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arboleaf

BMI Body Fat Integrated Height Scale

User Manual

Model CP30H

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Arboleaf BMI Body Fat Integrated Height Scale Model CP30H measures your height, weight, and your body composition such as body fat, muscle, water, bone, and calories burned using precision weight measurements, load cells for precise weight measurements, and bioimpedance analysis (BIA) method for body composition measurements.

Warning: Body Composition Measurements

Please read carefully before your body composition measurements:

- 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.

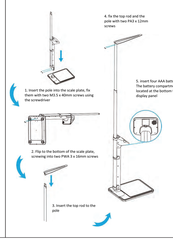
Please also note that:

- Your body compositions may not be accurate after shower or heavy physical activities.
- This scale model is not intended for use by infants or toddlers. Body composition measurements are not for children under 18.
- This product 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

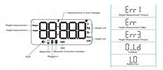
1. BMI Body Fat Integrated Height Scale (assembly required, see next page)
2. Screwdriver
3. M3.5 x 40mm screws (Qty 4: 2 needed with 2 spare)
4. PWA3 x 16mm screws (Qty 4: 2 needed with 2 spare)
5. PA3 x 12mm screws (Qty 4: 2 needed with 2 spare)
6. 4 AAA batteries
7. User Manual

Assembly



Display and Buttons

The Model CP30H LED display is shown below. The figure on the right lists error messages.



The Model CP30H has three buttons to operate:

MODE button: press to change measurement modes.
MUTE button: press to mute/unmute sound.
ZERO button: press to reset weight.

Before Measurements

- Place the scale on a flat hard surface, such as tile or hard wood floors. Don't use your scale on carpet or other soft floors.
- Calibrate your scale when necessary. Step on your scale to turn it on, then step off immediately. Press the ZERO button to reset the weight number to zero. Typically, you need to calibrate when you move the scale to a new location or after the scale moves, or whenever you see non-zero weight numbers when you step off the scale during weigh-in.

Arboleaf App

For body composition measurements you will need to use a mobile app called Arboleaf. For height and weight measurements only, the app is not mandatory. However, the app will help you to store and track your measurements along with more features.

1. Download and install the Arboleaf app
From Apple App Store (IOS) or Google Play (Android), search for "Arboleaf" and download it to your phone. Install the app and register an account.

2. Pair your scale to your phone
Open the Arboleaf app. Select [Device] - [Add device] - [BMI Body Fat Integrated Height Scale]. Then step on your scale to turn it on. The app interface prompts you to complete the pairing connection.

3. Use the app
You only need to pair your scale once. Then when you weigh in, open your app and your measurements will be automatically synced to your phone.

Please note that the Arboleaf app updates regularly. The app interface may differ from the above figures, but you should be able to easily follow the new interface in a similar fashion.

Take Measurements

The Model CP30H has two measurement modes. Press the MODE button to select the mode.

Height and Weight Measurement Mode

- Put the scale on a hard flat surface. Calibrate it when necessary.
- Raise the top rod higher than you.
- Step on the scale to weigh in. Lower the top rod to touch your head. Stand straight for height measurement.
- A beep indicates both weight and height measurements complete. Step off the scale.
- Read your height, weight, and BMI results on the display, or on your phone (if you use the Arboleaf app).

Height and Body Fat Measurement Mode

- Put the scale on a hard flat surface. Calibrate it when necessary.
- Raise the top rod higher than you.
- Open your Arboleaf app for the measurement.
- Step on the scale to weigh in. Lower the top rod to touch your head. Stand straight for height measurement.
- A beep indicates both weight and height measurements complete.
- Two hands touch the two electrode pads respectively to start the body composition measurements. The electrode pads are on either side of the display panel.
- Step off the scale when the results synced to your phone.
- Read your height, weight, and BMI results on the display, or read your app for height, weight, BMI and body composition results.

Tips and Maintenance

- You can use an AC adapter. The USB Type-C adapter connector is on the back of the pole. When the AC adapter is connected, the device will not draw power from the batteries.
- Step on the scale gently. Do not jump on the scale.
- Step on the center of the scale. For your safety do not stand on or near the scale edges.
- Use the scale barefoot to have more accurate height and weight measurements.
- For body composition measurements, your hands need to touch the electrode pads. Do not wear gloves.
- To ensure accurate body composition measurements, 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; and do not measure when you have a fever.
- Use damp cloth to clean the product. Use mild detergent if needed. Do not allow water to enter the product.

CP30H Specifications

Dimension	84.5" x 14.0" x 18.1" (215 x 35.5 x 46 cm)
Display	LED
Power	4x AAA, or 5V 1V / 1A (USB Type-C Connector)
Carrier	2.4G
Connectivity	Bluetooth
Measured Height Range	31.8" - 81.8" (80 - 210 cm)
Measured Weight Range	11 - 385 lbs (5 - 175 kg)
Body Composition	Bioimpedance Analysis (BIA) method

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. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.
(a) Consumer ISM equipment, unless otherwise specified, must be authorized under either the Supplier's Declaration of Conformity or certification procedure, as specified in this chapter. Equipment for certification shall be filed with a Telecommunication Certification Body (TCB), pursuant to the relevant sections in part 2, subpart J of this chapter. (b) Consumer ultrasonic equipment generating less than 500 watts of RF power, and all other ISM equipment, must be authorized under the Supplier's Declaration of Conformity, in accordance with the relevant sections of part 2, subpart J of this chapter. (c) Grants of equipment authorization issued, as well as in-site certifications performed, before March 1, 1997, shall remain valid for the life of the equipment.
This device meets general RF exposure requirements and can be used without separation distance restriction.
FIE 10 2ABD-CP30H

Warranty

This product is covered by a one-year warranty from the date of purchase. A valid proof of purchase is required for warranty claims. The warranty is void if the product has been subjected to mechanical damage, misuse, or immersion in liquid.

包 装 物 料 公 差 表（“*”为重点管制尺寸，未标注公差依公差表上的要求）

单位：mm

	物料名称	尺寸公差	印刷允许偏差		物料名称	尺寸公差	印刷允许偏差
★	彩盒（飞机盖、天地盖、卡通盒、卡盒）	±1，按成品外径	±2	☆	说明书(单页、折页、胶装)	±2	±2
☆	EVA棉	±1	/	☆	说明书(钉装)	±4	±4
☆	内卡套/平卡（坑纸）	±1	±3	☆	卡片类/宣传册类	±2	±2
☆	卷料标贴/卷料贴膜	尺寸±0.5，位置偏差±1.5	±1	☆	珍珠棉（尺寸：0~350mm）	±2	/
☆	丝印/镭雕	位置偏差±1	±2	☆	珍珠棉（尺寸：350mm以上）	±3	/
☆	卡通箱/快递盒类	+6/-1，按成品外径	±3	☆	平口袋/热缩膜/雪梨纸（尺寸：0~450mm）	±5	±5
☆	吸塑/纸塑	±1	±1	☆	平口袋/热缩膜/雪梨纸（尺寸：450mm以上）	-5/+10	±5

注意：对应的包材物料需要选择《包装物料公差表》中对应的公差数据

技 术 要 求

材　　质	128g 铜版纸
尺　　寸	580*210mm
印　　刷	4C
工艺要求	3折4页
其他要求	无

1. 印刷：表面不得有刮花、LOGO不良、毛边;印刷内容需要清晰。
2. 切边需要整齐，不可有毛边；折(压)边需要整齐，不可出现爆边或难折等情况。
3. 瓦楞纸材质含水率应保持在12%左右。
4. 包装类标贴、贴膜等物料需要做成卷料

深 圳 市 伊 欧 乐 科 技 有 限 公 司

						过程	人员	日期
物料编号	03.04.04.13550	版　本	A/0	比例	1:1	设计	黄炳钧	20250919
品　　名	说明书	图　号	/	单位	mm	审核		
规格描述	580*210mm 128g铜版纸 折页 3折4页 4C A/0					批准		