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RENPHO R-A009

RENPHO Elis Go Mini Smart Body Composition Scale R-A009 User Manual

For Model: R-A009

1. INTRODUCTION

Thank you for choosing the RENPHO Elis Go Mini Smart Body Composition Scale. This manual provides essential information for safe and effective use of your device. Please read it thoroughly before operation and keep it for future reference.

2. SAFETY INFORMATION

- Do not use if you have a pacemaker or other internal medical device.
- Not recommended for pregnant women.
- Keep the scale on a hard, flat surface for accurate measurements.
- Do not use on wet or slippery surfaces to prevent falls.
- This device is for household use only and should not be used for medical diagnosis or treatment.
- Keep out of reach of children.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- RENPHO Elis Go Mini Smart Body Composition Scale
- Storage Bag
- User Manual
- AAA Batteries (3 included)

コンパクト設計で持ち運びラクラク

28cm×18cm×厚さ25mmのコンパクトな設計で
収納・持ち運びに便利です。



収納バッグ付き

Image: RENPHO Elis Go Mini Smart Body Composition Scale with its protective storage bag.

4. PRODUCT OVERVIEW

The RENPHO Elis Go is a compact smart body composition scale designed for accurate health tracking. It features four high-precision sensors and an LED display. Its small size (28cm x 18cm x 2.5cm) makes it highly portable, similar to an iPad.



Image: Top view of the RENPHO Elis Go scale, highlighting its LED display and four sensor pads.

しっかり測定できる ミニ体組成計

4つの高精度センサーで、体重や体の状態を測定します。



Image: A close-up of the scale, emphasizing the four high-precision sensors for accurate measurements.

5. SETUP

5.1 Battery Installation

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

5.2 App Installation and Device Pairing

1. Download the "Renpho Health" app from your smartphone's app store (Apple App Store or Google Play Store).
2. Create an account and set up your user profile within the app.
3. Enable Bluetooth on your smartphone.
4. Step onto the scale barefoot. The scale will automatically turn on and attempt to pair with the app.
5. Follow the on-screen prompts in the app to complete the pairing process.

6. OPERATING INSTRUCTIONS

6.1 Taking a Measurement

1. Place the scale on a hard, flat surface.
2. Open the "Renpho Health" app on your smartphone and ensure Bluetooth is active.
3. Step onto the scale barefoot, ensuring your feet are centered on the sensor pads.
4. Stand still until your weight is displayed on the scale's LED screen and the app shows a complete measurement.
5. The app will record 13 different health metrics.

13項目の測定で体の変化にいち早く気付ける

BMIや体脂肪率はもちろん、体調管理に重要な13項目を測定します。



体重



BMI



体脂肪率



体内年齢



内臓脂肪



体水分率



骨格筋率



筋肉量



タンパク質



皮下脂肪



骨量



基礎代謝量



除脂肪体重



Image: The Renpho Health app displaying 13 body composition metrics after a measurement.

6.2 App Features

- **Data Tracking:** The app automatically generates graphs of your daily, weekly, monthly, and yearly progress, allowing you to visualize changes in your body composition.
- **13 Health Metrics:** Measures Body Mass Index (BMI), body fat percentage, visceral fat, body water percentage, muscle mass, basal metabolic rate, protein, bone mass, subcutaneous fat, skeletal muscle mass, body age, and body type.
- **Multi-User Support:** Create unlimited profiles for family members or friends. The scale can also measure babies and pets (minimum weight unit 0.1kg).

- **Third-Party App Integration:** Sync your data with popular health apps like Apple Health, Google Fit, and Fitbit.

ダイエットやトレーニングの 成果を可視化

スマホにデータ転送、
さらに日々の変化をグラフ化。
過去データと比較すれば、
習慣を変えるヒントになります。



Wi-Fi /
Bluetooth
でスマホと連携

Image: The Renpho Health app displaying a graph of weight trends over time.

みんなで共有しても、個別に記録できる

1台を複数人で共有しても、データは個別に記録できます。
赤ちゃんモードは、お子さまの成長を記録するのに便利です。

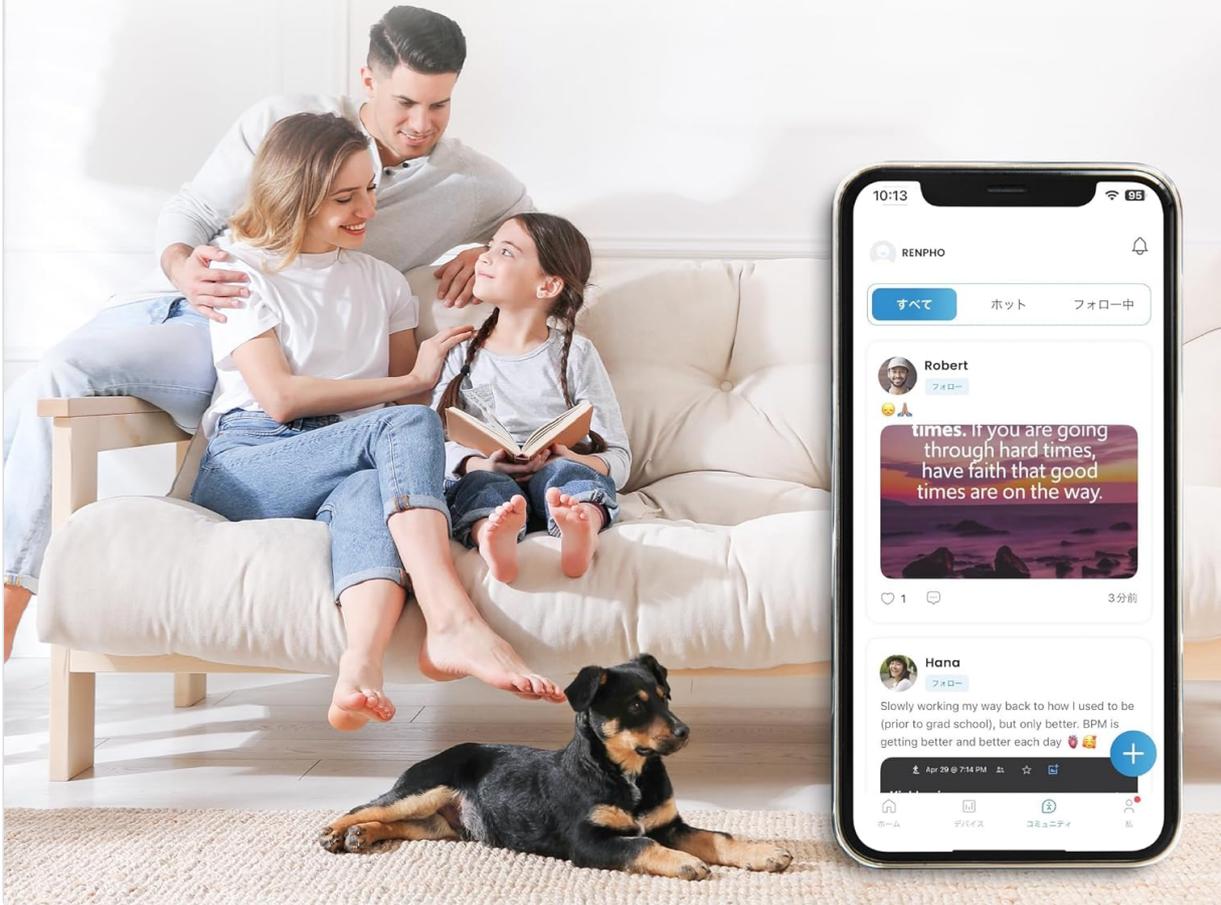


Image: The multi-user feature of the Renpho Health app, allowing multiple family members to track their data individually.

7. MAINTENANCE

- Clean the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- Store the scale in a cool, dry place, away from direct sunlight and extreme temperatures.
- If the scale will not be used for an extended period, remove the batteries to prevent leakage.

8. TROUBLESHOOTING

- **"Lo" displayed:** Batteries are low. Replace with new AAA batteries.
- **Inaccurate readings:** Ensure the scale is on a hard, flat surface. Avoid carpets or uneven floors. Make sure your feet are clean and dry, and centered on the sensor pads.
- **App not connecting:** Check if Bluetooth is enabled on your smartphone. Ensure the scale is within range. Restart the app and try pairing again.
- **No body composition data in app:** Ensure you are standing barefoot on the scale and your feet are making good contact with all four sensor pads.

9. SPECIFICATIONS

Feature	Specification
Brand	RENPHO
Model Number	R-A009
Product Weight	820 g
Product Dimensions (LxWxH)	30.8 x 21.4 x 4.1 cm
Batteries	3 Lithium Ion batteries (included)
Size	Mini
Color	Black
Power Source	Battery Powered
Maximum Load Capacity	150 kg
Display Style	LED
Special Feature	Lightweight

10. WARRANTY AND SUPPORT

RENPHO products come with a standard warranty. For detailed warranty information, product support, or to contact customer service, please visit the official RENPHO website or refer to the warranty card included in your package.

Official RENPHO Store: [RENPHO Amazon Store](#)