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eufy Smart Scale C20

eufy Smart Scale Instruction Manual

Model: Smart Scale C20

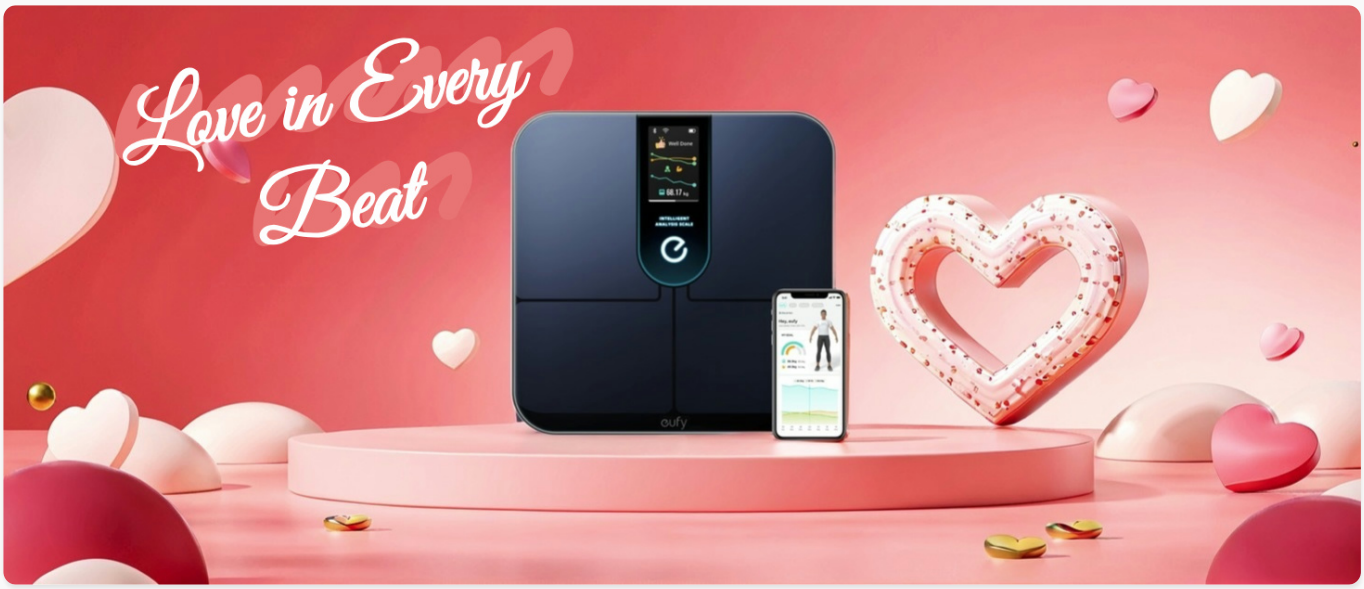


Image: The eufy Smart Scale displayed alongside a smartphone showing its companion app, highlighting the integration of physical measurement with digital tracking.

Introduction

Welcome to the eufy Smart Scale C20 instruction manual. This guide provides essential information for setting up, operating, and maintaining your new smart scale. The eufy Smart Scale is designed to offer comprehensive body composition analysis, helping you track your health and fitness journey with precision.
At eufy, we believe all great smart home products need to be thoughtfully built from the start. Our technology brings you expert protection and deep cleaning that's tailored to your lifestyle, creating human-first technology that enlivens the lives of everyone around you.

Setup

1. Battery Installation

Ensure the batteries are correctly installed in the battery compartment located on the underside of the scale. Use the specified battery type and ensure correct polarity.

2. App Download and Pairing

1. Download the **eufyLife** app from your smartphone's app store (App Store for iOS or Google Play Store for Android).
2. Create an account or log in if you already have one.
3. Enable Bluetooth on your smartphone.
4. Open the eufyLife app and follow the on-screen instructions to add your new eufy Smart Scale. The app will guide you through the pairing process.
5. Step onto the scale with bare, dry feet to activate it and initiate the first measurement, which will help complete the pairing.



Image: An animated GIF showing the eufy Smart Scale displaying a weight measurement and then transitioning to show connectivity with a smartphone app, indicating successful data transfer.

Operating Instructions

Taking a Measurement

1. Place the eufy Smart Scale on a hard, flat surface. Avoid carpets or uneven flooring for accurate readings.
2. Step onto the scale with bare, dry feet. Ensure your feet are centered on the metal electrodes.
3. Stand still until the display shows your weight and other body composition metrics. The scale will automatically transmit data to the eufyLife app if connected.
4. For heart rate measurement, remain on the scale for an additional 5-30 seconds until the process is complete.

Understanding Your Data

The eufyLife app provides detailed analysis of various body metrics. You can view trends over time (daily, weekly, monthly) for:

- **Weight:** Your current body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Muscle Mass:** The total weight of muscle in your body.
- **Lean Body Mass:** Total body weight minus body fat.
- **BMR (Basal Metabolic Rate):** The number of calories your body needs to function at rest.
- **Water Percentage:** The amount of water in your body.
- **Bone Mass:** The weight of bone mineral in your body.
- **Skeletal Muscle Mass:** The mass of muscles attached to bones.
- **Subcutaneous Fat:** Fat stored directly under the skin.

- **Visceral Fat:** Fat stored around internal organs.
- **Protein:** The percentage of protein in your body.
- **Heart Rate:** Your resting heart rate.
- **Body Age:** An estimation of your body's biological age based on your metrics.
- **Body Type:** Classification of your body composition.

The app also allows you to set weight goals and track your progress, providing visual representations of your current and target body composition.



Image: A woman lifting weights in a gym, with the eufy Smart Scale visible on the floor, symbolizing fitness tracking.



Image: A woman wiping sweat from her face after a workout, holding a water bottle, with the eufy Smart Scale on the floor, representing post-exercise health monitoring.

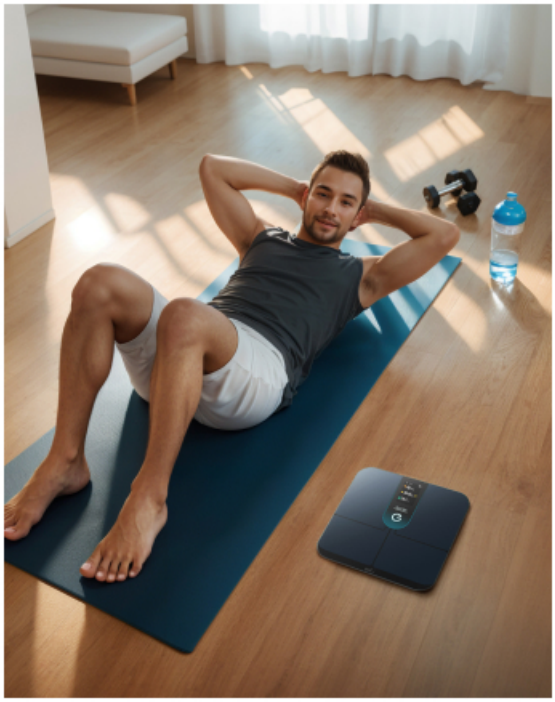


Image: A man performing sit-ups on a yoga mat, with the eufy Smart Scale positioned nearby, illustrating active lifestyle integration.

Maintenance

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app.

Troubleshooting

- **Inaccurate Readings:**
  - Ensure the scale is on a hard, flat surface.
  - Step on the scale with bare, dry feet.
  - Recalibrate by stepping on and off the scale quickly.
- **No App Connection:**
  - Check if Bluetooth is enabled on your phone.
  - Ensure the scale batteries are not depleted.
  - Restart the eufyLife app and try pairing again.
- **Display Errors:**

- If "Lo" appears, replace the batteries.
- If "Err" appears, step off the scale and try again.

Specifications

Feature	Detail
Brand	eufy
Model	Smart Scale C20
Special Feature	Smart connectivity, Body Composition Analysis
Display Type	Digital
Form Factor	Mini
Readout Accuracy	High
Date First Available	December 19, 2024
ASIN	B0DQXW2RFW

Important Safety Information

Legal Disclaimer:
Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
This device is intended for general wellness purposes only and is not a medical device. Consult with a healthcare professional for any health concerns or before making any decisions based on the measurements provided by this scale.

Warranty and Support

For warranty information and customer support, please refer to the official eufy website or contact eufy customer service directly. You can also visit the eufy Store on Amazon for additional resources and product information.
Keep your purchase receipt and product packaging for warranty claims.

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