

## 12. Technical Data

Capacity x graduation:	max. 180 kg x 100 g
Display resolution:	body fat: 0.1%
Body fat:	5.0~75.0%
Body hydration:	5.0~75.0%
Body muscle:	5.0~75.0%
Bone mass:	0.5~22.6kg
Personal memory location:	10 positions
Age:	6 – 100 years
Body height:	80 – 220 cm
Dimensions:	approx. 300 x 300 x 24.4 mm
Batteries:	3 x AAA (included)
Operation Condition:	0~40°C, ≤90%RH
Storage Condition:	-20~60°C, ≤90%RH

\* Subject to technical modifications

### Warranty Card

This instrument is covered by a 2 year guarantee from the date of purchase, batteries and accessories are not included. The guarantee is valid only on presentation of the guarantee card completed by the dealer confirming date of purchase or the receipt. Opening or altering the instrument invalidates the guarantee. The guarantee does not cover damage, accidents or non-compliance with the instruction manual. Please contact your local seller/dealer or [www.accumed.ch](http://www.accumed.ch).

**Customer Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

### Product Information

**Date of purchase:** \_\_\_\_\_

**Store where purchased:** \_\_\_\_\_

**Manufacturer:** Rossmax Swiss GmbH,  
Widnauerstrasse 1, CH-9435 Heerbrugg,  
Switzerland



## 6. Unit switch

The monitor displays "0.0" hold **Δ** button to select your desired unit from "kg" (kilo gram) to "lb" (pound) or to "st-lb" (stone:pound)

The monitor is ready to use and you may now start your body analysis. Before 0.0 kg appears, please don't step on the monitor. Without further activity the monitor will automatically power-off. Your personal data is stored.

## 8. Body Analysis

### 1. Turn the monitor on:

- Press **SET** button to turn on the monitor.

### 2. Select personal data number:

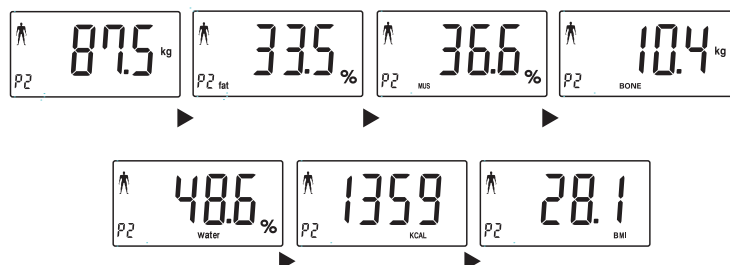
- Press **▽** or **Δ** button to select your personal data number.

### 3. Set personal data will be successively displayed:

Then "0.0 kg" indicating. The monitor is ready to use and you may now start your body analysis.

### 4. Step onto measurement platform carefully with bare feet on the stainless steel strips (measuring units) of the monitor and remain stationary.

At first, your weight will be indicated. Then, while the analysis is taking place, the **0000** indication. A few seconds later after completion of the measurement your measured values (body fat in %, muscle in %, bone mass in kg, body hydration in %, BMR and BMI) will be shown two times alternately, and then the monitor switch-off automatically.



# accumed

Glass Body Fat Monitor with Scale



**EN** Instruction Manual

Model: BF-1201

[www.accumed.ch](http://www.accumed.ch)

## 9. Recalling Last Values from Memory

- Turn the monitor on:  
Press **SET** button to turn on the monitor.
- Select personal data number:  
Press **▽** or **Δ** button to select your personal data number (P0~P9) which you want to recall values.
- Press and hold **SET** button, the last memory values (weight, body fat in %, muscle in %, bone mass in kg, body hydration in %, BMR and BMI) will be shown one time alternately, and then the monitor switch off automatically.

## 10. Weight function (weight measurement only)

- Gently step on the monitor, then the monitor will be automatically turned on.
- The monitor indicates "0.0 kg". Now the monitor is ready to use. Before 0.0 kg appears, please don't step on the monitor.
- Step on the monitor. Remain stationary on the weighing platform and do not hold you tight.
- After the monitor levelled-off, your weight will be indicated for approx. 10 seconds steady. Afterwards the monitor switch-off automatically.

## 11. Error Messages

- "LO"** Batteries are used up - Please replace the batteries with the intended type (3 x AAA).
- "Err"**
- Not bare feet for taking body fat measurement.
  - Step off the monitor before body fat analysis procedure complete.
  - Not step onto the electrodes for body fat measuring.
  - The soles of your feet are not clean, e.g. feet perspiration...etc. to interfere the body fat measurement.
- "O-Ld"** The weight exceeds the maximum capacity of 180 kg. Please immediately remove the critical load to avoid load cell damage.
- "C"** After the monitor indicates "0.0 kg", move the monitor again.

## 1. Introduction

Thank you for your decision to purchase Accumed body fat monitor. Please peruse this instruction manual prior to first start up and keep this user instruction careful so as to have this information on hand whenever it is needed.

## 2. Safety guidelines

The monitor is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless a person responsible for their safety has given them supervision or instruction concerning use of the monitor. Children should be supervised to ensure that they do not play with the monitor.

- Persons with implanted medical equipment, such as a pacemaker, should not use this device. During the measurements a very low electrical signal passes through the body, which may interfere with the operation of a pacemaker.
  - Place the monitor on a plane and firm surface (tiles, hardwood flooring, etc.) to avoid a wrong measurement on carpeted floor
  - Attention - Hazard of slips! Do not stand on the monitor with wet feet or on a slippery surface of the weighing platform.
  - Please care that no heavy object may fall on the monitor. The glass surface is breakable.
  - Clean the monitor only by using a slightly damp cloth. Do not use solvents or abrasive cleaning agents. Do not submerge the monitor under water.
- This monitor is exclusive intended for private use but is not designed for commercial or professional use in hospitals or other medical facilities.

## 3. Useful information

### What is BMI?

Body Mass Index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults.

BMI uses the following simple formula to indicate the ratio between weight and height of a person.

$$\text{BMI} = \text{weight(kg)} / \text{height(m)} / \text{height (m)}$$

If the fat level revealed by BMI is higher than the international standard, there is an increased likelihood of common diseases. However, not all types of fat can be revealed by BMI.

BMI	Designation by the WHO
Less than 18.5	Underweight
18.5 or more and less than 25	Normal
25 or more and less than 30	Overweight
30 or more	Obese

The above index refers to the values for obesity judgment proposed by WHO(World Health Organization).

### What is Body Fat Percentage?

The body fat content is shown as the amount of stored fat as a percentage of total body weight. There is no generally accepted set value as this varies significantly according to gender (due to the different build) and age.

Body fat is vital for basic body functions. It's protecting organs, cushioning joints, regulating body temperature, storing vitamins and serves the body as energy storage. As essential for women a minimum body fat proportion between 10% and 13% and for men between 2% and 5% is requested with the exception of competitive athletes.

Body fat is not a clear indicator for health. Too high body weight and a too high body fat proportion are linked to the incidence of many civilization diseases such as diabetes, cardiovascular diseases, etc.

Lack of movement and improper nutrition are often the prime course for these diseases. There is an obvious direct relationship between overweight and lack of movement.

### Recommended Body Fat Ranges

Gender	Age	Under fat	Normal	Over fat	Obese
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥30.0

Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### Body Fat 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 readings 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.

### What is body hydration percentage?

Total Body Hydration Percentage is the total amount of fluid in a person's body expressed as a percentage of their total weight.

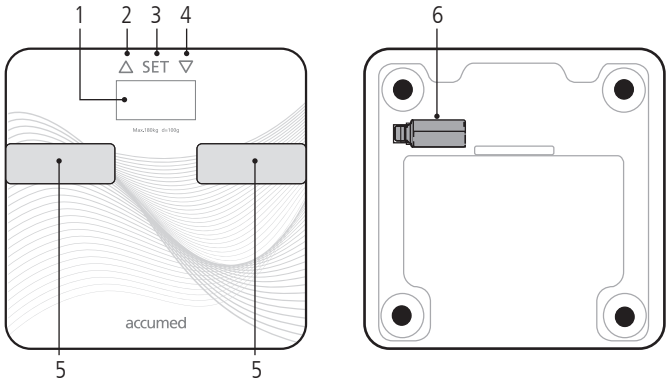
Approximately 50-60% of the weight of a healthy person is water. Water plays a vital role in many of the body's processes and is found in every cell, tissue and organ. Maintaining a healthy total body water percentage will ensure the body functions efficiently and will reduce the risk of developing associated health problems.

### What is Basal Metabolic Rate (BMR)?

Regardless of your activity level, a minimum level of caloric intake is required to sustain the body's everyday functions.

Known as the resting metabolism, this indicates how many calories you need to ingest in order to provide enough energy for your body to function.

## 4. Name/Function of each parts



- 1. Display LCD
- 2. Up button
- 3. SET button
- 4. Down Button
- 5. Electrodes
- 6. Battery Cover

## 5. LCD display

	<b>Gender indicator</b>
<b>age</b>	Age indicator
<b>fat</b>	Body fat percentage
<b>MUS</b>	Body muscle percentage
<b>BONE</b>	Bone mass
<b>Water</b>	Body hydration percentage
<b>KCAL</b>	BMR (Basal Metabolic Rate)
<b>BMI</b>	BMI(Body Mass Index)

## 6. Installing Batteries

- Install or replace 3 "AAA" sized batteries in the battery compartment according to the indications inside the compartment.
- Replace the battery cover by clicking in the bottom hooks first, then push in the top end of the battery cover.
- Remove batteries when the unit is not in use for extended periods of time.

## 7. Setting Personal Data

### 1. Select a personal data number:

- Press **SET** button
- Press **▽△** button to select a personal data number (no.PO~P9)
- Press **SET** button to confirm

### 2. Set the gender:

- Press **▽△** button to change gender
- Press **SET** button to confirm

### 3. Set the age:

- Press **▽△** button to change the age
- Press **SET** button to confirm

### 4. Set the height:

- Press **▽△** button to change height
- Press **SET** button to confirm

### 5. Take a measurement

The monitor indicates " 0.0 kg"

