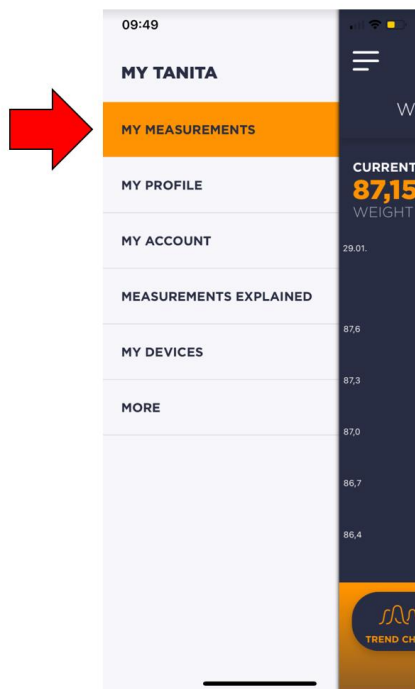
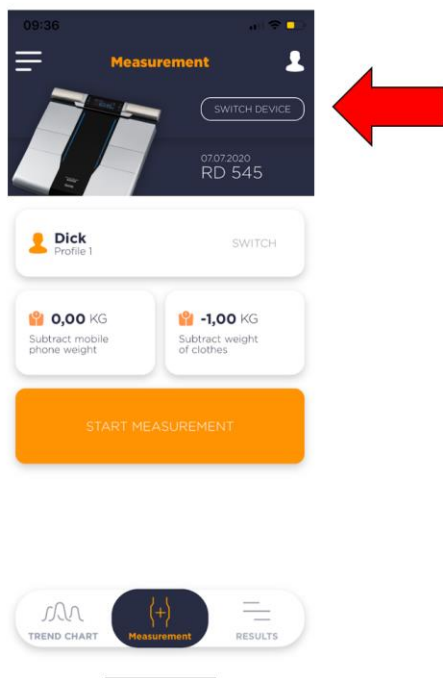


How to pair with My Tanita Healthcare app?

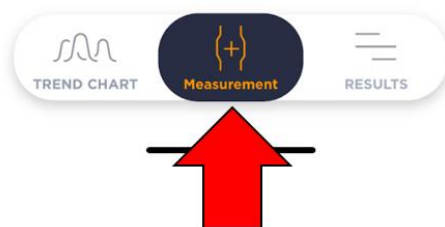
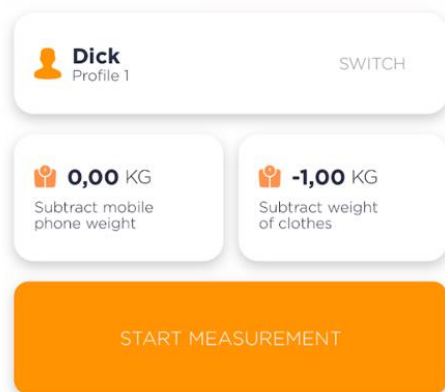
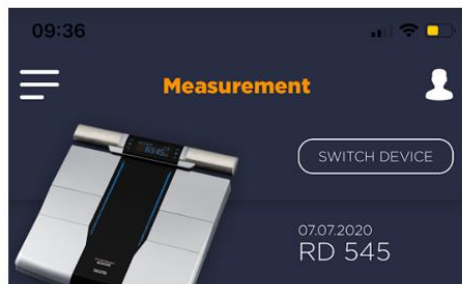
1. Go to MY MEASUREMENTS in the main menu



2. Make sure the right scale model is selected, if not please first SWITCH DEVICE



3. Click on the orange START MEASUREMENT button



4. Now press and hold the 'O'-button (For model BC-401 the button is called 'SET/ PAIRING') on the scale and wait for your profile details to appear on the display
5. You will now see the message on the app 'STEP ON'
6. You can now step on the scale and take a measurement. The results will directly show in the app.