

# 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-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-590, BC-601, BF-679, BF-680, BF-681, BF-682, 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.

### 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 send to the GMON database and are available for further analysis.