



Sante

Compact Shower Unit

VitrA®

SETTING AND STORING PERSONAL DATA IN MEMORY

1. Turn the device on

When entering your personal data in the device, you can store these information in one of the personal memory buttons if you wish, or make multiple entries without storing these information by using the “Guest” button.

- If you will not be storing your personal data turn the device on in “Guest” mode.
- However, if you want to see only your weight and will not be conducting measurements turn the device on by touching the button in the central section where the weight mark is located (Section related to weight mode only).
- If you will store your personal data under one of the memory buttons on the device, turn the device on by pressing the “set” button.

2. Select the number of the button on which you want your personal data to be stored.

If you have decided to store your personal data and turned the device on by pressing the “set” button, you can use the arrow keys when selecting the storage number. Press the “set” button after you select the number.

3. Enter your age.

Enter your birth date in the device in the form of year-month-day, after each entry press the “set” button.

4. Enter your sex.

When setting your sex as Woman or Man, you can also select the athlete mode (if you are

engaged in sports activities for 10 hours or more in a week and your resting pulse is 60 or less) along with the sex information for your sporting activity, press the “set” button when the selection is finished.

5. Enter your height

Enter your height in “cm” using the arrow keys, press the “set” button when the selection is finished.

6. Your device will display all the data you have stored and then turn off.

BODY FAT AND WATER ANALYSIS

1. If you have stored your personal data under any memory button, press the data storage button in front of you which holds your data. If your data is not stored turn the device on with the “guest” button and enter your data. When the screen displays 0.0 kg, get on your device with bare feet and take the hand electrodes in your hand.
2. You can read the weight in kg on the screen. After the kg is displayed, your device will start fat measurements and will count down as 00000 and display your fat percentage in %. It will simultaneously compare your fat percentage with normal values and display it for you with the icons described below.

Your Fat Percentage rating:

3. After your device completes the measurement, it will compare your displayed fat percentage (%) with WHO’s (World Health Organization) values and display which group you belong to based on your values. In other


words, you will see your fact percentage value. (This shall not be applicable/displayed especially for children, old people and athletes).

4. When you see your weight, fat percentage and fat percentage value on your device's digital screen get off your device in a balanced way. Later you can obtain your analysis results by pressing the buttons with icons on them just below the digital screen.

The figures have the following meanings:



Your body fat percentage

Change the screens by pressing  button to view segmental fat distribution and to replace the screens as follows.



Body water percentage

The percentage of body water to weight ranges from 55% to 65% for men while 50%-60% can be considered regular for women.



Visceral fat rating (Fat Rate around Internal Organs)

Fat which exists in the carcass section of our body and around our organs and which is of vital importance. A fat degree of 1-12 is regular while

it signifies high amount of fat around internal organs when it ranges between 13-59 degrees.



Body age and basal metabolic rate

Basal metabolic rate is the energy that our body uses/consumes when we are resting without doing any activities within the day. Metabolic body age is determined according to metabolic rate. If your body age is higher than your real age, then it can be concluded that metabolic rate should be increased.




Muscle mass/Physical Activity Degree

This feature of your device indicates weight of your muscles. Muscle mass is evaluated as bone muscles, flat muscles and total amount of water within muscles.

Physical activity degree is evaluated based on muscle mass and fat rate.

1. Secret Obese
2. Obese
3. Overweighted
4. Lack of training
5. Standard
6. Standard Muscled
7. Thin
8. Thin and Muscled
9. Muscled

Change the screens by pressing  button to view segmental fat distribution and to replace the screens as follows.



Bone mass

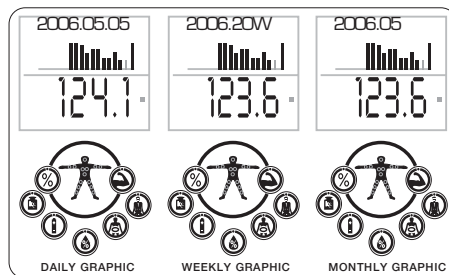
This feature of your device indicates weight of your bones (mineral degree of bone i.e. calcium and other mineral degrees). Ideal bone structures are as follows depending on weight and sex.

Women	Below 50 kg 1.95 kg	Between 50 kg-75 kg 2.40 kg	Over 75 kg 2.95 kg
Man	Below 65 kg 2.66 kg	Between 65 kg-95 kg 3.29 kg	Over 95 kg 3.69 kg




These results do not give any idea/judgment on strengthen, hardness or breaking risk of bones. If you consider that you have a problem with your bones, please consult a doctor. You may obtain different results from your device in certain readings. Particularly, women prior to and after menopause, those who undergo hormone treatment, pregnant women and those who are in puerperant period MUST CONSULT THEIR DOCTORS FOR ALL SOLUTIONS AND TREATMENTS.

GRAPHIC INDICATIONS

If your personal data is stored in a memory button, then you can only view graphical changes of that person whose data is stored there.



GUEST MODE USE

If you do not want to store your personal data into any memory  button of your choice, then operate the device by clicking  button. As mentioned previously, enter your data by means of   buttons and conduct analysis procedure.



ONLY WEIGHTING MODE

You can only be weighted by this button without making any measurements.



SANTE COMPACT SHOWER UNIT

FEATURES

- Total body water percentage (%)
- Body fat percentage (%)
- Visceral fat rating
- Bone mass (kg)
- Basal metabolic rate (kj-kcal)
- Body metabolic age
- Muscle mass/weight (kg)
- Physical activity rating (1-9)
- 150 kg weighting capacity/100 gr measurement sensitivity
- Capable of using only as scales, weight only mode
- Comparison of fat percentage with ideal fat percentage by icons
- Segmental analysis, separate fat and muscle analyses for right arm-left arm, right leg-left leg and body
- Segmental muscle mass (including right arm, left arm, right leg, left leg, and trunk)
- Segmental body fat% (including right arm, left arm, right leg, left leg, and trunk)
- Automatic scrolling or results: weight, body fat% and segmental body fat %
- Capable of storing personal data for up to 4 people
- Guest Mode: Guest button with multiple data entry without storing personal data
- This product is intended for adults aged 18-99 years. Children aged 5-17 years can use the monitor for weight and body fat percentage readings only. Pregnant women should use the weight function only. People with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.

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- 1
- 2
- 3
- 4



Guest



SET



GRAPH

