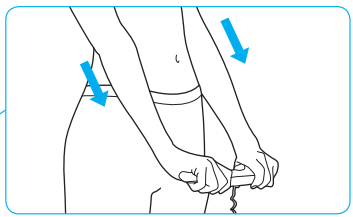
InBody H20N

User's Manual

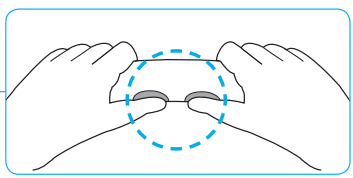
* Disclaimer: This device is not a medical device. It cannot determine the presence of an illness or disease. The examination of a medical professional is required for diagnosis.

InBody Test Posture

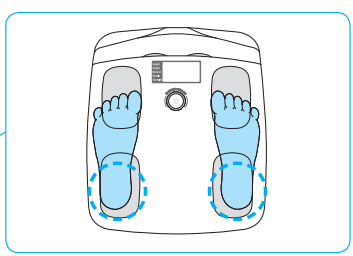




Stretch out your arms.
Avoid contact with your waist.



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.

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Product Warranty

I. Precautions

Please note:

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. 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. Keep your InBody device away from other electronics while testing. It may cause errors.

4. After an individual with any kind of contagious disease or infection tests on the InBody, sterilize the device with a soft cloth or with ethyl alcohol wipes before use.

5. Excessively high or low temperatures, humidity, and pressure can affect the accuracy of the InBody.

6. Keep food, beverages and other liquids away from your InBody device.

7. 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.

8. Do not use this product for purposes other than body composition analysis or weight measurement.

9. If you cannot maintain the correct testing posture to take the InBody Test alone, request assistance from a helper. Help children maintain the proper posture during the measurement.

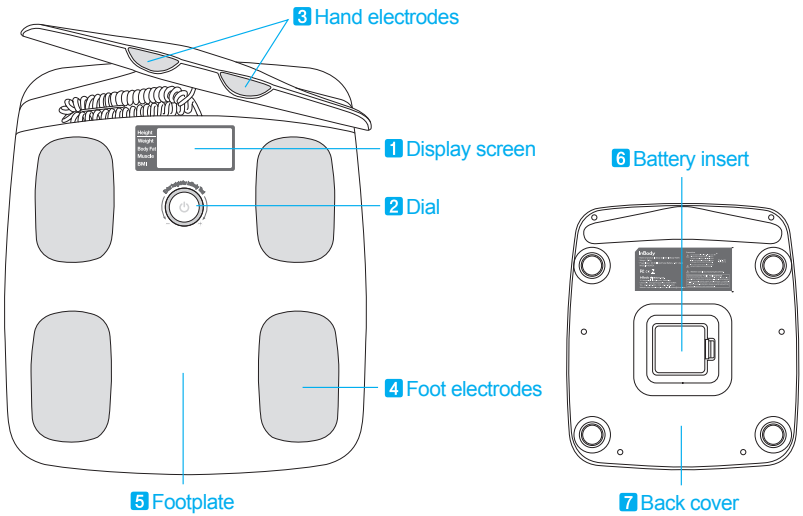
10. Use the packing material provided with the product when moving your InBody. Dispose of waste in compliance with the law.

11. Only trained InBody service team members can repair InBody devices. If your device is in need of repair, please contact us at contact@inbody.com

II. Product Components

A. Product Components

Product components: InBody H20N, User's Manual, AA Battery (4)



1 Display screen: Displays outputs 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 H20N takes 4 AA batteries. Open the cover to insert the batteries.

7 Back cover: Do not open, dismantle or attempt to repair your device yourself.

II. Product Components

B. Installing InBody App

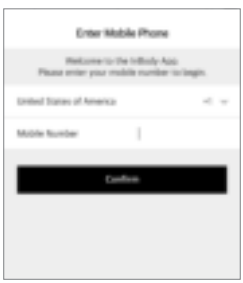
1 Download and install the InBody App from the iPhone App Store or Google Play Store prior to testing. (iOS 8, or newer. Android 5.0, or newer.)

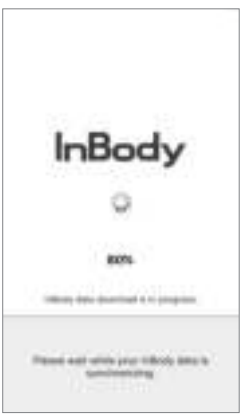
or

Scan the QR code below. For an Android phone, turn on NFC (Read/Write) and tap the NFC mark to move to the app download page automatically.

2 Once the download is complete, open the InBody App and register as a new user.

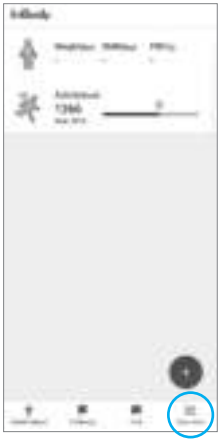


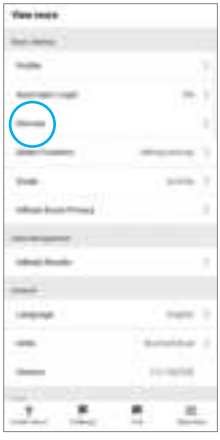


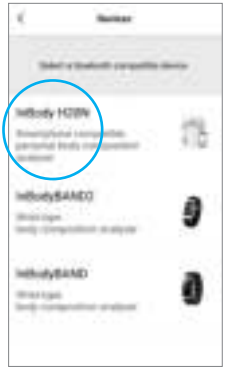


Keep the Bluetooth ON to use the InBody H20N.

C. Pairing InBody H20N with InBody App









II. Product Components





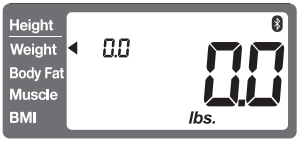


* The InBody H20N will automatically transfer data to the InBody App once syncing is complete.

III. Weight Measurement

To measure weight only,

1 Tap the footplate to turn the power on, and step on the footplate when 0.0 is displayed on the screen.





2 A “beep” will indicate when the measurement is complete.

The power turns off automatically when you step off the footplate.



* Zero-Point Adjustment

When the device is being calibrated,
a scrolling rectangle will appear on the screen.



If you want to test on the InBody H20N immediately after measuring weight, turn the dial and input height. Then, hold the hand electrodes and stand with the correct test posture to take the InBody Test.

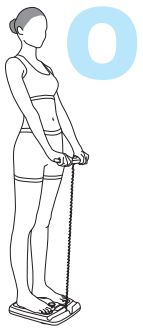
IV. InBody Test

A. Precautionary Steps

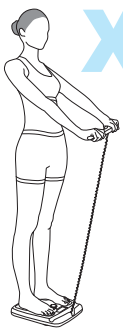
1. Do not eat immediately before testing on the InBody.
2. Test in the morning, if possible.
3. Test after going to the bathroom.
4. Test prior to working out.
5. Test prior to taking a shower, bath or using a sauna.
6. Stand for about 5 minutes prior to testing.

B. Test Posture

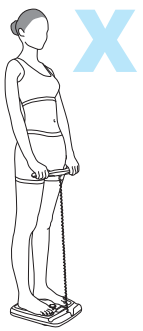
Arms and legs aren't touching each other



Arms are too high

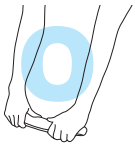


Arms are too low

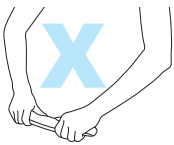


Do not let your arms touch your stomach and make sure your arms are extended from your body and wear light clothes with sleeves.

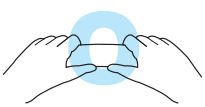
Arms are extended



Arms are bent



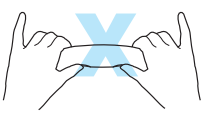
Hold the hand electrodes and extend your arms.



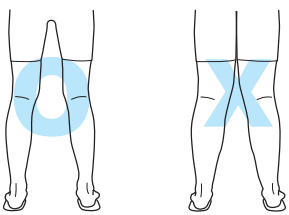
Put your thumbs on the round electrodes and hold them.



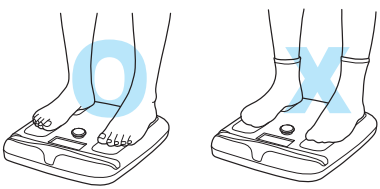
Do not let your left hand and right hand touch each other.



Make sure all fingers are holding the electrodes.



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

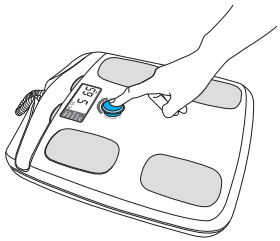


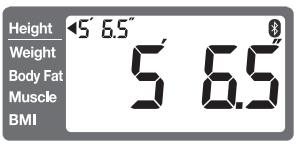
Place your heels on the electrodes and step on the device barefoot. Do not let your feet touch each other. If you are wearing long pants, make sure the edges of the pants are not stuck between foot electrodes and your feet.

IV. InBody Test

C. Test Instructions

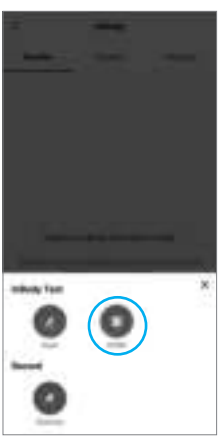
1 Power ON: Press the dial to turn the power on.





2 Open InBody App: Initiate the InBody Test through the app.



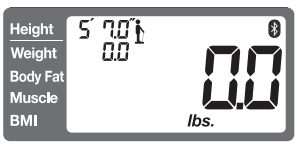








Step on the InBody H20N to begin testing.





IV. InBody Test

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 measurement, it will beep twice and the InBody Test will initiate. The Test runs for about 10 seconds and is finished when it rings. Once “End” appears on the screen, step down from the footplate.





If a user’s palms and/or soles are dry or callused, he or she may have difficulty testing. Wipe hands and feet with an InBody Tissue for more accurate results.

4 Check Test Results

Data will automatically sync between the InBody H20N and InBody App.



D. Understanding InBody Outputs

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** : Total mass of fat mass divided by total body mass
  A person's body fat percentage is the total fat mass divided by the person's weight. It 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, 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 and powers movement of the skeleton. Skeletal muscle is innervated by the somatic nervous system and is subject to voluntary control. This is the muscle that is influenced the most by physical activity.

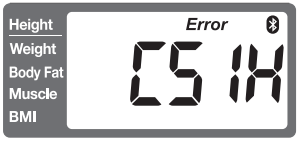
V. Troubleshooting

A. Error Message

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

1 Error messages caused by incorrect testing posture

If the following error messages appear, check your testing posture and try again.









2 Error messages caused by internal malfunction of the InBody H20N

If the following error messages appear, please contact us at contact@inbody.com.





V. Troubleshooting

B. Solving Simple Problems

If the problem still persists, please contact us at contact@inbody.com for assistance.

Q1. The power does not turn on after pressing the dial.

A1. This can happen when the batteries are dead. Replace the batteries.

A2. This can happen when the batteries are not inserted correctly. Insert the batteries so the positive (+) and the negative (-) terminals align correctly.

Q2. Weight is not measured and the screen displays a scrolling rectangle.

A1. Tap the footplate to turn on the device. Once 0.0 appears on the LCD screen step on the footplate and measure weight.

A2. Make sure to remove any foreign object that might be touching the device.

Q3. Weight is inaccurate.

A1. Tap the footplate to turn on the device. Once 0.0 appears on the LCD screen after 2-3 seconds, try again.

A2. The weight can be inaccurate if you use the device on carpet or a mattress. Place the device on a flat, hard surface.

VI. Frequently Asked Questions (FAQ)

If your question is not listed here, please contact us at contact@inbody.com for assistance.

Q1. 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 your hands and feet are come in contact with the electrodes properly. Maintain this posture until the Test is complete.
If you have dry hands and/or feet, clean them with an InBody Tissue before testing. InBody recommends testing during the same time of day, under the same conditions for accuracy.

Q2. What is the standard range of body fat percentage?

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

(Adults over 18)

Q3. What does my InBody Ranking mean?

A. Your InBody Ranking is based off a formula that compares your weight, muscle mass, and body fat mass. A person with a high body fat percentage would have a lower score than a person with a lower body fat percentage. Lose body fat mass to see your ranking increase.

Q4. What if the user does not 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.

VI. Frequently Asked Questions (FAQ)

Q5. If the user's thighs or armpits touch, would that affect the test results?

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

Q6. 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, trunk, 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 (Percent Body Fat), Muscle (Skeletal Muscle Mass), BMI
Applied Rating Current	100㎂
Power Consumption	DC 6V(1.5V AA battery 4 EA)
Display Type	Customized LCD
Dimension	1’ 0.2” (W) × 1’ 2” (L) × 2.3” (H): inch 310.3 (W) × 356.4 (L) × 58.3 (H): mm
Weight	5.9lbs (2.7kg)
Testing Time	Within 8 seconds after measuring impedance
Operation Environment	50 ~ 40°F, 30 ~ 75% RH, 70 ~ 106 kPa
Storage Environment	14 ~ 158°F, 10 ~ 95% RH, 50 ~ 106 kPa (No Condensation)
Testing Weight Range	22 ~ 330lbs (10 ~ 150kg)
Height Range	1’ 7.7” ~ 9’ 10.1” (50 ~ 300cm)

* Specifications may change without prior notice.

FCC ID:F6OINBODYH20N

FCC statement

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 or more 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.

* This product complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This product may not cause harmful interference, and (2) this product must accept any interference received, including interference that may cause undesired operation.

InBody

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Product Warranty

Name of Product : InBody H20N

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.
6. Services are available at a cost after the warranty period.
   Contact us at contact@inbody.com if you are in need of assistance.

InBody

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CE

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