

# User Manual

Body Analyser Scales      BCA1



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BCA1 IB UK 20190129








- Please read the user manual carefully and thoroughly so as to ensure the safe usage of this product. Keep the manual for future reference.

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♥ Safety and Usage Information

The warning signs and symbols are essential to ensuring the correct and safe use of this product, which will protect you and others from injury. Please find meanings of the warning signs and symbols, which you may encounter on the label and user manual below:

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "MANUFACTURER"
	Symbol for "DIRECT CURRENT"		Symbol for "COMPLIES WITH EU REQUIREMENTS"
	Symbol for "MANUFACTURE DATE"		Symbol for "ENVIRONMENT PROTECTION – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
<b>SN</b>	Symbol for "SERIAL NUMBER"		

 CAUTION

The Body Analyser Scales BCA1 offers you a seamless way to manage your health. Please be aware that this device is designed for adults' self-measuring and self-monitoring body fat level. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. This device should not be used by anyone who is acutely or chronically ill, suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

Before diet and exercise, you must first find a professional medical guide.

Kindly note that the use of accessories, transducers or cables other than those specified, with the exception of transducers and cables sold by the manufacturer as replacement parts for internal components, may result in increased EMISSIONS or decreased IMMUNITY of the device.

Portable and mobile RF communications equipment can affect the measuring accuracy of the device.

Be aware that misuse of electrical equipments can cause electric shock, burns, fire and other hazards. Please do not use the device in flammable gas environment.

Warning that the analyzer should not be used adjacent to or stacked with other equipment.

Manufacturer will make available on request circuit diagrams, component parts list, etc.

WARNING: No modifications of this equipment is allowed.

During using the analyzer, the patient will contact with the surface and the electrode of the analyzer.

The surface and the electrode of the analyzer is type BF Applied part.

The device doesn't need to be calibrated in five years lifetime.

Do not touch the output of batteries when using the analyzer.

The patient is an intended operator. The patient can perform all the operations in the manual, such as measurement, changing batteries.

INDICATIONS FOR USE

The Body Analyser measures weight, BMI and uses bio-electrical impedance analysis (BIA) technology to estimate body fat, total body water percentage, bone mass and muscle mass in generally healthy children (10-17 years old) and healthy adults.

WARNING

- Unsuitable for use during pregnancy or labour.
  - Readings will be inaccurate and the effects of this device on the foetus are unknown.
- Unsuitable for use by anyone connected to a wearable or implantable electronic device/ instrument such as a pacemaker or defibrillator.

♥ Your Scale and Its Environment

To ensure your safety as well as the service life of your scale, please avoid using the scale under the following circumstances:

- Slippery floors - such as tile floor
- Using the scales immediately after bath or with wet hands/feet
- Near a cell phone or microwave oven

Avoid storage in the following locations:

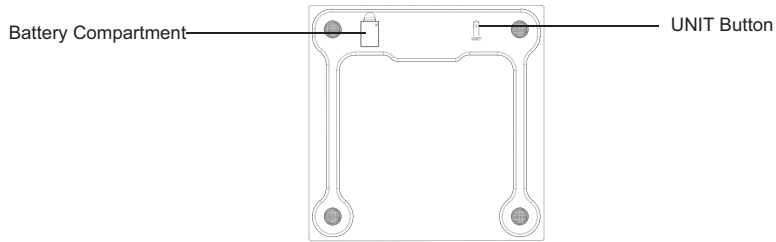
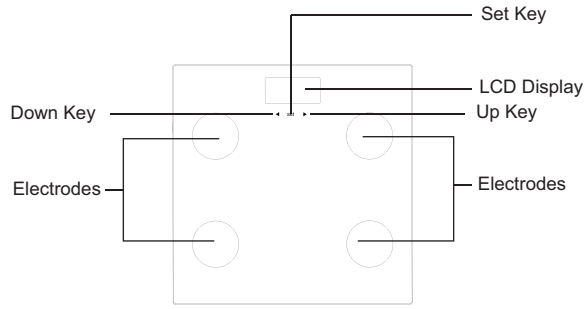
- Where there is water
- Where the device may be exposed to extreme temperatures, humidity, moisture, direct sunlight, dust, or salt air
- Where there is risk of shock or drop
- Where you store chemicals or full of corrosive gases
- Where in reach of the infants or children

♥ Efficient Use of Your Scale

To ensure the accuracy of measurement, please follow below instructions when you start measurement.

- Place the scale on a flat, hard surface. Soft surfaces such as carpet will affect the performance of the scale.
- Step onto the platform with bare feet. Stand still and keep full contact with the electrodes until the measurement is complete.
- Start measurement at least two hours after getting up or eating.
- Avoid measurement immediately after strenuous exercise, sauna or bath, drinking, and dining.
- Always start measurement in the same time slot and on the same scale.

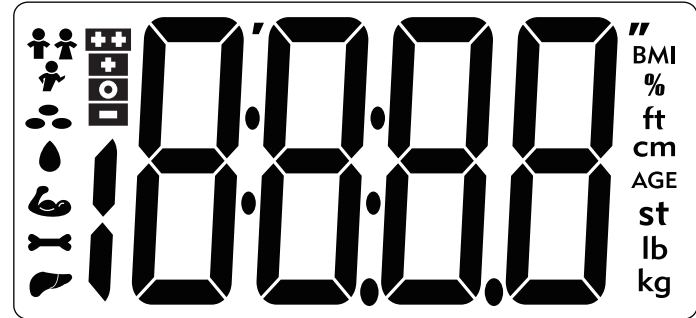
♥ Device Components



♥ List

1. Body Analyser Scales BCA1
2. One CR2032 Battery (3V)
3. User Manual

♥ LCD Display



	Body Fat Analysis Result		Male
	Total Body Water Analysis Result		Female
	Muscle Mass Analysis Result		Male Athlete
	Bone Mass Analysis Result		Female Athlete
<b>BMI</b>	Body Mass Index	<b>%</b>	Percentage
<b>ft</b>	Foot	<b>AGE</b>	Age
<b>cm</b>	Centimeter	<b>st</b> <b>lb</b>	Stone
<b>kg</b>	Kilogram	<b>lb</b>	Pound

## ♥ General Instructions

The Kinetik Wellbeing Body Analyser applies BIA (Bio-impedance Analysis) technology. A small amount of weak current flows through the human body so as to detect the bio-impedance and estimate BMI, body fat, total body water, muscle mass and bone mass. The electrical current is small and may not be felt.

This BIA technology is safe, non-invasive, toxic-free and harmless.

The current mentioned above is less than 0.5mA. However, please be aware that anyone with a wearable or implantable medical electronic instrument, such as a pacemaker, must avoid using this device.

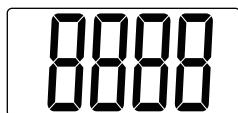
The intended use of this device is for healthy children 10-17 years old and healthy adults.

## ♥ Insert the Batteries

• Open the battery door in the back of the scale.

• Remove insulating strip from beneath the battery (if fitted) or insert batteries (1 x 3V CR2032) observing the polarity signs (+ and -) inside the battery compartment.

\* The digits "8888" will be shown on the LCD.



• Close the battery door and wait until the digits "0.0kg" are shown on the LCD.



### CAUTION

- When the symbol "Lo" appears, the device will power off after about 4s. Then you shall replace with a new set of batteries.
- Worn batteries are hazardous waste. Do NOT dispose of them together with the household garbage.
- Please refer to the local ordinances and recycling instructions regarding disposal of the worn batteries and scrapped device.
- If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the batteries before storing.

## ♥ Set Up Your Profile

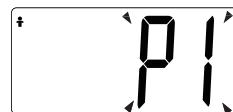
The Body Analyser Scales BCA1 supports multiple users (Up to 8). You may follow below instructions to assign User ID and set up your own profile, including Gender, Stature, and Age.

### 1. Assigning User ID

1. With batteries correctly installed, press "set" key to enter setting mode when the scale is off. Or when the LCD displays 0.0, long press and hold "set" key to enter setting mode.

2. The system will request User ID selection first. As pictured below, "P1" blinks. The operator may press the function key ◀ or ▶ to select User ID among P1 to P8.

3. Press "set" key to confirm User ID.



### 2. Setting Gender

1. After confirming User ID, the system will divert to Gender setting automatically.

2. As pictured below, the portrait † blinks. The operator may press the function key ◀ or ▶ to select Gender. ( Male/Female Athlete/Male Athlete/Female )

3. Press "set" key to confirm Gender.

Athlete Mode:

An athlete is considered as a person who does 10 hours or more per week of aerobic activity and has a resting heart rate of 60 beats per minute. These individuals should select Athlete Mode for the most accurate measurement results. The Body Analyser Scales are not calibrated for professional athletes or body builders.



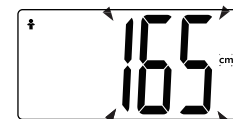
### 3. Setting Height

1. After confirming Gender, the system will divert to Height setting automatically.

2. As pictured below, the digits "165" blinks. The user can press the function key ◀ or ▶ to increase or decrease the numeral.

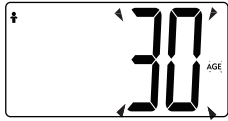
3. You may press and hold the function key ◀ or ▶ to quickly change the numerical.

4. Press "set" key to confirm Height.

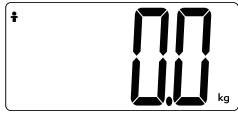


#### 4. Setting Age

1. After confirming the Height, the system will divert to Age setting.
2. As pictured below, the digits "30" blinks. The user may press the function key ◀ or ▶ to increase or decrease the numerical.
3. You may press and hold the function key ◀ or ▶ to quickly change the numerical.
4. Press "set" key to confirm Age.



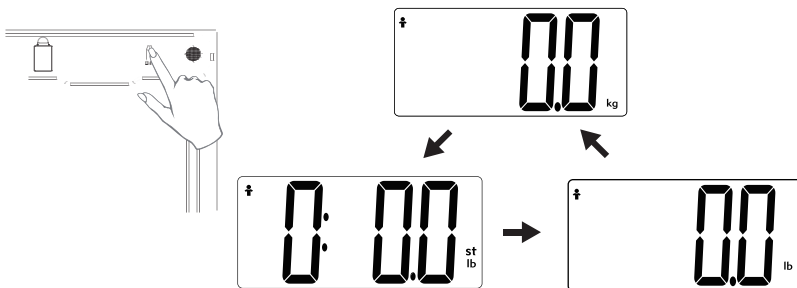
5. After confirming the Age, the LCD will display "0.0kg", then you can start measuring.



6. Repeat procedure for a second user, or to change user details.
- Note: To update or overwrite the memorised data, follow the same procedure, making changes as required.

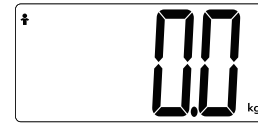
#### ♥ Select Measurement Unit

With batteries correctly installed, press "UNIT" button in the back of the scale to select measurement unit. The default measurement unit is "kg". You may press "UNIT" button to choose among kilogram, stone and pound.



#### ♥ Initialising Your Scale

1. Press the platform centre and remove your foot.
2. "0.0" will be displayed.



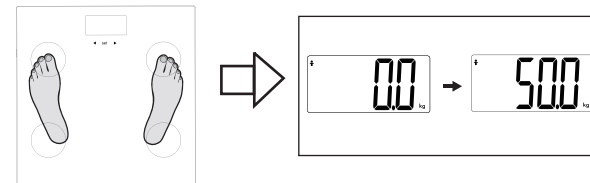
3. The scale will switch off and is now ready for use. This initialisation process must be repeated if the scale is moved. At all other times step straight on the scale.

#### ♥ Weight Only Operation

Your Kinetik Body Analyser Scales will operate as a conventional weight - reading scale. No special programming steps are required.

Once the scale is initialized, as previously described, you may simply step on the scale to measure your current weight. For only weight reading.

1. Position the scale on a flat, hard surface. Carpeted or uneven floors may affect accuracy.
2. Step onto the scale platform and remain still while the scale computes your weight.
3. The scale will display your weight value.

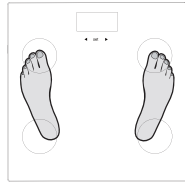


4. The scale will automatically turn off after a few seconds.

♥ First Measurement

- Position scale on a firm flat surface.
  - Press set key.
  - While the user number of the latest measurement is flashing, select your user number by pressing ◀ or ▶ key. After 3s, the selected number is locked, the scale shows zero reading.
- (Note: When the user number is flashing, if you press set key again, it will enter the setting mode, after all the settings are finished, it will display zero reading. )

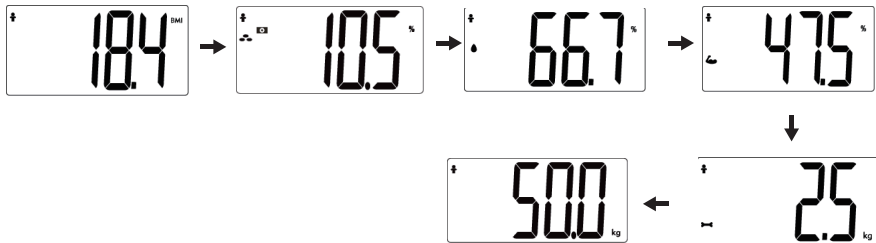
**STEP 1:** Step on the platform barefooted when the LCD displays "0.0".



**STEP 2:** Stand still and the weight data will be locked with the unit stop flashing. Keep full contact with the electrodes until the LCD stop displaying moving "o".



**STEP 3:** The measurement results will be displayed followed by BMI, Body Fat, Total Body Water, Muscle Mass and Bone Mass. The data will be displayed twice and then turn off.



\* If it fails to complete the analysis, the LCD will only display the weight data.

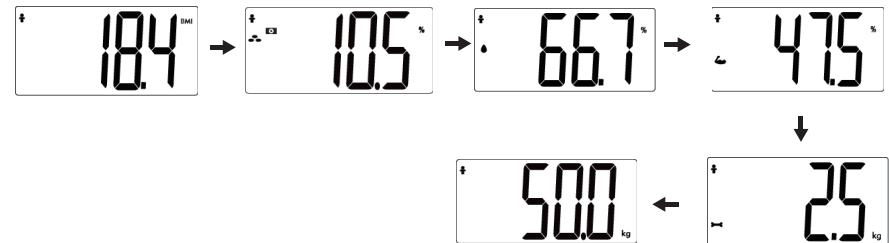
(To find out the solutions, please refer to [Troubleshooting](#) for more details.)

♥ Daily Measurement

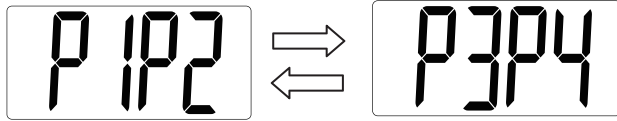
- With original SENSE ON patent technology, BCA1 will switch on as you step on the platform barefooted.
- Stand still and keep full contact with the electrodes until the LCD stops displaying moving "o".



- After the weight is locked, the system will automatically identify the possible User ID with most similar history records.
- If it identifies one user, it will skip the step about user selection, then display the BMI, Body Fat, Total Body Water, Muscle Mass and Bone Mass data sequentially twice and turn off.



- If it identifies two or more users, for example, P1, P2 and P3, The LCD will display these users alternately two times. you may press ◀ key to choose the left User ID and press ▶ key to choose the right User ID. The measuring results will then be sorted into the User ID you selected and displayed sequentially three times. If you don't choose the user, it will display the weight again and turn off.

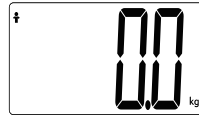


- If it fails to identify the possible User ID, the LCD will only display the weight data then shutdown.

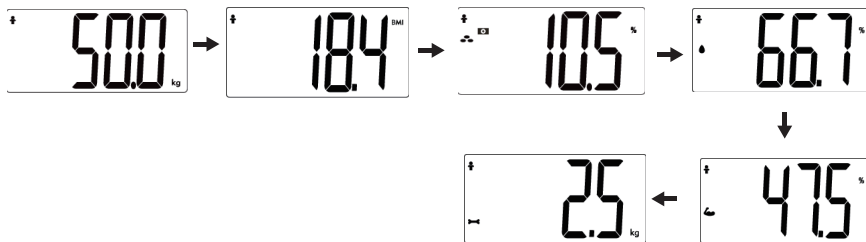
(To find out the solutions, please refer to [Troubleshooting](#) for more details.)

### ♥ How to Recall Last Reading

1. Press set
2. Select the user you want to get memory for by pressing the ◀ or ▶ key
3. Remain on the desired user, indicated by the screen flashing P1, P2 etc.
4. Wait until the scale flashes to 0.00kg/lb/st
5. Press the ◀ or ▶ key once
6. You will see the user you have selected flash on the display
7. Press set again
8. The scale will now show the last recorded memory for that user



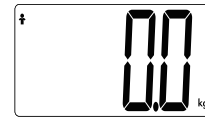
- The analysis results will be displayed in the following order: Weight, BMI, Body Fat, Total Body Water, Muscle Mass and Bone Mass



- When there are no pieces of measuring results stored under a specific User ID, for example, 3, the LCD will display “ - - - - ” as pictured below.



- After displaying the analysis results, the device will divert to the weighing interface automatically (as pictured below). You may start measuring and the measuring results will be recorded under the referring User ID.



### ♥ Error Prompts

Error	Description	Solution
	Overload. The device will power off.	Stop using this scale for measurement.
	Low Battery. The device will power off after three seconds.	Replace CR2032 battery. Please ensure to purchase an authorised battery.



♥ When Measuring ...

Problem	Root Cause	Solution
Abnormal measuring results: - Too high; OR - Too low; OR - Huge difference between two recent measurement.	Incorrect posture	Please step on the platform barefooted and stand still.
	The device is located on the soft ground such as a carpet OR on a rugged surface.	Please place the device on a flat, hard surface.
	Your feet are too dry.	Wipe your feet with a damp cloth, keeping them slightly damp when starting measurement.
No display on LCD when the device powers on.	Batteries not yet installed.	Install the batteries. (Please refer to <a href="#">Insert the Batteries</a> )
	Worn batteries.	Replace CR2032 battery. Please ensure to purchase an authorised battery.
CANNOT proceed to analyze BMI, body fat, total body water, muscle mass and bone mass.	Step onto the platform wearing socks or shoes.	Please keep barefooted during the measurement, and keep full contact with the electrodes as well.
	The system cannot identify the possible User ID with most similar data.	Please assign a User ID following the instruction in <a href="#">Set Up Your Profile</a> .
	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in <a href="#">Set Up Your Profile</a> .
The device powers off.	Low battery.	Replace CR2032 battery. Please ensure to purchase an authorised battery.

♥ Specifications

<b>Product Name</b>	Body Analyser Scales
<b>Dimension</b>	Scale: 300x300x22.2mm (Approximately)
<b>Net Weight</b>	Approximately 1.28kg ( Excluding the cells)
<b>Display</b>	Digital LCD
<b>Measurement Unit</b>	Kilogram / Stone/ Pound
<b>Measurement Range</b>	150kg; 330lb; 23st: 8lb
<b>Division</b>	0.1kg / 0.2lb
<b>Accuracy</b>	50kg: ±0.2kg;                      100kg: ±0.3kg; 150kg: ±0.4kg;
<b>Working Environment</b>	Temperature: 5°C to 40°C    Relative Humidity: ≤85% RH Atmospheric pressure: 86kPa to 106kPa
<b>Storage Environment</b>	Temperature: -20°C to 60°C    Relative Humidity: ≤90% RH Atmospheric pressure: 50kPa to 106kPa
<b>Power Source</b>	3V (One CR2032 Battery)
<b>Turn on Method</b>	SENSE ON technology
<b>Auto-OFF</b>	The scale will turn off after about 10 seconds if there is no operation
<b>Accessories</b>	1. One CR2032 battery 2. User Manual
<b>Mode of Operation</b>	Continuous Operation
<b>Degree of protection</b>	Type BF applied part

About the Accuracy of This Product

- This product passes strict inspection before delivery and therefore its accuracy is guaranteed by the manufacturer. Please refer to the above table for the descriptions on accuracy.
- This product is specially designed for body fat analysis as well as weight measurement. It should NOT be used by anyone during the process of transaction for verification of goods' weight.

♥ Maintenance

When carrying out usual maintenance, please ensure practice of the following Do's and Don'ts:

- DO use a dry soft cloth to wipe the dust.
- DO use a wet soft cloth, dipped into water and wrung out, to wipe the dirt. Then use a dry soft cloth to dry up the device.
- DON'T wash the device with water or immerse it in water.
- DON'T use propellant, abrasive or other chemicals to wipe the dirt in avoidance of discolor or malfunction.
- DON'T disassemble this device. If you have any problems, please contact Kinetik Wellbeing. (Please refer to Warranty for contact information)

♥ Warranty

Your product is warranted to be free of defects in materials and workmanship for one year from the original purchase date. The device was built to exacting standards and carefully inspected prior to shipment. In the event of a defect covered by this warranty there is the option to repair or replace the device. This warranty does not cover device failure due to owner misuse or negligence, or normal wear and tear. If you have questions about your device or the warranty, please contact Kinetik Wellbeing.

This warranty does not cover damages caused by misuse or abuse, including but not limited to:

- Failure caused by unauthorized repairs or modifications;
- Damage caused by shock or drop during transportation;
- Failure caused by improper operation inconsistent with the instructions stated in this user manual;
- Malfunction or damage from failure to provide the recommended maintenance;
- Damage caused by improper use of power supply.
- Should this device require maintenance (or replacement) under warranty, please deliver the original package to Kinetik Wellbeing. Please ensure to return a receipt and a note with explanation of the why the item was returned.

**Kinetik Wellbeing**

Website: <http://www.kinetikwellbeing.com>

Customer Care email: [customercare@kinetikwellbeing.com](mailto:customercare@kinetikwellbeing.com)

♥ Health Tips - About Body Fat

Human body is made up of, amongst other things, a percentage of fat. Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat will damage to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror.

This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone—the composition of your weight loss could mean you are losing muscle mass rather than fat-you could still have a high percentage of fat even when a scale indicates 'normal weight'.

The table as follows may be used as a guide:

**The body fat ratio (Unit: %) :**

Standard for Men

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18
Normal	13-20	14-21	16-23	17-24	18-25
Moderately High	20.1-23	21.1-24	23.1-26	24.1-27	25.1-28
High	>23	>24	>26	>27	>28

Standard for Women

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<19	<20	<21	<22	<23
Normal	19-28	20-29	21-30	22-31	23-32
Moderately High	28.1-31	29.1-32	30.1-33	31.1-34	32.1-35
High	>31	>32	>33	>34	>35

### ♥ Health Tips - About Body Water

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body:

All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration.

The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

The table as follows may be used as a guide:

#### The body water ratio (Unit: %) :

	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

### ♥ Health Tips - About Muscle Mass

According to the American College of Sports Medicine (ACSM), lean muscle mass may decrease by nearly 50 percent between the age of 20 and 90. If you do nothing with it you're losing muscle and increasing fat. It is also important to know your muscle mass % during weight reduction. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. Benefits of gaining muscle mass include:

- Reversing the decline in strength, bone density and muscle mass with aging
- Maintenance of flexible joints
- Guide weight reduction when combined with a healthy diet.

The table as follows may be used as a guide:

#### The body muscle ratio (%):

<b>Men</b>	<b>Approximately 40% of total body weight</b>
<b>Women</b>	<b>Approximately 30% of total body weight</b>

### ♥ Health Tips - About Bone Mass

Regular exercise and a balanced diet can help maintain healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks in their thirties. Then people begin to lose bone. Regular exercise can help prevent that loss.

Calcium and vitamin D, good sources of which are dairy products, green leafy vegetables and fish, contribute to healthy bones.

The bone mass readings given by this product are an estimation of the amount of bone in your body. Those with osteoporosis or low bone densities may not get accurate estimations. If you have any concern regarding your bones please consult your doctor timely.

You may refer to the following guide:

#### The bone range (kg) ≤ 10kg

The average bone mass percentage for both men and women is between 4 to 5%.

### ♥ Health Tips - About BMI

Maintaining proper weight is essential to healthy living. Obesity has been linked to a higher risk of heart disease, diabetes and some forms of cancer. The Body Mass Index (BMI) is the most widely accepted measurement of weight according to health professionals. The Analyzer will calculate your BMI on your height and weight.

### ♥ Health Tips - About Calorie

The device uses your age, height, gender setting to calculate the estimated number of calories you can consume a day to maintain your present weight. This estimation may gradually help you with a weight loss, gain or maintenance plan.

### ♥ EMC Guidance

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance  $d = 3.3 \text{ m}$  away from the equipment.  
(Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields  $d = 3.3 \text{ m}$  at an IMMUNITY LEVEL of 3 V/m)