Beurer 748.12

Beurer BF 105 Body Complete Diagnostic Scale

MODEL: 748.12

Introduction

This user manual provides comprehensive instructions for the safe and effective use of your Beurer BF 105 Body Complete Diagnostic Scale. This advanced scale is designed to provide a detailed analysis of your body composition, including weight, body fat percentage, muscle percentage, body water, and bone mass. It features 8 electrodes for precise upper and lower body measurements and a detachable control unit for convenience. Data can be easily transferred to the Beurer HealthManager Pro app via Bluetooth for graphical evaluation and tracking.

Please read this manual carefully before first use and keep it for future reference.

Safety Information

- Always place the scale on a firm, level surface to ensure accurate measurements.
- Do not use the scale if you have a medical implant (e.g., pacemaker). The electrical current used for body analysis can interfere with these devices.
- Keep the scale dry. Do not immerse it in water or use abrasive cleaning agents.
- The maximum weight capacity of this scale is 180 kg (396 lbs). Do not exceed this limit.
- Keep batteries out of reach of children. If swallowed, seek immediate medical attention.
- Dispose of batteries and the device according to local regulations.
- This device is for personal use and not intended for medical or commercial purposes.

Product Overview

The Beurer BF 105 diagnostic scale consists of a weighing platform with integrated electrodes and a detachable control unit with additional hand electrodes. This design allows for a comprehensive body analysis by measuring both upper and lower body segments separately.



Figure 1: The Beurer BF 105 Body Complete Diagnostic Scale, showing the main weighing platform, the detachable control unit, and a smartphone displaying the Beurer HealthManager Pro app interface.



Figure 2: A close-up view of the detachable control unit, held in hands, highlighting its display and integrated hand electrodes for upper body measurements.

Key Components:

- **Weighing Platform:** The main base of the scale with four foot electrodes.
- **Detachable Control Unit:** Features an LCD display, control buttons, and four hand electrodes. It can be removed from its stand during measurement or mounted on a wall.
- **LCD Display:** Shows weight, body composition values, user profile, and other relevant information.
- **Bluetooth Module:** For wireless data transfer to the Beurer HealthManager Pro app.

Setup

1. Battery Installation

The Beurer BF 105 scale requires 2 'A' batteries (included). To install:

1. Locate the battery compartment on the underside of the weighing platform.

2. Open the battery compartment cover.
3. Insert the 2 'A' batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

2. Initial Setup and User Profile Creation

The scale supports 10 user memory slots, plus a guest mode. To set up your profile:

1. Press the 'SET' button on the control unit to enter setup mode.
2. Use the arrow buttons to select a user memory slot (P1-P10).
3. Confirm your selection with 'SET'.
4. Enter personal data such as height, age, gender, and activity level using the arrow buttons and 'SET' to confirm each entry. This information is crucial for accurate body composition analysis.
5. Once all data is entered, the scale is ready for use.

3. Connecting to Beurer HealthManager Pro App

For detailed graphical evaluations and long-term tracking, connect your scale to the Beurer HealthManager Pro app:

1. Download the "beurer HealthManager Pro" app from your smartphone's app store (available for iOS and Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to add a new device.
4. The app will guide you through the pairing process with your BF 105 scale.
5. Once paired, your measurement data will automatically transfer to the app after each measurement, or can be manually synced.

Operating Instructions

Taking a Measurement

For accurate body composition analysis, ensure your feet are bare and clean. The detachable control unit should be held correctly during the measurement.

1. Step onto the scale with bare feet, ensuring your feet are positioned on the four foot electrodes.
2. Pick up the detachable control unit and hold it with both hands, ensuring your thumbs are on the upper electrodes and your fingers are on the lower electrodes.
3. Stand still and wait for the measurement to complete. The display will show your weight first, followed by other body composition values.
4. The scale will automatically identify your user profile based on your weight. If multiple profiles are close in weight, you may need to select your profile using the arrow buttons.
5. Once the measurement is complete, the data will be stored in your user profile and, if connected, transferred to the Beurer HealthManager Pro app.



Figure 3: Proper posture for precise upper and lower body measurement using the Beurer BF 105, with the user holding the detachable control unit.



Figure 4: The Beurer BF 105 provides complete body analysis, measuring weight, body fat, muscle percentage, body water, and bone mass.

Viewing Results

Results can be viewed directly on the scale's LCD display or in the Beurer HealthManager Pro app.

- **On the Display:** The LCD display cycles through your measured values (weight, body fat, muscle, water, bone mass, BMR/AMR). The clear presentation includes graphical classification of results.
- **In the App:** The app provides a detailed overview of your measurements, including historical data, trends, and graphical evaluations. This allows for comprehensive tracking of your body composition over time.



Figure 5: The Beurer BF 105 display provides a clear presentation of results, including graphical classification for easy interpretation.



Figure 6: Graphical evaluations of body composition data are available through the Beurer HealthManager Pro app on your smartphone.

Maintenance and Care

- Clean the scale regularly with a damp cloth. Do not use abrasive cleaners or solvents.
- Do not immerse the scale or the control unit in water.
- If the scale is not used for an extended period, remove the batteries to prevent leakage.
- Store the scale in a dry, cool place, away from direct sunlight and extreme temperatures.
- Handle the detachable control unit with care to avoid damage.

Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace batteries if necessary.
Inaccurate or inconsistent measurements.	Scale not on a firm, level surface; feet not bare/clean; incorrect posture; user profile data incorrect.	Ensure scale is on a hard, flat floor. Step on with bare, clean feet. Hold the control unit correctly. Verify user profile settings (height, age, gender). Try resetting the scale by removing and reinserting batteries.
Bluetooth connection fails.	Bluetooth off on phone; app not open; scale not in pairing mode; interference.	Ensure Bluetooth is on. Open Beurer HealthManager Pro app. Restart scale and phone. Move closer to the scale.
"Err" message on display.	Overload (weight exceeds 180 kg); measurement error.	Step off the scale if overloaded. Re-attempt measurement, ensuring proper contact with electrodes.

Specifications

Feature	Detail
Model Number	748.12
Dimensions (L x W x H)	33 x 4 x 33 cm (13 x 1.6 x 13 inches)
Weight	2.53 kg (5.58 lbs)
Weight Capacity	180 kg (396 lbs)
Measurement Precision	100g - 150g (High)
Electrodes	8 (4 on platform, 4 on control unit)
Display Type	LCD
Material	Stainless Steel
Power Source	2 x 'A' batteries (included)
User Memory Slots	10 + Guest Mode
Data Transfer	Bluetooth to Beurer HealthManager Pro app
Manufacturer	Beurer GmbH
Country of Origin	China

Warranty and Support

The Beurer BF 105 Body Complete Diagnostic Scale typically comes with a **5-year warranty** from the manufacturer, Beurer GmbH. Please refer to your purchase documentation for specific warranty terms and conditions.

For technical support, troubleshooting assistance, or warranty claims, please contact Beurer customer service. Contact information can usually be found on the official Beurer website or on the product packaging.

You can also visit the official Beurer store on Amazon for more information and product updates: Beurer Amazon Store

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