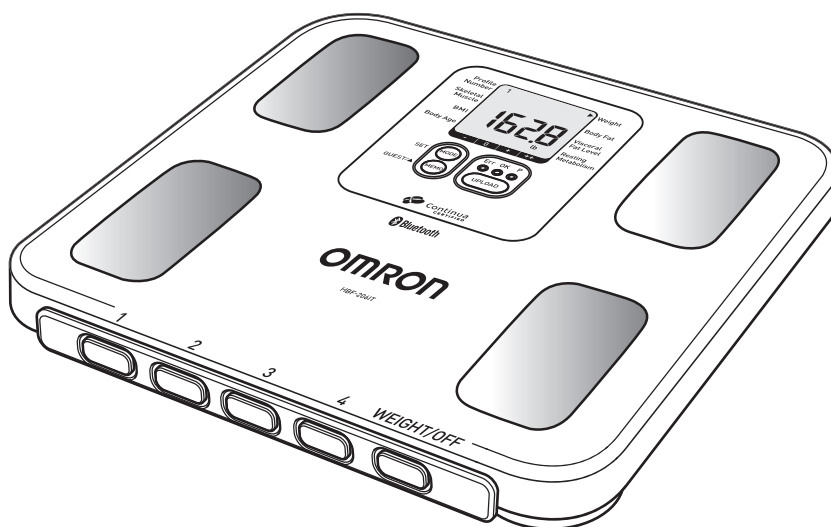


# OMRON®

## Instruction Manual

# *Bluetooth*® Body Composition Monitor

Model **HBF-206IT**



A Good Sense of Health

# TABLE OF CONTENTS

## Before Using the Monitor

|   |    |
|---|----|
| Introduction .....                                  | 3  |
| Safety Information .....                            | 4  |
| Information on Body Composition .....               | 6  |
| Principles of Body Composition Calculations .....   | 6  |
| Body Mass Index .....                               | 6  |
| Body Fat .....                                      | 7  |
| Visceral Fat .....                                  | 8  |
| Resting Metabolism .....                            | 9  |
| Skeletal Muscle .....                               | 10 |
| Body Age .....                                      | 10 |
| Long-term Planning for Successful Weight Loss ..... | 11 |
| Recommended Measurement Times .....                 | 12 |
| Know Your Unit .....                                | 14 |

## Operating Instructions

|  |    |
|--|----|
| Battery Installation .....                       | 16 |
| Setting the Date and Time .....                  | 18 |
| Setting Personal Data .....                      | 20 |
| Selecting Measurement Unit .....                 | 22 |
| Changing Personal Data .....                     | 23 |
| Deleting Personal Data .....                     | 24 |
| How to Take a Measurement .....                  | 25 |
| Understanding Your Measurement Results .....     | 28 |
| How to Measure Weight Only .....                 | 29 |
| Viewing the Last Measurement Results .....       | 30 |
| Transferring the Data .....                      | 32 |
| About the Wireless Communications Function ..... | 35 |

## Care and Maintenance

|                            |    |
|----------------------------|----|
| Error Indicators .....     | 36 |
| Troubleshooting Tips ..... | 37 |
| Care and Maintenance ..... | 39 |
| FCC Statement .....        | 40 |
| Warranty .....             | 41 |
| Specifications .....       | 42 |

# INTRODUCTION

Thank you for purchasing the OMRON® product.

*Fill in for future reference.*

*DATE PURCHASED:* \_\_\_\_\_

*SERIAL NUMBER:* \_\_\_\_\_

*Staple your purchase receipt here*

This product is easy to use. The monitor calculates the estimated values for body fat percentage, skeletal muscle percentage, resting metabolism and visceral fat level using the BI (Bioelectrical Impedance) Method. The monitor also calculates the BMI (Body Mass Index) and body age as well as weight. Push your Personal Profile Number to turn the power switch on, and step onto the measurement platform. The personal memory function can be used to store data for up to four personal profiles.

This product comes with the following components:

- Monitor
- Instruction Manual
- 4 “AA” Alkaline Batteries

## **WARNING**

Do not use, or allow others to use, this monitor if fitted with a cardiac pacemaker or other implanted medical device.

## **WARNING**

Pregnant women should not use this device.



## **CAUTION**

Read all of the information in the instruction manual and any other literature in the box before operating the unit.














# SAVE THESE INSTRUCTIONS

# SAFETY INFORMATION

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

| SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL  |  |
|---|--|
|  <b>WARNING</b> | Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.  |
|  <b>CAUTION</b> | Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property. |

## OPERATING THE DEVICE

-  Do not use, or allow others to use, this monitor if fitted with a cardiac pacemaker or other implanted medical device. The monitor passes an extremely weak electrical current of 50kHz and less than 500μA through your body when taking a measurement to determine the amount of fat tissue. This weak current is not felt while using the monitor.
-  Do not begin a weight reduction or exercise program without consulting your physician or healthcare provider first.  
Self-diagnosis could damage your health.
-  Keep the monitor out of the reach of young children.
-  If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact your physician immediately.
-  Persons with disabilities or persons who are physically frail should be assisted by another person when using this monitor or use a handrail, a walker, or other support device to prevent falling when stepping on and off the monitor.
-  Read all of the information in the instruction manual and any other literature in the box before operating the unit.
-  Do not use microwave ovens or other devices that generate strong electrical or electromagnetic fields near the monitor. This may result in an operational failure.
-  Do not use mobile phones near the unit except for wireless communications.  
Interference from the phone may make it difficult to obtain accurate measurements.
-  Do not step on the edge or the display area of the measurement platform. The monitor may tilt. The display unit may be damaged.
-  Do not step on the measurement platform when your body or feet are wet, for example after taking a bath or shower. You may slide and lose your balance.
-  Do not place the monitor on a cushioned floor surface such as a carpet or mat. A correct measurement may not be possible.
-  Do not use the unit on slippery surfaces such as tile floors or wet floors. The monitor may move. You may lose your balance and fall.
-  Do not jump on the measurement platform. You may lose your balance and fall. The monitor may be damaged.

# SAFETY INFORMATION

## OPERATING THE DEVICE (continued)

- ⚠ Stand on the measurement platform with bare feet. Attempting to stand on the measurement platform when wearing socks may cause you to slip and lose your balance.
- ⚠ Do not insert the batteries with their polarities incorrectly aligned.
- ⚠ Do not use new and worn batteries together.
- ⚠ Do not use batteries of a different kind together.
- ⚠ Replace old batteries with new ones. Replace all four batteries at the same time.
- ⚠ Remove the batteries if the unit will not be used for three months or more.
- ⚠ Do not expose the batteries to flames or fire.
- ⚠ If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- ⚠ Dispose of the device, batteries, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Operate the unit only as intended. Do not use for any other purpose.
- ⚠ This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities. This unit does not support the standards required for professional use.
- ⚠ Always wash your feet before using the unit if you are suffering from a foot infection or other skin disease. Failure to do so could infect others.  
When the unit will be used by several people, wipe the unit with a damp cloth moistened with mild detergent after using it. Then wipe it dry.

## CARE AND MAINTENANCE

- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the device or any of the components in water.

# INFORMATION ON BODY COMPOSITION

## PRINCIPLES OF BODY COMPOSITION CALCULATIONS

### *How Omron calculates your body composition:*

Omron's algorithm focuses on the Bioelectrical Impedance Method as well as height, weight, age and gender.

**Bioelectrical Impedance Method:** The monitor estimates the body fat percentage by the Bioelectrical Impedance Method. Muscles, blood, bones and body tissues with high water content conduct electricity easily. On the other hand, body fat does not store much water, therefore has little electric conductivity. The monitor sends an extremely weak electrical current of 50 kHz and less than 500  $\mu$ A through your body to determine the amount of water in each tissue. You will not notice or feel the electrical current.

## BODY MASS INDEX

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates with direct measures of body fat. BMI is used as a screening tool to identify possible weight problems for adults.

BMI is calculated by using the following formula based on a ratio between your weight and height:

$$\text{BMI} = \text{weight (lb)} / \text{height (inches)} / \text{height (inches)} \times 703$$

### *Interpreting the BMI Result*

| BMI                           | BMI (Designation by the WHO) |
|-------------------------------|------------------------------|
| Less than 18.5                | Underweight                  |
| 18.5 or more and less than 25 | Normal                       |
| 25 or more and less than 30   | Overweight                   |
| 30 or more                    | Obese                        |

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

# INFORMATION ON BODY COMPOSITION

## BODY FAT

Body fat serves a vital role in storing energy and protecting internal organs. We carry two types of fat in our bodies: 1) essential fat which is stored in small amounts to protect the body and 2) stored fat which is stocked for energy during physical activity. While too much body fat may be unhealthy, having too little fat can be just as unhealthy. Also, the distribution of body fat in men and women is different, so the basis for classifying the body fat percentage is different between the genders.

### *Interpreting the Body Fat Percentage Result*

The table below is based on research by Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000, and classified into four levels by Omron Healthcare.

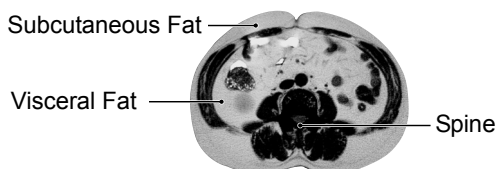
| Gender | Age   | - (Low) | 0 (Normal)   | + (High)     | ++ (Very High) |
|--------|-------|---------|--------------|--------------|----------------|
| Female | 20-39 | < 21.0% | 21.0 - 32.9% | 33.0 - 38.9% | ≥ 39.0%        |
|        | 40-59 | < 23.0% | 23.0 - 33.9% | 34.0 - 39.9% | ≥ 40.0%        |
|        | 60-80 | < 24.0% | 24.0 - 35.9% | 36.0 - 41.9% | ≥ 42.0%        |
| Male   | 20-39 | < 8.0%  | 8.0 - 19.9%  | 20.0 - 24.9% | ≥ 25.0%        |
|        | 40-59 | < 11.0% | 11.0 - 21.9% | 22.0 - 27.9% | ≥ 28.0%        |
|        | 60-80 | < 13.0% | 13.0 - 24.9% | 25.0 - 29.9% | ≥ 30.0%        |

# INFORMATION ON BODY COMPOSITION

## VISCERAL FAT




Visceral fat is found in the abdomen and surrounding vital organs. It is different from fat found directly underneath the skin, which is referred to as subcutaneous fat. Visceral fat can go largely unnoticed because it's not visible to the naked eye. One way visceral fat can be seen is through Magnetic Resonance Imaging (MRI).

**MRI Cross Section at the Navel Level**



Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which may lead to conditions such as high cholesterol, heart disease and type 2 diabetes. In order to prevent or improve these conditions, it is important to try to reduce the amount of visceral fat levels to an acceptable level.

### *Interpreting the Visceral Fat Level Result*

|  |  |  |
|--|--|--|
|  <p>Visceral Fat Level <math>\leq 9</math></p> |  <p><math>10 \leq</math> Visceral Fat Level <math>\leq 14</math></p> |  <p>Visceral Fat Level <math>\geq 15</math></p> |
| 0 (Normal)   | + (High)   | ++ (Very High)   |

Visceral fat area (0 - approx. 300 cm<sup>2</sup>, 1 inch=2.54 cm) distribution with 30 levels.  
Source: Omron Healthcare

**NOTE:** Visceral fat levels are relative and not absolute values.



# INFORMATION ON BODY COMPOSITION

## RESTING METABOLISM

Regardless of your activity level, a minimum level of caloric intake is required to sustain the body's everyday functions. Known as the resting metabolism, this indicates how many calories you need to ingest in order to provide enough energy for your body to function.

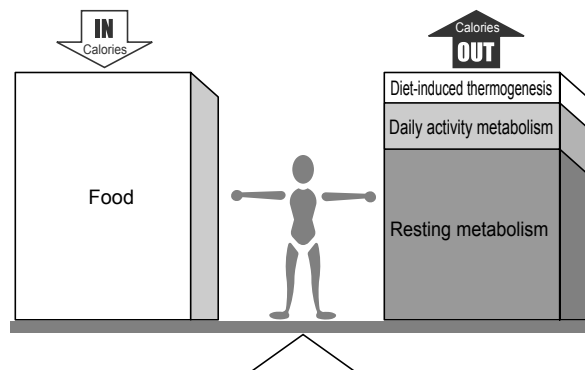
### ***60-70% of daily energy use is for resting metabolism***

The total amount of energy used by the body in a typical day is as follows:

|                            |  |
|----------------------------|--|
| Resting metabolism         | Energy required to maintain vital functions.   |
| Daily activity metabolism  | Energy used for daily activities such as commuting to work, household chores, hobbies etc. |
| Diet-induced thermogenesis | Energy emitted after eating a meal.  |

The ratio of these is 60%-70% for resting metabolism, 20%-30% for daily activity, and 10% for diet induced thermogenesis. This means that resting metabolism accounts for most of our daily energy consumption.

If our daily caloric intake exceeds the amount of energy required for these activities, the additional calories can be stored as fat.



# INFORMATION ON BODY COMPOSITION

## SKELETAL MUSCLE

Skeletal muscle is the type of muscle that we can see and feel. When you work out to increase muscle mass, skeletal muscle is being exercised. Skeletal muscles attach to the skeleton and come in pairs -- one muscle to move the bone in one direction and another to move it back the other way. Increasing skeletal muscle will increase your body's energy requirements. The more muscle you have, the more calories your body will burn. Building skeletal muscle can help prevent "rebound" weight gain. The maintenance and increase of skeletal muscle is closely linked to resting metabolism rate.

### *Interpreting the Skeletal Muscle Percentage Result*

| Gender | Age   | – (Low) | 0 (Normal)   | + (High)     | ++ (Very High) |
|--------|-------|---------|--------------|--------------|----------------|
| Female | 18-39 | < 24.3% | 24.3 - 30.3% | 30.4 - 35.3% | ≥ 35.4%        |
|        | 40-59 | < 24.1% | 24.1 - 30.1% | 30.2 - 35.1% | ≥ 35.2%        |
|        | 60-80 | < 23.9% | 23.9 - 29.9% | 30.0 - 34.9% | ≥ 35.0%        |
| Male   | 18-39 | < 33.3% | 33.3 - 39.3% | 39.4 - 44.0% | ≥ 44.1%        |
|        | 40-59 | < 33.1% | 33.1 - 39.1% | 39.2 - 43.8% | ≥ 43.9%        |
|        | 60-80 | < 32.9% | 32.9 - 38.9% | 39.0 - 43.6% | ≥ 43.7%        |

Source: Omron Healthcare

## BODY AGE

Body age is based on your resting metabolism. Body age is calculated by using your weight, body fat percentage and skeletal muscle percentage to produce a guide to whether your body age is above or below the average for your actual age.

# INFORMATION ON BODY COMPOSITION

## ⚠ WARNING

Contact your physician or healthcare provider before beginning a weight reduction or exercise program.

## LONG-TERM PLANNING FOR SUCCESSFUL WEIGHT LOSS

There are lots of reasons for people to lose weight. To be healthier. To look better. To feel better. To have more energy.

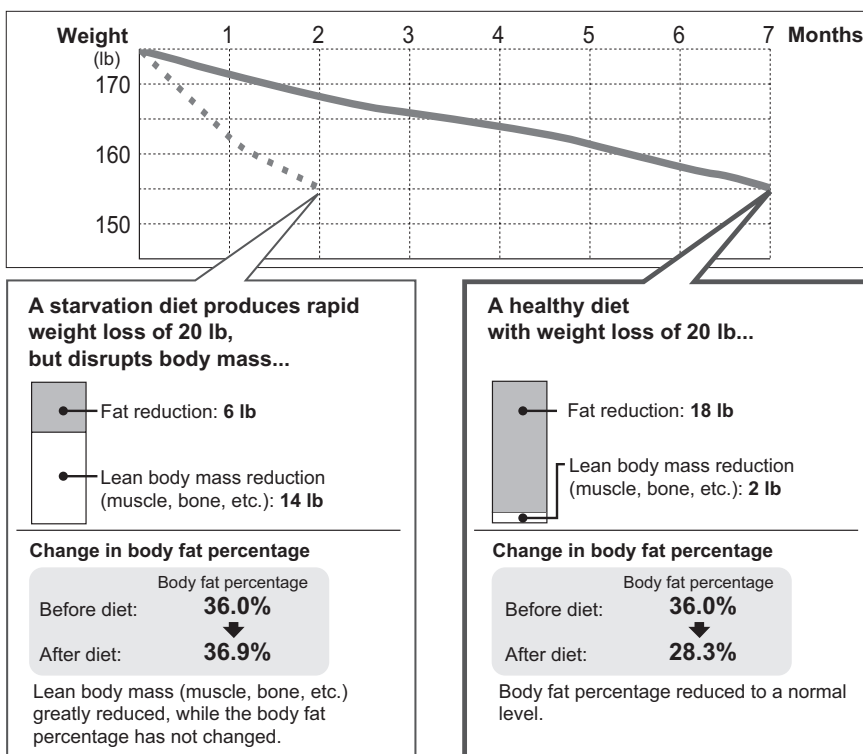
No matter what the reason, successful weight loss and healthy weight management depend on sensible goals and expectations. If you set sensible goals for yourself, chances are you'll be more likely to meet them and have a better chance of keeping the weight off.

The foundation of a successful weight loss program remains a combination of a healthy diet and exercise customized for you. Simply reducing food intake to lose weight can lead to a decline in muscle mass and bone density. So even though your weight goes down, your resting metabolism is reduced making the body more prone to putting on fat. More skeletal muscle can prevent “rebound” weight gain.

The monitor tracks your progress by monitoring weight, skeletal muscle, body fat, BMI and resting metabolism rate to help you reach your goals.

Here's a comparison of losing weight quickly versus slowly:

Example comparing the same loss of 20 lb:

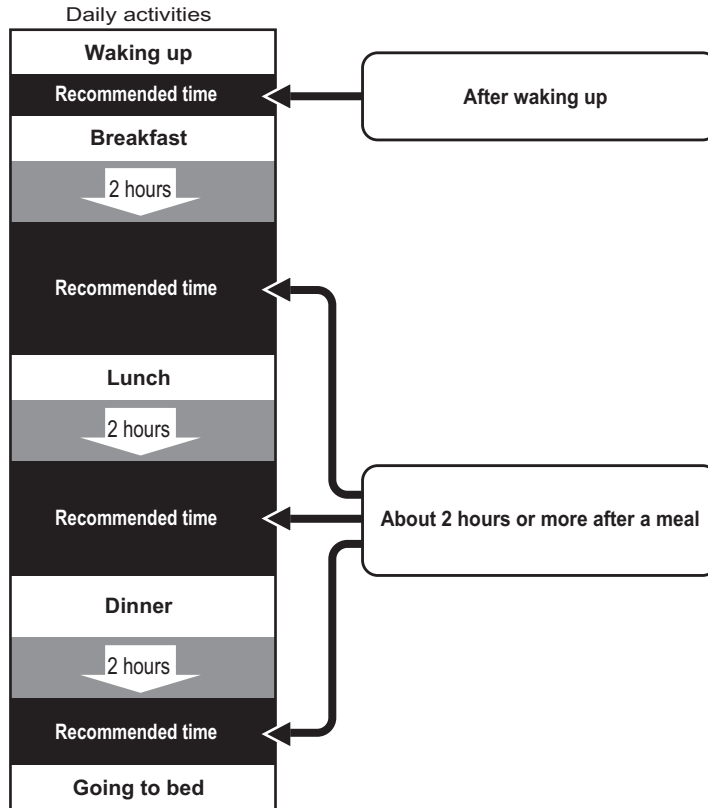


Use the separate Measurement Log Sheet to help you understand your body composition results.

# INFORMATION ON BODY COMPOSITION

## RECOMMENDED MEASUREMENT TIMES

Being aware of the times when the body fat percentages shift within your daily schedule will assist you in obtaining an accurate trending of your body composition. It is recommended to use this unit in the same environment and daily circumstances. Reference the chart below:



### ***Avoid Taking Measurements Under the Following Conditions:***

- Immediately after vigorous exercise, after a bath or sauna.
- After drinking alcohol or a large amount of water, after a meal (about 2 hours).

If a measurement is taken under these physical conditions, the calculated body composition may differ significantly from the actual one because the water content in the body is changing.

# INFORMATION ON BODY COMPOSITION

## ***Results may differ from actual body fat percentage***

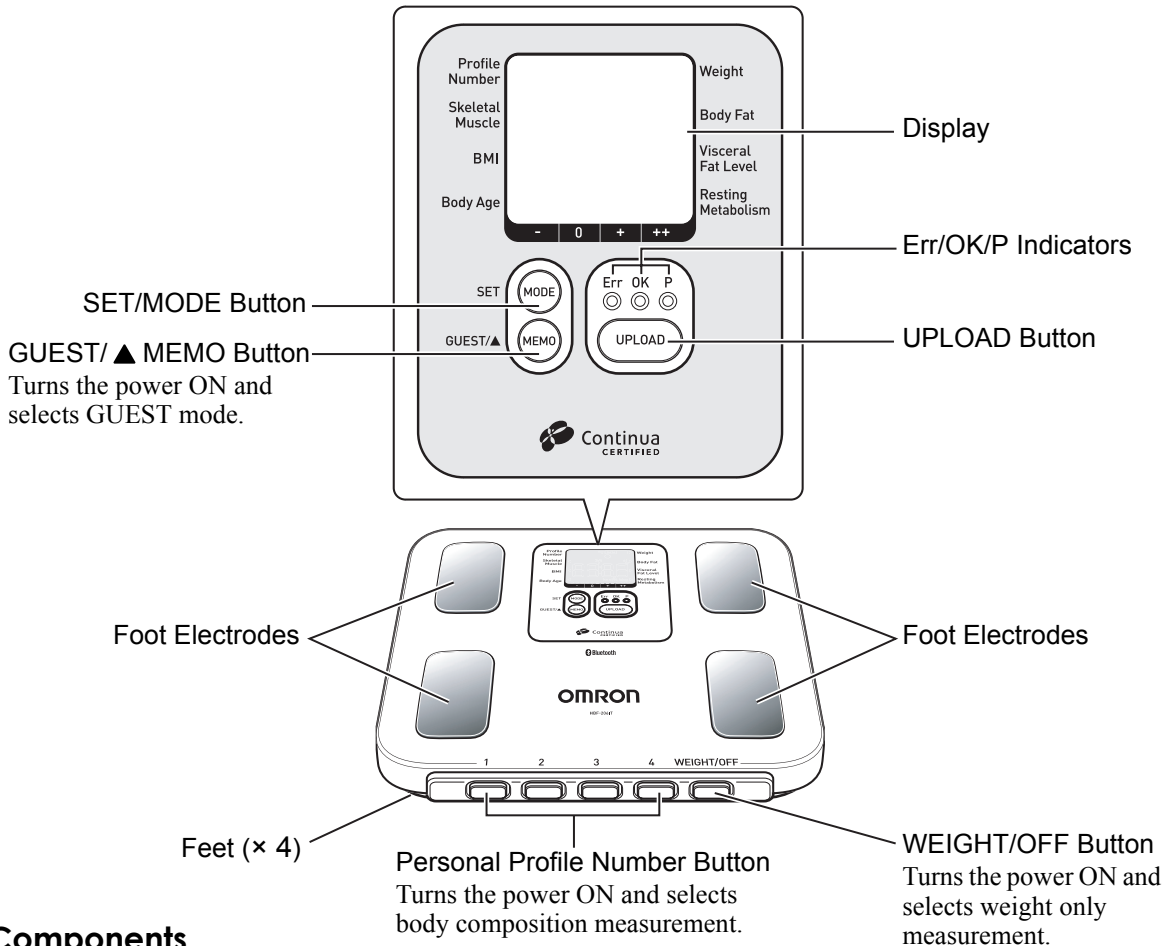
There are certain conditions when significant differences may occur between the estimated and the actual body fat values. These differences may be related to changing ratios of body fluid and/or body composition.

The body fat percentage measured by this monitor may significantly differ from the actual body fat percentage for the following people:

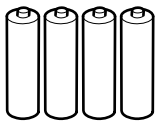
- Elderly people
- People with a fever
- Body builders or highly trained athletes
- Persons undergoing dialysis
- Persons with osteoporosis who have very low bone density
- Pregnant women
- Persons with edema (swelling in the body)
- Children in growth stage

# KNOW YOUR UNIT

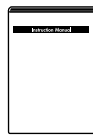
## Main Unit



## Components



Four AA Alkaline Batteries



Instruction Manual

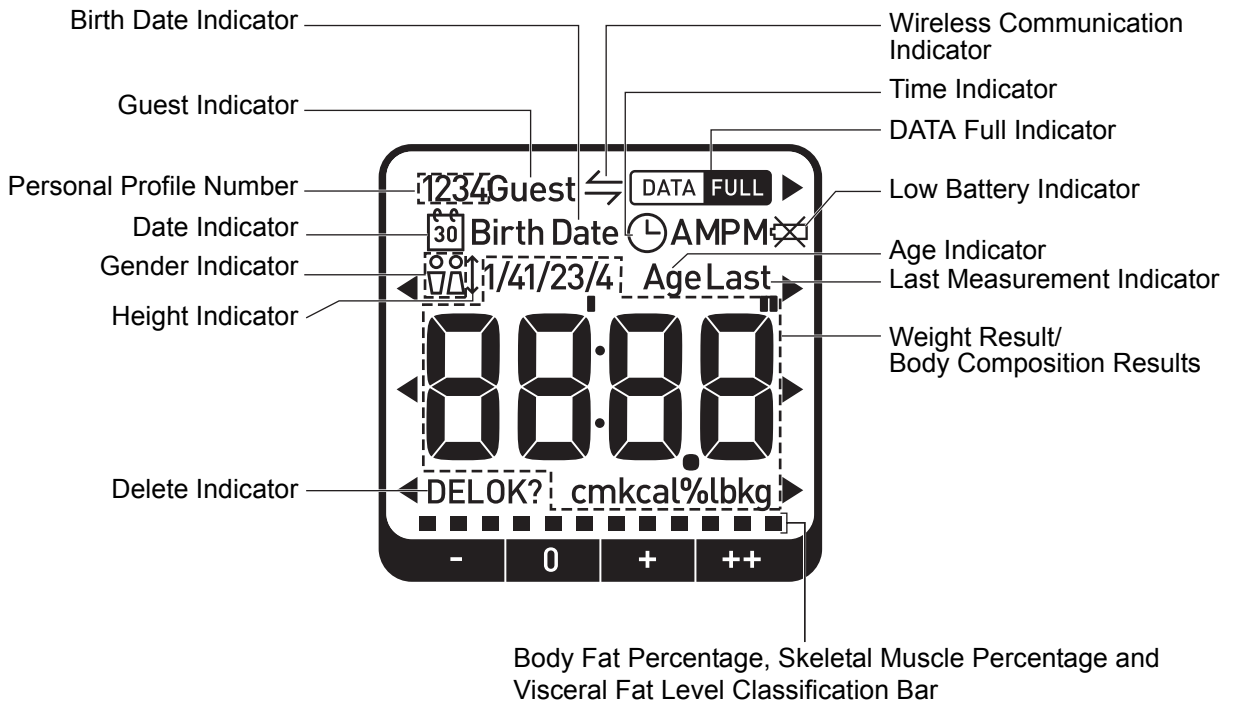
## ABOUT THE ALARM

The alarm will beep under the following conditions:

- When the power is turned on: Blip!
- When 0.0 lb is displayed and the unit is ready to take a measurement: Blip! Blip!
- When a measurement is completed: Blip, Beep!
- When the Err symbol appears: Blip! Blip! Blip! Blip! Blip! (A rapid series of short beeps.)
- When data has been sent successfully: Blip! Blip!
- When data failed to be sent: Beep! Beep! Beep! (A series of three long beeps.)

# KNOW YOUR UNIT

## Display



## ABOUT AUTO POWER OFF FUNCTION

The power will be automatically turned off in the following conditions:

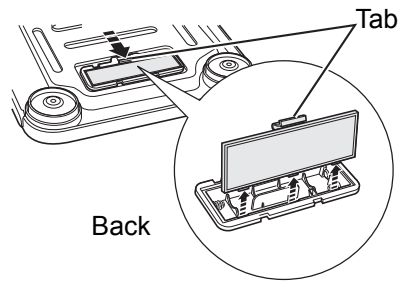
1. If the monitor is not used within one minute of 0.0 lb appearing on the display.
2. If no information is entered for three minutes when setting the date and time.
3. If no information is entered for three minutes when entering personal data.
4. If the monitor is not used for three minutes after the measurement results or last (previous) measurement results are displayed.
5. 30 seconds after the result is displayed when measuring weight only.
6. 10 seconds after the Err symbol appears on the display.

**NOTE:** The OFF symbol appears on the display when the power is turned off.

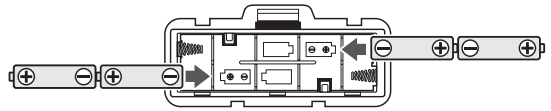
# BATTERY INSTALLATION

## 1. Open the Battery Cover on the back of the unit.

- 1) Press the tab on the battery cover in the direction of the arrow to release the cover as illustrated.
- 2) Pull the tab of the cover upwards.

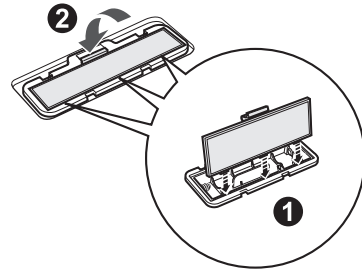


## 2. Install 4 “AA” size alkaline batteries so the + (positive) and – (negative) polarities match the polarities of the battery compartment as indicated in the battery compartment.



## 3. Replace the battery cover.

- 1) Align the hooks on the battery cover with the slots in the battery compartment.
- 2) Push the battery cover until the tab clicks into place.

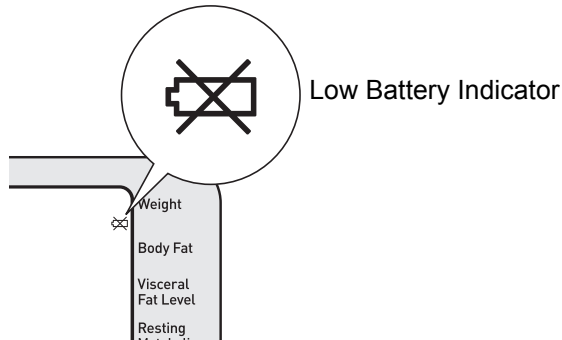




# BATTERY INSTALLATION

## BATTERY REPLACEMENT

Measurement values and personal profiles stored in the memory will not be deleted during battery replacement. However, the date and time will need to be set when monitor is turned back on.



When the Low Battery Indicator appears on the display screen, remove all four batteries. Replace with four new batteries at the same time.

**NOTE:** New batteries will last for approximately six months (When AA alkaline batteries are used with four measurements and data transfers a day at a room temperature of 23°C). Trial batteries supplied with the unit may have a shorter life.

### **⚠ WARNING:**

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact your physician immediately.

### **⚠ CAUTION:**

If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.

### **⚠ CAUTION:**

Remove the batteries if the unit will not be used for three months or more.

### **⚠ CAUTION:**

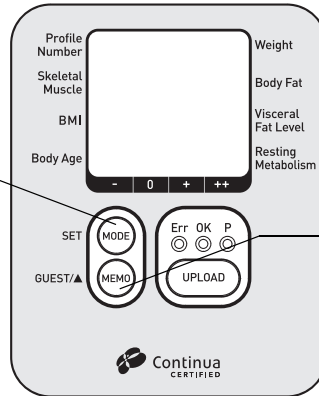
Dispose of the device, batteries, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

# SETTING THE DATE AND TIME

## Buttons Used in this Procedure

### SET/MODE Button

Use this button to confirm the setting and/or move to the next item after confirming the set item.

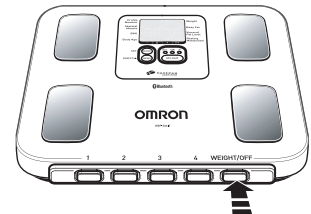


### GUEST/ ▲ MEMO Button

Press this button to advance one. Press continuously to rapidly advance.

## 1. Press the WEIGHT/OFF button to turn the monitor ON.

If this is the first time that the monitor has been turned on, the year setting flashes.



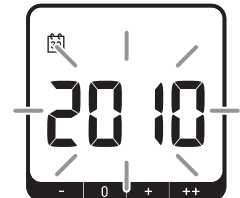
## 2. SETTING THE YEAR

1) Press the GUEST/ ▲ MEMO button to change the year.

2) Press the SET/MODE button.

The year is set.

The month flashes on the display.



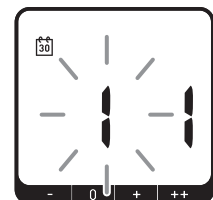
## 3. SETTING THE MONTH

1) Press the GUEST/ ▲ MEMO button to change the month.

2) Press the SET/MODE button.

The month is set.

The day flashes on the display.



# SETTING THE DATE AND TIME

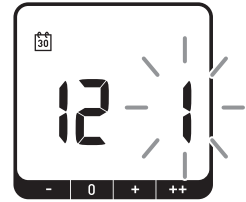
## 4. SETTING THE DAY

1) Press the **GUEST/ ▲ MEMO** button to change the day.

2) Press the **SET/MODE** button.

The day is set.

The hour flashes on the display.



## 5. SETTING THE HOUR

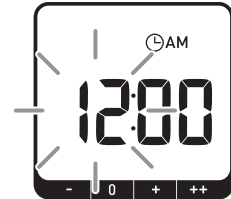
1) Press the **GUEST/ ▲ MEMO** button to change the hour.

Make sure AM/PM is correct.

2) Press the **SET/MODE** button.

The hour is set.

The minute flashes on the display.



## 6. SETTING THE MINTUTE

1) Press the **GUEST/ ▲ MEMO** button to change the minute.

2) Press the **SET/MODE** button.



The current settings for the year, month and day, hour and minute appear in this sequence on the display. The monitor automatically turns off.

## TO ADJUST THE DATE AND TIME

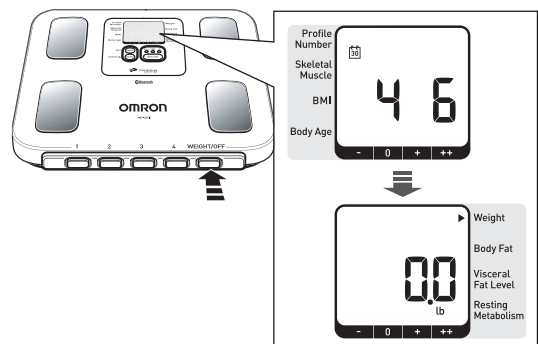
1) Press the **WEIGHT/OFF** button to turn the monitor **ON**.

The current date appears on the display, then the display changes to 0.0 lb.

2) Press the **SET/MODE** button for 2 seconds or longer.

The year flashes on the display.

3) Refer to **SETTING THE DATE AND TIME** on pages 18 and 19.



# SETTING PERSONAL DATA

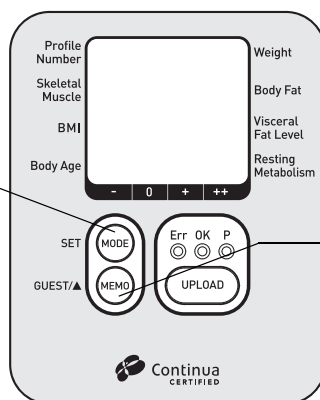
To measure body composition, your personal data must be set. Your personal data includes your birth date, gender and height. The monitor provides two options to enter your personal data.

- 1) Select a personal profile number to save your personal data. The monitor saves up to four personal profiles. Select a number 1 through 4. Use this number to enter your personal data when taking a measurement.
- 2) Select GUEST/ ▲ MEMO button if you do not want your personal data stored in the memory. When you use the Guest mode you will need to enter your personal data each time you take a measurement. Measurement results are not stored in the memory when the Guest mode is used.

## Buttons Used in this Procedure

### SET/MODE Button

Use this button to confirm the personal data and/or move to the next item after confirming the set item.



### GUEST/ ▲ MEMO Button

Press this button to advance one. Press continuously to rapidly advance. Press this button to select Guest mode.

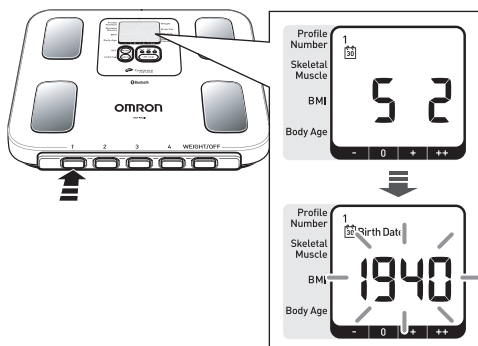
## 1. Select a Personal Profile Number or the Guest mode.

### A. Personal Profile Number

Press the desired Personal Profile Number button (1 through 4).

The current date appears on the display, then the display changes to the birth date (1940).

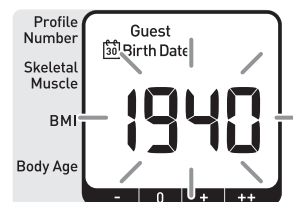
**NOTE:** When the date of birth, rather than current date, is displayed, the settings for that personal profile number are finished. Please use a different number or delete your personal profile information. Refer to DELETING PERSONAL DATA on page 24.



### B. Guest mode

Press the GUEST/ ▲ MEMO button.

The current date appears on the display, then the Guest indicator appears and the birth year (1940) blinks on the display.



# SETTING PERSONAL DATA

## 2. Enter your Personal Data.

### SETTING THE BIRTH DATE

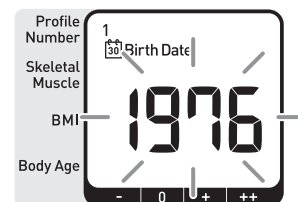
Set the year between 1900 and 2030.

1) Press the GUEST/ ▲ MEMO button to change the birth year.

2) Press the SET/MODE button.

The birth year is set.

The birth month blinks on the display.

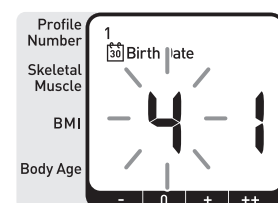


3) Press the GUEST/ ▲ MEMO button to change the birth month.

4) Press the SET/MODE button.

The birth month is set.

The birth day blinks on the display.

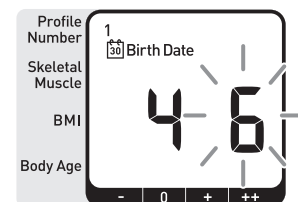


5) Press the GUEST/ ▲ MEMO button to change the birth day.

6) Press the SET/MODE button.

The birth day is set.

The gender symbols blink on the display.



### SETTING THE GENDER

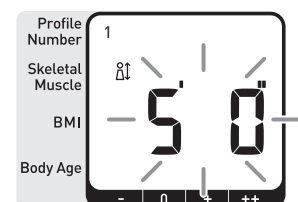
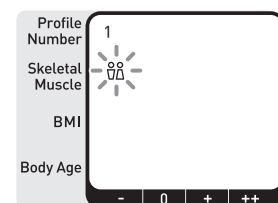
Set the gender to ♂ male or ♀ female.

1) Press the GUEST/ ▲ MEMO button to change the gender.

2) Press the SET/MODE button.

The gender is set.

The default value for height blinks on the display.



# SETTING PERSONAL DATA

## SETTING THE HEIGHT

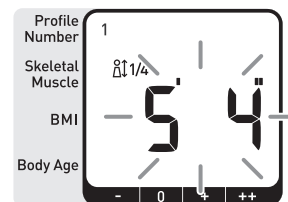
Set the height between 3' 4" and 6' 6 3/4".

(Display range in "cm" and "kg" display mode: 100.0 cm to 199.5 cm)

1) Press the GUEST/ ▲ MEMO button to change the height.

2) Press the SET/MODE button.

The height is set.



The current settings for birth date, age, gender and height appear in this sequence on the display.

The 0.0 lb symbol appears on the display. You can now take a measurement using the Personal Profile Number you selected or the Guest mode.

Refer to HOW TO TAKE A MEASUREMENT on pages 25 to 27.

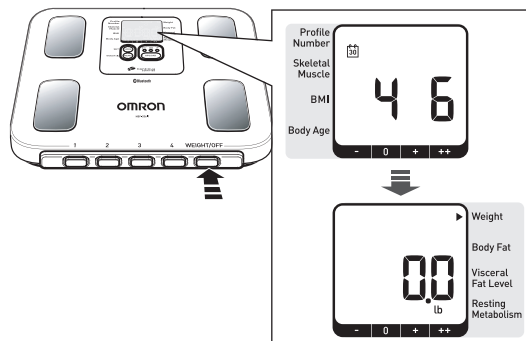
## SELECTING MEASUREMENT UNIT

You can change the measurement units used for the height and weight settings.

1. Press the WEIGHT/OFF button to turn the monitor ON.

The current date appears on the display, then the display changes to 0.0 lb.

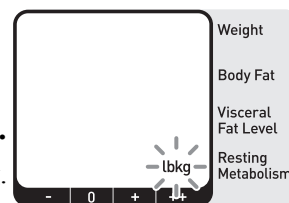
Wait until 0.0 lb appears on the display.



2. Press and hold the GUEST/ ▲ MEMO button until "lb" and "kg" blink on the display.

3. Press the GUEST/ ▲ MEMO button to select the mode, "lb" or "kg".

This will also automatically change "cm" and "feet/inch" under height setting.



4. Press the SET/MODE button to confirm the change.

All height and weight measurements are displayed using the new measurement units. The change remains in effect until you change it again.

# SETTING PERSONAL DATA

## CHANGING PERSONAL DATA

If your personal data changes, the information in the Personal Profile Number you selected must be changed for measurement results to be calculated correctly.

1. **Press the Personal Profile Number button to turn the monitor ON.**

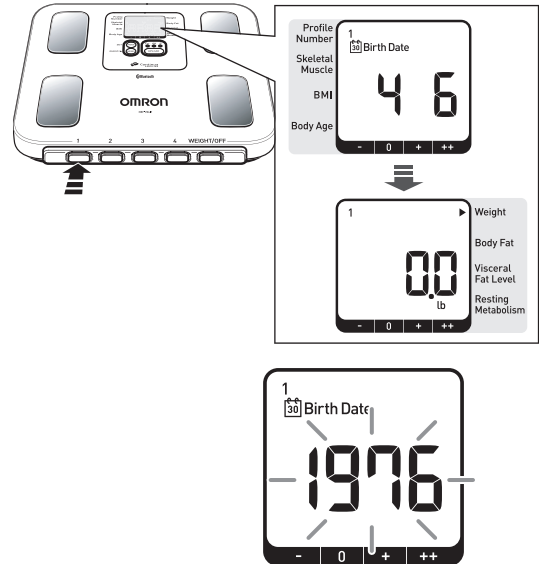
The birth date appears on the display, then the display changes to 0.0 lb.

Wait until 0.0 lb appears on the display.

2. **Press the SET/MODE button.**

The current setting for birth year blinks on the display.

3. **Refer to Step 2 on pages 21 and 22 to enter your personal data.**



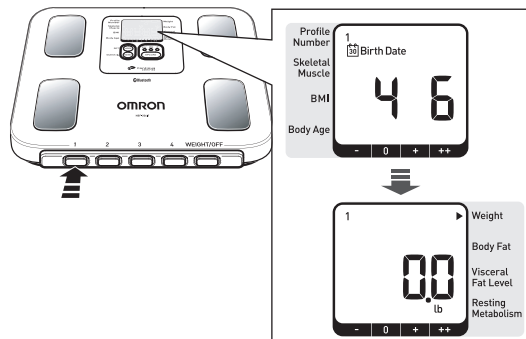
# SETTING PERSONAL DATA

## DELETING PERSONAL DATA

1. **Press the Personal Profile Number button you want to delete to turn the monitor ON.**

The birth date appears on the display, then the display changes to 0.0 lb.

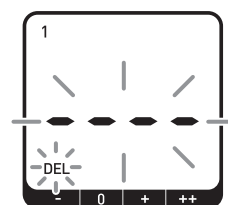
Wait until 0.0 lb appears on the display.



2. **Press the SET/MODE button.**

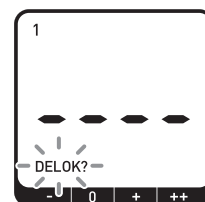
The current setting for birth year blinks on the display.

3. **Press and hold the GUEST/ ▲ MEMO button until the - - - - and DEL symbol blink on the display.**



4. **Press the SET/MODE button.**

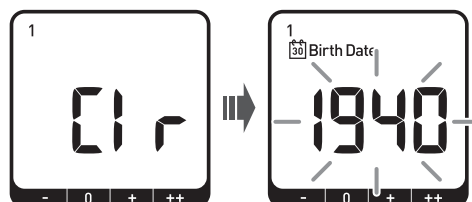
The DEL OK? symbol blinks on the display.



5. **Press the SET/MODE button.**

The Clr symbol appears on the display and the birth year setting appears on the display.

**NOTE:** To cancel deleting, press the GUEST/ ▲ MEMO button.



6. **Refer to Step 2 on pages 21 and 22 to set the new personal data or press the WEIGHT/OFF button to turn the monitor off.**



# HOW TO TAKE A MEASUREMENT

Measurement should be taken on level and hard surface.

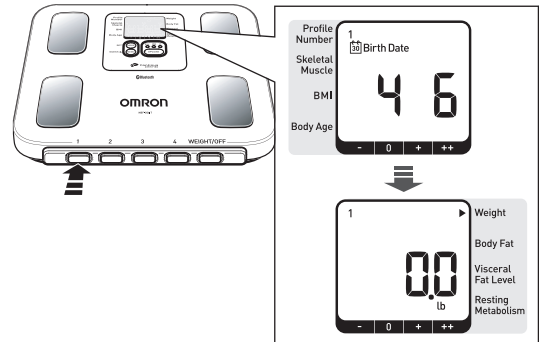
## 1. Select a Personal Profile Number or the Guest mode.

### A. Personal Profile Number

Press the Personal Profile Number button to turn the monitor ON.

The birth date appears on the display, then the display changes to 0.0 lb.

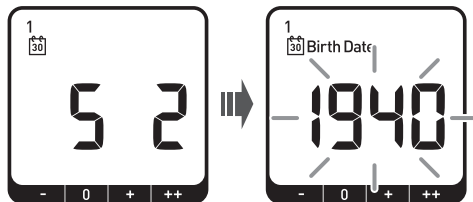
Wait until 0.0 lb appears on the display.



### NOTES:

- If you step onto the monitor before 0.0 lb appears on the display, an error message “Err” will appear.
- If the following appears on the display, no personal data was entered for the number you selected.

Refer to SETTING PERSONAL DATA on pages 21 and 22.

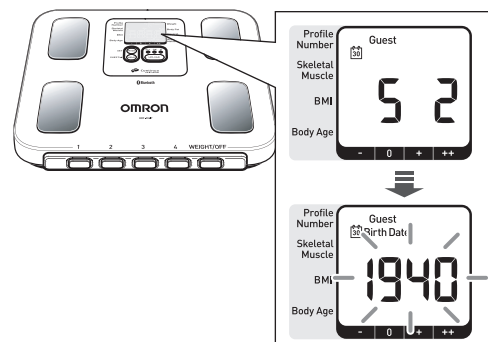


### B. Guest mode

- 1) Press the GUEST/ ▲ MEMO button to turn the monitor ON.

The current date appears on the display, then the Guest indicator appears and the birth year (1940) blinks on the display.

- 2) Enter your personal data. Refer to SETTING PERSONAL DATA on pages 21 and 22.

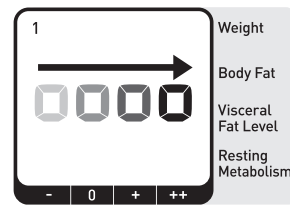
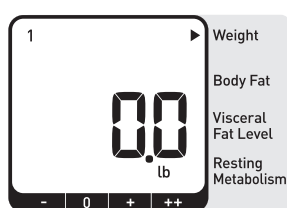


# HOW TO TAKE A MEASUREMENT

## 2. Start the measurement.

- 1) Step on the unit bare-footed and place your feet on the foot electrodes with your weight evenly distributed.

Remain still and do not move until your measurement is complete.



The display will show your weight and then the weight result will blink twice. The monitor will start to calculate body composition.

During body composition measurement, “□” moves to show the measurement is progressing.

- 2) When the measurement is completed, your weight is displayed again. Step off the unit.



### ***Postures to Avoid During Measurement***

Incorrect posture may result in inaccurate measurement of body composition.



Standing on edge of the unit



Knees bent



Crouching

# HOW TO TAKE A MEASUREMENT

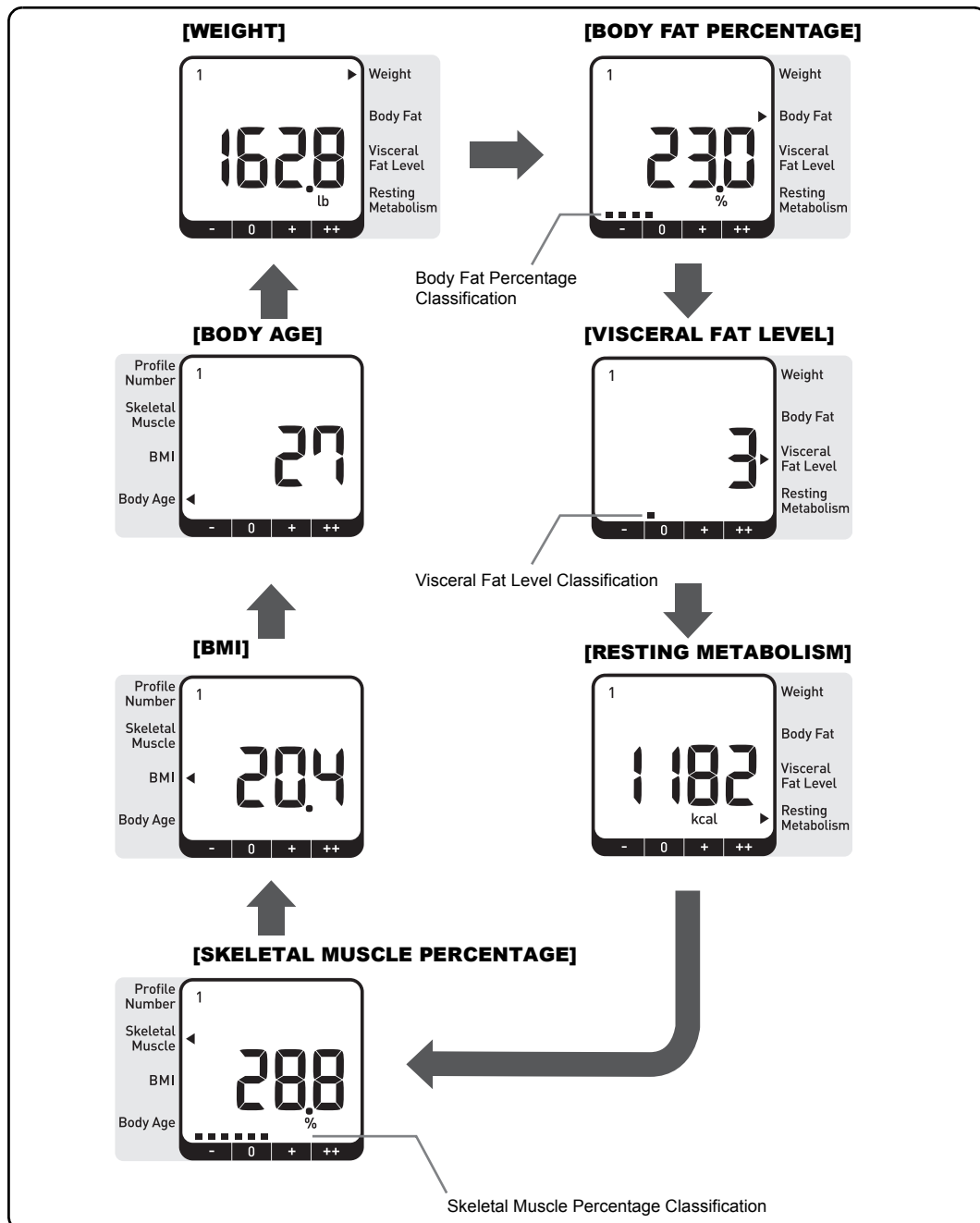
## 3. Check the measurement results.

The results display rotates automatically.

To stop the automatic rotation of results, or to view other measurement values, press the SET/MODE button.

The display changes with each press of the SET/MODE button, as shown below.

**NOTE:** Use the bar indicator as a guide to measurement.



## 4. Press the WEIGHT/OFF button to turn the monitor off.

# UNDERSTANDING YOUR MEASUREMENT RESULTS

## Interpreting the BMI Result

| BMI                           | BMI (Designation by the WHO) |
|-------------------------------|------------------------------|
| Less than 18.5                | Underweight                  |
| 18.5 or more and less than 25 | Normal                       |
| 25 or more and less than 30   | Overweight                   |
| 30 or more                    | Obese                        |

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

## Interpreting the Body Fat Percentage Result

The table below is based on research by Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000, and classified into four levels by Omron Healthcare.

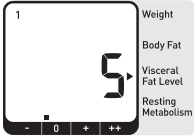
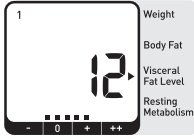
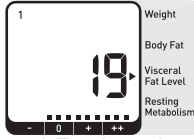
| Gender | Age   | – (Low) | 0 (Normal)   | + (High)     | ++ (Very High) |
|--------|-------|---------|--------------|--------------|----------------|
| Female | 20-39 | < 21.0% | 21.0 - 32.9% | 33.0 - 38.9% | ≥ 39.0%        |
|        | 40-59 | < 23.0% | 23.0 - 33.9% | 34.0 - 39.9% | ≥ 40.0%        |
|        | 60-80 | < 24.0% | 24.0 - 35.9% | 36.0 - 41.9% | ≥ 42.0%        |
| Male   | 20-39 | < 8.0%  | 8.0 - 19.9%  | 20.0 - 24.9% | ≥ 25.0%        |
|        | 40-59 | < 11.0% | 11.0 - 21.9% | 22.0 - 27.9% | ≥ 28.0%        |
|        | 60-80 | < 13.0% | 13.0 - 24.9% | 25.0 - 29.9% | ≥ 30.0%        |

## Interpreting the Skeletal Muscle Percentage Result (for adults)

| Gender | Age   | – (Low) | 0 (Normal)   | + (High)     | ++ (Very High) |
|--------|-------|---------|--------------|--------------|----------------|
| Female | 18-39 | < 24.3% | 24.3 - 30.3% | 30.4 - 35.3% | ≥ 35.4%        |
|        | 40-59 | < 24.1% | 24.1 - 30.1% | 30.2 - 35.1% | ≥ 35.2%        |
|        | 60-80 | < 23.9% | 23.9 - 29.9% | 30.0 - 34.9% | ≥ 35.0%        |
| Male   | 18-39 | < 33.3% | 33.3 - 39.3% | 39.4 - 44.0% | ≥ 44.1%        |
|        | 40-59 | < 33.1% | 33.1 - 39.1% | 39.2 - 43.8% | ≥ 43.9%        |
|        | 60-80 | < 32.9% | 32.9 - 38.9% | 39.0 - 43.6% | ≥ 43.7%        |

Source: Omron Healthcare

## Interpreting the Visceral Fat Level Result

|   |   |   |
|---|---|---|
|  <p>Visceral Fat Level ≤ 9</p> <p>0 (Normal)</p> |  <p>10 ≤ Visceral Fat Level ≤ 14</p> <p>+ (High)</p> |  <p>Visceral Fat Level ≥ 15</p> <p>++ (Very High)</p> |
|---|---|---|

Visceral fat area (0 - approx. 300 cm<sup>2</sup>, 1 inch=2.54 cm) distribution with 30 levels.

Source: Omron Healthcare

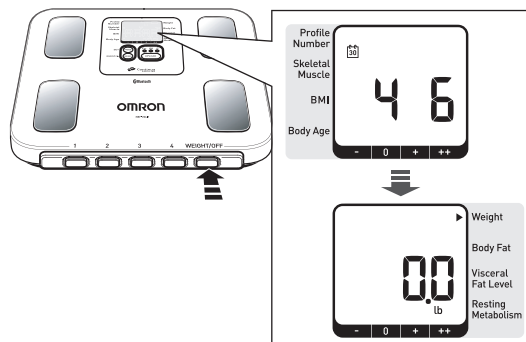
**NOTE:** Visceral fat levels are relative and not absolute values.

# HOW TO MEASURE WEIGHT ONLY

## 1. Press the WEIGHT/OFF button to turn the monitor ON.

The current date appears on the display, then the display changes to 0.0 lb.

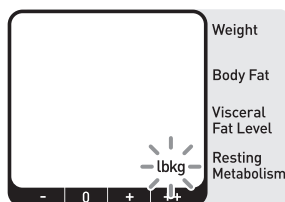
Wait until 0.0 lb appears on the display.



### NOTES:

- If you step onto the monitor before 0.0 lb appears on the display, an error message “Err” will appear.
- You can change the measurement units used for the height and weight settings. Personal data and measurement results in memory will be displayed by selected setting. To change the measurement unit:

1) Keep the GUEST/ ▲ MEMO button pressed until “lb” and “kg” blink on the display.



- 2) Press the GUEST/ ▲ MEMO button to select the desired measurement unit, “lb” or “kg”.  
This will automatically change “cm” and “feet/inch” under height setting.
- 3) Press the SET/MODE button to confirm the change.

## 2. Step onto the unit.

Stand with your weight evenly distributed on the measurement platform.

Remain still and do not move until the measurement is complete.



## 3. Check the measurement result.

The display will show your weight and then the weight result will blink twice.



## 4. Step off the unit.

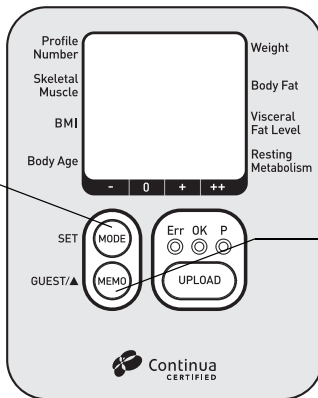
## 5. Press the WEIGHT/OFF button to turn the monitor off.

## VIEWING THE LAST MEASUREMENT RESULTS

Up to 30 measurement results are automatically stored for each personal profile number and the last (previous) measurement results can be displayed for this unit.

When using GUEST mode, the measurement results are not stored so you cannot see the last (previous) measurement results.

### ***Buttons Used in this Procedure***



## SET/MODE Button

Press this button to cycle through the last (previous) measurement values.

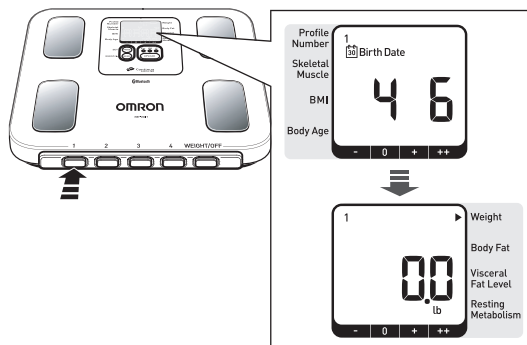
GUEST/ ▲ MEMO Button

Press this button to display the last (previous) weight value and alternate between the current measurement result and the last measurement result.

- 1. Press the Personal Profile Number button to turn the monitor ON.**

- 2. Take a measurement.**

If you want to compare the results with the last (previous) values, measure your body composition.



- 3. Press the GUEST/▲MEMO button.**

The last weight value is displayed.

If you have measured your body composition in step 2, each press of the GUEST/▲ MEMO button alternates between the current measurement result and the last (previous) result.

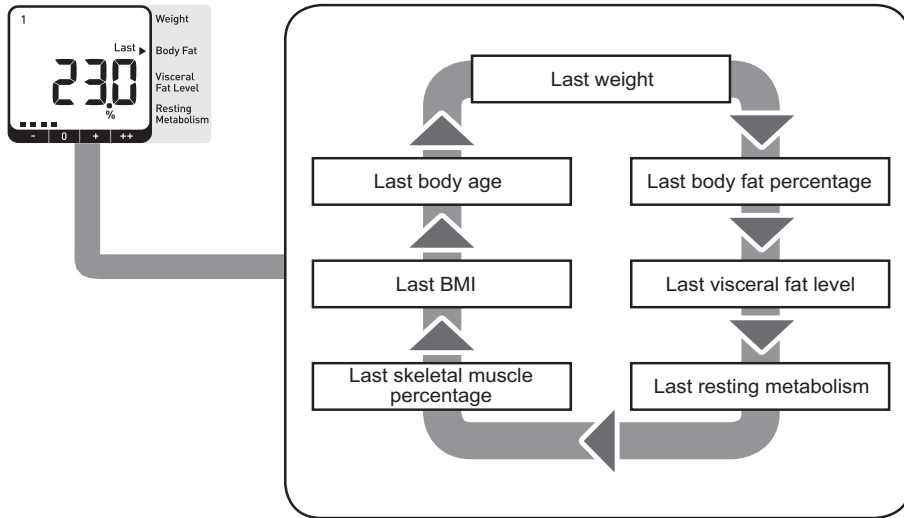


**NOTES:**

- If there are no results for the last measurement, the - - - - symbol is displayed.
- If you have not measured your body composition in step 2, current measurement results cannot be displayed even if you press the GUEST/▲ MEMO button.

# VIEWING THE LAST MEASUREMENT RESULTS

4. Press the **SET/MODE** button to cycle through the other measurement values.



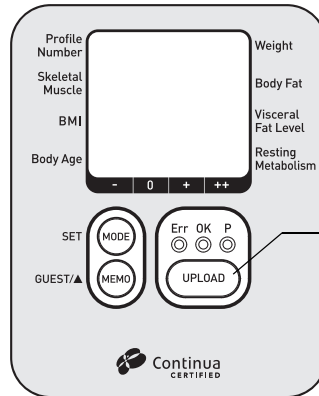
**NOTE:** Refer to TRANSFERRING THE DATA on pages 32 to 34 if you want to transfer the data.

5. Press the **WEIGHT/OFF** button to turn the monitor off.

# TRANSFERRING THE DATA

You can transfer measurement data to a *Bluetooth*® wireless technology device.  
You can transfer up to 30 sets of stored measurement results for each personal profile number.  
The content and display for the measurement results may vary depending on the application used to view them.  
For details, refer to the manual provided with the application you are using.

## Buttons Used in this Procedure



### UPLOAD button

Press this button to transfer the data to a *Bluetooth*® wireless technology device.  
Press and hold to register a destination device.

## REGISTERING THE UNIT WITH THE DESTINATION DEVICE (PAIRING)

What is Pairing:

This refers to the procedure for registering the unit with the device so that it can be used to transfer data. Pairing is required when a device is connected to the unit for the first time, or if the same device is used to transfer data for a different personal profile number.

Follow the procedure below to pair the unit with the destination device.

Refer to TRANSFERRING THE DATA on page 33 for information about transferring the data with a device that has already been paired with the unit.

### 1. Display the measurement results.

Pairing (Registration) after taking a measurement:

Refer to HOW TO TAKE A MEASUREMENT on page 25, to display the measurement results.

Pairing (Registration) without taking a measurement:

Refer to VIEWING THE LAST MEASUREMENT RESULTS on page 30, to display the results for the last measurement.

Pairing (Registration) when using GUEST mode:

You can also start pairing after taking a measurement using GUEST mode.

Refer to HOW TO TAKE A MEASUREMENT on page 25, to display the measurement results.



### 2. Enable pairing (registration) on the device.

Set the application on the device ready for pairing.

For details, refer to the manual provided with the application you are using.



# TRANSFERRING THE DATA

## 3. Press the UPLOAD button for 2 seconds or longer.

Use the application to pair the unit with the device.

For details, refer to the manual provided with the application you are using.

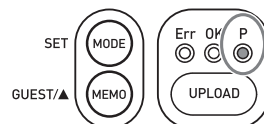
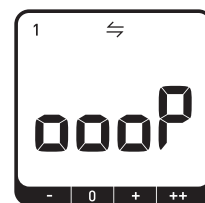
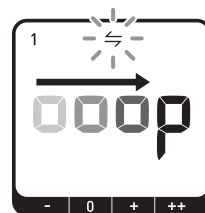
**NOTE:** If you press the UPLOAD button while pairing, pairing will be stopped and the display will revert to the previous screen.

If the pairing completes successfully, the P indicator lights and the alarm will beep (Blip! Blip!).

### NOTES:

- If the pairing process does not complete within approximately one minute, it will end without pairing the unit with the device.
- If the pairing process does not complete successfully, then the Err indicator lights and the alarm will beep three times (Beep! Beep! Beep!).

Check the application on the connected device, then repeat the procedure from step 2 to try again.



## TRANSFERRING THE DATA

### 1. Display the measurement results.

Transferring data after taking a measurement:

Refer to HOW TO TAKE A MEASUREMENT on page 25, to display the measurement results.

Transferring data without taking a measurement:

Refer to VIEWING THE LAST MEASUREMENT RESULTS on page 30, to display the results for the last measurement.

Transferring data when using GUEST mode:

You can also register a device after taking a measurement using GUEST mode.

Refer to HOW TO TAKE A MEASUREMENT on page 25, to display the measurement results.

**NOTE:** When using GUEST mode, you cannot send results stored on the unit, you can only send the measurement results for the current measurement.



### 2. Enable data transfers.

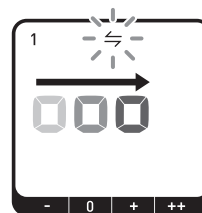
Set the application on the destination device to transfer mode.

For details, refer to the manual provided with the application you are using.

# TRANSFERRING THE DATA

## 3. Press the UPLOAD button.

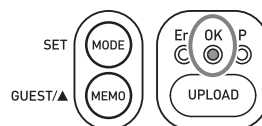
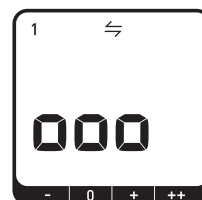
The display changes to the data transmission screen, and the unit starts transferring the data.



If the data is sent successfully, the OK indicator lights and the alarm will beep (Blip! Blip!).

### NOTES:

- If you press the UPLOAD button while the data is being transferred, the transfer will be stopped and the display will revert to the previous screen.
- If the data transmission fails, then the Err indicator lights and the alarm will beep three times (Beep! Beep! Beep!). Check the application on the connected device, then repeat the procedure from step 2 to try again.



## 4. Press the WEIGHT/OFF button to turn the monitor off.

**NOTE:** If you forget to turn the monitor off, the screen will return to the screen displayed before data transmission started after 10 seconds.

### About Data FULL Indicator

Up to 30 sets of measurement results can be stored for each personal profile number.

If the number exceeds 30, the oldest results are deleted.

If the Data FULL indicator blinks or remains lit, transfer data to a device as soon as possible to avoid losing measurement results.

**DATA FULL** blinks: 24-29 sets of measurement results have been stored.

**DATA FULL** lit: 30 sets of measurement results have been stored.



**NOTE:** The Data FULL indicator is not displayed when only 0 to 23 measurements results are stored.

# ABOUT THE WIRELESS COMMUNICATIONS FUNCTION

## CAUTION:

To maintain compliance with FCC's RF exposure guidelines, use only the supplied antenna. Unauthorized antenna, modification, or attachments could damage the transmitter and may violate FCC regulations.

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.
- (2) This device must accept any interference received, including interference that may Cause undesired operation.



This Product operates in the unlicensed ISM band at 2.4GHz. In case this Product is used around the other wireless devices including microwave oven and wireless LAN, which operate same frequency band of this Product, there is a possibility that interference occurs between this Product and such other devices. If such interference occurs, please stop the operation of other devices or relocate this Product before using this Product or do not use this Product around the other wireless devices.



The *Bluetooth*® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Omron Healthcare Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners.



Look for the Continua Certified logo. It's your assurance that a device will reliably communicate and exchange information with similarly certified products, to help you better manage your health and wellness.

# ERROR INDICATORS

| ERROR DISPLAY | CAUSE  | CORRECTION  |
|---------------|--|---|
| Err 1         | Your feet are not positioned over the electrodes correctly.                      | Make sure you are barefoot.<br>Make sure your soles of your feet are clean and dry.<br>Make sure your feet are correctly positioned.<br>Refer to POSTURES TO AVOID DURING MEASUREMENT on page 26. |
| Err 2         | The measurement position was not stable.<br>Your feet were not placed correctly. | Remain still and do not move until the measurement is complete.<br>Refer to POSTURES TO AVOID DURING MEASUREMENT on page 26.  |
| Err 3         | Your feet are too dry.   | Slightly moisten your soles of your feet with a damp towel and retake the measurement.  |
| Err 5         | Device error.  | Turn the monitor off, and on again. Take the measurement.<br>If this error still occurs, consult your OMRON service representative.   |
| Err           | You stepped onto the measurement platform before 0.0 lb was displayed.           | Wait until 0.0 lb is displayed before stepping onto the measurement platform.   |
|               | The monitor was moved before 0.0 lb was displayed.                               | Do not move the monitor until 0.0 lb is displayed.  |
|               | Movement during measurement.   | Do not move until measurement is complete.  |
|               | Monitor detected weight over 330.0 lb.   | This monitor can only be used by people weighing less than 330.0 lb.  |

# TROUBLESHOOTING TIPS

| Problem  | Cause   | Correction  |
|--|---|---|
| 0.0 lb is displayed even when you step onto the unit, or the weight value barely increases.  | You stepped onto the unit before 0.0 lb was displayed.                                    | Wait until 0.0 lb is displayed before stepping onto the unit.   |
| The value of body weight is displayed abnormally high or low.  |   |   |
| <p>The body composition value is displayed abnormally high or low.</p> <p>The body composition values vary widely for each measurements.</p> | Your posture is not correct during measurement.   | Stand still in the correct posture to take a measurement.<br>Refer to POSTURES TO AVOID DURING MEASUREMENT on page 26.  |
|  | Is the unit placed on a carpet or other soft flooring?<br>Is the floor surface is uneven? | Place the unit on a hard and level floor.   |
|  | The soles of your feet, or whole body are cold, causing poor blood circulation.           | Warm yourself up, then take a measurement once you feel your circulation is back to normal.   |
|  | The electrodes are extremely cold.  | Place the unit in a warm room for a few minutes, and then take a measurement when the electrodes no longer feel cold.   |
|  | Feet are too dry.   | Slightly moisten the soles of your feet with a damp towel and try again.  |
| “- - -” is displayed for some of the results.  | The personal data settings or body composition values are outside the measurable range.   | Check that the Birth Date, Gender, and Height settings are correct.<br>Even if the Birth Date, Gender, and Height settings are correct, measurements cannot be taken if they are outside the measurable range.<br>Check that the settings are within the measurable range.<br>Refer to SPECIFICATIONS on page 42. |
| Nothing is displayed when the power is turned on.  | Batteries are not inserted.   | Insert the batteries.<br>(Refer to BATTERY INSTALLATION on page 16.)  |
|  | The polarities of batteries are not aligned correctly.                                    | Insert the batteries in correct alignment. (Refer to BATTERY INSTALLATION on page 16.)  |
|  | The batteries are worn out.   | Replace all four batteries with new ones. (Refer to BATTERY INSTALLATION on page 16.)   |

# TROUBLESHOOTING TIPS

| Problem   | Cause   | Correction  |
|---|---|---|
| You want to measure your body composition, but body composition measurement does not start after the weight measurement has been displayed. | A personal data for a Personal Profile Number or Guest mode measurement has not been set. (Neither a Personal Profile Number 1, 2, 3, 4 or Guest is displayed.) | Enter a personal data for a Personal Profile Number or use Guest mode.<br>Refer to SETTING PERSONAL DATA on page 20.  |
|   | The Personal Profile Number button or GUEST/ ▲ MEMO button was not pressed correctly. (Neither a Personal Profile Number 1, 2, 3, 4 or Guest is displayed.)     | Make sure that Personal Profile Number 1, 2, 3, 4 or Guest is displayed before measurement.<br>Refer to HOW TO TAKE A MEASUREMENT on page 25.   |
| Data cannot be sent.<br>(Err indicator lights.)   | The destination device for the data is too far away.  | After checking that there are no sources of interference nearby, move the device to a distance within 5 m of the unit.  |
|   | Pairing (registering) has not been completed.   | Perform pairing (registration).<br>Refer to REGISTERING THE UNIT WITH THE DESTINATION DEVICE (PAIRING) on page 32.  |
|   | The application on the connected device is not ready.   | Check the application then try sending the data again.<br>If the Err indicator still lights after checking the application, contact the service (support) center of the application provider. |
| The power is automatically turned off.  | Refer to ABOUT AUTO POWER OFF FUNCTION on page 15.  |   |

# CARE AND MAINTENANCE

To keep your *Bluetooth*® Body Composition Monitor in the best condition and protect the monitor from damage follow the directions below:

**Clean the monitor with a soft dry cloth.** Do not use abrasive or volatile cleaners. The monitor is not waterproof.

**Store the monitor in a safe and dry location.** Do not expose the monitor to direct sunlight, extreme hot or cold temperatures or humidity. Thoroughly dry any moisture off the monitor before storing.

**⚠ CAUTION:**

Do not submerge the device or any of the components in water.

**⚠ CAUTION:**

Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

**Remove the batteries** if the monitor will not be used for three months or longer.

**Use the monitor consistent with the instruction provided in this manual.**

**⚠ CAUTION:**

Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

# FCC STATEMENT

## NOTE:

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product 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. The product 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 the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, 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 product and the receiver.
- Connect the product 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.

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled “Digital Apparatus”, ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: “Appareils Numériques”, ICES-003 édictée par le ministère des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.



# WARRANTY

## Limited Warranty

Your HBF-206IT *Bluetooth*® Body Composition Monitor, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties. To obtain warranty service contact Omron Healthcare's Customer Service by calling 1-800-634-4350 for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.**

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.**

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

### FOR CUSTOMER SERVICE

Visit our web site at:

For service related to device, call toll free:

For service related to wireless

communications to home health device:

[www.omronhealthcare.com](http://www.omronhealthcare.com)

1-800-634-4350

Contact Home Health

Device Service Provider.

# SPECIFICATIONS

|  |  |
|--|--|
| Model                                      | HBF-206IT (HBF-206IT-Z)  |
| Display                                    | <b>Body Weight:</b> 0 to 330 lb with 0.2 lb increments<br>(0 to 150 kg with 0.1 kg increments)<br><b>Body fat percentage:</b> 5.0 to 60.0% with 0.1% increments<br><b>Skeletal muscle percentage:</b> 5.0 to 50.0% with 0.1% increments<br><b>BMI:</b> 7.0 to 90.0 with 0.1 increments<br><b>Resting metabolism:</b> 385 to 3999 kcal with 1 kcal increments<br><b>Body age:</b> 18 to 80 years old with 1 year increments<br><b>Visceral fat level:</b> 30 levels with 1 level increments<br><b>Body fat percentage and Skeletal muscle percentage classification:</b><br>– (Low) / 0 (Normal) / + (High) / ++ (Very High) 4 levels with 3 sublevels each<br><b>Visceral fat classification:</b><br>0 (Normal) / + (High) / ++ (Very High) 3 levels with 3 sublevels each<br>* The age range for the Body Fat Percentage is 10 to 80 years old.<br>* The age range for the Skeletal Muscle Percentage, Skeletal Muscle Percentage Classification, Resting Metabolism rate, Visceral Fat Level, Visceral Fat Level Classification and Body age is 18 to 80 years old.<br>* The age range for the Body Fat Percentage Classification is 20 to 80 years old. |
| Memory                                     | <b>Display memory:</b> Last (previous) measurement results<br><b>Unit stored memory:</b> Up to 30 sets   |
| Transmission protocol                      | Bluetooth® wireless technology Version 2.1 + EDR Class 2   |
| Set Ranges                                 | <b>Personal data Information:</b><br>The following information for up to 4 people can be stored.<br><b>Height:</b> 3' 4" to 6' 6 3/4" (100.0 to 199.5 cm)<br><b>Birth Date:</b> January 1st, 1900 to December 31st, 2030<br><b>Gender:</b> Male/Female   |
| Power Supply                               | 4 AA alkaline batteries  |
| Battery Life                               | Approximately 6 months (When AA alkaline batteries are used with four measurements and data transfers a day at a room temperature of 23°C.)  |
| Operating Temperature /Humidity            | +50°F to +104°F (+10°C to +40°C), 30 to 85% RH   |
| Storage Temperature /Humidity/Air Pressure | –4°F to +140°F (–20°C to +60°C), 10 to 95% RH, 700 - 1060 hPa  |
| External Dimensions                        | Approximately 11 3/4" (W) x 1 1/2" (H) x 11 3/8" (D)   |
| Weight                                     | Approximately 4 lb (including batteries)   |
| Contents                                   | Body Composition Monitor, 4 AA Alkaline Batteries, Instruction Manual  |

**NOTE:** Specifications are subject to change without prior notice.

# NOTES

Distributed by:

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