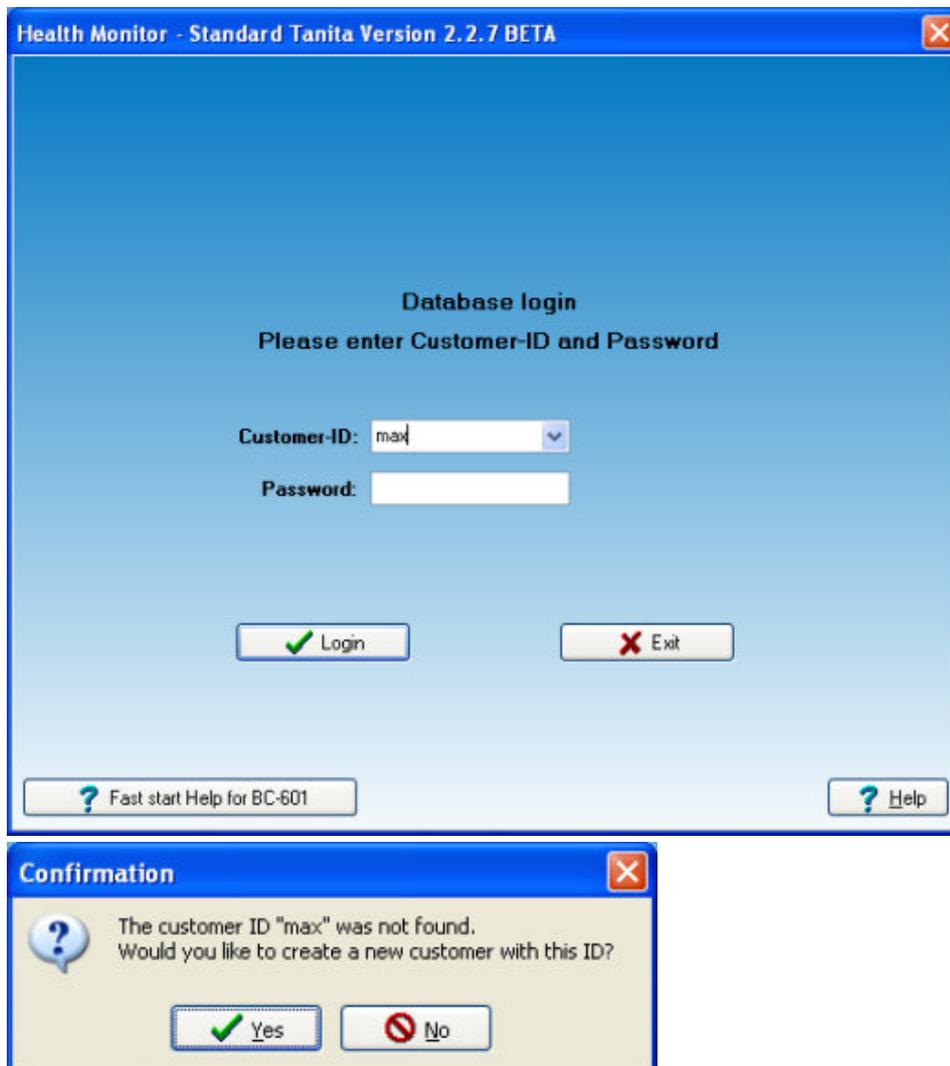


Quick Start - Manual for GMON Standard Version with Tanita Body Composition Scale BC-601

1. Enter your private shortcut in the field "Customer ID". With this shortcut you will be able to work with your measured data from now on. Press the key [Login] and create the customer again if you want.



2. Enter "Birthday" and "Gender" in the register "General". Both values are necessary, since the measured data will be analysed according to them. If possible enter more values like name and surname. Press the key [Save].

Body Measures | Body Values | Vital Values | Home BCM | **General**

My Data

Title <input type="text"/>	Street <input type="text"/>
First Name <input type="text"/>	Zip code / City <input type="text"/>
Last Name <input type="text"/>	Telephone <input type="text"/>
Customer-ID <input type="text" value="max"/>	Fax <input type="text"/>
Birthday <input type="text" value="02.08.1968"/>	email <input type="text"/>
Gender <input type="text" value="male"/>	<input type="button" value="Change Password"/>

Asian Judgement
 Age depending BMI score

Comment

3. Insert the SD-Card into the card reader of your PC.

4. Change to register "Home BCM", choose the scale type "BC 601" or press key [New Measure].

Body Measures | Body Values | Vital Values | **Home BCM** | General

Home BCM - Scales without PC connection

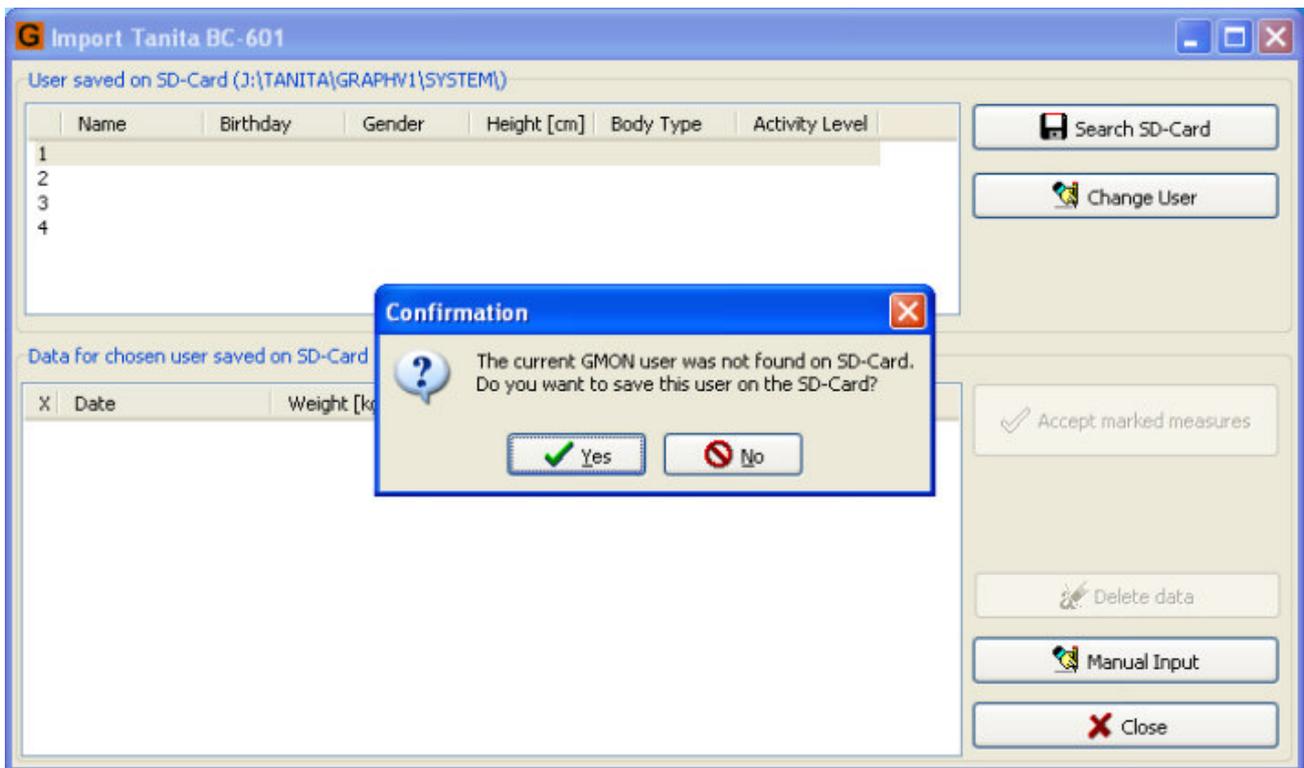
Measurement Results

Body Composition Analyser BC-601

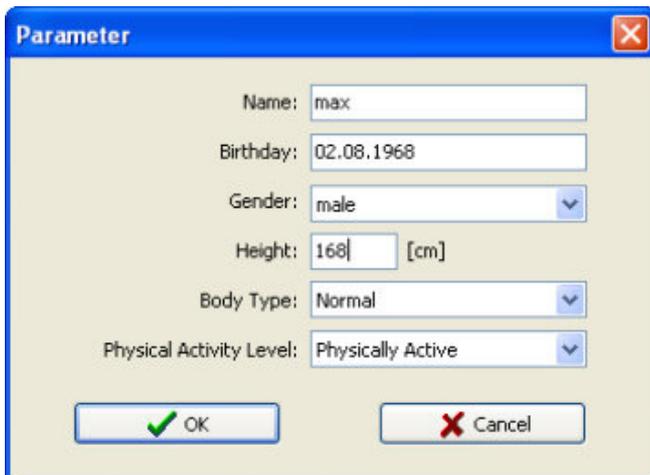
Scale type: <input type="text" value="BC-601"/>		Date: <input type="text"/>
Body Type: <input type="text" value="BC-601"/>	Fat Range [%]: <input type="text"/>	Age [Years]: <input type="text"/>
Weight [kg]: <input type="text"/>	Fat Mass [kg]: <input type="text"/>	Basal Metabolic Rate [kcal]: <input type="text"/>
Height [cm]: <input type="text"/>	Mass/FFM [kg]: <input type="text"/>	= 0 kJ
	Water/TBW [%]: <input type="text"/>	
	Muscle mass/PMM [kg]: <input type="text"/>	Visceral Fat [Level]: <input type="text"/>
	Bone Mass [kg]: <input type="text"/>	Metabolic Age [Years]: <input type="text"/>

Segment Analysis:	Right Leg	Left Leg	Right Arm	Left Arm	Trunk
Fat Range [%]:	<input type="text"/>				
Fat Mass [kg]:	<input type="text"/>				
Fat Free Mass/FFM [kg]:	<input type="text"/>				
Muscle mass/PMM [kg]:	<input type="text"/>				
Impedance [Ohm]:	<input type="text"/>				

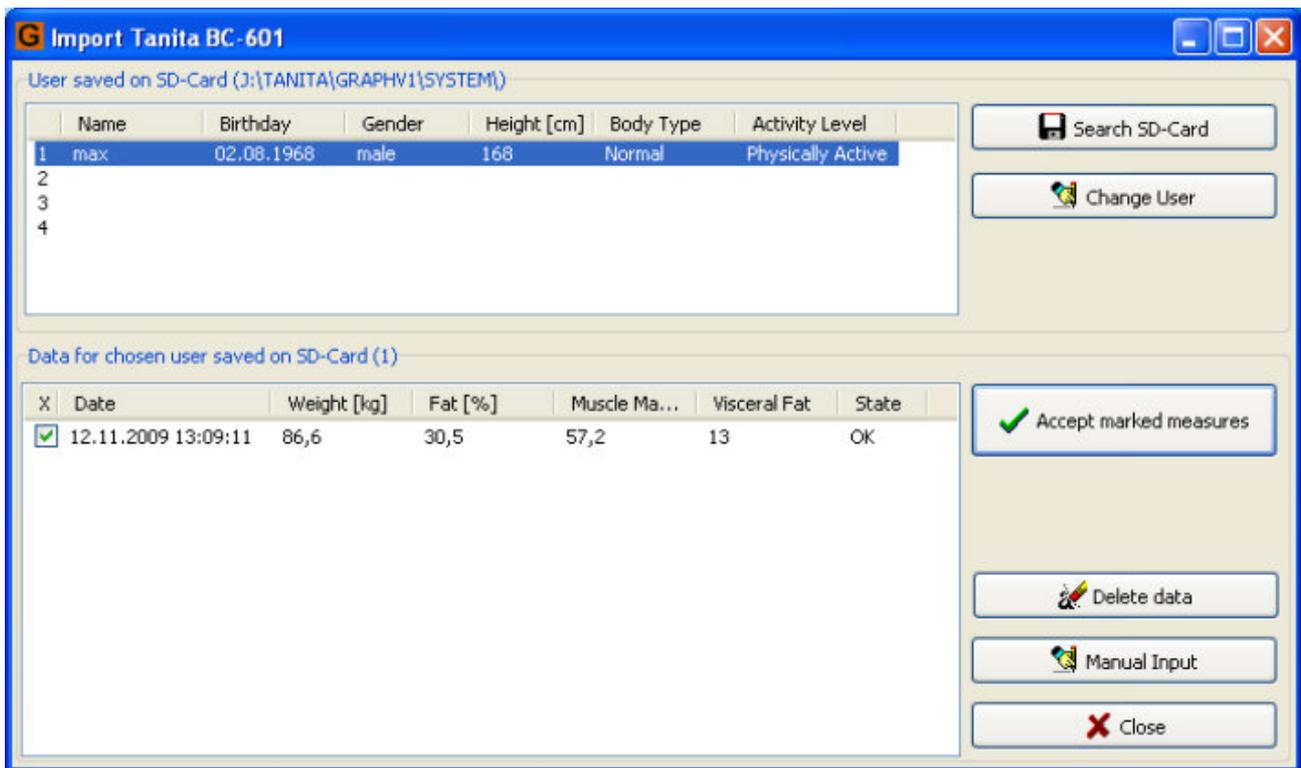
5. The SD-Card is scanned automatically and you will be asked after your user date, in case there are not saved on the card yet.



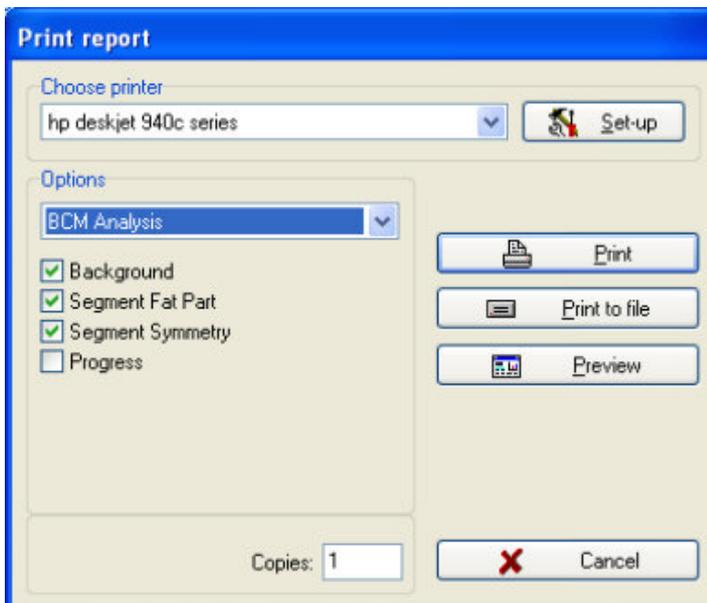
6. Please enter all the necessary personal data for a correct body composition analysis. Save with [OK]. In the same manner you can create more users for the scale with the key [Change User].



7. Now you can insert the SD-Card into the scale. Choose the user number and start a body fat analysis. The measured data will be saved on the SD-Card automatically. Afterwards you can insert the card into the card reader, click with the mouse on the line with your user data and the measured data will appear in the list below.



8. All measured data will be marked automatically for a later import. With the key [Accept marked measures] they will be saved in the GMON database. Here you can analyse them and print several reports like for instance:



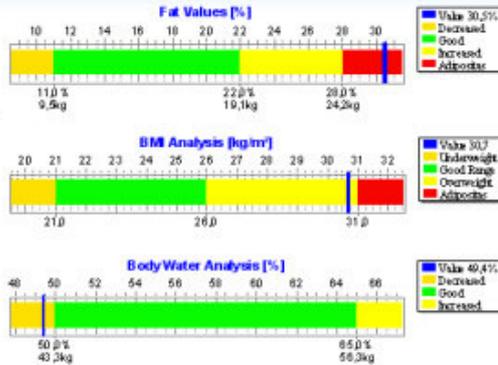
Health Monitor

„INDICATE Health Risks - RATE professionally - REACT prophylactically“

Body Composition Analyser BC-601

max (male 41 Years) Measures on 12.11.2009 at 13:09 clock

Mode: NORMAL
 Fat Mass: 26,4 kg
 30,5 %
 Fat Free Mass: 60,2 kg
 Visceral Fat: 13 level
 Metabolic Age: 56 Years
 Height: 168 cm
 Weight: 86,6 kg
 BMI: 30,7 kg/m²
 Basal Metabolic Rate: 13317 kJ
 =3180 kcal
 Muscle Mass: 57,2 kg
 Bone Mass: 3,0 kg
 Body Water: 42,8 kg
 49,4 %



Segment Distribution	Trunk	Right Arm	Left Arm	Right Leg	Left Leg	Total
Fat Mass	15,8kg	1,3kg	1,3kg	4,1kg	3,9kg	26,4kg
Muscle Mass	30,3kg	3,4kg	3,4kg	10,0kg	10,1kg	57,2kg
other Mass	1,5kg	0,2kg	0,2kg	0,6kg	0,5kg	3,0kg

