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› RENPHO Elis 2X Smart Body Scale User Manual

RENPHO R-A018

RENPHO Elis 2X Smart Body Scale User Manual

Model: R-A018



Image: The RENPHO Elis 2X Smart Body Scale, a sleek black digital scale with a large display, shown alongside a smartphone and smartwatch displaying health metrics.

INTRODUCTION

The RENPHO Elis 2X Smart Body Scale is designed to provide a comprehensive overview of your body composition. Utilizing advanced ITO coating technology, it offers accurate measurements of 13 key body metrics directly on its large VA display and through the accompanying Renpho Health App. This manual will guide you through the setup, operation, and maintenance of your new smart scale.

WHAT'S IN THE BOX

- RENPHO Elis 2X Smart Body Scale

- 3 x AAA Batteries (pre-installed)
- User Manual

SETUP GUIDE

1. Battery Installation

Your scale comes with 3 AAA batteries pre-installed. Before first use, ensure the protective tab is removed from the battery compartment on the underside of the scale. If replacing batteries, ensure correct polarity (+/-) as indicated.

2. Download the Renpho Health App

The Renpho Health App is essential for tracking all 13 body metrics and managing your health data. Scan the QR code on the scale's surface or search for "Renpho Health" in your device's app store.

[Download Renpho Health App](#)

Sync with Fitness Apps

RENPHO Health | 🔍



Work with



Samsung Health



Myfitnesspal



Apple Health

Image: A smartphone screen displaying the Renpho Health app icon and QR codes for downloading the app from the App Store and Google Play.

3. Initial Calibration

Place the scale on a flat, hard surface. Avoid carpets or uneven flooring for accurate readings. Step on the scale briefly to turn it on, then step off. The display should show "0.0" or similar, indicating it's calibrated and ready for use.

4. Pair with the App

1. Open the Renpho Health App on your smartphone.
2. Ensure Bluetooth is enabled on your device.
3. Step onto the scale barefoot. Your weight will display, and the app should automatically detect and pair with the scale.
4. Follow any on-screen prompts in the app to complete the pairing process and set up your user

profile.

OPERATING INSTRUCTIONS

Taking Measurements

For accurate body composition analysis, always step onto the scale barefoot. The ITO coating technology ensures precise readings regardless of where your feet are placed on the surface.

Weighing Freely

ITO coating technology for accurate measurements wherever you step



Image: An illustration showing feet on the RENPHO scale, highlighting the ITO coating technology for accurate measurements across the entire surface.

Understanding Display Metrics

The Elis 2X features a large VA display that shows 7 key body metrics directly on the scale's surface for quick assessment:

- Body Weight
- Water Percentage
- Muscle Mass
- BMI (Body Mass Index)
- Bone Mass
- Body Fat
- Metabolic Age

Just Look at One Screen



Image: A close-up of the RENPHO scale's display, showing various body metrics like weight, BMI, body fat, and muscle mass.

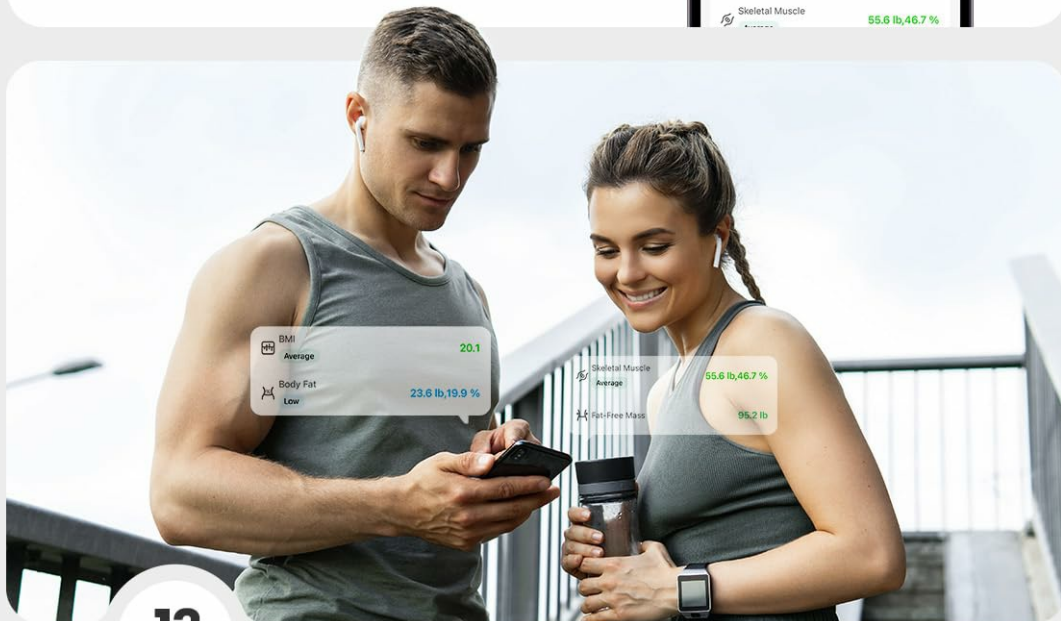
App Features and Body Analysis

Connect to the Renpho Health App to unlock 13 detailed body metrics and gain deeper insights into your health trends. The app allows you to:

- Analyze 13 detailed body metrics (including Fat-Free Mass, Visceral Fat, Subcutaneous Fat, Protein, BMR, Skeletal Muscle, Body Water, Bone Mass, Muscle Mass, BMI, Body Fat, Metabolic Age, and Weight).
- Observe long-term body trends with personalized reports.
- Set customized weight or body fat goals.
- Manage unlimited user profiles for household use.

Know Your Body Better

13 Key Body Metrics on Free
Renpho Health App



13
KEY



Weight



BMI



Body Fat



Body Water



Skeletal Muscle



Fat-Free Mass



Muscle Mass



Bone Mass



Protein



BMR



Subcutaneous Fat



Visceral Fat



Metabolic Age

Image: A visual representation of the 13 key body metrics available in the Renpho Health App, including weight, BMI, body fat, and more.

RENPHO

Since founding in California in 2015,
it's our mission to make superior quality
fitness and wellness products to make
people feel great and made accessible to all.



Best Seller on Amazon Worldwide
22 Million Happy Customers

Image: Icons representing various body metrics such as weight, BMI, body fat, body water, skeletal muscle, fat-free mass, muscle mass, bone mass, protein, BMR, subcutaneous fat, visceral fat, and metabolic age.

Personalized Body Report

RENPHO
Empower Your Wellness



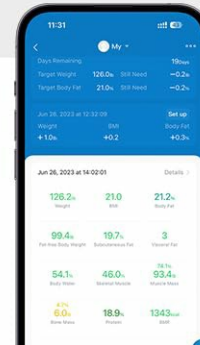
Trends

Normal



Body Metrics

Normal



Week

Month

Year

6/10/23 - 7/27/23

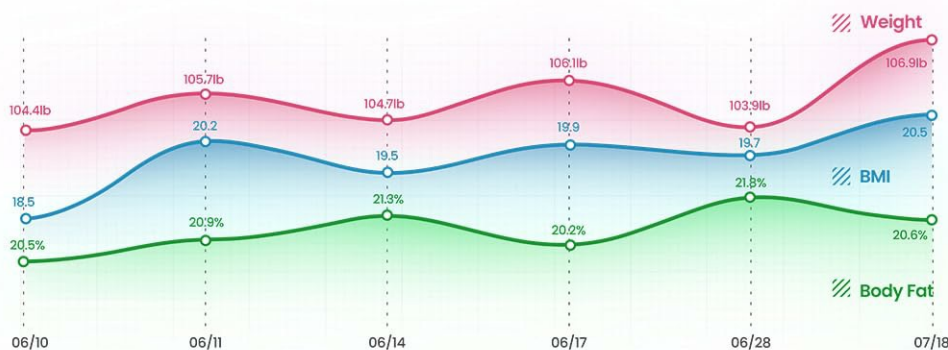


Image: A personalized body report from the Renpho Health App, showing trends for weight, BMI, and body fat over time.

Special Modes

The Renpho Health App offers specialized modes to cater to diverse individuals and lifestyles:

- **Athlete Mode:** Optimized for individuals with higher muscle mass and activity levels.
- **General Mode:** Standard mode for most users.
- **Baby/Pet Mode:** Allows you to weigh infants or pets by first weighing yourself, then stepping on with the baby/pet.



Image: Icon representing Athlete Mode, showing a person on a bicycle.



Image: Icon representing General Mode, showing a person meditating.



Image: Icon representing Baby/Pet Mode, showing a person holding a baby and a cat.

Compatibility

The Renpho Health app seamlessly syncs with popular fitness platforms, including Apple Health, Samsung Health, and MyFitnessPal. It is also compatible with Apple Watch for convenient data access at your wrist.

Your Fitness Partner 24/7

Compatible with Apple Watch,
all with a glance at your wrist.

* Only supports Apple devices



Image: A person checking their Apple Watch, which displays health metrics synced from the Renpho scale, with a smartphone also showing the Renpho Health app.

Your browser does not support the video tag.

Video: An official product video from Renpho Group showcasing the Elis 2X Body Fat Scale with its large VA display and various features.

MAINTENANCE

Cleaning

Wipe the scale surface with a damp cloth and mild detergent. Avoid abrasive cleaners or submerging the scale in water.

Storage

Store the scale in a cool, dry place. Avoid extreme temperatures or direct sunlight.

Battery Replacement

When the battery indicator appears on the display, replace the 3 AAA batteries. Ensure correct polarity when inserting new batteries.

TROUBLESHOOTING

Inaccurate Readings

- Ensure the scale is placed on a flat, hard, and dry surface.
- Always step on the scale barefoot for body composition analysis.
- Calibrate the scale before each use by stepping on it briefly, then stepping off until "0.0" appears.

Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone and the Renpho Health App is open.
- Make sure your smartphone is within range of the scale.
- Restart the Renpho Health App or your smartphone.
- Check if the scale batteries need replacement.

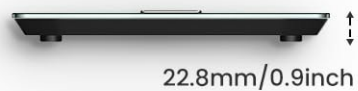
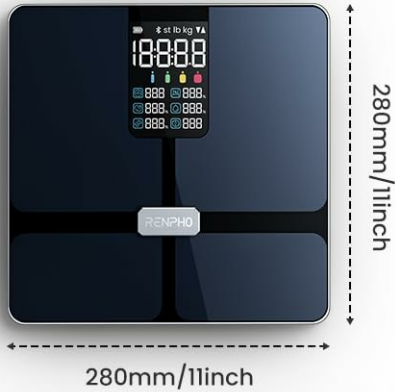
Display Not Working

- Check if the batteries are correctly installed and have sufficient charge.
- Ensure the scale is on a flat surface.

SPECIFICATIONS

Feature	Detail
Product Dimensions	11 x 11 x 1 inches
Item Model Number	R-A018
Weight Capacity	Up to 180kg (400lbs)
Accuracy	0.05kg / 0.2lb
Power Source	3 AAA batteries (included)
Display Type	VA Display
Connectivity	Bluetooth

Reliable Weigh-Ins



Capacity:
< 180kg / 400lb



Image: Visuals detailing the scale's dimensions (11x11x0.9 inches), accuracy (0.05kg/0.2lb), and weight capacity (up to 180kg/400lbs).

IMPORTANT SAFETY WARNINGS

- The scale is a fragile and high-precision measuring device. Handle it carefully to avoid breakage.
- Never jump on, stomp on, or disassemble the scale.

- To ensure accuracy, use the scale on a solid, flat, and dry surface.
- Do not stand on the edges of the scale or jump on the scale to avoid any injury.
- **Note:** Any persons who may be pregnant, suffer from osteoporosis, have a pacemaker, artificial joints, portable ECG, or other metal devices implanted in their body are advised against using this scale for body composition analysis. If doing so, please use it for weight measurement only and wear shoes to bypass the electric current when stepping on the scale for measurement.

WARRANTY AND SUPPORT

RENPHO is committed to providing superior quality fitness and wellness products. For detailed warranty information and customer support, please refer to the official user manual (PDF) available on the product's Amazon page or contact RENPHO's US-based support hotline.

RENPHO is available in 200+ Countries & Regions, with 7+ Years of innovation, and supports 2 million users of the Renpho Health App. US-based support & customer service hotline available.

Multiple Modes for Different People

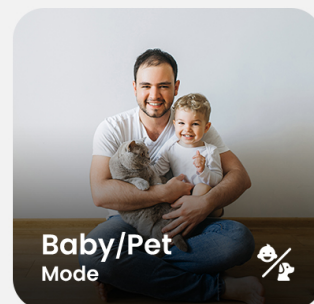
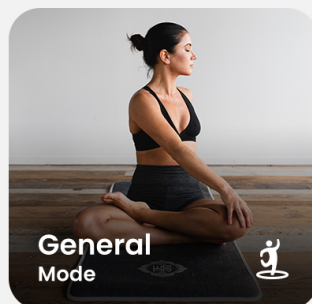
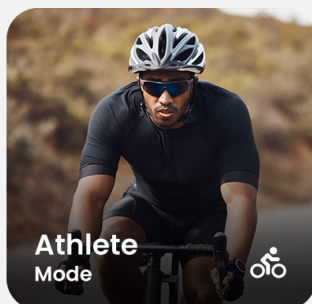


Image: An infographic highlighting RENPHO's global presence, years of innovation, number of app users, and availability of US-based support.