InBody

User Manual

※ This manual can be downloaded from hhtp://www.inbody.com.

InBody BAND3

User's Manual Contents

1. Introduction of products

Precautions
Product components
Name of product part

2. Preparing for Use

Powering and Charging
Link Apps
Turn on the screen
Toggle Screen
Replacing Strap

3. Introduction of Features

Main Clock Screen
Inbody Inspection
Walking
sleep
Heart rate
Message Notification
weather
exercise
Stopwatch / Timer / Alarm
Music Control
Walk Notification
Move Notification
Wear Notification
System
EZ Training

4. Product specification

5. Product Warranty

1. Introduction of products

Precautions

Warning

• Do not measure a person wearing a life-saving medical device such as a pacemaker or a patient monitoring device inside the body.

• The current used for measurement is not harmful to the human body, but pregnant women should use it after consulting an expert.
• Because this product is not a medical device, it is not possible to determine the presence of a disease, and a doctor's examination is required to determine the presence of a disease.

CAUTION

'Caution' is intended to prevent accidents or dangers by using the product safely and properly, so be sure to follow it.

• Inspection results may vary depending on the environment and measurement conditions.
• Measure indoors as much as possible in cold weather (body components, heart rate).
• This product has been tested in a controlled environment and is waterproof/dustproof under certain circumstances. (International Standard IEC 60529 - Degrees of Protection provisioned by Enclosures [IP Code] meets the requirements of IP68). However, in some situations, flooding damage may not be prevented.

• Do not randomly decompose or shock the product. This may result in electrical shock or injury, product failure and inaccurate results, and subsequent warranty service from the manufacturer is not available.
• Forced to open, decompose, break, bend, deform, drill, pressure, or crush the product.
Don't.

• Do not forcibly open, disassemble, break, bend, deform, puncture, pressure, or crush the product.
• Do not immerse the product in seawater or chemical solutions (such as soap).
• Do not leave the product in the bath or hot water.
• Do not leave the product unattended in a place where high-pressure water can be sprayed (water from the faucet, waterfalls, waves, etc.) or use the product under water.
• Be careful not to bend the product too much. Product damage may occur.
• Dropping or impact on the product may cause major device damage or deformation, resulting in leakage.
• Store out of reach of pets or children. If you put the product in your mouth or bite it, there may be a risk of suffocation, battery explosion, etc.
• Do not leave it indoors, on electric pads, or in hot and humid environments such as steam rooms. The appearance may be deformed, broken, or exploded.
• Do not expose the product to direct sunlight for a long time or use it in humid places such as bathrooms.
• Do not alter or modify batteries, insert external objects, immerse or expose them to water or other liquids.
• Recharge the battery before it discharges because the battery life will decrease if it lasts for a long time.
• Battery life may vary slightly depending on inspection, synchronization, and usage options.
• Do not cover or cover it with a blanket during use or while charging. There may be a risk of fire.
• Do not use it if you are allergic to metal, rubber, or silicone materials.
• Clean and dry the product regularly, especially on areas that come into contact with the skin.
• Tight band wear or sensitive skin may cause skin reactions

• prolonged exposure to stimuli such as soap, sweat, or skin reactions may be caused by allergies, environmental factors, and other factors.
• Keep straps clean and dry.
• Do not connect the product to other equipment in a way that is not indicated in the user manual.
• Keep the electrode parts of the product away from electrical conductive materials. Electrical stimulation, such as static electricity, can cause product damage or failure.
• Do not check phone notifications or other data displayed on the product's display while driving or in situations where inadvertent hazards may occur.
• Straps may be contaminated by direct sunlight, water, oil, or cosmetics, and may be discolored or deformed.
• Do not shock while the charging USB cable is plugged in.
• Be careful not to bend the charging USB cable. If the USB cable is damaged, stop using it.
• This device is home (class B) electromagnetic compatible and is available in all regions.
This device 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 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:
- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.
• Services related to human safety are not available because of the potential for radio interference during operation. If you need emergency medical conditions or communication, please notify yourself via your phone.
• The device has been evaluated to met general RF exposure requirement. The device can be used in portable exposure condition without restriction.
• To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void the user's authority to operate the device.
• Bluetooth uses the same frequency band as many electronic devices, which can cause radio interference during the machine period.
• The user is responsible for data transmission problems or illegal use due to Bluetooth use.

Reference

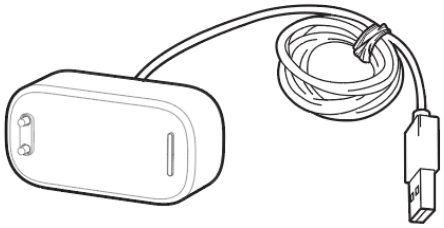
• Wipe the product with a soft cloth about once a week.
• Specifications of the product and the contents of the user manual may be subject to some changes without notification to the user.

Product components

The product composition of InBody Band 3 is as follows. Make sure you have all the parts.
* Before using it, please check if there are any cracks, etc. in each part. If there is any problem, please contact InBody Customer Service.

InBody Band3, Charger, Quick Use Guide, Safety Instructions and Warranty Guide

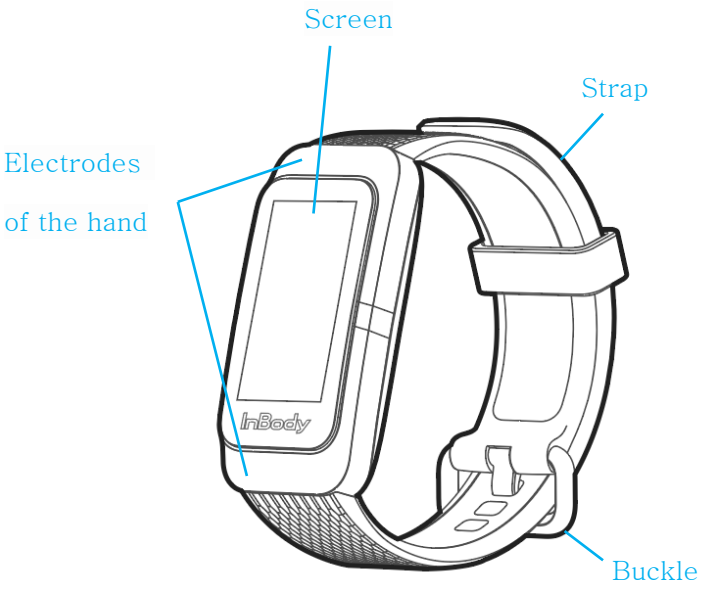
InBody Band3

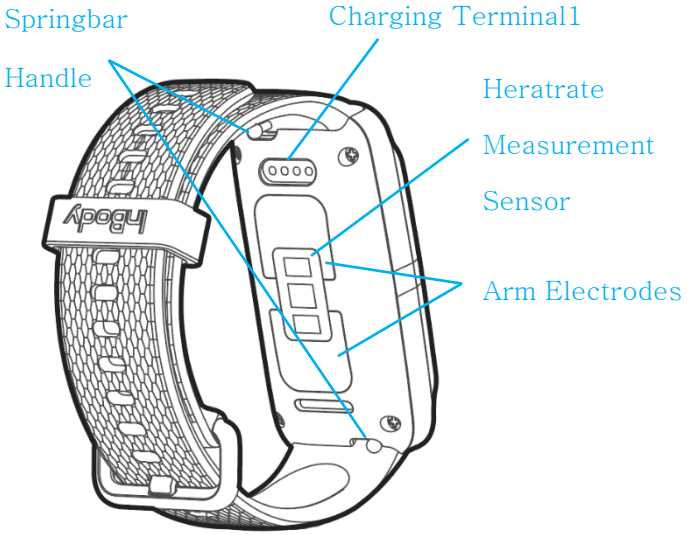


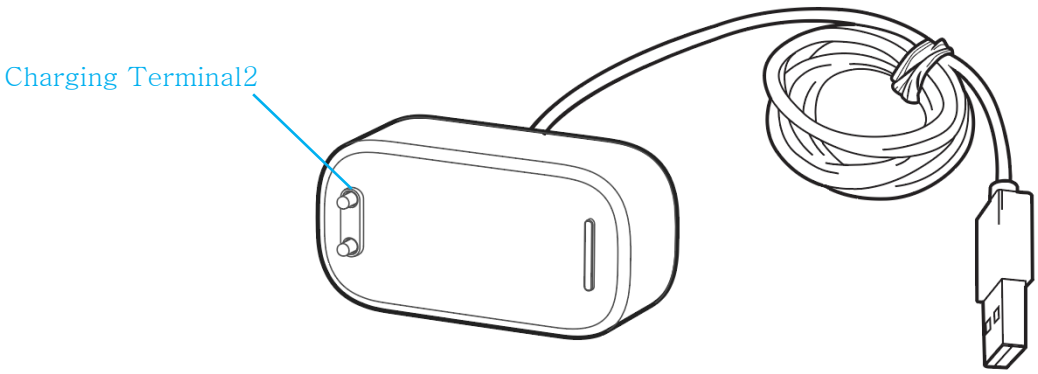
Charger

Quick Use Guide / Instructions and Warranty Guide

Name by product part

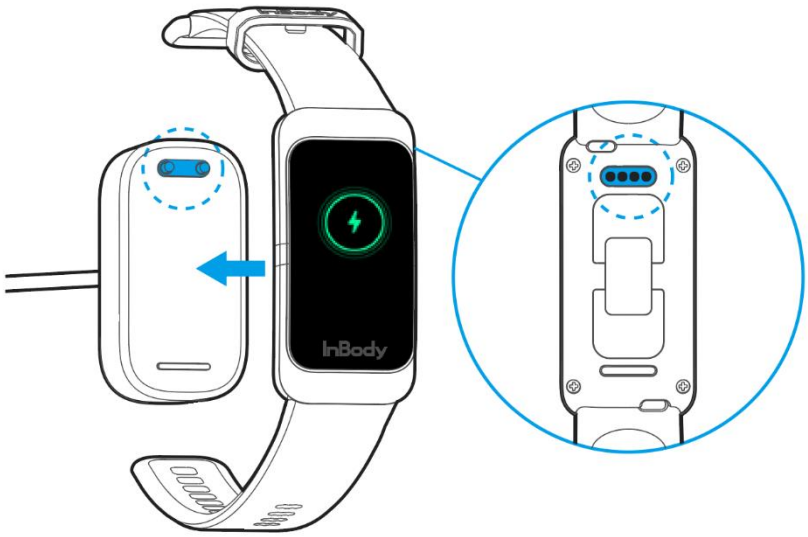






2. Preparing for Use

Powering and Charging



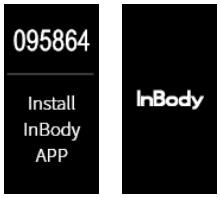
Contact the charging terminal on the back of the device according to the charging dock terminal. If the charging terminal is correct, the screen lightning icon appears.
*It takes about an hour to fully charge the battery.

Keep in mind when charging batteries

• If there is any foreign matter between charging terminal 1 (product) and charging terminal 2 (charger), it may not charge properly. Before charging, make sure that there are no foreign substances such as sweat, liquid, or dust on the charger and Inbody Band 3.
• If there is no battery left, the in-body band 3 screen will not turn on immediately when the charger is connected. Charge the battery for at least a few minutes.
• Charging the charger by connecting it to your computer, etc. may slow down due to low current.
• If power is not supplied reliably during charging, the screen may not function properly. In this case, separate the Inbody Band 3 and the charger.
• Inbody band 3 may become hot during charging. This is a normal phenomenon and does not affect the life or function of Inbody Band 3. If the battery temperature rises above a certain level, charging may be stopped for safety reasons. In this case, remove the Inbody Band 3 and charger to cool off and continue charging.
• During Inbody Band 3 battery charging, only the current time and remaining battery count are available. However, you will receive some notifications that need to be checked immediately, such as phone calls.
• Be careful not to bend the cable on the charger. The cable of the charger may be worn out or broken. If the cable on the charger is damaged, stop using it.

Link Apps

1. Download App
Search 'Inbody' from the App Store or Google Play Store and download the app.
2. Sign up/Log in
1) After launching the Inbody app, enter your mobile phone number.
2) Enter gender, height, age, and password.
3) Press the Done button to complete the membership registration.



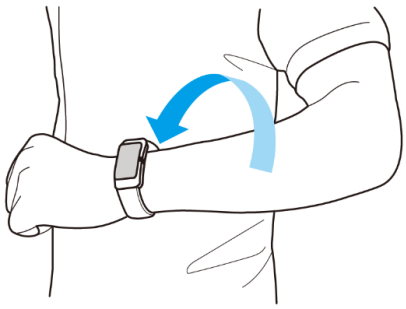
3. Setting Up Your Product
1) Please select InBody Band 3 in 'Settings > Product Settings' in the upper right corner of InBody App.
2) Select the PIN code written at the top of the product screen from the search list.
3) The setting is completed as the product vibrates.

4. Synchronize data

1) When you turn on the in-body app, the walking and sleeping information of the product is automatically synchronized.
* You can use it only when "Settings > Inbody Band Automatic Connection" is enabled in the upper right corner of Inbody App.
2) Manual synchronization is possible by pressing 'Inbody Band 3 > Synchronization' at the bottom left of the app.

Turn on the screen

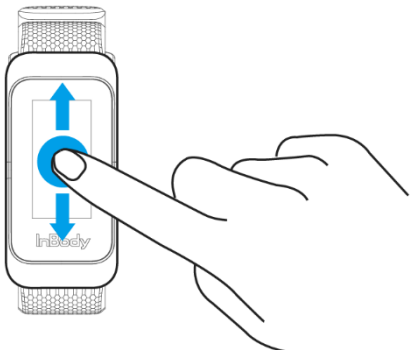
Method 1) As shown in the wristwatch, turning the wrist from outside to i
turns on the screen.
*InBody App Settings > Screen Settings, you can change wheth
not to use the wrist up screen and the wrist to be worn.



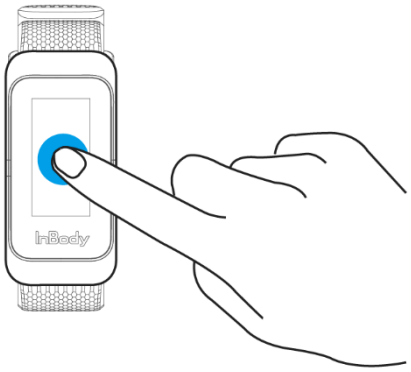
Method 2) Touching the product display will turn on the screen.

Toggle Screen

Method 1) Scroll up and down with the screen on to toggle the screen.
*Screen type and order can be changed from InBody App
Settings > Screen Settings.



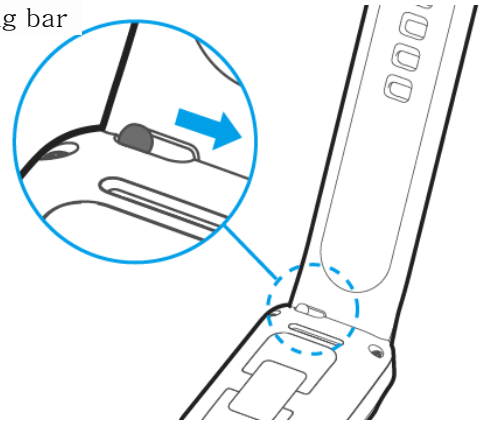
Method 2) Touch the center of the display to run the function or view
more detailed information.



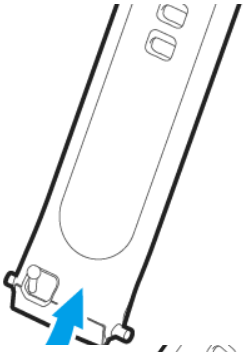
*This product does not support left and right scrolling.

Replacing Straps

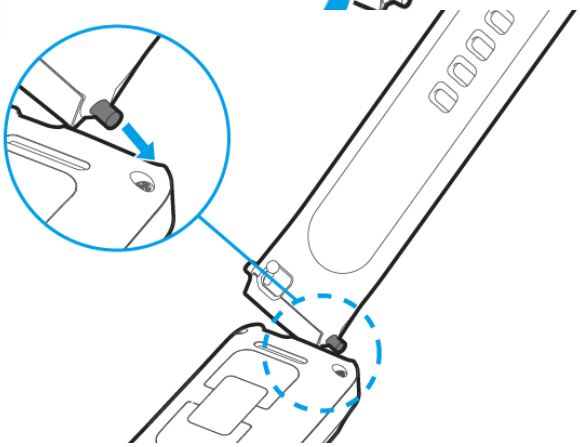
❶ Turn the product upside down and push the handle on the spring bar on the back of the strap inward.



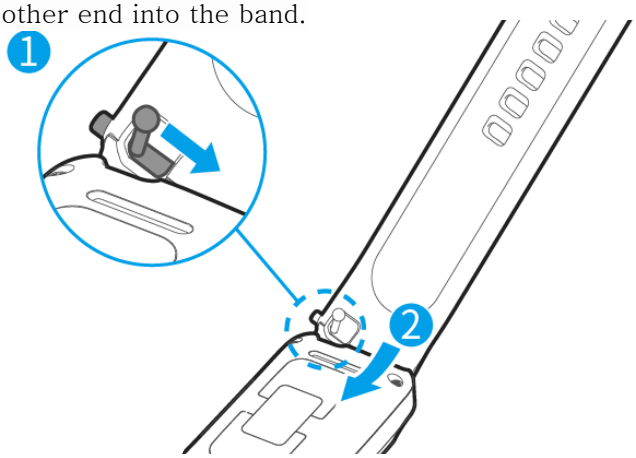
❷ Slide the spring bar inward and pull the band apart from the main body.



❸ Place one end of the spring of the strap in a groove on the body of the InBodyBand 3.



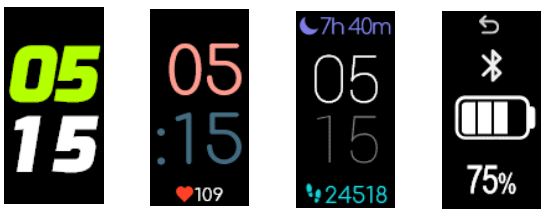
❹ Slide the handle inward into the spring bar and insert the other end into the band.



3. Feature Introduction

The product has a total of 13 functions.
The screen type and order can be changed in the in-body app 'Settings > Screen Settings'.

Main screen (watch, battery, Bluetooth connection)



This is the main screen where you can see time, date, real-time heart rate, walking rate, battery, and sleep time. The clock theme can be changed in the product's 'System > Clock Theme' and can be changed in the app to more diverse themes. Touch the center of the screen to show the Bluetooth connection and battery remaining.
*If the time has changed, please synchronize with the app. Time may change if you don't synchronize with the app for a long time.

InBody test (body composition test)

You can check the body composition by placing your finger on the upper and lower electrodes.
*Be careful not to touch the back of your hand.
*If the fingers and hands are dry, measurement may not be easy.
*The test may be different from professional results based on upper body measurement, and the current weight must be entered for accurate examination.

Method 1) Inspection with Product

1. Please switch the product to the in-body inspection screen.
2. Place your finger on the top and bottom electrodes to proceed with the inspec
3. You can check the result value in the product after the inspection is completec
*Can change weight in the product's System > Profile without turning on the app
I have it.

Method 2) Inspection via the Inbody app
1. Click Inbody App > Add Data.
2. Enter your current weight and the exam will begin.
3. When the inspection screen comes out, put two fingers on the product and lower electrode.
4. Results are automatically saved in the app after the test is completed.

Walking

This screen shows the number of steps taken during the day. Based on the number of steps, it shows the time moved, the calories burned, and the degree of achievement compared to the goal.
*The gait record graph shows the number of walks from Monday to Sunday from the left. (Light blue: the

number of steps on the current day, dark blue: the number of steps on the previous day that achieved the goal, dark gray: the number of steps on the previous day that did not achieve the goal)
*The number of steps is updated when syncing with the InBody App.

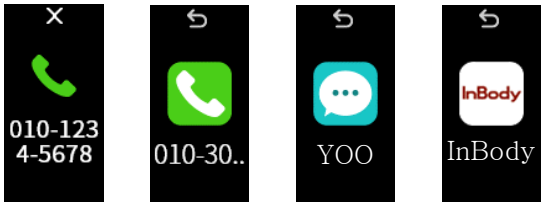
Sleep

When you put on the product and sleep, it records and analyzes it. When you touch the center of the screen, it shows the sleep stages divided into 3 stages, the percentage of total sleep and the actual time.
* You can change the sleep sensitivity in the InBody app > Settings to change the sensitivity to one that suits you.

Heart rate

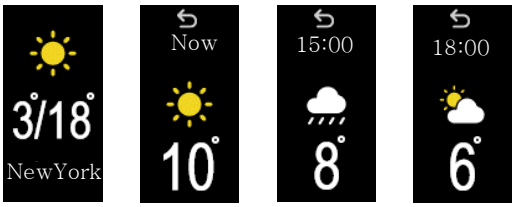
If you wear the product on your wrist, your heart rate will be measured in real time. Touch the center of the screen to see a graph of the average change in the recent heart rate (30 minute interval).
*This feature is not available when the app turns off automatic cardiac & stress measurement.
*Lowest/lowest heart rate indicates the highest and lowest heart rate in the last three and a half hours

Message Notification



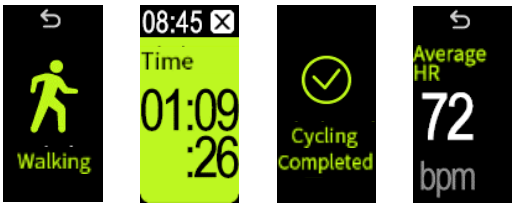
You can check your device for notifications that your phone receives.
*Inbody app 'Settings > Phone/SMS/SNS Alerts' allows you to set the presence or absence of notifications for each app.

Weather



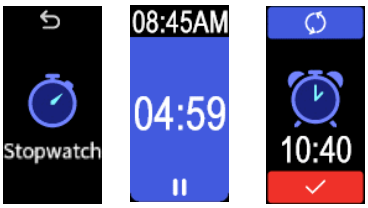
This is the weather screen showing today's highest and lowest temperatures. Touch the center of the screen to see the average temperature for each time zone.
*If you haven't synchronized with the app for a long time, weather data may not be visible.

Exercise



Wearing a product and exercising shows exercise time and distance, maximum heart rate during exercise, average heart rate, walking rate, and consumed calories. There are 5 types of exercise: walking, running, cycling, treadmill, and free exercise.
* Cycling and free exercise only shows exercise time and heart rate.

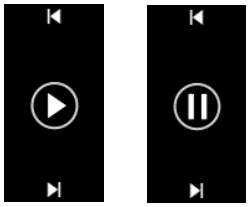
Stopwatch, timer, alarm.



- Stopwatch: The stopwatch function can be used for up to 10 hours.
- Timer: A timer can be set for up to 99 minutes. The alarm sounds when the set time expires.
- Alarm: You can turn off and turn on the alarm set in the Inbody app. Up to 10 alarms are shown.

*Alarm can be added in the app.

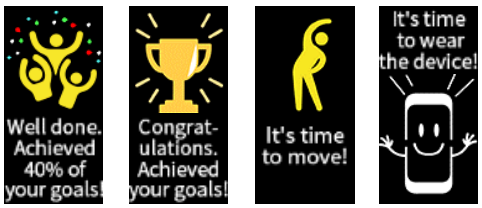
Music



You can stop or play music that is playing on your phone.

*Music cannot be controlled when the mobile phone is disconnected from Bluetooth.

Reminder (Walk, Move, Wear)



- Walk Alert: If you achieve your daily walk goal of 20/40/60/80/100% (GOAL), the product will sound an alert.
- Movement Notification: If movement is not confirmed for a period of time, the product will sound an alert.
- Wear Notification: If the wear is not confirmed for a certain period of time, the product will sound a notification.

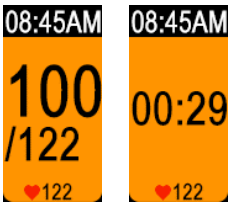
*You can set the start time, end time, and time interval for wearing in the app.

System

- Profile: You can change your weight, height, age, and gender.
- Brightness degree: Display brightness can be set to Step 4.
- Number of vibrations: You can set the number of vibrations in 3 steps.
- Clock theme: You can change the clock theme. If you use the app, you can change it to a variety of themes.
- Find a mobile phone, : Send notifications to connected mobile phones.
- Information : You can check the product name, serial number, mac address, and firmware version.
- Initialize : Initialize all data in the product.
- Shut down : Shut down the machine.

*Power to the instrument will be turned on when the product is placed on the charging dock.

EZ Training



This screen shows the accumulated number and time compared to the goal you set during Easy Training.
*Exit easy training is available in the app.

4. Product Specifications

Display Items	Current time, body fat rate, muscle mass, BMI, music control, weather, real-time heart rate, resting heart rate, changing graph, walking rate, walking time, walking record graph, burn calories, walking distance, alert, EZ training, battery remaining
Electrode Method	2-pole 4-point touch electrode method
Measurement Method	direct multi-frequency measurement method, simultaneous multi-frequency impedance
Measuring Current	Not more than 90㎂
Save Data	2 weeks (May vary depending on the wearing time)
Size	20.5mm(W) × 43.5mm(L) × 12.0mm(H)
Battery Usage Time	Up to 7 days of usage (may vary depending on scan, synchronization, and usage options)
Charging time	About an hour
Wrist circumference	M: 13.5 ~ 19.5cm
Display screen	TFT
Color	Midnight Black, Red Wine, Modern Navy
Input Power	Operating Voltage: 3.8 VDC, Before Charging: 5.0 VDC
Operating environment	10 ~ 40℃, 30 ~ 75%RH, 70 ~ 106kPa
Transportation and Storage Environment	-10 ~ 70℃, 10 ~ 80%RH, 50 ~ 106kPa (No condensation)
Frequency used	2402 MHz ~ 2480 MHz
Number of Channels	40
Modulation method	GFSK
Output	1mW or less
Waterproof grade	IP68

5. Product Warranty

Product Service Criteria

- Free service can only be provided if a manufacturer's defect or spontaneous failure occurs within the warranty period.
- Matters not specified shall be in accordance with the Consumer Dispute Resolution Standards notified by the Fair Trade Commission.

Consumer Damage Type

Consumer Damage Type	Within Warranty Period	After Warranty Period
When important repairs are required due to performance and functional defects arising from normal use within 10 days of purchase	Exchange or Refund	Paid repair
Exchange or free repair when important repair is required due to performance and functional defects that occur in normal use within one month from purchase	Exchange or free repair	

Warranty Period

Reference

- If the contents of the product are changed or damaged due to arbitrary dismantling of the product, unauthorized operation, or repair by a person other than the designated repair personnel of the headquarters, the service shall not be available.

Name of the product	InBodyBAND3	Model name	InBodyBAND3
Purchase Date	. . . YY. MM. DD	Product Name	
Place of Purchase		Warranty Period	One year from the date of purchase

[Part retention period (3 years)] [Part Warranty Period: 1 Year from the date of purchase (excluding straps)]

- If the purchase date of the product cannot be confirmed, the quality warranty period will be calculated from 3 months after the date of manufacture.
- This warranty will not be issued again, so please keep it well.

Paid services

In the event of a breakdown due to consumer negligence
- Failure and damage caused by careless handling (fall, flooding, impact, excessive operation, etc.)
- Failure and damage caused by failure to comply with the instructions and precautions written in the user's manual

In other cases
- In the event of a failure due to a natural disaster (fire, flood damage, abnormal power supply, etc.)
- Consumable parts end of life or have already been used (battery, straps already worn) 기타

Guitar

Customer guidance on how to dispose of the product

Customer guidance on eco-friendly projects (waste products): disposal of this product is intended for recycling electronics.

It has to be discarded. For more information on the disposal and recycling of electronic products, see the local government's treatment policies.

Please refer to.

FCC Information to User

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

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

WARNING

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

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

French Example Canadian Compliance Statements

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

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

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

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

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

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

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

i. This device may not cause interference.

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

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

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

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

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