


Quick Start Guide

innerScan

Dual Frequency Body Composition Monitor RD-545

 Always...	<p>Place the monitor on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.</p>
	<p>Avoid excessive impact or vibration to the monitor. Doing so may damage the monitor or cause it to malfunction, or may cause setting to be erased.</p>
	<p>Do not use or store this monitor in the following locations. ·Locations that are exposed to direct sunlight, near to heaters, or exposed directly to air from air conditioning units, etc. ·Locations where there are severe temperature changes or a large amount of vibration. ·Locations with high levels of humidity or moisture Doing so may damage the monitor or cause it to malfunction.</p>
	<p>Do not step on the monitor when your body is wet (immediately after a shower or bath, etc.) Be sure to thoroughly dry your body and feet before using the monitor. Failure to do so may cause you to slip or fall, resulting in injury. Also, the monitor cannot take accurate measurements if your body or feet are wet.</p>
	<p>Keep away from water.</p>
	<p>Do not use boiling water, benzene, thinner or alcohol, etc. to clean the monitor. If the monitor becomes dirty, soak a soft cloth in water or neutral household detergent, wring it out thoroughly and wipe the monitor clean, then use a dry cloth to wipe the monitor dry.</p>
	<p>Do not attempt to disassemble the monitor. Do not modify this equipment in any way. Do not wash the monitor in water. Do not submerge this monitor in water. Doing so may damage the monitor or cause it to malfunction.</p>
	<p>Be sure to insert the batteries with the polarities (+, -) in the correct position. If the batteries are incorrectly inserted, battery fluid may leak and damage the floor. (If you do not intend to use this monitor for a long period of time, it is advisable to remove the batteries before storage.)</p>
<p>Do not use the monitor near other products such as microwave ovens that emit electromagnetic waves. Doing so may cause the monitor to malfunction, preventing accurate measurements.</p>	
<p>Another person should assist persons with disabilities who may not be able to take a measurement alone.</p>	

Getting Accurate Readings

To ensure accuracy, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit; accurate readings can still be obtained if your toes overhang the platform. It is best to take readings at the same time of day. Try to wait about two hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

Note An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

STEP 1 Preparations before Use

Insert the batteries

Please note that the included batteries from factory may have decreased energy levels over time.

Changing the Weighing Unit

1. When the power is off, press and hold the ^ button for more than three seconds.
2. Use the ^ v button to switch the weighing unit.
3. Press the O button.

Note Only for use with models that have the unit switching button.

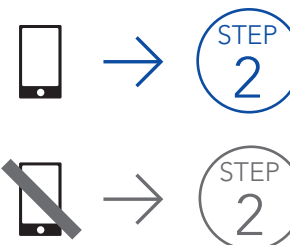
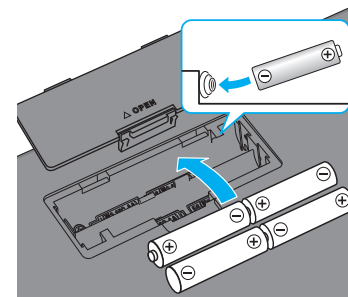
Set Your Location Code

You can obtain the most accurate weight readings by selecting the correct gravity setting on the scale according to your geographical location.

1. When the power is off, press and hold the O button.
2. Refer to the map enclosed, and press the ^ v buttons to select your location code.
3. Press the O button to enter and save the setting.

Set the Date and Time

1. Press and hold the v button for more than three seconds.
2. Use ^ v and O to set the date and time.



Specifications

RD-545

Weight Capacity

200kg (440lb/31st6lb)

Weight Increments

0-100kg/0.05kg 100kg-200kg/0.1kg
(0-200lb/0.1lb 200-440lb/0.2lb)
(0-15st0lb/0.1lb 15st0lb-31st6lb/0.2lb)

Applicable Age Range

Total & Segmental Muscle Mass

18-99 years old

Total & Segmental Muscle Quality

18-99 years old

Total & Segmental Body Fat (%)

5-99 years old

Heart Rate

5-99 years old

Physique Rating

18-99 years old

Visceral Fat Rating

18-99 years old

Metabolic Age

18-99 years old

Basal Metabolic Rate

18-99 years old

Bone Mass

18-99 years old

Body Water (%)

18-99 years old

Body Mass Index

5-99 years old

Personal Data

4 memories

Time accuracy

Within ±1 minute per month(normal temperature)*

Power Supply

4×AA Alkaline batteries(included)

Power Consumption

120mA Maximum

Measuring Current

50kHz, 6.25kHz, 100µA

*normal temperature 23°C ± 5°C(64.4°F - 82.4°F), Humidity 50% ± 20%

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Disposal

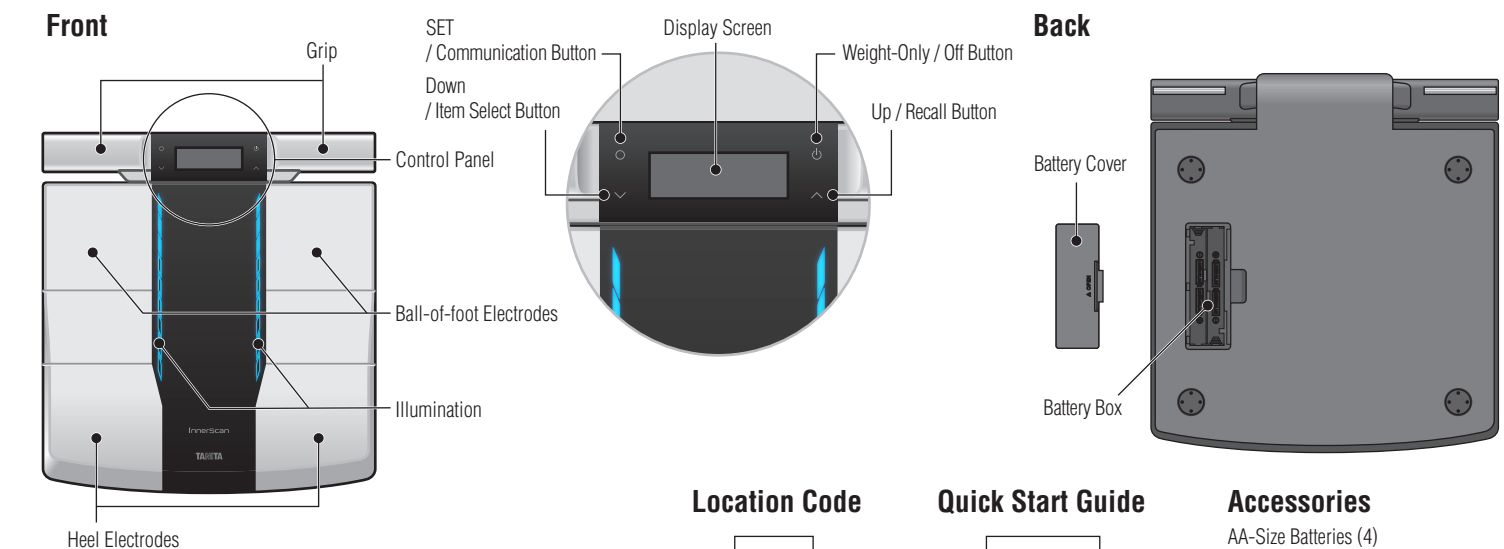
 This is an electronic device. Please dispose of it as an electronic device, not as general household waste. Please follow the regulations in your local region when disposing of this device.



⚠ Not allowed to mix batteries with consumer wastes!
As consumer you are legally bound to return used or discharged batteries. You can deposit your old batteries at the public collecting points in your town, or wherever the corresponding batteries are sold and specifically marked collecting boxes have been set up. In case of scrapping the apparatus, the batteries should be removed from it and deposited at the collecting points as well.



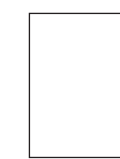
Features and Functions



Location Code

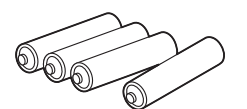


Quick Start Guide



Accessories

AA-Size Batteries (4)



For Your Safety

This section explains precautionary measures to be taken to avoid injury to the users of this device and others, and to prevent damage to property. Please familiarise yourself with this information to ensure safe operation of this equipment.

Warning Failure to follow instructions highlighted with this mark could result in death or severe injury.

Caution Failure to follow instructions highlighted with this mark could result in injury or damage to property.



This mark indicates actions that are prohibited.



This mark indicates instructions that must always be followed.

Warning

This monitor must not be used by people with pacemakers or other medical implants.

This monitor passes a weak electrical current through the body which could interfere with and cause the malfunction of electrical medical implants, resulting in serious harm to the user.

Interpretation of measurements (e.g. evaluation of measurements and formulation of exercise programmes based on the measurements) must be performed by a professional.

Implementing weight loss measures and exercise programmes based on self-analysis could be harmful to your health. Always follow the advice of a qualified professional.



Prohibited

Do not step on the edge of the platform. Do not jump onto, or on the monitor.
Doing so may cause you to fall or slip, resulting in serious injury.

Do not place this monitor on a slippery surface such as a wet floor.

Doing so may cause you to fall or slip, resulting in serious injury. It may also cause water to get inside the monitor resulting in damage to internal components.

Caution

Do not stand on the display screen or control panel.

Do not insert your fingers into gaps or holes.

Doing so may result in injury.

Do not use rechargeable batteries.

Do not use old batteries together with new batteries, or a mix of different types of batteries at the same time.

Doing so may cause battery fluid to leak or the batteries to become excessively hot and rupture, resulting in damage to the monitor or injury.



Prohibited

Never allow an infant or small child to carry the monitor.

The child may drop the monitor, resulting in injury.

Store out of reach of small children.

Small children may become caught up in the cables, resulting in injury.

This monitor is intended for home use only.

This monitor is not intended for professional use including hospitals, medical or fitness facilities. It is not equipped with the components required for heavy usage. Using the monitor in a professional location will invalidate the warranty.

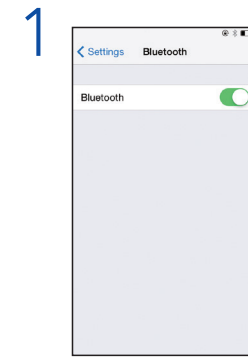
Do not pull out the cable unless using the monitor for measurement, as doing so may damage the monitor. Do not pull out the cable beyond the red mark. Do not pull the cable too forcefully.

Do not pull the cable too forcefully.

If the cable does not automatically return into the monitor unit, untwist the cable, pull it out approximately 20cm and then try returning it again.

STEP 2

Connecting to Your Smartphone

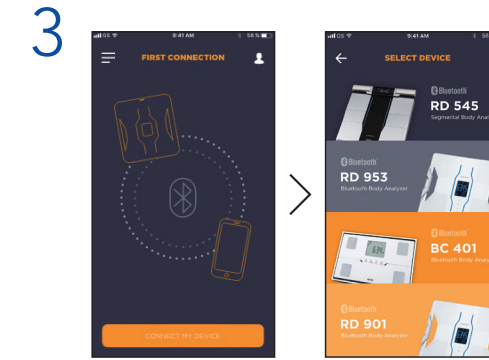


Turn the **Bluetooth**® setting on, and use the URL to download the My Tanita app.

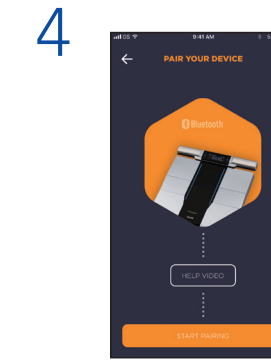
www.tanita.eu



Launch the app. You need to register as a member to use the Health Planet app. After registering, login with your registered details.



Select "Input Data", then select "Input from BCM". select "RD-545" in the next screen.



Press and hold the "O"-button or "Sync / Pair"-button and follow instructions in the app.

The screen displays and instructions may differ depending on the app specifications.

If you do not have your smartphone when registering personal data

STEP 2

Registering Personal Data and Your Body Composition

1 Press **O** when the operating section is stored in the main unit to turn the power on.

2 Press **O** when 0.00 kg appears in the display.

3 Use **^** **v** and **O** to register the personal data number (1 - 4), date of birth, sex (male/female/male athlete/female athlete) and height.

4 When 0.00kg appears in the display, hold the operating section and stand on the measuring platform correctly with bare feet. Please remain as still as possible during measurement.

Note

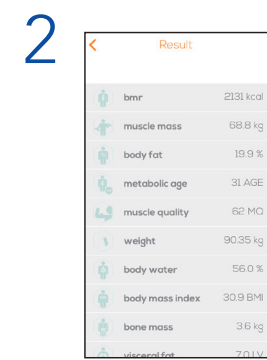
Holding the operating section or removing the operating section and placing it on the floor before 0.00kg appears in the display may prevent the monitor from measuring correctly.

STEP 3

Taking Measurements



Go to MY MEASUREMENTS and click "START MEASUREMENT". Follow instructions in the app.



Measurement data is automatically sent to the smartphone.

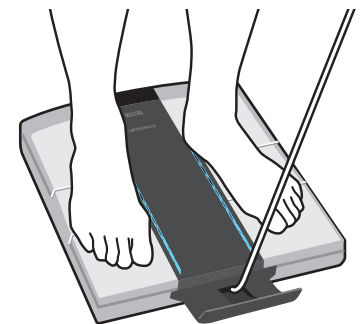
If you do not have your smartphone when taking measurements.

STEP 3

Taking Measurements

Step onto the monitor to take measurements. Data from a maximum of 10 measurements is saved in the monitor.

Saved data is sent to the smartphone together with new measurements the next time the smartphone is connected to the monitor when taking measurements.



Measurement Results

Weight
WEIGHT ↑
63.45 kg

Muscle Mass*
MUSCLE-M ↑
54.65 kg

Muscle Quality Score*
MUSCLE-Q ↑
67 Pt

Heart Rate
HEART RATE ↓
68 bpm

Body Fat (%)*
BODY FAT ↓
13.8%

Physique Rating
PHY
5

Visceral Fat
VISCERAL-F ↓
5.5 Lv

Metabolic Age
M-AGE ↓
23

Basal Metabolic Rate
BMR ↑
1527 kcal

Bone Mass
BONE MASS ↑
2.8 kg

Body Water (%)
BODY WATER ↑
66.6%

BMI
BMI ↓
22.0

* Press **O** to display the measurement results for individual parts (left arm, right arm, left leg, right leg, trunk).

* There is no muscle quality score for the trunk.

See the instruction manual for details. <https://www.tanita.eu/help-guides>