TANITA ®
Monitoring Your Health

MANUAL

InnerScan ®
Body Composition Monitor

Model : BC-587

Eng Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.

⟨Eng⟩ Table of Contents

INTRODUCTION

Thank you for selecting a Tanita Body Composition Monitor. This monitor is one in a wide range of home healthcare products produced by Tanita.

This Instruction Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference. Additional information on healthy living can be found on our website www.tanita.com.

Tanita products incorporate the latest clinical research and technological innovations.

All data is monitored by our Tanita Medical Advisory Board to ensure accuracy.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

⚠ Safety Precautions

Note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.

Pregnant women should use the weight function only. All other function are not intended for pregnant women.

Do not place this monitor on slippery surfaces such as a wet floor.

Recorded data may be lost if the monitor is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data. Tanita takes no responsibility for any kind of damage or loss caused by the monitor, or any kind of claim made by a third person.

Important Notes for Users

This Body fat monitor is intended for adults and children (ages 7-17) with inactive to moderately active lifestyles and adults with athletic body types.

Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week. The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.
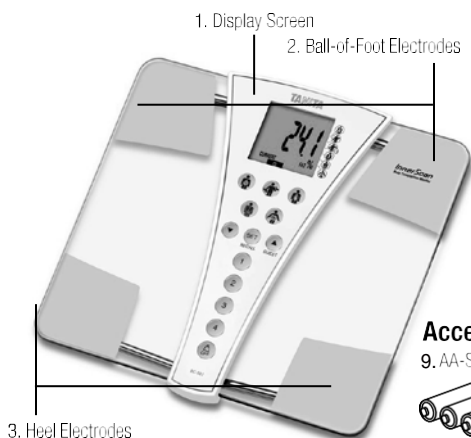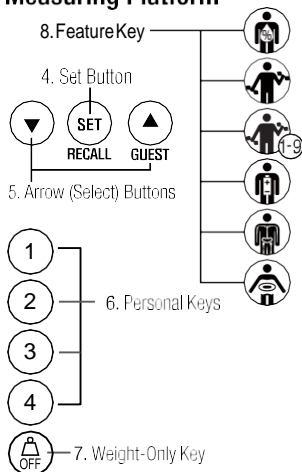
Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

Note: Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

FEATURES AND FUNCTIONS

Measuring Platform
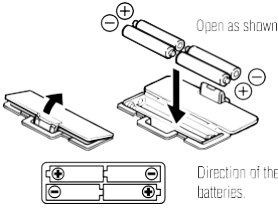

8. Feature Key

4. Set Button

SET RECALL GUEST

5. Arrow (Select) Buttons

1
2 6. Personal Keys
3
4

OFF 7. Weight-Only Key

1. Display Screen
2. Ball-of-Foot Electrodes

3. Heel Electrodes

Accessories
9. AA-Size Batteries (4)

1

PREPARATIONS BEFORE USE

⚠️Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

Note: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Please note that the included batteries from factory may have decreased energy levels over time.

⚠️ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

Note: To avoid possible injury, do not step on the edge of the platform.
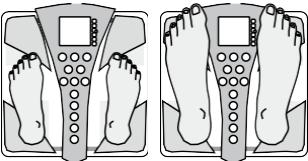
Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology.

To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the unit horizontally, and place it so that the buttons will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.
- Do not step on the platform when wet.
- Do not drop any objects onto the platform.

GETTING ACCURATE READINGS

Heels centered on electrodes

Toes may overhang measuring platform

Note: An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform.

Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit - accurate readings can still be obtained if your toes overhang the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements.

While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

AUTOMATIC SHUT-DOWN FUNCTION

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.
- If an extreme weight is applied to the platform.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.*
- After you have completed the measuring process.

*Note: If the power shuts off automatically, repeat the steps from "Setting and Storing Personal Data in Memory" (p.3).

SWITCHING THE WEIGHT MODE Note: For use only with models containing the weight mode switch

You can change the unit indication by using the switch on the back of the scale as shown in the figure.

Note: If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.

lb (pounds)

lb ■ st/lb
kg

kg (kilograms)

lb ■ st/lb
kg

st-lb (stone pounds)

lb ■ st/lb
kg

SETTING AND STORING PERSONAL DATA IN MEMORY

You will receive readings only if data has been programmed into one of the personal data memories or the Guest mode.
The monitor can store personal details for up to 4 people.

1. Turn on the Power

Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit.) The unit will beep to confirm activation, the Personal Key numbers (1,2,3,4) will be displayed, and the display will flash.
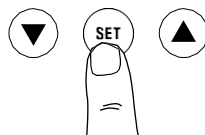
Note: If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.

Note: If you make a mistake or want to turn the unit off before you have finished programming it, press the Weight-Only Key ( ) to force quit.

▼ SET ▲

....

2. Select a Personal Key Number

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.

· | ·

....
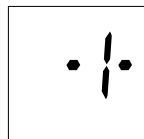
3. Set Age

The display defaults to Age 30 (range of user age is between 7-99). An arrow icon appears on the lower left side to indicate Age setting. Use the Up/Down buttons to scroll through numbers. When you reach your age, press the Set button. The unit will beep once to confirm.

30
Age

....
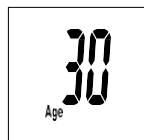
4. Select Female or Male

Use the Up/Down buttons to scroll through Female ( ) or Male ( ) Female/Athlete ( ) and Male/Athlete (/) settings, then press the Set button. The unit will beep once to confirm.

30
Age

....
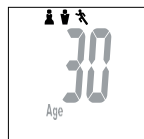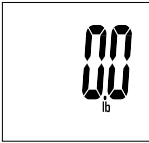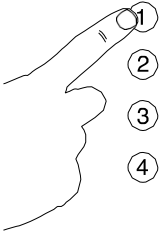
5. Specify the Height

The display defaults to 5' 7.0" (170cm) (range of user is from 3' 4.0"–7' 3.0" or 100cm – 220cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.

ft-in
5' 4.2"

....
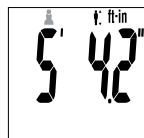
TAKING BODY COMPOSITION READINGS

1. Select Personal Key and Step On

Press your pre-programmed Personal key.
(Release the key within 3 seconds or the display will show "Error".)
The unit will beep and the display will show the programed date.
The unit will beep again and the display will show "0.0".
Now step onto the platform.

Note: If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after "0.0" appears, the power is shut-off automatically.
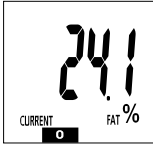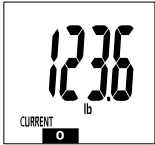
2. Obtain Your Readings

Your weight will be shown first.
Continue to stand on the platform.
"00000" will appear on the display and disappear one by one from left to right.
Your Body Fat percentage (%FAT) and Body Fat Range will appear on the display screen.
After your body fat percentage has been calculated, a black bar will flash along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender.

Note: Do not step off until Body Fat % is shown.

To see other readings, press each feature key while weight & Body Fat % are displayed.
Press same feature key to display weight & Body Fat % again.

Note: The following readings are applicable only to adults aged 18 years to 99 years.
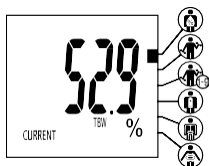
%TBW

Visceral Fat

Bone Mass

Muscle Mass / Physique Rating

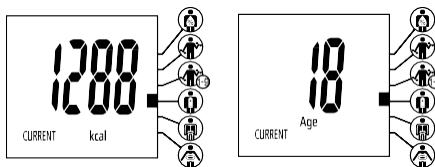BMR / Metabolic Age

• Press key to display Total Body Water %.

52.9 TBW %
CURRENT

• Press key to display Muscle Mass & Physique Rating.

89.2 lb
CURRENT

5
CURRENT
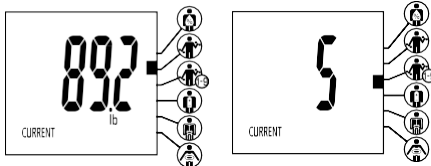
• Press key to display Visceral Fat % & Judge.

2
CURRENT   O
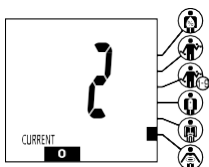
• Press key to display BMR & Metabolic Age.

1288
CURRENT   kcal

18 Age
CURRENT

• Press key to display Bone Mass.

4.0 lb
CURRENT
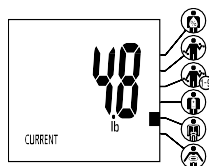
3. Recall Function

The previous readings of the following features can be obtained using the recall function.
  • Weight
  • Body Fat %
  • Total Body Water %
  • Muscle Mass and Physique Rating
  • BMR and Metabolic Age
  • Bone mass
  • Visceral Fat Level

To obtain previous readings, press the SET button while the current readings are being displayed.
The display will automatically show the previous readings of Weight and Body Fat %.
To see other previous readings, press the appropriate feature key for each desired reading.
(Pressing the same feature key twice will allow you to view the previous Weight and Body Fat % results.)

Press the SET button again to go back to the current Weight and Body Fat % result display.

Note: For children (age 7-17), the unit will only display the Weight and the Body Fat %.

PROGRAMMING THE GUEST MODE

GUEST

30

Age

▼ SET ▲

GUEST

Guest mode allows you to programe the unit for a one-time use without resetting a Personal data number.

Press ▲ button to activate the unit. Then follow the steps: Set Age, Select Female or Male, and Specify Height.

Note: If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading.

TAKING WEIGHT MEASUREMENT ONLY

① ② ③ ④

Select Weight-Only Key

Press the Weight-only key. After 2 or 3 seconds, "0.0" will appear in the display and the unit will beep. When "0.0" appears in the display, step onto the platform. The body weight value will appear. If you remain on the platform, the display will flash for about 30 seconds, and then the power will automatically turn off.

If you step off the platform, the weight will continue to show for about 5 seconds, then "0.0" will appear and the unit will shut off automatically.

TROUBLESHOOTING

If the following problems occur ...then...

- **A wrong weight format appears followed by kg, lb, or st-lb.**
  Refer to Switching the Weight Mode on p.3.

- **"Lo" appears on the display, or all the data appears and immediately disappears.**
  Batteries are low. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries.
  Note: Your settings will not be erased from the memory when you remove the batteries.

- **"Error" appears while measuring.**
  Please stand on the platform keeping movement to a minimum.
  The unit cannot accurately measure your weight if it detects movement.
  The Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.

- **The Body Fat Percentage reading does not appear or "-----" appears after the weight is measured.**
  Your personal data has not been programmed. Follow the steps on p.3.
  Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform.

- **"OL" appears while measuring.**
  Reading cannot be obtained if the weight capacity is exceeded.

Specifications
BC-587

Weight Capacity
440 lb (200 kg) (31 st 6 lb)

Weight Increments
0.1 kg (0.2 lb) (0.2 lb)

Body Fat Increments
0.1%

Personal Data
4 memories

Power Supply
4 AA batteries (included)

Power Consumption
100 mA maximum

Measuring Current
50 kHz, 6.25 kHz, 100 µA

Notice:
These marks can be found out on contaminant-containing
Batteries: **Pb Pb** = Battery contains lead,
        Cd Cd = Battery contains cadmium,
        Hg Hg = Battery contains mercury.

⚠ **Not allowed to mix batteries with consumer wastes!**

As consumer you are legally bound to return used or discharged batteries. You can deposit your old batteries at the public collecting points in your town, or wherever the corresponding batteries are sold and specifically marked collecting boxes have been set up. In case of scrapping the apparatus, the batteries should be removed from it and deposited at the collecting points as well.

The device features radio interference suppression in
compliance with EC regulation 2004/108/EC