MANUAL

Radio Wireless Body Composition Platform

Model : FitScan BC-1100F

Instruction Manual
Read this Instruction Manual carefully and keep for future reference.

Introduction

Thank you for selecting a Tanita Body Composition Monitor. This monitor is one in a wide range of home healthcare products produced by Tanita.

This Instruction Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference. Additional information on healthy living can be found on our website www.tanita.com.

Tanita products incorporate the latest clinical research and technological innovations.

All data is monitored by our Tanita Medical Advisory Board to ensure accuracy.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

⚠ Safety Precautions

People with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.

Pregnant women should use the weight function only. All other functions are not intended for pregnant women.

Do not place this monitor on slippery surfaces such as a wet floor.

Important Notes for Users

This Body fat monitor is intended for adults and children (ages 5-17) with inactive to moderately active lifestyles and adults with athletic body types.

Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week, for at least 6 months, and who has a resting heart rate of approximately 60 beats per minute or less.

Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week.

The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

Note: Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc. It is recommended that if possible all readings should be taken at the end of one's day since in the morning after rising from sleep, hydration levels are at their lowest.
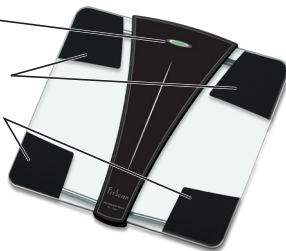
Features and functions
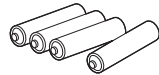
Measuring Platform

1. Indicator light (Green and Red)
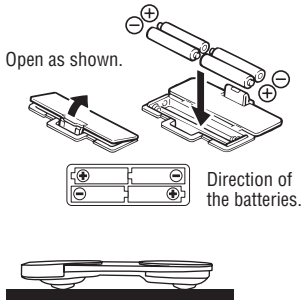
2. Ball-of Foot Electrodes

3. Heel Electrodes

Accessories

4. AA-Size Batteries (4)

Preparations before use

Open as shown.

Direction of the batteries.

⚠ Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

Note: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

Please note that the included batteries from the factory may have decreased energy levels over time.

⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

Note : To avoid possible injury, do not step on the edge of the platform.

Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology.
To keep the unit in the best condition, follow these instructions carefully:

• Do not attempt to disassemble the measuring platform.
• Store the unit horizontally.
• Avoid excessive impact or vibration to the unit.
• Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
• Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.
• Do not step on the platform when wet.
• Do not drop any objects onto the platform.
• Do not use this scale while operating transmitters (such as a cell phone) as this may affect your results.
• If not in use for a prolonged period of time it is recommended that you remove the batteries.

Getting accurate readings

Heels centered on electrodes

Toes may overhang measuring platform

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned on the measuring platform. Don't worry if your feet appear too large for the unit -accurate readings can still be obtained if your toes overhang the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements.

While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

Note : An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

Using TANITA Wireless Remote Display (D-1000plus and D-1100plus)

Initial Setting (Clock Setting)

Insert batteries into the remote display and then press any front panel button to set the clock.

1. Set Hour

Press ▲/▼ buttons to set hour and then press SET. The unit will beep once to confirm.

2. Set Minute

Press ▲/▼ buttons to set minute and then press SET. The unit will beep twice to confirm the programming.

• Resetting time

Press the clock button on the bottom of the remote display.
Then follow the clock setting procedure 1) and 2).

Battery Cover

Upright Position

Backlight Button

## Pairing the remote display and the BC-1100F ("platform")

The platform needs to pair with the applicable remote display before measurements are attempted.

Pairing compatible remote displays: D-1000plus and D-1100plus

1) Before proceeding,

a) Install the batteries in the platform.
b) Install the batteries and set the clock in the remote display.
c) The platform and the remote display are within 17 feet (5 m) of each other.

2) Press and hold OFF button for 2 seconds on the remote display. The remote display will show "1234" for selecting a personal number. Select the preferred personal number which will be paired with the platform using ▲/▼ buttons and press the SET button to confirm.
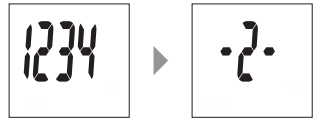
3) The remote display will show "SEt-P". Select "YES" or "no" using ▲/▼ buttons, and press the SET button to confirm,

a) "YES": The pairing process will continue to the next step.
b) "no": The pairing process will be cancelled and then the clock will be displayed.

4) Input the 5 digit serial number found on the bottom of the platform using ▲/▼ buttons and press the SET button to confirm.

Cancellation-1: Press the OFF button to cancel during the pairing process and then the clock will be displayed.
Cancellation-2: The pairing process will be cancelled if inactive for 1 minute and then the clock will be displayed.
**Note :** • **" 00000 ", " 000001 " and more than " 65535 ".**
These serial numbers are not allowed. Please input the correct serial number.
• The serial number is located on the bottom of the platform.

▼

5) Once the pairing process is completed with the platform, the remote display shows "donE" and then the clock will be displayed. If the remote display shows " P-Err ", please try the pairing process again.
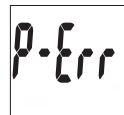
Note : **To confirm the paired serial number on each personal nuber after completion the pairing process:**
Press and hold the SET button for 2 seconds on the remote display. The remote display will show "-1-". Select the personal number using ▲/▼ buttons, and press the SET button to confirm. The display shows the paired serial number for 3 seconds. "-----" is shown if there is no serial number stored for selected personal number.

Setting and storing personal data in the remote display

You will receive readings only if data has been programmed into the Tanita remote display.

1. Select Personal Data Number

Use the SET button to activate the unit. Use ▲/▼ buttons to select a personal data number. Press SET button.

2. Set Age (Applicable Age: 7 - 99)

Use ▲/▼ buttons to select age. Press SET button.

3. Select Female or Male (Applicable Athlete Age: 18 - 99)

Use ▲/▼ buttons to select Female / Male / Athlete Female / Athlete Male. Press SET button.

4. Specify Height

Use ▲/▼ buttons to select height. Press SET button to confirm.

The remote display will beep twice and the display will flash all data three times to confirm the programming.
The power will then shut down automatically.

Taking body composition readings

1. Before proceeding, make sure that the platform and remote display are within 17 feet (5 m) of each other.

2. Press ▼ (User) button to turn the unit on and then press ▲/▼ buttons to select personal data number. (**Do not stand on the platform**.)

3. Press the SET button to confirm your personal number.

4. When the remote display and platform are paired, the platform will beep once, and the Green Indicator Light on the platform will blink.

5. Step onto the platform while the Green Indicator Light is blinking.

6. After the measurement is complete, the platform will beep twice, readings will automatically show on the remote display (Refer to fig. 1).

7. Carefully step off platform after measurement is complete.

8. At anytime during and after the "Auto Display Process", the user may use ▲/▼ buttons to scroll through the different results. For advanced scrolling, the user may press and hold ▲/▼ button.

   Upon reading the desired readings, release the button to view the result, readings will appear for 30 seconds before the unit automatically shuts off.

Note: For children (age 7-17), the unit will only display the Weight and the Body Fat % (it will not display the Healthy Range Indicator).

fig.1

BC-1100F Displayed Readings	
Weight	✓
Body Fat %	✓
Body Water %	✓
Muscle Mass	✓
Physic Rating	n/a
BMR or DCI	n/a
Metabolic Age	n/a
Bone Mass	n/a
Visceral Fat Rating	n/a

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Recall Function

The previous readings of the following features can be obtained using the recall function.

• Weight   • Body Fat %   • Total Body Water %   • Muscle Mass

To obtain previous readings, press the SET button while the current readings are being displayed.

The display will show the previous readings. To see other previous readings, press ▲/▼ buttons for each desired reading. Press SET again to go back to the current result display.

Note: For children (age. 7-17), the unit will only display the previous Weight and the Body Fat %.

Programming The Guest Mode

Guest mode allows you to program the unit for a one-time use without resetting a personal data number.

Press ▲ button to activate the unit. Then follow the steps: Set Age, Select Female or Male, and Specify Height.

Taking Weight Measurement Only

Press the Weight-only key.
Step onto the platform while the Green Indicator Light is blinking.
After the measurement is complete, the platform will beep twice, readings will automatically show on the remote display.
Carefully step off platform after measurement is complete.

Switching The Weight Unit Mode (kg / lb)

Select your preferred weight unit mode using the weight mode switch on the bottom of the remote display.

Troubleshooting

- **Interference may occur if multiple platforms are present. Please use only one platform in any given area.**
- Do not step onto the platform before the platform beeps once and the Green Indicator Light blinks.
- Do not step off until after hearing a double beep or the Green Light remains solid (stops blinking), the measurement is taken, and the readings are displayed on the applicable device (e.g. Tanita Remote Display, and/or PC).
- If you do not step onto the platform within 30 seconds after Green Indicator Light begins blinking, the power will shut-off automatically.
- **Constant Red Indicator Light**

  Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned on the measuring platform. (see p.1)
  Make sure to step onto the platform only **after** it has beeped twice or the Green Indicator Light is blinking.
  The unit cannot accurately measure your weight if it detects movement. Please stand on the platform keeping movement to a minimum.
  If Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.
  Reading cannot be obtained if the weight capacity is exceeded. Weight capacity is 440lb (200kg).
- **Blinking Red Indicator Light**

  Batteries are low. When the Red Indicator Light is blinking, replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new batteries.

⚠ Warning

Do not use the body fat reading feature of this product if you have a pacemaker or other electronic implanted medical device.
The body fat monitor function is not intended for pregnant women, professional athlete or bodybuilders.

FCC WARNING

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Federal Communications Commission and Canadian ICES Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio or television technician for help.

Specifications
BC-1100F

Weight Capacity
440lb / 200kg

Weight Increments
0.2lb / 0.1kg

Power Supply
DC 6V (AA Battery - LR6 x 4 included)

Power Consumption
100 mA maximum

Temperature Range of usage
41°F - 95°F / 5°C - 35°C

EP 0 545 014
U.S. Patent No. 5,415,176
U.S.Patent No. 6,473,641
U.S. Patent No. 6,477,409
U.S. Patent No. 6,480,736
U.S. Patent No. 6,487,445
U.S. Patent No. 6,532,385
U.S. Reissue Patent No. 37,954
Other patents pending

This product is ANT+ certified and is compatible with ANT+ display devices and applications that support the following data:

To learn more visit http://www.thisisant.com/modules/mod_product-directory.php

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