

[Manuals.plus](#) /

› [witcaremed](#) /

› witcaremed Smart Scale CF577BLE+WIFI Instruction Manual

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Model: CF577BLE+WIFI

Brand: witcaremed

INTRODUCTION

The witcaremed Smart Scale CF577BLE+WIFI is an advanced body composition scale designed to provide comprehensive health data. Utilizing multi-frequency bioelectrical impedance analysis (BIA) technology and 8 electrodes, it accurately measures 56 key body components, including body weight, BMI, body fat percentage, and muscle mass. This scale offers a detailed and reliable analysis of your body composition, making it a valuable tool for monitoring and optimizing your health and wellness journey.

The scale features a large 3.5-inch color display for clear data visualization and seamless integration with a dedicated mobile application for tracking progress and generating personalized reports. Its sleek design with ultra-thin rounded corner ITO tempered glass ensures durability and safety, fitting well into any home environment.

WHAT'S IN THE BOX

- Smart Digital Scale (White)

PRODUCT FEATURES

The witcaremed Smart Scale is equipped with several advanced features to provide accurate and detailed body composition analysis:

- **Advanced Multi-Frequency Technology:** Utilizes multi-frequency BIA technology for precise analysis of body composition, including fat and muscle.

- **8 Electrode High Precision Measurement:** Features 8 electrodes for comprehensive body measurements, ensuring high accuracy (up to 97%) across 56 body components.
- **3.5-inch HD Color TFT Display:** A large, clear display shows weight, body fat, BMI, and muscle mass indicators directly on the scale.
- **Comprehensive Body Report:** Generates detailed reports in the accompanying app, including segmental muscle and fat analysis, to help customize exercise and diet plans.
- **Seamless App Integration:** Connects to your smartphone or tablet via Bluetooth for data synchronization with compatible health applications.
- **Multiple User Modes:** Supports Baby Mode, Adult Mode, and Athlete Mode to cater to different user needs.
- **Rechargeable Battery:** Powered by an 800 mAh Li-ion battery with Type-C charging.

HIGH PRECISION MEASUREMENT

DEXA Gold Standard Correlation > 0.97

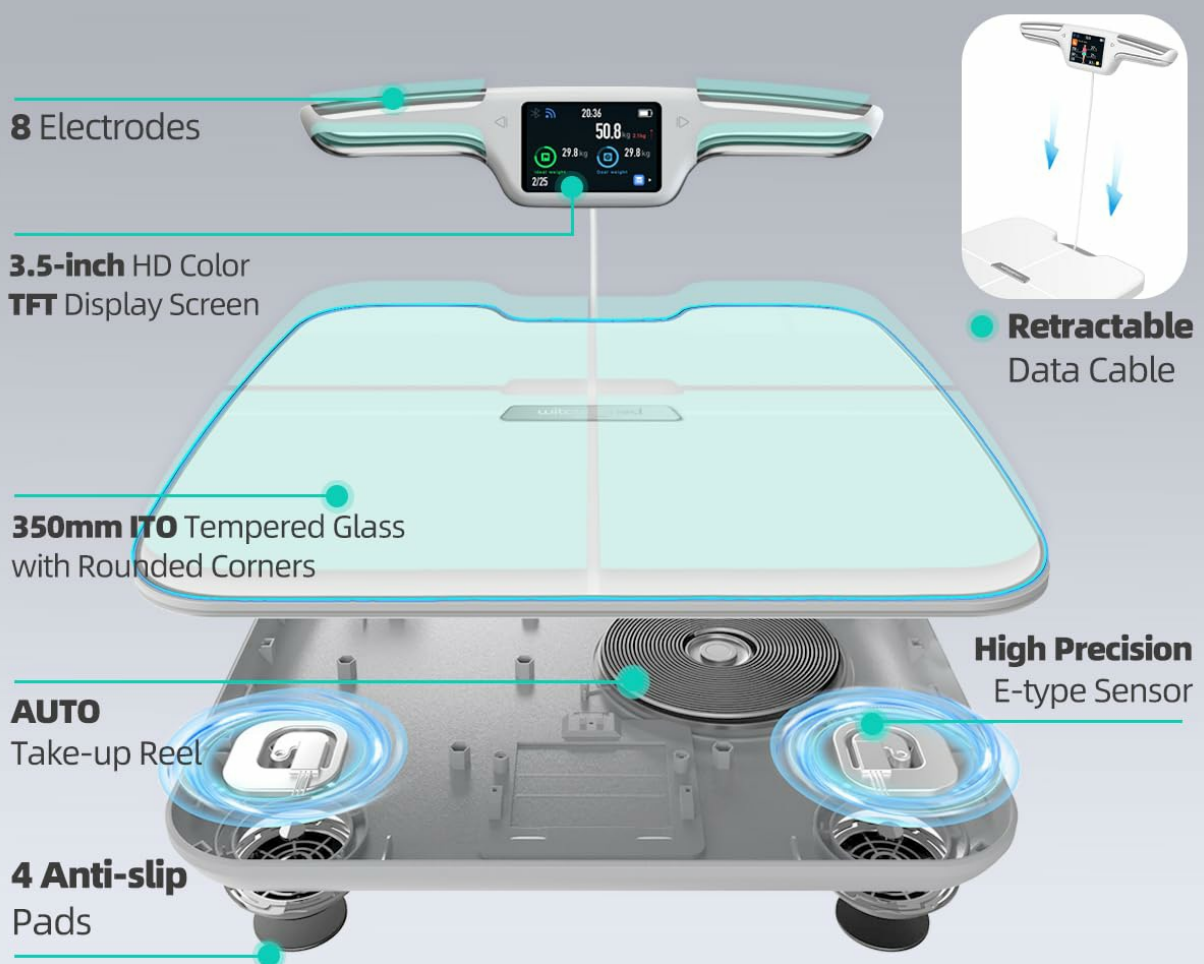


Image: Detailed diagram of the witcared Smart Scale's internal and external components, highlighting its 8 electrodes, display, tempered

glass, and sensors.

Versatile & Rechargeable Smart for Every Lifestyle

Baby Mode



Adult Mode



Athlete Mode



Image: Illustration of the versatile user modes available: Baby Mode, Adult Mode, and Athlete Mode, along with the USB-C charging capability.

SETUP GUIDE

1. Unpacking and Initial Charge

Carefully remove the smart scale from its packaging. Before first use, ensure the scale is fully charged using the provided Type-C cable. Connect the cable to the scale's charging port and a suitable USB power adapter (not included). The display will indicate charging status.

2. App Installation and Pairing

Download the 'Unique Health' app from the Google Play Store (for Android devices) or the Apple App Store (for iOS devices). Once installed, open the app and follow the on-screen instructions to create an account. Ensure Bluetooth is enabled on your smartphone or tablet. The app will guide you through the pairing process with your witcaremed Smart Scale.

Syncs with Fitness Apps & Apple Watch

UH

Unique Health

GET IT ON Google Play

Download on App Store

Apple Health

Samsung Health

Google Fit

Fitbit

Image: The Unique Health app interface on a smartphone, demonstrating its compatibility with popular fitness tracking applications like Apple Health, Samsung Health, Google Fit, and Fitbit.

3. Creating User Profiles

Within the app, you can create individual user profiles for each family member. This allows the scale to store and track data separately for multiple users. Input personal details such as age, gender, height, and activity level for accurate body composition calculations. The scale can automatically recognize users based on their weight, or you can manually select a user via the scale's display.

OPERATING INSTRUCTIONS

1. Taking a Measurement

Place the scale on a hard, flat surface. Step onto the scale barefoot, ensuring your feet are positioned on the ITO tempered glass electrodes. For a full body composition analysis, hold the retractable handle with both hands, keeping your arms level with your chest. Ensure all fingers touch the handle electrodes and your knees are not bent. The scale will automatically begin measuring and display your weight and other metrics.

8 ELECTRODES & DUAL FREQUENCY



Image: A user demonstrating the correct posture for taking a full body composition measurement, standing on the scale and holding the handle.

2. Understanding the Display

The 3.5-inch HD color TFT display provides real-time readings of your weight, body fat, BMI, and muscle mass. You can slide right or left on the display to view different health data points. The display also shows connectivity status (Bluetooth, Wi-Fi) and battery level.

3.5 INCH FULL COLOR TFT SCREEN

Slide Right or Left
to Easily Read Your Health Data From



Image: A close-up view of the scale's colorful display, illustrating how different health metrics are presented and can be navigated.

3. Switching Modes

The scale supports various modes to optimize measurements for different users:

- **Baby Mode:** Allows you to weigh an infant by first weighing yourself, then holding the baby and stepping on the scale again. The app calculates the baby's weight.
- **Adult Mode:** Standard mode for general adult body composition analysis.
- **Athlete Mode:** Designed for individuals with higher muscle mass and lower body fat, providing more

accurate readings for athletes.

These modes can typically be selected or configured within the accompanying mobile application.

4. Syncing Data with Health Apps

After each measurement, your data will automatically synchronize with the 'Unique Health' app. From there, you can connect and share your data with other popular fitness applications such as Apple Health, Samsung Health, Google Fit, and Fitbit, allowing for a holistic view of your health and fitness progress.

UNDERSTANDING YOUR BODY COMPOSITION DATA

The witcaremed Smart Scale provides 56 body metrics, offering a deep insight into your health. These metrics include:

- **Body Weight:** Your total 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.
- **Basal Metabolic Rate (BMR):** The number of calories your body needs to function at rest.
- **Bone Mass:** The weight of bone mineral in your body.
- **Water Percentage:** The amount of water in your body.
- **Visceral Fat:** Fat stored around your organs.
- **Protein:** The amount of protein in your body.
- **Segmental Muscle & Fat Analysis:** Provides detailed breakdown of muscle and fat distribution across different body segments (e.g., arms, legs, trunk).

The app generates a comprehensive report with analysis and interpretation of these metrics, helping you understand your current health status and set informed goals. Please note that the body fat scale and app are not intended for diagnostic purposes. Consult a healthcare professional before making any medical decisions.



Image: The white smart scale shown alongside a smartphone displaying a comprehensive body composition report from the connected

CARE AND 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 away from direct sunlight and extreme temperatures.
- **Battery Care:** Recharge the scale when the battery indicator is low. Avoid fully depleting the battery frequently to prolong its lifespan.
- **Avoid Impact:** The scale is made of tempered glass; avoid dropping it or subjecting it to heavy impact.

TROUBLESHOOTING

- **Inaccurate Readings:** Ensure the scale is on a hard, flat surface. Avoid carpets. Make sure your feet are clean and dry, and properly positioned on the electrodes. For full body analysis, ensure proper contact with the handle electrodes.
- **Connectivity Issues:** Check if Bluetooth is enabled on your device. Ensure the scale is charged and within range of your smartphone/tablet. Restart both the scale and the app if issues persist.
- **Display Not Working:** Check the battery level and recharge if necessary. If the issue continues, contact customer support.
- **App Not Syncing Data:** Ensure the app is open and connected to the scale. Check for app updates.

SPECIFICATIONS

Feature	Detail
Brand	witcaremed
Model	CF577BLE+WIFI
Color	White
Weight Capacity Maximum	400 Pounds
Display Type	LCD (3.5-inch HD Color TFT)
Special Features	Auto Shut Off, Basal Metabolic Rate, Body Fat, Body Mass Index, Bodyweight, 8 Electrodes, Multi-frequency BIA
Form Factor	Smart Scale
Manufacturer	SHENZHEN UNIQUE SCALES CO., LTD
Unit Count	1.0 Count

EXTRA LARGE WEIGHING SURFACE
12-INCH FEET ALSO BE ABLE TO FIT

witcaremed



Image: Visual comparison of the witcaremed Smart Scale's dimensions, highlighting its extra-large weighing surface.

OFFICIAL PRODUCT VIDEOS

Smart Scale 2 Overview

Video: A comprehensive overview of the witcaremed Smart Scale, demonstrating its features, usage, and app integration for body composition analysis.

Scale Usage Demonstration

Video: A short demonstration of how to use the witcaremed Smart Scale, including stepping on the scale and viewing results on the connected app.

WARRANTY AND SUPPORT INFORMATION

For warranty information, technical support, or any inquiries regarding your witcaremed Smart Scale, please refer to the contact details provided in your product packaging or visit the official witcaremed website. Keep your purchase receipt as proof of purchase for warranty claims.

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