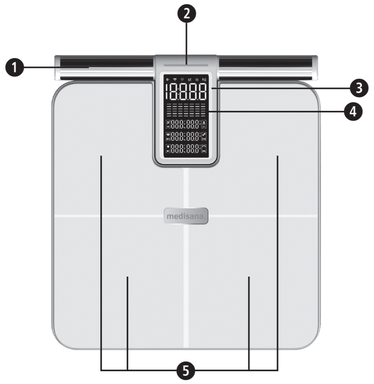
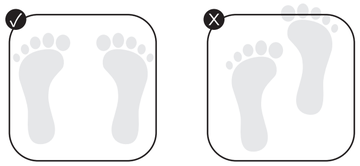
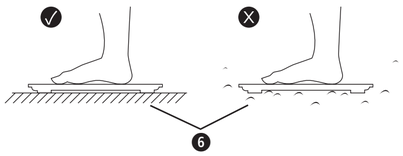
medisana®

56-in-1 Smart 8-electrode Body Analysis Scale
BS 860 connect







Unit and controls

❶ Handle with electrodes
❷ Trend light
❸ VA LCD display
❹ 7-day trend graph
❺ ITO tempered glass

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 number

Manufacturer

50059_BS 860 connect(WH)_manual_GB_TW_202507_L3

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.

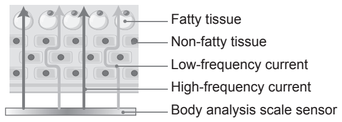
Battery safety instructions
- Do not take the batteries apart!
- If required, clean the battery and device contacts before insertion!
- Removed spent batteries from the device immediately!
- Increased risk of leakage, avoid contact with skin, eyes and mucous membranes! In the event of contact with battery 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** 56-in-1 Smart 8-electrode Body Analysis Scale
- 1 Instruction manual
- 4 x 1.5 V batteries (type AAA)

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 four 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 ❺. If you want to weigh yourself, but have moved the scale 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 has not been moved before-hand, this process is omitted.

Connect with the VigorHub App

View up to 56 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.
4. After connecting Bluetooth, press "Yes" to continue the Wi-Fi setup.
5. Choose the Wi-Fi network and input password.
6. Put your mobile device next to the scale. It will take around 5 seconds to complete the setup.

User profile setup
For the first-time use, please set the personal information for the current user or new member in the VigorHub App.

Change the weight unit
Tap profile and select [General settings] to change the weight unit directly in the VigorHub App.

Body weighing and analysis

- 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.

1. Step onto the scale with bare feet, wrap your hands around the electrodes on both sides of the handle ❶, and pull up the handle until your arms are level with your chest.
2. Stand still and the final weight flashes on the display.
3. Keep holding the handle and your body metrics will be gathered in around 3 seconds.
4. When you see "-----" appears, this is to indicate that the data is being analyzed. Please maintain your posture during this period. Once the process is completed, the body weight, heart rate, body fat, body weight difference, muscle rate, bone mass, body water and BMI are displayed.
5. The trend light ❷ will remain blue during the weighing process. Once the weight is locked and user identification is complete, the light color will be fixed (red indicates heavier than last time, green indicates lighter or the same).
6. The 7-day trend graph ❹ will display the weight trend for the most recent 7 days based on the average value for each day.
7. The scale can store 100 data points for 10 users on the scale. After the first measurement, the scale will be able to automatically recognize you based on the previous weight. If you measure offline, you will still see the 8 data points of your results. The data will be synchronized again once you reconnect to the app.

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.

Measurement symbols

	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.
	Heart rate	Heart rate refers to the number of beats per minute of the heart. The normal heart rate range varies depending on individual differences.
	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 weight difference	This shows the difference in body weight compared to the last measurement.
	Muscle rate	Muscle rate refers to the percentage of muscle in the body composition to body weight. The higher the muscle rate, the greater the BMR, and the more calories consumed, making it less likely to gain weight.
	Bone mass	Body bone mass refers to the total amount of bone tissue in the human Skeleton, including minerals and bone cells in bones. The size of bone mass directly affects bone health and plays a crucial role in the stability and function of the body.
	Body water	Body water ratio accounts for the largest ratio of body weight. $\text{Body water (\%)} = \frac{\text{Weight of body water}}{\text{Weight of body fluid}} \times 100\%$
	BMI	Body Mass Index (BMI) is the relationship between weight and height, body fat and health risk. $\text{BMI} = \frac{\text{Body weight (kg)}}{\text{Body height (m)}^2}$

Error messages

Abnormal displays	Cause	Solution
Err0	Bioelectrical impedance measurement failed	Please check whether the scale is put freely on a firm and level surface. It must not touch a wall or another object. Keep your body still with bare feet and try again.
Err1	Resting heart rate measurement failed	
Err2	Failed to turn on Wi-Fi	Please check the network connection and try again.
Err3	Router connection failed	
Err4	Wi-Fi upload failed	
Err5	Wi-Fi distribution network failed	

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** 56-in-1 Smart 8-electrode Body Analysis Scale **BS 860 connect**
Power supply	: 6 V (4 x 1.5V, AAA)
Units of measurement	: kg / st / lb
Weighing range	: 0.1 - 220 kg
Division	: 0.05 kg (<100 kg); 0.1 kg (>100 kg)
Weight measurement accuracy	: ±0.1 kg (0.1-50 kg); ±0.2 kg (50-100 kg); ±0.3 kg (100-150 kg); ±0.5 kg (150-220 kg)
Operating conditions	: +5°C to +40°C, ≤ 90% relative humidity
Storage/Transportation conditions	: -20°C to +50°C, ≤ 90% relative humidity
Dimensions	: 350 x 350 x 25 mm
Weight	: 2.4 kg
Article no.	: 50059
EAN no.	: 4897138500597

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.

medisana®
Unit E&F, 31/F, YHC Tower, 1 Sheung Yuet Road, Kowloon Bay, Kowloon, Hong Kong

medisana

56-in-1 Smart 8-electrode Body Analysis Scale BS 860 connect

56 Measurement data list

kg	Weight	%	Left arm fat ratio		Left leg muscle mass		Weight control
	Heart rate	%	Right arm fat ratio		Right leg muscle mass		Standard weight
	BMR		Left arm fat mass	%	Trunk fat percentage		Fat-free mass
BMI	BMI		Right arm fat mass		Trunk fat mass		Visceral fat
	Fat ratio	%	Left arm muscle rate	%	Trunk muscle rate		Bone mass
	Fat mass	%	Right arm muscle rate		Trunk muscle mass		Skeletal muscle quality index
	Muscle rate		Left arm muscle mass		Intracellular water		Body type
	Muscle mass		Right arm muscle mass		Extracellular water		Body age
	Protein ratio	%	Left leg fat ratio		Skeletal muscle ratio		Health evaluation
	Protein mass	%	Right leg fat ratio		Skeletal muscle mass		Health score
	Water ratio		Left leg fat mass	LV	Obesity level	%	Body cell mass
	Total body water		Right leg fat mass		Adiposity level		Minerals
	Subcutaneous fat ratio	%	Left foot muscle rate		Fat control		Waist-hip ratio
	Subcutaneous fat mass	%	Right foot muscle rate		Muscle control		Recommended calorie intake

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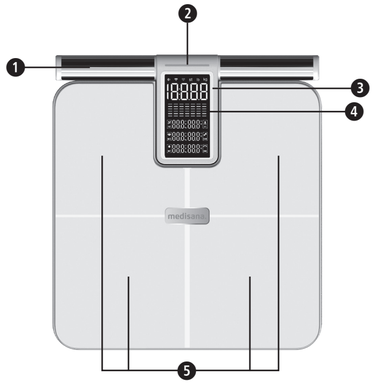
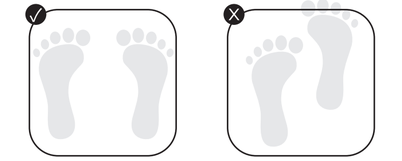
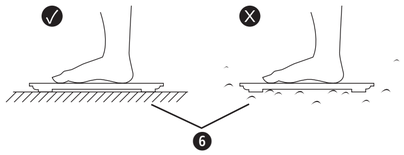
56合1 智能八點傳感體脂計
BS 860 connect







❶ 附電極的手柄
❷ 趨勢燈
❸ VA LCD顯示器
❹ 7天趨勢圖
❺ ITO鍍膜

圖例:

本說明書隨附於本設備。說明手冊包含有關初始啟動及操作的資訊。請完整閱讀本使用說明書。請嚴格遵守這些指示，否則可能導致重大傷害或設備損毀。

警告!
請嚴格遵守這些警告，以防止對用戶造成潛在的傷害。

註釋:
這些註釋為您提供關於安裝或操作的實用附加資訊。

LOT 批號

製造商

CE

50059_BS 860 connect(WH)_manual_GB_TW_202507_L3

TW 安全說明

在使用本設備前，請詳細閱讀使用說明書，特別是安全須知部分，並妥善保留以供日後查閱。若您將此設備轉交他人使用，請務必連同使用說明一併提供給對方。

預期用途:
本產品是量測體重，並藉由量測使用者身體局部生物阻抗值來估計身體組成之器材。用於量測體重、體脂肪、體內水份、肌肉質量、骨重量、BMI與基礎代謝，並支援無線傳輸功能。

- 本體脂計不適宜佩戴心臟起搏器或其他醫療植入裝置的人士使用。在糖尿病或其他醫療 / 身體狀況下，人體脂肪的測量可能會出現不準確情形。此亦適用於受過良好訓練的運動員。
- 人體脂肪測量算法針對6至80歲的人群進行了校準。超出此年齡範圍的用戶，僅能使用體重測量功能。
- 本體脂計採用生物電阻抗分析（BIA）技術，在測量過程中可能會產生微弱電流。因此，不建議孕婦使用。
- 任何超重或體重不足的治療或飲食計劃，都應在合格專家（醫師、營養師）的專業建議下進行。使用只規所測定的數值或許能提供一定的協助。
- 存在傾斜風險！請勿將體脂計置於不平整的表面上。永遠不要只站在天平的一個角落。請在稱重時務必站在天平的中央，切勿站立於天平的一側或邊緣。
- 小心滑倒風險！請勿踩著濕腳踏上體脂計。請勿穿著襪子踏上體脂計。
- 請嚴格依照使用說明書的指示操作設備。若有誤用，則所有保固保證將不予適用。
- 本產品專為家庭或個人使用而設計製造，不適宜用於醫院或其他醫療機構的商業用途。
- 若設備無法正常運作、遭受跌落、落入水中或受損，請勿繼續使用。
- 體脂計的測量範圍可達220 kg。請勿使體脂計超載。
- 請將體脂計置於堅實的水平面上。柔軟且不平坦的表面不適宜進行測量，可能導致結果出現誤差。
- 請將體脂計置於既無極端溫度也無極端濕度的環境中。
- 請謹慎操作體脂計。請避免對體脂計造成衝擊與振動。請勿讓它掉落下來。
- 小心地站在體脂計上。請勿在經處理的表面上跳躍，以免損害秤重機制。
- 請勿嘗試拆解設備。否則，保固保證將會失效。本產品內不含用戶可維修或更換的任何零件。
- 若設備發生故障，請勿擅自進行未獲授權的維修作業。否則，將導致任何保固保證失效。只能由授權的服務中心進行維修。

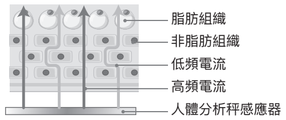
電池安全說明
- 請勿拆解電池！
- 若有需要，在插入電池前，請清潔電池及設備的觸點！
- 請立即從設備中取出廢棄電池！
- 長時間未使用時，請立即從體脂計中取出電池，以降低漏液風險。請避免接觸皮膚、眼睛及黏膜！如不慎接觸到電池漏液，請立即用大量清水沖洗受影響部位，並儘速尋求醫療協助！
- 若不慎吞食電池，請立刻就醫！
- 請正確插入電池，並留意其極性！
- 請確保電池盒妥善閉合！
- 請將電池置於兒童無法觸及之處！
- 請勿對電池進行充電！請注意，存在爆炸風險！
- 請勿讓設備發生短路！請注意，存在爆炸風險！
- 請勿投入火中！請注意，存在爆炸風險！
- 請將未使用的電池妥善存放於原包裝內，並遠離金屬物品，以防止短路發生！

產品隨附物品
首先，請檢查設備是否完好無損。
若有疑問，請勿操作該設備，並立即聯繫您的服務中心。
內容物包括:
- 1 台 **medisana** 56合1 智能八點傳感體脂計
- 1 份使用說明書
- 4 節電池 (AAA型, 1.5V)

包裝可回收，亦能再造為原料。請妥善處理不需要的包裝材料。若於拆開包裝時發現有任何運送過程中造成的損壞，請立刻聯繫您的經銷商。

警告
- **請確保將聚乙烯包裝置於兒童觸及不到之處，遠離兒童！請注意，存在窒息風險！**
- **體脂百分比、體水分、肌肉量、骨質量以及體重指數（BMI）、基礎代謝率（KCAL）的數值，僅供參考，屬於近似值。若需進一步資訊，敬請洽詢醫師或營養師。**
- **自我測量意味著控制，並不代表診斷或治療。若出現任何異常，都應該與您的醫師討論。在任何情況下，您都不得更改醫師開立的藥物劑量。**

體脂計的工作原理
medisana 多功能體脂計採用生物電阻抗分析（BIA）方法進行測試。生物電阻抗分析（BIA）原理在於透過尺秤面電極向人體施加微弱電流，並根據人體內水分具導電性而脂肪不導電的特性，進而測量人體電阻。接著依據樣本數據，透過比對計算出人體脂肪含量。



低頻電流: 獲取細胞外情報；高頻率電流：獲取細胞外及內情報

脂肪組織: 無水組織，導電性能較差。
非脂肪組織: 更多電解質，導電性更佳。
依據前述原則，人體可分為脂肪組織與非脂肪組織，這兩種組織的電阻反饋亦有所不同。體脂計依據電阻反饋的數據通過公式計算出身體的不同成份含量及比例。

正確量測結果的要求
- 始終在相同條件下稱量體重。
- 請於每日相同時段進行測量。
- 測量時保持站立不搖晃。
- 建議於晨浴後擦乾雙腳測量。

您可藉由長期定時的測量，掌握體重管理。如果堅持測量，則可根據測量結果可靠地控制體重。

插入/更換電池
在您啟用電子數位秤前，請先將隨附設備的四節1.5V電池（AAA型）裝入。請打開設備底部的電池倉，然後插入電池。請注意極性（依照電池盒內的圖示正確插入）。請將電池蓋更換並推入，直至卡銷固定到位。若顯示器上出現電池更換標誌「LO」，或設備運作後顯示器未顯示任何資訊，請更換電池。

使用前請歸零體脂計
請確保體脂計放置於堅實、穩固及平坦的水平地面上❻。若您欲稱量自己的體重，但體脂計先前已被移動，則必須先行初始化體脂計。請赤足輕輕地踩壓秤面中央的光滑區域。顯示螢幕將顯示“0.00”。當體脂計秤關機時，即表示其已準備就緒，可使用隨站隨量功能自動開啟量測。若先前未曾移動過體脂計，則可略過此步驟。

連接VigorHub應用程式程序

透過VigorHub應用程式查閱多達56項身體成分指標
1. 從App Store（iOS）或Google Play Store（Android）免費下載VigorHub應用程序。
2. 在您的移動設備上啟用藍牙和全球定位系統GPS。開啟VigorHub應用程序並注冊新帳戶，然後登入。
3. 在儀錶板上，轉到[設定檔]>[設備管理]>[添加設備]。請依照螢幕上的指示進行配對並連接您的設備。
4. 成功連接藍牙後，按下「是」繼續設定Wi–Fi。
5. 選擇Wi–Fi網路並輸入密碼。
6. 將您的移動設備放置於體脂計旁。大約需要5秒即可完成設定。

使用者用戶設定檔設定
首次使用時，請在 VigorHub 應用程式中設置當前用戶或新成員的個人信息。

更改重量單位
點一下我的用戶並選擇 [一般設定]，即可直接在VigorHub應用程式中更改重量單位。

稱重與分析

- 穿戴襪子或鞋子站上本體脂計時，將無法進行正確測量。
- 如果姿勢錯誤，例如蹲著、膝蓋彎曲、腳底未踩在電極上面，將無法進行正確測量。

1. 赤足站立在體脂計上，雙手握住手柄兩側的電極❶，並拉起手柄，手臂需與胸口平齊。
2. 保持不動，體重將在顯示器上閃爍。
3. 繼續握住手柄，您的身體數據將在3秒內收集完成。
4. 當您看到“-----”出現，表示正在分析數據。請於此期間不要移動身體。該過程完成後，體重、心率、體脂、體重差、肌肉率、骨重量、體水與身體質量指數（BMI）將顯示出來。
5. 稱重期間，趨勢燈❷將保持藍色。鎖定體重並完成使用者身分驗證後，燈光顏色將恆定顯示（紅色表示測量結果高於上次，綠色表示測量結果低於或等於上次）。
6. 7天趨勢圖❹將根據每日平均值顯示最近7天的體重趨勢。
7. 此秤可以為 10 位使用者儲存 100 個數據點。首次量測後，體脂計將能夠根據先前的體重自動識別您。如果是離線測量，您仍可看到測量結果的8個資料點。重新連接到應用程式後，資料將再次同步更新。

透過VigorHub應用程式使用抱嬰測量模式
您可以抱著嬰兒的同時測量嬰兒的體重。
1. 點擊主頁右上方的「☰」打開選單，選擇「設備管理」，並選取您欲配對的設備裝置。
2. 請點選「抱嬰測量」選項。依照指南測量嬰兒的體重。

透過VigorHub應用程式啟動安全模式
本體脂計透過測量流經人體的安全電流，來計算體內脂肪比例。該產品不宜供孕婦及配戴心臟起搏器的人士使用。用戶可在應用程式中開啟/關閉測脂功能。請依照以下步驟操作:
1. 點擊主頁右上方的「☰」打開選單，選擇「設備管理」，並選取您欲配對的設備裝置。
2. 點擊右上角的「⋮」圖示，然後選擇「模式切換」。
3. 開啟/關閉測脂模式。

測量符號

kg	體重	體重指的是「身體所有器官及代謝物的總和」，涵蓋了骨骼、肌肉、脂肪、血液、內臟、代謝廢物等多項指標。然而，水佔了其中最大的比例。
	心率	心率指心臟每分鐘跳動的次數。正常心率範圍因個人體質而異。
	體脂率	體脂率指的是脂肪組織佔體重的比例。 體脂（%）= 體脂重量（kg） / 體重（kg） x 100%
	體重差	體重差顯示了本次與上次測量結果之間的差異值。
	肌肉率	肌肉率是指身體組成中肌肉佔體重的百分比。肌肉率越高，基礎代謝率越大，消耗的熱量便越多，體重就越不容易增加。
	骨重量	骨重量是指人體骨骼中骨組織的總量，包括骨骼中的礦物質和骨細胞。骨量的大小直接影響骨骼健康，對身體的穩定性和功能起著至關重要的作用。
	體內水份	體內水份指的是人體內的水份佔人體內液體總量的百分比。 身體水（%）= 身體水重量 / 體液重量 x 100%
	BMI	身體質量指數（BMI）是體重與身高、體脂及健康風險之間的相關指標。 BMI= 體重（kg） / 身高(m)²

錯誤訊息

異常顯示	原因	解決方案
Err0	未能測量生物電阻抗	檢查體脂計是否穩固地放置於堅實平整的表面上。它不得觸碰牆壁或其他物體。保持不動，並再次赤腳測量。
Err1	未能測量靜止心率	
Err2	未能連接Wi–Fi	請檢查網路連線並重試。
Err3	未能連接路由器	
Err4	Wi–Fi上傳失敗	
Err5	Wi–Fi分配網路失敗	

保養與清潔
請勿使用具有腐蝕性的清潔劑或硬質刷子。請僅使用柔軟且微濕的布料來清潔體脂計。請勿使用具刺激性的清潔劑或酒精。請務必避免水分進入設備內部。設備必須完全乾燥後，方可再次使用。

廢棄處理
本產品不得隨一般垃圾一起處理。所有使用者都有義務將所有電器或電子設備（無論它們是否包含有害物質）送交到地方政府清潔隊或合法回收點，以便按照環保的方式處理。處理本體脂計之前，請取下電池。電池不得隨一般垃圾一起處理，而應送至回收點或販售電池的商店回收站。有關處理的資訊，請諮詢各地方政府或供應商。

技術規格

名稱和型號	: **medisana** 56合1 智能八點傳感體脂計 **BS 860 connect**
供電電壓	: 6 V (4 x 1.5 V, AAA)
計量單位	: kg / st / lb
稱重範圍	: 0.1 – 220 kg
分度/部門	: 0.05 kg (<100kg); 0.1 kg (>100kg)
重量測量精準度	: ±0.1 kg (0.1–50 kg); ±0.2 kg (50–100 kg); ±0.3 kg (100–150 kg); ±0.5 kg (150–220 kg)
操作環境條件	: +5℃至+40℃，相對濕度≤ 90%
存放環境條件	: –20℃至+50℃，相對濕度≤ 90%
尺寸	: 350 x 350 x 25 mm
重量	: 2.4 kg
貨號	: 50059
EAN編號	: 4897138500597

在產品持續改進期間，我們保留進行技術和設計更改的權利。

保固和維修條件
如需保固，請直接聯繫經銷商或服務中心。如果需要退回體脂計，請註明缺陷並附上銷售收據副本。本體脂計適用以下保固條件:
1. 所有medisana 產品自購買之日起提供一年保固。保固期內維修，請提供銷售收據或發票證明購買日期。
2. 保固期內免費解決因材料或製造瑕疵所導致的非人為故障。
3. 保固服務不會延長或重新起算保固期限。
4. 以下情況不在保固範圍內:
   a. 操作不當（例如不遵守說明書操作）所造成的任何損壞。
   b. 買方或未經授權的第三方進行維修而造成的損壞。
   c. 從製造商到消費者的途中或送往服務中心的途中發生的物流損壞。
5. 即使體脂計的損壞符合保固，因設備損壞導致的直接或間接損壞後果，我司概不負責。

CCAP25LP3570T1

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。上述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

品名：medisana 56合1 智能八點傳感體脂計
型號：BS 860 connect
中國製造
委製商: Medisana Far East Ltd.
進口商/總代理: 恆隆行貿易股份有限公司
地址: 114679臺北市內湖區洲子街88號7樓之1
客服專線: 0800-251209

medisana®
Unit E&F, 31/F, YHC Tower,
1 Sheung Yuet Road, Kowloon Bay,
Kowloon, Hong Kong

medisana®

56合1 智能八點傳感體脂計 BS 860 connect
56 項測量數據列表

	體重		左臂脂肪比率		左腿肌肉量		體重控制
	心率		右臂脂肪比率		右腿肌肉量		標準體重
	基礎代謝率 (BMR)		左臂脂肪量		軀幹脂肪比率		無脂肪質量
BMI	身體質量指數 (BMI)		右臂脂肪量		軀幹脂肪量		內臟脂肪
	體脂肪率		左臂肌肉率		軀幹肌肉比率		骨量
	體脂肪重		右臂肌肉比率		軀幹肌肉量		骨骼肌質量指數
	肌肉率		左臂肌肉量		細胞內水量		身體類型
	肌肉量		右臂肌肉量		細胞外水量		身體年齡
	蛋白質率		左腿脂肪比率		骨骼肌率		健康評價
	蛋白質重		右腿脂肪比率		骨骼肌重		健康評分
	體水分率		左腿脂肪量	LV	肥胖等級		身體細胞量
	身體總水重		右腿脂肪量		肥胖度		礦物質量
	皮下脂肪率		左腿肌肉比率		脂肪控制		推測腰臀比
	皮下脂肪量		右腿肌肉比率		肌肉控制		建議卡路里攝入量