

ATTACHMENT E. USER'S MANUAL

Diet Monitoring system nBody

Directions

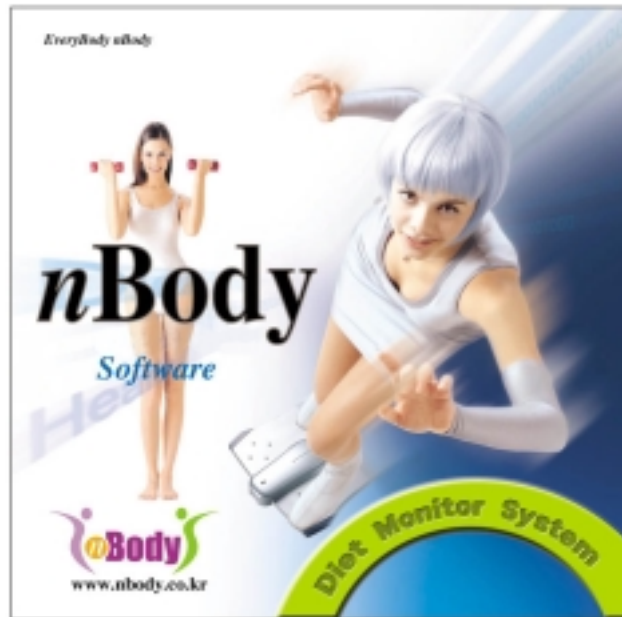


Table of Contents

Read this manual carefully before using nbody to ensure correct use.

Outline

1. Introduction
2. System requirements and Product configuration
3. Basic specifications

Preparations

1. Names and functions of Parts of nBody measuring device
2. Installation of nBody measuring device
3. Installation of nBody client program
4. Name and functions of nBody client main screen

Operations and Usage

1. Running nBody client and skin modifications
2. Measuring your wieght
3. User registration
4. Measuring modes
5. Data functions and management
6. Health Info administration
7. Additional operations

• Appendix

- Detailed information and analysis of the chart mode
- Table of average weight

EveryBody

nBody!

Customer

service

contacts

Be sure to read these contents.

• Manual precautions

- ✓ CAS has the copyright of this manual.
- ✓ It is banned to copy a part of this manual or entire manual without permission.
- ✓ The contents of this manual can be modified without notice for functional improvements.

• Precautions about a loss of your data

- ✓ Be careful not to lose the saved data in course of usage, and always make back-up files.
- ✓ CAS is not responsible for loss of data.

• Product information

- ✓ It is possible to view the product information and download additional basic utility programs at our website.
- ✓ Please visit us at www.nbody.co.kr (CAS nBody Homepage)

• Registered trademark

- ✓ NBody is a registered trademark of CAS Corporation.
Other company's name or product name belongs to the registered trademark of relevant company.

• Suitable Electromagnetic wave registered (Class B)

- ✓ As this device is registered as a product with suitable electromagnetic wave for home and office, it is available for usage in residential districts and any other areas.

Preparations and precautions before use

• Precautions while measuring

1. Make sure that the nBody measuring device is installed on a plain, firm, tremor-less surface.
2. Do not attempt to weigh exceeding the maximum weight on nBody measuring device.
3. Do not shock or apply excessive force to nBody measuring device physically. Avoid tumbling of objects.
4. A special attention is needed when weighing a baby.
5. Do not leap onto or jump on top of nBody measuring device. There is a danger of losing balance causing serious injury.

• Care and Maintenance

1. Use a soft piece of cloth to clean nBody measuring device. Avoid soaking the interior of the device.
2. Do not expose the device to extremely heat. It may damage the device and cause fire.
3. Never attempt to disassemble, repair or remodel nBody measuring device. The device is sophisticated and can cause damaged.
4. Repair the product at authorized warranty centers only. There is a possibility of electric shock or other injuries and furthermore, the nBody will not be granted for warranty. To repair, inquire the shop of purchase of nBody or the business office.

• Installation precaution

It is not possible to measure weight through nBody without a computer connection. Please be aware that nBody is not an ordinary weight scale.

1. Install nBody-measuring device on a plain, firm, tremor-less floor.
2. In the case that your hands or feet are wet after connecting nBody measuring device to your computer, do not touch other electric appliances or stand on the device. There is a danger of being struck by electricity. **Your computer may not be able to support the program for basic requirements and specifications. Contact nBody customer service center to make special arrangements for installation.**
3. The cable connected to the nBody measuring device is detachable. Therefore, It is dangerous to lift the device holding the cable only. When moving nBody measuring device, make sure you hold the main body of device.
4. Do not insert or extract the cable of nBody measuring device unnecessarily. It can cause trouble to the cable connector.
5. It is important to use a multi-outlet generally used by computers for the power supply of nBody measuring device to prevent electric shock in case of electric leakage.
6. Do not install nBody in the area with high magnetism and electric wave. Unstable AC power is be the cause of error.

Product outline**1. Introduction**

Thank you for purchasing nBody.

nBody is weight-measuring system operated by a connection of a scale and a computer. It is effective for health care and balanced body care through the analysis in the changes in your body

nBody can manage different information that affect your health and body through database for long-term and short-term analysis.

The characteristics of nBody are,**✓ NBody keeps track of the change of your body.**

nBody can not only be connected to the computer but you can access it online on user's approval. Through different functions and data managements, you can observe periodical changes that are occurring in caring for your health and body. Furthermore, you may also experience convenience through additional features such as fitness and nutrition information.

✓ nBody accurately measures your body by the units of 0.11 lb.

There has not been any domestic scale with the accuracy by the units of 0.11 lb. With nBody, you will be able to measure your weight precisely than ever before. nBody can also confirm your Body Mass Index (BMI) simultaneously.

✓ NBody is easy to use.

nbody is a user friendly device that supports plug and play. It is convenient to use and does not require the use of batteries. Installation of the program and the connection to your computer through the USB cable is all you need to do for the use of the exclusive body and health care system.

✓ NBody has various designs.

Users have the option to choose from a wide variety of skins that are available in the program depending on your taste.

✓ Your baby can also be a user of nBody.

There is the necessity of caring for the health and body of all members of your family, including your baby. Use the infant mode of Nbody to accurately measure and care for the rapid growth of your baby.

2. System requirements and Product configuration

■ System requirements

nBody is operated in Window XP/2000/ME/98SE.

System requirements for executing nBody is as follows:

- IBM compatible PC
- 64MB of RAM
- VGA Graphic card
- 10MB of available hard disk space
- Window XP/2000/ME/98SE
- CD-ROM drive (over 8X)
- Mouse

■ Product configuration

The following should be included in your nBody kit box.

If you find any items to be missing, please inquire the store of purchase.

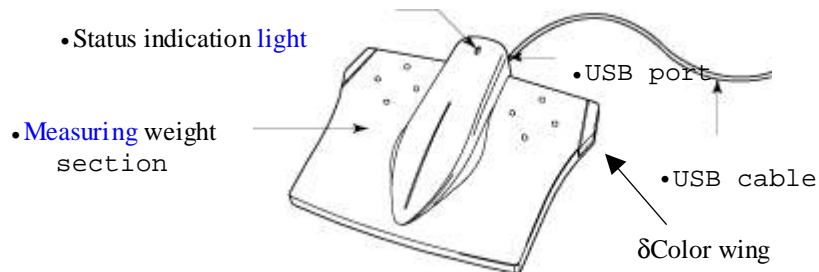
1. A nBody measuring device
2. A nBody client software CD
3. A USB cable
4. A nBody measuring tape
5. A height measuring sheet
6. 2 sets of Color wing
7. A nBody manual
8. A Product installation easy guide

3. Basic specification

Item	Description
Available PC	IBM Compatible DeskTop PC, Notebook & Sub Notebook
Operating system	Windows 98SE, Windows ME, Windows 2000, Windows XP
Interface	USB Spec. is based on 1.1, 2.0
Measurable range	11 lbs ~ 330 lbs
Unit	0.11 lbs
Weight	4.18 lbs
Size	10.24*8.98*2.13(1.18) (W*D*H) inch
Consuming current	30mA Maximum
Power	Powered through USB BUS (BUS-Powered, separate Power is unnecessary)
Feature	Equipped with Multiple precision load cell Auto-start function Auto-reset to initial zero position Connect with computer using USB Interface Access to internet Weight assistant for entire family Data save function (Storable up to 10 persons)

Preparations

1. Names and functions of Parts of nBody measuring device



- Measuring weight section
- Status indication light : Function that indicates the status of nBody
 - Red light : It Indicates an the program is not running despite the connection with computer
 - Green light : It indicates that the program is running and ready to measure weight.
- USB port : A port to connect USB cable with nBody measuring device.
- USB cable : A cable to connect nBody measuring device with computer.
(Exclusive use of cable required)
- Color wing : Colored accessory that is attached to nBody measuring device.

2. Installation of nBody measuring device

[1]



[2]



Mini-DIN type



USB A type

Step 1. Confirm the items provided from nBody.

Step 2. Place the nBody device on a plain, firm, tremor-less surface.

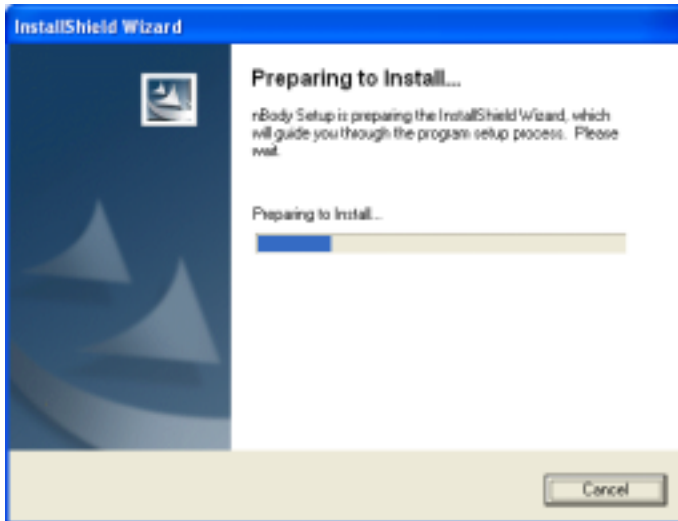
Step 3. [1] Plug in *Mini-DIN type* into the USB port of nBody measuring device.

Step 4. [2] Plug in *USB A type* into the USB Port of the back of PC body.

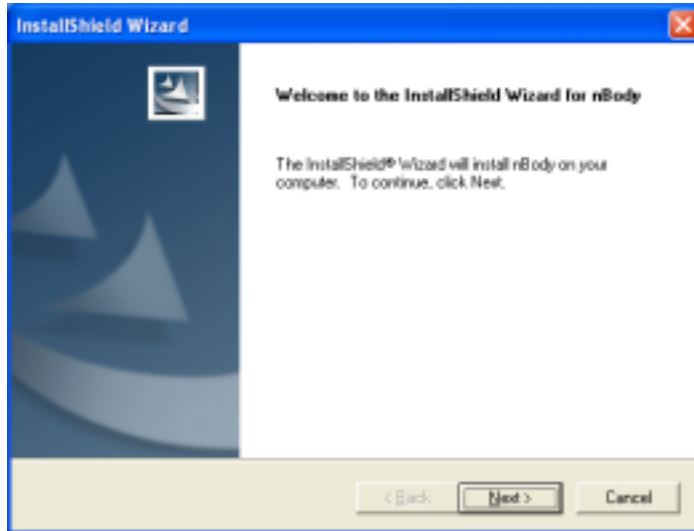
Step 5. You will be able to see the red light when the nbody measuring device is properly connected.

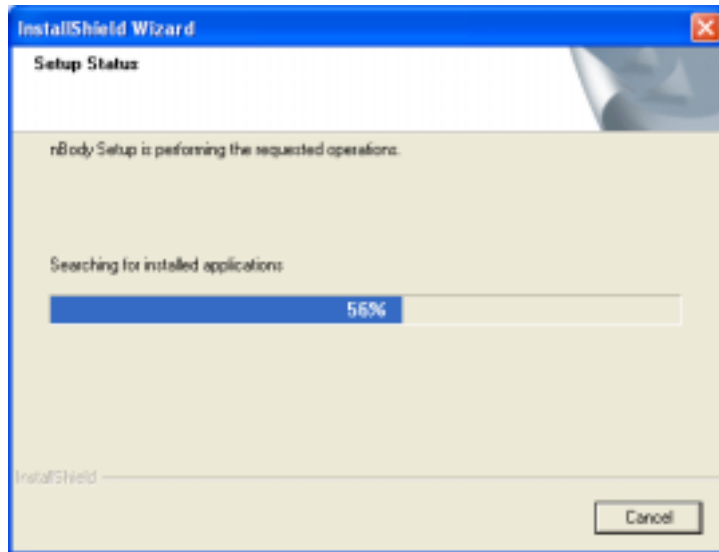
3.Installation of nBody Client Program

1. Installation wizard program will automatically run when you insert the CD into your CD-ROM drive.
2. If the installation wizard does not run, open the CD-ROM drive and double click **setup.exe** to start installing.

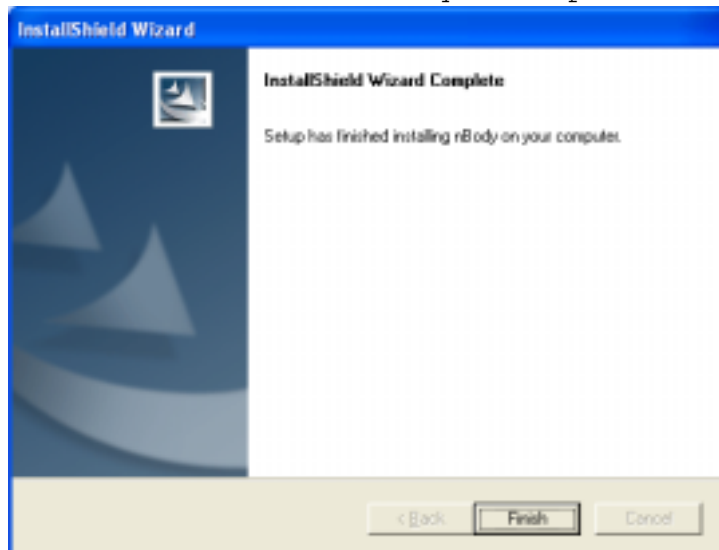


3. The sequence of the screen is shown below. Continue by clicking **Next (N)**.





4. The installation of nBody is completed when clicking **YES** button.



6. A shortcut of nbody will be made on your desktop after installation. Double click the nbody icon to run the program. If the shortcut does not exist, double click **nBody Main** in C:\Program Files\Cas\nBody folder to run the program.

- It is important to not change the link of the nbody folder after installing the program. (**C:\Program Files\CAS\nbody**) If the link is change, the program will not operate properly.

4. Name and functions of nBody client main screen (1~17)



- **Current weight**

- Current weight is represented by 11 lb units.
- You will be guided by the message board • in the main screen and the sound when measuring your weight.

- **Current Body Mass Index**

- Body mass index is determined by the current weight and personal profiles you have entered.
 - **Body Mass Index (BMI)** - BMI is a numerical value that is calculated by height and weight.

- **User Information**

- By simply selecting your user ID, you do not have to go through the login in process.
- Sex, name and age information are automatically loaded when user is selected.

- **User administration**

- This icon is for inputting general user information such as user name, sex, age, target weight, height and other general information that are saved in the personal database.

- **Body Profile**

- The **Body Profile** is shown in the right side of the **User administration** window.
- The units in the **Body Profile** can either be in 'Cm 'or 'Inch', and the omitted contents can be inserted additionally by clicking **Modify**.

- **Dressed mode**

- If entered, a rough estimated weight of your clothes will be automatically subtracted in measuring your weight.

- **Infant mode**

- This is a convenient and a safe method to weigh a baby. An adult is first informed to measure the weight and then informed to hold the baby standing on the nbody measuring device. The weight of the baby is simply calculated by the difference between the two values.

- **Message window**

- This window indicates information such as the procedures and the status in measuring your weights.

- **Body Profile**

- A window that confirms your inputted body profile that have been entered in the course of registration.

- **Options**

- You are able to select your skin and modify additional functions such as user's mode options and auto exit mode.

- **Graphs**

- You are able to view various graphs and data showing periodical progress towards your targeted weight. Additional information such as body mass index, overweight rate, and waist hip ratio are shown.
- You can print out the graph by clicking the **Print**.

- **DB back-up/ Recovery icon**

- Analyzed data such as measured weight, body measure, and overweight rate are saved and controlled in database format, and can be backed-up and uploaded into floppy disk or hard drive.

- **Health Information assistant**

- Your entire personal health information such as fitness information, nutrition information, body size information, and blood pressure/pulse information can be recorded and controlled.

- **Go to Web**

- Visit our homepage website at <http://www.nbody.co.kr>.

16 Exit

- Click the exit icon to exit the main screen of nBody client program. To exit the program completely, right-click the nBody Load icon in the task bar and select **exit**.
- You can always restart the program when the nBody load icon remains on the task bar by standing on the nBody measuring device. Auto exit mode must be set in options.

17 Date and time window

- The date and time indicated in the window is connected to the time set in your PC. Therefore, it is important that you set the time properly in your computer in order to get the accurate date and time of when your weight has been measured.
-

Operations and Usage

1. Running nBody client and skin modifications

- After inserting the software CD for installations, run the nBody program.
- Details about product installations and directions are displayed by clicking by **Help**.
- You can select your favorite skin from a variety of nBody skins available in **options**.
- If you select default skin at the skin option, the program restarts with the selected skin during your last usage of the program.
- The program operates in the screen resolution of 1024*768 pixel and high color (16bits) or above.

2. Measuring your weight

- You can measure your weight by standing on the nBody measuring device.
- nBody accurately measures your body by the units of 0.11 lb.

• Please stand on the device.



• Measuring your weight..



• Completed.



3. User registration

(1) Registering user's data

Step 1. Click **User administration** icon on the main screen.

Step 2. Click **Registration**.

Step 3. Enter user Information and body profile, and click **confirm**.

Step 4. Completed.

It is possible to calculate your body information such as Body Mass Index (BMI), and overweight rate if your correct body profile has been inputted.

(2) Registering additional user

Step 1. Click **User administration** icon on the main screen.

Step 2. Click **Registration**.

Step 3. Enter user Information and body profile, and click **confirm**.

Step 4. Completed.

Registered users are limited to ten users. It is possible to measure the weight of additional guests but personal data savings and analysis will not be available.

(3) Modify user

Step 1. Click **User administration** icon on the main screen.

Step 2. Select user's name and click **Modify**.

Step 3. Edit the contents and click **YES**.

Step 4. Completed.

If the body profile entries have not been completely filled out, the following message will be shown. Omitted contents can be added at any time by clicking **Modify**.

(4) Delete user

Step 1. Click **User administration** icon on the main screen.

Step 2. Select user's name to delete and click **Delete**.

Step 3. Completed.

All data and saved information will be removed and cannot be recovered once the user is deleted.

4. Measuring mode

(1) General measuring modes

✓ **Basic users** : You can select this mode only if you are a registered user. The previous data are saved in the database and the measured weight is recorded automatically up to ten times daily. Registered users are limited to ten persons.

✓ **GUEST** : Measuring weight without registering is possible in the guest mode. Calculation of the Body Mass Index (BMI) is available if the

height of the guest has been entered in the main screen. Note that the data in the guest mode cannot be saved.

- ✓ **My friend** : You can select this mode for frequent guests using the nBody device. In this mode, it is possible to confirm previous 30 records and graphs without being a registered user. However, if you want to take full advantage of the program, it is recommended that you register for more detailed data analysis.

(2) Dressed mode

Step 1. Select user name.

Step 2. Click **Dressed mode** icon on the main screen.

Step 3. Enter the weight of your clothes you are currently wearing and click **apply**.

Step 4. The weight of the clothes you entered will automatically be subtracted from the measured weight.

Tip 1.

It is recommended that you use the **Dressed mode** for an accurate measurement of your weight and calculation of Body Mass Index (BMI). You can enter up to 22 lbs (10KG) of weight.

Tip 2.

If you set the weight of the **Dressed mode** the weight will always be subtracted every time you measure your weight. The status of the setting is indicated by the change of the color.

Tip 3.

Click **Reset** to delete the **Dressed mode** setting and return to the **Basic mode**.

(3) Infant mode

Step 1. Select baby's user name.

Step 2. Click **infant mode** icon on the main screen.

Step 3. First, measure the weight of the adult without the baby.

Step 4. Then, measure the weight together by securely holding the baby and standing on the nBody measuring device in a stable pose.

Step 5. **Infant weight** is measured and the data is shown.

Tip 1.

You can see the progress of the baby's weight in the graph mode.

Tip 2.

Use Infant mode only for babies under four years of age. Make sure that you are in a stable position when holding the baby on the nBody measuring device.

5. Data functions and management**(1) Output window**

- ✓ Current weight is represented in the units of 0.11 lb (50g), and Body Mass Index (BMI) is calculated and represented simultaneously.

(2) Message window

- ✓ After measuring your current weight, this window informs you the comparison with the past weight and target weight. The data is automatically saved in the database.

(3) Graph mode

Step 1. Select user name and measure weight.

Step 2. Click **graph mode** icon on the main screen.

Step 3. View graphs by clicking **current data** and other categories.

Tip 1.

Graph of the current data shows the standard weight and the progress towards your target weight. Graphs of other categories compare your weight and rates with standard information informing you with whether you are fit or overweight.

Tip 2.

You can view and print the graphs of any categories in daily, weekly or any other periodical basis.

(4) Data chart

- ✓ Click **Data** icon in the graph mode and double click needed data to get detailed information towards the target weight. It is possible to leave a memo for any relevant information.

6. Health Information assistant

(1) Fitness Information

Step 1. Click **Health Information assistant** icon on the main screen and click **Fitness Information**.

Step 2. Select the type of exercise and enter the amount of exercise in terms of time, distance, or counts.

Step 3. Click **Insert new data** to inserted recorded data automatically.

Step 4. Click **Graph** to view the graph for the amount of exercise and the progress of your body.

Step 5. It is possible to edit or delete inserted data by clicking **Data**.

Tip 1.

It is recommended that you keep track of the exercise to view the correlation of the type of exercise with the progress of your body and weight. From the correlation, you can get an idea of what exercise fits you best for loosing weight or keeping you in shape.

(2) Nutrition information

Step 1. Click **Health Information assistant** icon on the main screen and click **Nutrition Information**.

Step 2. Select nutrition category and food category.

Step 3. Enter the name of food (example: pizza) and main contents of ingredients (example: flour, cheese, tomato sauce).

Step 4. Enter the weight (lb) of food depending on the contents of nutrition and click **Insert new data**.

Step 5. Click **Graph** to view the graph for the nutrition consumed and the change in body weight.

Step 6. It is possible to edit or delete inserted data by clicking **Data**.

Tip 1.

It is recommended that you keep track of the nutrition information to view the correlation of the nutrition consumed with the change in body weight. From the correlation, you can get an idea of which type and amount of nutrition, and time of consumption fits you best for loosing weight or keeping you in shape.

7. Additional functions

(1) Basic mode

- nBody basic mode requires the user to be registered. In this mode the user is enabled to measure weight, view graphs and data, and automatically save the records and data.

(2) User auto-detect mode

- This mode automatically detects the similar user without having to selecting user name.
- To use this mode, go to options and select **User detect mode**, and click **OK**.

(3) One user mode

- For the convenience of the customer who uses nBody alone, this function automatically saves the measured data in the selected user's data.
- To use this mode, go to options and select **one user mode** and click **OK** after confirming user name.

(4) Auto exit mode

- This mode is a function that automatically exits the nBody program after the set amount of time. The program can be executed by simply standing on the device.
- To use this mode, go to Options and select **auto exit mode**. Set the minutes you wish the program to exit and click **OK**.

(5) My friend mode

- This function allows user to measure weight and view graphs and charts without registration.
- Select **my friend** as user name on the main screen, and enter the target weight and height before measuring your weight. You can see the graphs and charts by clicking the **Graph** icon.

(6) Data backup/Recovery mode

- This is a function that automatically saves and stores the entire data into a floppy disk or your hard drive.
- To automatically create backup files, click **Database backup/ recovery** icon on the main screen and click **data backup**. Confirm the save route at options, and click **OK**.
- For data recovery, confirm the recovery route at option and then click **recover**. Existing data will be recovered automatically.
- If you choose to create back-up files into the floppy disk, five recent data will be backed-up automatically. If an error is found in the floppy disk when recovering, use the files in the hard drive to recover.

- It is recommended to use more than two floppy disks when creating the back-up file.

(7) Web function

- Click **Web** icon on top of main screen to visit our website at www.nbody.co.kr.

For additional questions or concerns, visit our official *EveryBody nBody* website.

www.nbody.co.kr

• Appendix

- Details about chart mode
- Standard weight table

• Details about chart mode

1. Weight

- ✓ Current weight - The present weight measured by nBody
- ✓ Standard weight - Standard weight from the basis of medical centers.
- ✓ Target weight - An inserted weight that the user is aiming for.
- It is recommended to set the target weight within the range of 'Current weight- (Current weight-Standard weight) x (0.7~0.8)'. An excessive loss in weight can cause serious injuries to one's health.

2. Body Mass Index

- ✓ Body Mass Index (BMI) is calculated according to the height and weight. BMI is broadly used because it is directly related to the body fat ratio and obesity. It is applicable to adults only.

- Formula : $BMI = \{ \text{Current weight(kg)} \div \{ \text{Height(m)} \times \text{Height(m)} \} \}$
<Body measure index criterion>

Body measure index	Criterion
Below 19.8	Insufficient weight
19.8 ~ 24.2 (19~22longevity Zone)	Normal
24.2 ~ 26.4	Over weight
Over 26.4	Over weight

(Korea Obesity Association)

1. Overweight rate

- ✓ Overweight rate is determined by the following formula.

- Formula : $\{ \text{Current weight(kg)} \div \text{Standard weight(kg)} \} \times 100$

<Judging your weight>

Obese rate	Result
Below 80%	Exceeding insufficient weight
80 ~ 90%	Insufficient weight
90 ~ 110%	Normal
110 ~ 120%	Overweight
Above 120%	Excessive obesity

- ✓ Waist Hip Ratio (WHR) can determine the status of your health and where the body fat is massed in your body.

- Formula : $WHR = \text{Waist} / \text{Hip}$

<Judging your waist hip ratio>

Over 0.95 for male, over 0.8 for female: fat is massed in your waist and abdomen.

5. Daily data

- ✓ Chart that displays all the daily measured weight including the current data.

6. Every data

- ✓ Chart showing the changes of weight from all the data saved. Up to ten data can be saved daily.
- ✓ It is only possible to save up to ten measured weights daily. Additionally measured weight will not be saved.

7. Periodical data

- ✓ Graph that shows the progress of weight during a specific period of time on daily and monthly basis.

8. Data

- ✓ It shows the all measured weight as well as calculated data. Up to ten data can be saved daily and the data are displayed on daily periodical basis.

9. Graph

- ✓ Used to return to the desired graph.
- ✓ It is possible to see the date and time of when the weight has been measured by placing the mouse pointer on a point in the graph.

10. Delete

- ✓ For the purpose of deleting error data, select the relevant data, and click **delete**.

11. Print

- ✓ You can print the currently calculated data charts and saved graphs.

12. Health Information

- ✓ It is used to move from the graph mode to Health Info mode.

EveryBody nBody! Customer Service Information

Do you have any question concerning the nBody software?

You're required to be fully aware of directions by all means before using nBody.

For the more information about the software provided with nBody measuring device, follow the directions below.

■ 1 Step : Refer to directions and help

- ✓ Refer to the directions of nBody.
- ✓ Refer to the help of nBody client.

■ 2 Step : Connect to nBody Online Website.

- ✓ Refer to FAQ and solutions at the official nBody Website.
- ✓ www.nbody.co.kr

■ 3 Step : Call CAS nBody customer service center

- ✓ Please let us know the following information when calling.

1. Product Name: nBody
2. PC specification connecting the nBody measuring device (Including OS)
3. The exact symptom of failure or error message

of nBody periodically.
our data before

requesting the repair. Our company does not bear any responsibility for the loss of customer's data due to the hardware problems.

Customer service center: 02-2225-
3702 nbody@digitalcas.com

CAS Build., Sungnae-dong, Kang dong-ku, Seoul, 440-1/ Fax : 02-474-2262

INFORMATION TO USER:

This equipment has been tested and found to comply with the limits of 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:

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

CAUTION: Changes or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment