

InBody

User's Manual

Thank you for purchasing an InBody. This user's manual describes every function of InBody in detail for easier understanding. You can use your InBody more effectively if you read and follow this manual well. Keep this manual close after reading.

Disclaimer: This device is not a medical device. It cannot determine the presence of an illness or disease. The examination of a medical professional is required for diagnosis.

InBody Test Posture

Stretch out your arms.
Avoid contact with your waist.

Put your thumb on the round electrodes.

Place your heel at the end of the heel electrodes and allow the rest of your foot to point forward

Contents

I. Precautions	2
II. Product Components and Set-Up Instructions	
A. Product Components	3
B. Installation and User Registration of InBody App	4
III. Weight Measurement	6
IV. InBody Test	
A. Precautionary Steps	7
B. Test Posture	8
C. Test Instructions	9
D. Understanding Test Items	11
E. Standard Range Graph of Weight and Muscle Mass	12
V. Troubleshooting	
A. Error Message	13
B. Solving Simple Problems	14
VI. Frequently Asked Questions (FAQ)	15
VII. Specifications	17
VIII. Product Warranty	18

I. Precautions

Do not use as follows:

1. **People with medical devices including an implantable medical device or a patient monitoring device, such as a Pacemaker, should not use the InBody. InBody Co., Ltd. is not liable for any incidental or consequential damages that occur**
2. Keep your InBody device away from other electronics while testing. It may cause errors.
3. Sterilize the InBody with a soft cloth or with ethyl alcohol wipes before each use. Do not pour liquids onto the InBody. It may cause the product to short circuit or cause electric shock. People with contagious diseases should not use an InBody device.
4. Excessively high or low temperatures, humidity, and pressure can effect the accuracy of the InBody. Do not use in a humid place such as a bathroom.
5. Keep food, beverages and other liquids away from your InBody device.
6. Do not disassemble the InBody. It can cause electric shock or damage, product malfunction, and other errors. InBody Co., Ltd. will not be liable for any incidental or consequential injuries or damages from the product that occurred.
7. Do not use this product for purposes other than body composition analysis or weight measurement.

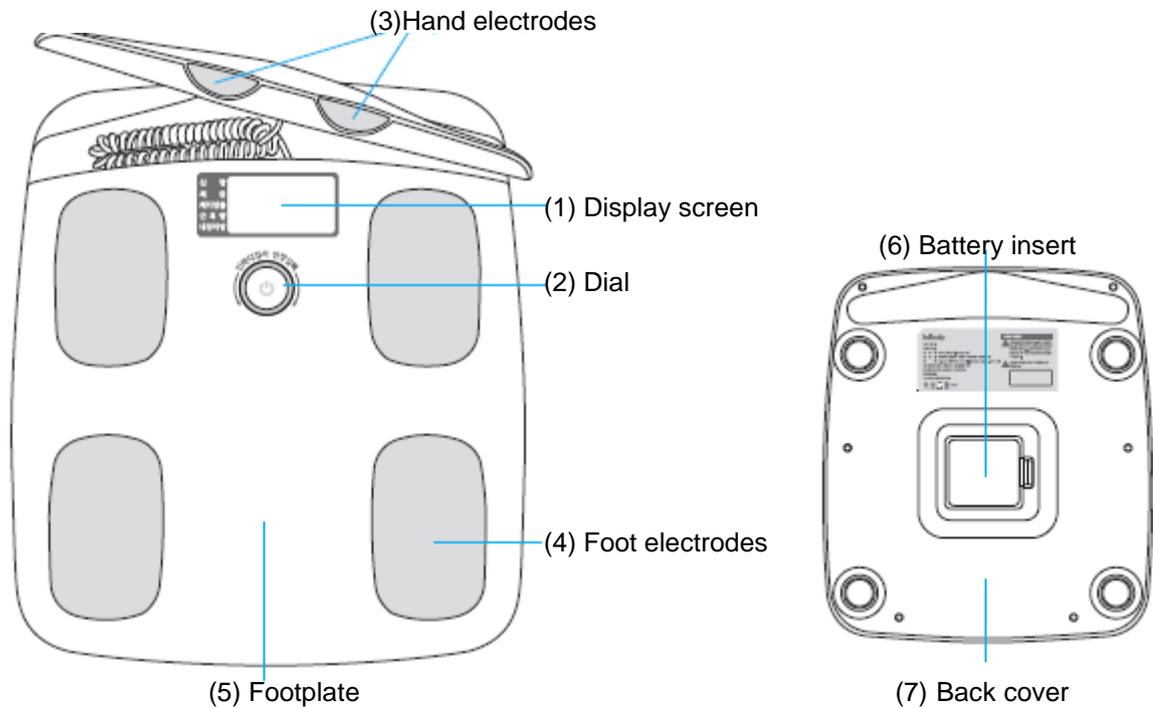
Use as follows:

1. If you cannot maintain the correct testing posture to take the test alone, request assistance from a helper. Help children maintain proper posture during the measurement.
2. Place the InBody on a flat and vibrationless floor. Placing it on an uneven floor, like a carpet or a mattress can result in incorrect measurements. For long-term storage, remove the battery pack, and place it on a flat surface.
- 3.
4. Use the packing material provided with the product when moving your InBody. Dispose waste in compliance with the law.
5. Only trained InBody service team members can repair InBody devices. If your device is in need of repair, please contact us at 323-932-6503 or customersupport@inbody.com.

II. Product Components

A. Product Components

Product components: InBody, User's Manual, AA Battery (4)



- (1) Display screen: Displays outcomes on the screen.
- (2) Dial: Use to power ON/OFF, input height and check results.
- (3) Hand electrodes: User holds the device with hands and fingers.
- (4) Foot electrodes: User stands on the device, placing the back of heels on the rear electrodes,
- (5) Footplate: Measures the weight of the user.
- (6) Battery insert: The InBody takes 4 AA batteries. Open the cover to insert the batteries.
- (7) Back cover: Only InBody service team members can open.

B. Installation and User Registration of InBody App

- (1) You need an InBody App to run an InBody Test.
(min. iOS 8, min. Android 5.0)
- (2) Download the InBody App from iPhone App Store and Google Play Store.
Scan the QR Code below to move to the App Download page.
For an Android phone, turn on NFC(Read/Write) and touch the NFC mark on the rest to move to the app download page automatically.



- (3) Download and run the InBody App for user registration.

Enter Mobile phone number
Welcome to InBody App. Enter your phone number to use the app.

1(###)###-####

Mobile Phone:

"InBody" wants to send you a notice.
Badges of warning, sound, and icon can be included. You can manage at the setting.

Do not accept Accept

Enter Mobile phone number
Welcome to InBody App, the name for health management.
Enter your phone number to use the app.

1(###)###-####

Mobile Phone 1(###)###-####

(Enter)

Membership

First time using InBody?
Become a member first..

Mobile Phone
Gender Female Male

Height(feet and inches) 168

Age 25

Enter password
Enter password again

(v) I agree to the terms and conditions.
(v) I agree to the personal information processing policy.
(v) I agree to the provide sensitive information.
(v) I agree to provide location information for pairing Bluetooth communication.

(Finish)

Membership

First time for InBody?
Become a member first..

Mobile Phone 0102310****

Gender Female Male

Height
Age
Enter
Enter

Your application is complete.
(Auto login is set.
You can cancel in configuration.)

(v) I agree to the personal information processing policy.
(v) I agree to the provide sensitive information.
(v) I agree to provide location information for pairing Bluetooth communication.

(Finish)

InBody



28%

Importing data to sync.

Synchronization of data including InBody test outcome is processing.
Wait a minute. It may take max. 7



Keep the Bluetooth ON to use InBody.

III. Weight Measurement

To measure weight only,

- (1) Tap the footplate to turn the power ON, and step on the plate when 0.0 is displayed on the screen.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

- (2) With a “beep-“ sound, check the weight on the screen.
Power is OFF automatically if you step down from the footplate.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

*Zero-Point Adjustment

Tap the footplate or press the dial to turn the power ON. Once the power is on, 0.0 will be displayed on the screen as shown in the image below.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	



If you want to test on the InBody immediately after measuring the weight, turn the dial and input height after completing the weight measurement.

Then, hold the hand electrodes and take posture to take the InBody test.

IV. InBody Test

A. Precautionary Steps

- (1) Do not eat immediately before testing on an InBody
The food inside the stomach can influence the weight and be seen as body mass, causing errors in the measurement.
- (2) Test in the morning, if possible.
- (3) Test after going to the bathroom.
- (4) Test prior to working out.
- (5) Test prior to taking a shower, bath or using a sauna.
- (6) Stand for about 5 minutes prior to testing.

B. Test Posture

Arms and legs aren't touching each other Arms are too high Arms are too low Arms are extended

Arms are bent

Do not let your arms touch your stomach and make sure your arms are extended from your body and wear light clothes with sleeves.

Hold the hand electrodes
and extend your aa

Make sure your left hand and right hand don't touch each other

Make sure all fingers are holding the
from the electrodes.

Put your thumbs on the round electrodes and hold them. Do not let your left hand and right hand touch each other.

Make sure your thighs aren't touching
Stepping on
each other and your legs are straight.

Make sure you are barefoot

Do not let your thighs touch each other. If your thighs touch
electrodes
each other, wear shorts or pants..

Place your heels on the
and step on the device barefoot. Do not let
your feet touch each other. If you
are wearing long pants, make sure
the edges of the pants are not
stuck between foot electrodes and
your feet.

C. Test Instructions

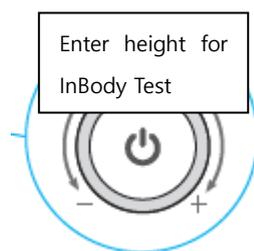
(1) Power ON: Press the dial to turn Power ON.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

(2) Enter height: Press the dial to enter height.

When power is ON, the height of the previous user is displayed.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	



Be sure not to press the footplate while adjusting the dial.

(3) Weight Measurement and InBody Test: Step on the footplate barefoot and stand as shown in the figure below.

Hold the hand electrodes as previously described. After finishing the weight measuring, there is a "toot-toot" sound and the InBody Test begins. The Test runs for about 10 seconds, It completes with a with a "Tu-lu-lu" sound. Once "End" appears on the screen, step down from the footplate.

Height	
Weight	
Body fat	
Muscle	
Visceral fat	

(4) Check Test Result: Turn the dial to enlarge results

Outcomes will be displayed for 100 seconds after an InBody Test has completed. If the device is not used within that timeframe, it will turn off. To turn off the device immediately after use, press and hold the dial.



If a user's palms and/or soles are dry or callused, you may have difficulty testing.

Clean your hands and feet with a wet tissue for more accurate results.

D. Understanding Test Items

Body fat mass and muscle mass change with diet and exercise. • **Weight** : Total body mass
Weight is the total mass of the human body.

• **Percent Body Fat**: The total mass of fat divided by total body mass A person's body fat percentage is the total weight of the person's fat divided by the person's weight and consists of essential body fat and storage body fat. Although the weight is same, the percentages of fat or muscle mass can be different. Therefore, the body fat percentage is an essential item for diagnosing obesity.

The standard range is 10-20% for men and 18-28% for women. The standard body fat percentage differs for children under 18 depending on their gender and height.

• **Muscle Mass**: Skeletal Muscle Mass

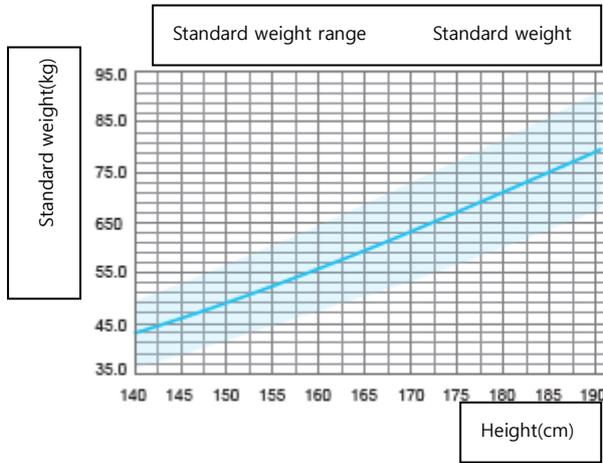
Skeletal muscle represents the majority of muscle tissue; it is the type of muscle that powers movement of the skeleton. It is categorized as striated muscle because when viewed under a light microscope, alternating stripes of light and dark bands can be seen. There are three muscle types, cardiac, smooth, and skeletal muscle. Skeletal muscle is innervated by the somatic nervous system and subject to voluntary control. Skeletal muscle is attached to the bone and its main function is for movement of the body. This is the muscle that is influenced the most by physical activity.

• **Visceral fat** : Fat surrounding the major organs

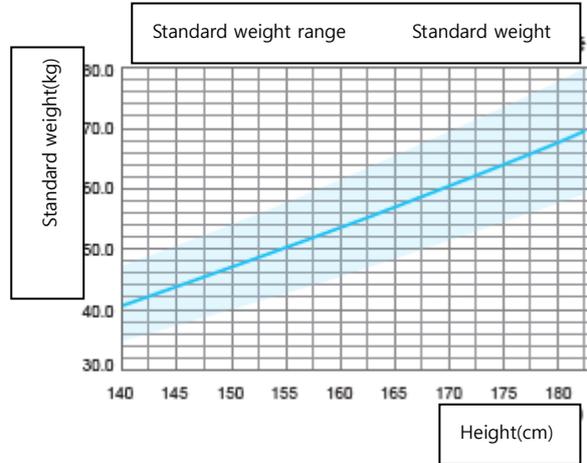
Fat around organs is shown in levels between 1 and 20. People with visceral fat levels above 10 are considered unhealthy and are at higher risk for diseases like heart disease, cancer and sleep apnea.

E. Standard Range Graph of Weight and Muscle Mass

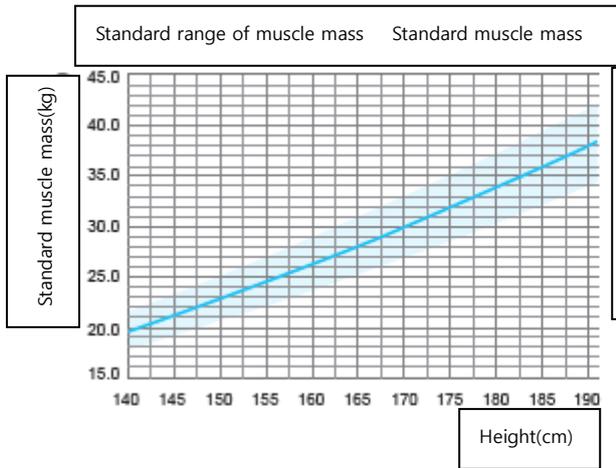
► Standard Weight of Adult Men by Height



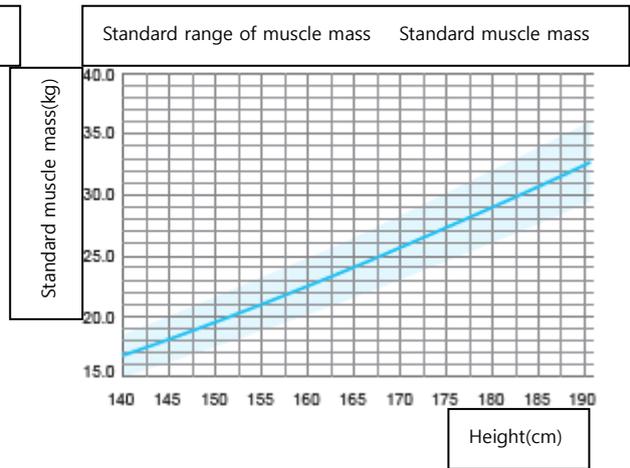
► Standard Weight of Adult Women by Height



► Standard Muscle Mass of Adult Men by Height



► Standard Muscle Mass of Adult Women by Height



IV. Troubleshooting

A. Error Message

The InBody displays an error message on the LCD screen if a disruption occurs.

(1) [Error messages appearing when your hands and feet are away from the electrodes during the measurement](#)

If the following error messages appear, do not put your socks or stockings on. Check that the correct testing posture is being tested and try again.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

(2) Error messages caused by internal malfunction of InBody

If the following error messages appear, please contact us at 323-932-6503 or customersupport@inbody.com.

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

<u>Height</u>	
Weight	
Body fat	
Muscle	
Visceral fat	

B. Solving Simple Problems

If the problem still persists, please contact us at 323-932-6503 or customersupport@inbody.com if you are in need of assistance.

Q 1. Power is not ON after pressing the dial.

- A 1. This can happen when the batteries are dead. Replace the batteries
- A 2. This can happen when the batteries are not inserted correctly. Remove the batteries and make sure the electrodes are in the correct spots.

Q 2. Weight is not measured and the square keeps rotating.

- A 1. Press the footplate to turn InBody power ON. If 0.0 appears on the LCD screen after a display of the rotating square for 2~3 seconds, step on the footplate and measure the weight.
- A 2. Check if there is a person or an object on InBody, or the 4 supporters behind(floor) InBody are pressed by foreign objects.

Q 3. Weight is strange.

- A 1. Press the footplate to turn the InBody power ON. Then check if 0.0 appears on the LCD screen after 2-3 seconds.
- A2. The weight can be inaccurate if you use the device on carpet or a mattress. Be sure to put InBody on solid floor.

VI. Frequently Asked Questions (FAQ)

If your question is not listed here, please contact us at 323-932-6503 or customersupport@inbody.com if you are in need of assistance.

Q 1. How accurate is the outcome value?

A. This InBody product has a 93% correlation with DEXA.

Q 2. The InBody Test results vary. Why is there a difference in outcomes?

A. If you are standing with incorrect posture, outcomes will vary. Make sure client's hands and, feet are touching and holding electrodes properly. Maintain this posture until the Test is complete.

If you have dry hands and/or feet, clean them with an InBody Tissue or antibiotic wet tissue before testing.

InBody recommends testing at the same time, under the same conditions for best accuracy.

Q 3. What is the normal range of visceral fat level?

A. Visceral fat level is InBody's method of level display which leveled cross section of visceral fat from 1 to 20. For adults, it is normal if visceral fat level is below 10. The lower the visceral fat level the better.

Q 4. What is the standard range of body fat percentage?

A.

Gender	Below Normal	Normal	Overweight
Man	below 10%	10-20%	over 20%
Woman	below 18%	18-28%	over 28%

(Adults over 18)

Q 5. What is the standard for InBody ranking?

A. InBody ranking is the scoring of the difference of body fat and muscle mass of my body. You have to obtain ideal body fat and ideal muscle mass for ideal BMI for InBody ranking. If you have a lot of body fat basically, the ranking drops, and if you have lots of muscle mass, the ranking rises. InBody ranking is not an absolute rank of body but a standard of InBody for diet motivation for your reference.

Q 6. What if the user doesn't know his or her height?

A. Height is important for obtaining accurate InBody Test results. Measure the user on a stadiometer like the InBody BSM-170 for best results.

Q 7. What if the user's thighs or armpits touch. Would that effect the test results?

A. Yes. If a user's thighs or armpits touch, have them wear a light short sleeve shirt and shorts to obtain more accurate outcomes.

Q 8. How do you make the results stay on the screen longer?

A. InBody Test results are shown on the LCD screen for 100 seconds. If you want to see it for a longer period of time, turn the dial.

VII. Specifications

Bioelectrical Impedance (BIA) Measurement Items	Bioelectrical Impedance(Z) : 10 Impedance measurements are taken by using two(2) different frequencies (20kHz, 100kHz) in each of the five (5) segments (right arm, left arm, body, right leg, left leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrode Methods
Testing Method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA type
Body Composition Calculation Method	No Empirical Estimation
Outputs(LCD Screen)	Weight, Body Fat Percentage, Muscle Mass, Visceral Fat Level
Applied Rating Current	100 μ A
Power Consumption	DC 6V(1.5V AA battery 4 EA)
Display Type	Customized LCD
Color	Oatmeal Beige
Dimension	310.3 (W) X 356.4 (L) X 58.3 (H) : mm
Weight	2.7kg
Testing Time	Within 10 seconds after measuring impedance
Operation Environment	10-40°C, 30-75%RH, 70-106kPa
Storage Environment	-20-70°C, 10-95%RH, 50-106kPa (No condensation)
Testing Weight Range	10-150 kg
Height Range	50-300 cm

* Specifications may change without prior notice.



Mark by Conformity Assessment of Broadcasting and Communication Equipment

Identification Code : MSIP-CRM-BIB-InBodyH20N

Equipment Name : Terrestrial Wireless Equipment (Wireless Equipment for Wireless Data Communications System)

Model : InBody Dial (W)

Company : InBody Co., Ltd.

Manufacturer/Country : InBody Co., Ltd./Korea

Date of Manufacture : Marked separately

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 ne doit 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 equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body"

Cet équipement doit être installé et utilisé à une distance minimale de 20cm entre le radiateur et votre corps.

"It is the responsibility of the installer to ensure that when using the outdoor antenna kits, only those antennas certified with the product are used. The use of any antenna other than those certified with the product is expressly forbidden by FCC rules 47 CFR part 15.204 and IC RSS standards."

Il est de la responsabilité de l'installateur de s'assurer que lorsque vous utilisez les kits d'antennes extérieures, seules les antennes certifiées avec le produit sont utilisées. L'utilisation d'une antenne autre que ceux qui sont certifiées avec le produit est expressément interdite par la réglementation FCC partie 47 CFR 15.204 et IC normes RSS.

Product Warranty

Name of Product : InBody Dial (W)

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 InBodyh was repaired by unauthorized personnel.

6. Services are available at a cost after the warranty period. Contact us at 323-932-6503 or customersupport@inbody.com if you are in need of assistance.

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The specifications and appearance of this product may change without prior notice. InBody Co., Ltd. has all the rights to the foregoing.

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