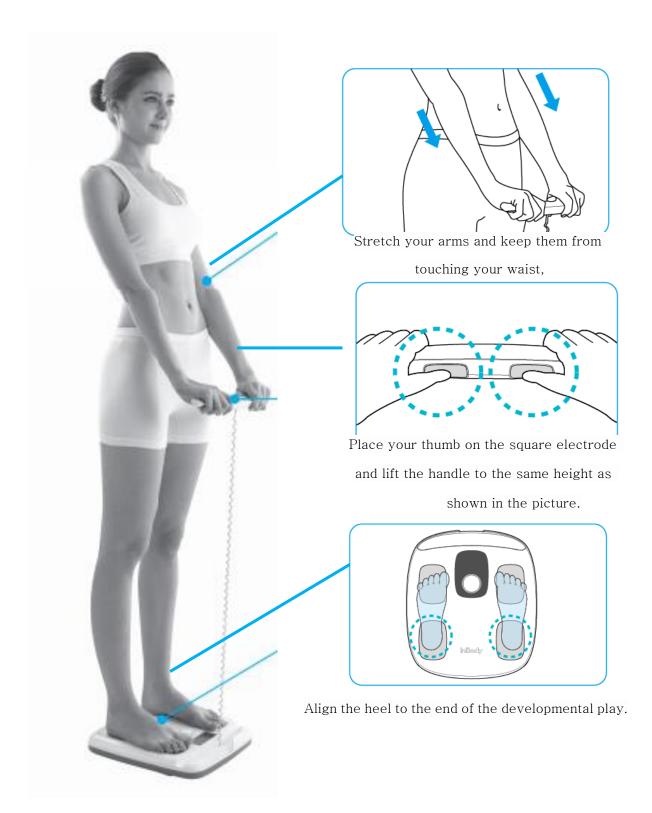


User Manual

InBody Test Posture



1. Precautions for use

2. Product Configuration

3. Preparing for Use

- A. Precautions for Examination
- B. Install InBody App
- C. Inspection posture

4. In-body inspection method

- A. User-aware scanning
- B. Getting Started with Weighing
- C. Start Exam with Kidney Input
- D. Start a scan with the InBody app

5. Understanding the resulting items

- A. Configuring the Results Screen
- B. Understanding the resulting items
- C. Weight, Muscle Mass Standard Range Graph

6. Diagnosing and resolving problems

- A. Check Error Messages
- B. Simple troubleshooting
- C. Frequently Asked Questions

7. Product specifications

Product Warranty

1. Precautions for use

Don't use it like this.

1. Do not use implantable medical devices such as artificial heartbeats (Pacemakers) or lifesupport medical devices such as patient monitoring devices. During InBody examination, the instrument (heart pacemaker) may malfunction due to the flowing micro current, which may interfere with your life. INBODY Co., Ltd. shall not be liable for any damage to any human or device caused by failure to comply with the above precautions for use.

2. The H30NWi is a sensitive device that accurately measures body composition. Therefore, when inspecting InBody near nearby electronics such as refrigerators, fluorescent lamps, TVs, etc., the measurement value may be error due to the influence of electromagnetic noise, so keep your distance from the electronics and inspect InBody.

3. If you have any contaminated or infectious diseases, do not contact or use this product. After use, the instrument must be cleaned with a soft cloth and sterilizing agents such as ethyl alcohol. Do not pour liquid into the product when using sterilizers. Electrical shock may occur due to product failure and short circuit.

4. Avoid using it in humid spaces such as baths because excessive high or low temperatures, humidity, and pressure may affect the operation of the product.

5. Be careful not to allow liquids such as food waste or beverages to enter the product. It can affect the electrical device inside, causing problems.

6. Do not arbitrarily disassemble the product. This can cause electrical shock or injury, product failure, and error in measurements. InBody Co., Ltd. is not responsible for product damage and related damage caused by the user's random opening.

7. Do not use this product for any purpose other than body composition analysis or weighing.

Use it like this..

1. If you are unable to maintain the measurement posture alone, please measure it with the help of your guardian. For children, the measurement posture should be maintained accurately. 2. H30NWi should be used on a flat, vibration-free floor. Measurements may not be accurate if used in uneven flooring, such as carpets or mats. Also, when storing for a long time, remove the battery, pack it, and store it on a flat surface.

3. Use within the operating environment specified in the product specification.

4. When moving the product, be sure to use the packaging material provided when purchasing it and be careful not to cause severe shock. Please dispose of other wastes in accordance with the relevant laws.

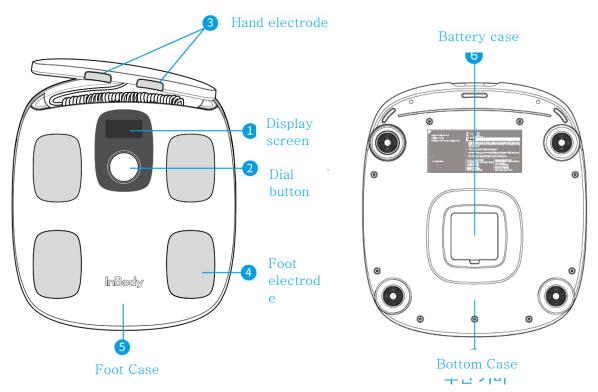
5. Repair and inspection can only be made by Inbody's warranty staff. Please call 1899-5841 for repair and inspection.

2. Product Configuration

Appearance and functionality

The product configuration of H30NWi is as follows. Please check if there are all components. * Please check if there is no problem with each component before installation. If there is any problem, please contact InBody Customer Service.

Product configurations: H30NWi, User's Manual, 4 AA batteries



1 Display screen: Displays the measurement status, results, etc. as a screen.

2 Dial button: Used to check power ON/OFF, height input, and result items.

3 Hand electrode : The part where the subject wraps his finger and makes electric contact with it is measured.

4 Foot electrode : The part where the subject steps on the foot and makes electrical contact.

5 Foot Case : The scaffold is connected to the weight scale of the subject.

6 Battery case: The battery insertion that supplies power. The battery can be inserted by opening the cover.

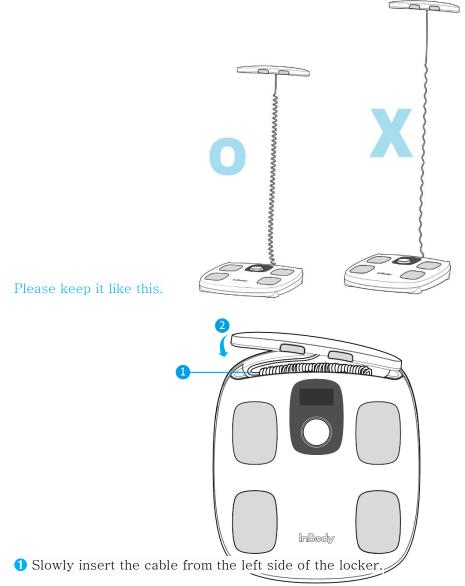
7 Bottom Case : It opens when inspecting internal circuits, etc. and can only be opened by our A/S staff.

2. Product Configuration

Precautions for Using Handle

Be careful not to pull the cable too much.

Pulling the handle too hard can cause the cable to stretch, leading to product failure. The extended cable will be restored over time, but please use it in the correct way.



2 Put the handle on the organized cable.

* Release the handle while standing may lead to product failure.

3. Preparing for Exam

A. Precautions for Examination

Please follow the precautions below to obtain accurate measurements by removing the factors that affect the measurement.

1 Measure on an empty stomach before meals.

Food in the stomach affects your weight and is considered a body component, which can cause measurement errors.

- 2 Measure it in the morning if possible. The longer you stand, the more body moisture tends to flock to your lower body, and this phenomenon is noticeable as you go into the afternoon.
- 3 Measure it after you go to the bathroom. Urine and feces affect weight, but they are not body components and can cause measurement errors.

4 Measure before exercising.

This is because even light exercise temporarily changes the body's composition.

6 Measure before taking a shower or sauna, lower-body bath, sedentary bath or bath. This is because body water changes temporarily due to increased blood flow speed and sweat emission.

6 Stand for about 5 minutes before measuring. If you lie down or sit down for a long time and then stand up and measure, the moisture moves to the lower body and you measure a little bit. It can have an impact.

B. Installing the InBody

The InBody app allows you to record and manage InBody test results.

(iOS 8 and later, Android 5.0 and later, available)

1 The InBody app can be downloaded from the iPhone App Store and Google Play Store.

2 Please download the app and register the user.

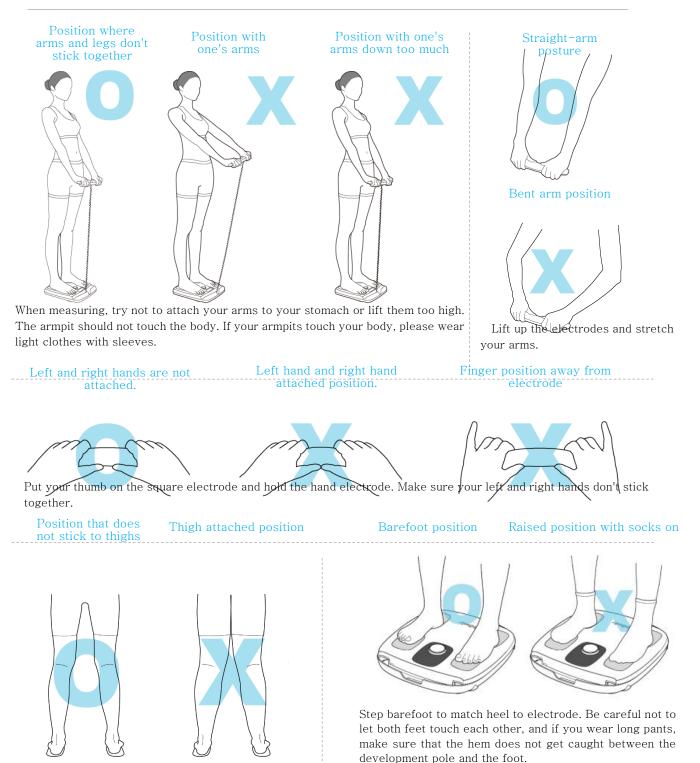
- **3** Please connect the product from the App > More > device after registering the user.
- **4** Please set the nickname to use in the product. Nicknames can be edited/added/deleted later.

*For Wifi-enabled models, please set Wifi according to the app description.



Please keep Bluetooth on your phone for smooth use.

C. Test Posture



Don't let your thighs stick together. If your thighs are tight,

please wear shorts or long pants.

4. InBody Inspection

A. User-aware scanning

Recognizing users and in-body scanning automatically logs data to the product to synchronize cumulative data at once. Nicknames must be registered to take advantage of user recognition.

*Your nickname can be registered in the app.

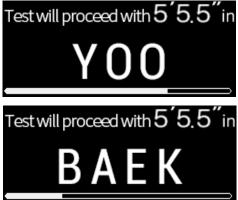
• Measurement position: Get on the tread plate barefoot, grab the handle, and pose as shown on the right.

Get on the product with your hand electrodes. When the weighing is complete, user recognition proceeds.



2 Nickname verification: Please check the recognized nickname.

Nicknames for the data most similar to you are exposed. When the dial button is pressed or positioned, the exam will automatically begin after 8 seconds. You can select a different nickname by turning the dial button from side to side.



* The graph below shows the time remaining before moving on to the exam.

* If the height has changed, it can be modified in the app.

* If Guest mode is selected, press the dial button to enter the height directly to proceed with the exam.

* User recognition is possible only after synchronization with the app after battery replacement.

3 Inspection progress: InBody inspection will be conducted for about 10 seconds.

When the measurement is complete, the screen displays 100%. If 100% is indicated, step down from the scaffold.



If your palms and soles are very dry or have a lot of dead skin cells on your feet, you may not be able to measure them.

• Check Results: Turn the dial button to skip the measurement result item.

The result item goes to the next item every 4 seconds and repeats twice. You can manually rotate the result item by turning the dial button.



- * Turn the dial button twice and turn off automatically if there is no operation for 1 minute.
- * Press and hold the dial button to turn off the power immediately.

* If you have Wifi enabled only for Wifi enabled models, measurement data is automatically synchronized to the app.

4. InBody Inspection

B. Getting Started with Weighing

1 Weighing: Press the tread plate and when the screen shows 0.0, step on it barefoot.

After weighing, press the dial button or enter the height after 4 seconds. Let's move on.





2 Enter Height: Turn the dial button left and right to enter your height.

When entering the height, the height used in the previous measurement is displayed. Turn the dial button to enter your height and press the dial button or the examination starts after 4 seconds.

3 Measurement position: Lift hand electrode, thumb against electrode, and straighten arms.

WARNING: Very dry palms and soles of the feet or heavy dead skin cells on the feet may prevent measurement. In this case, wipe your hands and feet with a wet tissue and measure them well.

4 Check Results: Turn the dial button to skip the measurement result item.

The result item goes to the next item every 4 seconds and repeats twice. You can manually rotate the result item by turning the dial button.

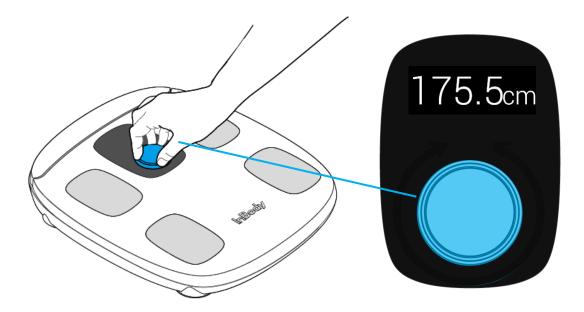
* Turn the dial button twice and automatically turn off the screen if there is no operation for 1 minute.

* Press and hold the dial button to turn off the power immediately.

C. Start Exam with Enter Input

• Enter height: Press the dial button to turn on the screen, turn the dial button left and right to enter the height.

When entering the height, the height used in the previous measurement is displayed. Turn the dial button to enter your height and press the dial button or go to the weighing screen after 4 seconds.



CAUTION: When pressing or turning the dial button, if the footrest is pressed, the weight will be recognized as weight and the weighing screen will appear. Be careful not to press the tread plate when operating the dial button.

2 Weighing: Step on the tread plate barefoot.

When the weighing is complete, the test begins after the confirmed weight is blinking.

3 Measurement position: Lift hand electrode, thumb against electrode, and straighten arms.

WARNING: Very dry palms and soles of the feet or heavy dead skin cells on the feet may prevent measurement. In this case, wipe your hands and feet with a wet tissue and measure them well.

4 Check Results: Turn the dial button to skip the measurement result item.

The result item goes to the next item every 4 seconds and repeats twice. You can manually rotate the result item by turning the dial button.

* Turn the dial button twice and automatically turn off the screen if there is no operation for 1 minute.

* Press and hold the dial button to turn off the power immediately.

4. InBody inspection method

D. Start a scan with the InBody app

1 Launch App: Please select a product from the app and start the inspection.

Select a nickname, check your personal information, and start the scan.

*Bluetooth must be turned on to run the exam with the app.

2 Weighing: Step on the tread plate barefoot.

When the weighing is complete, the test begins after the confirmed weight is blinking.

3 Measurement position: Lift hand electrode, thumb against electrode, and straighten arms.

WARNING: Very dry palms and soles of the feet or heavy dead skin cells on the feet may prevent measurement. In this case, wipe your hands and feet with a wet tissue and measure them well.

4 Check Results: Turn the dial button to skip the measurement result item.

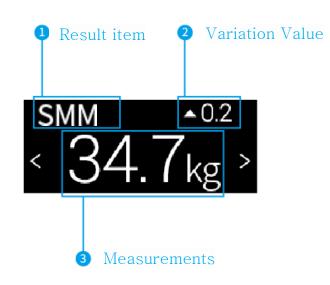
The result item goes to the next item every 4 seconds and repeats twice. You can manually rotate the result item by turning the dial button.

* Turn the dial button twice and automatically turn off the screen if there is no operation for 1 minute.

* Press and hold the dial button to turn off the power immediately.

5. Understanding the resulting items

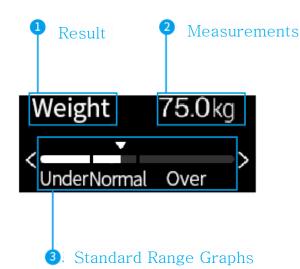
A. Configuring the Results Screen



1 Result Item Type

2 The value of variation compared to the last measurement (increase : ▲ / fall : ▼ / - : no change)

3 Measurements



1 Result Item Type

2 Today's measurements

3 Standard Range Assessment

*The product only provides standard ranges of weight, skeletal muscle mass, and body fat rate. More detailed results can be found in the app.

5. Understanding the resulting items

B. Understanding the resulting items

Body fat and muscles change when you exercise or control your diet for weight management. Therefore, when a weight control program is implemented, InBody tests can continuously monitor body fat and muscle changes and ensure that body components are changing correctly.

• Weight : The weight of the whole body, that is, the sum of the body's components.

• Body fat rate: The ratio of body fat to body weight may differ even if the weight is the same. Therefore, the body fat rate calculated by body composition analysis is an essential factor in determining obesity. The standard range is 10 to 20 percent for men and 18 to 28 percent for women. Children under the age of 18 have different standard body fat rates depending on gender and height.

Ref.

1.Robert D.Lee, David C. Nieman, Nutritional Assessment(second edition),p.264, 1990. 2.George A. Bray, MD. Contemporary Diagnosis and Management of Obesity. P.13, 1998. 3.L.Kathleen Mahan, Sylvia Escott-Stump. Krause's FOOD,NUTRITION, & DIET THERAPY.10th edition. P.488, 1991. 4.Judith E. Brown, Nutrition Now, p9-3~9-5, Wadsworth Publishing Company,1999. 5.Semuel J. Fomon, et al.(1982): Body Composition of reference children form birth to age 10 years. The American Jounal of Clinical Nutrition: 35, 1169-1175

• Muscle volume : Skeletal muscle mass attached to the bone is usually divided into cardiac muscle, smooth muscle, and skeletal muscle, and the muscle mass shown in InBody Dial is Skeleton Muscle Mass. Skeletal muscle mass is one of the muscles in the body that can be changed through exercise, and the muscle mass of the arms and legs is mainly skeletal muscle. Muscles are smaller in volume compared to the same amount of body fat, so even if they have the same weight, their body shape depends on whether they occupy a high proportion or body fat. That's why even if you weigh the same weight, you look stronger and slimmer if you have a lot of muscles. The secret to a healthy and slim body is muscle mass.

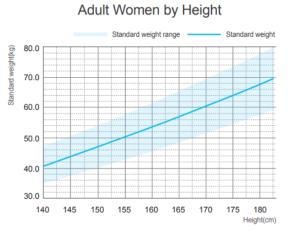
• Visceral fat : Fat accumulated between the intestines of the abdomen is divided into visceral fat, subcutaneous fat, and muscle fat depending on the location of the distribution, representing the visceral fat of the abdomen at levels 1 to 20. If your visceral fat level is 10 or higher, you need to take care of it because it is visceral fat type abdominal obesity.

• Body water volume : Most of the moisture in our body is contained in fat-free tissues, so there is a large difference in body water from person to person. In other words, the amount of moisture present in the body varies depending on age, composition of tissue, and gender, but the younger the age, the higher the moisture content in the body and decreases with age, and the gender is more men than women. In addition, moisture is contained in all tissues of the body, but there is a difference in moisture content in each cell and tissue. Blood has about 90 percent moisture, bones about 10 percent, teeth about 5 percent, and adipose tissue between 25 and 35 percent. Compared to that, muscle tissue is 72% water. Therefore, as the fat tissue increases in the body, the moisture content in the body decreases proportionally. Athletes with little fat tissue contain about 70% of their body weight, while obese people with a lot of body fat contain about 50% of their body weight.

5. Understanding the resulting items

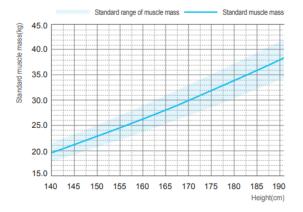


C. Weight, Muscle Mass Standard Range Graph

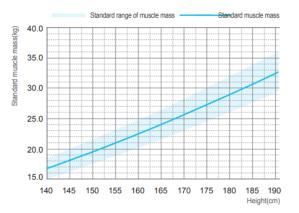


Standard Weight of

Standard Muscle Mass of Adult Men by Height



Standard Muscle Mass of Adult Women by Height



A. Check Error Messages

InBody displays an error message on the LCD screen if an abnormality occurs during use so that the user can take the necessary action. The following are typical error messages and actions.

1 Hand and foot fell off the electrode during measurement



Message displayed when inspection conditions are not met. Do not wear socks or stockings, check the contact status between the hand electrode and the electric pole, and measure again.

*The palms and soles of the feet may not be measured if they are very dry or have a lot of dead skin cells. In this case, wipe your hands and feet with a wet tissue and measure them well.

2 In Error message due to internal failure of InBody Dial

If you receive an error message below, please contact 1899-5841.





This message is displayed when the battery is running low or when the battery is running low. If the message on the right is displayed, please replace the battery.

4 The Wifi connection is temporarily lost.



Message displayed when the Wifi signal is temporarily lost. Please check the Wifi connection. Even if an error is displayed, the measurement data is recorded in the product, so pressing the sync button in the app completes synchronization.

B. Simple troubleshooting

Here are some of the problems you might encounter while using your product: If you can't solve the problem after checking the contents below, please contact the customer service center.

- Question 1. The in-body test is not available and the phrase 'Please check your thumb and heel' appears.
- Answer 1. Wipe your hands and feet lightly with a wet tissue and examine them. If your palms and soles are dry or your feet have a lot of dead skin cells, the examination may not be smooth.
- Answer 2. Take care of your posture and examine it again. Postures where armpits are attached or both hands and arms touch other parts of the body affect the examination. Please take a proper posture and hold the handle at the level of the power supply.
- Answer 3. Change the test location. Electromagnetic interference can occur in places where electronic and Bluetooth equipment are concentrated or where fluorescent lights are located right above.

Question 2. The power doesn't turn on even if you press the dial button.

Answer 1. Please check the electrode direction of the battery. Battery has incorrect electrode orientation to prevent power from turning on

Answer 2. Please change the battery. The product may be discharged.

Question 2. Weighing is not available and the loading bar continues to rotate.

Answer 1. Replace the battery. The measurement may not be smooth due to low battery.

Answer 2. Please check if there is nothing pressed on top or bottom of the product. Measurement may operate abnormally if the product is pressed or the supporter on the back (floor) of the product is pressed by foreign substances.

Question 3. Weight is strange.

Answer 1. Press the edge of the product to see if the product is level. Weighing on carpets or mats can cause weight problems. Please measure the product on a hard and horizontal floor.

Answer 2. Check the four supporters on the back (floor) of the product for foreign substances or breakage. Dirt or broken between supporters affects weight values.

Answer 3. Please check if there is nothing pressed on top or bottom of the product.

Measurement may operate abnormally if the product is pressed or the supporter on the

back (floor) of the product is pressed by foreign substances.

C. Frequently Asked Questions

I've collected the questions you frequently ask.

If you have any questions after checking the contents below, please contact our customer service center..

Question 1. The results of the in-body test are weird. There is a slight difference when measuring.

- Answer. Differences occur if the hands and feet fall off the electrode or if the posture is not correct during measurement. in a precise positionMeasurement must be undertaken, and the correct posture must be maintained until the measurement is complete. If you have dry hands and feet, wipe your hands and feet with a wet tissue and measure them. Also, the body composition changes little by little during the day, so it is recommended to measure it at the same time and in the same exact measurement position as possible.
- Ex) After going to the bathroom before breakfast, wear light clothes and straighten your arms and legs.

Q2. How accurate is H30NWi?

Answer: InBody Dial's weight error range is ±100g under 100kg and ±200g under 150kg.

- . InBody Dial's body component accuracy is described by its correlation with DEXA* and standard error. Correlation refers to the correlation between the dexas of the same person and the InBody test results. A correlation of 1 means the same as a dexa; InBody Dial has a correlation of 0.93. Next, the standard error refers to the error between InBody Dial and the dexa measurement data. Based on body fat rate, the margin of error is 3.3%.
- * Dual Energy X-ray Absorptiometry (DEXA): Standard equipment for high accuracy body composition analysis

Question 3. What is the normal range of visceral fat levels?

Answer. The visceral fat level is Inbody's unique way of expressing the visceral fat cross section from 1 to 20.

For adults, the lower the visceral fat level, the better if the visceral fat level is less than 10.

Question 4. What is the standard range of body fat rates?

Answer

Gender	Low	Standard	High
Man	below 10%	10 - 20%	over 20%
Woman	below 18%	18 - 28%	over 28%

(Adults over 18)

6. Diagnosing and resolving problems

Question 5. What's the standard for in-body ranking?

Answer. The InBody ranking calculates the amount of abnormal body fat and abnormal body fat for abnormal BMI.It's the difference in my fat by scoring it. Basically, if you have a lot of body fat, the ranking goes down, and if you have a lot of muscles, the ranking goes up. In-body ranking is not an absolute ranking of the body, but an In-body standard for diet motivation, so please use it as a reference.

Question 6. I don't know the exact key, but does it not affect the result if I enter it roughly?

Answer. The key is reflected in the result value, so you must enter it correctly. If the key is typed differently, body compositionThere is an error in the calculation process, so you can get a wrong result.

Question 7. Your thighs are thick, so your legs stick together when you measure them. Doesn't the result matter?

Answer. Because H30NWi measures by region, if thighs stick together or armpit sticks to the torso, the result will be affected. In this case, you can get accurate results by wearing light short sleeves, shorts, or long clothes.

Question 8. I couldn't send the result to my smartphone, but the LCD screen turns off. Can't you make the result come out a little longer?

Answer. Data accumulates in the product when an in-body test is performed through user recognition. All inspected data can be sent even if it is linked to the app only once in the future, even if it is not linked to the app for each inspection.

7. Product specifications

A. Product Classification

· Protection type against electric shock: internal power type

 \cdot Degree of protection against flooding: Ordinary devices (external devices not protected against water intrusion)

 \cdot Equipment not suitable for use in air, flammable an esthetic gas, or oxygen/nitrogen dioxide/flammable an esthetic gas

· Operating mode: Continuous operation and protection against electric shocks: BF type

B. Product Specifications

Bioelectric impedance (BIA) measurement item 10 impedance measurements (right arm, left arm, torso, right leg, and left leg) in two frequency bands (20 kHz, 100 kHz)

Electrode method 4-pole 8-point touch electrode method

Direct Segmental Multi-frequency Analysis Method (Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA)

Experience of calculating body components Items of exclusion (LCD screen) Weight, body fat rate, muscle mass, visceral fat level, body water volume

Current used 100µA

Power consumption DC 6V (1.5V AA battery 4 EA)

Display screen 2.25 inch TFT LCD

Color Soft White

InBody Dial size 318(W) \times 361(L) \times 56(H) : mm

InBody Dial weight 2.47 kg

Measurement time impedance Within 5 seconds of measurement

Operating environment 10°C-40°C, 30-75%RH, 70-106 kPa

Storage environment - 20°C-70°C, 10-95%RH, 50-106 kPa (No condition)

Measurement weight 10-150 kg

Height range 50-300 cm *

* The above specifications are subject to change without prior notice.

FCC Information to User

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

· Reorient or relocate the receiving antenna.

· Increase the separation between the equipment and receiver.

• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

WARNING

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

"CAUTION : Exposure to Radio Frequency Radiation.

Antenna shall be mounted in such a manner to minimize the potential for human contact during normal operation. The antenna should not be contacted during operation to avoid the possibility of exceeding the FCC radio frequency exposure limit.

French Example Canadian Compliance Statements

"Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device."

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil nedoit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

"This Class B digital apparatus complies with Canadian ICES-003."

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

"This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter."

Cet appareil et son antenne (s) ne doit pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

i. This device may not cause interference.

ii. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

i. L'appareil ne doit pas produire de brouillage;

ii. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Contain FCC ID: 2ADXS-WFM60-SFP2501

Contain IC: 12641A-WFM6SFP2501

Product Warranty

Name of Product : H30NWi			
Product No :			
Date of Purchase :			
Place of Purchase :			
 This product warranty gives an assurance for the InBody product as below: 1. This product undergoes a strict review process to ensure quality control 2. The warranty period of this product follows the warranty period policy of the manufacturer. 			
3. If the product malfunctions under normal use, InBody will repair it, free of charge during the warranty period.			
4. The warranty will be voided and repair services will be offered at cost under the following circumstances:			
 Failure and/or damage caused by mishandling. Failure and/or damage caused by not following the directions and precautions stated in the User's Manual. 			
Failure and/or damage caused by a natural disaster.			
 Failure and/or damage caused by a power malfunction. 5. The warranty will be voided if: The InBody was disassembled by unauthorized personnel. The InBody was repaired by unauthorized personnel. 			
Services are available at a cost after the warranty period. Contact us at info.us@inbody.com if you are in need of assistance.			
InBody			