TANITA®
Monitoring Your Health

MANUAL

Model: BF-689

Instruction Manual

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

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INTRODUCTION

Thank you for selecting a Tanita Body Fat Monitor/Scale. 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

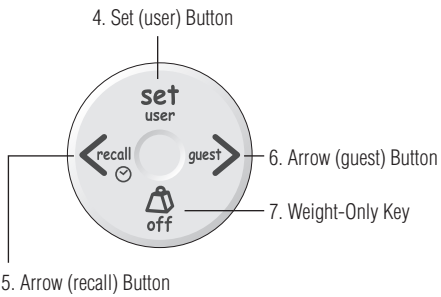
Note that people with an electronic medical implant, such as a pacemaker, should not use a Body Fat Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.
Pregnant women should use the weight function only. All other function are not intended for pregnant women.
Do not place this monitor on slippery surfaces such as a wet floor.
Recorded data may be lost if the monitor is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

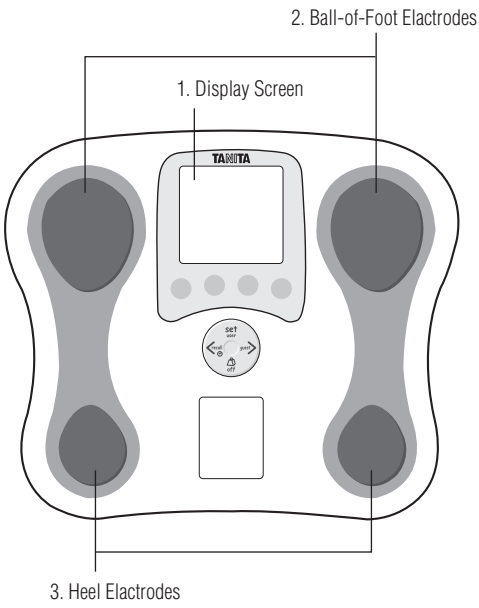
Important Notes for Users

This Body fat monitor is intended for children (ages 5-17) with inactive to moderately active lifestyles.
Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.
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.

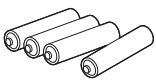
FEATURES AND FUNCTIONS





Accessories

8. AA-Size Batteries (4)



9. Carpet Feet

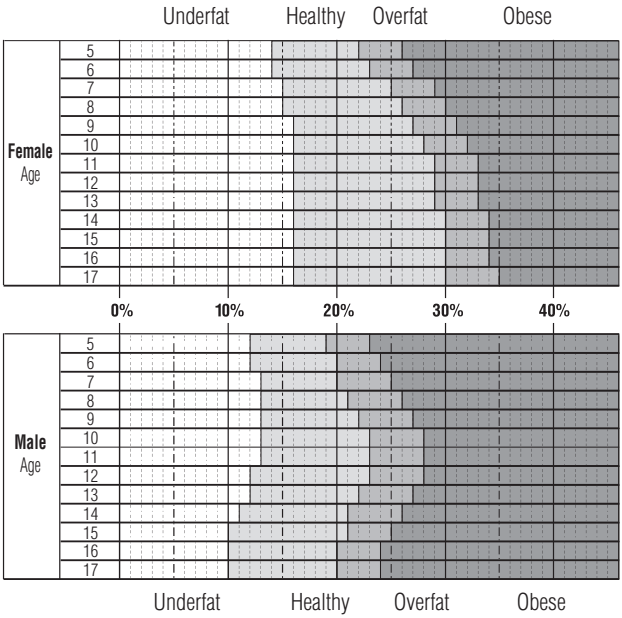
PRINCIPLES OF ESTIMATING BODY FAT PERCENTAGE

Tanita Body Fat Monitor/Scales allow you to determine your body fat percentage at home as easily as you measure your weight.

What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

Body Fat Ranges for Standard Children[1, 2]



[1] *Body Fat Reference Curves for children Targeted at BMJ (British Medical Journal) Draft 1-AMP 19 June 2004 (by Dr Andrew)*

[2] *Gallagher D et al. Am J Clin Nutr 2000, 72:694-701 Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index.*

Tanita's patented "foot-pad" design sends a safe, lowlevel electrical signal through the body to determine its composition.

The BIA Method

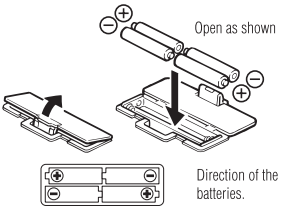
Tanita Body Fat Monitor/Scales use the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe, low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the more resistance, or impedance, the signal encounters, the higher the body fat reading.

Body Fat Percentage Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

PREPARATIONS BEFORE USE



⚠ 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 factory may have decreased energy levels over time.

Detachable Carpet Feet (only for piles up to 0.28" (7 mm) thick)

⚠ Positioning the Monitor

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

Use carpet feet when the scale is used on soft surface, such as rugs or carpetings.

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

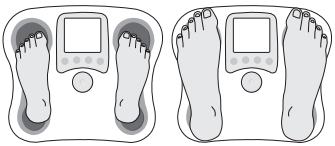
Handling Tips

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, and place it so that the buttons will not be pressed accidentally.
- 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.

GETTING ACCURATE READINGS



Heels centered on electrodes

Toes may overhang measuring platform

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.

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 with the electrodes 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.

AUTOMATIC SHUT-DOWN FUNCTION

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 30 seconds depending upon the type of operation.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.*
- After you have completed the measuring process.

CHANGING THE WEIGHT MODE

Note: For use only with models containing the weight mode switch.

You can change the weight unit by using the switch on the back of the scale.

Note: If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.

SETTING (RESETTING) DATE AND TIME

1. Set Date

Insert batteries into the scale and then press any button to start the Year setting. Press the </> buttons to set year and then press SET button. The unit will beep once to confirm.

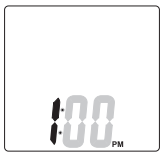
2. Set Hour

Press </> buttons to set hour and then press SET button.
The unit will beep once to confirm.

3. Set Minute

Press </> buttons to set minute and then press SET.

The unit will beep twice to confirm the programming.
The power will then shut down automatically.



Note:

- After you replace the batteries or if you want to reset date and time, press and hold the Arrow (recall) button to begin the date and time programming process. Replacing the batteries will cause the loss of date and time settings.
- 60 seconds or more of inactivity will cause automatic shut off during this process. No data will be saved as a result.
- If you make a mistake or wish to turn the unit off before you complete the programming, press the OFF button to turn the unit off. No data will be saved as a result.

SETTING AND STORING PERSONAL DATA IN MEMORY

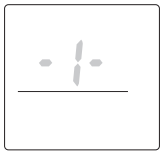
The unit can be operated only if data has been programmed into one of the personal data memories.

1. Turn on the Power

Press the Set button to turn on the unit.
The unit will beep to confirm activation, the Personal data number will be displayed, and the display will flash.
Note: If you don't operate the unit for 60 seconds after the unit has been turned on, the unit will turn off automatically.
Note: If you make a mistake or want to turn the unit off before you have finished programming it, press the OFF button to force quit.

2. Select a Personal data Number

Press the </> buttons to select a Personal data number (1, 2, 3, 4 and 5). Once you reach the Personal data number you wish to use, press the SET button. The unit will beep once to confirm.



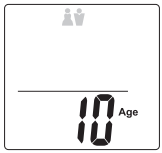
3. Set your Birthday

Set the date of your birthday (Year / Month / Day) using </> buttons. Press the SET button to confirm at each programming. The unit will beep once to confirm.

Note: The range of age is from 5 – 17.

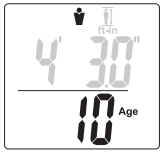
4. Select Female or Male

Use the Up/Down buttons to scroll through Female (), Male () settings, then press the Set button.
The unit will beep once to confirm.



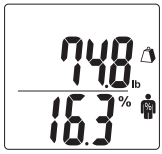
5. Specify the Height

The display defaults to 3' 0.0" (90cm) (range of height is from 3' 0.0" – 7' 3.0" or 90cm – 220cm).
Use the </> buttons to specify Height and then press the SET button. The unit will beep once to confirm.
The display shows the personal data one time to confirm, and then the display shows "0.0" and is ready for measurement.



6. Measuring your weight and body fat

Step on to the scale after "0.0" is shown on display within 30 seconds.
Do not step off until Body fat % in shown.
The readings will be shown for 40 seconds.
The unit will then shut off and the readings will be stored in the memory.



Note: If you step onto the scale before "0.0" appears the display will show "Error" and you will not obtain a reading. Furthermore, if you do not step onto the measuring scale within about 30 seconds after "0.0" appears, the power is shut-off automatically. Please try the setting and storing personal data process again.

Note: If you change the birthday and/or gender, the unit will show "CLr".
If you select "YES" using </> buttons, the existing personal data will be deleted.
If you select "no" using </> buttons, no new data will be saved (existing data will be unchanged) then the unit will shut off.

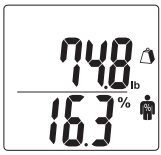
TAKING WEIGHT AND BODY FAT READINGS

After programming your personal data you are ready to take a reading.

1. Step onto the scale

Step onto the scale while the scale is off, the scale turns on automatically and starts measuring.

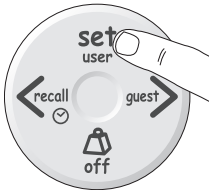
2. Get your readings



Your weight will be shown first.
Continue to stand on the scale.
Your personal profile is shown on the display and then the body fat % reading is shown for 40 seconds.

Note: Do not step off until Body fat % in shown.

Note: If the wrong personal number appears on the display, you can change the personal number by using the SET button.
Press the SET button until your personal number and profile appears.
After you select your correct personal number and wait for 4 seconds, the display will show your correct readings automatically.
The readings will be stored in your personal number memory.

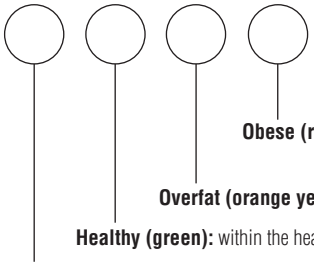


If you select "dEL", no readings will be stored in memory.

UNDERSTANDING YOUR READING

Healthy Range Indicator

Your body fat monitor automatically compares your body fat reading to the Healthy Body Fat Range chart.
Following your body fat percentage reading, a body fat color lamp will light on the scale, identifying where you fall within the Body Fat Ranges for your age and gender.
For more about the Healthy Range, see page 2.



Obese (red): high above the healthy body fat range. Greatly increased risk of obesity - related health problems.

Overfat (orange yellow): above the healthy range. Increased risk for health problems.

Healthy (green): within the healthy body fat percentage range for your age/gender.

Underfat (blue): below the healthy body fat range. Increased risk for health problems.

PROGRAMMING THE GUEST MODE

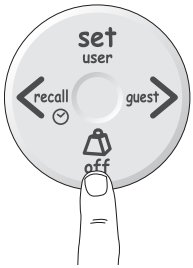
Guest mode allows you to program the unit for a one-time use without reading a personal data number.

Press the Guest button to activate the unit. Then follow the steps: Set Age, Select Female or Male, and Specify Height.
Step onto the scale after "0.0" is shown on the display. Your weight will be shown first, continue standing on the scale until the body fat % reading is shown on the display. The reading will be shown for 40 seconds.

Note: Do not step off until Body fat % in shown.

Note: If you step onto the scale before "0.0" appears the display will show "Error" and you will not obtain readings.

TAKING WEIGHT MEASUREMENT ONLY



Press the Weight-only button. After 2 or 3 seconds, "0.0" will appear on the display and the unit will beep. When "0.0" appears on the display, step onto the scale. The body weight value will appear. The display will light for about 20 seconds, and then the power will automatically turn off.

TROUBLE SHOOTING

If the following problems occur …then…

- **A wrong weight format appears followed by kg, lb, or st-lb**
  Refer to "Changing the Weight Mode" on p.4.
- **"Lo" appears on the display, or all the data appears and immediately disappears.**
  Batteries are low. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries.
  Note: Your settings will not be erased from the memory when you remove the batteries.
- **"Err" appears while measuring.**
  Please stand on the platform keeping movement to a minimum.
  The unit cannot accurately measure your weight if it detects movement.
  The Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.
  Body fat can only be calculated for ages 5-17. For ages 18 and greater use the weight only mode.
- **The Body Fat Percentage reading does not appear or "-----" appears after the weight is measured.**
  Your personal data has not been programmed. Follow the steps on p.5.
  Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform.
- **"OL" appears while measuring.**
  Reading cannot be obtained if the weight capacity is exceeded.

Specifications
BF-689

Weight Capacity
330lb (150kg) (23st 8lb)

Weight Increments
0.2lb (0.1kg) (0.2lb)

Body Fat Increments
0.1%

Personal Data
5 memories

Power Supply
4 AA batteries (included)

Power Consumption
100 mA maximum

Measuring Current
50 kHz, 500 µA

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 and Canadian ICES-003. 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.

Modifications
The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

FCC WARNING

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

Representative Tanita Europe B.V.
Hoogoorddreef 56-E
1101 BE Amsterdam
The Netherlands
Tel: +31(0)20 560 2970
Fax: +31(0)20 627 7399

TANITA India Private Limited
Level 8, Vibgyor Towers G Block,
C-62 Bandra Kurla Complex,
Mumbai 400 051 INDIA
Tel: +91 22 40907174
Fax: +91 22 40907070

Manufacturer Tanita Corporation
1-14-2, Maeno-Cho, Itabashi-ku,
Tokyo, Japan 174-8630
Tel : +81(0)-3-3968-2123
Fax : +81(0)-3-3967-3766
www.tanita.co.jp
ISO 9001 Certified

Tanita Corporation of America Inc.
2625 South Clearbrook Drive
Arlington Heights, IL 60005 USA.
Tel: +1-847-640-9241
Fax: +1-847-640-9261
www.tanita.com

Tanita Health Equipment H.K. Ltd.
Unit 301-303 3/F Wing On Plaza,
62 Mody Road, Tsimshatsui East,
Kowloon, Hong Kong
Tel: +852-2838-7111
Fax: +852-2838-8667

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