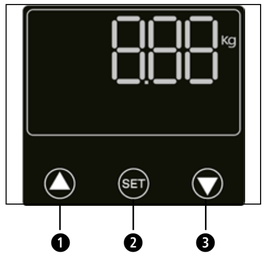
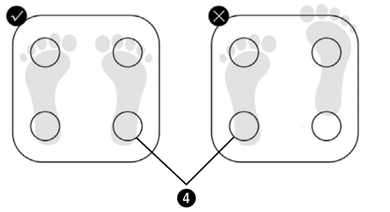
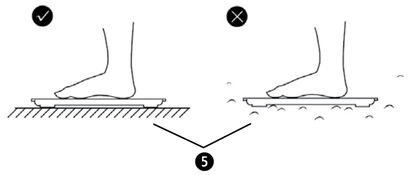
medisana®

Body Analysis Scale

BS 330 connect / BS 340 connect







GB Unit and controls

❶ ▲ Up button
❷ SET button
❸ ▼ Down button
❹ Electrodes

Legend:

This instruction manual belongs to this device. The instruction manual includes information on the initial start-up and handling. Read this instruction manual completely. Failure to follow these in-structions may result in serious injury or damage to the equipment.

WARNING!
These warnings must be followed to pre-vent possible injury to the user.

NOTE
These notes give you useful additional information on the installation or operation.

LOT
LOT number

Manufacturer

50003_BS 330 connect_ 50002_BS 340 connect_manual_GB(AUS)_202408_L1

GB Safety instructions

Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.

INTENDED USE:
This product is a device for estimating body composition by measuring the local bio-impedance value of the user's body. Used to measure body weight, body fat, body water, muscle mass, bone mass, BMI and basal metabolism, wireless transmission.

- This scale is not suitable for people with pacemakers or other medical implants. The indication of body fat may be inaccurate in the event of diabetes or other medical/physical conditions. The same applies to highly trained sportsmen.
- The body fat measurement algorithm is calibrated for individuals between the ages of 6 and 80 years old. Users outside of this age range can only use the weight measurement feature.
- The device uses Bioelectrical Impedance Analysis (BIA) and it may cause a weak current while taking measurement. So it's not recommended for pregnant women use.
- Any treatment or diet for overweight or underweight requires qualified advice from appropriate specialists (doctor, dietician). The values determind with the scale can be of help.
- Risk of tilting! Never place the scales on an uneven surface. Never step onto just one corner of the scale. While weighing, never stand on one side or on the edge of the scale.
- Danger of slipping! Never step onto the scale with wet feet. Never step onto the scale while wearing socks.
- Use the device only as directed by the instruction manual. In the event of misuse, all warrantees become null and void.
- The scale is manufactured for home or personal use. It is not intended for commercial use in hospitals or other medical facilities.
- Do not use the device if it does not work properly, if it has been dropped, dropped into water or damaged.
- The scale has a measuring range up to 180 kg/396 lbs. Do not overload the scale.
- Place the scale on a firm level surface. Soft, uneven surfaces are unsuitable for measurement and lead to wrong results.
- Place the scale in a location where neither extreme temperatures nor extreme humidity are present.
- Please handle the scale with care. Avoid shocks and vibrations of the scale. Do not drop it.
- Stand carefully on the scale. Do not hop or jump on the treated surface, as this may damage the weighing mechanism.
- Do not attempt to disassemble the device. Otherwise the warranty will become void. This device does not contain any parts that can be serviced or replaced by the user.
- In the event of malfunctions, do not proceed with any unauthorised repair of the device. Otherwise, this will void any warranty claims. Have repairs performed only by an authorised service centre.

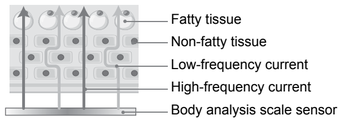
Battery safety instructions
- Do not take the batteries apart!
- If required, clean the battery and device contacts before insertion!
- Removed spent batteries from the device immediately!
- Increased risk of leakage, avoid contact with skin, eyes and mucous membranes! In the event of contact with battery acid, immediately rinse the affected area with plenty of clean water and consult a doctor immediately!
- If a battery is swallowed, consult a doctor immediately!
- Insert the batteries correctly, paying attention to the polarity!
- Keep the battery compartment closed properly!
- Keep the batteries out of the reach of children!
- Do not re-charge the batteries! There is a risk of explosion!
- Do not short-circuit the device! There is a risk of explosion!
- Do not throw into a fire! There is a risk of explosion!
- Store unused batteries in the packaging and not near metal objects to avoid a short circuit!

Scope of delivery
First, check whether the device is complete and is not damaged.
If in doubt, do not operate the device and contact your service center.
The scope of delivery includes:
- 1 **medisana** Body Analysis Scale **BS 330 connect / BS 340 connect**
- 1 Instruction manual

Packaging is recyclable or can be recycled into raw materials. Please dispose of unwanted packaging material properly. If you notice any transport damage while unpacking, please contact your dealer immediately.

WARNING
- **Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!**
- **The percentage of body fat, body water, muscle mass, bone weight, as well as body mass index (BMI), the values of the basal metabolic rate (KCAL) are to be considered only as approximate data. For any further information, refer to a doctor or to a dietician.**
- **Self-measuring means control, it does not mean diagnosis or treatment. Any unusual levels should always be discussed with your doctor. Under no circumstances must you change the dose of medicines prescribed by your doctor.**

How a body analysis scale works
medisana body analysis scale is tested by the Bioelectrical Impedance Analysis (BIA) method. The principle of Bioelectrical Impedance Analysis (BIA) is to apply weak current to body through the electrodes on the surface of scale, and use the theory that water in the body conducts electricity while fat does not, thereby measure the body's resistance. Then based on sample data, the body fat content is calculated by comparison.



Low-frequency current: obtain extracellular intelligence; high-frequency current: gain extracellular and Intracellular intelligence

Fatty tissue: Poor electrical conductivity

Non-fatty tissue: Better conductivity with more electrolyte

The body is divided into fatty tissue and non-fatty tissue according to above principle, and the resistance feedback of the two is also different. The body analysis scale calculates the proportion of different components of the body through data feedback and calculation.

Requirements for correct measurement results
- Always weigh yourself in the same conditions.
- Measure at the same time of day.
- Stand upright and calm.
- It is best to take the measurement in the morning, after showering or bathing, with dry foot.

With the results of the measurement, when carried out consistently, a reliable control of the development of the body weight is possible.

Insert/change batteries
Before putting your digital scale into operation, insert the three 1.5 V batteries (type AAA) included in the device. Open the battery compartment on the underside of the device and insert the batteries. Pay attention to the polarity (illustration in the battery compartment). Replace the battery compartment cover and push it in so that it clicks into place. Change the batteries if the battery change symbol "LO" appears on the display or if nothing is shown on the display after the unit has been operated.

Initialise scale
Make sure that the scale is on firm and level ground ❹. If you want to weigh yourself, but have moved the scale immediately before, you must first initialise the scale. Briefly press the middle of the scale surface with your bare feet. The display will show "0.00". When the scale has turned off, it is ready for the "step-on" function. If the scale hat not been moved before-hand, this process is omitted.

Simple weighing
1. Stand on the scale and stand still. The device switches on automatically.
2. Step onto your monitor with your bare feet. Place the arches of your feet onto the center of the monitor. In the measurement body composition, it is notified by rolling of "0000" that the measurement is in progress.
3. Step down off the scale. The scale switches off automatically after approx. 15 seconds.

- Stepping onto your monitor with socks or footwear on will result in an inaccurate measurement.
- If the posture is wrong, such as squatting, knees bent, the bare feet are not on the electrodes, the measurement will be inaccurate.

Body analysis
The scale can store the data of 8 persons: gender, age, height.
1. Briefly press the middle of the scale surface with your bare feet. The display will show "0.00 kg".
2. Press and hold the SET button ❷ for 2 seconds. The memory location flashes in the display.
3. Now you can select the desired memory location for your user profile (0 - 8) by pressing button ❶ or button ❸.
4. Press the SET button ❷ to confirm the selection. The symbol for weight unit starts flashing in the display.
5 Set the weight unit (kg/st/lb) by pressing the button ❶ or button ❸ to select the corresponding symbol in the display.
6. Press the SET button ❷ to save the setting. The symbol for gender starts flashing in the display.
7. Set your gender by pressing the button ❶ or button ❸ to select the corresponding symbol in the display. If you work out for 12 hours or more a week, you should select the gender with " " icon to activate Athlete mode for more accurate measurement.
8. Press the SET button ❷ to save the setting. The preset height begins to flash in the display.
9. Now set your height with the button ❶ or key ❸.
10. Press the SET button ❷ to save the setting. The preset age begins to flash in the display.
11. Use the button ❶ or the button ❸ to set your age.
12. Press the SET button ❷ to save the setting.
13. The configuration process is now complete. The display shows **"0.00"**. Stand on the scales barefoot and stand still. Place your feet on the electrodes ❹. Firstly, the weight is displayed.
14. When you see " 0000 " appears, this is to indicate that the data is being analyzed. Please keep your post during this period. Once the process is completed, the weight, body fat, body water, muscle percentage, bone weight, BMR and BMI are displayed one after the other. There is a 5-second time interval for you to reach each data. You can press ❶ to pause, press ❶ again to show the next data. When in the pause mode, it will automatically display next data in 15-second if you keep the same status without pressing other button.
15. After the first measurement, the scale will be able to automatically recognize you based on the previous weight.

Measurement symbols

kg / st / lb	Body weight	Body weight refers to "the sum of all organs and metabolites in the body", which includes bones, muscles, fat, blood, internal organs, metabolic waste, and many other indicators. However, the largest proportion among them is water.
	Body fat	Body fat percentage refers to the ratio of body weight in fatty tissue. $\text{Body fat (\%)} = \frac{\text{Body fat weight (kg)}}{\text{Body weight (kg)}} \times 100\%$
	Body water	Body water ratio accounts for the largest ratio of body weight. $\text{Body water (\%)} = \frac{\text{Weight of body water}}{\text{Weight of body fluid}} \times 100\%$
	Muscle percentage	Muscles are non-fatty tissues in the body, and the body uses energy to maintain body temperature. When muscle mass is reduced, the body uses less energy. Muscle is also the body tissue that supports posture and heartbeat.
	Bone weight	Bone weight refers to the weight of bone tissue (including bone mineral levels, calcium, or other minerals) in the body composition, is indicative of bone health.
	Calorie requirement BMR	Basal Metabolic Rate (BMR) refers to the minimum requirement of calories that the human body needs to maintain life under static conditions.
	BMI	Body Mass Index (BMI) is the relationship between weight and height, body fat and health risk. $\text{BMI} = \frac{\text{Body weight (kg)}}{\text{Body height (m)}^2}$

Connect with the VigorHub App

View up to 24 body composition metrics via VigorHub App
1. Download the VigorHub App free of charge from the App Store (iOS) or Google Play Store (Android).
2. Enable Bluetooth and GPS on your mobile device. Open the VigorHub App and register a new account, then log in.
3. From the dashboard, go to [Profile] > [Device Management] > [Add Device]. Follow the on-screen instructions to pair and connect your device.

Use Baby Holding mode via VigorHub App
You can measure baby's weight while holding the baby.
1. Tap the " " icon on the dashboard. Tap [Device management] and select your paired device.
2. Tap [Measure while holding baby]. Follow the guide to measure baby's weight.

Activate Safe Pregnancy mode via VigorHub App
This body analysis scale calculates body indicators by measuring the safe current flowing through the body. It is not suitable for pregnant women and users with pacemakers.
Users can turn on/off the fat measurement on the App. Please follow the steps below:
1. Tap the " " icon on the dashboard. Tap [Device management] and select your paired device.
2. Tap the " " icon at the top right corner and select [Switch mode].
3. Turn on / off the fat measurement.

Change the weight unit
Change the weight unit directly in the VigorHub App.

Delete user data
Briefly press the middle of the scale surface with your foot. The display will show "0.00 kg". Press the down button ❸ for 3 seconds until the display shows "dEL". Confirm deleting the user data by pressing the SET button ❷. The display is showing "---": All saved data have been deleted.

Error messages
Err = The scale is overloaded. **LO** = The battery is weak and needs to be replaced. If your scale does not work as desired, check the following before contacting the service center
- Check that the battery has been correctly inserted
- Check that you have selected the correct weight unit.
- Check whether The scale is standing freely on a firm and level surface. It must not touch a wall or another object.
- Repeat the weighing process.

Cleaning and care
Never use aggressive cleaning agents or stiff brushes. Clean the scale only with a soft, slightly damp cloth. Never use harsh detergents or alco-hol. No water should enter the device. Only use the device again when it is completely dry.

Instructions for disposal
This device must not be disposed of with domestic waste. Metals are reusable or can be recycled into raw materials. Dispose of a device that is no longer needed at a collection point in your town/city so that it can be disposed of in an environmentally friendly way. Please contact your local authority or retailer with regard to disposal procedures. Remove the battery before you dispose of the device. Do not dispose of spent batteries in domestic waste, rather in special waste or at a battery collection point at your retailer!

Technical specifications

Name and model no.	: **medisana** Body Analysis Scale **BS 330 connect / BS 340 connect**
Voltage supply	: 4.5 V (3x 1.5V, AAA)
Units of measurement	: kg / st / lb
Weighing range	: 3 - 180 kg
Division	: 0.05 kg (<100kg); 0.1 kg (≥100kg)
Weight measurement accuracy	: ±0.1 kg (3-50 kg); ±0.2 kg (50-100 kg); ±0.3 kg (100-150 kg); ±0.5 kg (150-180 kg)
Operating conditions	: +5°C to +40°C, < 90% relative humidity
Storage/Transportation conditions	: -20°C to +50°C, < 90% relative humidity
Dimensions	: 300 x 300 x 25 mm
Weight	: 1.68 kg
Article no.	: 50003 (BS 330 connect) 50002 (BS 340 connect)
EAN no.	: 4897138500030 (BS 330 connect) 4897138500023 (BS 340 connect)

In the course of constant product improvements, we reserve the right to make technical and design changes.

Warranty and repair conditions
In case of warranty please contact your specialist shop or the service centre directly. If you need to return the device, please indicate the defect and enclose a copy the purchase receipt. The following warranty conditions apply:
1. All **medisana** products are guaranteed for one year from the date of purchase. The date of purchase is to be proven in case of warranty by the purchase receipt or invoice.
2. Defects due to material or manufacturing defects shall be eliminated free of charge within the warranty period.
3. A warranty service does not extend the warranty period for either the equipment or any replacement parts.
4. The following are excluded from the guarantee:
   a. any damage caused by improper handling, e.g. by non-observance of the instruction manual.
   b. Damage due to repair or intervention by the purchaser or unauthorised third parties.
   c. Transport damage that has occurred on the way from the manufacturer to the consumer or when sending it to the service centre.
5. Liability for direct or indirect consequential damages caused by the device is also excluded if the damage to the device is recognised as a warranty case.

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