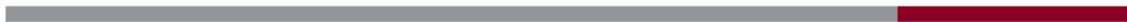


InBodyBand

User's Manual



Please note the important information below before reading this manual.

The InBody Band is a medical device that allows the user measure their body composition, heart rate, activity level, and etc., by themselves.



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



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



* Helpful information and useful tips that are handy while using the product.

InBody

InBody Co., Ltd. [HEAD OFFICE]
InBody Building, 54, Nonhyeon-ro 2-gil, Gangnam-gu, 133-960 Seoul
Customer Support: 080-578-3939 Website: <http://www.inbody.com>
E-mail: biospace@inbody.com

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InBody Co., Ltd. shall not be liable for any errors, incidental, or consequential damages that occurred by not complying with the content of the User's Manual.

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

InBody Band

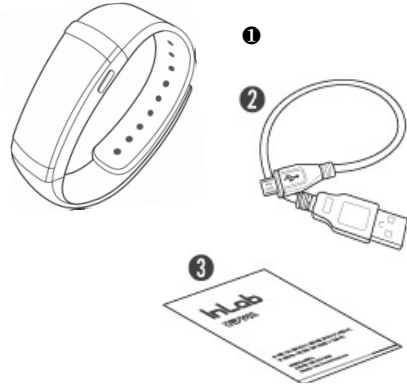
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I. Before Using the Product

A. Product Components

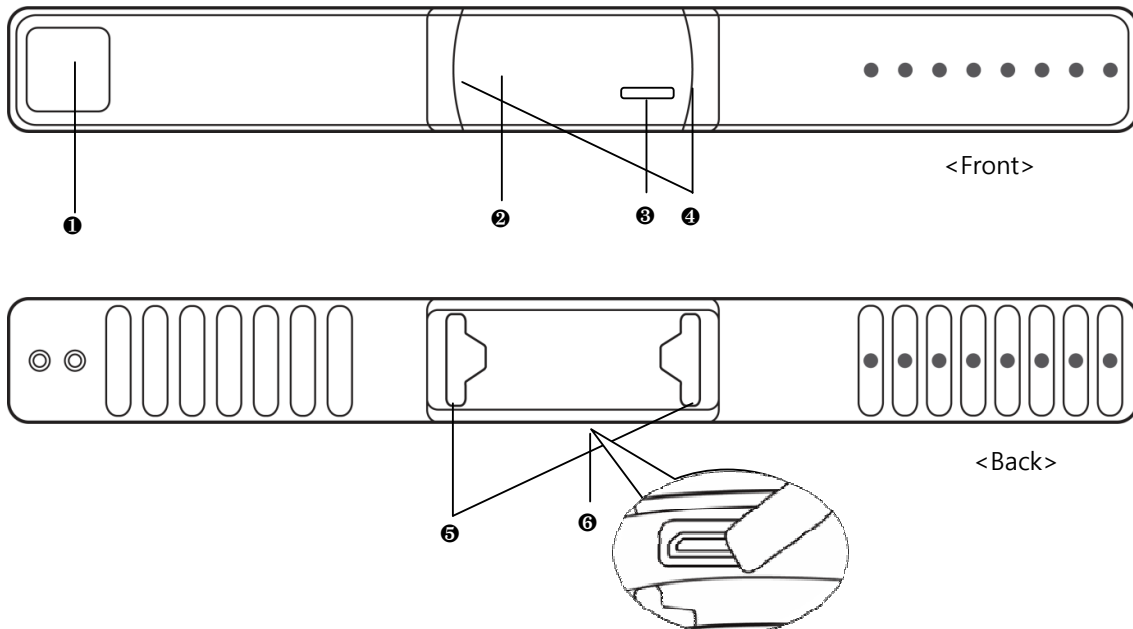
The InBody Band contains of the following components. Make sure all of the following components are present.
* Please inspect each component for damage, prior to installation.



❶ InBody Band ❷ Micro USB charging cable ❸ User's Manual

B. External Features

The names and functions of the parts of the InBody Band are as follows:



❶ Clip ❷ LCD screen ❸ Button ❹ Hand electrodes ❺ Arm electrodes
❻ USB charging cable connector

Caution

* Do not disassemble the device. This may cause electric shock or injury, product malfunction, inaccurate results, and will void the manufacturer's warranty.

C. Storage and Operation Conditions

Transport and Storage Condition

Temperature range	-10 to 70 °C (14 to 158 °F)
Relative humidity	10 to 80 % (no condensation)
Atmospheric pressure range	50 to 106 kPa

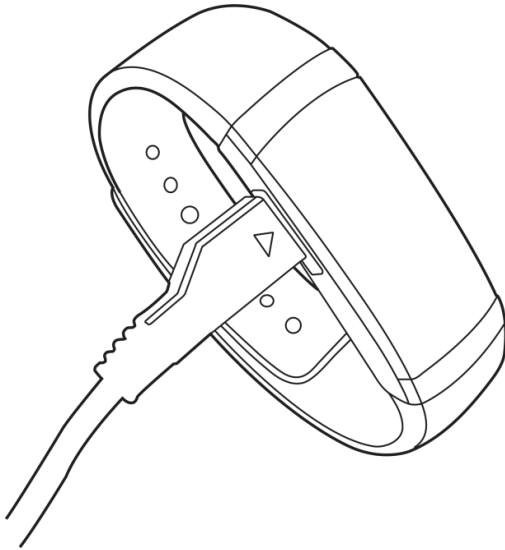
Operation Condition

Temperature range	-10 to 50 °C (14 to 122 °F)
Relative humidity	30 to 75 %
Atmospheric pressure range	70 to 106 kPa

D. Charging the Battery

When you are using the product for the first time after purchase or when you are using it after a long period of leaving it idle, please charge the battery appropriately before use.

To charge the battery, use the USB cable provided to connect the product to a computer.



Note

- * The battery may also be charged when connected to an Android smartphone charger.
- * Although there is no battery power left, the product will turn on if the charger is connected; it is recommended to charge the battery for a few minutes at least before turning the product on.
- * The InBody test and heart rate measurement functions may not be used while charging.
- * It takes 1 hour to charge the battery completely and, and product may be used for up to 5 days on a single charge. This battery usage time is based on the initial manufacturing condition. The battery charging time and usage time may vary according to operation conditions.

E. Maintenance Information



Caution

- * This product is not completely waterproof. Avoid getting liquid on the product and do not use the product in humid places.
- * Do not allow any foreign substances such as food, drink, and liquid detergents get inside the device. Once inside, foreign substances could cause critical damage on the electronic parts.
- * When in a humid place or if wet, the InBody test function may not work correctly.

- * Avoid getting high-pressure water (water from the tap, waterfalls, waves, etc.) on the product.
- * Avoid dropping the product or applying excessive shock. The product's water resistance and dust resistance may cause deterioration.
- * Be careful not to drop the product on the floor. The internal electronic parts may be critically damaged.
- * Do not apply excessive shock or force to the product.
- * Be careful not to soil the band. When stained with dirt, and etc., it may not clean completely.
- * Keep the hand electrodes and the arm electrodes away from electricity-conducting materials. Electrical stimuli such as strong static electricity may cause malfunction or damage of the product.
- * Do not place heavy objects on the product. It could lead to damage or malfunction of the product.

II. Getting Started

A. Downloading the App

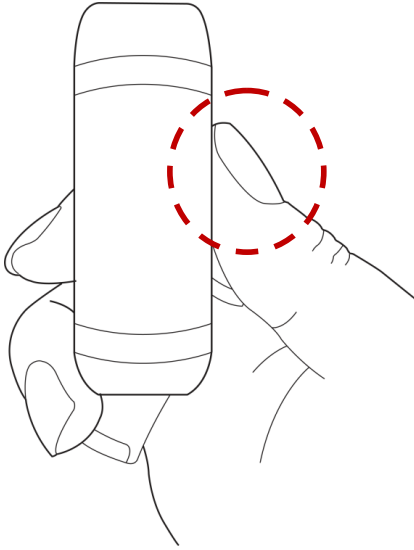
The InBody Band may be used together with our smartphone app. Install the app in one of the following ways. (Bluetooth communication is supported on Android OS 4.0 and above (on smartphones supporting BLE) and on iPhone 4S and above.)

- Download the 'InBody' app from Google Play Store or App Store.
- Call 080-578-0111 to install the app.

B. Powering On

Press and hold the button for 3 seconds to power on the product.


The InBody Band does not have a power-off function. Instead, the screen turns off automatically after 10 seconds of inactivity.



C. Setting up InBody Band

1. Connecting with the App

Install the InBody app on your smartphone as instructed, and connect the InBody Band to the app over Bluetooth.

- 1) InBody Band: After charging adequately, press and hold the button for 3 seconds to turn the power on.
- 2) InBody app: On the InBody app, go to  Settings > Devices and select InBody Band to bring up the setup screen.
- 3) InBody app: Tap the Settings button on the InBody app. In the Bluetooth registration request window, tap the "OK" button and proceed as instructed on the app.
- 4) InBody Band: When the connection is established, the time is set to the current time.



* The connection method and screen may vary according to the mobile device and software version used.

* Changing the connected smartphone

To change the connected smartphone, install and run the InBody app on the new smartphone and establish the connection, according to the instructions in "C-1. Connecting with the app".

2. Using the device without Connecting to the App

Follow the instructions below to set up the current time on your InBody Band and use it without connecting with the app.

- 1) After charging your InBody Band adequately, press and hold the button for 3 seconds to turn the power on.
- 2) At the Band screen, press and hold the button for 3 seconds to set the current time. The digits, indicating time,

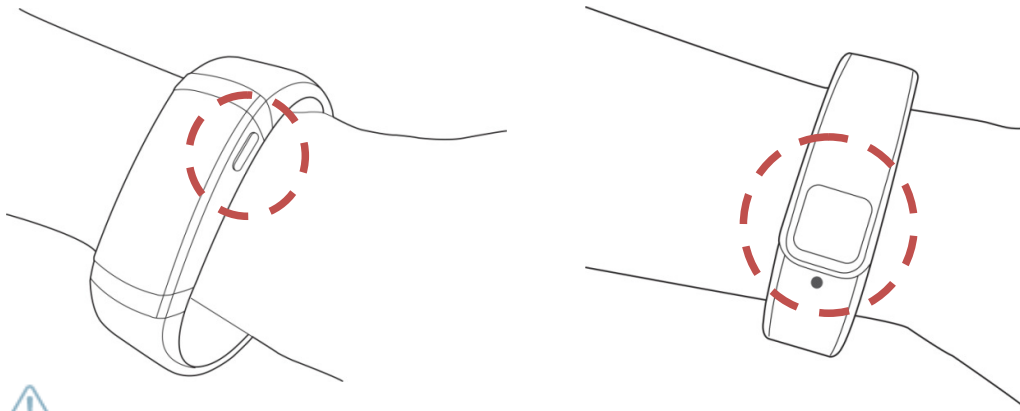
- will start flashing when you press and hold the button for 3 seconds.
- 3) Press the button to set the hour, and then press and hold the button for 1 second to set the minute.
 - 4) When you have finished setting the current time, press and hold the button for 3 seconds to finish the setup.
3. Bluetooth Information

 **Caution**

- * When establishing a connection, ensure that the two connecting devices are within a close range. Otherwise, malfunction, etc. may occur depending on the operation environment.
- * During a Bluetooth data transfer, do not place any obstacle between the product and the connecting device. Obstacles such as human bodies, walls, corners, and partitions may weaken the communication signal. Please use the product in an obstacle-free environment.
- * Bluetooth devices use the same frequency range as low-power devices such as electronic goods and wireless LAN as well as industrial, scientific and medical devices. Such devices may have electromagnetic interference on each other.
- * The user shall solely be responsible for any loss, blockage, or abuse of the data sent or received using the Bluetooth function.
- * Always ensure that the other device is verified for reliability and security before transferring data.
- * The product may not be compatible with some devices such as those not approved by the Bluetooth Special Interest Group (SIG).
- * Do not use the Bluetooth function for illegal purposes (illegal reproduction, illegal public broadcast, illegal transmission, etc. for profit-making purposes). InBody will not be held liable for any resulting problems.

D. Wearing InBody Band








Position the product so that button faces away from the wrist. Align the clip to one of the holes on the band and fasten the band. When using the InBody test or heart rate measurement functions, the product must touch the wrist completely.



 **Caution**

- * Be careful not to bend the band by force. The product may get damaged.

E. Screen

Time	InBody	Heart Rate	Steps	Exercise Duration	Calories Burned	Distance Covered	Battery Life
01:00							
	InBody	--	67890	2358min	1378kcal	78km	100%
	28.9%						

 **Note**

- * If the product has remained powered off or if the battery is completely discharged, the time shown may not be accurate. The Band will start working correctly again when you reconnect it with the smartphone app.

III. Getting to Know the Functions

A. Data Transfer

To transfer the data stored on the InBody Band to your smartphone, launch the InBody app and tap the Connect to InLab button at the bottom of the app screen.



Note

- * For accurate detection, your steps are counted starting from the eighth step onwards and it may take a while for your step count to appear on the screen.
- * The walking distance measured may be different from the actual distance due to varied paces, standing jumps, reverse walking, and etc.
- * Only records for the last 17 days are stored.

B. Functions

1. Time

The current time is displayed.

2. InBody

1) Precautionary Steps



Warning

- * Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not use this equipment. The currents will flow through the body during the test, which may cause malfunctioning of the device or endanger lives.
- * Bioelectrical Impedance Analysis (BIA) uses safe low level currents, which are not harmful to the body. However, we do not recommend pregnant women test.



Caution

- * Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.
- * Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because food mass is included in the examinee's weight and thus, may result in measurement errors.
- * Use the bathroom before testing. Waste is not included in the body's compositional elements, but the volume of urine and excrement is included in the weight measurement affecting accuracy of the test results.
- * Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.
- * Take the test in the morning, if possible. Body water tends to gravitate towards the lower body throughout the day, affecting accuracy of the test results.

2) Test Instruction

- ❶ Maintain proper posture to take the test.



② The InBody Test will begin.



③ When the test is completed, the results will be shown on screen.

Results: Percent Body Fat



Note

* The InBody test function may not be used while the product is charging.

3) Test Posture

The examinee must maintain proper posture to have accurate test results.

* The test will proceed when there is good electrical contact.



Note

* Your arms must not touch the sides of your body. It is strongly recommended to wear shirts with sleeves.

* The arm electrodes must touch your wrist completely and your fingers must touch the hand electrodes completely.

* Your hands must not touch one another.

4) Measurement Data

PBF (Percentage of Body Fat, %)

: Percentage of Body Fat indicates the percentage of body fat to body weight. The ideal percentage of body fat is 15 % for men and 23 % for women, while the normal range of Body Fat Mass for men is 10 – 20 % of the weight and 18 – 28 % of the weight for women. In the case of children under the age of 18, children's

standard is used.



Note

- * You may also check your weight, body fat mass, muscle mass, and BMI data when you transfer the InBody test results to the InBody app.

3. Heart Rate

1) Test Information



Caution

- * Please use the heart rate measurement function for measuring the human heart rate only. You may get unexpected heart rate measurement results depending on the environment. Under such cases, the heart rate measurement results are not valid.
- * Always take your heart rate measurement in a stable state.
- * The time taken to measure your heart rate may vary according to the environment and the measuring conditions.
- * The heart rate measurement results may not be accurate at cold temperatures. Warm up your body before taking the measurement.
- * The measurement results may not be accurate if you move your body during measurement.
- * If your wrist is too thin, your measurement results may not be accurate because the arm electrodes are not touching your wrist adequately.
- * If the measurement is drastically different from your expectation, take a rest and take another measurement 30 minutes later.
- * For accuracy, repeat the measurement about 5 times and calculate the average.
- * Smoking or alcohol drinking may accelerate your heart rate, causing the measurement shown to be different from your usual values.
- * Your measurement may not be accurate if you talk, yawn or take a deep breath while taking].
- * Your measurement may not be accurate if your heart rate is too low or too high.
- * Your measurement may not be accurate if the electrodes are obstructed by any hair or foreign substance.
- * The measurement results may not be accurate if you attempt to measure the heart rate of an infant.
- * If the heart rate is not measured correctly, changing the position of the product on your wrist.
- * If there are any foreign substances on the hand or arm electrodes, remove the foreign substances completely before use.



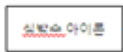
Note

- * The heart rate measurement function may not be used for treatment or medical diagnosis purposes.
- * The heart rate measurement function must be used in a stable state with minimal movement.

2) Test Instruction

For accurate heart rate measurement, take a rest for 5 minutes.

- 1 Maintain proper posture to take the test.



- 2 The Heart Rate Measurement will begin.



- 3 When the test is completed, the results will be shown on screen.

Results: Heart Rate



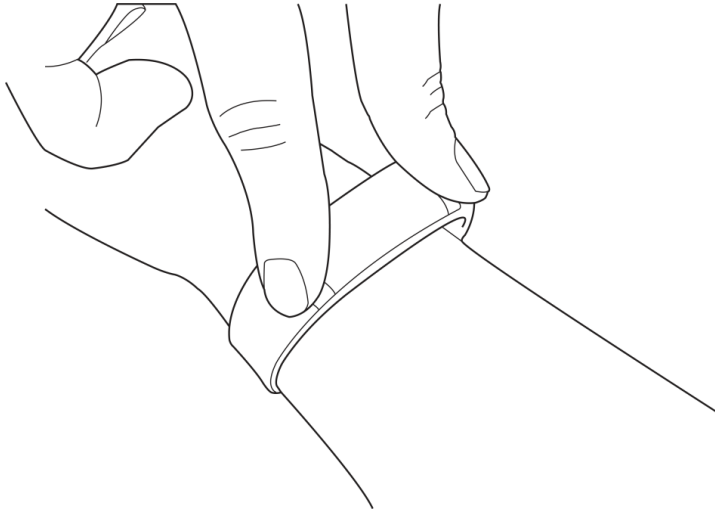
Note

* The heart rate measurement function may not be used while the product is charging.

3) Test Posture

The examinee must maintain proper posture to have accurate test results.

* The test will proceed when there is good electrical contact.



4) Measurement Data

Heart Rate

: This is the number of heart beats per minute. The heart rate of a healthy individual is about 70 per minute, but 50 to 100 is taken as a standard range to allow for the wide variation from one person to another.

4. Steps

InBody Band uses 3D accelerometer sensors to measure and count steps throughout the day.

5. Exercise Duration

The walking and active time displayed in minutes.

6. Calories Burned

The estimated amount of daily calories burned.

7. Distance Covered

The estimated distance covered by walking.

8. Battery Life

The amount of battery life remaining.

IV. Frequently Asked Questions

The frequently asked questions and answers about the InBody Band are as follows. Please read this information before contacting the InBody Customer Support Center.

A. About the Product

Question	Answer
* The product does not turn on.	* The battery might be discharged completely. Charge it adequately before use. * Press and hold the button for 3 seconds. * Check that the PC connected with the micro USB cable is turned on. If the problem is not resolved after following the instructions above, please contact the customer support center.
* The product is unable to establish or drops Bluetooth connections.	* Check whether there are multiple InBody Bands around (when connecting with the InBody app for the first time). Only one InBody Band should be turned on. * Check that your InBody Band is turned on. * If your InBody app is not the latest version, update it to the latest version. * Go to Settings > Bluetooth > Devices on your smartphone, remove InBody Band and set up the connection again. If the problem is not resolved after following the instructions above, please contact the customer support center.
* The battery is not charging.	* Check the micro USB cable connection on your InBody Band. * Your product may not charge if there are foreign substances on the charging connector. Clean the charging connector and try again. * If the cable is connected to a USB hub, try connecting directly to a USB port on your PC. If it is connected to a USB port on your PC, try another USB port. The USB port may be faulty. If the problem is not resolved after following the instructions above, please contact the customer support center.



Caution

* Do not disassemble the device. This may cause electric shock or injury, product malfunction, inaccurate results, and will void the manufacturer's warranty.

This wireless instrument has potential for radio interference, and therefore, may not be used in areas where human safety is of concern.

* This device has been approved for electromagnetic compatibility for home use (Class B) and may be used in all areas.

V. Others




- * The InBody Band is manufactured according to the quality management procedure of InBody. InBody complies with the ISO9001 and ISO13485 which are international quality management systems.
- * This equipment satisfies the IEC60601-1(EN60601-1), an international safety standard for electronic medical equipment. This equipment also satisfies the IEC60601-1-2(EN60601-1-2), an international standard for electromagnetic conformity.

A. Safety Information





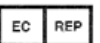
Indicators

	USB Port (Slave)
---	------------------

Safety Symbols

	Dangerous High Voltage
	Warning, Caution Note
	BF Type Equipment

Etc. Symbols

	Authorized representative in the EUROPEAN COMMUNITY		
	Serial number		Direct current
	Manufacturer		European Conformity

Follow instructions for use
Suivez les instructions d'utilisation

WARNING

Electric shock hazard – do not dismantle.
Dismantling will void the warranty.

AVERTISSEMENT

Risque de choc électrique - ne pas démonter.
Le démontage annulera la garantie.

WARNING

Stromschlaggefahr - nicht auseinandernehmen.
Falls das Gehäuse geöffnet wird, erlischt die Garantie.



DANGER

Do not use this equipment with electrical medical device such as a pacemaker.
Ne pas utiliser cet équipement avec des appareils médicaux électriques comme un stimulateur cardiaque.



CAUTION

Do not spray any liquid substance directly onto the device.
Ne pulvérisez aucune substances liquides directement sur l'appareil.



Disposal of old Electrical & Electronic Equipment

(Application in the European Union and other European countries with separate collection system.) This symbol indicates that this product shall not be treated as household waste. Instead, it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling this product, please refer to local governing ordinances and recycling plans.



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



Follow local government ordinances and recycling instructions regarding disposal or recycling of device components, including batteries.



FCC Information

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note : This equipment may generate or use radio frequency energy. Change or modification to this equipment may cause harmful interface unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

Note: 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.

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.”

B. Classification

Impedance Body Fat Analyzer

- Type of protection against electric shock: Internal Power Supply
- Degree of protection against water infiltration: Standard Equipment (No special protection against external water infiltration)
- Not suitable for use with air, flammable an anesthetic gas, or oxygen/nitrogen dioxide/flammable an anesthetic gas
- Operation mode: Continuous Operation
- Type of the applied parts: BF Type

C. Specifications

Bioelectrical Impedance (BIA) Measurement Items	Bioelectrical Impedance (Z)	Impedance measurement in the 50 kHz frequency range
Electrode Method	4-point touch electrodes	
Measurement Method	Single-frequency measurement	
Data Displayed	Time, InBody, Heart Rate, Steps, Exercise Duration, Calories Burned, Distance Covered, Battery Life	
Measurement Current	90 μ A and below	
Data Storage	17 days	
Battery Life	Approx. 5 days	
Battery Capacity	55 mAH	
Recharging Time	Approx. 1 hour	
Charging Connector	Micro USB	
Dimensions	69 mm (W) x 104 mm (L) x 18.1 mm (H), Thickness: 12 mm	
Weight	22 g	
Color	Black	
Communication Method	Bluetooth 4.0 Low Energy (BLE)	
Input Power	Operating Voltage : 3.7 VDC, Charge Voltage : 5.0 VDC	
Testing Time	InBody test: Within 10 seconds of impedance measurement Heart rate measurement: Within 10 seconds of measurement	
Operation Environment	- 10 ~ 50 °C, 30 ~ 75 %, 70 ~ 106 kPa	
Frequency Used	2 402 MHz ~ 2 480 MHz	
No. of Channels	40	
Modulation Type	GFSK	
Wattage	1 mW and below	
Testing Weight Range	10 ~ 150 kg	
Height Range	50 ~ 300 cm	

* Specifications may change without prior notice.

* This product is a ‘medical equipment’. Users must read and follow the manual and precautionary steps prior to use.