

TANITA®
IRONMAN®

InnerScan®

Radio Wireless Segmental Body Composition Platform



Model: BC-1500

EN Instruction Manual

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

INTRODUCTION

Thank you for selecting a Tanita Ironman 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.

Actual measurements made by the BC-1500 include weight and impedance. Based upon these measured values, values are calculated for: total and segmental body fat percentage, body water, total and segmental muscle mass, physique rating, bone mass, visceral fat rating with healthy range, basal metabolic rate (BMR), Daily Calorie Intake (DCI) and metabolic age.

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

Important Notes for Users

This Body fat monitor is intended for adults and children (ages 7-17) 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 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.

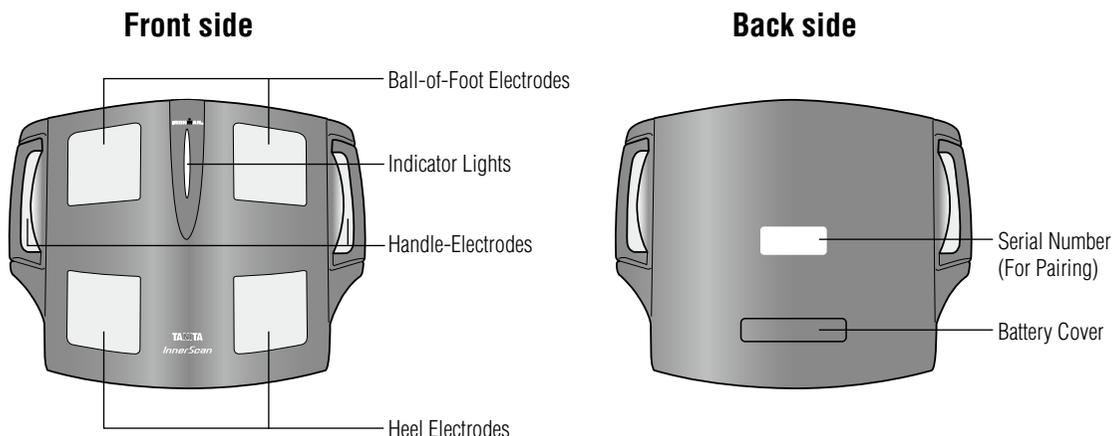
Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

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.

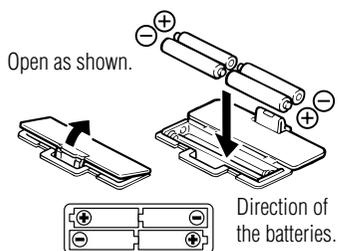
Note: Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.



PLATFORM COMPONENTS



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.

⚠ 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.



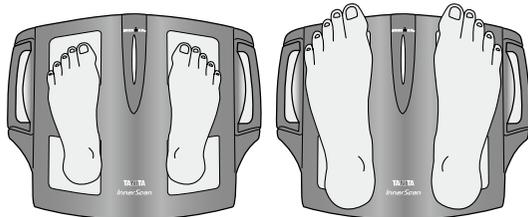
Handling Tips

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 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.

PAIRING THE BC-1500 (“PLATFORM”) WITH SOFTWARE AND MEASUREMENT

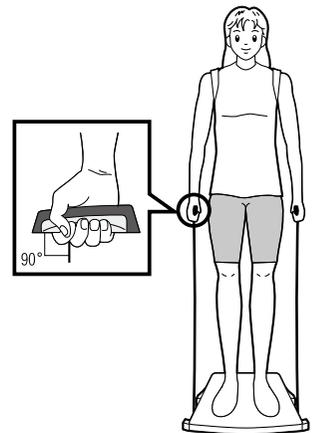
The platform needs to pair with the compatible software before measurements are attempted.

Compatible Software: “Healthy Edge”

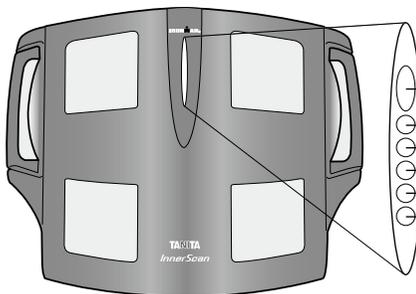
- 1) Before proceeding,
 - Install the batteries in the platform.
 - Install the software on your PC (The ANT Driver is installed on your PC automatically).
 - Plug the ANT+ stick to USB port of your PC.
 - Place the platform within 17feet (5m) of your PC.
- 2) Open the software and select your user profile (which is entered before pairing).
- 3) Click “File” from top left menu, and click “Healthy Edge Options”.
- 4) Select “BC-1500” 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 and grip the handle-electrodes 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.

Note:

- Please grip the handle-electrode as shown, using a light-firm pressure.
- Place your hands on your side, and do not move until measurement is completed.
- Keep your arms straight up and down while making sure that you do not touch your legs or any part of your body with your arms or hands.
- If you step onto the platform before “Blinking Green Light” appears, the software will show error message and you will not obtain a reading. Furthermore if you do not step onto the platform within about 30 seconds after “Blinking Green Light” appears, the power of the platform will shut off automatically.



INDICATOR LIGHT INFORMATION



- Blinking Green Light: Ready for measurement
- Solid Green Light: Complete measurement
- Solid Red Light: Error
- Blinking Red Light: Low Battery
- Blinking Green Light: Measurement Whole Body
- Blinking Green Light: Measurement Left Leg
- Blinking Green Light: Measurement Right Leg
- Blinking Green Light: Measurement Left Arm
- Blinking Green Light: Measurement Right Arm

BC-1500 READINGS ON THE SOFTWARE “HEALTHY EDGE”

	Adult (18-99 years old)		Child (7-17 years old)
	Standard	Athlete	
Weight	✓	✓	✓
Segmental Body Fat %	✓	✓	✓
Body Water %	✓	✓	n/a
Segmental Muscle Mass	✓	✓	n/a
Physique Rating	✓	✓	n/a
BMR	✓	✓	n/a
DCI	✓	✓	n/a
Metabolic Age	✓	✓	n/a
Bone Mass	✓	✓	n/a
Visceral Fat Rating	✓	✓	n/a

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.

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.
- 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.
 - 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.
 - If Body Fat Percentage is more than 75%, readings cannot be obtained from the unit.
 - Readings cannot be obtained if the weight capacity is exceeded. Weight capacity is 330lb (150kg).
- **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

Weight Capacity

330lb (150kg)

Weight Increments

0.2lb/0.1kg

Power Supply

DC 6V (AA Battery-LR6 × 4 included)

Power Consumption

100mA 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.

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

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