



C Q Technology LAH5CB4-BT Health Gain Scale Compatible with Smart Devices Owner's Manual

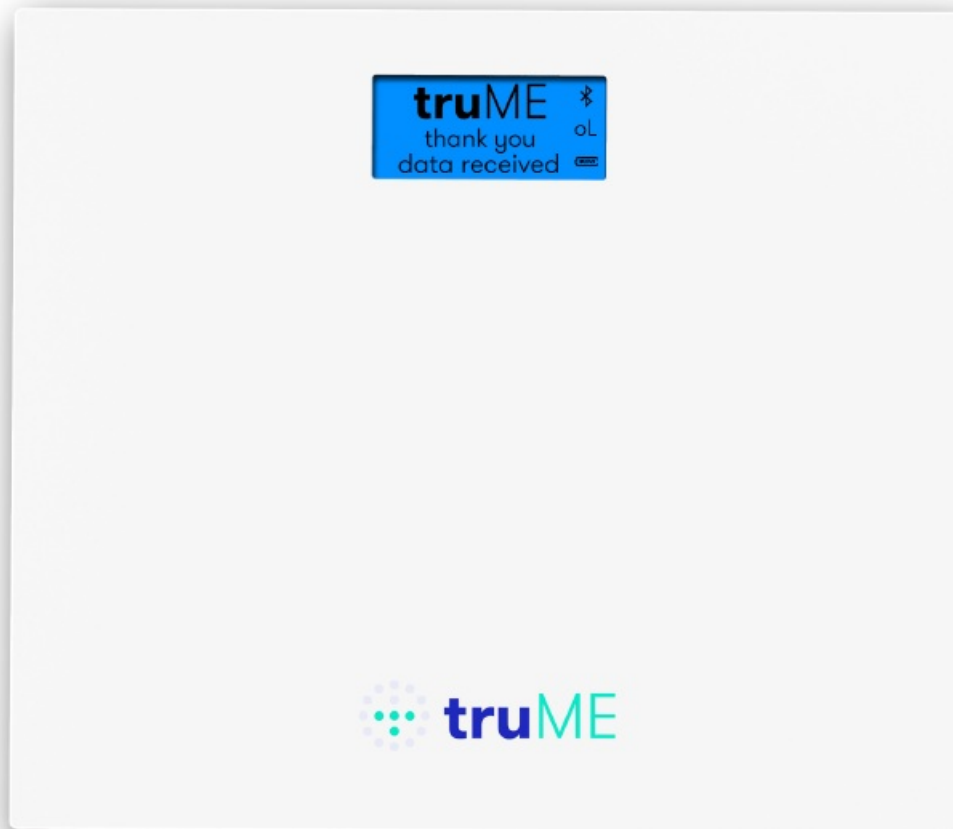
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CQ-Tech
CHEN QIANG TECHNOLOGY CO., LTD.

C Q Technology LAH5CB4-BT Health Gain Scale Compatible with Smart Devices



Thank you for choosing our product. Please read the instruction manual carefully before use and keep it for the future reference.

THE HEALTH GAIN SCALE Compatible with Smart Devices measures body weight.

How to insert the batteries

1. Lift up the scale and turn it over so that the feet are facing up.
2. Locate the battery cover.
3. Use a small screwdriver to loosen the screw for the battery cover.
4. Remove the pull tab.
5. Insert three AAA batteries according to polarity.
6. Put the battery cover back in place and securely tighten the screw.

Operation

- Don't forget about our app TRUME which you can find in the app stores
- To download from App Store and Google play

Connecting to Your Smart Device

Follow these steps to connect to your device:

The TRUME app is available for download on the Apple Store or Google Play store. The app is compatible with iOS and Android devices. This device connects to the TRUME app.

The weight measurement data can be read from App. Before connecting to the TRUME app, ensure that the batteries are inserted correctly.

1. Download the TRUME app.
2. Sign up to create an account. Or sign in if you already have an account.
3. Step lightly on the device to activate the smart device capabilities of the device. Then wait for the screen light to switch on.

Note: Ensure that you have accurately entered your basic information, including gender, date of birth, and height during sign-up. This information will impact the accuracy of your health and fitness data.

Units

The button to change the units is located on the back of the scale to the left of the battery compartment. The default unit is pounds. Press once to change the units to kilograms. Press again to return to pounds.

The available weight measurements are pounds and kilograms.

Measure

- Put the scale on a hard, flat surface. Turn on the scale so that the display shows “true”.
- Lightly tap the scale with one foot to turn the display on.
- The available weight measurements are pounds and kilograms Step onto the platform of the scale with bare feet. Stand as still as possible until “truME” disappear. When weight is stable, truME flashes twice and locks at this time.
- Do not move your feet until the end of test, LCD will display “thank you+data received”. Data can be readed on your APP.
- LCD will return to the truME when you step off scale
- If LCD only display “thank you”, it means only weighing, Bluetooth is not connected to the app, and the data cannot be uploaded.

Error Messages

Overload or Measure in Error:

The LCD screen will show“ oL” when the maximum capacity of the scale has been exceeded. The weight capacity is 550lbs.(249kgs.). To avoid damage, remove the weight from the scale.

Low Battery:

The LCD screen will show “ ” when the battery is low. Open the battery cover, remove the old batteries, and insert new batteries according to polarity marks.

Care

- To clean the scale platform, use a soft cloth with alcohol or glass cleaner. Do not use soaps or chemicals to clean the scale.
- Keep the scale away from water, heat, and extreme cold.

Cautions

- The scale is slippery when wet. Ensure that the scale platform and your feet are completely dry before use. Never step onto the scale platform with wet feet.
- Remove all shoes and socks before stepping onto the scale so that you receive the most accurate

measurement.

- If the scale malfunctions, start by checking the batteries and replacing them if needed.
- Never jump, stomp, roughly handle, or disassemble the scale, as it's a high-precision measuring device. Handle it carefully to avoid damage when moving it.
- The scale is designed for home use only and isn't suitable for professional use. Body weight measurements are for personal reference only.
- Contact a doctor prior to starting any diet or exercise regimen.

Specifications

1. Maximum Capacity: 550lbs./249kgs.
2. Auto On and Auto Off measurement: The scale will automatically switch on when weight of 10lbs. Or more is placed on it.
3. Measurement: Body Weight
4. High Precision Strain Gauge Sensor System and High Performance CPU: Ensure accuracy.
5. Low Battery and Overload Indication: Inform users when battery is low or when too much weight is placed on the scale.
6. Battery Power: The scale uses three AAA batteries. For the first time use, open the battery cover and insert the batteries according to polarity marks. If the scale fails to operate, remove the batteries completely and reinsert them.

Troubleshooting

Issue	Cause	Solution
The device will	The software is out of	Ensure you are using
not pair to the	date	the most current
app.		version of the app
		Ensure your phone
		software is up-to-date
	The batteries are low	Replace old batteries
		with new batteries
	The device is connected to another	Ensure that the device is not paired to another app
	There is connectivity	Move the scale and
	interference	smart device away
		from laptops/other
		smart devices
		Move the scale and
		smart device away
		from modem/router

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Documents / Resources



[C Q Technology LAH5CB4-BT Health Gain Scale Compatible with Smart Devices](#) [pdf] Owner's Manual
T108, 2AYSI-T108, 2AYSIT108, LAH5CB4-BT Health Gain Scale Compatible with Smart Devices, Health Gain Scale Compatible with Smart Devices, Compatible with Smart Devices, Smart Devices