

ATTACHMENT E.

- USER'S MANUAL -



nBody-DP

Instructions Manual





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U.S.A.

U.S. FEDERAL COMMUNICATIONS COMMISSION RADIO FREQUENCY INTERFERENCE STATEMENT INFORMATION TO THE USER

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 of a circuit different from that to which
 the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for assistance

Changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Connecting of peripherals requires the use of grounded shielded signal cables.



Powerful nBody-DP!

Now it is easier to control nBody-DP with Dual display (Easy nBody-DP with Dual Display)

nbody-DP has upgraded from previous PC connectable nBody. Without computer display, nBody-DP scale itself has display attached to it so without connecting the nBody-DP with computer, it can be used by itself displaying weight.

* When Sole Use

- ✓ 50g interval measuring precision scale
- ✓ Automatic measured weight save up to 100 times
- ✓ Bright LED
- ✓ Simple steps to transfer measured data to PC

* When connected with PC

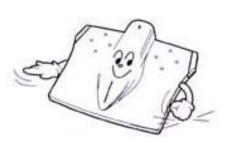
- ✓ PC connection using USB cable
- ✓ user setup up to 10 different person
- ✓ Diplay charts for weight, body fat, BMI fatness and data save.
- ✓ synthesized body measurement result and printing fucntion

■ Special Feature

- ① nBody-DP sole use or PC connection use
- ② Easy to see red LED and PC display (dual display)
- 3 Weight memory up to 100 times when sole use
- Easy data transfer when connected with PC
- ⑤ Personal Database up to 10 different people using single nBody-DP
- 6 Power generated by PC USB Cable (when connected with PC)



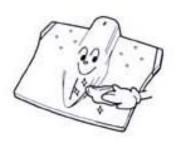
Precautions before using nBody-DP





- 1. Install nBody DP-measuring device on a flat, stable surface that is free of vibration.
- 2. In case your hands or feet are wet after connecting nBody-DP measuring device to your computer, do not touch other electric appliances or stand on the device. As in any electronic device, there is a danger of being struck by electricity.
- 3. The cable connected to the nBody-DP measuring device is detachable. Therefore, it is dangerous to lift the device holding the cable only. When moving nBody-DP measuring device, make sure you hold the main body of device.
- 4. Do not insert or extract the cable of nBody-DP measuring device unnecessarily. It can cause trouble to the cable connector.
- 5. It is important that your computer is using a safe multi-outlet to prevent electric shock in case of electric leakage.
- 6. Do not install nBody-DP in the area with high magnetism and electric wave. Unstable AC power could be the cause of error.



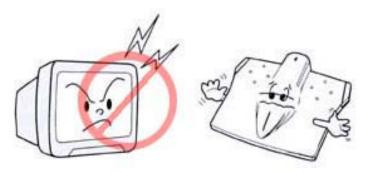


Precautions while measuring

- 1. Make sure that the nBody-DP measuring device is installed on a flat, stable surface that is free of vibration.
- 2. Do not attempt to weigh exceeding the maximum weight on nBody-DP measuring device.
- 3. Do not shock or apply excessive force to nBody-DP measuring device physically. Avoid tumbling of objects.



4. Do not leap onto or jump on top of nBody-DP measuring device. There is a possibility of causing serious injury if you lose balance.



Care and Maintenance

- 1. Use a soft piece of cloth to clean nBody-DP measuring device. Avoid soaking the interior of the device.
- 2. Do not expose the device to extreme heat. It may damage the device and cause fire.
- Do not make any changes or modifications to the equipment unless otherwise specified in the Instructions Manual. If such changes or modifications should be made, you could be required to stop operation of the equipment.
- 4. Repairs to certified equipment should be made by an authorized maintenance facility designated by the supplier. If you need a repair, please inquire at your nearest CAS dealer or nBody-DP business office. Do not attempt to repair nBody-DP. There is a possibility of electric shock or other injuries and furthermore, the nBody-DP will not be responsible for warranty.



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Preparations

1. Making sure everything is in the box

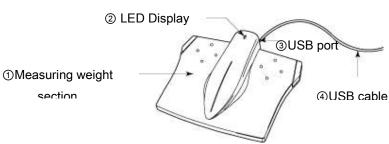
Check to make sure you have everything that's shown and listed below.

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

- ✓ One nBody-DP measuring device
- ✓ One nBody-DP client software CD
- ✓ One USB cable
- ✓ One nBody-DP measuring tape
- ✓ One height measuring sheet
- ✓ Two sets of Color wings
- ✓ One nBody-DP manual
- ✓ One product installation easy guide

2. Names and functions of Parts of nBody-DP measuring device





☐ Measuring weight section

□ RED LED

☐ USB port : Port that connects USB cable with nBody-DP measuring device.

□ USB cable : Cable that connect nBody-DP measuring device with computer. (Exclusive use of cable required)

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2. Installation of nBody-DP measuring device

[1]







[2]





USB A type

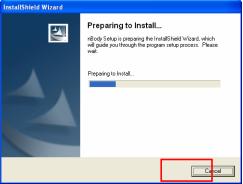
- Step 1. Confirm the items provided from nBody-DP.
- Step 2. Place the nBody-DP device on a plain, firm, tremor-less surface.
- Step 3. [1] Plug in *Mini-DIN type* into the USB port of nBody-DP measuring device.
- Step 4. [2] Plug in *USB A type* into the USB Port of the back of PC body.
- Step 5. You will be able to see the red light when the nBody-DP measuring device is properly connected.



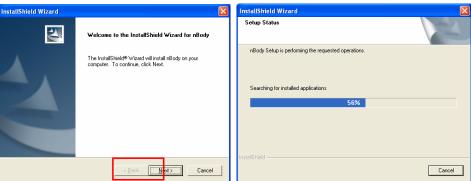
4. Installation of nBody-DP Client Program

1. Installation wizard program will be launched automatically when you insert the CD-ROM supplied in the nBody-DP package. If the autorun does not run, you must install the software manually. Double click **setup.exe** in your CD-ROM drive window to begin installation.

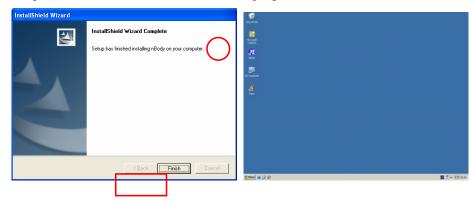




2. The sequence of the installation is shown below. To continue, click **next** (N).



3. Click **OK** to complete installation. A new nBody-DP shortcut icon will be created in your desktop. Double click on the icon to run the program.

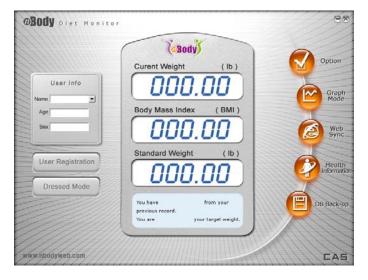


* It is important not to change the link of the nBody-DP folder after installing the program.

(C:\Program Files\CAS\nBody) If the link is changed, the program will not operate properly.



5. Names and functions of nBody-DP client main screen (1~17)



① Current weight

- Current weight is represented with the accuracy of hundredth decimal pound units.
- You will be guided by the message board ⑨ in the main screen and by sound when measuring your weight.

② Current Body Mass Index (BMI)

■ Body Mass Index is determined by the current weight and personal measurements you have entered.

3 Standard body weight

4 User Information

- Simply selecting your user ID, instead of having to go through login process.
- Sex, name and age information are automatically loaded when user is selected.

5 User administration

■ Click this icon to input general user information such as user name, sex, age, target weight, height and other general information.



6 Body Record

- The Body Record 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.

⑦ Dressed mode

■ Entered a rough estimated weight of your clothes and the clothes weight will be automatically subtracted when 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-DP measuring device. The weight of the baby is simply calculated by the difference between the two values.

Message window

■ This window guides you when using nBody-DP indicating procedural information and the status when measuring your weight.

® Body Profile

■ Window that confirms the your body profiles 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.

☐ Chart/Graph

- You are able to view various graphs and data charts showing periodical progress towards your targeted weight. Additional information such body mass index (BMI) and waist to hip ratio (WHR) 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, body fat rate, 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 personal health information such as fitness information and nutrition information can be recorded and managed.

☐ Go to Web

■ You can visit us at our official website if you have access to the Internet. (www.nbody.co.kr)

16 Exit

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

17 Date and time window

■ The date and time indicated in the window are 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.

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Operations and Usage

1. How to measure weight

■ nBody-DP Sole Use

- ① Insert 4 AAA size batteries into nBody-DP correctly and place nBody-DP on an even and solid surface.
- ② Step on the nBody-DP to start measuring weight and measured weight will be displayed on LED display with interval of 50g.
- The recently measured weight data will be saved up to 100 times and after 2~3 minutes, nBody-DP will be in power save mode.



■ nBody-DP PC Use

- ① When PC is running normally, connect the nBody-DP with PC using USB cable and place the nBody-DP on an even and solid surface.
- ② Install the nBody-DP software from nBody-DP software CD and when finished installing, double click on nBody-DP icon to start the nBody-DP Program.
- 3 Step on a scale to start measuring the weight and the result will be displayed on a PC monitor with interval of 50g.
- 4 After registering as a user, every measurement will be saved and the chart for weight change, body fat, BMI, fatness, WHR can be check on the spot.





2. 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.

Tip.

It is possible to calculate your body information such as Body Mass Index (BMI) Waist to Hip Ratio (WHR) 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.

Tip.

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) Modifying user information

- 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.

Tip.

If the body profile entries have not been completely filled out, the following message will appear. 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.

Tip.

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

4. Measuring mode

(1) Basic mode

- 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 people.
- To use this mode, go to option and select basic mode in User's option.

(2) User auto-detect mode

- This mode automatically detects the user through similar measured weights.
- To use this mode, go to option and select User detect mode, and click OK.

(3) One user mode

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

(4) Guest mode

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.

(5) My friend mode

■ You can select this mode for frequent guests using the nBody-DP 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.

(6) Dressed mode

You can input the weight of your clothes by clicking the Dressed mode icon. The weight of your clothes will be subtracted from the measured weight when displaying your weight in the main screen.



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 not use the Dressed mode setting and return to the Basic mode.

5. Data functions and management

(1) Output window

■ Current weight is represented with the accuracy of hundredth decimal digits, and Body Mass Index (BMI) is represented simultaneously.

(2) Message window

■ After measuring your current weight, this window informs you the comparison between 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 various function keys explained in (5).

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 allowing you to check your health status.

Tip 2.

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



(4) Data chart

■ Click Data Chart 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.

(5) Function keys in graph/chart mode

■ Weight

To view the user's measured weight values in graph and chart mode.

BM1

To view the user's calculated Body Mass Index values in graph and chart mode.

WHR

To view the user's calculated Waist to Hip Ratio values in graph and chart mode.

■ Daily Graph

By clicking Daily Graph it is possible to see the graph of daily measured and calculated values of your weight, BMI, and WHR. Through this graph, you will be able to see your progress towards your target weight.

■ Entire Graph

By clicking Entire Graph it is possible to see the graph of every measured and calculated values of your weight, BMI, and WHR. Up to ten data can be saved daily.

■ Other periodical Graphs

You can have a look at your progress of weight in weekly, monthly or any other specific period of time.

■ Data Chart

By clicking Data Chart, you can take a look at your measured and calculated values in the spreadsheet database format. It is possible to leave a memo at a specific measurement or calculations for future references.

■ Delete Selected row

This key is available when you are in the Data Chart mode. If you find any data to be unnecessary or mismatching, you can select the row and delete.

■ Graph

Click Graph to return to the graph mode from the data chart mode.

■ Print

It is possible to print any graphs or data charts of any category.

■ Health Information

Click Health Information to view your fitness and nutrition information. Further explanation regarding the Health Information is given in the next section.

■ End



To end graph/chart mode and return to the main screen.

6. Health Information Administration

(1) Exercise

- Step 1. Click Health Information assistant icon on the main screen and click Exercise.
- 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 add 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.

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 obtaining your ideal weight or keeping you in shape.

(2) Nutrition

- Step 1. Click Health Information assistant icon on the main screen and click Nutrition.
- 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 your 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 obtaining your ideal weight or keeping you in shape.

(3) Fitness



- Step 1. Click Health Information assistant icon on the main screen and click Fitness.
- Step 2. Enter the detailed body measurements in inch units and click insert. (It is possible to insert your desired measurements only.)
- Step 3. Click graph to view the graph of the changes of your body measurements according to your daily weight. In Diet, you can view the graph of the changes in chest, waist, and hip. In Body Building, you can view the graphs of additionally inserted measurements such as forearm, upper arm, neck, shoulder, thigh, and calf.
- Step 4. Click data chart to view the inserted measurements in spreadsheet format.
- Step 5. It is possible to edit or delete inserted data.

Tip 1.

It is recommended that you keep track of the body measurements to view the correlation of your body sizes with the changes in your body weight. From this correlation, you can easily tell which parts of your body are making progress in keeping you in healthy shape.

(4) Medical Information

- Step 1. Click Health Information assistant icon on the main screen and click Medical Information.
- Step 2. Enter systolic pressure (highest number), diastolic pressure (lowest number), and heart rate and click insert.
- Step 3. Click graph to view the graph of the blood pressure according to your daily weight.
- Step 4. Click data chart to view the inserted measurements in spreadsheet format.
- Step 5. It is possible to edit or delete inserted data.

tip 1. The medical information will inform you with the correlation of the changes in your weight and medical measurements. It is recommended that you keep track of the measurements to prevent you from stroke or any heart related disease.

7. Additional functions

(1) Auto exit mode

- This mode is a function that automatically exits the nBody-DP program after the set amount of inactive time. The program can be re-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 (while inactive) and click OK.

(2) Setting the initial date

- This function allows you to set the initial date for viewing your personalized charts and graphs. Use this function to better manage and schedule your diet program.
- To use this function, click Option icon in the main screen and click Private option. Select user



name, set your initial date, and save.

(3) Automatically adjusting target weight

- This function automatically adjusts your target weight once your current weight reaches the target weight you have set.
- To use this function, click Option icon in the main screen and click Private option. Check Automatically adjust target weight and save.

(4) User password setting

- Once you are a registered user it is possible to secure your private data by setting up a password.
- To setup a password, click Option icon in the main screen and click Private option. Select user name and click Password setting. Type in the password and click OK.
- If you wish to remove your password, leave the box blank.

(5) Data backup/restore mode

- This function allows you to create backup files for the entire database and/or individual database into a floppy disk or your hard drive.
- To create backup files, click Database backup/restore icon on the main screen and click data backup. Confirm the save route at options, and click OK.
- To restore the database, confirm the recovery route at option and then click restore. Existing data will be restored 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 restoring, use the files in the hard drive to restore.
- ☐ It is recommended to use more then two floppy disks when creating the backup files.

(6) nBody-DP DB transfer option

■ Basic Operation Steps

[nBody-DP Program install]-[connect nBody-DP to PC]-[register as user]-[weight measurement]-[options setup]-[Select option to transfer data from nBody-DP]

- Sole used saved data transfer to PC (Auto save up to 100 times)
 - ① DB transfer when starting a Program

[nBody-DP sole use]-[connect nBody-DP to PC]-[Run program]-[Save the selected measured data]-[check for graph and data]

② DB transfer when ending the Program.

[nBody-DP sole use]-[connect nBody-DP to PC]-[Run program]-[Weight measurement, Graph check and



etc.]-[Click nBody-DP program exit]-[Select measured data save and exit program]

3 DB Transfer when User desired

[nBody-DP sole use]-[connect nBody-DP to PC]-[Run program]-[Click DB back-up]-[DB transfer]-[Measured data select and save]-[Graph and data Check]

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System requirements

nBody-DP is operated in Window XP/2000/98SE.

System requirements for executing nBody-DP is as follows:

- ✓ IBM compatible PC
- ✓ 256MB of RAM
- ✓ VGA Graphic card
- ✓ 500MB of available hard disk space
- ✓ Window XP/2000/ME/98SE
- ✓ CD-ROM drive (over 8X)
- ✓ Mouse

Basic specifications

List	Specification
Compatible PC	IBM PC Compatible DeskTop PC, Notebook & Sub
	Notebook
Operable PC	Windows 98SE, Windows 2000, Windows XP
Interface	USB Spec. 1.1, 2.0
Measurable Range	5kg~150kg
Min. Display	50g
Product Weight	3.4 Kg
Display	Bright LED (5 Digit), PC Monitor (when Connected with
	PC)
Dimension	260*228*54(30)(W*D*H)
Power Consume	30mA Maximum
Power Used	USB Power or AAA Battery (1.5V)*4
Accessory	NBody-DP Software CD, USB cable, Ruler, Height
	measuring sheet, 4xAAA Batteries
Product Guarantee	1 year from product purchase
Special Feature	High-precision strain gauge Load Cell
	Internet DB transfer Feature and 15 health information
	display
	Automatic Weight data save up to 100 times
	Automatic Power on/off function
	Family size weight measurement and management
	(Personal registration up to 10 people)



Regulatory information

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- 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.

CAUTION: Changes or modifications not expressly approved by the manufacturer responsible for

compliance could void the user's authority to operate the equipment

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

www.nBody.co.kr

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☐ Appendix

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.

 \square Suggested weight loss is 1~2 lb per week for a period of six months. An excessive loss in weight can cause serious injures to one's health.

2. Measuring your body

- nBody-DP recommends you in input all body measurements when registering. Without the measurements, it is not possible to calculate the BMI and WHR. Detailed measurements can also be inputted in Fitness of the Health Information Administration.
- Chest Place the tape measure under your arms and circle the tape around the fullest part of the chest.
- Waist Wrap the tape measure around your natural waistline.
- Hip Measure your hips by circling the tape measure around the fullest part of your body between your waist and the top of your legs.

3. Body Mass Index

■ Body Mass Index (BMI) is a measure of body fat based on height and weight applicable to adult men and women. The BMI is mainly used to assess overweight and obesity that are related to the risk of disease and death. However, do keep in mind that the BMI cannot be applied to everybody since the test makes no distinction between muscle and fat.

 \Box Formula: BMI=[Current weight(kg) \div {Height(m) \times Height(m)}]

<Classification of Overweight and Obesity by BMI >

BMI (kg/m ²)	Classification
Below 18.5	Underweight
18.5 ~ 24.9	Normal
25.0 ~ 29.9	Overweight
30.0 ~ 39.9	Obesity
Over 40	Extreme Obesity

Source: Preventing and Managing the Global Epidemic of Obesity. Report of the World

Health Organization Consultation of Obesity. WHO, Geneva, June 1997.



4. Waist to Hip Ratio

- Waist to Hip Ratio (WHR) is an important tool that helps determine your overall health risk by looking where fat is stored in the body. WHR looks at the relationship between the measurements of waist and hip. Most people store their body fat in two distinct ways, often known as "apple" and "pear" shapes. These shapes refer to where the fat is stored around your waist (apple) or around your hip (pear). People with more weight around their waist are at greater risk of heart disease and diabetes than those with weight around their hip.
- Women should have a WHR of 0.8 or less. Men should have a WHR of 0.95 or less.



EveryBody nBody! Customer Service Contacts

Do you have any question concerning the nBody-DP software?

You're required to be fully aware of all instructions by all means before using nBody-DP. For the more information about the software provided with nBody-DP measuring device, follow the directions below.

- 1 Step: Refer to Instructions Manual and help
 - ✓ Refer to the Instructions Manual of nBody-DP.
 - ✓ Refer to the help of nBody-DP client.
- 2 Step: Connect to nBody-DP Online Website.
 - ✓ Refer to FAQ and solutions at the official nBody-DP Website.
 - ✓ www.nBody.co.kr
- 3 Step: Call CAS nBody-DP customer service center
 - ✓ Please let us know the following information when calling.
 - ☐ Product Name: nBody-DP
 - PC specification connecting the nBody-DP measuring device (Including OS)
 - The exact symptom of failure or error message

☐ Caution

It is recommended to customers to backup your data of nBody-DP periodically. In case of computer failure, you should backup your 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: 82-2-2225-3702 <u>nBody@digitalcas.com</u>

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