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Beurer BF 800

Beurer BF 800 White Diagnostic Bathroom Scales User Manual

Model: BF 800 (Item Model Number: 748.23)

Introduction

The Beurer BF 800 Diagnostic Bathroom Scales are designed to provide comprehensive health data beyond just weight. Utilizing Bluetooth Smart technology, these scales seamlessly connect with the Beurer HealthManager app on your smartphone or PC, allowing you to track and manage various health metrics over time. This manual provides detailed instructions for setting up, operating, and maintaining your scales, along with explanations of the health values measured.



Image: The Beurer BF 800 Diagnostic Bathroom Scales, featuring a sleek white glass surface and a digital display showing weight and

body composition readings.

Package Contents

Before you begin, please ensure all items are present in the package:

- 1 x Beurer BF 800 Diagnostic Scale
- 1 x Quick Install Guide
- 3 x 1.5 V AAA batteries
- 4 x Additional feet for carpet
- Instruction Manual (this document)
- 5 Year Warranty Information

Setup

1. Battery Installation

1. Locate the battery compartment on the underside of the scales.
2. Open the battery compartment cover.
3. Insert the 3 x 1.5 V AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

2. Placement and Carpet Feet

For accurate measurements, place the scales on a firm, level surface. If using the scales on carpet, attach the four additional feet provided to the underside of the scales. These feet ensure stability and prevent inaccurate readings due to soft surfaces.

3. Initial Setup and User Profile Creation

The BF 800 scales support up to 8 user profiles with automatic recognition and store up to 30 measurements per user. To begin, download the Beurer HealthManager app and create your user profile.

- Download the "Beurer HealthManager" app from your smartphone's app store.
- Open the app and follow the on-screen instructions to create a new user profile. You will need to enter personal data such as age, height, gender, and activity level (1-5).
- Ensure Bluetooth is enabled on your smartphone.
- Step onto the scales to initiate the first measurement and pair with the app. The scales will automatically transfer data to your profile once connected.



Image: Buttons for downloading the Beurer HealthManager app from the App Store, alongside the Beurer HealthManager logo.

Operating the Scales

Taking a Measurement

1. Ensure the scales are on a flat, stable surface.
2. Step onto the scales barefoot. The innovative ITO surface finish allows for full foot contact without specific metal electrodes.
3. Stand still until your weight and other body composition values are displayed on the screen.
4. If your smartphone with the HealthManager app is within Bluetooth range and the app is open or running in the background, the data will automatically transfer. If not, the scales will store the measurement (up to 30 measurements per user) and transfer it when the app becomes available.

Units of Measurement

The scales can display weight in kilograms (Kg), pounds (lb), or stones (st). You can adjust this setting within the HealthManager app or via a switch on the underside of the scales, if available.

Understanding Your Measurements

The Beurer BF 800 scales provide detailed insights into your body composition. Here's what each measurement signifies:

Body Weight: Your total mass, measured in kilograms, pounds, or stones.

BMI (Body Mass Index): A measure that uses your height and weight to determine if you are underweight, normal weight, overweight, or obese. It is calculated as weight (kg) divided by the square of height (m).

Body Fat Percentage (BF): The proportion of fat in your body relative to your total body weight. Maintaining a healthy body fat percentage is crucial for overall health.

Body Water Percentage: The amount of water in your body. Optimum water intake is essential for the human body to function properly, especially after physical exercise.

Muscle Ratio: The percentage of muscle mass in your body. Muscle tissue is denser than fatty tissue. If you exercise, you may gain muscle mass, which can increase your weight even if you are losing fat.

Bone Mass: The amount of bone tissue in your body. Bone mass naturally changes with age, peaking between 30-40 years. Healthy eating (e.g., calcium) and physical exercise can help maintain bone density.

BMR Indication (Basal Metabolic Rate): The amount of energy (calories) your body requires at complete rest to maintain basic functions (e.g., breathing, circulation). This value is displayed in kcal/day and is calculated using the scientifically recognized Harris-Benedict formula, largely depending on weight, height, and age.

AMR Indication (Active Metabolic Rate): The total amount of energy (calories) your body requires daily, considering your activity level. This value increases with physical activity and is measured in relation to the degree of activity entered (1-5) in your profile.



Image: A smartphone displaying the Beurer HealthManager app interface, showing various health metrics like weight, BMI, body fat, water, and muscle percentage in a graphical format.

The Beurer HealthManager App

The free Beurer HealthManager app is central to utilizing your BF 800 scales. It allows you to:

- Manage and track your personal health statistics over time.
- View your last measurements in a clear and easy-to-read format.
- Access progress graphs and tables for a quick overview of your measurements.
- Synchronize data with other compatible Beurer products (e.g., blood pressure monitors, blood glucose meters, activity trackers).
- Utilize the PC software for more in-depth analysis, additional views, and settings.
- Export or email your data to healthcare professionals.

The app supports Bluetooth Smart data transfer and is compatible with iPhone 5s/5c/5/4s, iPad (3rd and 4th generation), iPad mini, and iPod touch (5th generation).

Maintenance and Care

- **Cleaning:** Clean the scales regularly with a damp cloth and a mild detergent. Do not use abrasive cleaning agents or immerse the scales in water.
- **Storage:** Store the scales in a dry place, away from extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Always replace all batteries at the same time with new ones of the same type.
- **Calibration:** The scales are factory calibrated. If you move them, it is recommended to step on them once to "wake" them up and allow them to re-calibrate before taking an actual measurement.

Troubleshooting

Problem	Possible Cause	Solution
Scales do not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace batteries if necessary.
Inaccurate readings.	Scales on uneven surface; not standing still; dirty electrodes (ITO surface); not barefoot.	Place on a firm, level surface. Stand still. Ensure feet are clean and dry. Step on barefoot. If on carpet, use carpet feet.
No data transfer to app.	Bluetooth off; app not open; scales not paired; incompatible device.	Ensure Bluetooth is on. Open HealthManager app. Re-pair scales if needed. Check device compatibility (iPhone 5s/5c/5/4s, iPad 3rd/4th gen, iPad mini, iPod touch 5th gen).
"Err" message on display.	Overload (weight exceeds 180 kg); measurement error.	Ensure weight is within limits. Step off and on again.

Specifications

Model: BF 800

Item Model Number: 748.23

Weight Capacity: 180 kg (396 lb / 28 st)

Graduation: 100 g

Measurements: Body weight, Body fat, Body water, Muscle ratio, Bone mass, BMR, AMR, BMI

Memory Spaces: 8 user memory spaces with auto-recognition, 30 measurement memory spaces per user

Connectivity: Bluetooth Smart

Display Type: Digital

Surface: ITO (Indium Tin Oxide) glass surface

Power: 3 x 1.5 V AAA batteries (included)

Product Dimensions: 32.4 x 32.4 x 2.5 cm

Item Weight: 2.07 kg

Warranty and Support

The Beurer BF 800 Diagnostic Bathroom Scales come with a**5-year warranty**. For warranty claims, technical support, or further assistance, please refer to the contact information provided in your Quick Install Guide or visit the official Beurer

website. Keep your proof of purchase for warranty purposes.

For more information and product registration, visit:www.beurer.com

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Instruction Manual for Beurer BF 800 Diagnostic Bathroom Scales.

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