

Using TANITA Wireless Remote Tabletop Display

Initial Setting

Please make sure the scale is within 17feet (5m) with batteries inserted.

Insert batteries into the remote display.

Press any front panel button to start the communication process.

The wireless icon (📶) on the display will blink while the remote display communicates with the platform. After the communication is successfully done (wireless icon disappears), continue to step 1 "Set Hour".

Note: If the communication fails, the display will show "ErrC", press any front panel button to restart the communication process.



1. Set Hour

Press ▲/▼ to set hour and then press SET.

The unit will beep once to confirm.

2. Set Minute

Press ▲/▼ 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 procedure 1 and 2.



Setting and storing personal data in memory

You will receive readings only if data has been programmed into the Tanita Remote Tabletop Display.

1. Select Personal Data Number

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

2. Set Age

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

3. Select Female or Male

Use ▲/▼ buttons to select Female (♀) / Male (♂) / Athlete Female (🏃♀️) / Athlete Male (🏃♂️). Press SET.

4. Specify Height

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

5. Select Activity Level (Except D-1100)

Use the ▲/▼ buttons to specify Activity Level. Press the 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.

To use the DCI (Daily Calorie Intake) feature properly, you need to set the Activity Level.

Level 1 = Inactive lifestyles (little or no exercise)

Level 2 = Moderately active lifestyles (occasional, low intensity exercise)

Level 3 = Adult involved in intense physical activity

Note: If you select the Athlete Mode, it will automatically set the Activity Level to Level 3.

Switching The Weight Mode

Select your preferred weight mode using the weight mode switch on the bottom of the Remote Display.

Taking body composition readings

1. Before proceeding, make sure that the platform is within 17feet (5 m) of the remote display.
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 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.
7. Carefully step off platform after measurement is complete.
8. At anytime during and after the "Auto Display Process", the user may use the ▲/▼ buttons to scroll thru 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).

Recall Function

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

- Weight
- Body Fat %
- Total Body Water %
- Muscle Mass
- BMR/Metabolic Age or DCI/Metabolic Age
- Visceral Fat Level

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 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.

Warning

Do not use the body fat reading feature of this product if you have a pacemaker or other electronic implanted medical device.

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. Garmin Watch, 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.2)
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.
The 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 440 lb (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.

FCC WARNING

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

Specifications

BC-1000

Weight Capacity

440lb / 200kg

Weight Increments

0.2lb / 0.1kg

Power Supply

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

Power Consumption

100 mA maximum

Temperature Range of usage

41°F - 95°F / 5°C - 35°C

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.