

MEDISANA®

GB Personal scales with body analysis function ISA



Art.-Nr. 40480



Gebrauchsanweisung
Manual
Mode d'emploi
Istruzioni per l'uso
Instrucciones de manejo

Bitte sorgfältig lesen!
Please read carefully!
A lire attentivement s.v.p.!
Da leggere con attenzione!
¡Por favor lea con cuidado!

Manual de instruções
Gebruiksaanwijzing
Käyttöohje
Brúksanvisning
Οδηγίες χρήσης

Por favor, ler cuidadosamente!
A.u.b. zorgvuldig lezen!
Lue huolellisesti läpi!
Läses noga!
Παρακαλούμε διαβάσετε με προσοχή!



GB Manual

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Klappen Sie bitte diese Seite auf und lassen Sie sie zur schnellen Orientierung aufgeklappt.

Please fold out this page and leave it folded out for quick reference.

Veillez déplier cette page et la laisser dépliée afin de vous orienter plus rapidement.

Aprire questa pagina e lasciarla aperta ai fini di un rapido orientamento.

Por favor, despliegue esta hoja y déjela desplegada para orientarse rápidamente.

Por favor, abra esta página e deixe-a aberta para uma orientação rápida.

Sla deze bladzijde om en laat deze opengeslagen, terwijl u de gebruiksaanwijzing leest.

Kääntäkää tämä sivu auki ja pitäkää se aukikäännettynä nopeaa orientaatiota varten.

Vik upp denna sida och låt den vara uppslagen som hjälp till snabb orientering.

Παρακαλούμε ανοίξτε τη σελίδα αυτή και αφήστε την ανοιχτή για γρήγορο προσανατολισμό.

FAT %	21.3 %	86.8 kg
TBW %	53.2 %	
P 3		

GB

- ① Display
- ② UP - button **^**
- ③ SET - button **■**
- ④ DOWN - button **v**
- ⑤ Battery compartment (on underside)
- ⑥ Electrodes
- ⑦ Bodyfat value
- ⑧ Weight value
- ⑨ Muscle mass value
- ⑩ BMI value (Body Mass Index)
- ⑪ Bone weight value
- ⑫ Body water value
- ⑬ Memory location P3
(e.g. user profile 3, male)



IMPORTANT INFORMATION! RETAIN FOR FUTURE USE!

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.

Explanation of symbols



This instruction manual belongs to this device. It contains important information about starting up and operation. Read the instruction manual thoroughly. Non-observance of these instructions can result in serious injury or damage to the device.



WARNING

These warning notes must be observed to prevent any injury to the user.



CAUTION

These notes must be observed to prevent any damage to the device.



NOTE

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



LOT number



Manufacturer



Safety Information

- Use the device only according to its intended purpose as specified in the instruction manual.
- The warranty will be invalidated if the device is used for purposes other than those for which it is intended.
- The scale has been manufactured for domestic use. It is not suitable for commercial use in hospitals or other medical institutions.
- Any treatment or diet for people who are underweight or overweight requires the qualified advice of a professional (doctor, dietician). The values determined with the scales may be source of useful support.
- This device is not suitable for pregnant women!
- These scales are not suitable for people with pacemakers or other medical implants. The body fat information may be inaccurate in people with diabetes or other medical/physical limitations. The same also applies to very highly trained athletes.
- This device is not designed to be used by persons (including children) with limited physical, sensory or mental abilities, or by persons with insufficient experience and/or knowledge, unless under observation by a person responsible for their safety, or unless they have been instructed in the use of the device.
- Children must be supervised to ensure that they do not play with the device.
- Do not use the device if it is not working correctly, if it has been dropped or has fallen into water or has been damaged.
- Do not use the scale in a location where extremely high temperatures or humidity may occur.



- Protect the unit against moisture. Keep the scale away from water.
- The surface of the scales is slippery when wet. Keep the surface dry.



- **Risk of tipping over!**
Do not place the scale on an uneven surface.
Do not stand on the corners/edges of the scale.
When weighing yourself, do not stand on one side or the edge of the scales.



- **Risk of slipping!**
Do not stand on the scale with wet feet.
Do not stand on the scale wearing socks.



- Place the scales on a firm, level base. Soft, uneven surfaces are unsuitable for the measuring process and lead to incorrect results.

- Always weigh yourself on the same scales, in the same place and on the same surface.
- Weight yourself without clothes, socks and shoes, before meals and always at the same time of day.
- The scales have a measuring range up to 180 kg (396 lbs / 28 st 4 lbs). Do not overload the scales – this can cause irreversible damage.



- Handle the scale with care. The scale must not be subjected to impacts or vibration. Do not fall or drop anything on the scales.
- Do not attempt to dismantle the scale, otherwise the warranty will be invalidated. The scale does not contain any parts that need to be maintained by the user, with the exception of the battery.
- Do not attempt to repair the device yourself in the event of a malfunction since this will invalidate the warranty. Repairs should only be carried out by authorised service centres.
- Clean the surface and the electrodes after use with a damp cloth. Do not use scouring agent or immerse the device in water.
- Do not store the scales upright, as this can cause the batteries to leak.
- If the scale is not going to be used for a long period, please remove the batteries.

2 Useful Information

Thank you

Thank you for your confidence in us and congratulations! With the **Personal scales with body analysis function ISA** you have acquired a quality product from **MEDISANA**. This unit is intended for weighing and calculating the proportion of bodyfat, water content and muscle mass in people. To ensure that your **Personal scales with body analysis function ISA** provides successful results for a long time, we recommend that you read carefully through the following notes on their use and care.

2.1 Items supplied and packaging

Please check first of all that the unit is complete and is not damaged in any way. If in doubt, do not use the appliance. Send it to a service point.

The following parts are included:

- 1 **MEDISANA** Personal scales with body analysis function **ISA**
- 3 Batteries (Type AA, LR6) 1,5V
- 1 Instruction manual

The packaging can be reused or recycled. Please dispose properly of any packaging material no longer required. If you notice any transport damage during unpacking, please contact your dealer without delay.



WARNING

Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!

2.2
Performance
features

- Flat design, 21,5 mm high
- Top quality safety glass
- Top quality sensor technology
- Illumination and display-backlight
- Age entry from 6 to 100 years
- Height entry from 80 to 220 cm
- Measuring range to 180 kg, 396 lb or 28st 4lb
- Graduation 100 g, 0,2 lb or 1/4 lb
- Switchable between KG, LB and ST
- Body fat analysis 3 - 50 % in 0.1 % steps
- Water content measurement 20 - 75 % in 0.1 % steps
- Muscle mass measurement 20 - 75 % in 0.1 % steps
- Bone mass measurement 0.5 - 8 kg in 0.1 kg steps
- Body mass index (BMI) display
- 10 presets for saving data for 10 persons
- Direct measurement of body weight
- Easy to use
- Automatic switch-off
- Overload warning
- Low battery warning
- Includes 3 x 1,5 V type AA, LR6 batteries

2.3
Why is it important
to know how much
body fat you have?

The human body is made up amongst other things of water, fat and muscle mass. A fat proportion which is too high or too low may lead to increased health risks. The personal scales with body analysis functionality provide useful support in motivating someone to reach or maintain the best possible body weight by monitoring the proportion of body fat.

2.4
How does the scale
with body analysis
functionality work?

The scale measures using BIA (Bio-electrical Impedance Analysis). When you step onto the metal plates barefoot, extremely weak electrical current is passed into your body. The scale weighs the difference between these signals. The measurements are used in combination with personal data such as age, gender, height and weight to calculate the amount of body fat.



NOTES

Excessive drinking, eating, training, medical treatment, the female menstrual cycle etc. affect the measuring results. The body fat, water content and muscle measurements will be incorrect for women during pregnancy.

2.5 Prerequisites for correct measuring results

Reliable measurements can only be achieved under certain pre-requisites:

- Always measure barefoot.
- The feet must have a good contact with the electrodes on the standing area.
- Stand upright.
- Carry out the measurement approximately 15 minutes after getting up, or after bathing or showering, with towel-dried feet.
- Please measure at the same time of day if possible.
- Do not measure after strenuous physical exercise. Wait at least an hour before measuring.
- There must not be any dirt stuck to the soles of your feet. Erroneous measuring results may occur if the soles of your feet are dry or extremely callused.

The amount of body fat, water content and muscle mass can only be reliably monitored using the measurements if they are taken consistently. Measurements that are taken under varying conditions can return different values.



NOTES

The data in the following tables is for orientation purposes only. If you have any questions about your proportion of body fat, please consult your doctor.

2.6 Body fat proportion range in %

<i>female</i> (same values for female athletes)	Age	low	normal	high	very high
6-15		3.0-16.0	16.1-21.0	21.1-29.6	29.7-50.0
16-30		3.0-16.4	16.5-22.0	22.1-30.4	30.5-50.0
31-60		3.0-17.0	17.1-22.4	22.5-31.4	31.5-50.0
≥60		3.0-17.6	17.7-23.0	23.1-32.0	32.1-50.0
<i>male</i> (same values for male athletes)	Age	low	normal	high	very high
6-15		3.0-13.0	13.1-17.4	17.5-25.6	25.7-50.0
16-30		3.0-13.6	13.7-18.0	18.1-26.4	26.5-50.0
31-60		3.0-14.0	14.1-18.6	18.7-27.0	27.1-50.0
≥60		3.0-14.4	14.5-19.0	19.1-28.0	28.1-50.0

Body fat value analysis:

In order to analyse your body fat proportion, please compare your value to the values in the body fat table.

2.7
Body water proportion range in %

<i>female</i>	Age	low	normal	high
(same values for female athletes)	10-15	< 57	57-67	> 67
	16-30	< 47	47-57	> 57
	31-60	< 42	42-52	> 52
	61-80	< 37	37-47	> 47
<i>male</i>	Age	low	normal	high
(same values for male athletes)	10-15	< 58	58-72	> 72
	16-30	< 53	53-67	> 67
	31-60	< 47	47-61	> 61
	61-80	< 42	42-56	> 56

Body water value analysis:

In order to analyse your body water value, please compare your value with the values in the body water table.

2.8
Average Muscle Mass

The average proportion of muscle mass for women between 15 and 100 years of age is max. 44 % (for sportswomen/female athletes no more than 46 %) and for men 46 % (for sportsmen/male athletes no more than 48 %). Compare your value with this standard value to analyse your muscle mass.

2.9
Proportion of bone in body weight in kg

<i>female</i>	Body weight	<45	45-60	>60
(same values for female athletes)	average bone mass	max 3.0	4.2	max 6.5
<i>male</i>	Body weight	<60	60-75	>75
(same values for male athletes)	average bone mass	max 4.5	6,0	max 7.5

2.10
The Body-Mass-Index (BMI)

The BMI (Body-Mass-Index) can be calculated by dividing the body weight in kg by the double height in meters. The ideal BMI depends on the age (same for female and male):

Age	low	normal	high
< 24	< 19	19-24	> 24
25-34	< 20	20-25	> 25
35-44	< 21	21-26	> 26
45-54	< 22	22-27	> 27
55-64	< 23	23-28	> 28
> 64	< 24	24-29	> 29

A lower BMI indicates underweight and a high BMI value indicates overweight.

3 Operation

3.1 Insert/replace batteries

Before you start up your digital scale, insert the three provided 1,5V batteries (type AA, LR6) into the device. To do this, open the battery compartment **5** beneath the device and insert the batteries. Make sure the polarity is correct (as shown in the battery compartment). Put the lid of the battery compartment back on and push it until it clicks into place. Change the batteries when the battery change symbol "Lo" appears in the display **1** or when nothing is shown in the display after the device is switched on.

WARNING BATTERY SAFETY INFORMATION

- Do not disassemble batteries!
- Remove discharged batteries from the device immediately!
- Increased risk of leakage, avoid contact with skin, eyes and mucous membranes! If battery acid comes in contact with any of this parts, rinse the affected area with copious amounts of fresh water and seek medical attention immediately!
- If a battery has been swallowed seek medical attention immediately!
- Replace all of the batteries simultaneously!
- Only replace with batteries of the same type, never use different types of batteries together or used batteries with new ones!
- Insert the batteries correctly, observing the polarity!
- Remove the batteries from the device if it is not going to be used for an extended period!
- Keep batteries out of children's reach!
- Do not attempt to recharge these batteries! There is a danger of explosion!
- Do not short circuit! There is a danger of explosion!
- Do not throw into a fire! There is a danger of explosion!
- Do not throw used batteries into the household refuse; put them in a hazardous waste container or take them to a battery collection point, at the shop where they were purchased!







3.2 Weight only / "Step-on"-function and change the unit of weight

1. Make sure the scales are on a firm, level surface. If you only want to weigh yourself but have moved the scales just before, you must first initialise the scales. To do this, press your foot on the middle of the surface of the scales. "0.0" appears in the display. You now may select the weight units (**kg - lb - st**) by pressing the UP-**2** and DOWN-buttons **4**. When the scales switch off, they are ready for the "step-on" function. This procedure is not necessary if you have not moved the scales.
2. Step onto the scales and stand still. The device switches on automatically and the glass frame and display **1** are lighting up in blue. The display **1** briefly shows "0.0". You now may again select the weight units (**kg - lb - st**) by pressing the UP-**2** and DOWN-buttons **4**.
3. Your weight is measured, flashes twice and is then finally displayed.

**3.3
Programming
personal data**

- Step down from the scales. The scales switch off automatically after 8 seconds if you do not do anything else.

The scales can store data for up to 10 people: sex, age, height. The scales have preset values. These are: **kg, female, 25 years old, 165 cm.**

- Press the SET - button **3** to switch on the scales. The memory location is flashing in the display.
- When the flashing has stopped, press UP- **2** or DOWN-button **4** to select the desired memory location (0 - 9) for the user profile.
- Press the SET-button **3** to confirm the selection. Now the symbol for the sex is flashing in the display.
 = male
  = female
 = male/athlete
 = female/athlete
- Set your sex by pressing the UP- **2** or DOWN-button **4** to select the appropriate symbol in the display. If you are a fit sportsman or sportswoman between 15 and 50 years of age, you can select athlete mode for this setting.
 = male athlete
 = female athlete



NOTE

Because trained sportsmen and sportswomen usually have a very low percentage of body fat, it is advisable to select athlete mode. This mode ensures that athletes' bodies are not displayed as underweight due to the low percentage of body fat.

- Press the SET button **3** to save the setting. The preset height starts flashing in the display.
- Select your height using the UP- **2** and DOWN-buttons **4** .
- Press the SET button **3** to save the setting. The preset age starts flashing in the display.
- Select your age using the UP- **2** and DOWN-buttons **4** .
- Press the SET button **3** to save the setting.
- The settings are now concluded. In the display "0.0" is shown.
- You may now choose the unit of measure (**kg - lb - st**) by pressing the UP- **2** and DOWN-buttons **4** .

Before you switch off the device, you can press the UP- **2** or DOWN-button **4** to program other presets. Proceed as described above and repeat steps 3. to 11. If you do not press any button for 10 seconds during the programming, the scales switch off automatically.

3.4

Weighing and measuring body fat, water content and muscle mass

1. Press the SET-button ③ to switch on the scales. The memory location flashes in the display.
2. By pressing the DOWN- ② and UP - buttons ④ you may choose the memory location (0 - 9).
3. Your personal data is displayed.
4. When "0.0 kg" appears in the display, step barefoot onto the scales and stand still. Place your feet on the electrodes ⑥ . First, your weight is displayed. At the same time, the display shows a moving symbol " ■■■▶ ", which indicates that your body fat, water and muscle mass are being measured.
5. When the " ■■■▶ " symbol in the display stops, the values are fixed. The display shows the values measured for the body fat, water, bodyweight and then the muscle mass, bone weight and BMI. The series of measured values is repeated twice in the display. The scales then switch off automatically. Step off the scales.

**NOTES**

- **Reliable measurements can only be achieved under certain circumstances, as described in "2.5 Prerequisites for correct measuring results", p. 16.**
- **Note that the measured muscle mass contains a certain amount of water, which is included in the result. The values measured for the water and muscle mass in your body can therefore not be added together.**

3.5

Error messages**OL**

The scale is overloaded.

LO

The battery is low and must be replaced.

ERR

Error during measurement.

Data not saved.

4 Miscellaneous

4.1

Care and maintenance

- Remove the batteries before cleaning the unit.
- Never use aggressive cleaning agents or stiff brushes.
- Clean the surface and the electrodes after use with a soft, damp cloth. Never use abrasive cleaning agents or alcohol.
- Do not allow any water to get into the unit. Do not immerse the device in water. Do not use the unit again until it is completely dry.
- Do not expose the unit to direct sunlight; protect it against dirt and moisture.
- Do not store the scales upright, as this can cause the batteries to leak.
- Remove the batteries from the unit if it will be unused for a longish period. Otherwise there is a risk that the batteries might leak.

4.2 Disposal



This product must not be disposed together with the domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Please remove the battery before disposing of the equipment. Do not dispose of old batteries with your household waste, but dispose of them at a battery collection station at a recycling site or in a shop. Consult your municipal authority or your dealer for information about disposal.

4.3 Technical specifications

Name and model:	MEDISANA Personal scales with body analysis function ISA
Voltage supply:	4,5 V= , 3 x 1,5V batteries AA / LR6
Display system:	Digital display
Memory:	for 10 persons
Measuring range:	up to 180 kg, 396 lb or 28 st 4 lb
Maximum measuring deviation:	± 1 %
Body fat:	3 - 50 % in steps of 0.1 %
Body water:	20 - 75 % in steps of 0.1 %
Muscle mass:	20 - 75 % in steps of 0.1 %
Bone mass:	0,5 - 8 kg in steps of 0.1 kg
Graduation:	100 g, 0,2 lb or 1/4 lb
Autom. switch-off:	after approx. 8 seconds
Dimensions (L x W x H):	31,9 x 31,9 x 2,15 cm
Weight approx.:	2,6 kg
Operating conditions :	Temperature 0 - 40 °C / 32 - 104 °F relative humidity 85 %
Item number :	40480
EAN number:	40 15588 40480 1



In accordance with our policy of continual product improvement, we reserve the right to make technical and optical changes without notice.

Warranty and repair terms

Please contact your dealer or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is.

The following warranty terms apply:

1. The warranty period for **MEDISANA** products is three years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be removed free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
 - a. All damage which has arisen due to improper treatment, e.g. non-observance of the user instructions.
 - b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
 - c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
 - d. Accessories which are subject to normal wear and tear (batteries etc.).
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

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The service centre address is shown on the attached leaflet.

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