

Initial Setup (Type 1) Setup via Smartphone

1. Turn the **Bluetooth®** setting on, and use the URL to download the Health Planet app.
<https://tanita.asia/innerscandual/product/RD545>



2. Launch the app. You need to register as a member to use the Health Planet app. After registering, login with your registered details.



3. Select "Input Data", then select "Input from BCM".
Select "RD-545" in the next screen.



4. Tap "Add Device" button. Follow the instructions in the app to register your body composition monitor.

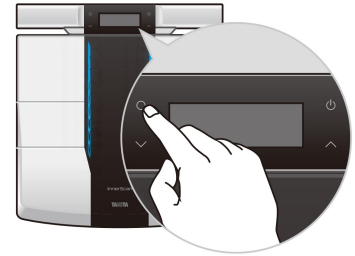


Note:


- Compatible apps may be changed or added, in which case screen displays and operation methods will vary accordingly. Contact Tanita.asia with any questions or concerns.
- The screen displays and instructions may differ depending on the app specifications.

Initial Setup (Type 1) Setup via Smartphone

5. Operate the body composition monitor as indicated by the app.
If the body composition monitor is not powered on, press and hold \circ (enter button) for 3 seconds or more, then enter your information as indicated by the app.



Note:

- Depending on signal strength, it may take a few seconds to connect to the body composition monitor.
- The  icon is lit while data is being transmitted.
- To weigh yourself while holding a smartphone, first enter the amount of weight you want to subtract into "Weight of Clothing, etc." The input amount will be subtracted from your weight display.
- If 0.20 kg is entered into "Weight of Clothing, etc.," the following will be displayed before a measurement is taken.



Display before measurement

6. When the body composition monitor is activated, **0.00_{kg}** is displayed.



7. After **0.00_{kg}** is displayed, hold the control panel and carefully step barefoot onto the measuring platform.

Note:

- Please refrain from moving during measurement.
- Measurements cannot be taken accurately if the control panel is held or resting on the floor before **0.00_{kg}** is displayed.



Registration of your body composition monitor is completed once measurement is completed.

Initial Setup (Type 2) From Body Composition Monitor

You first need to enter your personal information (date of birth, gender, height, weight and body composition) before you take a measurement. Once this information has been registered, it is recalled when you turn the power on and step on the body composition monitor, enabling you to use the device easily every day without the hassle of entering information each time.

Body composition must be registered. Only take measurements while barefoot.

Place the body composition monitor on a hard, flat, stable surface.

ID Number Registration

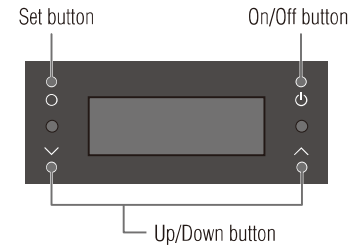
1. With the control panel stored in the body of the device, press ⏻ to turn the power on.
2. After **0.00kg** is displayed, press ○ .
3. Select your ID number (1-4) using the \wedge and \vee buttons.
4. Press ○ to confirm.

Note:

- The backlight color changes depending on the registered ID.



- If any information is registered incorrectly, briefly turn off the device by pressing ⏻ . After turning it back on, press ○ and re-enter your information from the beginning.
- Press ⏻ to cancel a selection or turn off the power.



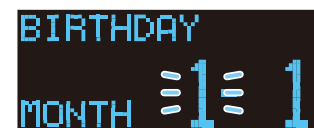
Date of Birth Registration

1. Select your birth year using the \wedge and \vee buttons.
2. Press ○ to confirm.

Note:

1900 is the earliest year that can be set.

1. Select your birth month using the \wedge and \vee buttons.
2. Press ○ to confirm.



1. Select your birth day using the \wedge and \vee buttons.
2. Press ○ to confirm.



Initial Setup (Type 2) From Body Composition Monitor

Gender Registration

1. Select your gender using the \wedge and \vee buttons.
2. Press \circ to confirm.



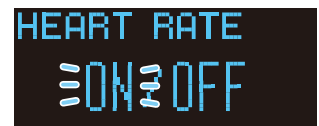
Height Registration

1. Select your height using the \wedge and \vee buttons.
2. Press \circ to confirm.



Heart Rate Measurement (Applicable age 5-99)

1. Press \wedge or \vee to turn the heart rate measurement function ON or OFF.
2. Press \circ to enter the setting.



Body Composition Registration

After 0.00_{kg} is displayed, remove the control panel from the device and carefully step barefoot onto the measuring platform.

Note:

- Please refrain from moving during measurement.
- Measurements cannot be taken accurately if the control panel is being held or resting on the floor before 0.00_{kg} is displayed.



The device automatically turns off after registered personal data and measurement results have been displayed.

Note:

You must connect your smartphone to the body composition monitor to use an app. Set up the body composition monitor according to the "Setup via Smartphone" instructions.(pg. 8)

Taking Measurements

1. Select "Input Data" in the app, and then follow the instructions in the app.



2. Measurement data is automatically sent to the smartphone.



Note:

- To weigh yourself while holding a smartphone, first enter the amount of weight you want to subtract into "Weight of Clothing, etc." The input amount will be subtracted from your weight display.
- If 0.20 kg is entered into "Weight of Clothing, etc.," the following will be displayed before a measurement is taken.



Display before measurement

- Up to 2 kg can be entered for "Weight of Smartphone, etc."
- The amount entered in "Weight of Smartphone, etc." is subtracted from your measured weight (0-200 kg)

If you do not have your smartphone when taking measurements.

Turn the power on by pressing the  button while the control panel is stored in the device.

Data from up to 10 measurements can be stored in this device.

Note:

Up to 10 measurements can be stored in the device per ID number. Each new data entered after this amount causes the oldest data to be deleted.

