

GB Body Analysis Scale

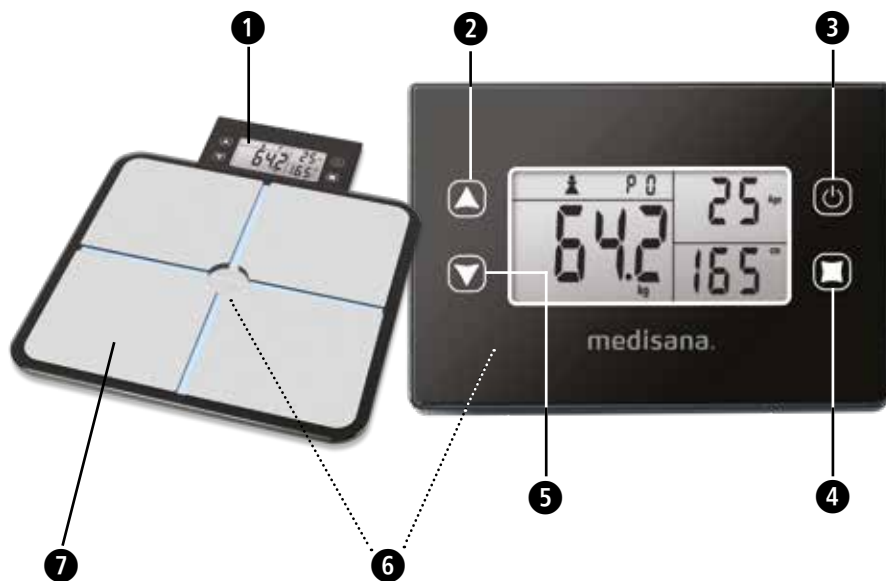


Instruction Manual
Please read carefully!

Art. 48152



Device and controls



- ❶ Display
- ❷ ▲ Up button
- ❸ ON/Mode button
- ❹ SET button
- ❺ ▼ Down button
- ❻ Battery compartment (on underside)
- ❼ Electrodes



IMPORTANT INFORMATION! RETAIN FOR FUTURE USE!

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.

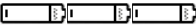
1 Safety Information!

- These scales are not suitable for people with pacemakers or other medical implants. The body fat information may be inaccurate in people with diabetes or other medical/physical limitations. The same also applies to very highly trained athletes.
- This device is not suitable for pregnant women!
- The scale has been manufactured for domestic use. It is not suitable for commercial use in hospitals or other medical institutions.
- Do not use the scale in a location where extremely high temperatures or humidity may occur. Keep the scale away from water.
- Do not expose the scales to direct sunlight!
- Do not place the scale on an uneven surface. Do not stand on the corners/edges of the scale. When weighing yourself, do not stand on one side or the edge of the scales.
- Do not stand on the scale with wet feet. Do not stand on the scale wearing socks.
- The scales have a measuring range up to 180 kg (396 lb / 28 st 4 lb). Do not overload the scales – this can cause irreversible damage.
- Handle the scale with care. The scale must not be subjected to impacts or vibration. Do not fall or drop anything on the scales.
- Do not attempt to repair the device yourself in the event of a malfunction since this will invalidate the warranty. Repairs should only be carried out by authorised service centres.
- Children shall not play with the appliance.
- Do not attempt to dismantle the scale, otherwise the warranty will be invalidated.
- **WARNING!** Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!
- Keep batteries out of children's reach! Do not disassemble batteries! Do not attempt to recharge batteries! Do not short circuit! Do not throw into a fire!

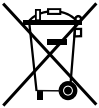
2 Items supplied

- 1 **medisana** body analysis scale **BS 460 with detachable display**
- 7 Batteries 1.5 V, type AAA
- 1 Ins on manual

3 Insert/replace battery

The insulating strip may be pulled out of the battery compartment **6** on the underside of the unit before the scale can be operated. Replace the batteries if the battery change symbol “LO” appears in the display **1** or if nothing appears in the display at all. Please note polarity (like shown in the battery compartment). Place the batteries in the detachable display like this: 

Disposal



This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner.



Please remove the battery before disposing of the device/unit. Do not dispose of old batteries with your household waste, but at a battery collection station at a recycling site or in a shop.

4 Change the unit of weight

You may have your weight displayed in kilograms (kg), pounds (lb) or stones (st). Touch button **3** to switch to weight mode. Then choose the unit of weight by touching UP or DOWN button.

5 Weighing

1. Make sure the scales are on a firm, level surface. Press your foot on the middle of the surface of the scales. Touch button **3** to switch to weight mode - “**0.0 kg**” appears in the display.
2. Step onto the scales and stand still.
3. Your weight is measured, flashes two times and is then finally displayed.
4. Step down from the scales. The scales switch off automatically after approx. 9 seconds.

6 Hang up/put up display

1. Pull out the display from the bottom of the scales.
2. Hang up the display on a hook/holder or place the display near the scales by using the foldable stand.

7 Set clock

1. Touch button **3** to switch to weight mode - “**0.0 kg**” appears in the display.
2. Simultaneously touch and hold the UP button **▲ 2** and SET button **4** until digits start flashing.
3. Adjust the time format (12 or 24 hours) with the UP **▲ 2** or DOWN button **▼ 5** and confirm with SET **4**. (You can adjust time format in standby mode anytime with UP or DOWN button)
4. Adjust the hours with the UP and DOWN buttons and confirm with SET **4**.
5. Adjust minutes the same way.

8 Programming personal data

The scales can store data for up to 10 people: sex, age, height.

1. Touch button **3** to switch to weight mode - “**0.0 kg**” appears in the display.
2. Choose the unit of weight (as described in chapter 4) and press the SET **4** button to confirm.
3. The last used personal data is flashing in the display.
4. Now press ▲ - button **2** or ▼ - button **5** to select the desired memory location (P0 - P9) for the user profile.
5. Press the SET-button **4** to confirm the selection. Now the symbol for the sex is flashing in the display. You can choose from four values: Woman, Man, Woman (athletic), Man (athletic).
6. Set your sex by pressing the ▲ - button **2** or ▼ - button **5** to select the appropriate symbol in the display.
7. Press the SET-button **4** to confirm the selection. The preset height starts flashing in the display.
8. Select your height using the ▲ - button **2** and ▼ - button **5**.
9. Press the SET-button **4** to confirm the selection. The preset age starts flashing in the display.
10. Set your age by pressing the ▲ - button **2** or ▼ - button **5**.
11. Press the SET-button **4** to confirm the setting.
12. The settings are now concluded.

9 Weighing and measuring the body analysis values

1. Touch button **3** to switch to weight mode - “**0.0 kg**” appears in the display.
2. Choose the unit of weight (as described in chapter 4) and press the SET **4** button to confirm.
3. The memory location flashes in the display.
4. By pressing the ▲ - button **2** and ▼ - button **5**, you may choose the memory location (P1-P6).
5. Your personal data is displayed.
6. Wait until “**0.0**” appears on the display. Step barefoot onto the scales and stand still. Place your feet on the electrodes **7**. First, your weight is displayed.
7. Now your weight flashes on the display and body analysis begins. Remain still. After a few seconds the measured values for body fat, body water, KCAL (recommended calories value), bone weight and muscle mass are displayed. The series of measured values is repeated twice in the display. The scales then switch off automatically. Step off the scales.

NOTE The data in the following table is for orientation purposes only. If you have any questions about your health, please consult your doctor. KCAL values are indications that are depending on age, weight, sex and physical strain.

Body fat proportion range in %

Age	female (%)				male (%)			
	low	normal	high	very high	low	normal	high	very high
10 - 15	3.0 - 16.0	16.1 - 21.0	21.1 - 29.6	29.7 - 50	3.0 - 13.0	13.1 - 17.4	17.5 - 25.6	25.7 - 50
16 - 30	3.0 - 16.4	16.5 - 22.0	22.1 - 30.4	30.5 - 50	3.0 - 13.6	13.7 - 18.0	18.1 - 26.4	26.5 - 50
31 - 60	3.0 - 17.0	17.1 - 22.4	22.5 - 31.4	31.5 - 50	3.0 - 14.0	14.1 - 18.6	18.7 - 27.0	27.1 - 50
61 - 80	3.0 - 17.6	17.7 - 23.0	23.1 - 32.0	32.1 - 50	3.0 - 14.4	14.5 - 19.0	19.1 - 28.0	28.1 - 50

Body water proportion and muscle ratio in %

Age	female (%)				male (%)			
	low	normal	high	very high	low	normal	high	very high
10 - 15	< 54	54 - 59	> 59	> 44	< 57	57 - 62	> 62	> 46
16 - 30	< 53	53 - 58	> 58	> 44	< 56	56 - 61	> 61	> 46
31 - 60	< 52	52 - 57	> 57	> 44	< 55	55 - 60	> 60	> 46
61 - 80	< 51	51 - 56	> 56	> 44	< 54	54 - 59	> 59	> 46

Bone weight

	female (%)			male (%)		
body weight (kg)	< 45	45 - 60	> 60	< 60	60 - 75	> 75
reference bone weight (kg)	~ 3.0	~ 4.2	~ 6.5	~ 4.5	~ 6.0	~ 7.5

10 Error messages

O-Ld = The scale is overloaded.

LO = The battery is low and must be replaced.

Err2 = The body fat and body water values cannot be determined. Try moisten your feet a bit and repeat measurement.

P1P2 or other combinations of memory locations = The scale recognizes users already saved based on their weight. In this case, two users have a similar weight. To select the correct user press the UP key for the left value (example "P1") and the DOWN key for the right value (example "P2").

Please check the following before contacting a service centre:

- Check whether the batteries have been inserted correctly.
- Check whether the correct unit of weight has been selected.
- Check whether the scales are freestanding on a solid and even surface. They must not be touching a wall or any other object.
- Weigh yourself again.

11 Care and maintenance

Never use aggressive cleaning agents or stiff brushes. Clean the scale using a soft and lightly moistened cloth. Never use abrasive cleaning agents or alcohol. Do not allow any water to get into the unit. Do not use the unit again until it is completely dry.

12 Technical specifications

Name and model:	medisana Body Analysis Scale BS 460
Voltage supply:	6 V --- , 4 x 1.5 V batteries, type AAA (Display: 3 x 1.5 V, type AAA)
Display system:	Digital display with wireless receiver
Memory:	for 10 persons
Measuring range:	up to 180 kg (396 lb / 28 st 4 lb)
Measuring deviation:	max. \pm 1 %
Graduation:	100 g or 0.2 lb or 1/4 st
Autom. switch-off:	after approx. 9 seconds
Dimensions (L x W x H):	approx. 32 x 32 x 2.8 cm
Weight:	approx. 2 kg
Item number:	48152
EAN number:	40155 88 48152 9



In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.


We hereby declare that body analysis scale, model BS 460, complies with the fundamental requirements of the European Directive 2014/53/EC. You can request the complete EC Conformity Declaration from medisana GmbH, Carl-Schurz-Str. 2, 41460 NEUSS, Germany, or you can also download it from the medisana homepage (www.medisana.com).

13 Warranty and repair terms

Please contact your dealer or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is.

The following warranty terms apply:

1. The warranty period for **medisana** products is three years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be corrected free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
 - a. All damage which has arisen due to improper treatment, e.g. nonobservance of the user instructions.
 - b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
 - c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
 - d. Accessories which are subject to normal wear and tear (batteries etc.).
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

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