

Part#: HD400F7601(1)
 Paper size: 8.5in H x 22in W
 Color: Black Character / White paper
 Scale: 100%
 Date: 08/28/2012

Front view

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HD-400F Instruction Manual

Using The HD-400F with The Tanita Remote Display

Before proceeding

- 1) Install the batteries in the HD-400F ("platform").
- 2) Install the batteries and set the clock in the remote display.
- 3) The platform and the remote display are within 17 feet (5 m) of each other.

Note:

Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned, 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.

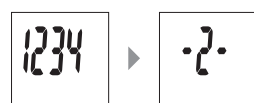
Please note that the batteries included from factory may have decreased energy levels over time.

Using The Personal Button and Measurement

1. Pairing the remote display and the platform

The platform needs to pair with the applicable remote display before measurement is attempted.
Pairing compatible remote displays: D-1000plus and D-1100plus

- 1) Press and hold the 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.



- 2) 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.

- 3) 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.

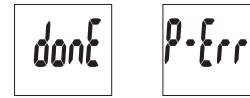
Cancellation-2: The pairing process will be cancelled if inactive for 1 minute and then the clock will be displayed.

Note:

- a) "00000", "00001" and more than "65535".
 The above serial numbers are not allowed. Please input the correct serial number.
- b) The serial number is located on the bottom of the platform.

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- 4) 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.



2. Setting and storing personal data in the remote display

Note:

The Tanita remote display can be used with several different Tanita platform. Some of these platforms body composition testing, this in turn requires data concerning the user's age, gender and height. The HD-400F is a weight-only scale, however the remote display will still require the user's personal information when creating a stored data location.

1) Select Personal Data Number

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

2) Set Age

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

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

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

4) Specify Height

Use ▲/▼ buttons to select height. 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.

3. Taking weight reading

- 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, weight reading will automatically show on the remote display.
- 7) Carefully step off platform after measurement is complete.

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Back view

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Using The Weight Only Button

- 1) Before proceeding,
 - a) Install the batteries in the platform and the Tanita remote display.
 - b) The platform and the Tanita remote display are within 17 feet (5 m) of each other.
 - c) **Interference may occur if multiple platforms are present.**
Please use only one platform in any given area.

- 2) Press Weight-only button (▲) to turn the unit on (fig.1).
(Do not stand on the platform.)

- 3) When the remote display and platform are activated, the platform will beep once and the Green Indicator Light on the platform will blink.

- 4) **Step onto the platform while the Green Indicator Light is blinking.**

- 5) After the measurement is complete, the platform will beep twice, weight reading will automatically show on the remote display.

- 6) Carefully step off platform after measurement is complete.



Using The HD-400F with Software

The platform needs to pair with the compatible software before measurements are attempted.
Compatible Software: "Healthy Edge"

- 1) Before proceeding,
 - a) Install the batteries in the platform.
 - b) Install the software on your PC (The ANT Driver is installed on your PC automatically).
 - c) Plug the ANT+ stick to USB port of your PC.
 - d) Place the platform within 17 feet (5 m) of your PC.
- 2) Open the software and select your user profile which is entered before pairing.
- 3) Click "File" from top left menu, and click "Healthy Edge Options...".
- 4) Select "HD-400F" and click "Connect". Input the 5 digit serial number found on the bottom of the platform, and then click "OK". The software memorizes the latest inputted serial number of the platform even if you close the software or PC.
- 5) The platform will beep once and the Green Indicator Light on the platform will blink.
- 6) **Step onto the platform while the Green Indicator Light is blinking.**
 The platform will beep twice and the Green light turns solid green after pairing is complete. Your platform is now paired with your PC.
- 7) For the measurement, click "New Measurement" to use the platform directly from the Software.

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Troubleshooting

- Place the platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement (fig.2).
 To avoid possible injury, do not step on the edge of the platform.
- 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. PC or Tanita remote display).
- 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 to step onto the platform only **after** it has beeped once 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.
 - 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.



Specifications

Weight capacity	440lb / 200kg
Weight increments	0.2lb / 0.1kg
Power supply	DC 6V (4 x AAA / LR03 batteries included)
Power consumption	100 mA maximum
Temperature range of usage	41°F to 95°F / 5°C to 35°C



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



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.

FCC Warning

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



For questions or help with product:
 Call Customer Service (847) 640 - 9241 (US & Canada Only)