TANITA
Healthy Habits for Happiness

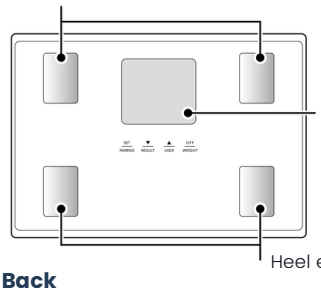
Quick Start Guide
BC-401

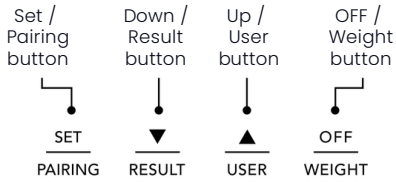
Refer to the full instruction manual in the box and or the website for more details https://tanita.eu/bc-401

Features and Functions

Front

Ball- of- foot electrodes

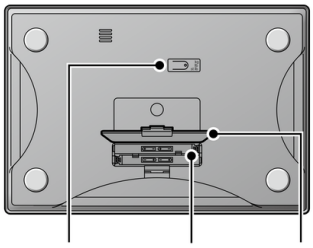






Its strategically positioned electrodes ensure precise measurements, regardless of your foot size.

Back

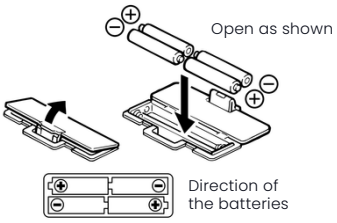


Preparation before use

- Turn the device around.

Inserting the batteries

- Open the battery cover on the back.
- Insert the supplied AA-batteries.

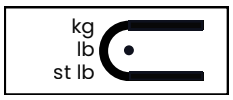


Set your location code

1. When the power is off, press and hold the weight button.
2. Scan the QR code on the right, or click here to see your location code and then use the ⌃ and ⌄ buttons to select the your location code on the device.
3. Press the SET button to enter and save the setting.

Change the weighing unit

- Change the weight unit on the back of the scale, by using the button.



Positioning the monitor

- Place the device on a hard, flat surface.



Download the free My TANITA app

Click here:

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DOWNLOAD ON THE Google Play

Setting up your account

Scan for instruction videos on how to set up your account



Getting the most from your TANITA BC-401 Body Composition Scale

Top tips for how to best measure and monitor your body composition

Remember, a TANITA Body Composition Scale is completely different to a normal bathroom scale; showing you not just your weight, but also what that weight is made up of.

Your body composition naturally changes due to factors such as eating, drinking, sweating and going to the bathroom. These factors can change your body weight up to 2.5kg during the course of the day, so it is important to measure under most consistent circumstances possible.

By following these guidelines, normal daily fluctuations will average out, and you will be able to better assess the real changes in your body composition over time.

1. Measure **once a week, at a similar time of day.**
2. Position your **scale on a flat, solid, floor surface,** not on carpet.
3. **Avoid taking a measurement straight after exercise.** Exercise affects your body in a number of ways, this can lead to inconsistent results.
4. **Measure 2-3 hours after a meal** as undigested food/drink will artificially increase your weight. Large amounts of caffeine or alcohol tend to impact water transfer in your body and will have a negative impact on the accuracy of the results.
5. Always stand on the scale with bare feet because the electrodes need skin contact. Preferably measure with **as little clothing as possible and empty your pockets** (especially electrical devices such as phones, smart watches and GPS devices).
6. Make sure you **stand completely still** during the measurements.
7. Keep the scale in a room with a **moderate temperature and without high humidity** – for this reason it is best not to keep your scale in the bathroom.
8. Finally, **keep your scale clean and free from dust.**

Visit our webpage "Understanding your measurements" to learn more about your results