

### GB Unit and controls

- 1 Handle with electrodes
- 2 Left button
- 3 USB-C charging port
- 4 Right button
- 5 TFT LCD Display
- 6 Electrodes

#### Legend:



This instruction manual belongs to this device. The instruction manual includes information on the initial start-up and handling. Read this instruction manual completely. Failure to follow these in-structions may result in serious injury or damage to the equipment.



#### WARNING!

These warnings must be followed to pre-vent possible injury to the user.



#### NOTE

These notes give you useful additional information on the installation or operation.



LOT number



Manufacturer



connect(BK1\_manual\_GB(AU)\_202412\_1.1

## GB Safety instructions



**Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.**



#### INTENDED USE:

This product is a device for estimating body composition by measuring the local bio-impedance value of the user's body. Used to measure body weight, body fat, body water, muscle mass, bone mass, BMI and basal metabolism, wireless transmission.

- This scale is not suitable for people with pacemakers or other medical implants. The indication of body fat may be inaccurate in the event of diabetes or other medical/physical conditions. The same applies to highly trained sportsmen.
- The body fat measurement algorithm is calibrated for individuals between the ages of 6 and 80 years old. Users outside of this age range can only use the weight measurement feature.
- The device uses Bioelectrical Impedance Analysis (BIA) and it may cause a weak current while taking measurement. So it's not recommended for pregnant women use.
- Any treatment or diet for overweight or underweight requires qualified advice from appropriate specialists (doctor, dietician). The values determined with the scale can be of help.
- Risk of tilting! Never place the scales on an uneven surface. Never step onto just one corner of the scale. While weighing, never stand on one side or on the edge of the scale.
- Danger of slipping! Never step onto the scale with wet feet. Never step onto the scale while wearing socks.
- Use the device only as directed by the instruction manual. In the event of misuse, all warranties become null and void.
- The scale is manufactured for home or personal use. It is not intended for commercial use in hospitals or other medical facilities.
- Do not use the device if it does not work properly, if it has been dropped, dropped into water or damaged.
- The scale has a measuring range up to 180 kg/396 lbs. Do not overload the scale.
- Place the scale on a firm level surface. Soft, uneven surfaces are unsuitable for measurement and lead to wrong results.
- Place the scale in a location where neither extreme temperatures nor extreme humidity are present.
- Please handle the scale with care. Avoid shocks and vibrations of the scale. Do not drop it.
- Stand carefully on the scale. Do not hop or jump on the treated surface, as this may damage the weighing mechanism.
- Do not attempt to disassemble the device. Otherwise the warranty will become void. This device does not contain any parts that can be serviced or replaced by the user.
- In the event of malfunctions, do not proceed with any unauthorised repair of the device. Otherwise, this will void any warranty claims. Have repairs performed only by an authorised service centre.

#### for power supply

- The USB-C charging Port "3" is used for charging the device only. The adapter used should comply with the requirement of IEC 60601-1 standard, and the specifications must meet the requirements: input: AC 100-240V 50/60 Hz, output: DC 5V 1.0A. Other AC adapters may vary in output voltage and polarity, which may pose a risk to your safety and damage the device.
- Only charge the unit's battery using the USB charging cable supplied. Never leave the unit unattended when it is connected to the mains (for charging) or in operation.
- Never charge the device in a flammable environment (e.g. flammable objects, gasoline, flammable gases, paint, etc.)
- Only connect the unit for charging so that the cable and power connector are freely accessible.
- The built-in batteries are not intended for replacement or removal by the end user. If problems occur with the power supply, contact the customer service.
- To disconnect the unit from the mains, always pull the plug out of the power connection. Do not pull on the cable!

#### Scope of delivery

First, check whether the device is complete and is not damaged. If in doubt, do not operate the device and contact your service center.

The scope of delivery includes:

- 1 **medisana** Body Analysis Scale **BS 855 connect**
- 1 Instruction manual
- USB-C charging cable



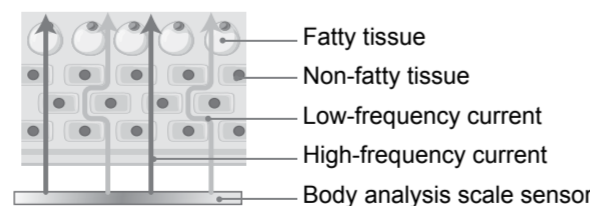
Packaging is recyclable or can be recycled into raw materials. Please dispose of unwanted packaging material properly. If you notice any transport damage while unpacking, please contact your dealer immediately.

#### WARNING

- **Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!**
- **The percentage of body fat, body water, muscle mass, bone weight, as well as body mass index (BMI), the values of the basal metabolic rate (KCAL) are to be considered only as approximate data. For any further information, refer to a doctor or to a dietician.**
- **Self-measuring means control, it does not mean diagnosis or treatment. Any unusual levels should always be discussed with your doctor. Under no circumstances must you change the dose of medicines prescribed by your doctor.**

#### How a body analysis scale works

**medisana** body analysis scale is tested by the Bioelectrical Impedance Analysis (BIA) method. The principle of Bioelectrical Impedance Analysis (BIA) is to apply weak current to body through the electrodes on the surface of scale, and use the theory that water in the body conducts electricity while fat does not, thereby measure the body's resistance. Then based on sample data, the body fat content is calculated by comparison.



**Low-frequency current:** obtain extracellular intelligence; high-frequency current: gain extracellular and intracellular intelligence

**Fatty tissue:** Poor electrical conductivity

**Non-fatty tissue:** Better conductivity with more electrolyte

The body is divided into fatty tissue and non-fatty tissue according to above principle, and the resistance feedback of the two is also different. The body analysis scale calculates the proportion of different components of the body through data feedback and calculation.

#### Requirements for correct measurement results

- Always weigh yourself in the same conditions.
- Measure at the same time of day.
- Stand upright and calm.
- It is best to take the measurement in the morning, after showering or bathing, with dry foot.

With the results of the measurement, when carried out consistently, a reliable control of the development of the body weight is possible.

#### Getting started - Charging the scale

Use a 5V mains adapter with an output current of 1A. Connect the supplied USB charging cable to the adapter and to the USB-C port 3 of the device (The USB-C charging cable is included in the packaging). There is a battery icon to indicate the percentage when charging.

#### Initialise scale

Make sure that the scale is on firm and level ground 7. If you want to weigh yourself, but have moved the scale immediately before, you must first initialise the scale. Briefly press the middle of the scale surface with your bare feet. The display will show "0.00". When the scale has turned off, it is ready for the "step-on" function. If the scale has not been moved before-hand, this process is omitted.

#### Connect with the VigorHub App



#### View up to 56 body composition metrics via VigorHub App

1. Download the VigorHub App free of charge from the App Store (iOS) or Google Play Store (Android).
2. Enable Bluetooth and GPS on your mobile device. Open the VigorHub App and register a new account, then log in.
3. From the dashboard, go to [Profile] > [Device Management] > [Add Device]. Follow the on-screen instructions to pair and connect your device.
4. After connecting Bluetooth, press "Yes" to continue the Wi-Fi setup.
5. Choose the Wi-Fi network and input password.
6. Put your mobile device next to the scale. It will take around 5 seconds to complete the setup.

#### User profile setup

For the first-time use, please set the personal information for the current user or new member in the VigorHub App.

#### Change the weight unit

Tap profile and select [General settings] to change the weight unit directly in the VigorHub App.

#### Body weighing and analysis



- Stepping onto your monitor with socks or footwear on will result in an inaccurate measurement.
- If the posture is wrong, such as squatting, knees bent, the bare feet are not on the electrodes, the measurement will be inaccurate.

1. Step onto the scale with bare feet, wrap your hands around the electrodes on both sides of the handle 1, and pull up the handle until your arms are level with your chest.
2. Stand still and the final weight flashes on the display.
3. Now you can select the user profile by pressing button 1 or button 2. If Guest user is selected, only body weight will be measured
4. Keep holding the handle and your body metrics will be gathered in around 3 seconds.
5. When you see "Gathering body metrics..." appears, this is to indicate that the data is being analyzed. Please keep your post during this period. Once the process is completed, the heartrate, current weight, ideal weight, goal weight, BMI, body fat, physical age, body water, muscle mass and fat mass are displayed one after the other.
6. After the first measurement, the scale will be able to automatically recognize you based on the previous weight. If you measure offline, you will still see the 10 data points of your results. The data will be synchronized again once you reconnect to the app.

#### Use Baby Holding mode via VigorHub App

You can measure baby's weight while holding the baby.

1. Tap the "≡" icon on the dashboard. Tap [Device management] and select your paired device.
2. Tap [Measure while holding baby]. Follow the guide to measure baby's weight.

#### Activate Safe Pregnancy mode via VigorHub App

This body analysis scale calculates body indicators by measuring the safe current flowing through the body. It is not suitable for pregnant women and users with pacemakers.

Users can turn on/off the fat measurement on the App. Please follow the steps below:

1. Tap the "≡" icon on the dashboard. Tap [Device management] and select your paired device.
2. Tap the ":" icon at the top right corner and select [Switch mode].
3. Turn on / off the fat measurement.

#### Measurement symbols

	Heart rate	Heart rate refers to the number of beats per minute of the heart. The normal heart rate range varies depending on individual differences.
	Body weight	Body weight refers to "the sum of all organs and metabolites in the body", which includes bones, muscles, fat, blood, internal organs, metabolic waste, and many other indicators. However, the largest proportion among them is water.
	BMI	Body Mass Index (BMI) is the relationship between weight and height, body fat and health risk. $BMI = \frac{\text{Body weight (kg)}}{\text{Body height (m)}^2}$
	BMR	BMR refers to the body's basal metabolic rate, which is the minimum rate of energy expenditure required by the body to sustain basic life activities in a quite state. BMR is mainly affected by factors such as age, gender, height, weight and muscle mass, and it is the main source of the body's daily energy expenditure.
	Body fat	Body fat percentage refers to the ratio of body weight in fatty tissue. $\text{Body fat (\%)} = \frac{\text{Body fat weight (kg)}}{\text{Body weight (kg)}} \times 100\%$

	Body age	Physical age is an indicator that measures a person's physical health status, reflecting the level of the physical health relative to their actual age.
	Body water	Body water ratio accounts for the largest ratio of body weight. $\text{Body water (\%)} = \frac{\text{Weight of body water}}{\text{Weight of body fluid}} \times 100\%$
	Muscle mass	Muscle mass refers to the total amount of muscle in the human body, including skeletal muscle, myocardial muscle, and smooth muscle. Muscle is one of the main metabolic tissues in the human body, which plays an important role in maintaining Basal Metabolic Rate, improving body stability, and promoting fat decomposition.
	Subcutaneous fat mass	Human adipose tissue can be categorized into different types based on its location, including visceral fat, subcutaneous fat, and intermuscular fat. Subcutaneous fat specifically refers to the fat stored beneath the skin, particularly in the abdomen area and regions with well-developed muscles.
	Protein	Protein quality refers to the protein content in the body tissue. They are protein molecules present in the human body and are important components of tissues, cells, and organs within the body.

#### Error messages

Abnormal displays	Cause	Solution
Err0	Bioelectrical impedance measurement failed	Please check whether the scale is put freely on a firm and level surface.
Err1	Resting heart rate measurement failed	It must not touch a wall or another object. Keep your body still with bare feet and try again.
Err2	Failed to turn on Wi-Fi	
Err3	Router connection failed	Please check the network connection and try again.
Err4	Wi-Fi upload failed	
FAIL	Wi-Fi distribution network failed	

#### Cleaning and care

Never use aggressive cleaning agents or stiff brushes. Clean the scale only with a soft, slightly damp cloth. Never use harsh detergents or alco-hol. No water should enter the device. Only use the device again when it is completely dry.

#### Instructions for disposal



This device must not be disposed of with domestic waste. Metals are reusable or can be recycled into raw materials. Dispose of a device that is no longer needed at a collection point in your town/city so that it can be disposed of in an environmentally friendly way. Please contact your local authority or retailer with regard to disposal procedures. Remove the battery before you dispose of the device. Do not dispose of spent batteries in domestic waste, rather in special waste or at a battery collection point at your retailer!

#### Technical specifications

Name and model no.	: <b>medisana</b> Wi-Fi 8-electrode Body Analysis Scale <b>BS 855 connect</b>
Power supply	: DC 3.7- 4.2 V 800 mAh rechargeable lithium battery
Units of measurement	: kg / st / lb
Weighting range	: 0.1 - 180 kg
Division	: 0.05 kg (<100 kg); 0.1 kg (>100 kg)
Weight measurement accuracy	: ±0.05 kg (0.1-5 kg); ±0.1 kg (5-50 kg); ±0.2 kg (50-100 kg); ±0.3 kg (100-150 kg)
Operating conditions	: +5°C to +40°C, ≤ 90% relative humidity
Storage/Transportation conditions	: -20°C to +50°C, ≤ 90% relative humidity
Dimensions	: 375 x 352 x 35 mm
Weight	: 2.7 kg
Article no.	: 50006
EAN no.	: 4897138500061

**In the course of constant product improvements, we reserve the right to make technical and design changes.**

#### Warranty and repair conditions

In case of warranty please contact your specialist shop or the service centre directly. If you need to return the device, please indicate the defect and enclose a copy the purchase receipt. The following warranty conditions apply:

1. All **medisana** products are guaranteed for one year from the date of purchase. The date of purchase is to be proven in case of warranty by the purchase receipt or invoice.
2. Defects due to material or manufacturing defects shall be eliminated free of charge within the warranty period.
3. A warranty service does not extend the warranty period for either the equipment or any replacement parts.
4. The following are excluded from the guarantee:
  - a. any damage caused by improper handling, e.g. by non-observance of the instruction manual.
  - b. Damage due to repair or intervention by the purchaser or unauthorised third parties.
  - c. Transport damage that has occurred on the way from the manufacturer to the consumer or when sending it to the service centre.
5. Liability for direct or indirect consequential damages caused by the device is also excluded if the damage to the device is recognised as a warranty case.