

# beurer Quick Start Guide

## Body analysis scale BF 70



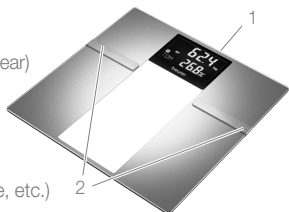
### WARNING

READ ALL INSTRUCTIONS FOR THE SCALE BEFORE USING THIS QUICK REFERENCE GUIDE.

If you no longer have the instruction manual in your possession, contact Beurer customer service.  
This quick guide is not a substitute for reading and understanding the instruction manual.

## 1 Parts and Controls

1. Display
2. Conductors
3. Battery Compartment (at rear)
4. Reset Button (at rear)
5. Bluetooth® Pairing Icon
6. User Initials (if recognized)
7. Body weight
8. Other Measurement Data (BMI, Body Fat Percentage, etc.)



- ⓘ This scale can only be used with its full functionality with the 'beurer HealthCoach' app. If you do not use the app to enter your user data and allocate a user, the scale cannot recognize you and store your measurements.

### System requirements:

- iOS ≥ 10.0 / Android™ ≥ 5.0
- Bluetooth® ≥ 4.0

## 5 Measuring weight, body fat, body water, muscle percentage, bone mass, BMI, basal metabolic rate and active metabolic rate

Make sure to enter your user data in the 'beurer HealthCoach' app.

1. Step onto the scale with bare feet; stand still with your weight distributed evenly on both sets of sensors. Do not let your feet, legs, calves or thighs touch each other.
2. The scale first displays the weight. If you are barefoot, BIA\* diagnostics will follow.
3. If a user has been allocated in the app, the user ID is displayed in the bottom left corner (e.g., "TOM").

The following values appear:

1. Weight in lb with BMI
2. Body fat BF in %
3. Body water ≈ in %
4. Muscle percentage ± in %
5. Bone mass ⚖ in lb
6. Basal metabolic rate in kcal (BMR)
7. Active metabolic rate in kcal (AMR)

## 2 Battery installation

1. Remove the Battery Compartment Cover and insert three AAA-size alkaline batteries (included) according to the indicated polarity.
2. Replace Battery Compartment Cover.
3. Replace batteries when "Lo" is displayed.

## 3 Positioning the scale

Place the scale on a hard, flat surface with no carpet or rugs.

## 4 Downloading and using the app

1. Download and install the free 'beurer HealthCoach' app from Apple App Store (for iOS devices) or Google Play (for Android™ devices).
2. Activate Bluetooth® in the smartphone settings. Start the app and follow the instructions.
3. Enter your personal user data (date of birth, height, gender). Refer to the instruction manual for detailed information.
4. Select BF 70 in the app.
5. To activate the automatic user recognition of the scale you need to allocate a user and carry out a reference measurement. Add a new user and enter the user's initials and activity level. Step on the scale with bare feet to carry out the reference measurement as instructed by the app.



Refer to the instruction manual for tips on the interpretation of your results.

The scale assigns a measurement to the user whose most recently saved weight is within 2kg (4lb) and 2% of the body fat. If the user is not recognized, only the weight is shown and "---" appears in the LCD display.

In that case, you can assign the unknown measurement in the app or repeat the user assignment. Refer to the instruction manual for instructions.

## 6 Measuring weight only

1. Step on the scale wearing shoes or socks.
2. Stand still with your weight distributed equally on both feet.
3. The scale will display your weight after a few seconds.  
If a stored user is recognized, the user initials and the correspondent BMI, BMR, and AMR are also displayed.
4. The scale will shut off after a few moments of inactivity.

\* BIA: Bioelectrical Impedance Analysis, a quick calculation of body content using a harmless, unnoticeable electric current.

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