

## RENPHO PUK-R-MSB05-BK

# RENPHO Elis Evo Smart Scale Instruction Manual

MODEL: PUK-R-MSB05-BK

## 1. Product Overview

The RENPHO Elis Evo Smart Scale is designed to provide comprehensive body composition analysis. It features a vibrant TFT display that shows key health metrics directly on the scale. With Wi-Fi and Bluetooth connectivity, it seamlessly integrates with the RENPHO Health App to track 18 body metrics, including weight, BMI, body fat, and muscle mass. The scale also offers specialized modes for various user needs.



Image: RENPHO Elis Evo Smart Scale displaying weight, BMI, and other metrics.

## 2. Setup Guide

### 2.1 Unboxing and Initial Charge

Carefully remove the scale from its packaging. The RENPHO Elis Evo scale is rechargeable via a USB-C port. Before first use, ensure the scale is fully charged for optimal performance.

# Tailor Your Display

Customize Your Scale Screen via RENPHO Health App



Image: The RENPHO Elis Evo Smart Scale as it appears in its retail packaging.

# Wi-Fi & Bluetooth Connection



Step on the scale, and keep a record of your health metrics.

## Wi-Fi:

Simply connect to instantly sync your scale readings to the RENPHO Health App

## Bluetooth:

Access the RENPHO Health App on your phone to sync your readings



Image: A hand plugging a USB-C cable into the charging port of the scale.

# 18 Body Metrics

## 4 Body Goal Metrics



Optimal Fat Mass



Optimal Weight



Target to Optimal  
Weight



Optimal Muscle  
Mass

## 14 Body Composition Metrics



Weight



Muscle Mass



Subcutaneous  
Fat



Visceral Fat  
Index



Body Water



Skeletal Muscle  
Mass



Bone Mass



Protein Mass



Metabolic Age



Basal Metabolic  
Rate



BMI



Body Fat  
Percentage



Fat Free Mass



Body Type

Image: The scale's display indicating a 100% charge status.

## 2.2 App Download and Pairing

Download the RENPHO Health App from your device's app store (available on iOS and Android). Ensure Bluetooth and Wi-Fi are enabled on your smartphone. Open the app and follow the on-screen instructions to pair your scale. The app will guide you through creating a profile and connecting the device.

Video: A user demonstrating the unboxing, initial charging, and app pairing process for the RENPHO Elis Evo Smart Scale.

## 3. Operating Instructions

### 3.1 Taking Measurements

For accurate body composition readings, place the scale on a hard, flat surface. Step onto the scale barefoot, ensuring your feet are positioned on the ITO-coated sensors. The scale will automatically measure your weight and other body metrics, displaying them on its TFT screen and syncing them to the RENPHO Health App.



Image: A person standing barefoot on the RENPHO Elis Evo Smart Scale to take a measurement.

### 3.2 Understanding Display Metrics

The vibrant TFT display shows up to 7 customizable health metrics at a glance, including weight, BMI, and body fat. You can configure which metrics are shown via the RENPHO Health App.

Video: Demonstration of the RENPHO Elis Evo Scale's display showing various body metrics.

## 4. Features and App Integration

### 4.1 18-Metric Body Analysis

The RENPHO Elis Evo provides 14 body composition metrics and 4 target metrics for a comprehensive understanding of your body. These include:

- Weight
- BMI (Body Mass Index)
- Body Fat Percentage
- Skeletal Muscle
- Fat-Free Mass
- Subcutaneous Fat
- Visceral Fat
- Body Water
- Muscle Mass
- Bone Mass
- Protein
- BMR (Basal Metabolic Rate)
- Metabolic Age
- Body Type
- Optimal Fat Mass (Target Metric)
- Optimal Weight (Target Metric)
- Target to Optimal Muscle Mass (Target Metric)
- Target to Optimal Weight (Target Metric)



Image: A visual representation of the 18 body metrics measured by the scale.

Video: A detailed overview of the 18 health metrics tracked by the RENPHO Smart Scale.

### 4.2 Wi-Fi & Bluetooth Connectivity

The scale offers both Wi-Fi and Bluetooth connectivity for instant data upload to the cloud and easy

access via the RENPHO Health App. This allows for seamless tracking and analysis of your health data anywhere.

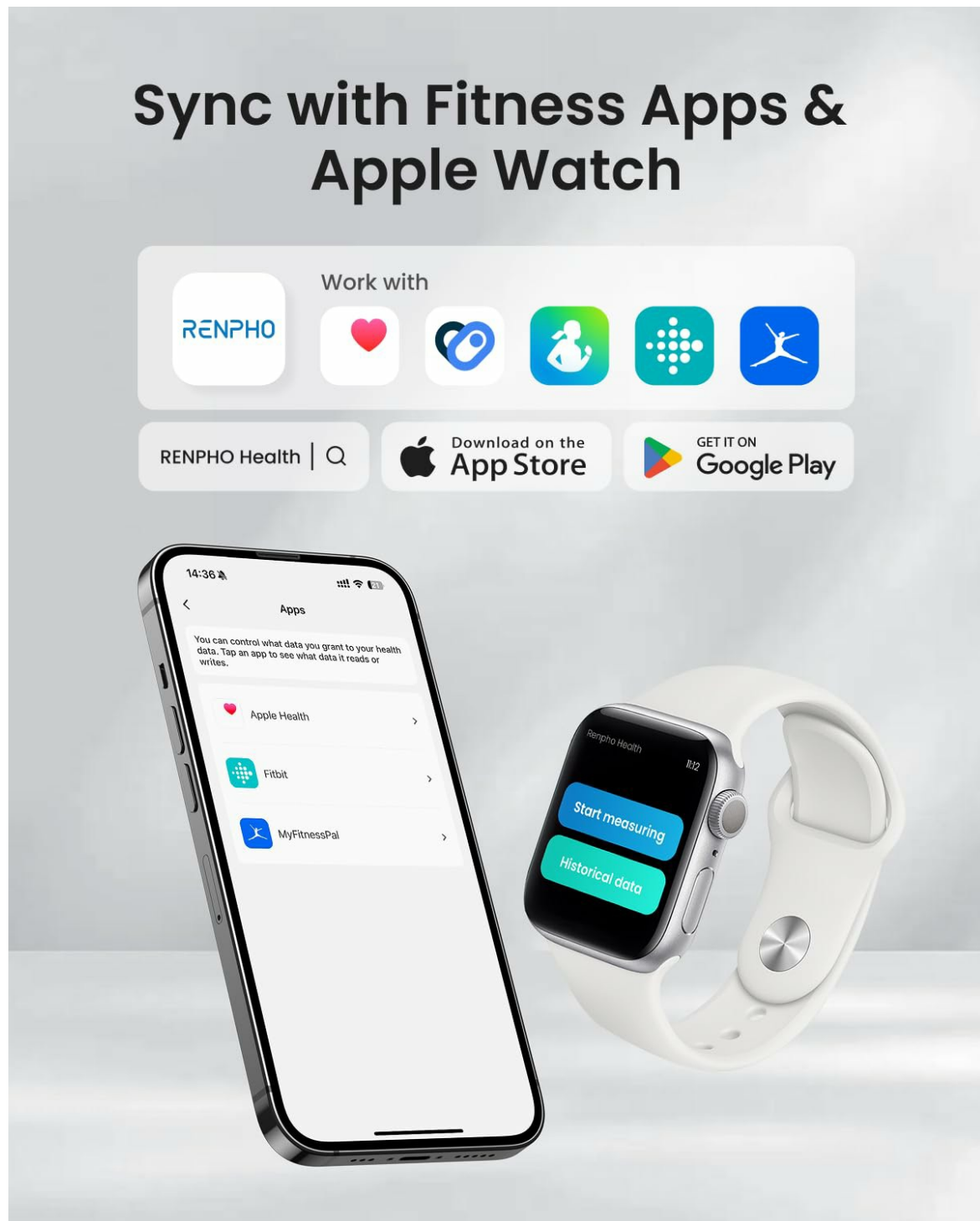


Image: A smartphone screen showing the RENPHO Health App, illustrating data synchronization.

### 4.3 Specialized Modes

The scale includes three specialized modes to cater to different user needs:

- **Pregnancy Mode:** Safe for pregnant women and individuals with medical implants.
- **Baby Mode:** Designed for weighing babies and pets by holding them while stepping on the scale.
- **Athlete Mode:** Calibrated for individuals with active lifestyles, typically those engaging in over 6 hours of intense weekly cardio.

## 5. Maintenance

To ensure the longevity and accuracy of your RENPHO Elis Evo Smart Scale, follow these maintenance guidelines:

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- **Placement:** Always use the scale on a hard, flat surface to ensure accurate readings. Avoid carpets or uneven floors.
- **Charging:** Recharge the scale when the battery indicator is low. Use the provided USB-C cable.

## 6. Troubleshooting

If you encounter issues with your RENPHO Elis Evo Smart Scale, consider the following:

- **No Display/Power:** Ensure the scale is fully charged. Connect it to a power source using the USB-C cable.
- **Inaccurate Readings:** Verify the scale is on a hard, flat surface. Ensure you are stepping on it barefoot. Recalibrate the scale by stepping on it briefly, then stepping off until it shows '0.0'.
- **App Connectivity Issues:** Check that Bluetooth and Wi-Fi are enabled on your phone. Ensure the RENPHO Health App is updated to the latest version. Try restarting both the scale and your phone.
- **Data Not Syncing:** Confirm the scale is connected to the app via Bluetooth or Wi-Fi. Check your internet connection.
- **Multiple User Recognition:** Ensure each user has a distinct profile in the app. The scale is designed to automatically recognize users based on their weight history.

## 7. Specifications

Feature	Detail
Brand	RENPHO
Model Number	PUK-R-MSB05-BK
Color	Black
Recommended Uses	Adults, Fitness
Special Features	Auto Shut Off, Body Fat, Body Mass Index, Large Display, Smart
Display Type	TFT
Weight Limit	400 Pounds (180 kg)
Form Factor	Floor Scale

Connectivity	Wi-Fi, Bluetooth
Power Source	Rechargeable (USB-C)
Item Weight	3.87 pounds
Package Dimensions	14.17 x 13.58 x 2.05 inches
UPC	840191400810



Image: The RENPHO Elis Evo Smart Scale showcasing its dimensions and USB-C charging feature.

## 8. Warranty and Support

For warranty information, technical support, or any inquiries regarding your RENPHO Elis Evo Smart Scale, please refer to the official RENPHO website or contact their customer service directly. Details can typically be found in the user manual included in the product packaging or on the brand's support pages online.