

InBodyON2

User's Manual (USA)

Thank you for purchasing InBodyON2. This User's Manual describes the full functionality of InBodyON2. Be familiar with this information, follow it, and use InBodyON2.

BM-ENG-M3-A-180615

* This product is a medical device.

Please note the important information below before reading this manual.

⚠ Warning

Failure to comply with safety warnings and regulations can cause serious injury or death.

⚠ Caution

Failure to comply with safety precautions and regulations can cause injury or property damage.



For any problems with the InBodyON2 or any clinical questions, contact:

InBody [USA]

13850 Cerritos Corporate Dr., Unit C, Cerritos, CA 90703, USA

TEL: +1-323-932-6503

FAX: +1-323-952-5009

Website: <https://www.inbody.com>

E-mail: info@inbody.com

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InBody Co., Ltd reserves the right to modify the appearance, specifications, etc. of the InBodyON2 to improve the quality of the product, without prior notice for reasons of performance improvement.

No modification of this equipment is allowed. Do not modify this equipment without authorization of the manufacturer. If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of the equipment

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I. Precaution on use

Don't use it like this.

1. If you have a implantable medical device, such as a pacemaker, or a life-sustaining medical device, such as a patient monitor, do not use it. The instrument (pacemaker) may malfunction due to the fine current flow. The InBody Corporation shall not be legally responsible for damages to persons or devices caused by failure to comply with the above precautions for use.
2. InBodyON2 is sensitive to accurate measurement of body composition. Therefore, when Testing near the refrigerator, fluorescent screen, or other electronic devices, InBodyON2 may cause errors in the measured values due to electromagnetic noise.
3. Do not contact or use this product if you have a contaminated disease or an infectious disease. After use, InBodyON2 should be cleaned with a sterilized disposable paper, ethyl alcohol, etc. Do not pour into the product in liquid when using sterilizing agents. Electrical shock due to product failure and short circuit may occur.
4. Avoid excessive high or low temperatures, humidity and pressure in wet areas such as bath water, as this may affect the operation of the system.
5. Be careful not to allow liquids such as food waste or beverages to enter the product. Problems can occur by affecting internal electrical devices.
6. Do not randomly dismantle InBodyON2. May cause electrical shock or injury, failure of the extraction and errors in measurement values. The InBody Corporation shall not be held liable for damages to the equipment or damages caused by the user's voluntary release.
7. Do not use this product for any other purpose than to analyze body composition.
8. Personnel who provides AS services are qualified to work with Invadies for more than one year.

Use it like this.

1. If you can not maintain the measuring position on your own, use your guardian's help to make the measurement. For children, it is essential to help them maintain an accurate measuring attitude.
2. Get a prescription from your doctor or specialist and start weight loss or exercise therapy.
3. Use InBodyON2 within the operating environment specified in the product specifications.
4. Be careful not to use the packaging material provided at the time of purchase and cause a serious impact. Please dispose of other waste materials according to the relevant laws.
5. Repair and inspection may only be carried out by an AS person of InBody. Contact 080-578-3939 for repair and checkup.
6. Please dispose of waste according to the relevant laws.

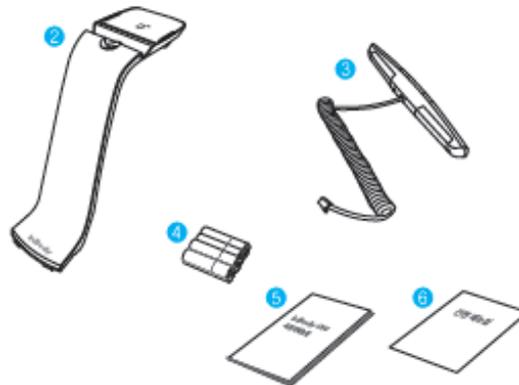
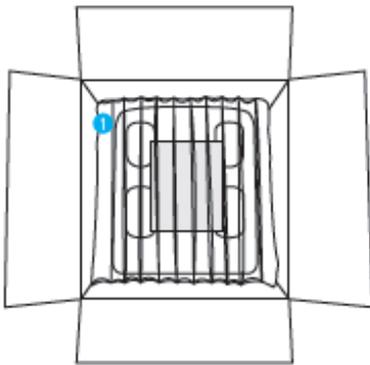
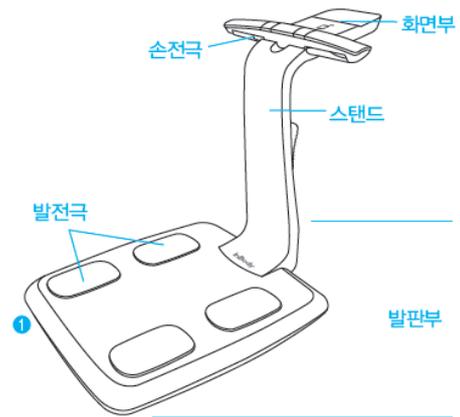
II. InBodyOn2 Installation

A. Product Components

InBodyON2 product configuration is as follows. Check whether each part is present.

* Check whether there is more than a crack agreement in each part before installation.

- | | |
|----------------------|-----|
| ① InBodyON2 Foothold | |
| ② Stand | 1EA |
| ③ Handle | 1EA |
| ④ Battery AA | 4EA |
| ⑤ User's Manual | 1EA |
| ⑥ Simple Manual | 1EA |



B. Operating Environment

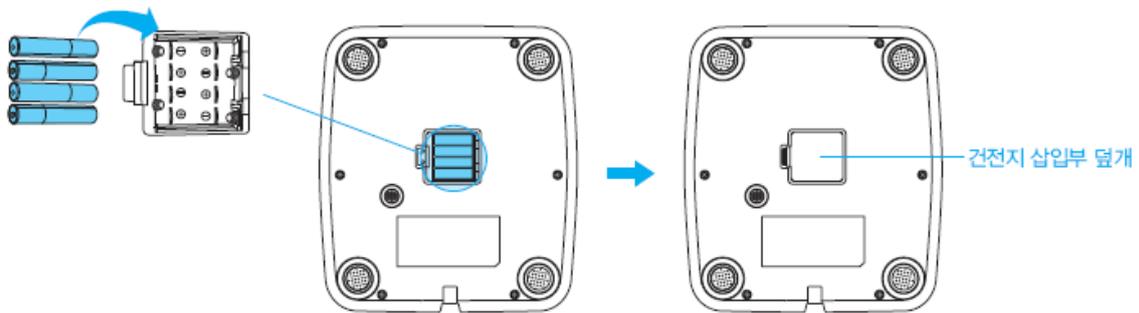
InBodyON2 is suitable for indoor use.

When used outdoors, other than indoors, the following criteria must be met :

Temperature range	10 ~ 40°C (50 ~ 104°F)
Relative humidity	30 ~ 75% RH
Atmospheric pressure	70 ~ 106kPa

C. Installation Instructions

1. Remove the packaging and protective film by removing the equipment and the foothold from the packaging box.
2. Install battery in foot plate



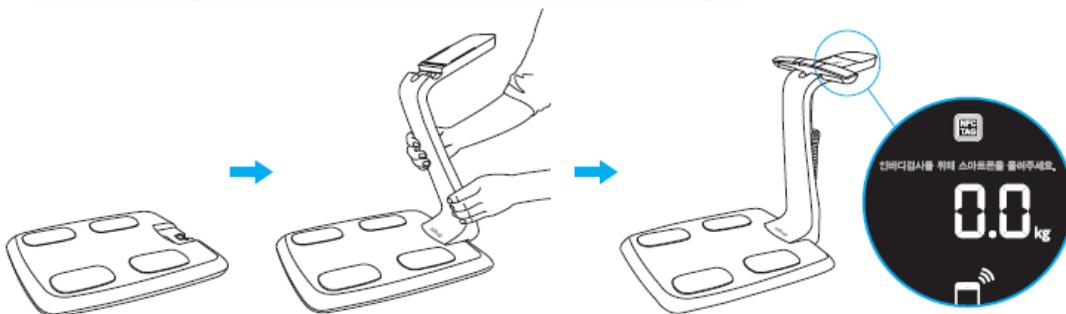
⚠ Caution

Do not reverse the battery direction. If it is plugged in the wrong way, it may cause the power to not turn on and damage the internal circuit of the product.

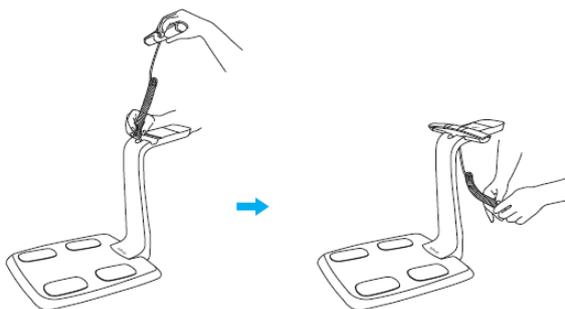
4. Place the foot plate on a flat surface and mount the stand.

When the stand is connected to the foot plate, 'Inbody' is displayed on the screen from left to right, and then 0.0 kg is displayed.

* Horizontal alignment is required to accurately measure weight.

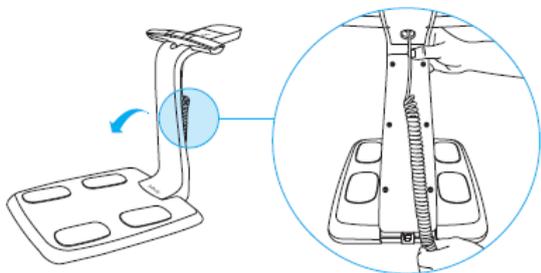


5. Pass the handle's cable through the hole in the rack at the top of the stand and release the handle.



6. Pull the stand slightly towards the foot plate and fasten the cable to the back of the tread plate.

* Push until it clicks.



Caution

The foot plate and stand are attached with magnets. If you pull towards the foot plate, it will be easy to remove, but if you push the other way around, the plastic hook will prevent it from separating. There is a risk of falling down if used lean or supporting purposes.

7. Installation complete



D. InBodyON2 install and register app

1. InBody Apps must be installed on your smartphone to perform an InBody Test with InBodyON2 (Available on iOS9 and above, Android 5.0 and above)
2. You can download the iPhone from the app store and the Android phone from the play store. Or, call 080-578-0111, or take a QR code to go to the App Download page. For Android phones, you turn NFC on (read/write), drop on the NFC mark on the street, and automatically navigate to the App Download page.

3. Install and run the app and register the user.



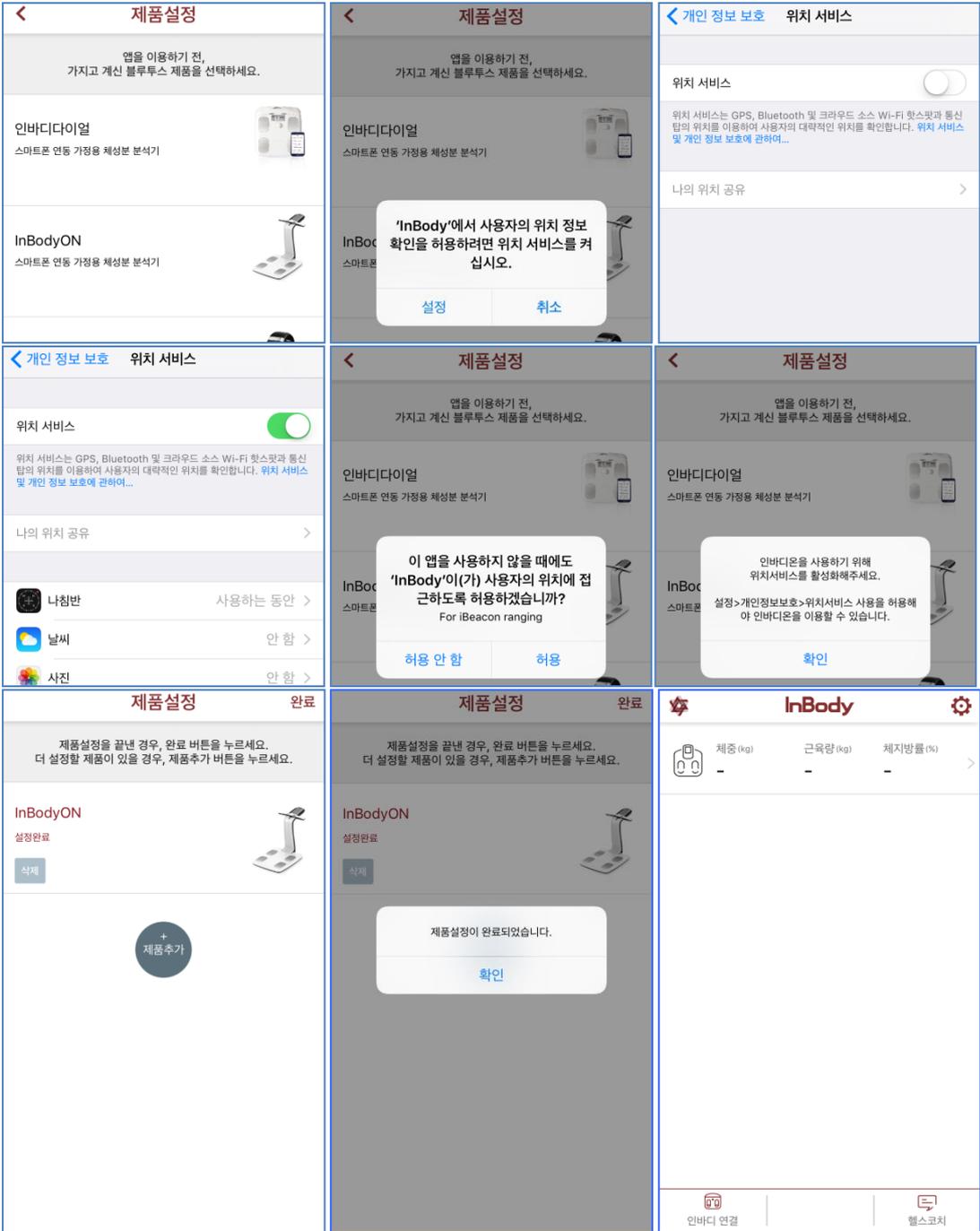
Reference

InBodyON2 communicates with the smartphone via Bluetooth.

If the Bluetooth function on your smartphone is turned off, you will not receive a signal from InBodyON2, and you will not be able to interface with the equipment, so keep Bluetooth on at all times.

4. For the first run, select InBodyON2 in product setup and when you complete the product setup in the sequence shown below, you will go to the initial screen.

** When setting up your product, you must set it to enable location services on your smartphone.



E. Maintenance

Caution

* The foot plate and stand are attached with magnets. If you pull towards the foot plate, it will be easy to remove, but if you push the other way around, the plastic hook will prevent it from separating. There is a risk of falling down if used lean or supporting purposes.

1. Do not strain the cable connected to the handle
2. Don't put anything on the tread plate. The weight measurement may not match.
3. Be careful not to allow foreign substances, such as food, drinks, or liquid cleaners, to flow into the equipment. Any foreign substances that has spilled into the system can cause serious damage to electronic components.
4. Generally, the proper storage temperature for electronics is between 10 and 25 degrees. Storage at temperatures higher than 25 degrees may result in faster natural discharge of the battery. Be careful not to overheat the system.

III. Weight measurement

A. Precautions

1. Be careful not to step on either side of the foot plate or the end where the heel is located. The equipment may tilt and cause the measuring instrument to fail.

B. Test instruction

1. Stand on the foot plate.
2. After 1~2 seconds, a 'beep' will sound, the LED number will number will display on the screen and the weight will be measured.



3. When you come down from the foot plate, the weight will be 0.0kg and will automatically turn off after 5 seconds.

C. Zero adjustment

1. InBodyON2 will zero for approximately 2 seconds after the LED screen has been turned off and will power down with a 'beep - ' sound. If you step onto the foot plate while adjusting the zero point, you will see the screen below. If you come down from the tread plate again, you will adjust the zero, make a 'beep' sound, and turn off the LED screen and power.



Reference

If the InBodyON 2 is moved, has not been measured for a long time, or if the temperature has changed a lot, the first measured weight may not match. In this case, it is recommended that you take another measurement after zero adjustment with the power off.

IV. InBody Test

A. Precautions

Warning

1. Do not use medical devices, such as pacemakers, that are necessary to support life, or medical devices, such as patient monitors, inside the body. During an examination a weak

current flows to the human body, which can lead to watchdog failure and a risk of life.

2. Bioelectrical Impedance Analysis (BIA) method uses minute currents and therefore does no harm to the transfer. However, when used by pregnant women, consult your doctor or specialist to use them.

3. Do not play around with equipment or jump on foot plate. Equipment may be damaged or seriously injured due to falls.

4. Children or persons with impaired mobility may be examined with the assistance of an administrator or assistant.

5. Do not touch or use equipment if you have an infectious disease, or if you have a cut in your palm or foot.



Test it in the morning if possible. Body composition tends to move towards the lower body in the afternoon and may influence the results of an examination.

2. Test with an empty stomach. Eating can affect your weight and cause you to be considered body-forming and therefore affect your examination results.

3. Go to the bathroom and examine it. The urine or feces may affect the test result because they are not affected by weight.

4. Stand for about 5 minutes and examine. If you lie down for a long time or sit down and then stand up and take measurements directly, the amount of body water can move to the lower body and affect the results of the test.

5. Test before you exercise. Even light exercise can temporarily alter body composition.

6. Test before taking a shower or a sauna, half bath, silt bath, bath. Increased blood flow rate, increased sweating discharge can cause temporary changes in body water and affect the result of the test.

7. Wipe out the measured area thoroughly with an InBody tissue or Wet tissue.

Reference

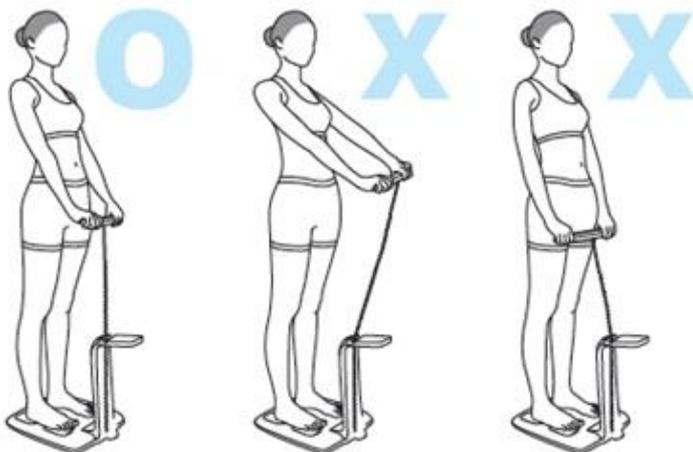
Be sure to thoroughly understand the correct position before InBody test.

Incorrect posture may affect the impedance value and affect the results of the test.

B. Test Posture

For accurate test results, you must maintain the correct position during the examination.

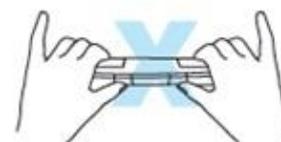
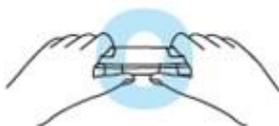
* Correct electrical contact with the body is essential for the examination.



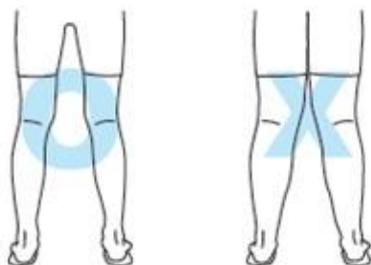
When measuring, do not place your arms on your stomach or lift them too high. Make sure that the armpits do not touch trunk. If the armpits are touching trunk, please carry the light sleeves.



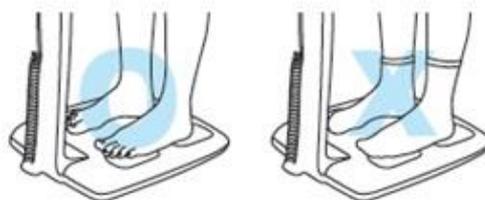
Raise your hand electrodes and stretch your arms.



Hold the hand electrode with your thumb against the electrode. Make sure that the right and left hand do not touch together.



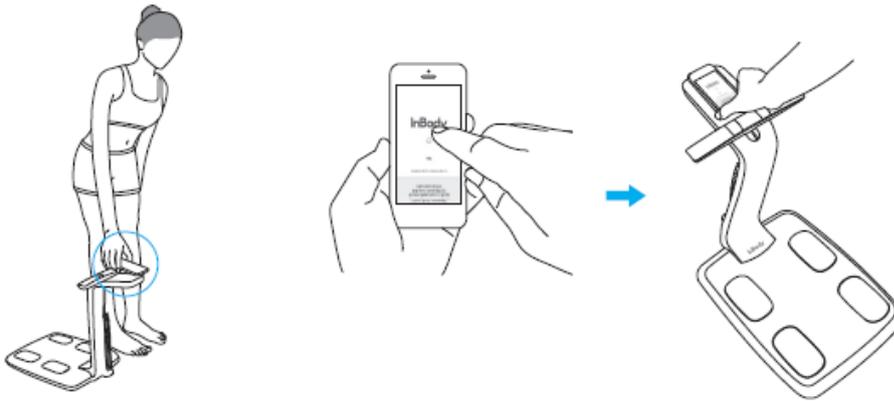
Don't let the thighs stick together. Wear shorts or long pants to attach thighs.



Stand barefoot with your heels set to the electrodes. Be careful not to touch the feet with each other, and if you wear long pants, do not let the hem of your dress fit between the foot and the foot.

C. Test instructions.

1. Run the InBody app on your smartphone and release it to InBodyON2.



2. When you step on the foot plate, InBodyON2 turn on, connecting the InBody app to the InBodyON2 and displaying the Measurement Position screen.



Reference

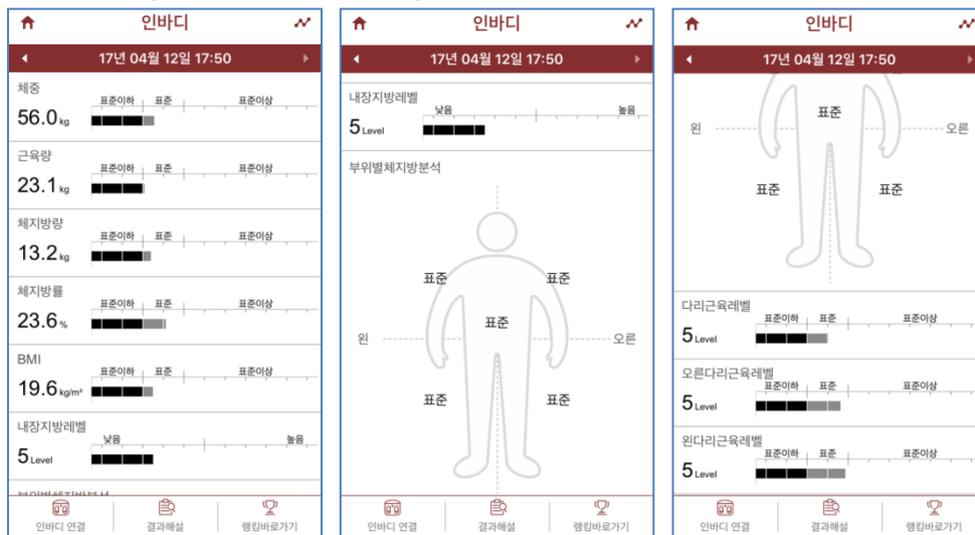
If you do not turn on the app, therecognition alarm is displayed. In this case, touch the notification and the app will be appreciated. However, for alarms, it is recommended that the display takes several tens of seconds, depending on the smart phone operating conditions.



3. Hold the measurement position as instructed on the InBody App screen and test. Measurement position check and weight measurement are conducted simultaneously, and weight can be found in the results after InBody test.

Push the result screen up to see the body fat analysis and leg muscles information for each part. Touch the result description button at the bottom of the screen to view the description.

* The weight value is the weight minus the smartphone.



4. For Android phones, you can turn on the app over NFC.

Turn NFC on (read/write) and touch the NFC mark to run the app automatically.



Reference

Android phones may have different NFC antenna locations (located in the center of the back of the smartphone or around the camera lens), so please check the location of Athena.

V. Problem diagnosis

Clean up any problems that may occur with InBodyON2. Check the information below and respond accordingly.

For assistance, if needed, in setting up, using or maintaining InBodyON2 or to report unexpected operation or events, Contact Customer Support : **1899-5841**

Question 1. Even though stepping on the foot plate The InBodyON2 doesn't turn on

Answer ① The battery may run low. Replace with a new battery.

Use 4 1.5V LR6 AA batteries, insert batteries with care in direction.

Do not mix with the batteries in use.

The life span is shortened, and the leakage may cause the battery terminals to corrode.

② The foot plate and stand may not be correctly aligned. Check assembly conditions or clean the contact terminals.

Question 2. Weight value is incorrect

Answer. ① Make sure the InBodyON is installed on a level, vibration-free floor.

② If you measure weight on a carpet or mat, weight may incorrect .

③ If you have moved the InBodyON, have not taken any measurements for a long time, or have changed the temperature a lot, the first measured weight may not match. In this case, it is recommended that you take another measurement after zero adjustment with the power off.

The InBodyON performs zero adjustment when the machine is powered down.

Question 3. The weight measurement will not be taken and the rectangle will continue to rotate.

Answer. ① This is the screen that happens when the weight of the foot plate is recognized when the InBodyON power is turned off and the zero adjustment is made. Please step down from the tread plate and weigh after zero adjustment is completed.

Question 4. InBodyON and InBody app do not connect.

Answer. ① Make sure that the Bluetooth function is on the smartphone

② We recommend testing your connection to another smartphone. If there is still a problem, contact InBody Customer Support.

Question 5. Smartphone is not receiving device recognition notifications.

Answer. ① Make sure that the Bluetooth function is on the smartphone

② Depending on the operating conditions of your smartphone, we recommend that you run the app before you put it on it.

Question 6. The app does not run on NFC

Answer ① iPhone is not NFC aware

② Make sure that NFC function is turned on for Android phones.

③ The location of the NFC antenna may vary for each product, check the location of the antenna and try again.

Question 7. During the InBody test, the InBody app screen indicates that the results are abnormal.

Answer ① Please check the test posture is correct.(Check the InBody test posture)

② May occur if hands and feet are not contact on electrodes or putting on socks and stocking during the test. In this case, make sure that the electrodes and skin are in good contact and test again.

③ This may be caused by drying the electrode contact area between the hands and feet. In this case, use an InBody tissue or wipes tissue to clean your thumbs, palms, and soles before testing. In particular, if the hands and feet are high in dead skin, cover them with a full coat of hands and feet for at least 30 seconds before test.

④ It is recommended that others check it out. If the results of another person's test are also abnormal, contact InBody Customer Support.

⑤ Move the InBodyON installation to measure. Due to the effects of fluorescent lights, large AC motor equipment (running machine, vibration equipment, refrigerator, air conditioning, compressa, etc.), high frequency thermal therapy and electrical waves from the heater, inspection results may be inaccurate.

Question 8. InBodyON and InBody apps were disconnected during the inbody test.

Answer ① InBodyON stand may have fallen off the foot plate. This is because the foot plates and stands are connected with spring pins. After reassembling the assembly, perform an InBody test again. If there are any foreign substances in the contact terminals, wipe them out.

Question 9. InBodyON2 won't turn off.

Answer ① If the weight of more than 5 kg is recognized, the power will not be turned off. Make sure there are no objects on the foot plate. If the InBodyON does not power down under

5 kg, try re-insert the battery or contact InBody Customer Support if you continue to experience problems.

Question 10. There's nothing on the stand, but when you measure your weight, the " b " appears on the screen.

Answer. ① The sensor on the smart phone unit needs to be calibrated. Select Settings - > ' Calibrate Sensor ' in the app and follow the instructions to calibrate the sensor.

Question 11. I put my smartphone in the cradle and got on the foot plate, but I can not connect with the app.

Answer ① If your smartphone or its case is black, the infrared sensor on the control panel might not be recognized. In this case, if you block the sensor area with your hand, ' b ' will be displayed on the in-band screen and link with the app.

VI. Frequently Asked Questions(FAQ)

I have collected frequently asked questions about InBodyON2. If you have any questions after checking the information below, please contact our Customer Support Department. Customer Support Department: 1899-5841

Question 1. How accurate is InBodyON2

Answer. The weight range of InBodyON is $\pm 100g$ for body weight less than 100kg, $\pm 200g$ for body weight less than 150kg.

Body composition accuracy of InBodyON is described by correlation with DEXA * and standard error. Correlation refers to the degree of correlation between the DEXA of the same person and the results of the InBody test.

A correlation of 1 means that it is the same as a DEXA, and InBodyON has a correlation of 0.93 with deck.

The standard error then refers to the error between the InBodyON and the DEXA measurement data. The error range based on the body fat percentage is 3.3%.

*(DEXA, Dual Energy X-ray Absorptiometry) : 높은 정확성을 가진 체성분 분석의 표준 장비
Standard equipment for highly accurate body composition analysis

Question 2. The test result is strange. Is there a slight difference between measurements?

Answer. If your hands or feet fall off the electrode or the position is not correct during

measurement, you may get a fever.

You have to be in the correct posture with your posture in the posture, and you should keep the correct posture until the end of the measurement.

If you have dried hands and feet, it is best to wipe your hands and feet with a towel and measure them. Also, because body composition changes little by little during the day, it is recommended that you make precise measurements at the same time, same conditions (same weight, fasting state, etc.).

ex) After going to the bathroom before breakfast, the limbs are straightened and measured with light attire

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

Answer. The built-in defatation level is an expression of Inbaden which expresses from 1 to 20 by leveling the built-in fat cross-sectional area. For normal adults, a visceral fat level of less than 10 is considered normal and a lower visceral fat level is better.

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

Answer.

성별	표준이하	표준	표준이상
남성	10% 미만	10~20%	20% 이상
여성	18% 미만	18~28%	28% 이상 (18세 이상 성인 기준)

sex	Below standard	Standard	Above standard
Male	Less than 10%	10~20%	20% or more
Female	Less than 18%	18~28%	28% or more

(Adults over 18 years)

VIII. Specifications

A Classification

- * Protection against electric shock Type: Internal power type
- * Degree of protection against water: IP21
- * Operation mode: continuous operation
- * Degree of protection against electric shock : BF type
- * EMC Immunity: Level A
- * EMC Emission: Class B
- * This equipment is not suitable for use in the presence of flammable anesthetics or oxygen

B. Precautions

	Warning / Caution
	Operation instruction
	BF type (Electrodes)
	DC voltage
	European Conformity
	Manufacturer
	Authorized representative in the EUROPEAN COMMUNT

C Specifications

Bioelectrical Impedance (BIA) Measurements	15 Impedance Measurements by Using 3 Different Frequencies (5kHz, 50kHz, 250kHz) at Each of 5 Segments (Right Arm, Left Arm, Trunk, Right Leg, and Left Leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrodes
Measurement Method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method (DSM-BIA) Simultaneous Multi-frequency Impedance Measurement (SMFIM)
Body Composition Calculation Method	No Empirical Estimation
Outputs	Body Composition Analysis (Total Body Water, Protein, Soft Lean Mass, Minerals, Fat Free Mass, Body Fat Mass, Weight) Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass) ECW Ratio Analysis (ECW Ratio)
Applied Rating Current	200uA
Power input	DC 6V _{DC} (1.5V LR6 AA size battery 4EA) *use it for about 6 months when measuring 5 times a day and measuring impedance once a day.
Digital Result	customized LED segment
Color	soft white
Dimension	310 X 533 X 405 mm)
Equipment Weight	3.3kg
Testing Time	About 7 second
Operating Environment	10~40°C, 30~75%RH, 70~106kPa
Storage Environment	-10~70°C, 10~80%RH, 50~106kPa
Testing weight range	10~150kg
Testing age range	3~99 years
Testing height range	50~300cm
Expected service life	6 years

Typical operation time	2 minutes
Typical service life of the internal Power source	60 days

* Specifications are subject to be changed 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 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 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.

제품보증서

제 품 명 : InBody ON

제품번호 :

구입일시 :

구 입 처 :

본 제품보증서는 InBody의 제품에 대해 아래와 같이 보증합니다.

1. 본 제품은 철저한 품질관리에 따른 엄격한 검사과정을 거쳐서 만들어진 제품입니다.
2. 본 제품의 무상보증기간은 제조사의 무상보증기간 처리 방침에 따릅니다.
3. 소비자의 정상적인 사용상태에서 고장이 발생하였을 경우 보증기간 동안은 무상으로 조치해 드립니다.
4. 다음과 같은 경우에는 무상보증기간내라도 유상으로 서비스를 받게 됩니다.
 - 취급 부주의로 발생한 고장 및 손상
 - 사용자 매뉴얼에 기재된 사용방법과 주의사항을 지키지 않아 발생한 고장 및 손상
 - 천재지변에 의해 발생한 고장 및 손상
 - 전원장애로 인해 발생한 고장 및 손상
5. 다음의 상황에 의해 제품의 내용을 변경 또는 손상시킨 경우에는 서비스를 받을 수 없습니다.
 - InBody ON의 임의 분해
 - InBody ON 작동의 무단변경
 - 본사지정 수리요원 이외의 사람에 의한 수리
6. 보증기간이 지난 후에는 정비보수계약 혹은 수리요청에 의해 유상 서비스를 받게 됩니다.
고장이나 손상이 발생했을 시에는 고객센터(1899-5841)로 문의하시기 바랍니다.

InBody

