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TANITA BC-568

Tanita BC-568 InBody Digital Scale User Manual

Model: BC-568

1. PRODUCT OVERVIEW

The Tanita BC-568 InBody Digital Scale is a segmental body composition analyzer designed for home use. It utilizes Bioelectric Impedance Analysis (BIA) technology to provide detailed measurements of various body composition parameters for the entire body and individual segments (arms, legs, and trunk).

This device is FDA cleared and offers precise readings to support health and fitness monitoring.



Image 1.1: Front view of the Tanita BC-568 InBody Digital Scale, showing the display, control buttons, and foot electrodes.

Key Features:

- **Segmental Body Composition Analysis:** Measures fat and muscle mass for the trunk, right arm, left arm, right leg, and left leg.
- **Comprehensive Measurements:** Provides readings for weight, body fat percentage, muscle mass, physique rating, body water percentage, daily caloric intake (DCI), metabolic age, bone mass, and visceral fat rating.
- **Dual LCD Display:** Features two LCD screens for real-time results and historical data, with illuminated icons for segmental body parts.
- **Bioelectric Impedance Technology (BIA):** FDA-cleared technology for accurate and reliable measurements.
- **User-Friendly:** Includes athlete mode, guest mode, and automatic result scrolling.
- **High Capacity:** Supports a weight capacity of up to 330 lbs (150 kg) with 0.2 lb (0.1 kg) accuracy.

2. SAFETY INFORMATION

Please read all safety instructions before using the Tanita BC-568 InBody Digital Scale.

- **Individuals with Electronic Medical Implants:** Do not use this scale if you have an electronic medical implant, such

as a pacemaker. The Bioelectric Impedance Analysis (BIA) technology passes a low-level electrical signal through the body, which may interfere with the operation of such implants.

- **Pregnant Women:** Pregnant women should only use the weight function of this device. Other body composition functions are not intended for use during pregnancy.
- **Placement:** Always place the scale on a hard, flat, and stable surface to ensure accurate readings. Avoid carpets or uneven flooring.
- **Wet Surfaces:** Do not step on the scale with wet feet or when the scale surface is wet, as this may cause slipping.
- **Cleaning:** Use a soft, damp cloth to clean the scale. Do not use abrasive cleaners or immerse the unit in water.

3. SETUP

3.1. Battery Installation

The Tanita BC-568 requires four (4) AA batteries for operation. These are typically included with the product.

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert four AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.



HUGE SCREEN DISPLAY FOR EASY READING



350 LBS / 158KGS
WEIGHT CAPACITY



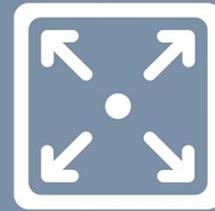
USES PRECISION LOAD CELL TECHNOLOGY,
ASSURING REPEATABLE WEIGHT MEASUREMENT



BATTERIES INCLUDED



WARRANTY



12.8" x 15.6"



TANITA

Image 3.1: Illustration of battery compartment and battery type.

3.2. Initial Placement

For accurate measurements, place the scale on a hard, flat, and stable surface. Avoid placing it on carpets, rugs, or uneven flooring, as this can affect measurement accuracy.

3.3. User Data Registration

The scale can store data for multiple users. Refer to the on-screen prompts or the detailed manual for specific steps to register user profiles, including age, gender, and height. This information is crucial for accurate body composition analysis.

4. OPERATING INSTRUCTIONS

4.1. Taking a Measurement

1. Ensure the scale is on a flat, hard surface.
2. Step onto the scale barefoot. Ensure your feet are properly aligned on the foot electrodes.
3. Grasp the retractable hand-grip electrodes firmly with both hands. Ensure your palms are in full contact with the electrodes.

4. Remain still until the measurement is complete and results are displayed on the dual LCD screen. The scale will automatically scroll through various body composition readings.
5. Step off the scale once all measurements are displayed.



Image 4.1: Proper use of hand-grip electrodes for segmental analysis.

4.2. Understanding Measurements

The BC-568 provides the following measurements:

- **Weight:** Your total body weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Muscle Mass:** The total weight of muscle in your body.
- **Physique Rating:** An assessment of your body type based on body fat and muscle mass.
- **Body Water Percentage:** The total amount of fluid in your body.
- **Daily Caloric Intake (DCI):** An estimate of the calories needed to maintain your current weight.
- **Metabolic Age:** Compares your basal metabolic rate to the average for your age group.
- **Bone Mass:** The estimated weight of bone mineral in your body.
- **Visceral Fat Rating:** An assessment of the fat surrounding your internal organs.
- **Segmental Readings:** Individual measurements for body fat and muscle mass in each arm, leg, and the trunk.



Weight



Body Water



Bone Mass



Metabolic Age



Body Fat %



Muscle Mass



Daily Caloric Intake (DCI)



Visceral Fat



Physique Rating

MAKE TANITA PART OF YOUR DAILY HEALTHY HABITS.



EASY TO USE



COMPACT



ACCURATE

Image 4.2: Visual representation of the body composition metrics measured by the scale.

4.3. Athlete Mode

The BC-568 includes an Athlete Mode for individuals who engage in intense physical activity. This mode adjusts the calculation algorithms to provide more accurate readings for athletes who typically have different body compositions than the general population. Consult the full manual for instructions on how to activate and use Athlete Mode.

4.4. Guest Mode

Guest Mode allows individuals to take a measurement without storing their data in a user profile. This is useful for occasional users or when you do not wish to save the measurement data.

5. MAINTENANCE

5.1. Cleaning

To clean the scale, wipe the surface with a soft, damp cloth. Do not use harsh chemicals, abrasive cleaners, or immerse the scale in water. Ensure the scale is dry before storage or next use.

5.2. Storage

Store the scale in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the

scale when not in use.

5.3. Battery Replacement

When the battery indicator appears on the display, replace all four AA batteries simultaneously. Do not mix old and new batteries or different types of batteries.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display / Scale does not turn on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace all four AA batteries with new ones.
Inconsistent readings.	Scale is on an uneven surface; user is not standing still; feet/electrodes are not clean; user data incorrect.	Ensure scale is on a hard, flat surface. Stand still during measurement. Ensure feet and electrodes are clean and dry. Verify user profile data (height, age, gender).
Error message on display.	Measurement error; weight exceeds capacity.	Step off and then back on the scale. Ensure weight is within the 330 lb limit. Refer to the full manual for specific error codes.
Body composition readings not appearing.	Not using hand-grip electrodes; not barefoot; user data not registered.	Ensure you are barefoot and grasping the hand-grip electrodes. Register your user profile.

7. SPECIFICATIONS

- **Model:** BC-568
- **Weight Capacity:** 330 lbs (150 kg)
- **Weight Accuracy:** 0.2 lb (0.1 kg)
- **Power Source:** 4 x AA batteries (included)
- **Dimensions:** Approximately 17.04 x 16.34 x 4.29 inches
- **Measurement Technology:** Bioelectric Impedance Analysis (BIA) with 8 electrodes (foot and hand-grip)
- **Measurements Provided:** Weight, Body Fat %, Muscle Mass, Physique Rating, Body Water %, Daily Caloric Intake, Metabolic Age, Bone Mass, Visceral Fat Rating, Segmental Body Fat, Segmental Muscle Mass.

8. WARRANTY AND SUPPORT

8.1. Warranty Information

The Tanita BC-568 InBody Digital Scale typically comes with a **3-year warranty**. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the documentation included with your product or visit the official Tanita website.

8.2. Customer Support

If you encounter any issues or have questions regarding your Tanita BC-568 scale that are not covered in this manual, please contact Tanita customer support. Contact information can usually be found on the official Tanita website or in the product packaging.

