

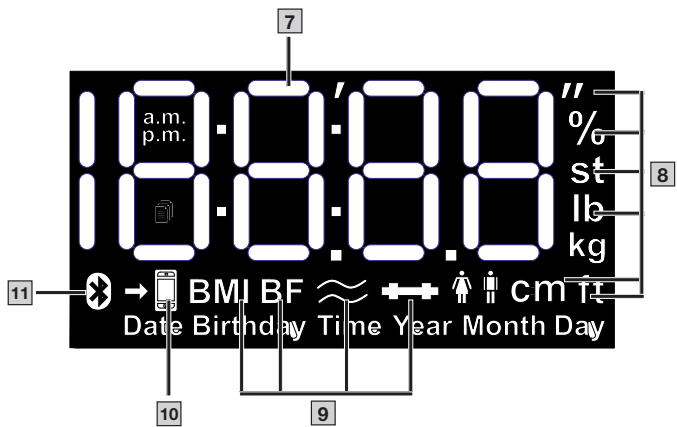
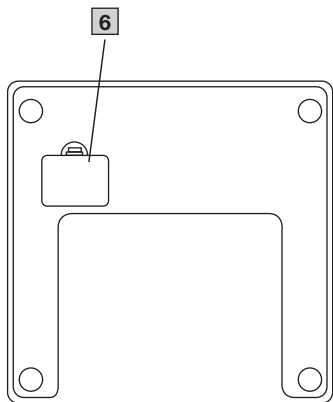
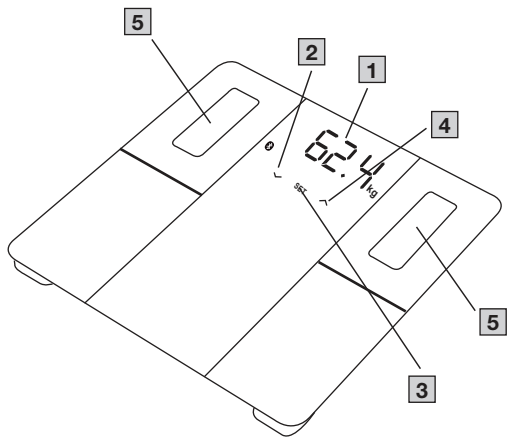
beurer

BF 500
Super Black Edition

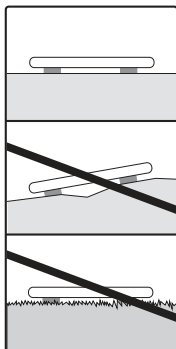


EN Diagnostic bathroom scale
Instructions for use

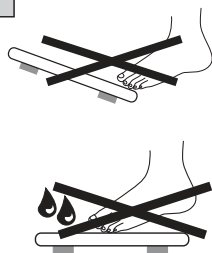
CE



A



B





Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the instructions for use to the next user as well.

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1. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	WARNING Warning indicating a risk of injury or damage to health.
	IMPORTANT Warning indicating possible damage to the device.
	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
	CE labelling This product satisfies the requirements of the applicable European and national directives.
	The products demonstrably meet the requirements of the Technical Regulations of the EAEU
	The electronic device must not be disposed of with household waste
	Do not dispose of batteries containing hazardous substances with household waste
	United Kingdom Conformity Assessed Mark
	Manufacturer
	Read the instructions for use
	Place the scale on a stable, level surface. Do not place the scale on a carpet.
	Danger of slipping! Do not step on the scale if the surface or your feet are wet
	Importer symbol
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard

	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Danger of tipping! Do not stand on the outer edge.

2. WARNINGS AND SAFETY NOTES

WARNING

- 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. The device must only be used for the purpose for which it was designed and in the manner specified in these instructions for use.
- **The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.**
- **Do not use the device during pregnancy.**
- **Danger of tipping!** Never place the scale on an uneven surface. Never step onto the outer edge of the scale on just one side (see Figure **B**).
- **Danger of slipping!** Do not step onto the scale with wet feet (see Figure **B**). Do not step onto the scale when the surface is wet. Do not step onto the scale wearing socks.
- Please note that measuring tolerances are possible for technical reasons as this scale is not calibrated for use in a professional medical context.
- Obtain professional advice from appropriately qualified personnel (e.g. a doctor) when undertaking any treatment or diet to address being overweight or underweight. The health values determined using the scale can assist the qualified personnel in their diagnoses.
- Inaccurate or implausible results may occur when determining body fat in children, performance athletes or people with medical/physical limitations (e.g. oedema symptoms, osteoporosis, people who are taking cardiovascular medication or medication which changes the vascular system, people with major anatomical abnormalities on the legs).
- Repairs may only be carried out by Beurer Customer Services or authorised retailers. Never open the scale yourself.



SAFETY NOTES ON HANDLING BATTERIES

- Always insert the batteries correctly, taking into account the polarity (+ / -). Keep batteries clean and dry and away from water. Always select the correct battery type.
- Never short-circuit batteries and battery compartment contacts.
- Never charge, forcibly discharge, heat, disassemble, deform, encapsulate or modify batteries.
- Never weld or solder on batteries.
- Never mix batteries of different manufacturers, capacities (new and used), size and type within a device.
- **Risk of explosion!** Failure to comply with the points mentioned above can result in personal injury, overheating, leakage, venting, breakage, explosion or fire.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- If your skin or eyes come into contact with battery fluid, rinse the affected areas with water and seek medical assistance.
- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed.
- Never allow children to replace batteries without adult supervision.
- Store batteries away from metal objects in a well-ventilated, dry and cool place.
- Never expose batteries to direct sunlight or rain.
- Remove batteries from the device if it is not going to be used for a long period of time.
- Dispose of discharged batteries immediately and properly. Never dispose of batteries in fire.
- When disposing of batteries, keep batteries with different electrochemical systems separate.

3. INCLUDED IN DELIVERY

Check that the device packaging has not been tampered with and make sure that all contents are present. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address.

- 1 diagnostic bathroom scale
- 3 AA 1.5 V batteries
- 1 set of instructions for use
- 1 quick guide

4. DEVICE DESCRIPTION

The corresponding drawings are shown on page 2.

- 1 Display
- 2 ✓ Sensor button (reduces setting value)
- 3 SET sensor button (to confirm)
- 4 ^ Sensor button (increases setting value or for user selection when assigning measured values)
- 5 Electrodes
- 6 Battery compartment
- 7 Measurements
- 8 Measurement unit
- 9 Body data
- 10 Measurement data transfer
- 11 Scale connected to Bluetooth®

5. USAGE

5.1 Prerequisites for taking measurements correctly

- Place the scale on a level and stable surface (see Figure A).
- Wherever possible, weigh yourself at the same time every day (ideally in the morning), after having been to the toilet, on an empty stomach and without clothing.
- To determine your body fat, always stand barefoot on the electrodes 5 on the scale.
- Stand upright and still throughout, from the weight measurement through to the body fat measurement. Ensure that your weight is evenly distributed.

5.2 Creating scale users in the “beurer HealthManager Pro” app

The scale has 8 memory spaces for different scale users, enabling you to save the various members of your family, for example. You can use the “beurer HealthManager Pro” app to conveniently set up the individual app users and their corresponding scale user via your smartphone. To do so, proceed as follows:

1. Scan the QR code with your smartphone and install the “beurer HealthManager Pro” app.



Scan here to access the
“beurer HealthManager Pro” app

2. Launch the “beurer HealthManager Pro” app and follow the instructions.
3. When you reach the end of the instructions, you will be prompted to step onto the scale to take the initial measurement (for subsequent automatic personal recognition if within +/- 3 kg). As soon as a scale user (e.g. “U: 1”) and “0.0” appears in the display 1, step onto the scale.






NOTE ON MULTI-USER USAGE:

Create a separate app user for each scale user (in the same or on another smartphone/tablet with “beurer HealthManager Pro” app). If the same scale is used by several app users, the device must be added in the app for each of them during setup. A new user is automatically created on the scale (e.g. U:2).


5.3 ALTERNATIVE METHOD: Creating scale users without the app



Alternatively, you can create a scale user directly on the scale without using the app. Do not create a scale user directly on the scale if you have already created that scale user using the app. This process is not required if the scale has already been connected to the app.

1. Remove the battery insulating strip from the battery compartment 6 or insert batteries (“USE APP” flashes in display 1).
2. Place the scale on a stable surface.
3. Press the SET button 3.
4. Set the current date (year, month, day) and time. Confirm each setting with the SET button 3 until the display 1 shows “0.0”.
5. Press the SET button 3.
6. “Unit” appears in display 1, select with ^/✓ button 2/4 and confirm with SET button 3.
7. “USE” appears in display 1. Use the ^ button 4 to select the scale user you need (you can select from U: 1 to 8). Confirm the selection with SET button 3.

8.  flashes on the display. Use the  button **[4]** to set the gender. Confirm your entry with the SET button **[3]**.
9. "170" flashes on the display **[1]**. Use the  button **[4]** to set the height. Confirm your entry with the SET button **[3]**.
10. The year, then the month, then the day flash on the display **[1]**. Use the  button **[4]** to set the year, month and day of birth. Confirm your entry with the SET button **[3]**.
11. "3" flashes on the display **[1]**. Use the  button **[2]** **[4]** to set your activity level based on how much you exercise (considered over the long term). (1 = none, 2 = low, 3 = medium, 4 = high, 5 = very high/athletic). Confirm your entry with the SET button **[3]**.
12. "End" appears briefly in the display **[1]**; then "0.0" with the user symbol. Perform initial measurement (for subsequent automatic personal recognition if within +/- 3 kg).


5.4 Weighing yourself




1. Step onto the scale barefoot. Stand still on the electrodes **[5]** with both legs, making sure to distribute your weight evenly. The scale switches on automatically.
2. Your body weight appears on the display **[1]**. The scale user detected (e.g. "U: 1" for scale user 1) should then appear automatically. If the scale has detected several possible scale users, use the  button **[4]** to select the correct one and wait 3 seconds. Step off the scale.
3. The following health values will then appear one after the other.

BMI	Body mass index (a healthy value is 18.5-25)
BF	Body fat percentage (a healthy value is 16-28% for women and 11-23% for men)
	Body water content in % (a healthy value is >45% for women and >50% for men)
	Muscle percentage (a healthy value is 27-43% for women and 37-57% for men)

Note: For more details of the values, please see the app or the FAQs at www.beurer.com

4. If a Bluetooth® connection has been established and the user measurements have been successfully taken (e.g. for U: 1), the values will be transferred to the "beurer HealthManager Pro" app. This is indicated by the measurement data transfer symbol **[10]**. If the data cannot be transferred, up to 30 values will be stored per user. They will be transferred as soon as a connection has been established.
5. The scale switches itself off automatically.

Note: if the automatic scale user detection function is not working, press the  button **[4]** until your scale user is displayed, and wait 3 seconds. Then take the diagnostic measurement.

Note: to display your last diagnostic measurement, briefly press on the scale until "0.0" and the user symbol appear in the display **[1]**, press  button **[4]** repeatedly until your scale user is displayed and wait 3 seconds. Then press the  button **[2]** to display the most recent diagnostic measurement. To display further measurements, press the  button **[2]** again. Up to 30 measurements can be shown on the display **[1]**.



Note: If you are wearing shoes when taking the measurement, only your weight will be shown (the weight is automatically saved when the scale detects the scale user).

5.5 Deleting scale users

You can delete individual scale users in the "beurer HealthManager Pro" app.

Alternatively, you can also delete scale users directly on the scale.

To do so, proceed as follows:

1. Briefly press on the scale until "0.0" appears in the display **[1]**.
2. Press the SET button **[3]**
3. "Unit" appears in the display **[1]**, confirm with SET button **[3]**.
4. "User" appears in display **[1]**, select your user with  button **[4]** and confirm with SET button **[3]**.
5. Press the SET button **[3]** repeatedly until "End" appears in the display. If you press  button **[4]** within 3 seconds, "dEL" will appear in the display. If you confirm with the SET button **[3]**, the user is deleted.

6. CLEANING AND MAINTENANCE

Clean the surface of the scale from time to time using a slightly damp cloth. Do not use the scale again until the surface is completely dry.




IMPORTANT

- Do not use any abrasive cleaning products.
- Never submerge the scale in water. Never rinse the scale under running water.
- Do not place any objects on the scale when it is not in use.
- Protect the scale from knocks, moisture, dust, chemicals, drastic changes in temperature and nearby sources of heat (ovens, heaters).


7. WHAT IF THERE ARE PROBLEMS?

7.1 Resetting the scale to factory settings

To reset the scale back to factory settings, proceed as follows:


1. Remove the scale from your device settings in the app.
2. Switch on the scale and press SET button **[3]** repeatedly until "SET" appears in the display **[1]**.
3. If you press  button **[4]**, "CLR" appears in display **[1]**. Confirm with SET button **[3]**.

7.2 Messages and errors

Display	Cause / Remedy
Discrepancy in weight	Incorrect zero point: briefly press on the scale until the current weight is displayed, then remove your foot so that "0.0" flashes. Scale on carpet: place the scale on a solid surface.
PAir	<i>Bluetooth®</i> needs to be paired: start/allow pairing/bonding on your smartphone (note any messages in the status bar/notification bar), and confirm the 6-digit pairing code using the SET button [3] on the device and confirm on the smartphone.
"USE APP"	Connect the scale using the app. Do not connect it via the <i>Bluetooth®</i> settings on your smartphone. Only connect it via the app.
U: -	The scale was unable to assign the measurement to a scale user: if the automatic scale user detection function is not working, briefly press on the scale, press the  button [4] repeatedly until your scale user is displayed, and wait 3 seconds. Weigh yourself again. The user assignment limit is +/-3 kg and can be changed in the app.
BF-Err	The body fat percentage is outside the measurable range (less than 3% or greater than 70%): Check the user data or change the activity level.

BF--	Diagnostic measurement cannot be taken (e.g. measurement attempted while wearing shoes): repeat the measurement barefoot. Otherwise, only weight values will be displayed and transferred.
oLd	The maximum weight capacity of 180 kg has been exceeded: loads must not exceed 180 kg.
Lo	The batteries are flat: replace the batteries.

7.3 Bluetooth® connection problems

Problem	Cause / Remedy
No <i>Bluetooth</i> ® connection  Symbol 11 is not displayed	Device is outside the <i>Bluetooth</i> ® range. The minimum range in the open is approx. 10 m. Walls and ceilings reduce the range. Other radio waves may interfere with the transmission. Therefore, do not position the scale near devices such as microwaves or induction hobs. Ideally, switch off other <i>Bluetooth</i> ® devices that are within range. No <i>Bluetooth</i> ® connection to the app. 1. Switch on the scale to establish the connection faster. 2. Switch <i>Bluetooth</i> ® on your smartphone off and on again. Ensure that the scale is not being connected via the <i>Bluetooth</i> ® settings of the operating system. If necessary, remove it from the device list in the <i>Bluetooth</i> ® settings and then use the “beurer HealthManager Pro” app. 3. Completely close the app (including in the background). Switch your smartphone off and on again. 4. Briefly remove the batteries from the scale and reinsert them. Launch the app. 5. When connecting the scale, check the status bar on the smartphone to start pairing/bonding.
Measurements are not sent Symbol 10 is not displayed	No measurement for the scale user or no <i>Bluetooth</i> ® connection. The user memory (e.g. U: 1) which appears on the scale display must be assigned to the scale in your app settings. Only these measurements can be transferred. Therefore, check your user on the scale when taking a measurement and in your app settings.

8. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment).

If you have any questions, please contact the local authorities responsible for waste disposal.

You can obtain the location of collection points for old devices from the local or municipal authorities, local waste disposal company or your retailer, for example.





The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries. The codes below are printed on batteries containing harmful substances:

Pb = Battery contains lead,
Cd = Battery contains cadmium,
Hg = Battery contains mercury.



9. TECHNICAL SPECIFICATIONS

Model:	BF 500
Dimensions:	300 x 300 x 28 mm
Weight:	1700 g
Measurement range:	180 kg / 396 lb / 28 st
Display:	kg: 0.1 kg / lb: 0.2 lb / st: between 0-19 st = 0.2 lb; between 20-28 st = 1 lb
Repetition accuracy:	max. +/- 0.4 kg
Absolute precision:	max. +/- (0.5% +0.1 kg); e.g. for 80 kg: max. +/- 0.5 kg
Battery:	3 x 1.5 V AA battery
Data transfer:	<i>Bluetooth</i> ® low energy technology Frequency band: 2402 - 2480 MHz, max. transmission power +3,1 dBm
System requirements and list of compatible devices for the “beurer HealthManager Pro” app* 	

Subject to technical changes.

*This product satisfies the requirements of the applicable European directives.

The CE mark has been applied in accordance with the following European directives:

Directive 2014/53/EU (Radio Equipment Directive – RED)

The Declaration of Conformity for this product can be found at the following address:

<https://www.beurer.com/web/we-landingpages/de/cedeclearationofconformity.php>

10. WARRANTY

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.

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