

## Healthkeep CF588

# Healthkeep CF588 Smart Bluetooth Scale User Manual

Model: CF588

## INTRODUCTION

Thank you for choosing the Healthkeep CF588 Smart Bluetooth Scale. This device is designed to provide comprehensive insights into your body composition, helping you monitor your health and fitness progress. Featuring advanced ITO technology and a vibrant TFT color screen, this scale offers precise measurements and a user-friendly experience. Please read this manual carefully before use to ensure proper operation and maintenance.

## WHAT'S IN THE BOX

- 1 x Healthkeep Smart Bluetooth Scale
- 1 x User Manual (this document)
- 4 x AA Batteries

## PRODUCT FEATURES

- **Advanced TFT Color HD Screen:** View 7 essential body data points directly on the scale's display without needing your phone. Key data scrolls automatically, and you can tap the scale with your foot to cycle through readings.
- **25 Comprehensive Health Measurements:** Obtain a full analysis of your health, including weight, body fat, BMI, muscle mass, heart rate, body water percentage, and more.
- **Heart Rate Detection:** Monitor your heart rate for a better understanding of your overall cardiovascular health.
- **Advanced ITO Technology:** Ensures more precise measurements and a sleek, easy-to-clean surface with improved conductivity.
- **Superior Accuracy:** With ITO and advanced BIA technology, the scale offers 0.05 kg precision and supports

up to 180 kg (400 lb / 28 st). Units are switchable between kg/st/lb.

- **Multi-User Management:** Supports multiple user profiles via the *Healthkeep Pro* app, ideal for family or fitness groups.
- **Progress Tracking:** Visualize your progress over daily, weekly, monthly, and annual periods through the *Healthkeep Pro* app.
- **Large, Stable, and Safe Surface:** Measures 30 x 30 x 2.5 cm, made from 6 mm thick tempered glass for enhanced stability and safety.

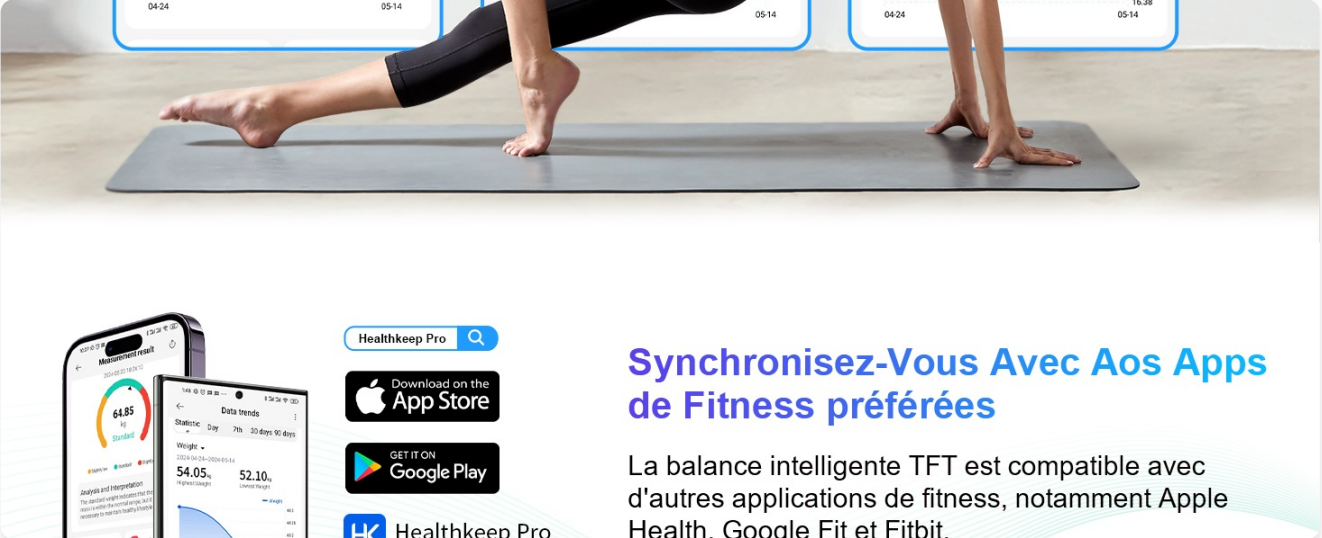
## SETUP

### 1. Inserting Batteries

Open the battery compartment on the underside of the scale. Insert the 4 AA batteries, ensuring correct polarity (+/-). Close the compartment securely.

### 2. App Installation

Download the free *Healthkeep Pro* app from the App Store (for iOS devices) or Google Play (for Android devices). Search for "Healthkeep Pro".



**Synchronisez-Vous Avec Vos Apps de Fitness préférées**

La balance intelligente TFT est compatible avec d'autres applications de fitness, notamment Apple Health, Google Fit et Fitbit.

Image: Healthkeep Pro App Sync with Apple Health, Google Fit, Fitbit. This image shows the Healthkeep Pro app interface with icons for Apple Health, Google Fit, and Fitbit, indicating compatibility for data synchronization.

### 3. Pairing the Scale

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the *Healthkeep Pro* app and create your user profile.
3. Step onto the scale barefoot. The scale will activate and display your weight.
4. The app should automatically detect and pair with the scale. Follow any on-screen prompts in the app to complete the pairing process.

## OPERATING INSTRUCTIONS

### 1. Taking a Measurement

Place the scale on a hard, flat surface. Step onto the scale barefoot and stand still. The scale will display your weight and other body composition data on its TFT screen. For a full analysis of 25 data points, ensure the *Healthkeep Pro* app is open and connected to the scale on your smartphone.

# Visualisez Vos Biométries Instantanément

Personnalisez votre écran TFT pour suivre 7 indicateurs clés.  
Suivi de vos progrès en toute simplicité, sans votre téléphone.

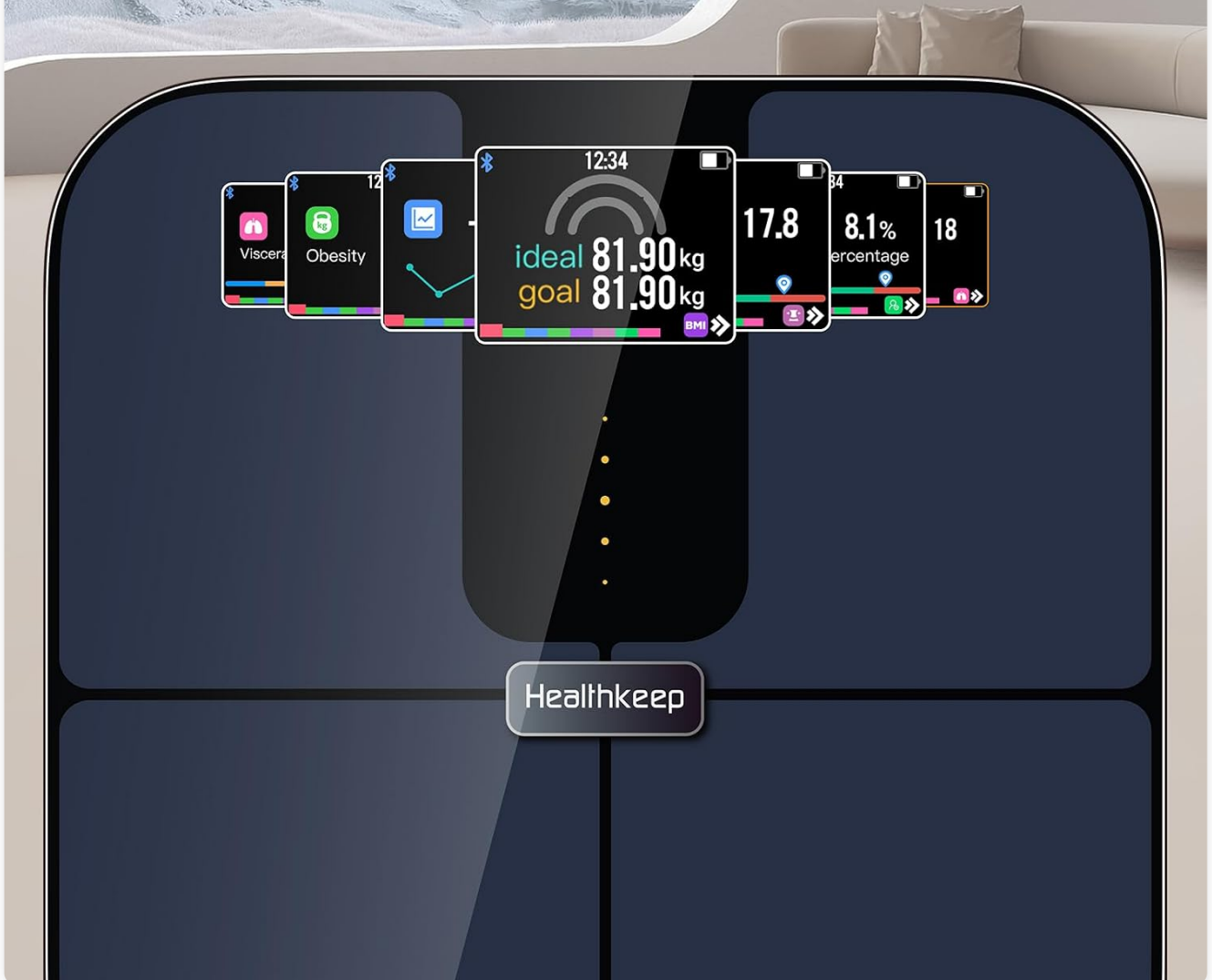


Image: Instant Biometric Display on Healthkeep Scale. This image shows the Healthkeep scale's TFT screen displaying various biometric data points like weight, BMI, and body fat percentage.

# 25 Mesures de Santé Complètes

Obtenez une analyse complète de votre santé avec 25 mesures essentielles.



Image: 25 Comprehensive Health Measurements via Healthkeep App. This image illustrates the Healthkeep scale and a smartphone displaying a detailed breakdown of 25 body composition metrics within the app.

## 2. Understanding Display Readings

The TFT screen will cycle through 7 key data points. You can gently tap the scale with your foot to manually advance to the next displayed metric. For a complete overview and historical data, refer to the *Healthkeep Pro* app.

## Écran TFT Tout-En-Un

Découvrez un nouveau départ dans votre forme physique avec Healthkeep Pro.



Image: TFT Display Screen Overview. This image provides a schematic view of the scale's TFT display, highlighting various icons and data fields.

### 3. Changing Units

The unit can be changed within the *Healthkeep Pro* app settings. The scale supports kilograms (kg), stones (st), and pounds (lb).

## APP INTEGRATION

The *Healthkeep Pro* app is central to tracking your health data. It automatically syncs measurements from the scale via Bluetooth. The app allows you to:

- View all 25 body composition metrics.
- Track progress with daily, weekly, monthly, and annual graphs.
- Synchronize data with third-party fitness apps like Apple Health, Google Fit, and Fitbit.

# Suivez et analysez vos progrès

Visualisez vos progrès sur des périodes quotidiennes, hebdomadaires, mensuelles et annuelles grâce à l'application Healthkeep Pro.

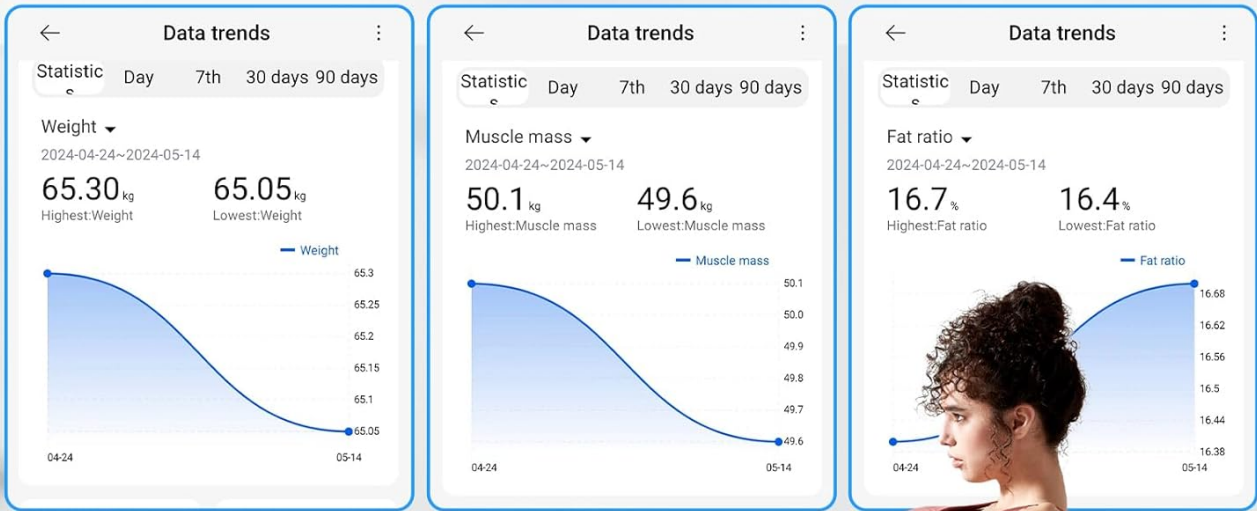


Image: Track and Analyze Your Progress with Healthkeep Pro App. This image displays a person exercising with three smartphone screens showing graphs of weight, muscle mass, and fat ratio trends over time in the Healthkeep Pro app.

## 25 Mesures de Santé Complètes

Obtenez une analyse complète de votre santé avec 25 mesures essentielles.

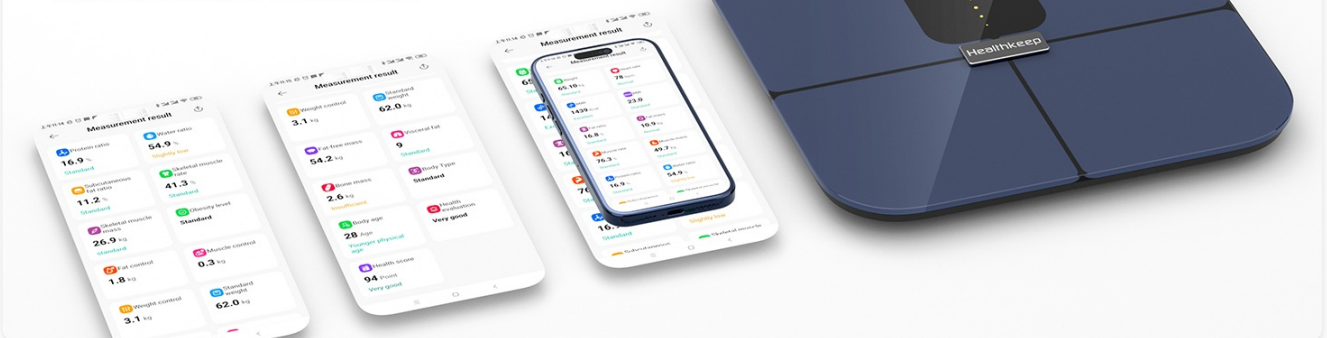


Image: Smartphone App Integration for Health Tracking. This image shows the Healthkeep scale integrated with a smartphone app, displaying various health metrics and tracking functionalities.

## MULTI-USER MANAGEMENT

The Healthkeep CF588 scale supports multiple users, allowing each family member or group member to track their individual progress. To add new users:

1. Open the *Healthkeep Pro* app.
2. Navigate to the user management section (usually found in settings or profile).
3. Add a new user profile, entering their details such as age, height, and gender.
4. The scale will automatically recognize individual users based on their weight, ensuring data is assigned to the correct profile.



Image: Multi-User Management Interface with Family Profiles. This image depicts a family using the Healthkeep scale, with a smartphone displaying the multi-user management interface in the app, showing individual profiles and their respective weights.

## MAINTENANCE

### 1. Cleaning

Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. The ITO coating makes the surface easy to clean.

### 2. Storage

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

### 3. Battery Replacement

When the battery indicator appears on the display or in the app, replace all four AA batteries with new ones. Ensure correct polarity.

## TROUBLESHOOTING

**Issue: Scale does not turn on.**

**Solution:** Check if batteries are inserted correctly and are not depleted. Replace batteries if necessary. Ensure the scale is on a flat, hard surface.

**Issue: Inaccurate readings.**

**Solution:** Ensure the scale is on a hard, flat surface (avoid carpets). Step onto the scale barefoot and stand still. Calibrate the scale by stepping on it briefly, stepping off, and then stepping on again for measurement. Ensure your profile information (height, age, gender) in the app is correct.

**Issue: App not connecting to the scale.**

**Solution:** Ensure Bluetooth is enabled on your phone. Make sure the *Healthkeep Pro* app is open and running in the foreground. Step onto the scale to activate it. If issues persist, try restarting your phone and the app. Ensure the scale is within Bluetooth range.

**Issue: Data not syncing to third-party apps.**

**Solution:** Verify that the *Healthkeep Pro* app is correctly linked to Apple Health, Google Fit, or Fitbit in the app's settings. Ensure permissions are granted for data sharing.

## SPECIFICATIONS

Feature	Detail
Brand	Healthkeep
Model	CF588
Color	Blue
Weight Limit	180 Kilograms (400 lb / 28 st)
Measurement Precision	0.05 kg
Display Type	TFT Color Screen / LCD
Material	Tempered Glass, Plastic
Item Weight	1.5 Kilograms
Dimensions	30 x 30 x 2.5 cm
Connectivity	Bluetooth
Power Source	4 x AA Batteries

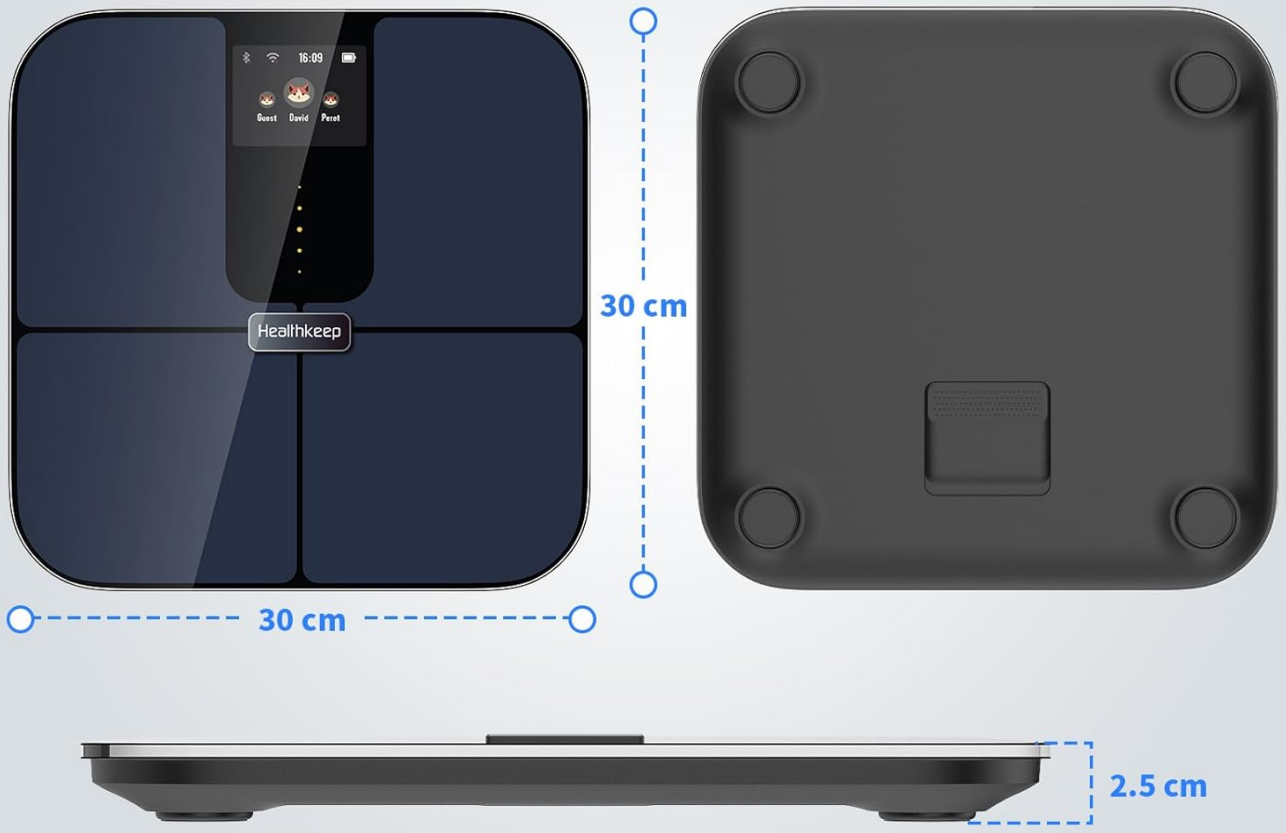


Image: Healthkeep Scale Dimensions. This image shows the top, side, and bottom views of the Healthkeep scale with its dimensions: 30 cm length, 30 cm width, and 2.5 cm height.

## WARRANTY AND SUPPORT

Healthkeep products are designed for quality and reliability. For warranty information and customer support, please refer to the contact details provided on the product packaging or visit the official Healthkeep website. Keep your purchase receipt as proof of purchase for any warranty claims.

