



READ THIS MANUAL COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT

Keep this manual in a safe location for future reference

LEA TODO ESTE MANUAL CON ATENCIÓN ANTES DE USAR ESTE PRODUCTO

Conserve este manual en un lugar seguro para consultarlo en el futuro

LISEZ CE MODE D'EMPLOI COMPLÈTEMENT ET ATTENTIVEMENT AVANT D'UTILISER CE PRODUIT

Conservez ce manuel en lieu sûr pour y faire référence ultérieurement

ENGLISH

Body Analysis Scale

Instructions for use 2

ESPAÑOL

Báscula de análisis corporal

Instrucciones de uso 14

FRANÇAIS

Pèse-personne d'analyse corporelle

Mode d'emploi 26



Questions or comments? Call our US-based customer service toll free at 1-800-536-0366.



¿Preguntas o comentarios? Llame a nuestro servicio al cliente en Estados Unidos gratis al teléfono 1-800-536-0366.



Questions ou commentaires? Appelez gratuitement notre service clientèle situé aux États-Unis au 1-800-536-0366.

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SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

If the instruction manual is damaged or if you no longer have the instruction manual in your possession, please contact Beurer customer service. Please see warranty for service contact.

Dear Customer

Thank you for choosing one of our products.

Please read these instructions for use carefully and keep them for later use.




Make them accessible to other users and observe the information they contain.






1. IMPORTANT SAFETY NOTES

Signs and symbols

Whenever used, the following signs identify safety and property damage messages and designate a level of hazard or seriousness.

READ AND UNDERSTAND THIS ENTIRE MANUAL INCLUDING THE SAFETY SECTION AND ALL INSTRUCTIONS AND WARNINGS COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT. FOLLOW ALL SAFETY INSTRUCTIONS AND WARNINGS TO AVOID HAZARDOUS SITUATIONS AND TO MAKE CORRECT USE OF THIS PRODUCT.

	This is the safety alert symbol. It alerts you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.
 WARNING	WARNING indicates a hazardous situation which, if not avoided, could result in death or serious injury.
 CAUTION	CAUTION indicates a hazardous situation which, if not avoided, may result in minor or moderate injury.
NOTICE	NOTICE addresses practices not related to personal injury, such as product and/or property damage.

	Follow instructions for use		Permissible storage temperature and humidity
	Type BF applied part		Permissible operating temperature and humidity
	Do not use the device with a pacemaker	IP21	Protected against access to hazardous parts with a finger and against vertically falling water drops

**WARNING – To reduce the risk of fire, electric shock, or serious personal injury:**

- The scale must not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
- Do not use during pregnancy.
- To prevent falls, do not step onto the scale with wet feet or if the surface of the scale is damp.
- Do not stand on the outer edge of the scale, otherwise it may tip.
- Keep children away from packaging materials (risk of suffocation).

**CAUTION – To reduce the risk of personal injury or product/property damage:**

- This device is not intended to diagnose or treat any medical condition.
- This product is intended solely for household use and not for medical or commercial purposes.
- Place the scale on a hard, flat, level surface; a hard surface is required for accurate measurements.
- Protect the device from impacts, moisture, dust, chemicals, large temperature fluctuations, and nearby sources of heat (ovens, heaters).
- Not for use by children under 10 years of age.

NOTICE

- The device should be cleaned from time to time. Do not use any abrasive cleaning products and never submerge the device in water.
- Measurement variations are normal, as this scale is not calibrated for use in a professional medical environment.
- Make sure that no liquids come into contact with the scale. Never submerge the scale in water. Never rinse it in running water.
- Do not place any objects on the scale when not in use.
- Protect the device from knocks, damp, dust, chemicals, marked temperature fluctuations and nearby sources of heat (ovens, heaters).
- Do not press the buttons violently or with pointed objects.
- Do not expose the scale to high temperatures or strong electromagnetic fields.
- The scale's capacity is 400 lbs (180 kg/28 st). The results for weight and bone mass are displayed in 100g (0.2 lb) increments.
- Measurements of body fat, body water and muscle content are displayed in 0.1% increments.
- Calorie requirement is indicated in steps of 1 kcal.
- The scale is initially set to weigh and measure in "lb" and "in".
- Repairs must only be performed by Beurer Customer Service.

Battery Handling Safety Precautions

- Use only the size and type of batteries specified.
- Be sure to follow the correct polarity when installing the batteries. Reversed batteries may cause damage to the device.
- Do not mix different types of batteries together (e.g. Alkaline and Carbon-zinc or rechargeable batteries) or old batteries with fresh ones. Always replace batteries as a simultaneous set.
- If the batteries in the device are depleted or the device will not be used for a long period of time, remove the batteries to prevent damage or injury from possible battery leakage.
- Do not try to recharge batteries not intended to be recharged; they can overheat and rupture (follow battery manufacturer's directions).
- Do not dispose of batteries in fire, batteries may explode or leak.
- Clean the battery contacts and also those of the device prior to battery installation.
- Remove discharged batteries from the product and dispose/recycle in compliance with all applicable laws.
- Keep batteries away from children and pets. Batteries may be harmful if swallowed. Should a child or pet swallow a battery, seek medical assistance immediately.

2. Getting to Know your Instrument

This digital Body Analysis Scale is intended for measuring body weight and providing an analysis of your personal fitness data. It is intended for household use only. In addition to measuring body weight and BMI, the scale has the following functions that can be used by up to eight persons:

- Body fat percentage
- Body water percentage
- Muscle percentage
- Bone mass and
- Basal metabolic rate and active metabolic rate

The scale also includes the following features:

- Switches between kilograms (kg), pounds (lb) and stones (st)
- Automatic shutoff
- Low battery indicator
- Automatic user recognition
- Stores last 30 measurements for each of eight users

Bluetooth® communication via our free Beurer HealthCoach mobile app (requires a mobile device compatible with *Bluetooth®* version 4.0 or later running either iOS 12.0 or later or Android 8.0 or later). For a list of compatible devices, visit connect.beurer.com or scan this QR Code:



This scale works on the principle of Bioelectrical Impedance Analysis (BIA). This involves a quick calculation of body content using a harmless electric current that is not even noticeable.

When measurement of the electrical resistance (impedance) is considered alongside other data (age, height, gender, and activity level), body fat percentage and other variables in the body can be estimated. Muscle tissue and water conduct electricity well and therefore have a lower resistance. In contrast, bones and fat tissue have low conductivity as fat cells and bones only minimally conduct current due to very high levels of resistance.

Calculated values only approximate the actual values for your body. Only a doctor can precisely establish body fat, body water, muscle percentage and bone structure using medical methods.

Tips

- If possible, always weigh yourself at the same time every day (ideally in the morning), after having used the restroom, on an empty stomach and with as little clothing as possible, in order to obtain comparable, consistent results.
- Body fat percentage can only be calculated when you are barefoot; the soles of the feet may be lightly dampened where appropriate. Results may be unsatisfactory if the soles of your feet are completely dry or feature areas of rough skin; this reduces conductivity.
- Stand up straight and still while weighing.
- Wait a few hours after significant physical exertion.
- Wait about 15 minutes after waking so that your body's water content can normalize.
- Remember that only long-term trends are important. Brief deviations in weight within a few days are normally caused by changes in body water content.

Limitations

When calculating body fat and additional values, deviating and unexpected results may occur in the case of:

- Children under 10 years of age
- Athletes and bodybuilders
- Pregnant women
- Persons with a fever, persons undergoing dialysis, persons demonstrating edema symptoms, and persons suffering from osteoporosis
- Persons taking cardiovascular medicine (affecting the heart and vascular system)
- Persons taking vasodilating or vasoconstricting medication
- Persons with significant anatomical deviations in their legs compared with their overall body height (leg length significantly shorter or longer).

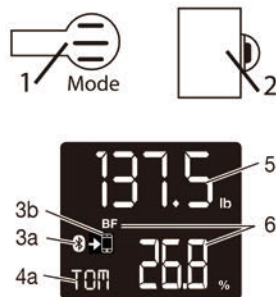
3. Package Contents

- 1 x BF 722 Body Analysis Scale
- 3 x 1.5 V AAA batteries
- 1 x Instruction manual
- 1 x Quick start guide

The device is only intended for weighing humans and for recording your personal fitness data. The device is only intended for private use, and not for medical or commercial purposes.

4. Parts and Controls

1. Mode Button
2. Battery Compartment
- 3a. Bluetooth Pairing Icon
- 3b. Bluetooth Data Transmission Indicator
4. User Initials (if recognized)
5. Body weight
6. Other Measurement Data (BMI, Body Fat Percentage, etc.)



5. Initial use

Inserting the Batteries

Remove the Battery Compartment Cover and insert three AAA-size alkaline batteries (included) according to the indicated polarity. If the scale does not function, remove the batteries and reinsert them, ensuring proper polarity. Replace Battery Compartment Cover.

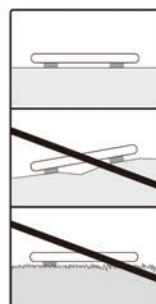
Positioning the scale

Place the scale on a hard, flat surface with no carpet or rugs; a hard surface is required for accurate measurements.

Downloading and Using the App

Download and install the free 'beurer HealthCoach' app from the Apple App Store (for iOS devices) or the Google Play Store (for Android devices). Start the app and enter your personal user data (height, birthdate, gender, etc.). Be sure to select "BF 722" as your device before performing any measurements. Enter your personal user data.

NOTE: If you do not use the app to enter your user data, the scale cannot recognize you and store your measurements.



User data	Set values
Initials/abbreviation of name	Max. 3 letters or numbers
Height	3 ft 3.5 in to 7 ft 2.5 in (100 to 220 cm)
Age	10 to 100 years
Gender	Male (♂), female (♀)
Activity level	1 to 5

To select the proper Activity Level, consult the table below.

Activity level	Physical activity
1	None.
2	Low: little and light physical exertion (e.g. going for walks, light gardening, simple gymnastics).
3	Medium: physical exertion, at least 2 to 4 times a week for 30 minutes each.
4	High: physical exertion, at least 4 to 6 times a week for 30 minutes each.
5	Very high: intensive physical exertion, intensive training or hard physical work for at least 1 hour every day.

Assign the user when requested to do so by the app. For automatic personal recognition, the first measurement must be assigned to your personal user data. Follow the app instructions for this. Step onto the scale with bare feet and ensure that you are standing still with equal weight distribution and with both feet on the electrodes.

Initial use without the app (alternative)

Note: We recommend using the app for initial use and implementing all settings. Therefore, only carry out this step if initial use is to be carried out entirely without the app. If you have performed initial use with the app, go directly to the “Taking measurements” chapter.

1. After inserting the batteries, “USE APP” will flash on the LCD display. Press the SET button to set the year/month/day, as well as hour/minute.
To select a value, touch the ▲/▼ buttons and touch SET to confirm; “0.0” will then appear on the LCD Display.
2. Touch SET again. The LCD Display will show “P-01” or the number of the user memory most recently used. Select your user memory (P-01 to P-08) with the ▲/▼ buttons and touch SET button to confirm.
3. Implement your settings such as gender and initials, height, etc. Confirm each setting by touching SET.
4. The 4-digit user PIN appears when you are finished entering your details. This PIN is needed to log into the app. “0.0” will then appear on the LCD Display, along with your initials.

NOTE: If you used the scale the first time without the app, you can add your existing scale user memory to the “Beurer HealthCoach” app. This requires you to enter your 4-digit user PIN. This process is described in the app.

To set automatic user recognition, the first measurement must be assigned to your personal user data; see below for instructions.

6. Taking Measurements

NOTE: Do not let your feet, legs, calves or thighs touch each other. Otherwise, the measurement cannot be taken correctly. The measurement will also be incorrect if taken while you are wearing socks.

1. Step onto the scale with bare feet; stand still with your weight distributed evenly on both sets of sensors.
2. The scale first displays the weight. If you are barefoot, additional diagnostics will follow.
3. If a user is assigned, the user ID displayed in the bottom left corner of the LCD Display; afterwards, the BMI, body fat (BF), water, muscle percentage, bone mass, BMR, and AMR are displayed.

The following appears:

1. Weight with BMI
2. Body fat in % (BF)
3. Body water in % \approx
4. Muscle percentage in % \rightleftharpoons
5. Bone mass \hookrightarrow
6. Basal metabolic rate in kcal (BMR)
7. Active metabolic rate in kcal (AMR)

If the user is not recognized, only the weight is shown and “---” appears in the User ID area of the LCD Display.

Weight Measurement Only

Step on the scale wearing shoes. Stand still with your weight distributed equally on both feet. The scale will display your weight after a few seconds. If a stored user is recognized, their BMI, BMR, and AMR are also displayed along with their initials.

NOTE: Other diagnostic values cannot be calculated if user is wearing shoes.

The scale will shut off by itself after a few moments of inactivity.

7. Evaluating Results

Body fat percentage

The following body fat percentages are a guideline only; for more information, ask your doctor.

Male

Age	Low	Normal	Moderate	High
10–14	<11%	11–16%	16.1–21%	>21.1%
15–19	<12%	12–17%	17.1–22%	>22.1%
20–29	<13%	13–18%	18.1–23%	>23.1%
30–39	<14%	14–19%	19.1–24%	>24.1%
40–49	<15%	15–20%	20.1–25%	>25.1%
50–59	<16%	16–21%	21.1–26%	>26.1%
60–69	<17%	17–22%	22.1–27%	>27.1%
70–100	<18%	18–23%	23.1–28%	>28.1%

Female

Age	Low	Normal	Moderate	High
10–14	<16%	16–21%	21.1–26%	>26.1%
15–19	<17%	17–22%	22.1–27%	>27.1%
20–29	<18%	18–23%	23.1–28%	>28.1%
30–39	<19%	19–24%	24.1–29%	>29.1%
40–49	<20%	20–25%	25.1–30%	>30.1%
50–59	<21%	21–26%	26.1–31%	>31.1%
60–69	<22%	22–27%	27.1–32%	>32.1%
70–100	<23%	23–28%	28.1–33%	>33.1%

Athletes will usually have lower values. Depending on the sport, training intensity, and your physical constitution, results may still be below the stated ranges. Please note that there may be health risks in the case of extremely low values.

Body Water Content

Body water content in percent is normally within the following ranges:

Male

Age	Poor	Good	Very good
10–100	<50%	50–65%	>65%

Female

Age	Poor	Good	Very good
10–100	<45%	45–60%	>60%

Body fat contains relatively little water; therefore, body water content may be below the standard values in persons with a high body fat percentage. On the other hand, some athletes may exceed the standard values due to having low levels of fat and a high muscle percentage.

The body water calculation performed using this scale is not suitable for drawing medical conclusions, such as in the case of age-related water retention. Consult your doctor where necessary. A high body water content is generally desirable.

Muscle Percentage

The muscle percentage is normally within the following ranges:

Male

Age	Low	Normal	High
10–14	<44%	44–57%	>57%
15–19	<43%	43–56%	>56%
20–29	<42%	42–54%	>54%
30–39	<41%	41–52%	>52%
40–49	<40%	40–50%	>50%
50–59	<39%	39–48%	>48%
60–69	<38%	38–47%	>47%
70–100	<37%	37–46%	>46%

Female

Age	Low	Normal	High
10–14	<36%	36–43%	>43%
15–19	<35%	35–41%	>41%
20–29	<34%	34–39%	>39%
30–39	<33%	33–38%	>38%
40–49	<31%	31–36%	>36%
50–59	<29%	29–34%	>34%
60–69	<28%	28–33%	>33%
70–100	<27%	27–32%	>32%

Bone mass

Like the rest of our body, bones are subject to natural growth, shrinking, and aging processes. Bone mass increases rapidly during childhood and reaches its peak between the ages of 30 and 40. As we age, our bone mass begins to decrease. You can combat this reduction to an extent with the help of a healthy diet (particularly calcium and vitamin D) and regular physical exercise. The stability of the skeletal system may be increased through increased muscle mass. Note that this scale does not measure calcium content of bones; instead, it calculates the weight of all the components that make up the bones (organic matter, inorganic matter, and water). It is very difficult to affect your bone mass, although it does fluctuate within the scope of influencing factors (weight, height, age, gender). There are no recognized guidelines or recommendations.



IMPORTANT:

- Do not confuse bone mass with bone density.
- Bone density can only be determined by a medical examination, so you cannot draw conclusions on changes to bones and bone hardness (e.g. osteoporosis) using this scale.

BMR

The basal metabolic rate (BMR) is the amount of energy required by the body at complete rest in order to maintain its basic functions. This value primarily depends on weight, height and age. It is displayed in kcal/day and calculated using the scientifically recognized Harris-Benedict equation. This is the amount of energy that is required by your body under all circumstances and must be resupplied to the body in the form of food. If your energy intake is below this level long term, it can affect your health.

AMR

The active metabolic rate (AMR) is the amount of energy that an active body consumes each day. An individual's energy requirement increases when the level of physical activity increases; the scale calculates this by means of the activity level (1– 5) that has been entered.

To maintain the current weight, the energy that the body uses must be replaced in the form of food and drink. If less energy is taken in than is used over a long period of time, the body takes the difference from its fat stores, and weight loss results. However, if the amount of energy taken in exceeds the calculated active metabolic rate (AMR) for a longer period, the body cannot burn off the excess energy. The excess is stored in the body as fat, leading to weight gain.

Interpreting Results

NOTE: Only long-term trends are important. Brief deviations in weight within a few days are normally caused by loss of fluids.

Interpretation of these results is based on changes in total body weight, percentage of body fat, body water and muscle content, as well as the length of time over which these changes occur. Rapid changes within the scope of a few days are considered separately from medium-term changes (in the scope of weeks) and long-term changes (months). As a basic rule, short-term changes in weight are almost entirely changes in water content, whereas medium-term and long-term changes may indicate changes in fat percentage and muscle percentage.

- If you experience short-term weight loss but your body fat percentage increases or stays the same, you have only lost water, such as after a training session, visit to the sauna, or a diet aimed only at fast weight loss.
- On the other hand, if your weight increases in the medium term and your body fat percentage drops or stays the same, you may have increased your muscle mass.
- If your weight and body fat percentage both fall at the same time, then your diet is working – you are losing fat mass.
- Ideally, you should support your diet with physical activity, fitness or strength training. This enables you to increase your muscle percentage in the medium term.
- Body fat, body water, and muscle percentages should not be totaled, since muscle tissue also contains components made of body water.

8. Other functions

User assignment

It is possible to assign up to eight users for weight-only measurement (with shoes) or diagnosis measurement (bare feet). For a new measurement, the scale assigns a measurement to the user whose most recently saved measurement is within 6.6lb of the active measurement. If two or more users have potentially been recognised, the display switches between them. Select your user by pressing the up-button.

Saving the assigned measurements on the scale

If the app is open and your mobile device is paired with the scale via Bluetooth, newly assigned measurements are sent to the app and not saved on the scale. If the app is not open, the newly assigned measurements are saved on the scale. A total of 30 measurements per user can be saved. The saved measurements are transferred automatically to the app if you open the app within Bluetooth® range. Data synchronization takes place within 10 seconds. It is also possible to transfer data when the scale is switched off.

Reviewing Saved Measurements

To view saved measurements on the scale, touch the ▼ Button when the scale is switched on and while displaying the desired user; this may need to be done several times to recall older values. Measurements that have already been transferred to the app can no longer be viewed on the scale.

Deleting all scale data

To delete all measurements and all user data on the scale, switch the scale on and press and hold the MODE Button for about six seconds; “CLR” will appear on the LCD Display. After deleting measurements, you will need to perform user assignments again.

Deleting individual users

Switch on the scale, select a user using the ▲ Button, and wait until “0.0” appears; then press and hold the MODE Button for six seconds until “DEL” appears on the LCD Display.

9. Care, Maintenance and Disposal

Replacing Batteries

This scale is equipped with a low battery indicator. If the batteries are weak, “Lo” will appear in the LCD Display and the scale will shut off. Replace the batteries with three new AAA-size alkaline batteries.

Cleaning

Clean the scale periodically using a damp cloth and, if necessary, a small amount of mild detergent.



Disposal

Observe the local regulations for material disposal. Dispose of the device in accordance to local regulations. If you have any questions, please contact the local authorities responsible for waste disposal.


10. Troubleshooting Guide

If the scale encounters an error during measurement, the following is displayed:

Display	Cause	Solution
---	Unknown measurement (the measurement is beyond the limit of the user assignment and/or it is not possible to assign to a unique user.)	Select a user with the ▲/▼ Buttons.
BF-Err	The body fat percentage is outside the measurable range (less than 3% or greater than 65%).	Please repeat the measurement barefoot, or with the soles of the feet lightly dampened if necessary.
Err	Maximum weight of 400 lbs/180 kg exceeded.	Load must not exceed 400 lbs/180 kg.
Err or incorrect weight is displayed.	Scale is not on a flat, stable surface.	Place the scale on an even, hard surface.
	User is not standing still.	Stand as still as possible.
Incorrect weight is displayed.	Incorrect zero point of scale.	Wait until the scale switches itself off. Activate the scale, wait for “0.0 lb” to appear and take the measurement.
No Bluetooth® connection (⌘ symbol does not display).	Mobile device is beyond Bluetooth® range	Maximum unobstructed range is about 33 feet (~10 m). Walls and ceilings reduce range. Radio frequency waves may cause interference; do not place the scale near devices such as wireless routers or microwaves.
	No connection to mobile device	Close app, switch Bluetooth® off and back on. The scale must not be connected during this process. You may need to remove it from the device list in the device's Bluetooth® settings. Restart phone and remove/reinsert batteries in scale.

Display	Cause	Solution
Measurements are not transferred to the app (→  icon not displaying)	No measurement for the user or no <i>Bluetooth®</i> connection.	The initials that appear on the scale must match the ones in your app settings. Only these measurements can be transferred. Check your initials and your app settings.
→  icon appears on the LCD Display after measurement	User memories are full and no more measurements can be stored.	Open the mobile app and let saved measurement data transfer to your mobile device. Data transfer may take up to a minute.
Lo	The batteries in the scale are empty.	Replace the batteries.

11. Technical Specifications

Model:	BF 722
Dimensions:	11.8 in x 11.8 in x 1 in (30 cm x 30 cm x 2.5 cm)
Weight:	3.5 lb (1.6 kg)
Measurement range:	11 - 400 lb (5 - 180kg)
Scale interval d:	The display can be read in increments of 0.22 lb (0.1 kg)
Repetition accuracy:	The measuring tolerance for repeated measurements is +/- 0.8 lb (0.4 kg) (several measurements in direct succession on the same scale with position of scale and person the same as far as possible).
Absolute precision:	In comparison with a calibrated weight, the measured value is +/- 1% 0.22 lb (0.1kg). E.g. at 88 lb (40 kg) this corresponds to +/- 1.1 lb (0.5 kg); at 220.5 lb (100 kg) this corresponds to +/- 2.4 lb (1 kg).
Data transfer via <i>Bluetooth®</i> low energy technology	The product uses <i>Bluetooth®</i> low energy technology, frequency band 2402 - 2480 MHz, max. 0.5 dBm transmission power, compatible with <i>Bluetooth®</i> ≥ 4.0 smartphones/tablets
A list of compatible smartphones, information on software and details on the devices can be found at the following link: connect.beurer.com	
System requirements for the "beurer HealthCoach" app	iOS ≥ 12.0, Android™ ≥ 8.0 <i>Bluetooth®</i> ≥ 4.0.

12. FCC Compliance Information

Body Analysis Scale BF 722

Responsible Party – U.S. Contact Information
 Beurer North America LP
 1 Oakwood Boulevard, Suite 255
 Hollywood, FL 33020
 United States
 1-800-536-0366
info@beurer.com

FCC Compliance Statement

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 undesirable operation.

NOTE: 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/TV technician for help.

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

13. Warranty

Limited Lifetime Warranty For Original Purchaser

Your CVS Body Analysis Scale, Model BF 722, is warranted to be free from defects in materials and workmanship for the life of the product under normal conditions of intended use and service. This warranty extends only to the original retail purchaser and does not extend to retailers or subsequent owners.

We will, at our option, repair or replace the CVS Body Analysis Scale, Model BF 722, without additional charge, for any part or parts covered by these written warranties. No refunds will be given. Repair or replacement is our only responsibility and your only remedy under this written warranty. If replacement parts for defective materials are not available, CVS reserves the right to make product substitutions in lieu of repair or replacement. For warranty service contact our customer service department at 1-800-536-0366 or at info@cvs.com to provide a description of the problem. If the problem is deemed to be within the scope of the limited lifetime warranty, you will be asked to mail the product at your costs in its original package with proof of purchase, your name, address and phone number. If the problem is not deemed to be within the scope of the limited lifetime warranty, we will provide a quotation for repair respectively replacement and return shipping fee.

This warranty does not cover damage caused by misuse or abuse; accident; the attachment of unauthorized accessory; alteration to the product; improper installation; misapplication; lack of reasonable care with respect to the product; unauthorized repairs or modifications; improper use of electrical/ power supply; normal wear; loss of power; dropped product; malfunction or damage of an operating part as a result of failure to comply with instructions for use or to provide manufacturer's recommended maintenance; transit damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of CVS. This warranty is void if the product is ever used in a commercial or business environment. The maximum liability of CVS under this warranty is limited to the purchase price actually paid by the customer for the product covered by the warranty, as confirmed by proof of purchase, regardless of the amount of any other direct or indirect damage suffered by the customer.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adaptation to enable it to operate in any other

country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

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CONSERVE ESTAS INSTRUCCIONES PARA PODER CONSULTARLAS EN EL FUTURO.

Si el manual de instrucciones está dañado o si ya no lo tiene, llame al servicio al cliente de Beurer. En la garantía encontrará la información de contacto del servicio.

Estimado/a cliente

Gracias por elegir uno de nuestros productos.

Lea atentamente estas instrucciones de uso y consérvelas para poder consultarlas en el futuro.




Asegúrese de que estén disponibles para los demás usuarios y tenga en cuenta la información que contienen.

1. NOTAS IMPORTANTES DE SEGURIDAD

Signos y símbolos

Siempre que se usan, estos signos identifican mensajes de seguridad y daños a la propiedad, indicando el nivel de gravedad del peligro.

ANTES DE USAR ESTE PRODUCTO, DEBE LEER CON ATENCIÓN Y ENTENDER TODO ESTE MANUAL, INCLUYENDO LA SECCIÓN DE SEGURIDAD Y TODAS LAS INSTRUCCIONES Y ADVERTENCIAS. SIGA TODAS LAS INSTRUCCIONES Y ADVERTENCIAS DE SEGURIDAD PARA EVITAR SITUACIONES PELIGROSAS Y PARA USAR CORRECTAMENTE ESTE PRODUCTO.

	Este es el símbolo de advertencia de seguridad. Le pone alerta sobre posibles peligros que pueden ocasionar lesiones. Obedezca todos los mensajes de seguridad que siguen a este símbolo para evitar posibles lesiones o la muerte.	
	ADVERTENCIA	ADVERTENCIA indica una situación peligrosa que, si no se evita, podría causar la muerte o una lesión grave.
	PRECAUCIÓN	PRECAUCIÓN indica una situación peligrosa que, si no se evita, podría causar una lesión leve o moderada.
	AVISO	AVISO se refiere a prácticas que no están relacionadas con lesiones, como es el caso de daños al producto o daños materiales.

	Siga las instrucciones de uso		Temperatura y humedad de almacenamiento permitidas
	Parte aplicada tipo BF		Temperatura y humedad de funcionamiento permitidas
	No use el dispositivo si tiene un marcapasos	IP21	Protegido contra el acceso a partes peligrosas con un dedo y contra la caída vertical de gotas de agua



ADVERTENCIA. Para reducir el riesgo de incendio, descarga eléctrica o lesiones personales graves:

- Las personas con implantes médicos (p. ej., marcapasos) no deben usar esta báscula, ya que podría afectar su funcionamiento.
- No use la báscula durante el embarazo.
- Para evitar las caídas, no se suba a la báscula con los pies mojados o si la superficie de la báscula está húmeda.
- No se pare sobre el borde exterior de la báscula, ya que puede ladearse.
- Mantenga a los niños alejados de los materiales de empaque (riesgo de asfixia).



PRECAUCIÓN. Para reducir el riesgo de lesiones personales o daños al producto o materiales:

- Este dispositivo no se ha diseñado para diagnosticar ni tratar ningún problema médico.
- Este producto es solo para uso particular y no debe usarse con fines médicos ni comerciales.
- Coloque la báscula sobre una superficie dura, plana y nivelada; es necesario que la superficie sea dura para obtener mediciones exactas.
- Proteja el dispositivo contra golpes, humedad, polvo, productos químicos, cambios de temperatura grandes y fuentes de calor cercanas (hornos, estufas).
- No apto para el uso por niños menores de 10 años.

AVISO

- El dispositivo debe limpiarse de vez en cuando. No utilice ningún producto limpiador abrasivo ni sumerja el dispositivo en agua.
- Es normal que se produzcan variaciones en las mediciones, ya que la báscula no se ha calibrado para usarse en un entorno médico profesional.
- No permita que ningún líquido entre en contacto con la báscula. No sumerja nunca la báscula en agua. No la enjuague nunca con agua corriente.
- No ponga ningún objeto sobre la báscula cuando no la esté usando.
- Proteja el dispositivo de los golpes, humedad, polvo, productos químicos, cambios de temperatura considerables y fuentes de calor (hornos, estufas) cercanas.
- No presione los botones con violencia ni con objetos punzantes.
- No exponga la báscula a temperaturas altas ni a campos electromagnéticos fuertes.
- La báscula tiene capacidad de 180 kg (400 lb/28 st). Los resultados de la masa corporal y la masa ósea se muestran en incrementos de 0.2 lb (100 g).
- Las mediciones del porcentaje de grasa corporal, agua corporal y músculo se muestran en incrementos del 0.1 %.
- Las necesidades de calorías se indican en incrementos de 1 kcal.
- Inicialmente, la báscula está ajustada para pesar y medir en libras (lb) y en pulgadas (in).
- Solamente puede hacer reparaciones el servicio al cliente de Beurer.

Precauciones de seguridad en el manejo de las baterías

- Use solo el tamaño y tipo de baterías que se especifican.
- Asegúrese de utilizar la polaridad correcta cuando instale las baterías. Las baterías colocadas con la polaridad invertida pueden dañar el dispositivo.
- No combine tipos distintos de baterías (por ejemplo, alcalinas con carbono-zinc o recargables) ni baterías usadas con baterías nuevas. Cuando cambie las baterías, sustitúyalas todas al mismo tiempo.
- Si las baterías del dispositivo están agotadas o el dispositivo no se va a utilizar durante un tiempo prolongado, retire las baterías para evitar daños o lesiones por posible fuga de estas.
- No intente recargar baterías que no son recargables; se pueden sobrecalentar y romper (siga las instrucciones del fabricante de la batería).
- No arroje las baterías al fuego, ya que podrían explotar o podría producirse un derrame.
- Limpie los contactos de las baterías y también los del dispositivo antes de instalar las baterías.
- Retire las baterías descargadas del producto y deseche o recicle de acuerdo con la legislación aplicable.
- Mantenga las baterías lejos del alcance de niños y mascotas. Las baterías pueden ser dañinas en caso de ingestión. Si un niño o una mascota llega a ingerir una batería, busque atención médica de inmediato.

2. Conozca su instrumento

La Báscula Digital de Análisis Corporal se ha diseñado para medir el peso corporal y ofrecer un análisis de los datos de su estado físico. Esta unidad es solo para uso doméstico. Además de medir el peso corporal e IMC, la báscula tiene las siguientes funciones que pueden usar hasta ocho personas:

- Porcentaje de grasa corporal
- Porcentaje de agua corporal
- Porcentaje muscular
- Masa ósea
- Índice metabólico basal e índice metabólico activo

La báscula incluye también las funciones siguientes:

- Cambio de unidades entre kilogramos (kg), libras (lb) y stones (st)
- Apagado automático
- Indicador de batería baja
- Reconocimiento automático de usuario
- Almacena las últimas 30 mediciones para cada uno de los ocho usuarios

Comunicación *Bluetooth®* a través de nuestra aplicación móvil gratuita HealthCoach de Beurer (requiere un dispositivo móvil compatible con *Bluetooth®* versión 4.0 o posterior con iOS 12.0 o posterior o Android 8.0 o posterior). Para ver una lista de dispositivos compatibles, visite connect.breuer.com o escanee este código QR:



Esta báscula funciona según el principio de análisis de impedancia bioeléctrica (AIB). Esto implica el cálculo rápido de la composición corporal mediante una corriente eléctrica inocua que ni siquiera se nota.

Cuando se evalúa la medición de la resistencia eléctrica (impedancia) junto con otros datos (edad, estatura, sexo y grado de actividad), se pueden estimar el porcentaje de grasa corporal y otras variables del cuerpo. El tejido muscular y el agua son buenos conductores de la electricidad y, por lo tanto, tienen menor resistencia.

Por el contrario, los huesos y el tejido graso presentan baja conductividad. Las células grasas y los huesos conducen una cantidad mínima de corriente, ya que sus niveles de resistencia son muy altos.

Los valores calculados solo se aproximan a los valores reales del cuerpo. Únicamente un médico puede determinar con exactitud la grasa corporal, el agua corporal, el porcentaje muscular y la estructura ósea con métodos médicos.

Sugerencias

- Si es posible, pésese siempre a la misma hora todos los días (es ideal hacerlo en las mañanas) después de ir al baño, cuando tenga el estómago vacío y con la menor cantidad de ropa posible, para obtener resultados comparables y uniformes.
- El porcentaje de grasa corporal solo puede calcularse descalzo; las plantas de los pies pueden humedecerse ligeramente si es necesario. Es probable que los resultados no sean satisfactorios si las plantas de los pies están completamente secas o si tienen durezas, ya que esto reduce la conductividad.
- Párese en posición erguida e inmóvil cuando se pese.
- Espere unas horas después de haber realizado un esfuerzo físico importante.
- Espere unos 15 minutos después de despertar para que el contenido de agua del cuerpo pueda normalizarse.