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## TANITA UM-081

# Tanita UM-081 Body Fat and Body Water Monitor Scale User Manual

## 1. INTRODUCTION AND OVERVIEW

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The Tanita UM-081 is a personal health monitor designed to measure weight, body fat percentage, and body water percentage. It utilizes Bioelectric Impedance Analysis (BIA) technology to provide these measurements. This manual provides detailed instructions for the proper setup, operation, and maintenance of your UM-081 scale.



Image 1.1: Front view of the Tanita UM-081 scale, displaying its digital screen and control buttons.

## 2. IMPORTANT SAFETY INFORMATION

**Please read all instructions carefully before use.**

- **Individuals with electronic medical implants:** Persons with an electronic medical implant, such as a pacemaker, should not use this scale. 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 scale. Other functions, including body fat and body water measurements, are not intended for use during pregnancy.
- Do not use on slippery surfaces.
- Keep out of reach of small children.

## 3. PRODUCT FEATURES

The Tanita UM-081 offers the following key features:

- Utilizes FDA cleared Bioelectric Impedance Analysis (BIA) for accurate body fat and body water

measurements.

- Provides three essential measurements: Weight, Body Fat Percentage, and Body Water Percentage.
- Includes a Healthy Range Indicator to help interpret body composition results.
- User-friendly design with personal data storage for up to two individuals (adults and children aged 7-17).
- Features a guest mode for single-use measurements without affecting stored profiles.
- Offers a weight-only option for quick measurements.
- Supports a maximum weight capacity of 330 lbs (approximately 150 kg) with 0.2 lb (0.1 kg) accuracy.
- Results are displayed within 20 seconds.
- Built-in memory allows for tracking progress over time.
- Includes a 3-year warranty and comes with batteries.

## 4. SETUP

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### 4.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 4 AA batteries (included) according to the polarity indicators (+/-) inside the compartment.
4. Close the battery compartment cover securely.

### 4.2 Initial User Profile Setup

The scale can store data for two individuals. To set up a user profile:

1. Press the **SET** button to begin profile setup.
2. Use the **UP** or **DOWN** arrows to select a personal data number (1 or 2). Press **SET** to confirm.
3. Use the **UP** or **DOWN** arrows to select your gender (Male/Female). Press **SET** to confirm.
4. Use the **UP** or **DOWN** arrows to enter your age (7-99 years). Press **SET** to confirm.
5. Use the **UP** or **DOWN** arrows to enter your height (in feet/inches or cm). Press **SET** to confirm.
6. The scale will display '0.0' and is ready for measurement.

### 4.3 Scale Placement

Place the scale on a hard, flat surface for accurate readings. Avoid carpets or uneven flooring.



**Image 4.1:** Angled view of the Tanita UM-081 scale, highlighting the metallic foot electrodes used for BIA measurements.

## 5. OPERATING INSTRUCTIONS

### 5.1 Taking a Measurement (Registered User)

1. Gently tap the scale to turn it on.
2. Press the **RECALL** button to select your personal data number (1 or 2).
3. Wait for the display to show '0.0'.
4. Step onto the scale with bare feet, ensuring your feet are positioned on the metallic electrodes. Stand still.
5. The scale will display your weight, followed by your body fat percentage and body water percentage.
6. Step off the scale. The results will be displayed for a few seconds before the scale turns off automatically.

### 5.2 Using Guest Mode

Guest mode allows a user to take measurements without storing their data or affecting existing profiles.

1. Gently tap the scale to turn it on.
2. Press the **GUEST** button.
3. Enter gender, age, and height as prompted (similar to initial setup, but this data is not stored).
4. Wait for the display to show '0.0'.
5. Step onto the scale with bare feet, ensuring your feet are positioned on the metallic electrodes. Stand

still.

6. The scale will display the measurements.
7. Step off the scale. The results will be displayed for a few seconds before the scale turns off automatically.

### 5.3 Weight-Only Measurement

For a quick weight measurement without body composition analysis:

1. Gently tap the scale to turn it on.
2. Wait for the display to show '0.0'.
3. Step onto the scale.
4. Your weight will be displayed.
5. Step off the scale. The scale will turn off automatically.



**Image 5.1:** Close-up view of the Tanita UM-081's digital display and control buttons, including GUEST, SET/RECALL, and MEMORY.

## 6. UNDERSTANDING YOUR MEASUREMENTS

The Tanita UM-081 provides insights beyond just weight:

## 6.1 Body Fat Percentage

Body fat percentage indicates the proportion of fat mass to total body weight. Maintaining a healthy body fat percentage is important for overall health, as excessive body fat can contribute to various health risks. The scale's BIA technology estimates this by measuring the resistance of a low-level electrical signal as it passes through your body. Fat tissue contains less water than muscle, thus offering more resistance.

## 6.2 Body Water Percentage

Body water percentage represents the amount of water in your body relative to your total weight. Water is crucial for many bodily functions. Monitoring this can help indicate hydration levels. The BIA method also contributes to this measurement, as the electrical signal passes freely through water-rich muscle tissue.

## 6.3 Healthy Range Indicator

The scale may provide an indicator to show if your body fat and body water percentages fall within a generally accepted healthy range based on your age and gender. Consult a healthcare professional for personalized advice regarding your body composition.

# 7. MAINTENANCE

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## 7.1 Cleaning

To clean your Tanita UM-081 scale, wipe the surface with a soft, damp cloth. Do not use abrasive cleaners, harsh chemicals, or immerse the scale in water. Ensure the scale is dry before storage or next use.

## 7.2 Battery Replacement

When the battery indicator appears on the display, or if the scale does not power on, replace all four AA batteries. Refer to Section 4.1 for battery installation instructions. Dispose of used batteries responsibly according to local regulations.

# 8. TROUBLESHOOTING

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- **No Display/Scale Not Turning On:** Check if batteries are correctly installed and not depleted. Replace batteries if necessary.
- **Inaccurate Weight Readings:** Ensure the scale is placed on a hard, flat, and level surface. Avoid carpets. Recalibrate by stepping on and off the scale quickly to display '0.0' before taking a measurement.
- **Body Composition Readings Not Appearing:** Ensure you are stepping on the scale with bare feet, making good contact with the metallic electrodes. Verify that your personal data (gender, age, height) is correctly entered in your profile.
- **Error Messages:** If an error message appears, refer to the specific message in the full product manual (if available) or try removing and reinserting the batteries to reset the device.

# 9. SPECIFICATIONS

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Feature	Specification
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Feature	Specification
Brand	TANITA
Model Number	UM-081
Weight Limit	330 Pounds (150 kg)
Accuracy	0.2 lb (0.1 kg)
Measurements Provided	Weight, Body Fat %, Body Water %
Special Features	Body Fat, Body Mass Index (via calculation), Healthy Range Indicator
User Profiles	2 individuals (ages 7-99) + Guest Mode
Batteries	4 AA batteries (included)
Color	White
Form Factor	Standard

## 10. WARRANTY AND SUPPORT

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The Tanita UM-081 Body Fat and Body Water Monitor Scale comes with a **3-year warranty** from the date of purchase. Please retain your proof of purchase for warranty claims.

For technical support, troubleshooting assistance beyond this manual, or warranty inquiries, please contact Tanita customer service. Specific contact information can typically be found on the product packaging or the official Tanita website.

## 11. OFFICIAL PRODUCT VIDEOS

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No official product videos were provided in the product data for this manual.