

# Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

## Manual GMON – TANITA Home

### Body Composition Monitor for Home

Most Home scales don't have a direct PC-interface. The measured data have to be typed into the GMON register „Home BCM" manually. Therefore you have to choose the type of scale out of the given list, or you press the button **<New Measure>**, when the right scale is already chosen.

The following Tanita scales for home usage are supported in this register:

[BC-1000](#), BC-313, BC-351, BC-531, BC-532, BC-533, BC-534, BC-536, BC-542, BC-543, BC-545, BC-551, BC-558, BC-568, BC-570, BC-571, BC-573, BC-575, BC-581, BC-582, BC-587, BC-590, [BC-590BT](#), [BC-601](#), [BC-602](#), BC-613, BC-718, BC-730, BC-731, BF-679, BF-680, BF-681, BF-682, RD-545, RD-901, RD-953, UM-030, UM-050, UM-070, UM-071, UM-072, UM-073, UM-075, UM-076.

Then the mask will be cleared and is ready for a new measure.

The button **<Save>** transmits the data into the database and the data are ready for further analysis.

In case you use a scale with PC interface (see below) a dialogue window opens here to receive the measured data.

### Type BC-601/602 with SD-Card

To read the measured data from the BC-601/602 you need a SD-Card Reader at your PC. While the following dialogue opens the SD-Card is automatically sought and its content displayed. The user information is saved on the card with the according measured data (up to 4 users). The actual GMON user is searched and chosen by his birthday and gender on the card. In case the user does not exist on the card and there is still an unused user, it will be automatically asked, if the actual GMON user is to be installed on the card. Please read about the setup of body type and activity in the manual of the scale.

In the lower part of the dialogue you see the available measured data of the chosen user. The new measures are automatically marked. By pressing the button **<Accept marked measures>** the data are copied into the GMON database. This button is only enabled, when birthday and gender of the chosen user are identical with the GMON user and the measures have the status "OK".

You can delete a single user from the card with pressing a combination of buttons on the BC-601.

*(from the BC-601 manual p.4: In order to delete personal data, press [SET] and choose a number with [^] [v], then press and hold [SET]. The display will show CLR. Choose YES or no with [^] [v] and press [SET] to confirm.)*


Or you delete the measured data of a user with the button **<Delete data>** - see dialogue above - and overwrite the user data with **<Change User>**.

To read the data manually from the scale and to write them into the GMON, press the button **<Manual Input>**.

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 There is an „Quick Start Manual“ for newcomers of the BC-601 in the Internet: [www.gmon.eu/download/FastStartBC601.pdf](http://www.gmon.eu/download/FastStartBC601.pdf).

[<top>](#)

### Type BC-1000 with Garmin radio wireless interface

The body analysis scale BC-1000 has a wireless interface to send actual user data to the scale and receive the measured data. Therefore you need an „USB ANT+ Stick“ and the according USB driver. You will find the driver on the GMON installation CD in the directory „usb\_driver“ or in the Internet: [www.thisisant.com/products/data-sheets-brochures](http://www.thisisant.com/products/data-sheets-brochures) (ANT USB Driver - Windows). You can also install the Garmin Agent from here: [www8.garmin.com/fitness/ant\\_product\\_page.jsp](http://www8.garmin.com/fitness/ant_product_page.jsp). The Garmin Agent installs the USB driver, but it does not support the BC-1000 scale directly. It only supports it in connection with the Garmin watches FR60, FR61 and Forerunner 310.

Please choose body type and activity according to the instructions in the manual of the scale. With the button **<Start Measure>** the „USB ANT+ Stick“ will be detected and a radio connection to the scale will be realised. The scale will answer with an acoustic signal. Now enter the platform. After a successful measure the dialogue will be closed and the measured data will be displayed in the input mask. Here you can **<Save>**. The data will be sent to the GMON database and are available for further analysis.

[<top>](#)

### Type BC-590BT with Bluetooth radio wireless interface

The body analysis scale BC-590BT has a wireless interface to receive the measured data. Please install the Bluetooth interface on your PC according to the manual of the scale. All available COM-Ports of the PC will be opened and the program waits for the data from the scale. After a successful measure the dialogue will be closed and the measured data will be displayed in the input mask. Here you can **<Save>**. The data will be sent to the GMON database and are available for further analysis.

[<top>](#)



[Overview about GMON-modules](#)

general operation instruction, using goals values, other relevant parameters for health

[Index](#) of the GMON program

[<top>](#)