

## TANITA BC-332L

# TANITA BC-332L Smart Body Composition Scale Instruction Manual

Model: BC-332L | Brand: TANITA

## 1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your TANITA BC-332L Smart Body Composition Scale. Please read this manual thoroughly before use and keep it for future reference. The BC-332L is designed to help you monitor various body composition metrics with high precision, supporting your daily health management.



Image 1: TANITA BC-332L Smart Body Composition Scale with its companion app interface.

## 2. KEY FEATURES

- **High Precision Measurement:** Minimum display unit of 50g for weights between 0-100 kg, and 100g for 100-150 kg. Maximum capacity is 150 kg.
- **Comprehensive Body Composition Analysis:** Measures Weight, BMI, Body Fat Percentage, Muscle Mass, Estimated Bone Mass, Visceral Fat Level, Basal Metabolic Rate, and Body Age.
- **App Integration:** Seamlessly connects with the HealthPlanet app via Bluetooth for data management and graphical trend analysis. Compatible with Apple Health.
- **Automatic User Recognition:** No button operation required before measurement; simply step on the scale.
- **Family Monitoring ('Forgot Number Display'):** Displays the user number of family members who haven't measured for a certain period, encouraging consistent monitoring.
- **Backlight Display:** Features a negative display with backlight for clear readability in various lighting conditions.
- **MySapo Function:** Supports daily measurement habits by displaying different facial expressions on the screen based on measurement frequency.
- **Child Measurement:** Body fat percentage and muscle mass can be determined for individuals aged 6 years and older.
- **Quality Assurance:** Made in Japan and JIS mark certified.

## 3. SETUP

### 3.1 Battery Installation

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

### 3.2 Initial User Registration

For accurate measurements and data tracking, register your personal information on the scale. This is typically done during the first use.

1. Press the 'Set' button (usually indicated by a person icon or 'SET') to begin registration.
2. Use the arrow buttons to input your personal data such as age, gender, height, and activity level.
3. Confirm your entries. The scale can store data for up to 5 users, plus a guest mode.



Image 2: Illustration of initial user registration for family members.

### 3.3 App Pairing (Bluetooth)

To manage your data on your smartphone, download the 'HealthPlanet' app and pair it with your scale.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the HealthPlanet app and follow the on-screen instructions to add a new device.
3. The app will guide you through the pairing process. Once paired, your measurement data will automatically synchronize.

## 4. OPERATING INSTRUCTIONS

### 4.1 Taking a Measurement

1. Place the scale on a hard, flat surface. Avoid soft surfaces like carpets, which can affect accuracy.
2. Step onto the scale barefoot. Ensure your feet are positioned correctly on the electrodes.
3. The scale will automatically turn on and begin measurement. Remain still until all measurements are displayed.
4. Your personal data will be automatically recognized, and your body composition metrics will be displayed sequentially.

### 4.2 App Data Synchronization

After measurement, open the HealthPlanet app on your smartphone. The data will automatically transfer and be recorded in your profile. You can view your progress through graphs and detailed reports.

# 測定データはスマホで管理

Bluetooth® 無線技術を使用しスマートフォンと連携。

アプリ「ヘルスプラネット」に測定結果は全て記録  
することができます。

体重・体脂肪率・筋肉量などの各指標は  
データやグラフで確認することができます。



健康管理アプリ  
**HealthPlanet**  
ヘルスプラネット



Apple ヘルスケア

アプリ「HealthPlanet」の体重と体脂肪率のデータは、アップル社が提供するアプリ「ヘルスケア」へ同期ができます。

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Image 3: Managing measurement data through the HealthPlanet smartphone application.

## 4.3 'Forgot Number Display' Function

This feature helps family members maintain consistent measurement habits. If a registered family member has not measured for a certain period, their user number will be displayed on the scale when another family member takes a measurement.

# 一定期間はかっていない 「おさぼり」を家族にお知らせ

あなたが測定している時に、一定期間  
測定していない家族の個人番号を表示します。

※表示するのは個人番号のみで他の人の測定結果は表示されません。



同居する家族の健康のため、  
お互いに声を掛け合い、健康と向き合う  
習慣作りをサポートします。

Image 4: The 'Forgot Number Display' function prompting a family member to measure.

## 5. MEASUREMENT ITEMS EXPLAINED

The TANITA BC-332L provides detailed insights into your body composition:

- **Weight:** Your total body mass, measured with 50g precision.
- **BMI (Body Mass Index):** A ratio of your weight to height, indicating if you are underweight, normal weight, overweight, or obese.
- **Body Fat Percentage:** The proportion of fat in your body. The scale provides a judgment (e.g., low, healthy, high).
- **Muscle Mass:** The total weight of muscle in your body. The scale provides a judgment.
- **Estimated Bone Mass:** An estimation of your bone mineral content. The scale provides a judgment.
- **Visceral Fat Level:** The level of fat surrounding your internal organs. The scale provides a judgment.



- **Basal Metabolic Rate (BMR):** The minimum number of calories required to keep your body functioning at rest. The scale provides a judgment.
- **Body Age:** An estimation of your body's physiological age based on your body composition.
- **Comparison with Previous Value:** An arrow indicator shows whether your current measurement is higher or lower than your last recorded value.

## BC-332L —測定項目・機能—



Image 5: Overview of all body composition metrics measured by the BC-332L.

## 6. MAINTENANCE

To ensure the longevity and accuracy of your TANITA BC-332L scale, follow these maintenance guidelines:

- **Cleaning:** Wipe the scale surface with a soft, damp cloth. Do not use abrasive cleaners or immerse

the scale in water.

- **Storage:** Store the scale in a dry place at room temperature. Avoid storing it in locations exposed to direct sunlight, near heating appliances, or where air conditioner drafts directly hit it.
- **Environment:** Do not store or use the scale in areas with high humidity, water, strong vibrations, or drastic temperature changes.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.

## 7. TROUBLESHOOTING

If you encounter any issues with your BC-332L scale, refer to the following common problems and solutions:

- **Scale does not turn on or display anything:**
  - Check if the batteries are inserted correctly and have sufficient charge. Replace them if necessary.
  - Ensure the scale is placed on a flat, stable surface.
- **Inaccurate measurements:**
  - Ensure you are stepping on the scale barefoot and standing still.
  - Make sure the scale is on a hard, flat surface, not carpet or uneven flooring.
  - Re-enter your personal data in the user settings to ensure accuracy.
- **App not synchronizing data:**
  - Ensure Bluetooth is enabled on your smartphone and the scale.
  - Close and reopen the HealthPlanet app.
  - Try restarting both your smartphone and the scale.
  - If the issue persists, try unpairing and re-pairing the device in the app settings.
- **Automatic user identification fails:**
  - Ensure your personal data (height, age, gender) is correctly registered.
  - If multiple users have similar body compositions, the scale might occasionally misidentify. In such cases, manually select your user number if the scale allows, or re-measure.

If the problem persists after trying these steps, please contact TANITA customer support.

## 8. SPECIFICATIONS

Feature	Specification
Manufacturer	TANITA
Model Number	BC-332L
Maximum Weight Capacity	150 kg
Minimum Display Unit (0-100 kg)	50 g
Minimum Display Unit (100-150 kg)	100 g
Dimensions (Approx.)	310 mm (W) x 274 mm (D) x 36 mm (H)
Product Weight (Approx.)	1.5 kg
Material	ABS, PE
Color	White
Display Type	LCD with Backlight

Battery Type	Alkaline (included)
Connectivity	Bluetooth

BC-332L サイズ

重さ 約1.5kg



高さ 36mm

Image 6: Dimensions of the BC-332L scale.

## 9. WARRANTY AND SUPPORT

### 9.1 Manufacturer's Warranty

Your TANITA BC-332L Smart Body Composition Scale comes with a **1-year free repair warranty** from the date of purchase. In the event of a malfunction within this period, please present your proof of purchase and contact TANITA customer service for repair.

*Note: Customer personal information provided for repair services will be used solely for the purpose of*







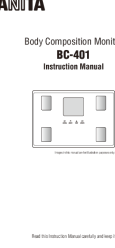
delivering repaired products. TANITA ensures responsible management of personal information in accordance with company regulations to prevent unauthorized access by third parties.

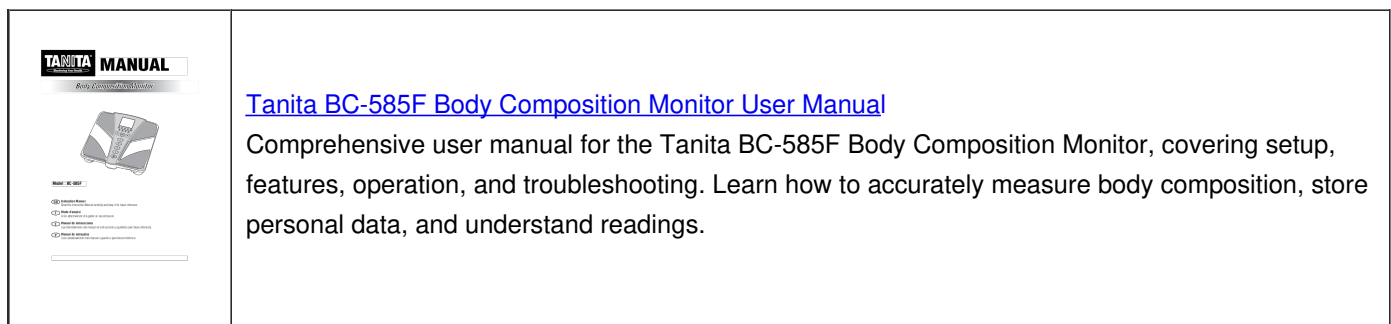
## 9.2 Customer Support

For further assistance, technical support, or warranty claims, please refer to the contact information provided in your product packaging or visit the official TANITA website.

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## Related Documents - BC-332L

	<p><a href="#">TANITA BC-401F Body Composition Monitor Instruction Manual</a></p> <p>This instruction manual provides comprehensive guidance for the TANITA BC-401F Body Composition Monitor, a home health care device. It details setup procedures, measurement methods, and features for tracking weight, BMI, body fat, muscle mass, bone mass, visceral fat, BMR, and metabolic age. Includes safety precautions, troubleshooting, and specifications.</p>
	<p><a href="#">Tanita BC730 Body Composition Scale User Manual and Warranty</a></p> <p>Comprehensive guide to using the Tanita BC730 compact and lightweight body composition scale, including operating instructions, health metrics, and warranty information.</p>
	<p><a href="#">Tanita BC-601FS Segmental Body Composition Monitor: Instruction Manual</a></p> <p>This comprehensive instruction manual for the Tanita BC-601FS Segmental Body Composition Monitor guides users through setup, operation, and troubleshooting. Learn to accurately measure weight, body fat percentage, muscle mass, total body water, visceral fat, metabolic age, and Daily Calorie Intake (DCI) using Bioelectrical Impedance Analysis (BIA) technology. Includes safety precautions and important notes for optimal use.</p>
	<p><a href="#">Tanita DC-240 Body Composition Analyzer Instruction Manual</a></p> <p>Comprehensive instruction manual for the Tanita DC-240 Body Composition Analyzer, covering setup, usage, safety precautions, troubleshooting, and technical specifications for accurate body composition measurements.</p>
	<p><a href="#">Tanita BC-401 Body Composition Monitor Instruction Manual</a></p> <p>Comprehensive instruction manual for the Tanita BC-401 Body Composition Monitor. Learn how to set up, use, and maintain your device for accurate body composition analysis, including weight, body fat, and muscle mass tracking. Features safety precautions and troubleshooting tips.</p>



## Documents - TANITA – BC-332L



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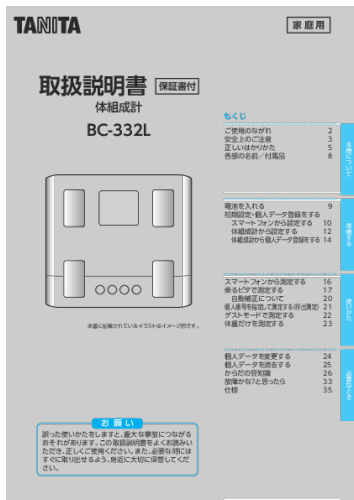


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