

Beurer BF 198

Beurer BF 198 Diagnostic Scale User Manual

Model: BF 198

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1. INTRODUCTION

The Beurer BF 198 Diagnostic Scale is designed to measure body weight, body fat, body water, muscle percentage, bone mass, and calculate Body Mass Index (BMI) and Active Metabolic Rate (AMR). This manual provides essential instructions for the safe and effective use of your scale.

Important Safety Information

- Read all instructions carefully before using the device. Keep this manual for future reference.
- This device is intended for personal use only and is not suitable for commercial or medical purposes.
- Consult a medical professional for any health concerns or before starting any diet or exercise program.
- Do not use the scale if you have a medical implant (e.g., pacemaker).
- Place the scale on a firm, level surface to ensure accurate measurements.

2. SETUP

Battery Installation

The scale requires two CR2 batteries (included). To install or replace batteries:

1. Open the battery compartment located on the underside of the scale.
2. Insert the two CR2 batteries, ensuring correct polarity (+/-).
3. Close the battery compartment securely.

Initial Placement

For accurate readings, place the Beurer BF 198 diagnostic scale on a hard, flat, and stable surface. Avoid placing it on carpets, rugs, or uneven flooring, as this can affect measurement precision.



Image: The Beurer BF 198 diagnostic scale with its illuminated LCD display showing a weight of 62.4 kg.

User Profile Setup

The scale supports 10 user memory slots. To set up a personal profile:

1. With the scale off, press the **SET** button.
2. Use the arrow buttons (< / >) to select a user memory slot (P1 to P10). Confirm your selection by pressing **SET**.
3. Enter your personal data in the following order, confirming each entry with **SET**:
 - **Height**: Adjust using arrow buttons.
 - **Age**: Adjust using arrow buttons.
 - **Gender**: Select male or female.
 - **Activity Level**: Choose from 1 (low) to 5 (high) based on your physical activity.
4. Once all data is entered, the scale will save your profile and is ready for use.

3. OPERATING THE SCALE

Taking a Measurement

To obtain a full body analysis measurement:

1. Ensure your feet are clean and dry.
2. Step onto the scale barefoot, placing your feet directly on the stainless steel electrodes. Stand still.
3. The scale will automatically turn on and display your weight.
4. After a few seconds, the scale will perform the body analysis and display the following values in sequence: body fat percentage, body water percentage, muscle percentage, bone mass, BMI, and AMR.
5. Step off the scale. The readings will be automatically saved to the active user profile.



Image: The Beurer BF 198 diagnostic scale highlighting its key features: 10 user memory, multiple weight units (kg, lb, st), body analysis capabilities, and a maximum load capacity of 180 kg.

Understanding Your Readings

- **Weight:** Your total body mass in kilograms (kg), pounds (lb), or stones (st).
- **Body Fat Percentage:** The proportion of your total body weight that is fat.
- **Body Water Percentage:** The proportion of your total body weight that is water.
- **Muscle Percentage:** The proportion of your total body weight that is muscle.
- **Bone Mass:** The estimated weight of your bones.
- **BMI (Body Mass Index):** A value derived from your weight and height, used to classify body weight categories.
- **AMR (Active Metabolic Rate):** An estimate of the calories your body burns daily, considering your activity level.

4. MAINTENANCE

Cleaning

To clean your Beurer BF 198 scale:

- Wipe the surface of the scale with a slightly damp cloth.
- Do not use abrasive cleaning agents or harsh chemicals.
- Never immerse the scale in water or rinse it under running water.

Storage

Store the scale in a dry, cool place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the scale when not in use.

Battery Replacement

When the battery indicator appears on the display, replace the two CR2 batteries as described in the 'Battery Installation' section. Always replace both batteries at the same time with new ones of the same type.

5. TROUBLESHOOTING

Common Issues and Solutions

- **Inaccurate Readings:**
 - Ensure the scale is placed on a hard, flat, and stable surface.
 - Make sure your feet are clean, dry, and making full contact with the electrodes.
 - Check the battery level and replace if necessary.
 - Try recalibrating the scale by stepping on it briefly, then stepping off, and waiting for it to turn off before taking a measurement.
- **'Err' Message on Display:**
 - This typically indicates an error during the measurement process. Step off the scale, wait a few seconds for it to reset, and then try again.
 - Ensure you are standing still and balanced during the measurement.
- **No Display/Scale Not Turning On:**
 - Check that the batteries are correctly installed with the correct polarity.
 - Replace the batteries with new ones.

6. SPECIFICATIONS

Model Number	74840
Maximum Weight Capacity	180 kg (396 lb / 28 st)
Dimensions (L x W x H)	33.4 x 33 x 3.8 cm
Weight	1.64 kg
Power Source	2 x CR2 batteries (included)
Display Type	LCD
User Memory Slots	10
Material	Stainless steel, Glass, Tempered glass

7. WARRANTY & SUPPORT

Warranty Information

For detailed warranty terms and conditions, please refer to the warranty card included with your Beurer BF 198 diagnostic scale. You can also visit the official Beurer website for the most up-to-date warranty information applicable to your region.

Customer Support

Should you require further assistance, product information, or technical support, please visit the official Beurer website or contact their customer service department. Contact details can typically be found on the Beurer website or in the product packaging.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question