TANITA
Monitoring Your Health

Instruction Manual

ACTIVITY MONITOR

AM-160

All images in this manual are illustrations only.

Before Use

How to Use

If Necessary

Table of Contents

This product is designed for iPhone.

ATTENTION

- Please read this Instruction Manual carefully and keep it for future reference.
- The product design and specifications may be changed at any time without prior notice.

About the AM-160

Thank you for purchasing the AM-160 Activity Monitor. Simply wear this device to measure the total amount of energy you expend in one day. This device also has a Bluetooth® communication function allowing you to connect to your iPhone® and manage your measurement data easily on your iPhone. This allows you to take a closer look at your daily activities and make changes and improvements to your routine.

Features of the AM-160

Supports Bluetooth communication

This device supports Bluetooth communication (v4.0, Low Energy).
You can connect it to your iPhone and manage your level of activity easily on your iPhone.

Apps for managing your health

Various apps are available for easy management of your health. Select the apps that are best for you and download them to your iPhone. You can also use apps that link to other Tanita communication devices to manage other health-related information along with your activity. If you download the Tanita Healthy Edge® Mobile app, you can send the data to your iPhone easily.

For more information on this product and related software, visit www.tanita.com

Contains Calorism Engine PRO

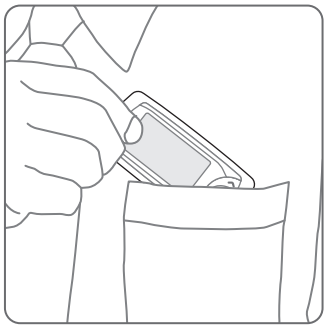
This device contains Calorism Engine PRO, which automatically classifies your activity levels into four categories – resting, daily activities, walking and running – through activity movement analysis performed every six seconds.

- Resting — Your activity is classified as “Resting” when you are sleeping or sitting still. Even when resting, your body expends energy (resting metabolism).
- Daily Activities — Your activity is classified as “Daily Activities” when you are carrying out activities that do not involve walking or running but expend more energy than resting. “Daily Activities” is used for desk work, housework and other activities performed while standing or sitting still.
- Walking — Your activity is classified as “Walking” when you walk continuously for six seconds or more. If you walk briefly for less than six seconds, this is considered to be incidental movement and classified as “Daily Activities”.
- Running — Your activity is classified as “Running” when you run continuously for six seconds or more. If you run briefly for less than six seconds, this is considered to be incidental movement and classified as “Daily Activities”.

*Measurements for each category can be viewed in the Healthy Edge® Mobile app.

How to Use the Activity Monitor

STEP 1 Initial Setup *Prepare your iPhone for this.



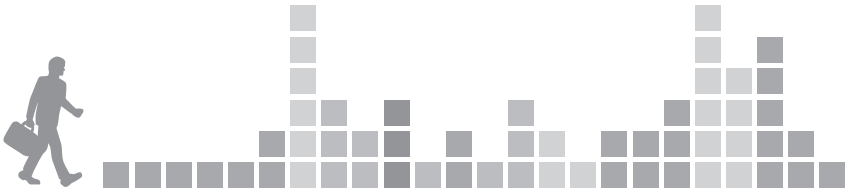
○Inserting the battery (☞ P.6)

○Connecting to an iPhone (☞ P.7)

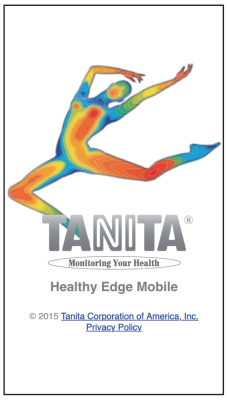
- Connecting to an iPhone for the First Time
- After Changing the Battery
- Connecting to Another iPhone

○Wear the Activity Monitor (☞ P.9)

STEP 2 Collecting Your Measurement Data



STEP 3 Viewing Measurement Data



○Sending measurement data (☞ P.12)

○Viewing your measurement results (☞ P.13)

The display screens vary depending on the app.

Safety Precautions

Safety Precautions

⚠ WARNING	**Instances that may result in serious injury**
⚠ CAUTION	**Instances that may result in injury or damage to property**
PROHIBITED	Prohibited actions
MUST BE OBSERVED	Instructions that must be followed
Note	Supplementary instructions for using this product.

⚠ WARNING	
PROHIBITED	● **Keep this product and the batteries out of reach of babies and small children.** ● **Do not place batteries in fire.**

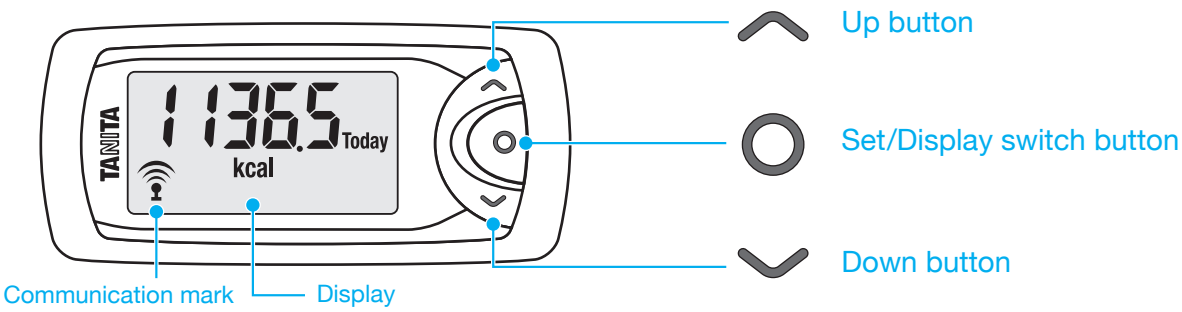
⚠ CAUTION	
MUST BE OBSERVED	● **Persons who are not used to daily exercise, receiving medical treatment or recovering from an injury should consult a doctor or medical professional first.**

Handling, Storage & Daily Maintenance

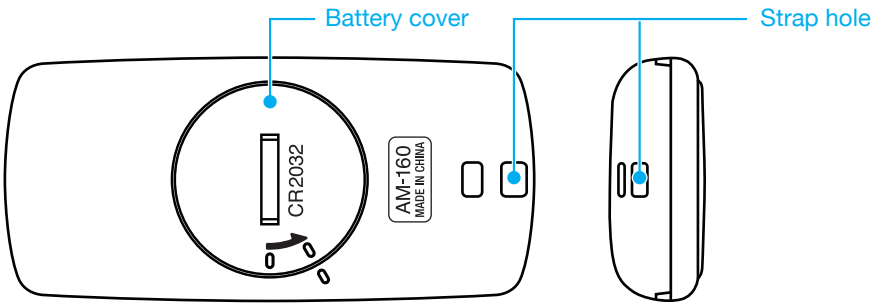
Handling	
PROHIBITED	● **Do not disassemble this product. Doing so may cause it to malfunction.** ● **Avoid excessive impact or vibration to this product. Doing so may cause it to malfunction.**
MUST BE OBSERVED	● **Do not use this product in areas where the use of devices emitting radio waves is prohibited, such as on aircraft or in hospitals.** →This may cause equipment to malfunction, leading to a serious accident. ● **Do not use this product near the mounting area of the embedded device.** →This may affect operations of the device that use radio waves. ● **Do not put this product in your rear trouser pocket.** ● **This product is not waterproof. Do not use it in humid locations, locations subject to splashing or in the rain.** ● **Do not swing this product by its strap.**
Storage	
MUST BE OBSERVED	● **This product is not waterproof. Do not store it in humid locations or locations subject to splashing.**
Daily Maintenance	
MUST BE OBSERVED	● **Do not clean this product with alcohol, hot water, paint thinner, or benzene.**

Name of Parts/Accessories

Front



Back

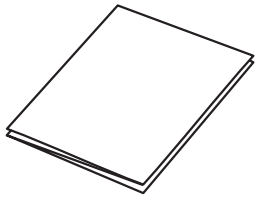


Accessories

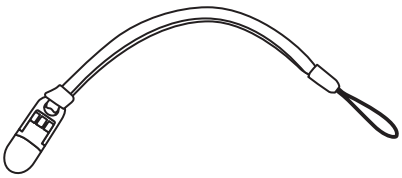
Make sure the package contains all of the items below.

☐Slide clip

☐Quick start guide



☐Anti-slip strap

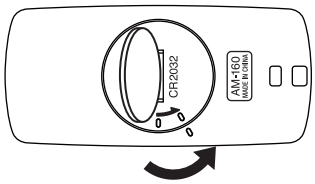


☐Test battery (Coin lithium CR2032×1)

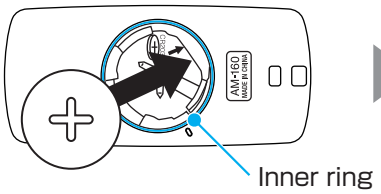
The test battery may reach the end of its service life within three months.

Inserting/Replacing the Battery

Inserting the Battery

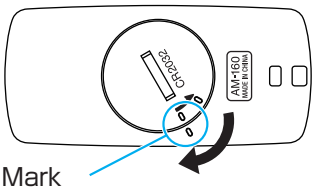


Use a coin to loosen the battery cover and then remove the cover.



Insert the battery (CR2032) in the direction of the arrow, with the + side facing up.

* Return the inner ring to its original position if it comes loose.



Align the battery cover with the mark and close it using the coin.

Replacing the Battery

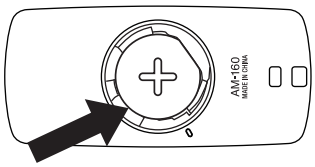
The following indicators are displayed when the battery is low. When these indicators appear, replace the battery with a new CR2032 battery as soon as possible.

flashes :Battery power is running low. The device cannot communicate.

Lo is displayed. :Battery power has run out. The device cannot take measurements or communicate.

* The battery provided is a test battery, and may therefore have a short service life.

The battery can be removed easily by prying off the part shown in the figure with a fine-tipped object.



*The battery is designed to be difficult to remove by hand to prevent infants and small children from swallowing the battery.
*After removing the battery, wait for the display to go blank before inserting the new battery.

Reconnect the Activity Monitor to your iPhone after replacing the battery (see p.8).

NOTE

- Do not replace the battery between 11:55 pm and 12:05 am (midnight). Doing so may interfere with the data.
- Measured values are recorded to the memory once every hour on the hour (e.g. 3:00pm). If, for example, the battery is replaced at 3:35pm, the measured values from 3:00 to 3:35pm will be lost.
- To keep as much of the data as possible, we recommend changing the battery at around one minute past the hour (e.g. 3:01pm).

⚠ WARNING

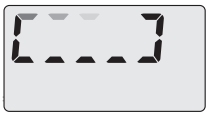
PROHIBITED

Keep batteries out of reach of infants and small children.

→ Otherwise, they may swallow a battery. In the event of swallowing, consult a doctor immediately.

Connecting to an iPhone

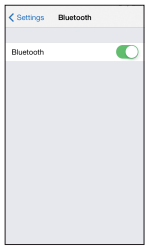
The screen displays and instructions may differ depending on the app specifications.



Follow the instructions on p.6 to insert the battery and check that the indicator shown on the left appears in the display.

Communication does not occur at this time.

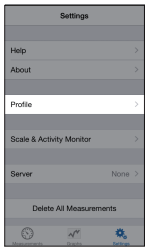
Connecting to an iPhone for the First Time



STEP 1

Download the App & Turn Bluetooth On

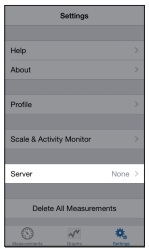
Visit the App Store to download the "Healthy Edge Mobile" app.
Turn the bluetooth setting on.



STEP 2

Set Your "Profile"

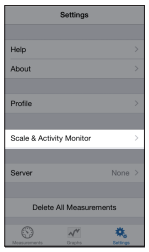
Open the app. Open "Settings" and the register your profile details.
Tap "＜Settings" to return to the previous screen.



STEP 3

"Server"

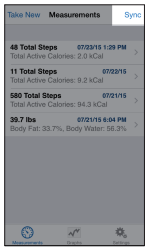
Fill out your registered info in "Server" under "Settings".
Measurement results can be uploaded to my. tanita.com after measurement.
Tap "Save" to return to the previous screen.



STEP 4

"Scale & Activity Monitor" Settings

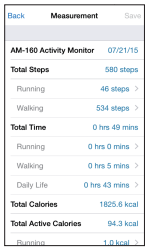
Tap "+" and follow the instructions in the app to register your activity monitor.
Tap "＜Settings" to return to the previous screen.



STEP 5

Measurement

Tap "Sync" and follow the instructions in the app.



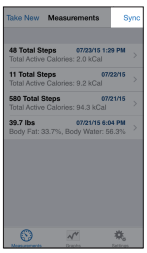
STEP 6

Measurement Results

Results are automatically sent to the iPhone and are displayed in the app.

Connecting to an iPhone

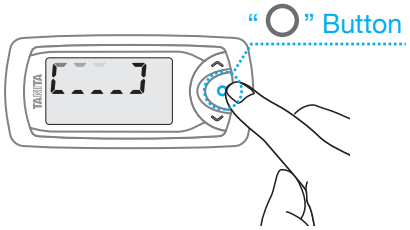
After Changing the Battery



STEP 1

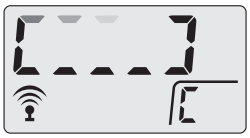
Measurement

Tap "Sync" , and then follow the instructions in the app.



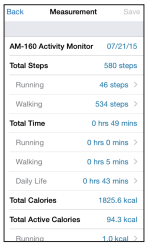
STEP 2

When instructed to by the app, press and hold the " " button of the Activity Monitor for two seconds or more.



STEP 3

" " and " " are displayed, indicating that a connection can be made within the next two minutes. (" " flashes during communication.)



STEP 4

Measurement Results

The display switches to the clock display when the connection is complete. Results are automatically sent to the iPhone.

Connecting to Another iPhone

There are two ways of connecting to another iPhone.

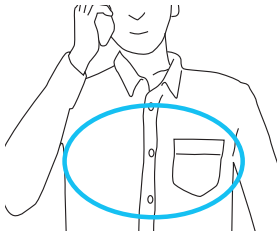
- Connect by the same method as "Connecting to an iPhone for the First Time" (see p.7).
- Press and hold the " " button for five seconds or more in the Measurement Results screen (see p.13). When " " is displayed, perform "Register a Device" in the app.

NOTE

- If the connection fails, follow the steps on p.7 or p.8 again.
- To cancel communication after " " is displayed, press and hold the " " button for two seconds or more. To avoid data loss, communication cannot be cancelled while data is being sent (while " " is flashing).
- When a new iPhone is connected, data that has already been sent to the previous iPhone is not sent to the new iPhone.
- To connect to the previous iPhone again after connecting to another iPhone, perform "Register an Activity Monitor" again from the app.
- The communication range of the AM-160 is approximately 16ft (5m). The range varies according to environmental factors such as interference from other communication devices or obstructions.
- Refer to each app for instructions on how to use the apps.

How to Use the Activity Monitor Correctly: Wearing

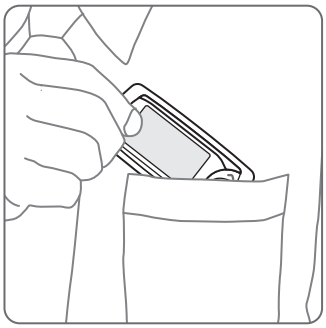
NOTE



We recommend wearing the Activity Monitor at chest level to ensure accurate monitoring of physical activity that primarily uses the upper body.

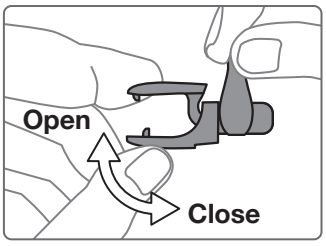
- Wear the Activity Monitor at chest level to measure daily activities that primarily use the upper body, such as desk work and housework.
- The Activity Monitor can be worn in a waist belt, etc. during activities such as walking or jogging. However, this may not accurately measure activities that primarily use the upper body.
- Do not put the Activity Monitor in your trouser pocket. This may over-measure your activity due to the movement of your legs during walking or running.

Put the Activity Monitor in Your Chest Pocket



We recommend using the anti-slip strap (see p.5).

NOTE



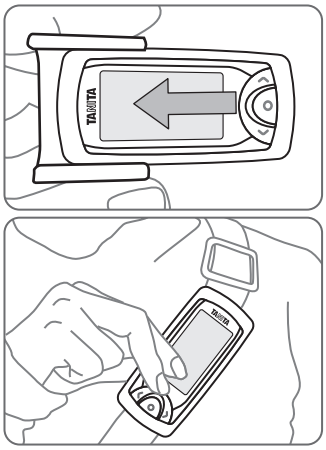
About the Anti-slip Strap

Do not pull hard on the anti-slip strap while the clip is closed. This may damage the fabric, etc. to which the clip is attached. Take care not to attach the clip to items such as thick belts. This may break the clip.

⚠ CAUTION

Do not put the Activity Monitor in the back pocket of trousers, etc. It may break and cause you injury.

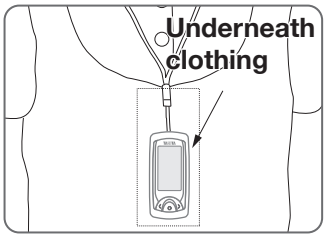
Wear the Activity Monitor with the Slide Clip



Attach the Activity Monitor to the slide clip in the direction shown by the arrow in the figure on the left.

Attach the clip to your clothing, belt, etc.
We recommend also using the anti-slip strap (see p.5).

Wear the Activity Monitor Underneath Your Clothing Using a Commercially Available Neck Strap



NOTE

Do not wear the Activity Monitor outside your clothing if using a neck strap. This may cause over-measurement of your activity if the Activity Monitor swings back and forth.

How to Use the Activity Monitor Correctly: To Ensure Accurate Measurements

Activity may not be measured correctly in the following cases. However, this will not affect overall measurement of activity if it does not continue for a long time.

Travelling in a vehicle

- Travelling in a car, or on a bus or motorcycle
- Riding on a bicycle

Vertical movements

- Going up or down stairs
- Going up or down steep slopes

Sports other than walking or jogging

- Intense sports or sudden movements such as jumping
(the activity level can be measured as a reference)

When the Activity Monitor moves in an irregular manner

- Irregular jumping movement in your pocket
- When the location where the Activity Monitor is worn moves irregularly

When carrying heavy objects

- When carrying an object heavy enough to cause you to move slowly

While configuring the settings

The number of steps may not be measured accurately in the following cases.

Walking in an irregular manner

- Shuffling (when walking on snow, etc.)
- Walking while wearing high-heels or sandals other than fitted sandals.
- Disrupted pace when walking in crowded streets, etc.

Collecting Your Measurement Data

Measurement data collection while wearing the Activity Monitor

Simply wear this device to measure the total amount of energy you expend in one day. Unlike conventional pedometers, the Activity Monitor measures not only your number of steps but the amount of energy you expend in all physical activity.

NOTE

The Activity Monitor calculates the start of walking to prevent erroneous measurement.

If movement is steady for at least seven seconds, this is assessed to be walking, and the number of steps taken during those seven seconds is displayed. When movement stops temporarily, the measured number of steps is not added unless there is steady movement for at least seven seconds again.

*Less than seven seconds of walking is categorized as daily activities and is reflected in the energy expended by physical activities.

*The total energy expenditure increases even if the Activity Monitor does not detect movement, due to resting energy expenditure. Even in a rested state without any physical activity, the human body is consuming energy, and the software of the Activity Monitor is designed to account for this.

*The Activity Monitor has a power save mode. If no movement is detected for around three minutes, the display turns off. The display is restored by detection of movement or by pressing any of the buttons.

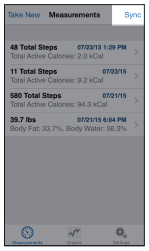
⚠ WARNING

Do not use this product in areas where the use of devices emitting radio waves is prohibited, such as on aircraft or in hospitals.

→ This may cause measurement equipment to malfunction, leading to a serious accident. This device may emit radio waves. Remove the battery or do not bring it into such areas. If bringing the Activity Monitor with you when flying, we recommend storing it in your checked baggage, as it may be confiscated by security if it is in your hand luggage.

Collecting Your Measurement Data

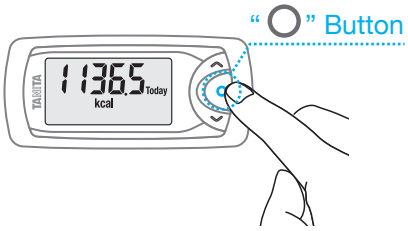
Sending Measurement Data to Your iPhone



STEP 1

Measurement

Tap "Sync" and follow the instructions in the app.



STEP 2

When instructed to by the app, press and hold the " " button of the Activity Monitor for two seconds or more.

NOTE : If "Re-connection" is displayed in the app, tap it to operate your device.

STEP 3

" " is displayed after this, indicating that a connection can be made within the next two minutes. (" " flashes during communication.)

NOTE : To cancel communication after " " is displayed, press and hold the " " button for two seconds or more. To avoid data loss, communication cannot be cancelled while data is being sent (while " " is flashing).

The measurement data is sent to the iPhone and " " turns off.

NOTE : If the connection fails, follow the steps above again.
Refer to each app for instructions on how to use the apps.

REQUEST

- Measured values are recorded to the memory once every hour on the hour. To ensure that accurate measurement data is sent, we recommend that you do not send data within five minutes before or after the hour.
  → This may cause data loss if the clock of the Activity Monitor is not accurate.
- Try to send measurement data each day
  → The Activity Monitor can store 15 days of data (including the current day), but from the 16th day, the oldest data is overwritten with the new data.
- Measurement data cannot be sent to multiple iPhones.
  → Data that has already been sent cannot be resent.

Viewing Measurement Results

Measurement Results Display Screen

You can switch between the displayed items by pressing "○".

1. Clock

Shows the current time.

2. Number of Steps

Shows the total number of steps for the day.

3. Total Energy Expenditure

The total resting energy expenditure and activity-related energy expenditure for the day. The overall energy total.

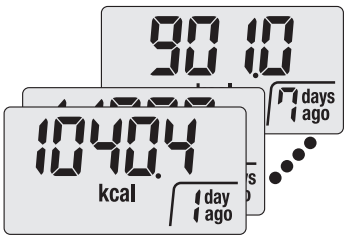
4. Activity-related Energy Expenditure

The energy expended during the day's activities.

Back to Clock

Past Memory
(up to seven days)

Press the "∧" or "∨" button while displaying an item other than the clock to view up to seven days of past data for each item.



Above is an example for activity-related energy expenditure.

NOTE

- The current day's measurement data is moved to the past memory at midnight each day.
- Press the "∨" button for two seconds or more while viewing past data to return to the current day's display.

Resetting the System

Reset the system when you want to do the following:

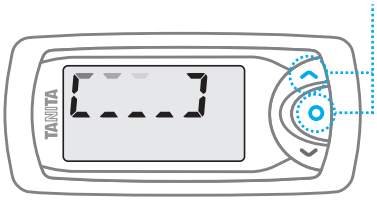
- Return all measurement values in the memory to zero
- Clear the settings
- Clear the iPhone connection information

NOTE

- No settings or stored measurement data can be restored after resetting the system.
- To clear the stored data from apps, follow the instructions in each app.

Follow the instructions on p.6 to remove the battery and put it back in.

At the same time for five seconds



Press the "^" and "○" buttons at the same time for five seconds or more.

"no" and "C" appear in the display.

Press the "^" or "v" button to select "YES".

Press the "○" button to reset the system.

NOTE

- **Deregister the Activity Monitor from the iPhone after the system is reset.**
  →Select "Settings" > "Bluetooth" on the iPhone, select the Activity Monitor and then perform "Deregister Device".

*After resetting the system, follow the instructions on p.7 to connect to the iPhone.
*If you do not want to reset the system, select "no" and press the "○" button.

If Necessary

Troubleshooting

If this occurs	Check this
flashes	☐ Battery power is running low. The device cannot communicate. Replace the battery (CR2032) as soon as possible.
Lo is displayed	☐ Battery power is running low. The device cannot take measurements or communicate. Replace the battery (CR2032) as soon as possible.
Nothing is displayed even when battery is inserted	☐ Is the battery inserted in the correct orientation? Check the + and - marks on the battery.
	☐ Battery power is running low. Replace the battery (CR2032) as soon as possible.
Too few/too many measured values	☐ Check "How to Use the Activity Monitor Correctly : Wearing" and "How to Use the Activity Monitor Correctly : To Ensure Accurate Measurements".
	☐ Are the setting details correct? Check the personal settings in the dedicated app.
	☐ The timing at which battery is replaced may affect data storage.
"Running" has been counted even though I have not been running.	☐ "Running" may be counted if you walk down stairs at a quick pace.
[---] is displayed during use.	☐ There may be a connection problem. Remove and reinsert the battery.
	☐ If this occurs frequently, the battery power may be running low. Replace the battery (CR2032).
Cannot connect the device and iPhone. The device is reset and [---] is displayed.	☐ The device may be reset during communication if the battery is running low. Replace the battery (CR2032).
Cannot connect the device and iPhone. Err P or Err d is displayed.	☐ Is flashing? The communication function turns off when the battery is running low. Replace the battery (CR2032).
	☐ Are the device and iPhone out of communication range? The communication distance with the device is approximately 16 ft (5m) in an unobstructed location.
	☐ Is "Bluetooth" set to "On" in the iPhone "Settings"?
Err P is displayed repeatedly. Err U is displayed.	☐ Delete the device pairing from the iPhone in "Settings" > "Bluetooth", and then pair with the device again.
Err R is displayed.	☐ Are the setting details correct? Check the personal settings in the dedicated app.
Err00, 02 or Err E is displayed.	☐ A system error has occurred. Remove and reinsert the battery.

・If there are any other unusual items shown on the display, contact Tanita.

Specifications

Detection Method		Triaxial Acceleration Sensor
Display Method		LCD Display
Settings (vary depending on the app)	Date / Time	1.1.2014 0:00 to 12.31.2050 23:59
	Date of Birth	Jan 1,1900 to Dec 31,2050
	Gender	Man / Woman
	Height	2ft 11.5in to 7ft 2.5in / 90.0 to 220.0cm
	Weight	44.1lb to 444.0lb / 20.00 to 201.60kg
	Body Fat (%)	5.0% to 75.0%
	Walking Stride Length	0ft 8.0in to 4ft 11.0in / 20.0 to 150.0cm
	Running Stride Length	0ft 8.0in to 6ft 6.5in / 20.0 to 200.0cm
Displayed Content	Clock	24-hour display
	Number of Steps	Min.: 0 step Max.: 99999 steps
	Total Energy Expenditure	Min.: 0.0kcal Max.: 9999.9kcal
	Activity-related Energy Expenditure	Min.: 0.0kcal Max.: 9999.9kcal
	Display Memory	7 days
Measurements (can only be viewed in the apps)*1, *2	Steps in Running	Min.: 0 step Max.: 14400 steps
	Steps in Walking	Min.: 0 step Max.: 14400 steps
	Energy Expenditure by Running	Min.: 0.0kcal Max.: 6553.5kcal
	Energy Expenditure by Walking	Min.: 0.0kcal Max.: 6553.5kcal
	Energy Expenditure from Daily Activities	Min.: 0.0kcal Max.: 6553.5kcal
	Resting Energy Expenditure	Min.: 0.0kcal Max.: 6553.5kcal
	Fat Burned by Running	0.0000oz to 23.1000oz / 0.00 to 655.35g
	Fat Burned by Walking	0.0000oz to 23.1000oz / 0.00 to 655.35g
	Fat Burned in Daily Activities	0.0000oz to 23.1000oz / 0.00 to 655.35g
	Time in Running	Min.: 0.0 minute Max.: 60.0 minutes
	Time in Walking	Min.: 0.0 minute Max.: 60.0 minutes
	Time in Daily Activities	Min.: 0.0 minute Max.: 60.0 minutes
Accuracy of Number of Steps		±5% (depending on vibration testing machine)
Clock Precision		Average monthly error: ±30 seconds (at air temperature of 73.4°F±9°F / 23°C ±5°C and humidity under 80%)
Communication Method		Bluetooth® Version 4.0 (Low Energy support)
Communication Range		Approx. 5m *3
Power Supply		DC3V (1xCR2032 battery)
Battery Life		Approx. 3 months (depending on usage and connection conditions)*4
Temperature Range		32 to 104°F (0 to 40℃)
Dimensions		D0.6×3.0×H1.4in(D14×W75×H35mm)
Weight		Approx. 0.92oz(26g)(including battery)
Main Materials		Device body: ABS
Accessories		Quick Start Guide, slide clip, safety strap, test battery (1xCR2032)
Country of Origin		China

*1: The measurements that can be displayed differ depending on the app.
*2: The figures indicate the maximum measurement range that can be saved by this device each hour.
*3: Varies depending on the signal environment and the effect of any obstructions.
*4: The battery life may vary depending on the signal environment and usage conditions of this device.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
Contains FCC ID: P00-WC75.

USA
Federal Communications Commission

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.

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.

Disposal

This is an electronic device.
Please dispose of it as an electronic device, not as general household waste. Please follow the regulations in your local region when disposing of this device.

⚠ Not allowed to mix batteries with consumer wastes!
As consumer you are legally bound to return used or discharged batteries. You can deposit your old batteries at the public collecting points in your town, or wherever the corresponding batteries are sold and specifically marked collecting boxes have been set up. In case of scrapping the apparatus, the batteries should be removed from it and deposited at the collecting points as well.

CE

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