

InBodyBAND2

Instructions



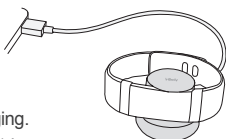
※ Proper posture for InBody TEST & Heart Rate measurement.

 Please read the following before initial use.

- Charge the InBodyBAND prior to initial use.
During the test, your hands **MUST NOT** come in contact with each other.
- For accurate measurements, please enter the correct personal information when you sync your InBodyBAND with the InBody App.

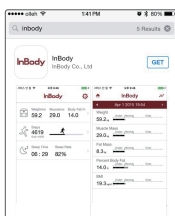
Charging and Powering Up

1. Please charge the InBodyBAND using the charging dock.
 2. Once the InBodyBAND is securely connected to the charging dock, it will automatically turn on while charging.
- ※ Full charging requires approximately 1 hour.
※ The device **CANNOT** operate while charging.



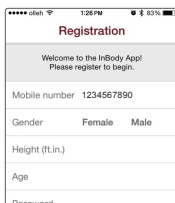
Installing the InBody App

1. Search “InBody” in the Google Play Store or the Apple App Store.
2. Download the InBody App.
3. Load the App and follow the on-screen instructions to sync your InBodyBAND with your phone.



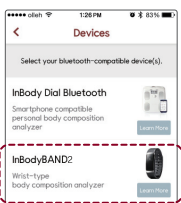
Creating an Account

1. Enter your mobile phone number after starting the InBody App.
2. Enter your gender, height, age, and password.
3. Finish registration by pressing Done.



Setting Up the Device

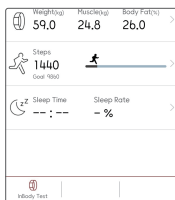
1. Go to ‘Device’ in the setup menu
→ Select the ‘InBodyBAND2’ to bring up the setup screen.
2. Press Confirm after entering weight.
3. InBodyBAND will vibrate to indicate successful connection between the InBody App and the device.



Transferring data

Step count and sleep tracking data will be automatically updated when the InBodyBAND is synced with the App.

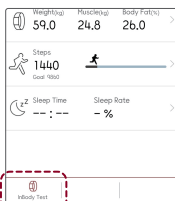
※ In the event the App fails to automatically update, you can initiate a manual sync from the Steps Menu.



InBody Test

1. Press InBody Test at the bottom of the main screen.
2. Enter your current weight and start the InBody Test.
3. After the test, results will be automatically uploaded to the App.

※ In order to keep track of your InBody Test results, the InBody Test must be initiated through the InBody App.



InBodyBAND Modes

- | | | | |
|---|---|---|---|
|  | InBody Test:
Measure your percent body fat |  | Active minutes:
Duration of walking/running |
|  | Heart Rate measurement:
Measure your HR |  | Calories: Burned calories
from walking/running |
|  | Step Count:
Daily step count |  | Active Distance:
Distance traveled |

InBody

InBody Co., Ltd.

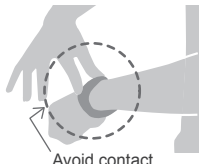
InBody Bldg., 54, Nonhyeon-ro 2-gil, Gangnam-gu, Seoul 06313 Korea

Website: www.inbody.com

Customer Support: homehealth@inbody.com

Testing Instructions

1. Maintain the proper posture during the test as shown in the image on the right.
2. Your hands **MUST NOT** come in contact with each other.
3. For accurate measurements, place the product on the same spot on your wrist for every test and test it at the same point of time in your daily routine.



Testing Precautions



Warning

- Individuals with artificial electrical implants such as a defibrillator or pacemaker should not take the InBody Test. Electrical currents of the InBodyBAND may disrupt the functionality of life-sustaining implants.
- Electrical currents used by the InBodyBAND is not harmful to the body, but pregnant women are advised to consult with an expert before use.



Caution

- May not be used for treatment or medical diagnosis.
- Results may vary depending on physical and environmental conditions.
- Tests should be taken indoors in the event of cold weather (Body Composition & Heart Rate).

General Precautions

Please read these safety warnings carefully to ensure your personal safety and to prevent property damage.

⚠ Caution

- The InBodyBAND is water-resistant in simple daily activity such as washing hands or taking a shower.
- This product has been tested in a controlled environment and is water- and dust-resistant for typical day-to-day situations (satisfies the requirement for IP67 Level of International standard IEC 60529-Degrees of Protection provided by Enclosure[IP Code]). However, the InBodyBAND may not resist water in all situations and may become damaged in certain circumstances.
- Do not disassemble or modify the equipment, including the internal parts, without written consent from the manufacturer. This may cause electric shock or injury, product malfunction, inaccurate results, and will void the manufacturer's warranty.
- Do not open the enclosure, disassemble, break, deform, bend, smash, press, or make a hole in the product. The battery may explode.
- Do not use your InBodyBAND if damaged. It could be a cause of fire, burn, injury and electric shock.
- Some damage, such as when water label become discolored due to use and/or negligence are not subject to warranty.
- Do not expose the InBodyBAND to excessive liquid, moisture, humidity or rain.
- Do not swim with the InBodyBAND or use it in water.
- Do not use your InBodyBAND after placing it in water for a long period of time.
- Do not leave your InBodyBAND where large amounts of water can be splashed on the product.
- Do not place the InBodyBAND in salt water/chemicals.
- Do not use the InBodyBAND underwater or place it in high-pressure water environments.
- Excessively bending the InBodyBAND may cause damage to the product.
- Do not drop/grve impact to the InBodyBAND. Such actions may result in damage.
- Keep out of reach of children. The InBodyBAND can be a choking hazard.
- Those allergic to metal, rubber and silicon materials must not use the InBodyBAND.
- Battery must not be deformed, changed, added with other substances, or exposed to water or other liquids.
- Do not expose your InBodyBAND and charger under UV light for long periods of time.
- Do not use your InBodyBAND in excessively humid environments.
- Use the InBodyBAND in room temperature to maximize its battery capacity. Usage of the product in low temperature may cause a decrease in battery capacity.
- Users with sensitive skin and/or who wear the InBodyBAND tightly may experience skin reactions.
- Users who are exposed to external irritants such as sweat, soap, allergens, etc. may experience skin reactions while wearing the InBodyBAND.
- Please ensure that the InBodyBAND remains dry and clean. This product, although in compliance with international safety standards, can cause such as allergic reactions in some people.
- Do not place the InBodyBAND near a bathtub, sink, sauna, pool, or steam room. Exposure of the InBodyBAND to excessive moisture could result in deformation/failure/explosion.
- Please use InBodyBAND properly as instructed in this manual.
- Do not cover the InBodyBAND with any fabrics while charging. Doing so may cause a fire.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- Clean and dry your InBodyBAND regularly, especially areas in contact with the skin. Use a clean, damp cloth. Do not wash the product with water.
- The InBodyBAND's strap may be contaminated or discolored by cosmetics, direct sunlight, water, oil or etc.
- Do not apply excessive force to InBodyBAND while it is connected to the USB cradle cable.
- Please be careful not to break the USB cradle cable. Discontinue usage if the USB cradle cable is damaged.
- The InBodyBAND is classified as Class B electromagnetic radio equipment and can be used anywhere.
- Do not use the InBodyBAND if you have life-sustaining medical implants as the radio waves emitted by the InBodyBAND may interfere with the implants.
- Keep the hand electrodes and the arm electrodes away from electricity conducting materials. Electrical stimuli such as strong static electricity may cause malfunction or damage of the product.
- Bluetooth devices may cause electromagnetic interferences with multiple electronic goods due to use of the same frequency range.
- Electromagnetic interferences may occur while the product is operating. Do not use the InBodyBAND for any services related to human life. In case of a medical emergency or other urgent situation, please use a smartphone to check any incoming communication.
- The user is responsible for data transfer problems caused by using the Bluetooth function and illegal use of Bluetooth function.
- If the device is broken, get in touch with the store where you purchased from or get in touch with InBody. The user is responsible for problems caused by any unlicensed repairs.

⚠ Note

- Use a lint-free cloth to gently wipe the external surface of the equipment once every week.
- Specifications and user manual may change without prior notice.

Symbol Definitions

	Warning, Caution, Note
	The Waste Electrical and Electrical Equipment Regulations indicates separate collection for electrical and electronic equipment
	Direct current
	European Conformity
	Manufacturer

FCC Information

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

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

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

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

End product labeling

The label for end product must include "Contains FCC ID: F60INBODYBAND."



Specifications

Country of Origin	Korea, Republic of
Band Material	TPSIV
Measurement Current	90 μ A and below
Battery Life	A fully charged InBodyBAND has a maximum battery life up to two weeks. (Battery life and charge cycles may vary depending on frequency of use, configuration, and other factors)
Recharging Time	Approx. 1 hour
Dimensions	18.0 mm(W) $\times$ 42.0 mm(L) $\times$ 10.5 mm(H)
Weight	20g
Wrists	M: 15 ~ 19 cm
Color	Black, Grey, Wine
Input Power	Operating Voltage: 3.7 VDC, Charge Voltage: 5.0 VDC
Operation Conditions	10 ~ 40°C(50 ~ 104°F), 30 ~ 75%, 70 ~ 106kPa
Transport and Storage Conditions	-10 ~ 70°C(14 ~ 158°F), 10 ~ 80%, 50 ~ 106kPa
Frequency Used	2402 MHz ~ 2480 MHz
No. of Channels	40
Modulation Type	GFSK
Wattage	1 mW and below

* Specifications may change without prior notice.