

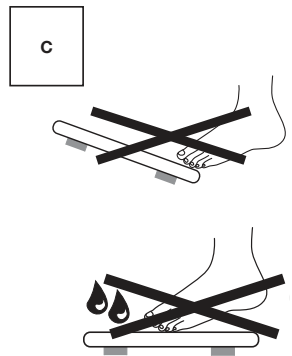
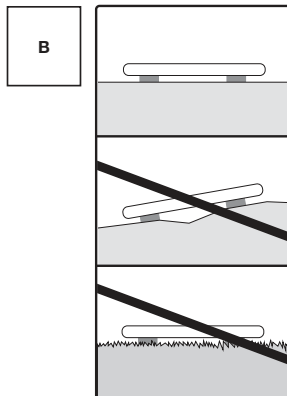
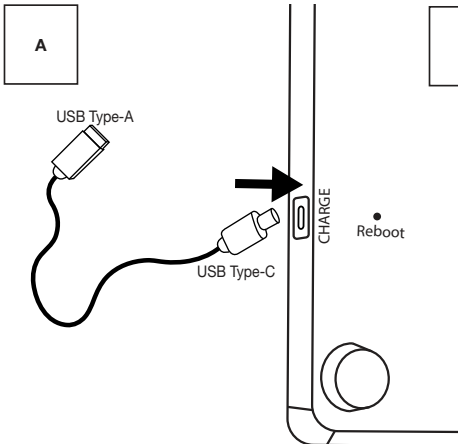
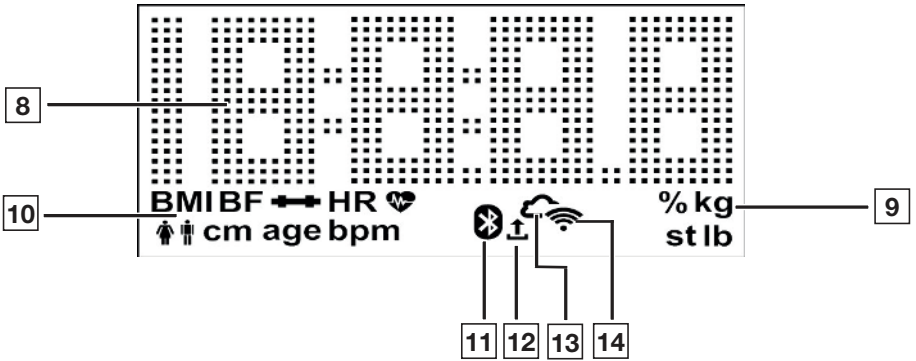
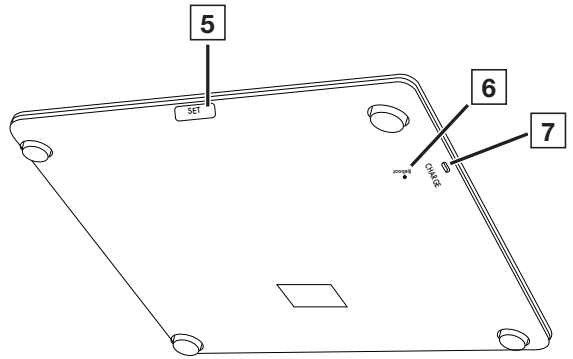
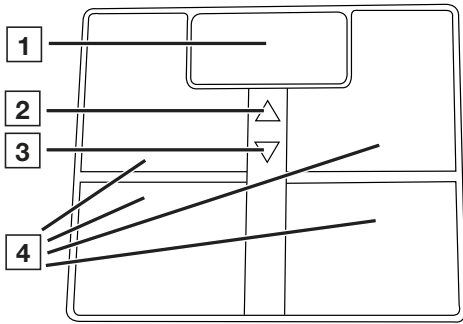
beurer

BF 980



EN Diagnostic bathroom scale
Instructions for use

CE





Read these instructions for use carefully. Observe 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 x the device
- 1 x USB-C charging cable
- 1 x set of these instructions for use
- 1 x quick guide

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 Warning instruction indicating a risk of injury or damage to health
	Important Safety note indicating possible damage to the device/ accessory
	Product information Note on important information
	Consult instructions for use
	The electronic device must not be disposed of with household waste
	Marking to identify the packaging material. A = Material code, 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.
	The device may not be used by people with medical implants (e.g. pacemakers), as this may affect their functionality.

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

3. WARNINGS AND SAFETY NOTES

WARNING

- 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. The device must only be used for the purpose for which it was designed and in the manner specified in these instructions for use.
- **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 **B**). Never step onto the outer edge of the scale on just one side (see Figure **C**).
- Danger of slipping! Do not step onto the scale with wet feet (see Figure **C**). Do not step onto the scale when the surface is wet. Do not step onto the scale wearing socks.
- 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, ex-



cessive venous stasis, vascular constriction or extensive leg oedemas.

- Repairs may not be carried out by Beurer Customer Services or authorised retailers. Never open the scale yourself.



SAFETY NOTES ON HANDLING BATTERIES

- Always use the correct charging cable/charger for charging. Avoid continuous charging.
- It may be necessary to charge the battery after prolonged storage. This charging process should be observed.
- If your skin or eyes come into contact with fluid from a battery cell, wash the affected areas with water and seek medical assistance.





RISK OF EXPLOSION!

- Never throw batteries into a fire.
- Protect batteries from excessive warmth, heat and sunlight.
- 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.
- Do not disassemble, split or crush the batteries. Never subject the battery to mechanical impacts.

4. DEVICE DESCRIPTION

The associated drawings are shown on page 2.

- 1 Display
- 2  button (for selecting a user measurement)
- 3  button (for calling up stored values after the user is selected)
- 4 Electrodes
- 5 SET button
- 6 Reboot button
- 7 Charging socket
- 8 Measured value
- 9 Measurement unit
- 10 Body data
- 11 Scale connected to *Bluetooth*[®]
- 12 Measurement data transfer
- 13 Scale connected to cloud/server
- 14 Scale connected to WIFI

5. USAGE

5.1 Charging the scale

If “BAT” and “Lo” appear on the display **1** one after the other, you must charge the scale. We recommend that you fully charge the scale before initial use. Connect the scale to a USB power supply using the supplied USB-C cable (see Figure **A**). The scale cannot be used during charging. As soon as the scale is fully charged, “BAT” and “FuLL” appear on the display **1**. Remove the USB-C cable from the scale. The current charge level is shown on the display **1** when the USB-C cable is removed.

5.2 Prerequisites for taking measurements correctly

- Place the scale on a flat and stable surface.
- Wherever possible, weigh yourself at the same time every day (ideally in the morning), after having been to the toilet, on an empty stomach and without clothing.
- To determine your body fat and heart rate/pulse, always stand barefoot on the electrodes **4** on the scale.
- Stand upright and still throughout, from when the weight measurement is being carried out until the heart rate measurement/pulse measurement is complete. Ensure that your weight is evenly distributed.

5.3 Creating scale users in the “beurer HealthManager Pro” app

The “beurer HealthManager Pro” app makes it easier for you to create user data, is required to transfer measured values and to display additional values (body water content, bone mineral mass, BMR/AMR, metabolic age).

The scale has 8 memory spaces for different 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. To do so, proceed as follows:


1. Download the free “beurer HealthManager Pro” app from the Apple App Store (iOS) or from Google Play (Android™).





This way to the “beurer HealthManager Pro” app

2. Start the app and follow the instructions.
3. Select BF 980 in the app and press the SET button **5**.
4. Select WIFI network (SSID) and enter password (network key) to enable data transfer to scale via WIFI. If successful, the cloud **13** and WIFI **14** icons will appear on the display.
5. Set up scale user: if the display **1** shows the scale user (e.g. “U: 1”) and “0.0”, carry out the initial measurement (for subsequent automatic personal recognition if within +/- 3 kg of the last measurement of this scale user).


5.4 Weighing yourself

1. Step onto the scale barefoot. Stand still on the electrodes **4** with both legs, making sure to distribute your weight evenly. The scale switches on automatically.
2. Your body weight appears on the display **1**. The scale user detected (e.g. “U: 1” for scale user 1) should then appear automatically. If the scale has detected several possible scale users or the last weight is more than 3 kg apart, use the  button **2** to select the correct scale user and wait 3 seconds.
3. 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)
	Muscle percentage (a healthy value is 27–43% for women and 37–57% for men)

HR 	Heart rate/pulse in bpm (healthy value: 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.
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Note: For more details of the values, please see the app or the FAQs at: www.beurer.com




























- If a *Bluetooth*® or WIFI connection has been established and the user measurements have been successfully taken (e.g. for U: 1), the values will be transferred to the “beurer HealthManager Pro” app. This is indicated by the measurement data transfer symbol . If the data cannot be transferred, up to 30 values will be stored per user. As soon as a connection is established, they are transferred with the next measurements.
- After measuring the heart rate, step off the scale. The scale switches itself off automatically.

Note:

- If the automatic scale user detection function is not working, briefly press the scale with your foot, press the  button  repeatedly until your scale user is displayed, and wait 3 seconds. Then take the diagnostic measurement.
- To display your most recent diagnostic measurement, briefly press the scale with your foot, press the  button  repeatedly until your scale user is displayed, and wait 3 seconds. Then press the  button  to display the most recent diagnostic measurement. To display further measurements, press the  button  again. Up to 30 measurements can be shown on the display .
- If the measurement is carried out with shoes or socks on, then only the weight is displayed (when the scale user is recognised, the weight and BMI are displayed and saved).

5.5 ALTERNATIVE METHOD: creating scale users without the app









Alternatively, you can also create a scale user directly on the scale without using the app. This process is not required if the scale has already been connected to the app.

- Press and hold the SET button  for 4 seconds. “unit” appears on the display.
- Press the SET button  repeatedly until “on” appears on the display 1.
- Use the  button  to select the scale user you need (you can select from U: 1 to 8). Confirm your selection with the SET button .
- “170” flashes on the display. Use the /  button   to set the height. Confirm with the SET button .
- “30” flashes on the display. Use the /  button   to set the age. Confirm with the SET button .
-  flashes on the display. Use the /  button   to set the gender. Confirm with the SET button .
- “Act3” flashes on the display. Use the /  button   to set your activity level based on how much you exercise (considered over the long term). (Act1 = none, Act2 = low, Act3 = medium, Act4 = high, Act5 = very high/athletic). Confirm with the SET button .
- “End” appears in the display. Confirm with the SET button . The scale user has been created successfully.
- “0.0” and the user symbol appear on the display. Take the initial measurement.

5.6 Deleting scale users









You can delete individual scale users in the “beurer HealthManager Pro” app.

Alternatively, you can also delete scale users directly on the scale. To do so, proceed as follows:

- Press and hold the SET button  for 4 seconds. “unit” flashes on the display.
- Press the SET button  twice until “USER” flashes on the display.
- Use the  button  to select the scale user to be deleted. Confirm your selection with the SET button.
- Press the SET button  repeatedly until “End” appears. Then press the  button  within 5 seconds.
- “dEL” appears on the display. Confirm with the SET button . The scale user has now been deleted.









5.7 Changing the weight unit

You can change the weight unit either using the “beurer HealthManager Pro” app or directly on the scale:

- Press and hold the SET button  for 4 seconds. “unit” appears on the display .
- Use the  button  or  button  to select the desired weight unit (kg, lb or stlb). kg = kilograms, lb = pounds, stlb = stones
- To confirm, press the SET button  repeatedly until the display  switches off.

5.8 Deactivating *Bluetooth*® and WIFI

To deactivate *Bluetooth*® and WIFI, proceed as follows:


- Press and hold the SET button  for 4 seconds.
- Press the SET button  repeatedly until “on” appears on the display 1.
- Select “oFF” with the  button  or the  button .
- To confirm, press the SET button  repeatedly until the display  switches off.

Note: Please note that the *Bluetooth*® and WIFI function is then NO longer possible.




To reactivate it, set it from “oFF” to “on”.

6. WHAT IF THERE ARE PROBLEMS?

6.1 Restarting scale



If it is necessary to restart the scale (e.g. scale software freezes), briefly press the reboot button . In this case, the power supply is briefly interrupted.

6.2 Resetting the scale to factory settings

To reset the scale to the factory settings, press and hold the SET button  and briefly press the reboot button . Press and hold the SET button  until “rSt” appears on the display.




6.3 Updating scale software

The app will inform you when a new software update is available.




- Briefly press on the scale to switch it on.
- Press and hold the  button  for 15 seconds. The scale automatically checks for an update and downloads it. This may take a few minutes. If the update is successful, “PASS” will be displayed. If the scale is already up to date with the latest software version “utc” appears.



6.4 Messages and errors

Display	Cause/remedy
Discrepancy in weight	<p>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 so that "0.0" flashes.</p> <p>Scale is placed on carpet or uneven ground: the surface must be hard and level.</p>
PAir	<i>Bluetooth</i> ® needs to be paired: start/allow pairing/bonding on your smartphone (note any messages in the status bar/notification bar), and confirm the 6-digit pairing code using the SET button 5 on the device and on the smartphone.
"USE APP" or  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.
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 detection function is not working, briefly press the scale with your foot, press the  button 2 repeatedly until your scale user is displayed, and wait 3 seconds. Weigh yourself again.
BF--	The body fat percentage is outside the measurable range (less than 5% or greater than 70%): check the user data or change the activity level.
	Diagnostic measurement cannot be taken (e.g. measurement attempted while wearing shoes): Repeat the measurement barefoot. Otherwise, only weight values will be displayed and transferred.
HR--	Heart rate measurement not successful: repeat measurement whilst barefoot and remain standing still from when 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 scale battery is empty: charge the battery.
Err1	Incorrect password for your selected WIFI network/SSID/router.
Err2	Your router does not have Internet access. The server cannot be reached.
Er3...	Software update failed: please try again.
Err4	Booting problems: press the Reboot button 1 6 briefly.
USB out	Unplug the USB cable.
utd	The software is up to date.
no 	There is no WIFI connection to the server for the software update.

6.5 WIFI/*Bluetooth*® connection problems

Problem	Cause/remedy
No <i>Bluetooth</i> ® connection	<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"> Press the SET button 5 on the scale so that "USE APP" flashes in the scale display. Then use the "beurer HealthManager Pro" app. Switch <i>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. Briefly press the reboot button 6 and then the SET button 5 again and open the app. When connecting the scale, check the status bar on the smartphone to start pairing/bonding. <p>Note: A <i>Bluetooth</i>® connection is only required for initial use and changing the scale's settings. The measurements can also be transferred via <i>Bluetooth</i>®, but in the normal standard application the measurement data will be transferred via WIFI (without <i>Bluetooth</i>®).</p>
 Symbol 11 is not displayed	
No connection to server/cloud	Check whether your router has an Internet connection. Check the device settings in the app.
 Symbol 13 is not displayed	
No connection to the router	<p>Incorrect password</p> <ul style="list-style-type: none"> Press the SET button 5 on the scale. Scale displays "USE-APP". 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 this is case sensitive. For further information, see technical data under "Connectivity". <p>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 permanently available. Avoid guest networks.</p>
 Symbol 14 is not displayed	

Problem	Cause/remedy
Measurements are not sent ↑ Symbol 12 is not displayed	<p>No WiFi/Bluetooth® connection: Bluetooth® symbol 11 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.</p> <p>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. If the automatic scale user detection function is not working, briefly press the scale with your foot, press the △ button 2 repeatedly until your scale user is displayed, and wait 3 seconds. Then take the diagnostic measurement. At the end of the measurement, the symbol 12 should appear on the scale display. The measurement is then transferred via Bluetooth® or WiFi. If this is not the case, check the device settings in the app.</p>

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.

! IMPORTANT

- 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

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


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.



9. TECHNICAL DATA

Model:	BF 980
Dimensions:	350 x 300 x 26 mm
Weight:	2200 g
Measurement range:	180 kg / 396 lb / 28 st
Scale interval d:	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:	Li-ion polymer 3.7 V / 1500 mAh
Battery charging:	USB-C cable to standard USB-A socket with 5 V, min. 1 A Charging time: approx. 3 hours
Battery life:	Approx. 6 months with 3 measurements/day or approx. 15 months with 1 measurement/day
Connectivity:	Setup can be performed and settings can be made 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: WPA-PSK, WPA2-PSK, WPA3-PSK WiFi frequency band: 2412 – 2472 MHz, transmission power max. 15.03 dBm. Bluetooth® frequency band: 2402 – 2480 MHz, transmission power max. 8.52 dBm.
System requirements and list of compatible devices for the “beurer HealthManager Pro” app*	

Subject to technical changes.

*This product satisfies the requirements of the applicable European directives.

The CE mark has been applied in accordance with the following European directives:

Directive 2014/53/EU (Radio Equipment Directive – RED)

The Declaration of Conformity for this product can be found at the following address: <https://www.beurer.com/conformity>

10. WARRANTY

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

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