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## Medisana BS 450 Connect (40510)

# Medisana BS 450 Connect Digital Body Analysis Scale User Manual

Model: BS 450 Connect (40510)

## INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Medisana BS 450 Connect Digital Body Analysis Scale. This device is designed to measure body weight, body fat, body water, muscle mass, and bone weight, and to calculate BMI. Please read this manual thoroughly before first use and keep it for future reference.

## SAFETY INFORMATION

- The scale is intended for personal use only.
- Do not use the scale if you have a pacemaker or other medical implant.
- Always place the scale on a firm, flat surface to ensure accurate measurements.
- Step onto the scale barefoot and ensure your feet are positioned on all four electrodes for body analysis measurements.
- Keep the scale away from water and extreme temperatures.
- Clean the scale with a damp cloth; do not use abrasive cleaners.
- Keep batteries out of reach of children.

## PACKAGE CONTENTS

- Medisana BS 450 Connect Digital Body Analysis Scale
- 4 x AAA Batteries
- Instruction Manual (this document)

## SETUP

### 1. Battery Installation

1. Open the battery compartment on the underside of the scale.

2. Insert the included 4 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

## 2. Initial Calibration

For the first use or after moving the scale, it is recommended to calibrate it.

1. Place the scale on a hard, flat surface.
2. Briefly step on the scale until numbers appear, then step off.
3. The display will show "0.0" or similar, indicating calibration is complete.

## 3. VitaDock+ App Installation and Pairing

The Medisana BS 450 Connect scale works with the VitaDock+ app for long-term monitoring and analysis of your body measurements.

1. Download the "VitaDock+" app from your smartphone's app store (iOS or Android).
2. Enable Bluetooth on your smartphone.
3. Open the VitaDock+ app and follow the on-screen instructions to create a user profile and pair your scale.
4. Ensure the scale is active (step on it briefly) during the pairing process.

## 4. User Profile Setup

Within the VitaDock+ app, you can set up individual user profiles. The scale can automatically recognize up to 8 users.

- Enter your personal data (age, height, gender, activity level) into your profile in the VitaDock+ app. This information is crucial for accurate body analysis calculations.

## OPERATING INSTRUCTIONS

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### 1. Taking a Measurement

To obtain a full body analysis measurement:

1. Place the scale on a hard, flat surface.
2. Step onto the scale barefoot. Ensure your feet are positioned on the four metal electrodes.
3. Stand still until your weight is displayed, followed by other body analysis values (body fat, body water, muscle mass, bone weight).
4. The invisible LED display will show your measurements.
5. If the VitaDock+ app is open and Bluetooth is enabled, the data will automatically transfer to your profile.



Image: Bare feet correctly positioned on the scale for body analysis. The display shows a weight reading.

## 2. Understanding Display Readings

The scale's invisible LED display will show your weight and other body analysis values sequentially. Refer to the VitaDock+ app for detailed interpretation and historical data.



Image: The Medisana BS 450 Connect scale showing a weight reading, alongside a smartphone displaying the VitaDock+ app with detailed measurement data.

### 3. Switching Measurement Units

The scale supports measurement units in kilograms (kg), pounds (lb), and stones (st). The unit can typically be changed via a button on the underside of the scale or within the VitaDock+ app settings. Consult the app for specific instructions on unit conversion.

### 4. Automatic User Recognition

Once multiple user profiles are set up in the VitaDock+ app, the scale can automatically recognize up to 8 users based on their weight and body composition data. Ensure your profile is correctly configured in the app for this feature to function.

Data transfer to  
VitaDock+ app

Automatic recognition  
of up to 8 users



Invisible LED display  
that only lights up  
when in use

Image: Visual representation of the scale's features, including app data transfer, multi-user recognition, and the hidden LED display.

## MAINTENANCE

### 1. Cleaning the Scale

- Wipe the surface of the scale with a slightly damp cloth.
- Do not use abrasive cleaning agents or immerse the scale in water.

### 2. Battery Replacement

- When the battery indicator appears on the display, replace all 4 AAA batteries simultaneously.
- Ensure correct polarity when inserting new batteries.
- Dispose of used batteries according to local regulations.

### 3. Storage

- Store the scale in a dry, cool place.
- Avoid placing heavy objects on the scale when not in use.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate readings / Fluctuating weight	Scale not on a hard, flat surface; initial calibration not performed; scale moved.	Ensure scale is on a hard, flat surface. Perform initial calibration by stepping on and off the scale briefly.
No display / Scale does not turn on	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace all 4 AAA batteries.
Body analysis values not displayed	Not standing barefoot; feet not on electrodes; user profile not set up in app.	Step onto the scale barefoot, ensuring feet cover all four electrodes. Set up your user profile in the VitaDock+ app.
Bluetooth connection issues	Bluetooth disabled on phone; app not open; scale not active; interference.	Ensure Bluetooth is enabled on your smartphone. Open the VitaDock+ app. Briefly step on the scale to activate it. Try moving closer to the scale or restarting your phone.
"Err" message on display	Overload (weight exceeds 180 kg); measurement error.	Ensure weight is within the 180 kg limit. Step off and then back on the scale.

## SPECIFICATIONS



Image: Dimensions of the Medisana BS 450 Connect scale, showing it measures 31.9 cm by 31.9 cm.

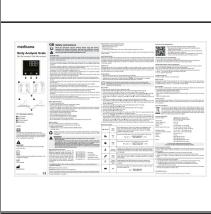
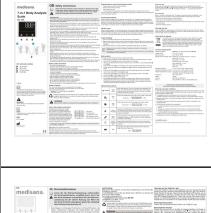
- **Model:** BS 450 Connect (40510)
- **Dimensions:** 32 x 32 x 2.3 cm
- **Weight:** Approximately 2.1 kg (Note: '2.1 g' in product specifications is likely a typographical error)
- **Weight Limit:** 180 kg / 396 lbs
- **Measurement Units:** kg, lb, st
- **Display Type:** Invisible LED
- **Power Source:** 4 x AAA batteries (included)
- **Special Features:** Body Fat, Body Water, Muscle Mass, Bone Weight, BMI calculation, Automatic user recognition (up to 8 users), Bluetooth data transfer to VitaDock+ app.
- **Material:** Acrylonitrile Butadiene Styrene
- **Manufacturer:** Medisana

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the official Medisana website.

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## Related Documents - BS 450 Connect (40510)

	<p><a href="#"><u>medisana BS 444 Body Analysis Scale User Manual - Health and Fitness Tracking</u></a></p> <p>Comprehensive user manual for the medisana BS 444 Body Analysis Scale, covering safety instructions, operation, technical specifications, and warranty information. Learn about safe operation, body composition measurement, VitaDock+ app connection, and troubleshooting for accurate health tracking.</p>
	<p><a href="#"><u>Medisana BS 430 Connect &amp; BS 440 Connect Body Analysis Scale User Manual</u></a></p> <p>User manual for the Medisana BS 430 Connect and BS 440 Connect Body Analysis Scales. Learn how to use the scales for simple weight measurements and connect them to your smartphone via Bluetooth with the VitaDock+ app for advanced body analysis.</p>
	<p><a href="#"><u>Medisana BS 465 Body Analysis Scale User Manual</u></a></p> <p>Comprehensive user manual for the Medisana BS 465 body analysis scale, covering safety instructions, operation, features, technical specifications, and warranty information.</p>
	<p><a href="#"><u>medisana Body Analysis Scale BS 330 connect / BS 340 connect User Manual</u></a></p> <p>Comprehensive user manual for the medisana Body Analysis Scale BS 330 connect and BS 340 connect. Covers intended use, detailed safety instructions, operation guides, body composition analysis, app connectivity, troubleshooting, and technical specifications.</p>
	<p><a href="#"><u>Medisana BS 300 7-in-1 Body Analysis Scale User Manual</u></a></p> <p>Comprehensive user manual for the Medisana BS 300 7-in-1 Body Analysis Scale, covering safety instructions, operation, technical specifications, and warranty information.</p>
	<p><a href="#"><u>medisana Körperanalysewaage BS 600: Ihr umfassender Gesundheitsbegleiter</u></a></p> <p>Entdecken Sie die medisana Körperanalysewaage BS 600 für detaillierte Einblicke in Gewicht, Körperfett, Wassergehalt, Muskelmasse und mehr. Verbinden Sie sie mit der VitaDock+ App für ein ganzheitliches Gesundheitsmanagement.</p>