

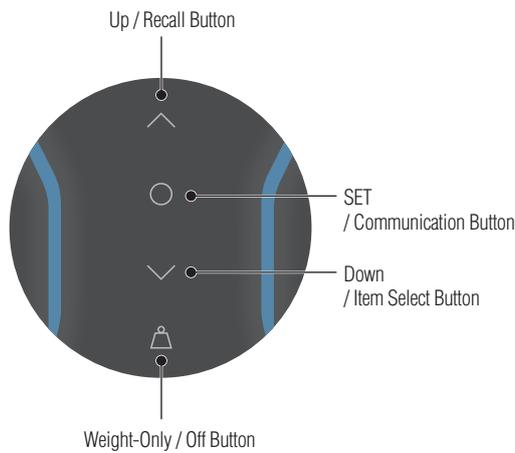
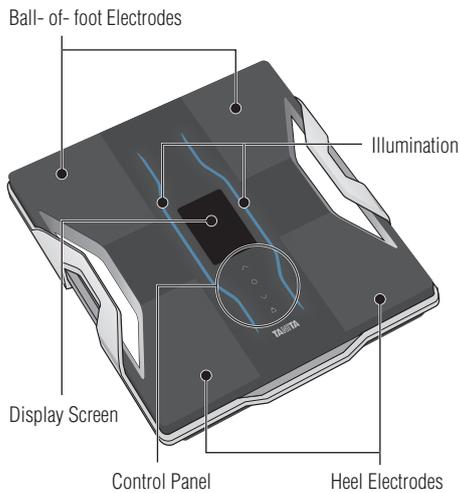
Quick Start Guide

innerScan

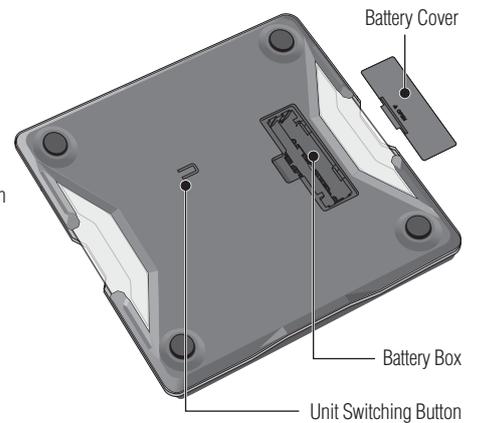
Dual Frequency Body Composition Monitor RD-953

Features and Functions

Front



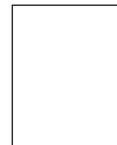
Back



Location Code

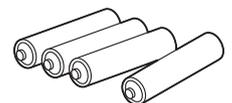


Quick Start Guide



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.

Do not drop any objects onto the monitor. Avoid excessive impact or vibration to the monitor.

Doing so may damage the glass, resulting in injury.

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.

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.

Place the monitor on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

Avoid excessive impact or vibration to the monitor.

Doing so may damage the monitor or cause it to malfunction, or may cause settings to be erased.

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.

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.

Keep away from water.

Do not use boiling water, benzene, thinner, 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.

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.

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.)

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.

Another person should assist persons with disabilities who may not be able to take a measurement alone.



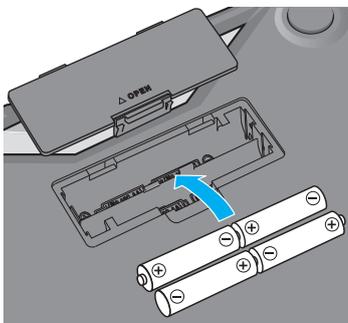
Always...

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.

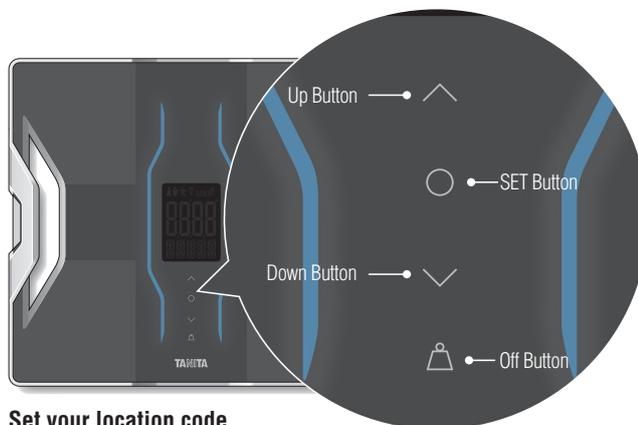
Note An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.

Preparations before Use



Insert the batteries

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



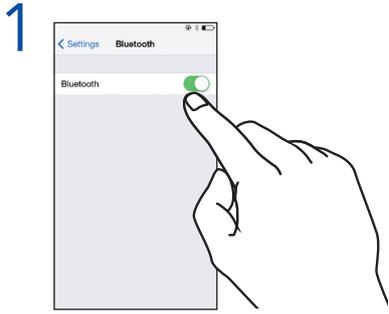
Set your location code

Different locations across the world have different gravitational pulls. These differences affect the accuracy of the weight measurement. 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 Δ button.
2. Refer to the map enclosed, and press the \wedge \vee buttons to select your location code.
3. Press the \bigcirc button to enter and save the setting.

STEP 1

Connecting to Your Smartphone



1 Download the MY TANITA Healthcare app in the Google Play store or the Apple App store. Also turn on Bluetooth in the settings of your phone.



2 Launch the app, register with your email address and create a personal profile.

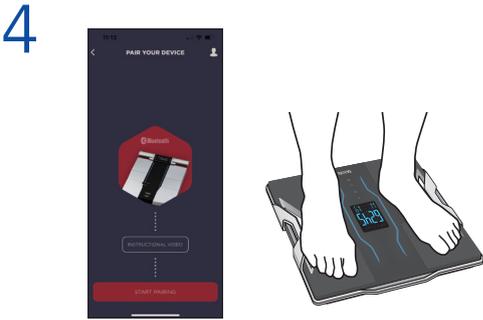


3 Select "Input Data", then select "Input from BCM". Select "RD-953" in the next screen.

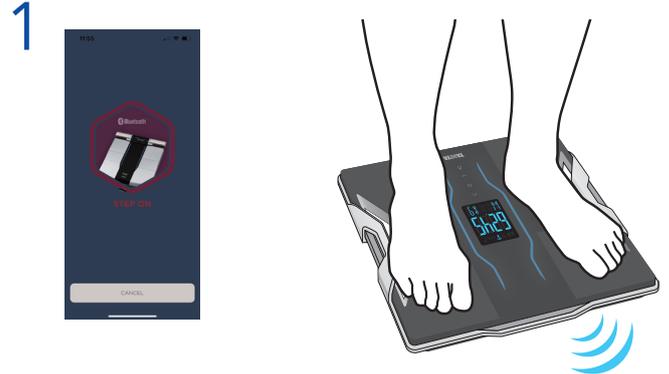
The screen displays and instructions may differ depending on the app specifications.

STEP 2

Taking Measurements



4 Press and hold the 'O'-button on the device to start pairing. After pairing successfully, the app will display STEP ON. You can now start measuring.

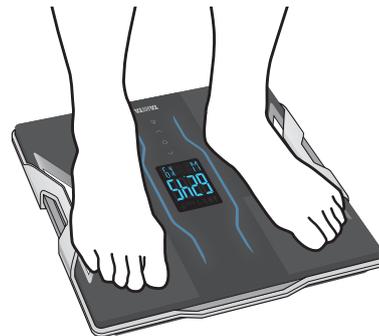


1 Go to MY MEASUREMENTS and click "START MEASUREMENT". Follow instructions in the app.

If you do not have your smartphone when taking measurements



2 Stand still on the device until measurement is completed. Measurement data is automatically sent to the smart phone and directly visible in the app.



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 other new measurements next time the phone is connected to the monitor.

Measurement Results

Weight



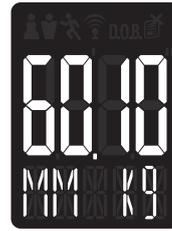
BMI



Body Fat %



Muscle Mass



Muscle Quality Score



Physique Rating



Bone Mass



Visceral Fat



Basal Metabolic Rating



Metabolic Age



Total Body Water %



See the instruction manual for details. <https://tanita.eu/rd-953>

If you do not have your smartphone when registering personal data

Setting the Date and Time

- 1 Press \circ .
- 2 Use \wedge \vee and \circ to set the date and time.

Registering Personal Data

- 1 Press \circ .
- 2 Use \wedge \vee and \circ to register the personal data number (1 - 4), date of birth, sex (male/female/male athlete/female athlete) and height.

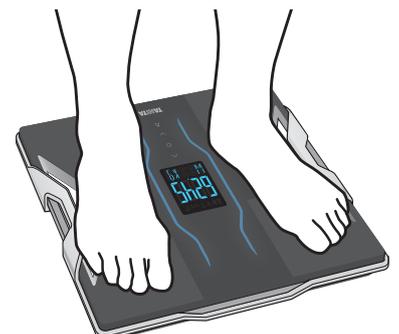
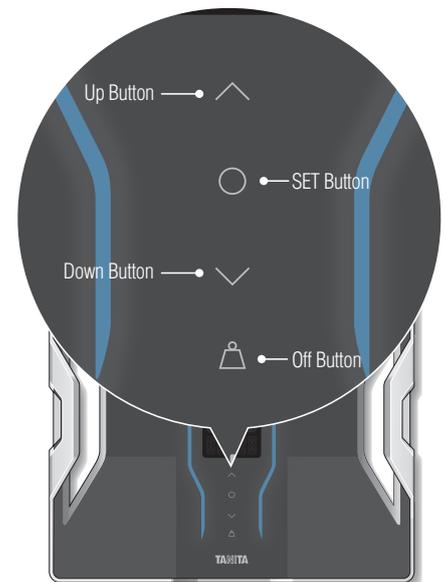
Who should use Athlete Mode?

Adults from the age of 18 years who either :

- Train or exercise for 12 hours or more a week and have been doing so for at least six months.
- Are body builders.
- Are professional athletes who want to monitor their progress at home.
- People who have a lifetime history of fitness—who used to do more than 12 hours a week—but do less now.

- 3 After "0.00kg" appears on the display screen, step on to the monitor with bare feet to measure your body composition.

From the next time, just step onto the monitor to take measurements. Data from a maximum of 10 measurements is saved in the monitor.



Specifications

RD-953

Weight Capacity

200 kg (440 lb)(31st 6 lb)

Weight Increments

0-100 kg/0.05 kg 100-200 kg/0.1 kg
0-200 lb/0.1 lb 200-440 lb/0.2 lb 0-31st 6 lb/1 lb

Applicable Age Range

Body Fat %

5-99 years old

Body Mass Index

5-99 years old

Muscle Mass

18-99 years old

Muscle Quality Score

18-99 years old

Physique Rating

18-99 years old

Bone Mass

18-99 years old

Visceral Fat

18-99 years old

Basal Metabolic Rate

18-99 years old

Metabolic Age

18-99 years old

Body Water %

18-99 years old

Personal Data

4 memories

Time accuracy

Within ± 1 minute per month (normal temperature*)

Power Supply

4xAA Alkaline batteries (included)

Power Consumption

250mA maximum

Measuring Current

50kHz, 5kHz, 100 μ A

Communication Method

Bluetooth Low Energy technology

*Temperature : 18°C to 28°C, Humidity : 30% to 70%

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.

Hereby, TANITA declares that the radio equipment type RD-953 is in compliance with Directives: 2014/53/EU and 2011/65/EU.

The full text of the EU declaration of conformity is available at the following internet address:

<https://tanita.eu/declaration-of-conformity>



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