

## INSMART CF598

# INSMART Smart Scale User Manual

Model: CF598

Brand: INSMART

## INTRODUCTION

Welcome to the INSMART Smart Scale user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new smart scale. Designed to help you monitor your health with precision, the INSMART Smart Scale offers detailed body composition analysis and seamless integration with your fitness applications.

## KEY FEATURES

- **High Accuracy:** Equipped with 4 high-sensitive electrodes for precise measurements within 0.2lb/0.05kg, up to 400lb/180kg capacity.
- **17 Body Composition Metrics:** Measures Weight, BMI, Body Fat, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, BMR, Standard weight, body type, obesity level, and Metabolic Age.
- **App Synchronization:** Connects via Bluetooth 4.0 to iOS 8.0 / Android 6.0 or higher devices, syncing data with INSMART Health, Apple Health, Google Fit, and Fitbit.
- **Unlimited Users:** Supports tracking for an unlimited number of users, with automatic chart generation for fitness trend monitoring.
- **Baby Mode:** Features a dedicated Baby Mode for safe and convenient measurement of baby's weight and BMI.
- **Durable Design:** Constructed with thickened tempered glass for durability and a maximum capacity of 400lbs/180kg.

## SETUP GUIDE

### 1. Battery Installation

Locate the battery compartment on the underside of the scale. Insert the included 2 AAA batteries, ensuring correct polarity. The scale will power on automatically once batteries are inserted.



Image: INSMART Smart Scale with included AAA batteries, demonstrating the battery type.

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Video: Official INSMART video demonstrating the battery installation process and initial setup of the smart scale.

## 2. App Download and Profile Creation

Download the "INSMART Health" app from the Apple App Store or Google Play Store. Once installed, open the app and create your personal profile by entering your name, gender, height, age, and target weight. The app allows for multiple user profiles, making it convenient for families.

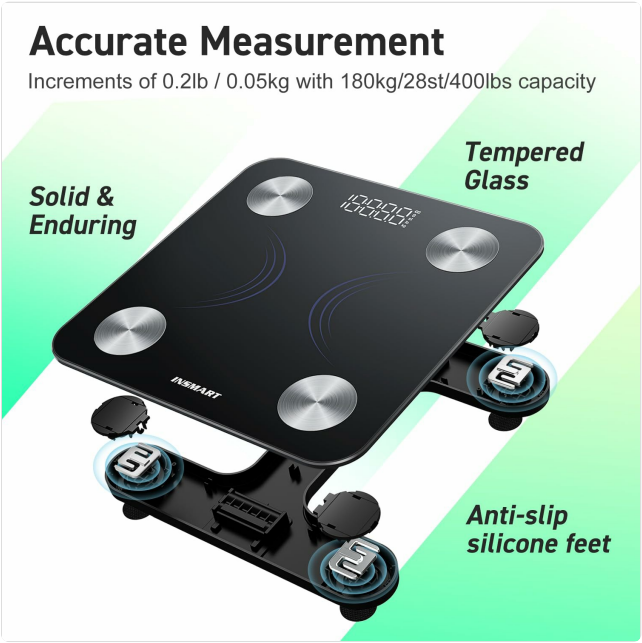


Image: The INSMART Health app interface displaying multiple user profiles, highlighting the family sharing feature.

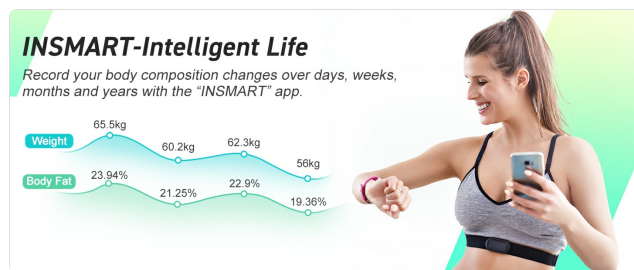


Image: Screenshot showing the INSMART Health app available on Google Play and Apple App Store, with app icons for Insmart Health, Apple Health, Google Fit, and Fitbit.

### 3. Initial Scale Placement

For accurate readings, place the INSMART Smart Scale on a hard, dry, and flat surface. Avoid carpets or uneven flooring, as this can affect measurement precision.



Image: Diagram illustrating the sturdy design of the INSMART Smart Scale, featuring tempered glass and anti-slip silicone feet for stable and accurate measurements.

## OPERATING INSTRUCTIONS

### 1. Taking a Measurement

Ensure your phone's Bluetooth is enabled and the INSMART Health app is open. Step onto the scale barefoot and stand still for at least 5 seconds. The scale will display your weight, and all 17 body composition metrics will automatically sync to the app.



Image: A person standing barefoot on the INSMART Smart Scale, with a smartphone displaying the synced body data, emphasizing wireless Bluetooth connection.

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Video: Official INSMART video demonstrating how to use the smart scale, including stepping on it and viewing data on the app.

## 2. Understanding Your Body Data

The INSMART Health app provides detailed insights into 17 key body composition metrics:

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

You can view historical data and trends within the app to track your progress over time.

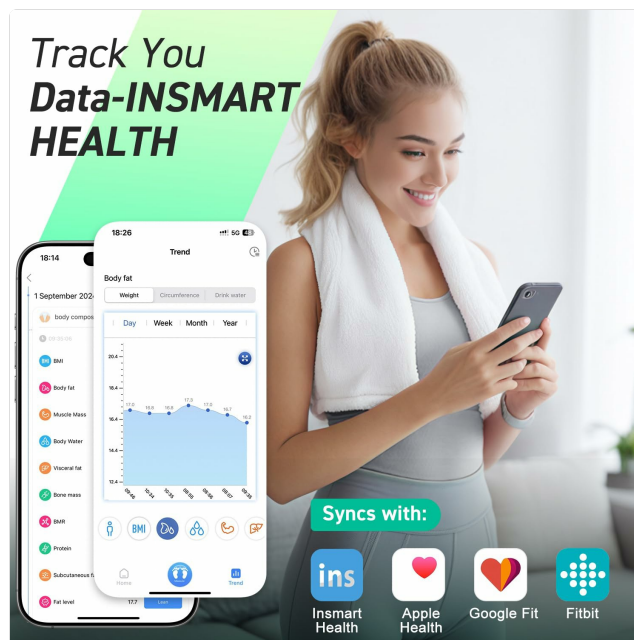


Image: Infographic detailing the 17 body composition metrics measured by the INSMART Smart Scale, including Weight, Body Fat, Muscle Rate, Body Water, Metabolic Age, and more.



Image: A user viewing their health data trends on the INSMART Health app, with logos indicating compatibility with Apple Health, Google Fit, and Fitbit.

### 3. Unit Conversion

To switch between weight units (kg/lb/st:lb), step on the scale to activate the display. Then, press the "UNIT" conversion button located on the backside of the scale.

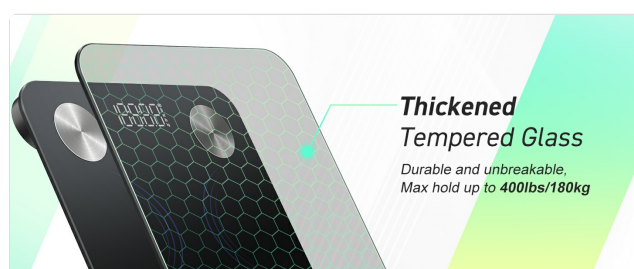


Image: Diagram illustrating the unit conversion button located on the back of the INSMART Smart Scale, allowing users to switch between kilograms, pounds, and stones.

### 4. Baby Mode

The scale supports a "Baby Mode" for measuring the weight of infants. Refer to the app's instructions for activating this feature, which allows for safe and accurate weighing of your baby while holding them.

## MAINTENANCE

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### Cleaning

Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water. Keep the surface dry after cleaning.

### Storage

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

## TROUBLESHOOTING

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### No Bluetooth Connection to My Scale

1. Ensure your phone's network is enabled (for registered users).
2. Verify that Bluetooth and GPS connection are enabled on your phone.
3. Pair the device and take a measurement when the app is open.
4. If connection fails, proceed as follows:
  - Tap the "Setting" button in the app.
  - Then tap "Device Binding".
  - Tap "+" to search and pair the Bluetooth Scale.
  - Go back to the home page, tap the "Measure" button to start weighing.



Image: Visual guide for troubleshooting Bluetooth connection issues with the INSMART Smart Scale, showing app navigation steps.

### Inaccurate Measurement Results

- Ensure the scale is placed on a hard, dry, flat surface. Avoid carpets or other soft surfaces.
- Step on, then step off the scale and wait for the screen to display "0.0". Step back on to weigh yourself.
- Ensure you are standing barefoot on the electrodes for body composition analysis.

## SPECIFICATIONS

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Product Dimensions	10.3 x 10.3 x 1 inches; 2.69 Pounds
Item Model Number	CF598
Batteries	2 AAA batteries required (included)
Manufacturer	INSMART
Country of Origin	China
Weight Capacity	400lb/180kg
Display Type	LED

## WARRANTY AND SUPPORT

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For warranty information, technical support, or any inquiries regarding your INSMART Smart Scale, please contact INSMART customer service through the contact details provided with your product packaging or visit the official INSMART website.