

RENPHO RF-BMF01

RENPHO Smart Retractable Tape Measure User Manual

Model: RF-BMF01 | Brand: RENPHO

1. INTRODUCTION

This manual provides instructions for the RENPHO Smart Retractable Tape Measure, Model RF-BMF01. This device is designed to accurately measure body circumference and length, integrating with the RENPHO Health App via Bluetooth for tracking and analysis of measurements related to fitness, weight management, and general body progress.

2. SAFETY INFORMATION

- Do not attempt to disassemble or modify the device.
- Keep the device away from water and extreme temperatures.
- Handle the tape measure carefully to avoid injury. The tape is flexible but can cause minor cuts if mishandled.
- Keep out of reach of children.
- The device contains a Lithium metal battery. Dispose of batteries according to local regulations.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x RENPHO Smart Retractable Tape Measure
- 1 x User Manual
- 1 x Lithium metal battery (pre-installed or included separately)

4. PRODUCT OVERVIEW

The RENPHO Smart Retractable Tape Measure is a compact, digital measuring device. It features an LCD screen for clear readings and three control buttons for operation. The tape itself is 1.5 meters

(approximately 60 inches) long and is designed for both length and circumference measurements.



Image 4.1: RENPHO Smart Retractable Tape Measure and companion app.

Key Features:

- **Bluetooth Connectivity:** Connects to the RENPHO Health App for automatic data synchronization and historical tracking.
- **Large LCD Display:** Provides clear and immediate measurement readings.
- **Dual Measurement Modes:** Supports "Length Mode" for straight-line measurements and "Circumference Mode" for body parts.
- **Easy Lock Hook Design:** Facilitates single-hand operation for self-measurement.
- **Unit Switching:** Easily switch between inches and centimeters.

5. SETUP

5.1 Battery Installation

The device uses one CR2032 Lithium metal battery. If not pre-installed, open the battery compartment by turning the cover as indicated by the arrows. Insert the battery with the positive (+) side facing up, then

close the compartment securely.

5.2 App Download and Pairing

1. Download the **RENPHO Health App** from your device's app store (iOS or Android). You can scan the QR code below for direct access.

The advertisement features a woman in athletic wear running against a light grey wall. Blue circular lines are overlaid on her body to indicate measurement points: neck, shoulder, biceps, chest, waist, and hip. In the top left, there is a QR code, download links for the App Store and Google Play, and a search bar with 'Renpho Health' entered. To the right of the woman, the text 'Measurements with Renpho Health App' is displayed, followed by 'The same app Renpho scales use'. Below this, a 'Waist-Hip Ratio' graphic shows a value of 0.82, which is within the 'Standard' range (0.81 to 0.85) on a scale from Low to High. At the bottom right, a smartphone screen displays the app's interface, showing a 'General' tab with a body silhouette and various measurement buttons. A pop-up window is open, asking to 'Please select a size' with a slider set to 16.83 inch, a date of 2023/11/30, and a confirmation button.

Image 5.1: App download instructions and visual representation of measurements with the RENPHO Health App.
Scan the QR code in the image or visit qrco.de/bcTpOZ to download the app.

2. Ensure Bluetooth is enabled on your smartphone.
3. Open the RENPHO Health App and create an account or log in.
4. Turn on the tape measure by pressing the power button.
5. In the app, navigate to the "Circumferences" section or add a new device. The app should detect the tape measure via Bluetooth. Follow the on-screen prompts to pair the device.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

Press the power button (usually the middle button) to turn the device on. The device will automatically turn off after a period of inactivity to conserve battery.

6.2 Switching Units (Inches/Centimeters)

Short press the "M" button to toggle between inches (in) and centimeters (cm) on the display.

6.3 Measurement Modes

The tape measure offers two modes:

- **Length Mode:** For straight-line measurements.
- **Circumference Mode:** For measuring body parts. In this mode, a 2.1 cm (0.84 inch) gap is accounted for to ensure accurate circumference readings when the tape head is inserted into the receptacle.

Long press the "M" button to switch between these two modes.

Tracking Abdominal Circumference During Pregnancy



Image 6.1: Illustration of Length Mode and Circumference Mode with unit switching.

6.4 Taking Measurements

1. Pull out the tape to the desired length.
2. For circumference measurements, use the easy-lock hook design to secure the tape around the body part. This allows for single-hand operation.

Intuitive Controls

Short press M button to switch between units (in/cm),
long press to switch mode



Image 6.2: Demonstrating the easy lock hook design for effortless single-hand operation.

3. Read the measurement on the LCD screen.
4. To save the measurement to the app, ensure the device is paired and the app is open in the "Circumferences" section. The measurement will typically synchronize automatically. If not, press the save button on the device (if available, or confirm in the app).
5. Press the retract button to retract the tape.

6.5 Using the RENPHO Health App

The app allows you to:

- Track measurements over time for various body parts (e.g., waist, chest, biceps, hips).
- View historical data in clear graphs and charts.
- Set goals and monitor progress for weight loss, muscle gain, or fitness.
- Create multiple user profiles, including a "Baby Mode" for tracking infant growth.

Unique Easy Lock Hook Design

Effortless Single-Hand Operation



Image 6.3: Accurate tracking of body measurements with clear graphics on the RENPHO Health App.

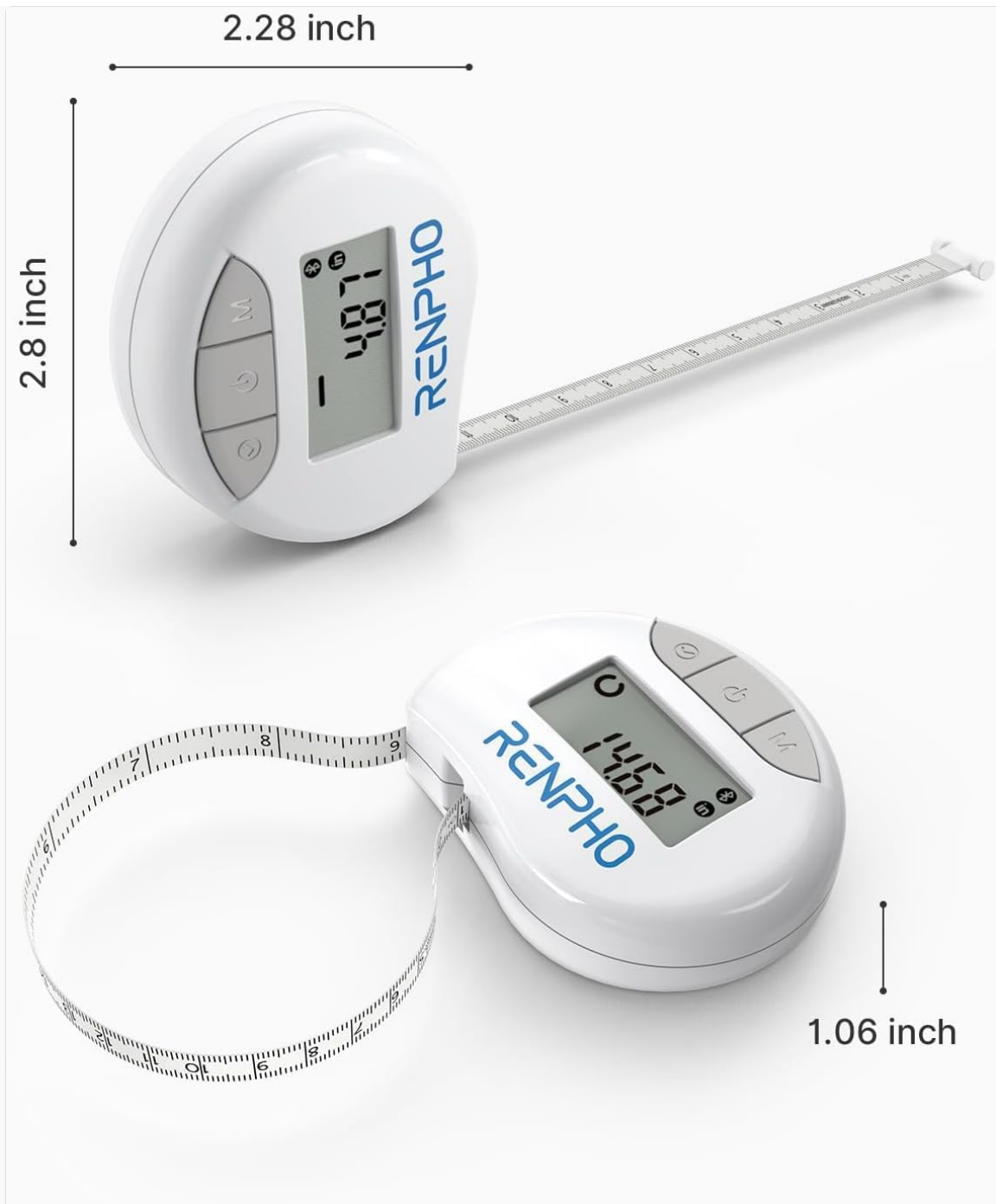


Image 6.4: Baby Mode feature in the RENPHO Health App for documenting infant growth.

7. MAINTENANCE

- Clean the device with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- Store the tape measure in a cool, dry place when not in use.
- Replace the battery when the display becomes dim or the device fails to power on.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Low or dead battery.	Replace the CR2032 battery. Ensure it is inserted correctly.

Problem	Possible Cause	Solution
Cannot connect to RENPHO Health App.	Bluetooth is off; device not in pairing mode; app issue.	Ensure Bluetooth is enabled on your phone. Turn the tape measure off and on again. Restart the RENPHO Health App. Ensure the app is updated to the latest version.
Measurements are not syncing to the app.	Device not paired; app not open or in correct section.	Verify successful pairing. Open the app and navigate to the "Circumferences" section before taking a measurement.
Tape retraction issue.	Tape mechanism obstruction or damage.	Gently pull the tape out and retract it again. Do not force the retraction. If the issue persists, contact customer support.

9. SPECIFICATIONS

Feature	Detail
Model	RF-BMF01
Dimensions (L x W x H)	7.1 x 5.8 x 2.7 cm (2.8 x 2.3 x 1.1 inches)
Weight	100 grams (3.5 oz)
Tape Length	150 Centimeters (60 inches)
Measurement Accuracy	0.1 cm
Power Source	1 x CR2032 Lithium Metal Battery
Connectivity	Bluetooth
Material	Plastic



**Measure body
part size**



**Measure shipping
box size**



**For handmade and
dressmaking**

Image 9.1: Product dimensions.

10. WARRANTY AND SUPPORT

RENPHO provides a warranty for this product. Please refer to the official RENPHO website or your purchase documentation for specific warranty terms and conditions.

For technical support, troubleshooting assistance, or warranty claims, please contact RENPHO customer service through their official website or the RENPHO Health App.

Availability of Spare Parts: 2 Years

11. OFFICIAL PRODUCT VIDEOS

The following videos provide additional visual guidance on using your RENPHO Smart Retractable Tape Measure:




11.1 RENPHO Smart Tape Measure Overview



Your browser does not support the video tag.

Video 11.1: This video demonstrates the key features and usage of the RENPHO Smart Retractable Tape Measure, including its easy lock hook, dual measurement units, and app integration for tracking progress. It shows various applications like measuring waist, biceps, and tracking pregnancy progress.

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Related Documents - RF-BMF01

	<p>RENPHO Smart Tape Measure RF-BMF01 - Quick Start Guide and User Information</p> <p>Get started with your RENPHO Smart Tape Measure (Model RF-BMF01). This guide provides setup instructions, safety precautions, app connection details, warranty information, and customer support contact for the RENPHO smart body measuring tape.</p>
	<p>RENPHO RF-BMF01 Smart Body Tape Measure User Manual</p> <p>User manual for the RENPHO RF-BMF01 Smart Body Tape Measure. Provides instructions on safety, specifications, setup, app pairing, measuring, saving data, and troubleshooting for this Bluetooth body tape measure.</p>
	<p>Renpho Digital Body Tape Measure RF-BMF01 User Manual</p> <p>Comprehensive user manual for the Renpho Digital Body Tape Measure (Model RF-BMF01). Learn about safety precautions, technical specifications, troubleshooting, app connectivity, and how to use the smart body tape measure for health and fitness tracking.</p>
	<p>RENPHO Smart Body Tape Measure User Manual RF-BMF01</p> <p>Comprehensive user manual for the RENPHO Smart Body Tape Measure (Model RF-BMF01). Learn how to use, set up, troubleshoot, and connect this Bluetooth-enabled body tape measure for personal health tracking.</p>

	<p>RENPHO Smart Tape Measure RF-BMF01 User Manual</p> <p>User manual for the RENPHO Smart Tape Measure (Model RF-BMF01), detailing its features, specifications, safety warnings, setup, usage, and troubleshooting for body measurement and health tracking.</p>
	<p>RENPHO Smart Tape Measure + R-Y002 User Manual</p> <p>User manual for the RENPHO Smart Tape Measure + (Model R-Y002). This Bluetooth body tape measure helps track health and fitness. Includes setup, operation, safety, and troubleshooting guides.</p>