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› Retoo Digital Bluetooth Body Fat Scale Instruction Manual

Retoo E032-1

Retoo Digital Bluetooth Body Fat Scale Instruction Manual

Model: E032-1 | Brand: Retoo

INTRODUCTION

The Retoo Digital Bluetooth Body Fat Scale is designed to provide comprehensive body composition analysis directly to your smartphone. This intelligent scale measures various health parameters, helping you monitor your fitness and well-being. It connects via Bluetooth to the "OKOK International" application, available for both iOS and Android devices.

This manual provides detailed instructions on setting up, operating, and maintaining your Retoo Body Fat Scale to ensure accurate and consistent measurements.

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.
- Place the scale on a hard, flat surface for accurate measurements. Avoid carpets or uneven floors.
- Ensure your feet are clean and dry before stepping on the scale for optimal contact with the sensors.
- The scale surface is made of tempered glass. Handle with care and avoid dropping heavy objects on it.
- Keep the scale away from water and high humidity to prevent damage to electronic components.
- Do not attempt to disassemble or repair the scale yourself. Contact customer support if issues arise.
- Keep batteries out of reach of children.

PACKAGE CONTENTS

Please check the package for the following items:

- 1 x Retoo Digital Bluetooth Body Fat Scale
- 2 x AAA Batteries
- 1 x Instruction Manual (this document)

1. Battery Installation

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

2. App Download and Installation

The Retoo Body Fat Scale works with the "OKOK International" application.

1. Scan the QR code provided in the scale's packaging or search for "OKOK International" in your device's app store (App Store for iOS or Google Play Store for Android).
2. Download and install the application on your smartphone or tablet.
3. Open the "OKOK International" app and follow the on-screen prompts to create your user profile. You will be asked for basic information such as gender, age, height, and target weight.

Be SMART!



OKOK
International



Download an app and analyze your body

Image: The OKOK International app interface on a smartphone, with the Retoo scale visible in the background. This image illustrates the app's appearance and its connection to the scale.

3. Bluetooth Pairing

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the "OKOK International" app.
3. Step onto the scale briefly to activate it. The display will light up.
4. The app should automatically detect and connect to the scale. If not, navigate to the "Device" or "My Device" section within the app and initiate a search for the scale.
5. Once connected, your measurements will automatically sync to the app.



Image: The Retoo scale shown alongside a smartphone displaying the OKOK International app, illustrating the integrated experience of using the scale with its companion application.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Place the scale on a firm, flat surface.
2. Ensure your feet are bare, clean, and dry.
3. Step onto the scale with both feet, positioning them on the metal electrodes (the silver-colored pads). Stand still until the measurement is complete.
4. The scale's LCD display will show your weight. If connected to the app, all body composition data will be transmitted to the app.

Start each day with a smile



Image: A person stepping onto the Retoo scale, demonstrating the correct way to use the device for measurement. The scale is placed on a hard floor next to a bed.

Take care of your health



Image: A close-up view of feet positioned on the Retoo scale, with the digital display showing a weight reading. This highlights the interaction with the scale's sensors.

Understanding the Display

The scale features a large, readable LCD screen with lighting. It primarily displays your weight in kilograms (KG) and the ambient temperature in Celsius (°C). It also shows battery status indicators.

Large and clear display

auto power off function 



Image: A detailed view of the scale's LCD display, clearly showing a weight measurement (e.g., 48.56 KG) and the ambient temperature (e.g., 25°C), along with battery indicators.

Using the OKOK International App for Analysis

The app provides a detailed breakdown of your body composition. After each measurement, the following parameters are analyzed and recorded:

- **Weight:** Your total body weight.
- **Bodyweight:** Refers to the overall weight.
- **Muscle Mass:** The total weight of muscle in your body.
- **Fat Tissue Mass:** The total weight of fat in your body.
- **Water Mass:** The total weight of water in your body.
- **Bone Tissue Mass:** The total weight of bone in your body.
- **Bone Tissue Level in %:** Percentage of bone mass relative to total body weight.
- **Water Content of the Organism in %:** Percentage of water relative to total body weight.
- **Fat Content of the Organism in %:** Percentage of fat relative to total body weight.

- **Muscle Content of the Organism in %:** Percentage of muscle relative to total body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Obesity Step Control:** Categorization of obesity level.
- **BMR (Basal Metabolic Rate):** Daily calorie needs for basic bodily functions.
- **Progress Control:** Track changes over time.

The app allows you to view historical data, track trends, and set goals. It can store measurements for up to 8 different users, making it suitable for family use.



Image: A smartphone displaying the "OKOK International" app's progress tracking feature, showing graphs of weight and BMI changes over time, useful for monitoring fitness goals.

MAINTENANCE

Cleaning the Scale

The scale's surface is made of 4mm tempered glass with an antibacterial layer, making it easy to clean.

- Wipe the scale surface with a damp cloth or sponge.
- Do not use abrasive cleaners or immerse the scale in water.
- Ensure the scale is completely dry before storage or next use.

Glass antibacterial coating



Image: A foot stepping onto the scale, emphasizing the tempered glass surface and its antibacterial properties, which contribute to easy cleaning and hygiene.

Battery Replacement

When the battery indicator on the LCD display shows low power, replace the AAA batteries following the steps in the "Battery Installation" section.

Storage

Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

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 weight readings.	Scale is on an uneven surface; scale needs calibration; feet are not properly placed.	Place scale on a hard, flat surface. Step on and off the scale quickly to calibrate (zero out). Ensure bare, dry feet are on the electrodes.
Bluetooth connection fails.	Bluetooth is off on phone; app not open; scale not activated; interference.	Ensure phone's Bluetooth is on. Open the OKOK International app. Step on the scale to activate it. Move closer to the scale. Restart phone/app.
Body composition data not showing in app.	Not connected via Bluetooth; feet not making proper contact with electrodes.	Confirm Bluetooth connection. Ensure bare, dry feet are firmly on all four electrodes.

SPECIFICATIONS

Feature	Detail
Model Number	E032-1
Material	Tempered Glass (4mm)
Color	White
Display Type	Digital LCD with Lighting
Connectivity	Bluetooth
Maximum Load Capacity	180 kg (396 lbs)
Dimensions (L x W x H)	26 x 26 x 2.5 cm (10.2 x 10.2 x 1.0 inches)
Item Weight	750 Grams (1.65 lbs)
Power Source	2 x AAA Batteries (included)
Special Features	Automatic Shut-off, Non-slip Feet, Ambient Temperature Display, Antibacterial Glass Layer, Multi-user Memory (up to 8 users)

DIMENSIONS



Image: A technical diagram illustrating the physical dimensions of the Retoo scale, including its length, width, and height, providing a clear visual reference for its size.

WARRANTY AND SUPPORT

Specific warranty information for this product is not provided within this manual. For details regarding warranty coverage, returns, or technical support, please refer to the retailer's policy where the product was purchased or visit the official Retoo brand website.

For further assistance, you may also contact the seller directly through the platform where you made your purchase.