Beurer BF 990 WIFI

Beurer BF 990 WIFI Diagnostic Scale User Manual

Model: BF 990 WIFI (10379)

Introduction

The Beurer BF 990 WIFI Diagnostic Scale is designed to provide a comprehensive analysis of your body composition. Equipped with advanced hand sensors and 8 electrodes, it measures up to 25 different body values, including body weight, body fat, muscle mass, and segmental data for a detailed understanding of your physical condition. This manual provides essential information for the safe and effective use of your scale, including setup, operation, maintenance, and troubleshooting.



Image: The Beurer BF 990 WIFI Diagnostic Scale, featuring its main unit, detachable hand sensors, and a smartphone displaying the Beurer HealthManager Pro app interface. The scale is black with silver electrode strips.

Safety Information

Please read this section carefully before using the device to ensure safe operation and prevent injury or damage. Keep this manual for future reference.

- Always use the scale on a firm, flat surface to ensure accurate measurements.
- Do not use the scale in wet environments, such as directly after showering, as this may cause slipping.
- The scale is intended for personal use only and not for medical or commercial purposes.
- Individuals with medical implants (e.g., pacemakers) should consult their doctor before using the scale, as the electrical impulses may interfere with the implant.
- Keep the device out of reach of children.
- Do not attempt to disassemble or repair the device yourself. Contact authorized service personnel for any repairs.

Product Features and Overview

The Beurer BF 990 WIFI Diagnostic Scale offers advanced features for comprehensive body analysis:

- **Full Body Analysis:** Detailed measurement of arms, legs, and torso using 8 electrodes.
- **25 Body Values:** Measures weight, body fat, muscle mass, metabolic age, visceral fat, heart rate, and 10 additional segmental values.
- **Handpiece for Precision:** Allows cross-measurement of both body halves for increased accuracy and identification of imbalances.
- **WIFI and Bluetooth Synchronization:** Automatic transfer of measured values to the "Beurer HealthManager Pro" app.
- **User Recognition:** 8 user memories with intelligent automatic user recognition and quick start technology.
- **Intuitive Display:** Magic display with dot matrix design appears only during measurement.
- **Durable Design:** 6 mm safety glass and titanium-coated electrodes on the hand unit.
- **Measurement Units:** Supports conversion between kg, lb, and st.

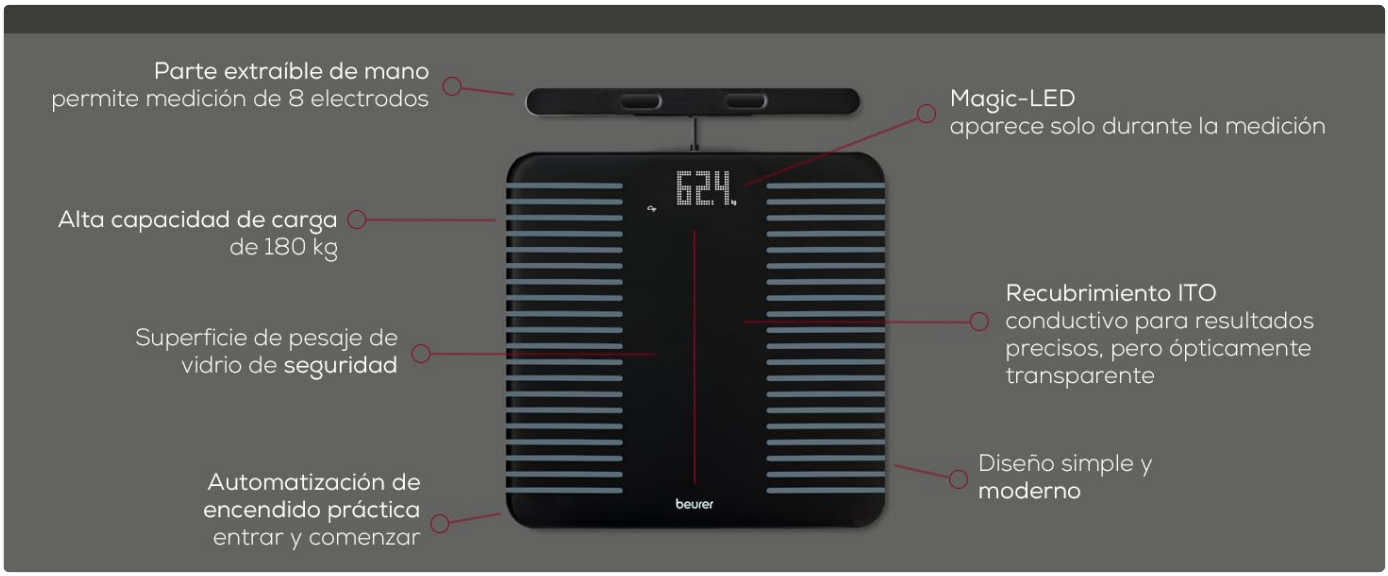


Image: A detailed diagram highlighting the key features of the Beurer BF 990 WIFI scale, including the removable hand unit for 8-electrode measurement, the Magic-LED display, 180 kg high load capacity, safety glass weighing surface, conductive ITO coating, practical automatic power-on, and a simple, modern design.



Image: An illustration of the Beurer BF 990 WIFI scale emphasizing its advanced features: 8 user memories with automatic user recognition, measurement precision of 0.1% for body fat and 100g for weight, and conversion options for kg, lb, and st units.

Setup

1. Battery Installation

Your Beurer BF 990 WIFI Diagnostic Scale requires 3 AAA batteries, which are included. Locate the battery compartment on the underside of the scale, open it, and insert the batteries according to the polarity markings (+/-). Close the compartment securely.

2. App Download and Initial Setup

To fully utilize the features of your scale, download the "Beurer HealthManager Pro" app on your smartphone or tablet. The app is available on both iOS and Android app stores. You can also scan the QR code below for direct access:



Image: A visual guide for setting up the Beurer BF 990 WIFI scale, including steps to create a user in the "Beurer HealthManager Pro" app (with a QR code for download), stepping barefoot onto the scale's foot electrodes, and holding the hand unit at hip height with extended arms, placing thumbs on the oval electrodes.

For more information and direct app download, visit: Beurer HealthManager Pro App Link

1. **Create a User Profile:** Open the "Beurer HealthManager Pro" app and follow the on-screen instructions to create your personal user profile. This includes entering your age, height, gender, and activity level.
2. **Pairing:** The scale will automatically attempt to connect via WIFI and Bluetooth to the app once it's powered on and the app is open. Follow any prompts in the app to complete the pairing process.

Operating Instructions

Taking a Measurement

For accurate measurements, follow these steps:

1. Ensure the scale is on a flat, hard surface.
2. Step onto the scale barefoot. The scale will automatically turn on.
3. Hold the detachable hand unit at hip height with your arms extended, keeping it away from your body.
4. Place both thumbs on the oval electrodes of the hand unit. Ensure firm contact with all 8 electrodes (4 on the scale, 4 on the hand unit).
5. Remain still until the measurement is complete and the values are displayed on the scale's screen.
6. The measured values will automatically synchronize with the "Beurer HealthManager Pro" app via WIFI or Bluetooth.



Image: A woman standing barefoot on the Beurer BF 990 WIFI scale, holding the hand sensors with extended arms to perform a full body analysis. This setup allows for detailed segmental measurements.



Image: A close-up view demonstrating how to properly hold the detachable hand unit of the Beurer BF 990 WIFI scale, with thumbs placed on the oval electrodes to ensure accurate segmental analysis of different body zones.

Understanding Your Measurements

The Beurer BF 990 WIFI provides up to 25 different body values. These include:

- Body Weight
- Body Fat Percentage
- Muscle Mass Percentage
- Body Water Percentage
- Bone Mass
- Visceral Fat
- Heart Rate
- Metabolic Age
- Caloric Needs (BMR/AMR)
- BMI (Body Mass Index)

- Lean Body Mass
- Soft Lean Mass
- Protein Content

Additionally, thanks to the 8 electrodes, 10 segmental values are provided, allowing you to analyze muscle mass and body fat percentage in individual body parts (e.g., left arm, right arm, torso, left leg, right leg) to identify imbalances or track progress in specific areas.

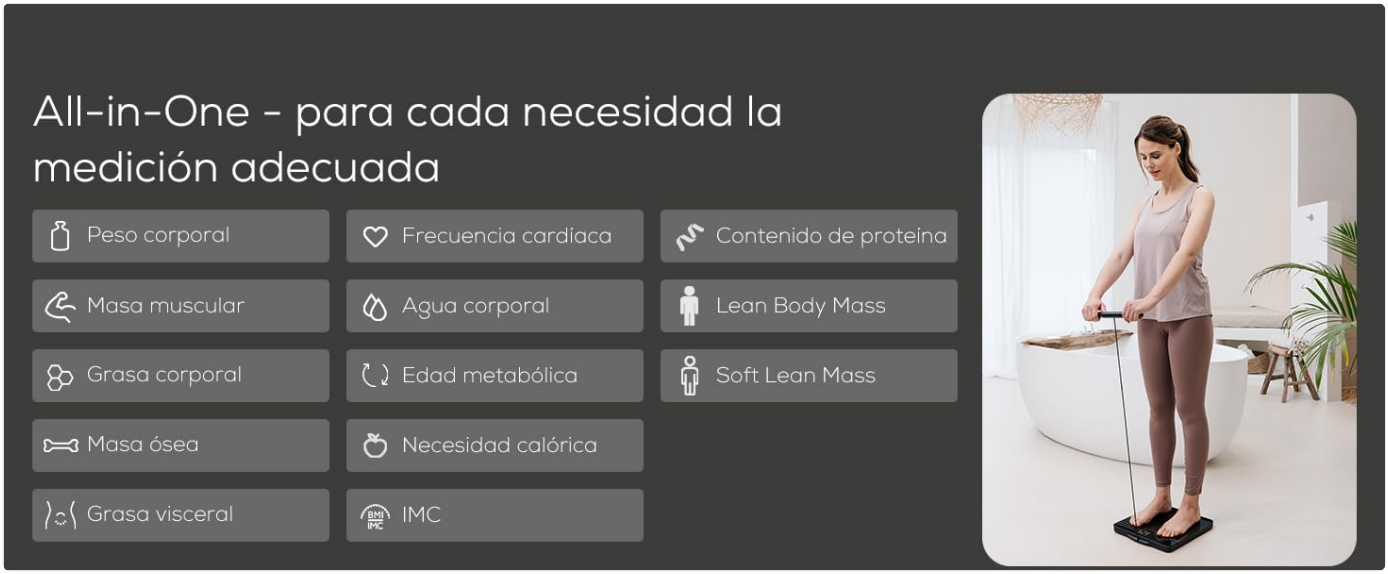


Image: An "All-in-One" infographic illustrating the comprehensive range of measurements provided by the Beurer BF 990 WIFI scale, including body weight, heart rate, protein content, muscle mass, body water, lean body mass, body fat, metabolic age, caloric needs, visceral fat, and BMI.



Image: A diagram demonstrating the 10 segmental values analyzed by the Beurer BF 990 WIFI scale, showing how it measures muscle mass and body fat percentage in different parts of the body like the left arm and right leg, helping to detect muscle imbalances or uneven progress.

Using the Beurer HealthManager Pro App

The app is your central hub for tracking and analyzing your health data. It allows you to:

- View your measurement history over time (daily, weekly, monthly).
- Set personal goals and monitor your progress.
- Access detailed graphs and statistics for each body value.
- Manage multiple user profiles.
- Integrate with other Beurer health devices (if applicable).



Image: A man interacting with the Beurer HealthManager Pro app on his smartphone, with the Beurer BF 990 WIFI scale visible in the foreground, illustrating the intelligent connectivity and real-time data tracking capabilities.

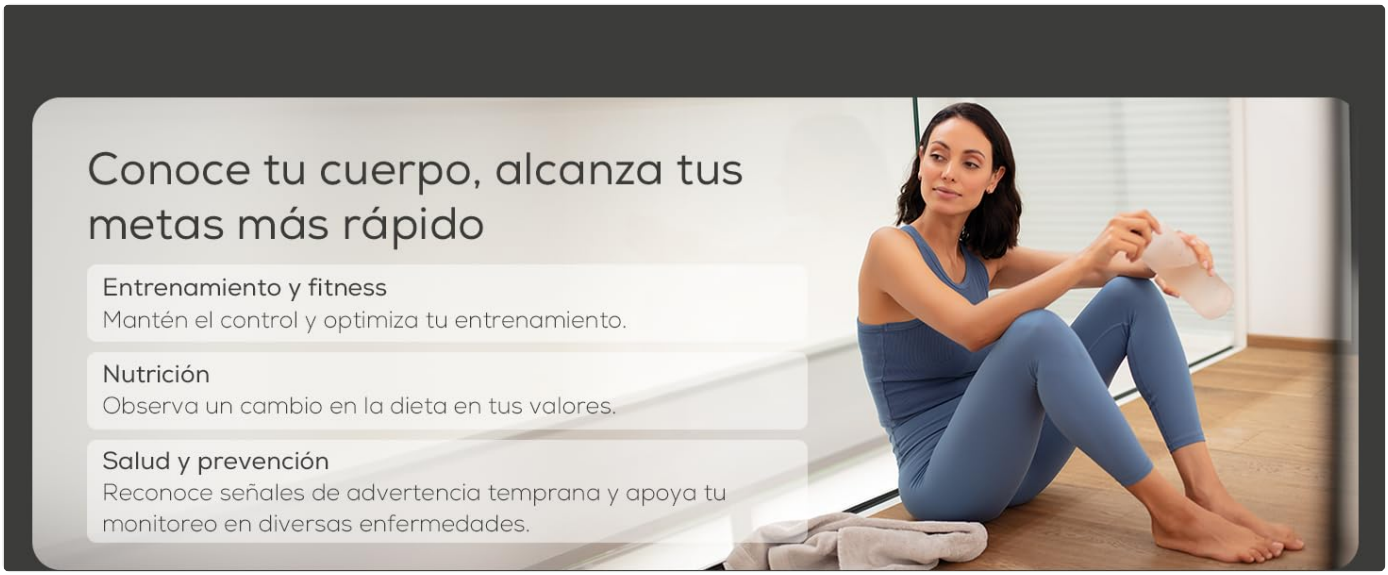


Image: A woman sitting and looking at her phone, accompanied by text explaining how the Beurer BF 990 WIFI scale helps users understand their body and achieve goals faster through insights for training and fitness, nutrition, and health and prevention.

Maintenance

Proper maintenance ensures the longevity and accuracy of your scale.

- **Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a dry place, away from extreme temperatures and direct sunlight.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Always replace all batteries at the same time with new ones of the same type.

Troubleshooting

If you encounter issues with your Beurer BF 990 WIFI Diagnostic Scale, refer to the following common solutions:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Scale does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace batteries if necessary.
Inaccurate measurements.	Scale on uneven surface; not standing still; dirty electrodes; not barefoot.	Place scale on a hard, flat surface. Stand still during measurement. Ensure feet and electrodes are clean. Always measure barefoot.
App not syncing data.	Bluetooth/WIFI off; app not open; pairing issue; outdated app.	Ensure Bluetooth/WIFI is enabled on your device. Open the "Beurer HealthManager Pro" app. Re-pair the scale if necessary. Update the app to the latest version.
"Err" message on display.	Weight exceeds maximum capacity (180 kg); measurement error.	Ensure weight is within limits. Step off and on the scale again. If persistent, contact support.

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

Specifications

Feature	Detail
Model Number	10379
Product Dimensions	35.1 x 5.1 x 37.8 cm
Product Weight	2.23 kg (2230 Grams)
Maximum Capacity	180 kg
Measurement Units	kilograms (kg), pounds (lb), stones (st)
Power Source	3 x AAA batteries (included)
Display Type	Digital (Magic-LED dot matrix)
Connectivity	WIFI, Bluetooth
Electrodes	8 (4 on scale, 4 on hand unit)
User Memories	8
Manufacturer	Beurer GmbH

Warranty and Support

Beurer products are designed for reliability and durability. For information regarding warranty terms and conditions, please refer to the warranty card included with your product or visit the official Beurer website.
For technical support, product inquiries, or service requests, please contact Beurer customer service:

- **Beurer Official Website:** www.beurer.com
- **Beurer Store on Amazon:** Beurer Store

Please have your model number (BF 990 WIFI / 10379) and purchase date ready when contacting support.

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