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## INSMART CF598

# INSMART Smart Body Composition Scale CF598 User Manual

Model: CF598 | Brand: INSMART

## 1. INTRODUCTION

Thank you for choosing the INSMART Smart Body Composition Scale CF598. This device is designed to help you monitor your health and fitness progress by measuring 16 essential body metrics. By connecting to the dedicated INSMART HEALTH app on your smartphone, you can track your data over time and gain valuable insights into your body composition. Please read this manual thoroughly before use to ensure proper operation and safety.

## 2. IMPORTANT SAFETY INFORMATION

- Always place the scale on a hard, flat surface. Using it on soft surfaces like carpets can affect measurement accuracy.
- Do not use this scale if you have a pacemaker or other implanted medical devices. The electrical impulses used for body composition analysis may interfere with these devices.
- The scale is not intended for medical diagnosis or treatment. Consult a healthcare professional for any health-related concerns.
- Keep the scale dry. Avoid exposure to water or excessive moisture.
- Do not jump on the scale or use it for purposes other than weighing.
- Keep out of reach of children.

## 3. PACKAGE CONTENTS

Please check the box for the following items:

- INSMART Smart Body Composition Scale Unit (CF598) x 1
- AAA Batteries x 3

- User Manual (English) x 1

## 4. PRODUCT OVERVIEW

The INSMART CF598 scale features a sleek design with a reinforced glass surface and four high-sensitivity sensors. It utilizes Bio-electrical Impedance Analysis (BIA) technology to provide comprehensive body composition data.



Figure 1: The INSMART Smart Body Composition Scale CF598, showing its display and connectivity to a smartphone app and Apple Watch.

# 正確な測定

0.05kg /0.2lb 単位、180kg/28st/400lbs の容量

頑丈で耐久性に優れています

強化ガラス

滑り止めシリコン製の足座

Figure 2: Underside view of the scale, illustrating the four sensors and non-slip feet for stable measurements.

## 5. SETUP

### 5.1. Install Batteries

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

### 5.2. Download the INSMART HEALTH App

1. Scan the QR code provided in the package or search for "INSMART HEALTH" in your smartphone's app store (Apple App Store or Google Play Store).
2. Download and install the app.

### 5.3. Pair the Scale with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the INSMART HEALTH app.
3. Follow the on-screen instructions to create a user profile and pair the scale. You may need to step on the scale briefly to activate it for pairing.

#### 5.4. Create User Profiles

The app supports multiple user profiles, making it suitable for family use. You can add and manage profiles for each family member within the app.



Figure 3: The INSMART HEALTH app interface showing multiple user profiles for family tracking.

### 6. OPERATING THE SCALE

#### 6.1. Taking a Measurement

1. Place the scale on a hard, flat surface.
2. Open the INSMART HEALTH app on your smartphone.
3. Step onto the scale barefoot with dry feet, ensuring your feet are centered on the metal electrodes.

4. Stand still until the weight reading stabilizes and blinks. The scale will then perform body composition analysis.
5. Wait for the 'O' characters to flow across the display twice, indicating that all 16 metrics have been measured and synced to the app.

## 6.2. Understanding Your Data

The INSMART HEALTH app provides detailed analysis of 16 body metrics, including:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Standard Weight
- Obesity Level
- Body Age
- Subcutaneous Fat
- Visceral Fat
- Muscle Mass
- Estimated Bone Mass
- Skeletal Muscle
- Fat-Free Body Weight
- Body Water Percentage
- Protein
- Basal Metabolic Rate (BMR)
- Body Type

# 16項目測定可能

指標分析はアプリでご覧いただけます



体重



脂肪率



体水分率



身体年齢



標準体重



ボディタイプ



肥満レベル



皮下脂肪率



BMI



タンパク質



除脂肪体重



内臓脂肪



骨格筋



筋肉量



骨量



基礎代謝



Figure 4: Visual representation of the 16 body metrics measured by the scale.

# データを記録- INSMART HEALTH



Figure 5: The INSMART HEALTH app interface, showing data tracking and integration with other health platforms.

### 6.3. Baby/Pet Mode

The scale can also be used to measure the weight of babies or pets. Simply weigh yourself first, then hold your baby or pet and weigh again. The app will calculate the difference to provide their weight.

# ワイヤレス Bluetooth 接続



身体データの記録



簡単接続



Figure 6: The scale connects wirelessly via Bluetooth to your smartphone for seamless data transfer.

## 7. MAINTENANCE

### 7.1. Cleaning

Wipe the scale surface with a damp cloth. Do not use abrasive cleaners or immerse the scale in water.

### 7.2. 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.

### 7.3. Battery Replacement

If the display becomes dim or shows a low battery indicator, replace all three AAA batteries with new ones. Ensure correct polarity.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Scale not turning on	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new batteries.
No body composition data (only weight)	Not standing still long enough, feet not bare/dry, or Bluetooth not connected.	Ensure you stand still on the scale with bare, dry feet until the 'O' characters flow across the display twice. Verify Bluetooth connection and that the app is open.
Inaccurate weight readings	Scale on an uneven or soft surface.	Place the scale on a hard, flat surface. Ensure consistent measurement conditions (same time of day, same surface).
App not syncing data	Bluetooth is off, app is closed, or pairing issue.	Ensure Bluetooth is on, the app is open, and the scale is correctly paired. Try restarting the app or your phone.

## 9. SPECIFICATIONS

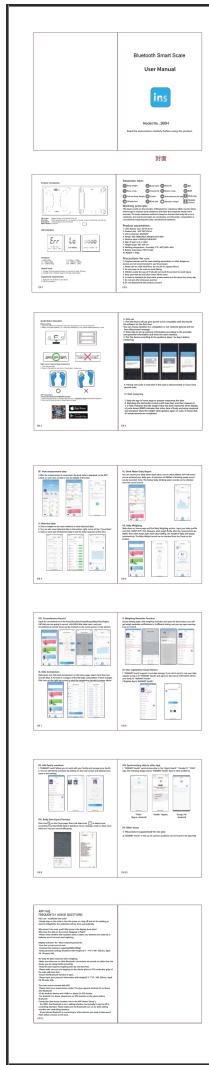
- **Model Number:** CF598
- **Brand:** INSMART
- **Color:** White
- **Material:** Plastic, Reinforced Glass
- **Dimensions:** 28 x 27.8 x 3.7 cm
- **Weight:** 1.2 kg
- **Power Source:** AAA Batteries x 3
- **Display Type:** Digital LED
- **Connectivity:** Bluetooth
- **Recommended Use:** Fitness, Weight Management, Health Management
- **Features:** Apple Watch integration, Smartphone integration
- **Origin:** China

## 10. WARRANTY AND SUPPORT

This INSMART product comes with a 1-year warranty from the date of purchase. If you encounter any quality-related issues with your body composition scale during the warranty period, or have any questions regarding its use, please do not hesitate to contact us via message. We are committed to providing a prompt response, typically within 12 hours.

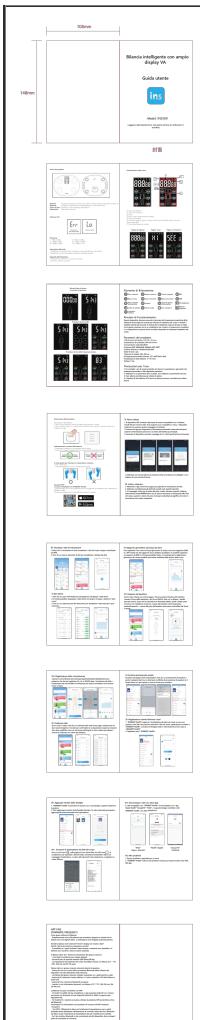
For further assistance or to explore other INSMART products, please visit our official brand store on Amazon: [INSMART Amazon Store](#)

## Related Documents - CF598



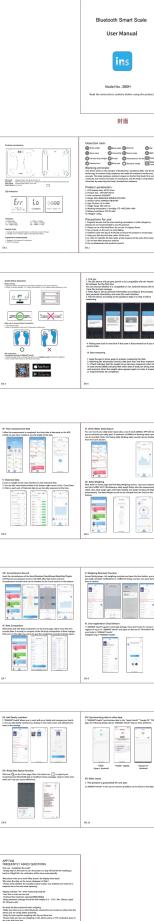
### [INSMART 260H Bluetooth Smart Scale User Manual: Setup, Features, and Troubleshooting](#)

Comprehensive user manual for the INSMART 260H Bluetooth Smart Scale. Learn how to set up, measure body composition, view data, use app features, and troubleshoot common issues.



## [INSMART Health Smart Scale User Guide](#)

Comprehensive user guide for the INSMART Health Smart Scale, detailing setup, usage, app integration, and troubleshooting for accurate body composition analysis.

	<p><b><a href="#">INSMART Bluetooth Body Fat Scale Quick Start Guide</a></b></p> <p>A quick start guide for the INSMART Bluetooth Body Fat Scale, covering setup, troubleshooting, and unit switching.</p>
	<p><b><a href="#">INSMART 260H Bluetooth Smart Scale User Manual</a></b></p> <p>User manual for the INSMART 260H Bluetooth Smart Scale, covering setup, measurement, app features, data analysis, and troubleshooting for body composition tracking.</p>
	<p><b><a href="#">INSMART Cordless Water Dental Flosser User Manual</a></b></p> <p>Comprehensive user manual for the INSMART Cordless Water Dental Flosser, detailing features, operating procedures, troubleshooting, and important safety information. Includes guidance on usage, maintenance, and product specifications.</p>

