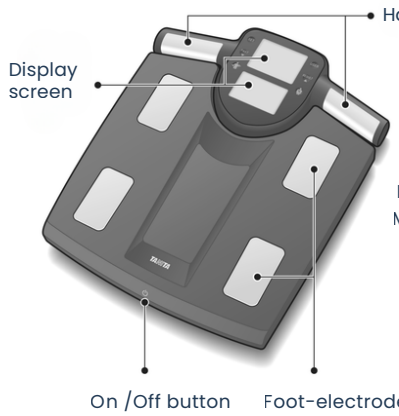
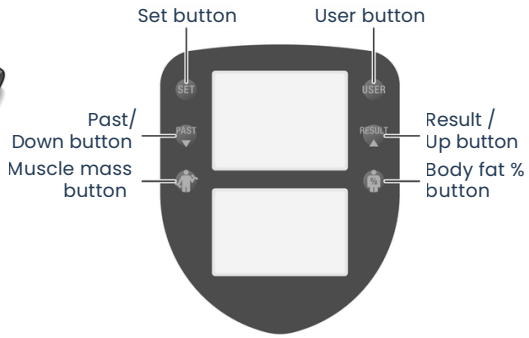
TANITA
Healthy Habits for Happiness

Quick Start Guide
RD-445

Refer to the full instruction manual in the box and or the website for more details https://tanita.eu/rd-445

Features and Functions





Click or scan here to see the following instruction videos

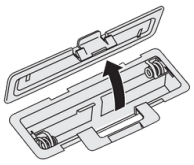
1. Preparation before use
2. Setting the date & time
3. How to take correct measurements

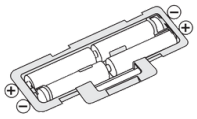
Preparation before use

- Turn the device around.

Inserting the batteries

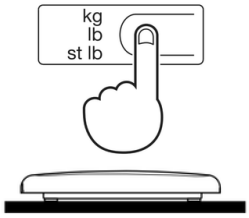
- Open the battery cover on the back of the measuring platform.
- Insert 4 AA-batteries.


Open as shown


Direction of the batteries

Change the weighing unit

- Change the weight unit on the back of the scale, by using the button.



Positioning the monitor

- Place the device on a hard, flat surface.

Setting the date & time

Set year

- Press the ON/OFF button to start the year setting.
- Press the ⌃ and ⌄ buttons to select the year and then press the SET button.
- The device will beep once to confirm.

Set month

- Press ⌃ and ⌄ buttons to select the month and then press the SET button.
- The device will beep once to confirm.

Set day

- Press ⌃ and ⌄ buttons to select the day and then press the SET button.
- The device will beep once to confirm.

Set hour

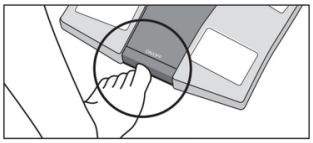
- Press ⌃ and ⌄ buttons to select the hour and then press the SET button.
- The device will beep once to confirm.

Set minute

- Press ⌃ and ⌄ buttons to select the minute and then press the SET button.
- The device will beep once to confirm.
  The power will then shut down automatically.

Setting your profile

Turn on the device

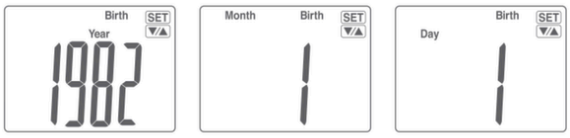


- Press the ON/OFF button to turn the device on.

Select a profile number

- Press the ⌃ and ⌄ buttons to select a personal data number (1, 2, 3, 4 or 5)
- Press the SET button to confirm.
- The unit will beep once to confirm.

Set your date of birth



- Set your date of birth(Year/Month/Day) using ⌃ and ⌄ buttons.
- Press the SET button to confirm.
- The unit will beep once to confirm.

Select gender

- Use the ⌃ and ⌄ buttons to select your gender.
- Press the SET button to confirm.
- The unit will beep once to confirm.

Insert your height

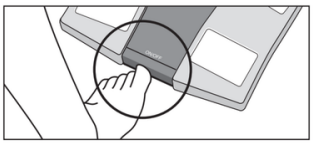
- Use the ⌃ and ⌄ buttons to specify height.
- Press the SET button to confirm.
- The unit will beep once to confirm.

The device is ready to do a measurement, when "0.0" is displayed on the screen.

Take your first measurement to save your profile.

Taking measurements correctly

Turn on the device

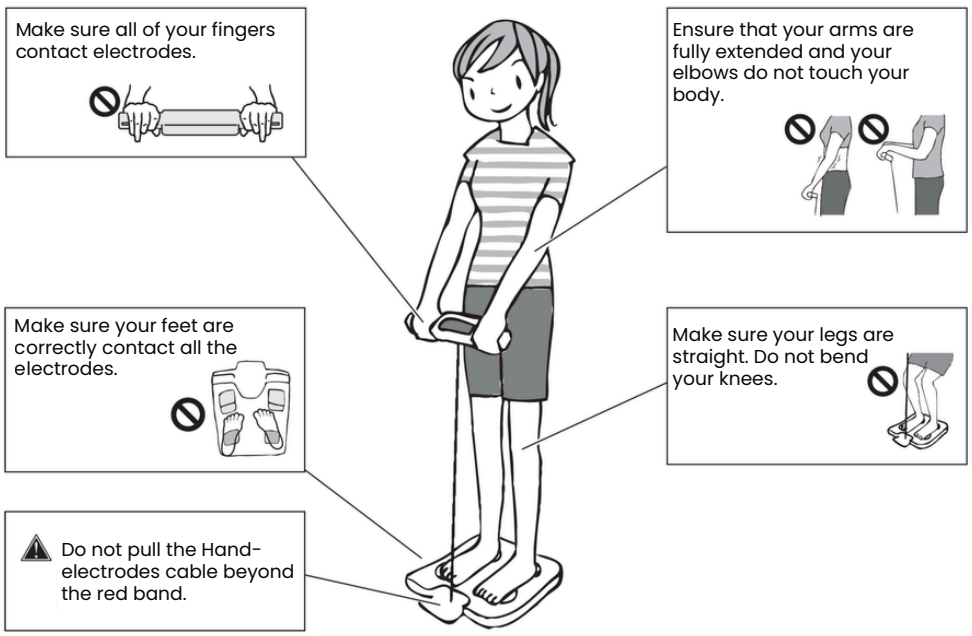


- Press the ON/OFF button to turn the device on.

Taking your measurements

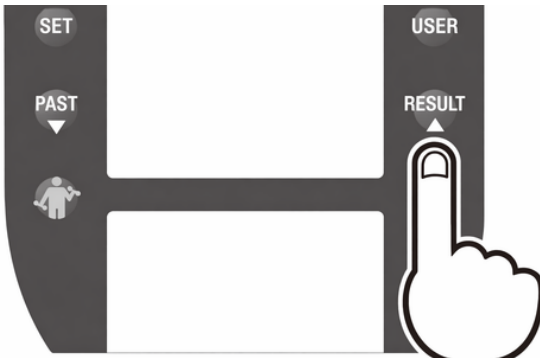
- Remember to remove your mobile phone or any electronic device from you.
- Step onto the scale when "0.0kg" is displayed.
- Pick up the hand-electrodes and hold them up straight up in-front of you, as displayed below.
- The measurement takes a few seconds so please continue to stand still on the device.

Note: Do not step off until the unit beeps twice.



See your results

- Immediately after measuring, you can press the Result button while still standing on the scale to view your results. You can also step off the scale and then press the Result button to view your results again.

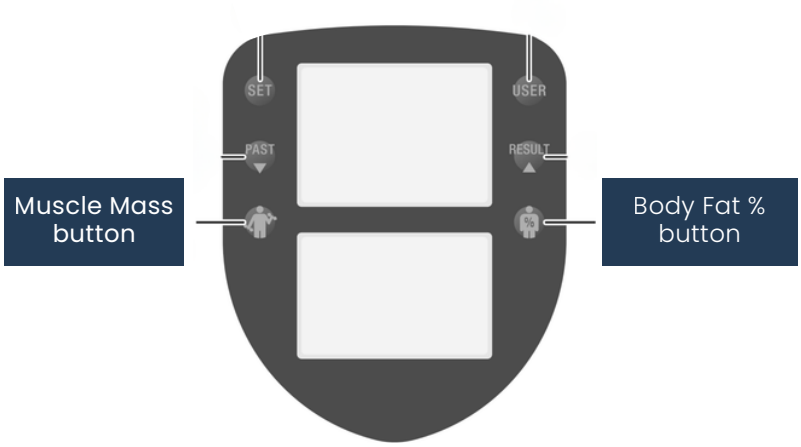


How to see your segmental measurements?

What does segmental measurements mean?

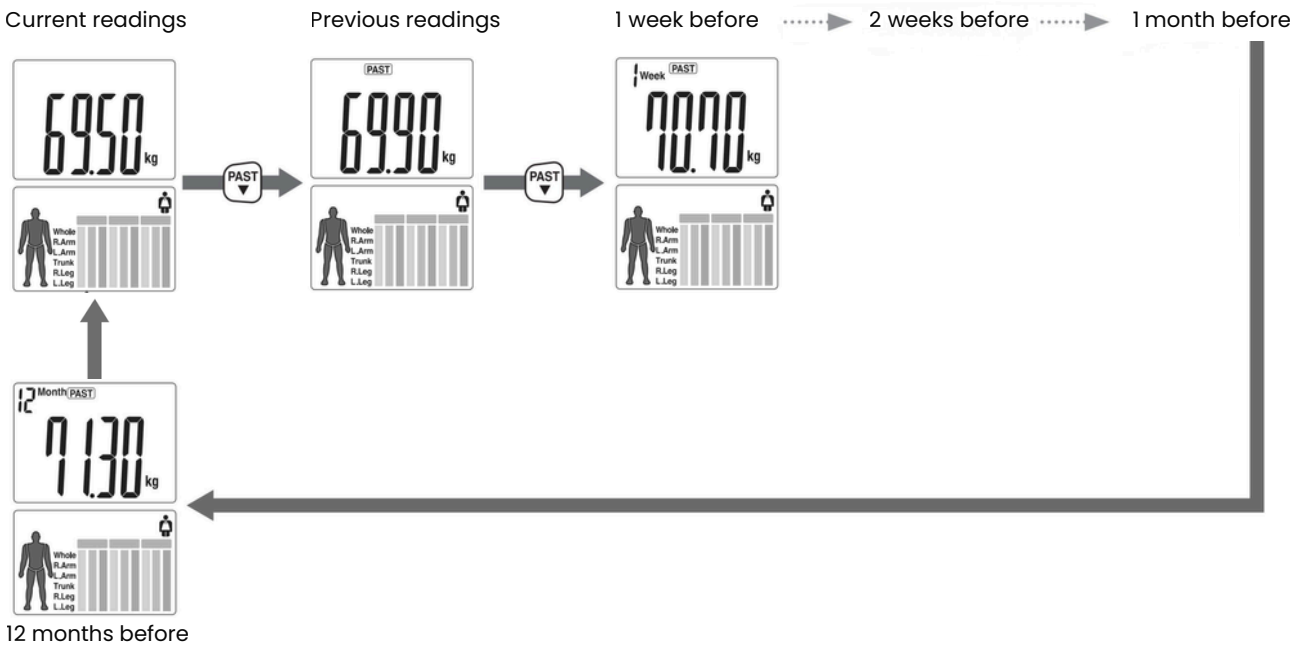
A segmental measurement provides a detailed analysis of your muscle mass and fat percentage in your arms, legs, and torso. Using both foot and hand electrodes, the scale measures each arm, leg, and torso separately for a more accurate assessment.

Press the Muscle Mass or Body Fat% button repeatedly to view the values for the right arm, left arm, right leg, left leg, and torso.



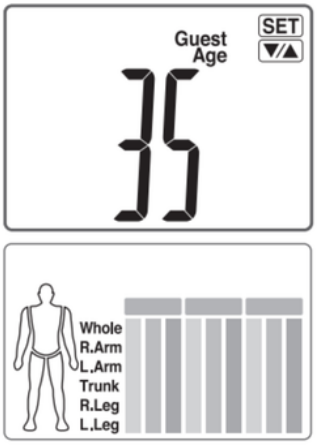
Recall function

- Press the ON/OFF key. “0.0” will be shown.
- Press the USER button until your profile number appears.
- Press the SET button and PAST button to see the previous readings.



Guest mode

Guest mode allows you to programme the unit for a one-time use.



Turn on the device

- Press the ON/OFF button to turn the device on.
- Hold the USER button until the "Guest" mode shows on the screen.
- Press SET to select Guest mode.

Insert Age

- Press the ⌃ and ⌄ buttons to choose your age.
- Press the SET button to confirm.
- The unit will beep once to confirm.

Select gender

- Use the ⌃ and ⌄ buttons to select your gender.
- Press the SET button to confirm.
- The unit will beep once to confirm.

Insert your height

- Use the ⌃ and ⌄ buttons to specify height.
- Press the SET button to confirm.
- The unit will beep once to confirm.

The device is ready to do a measurement, when "0.0" is displayed on the screen.

The readings for Guest mode will only be displayed for 40 seconds.

Getting the most from your TANITA RD-445 Body Composition Scale

Top tips for how to best measure and monitor your body composition

Remember, a TANITA Body Composition Scale is completely different to a normal bathroom scale; showing you not just your weight, but also what that weight is made up of.

Your body composition naturally changes due to factors such as eating, drinking, sweating and going to the bathroom. These factors can change your body weight up to 2.5kg during the course of the day, so it is important to measure under most consistent circumstances possible.

By following these guidelines, normal daily fluctuations will average out, and you will be able to better assess the real changes in your body composition over time.

1. Measure **once a week, at a similar time of day.**
2. Position your **scale on a flat, solid, floor surface,** not on carpet.
3. **Avoid taking a measurement straight after exercise.** Exercise affects your body in a number of ways, this can lead to inconsistent results.
4. **Measure 2-3 hours after a meal** as undigested food/drink will artificially increase your weight. Large amounts of caffeine or alcohol tend to impact water transfer in your body and will have a negative impact on the accuracy of the results.
5. Always stand on the scale with bare feet because the electrodes need skin contact. Preferably measure with **as little clothing as possible and empty your pockets** (especially electrical devices such as phones, smart watches and GPS devices).
6. Make sure you **stand completely still** during the measurements. When measuring with a TANITA segmental scale, with hand electrodes, make sure your arms are stretched out a bit so there is some room between your body and arms.
7. Keep the scale in a room with a **moderate temperature and without high humidity** – for this reason it is best not to keep your scale in the bathroom.
8. Finally, **keep your scale clean and free from dust.**

Visit our webpage "Understanding your measurements" to learn more about your results