

## SAFETY WARNINGS

Please read all the instructions.

- DO NOT use this device for any purpose other than outlined in this manual.
- DO NOT disassemble/modify the device. There are no user-serviceable parts inside.
- DO NOT subject the device to extreme conditions: extreme temperatures beyond operating temperatures, high vibrations, dusty areas, humid conditions (including any liquid) or direct sunlight.
- DO NOT use excessive force on the tape or the gear. Stretching the tape or grinding the gear can damage the device permanently.
- DO NOT fold or twist the tape. This can damage the tape permanently.
- DO NOT use excessive force to pull the tape over 150cm/60inch. This may permanently damage the device.
- Be very careful when measuring neck circumference. The tape may accidentally cause choking.
- Children under 10 years old should use under adult supervision.



01



02



03

## FCC REGULATORY COMPLIANCE

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. Warning: 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.

RF Exposure Compliance: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Regulatory compliance: This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- l'appareil ne doit pas produire de brouillage, et
- l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet équipement est conforme aux limites d'exposition aux radiations IC RSS-102 établies pour un environnement non contrôlé.

## PREFACE

Thank you for choosing RENPHO Smart Body Tape! This Bluetooth body tape measure is your personal health assistant. It helps you easily measure various parts of the body and keep track to improve your health and fitness. We sincerely hope that you enjoy using your RENPHO Smart Body Tape!

## SPECIFICATIONS

Model	RF-BMF01
Mode	length / circumference
Unit	cm / in
Size	58mm x 71mm
Measuring Range	150cm / 60in
Resolution	1mm, 1/16 in
Accuracy	$\pm 3\text{mm}$ , $\pm 3/32\text{in}$
Working Temperature	32°F ~ 122°F
Working Humidity	$\le 85\%$
Battery	CR2032
Stand-by current	1uA
Working current	2mA

## PACKAGE CONTENTS

1 x Smart Tape Measure  
1 x CR2032 Battery  
1 x User Manual

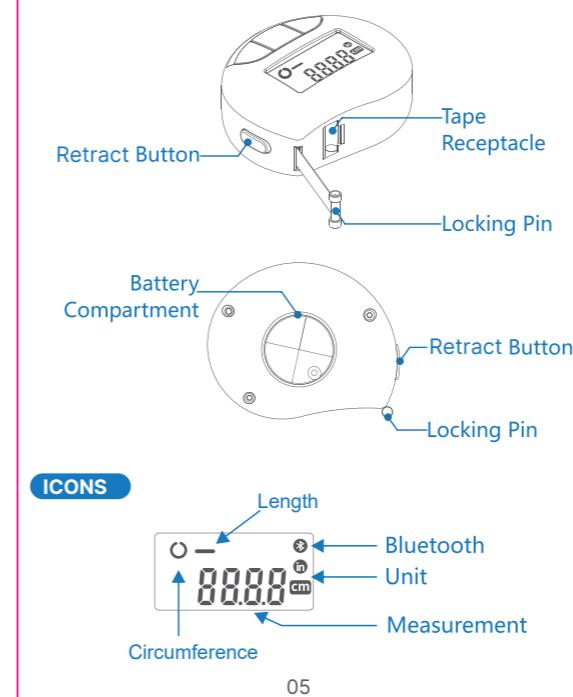
## TROUBLE SHOOTING

Problem	Possible Cause	Solution
The display shows nothing or the measurement is blurry	Lower voltage, no battery or incorrect installation of battery	Reinstall or replace the battery
Erratic display	Casual malfunction caused by high vibration or strong swing	Zero setting
Jumping number or frozen display	Internal error	Remove the battery, wait 1min and reinstall it

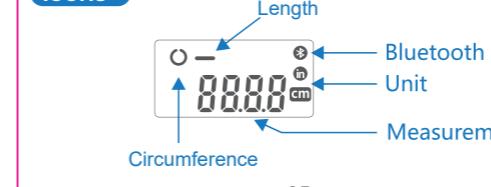
### NOTE:

If the tape display shows nothing after pressing , please replace the battery.

## APPEARANCE



## ICONS



05

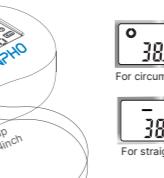
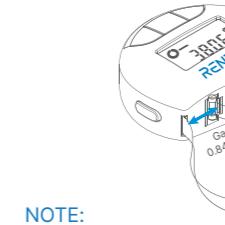
## BUTTONS

- ① Save measurement button
- ② On/ Off button
- ③ Unit button

① Short press to confirm the measurement and send to the app via Bluetooth  
Long press to zero the measurement

② Short press to power on  
Long press to power off

③ Short press to switch between inch and centimeter  
Long press to switch between length and circumference



NOTE:  
The gap between the circumference and length measurement is 2.1cm / 0.84in, since the tape needs to be inserted into the tape receptacle while measuring the circumference.

06

US Importer: JOICOM CORPORATION

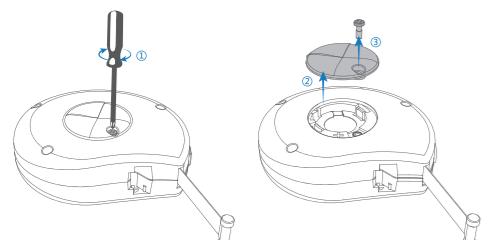
14129 The Merge Street, Building 3 Unit A, Eastvale, CA 92880

Manufacturer: Shenzhen Ruiyi Business Technology Co., Ltd.  
Qianhai Complex A201, Qianwan Road 1, Qianhai  
Shenzhen-Hong Kong Cooperation Zone, Shenzhen, 518000  
P.R.China

\*Please have your order number ready before contacting customer support.  
Made in China

NA2

## INSTALL THE BATTERY



## GETTING STARTED

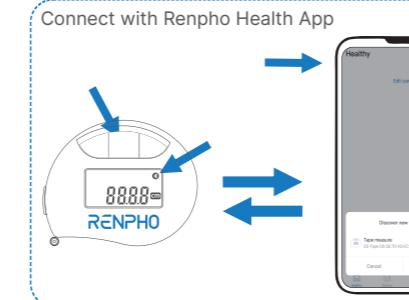
Scan the QR code to download and install the Renpho Health App on your smartphone.



Note:  
Due to continuing updates and improvements, the "Renpho Health" App may appear slightly different.

07

08



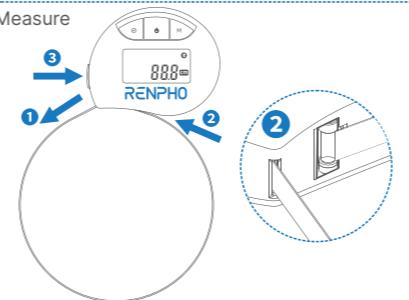
Short press to turn the tape on.

If the Bluetooth icon keeps flashing, it means that Bluetooth is not connected.

- Turn on Bluetooth on your phone and open the Renpho Health App.
- Turn on the tape and tap "Pair" on the app to connect the tape with the app.
- The Bluetooth icon will be bright after successful app connection.

**NOTE:**  
1. DO NOT retract too fast when retracting the tape as it may hurt you.  
2. DO NOT use excessive force to pull the tape (over 1m/39.4inch per second). This may cause inaccurate readings.

09

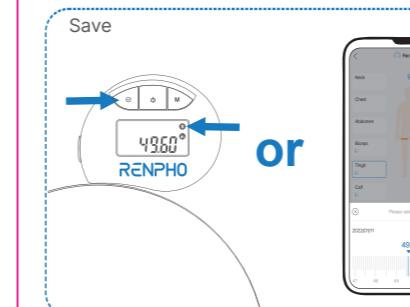


- Pull the tape and wrap it around the body part.
- Insert the locking pin into the tape receptacle.

- Press and hold the retract button until the tape has fully retracted around the body part.

**NOTE:**  
1. DO NOT retract too fast when retracting the tape as it may hurt you.  
2. DO NOT use excessive force to pull the tape (over 1m/39.4inch per second). This may cause inaccurate readings.

10



- Tap the body part name (e.g. Waist) to sync data.
- Choose the date.
- Press on the tape or tap on the app to confirm the measurement.
- Tap "Save" to save the data.

11

## WARRANTY POLICY

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit:  
<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty.  
If you choose not to register your product, it will not diminish the product warranty.

## CUSTOMER SERVICE

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

TEL: +1(844) 417 0149 (US ONLY)  
Monday-Friday 9:00AM-4:30PM  
+44(0)7434 666088 (UK ONLY)  
Monday-Friday 9:00AM-5:00PM (GMT)  
Email: support@renpho.com (US&CA)  
support-eu@renpho.com (UK&EU)

\*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

**Notice:** This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

**RENPHO**  
Smart Health Simplified

## Smart Tape Measure



Model: RF-BMF01

User Manual