

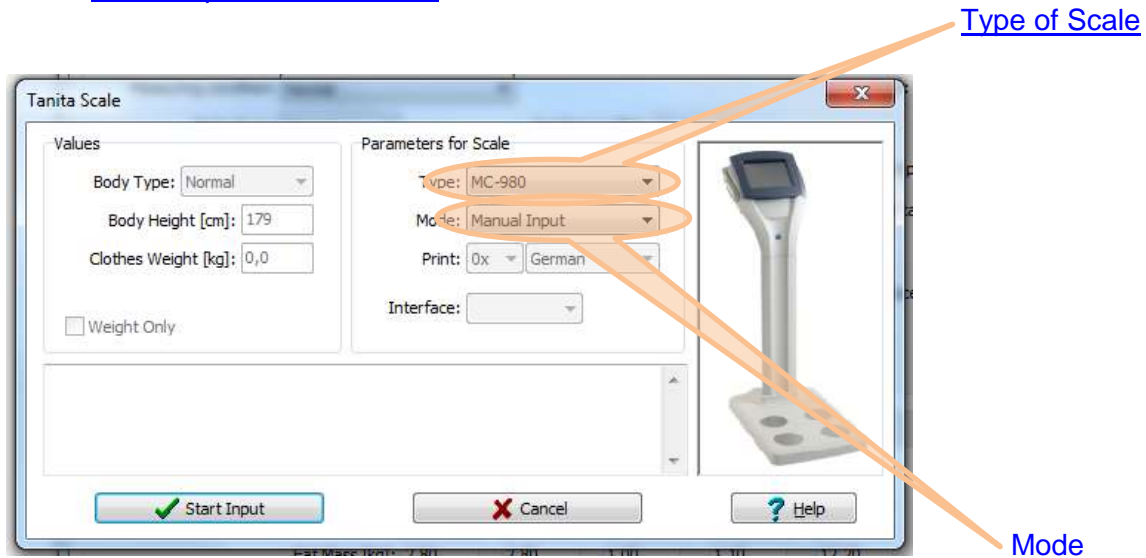
Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Manual GMON – TANITA Professional Scale


Taking a new reading

Click **<New measurement>** to display the following dialogue window for communication with a [TANITA professional scale](#):



Start Measurement

The scale parameters (type, mode and connection) must be set when first measurement is taken.

 **The instructions for the individual types of scales must be followed when connecting to a PC!**

Check the entries again, possibly enter a weight for clothes and start measurement by clicking **<Start Measure>**. The relevant instructions or error messages will be displayed in the information window if a connection to the scale cannot be established. Entries and 'Weight only' mode are only relevant in remote mode. This is most convenient, but is not supported by all scales.

There are 3 **Modi** for connection with scales:

- **Remote mode:** client data is automatically sent to the scale and the PC will then wait for readings to be transferred. The number and language of the printouts on the scale printer terminal can be set via the 'Print' field. Operation via the keys on the terminal is blocked in this mode.
- **Standard mode:** entry of age, height, weight of clothes on the terminal, PC waits for the readings to be transferred.
- **Manual entry:** if there is no connection between the PC and the scale the readings can be copied from the printout.

Following the successful transfer of readings this dialogue box will close automatically and the data entered in the health monitor. Click **<Save>** to save all data displayed to the database. The next reading can then be taken. If data is not saved it will be discarded when

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the next measurement is taken (e.g. in the event that a measurement is taken again because it is clearly incorrect) or on closing the index card.

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TANITA Body Fat Monitors

As well as the head office of the parent company in Tokyo, TANITA has seven sister companies in important strategic locations and is consequently in a position to fulfil the requirements imposed by international business. TANITA's core business over the past 40 years of the company's 50 year history has been the manufacture of precision scales. Today TANITA has gone one step further into products, which allow users to monitor their own health: TANITA was the first company worldwide to launch the first body fat monitor for home use onto the market. The technology for these innovative products was derived from the professional body fat monitors, which were developed by TANITA in 1992 for programs designed to combat obesity. This pioneering work has led to the establishment of a completely new category of consumer products alongside which the conventional scales used to measure weight will possibly soon become obsolete.

TANITA's aim is to support people and allow them to enjoy a healthier life. The TANITA Best Weight Research and Development Center was set up in 1990, and its task was to fulfil this commitment. Studies into the relationship between weight and well-being were conducted at the Tokyo-based centre. Not only medical and dietary physiological conditions were analysed, but also the impact of physical activity, stress and sociological factors. (www.tanita.eu).

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Scale specific assessments

The mode „manual entry“ is possible for all types of TANITA scales.

Type BC 418: Remote and standard mode are possible.

Remote mode can be switched on or off from the terminal:

- When the scale is turned off press the On/Off button and the CE button simultaneously.
- Press buttons "0" and "8".
- In remote mode "r5" and "On" or "Off" will appear on the display. You can switch the remote mode on or off by pressing "1" or "0" on the terminal.
- Confirm your selection by pressing the "CE" button.
- Switching scale on and off. When the scale is ready to transfer data only "r5" will appear in the display window.

Type MC 180: Remote and standard mode are possible.

Please connect the scale over RS232 connector to the PC.

SetUp: Port [RS-232C] / Control [NONE] / Baud rate [9600]

Type BC 420, SC 330: Remote and standard mode are possible.

Remote mode is set automatically via the software.

Type TBF xxx, Type WB xxx: Standard mode is possible.

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Type MC-780/980: Note the correct connection of the scale to the computer, see www.gmon.eu/faq-tanita-connect.



[Overview about GMON-modules](#)

general operation instruction, using goals values, other relevant parameters for health
[Index](#) of the GMON program

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