Beurer 748.12

Beurer BF 105 Bodycomplete Body Scales User Manual

Model: 748.12

1. Product Overview

The Beurer BF 105 Bodycomplete Body Scales are a versatile diagnostic device designed for comprehensive body analysis. They provide detailed insights into your body values, allowing you to track personal health goals through graphical evaluation and trend display of your data.

Key Features

- Precise whole-body analysis including body weight, fat, water, muscle percentage, bone mass, and calorie display (AMR/BMR).
- Accurate upper and lower body measurement with 8 electrodes.
- Wireless removable handle with blue lighting and a large XXL display (120 x 46 mm).
- Bluetooth connectivity for data transfer to the Beurer HealthManager Pro or Beurer HealthManager app.
- 10 user memories with 30 measured value memories, plus an integrated guest mode.
- Easy to use with button-on technology, automatic switch-off, and overload indication.

What's Included

- BF105 diagnostic scale
- 6x 1.5V AA batteries
- Instructions for use

2. Initial Setup

Battery Installation

Locate the battery compartment on the underside of the scale. Insert the 6x 1.5V AA batteries, ensuring correct polarity.

Close the battery compartment securely.

App Installation and Pairing

To utilize the full features of your Beurer BF 105 scales, download the "beurer HealthManager Pro" or "beurer HealthManager" app from your device's app store. The app is compatible with various Android (version 5.0 and above) and iOS (version 10.0 and above) devices, requiring Bluetooth 4.0.

Important Note: The initial setup of the scale, including user profiles and pairing, can only be done via the Beurer app. It is not possible to set up the scale directly through your device's Bluetooth menu.



The Beurer HealthManager app displays various body metrics such as weight, BMI, body fat percentage, water percentage, and muscle percentage, allowing for detailed tracking and analysis.



Kompatible Geräte*

Android

- Huawei P20 Pro
- Huawei P9
- LG Google Nexus 5
- Samsung Galaxy A3
- Samsung Galaxy A5
- Samsung Galaxy J5
- Samsung Galaxy J7
- Samsung Galaxy Note 8
- Samsung Galaxy S4
- Samsung Galaxy S5
- Samsung Galaxy S6
- Samsung Galaxy S7
- Samsung Galaxy S8
- Samsung Galaxy S9

Systemvoraussetzung:
Bluetooth® 4.0, Android™ ab 5.0

iOS

- iPad (4th generation)
- iPhone 5
- iPhone 5c
- iPhone 5s
- iPhone 6
- iPhone 6 Plus
- iPhone 6s
- iPhone 6s Plus
- iPhone 7
- iPhone 7 Plus
- iPhone 8
- iPhone 8 Plus
- iPhone X
- iPhone Xs Max
- iPhone Xs
- iPhone XR

Systemvoraussetzung:
Bluetooth® 4.0, iOS ab 10.0

* Stand: 02.08.2019
Kompatibilität mit weiteren Geräten ist möglich, wird jedoch nicht gewährleistet.

The Beurer HealthManager app is compatible with a range of Android devices (e.g., Huawei P20 Pro, Samsung Galaxy S5-S9) and iOS devices (e.g., iPad 4th gen, iPhone 5-XR) requiring Bluetooth 4.0 and specific OS versions (Android 5.0+, iOS 10.0+).

3. Operating Instructions

Taking a Measurement

To ensure accurate readings, follow these guidelines:

- Place the scale on a firm, level surface. Avoid carpets or uneven floors.
- Step onto the scale barefoot. Ensure your feet are positioned correctly on the electrodes.
- Hold the removable display unit with both hands, ensuring your palms are firmly gripping the hand sensors. Do not let your fingers or hands touch each other.
- Stand upright and still during the measurement. Do not let your legs touch each other.

- For consistent results, measure at the same time of day and under similar conditions (e.g., before breakfast).



For accurate measurements, stand upright and still, distributing weight evenly. Ensure electrodes are firmly gripped by hands without touching each other, and legs do not touch during measurement. Calibrate the scale on a firm surface after moving it.



This image demonstrates the capability of the Beurer BF 105 scales to provide precise results through separate upper and lower body measurements, showing distinct percentages for each.

Understanding Your Results

The Beurer BF 105 provides a comprehensive analysis, including:

- **Body Weight:** Your total weight.
- **Body Fat Percentage:** The proportion of fat in your body.
- **Body Water Percentage:** The proportion of water in your body.
- **Muscle Percentage:** The proportion of muscle mass in your body.
- **Bone Mass:** The weight of your bones.
- **AMR/BMR (Active/Basal Metabolic Rate):** Your estimated daily calorie requirement.

User Profiles and Memory

The scale supports 10 user memories, allowing multiple individuals to track their data. Each user profile can store up to 30 measured values. There is also an integrated guest mode for one-time measurements without saving data to a specific

profile.

4. Maintenance and Care

Care and Cleaning

Clean the scale regularly with a slightly damp cloth. Do not use abrasive cleaning agents or immerse the scale in water. Ensure the surface is dry before storage or next use.

Storage

Store the scale in a dry place, away from extreme temperatures and direct sunlight. If not in use for an extended period, it is recommended to remove the batteries.

5. Troubleshooting

Common Issues and Solutions

- **Scale not turning on or displaying low battery:** Check battery installation. Replace all 6x 1.5V AA batteries with new ones. Ensure batteries have sufficient capacity, as low voltage can restrict device function.
- **Inaccurate readings:** Ensure the scale is on a firm, level surface. Recalibrate if the scale has been moved. Verify correct posture during measurement (feet on electrodes, hands on sensors, no body parts touching). Measure at the same time of day for consistency.
- **App connectivity issues:** Ensure Bluetooth is enabled on your mobile device. Confirm you are using the official "beurer HealthManager Pro" or "beurer HealthManager" app. Remember that initial setup and pairing must be done through the app, not directly via your phone's Bluetooth settings.
- **Overload indication:** The scale has a maximum load capacity of 180 kg (396 lbs). If this limit is exceeded, an overload indicator will appear.

6. Technical Specifications

Feature	Specification
Model Number	748.12
Product Dimensions	12.99 x 1.57 x 12.99 inches
Weight	0.09 ounces (scale only, without batteries)
Batteries	6x 1.5V AA batteries (included)

Feature	Specification
Weight Limit	180 kg (396 lbs)
Display Size	120 x 46 mm (XXL display)
Digits Size	22 mm
Connectivity	Bluetooth (for app transfer)
User Memory	10 users + guest mode
Data Storage	30 measurements per user
Special Features	Body Fat, Muscle Mass, Body Water, Bone Mass, AMR/BMR, Removable Display, Smart Connectivity

7. Warranty and Support

Warranty Information

Beurer products are designed for reliability and durability. The Beurer BF 105 Bodycomplete Body Scales typically come with a manufacturer's warranty. Please refer to the warranty card included in your product packaging or visit the official Beurer website for specific warranty terms and conditions applicable to your region. Some regions may offer up to 5 years of warranty.

Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please contact Beurer customer support. Contact information can usually be found on the official Beurer website or in the product packaging.

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