



GIMA

PROFESSIONAL MEDICAL PRODUCTS

**BILANCIA BODY FAT LIBRA
LIBRA BODY FAT SCALE
ANALYSEUR DE GRAISSE CORPORELLE
ESCALA DE GORDURA LIBRA BODY
BÁSCULA GRASA CORPORAL LIBRA
LIBRA WAGA Z POMIAREM TKANKI
TŁUSZCZOWEJ**

REF 27088 - 27089

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Fabricante/Fabricante/Producent:
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Thank you very much for selecting the Glass Body Fat Analyzer GBF-835.
Please do read the user manual carefully and thoroughly so as to ensure the safe usage of this product,
and keep the manual well for further reference in case you have problems.

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SAFETY INFORMATION

Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury.



CAUTION

The Body Fat Analyzer GBF-835 offers you a seamless way to manage your health.

Please be aware that this device is designed for healthy population over 10 years old self-measuring and self-monitoring body compositions. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. If in doubt, contact your physician.

This device is contraindicated for any female subject who may be suspected of, or is pregnant.

Otherwise, the effects of this device on the fetus are unknown.

This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator.

This device should not be used for anyone who is acutely or chronically ill because of 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.

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

WARNING: No modifications of this equipment is allowed. This may result in increased EMISSIONS or decreased IMMUNITY of GBF-835.

Please use the device according to the user manual. Any misuse can cause electric shock, burns, fire and other unexpected hazards.

Please use and storage the device under the environment which was provided in the user manual.

Don't expose the device to extreme temperatures, direct sunlight, moist or corrosive environment.

Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

Please keep the device out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.

Please don't use the device out of lifetime any more because degraded sensors and electrodes, or loosened electrodes can degrade performance or cause other problems.

If you have an allergy to stainless steel please avoid to contact to the electrodes of the device.

The patient is an intended operator. The patient can measure, and charge battery under normal circumstances and maintain the device and its accessories according to the user manual.

INDICATIONS FOR USE

- The Body Fat Analyzer measures weight 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.
- It is intended for use in the domestic setting only.

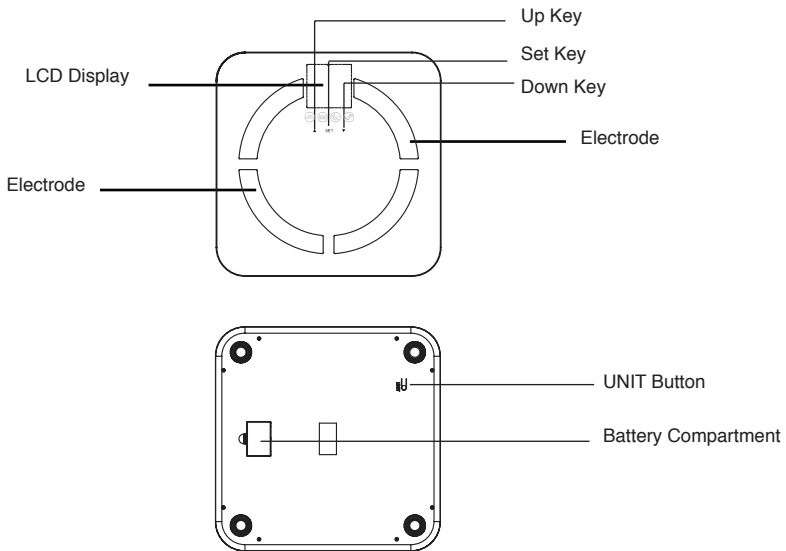
Tips

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

- Place the scale on a flat, hard surface. Soft surface 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 Dining.
- 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 located on the same flat, hard surface.
- For maximum accuracy and repeatability , it is recommended that you should use the device in the same time of the day and on the same location.
- The condition of the skin on the bottom of your feet can affect the reading. The natural effects of aging or activity can make this skin hard. Take the reading with clean, slightly damp feet for best accuracy. If you are having a problem on operating this scale please contact customer service.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

OVERVIEW

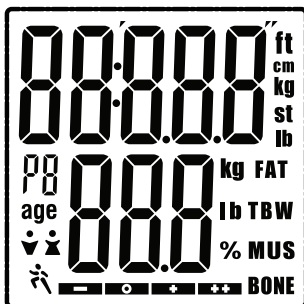
Device Components











List

1. Glass Body Fat Analyzer GBF-835
2. Two CR2032 Batteries (3V per each)
3. User Manual

Display LCD



FAT	Body Fat Analysis Result		Male
TBW	Total Body Water Analysis Result		Male Athlete
MUS	Muscle Mass Analysis Result		Female
BONE	Bone Mass Analysis Result		Female Athlete
st lb	Stone		Underfat
lb	Pound		Healthy
kg	Kilogram		Overfat
%	Percentage		Obese
ft	Foot	P0	User ID (Range from P1 to P8)
cm	Centimeter	age	Age

INITIAL START-UP

General Instructions

The Body Fat Analyzer GBF-835 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 body fat, body water, muscle mass and bone mass. The electrical current is small and may not be felt.

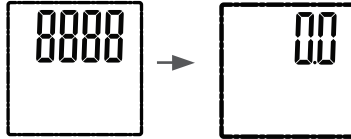
This BIA technology is cheap, safe, non-invasive, toxic-free and harmless. It also possesses the characteristics of simple operation and abundant information.

The current mentioned above is less than 0.5mA. However, please be aware that anyone with an 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.

Take out the Insulating Strip

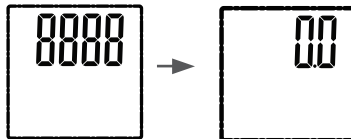
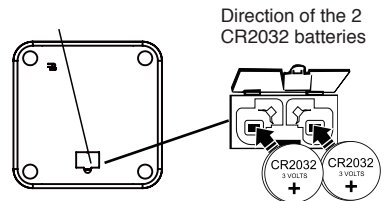
- Open the battery door in the back of the scale.
- A new set of batteries had been installed in the battery compartment according to the correct polarity. Please just remove the plastic strip before first use. Take out the insulating strip along the direction(-shown on insulating strip).
- Close the battery door and wait until the digits “0.0” are shown on the LCD.



Replace the Batteries

- Open the battery door in the back of the scale.
- Insert the batteries (2x CR2032) into the battery compartment according to the polarity indications marked inside the compartment.
* The digits 8888 will be shown on the LCD.
- Close the battery door and wait until the digits “0.0” are shown on the LCD.

Open the battery door

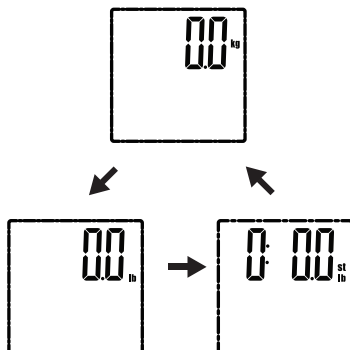


CAUTION

- When the symbol “Lo” appears, the device will power off soon. Then you shall replace with a new set of batteries. Please replace both two batteries at the same time. Do NOT mix the old batteries with the new one.
- 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.
- Please properly keep the micro battery, in case the children swallowed.

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 between kilogram, pound and stone.

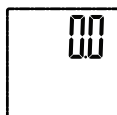


CAUTION

Please put the scale on flat hard ground when finishing the unit selection. Wait for a few seconds, then you may start measuring according to the measuring procedure below. If there is not any operation in weighing mode, the scale will turn off after a few seconds.

Initialising Your Scale

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



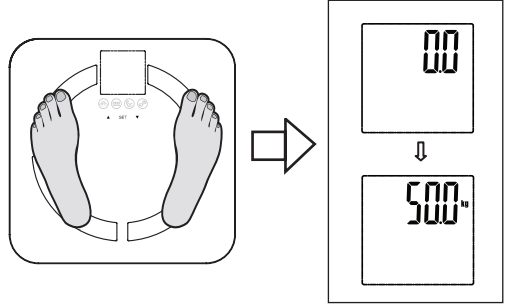
3. The scale will switch off and is now ready for use. This initialisation process must be repeated if the scale is moved. At all other times step straight on the scale.

Weight Only Operation

The Body Fat Analyzer 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 turn off after a few seconds

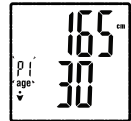


Set Up Your Profile

The body fat analyzer GBF-835 supports multiple users (Up to Eight). You may follow below instructions to assign User ID and set up your own profile, including Gender, Stature, and Age.

1. Assigning User ID

- With batteries correctly installed, press "SET" key to enter setting when the scale is off.
- 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.
- Press "SET" key to confirm User ID.

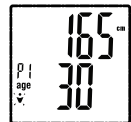


2. Setting Gender

- After confirming User ID, the system will divert to Gender setting.
- As pictured below, the portrait ▼ blinks. The operator may press the function key ▲ or ▼ to select Gender(Male/Female/Male Athlete/ Female Athlete).
- Press "SET" key to confirm Gender.

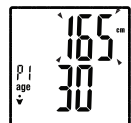
Athlete Mode:

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 fat analyzer are not calibrated for professional athletes or body builders.



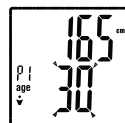
3. Setting Stature

- After confirming Gender, the system will divert to Stature setting automatically.
- As pictured below, the digits " 165 "blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press "SET" key to confirm.

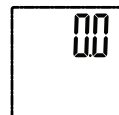


4. Setting Age

- After confirming Stature, the system will divert to Age setting.
- As pictured below, the digits “30” blinks. The operator may press the function key ▲ or ▼ to increase or decrease the numeral.
- You may press and hold the function key ▲ or ▼ for fast changing the numeral.
- Press “SET” key to confirm Age.



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



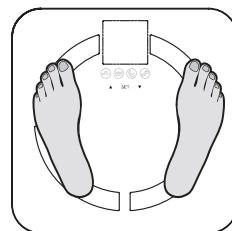
6. Repeat procedure for a second user, or to change user details.

Note: To update or overwrite the memorised data, follow the same procedure, making changes as required.

START MEASURING

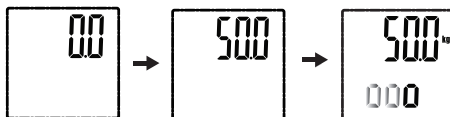
First Measurement

- 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.)

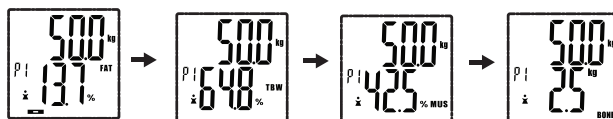


STEP 1: Step on the platform barefooted when the LCD displays “0.0”.

STEP 2: Stand still and the weight data will be locked automatically with showing the unit when stable. Keep full contact with the electrodes until the LCD stop displaying moving “0”.



STEP 3: Your weight will be displayed followed by Body Fat, Total Body Water, Muscle Mass ,and Bone Mass. The data will be displayed three times and then turn off.



* When the body fat ratio is displayed, a symbol also appears on the LCD. This symbol ranks your general body fat level: Underfat to Obese.

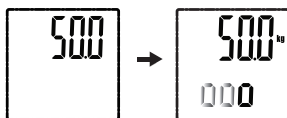
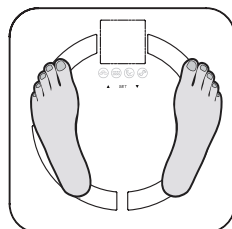


* If it fails to complete the analysis, the LCD will only display the weight data.
(To find out the solutions, please refer to Troubleshooting for more details.)

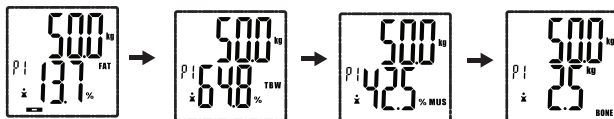
Daily Measurement

With original SENSE ON patent technology, GBF-835 will automatically switch on as you step on the platform barefooted.

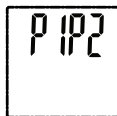
Stand still and keep full contact with the electrodes until the LCD stops displaying moving "o".



According to the analysis results, the system will identify the possible User ID with most similar history records. Then the measuring results will be displayed sequentially three times .





When the system finds out two or more users with similar history records, it will notify you to choose between, for example, P1 and P2. You may press ▲ key for P1 and or ▼ key for P2. The measuring results will then be sorted into the User ID you selected and displayed sequentially three times, then turn off. If you don't select the User ID, the User ID will display sequentially a few seconds , then turn off.



If it fails to identify the possible User ID, the LCD will only display the weight data. (To find out the solutions, please refer to Troubleshooting for more details.)

TROUBLESHOOTING

Error Prompt

Error	Description	Solution
	Overload. The device will power off .	Stop using this scale for measurement.
	Low Battery. The device will power off in four seconds	Replace both two CR2032 batteries at the same time. Please purchase the authorized batteries for replacement.

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 Replace the Batteries)
	Worn batteries.	Replace both two CR2032 batteries at the same time. Please purchase the authorized batteries for replacement.
CANNOT proceed to analyze 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 Set Up Your Profile.
	The user fails to select the User ID from what the system found.	Please assign a User ID following the instruction in Set Up Your Profile.
The device powers off.	Low battery.	Replace both two CR2032 batteries at the same time. Please purchase the authorized batteries for replacement.

SPECIFICATIONS

Product Name	Glass Body Fat Analyzer
Dimension	Scale: 310x310x18.8mm (Approx.)
Net Weight	Approximately 1.9 kg (Excluding the cells)
Display	Digital LCD
Measurement Unit	Kilogram / Pound / Stone
Measurement Range	5 kg to 150 kg/ 0 st : 11 lb to 23 st : 8 lb/ 11 lb to 330.7 lb
Division	0,1 kg / 0,2 lb / 0,2 lb
Accuracy	50 \pm 0,3 kg; 100 \pm 0,4 kg; 150 \pm 0,5 kg;
Working Environment	Temperature: 5°C to 40°C Relative Humidity: \leq 90% RH Atmospheric pressure: 86kPa to 106kPa
Storage Environment	Temperature: -20°C to 60°C Relative Humidity: \leq 90% RH Atmospheric pressure: 50kPa to 106kPa
Power Source	6V (2xCR2032 Batteries)
Turn on Method	SENSE ON technology
Auto-OFF	The scale will turn off after about 10s if there is no operation.
Accessories	1. 2xCR2032 Batteries 2. User Manual
Mode of Operation	Continuous Operation

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 Gima. (Please refer to Warranty for contact information).

APPENDIX

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: %) :

Age	Female				Male			
	Underfat	Healthy	Overfat	Obese	Underfat	Healthy	Overfat	Obese
<39	<21	21,1-33	33,1-39	>39	<8	8,1-20	20,1-25	>25
40-59	<23	23,1-34	34,1-40	>40	<11	11,1-22	22,1-28	>28
>59	<24	24,1-36	36,1-42	>42	<13	13,1-25	25,1-30	>30

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: %) :

Age	Female			Male		
	Low	Normal	High	Low	Normal	High
10-15	<57	57,1-67	>67	<58	58,1-72	>72
16-30	<47	47,1-57	>57	<53	53,1-67	>67
31-60	<42	42,1-52	>52	<47	47,1-61	>61
61-80	<37	37,1-47	>47	<42	42,1-56	>56

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 (%):

	Female	Male
Healthy	>34	>40

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.

The bone range (kg) ≤ 10.0kg

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 $d = 3,3$ 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 $d = 3,3$ m at an IMMUNITY LEVEL of 3 V/m).



Disposal: The product must not be disposed of along with other domestic waste. The users must dispose of this equipment by bringing it to a specific recycling point for electric and electronic equipment.

GIMA WARRANTY TERMS

The Gima 12-month standard B2B warranty applies.