

# BIOS living

## Body Analysis Scale

Instruction Manual

SC405



## Introduction

Thank you for purchasing the BIOS Living Body Analysis Scale. This precision device was developed with state-of-the-art technology and has a capacity of 396 lbs / 180 kg. The scale measures body fat by using one of the most reliable methods of analyzing body composition – Bioelectrical Impedance Analysis (BIA). It measures body fat and hydration percentage by analyzing biological impedance and other body parameters through mild electronic current through the body. These electronic currents are safe, but this scale should not be used by individuals with pacemakers or other medical implants.

## Features

- Blue backlight LCD 3½" × 1½" (8.9cm × 3.8cm)
- Thick impact resistant glass with stainless steel accents
- Accurate to 396 lbs / 180 kg
- LB / KG / ST switchable
- 2 × CR2032 batteries (included)

## Using Your Scale

Two lithium batteries (CR2032) are included with your bath scale.

1. Open the battery cover located on the back of the scale.
2. Remove the battery cover from the back of the scale, by lifting the black tab.
3. Remove the protective film from the battery and place batteries according to the correct polarity and close the battery cover.

## General Information

- The scale requires bare feet for proper conductivity while measuring body fat.
- Place the scale on a hard, flat surface (avoid carpet or other soft surfaces).

**NOTE:** If the scale is placed on a soft surface, such as a carpet, or on an uneven floor the result may be inaccurate.

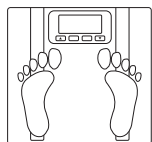
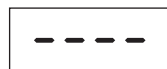
- **DO NOT USE** the body fat monitor function if you are using the following devices which will interfere with electromagnetic current such as:
  - Cardiac pacemaker
  - Implantable cardioverter defibrillators

- Excessive drinking, eating, exercising, medical conditions, medications, menstrual cycle etc. will also affect the measurement results.

## Operation

### Weighing Only

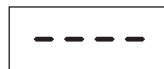
- Press the **ON/OFF** button to turn the scale ON or OFF.  
Display will show “- - - -” (when initially turned on).
- Wait for the LCD to display “0.0 lbs” and you may begin to weigh yourself.
- Step on scale slowly (must be barefoot for an accurate reading) and gently (do not jump onto the scale). Stand vertically without swaying and place your feet evenly apart, until the display shows your weight.
- To change the measure units (LB, KG, ST), see the back of scale for toggle switch.



### Set Personal Data

This scale can store data for up to 12 users (including age, height, and gender).

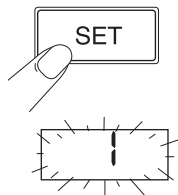
- Press **ON/OFF** to turn the scale ON.
- To set pre-programed numbers. For each user press the **SET** button while the “- - - -” flashing.
- Press the **UP/DOWN** arrows to select a pre-programmed number. For each user press the **SET** button to accept.
- To select your gender: Press the **UP/DOWN** arrows to select your gender. Press the **SET** button to accept.
- To set your height. Press the **UP/DOWN** arrows to select your height. Press the **SET** button to accept. (When LB or ST is selected the scale will automatically display in feet / inches).
- To set your age. Press the **UP/DOWN** arrows to select your age. Press the **SET** button to accept.



- Once personal data is set, the pre-programmed number will flash 3 times, which indicates all personal data is stored and the scale is now in measuring mode.
- To set other pre-programmed numbers, repeat steps 1 to 6.

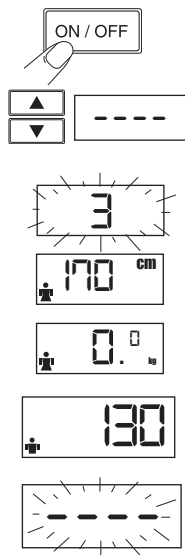
#### NOTE:

- The scale default setting is: Male 170 cm, age 30, kg, cm.
- The scale will turn off automatically after 20 seconds of on-use while setting personal data.



### Weighing and Measuring Percentage

- Press the **ON/OFF** button to turn scale ON.
- Select pre-programmed number, otherwise the scale will read your last measurement data and enter measuring mode.
- After the pre-programmed number is selected, it will flash 3 times and show the previous data. You can change the data at this stage (See *Special Functions*).
- Step on the scale slowly (must be barefoot for an accurate reading) and gently (do not jump onto the scale). Stand vertically without swaying and place your feet evenly apart, until the display shows your weight. The scale will shut off automatically if you do not step onto the scale after 10 seconds.
- The scale will initially show your weight.
- As it begins to measure your body fat, water and muscle percentage, it will flash the “(- - -)” again.
- The scale will now cycle through various measurements.



Your weight



Percentage of Water



Percentage of Body Fat



Percentage of Muscle



The Kcal function refers to how many kilo calories a person requires everyday.

**NOTE:** This may vary due to individual health and lifestyle

8.The scale will display the information twice, then turn off automatically.

## Special Functions

### *Athletic Mode*

An athletic body has greater muscle mass and tends to be more dehydrated than the average adult body. The athletic mode should be used for individuals who have very little body fat and lean muscle mass.

Select athlete mode when setting personal data.



To select athletic mode, press the *UP* arrow and hold for one second and release, (age must range from 15-50).

### **NOTE:**

1. When the age is set less than 12 years old, the scale will default the person as a child (child symbol will appear while you are weighing yourself)
2. Body fat and percentage of water can be tested for 6-17 year olds.
3. Body fat, percentage of water, percentage of muscle and kcal can be tested for 18-100 years old. The scale will turn off automatically after the data is displayed twice.



## Troubleshooting

Error Displayed	Reason for Error
LO	Indicates low battery
0 - LO	If the scale is overloaded - Over capacity (396 lbs / 180 kg) remove weight immediately from scale.
ERR	Indicates error during measuring  Cannot read body fat percentage correctly. You must have bare feet when using this scale. Do not step on scale if feet are wet or damp.
Nothing is displayed on the screen	Replace the batteries

## Advice for Use and Care

- Avoid using platform when your feet are wet. The results may be inaccurate.
- Avoid an extremely high or low temperature environment.
- Handle the scale with care; avoid excessive impact or vibrations to the unit.
- Do not step on scale edge.
- Clean the scale with a damp cloth and avoid water getting inside scale.
- Remove batteries when the scale is not being use for long periods of time.
- Store scale in horizontal position.
- Do not use the scale under electromagnetic interference conditions such as pacemakers or implantable cardioverter defibrillators.
- Dispose of your batteries responsibly. Contact your local waste management services for information on correct disposal methods.

## Five Year Warranty

If this product proves to be defective in material or workmanship within five years of purchase, please return it to the address below. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$5.00 to cover handling, packaging and return postage. Please include proof of purchase, your full name, address, daytime phone number or email address.

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