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› [RENPHO Smart Scale for Body Weight Fat, FSA HSA Eligible, Digital Bathroom Scale with Color Display, Wi-Fi & Bluetooth Fitness Equipment for BMI Muscle Mass Composition, Rechargeable, Elis Nova](#)

RENPHO Elis Nova

RENPHO Elis Nova Smart Scale User Manual

Model: Elis Nova

INTRODUCTION

The RENPHO Elis Nova Smart Scale is a sophisticated fitness device designed to provide comprehensive body composition analysis. Featuring a vibrant TFT LCD display, this smart scale offers 7 data readings directly on the screen, including weight and BMI, with the option to customize up to 5 additional metrics. It seamlessly integrates with the RENPHO Health App via Wi-Fi and Bluetooth, allowing for effortless data synchronization and detailed health tracking.

Beyond basic weight measurement, the Elis Nova provides 18 body analyses, including body fat, muscle mass, bone mass, and more, to help you understand your health and progress towards your fitness goals. It also includes specialized modes for pregnancy, babies/pets, and athletes, catering to diverse user needs.



Figure 1: RENPHO Elis Nova Smart Scale with accompanying mobile application.

SETUP

Unboxing and Initial Preparation

- Carefully remove the RENPHO Elis Nova Smart Scale from its packaging.
- Verify all contents are present: the smart scale, a USB-C charging cable, and this user manual.
- Place the scale on a hard, flat, and level surface for accurate readings. Avoid carpets or uneven flooring.

One Charge Lasts Four Months*



Figure 2: The compact dimensions of the RENPHO Elis Nova Smart Scale.

Charging the Scale

The RENPHO Elis Nova Smart Scale is rechargeable via a USB-C cable. A single full charge can last approximately four months, based on an average of three daily measurements.

- Locate the USB-C charging port on the side of the scale.
- Connect the provided USB-C cable to the scale and a compatible power source (e.g., USB wall adapter, computer USB port).
- The display will indicate charging status.



Figure 3: The RENPHO Elis Nova Smart Scale connected to its USB-C charging cable.

App Installation and Pairing

The RENPHO Health App is essential for unlocking the full capabilities of your smart scale. It allows for data synchronization, goal setting, and detailed progress tracking.

- Download the **RENPHO Health App** by scanning the QR code on the scale or manual, or by searching for it in the Apple App Store or Google Play Store.
- Ensure your smartphone's Bluetooth is enabled.
- Open the RENPHO Health App and follow the on-screen instructions to create your user profile (gender, name, birthday, height, exercise amount).
- Step on the scale to activate it and initiate the pairing process. The app will detect the scale via Bluetooth.

- Follow the app prompts to connect the scale to your home Wi-Fi network (supports 2.4GHz Wi-Fi networks). This enables automatic data uploads to the cloud for anytime access.

Weigh Now & Sync Later via Wi-Fi



Have your readings saved to Wi-Fi and auto synced to app the next time you open it.



Figure 4: Seamless data synchronization between the scale and the RENPHO Health App.

Sync with Fitness Apps & Apple Watch

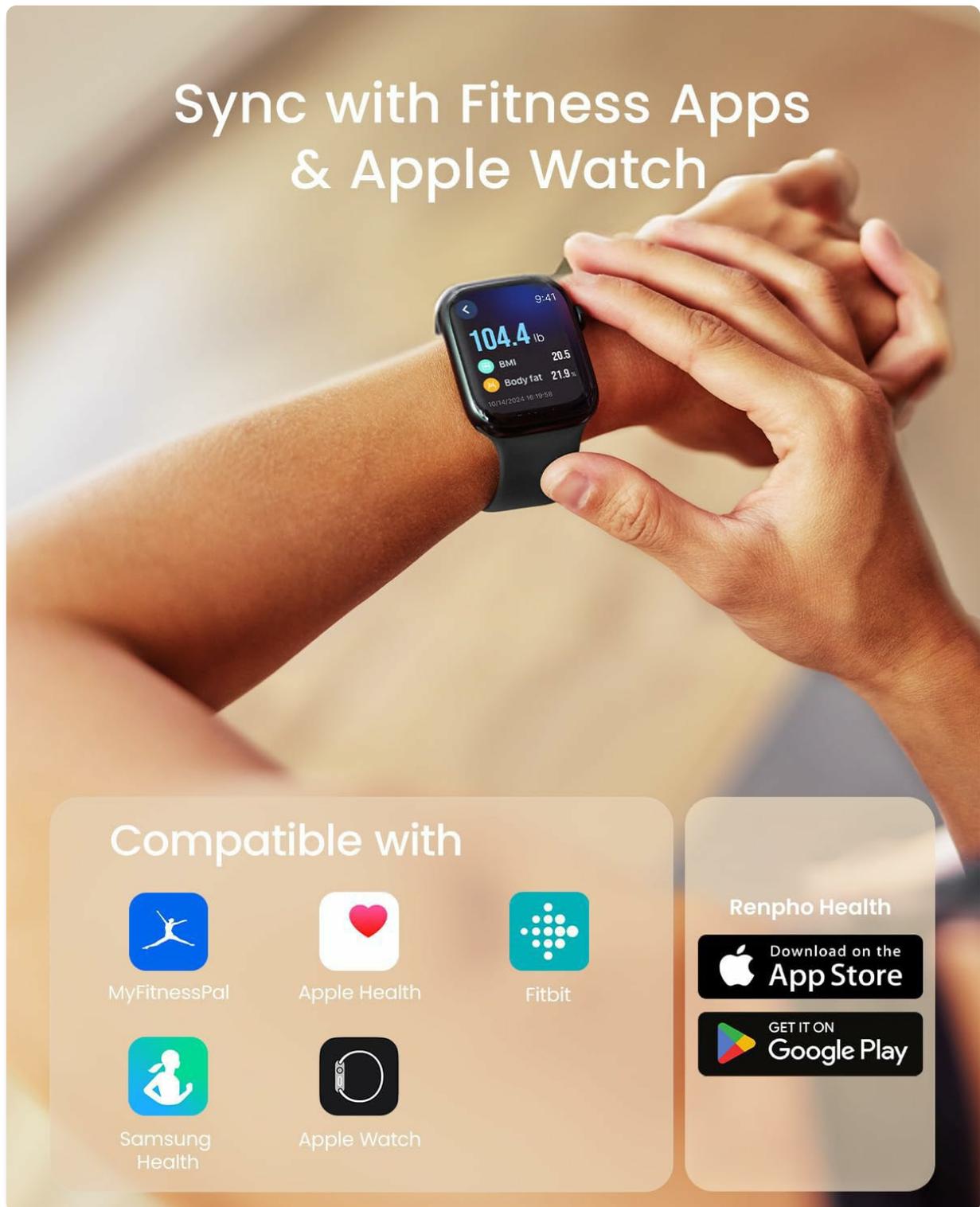


Figure 5: The scale is compatible with popular fitness applications and smartwatches.

OPERATING THE SCALE

Taking a Measurement

For accurate body composition analysis, always step on the scale barefoot. The ITO technology ensures enhanced electrical conductivity for precise measurements.

- Ensure the scale is placed on a hard, flat surface.
- Step onto the scale barefoot. The display will first show your weight, then cycle through other selected body metrics.
- Your measurements will automatically sync to the RENPHO Health App via Wi-Fi.

Tailor What's Displayed to Your Goals

Add up to 5 body metrics (alongside your weight and BMI) to scale screen for easy readings.



Figure 6: Customize up to 5 additional body metrics to display on the scale screen.

Understanding Your Metrics

The RENPHO Elis Nova Smart Scale provides 18 body analyses, offering a comprehensive view of your health. These include:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Body Water Percentage
- Skeletal Muscle Mass
- Fat-Free Body Weight

- Muscle Mass
- Bone Mass
- Protein Percentage
- BMR (Basal Metabolic Rate)
- Subcutaneous Fat
- Visceral Fat
- Metabolic Age

The RENPHO Health App provides detailed insights and recommendations based on these metrics, helping you set and track fitness goals.

18 Metrics to Help Reach Your Health Goals

5 Body Goal Metrics

- 
 Body Type
- 
 Target to Optimal Fat Mass
- 
 Optimal Weight
- 
 Target to Optimal Weight
- 
 Target to Optimal Muscle Mass

13 Body Composition Indexes

 Weight	 BMI	 Body Fat	 Body Water	 Skeletal Muscle	 Fat-Free Mass	 Muscle Mass
 Bone Mass	 Protein	 BMR	 Subcutaneous Fat	 Visceral Fat	 Metabolic Age	

Figure 7: The 18 body metrics provided by the RENPHO Elis Nova Smart Scale.

Specialized Measurement Modes

The scale offers app-enabled modes tailored for specific needs:

- **Pregnancy Mode:** Designed for expectant mothers, providing safe and relevant measurements.
- **Baby Mode:** For monitoring the growth of infants or pets. First, an adult weighs themselves, then picks up and holds the baby/pet. The system automatically calculates the baby's/pet's weight.
- **Athlete Mode:** Tailored for fitness enthusiasts with specific body composition needs.

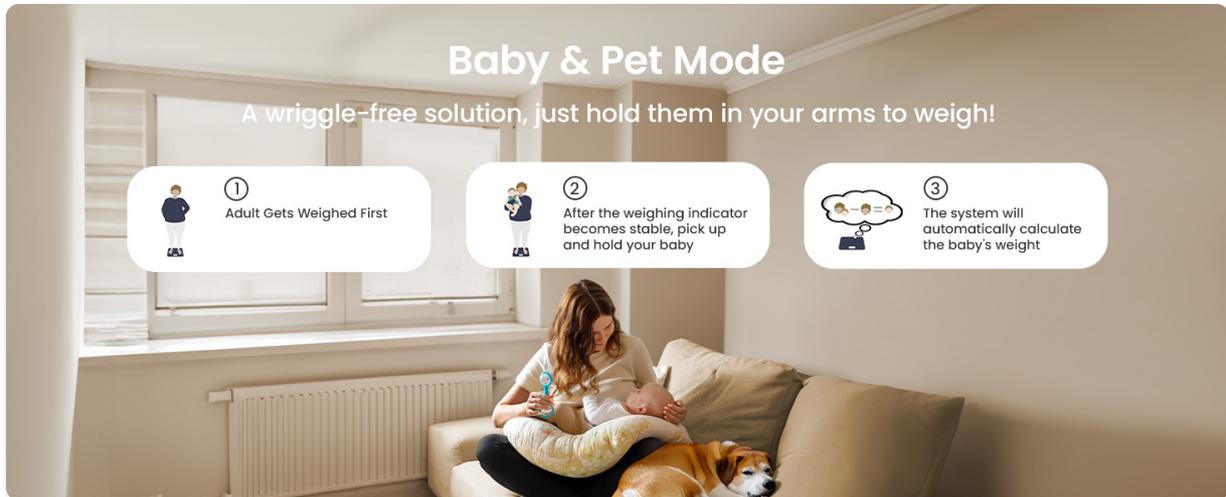


Figure 8: Instructions for using Baby & Pet Mode for accurate weight measurement.



Figure 9: Pregnancy Mode is designed for expectant mothers and is safe for those with implanted medical devices.

MAINTENANCE

Cleaning

To maintain the accuracy and appearance of your scale, clean it regularly with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.

Battery Life

The scale's rechargeable battery provides long-lasting power. A single charge can last up to four months with typical usage (3 daily measurements).

TROUBLESHOOTING

If you encounter issues with your RENPHO Elis Nova Smart Scale, consider the following:

- **Inaccurate Readings:** Ensure the scale is on a hard, flat, and level surface. Avoid carpets or soft flooring. Always step on the scale barefoot for body composition measurements.
- **App Sync Issues:** Verify that Bluetooth is enabled on your smartphone and the scale is within range. Check your Wi-Fi connection (2.4GHz networks only). If issues persist, try reinstalling the RENPHO Health App.
- **Scale Not Turning On:** Ensure the battery is charged. Connect the USB-C charging cable and allow it to charge for a period.

SPECIFICATIONS

- **Product Dimensions:** 11.7 x 11.7 x 1.2 inches
- **Product Weight:** 3.92 Pounds
- **Battery:** 1 Lithium Ion battery (included, rechargeable via USB-C)
- **Display Type:** TFT LCD
- **Capacity:** 0.4-400 lb / 0.2-180 kg
- **Division:** 0.2 lb / 0.05 kg
- **Manufacturer:** RENPHO



Figure 10: Key specifications and design features of the RENPHO Elis Nova Smart Scale.

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the product packaging or visit the official RENPHO website. For further assistance or support, you can contact RENPHO customer service through the RENPHO Health App or their official website.