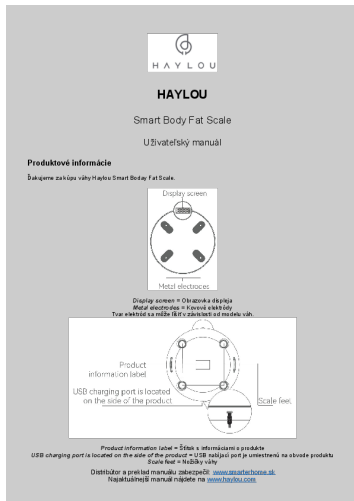
## 11. WARRANTY AND SUPPORT

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For warranty information, please refer to the warranty card included with your product or contact the retailer from whom you purchased the HAYLOU CM01 Smart Body Scale. For technical support or further assistance, please visit the official HAYLOU website or contact their customer service department.

## Related Documents - CM01

|                                                                                     |                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><a href="#">Haylou Solar Smart Watch (LS05-1) User Manual &amp; Guide</a></p> <p>Detailed user manual for the Haylou Solar Smart Watch (LS05-1). Learn about its features, how to wear, link, use, charge, technical specifications, and warranty.</p>                                                  |
|    | <p><a href="#">کاتالوگ جامع محصولات هایلو - توزیع کننده متین</a></p> <p>کاتالوگ محصولات هایلو شامل ایرپادز، ساعت هوشمند، هدفون و سایر لوازم جانبی الکترونیکی. معرفی محصولات با جزئیات فنی و گارانتی شرکت متین.</p>                                                                                         |
|   | <p><a href="#">Haylou-T15 TWS BT Earphones User Manual - Features, Specs, and Support</a></p> <p>Comprehensive user manual for Haylou-T15 True Wireless Stereo Bluetooth Earphones. Includes setup, operation, functions, maintenance, specifications, and aftersales support.</p>                         |
|  | <p><a href="#">Haylou Smart Watch 2 User Manual</a></p> <p>User manual for the Haylou Smart Watch 2, detailing its features, usage, charging, and specifications. Includes information on sport modes, heart rate monitoring, sleep tracking, weather updates, music control, and breathing exercises.</p> |
|  | <p><a href="#">Haylou Solar Smart Watch: User Manual, Features, and Specifications</a></p> <p>Comprehensive user manual for the Haylou Solar Smart Watch (LS05-1), covering setup, functions, charging, specifications, and warranty information.</p>                                                      |
|  | <p><a href="#">Haylou RS3 Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Haylou RS3 (LS04) smartwatch, covering setup, charging, app pairing, features, specifications, safety guidelines, maintenance, and warranty information.</p>                                                 |



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SKsmartherhome.sk en attachment id 1138 |||

HAYLOU Smart Body Fat Scale Uzvatesk manuľ Produktov informcie akujeme za kpu vhy Haylou Smart Boday Fat Scale. Display screen = Obrazovka displeja Metal electrodes = Kovov elektrdy Tvar elektrd sa mze lsi v zvislosti od modelu vh. Product information label = Sttók s informáciami o produkte USB charg...

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Inteligentna waga **CM01** Instrukcja obsługi Informacje o produkcie Dzikujemy za zakup inteligentnej wagi do pomiaru zawartosci tluszczu w organizmie marki Haylou. Wywietlacz Metalowe czujniki Kształt czujnikw rni si w zalenoci od modelu Etykieta informacyjna produktu Port ładowania USB znajdujcy ...

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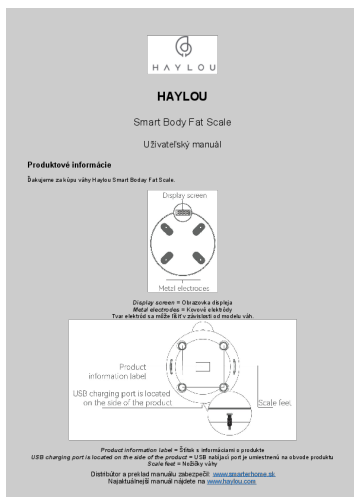
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Chytrá váha CM01 Návod k obsluze 17 ago 2023 — Otevřete aplikaci a klikněte na tlačítko přihlášení registrace 2 Přejděte domovskou stránku aplikace možnost Přidat zařízení HAYLOU CZ cdn files innpro pl Haylou |||  
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