



arboleaf®

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## **Arboleaf® Body Composition Smart Scale User Guide**

### **Model CS20N**

Arboleaf® Body Composition Smart Scale measures weight, body fat percentage, BMI and other body composition data using bioelectrical impedance analysis (BIA) technology. This smart scale is intended for home use only.

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## WARNING

Please read carefully before use

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- Do not use if you have a pacemaker, or any other internal medical devices in your body.
- Do not use if you are pregnant.
- Do not use on slippery floors.
- Do not use when your body is wet.



## CAUTION

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- Your body compositions may not be accurate after shower or heavy physical activities.
  - This smart scale model is not intended for use by infants or toddlers. Some body composition measurements are not for children under 18.
  - Arboleaf smart scale should not be used for treating or diagnosing any medical conditions. Always consult your physician or health professional to determine what is suited for you.

## Package Contents

- 1) Smart Scale
- 2) 3 AAA Batteries
- 3) User Guide

## Specifications

- Dimensions: 11.8" x 11.8" x 1.0" (300mm x 300mm x 25mm)
- Weight: 3.6lb (1.6kg)
- Measurement Range: 0.4 – 396lb (0.2 – 180kg)
- Measurement Resolution: 0.2lb (0.1kg)
- Power: 3 AAA batteries

## Power Up Scale

Your scale shipment comes with 3 AAA batteries. Put the batteries in the battery compartment. Your scale should display 0.0. The scale is ready for use.

## Initial Setup

### Step 1: Download “Arboleaf” app and create an account

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From Apple App Store (iOS) or Google Play (Android), search for “**Arboleaf**” and download it to your smart phone. You can also scan the QR code to download.



Download “**Arboleaf**” app or scan the QR code



Register an account

### Step 2: Pair scale with smartphone

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**Make sure Bluetooth is enabled on your phone.** For Android 6.0 and above, **Location** needs to be enabled. Pairing is done automatically. Bluetooth icon displays on the scale.



Open Arboleaf app



Apply pressure to turn on scale

## Take Measurements

Keep your app open on “**Measurements**” screen.



Apply pressure to turn on Scale, wait for “CAL” back to “0.0”



Step on the scale barefoot until numbers are stable



Check measurements



When the display number flashes twice, it indicates that the weight measurement has finished. When the number 0 stops moving back and forth, the body fat and other body composition measurements have completed.

## Measurement Tips

To have accurate, consistent and comparable measurement results, there are some DOs and DON'Ts.

### DO's

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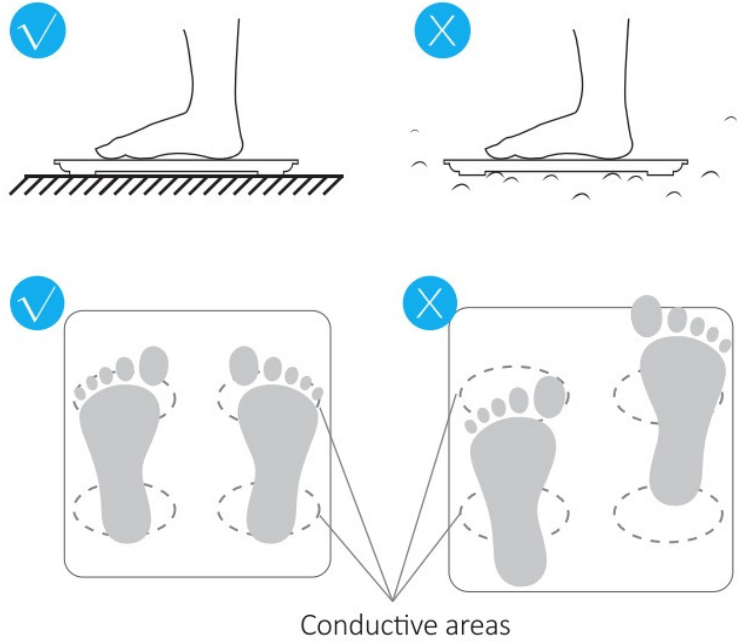
- Place the scale on a flat hard surface.
- Stand straight on the scale with barefoot, no socks and no shoes. Both feet uniformly touch the four metal electrodes.
- Do calibration each time. Wait for "CAL" back to "0.0" then step on the scale for measurements.
- Use the scale under the same condition during same hour each day.
- Empty your bladder before weighing.

### DON'Ts

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- Do not measure with socks or shoes on.
- Do not measure during or immediately after a strenuous exercise.
- Do not measure immediately after shower, bath or sauna.
- Do not measure after heavy alcohol consumption.
- Do not measure when you have a fever.

## Measurement Tips (Continue)



## Scale Display

<p>136.0 * lb</p> <p>Normal working</p>	<p>No display</p> <p>Change battery</p>	<p>136.0 lb</p> <p>No wireless connection</p>
<p>Lo</p> <p>Change battery</p>	<p>EEr</p> <p>Overload</p>	<p>CAL</p> <p>Calibrating</p>

## Trouble Shooting

### **No wireless connection between your scale and the app**

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- 1) Reinstall Arboleaf app. Exit from the app (go to "My Account" -> "Settings" -> "Exit" at bottom), then delete the app. Go to Apple App Store or Google Play to install Arboleaf app again.
- 2) Turn off Bluetooth then turn on Bluetooth again (go to your phone's Settings).
- 3) For Android 6.0 and above, Location needs to be enabled.
- 4) Power on reset your scale. Pull out batteries from your scale and put them back in.

### **A non-zero number on scale**

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Your scale needs another reset.

- 1) Pull one battery out from your scale and put it back.
- 2) IMMEDIATELY place the scale on a hard flat surface.
- 3) After you see the scale displays 0.0, close the battery cover.

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## **Warranty Registration**

<https://arboleaf.com/warranty>