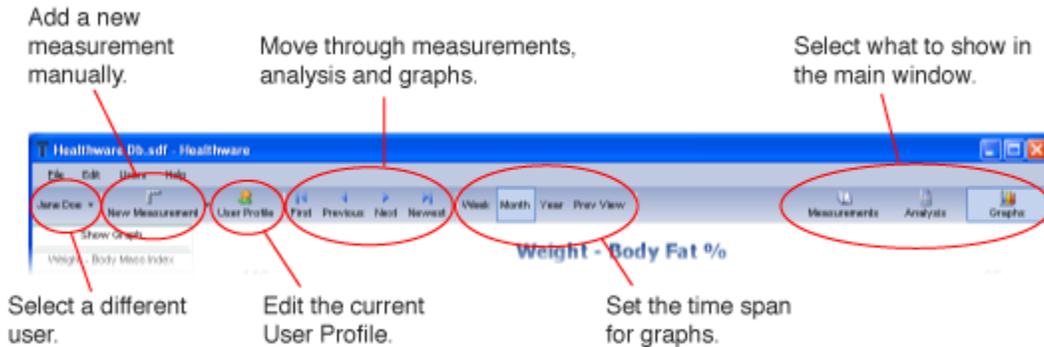


Tanita Health Ware™ Help

[Getting Started](#) | [Managing Users](#) | [Measurements](#) | [Analysis](#) | [Graphs](#) | [Files & Sharing](#) | [ANT Scale Installation](#) | [Using Garmin Watches](#) | [Bluetooth Scale Installation](#)

Getting Started

The first time you run Tanita Health Ware a file will be created with sample data. Select one of the users and try out the features. The most used functions are available in the tool bar at the top of the window.



When you are ready, you should create a profile for yourself. Select "Add User" from the "Users" menu.

In the Profile window enter your personal data. It is important that you enter the information accurately since this is what Tanita Health Ware will use to calculate values and analyze your health. See [User Profile](#) for more information.

[top](#)

Managing Users

To delete a user, select "Manage Users" from the "Users" menu. The User Profile Manager window will open allowing you to delete users as well as add users and switch to a different user. To find a user begin typing in the "Find" box. The users in the list will be limited to those with matching names or ID's.

If there is more than one user you can also switch users by clicking on the button with the current user's name in the tool bar or by selecting a different user from the "Users" menu. If there are too many users for them to be shown in a menu, you will need to use the User Profile Manager window to switch between profiles.



User Profile

Your User Profile contains information that Tanita Health Ware uses to calculate values and analyze your health. You can also enter goals for yourself.

To edit your profile click the "User Profile" button in the tool bar. Select the "Personal" tab to enter your information and the "Goals" tab to edit your goals.

Personal

General information about yourself. The data you enter here is used to make a number of calculations so please make sure to fill it in correctly.

Jane Doe's User Profile

Personal | Goals

Name (Title, First Middle Last)

ID

Birthday

Gender

Height ft in

Stride Length in

Units

Activity Level

Body Type

Garmin Watch

Comments

Password

Name

Enter your name in the format shown.

ID

The ID appears in the User Profile Manager window and can be used to help identify the profile.

Birthday

Enter your birth date in the form "mm/dd/yyyy".

Gender

Choose "Male" or "Female".

Height

Your height in feet (ft) and inches (in) or centimeters (cm) depending on whether you selected "English" or "Metric" units.

Stride Length

The length of an average step in inches (in) or centimeters (cm) depending on whether you selected "English" or "Metric" units.

Units

Choose "English (Lb)", "English (St-Lb)" or "Metric". This setting affects the units shown in measurements and graphs. It overrides the units of any automatically received measurement, converting to the preferred units if necessary.

Activity Level

This setting is used when determining the Daily Calorie Intake. Choose "Low" if you get little or no exercise, "Moderate" if you exercise occasionally or at low intensity and "High" if you regularly engage in intense physical activity.

Body Type

Choose "Standard" or "Athlete". Tanita defines "athlete" as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita's athlete definition includes "lifetime of fitness" individuals who have been fit for years but currently exercise less than 10 hours per week.

Scale Personal Key Number

For scales with programmable personal keys, this setting tells Tanita Health Ware which button you push when you activate the scale to take a measurement. Setting this allows the program to automatically switch to your measurements and add the new data when using your scale.

Garmin Watch

Tanita Health Ware can automatically import measurements from Tanita devices that have been stored in your Garmin watch. Click "Change" and select a watch. See [Using Garmin Watches](#) for more information.

Comments

Enter any comments you would like for this profile.

Password

Setting the password allows you to prevent others from accessing your measurements and User Profile. There is no way to reset this password so use this feature with care.

Goals

This tab contains goals that you may enter for a number of measurements. These goals appear in the analysis and graphs so you can more easily check your progress.

The screenshot shows a dialog box titled "Jane Doe's User Profile" with two tabs: "Personal" and "Goals". The "Goals" tab is active. It contains several input fields for setting goals:

| | | |
|-----------------------|-------|------|
| Weight | 136.2 | lb |
| Body Fat | 34 | % |
| Body Water | 45 | % |
| Body Mass Index (BMI) | 24.9 | |
| Systolic | 120 | mmHg |
| Diastolic | 80 | mmHg |
| Pulse | 80 | bpm |
| Steps | 2000 | |

At the bottom of the dialog box, there is a button labeled "Set Goals To Default". At the very bottom of the window, there are "OK" and "Cancel" buttons.

Pressing the "Set Goals To Default" button in the "Goals" tab will generate goals based on the gender, height and birth date entered in the "Personal" tab, so fill in those value first.

To print the User Profile select "Print User Profile" from the "File" menu.

[top](#)

Measurements

The Tanita Health Ware program uses measurement data to track your health and fitness.

The screenshot shows the Tanita Health Ware software interface. The window title is "Healthware D6.sdf - Healthware". The menu bar includes "File", "Edit", "Users", and "Help". The toolbar contains "New Measurement", "User Profile", "First", "Previous", "Next", "Newest", "Scale", "View", "Print View", "Measurements", "Analysis", and "Graphs". The "Measurements" button is circled in red, with an annotation: "Select 'Measurements' to view the data you've saved from your scale, pedometer or blood pressure monitor." The main area is divided into several sections: "Show Measurements" (with "All Measurements" selected), "Measurement" (showing Date & Time: 8/26/2009 11:47 AM, Scale: Tanita BC-1000, and Comments), "Environmental Conditions" (Temperature, Humidity, Pressure), "Segmental Data" (Left and Right side measurements for Fat, Fat Mass, FFM, and PMM), "Total Body Fat", "Total Body Water", "Other" (Muscle Mass, Bone Mass), and "Current Conditions" (Basal Metabolic Rate, Daily Calorie Intake, Metabolic Age, Physique Rating). At the bottom, there are buttons for "Scale" and "76 of 77", both circled in red. The "Scale" button has an annotation: "Source of measurement being shown." The "76 of 77" button has an annotation: "Current measurement's number of all measurements of the selected type." An "Edit" button is circled in red at the bottom right, with an annotation: "Click 'Edit' if you want to change the measurement." Another annotation at the top left says: "Use the navigation buttons to move through your measurements." A third annotation at the top right says: "Select 'Measurements' to view the data you've saved from your scale, pedometer or blood pressure monitor."

Getting Measurements

Once you have set up your profile, you are ready to begin gathering data. Tanita Health Ware allows you to enter data manually or collect it automatically using Tanita products.

Automatic

To connect to a Tanita scale, select "Tanita Health Ware Options..." from the "File" menu. Choose the scale from the list available. When you pick a scale you'll see instructions on the right side of the window that tell you how to connect the scale to your computer. When you are ready, click "Connect" to start the connection process.

You'll see a new window open with instructions on how to take a measurement with your scale. Follow the instructions and Tanita Health Ware will let you know when the connection process is complete. If there is a problem, make sure you've followed all the connection instructions for your scale and try again.

Once Tanita Health Ware has connected to your scale, you're ready to start gathering measurements automatically. Follow the instructions for taking a measurement with your scale and Tanita Health Ware will display the measurement as soon as it's received. Note that for scales equipped with ANT

wireless communication, clicking the "New Measurement" button and selecting "Scale" will activate the scale.

If you forget how to take a measurement just click the "New Measurement" button in the tool bar and select "Scale". A new blank measurement will be shown and you'll get instructions for how to use your scale. Follow the steps and the blank measurement will be filled with data from your scale.

Manual

To enter a measurement manually, click the "New Measurement" button in the tool bar and select the device you are using. A new blank measurement will appear. Fill in the data and click "Save". Note that as you fill in the fields Tanita Health Ware will fill in fields that it can calculate based on data you've entered and what it knows about you from your profile. Also, be sure to enter the correct date and time. You don't have to enter measurements in the order they occurred though. They'll be sorted by date as you save them. *Tip: To quickly enter multiple measurements manually you can use Ctrl-Shift-S, Ctrl-Shift-P and Ctrl-Shift-B to create new measurements from scales, pedometers and blood pressure monitors respectively.*

Navigation

Once you have more than one measurement entered, use the navigation buttons in the tool bar to move through them. Click the button at the left will take you to the first (oldest) measurement and clicking on the far right button will take you to the last (newest) measurement.

Filtering

To view only measurements from a specific source, click one of the buttons along the left side of the window. To view all measurements click "All Measurements".

Edit & Delete

To edit the measurement you are viewing, click the "Edit" button in the lower right corner of the main screen or select "Edit Measurement" from the "Edit" menu. To delete the measurement select "Delete Measurement" from the "Edit Menu".

Measurement Fields

Below is a list of the fields contained in the measurements along with a brief description. The fields that appear in all measurements are listed first, followed by the fields for scales, pedometers and blood pressure monitors.

General Measurement Fields

Measurement

Date & Time

Date and time measurement was taken.

Scale, Pedometer or Blood Pressure Monitor

Model of the device used to take the measurement.

Comments

Any comments about the measurement.

Environmental Conditions

Temperature

Temperature in degrees Fahrenheit (°F) or Celsius (°C) depending on whether you selected "English" or "Metric" units in your User Profile.

Humidity

Relative humidity.

Pressure

Barometric pressure in millibars (mbar).

Scale Fields

Weight

Weight

Weight in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

BMI

Body Mass Index is a number calculated using your weight and height that can be used to estimate if your body weight is considered healthy.

Total Body Fat

Percentage

Percentage is the amount of body fat in your body expressed as a proportion of your body weight.

Mass

The mass of your body fat in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Body Fat Range

Indicates the range your percentage body fat places you in based on your gender and age.

Fat Free Mass

The total mass that is not fat, including muscle, water and bone, in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Visceral Fat

This rating indicates the amount of fat in your abdominal cavity. A rating of 12 or less is considered healthy.

Total Body Water

Percentage

Percentage is the amount of fluid in your body expressed as a proportion of your body weight.

Mass

The mass of water in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Other

Muscle Mass

The mass of muscle in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Bone Mass

The mass of bone (bone mineral level, calcium or other minerals) in your body in pounds (lb), stone-pounds (st-lb) or kilograms (kg) depending on whether you selected "English" or "Metric" units in your User Profile.

Current Condition

Basal Metabolic Rate

The minimum level of energy your body expends when at rest to function effectively including your respiratory and circulatory organs, neural system, liver, kidneys, and other organs.

Metabolic Age

The average age associated with measured Basal Metabolic Rate.

Daily Calorie Intake

An estimate of how many calories you can consume within the next 24 hours to maintain your current weight.

Physique Rating

An assessment of your physique according to the ratio of body fat and muscle mass in your body.

Pedometer Fields

Steps

Steps

Number of regular steps.

Step Time

Time taken for regular steps.

Aerobic Steps

Number of steps at elevated pace.

Aerobic Step Time

Time taken for steps at elevated pace.

Results**Total Steps**

Total of Steps and Aerobic Steps.

Total Time

Total time taken for Steps and Aerobic Steps.

Distance

Total distance traveled calculated using Total Steps and on stride length set in User Profile. Expressed in miles (mi) or kilometers (km) depending on whether you selected "English" or "Metric" units in your User Profile.

Calories Burned

Total calories burned as a result of activity.

Pulse**Max During Activity**

Maximum pulse rate during activity in beats per minute (bpm).

After Activity

Pulse rate immediately after activity in beats per minute (bpm).

15 Min. After Activity

Pulse rate 15 minutes after activity in beats per minute (bpm).

Blood Pressure Monitor Fields**Blood Pressure****Systolic**

Systolic pressure in mmHg.

Diastolic

Diastolic pressure in mmHg.

Pulse

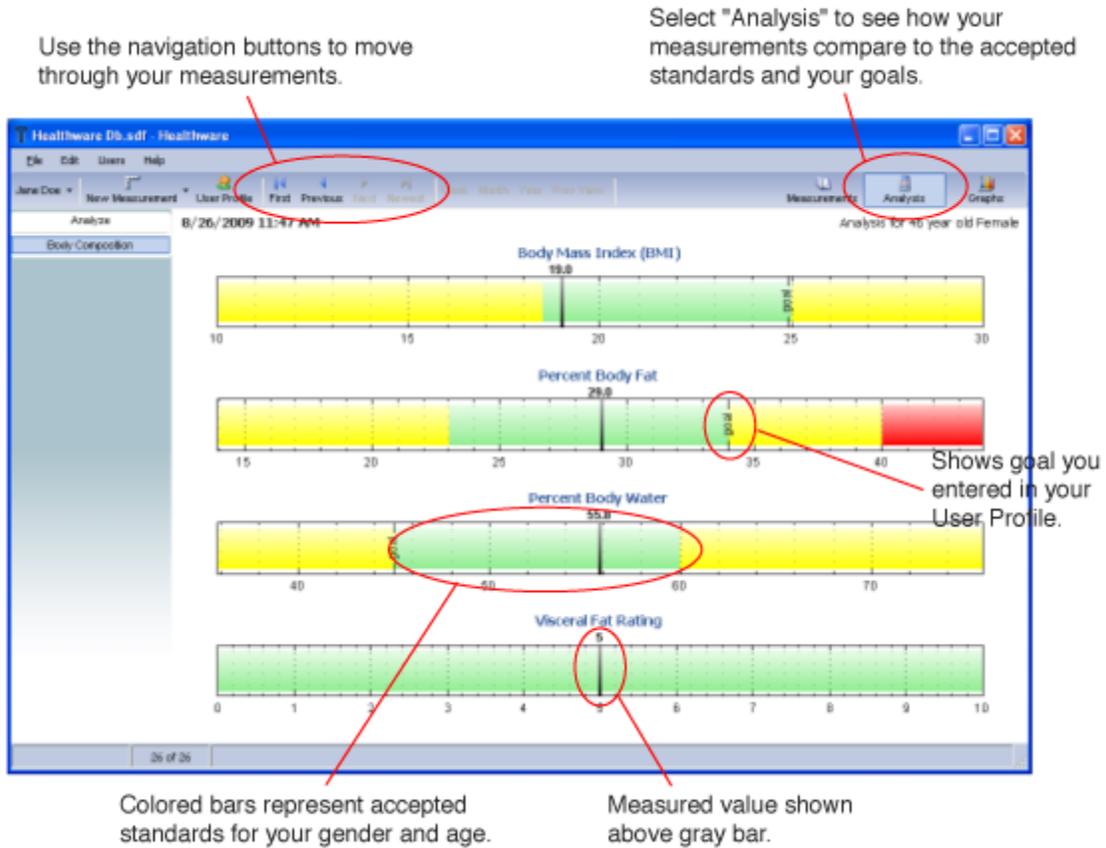
Pulse in beats per minute (bpm).

Activity Level

Activity level when blood pressure was taken.

Analysis

To see how your scale measurements compare to the accepted standards, click the "Analyze" button in the tool bar. Your measurements will be shown along with your goals and colored bars to indicate how you are doing and standards for your profile. To move through the measurements use the navigation buttons in the tool bar.

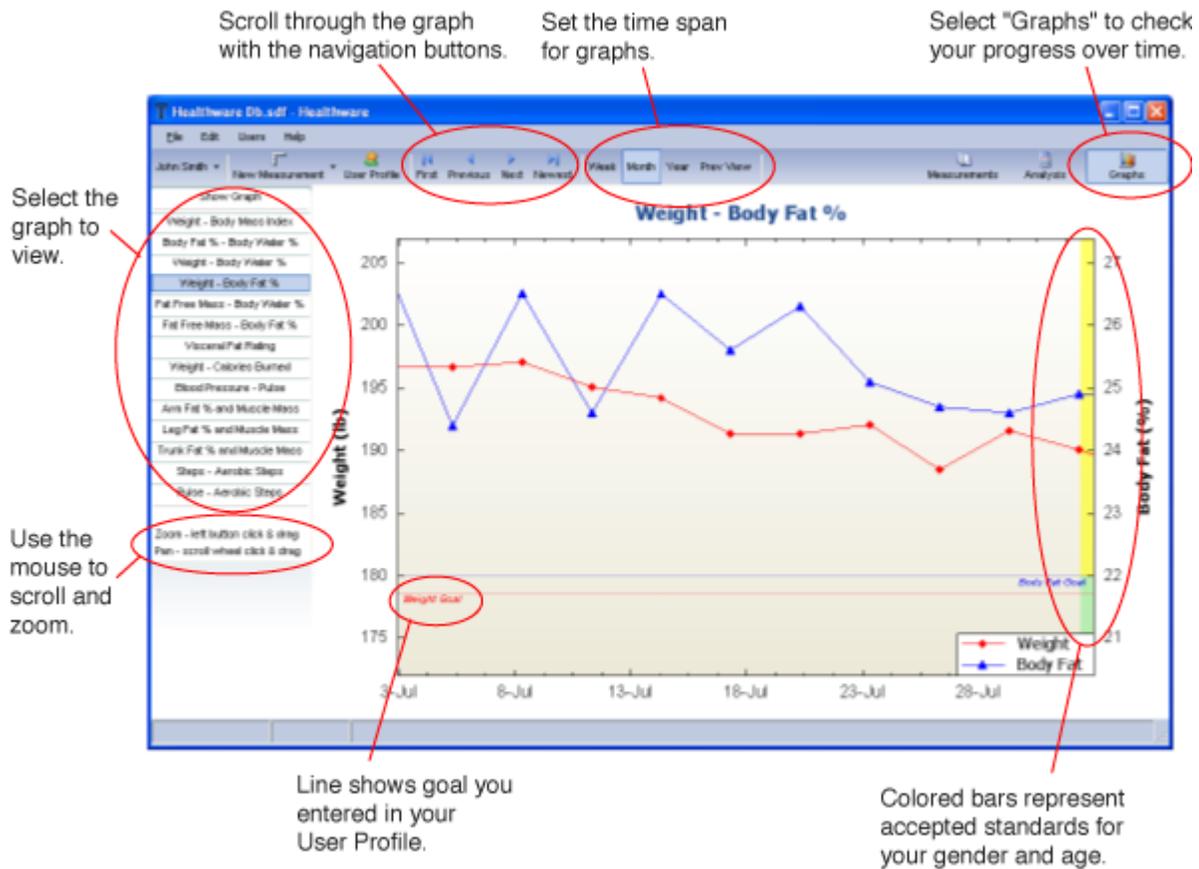


To print the analysis select "Print Analysis" from the "File" menu while analysis is being displayed.

[top](#)

Graphs

To see how your measurements are changing over time, click the "Graphs" button in the tool bar. Click the button along the left side of the window to select what to graph. Use the span button, "Week", "Month" and "Year", to select the time period the graph covers. To scroll the graph you can use the navigation buttons in the tool bar.



You can use the mouse to zoom into a portion of the graph. Click and drag with the left mouse button in the graph. The graph will zoom to show the area you've selected. To return the original view, click with the right mouse button in the graph and select "Undo All Zoom/Pan" from the menu that pops up.

You can also use the mouse to scroll around in the graph. Click and drag using the middle mouse button (or mouse wheel) in the graph. You may also be able to scroll by holding down the shift key and then clicking and dragging in the graph with the left mouse button. Again to return the original view, click with the right mouse button in the graph and select "Undo All Zoom/Pan" from the menu pop up menu.

To print the graph select "Print Graph" from the "File" menu while graph is being displayed.

[top](#)

Files & Sharing

When you first launch Tanita Health Ware it automatically starts working in the file " Tanita Health Ware DB.sdf". In most cases you can just continue to use this file. If you want to back up your data make a copy of this file, located in the " Tanita Health Ware" folder in your "My Documents" folder.

If you would like to use a different file, select "New..." from the "File" menu. Select the location for the new file, enter the name and click "Ok".

To open a file select "Open..." from the "File" menu. Navigate to the folder where the file is located, select the file and click "Ok".

To save the file you are using under a new name, select "Save As..." from the "File" menu. Select the location for the new file, enter the name and click "Ok". This new file will become the active file.

A file can be viewed and modified by multiple computers running Tanita Health Ware at the same time. The

file should be placed on a host computer that is accessible to other computers over the network. The host computer, the file and the folder where the file is located must be configured to allowing sharing and changing over the network. To open the file select "Open..." from the "File" menu, navigate over the network to the folder where the file is located, select the file and click "Ok".

Tanita Health Ware always opens the last active file when you run the program.

[top](#)

ANT™ Scale Installation

Tanita products that use ANT wireless communication require a USB ANT Stick™ adapter. This section will guide you if you will only be communicating with your scale directly from the PC. If you will be using your ANT equipped device with a Garmin watch you should install the Garmin ANT Agent™ software as described in [Using Garmin Watches](#).

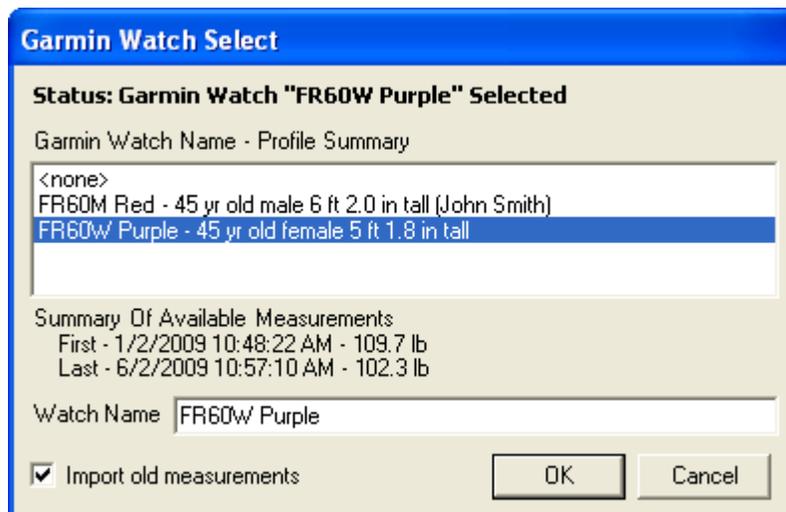
Before plugging the USB ANT Stick into your computer you will need to download the necessary drivers. Go to the [ANT web site](#) and click on the "downloads" link. Select "ANT USB Driver - Windows" and download the file to your computer. Locate the file and double click it to open. Run the "USBXpressInstaller" program. When the installation is complete you can plug in your USB ANT Stick. Follow the instructions in the [Measurements](#) to select the scale in Tanita Health Ware and begin using your Tanita device.

[top](#)

Using Garmin® Watches

As mentioned in the [User Profile](#) section, Tanita Health Ware software can be used to collect measurements from Tanita devices that have been stored in compatible Garmin watches. If you have not already done so, you will need to install the Garmin ANT Agent software. Go to the [Garmin ANT Agent](#) page and follow the instructions for downloading and installing the software, inserting the USB ANT Stick when requested. When the software is installed follow the instructions for pairing the PC to your watch

After you've paired your watch and PC you'll notice the watch briefly indicates that it is transferring data. This will happen whenever it has new stored measurements and you place it near your computer while Garmin ANT Agent is running.



Tanita Health Ware software will now be able to detect the watch the next time you run the program or when

you select a different User Profile. You will be asked if you would like to assign it to your profile. Choose the watch in the Garmin Watch Select window and click "OK". Leave "Import old measurements" checked to include any data already in the watch.

Once you've selected a watch for you profile, Tanita Health Ware will automatically add new measurements from Tanita devices each time the watch transfers data. To remove a watch from your User Profile open the click the "User Profile" button and press the "Change" button next to the watch name in the "Personal" tab. When the Garmin Watch Select window opens choose "<none>" from the list and click "OK".

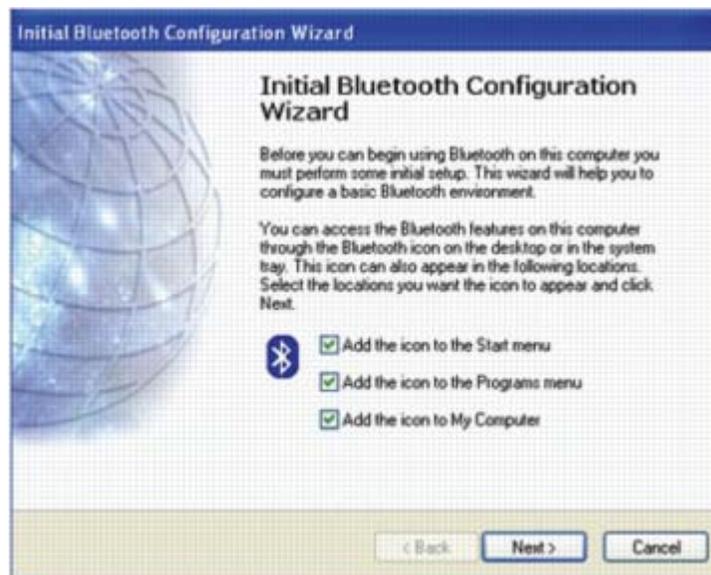
To see a list of watches detected by Tanita Health Ware and who they are assigned to select " Tanita Health Ware Options..." from the "File" menu and click the "Garmin Watches" tab.

[top](#)

Bluetooth Scale Installation

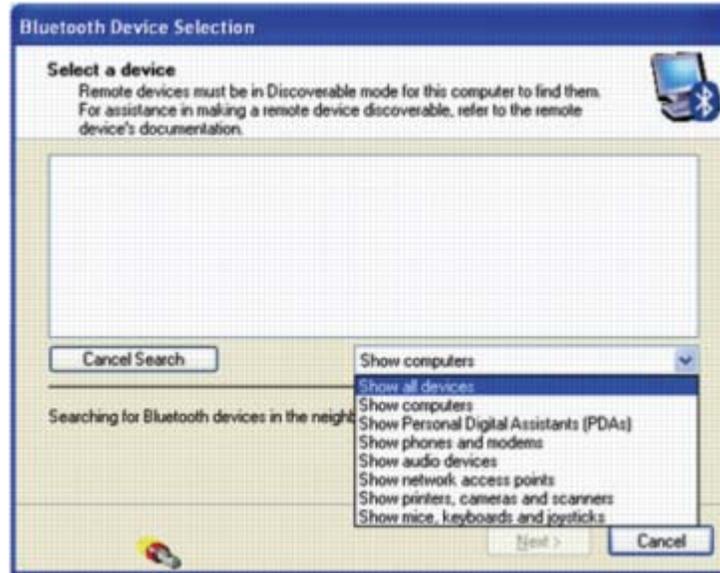
If you will be communicating with a Tanita Bluetooth scale you must install the Bluetooth adapter software before you can use your scale with the Tanita Health Ware program. These instructions are based on the use of the Kensington USB Bluetooth adapter. Note you may need to be logged in as administrator to install drivers.

1. Check if Broadcom Bluetooth driver is already installed on the pc. Click "Start", "Control Panel", "System", "Hardware", "Device Manager".
2. Expand "Bluetooth Devices", right-click on your Bluetooth device, select Properties and check if manufacturer is Broadcom. If manufacturer is Broadcom skip to step 6.
3. Install the Kensington Bluetooth driver (CD is included with the adapter). Follow install instructions and insert the Bluetooth adapter when instructed.
4. Once the installation wizard is complete you will see an Initial Bluetooth Configuration Wizard screen.

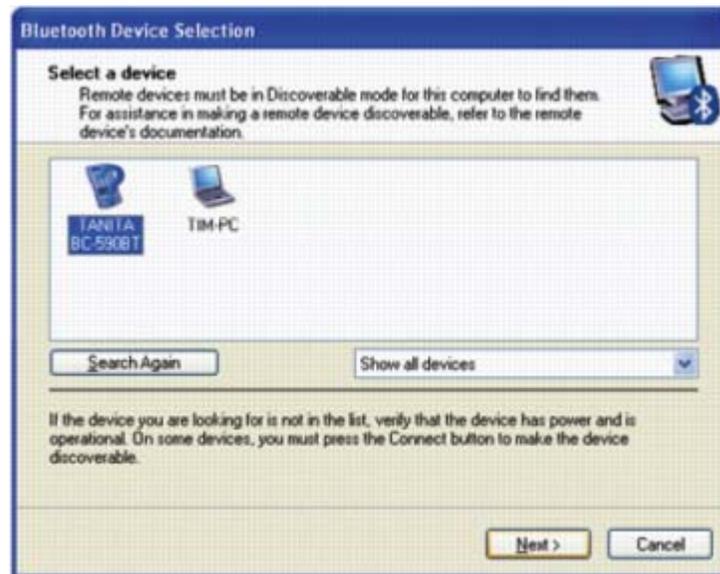


5. Select the 3 items and continue pressing "Next" until you see the Bluetooth Service Selection screen. On this screen make sure "Bluetooth Serial Port" is checked and press "Next". On the following screen press "Cancel".
6. A computer restart may be required at this time. Follow on-screen instructions.
7. Right click on Bluetooth icon in the system tray (lower right corner of computer screen).

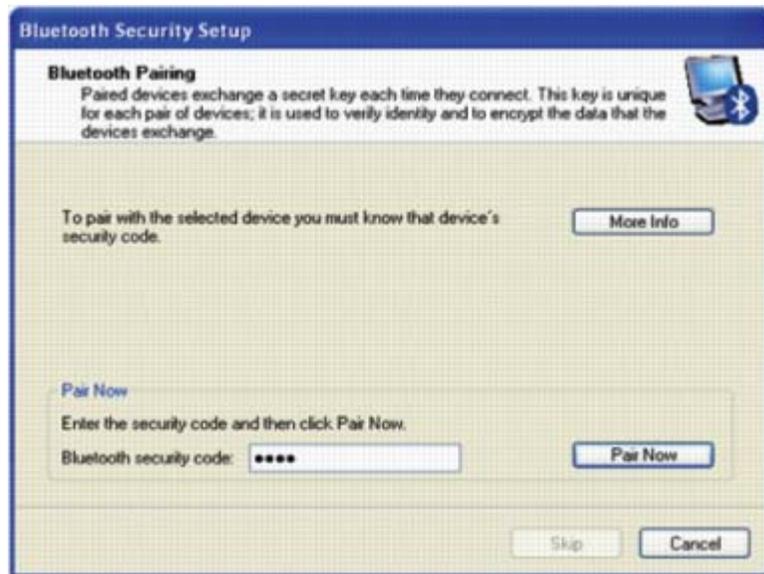
8. Select "Quick Connect", then "Bluetooth Serial Port", then "Find Devices..."
9. Select "Show All Devices" and at the same time activate the scale (Press Output button on HD-351BT or press a programmed personal key 1-4 on the BC-590BT). Note: The BC-590BT will try to connect for 1 minute before it errors out. The HD-351BT will try to connect for 30 seconds before it errors out. If the scale errors, re-press the output button or personal key.



10. Available scales will be displayed as an icon. In this case, the "TANITA BC-590BT" icon. Click the icon, then click "Next" button. Click "Search Again" to refresh if your scale times out during this process.



11. A pop-up window asks for the pairing code; enter 0000 (four zeros) and click the "Pair Now" button.



12. A Bluetooth Authorization Request warning will appear in the lower right corner of the computer screen; click on the warning and then the screen below will appear. Check the box to always allow access, then click "OK" button.



13. The scale is now paired and connected. For future connections, activate the scale (Press Output button on HD-351BT or press a programmed personal key 1-4 on the BC-590BT) and the connection should be made automatically. For verification that a connection is made, the Bluetooth icon in the system tray (lower right corner of computer screen) should change from a white center to a green center.

[top](#)

This software is intended for you to use as a convenient, personal repository of your health related information. While you may decide to share this information with others, including healthcare providers, it is not intended to be and should not be used for diagnosis or treatment. The information may not always be accurate or up-to-date and should be viewed by any health care provider as informational only. This software reflects scale accuracy within 0.2 lb/0.1kg/0.1%.

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V1.2.0

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