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|-----------|---|------------|--|
| D | Glaswaage
Gebrauchsanweisung.....2-8 | TR | Cam terazisi
Kullanma Talimatı.....37-43 |
| GB | Glass bathroom scale
Instruction for Use.....9-15 | RUS | Стеклянные весы
Инструкция по применению .44-51 |
| F | Pèse-personne en verre
Mode d'emploi.....16-22 | PL | Szklana waga łazienkowa
Instrukcja obsługi.....52-58 |
| E | Báscula de vidrio
Instrucciones para el uso.....23-29 | | |
| I | Bilancia in vetro
Istruzioni per l'uso.....30-36 | | |

Dear customer,

Thank you for choosing one of our products. Our name stands for high-quality, thoroughly tested products for applications in the areas of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage, beauty, baby and air.

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the notes they contain.

With kind regards,
Your Beurer team

Contents

1. Getting to know your instrument	9	8. Taking measurements	12
2. Signs and symbols	10	9. Evaluation of results	13
3. Safety notes.....	10	10. Other functions.....	13
4. Information	11	11. Cleaning and care of the unit	14
5. Unit description	11	12. Disposal.....	14
6. Initial use of the scale.....	11	13. What if there are problems?	15
7. Initial use with the app.....	11		

Included in delivery

- Quick Install Guide
- GS 485 Glass scale
- 1 x CR 2032
- These operating instructions

1. Getting to know your instrument

Function of the unit

This digital glass scale is used for weighing. It is intended for self-testing in the private domain.

The scale is equipped with the following functions, which can be used by up to eight different people:

- Body weight measurement and BMI,
- basic and active metabolic rate.

This scale also has the following functions:

- switch between kilograms “kg”, pounds “lb” and stones “st”,
- automatic shutoff function,
- battery change indicator for weak batteries,
- Automatic user recognition
- LCD display of three initials of the user
- Storage of the last 30 measurements for 8 users if the data cannot be transferred to the app.
- A maximum of 20 unknown measurements can be stored,
- The scale uses *Bluetooth*® Smart (low-energy) and transmits via the 2.4 GHz frequency band.

System requirements

A smartphone/tablet, compatible with *Bluetooth*® 4.0 such as the iPhone 4S, 5 and 5S.

List of compatible devices:



2. Signs and symbols

The following symbols appear in these instructions.



Warning Warning instruction indicating a risk of injury or damage to health.



Important Safety note indicating possible damage to the unit/accessory.



Note Note on important information.

3. Safety notes

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the information they contain.



WARNING

- Do not stand on the outer edge to one side of the scale otherwise it may tip!
- Batteries are highly dangerous if swallowed. Keep batteries and scale out of reach of small children. If batteries are swallowed, get medical help immediately.
- Keep children away from packaging materials (risk of suffocation).
- Caution! Do not step onto the scale with wet feet or when the scale's surface is damp – danger of slipping!



Notes on handling batteries

- Replace weak batteries before they discharge completely.
- Batteries must not be recharged, taken apart, thrown into an open fire or short circuited.
- Leaking batteries may damage the device. If you do not intend to use the device for longer periods, remove the batteries from the battery compartment.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- Batteries can contain toxins that are harmful to health and the environment. Always dispose of batteries in accordance with applicable legal regulations.
- Do not dispose of batteries with the normal household waste.
- Do not throw batteries into fire. Explosion hazard!



General notes

- The unit is for personal use only and is not intended for medical or commercial applications.
- Note that technical tolerances mean that results may vary, because the scale is not calibrated for professional medical use.
- The scale's maximum capacity is 180 kg (396 lb/28 st). The results for weight mass are displayed in 100 g increments (0.2 lb).
- The caloric requirements is specified in steps of 1 kcal.
- When supplied to the customer, the scale is set to weigh and measure in "kg" and "cm". You can change the unit settings during initial use of the app.
- Place the scale on a firm level floor; a firm floor covering is required for correct measurement.
- Protect the unit against hard knocks, moisture, dust, chemicals, major temperature fluctuations and heat sources which are too close (stoves, heating radiators).
- Repairs may only be carried out by Beurer customer service or authorised dealers. Before submitting any complaint, first check the batteries and replace them if necessary.
- We hereby guarantee that this product complies with the European R&TTE Directive 1999/5/EC. Please contact the specified service address to obtain further information, such as the CE Declaration of Conformity.

Storage and maintenance

The accuracy of the measurements and service life of the device depend on its careful handling:



IMPORTANT

- The unit should be cleaned occasionally. Do not use abrasive detergents and never immerse the unit in water.
- Ensure that no liquid gets on the scale. Never dip the scale into water. Never wash it under running water.

- Do not place any objects on the scale when it is not being used.
- Protect the unit against hard knocks, moisture, dust, chemicals, major temperature fluctuations and heat sources which are too close (stoves, heating radiators).
- Do not press the buttons using excessive force or with pointed objects.
- Do not expose the scale to high temperatures or strong electromagnetic fields.

4. Information

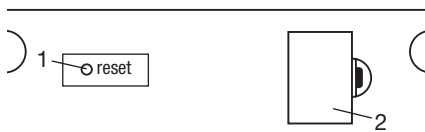
General tips

- If possible, always weigh yourself at the same time of day (preferably in the morning), after using the toilet, on an empty stomach and unclothed, in order to achieve comparable results.

5. Unit description

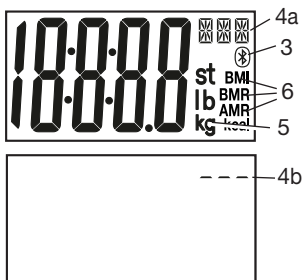
Rear

1. Reset button
2. Battery compartment



Display

3. *Bluetooth*[®] symbol for connection between scale and smartphone
- 4a. Initials of the user, e.g. Tom
- 4b. Unknown measurements “- - -”
5. Body weight
6. Body data e.g. BMI, body fat, AMR etc.



6. Initial use of the scale

Inserting batteries

If present, pull the battery insulating strip off the battery compartment cover or remove the battery's protective film and insert the battery according to the polarity. If the scale fails to operate, remove the battery completely and insert it again.

Setting up the scale

Place the scale on a firm level floor; a firm floor covering is required for correct measurement.

7. Initial use with the app

To calculate your body values, you must save the personal user data on the scale.

The scale has 8 user memory locations which allows, for example, you and your family members to save personal settings.

It is also possible to activate users via other mobile end devices on which the HealthManager app has been installed or by changing the user profile in the app (see the app settings).

Keep the smartphone close to the scale in order to maintain an active *Bluetooth*[®] connection during initial use.

Place the scale on a firm level floor; a firm floor covering is required for correct measurement.

– Activate **Bluetooth®** in the smartphone settings.

i **Note:** Bluetooth Smart devices, such as this scale, are not visible in the general system settings of the Bluetooth device list. Bluetooth Smart devices are visible only in special apps or in device manufacturer apps.

– Install “Beurer Healthmanager” from the App Store

– Start the app and follow the instructions.

– Switching on the scale

i **Note:** Before you can select the GS 485 in the app, the scale must be switched on before each synchronisation. In order to switch on the scale, briefly apply pressure to the scale with your foot.

– Select **GS 485** in the app.

– Enter the **GS 485-related data**.

The following settings must be set or entered in the “Beurer Healthmanager” app:

User data	Parameters
Initials/abbreviation of name	max. 3 characters or numbers
Body height	100 to 220 cm (3' 3.5" to 7' 2.5")
Age	10 to 100 Years
Sex	man (♂), woman (♀)
Degree of activity	1 to 5

Degrees of activity

Selection of the degree of activity must refer to the medium and long term.

Degree of activity	Physical activity
1	None.
2	Low: A small amount of light physical effort (e.g. short walks, light garden work, gymnastic exercises).
3	Medium: Physical effort for 30 minutes at least 2 to 4 times a week.
4	High: Physical effort for 30 minutes at least 4 to 6 times a week.
5	Very high: Intensive physical effort, intensive training or hard physical work for at least one hour daily.

– Assign the user when requested to do so by the app.

For automatic personal recognition, the first measurement must be assigned to your personal user data. Follow the app instructions for this. Step onto the scale and ensure that you are standing still with equal weight distribution and with both legs on the standing surface.

8. Taking measurements

Weighing, carrying out diagnostics

Now step on the scale. Stand still with your weight distributed equally on both feet. The scale begins to take measurements straight away.

The weight is displayed.

If a user has been assigned then the BMI, BMR and AMR are displayed. This is the case if the initials are shown.

If the user is not recognised, only the weight can be shown and no initials appear “---”.

Switching off the scale

The scale will then switch itself off automatically.

9. Evaluation of results

Body mass index (BMI)

The body mass index (BMI) is a number that is often called upon to evaluate body weight. The number is calculated from body weight and height, the formula is – body mass index = body weight : height². The measurement unit for BMI is [kg/m²]. According to the BMI, weight is classified for adults (20 years and over) using the following values (source: WHO):

Category		BMI
Underweight	Severely underweight	< 16
	Moderately underweight	16-16,9
	Slightly underweight	17-18,4
Normal weight		18,5-24,9
Overweight	Pre-obese	25,0-29,9
Obese (overweight)	Class I obese	30-34,9
	Class II obese	35-39,9
	Class III obese	≥ 40

BMR

The basal metabolic rate (BMR) is the amount of energy required by the body at complete rest to maintain its basic functions (e.g. while lying in bed for 24 hours). This value largely depends on weight, height and age. It is displayed on the diagnostic scale in kcal/day units using the scientifically recognized Harris-Benedict formula.

Your body requires this amount of energy in any case and it must be reintroduced into your body in the form of nutrition. If you take on less energy over the longer term, this can be harmful to your health.

AMR

The active metabolic rate (AMR) is the amount of energy required daily by the body in its active state. The energy consumption of a human being rises with increasing physical activity and is measured on the diagnostic scale in relation to the degree of activity entered (1–5).

To maintain your existing weight, the amount of energy used must be reintroduced into the body in the form of food and drink. If less energy is introduced than is used over a longer period of time, your body will obtain the difference largely from the amount of fat stored and your weight will decrease. If, on the other hand, over a longer period of time more energy is introduced than the total active metabolic rate (AMR) calculated, your body will be unable to burn off the excess energy, and the excess will be stored in the body as fat and your weight will increase.

10. Other functions

User assignment

For a new measurement, the scale assigns the measurement to the user whose most recently saved measurement falls within +/- 2 kg of this.

Unknown measurements

If measurements cannot be assigned to any user, the scale stores them as unknown measurements. The display shows „- - -“ for the initials. Up to 20 unknown measurements are saved on the scale. You can use the app to directly assign unknown measurements to your user.

Saving the assigned measurements on the scale

If the app is not open, the newly assigned measurements are saved on the scale. A total of 30 measurements per user can be saved on the scale. The saved measurements are transferred automatically to the app if you open the app within the Bluetooth range and the scale is switched on. Data synchronisation takes place within 10 seconds.

It is not possible to automatically transfer data when the scale is switched off.

Deleting scale data

If you would like to completely delete measurements and user data on the scale, switch on the scale and press the reset button for approx. 3 seconds.

“dEL” will appear in the display for several seconds.

This is necessary if you would like to delete scale users who have been set up incorrectly or are no longer required, for example.

You must then carry out the actions in chapter 7 again (set up with app).

Replacing battery

Your scale is equipped with a low battery indicator. If you operate the scale with flat batteries, „Lo“ will appear on the display and the scale will automatically switch off. In this case, the battery must be replaced (CR 2032).

11. Cleaning and care of the unit

The unit should be cleaned occasionally.

Clean using a damp cloth, to which you can apply a little detergent if necessary.



IMPORTANT

- Do not use aggressive solvents or cleaning agents!
- Never immerse the unit in water!
- Do not wash the unit in a dishwasher!

12. Disposal

Standard and rechargeable batteries should not be disposed of separately from the household waste. As a consumer, you are legally obliged to return used batteries for proper disposal. You can hand in your used batteries at public collection points in your district or sales outlets where batteries of this type are sold.



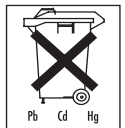
NOTE:

The codes below are printed on batteries containing harmful substances:

Pb = Battery contains lead,

Cd = Battery contains cadmium,

Hg = Battery contains mercury.



For environmental reasons, do not dispose of the scale with the batteries in the household waste at the end of its useful life. Dispose of the unit at a suitable local collection or recycling point.

Observe the local regulations for material disposal.

Please dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment).

If you have any queries, please contact the appropriate local authorities.



13. What if there are problems?

If the scale detects an error when measuring, the following is displayed.

Display	Cause	Remedy
“- - -”	Unknown measurement as it is outside the user assignment limit or a unique assignment is not possible.	Assign unknown measurement in app or repeat user assignment.
Err	The maximum load-bearing capacity of 180 kg was exceeded.	The load must not exceed 180 kg
Err or incorrect weight is displayed.	No flat, stable surface.	Place the scale on a flat, stable surface. Attach the additional feet for carpet.
Err or incorrect weight is displayed..	Not standing still.	Stand as still as possible.
Incorrect weight is displayed.	Scale zero setting is incorrect.	Wait until the scale switches itself off. Activate scale, wait for “0.0 kg” to appear and repeat measurement.
No Bluetooth® connection (ⓧ symbol is missing).	Device outside the range. Scale is not switched on	The range in the open is approx. 10-25 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 WiFi routers, microwaves, induction hobs etc. Switching on the scale.
FULL	User memory space is full. No more measurements can be saved.	Open the app and switch the scale on. The data is transferred automatically. This may take up to one minute.
Lo	The battery in the scale is empty.	Replace the battery in the scale.