

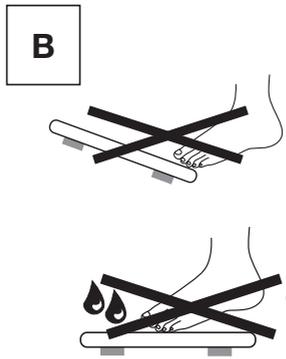
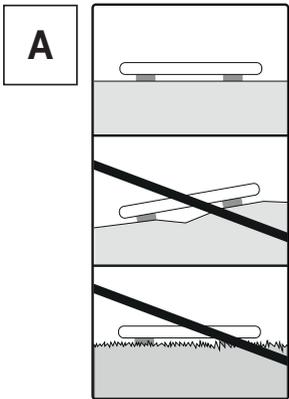
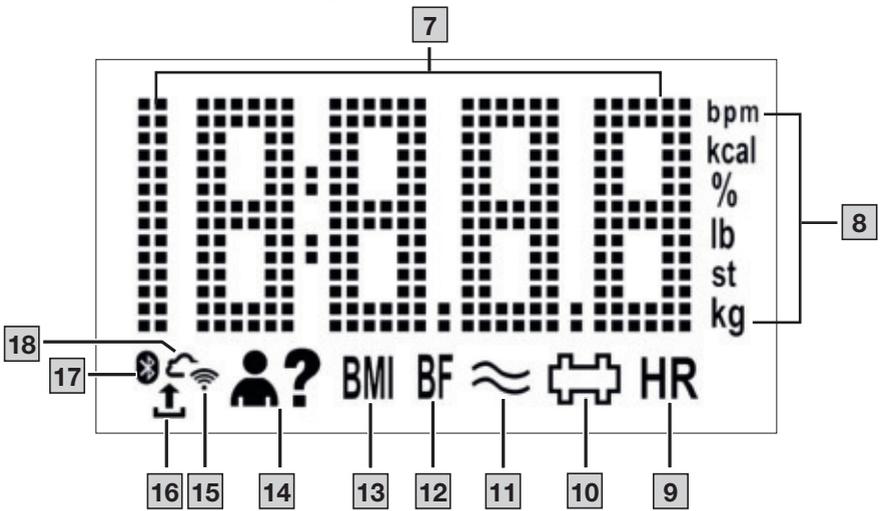
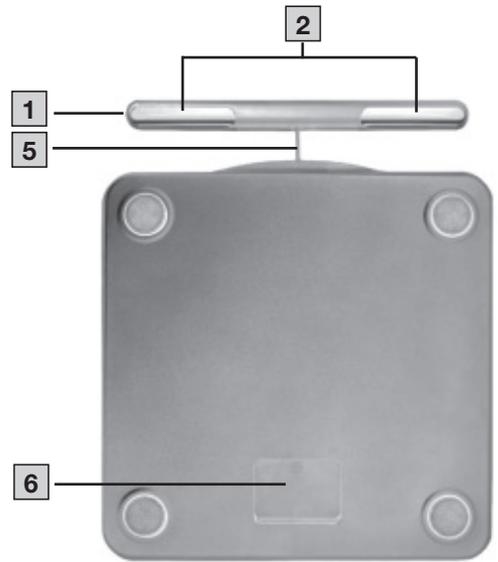
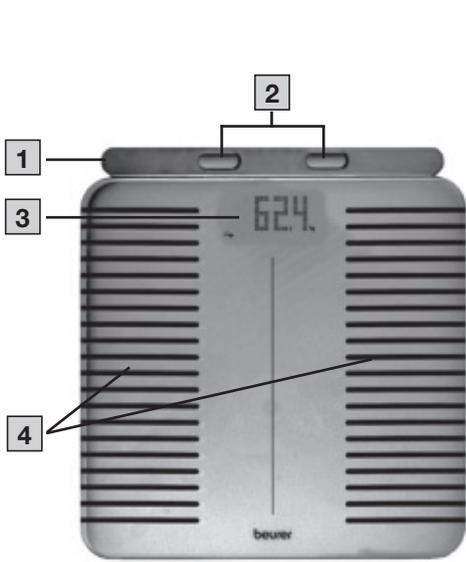
beurer

BF 990 WIFI



EN Diagnostic bathroom scale
Instructions for use

CE





Read these instructions for use carefully. Follow 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. 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 type-AAA batteries, 1.5 V
- 1 copy of these instructions for use

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:

⚠ WARNING

Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.



Product information

Note on important information



The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.



Observe the instructions for use



The electronic device must not be disposed of with household waste



Marking to identify the packaging material. A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = paper and cardboard



CE labelling

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



Manufacturer



Separate the product and packaging elements and dispose of them in accordance with local regulations.



Importer

3. WARNINGS AND SAFETY NOTES

⚠ WARNING

Intended purpose

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.

⚠ WARNING

- 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 (see figure **A**). 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.
- Repairs may only be carried out by Beurer Customer Services or authorised retailers. Never open the scale yourself.



Safety notes on handling batteries

⚠ WARNING

- 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. Swallowing them may cause severe internal burns and death.
- Never allow children to replace batteries without adult supervision.

⚠ CAUTION

- Store batteries away from metal objects in a well-ventilated, dry and cool place.
- Never expose batteries to direct sunlight or rain.
- Exposure of batteries to an environment with extremely high temperatures or a low air pressure may result in explosion or leakage of flammable liquids and gases.
- Remove batteries from the device if it is not going to be used for a long period of time. Do not use the product if the battery compartment lid no longer closes properly.
- Dispose of discharged batteries immediately and properly. Never dispose of batteries in fire or hot ovens.

System-related information



The scales can be used from a minimum age of 10 years. The scale can only be used to its full extent with the "beurer HealthManager Pro" app and an online account.

4. DEVICE DESCRIPTION

The associated illustrations are on page 2.

Diagnostic bathroom scale

- 1 Hand-held unit
- 2 Hand-held unit electrodes
- 3 Display
- 4 Foot electrodes with ITO coating (indium tin oxide)
- 5 Hand-held unit cable
- 6 Battery compartment

Display

- 7 Measured value
- 8 Measurement unit
- 9 Heart rate/pulse in bpm
- 10 Muscle percentage in %
- 11 Body water content in %
- 12 Body fat percentage in % (BF = body fat)
- 13 Body mass index
- 14 Unknown user during measurement
- 15 Scale connected to WIFI
- 16 Measurement data transfer
- 17 Scale connected to *Bluetooth*[®]
- 18 Scale connected to cloud/server

5. USAGE

5.1 Initial use

STEP 1: Inserting the batteries

- Insert the three 1.5 V AAA batteries included in delivery into the battery compartment **6** on the underside of the scale. When inserting the batteries, ensure that the correct polarity (+/-) is observed.

STEP 2: Scale location selection

- Place the scale on a flat and stable surface.
- Do not place the scale on carpet!

STEP 3: Creating scale users in the "beurer HealthManager Pro" app with an online account

The "beurer HealthManager Pro" app is required to transfer the measured values and to display additional values.

- Download the free "beurer HealthManager Pro" app from the Apple App Store or Google Play and follow the further instructions in the app.



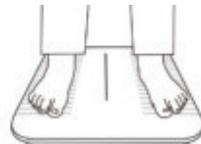
Scan here to access the "beurer HealthManager Pro" app

STEP 4: Starting weighing



An analytical measurement is only possible barefoot and while using the hand-held unit **1**. Otherwise, only a weight measurement will be performed, which will be assigned to a scale user.

1. Step onto the scale barefoot. Stand still on the foot electrodes **4** with both legs, making sure to distribute your weight evenly. The scale switches on automatically.



2. Hold the hand-held unit at hip height with stretched out arms **1**.



3. Place both thumbs on the two oval hand-held unit electrodes **2**. Use your remaining fingers to grasp the elongated rear of the electrodes. Do NOT place your hands in a firm fist around the hand-held unit **1**.



4. Your body weight appears on the display **3**. The scale user detected (e.g. "U: 1" for scale user 1) should then appear automatically. 5. The following 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 – 60% for women and 50 – 65% for men)
	Muscle percentage (a healthy value is 27–43% for women and 37–57% for men)
HR	Heart rate/pulse in bpm (a healthy value is 50 – 100 beats per minute at rest). Please note that the measurement does not correspond to a defined resting pulse, as measurement takes place whilst standing up and not sitting or lying down. For this reason too, the value may differ slightly during a repeat measurement.

For a precise overview and description of all values, please see the app or the FAQs at: www.beurer.de

6. Step off the scale. 7. Once the WIFI connection has been established, the measured values are automatically transferred to the cloud after a successful user measurement (e.g. U:1). This is indicated by the measurement data transfer symbol **16**. As soon as the app has been synchronised with the cloud, the measured values are displayed in your own account. 8. The scale switches itself off automatically.



- Wherever possible, weigh yourself at the same time every day (ideally in the morning), after having been to the toilet, and on an empty stomach.
- Please note that measuring tolerances are possible for technical reasons as this scale is not calibrated for use in a professional medical context.
- This scale works on the principle of B.I.A. (bioelectrical impedance analysis). 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. Please note that the values calculated by the diagnostic bathroom 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).
- 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).
- Inaccurate or implausible results may occur when determining the heart rate if there is insufficient circulation in the legs, excessive venous stasis, vascular constriction or extensive leg oedemas.

5.2 Additional measurements

You have successfully integrated your scale into the “beurer HealthManager Pro” app. To perform additional measurements, stand on the scale as described in step 4: Start weighing.v



If the automatic scale user recognition does not work, you can assign your measurement to yourself in the “beurer HealthManager Pro” app. If necessary, user recognition can be adjusted in the app (e.g. +/- 3kg).

5.3 Setting up another scale user

The scale has 8 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. Follow step 3 and step 4 of section “5.1 Initial use” to do this.



Each user needs their own online account. Several accounts can be saved in the app, which makes switching quick and easy. Alternatively, several smartphones can be connected to the scale.

5.4 Adjusting device settings

The device settings can be adjusted in the “beurer HealthManager Pro” app. These include, for example, the weighing unit, automatic user recognition and other functions of the scale.

In the device settings, it is also possible to remove the scale from the app or your scale user from the scale. A scale reset can also be performed here.

6. WHAT IF THERE ARE PROBLEMS?

6.1 Messages

Display	Cause/remedy
Discrepancy in weight	Incorrect zero point (e.g. in the event of a change of location or temperature fluctuation): Briefly press on the scale until the current weight is displayed, then remove your foot.
	Scale is placed on carpet or uneven ground: The surface must be hard and level.
	Wherever possible, weigh yourself at the same time every day (ideally in the morning), after having been to the toilet, and on an empty stomach.
 flashing	The scale can be connected to the app via <i>Bluetooth</i> ®: Do not connect it via the <i>Bluetooth</i> ® settings on your smartphone, only via the app.
PAir	<i>Bluetooth</i> ® must be allowed to connect to the smartphone once: If necessary, check the notification on the smartphone and allow connection via <i>Bluetooth</i> ®.
UnSt	This weight measurement was unstable: Stand still during the measurement.
U: -- / 	The scale was unable to assign the measurement to a scale user: If the automatic scale user recognition does not work, open the "beurer HealthManager Pro" app.
BF--	The body fat percentage is outside the measurable range: Check the user data or change the activity level. Otherwise, no diagnostic values can be determined due to their low informative value.
"no BF"	Diagnostic measurement not possible (e.g. measurement with shoes, hand-held unit not gripped correctly): Repeat the measurement barefoot and with the correct grip around the hand-held unit. Otherwise, only weight values will be displayed and transferred.
"no HR"/HR--	Heart rate measurement not successful: Repeat measurement with the correct grip around the hand-held unit whilst barefoot and remain standing still while the weight measurement is being carried out until the heart rate measurement is complete. Do not step off or move too early.
oLd	The maximum weight capacity of 180 kg has been exceeded: Loads must not exceed 180 kg.
BAt/Lo	The batteries are flat. Replace the batteries.
Err1	Incorrect password for your selected WIFI network/SSID/router.
Err2...	Your router does not have Internet access. The server cannot be reached.
Err3...	Software update failed: Please try again.
utd	The software is up to date.
	WIFI and connection to cloud/server successfully established

Display	Cause/remedy
	Measurement is being transferred
	Body mass index
	Body fat percentage in %
	Body water content in %
	Muscle percentage in %
	Heart rate/pulse in bpm

6.2 WIFI/*Bluetooth*® connection problems

Problem	Cause/remedy
No <i>Bluetooth</i> ® connection  Symbol 17 is not displayed	<p>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.</p> <p>No <i>Bluetooth</i>® connection to the app.</p> <ul style="list-style-type: none"> • <i>Switch 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. • Completely close the app (including in the background). Switch your smartphone off and on again. • When connecting the scale, check the status bar on the smartphone to start pairing/bonding. <p>Notice: A <i>Bluetooth</i>® connection is only required for initial use and changing the scale's settings. Although the measurements can also be transferred via <i>Bluetooth</i>®, the measurement data transfer will take place in the normal standard application via WIFI (without <i>Bluetooth</i>®).</p>
No connection to server/cloud  Symbol 15 18 is not displayed	<p>Check whether your router has an Internet connection. Check the device settings in the app.</p>

Problem	Cause/remedy
No connection to the router  Symbol 15 and 18 is not displayed or „no  “	Incorrect password <ul style="list-style-type: none"> Open the app. Open the scale setting in the app. WiFi radio network/network name (SSID) of your Internet router and password (WiFi network key) must match. Re-enter password/network key. Ensure that the password/network key matches the one set on your selected router/WiFi name. Please remember that it is case sensitive. For further information, see technical data under “Connectivity”.
	Incorrect router settings The device connects to 2.4 GHz. The device cannot connect to 5 GHz or 6 GHz. Check the router settings to see if 2.4 GHz is supported (mixed 2.4 GHz / 5 GHz operation is possible in principle). Do not use a mobile WiFi hotspot, as it may not be available at all times. Avoid guest networks.
Measurements are not sent  Symbol 16 is not displayed	No WiFi/Bluetooth® connection: Bluetooth® symbol 17 or WiFi and cloud symbols 14 + 13 must be displayed after a measurement. If necessary, reduce the distance between the scale and the WiFi router. Check and test the device settings of the WiFi network in the “beurer HealthManager Pro” app. Check whether Bluetooth® and WiFi have been deactivated on the scale. No measurement for the scale user: The user memory (e.g. U: 1) which appears on the scale display during a measurement must be assigned to the scale in your app settings. Only these measurements can be transferred. Therefore, when taking a measurement, check your user on the scale and in your app settings.

accordance with EC Directive Waste Electrical and Electronic Equipment (WEEE).

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 companies or your retailer, for example.

Used batteries should not be disposed of in normal household waste. Dispose of them via your electronics retailer or your local recycling point. You are legally obliged to do this.

Notice: The codes below are printed on batteries containing harmful substances: Pb = Battery contains lead, Cd = Battery contains cadmium, Hg = Battery contains mercury.



9. TECHNICAL DATA

Model:	BF 990 WIFI
Dimensions:	310 x 336 x 29 mm
Weight:	2.23 kg
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 / 0.1% / 1 bpm
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 type AAA, 1.5 V
Connectivity:	Setup and settings via Bluetooth® low energy technology. Data transfer preferably via WiFi or alternatively via Bluetooth® low energy technology. WiFi system requirement: IEEE 802.11 b/g/n (2.4 GHz) Encryption system requirement: WPA2-PSK, WPA3-PSK WiFi frequency band: 2412 – 2472 MHz, transmission power max. 14.05 dBm. Bluetooth® frequency band: 2402 – 2480 MHz, transmission power max. 8.77 dBm.
System requirements and list of compatible devices for the “beurer HealthManager Pro” app	

6.3 Customer Services

If you encounter an unexpected problem, please contact our Service Team using the contact form in the app.

7. 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.

CAUTION

- 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).

8. DISPOSAL

NOTICE

When disposing of batteries, keep batteries with different electrochemical systems separate.

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

Subject to technical changes.

We hereby confirm that this product complies with the European RED Directive 2014/53/EU.

The CE Declaration of Conformity for this product can be found under:
<https://www.beurer.com/conformity>

10. GUARANTEE

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

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