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TANITA RD545SV0000EUA

TANITA RD-545HR Segmental Smart Body Composition Scale

Model: RD545SV0000EUA

INTRODUCTION

The TANITA RD-545HR is an advanced segmental smart body composition scale designed to provide comprehensive health insights from the comfort of your home. Utilizing dual-frequency Bioelectrical Impedance Analysis (BIA) technology, it offers professional-grade measurement precision.

This device seamlessly integrates with the free MyTANITA app, allowing you to track over 12 key body composition measurements directly on your smartphone or tablet. This enables effective monitoring of your health progress and helps in achieving your wellness goals.



Figure 1: The TANITA RD-545HR scale alongside a smartphone showing the MyTANITA app, illustrating the device's connectivity and data visualization capabilities.

SETUP GUIDE

Follow these steps to set up your TANITA RD-545HR scale for first use:

1. **Unboxing:** Carefully remove the scale and all components from the packaging. Ensure all parts are present: the main scale unit, the retractable handle, and the included AA batteries.
2. **Battery Installation:** Open the battery compartment on the underside of the scale. Insert the 2 AA batteries, ensuring correct polarity (+/-). Close the compartment securely.
3. **Placement:** Place the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect measurement accuracy.
4. **Initial Power On:** Press the power button on the handle unit. The display should illuminate, indicating the scale is

ready.

5. **App Download:** Download the free MyTANITA app from your device's app store (available for iOS and Android).

6. **Pairing with App:**

- Ensure Bluetooth is enabled on your smartphone or tablet.
- Open the MyTANITA app and follow the on-screen instructions to create a user profile.
- The app will guide you through the pairing process. On the scale, press the 'O' button (as indicated in some user reviews for pairing) while the scale is off, then follow the app's prompts to connect.
- Once paired, your profile data (height, age, gender) will be synchronized with the scale.

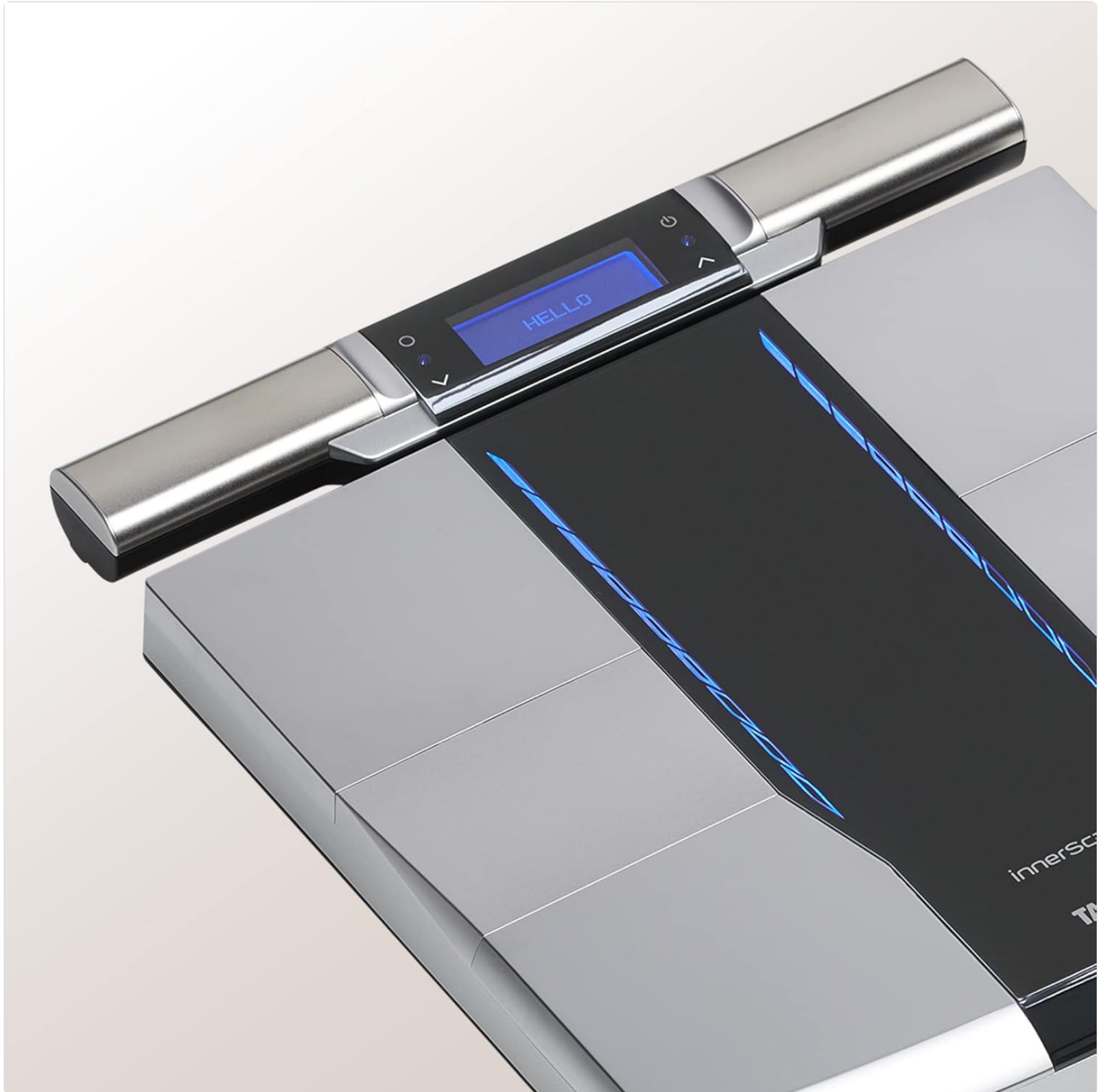


Figure 2: Top view of the TANITA RD-545HR, highlighting the display and handle, crucial for setup and operation.

OPERATING INSTRUCTIONS

The TANITA RD-545HR provides detailed body composition analysis. For accurate readings, ensure you are barefoot and

the scale is on a flat, hard surface.

Taking a Measurement:

1. **Step On:** Gently step onto the scale with bare feet, ensuring your feet are positioned correctly on the electrodes.
2. **Hold Handle:** Grasp the retractable handle firmly with both hands. Ensure your thumbs are on the top electrodes and your fingers are wrapped around the side electrodes. Hold the handle at waist height, keeping your arms straight but relaxed.
3. **Measurement Process:** The scale will automatically begin the measurement. Remain still and quiet during this process. The display on the handle will show various readings as they are taken.
4. **Results:** Once the measurement is complete, the results will be displayed on the scale's screen and automatically sent to your MyTANITA app if connected.



Figure 3: Proper posture for taking a measurement, demonstrating how to stand on the scale and hold the handle.

Understanding Your Measurements:

The RD-545HR provides a comprehensive analysis of your body composition, including:

- **Weight:** Your total body weight.
- **Body Fat Percentage:** The proportion of fat to total body weight.
- **Muscle Mass:** The total weight of muscle in your body.
- **Visceral Fat:** Fat surrounding your internal organs.
- **Body Water Percentage:** The amount of fluid in your body.
- **Bone Mass:** The weight of bone mineral in your body.
- **Heart Rate:** Your pulse during measurement.
- **BMI (Body Mass Index):** A ratio of your weight to height.
- **BMR (Basal Metabolic Rate):** The minimum calories required to sustain vital functions at rest.
- **Muscle Quality Score:** An assessment of muscle condition.



Figure 4: Visual representation of the various body composition metrics measured by the RD-545HR scale.

Segmental Analysis:

A unique feature of the RD-545HR is its ability to provide segmental body analysis. This means it measures body

composition for individual limbs (left arm, right arm, left leg, right leg) and the torso separately, offering a highly detailed view of your body's composition.



Figure 5: Explanation of segmental measurements, showing how the scale analyzes each body segment independently.



Figure 6: A visual example of segmental body analysis, displaying individual measurements for arms and torso.

Using the MyTANITA App:

The MyTANITA app is essential for tracking your progress over time. It stores all your measurement data, allowing you to view trends, set goals, and gain deeper insights into your health.

- **Data Synchronization:** After each measurement, ensure your smartphone/tablet is nearby and the app is open for automatic data transfer.
- **Trend Charts:** The app displays your measurements in easy-to-understand trend charts, helping you visualize changes in weight, body fat, muscle mass, and other metrics.
- **Goal Setting:** Set personal health and fitness goals within the app to stay motivated.
- **User Profiles:** The app supports multiple user profiles, making it suitable for family use.



Messergebnisse auf Smartphone
oder Tablet anzeigen

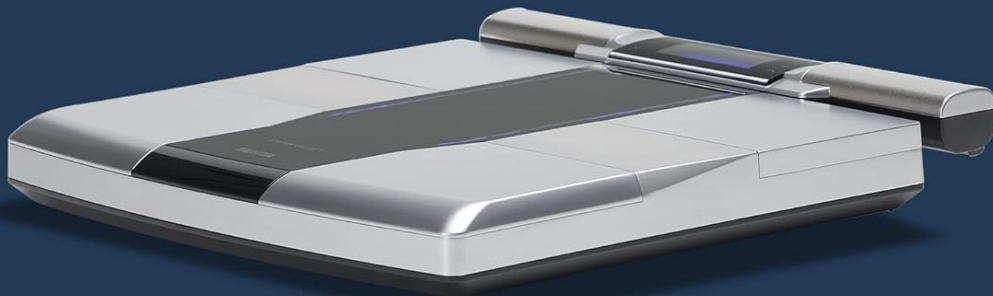


Figure 7: The MyTANITA app interface showing a trend chart, demonstrating how users can monitor their progress.



Figure 8: The scale and app working together, highlighting the recognition mode and seamless transfer of measurement results to your smart device.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and accuracy of your TANITA RD-545HR scale.

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners, harsh chemicals, or immerse the scale in water. The electrodes should be kept clean for accurate readings.
- **Storage:** Store the scale in a dry place, away from direct sunlight and extreme temperatures. Do not store anything on top of the scale.
- **Battery Replacement:** When the battery indicator appears on the display, replace all 2 AA batteries with new ones. Always replace all batteries at the same time.
- **Avoid Impact:** Do not drop the scale or subject it to strong impacts, as this can damage the internal sensors.

TROUBLESHOOTING

If you encounter issues with your TANITA RD-545HR, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Scale does not turn on.	Dead or incorrectly installed batteries.	Check battery polarity. Replace with new AA batteries.
Inaccurate readings.	Scale on uneven surface; dirty electrodes; user not barefoot; movement during measurement.	Place scale on hard, flat surface. Clean electrodes. Ensure bare feet. Remain still during measurement.

Problem	Possible Cause	Solution
Cannot connect to MyTANITA app.	Bluetooth off; app not updated; incorrect pairing procedure; scale not in pairing mode.	Ensure Bluetooth is on. Update app. Restart scale and app. Follow pairing instructions carefully (e.g., press 'O' button while scale is off). If persistent, try removing device from app and re-pairing.
"Error" message on display.	Measurement error; weight limit exceeded.	Step off and on again. Ensure weight is within 150 kg limit. Check for proper contact with electrodes.

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

SPECIFICATIONS

Detailed technical specifications for the TANITA RD-545HR:

- **Brand:** TANITA
- **Model Number:** RD545SV0000EUA
- **Product Dimensions (L x W x H):** 34.8 x 32 x 5.7 cm (13.7 x 12.6 x 2.2 inches)
- **Weight:** 3.28 Kilograms (7.23 lbs)
- **Color:** Grey
- **Material:** Plastic
- **Power Source:** 2 x AA Batteries (included)
- **Display Type:** LED
- **Weight Limit:** 150 Kilograms (330 lbs)
- **Special Features:** Body Fat Measurement, Large Display, Body Mass Index (BMI), Smart Connectivity, Muscle Mass Measurement, Segmental Analysis, Heart Rate Measurement.
- **Connectivity:** Bluetooth (for MyTANITA app)

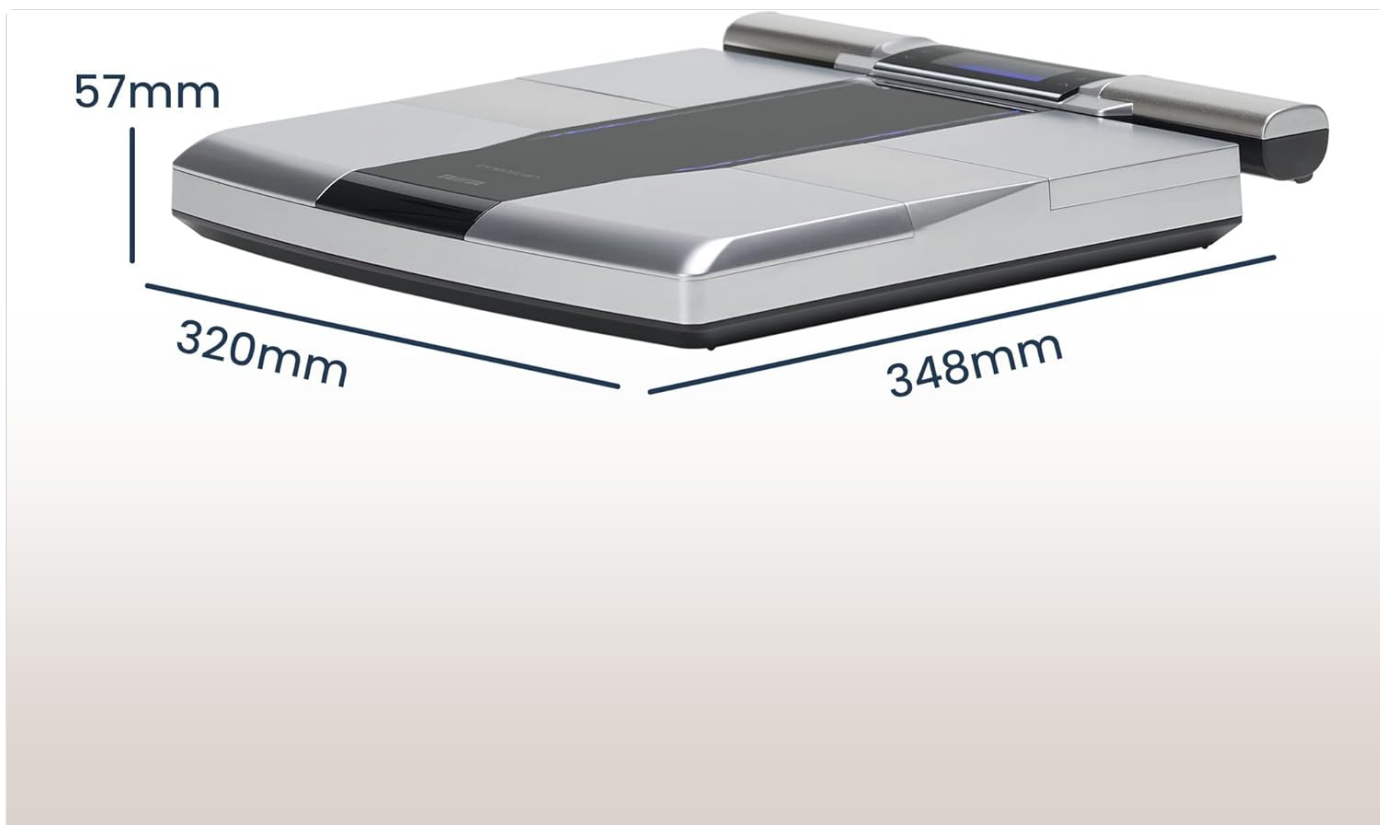


Figure 9: Dimensions of the TANITA RD-545HR scale.

WARRANTY AND SUPPORT

Warranty Information:

TANITA products are manufactured to high standards and are backed by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your product or visit the official TANITA website. Typically, the product comes with a standard return policy of 30 days for refund/replacement as per Amazon's policy.

Customer Support:

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please contact TANITA customer support. You can usually find contact information on the official TANITA website or through the MyTANITA app's help section.

Online resources and FAQs may also be available on the TANITA website to help resolve common issues.