

# **RENPHO**

*Digital Scale Specialist*

FCC ID:2APXU-ESBR

Model Name: ESBR

## **RENPHO Bluetooth Scale User Manual**

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Thank you for choosing the RENPHO digital Bluetooth scale. The RENPHO scale allows you to easily track your weight and monitor your progress. Additionally, it calculates your body fat %, muscle mass, bone mass and water mass using bio-electrical impedance (BIA) technology to inform you about your composition. Thanks to its in-app activity tracking feature and the numerous partner apps you can connect to, the RENPHO app helps you reach your health goals faster by helping you track your activity and check your calorie balance. We hope that you enjoy using your new Bluetooth scale.

## Caution

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Safety precautions:

When using digital scale, certain basic safety precautions must be followed, including:

1. The Bluetooth scale should not be used to diagnose or treat any medical condition. You should consult a doctor when undertaking any diet or exercise program.
2. If you are pregnant or have a pacemaker or other internal device, you should not over rely on the data provided by this product. Please note that all data is for reference and is not a substitute for advice from a licensed healthcare professional.
3. When measuring heart rate, don't do any strenuous training leading up to the measurement and make sure you're fully recovered from any activity.
4. If the scale malfunctions, first check the batteries and replace if needed.
5. Check the device before each use. Do not use the device if damaged. The continuous use of a damaged unit may cause injury, improper results, or serious danger.

Note:

1. Scale is a high precision measuring device. Never jump or stamp on the scale or disassemble. Please handle the scale carefully to avoid damage.
2. Place the scale on a hard, flat surface during use. Using the scale on a soft surface - like carpet or linoleum - may affect the accuracy of the scale readings.
3. To ensure weighing accuracy, when the scale is first used, please

place on an even surface and wait at least 10 seconds before stepping on the scale. This also applies if the scale has been moved. We suggest you take your measurements at the same time every day to ensure best accuracy.

4. When it is not in use, please remove the batteries and place the device in a dry room and protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on the equipment.

5. Before using the scale, make sure you have entered all your personal data through the RENPHO app.

6. It's best to measure your heart rate in the morning right after you wake up. To get an accurate reading, wait until your body is in a restful state.

7. Use the scale while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.

8. Make sure your feet and scale are dry before weighing yourself.

9. This scale is not waterproof; never immerse the scale in water. To clean the surface, use a damp cloth or a glass cleaner. Do not use soap or other chemicals.

## Specifications

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Size: 12.2\*12.2\*0.98 inch

Product Weight: 1.8kg / 3.96lb

Batteries: 4\*1.5 V AAA

Max Capacity: 396lb / 180kg

Division: 0.2 lb / 0.05 kg

Weight Units: lb/kg/st (switch the unit on app)






## Accuracy Range

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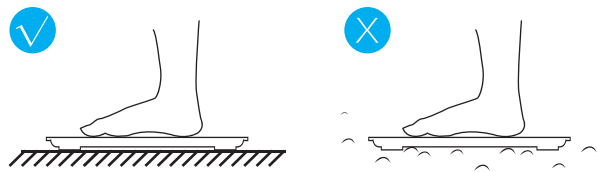
50kg:±0.3kg	100kg:±0.4kg	150kg:±0.5kg
110lbs:±0.66lb	220lbs:±0.88lb	330lbs:±1.1lbs

## Trouble shooting

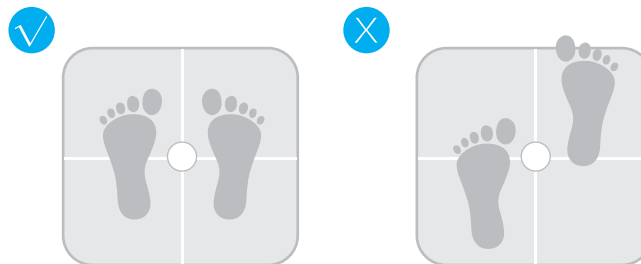
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 Functioning normally	No display Change battery	 No wireless connection
 Change battery	 Overload	 Calibrating

For body weight: Place the scale on an even surface and wait at least 10 seconds before stepping on the scale. The reading should display 0.0 lb before stepping on.



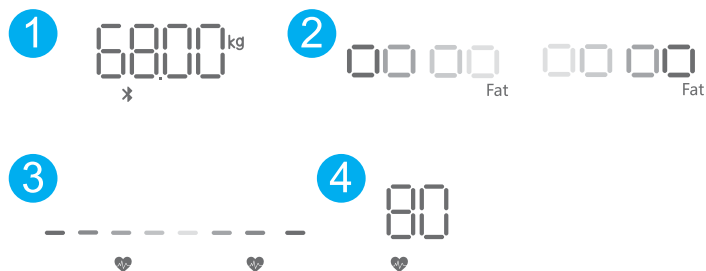
For body fat and other body composition analysis: Stand straight-up on scale, and uniformly touched the platform with bare and dry feet as shown in the below figure.



### Measuring process

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When measuring the Body fat & Heart rate, you will see the screen display pic.2&3 animating back and forth. Stable weight results(pic.1) & heart rate (pic.2) are displayed on the screen to indicate it is done calculating.



### Operating instructions

The RENPHO Bluetooth Scale can connect with your mobile phone (Android 4.3+ & iOS 8.0+) via Bluetooth 4.0. The Body Composition Analysis is displayed in the "RENPHO" mobile app, which is free to download from the App Store or Google Play.

### Download App and install the batteries



Download "RENPHO" via App Store or Google Play.



Register your own ID, then add personal data and confirm OK.



Install batteries. Please note the batteries included are trial versions, please replace them within 2 months in order to avoid leakage and damage to the scale.

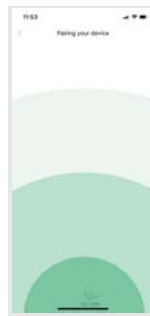
## Pair scale and measure body composition analysis

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Enable Bluetooth on your smart phone. Location also needs to be turned on when you use Android 6.0+ as required.



Press [+] and Device Management to enter measuring page and find device



Step on the scale with dry and bare feet. Then add device names 'ES-BR001'

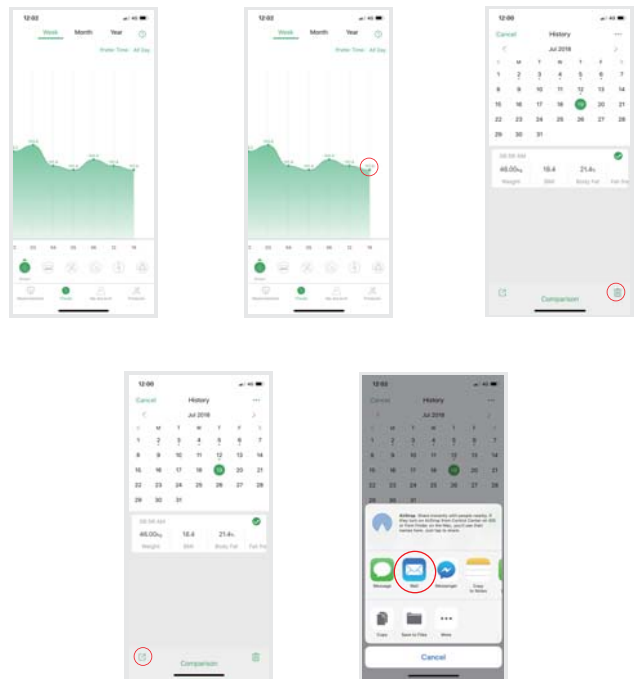


Keep standing straight-up on the scale for 10-15 seconds. When the circle is stable, it means weighing and analyzing is complete.

## View reports, deleted data, download CSV, set reference data, share progress

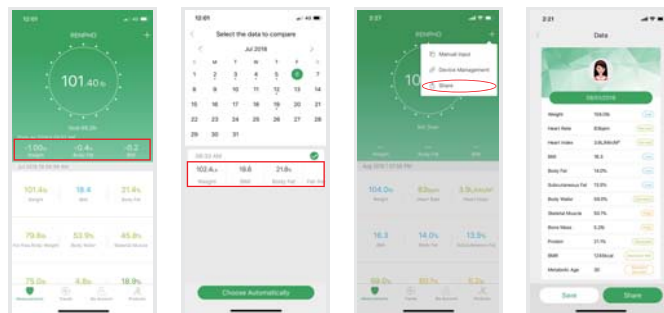
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Click 'Chart' to view your progress history. Enter it into the calendar to form a list and select a data set you want to delete. You can also download and send the data to your email address in CSV format.



At the bottom, you will find a bar where you can select different types of data to display. You can share your fitness data with friends via Facebook, Instagram, or SMS by clicking the share button [+] and share on Measuring page.

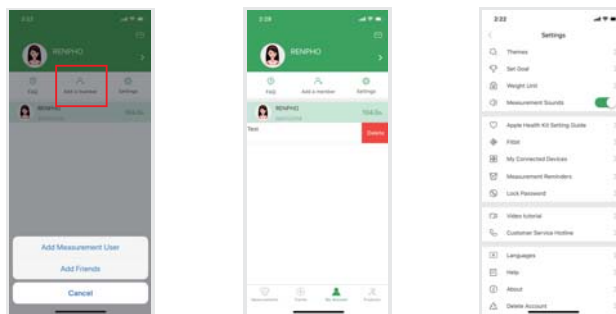




### Add/Delete Users & Basic Settings

Under 'My Account' you can click 'Add a member' to add your family member under your account. To delete an account, please swipe the account to the left and select 'Delete'.

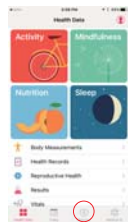
Themes, Set goals, Weight units, Weighting done sounds, Languages, Passwords can all be adjusted under the Setting page . For example, weighing unit can be changed under 'My Account>Settings>Weight Unit'.



## Sync to fitness app

### ♥ Apple Health

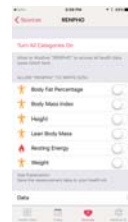
- 1) Open the 'Health' app on your iPhone, select 'Data Sources'.
- 2) Select 'RENPHO' from the sources list.
- 3) Turn on all categories to allow the RENPHO app to work.



1




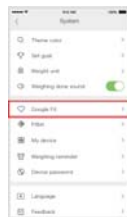
2



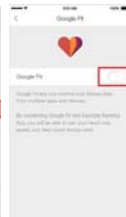
3

### ♥ Google Fit

- 1) Enter Setting “” page, select “Google Fit”
- 2) Turn on “Google Fit” button, login to your Google account.
- 3) It will now automatically redirect you to the ' Google Fit ' page.
- 4) After the connection has been established, the data ' Weight ' will sync to Google Fit.



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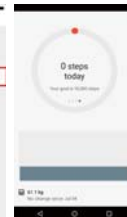
2-1



2-2




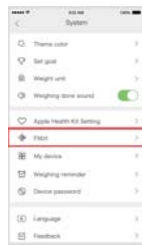
3



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## Fitbit App

- 1) Enter Setting “” page, select “Fitbit”
- 2) Turn on Fitbit button, login to your Fitbit account.
- 3) Select “Allow” to access Fitbit App.
- 4) After connection, the data (Weight, Body Fat%, BMI) will sync to Fitbit app. You can view both on app and web.



1



2-1



2-2



3



4-1



4-2

## Frequently Asked Questions&Answers

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### **1. Why doesn't the scale work? Why does the data on screen disappear in a flash?**

-Please check the batteries are installed properly, replace the batteries if necessary.

### **2. The scale cannot connect with App.**

- Check that the phone's software is iOS 7.0 or higher or Android 4.3 or higher.
- Download and open the newest version of the RENPHO App.
- Enable Bluetooth on your phone. For Android 6.0 or higher, location needs to be enabled

### **3.No body fat measured when weighing.**

- Step on with dry and bare feet
- Ensure Bluetooth is enabled and working
- Ensure personal data is entered.

## Need More Help?

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See the User's Guide in the RENPHO Setting “” page. Alternatively, contact us directly via e-mail at: [support@renpho.com](mailto:support@renpho.com), the app feedback page, or phone: 1-844-417-0179(US Only)  
44-785-555-5664 (UK Only)

## What's Included

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Your RENPHO Bluetooth Scale box includes:

1. RENPHO smart Bluetooth Scale
2. Batteries: 4\*1.5V AAA
3. User Manual

## Guarantee

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1.The scale has been checked for accuracy prior to leaving the manufacturing line, and comes with a 1-year guarantee against any defects in either workmanship or materials.

2. For additional support ([Email:support@renpho.com](mailto:support@renpho.com)).

## **JOICOM CORPORATION**

2985 E. Miraloma Ave. Suite H  
Anaheim, California 92806  
United States  
E-mail: [support@renpho.com](mailto:support@renpho.com)

**Model: ES-BR001**

NO. 18080201F

FCC Caution.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.