

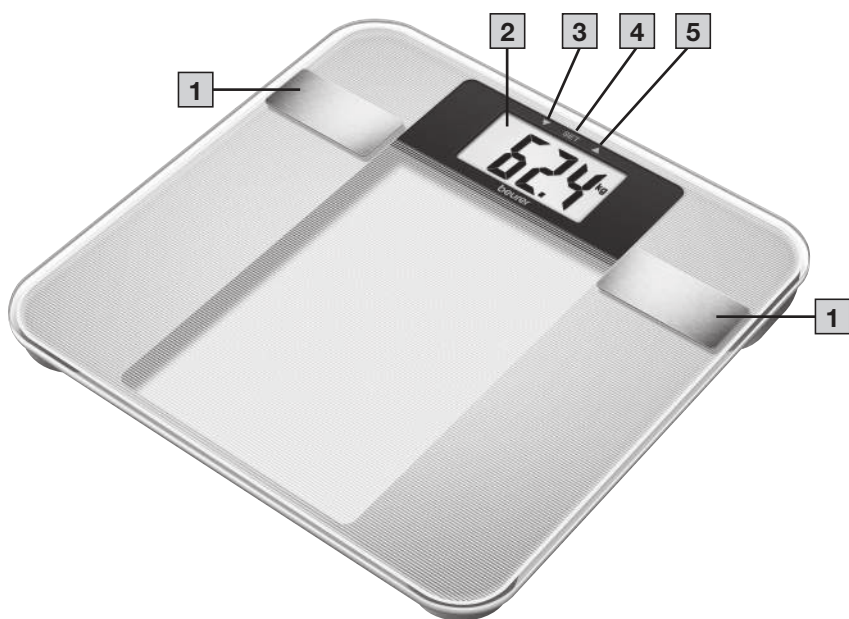
# beurer

## BG 13



**EN** Diagnostic bathroom scale  
Instructions for use

CE



# ENGLISH



Read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.

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## 1. 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.

- BG 13 diagnostic bathroom scale
- 1 x 3V battery CR 2032
- These instructions for use
- 1x warranty leaflet

## 2. 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:

	<b>Warning</b> Warning instruction indicating a risk of injury or damage to health
	<b>Important</b> Safety note indicating possible damage to the device/accessory
	<b>Product information</b> Note on important information
	Read the instructions
	The electronic device must not be disposed of with household waste
	Do not dispose of batteries containing hazardous substances with household waste
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	<b>CE labelling</b> This product satisfies the requirements of the applicable European and national directives.
	United Kingdom Conformity Assessed Mark

	The products demonstrably meet the requirements of the Technical Regulations of the EAEU.
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Importer
	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.
	Manufacturer
	Do not load the scale beyond 150 kg / 330 lb / 24 st.
	Danger of slipping: do not step on the scale with wet feet.
	Danger of tipping: position yourself in the centre of the weighing surface.
	Place the scale on an even surface. No carpet.

## 3. INTENDED USE

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. WARNINGS AND SAFETY NOTES

# ! IMPORTANT NOTES – KEEP FOR LATER USE!

## SAFETY NOTES

- The scales must not be used by persons with medical implants (e.g. heart pacemakers). Otherwise their function could be impaired.
- Do not use during pregnancy.
- Do not step onto the outer edge of the scale on just one side: danger of tipping!
- Caution! Do not stand on the scale with wet feet and do not step on the scale when its surface is wet – danger of slipping!
- Keep children away from packing materials (danger of suffocation).



## 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, wash the affected area 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 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.

## GENERAL NOTES

- Please note that measuring tolerances are possible due to technical reasons because the scale has not been calibrated.
- Ages 10 to 100 years and height settings from 100 to 220 cm (3'-03" to 7'-03") can be preset. Load capacity: max. 150 kg (330 lb, 24 st). Result in steps of 100g (0.2 lb, 1/4 st). Measurements of body fat, body water and muscle density in steps of 0.1%.
- When supplied to the customer, the scale is set to weigh and measure in "kg" and "cm". On the back of the scale,

there is a toggle button where you can select "pounds" (lb) and "stones" (st).

- Place the scale on a firm level floor; a firm floor covering is required for correct measurement.
- The scale should be cleaned occasionally with a damp cloth. Do not use abrasive detergents and never immerse the scale in water.
- Protect the scale against hard knocks, moisture, dust, chemicals, major temperature fluctuations and heat sources which are too close (stove, heating radiator).
- Repairs may only be carried out by customer service or authorized dealers. Before submitting any complaint, first check the batteries and replace them if necessary.

## 5. DEVICE DESCRIPTION

The associated drawings are shown on page 2.

1 Electrodes

2 Display

3 „Down“ key

4 „SET“ key

5 „Up“ key

## 6. OPERATION

### 6.1 Batteries

If present, pull the battery insulating strip off the battery compartment cover or remove the battery's protective film and insert the battery according to the polarity. If the scale fails to operate, remove the battery completely and insert it again. Your scale is equipped with a "replace battery" indicator. When the scale is operated with a battery which is too weak, "Lo" appears in the display field and the scale automatically switches off. In this case the batteries must be replaced (1 x 3 V lithium battery CR2032).

### 6.2 Measuring weight only

Step onto the scale. Stand still with your weight distributed equally on both feet. The scale begins to take measurements straight away. If the display appears continuously, the measurement has finished.

If you step off the weighing area, the scale switches off after a few seconds.

### 6.3 Setting user data

To measure your body fat percentage and other physical data, you must enter your personal user parameters.

The scale has 10 memory positions in which you and other members of your family can save and recall personal settings. Please note that the memory begins with 1.

Switch on the scale (tap the standing surface). Wait until the display shows "0.0".

Then press "SET". The first memory position will appear flashing on the display. Now you can enter the following settings:

Memory position	1 to 10
Age	10 to 100 years
Body size	100 to 220 cm (3'-03" to 7'-03")
Sex	male (♂), female (♀)
Degree of activity	1 to 5

- Changing the values: Press button ▲ or ▼.
- Confirming the entries: Press the "SET" button.
- The values that you have set here are then displayed again one after another. The scale then switches itself off automatically at this point.

### Degrees of activity


Selection of the degree of activity must refer to the medium and long term.

Degree of activity	Physical activity
1	None.
2	Low: A small amount of light physical effort (e.g. short walks, light garden work, gymnastic exercises).
3	Medium: Physical effort for 30 minutes at least 2 to 4 times a week.
4	High: Physical effort for 30 minutes at least 4 to 6 times a week.
5	Very high: Intensive physical effort, intensive training or hard physical work for at least one hour daily.

After all parameters have been entered, you can now measure your weight, body fat and the other data.

### 6.4 Taking measurements

- Press the "SET" button and select the memory space where you would like to save your basic personal data by pressing the "up" or "down" button the appropriate number of times. These are displayed in sequence until "0.0" and the selected gender appear.
- Step onto the scale with bare feet and make sure that you are standing still with equal weight distribution. Stand on the stainless steel electrodes with both feet.
- Remain on the scale and avoid moving; it is now performing your body fat and body water analysis. This may take a few seconds.



Your feet, legs, calves and thighs must not touch each other. Otherwise the measurement cannot be performed correctly. The scale immediately begins to measure your weight.

#### The following data are displayed:

- Body weight in kg
- Body fat percentage FAT in %
- Water percentage BW in %
- Muscle percentage MUS in %
- BMI

Now all measured values are displayed consecutively and the scale switches off.

### 6.5 Tips for using the scale

#### Important when measuring body fat/body water/muscle percentage/bone content:

- If possible, always weigh yourself at the same time of day (preferably in the morning), after using the toilet, on an empty stomach and unclothed, in order to achieve comparable results.
- The measurement may only be carried out while barefoot and it is helpful if the soles of your feet are slightly damp. Completely dry soles can result in unsatisfactory results, as they have insufficient conductivity.
- Stand still during the measurement.
- Wait several hours after unusually strenuous activity.

- Wait approx. 15 minutes after getting out of bed so that the water in your body can be distributed.
- Remember that only long-term trends are important. Short-term changes in weight within a few days are usually caused by a loss of fluid. Body water plays an important role towards our general wellbeing.

#### The measurement is not reliable for:

- Children under approx. 10 years of age.
- Competitive athletes, bodybuilders.
- Pregnant women.
- Persons with fever, undergoing dialysis, with symptoms of edema or osteoporosis.
- Persons taking cardiovascular medication.
- Persons taking vasodilating or vasoconstricting medications.
- Persons with substantial anatomical deviations in the legs relative to their total height (leg length considerably shorter or longer than usual).

### The measuring principle

This scale works on the principle of B.I.A. (bioelectrical impedance analysis). This involves the calculation of body content within seconds, using a current that is not noticeable, is completely non-hazardous and does not pose any risk. When this measurement of the electrical resistance (impedance) is considered alongside constants and/ or individual values (age, height, gender, activity level), the body fat percentage and other variables in the body can be calculated. Muscle tissue and water conduct electricity well and therefore have a lower resistance. In contrast, bones and fat tissue have low conductivity as the fat cells and bones are barely able to conduct the current due to very high levels of resistance. Please note that the values calculated by the diagnostic scale only represent an approximation of the actual medical analytical values for the body. Only a specialist doctor can precisely establish the body fat, body water, muscle percentage and bone structure using medical methods (e.g. computer tomography).

## 7. EVALUATION OF RESULTS

### Body fat percentage

The following body fat percentages are for guidance (contact your physician for further information).

Man				
Age	very good	good	average	poor
10–14	<11%	11–16%	16,1–21%	>21%
15–19	<12%	12–17%	17,1–22%	>22%
20–29	<13%	13–18%	18,1–23%	>23%
30–39	<14%	14–19%	19,1–24%	>24%
40–49	<15%	15–20%	20,1–25%	>25%
50–59	<16%	16–21%	21,1–26%	>26%
60–69	<17%	17–22%	22,1–27%	>27%
70–100	<18%	18–23%	23,1–28%	>28%

Woman				
Age	very good	good	average	poor
10–14	<16%	16–21%	21,1–26%	>26%
15–19	<17%	17–22%	22,1–27%	>27%
20–29	<18%	18–23%	23,1–28%	>28%
30–39	<19%	19–24%	24,1–29%	>29%
40–49	<20%	20–25%	25,1–30%	>30%

50–59	<21%	21–26%	26,1–31%	>31%
60–69	<22%	22–27%	27,1–32%	>32%
70–100	<23%	23–28%	28,1–33%	>33%

A lower value is often found in athletes. Depending on the type of sports, training intensity and physical constitution, values may result which are below the recommended values stated. It should, however, be noted that there could be a danger to health in the case of extremely low values.

### Body water:

The body water percentage (%) 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 persons with a high body fat percentage have body water percentages below the recommended values. With endurance athletes, however, the recommended values could be exceeded due to low fat percentages and high muscle percentage.

Body water measurement with this scale is not suitable for drawing medical conclusions, for example concerning age-related water retention. If necessary ask your physician.

Basically, a high body water percentage should be the aim.

### 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%


### Body mass index (BMI)

The body mass index (BMI) is a number that is often called upon to evaluate body weight. The figure is calculated from

body weight and height. The formula is: body mass index = body weight : height<sup>2</sup>. The measurement unit for BMI is [kg/m<sup>2</sup>]. According to the BMI, weight is classified for adults (20 years and over) using the following values:

Category		BMI
Underweight	Severely underweight	< 16
	Underweight	16–16.9
	Slightly underweight	17–18.4
Normal weight		18.5–25
Overweight	Overweight	25.1–29.9
Obese (over-weight)	Class I obesity	30–34.9
	Class II obesity	35–39.9
	Class III obesity	≥ 40

### Results in relation to time

 Remember that only long-term trends are important. Short-term fluctuations in weight over a few days are usually the result of a loss of fluid.

The interpretation of the results will depend on changes in your overall weight and body fat, body water and muscle percentages, as well as on the period during which these changes take place. Sudden changes within days must be distinguished from medium term changes (over weeks) and long term changes (months).

A basic rule is that short term changes in weight almost exclusively represent changes in water content, whereas medium and long term changes may also involve the fat and muscle percentages.

- If your weight reduces over the short term, but your body fat percentage increases or remains the same, you have merely lost water – e.g. after a training session, sauna session or a diet restricted only to rapid weight loss.
- If your weight increases over the medium term and the body fat percentage falls or stays the same, then you could have built up valuable muscle mass.
- If your weight and body fat percentage fall simultaneously then your diet is working – you are losing fat mass.
- Ideally you should support your diet with physical activity, fitness or power training. This way you can increase your muscle percentage over the medium term.
- Body fat, body water or muscle percentages should not be added (certain elements of muscle tissue also contain body water).

## 8. CLEANING AND CARE OF THE UNIT

The unit should be cleaned occasionally. Clean using a damp cloth, to which you can apply a little detergent if necessary.

### IMPORTANT:

- Do not use aggressive solvents or cleaning agents!
- Never immerse the unit in water!
- Do not wash the unit in a dishwasher!

## 9. DISPOSAL

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



For environmental reasons, do not dispose of the device in the household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country.

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.



## 10. INCORRECT MEASUREMENT

If the scale detects an error during weighing, “Err2” or “Err” appears in the display.

If you step onto the scale before “0.0” appears in the display, the scale will not operate properly.

Possible causes of errors	Remedy
The maximum load-bearing capacity of 150 kg was exceeded.	Only weigh the maximum permissible weight.
Not standing still.	Stand as still as possible.
The electrical resistance between the electrodes and the soles of your feet is too high (e.g. with heavily callused skin).	<ul style="list-style-type: none"> <li>• Repeat weighing barefoot.</li> <li>• Slightly moisten the soles of your feet if necessary. Remove the calluses on the soles of your feet if necessary.</li> </ul>
Your body fat lies outside the measurable range (less than 5% or greater than 80%).	<ul style="list-style-type: none"> <li>• Repeat weighing barefoot.</li> <li>• Slightly moisten the soles of your feet if necessary.</li> </ul>
The proportion of water is outside the measurable range (less than 43% or greater than 75%).	<ul style="list-style-type: none"> <li>• Please repeat the measurement barefoot.</li> <li>• Dampen the soles of your feet slightly.</li> </ul>

## 11. TECHNICAL SPECIFICATIONS

Model:	BG 13
Dimensions:	30 x 30 x 1.8 cm
Weight:	1549 g
Measurement range:	5-150 kg
Display d:	The display can be read in increments of 0.1 kg.
Repetition accuracy:	The measuring tolerance for repeated measurements is +/- 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% + 0.1kg), e.g. at 40 kg this corresponds to +/- 0.5 kg; at 100 kg this corresponds to +/- 1.1 kg.

Subject to technical changes.

## 12. WARRANTY

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



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