Instruction Manual

OMRON

Body Composition Monitor

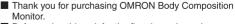
Model **HBF-375**Karada Scan



■ Illustration in the book is for reference only.

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- Before using this unit for the first time, please be sure to read this Instruction Manual carefully and use the unit safely and properly.
- Please keep this Instruction Manual at hand all the time for future reference.



How to use HBF-375

Before measuring (various settings)

Please make the following preparation before using for correct measuring.

Installing the battery (page 8)



2 Setting date and time (P page 9)



3 Setting personal data



Measuring methods and measuring results (© page 15)

1 Connecting the power

Turn on the power.







Do not take out display unit before "0.0 kg" is displayed.

2 Selecting personal profile number

Press Personal Profile Number button to select "personal profile number".



Please set personal data before initial use. (Fee page 11)

In addition to setting personal data, GUEST mode may also be used to measure weight, body fat and skeletal muscle, etc. (P page 16)

3 Stepping on the main unit

Take a measurement bare-footed.

Use correct posture for measurement. (Fig. page 17 and 18)









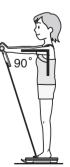


Measuring...

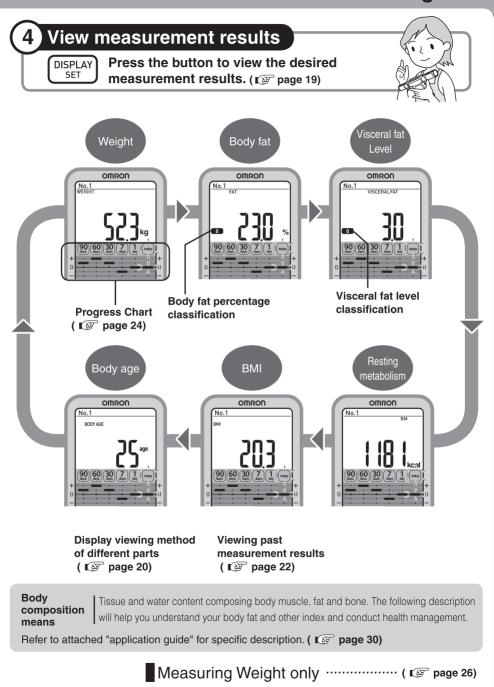


Measuring completed





Measure on flat and hard ground



Notes on Safety

Please read carefully before use.

- The following is intended to prevent personal injury or property damage of the user or other people caused by the product.
- Symbols and definitions are as follows.

Meaning of danger, warning and caution

<u> </u>	Improper use may cause danger resulting in death or serious injury.
⚠ Warning	Improper use may result in possible death or serious injury.
⚠ Caution	Improper use may result in injury or property damage*.

* Property damage includes damage to house, property, livestock and pet.

Meanings

0	
Compulsory	

Compulsory item (which must be observed).



○ Forbidden item (which is not permitted).

⚠ Danger

When using

Never use this unit in combination with the following medical electronic devices.

- 1 Medical electronic implants such as pacemakers.
- 2 Electronic life support systems such as an artificial heart/lung.
- ③ Portable electronic medical devices such as an electro-cardiograph.
- This unit could cause these devices to malfunction, posing a considerable health risk to users of these devices.





A Warning

When using

Never start weight reduction or exercise therapy without the instructions of a doctor or specialist, and do not judge by yourself.

• If you judge by yourself, it might cause damage to your health.







Marning

Installation and usage

Do not use the unit on slippery surfaces, such as ceramic tile or wet floor.

• Otherwise, it may cause you to slip and result in injury.





Measurement

People with disabilities should always be assisted by another person when using this unit.



• Otherwise, you might slip. Take care when measuring.

Compulsory

Do not use this unit when your body and / or feet are wet, such as after taking a bath.

- Otherwise, it may cause you to slip and result in injury.
- Otherwise, water will come into the unit to cause fault. Correct measurement may be impossible.





Do not jump onto the unit, or hop up and down on the unit.

• Otherwise, it might cause slip and injury. Impact exceeding allowed range may cause damage.



Do not step on the edge or display area of the main unit.

 Otherwise, it might cause slip and injury and correct measurement may be impossible.



Forbidae

When using

This unit is not intended for professional use (for example, hospitals or other medical facilities).

 This unit is intended for home use only, it does not support the standards required for professional use.





Do not use a cellular phone near the display unit or the main unit.

· Otherwise, it might cause abnormality.





Application scope

The unit is designed to measure weight and resistance and obtain BMI, body fat and skeletal muscle, etc. through analysis of weight and resistance.

M BMI, also known as body weight index, is a physique indicate index. BMI = weight (kg) / square of height (m).



♠ Caution

Installation and usage

Do not place the unit against the wall.

• Otherwise, it might cause slip, injury or fault.



Forbidden

Remove the display unit from main unit before stepping on the main unit.

• If you try to remove the display unit while stepping on to the main unit, you might slip and cause injury due to lost balance.



When inserting display unit into the main unit, do not touch inside part of grip electrodes metal.



· Otherwise, it might hurt your finger.

Forbidden

Do not disassemble, repair, or remodel the display unit or the main unit.



· Otherwise, it might cause injury or fault.

Forbidden

Measurement

Taking a measurement barefooted.

• Otherwise, it may cause you to slip and result in injury. And it will affect correct measuring of body fat and other index.





Battery usages

Do not insert the batteries with the (+)(-) polarities in the wrong direction.



• Otherwise, it might leak, heat or break and cause you injury.

Compulsory

Do not use new and worn batteries and different types of batteries together.

• Otherwise, it might leak, heat or break and cause you injury.



Compulsory

Remove the batteries from this unit when you are not going to use it for a long period of time (approximately three months or more).

Use batteries specified for this unit.



• Otherwise it might leak, damage the main unit or cause person injury.

Compulsory

Storage

Keep the unit out of the reach of young children.

• Otherwise it might cause injury due to winding wire or falling down.





Notes

■ Notes on Installation

Keep the unit away from wet or watery place, direct sunlight, direct air conditioner wind and fire.

· Otherwise, it might cause fault.

Do not use the unit on grass mat, carpet or other soft ground.

 Otherwise, when stepping on the main unit, it will sunken and measurement will be affected.

Notes on use

Clean the unit before use if it is used by people whose hand or foot sicken for skin disease or other infective disease.

 Otherwise, it will cause infection. If use the unit together, use a cloth moistened with water or neutral detergent to squeeze it well before wiping the unit, then wipe dry with a dry cloth.

Do not use the unit for purpose other than measuring weight and body composition.

Do not draw the cord between the main unit and display unit with strength.

• Otherwise, the cord might come off and cause fault.

Since the product is precise instrument, please do not drop, violate or shock it.

· Otherwise, it might cause fault.

Do not move the unit by holding the display unit.

• Otherwise, the main unit might drop and be damaged or cause injury to personnel.



■ Notes on daily maintenance

Always keep the unit clean before use.

- Wipe the main unit with a soft dry cloth.
- If necessary, use a cloth moistened with water or neutral detergent and squeeze it well before wiping the unit, then wipe dry with a dry cloth.

Do not wash display unit or the main unit.

• Otherwise, it might cause fault.

Do not use volatile detergent or thinner, to clean the unit

 Otherwise it might cause color change or fault.



■ Notes on storage

Do not keep the product in the following places.

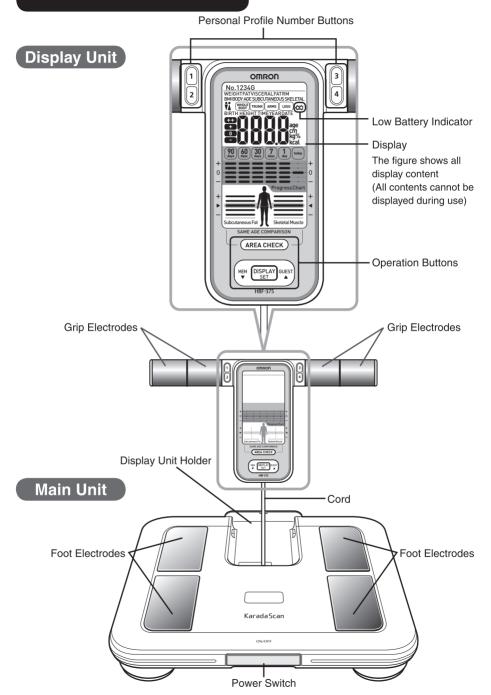
- · Watery place
- Place subject to high temperature, humidity, direct sunlight, dust or saliferous air.
- Places with the risk of inclination, vibration or sudden shock
- Places where chemicals are stored or where corrosive gas is present.

General Safety Precautions

- The unit might not correctly measure body composition for the following personnel.

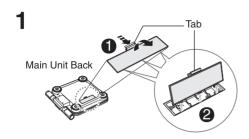
 Children in growth age / people of high age / women of amenorrhea / patients having fever due to cold / pregnant women / patients having osteoporosis / patients having edema / patients receiving hemodialysis / professional sportsmen.
 - · Water content in their body and body composition might be very different from average value.
- For users under 10 years old, the unit displays measuring weight only.
- This unit cannot display visceral fat level, body age and same age comparison of users under 18 years old.
- This unit may measure body composition of users over 80 years old but only provide reference value.

Know Your Unit



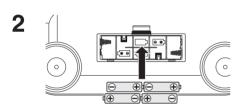
Installing the Battery

Install four supplied AA batteries.



Turn over the main unit Open battery cover

- 1 Press the tab of the battery cover along arrow direction
- 2 Pull up the tab of the battery cover and open battery cover



Install the batteries in correct polarity as marked inside the battery compartment

The side with spring is \bigcirc .

3

Close the battery cover

■ Setting date and time (page 9)

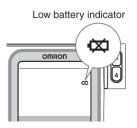
Reset date and time after replacing the battery.

Battery Life and Replacement

- Four AA batteries will last approximately 1 year. (At room temperature 23°C, when measured 4 times per day.)
 Because the supplied batteries are for trial use only, they may have a shorter life.
- ★ When the low battery indicator flashes, it indicates running out of the battery.

Replace all four batteries with new ones (same type) at the same time.

- Replace the batteries after turning off the main unit power.
 - Personal data stored in memory are retained even if the batteries are removed.
 - Disposal of used batteries should be carried out in accordance with the city environment protection regulations for the disposal of batteries.



Setting Date and Time

When the power is turned on for the first time after changing the battery, it is necessary to set the date and time. The unit will calculate age according to current date, the registered personal data and date of birth. If not set correctly, measurement results would not be correctly displayed. The previous measurement results might be lost.



Turn on the power









Set "year"

Press (NEM () BUSS) button to select "year" and press DISPLAY button to set.

- Setting range is 2012 ~ 2030.
- Press continuously to rapidly shift up or down.

After setting "year", "month" flashes.

Set "month" and "date"

Press (MEM DELET) button to select "month" and press (DISPLAY) button to set.

After setting "month", date flashes.

button to select "date" and press (DISPLAY) button to set.

After setting "date", "hour" flashes.

4



Set "hour" and "minute"

- Press () button to select "hour" and press () button to set.
 - Time is 24-hour system.

 After setting "hour", "minute" flashes.
- Press button to select "minute" and press star button to set.

After the settings for year, month, day, hour and minute are displayed in that sequence, the power is automatically turned off.

Setting is now completed.

- When error occurs during setting...
 - Turn on the power. If "year" flashed, please start from step 2 of "Setting date and time" (IF page 9).
- The power is automatically turned off during setting...

 Turn on the power to reset. If no operation for 3 minutes during setting, the power will be automatically turned off.
- If you want to modify date and time which have already been set...

 Turn on the power. After "0.0 kg" is displayed, hold DISPLAY button more than 2 seconds. If "year" flashes, start from step 2 of "Setting date and time".

Setting Personal Data

(Date of Birth, Gender, Height)

For the measurement of body composition, it is necessary to set your personal data (age, gender, height). The unit is designed to store measurement results in the memory for 4 people.

* If no input of personal data in advance, you can use "GUEST" button to take measurement. (🕼 page 16)

1 Sentition Sent

With the display unit inside the main unit,

Turn on the power

After the display of current "year", "month and date" (MM/DD), it will display "0.0 kg". Given example of date "725" means July 25th.

Note: Do not step on the main unit or move the main unit before "0.0kg" is displayed. Do not put something on the main unit or touch display unit. Otherwise, it will display "Err (error)". (

| Page 27)



2 Omnon 3

Press the personal profile number button to select a personal profile number.

After setting personal profile number, "year of birth" will flash.

Note: When "0.0 kg" is displayed, it means that personal profile number has been registered successfully. If you want to use this number, please delete this personal data.

"Deleting personal data" (propage 14)

3









Set "date of birth"

- Press button to select "year" and press button to set.
 - Setting range is 1900 ~ 2030.
 - Press continuously to rapidly shift up or down.

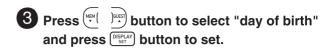
After setting "year of birth", "month" flashes.

Press button to select "month of birth" and press obsplay button to set.

After setting "month of birth", "date" flashes.







After setting "date of birth", "male / female" flashes.

4





Set "gender"

Press button to select "male" / "female" and press (DISPLAY) button to set.

After setting "gender", "height" flashes.

5





Set "height"

Press (MEM) DUST) button to select "height" and press (DISPLAY) button to set.

• Setting range is 100.0 cm ~ 199.5 cm.

After the settings for age, gender, and height are displayed in that sequence, then 0.0 kg appears on the display.

Setting is completed.

You can now take a measurement.

■ When starting measurement...

Taking a Measurement (P page 17)

■ When setting personal data of other people...

Setting Personal Data (page 11)

■ After operation is completed...

Press power switch and turn off the power

- You cannot set personal data in the following conditions. Please re-register.
 - If no operation for more than 3 minutes when setting the data, the power will automatically switch off.
 - If the power goes off while you are setting.

Changing Personal Data

1



With the display unit inside the main unit, **Turn on the power**

omron 2012

After the display of current "year", "month and date", it will display "0.0 kg".

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Note: Do not step on the main unit or move the main unit before "0.0kg" is displayed. Do not put something on the main unit or touch display unit. Otherwise, it will display "Err (error)". (☑ page 27)

2 OMRON

Press the desired "Personal Profile Number" button.

The selected personal profile number lights.

3



Press DISPLAY button

"year of birth" flashes.

4



Changing personal data

Start from step 3 of "setting personal data". (page 11).



2 "0.0 kg" is displayed.

Personal data change is completed.

You can now take a measurement. (Fig. page 17)

5



Press power switch to turn off the power

Deleting Personal Data

1



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With the display unit inside the main unit,

Turn on the power

After the display of current "year", "month and date", it will display "0.0 kg".

Note: Do not step on the main unit or move the main unit before "0.0kg" is displayed, Do not put something on the main unit or touch display unit. Otherwise, it will display "Err (error)". (

2



Press "Personal Profile Number" button to select the desired number

The selected personal profile number lights.

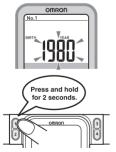
3



Press DISPLAY button

"year of birth" flashes.

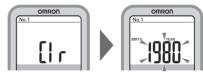
4



Deleting personal data

Press and hold the selected Personal Profile Number button more than 2 seconds

After "CIr" lights, return to set "date of birth".



Personal data is now deleted successfully.

5



Press power switch of the main unit and turn off power

Measuring Weight and Body Composition

(with Personal Profile Number Button / GUEST Button)

If you measure by using Personal Profile Number button, please preset personal data. (Fr page 11) If no personal data is available, use "GUEST" button to measure. (Fig. page 16)

Measure on flat and hard ground

Note: You cannot get correct measurement results on mat. carpet or other soft ground.







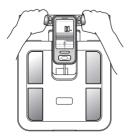


With the display unit inside the main unit, Turn on the power

After the displaying of current "year", "month and date", it will display "0.0 kg"

Note: • Do not step on the main unit or move the main unit before "0.0kg" is displayed. Do not put something on the main unit or touch display unit. Otherwise, it will display "Err (error)".

• When "year" and "month and date" of current date are displayed, it means the unit is ready to take a measurement. Do not move the main unit or put something on the main unit after power is turned on and before "0.0 kg" is displayed. When "Err" (error) is displayed, you will not get correct measurement results. (Frage 27)



Take out the display unit

Personal data have been set



Press "Personal Profile Number" button to select your own personal profile number.



The selected personal profile number lights.



■ When the right side screen appears...

There are no personal data under selected personal profile number. Set personal data at first. (Propage 11)



When measuring as a guest

What is "GUEST" mode?...

Users who does not set personal data in advance can measure weight, body fat and skeletal muscle by temporarily inputting "age, gender and height".

However, the unit will not display body index graph or memory value.



Press |GUEST| button

"G" lights and "age" flashes.







1 Set age

- Setting range is 10 ~ 99 years old.
- Press continuously to rapidly shift up or down.

After setting "age", "male / female" flashes.

Pollow the same steps to set "gender" and "height".

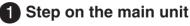
After setting "height", "age" and "gender", height will flash and 0.0kg will be displayed.

Measure weight and body composition (with Personal Profile Number button / GUEST button)

4



Taking a Measurement



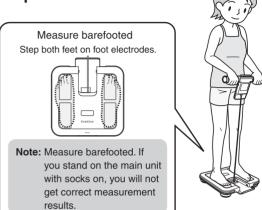




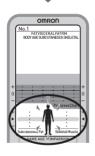
Indicator flashes twice to show that weight has been determined.

Then measure body composition.

Keep staying on foot electrodes.





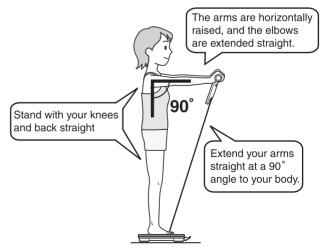




When "whole body" icon flashes,

Extend your arms straight at a 90° angle to your body

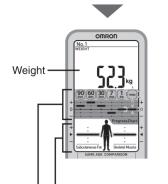
When measuring body fat and skeletal muscle, the same age comparison bar will display progress.











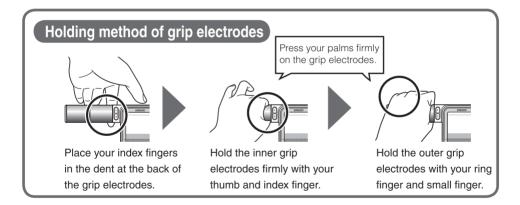
3 Display the measurement results

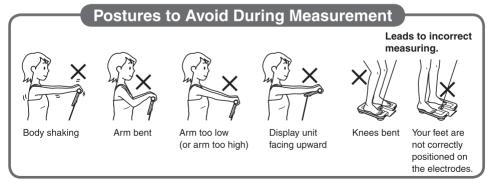
After measuring is completed, the same age comparison (whole body) will be displayed in accordance with weight, progress chart and different parts.

Step off the main unit.

Same age comparison at different parts (FF page 21 and 35)

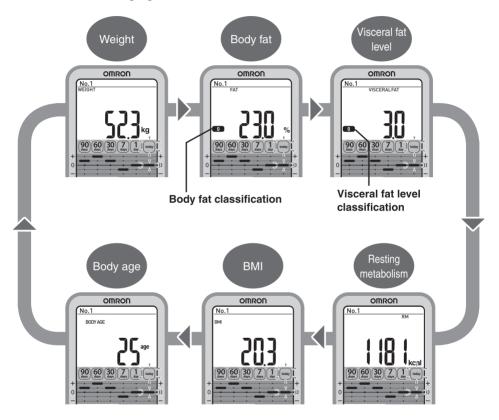
Progress Chart (P page 24)





5 Check measurement results

Press $\binom{\text{DISPLAY}}{\text{SET}}$ button to switch display as shown in the following figure.



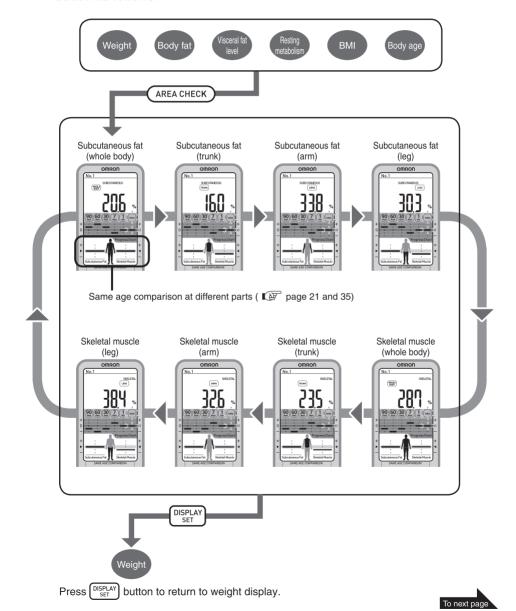
For viewing method of different parts, please press AREA CHECK button. "Viewing method of different positions display". (Propage 20)

Press button to view past measurement results.

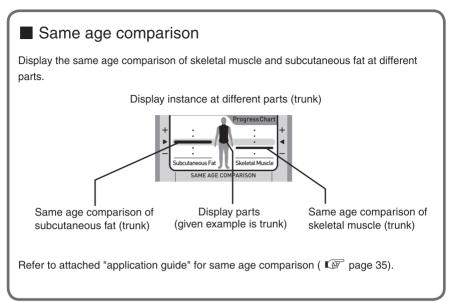
Refer to "view previous measurement results (memory)" (

Viewing method of different positions display

The display changes to the next part with each press of the AREA CHECK button as follows:



Measure weight and body composition (with Personal Profile Number button / GUEST button)



6

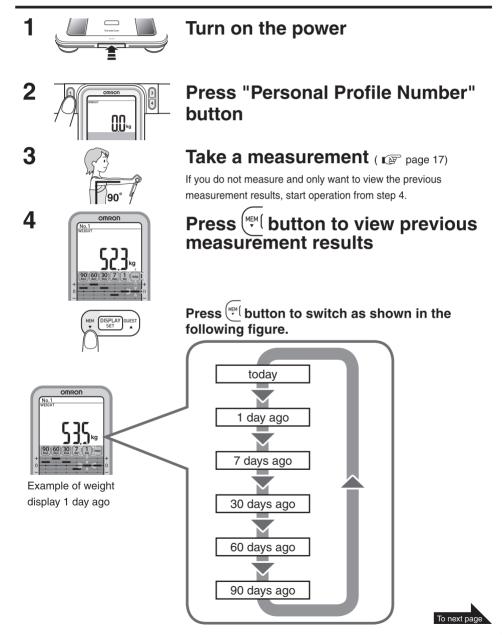


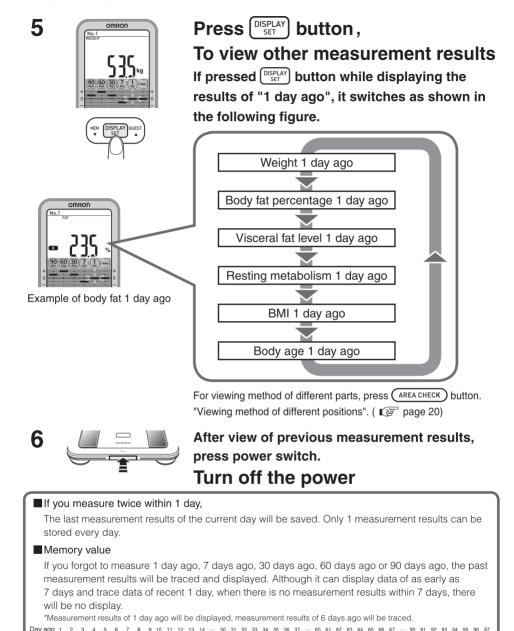
Press power switch and turn off power

When viewing the previous measurement results after measurement is completed and power is turned off, refer to "Using the Memory Function" (Fig. 22).

Using the Memory Function

When measuring by using Personal Profile Number button, measurement results will be saved automatically. You can view measurement results of today, 1 day ago, 7 days ago, 30 days ago, 60 days ago and 90 days ago. When measuring with GUEST mode, measurement results cannot be recorded.





Note: • Personal profile number can record 97 days at most. After 97 days, the earliest measurement results will be deleted.

Measuring trace forgotten

Display 37 days ago

Measuring trace forgotten

Display 67 days ago

Measuring trace forgotten

Display 97 days ago

• If there is no past measurement results, " - - " will be displayed.

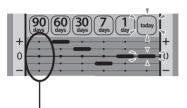
Measuring trace forgotten Measuring trace forgotten

Display 14 days ago

Display 6 days ago

Progress Chart

Indication bar of 5 stages will be used to display memory results of each index.

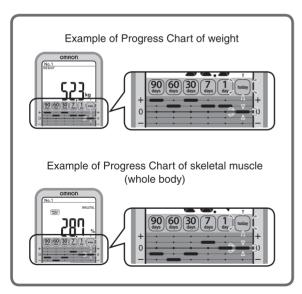


Final measurement results of "today" will be taken as normal value (0).

If you do not measure "today" but want to view past measurement results, it will be displayed with the latest memory results as beginning.

-If no measurement results exceed the age or measurement scope, indication bar will not display.

If today's measurement results exceed scope, progress Chart will not be displayed while memory results can be read.



You can confirm if reduction in weight is correct or not by viewing variation of other body conditions except weight.

As the example on the left, because of reduction in weight, the skeletal muscle increases. This is the correct method of reduction in weight but can not be detected easily.

Skeletal muscle (page 33)
What is correct reduction in weight? (page 38)

Location of Display Unit



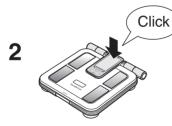
■ The cord can rewind automatically.

Pull the display unit upwards to extend the cord attaching the display to the main unit. The cord is automatically rewound when you store the display in the main unit.



Pick up the display unit and rewind the cord into the unit.

If the cord does not rewind automatically...
 Untwist the cord, extend it once and try again.
 Do not extend the cord from the unit beyond the red marker line.



Push the display unit into the holder.

Measuring Weight only

Take a measurement directly without taking the display unit from the holder. It is unnecessary to set personal profile number.

Take a measurement on flat and hard ground

Note: You cannot get correct measurement results on mat, carpet or other soft ground.



1



With the display unit inside the main unit, **Turn on the power**

After the display of current "year", "month and date", it will display "0.0 kg".



Note: • Do not step on the main unit or move the main unit before "0.0kg" is displayed. Do not put something on the main unit or touch display unit. Otherwise measurement cannot

 If the current "year" and "month and date" displayed, please get ready for measuring.
 If you step onto the unit or put something before 0.0 kg appears on the display, an error message "Err" will appear. (Page 27) The measurement can not be performed correctly.

2



Step onto the unit

be performed correctly.

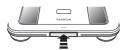
3



Check the measurement results

Indicator flashes twice to show that weight has been determined.

4



Press power switch, Turn off the power

Error Displays

■ Error Displays

Error Display	Cause	Correction
{r.	Your palms or soles are not in firm contact with the electrodes.	Press your palms or soles firmly to the electrodes, then measure. (🌃 page 17 and 18)
The posture for measurement is wrong or the palms or soles are not in firm contact with the electrodes. Measure without moving the hands or s (Firm page 17 and 18)		Measure without moving the hands or soles. (♣ page 17 and 18)
<pre>{rr}</pre>	The palms or soles are too dry.	Moisten the palms or soles with a wet towel, and then repeat measurement.
5113	Abnormal operation	Insert the batteries again and repeat measurement. Consult OMRON authorised dealer if problem persists.
	You stepped on the unit before the display indicated "0.0 kg".	Reconnect the power and step onto the main unit until the display indicated "0.0 kg".
C	You moved the main unit before the display indicated "0.0 kg".	Reconnect the power and do not move the main unit until the display indicates "0.0 kg".
Err	You moved your body during measuring.	Do not move your body during measuring.
	When measuring, body weight measuring range is exceeded.	Body weight of 135 kg or over is out of the measuring range of this unit. You cannot use this unit.

■ Troubleshooting

Problem	Cause	Correction	
"0.0 kg" is displayed even when you step onto the unit, or the weight value barely increases.	You stepped onto the unit before "0.0 kg" was displayed.	Wait until "0.0 kg" is displayed before stepping onto the unit.	
The value of body weight is displayed abnormally high or low.			
The value of body weight is displayed high	Display unit is taken out before "0.0 kg" is displayed.	Wait until "0.0 kg" is displayed before taking out display unit.	
	Measuring posture is incorrect	Take a measurement with correct posture (FFF page 17 and 18)	
	Is the unit placed on a carpet or other soft flooring? Is the floor surface is uneven?	Place the unit on a hard and level floor.	
Measurement results is abnormally high	The soles of your feet, or whole body are cold, causing poor blood circulation.	Warm yourself up, and then take a measurement once you feel your circulation is back to normal.	
or low Measurement results achieved each time s great different from each other	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.	
	Palms and soles are too dry.	Slightly moisten your palms and soles with a damp towel and try again.	
" • • " is displayed for some of the results.	Your height, gender and birth is not correct This unit cannot measure body compositior if the height, gender and birth date settings	because of its measurement range, even	
	Batteries are not inserted.	Insert the batteries. (FF page 8)	
	The polarities of batteries are not aligned correctly.	Insert the batteries in correct alignment. (FF page 8)	
Nothing is displayed when the power is turned on.	The batteries are worn out.	Replace all four batteries with new ones. (page 8)	
	Cord connecting the main unit and the display unit is damaged.	Consult OMRON authorised dealer.	

■ Troubleshooting (continued from previous page)

Problem	Cause	Correction	
When weight measuring is	No personal data or GUEST identity is set (display unit does not show "personal profile number" or "GUEST")	Please set personal profile number or "GUEST" data before measuring again. (🏽 page 11 and 16)	
completed, weight and body composition cannot be measured.	"Personal Profile Number" button or button is pressed incorrectly (display unit does not show "personal profile number" or "GUEST")	Please press "Personal Profile Number" button or before take a measurement. (Page 16)	
Cord cannot be wound automatically	Cord is tangled.	Please pull out the cord and rewind. (I page 25)	
There is no operation and the power is turned off.	Please refer to "Automatic switch-off of the power" (FF page 28)		

X If measuring cannot be performed normally after the above has been done, please consult OMRON authorised dealer.

Automatic Switch-off of the Power

- If the monitor is not used within one minute of "0.0 kg" appearing on the display.
- If no information is entered for 3 minutes when entering personal data.
- If the monitor is not used for 3 minutes after "start measuring" or the measurement results are displayed.
- If the monitor is not used for 3 minutes after the target record is displayed.
- Personal profile number is not selected when measuring weight only. (about 30 seconds after body weight is displayed)
- When "Err" is displayed (about 10 seconds later)

X Although it is seldom seen, human physique difference might lead to incapability of measuring. In this case. Consult OMRON authorised dealer.

X If fault occurs or the unit is repaired, all personal data will be lost.

Specifications

Product	Body Composition Monitor HBF-375 (HBF-375-AP)			
	Display of Body Weight	0 to 100 kg with an increment of 100 g		
		100 to 135 kg with an increment of 200 g		
	ВМІ	2.5 to 90.0 with an increment of 0.1		
	Body Fat Percentage	5.0 to 50.0% with an increment of 0.1%		
	Body Fat Percentage Classification	- (Low) / 0 (Normal) / + (High) / ++ (Very High)		
	Segmental Subcutaneous Fat Per	centage (Whole Body, Trunk, Legs, Arms):		
		5.0 to 60.0% with an increment of 0.1%	Object age:	
	Segmental Skeletal Muscle Percentage			
	Whole Body	5.0 to 60.0% with an increment of 0.1%	years old	
Display*	Trunk	5.0 to 50.0% with an increment of 0.1%		
Diopiay	Legs	5.0 to 70.0% with an increment of 0.1%		
	Arms	5.0 to 60.0% with an increment of 0.1%		
	Resting Metabolism	385 to 3999 kcal with an increment of 1 kcal		
	Visceral Fat Level Visceral fat Classification	0.5 to 30 levels with an increment of 0.5 level 0 (Normal) / + (High) / ++ (Very High)	Object cas	
	Body Age	18 to 80 with an increment of one year	Object age: Over 17	
	Same Age Comparison	Subcutaneous Fat percentage: 5 levels	years old	
		Skeletal Muscle percentage: 5 levels	ľ	
	Progress Chart	5 levels		
	Memory	Today / 1 day ago / 7 days ago / 30 days ag	jo/	
	60 days ago / 90 days ago			
	Date	January 1, 2012 to December 31, 2030		
	Time 0:00 ~ 23:59 (24-hour display)			
	Setting Personal Data (the following	ng items can accommodate date of 4 people;)	
Set Items	Date of Birth	January 1, 1900 to December 31, 2030		
	Gender	Male / Female		
	Height 100.0 to 199.5 cm with an increment of 0.5 cm			
	Age (when using "GUEST" mode) 10 to 99 with an increment of one year * When using Guest mode, personal data should be set before measurement.			
	0.0 kg to 40.0 kg:	±400 g		
Weight Accuracy	40.1 kg to 135.0 kg:	±1%		
	4 AA batteries (R6)	2170		
Power Supply	(You may also use AA alkaline bat	teries (LR6).)		
Datta w. I ifa		ese batteries at room temperature of 23°C , n	neasured	
Battery Life	4 times a day)			
Operating				
Temperature /	+5℃ to +35℃ , 30% to 85% RH			
Humidity				
Storage Temperature /	-20°C to +60°C , 10% to 95% RH, 700 hPa - 1060 hPa			
Humidity / Air Pressure	Within well ventilated and dry room and no corrosive gas in surrounding air.			
Type of Protection Against Electric Shock	Type BF for applied part. Symbol: 1			
Weight	Approximately 2.6 kg (including batteries)			
External Dimensions	Approx. 329 (L) × 304 (W) × 54 mm (H)			
Accessory	Accessory 4 AA manganese batteries (R6), Instruction manual			

Subject to technical modification without prior notice.

^{*} For children under 10 years old: Only weight will be displayed.

For children over 9 and under 18 years old: All results except for Visceral Fat Level, Body Age and Same Age Comparison are displayed.

For people 81 years old or older: measured body composition can only be used for reference.

For 18 - 80 years old, all results are displayed.

Information on Body Composition

BMI & IDEAL WEIGHT

Everybody is concerned about their weight. But what is the basis for determining your ideal weight?

The key is BMI.

BMI is short for Body Mass Index. This index uses the following simple formula to indicate the ratio between weight and height of a person.

BMI = weight (kg) / height (m) / height (m)

The OMRON Body composition monitor uses the Height information stored in your personal profile number to calculate your BMI.

The Ideal BMI is 22

Maintaining an ideal weight can help prevent obesity or weight loss and other diseases, and lead a longer life. The ideal weight for a BMI of 22 is calculated as follows.

Ideal Weight (kg) = $22 \times \text{height (m)} \times \text{height (m)}$

Example: For a person 1.55 m tall...

 $22 \times 1.55 \times 1.55 = 52.855 \rightarrow \text{Approx } 52.9 \text{ kg}$

However, this method of ideal weight calculation may not be applicable for professional athletes and body builders, who have higher muscles ratio in their bodies.

Interpreting the BMI Result

BMI Classifications (by the Wh		
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	

The above-mentioned indices refer to the values for obesity judgment proposed by the 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) adipose tissue (stored fat) provides cushion and insulation to internal organs, covers the nerves, moves vitamins throughout the body and is the largest reserve of stored energy available for 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.

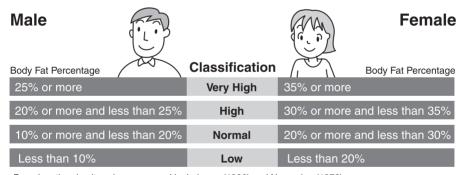
What is Body Fat Percentage?

Body fat percentage refers to the amount of body fat mass in regards to the total body weight expressed as a percentage.

Body fat percentage (%) = {Body fat mass (kg) / Body weight (kg)} \times 100 Our device uses BI method to estimate your body fat percentage.

Depending on where fat is distributed in the body, it is classified as visceral fat or subcutaneous fat

Interpreting the Body Fat Percentage Result

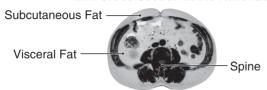


Based on the obesity values proposed by Lohman (1986) and Nagamine (1972).

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

Visceral Fat Level Level Classification		
0.5 - 9.5	0 (Normal)	
10.0 - 14.5	+ (High)	
15.0 - 30.0	++ (Very High)	

^{*} The data referenced by OMRON Healthcare.

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

What is Subcutaneous fat?

Subcutaneous fat = fat below the skin

Subcutaneous fat not only accumulates around the stomach but also around the upper arms, hips and thighs, and can cause a distortion of the body's proportions. Although not directly linked to increased risk of disease, it is thought to increase pressure on the heart and other complications.



RESTING METABOLISM

Regardless of your activity level, a minimum level of energy is required to sustain the body's everyday functions. Resting metabolism, the amount of calories needed to supply the body with the minimum level of energy, differs between individuals depending on variables such as age, weight, body composition, and energy expenditure.

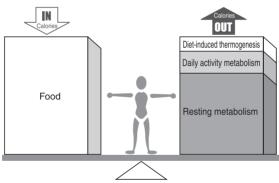
60-70% of daily energy use is for resting metabolism

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.



SKELETAL MUSCLE

What is skeletal muscle ... Muscle is divided into two types, muscle in internal organs, such as the heart, and muscle attached to bones that is used to move the body. Skeletal muscle can be increased through exercise and other activity.

What is skeletal muscle ratio · · · Refers to the amount of skeletal muscle mass in regards to the total body weight expressed as a percentage.

Skeletal muscle ratio (%) = {Skeletal muscle mass (kg) / Body weight (kg)} \times 100

This product uses BI (Bioelectrical Impedance) to calculate your skeletal muscle mass.

Keep skeletal muscle and strengthen it to make corporeity not easily become fat.

This product feature is the measurement of skeletal muscle ratio. If you strengthen skeletal muscle and improve basal metabolism, you will not get fat easily.

Interpreting the Skeletal Muscle Percentage Result (for adults)

Gender	– (Low)	0 (Normal)	+ (High)	++ (Very High)
Female	5.0-25.8	25.9-27.9	28.0-29.0	29.1-60.0
Male	5.0-32.8	32.9-35.7	35.8-37.3	37.4-60.0

According to OMRON HEALTHCARE figures

BODY AGE

Body age is based on your resting metabolism. Body age is calculated by using your weight and body fat percentage to produce a guide to judge whether your body age is above or below the average for your actual age. To know your body age is useful to improve your health condition.

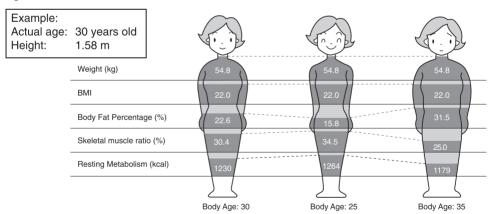
Body age varies according to Body composition and resting metabolism, even if your height and weight is the same

The figures below shows some examples of body age.

The example on the left has a body age of 30, or average body composition for the actual age.

The example in the middle has a lower body fat percentage than average and higher resting metabolism, which results in a body age of 25 that is younger than the actual age.

The example on the right has a higher body fat percentage than average and lower resting metabolism, which results in a body age of 35 that is older than the actual age.

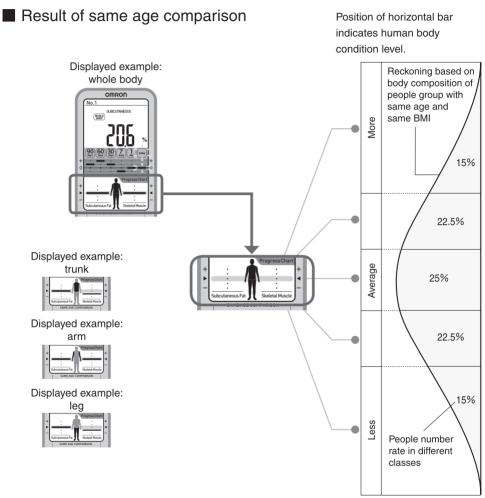


※ For children under 18 years old: Visceral fat level, body age and same age comparison will not be displayed.

Same Age Comparison

Understand body condition through same age comparison

Subcutaneous fat and skeletal muscle at different parts are displayed. Its level is displayed through comparison with same age and same BMI.



The average is investigation result of our company. Please do not judge health condition in accordance with it.

^{*} The monitor cannot display same age comparison for users under 18 years old.

Feature and Measuring Principle of Body Composition Monitor

Feature of body composition monitor

Is the method of whole body measuring, which is not subject to daily variation.

1 Water content in our body tends to accumulate in our leg during day. That's why we usually feel dropsy at the feet at dusk or in the evening.

In the morning and dusk, body resistance distribution will change, as water proportion in upper body and lower body changes.

KaradaScan measures whole body resistance by using electrode of both hands and both feet. Therefore, it is less subject to variation of water content distribution in human body.

Basic data used to establish body composition formula, Collect by using measuring method and measuring device most suitable for various body compositions.

Body fat: weighing method in water (Submerge your head into water pool and exhaust all air in your lung before measuring body weight. The method to calculate body fat in accordance with body density is based on Archimedes principle.)

Resting metabolism: breath analyzing device (used to analyze air composition in breath). It can be used to measure oxygen consumption of breath at quiet time to calculate resting metabolism.)

Subcutaneous fat and skeletal muscle: DXA (Dual Energy X-Ray Absorptiometry) method (measuring body composition at different parts by quantifying bone quantity and body composition of 2 kinds of X rays with different wave length without the need of resolving body to calculate weight.)

MRI (Magnetic Resonance Imaging System) (large number of hydrogen atomic nucleus contained in human body resonate with magnetic field and electric wave. Image hydrogen atomic nucleus and nuclear magnetic resonance to calculate human body composition.)

Measuring principle of body composition monitor

Calculate body fat in accordance with resistance value.

KaradaScan measures body resistance by using weak currency flowing through both hands and both feet (BI method*).

* BI method (Bioelectrical Impedance/ biological resistance method).

Tissues with more water content in human body tend to conduct electricity (such as muscle and vein) easily. Fat tissue almost conducts no electricity. The body feature is used to calculate rate of fat tissue and non-fat tissue.

Currency flowing through human body is very weak (50 kHz, $500\mu A$), which is not stimulant and is very safe to human body.

In order to obtain body fat and other data from resistance between both hands and both feet,

The five items, i.e., (1) resistance value, (2) height, (3) weight, (4) age and (5) gender are required, which are obtained in accordance with basic human data collected by the company independently.

Things to Take Note

Proper measuring place... flat and hard ground

You cannot get correct measurement results on mat, carpet or other soft ground.

Correct posture... arm and body are kept at 90°

In order to obtain resistance value necessary to calculate body fat, you should basically keep your arm and body at 90° and straighten your arms. In order to ensure stability of measurement results, please take a correct posture when performing measuring.

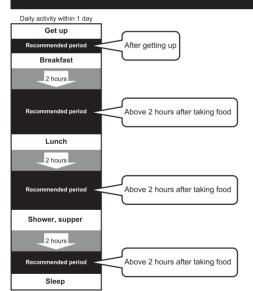
Suitable period for measuring... After getting up and 2 hours after taking food

Water content of the part where electric flows through and which is measured by the product will affect body resistance.

Please refer to the following figure and perform measuring while water content in body is steady.



Recommend Measurement Time period



In case of any doubt about measurement results... (I T in case of doubt in instruction manual, page 27)

Do not perform measuring in the following cases.

- After strenuous exercise
- After sauna or shower
- After drinking much alcohol
- After taking in much water or food (1~2 hours)

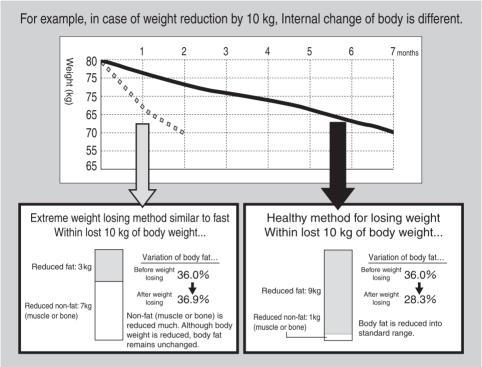
Note: The following people may not accurately measure their body fat and other index, as water content in their body and body composition are greatly deviated from average value.

- Children in growth stage
- People of high age
- Patients with fever due to cold
- Pregnant women
- Patients having osteoporosis
- Patients having dropsy
- Patients receiving hemodialysis
- Professional sportsmen or body builders (or similar people)
- * It is recommended that above stated people confirm "variation tendency" of their body fat and other index before using the product.

Q&A of Body Composition Monitor

■ What is correct weight reduction?

If you lose weight by going on a diet instead of taking exercise and neglect nutrition balance, even if your weight is reduced, resting metabolism will decrease as muscle (skeletal muscle) decreases and you are more likely to become fatter.



In order to avoid reversing,

You should build up non-fat physique by increasing skeletal muscle and improving resting metabolism.

Extreme weight losing is most likely to reverse your body weight. When body weight is reversed, visceral fat is more likely to accumulate in human body than subcutaneous fat. Visceral fat is the major cause of life habit related disease. It is body weight reversion that leads to visceral fat obesity.

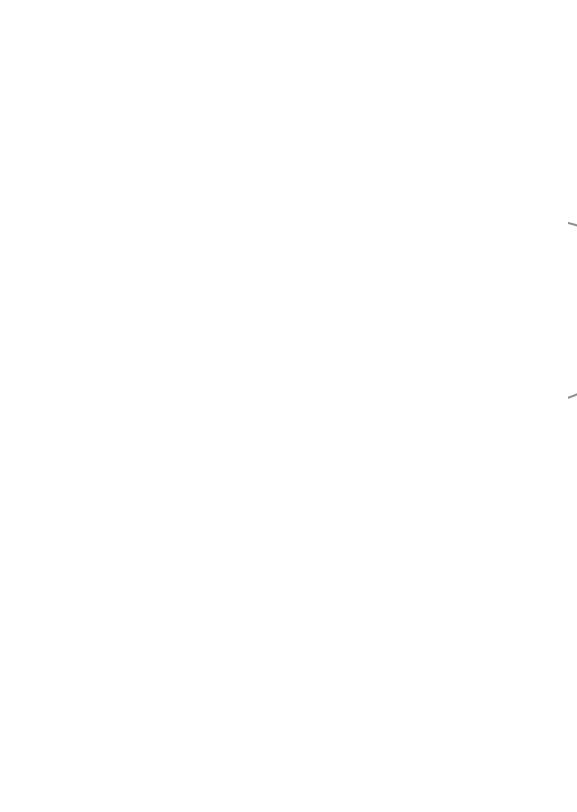


Pay attention to visceral fat level (**№** page 32)

■ If you want to be a person not tending to be fat...

You should lay emphasis on resting metabolism (Page 33)





使用说明书

OMRON

体重身体脂肪测量器 Model **HBF-375 ▼ Karada Scan**



■本说明书中的插图为效果图。

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[ji

- 感谢您购买欧姆龙产品。
- 为了您安全使用本产品,使用前请务必仔细阅读本使用 说明书。
- 请将本书放在手边使用。
- 本书附有保修卡,请您妥善保管,以防丢失。

HBF-375 的使用方法

测量前

使用前请做以下准备工作, 以便正确测量。

1 安装电池 () () 第 8 页)



2 设定日期•时间 ((逐第9页)



3 设定个人数据



测量方法和测量结果

(■ 第 15 页)

1 接通电源

按下电源开关。







在"0.0 kg"显示前,请 不要取出操作面板。

2 选择个人资料编号



用"个人资料编号"键切换个人资料编号。

初次使用前请设定个人数据。

(■ 第11页)

除了设定个人数据的方法之外,还可以利用"访客"功能测量体重、体脂和骨骼肌等指标。((至) 第 16 页)

3 踏上本体

请赤脚测量。

为了获取正确的测量结果,请使用正确姿势测量。(፻厘 17 • 18 页)



体重的显示和 确定(闪烁)



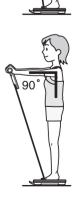
手臂与身体要保 持 90°



测量中…



测量结束



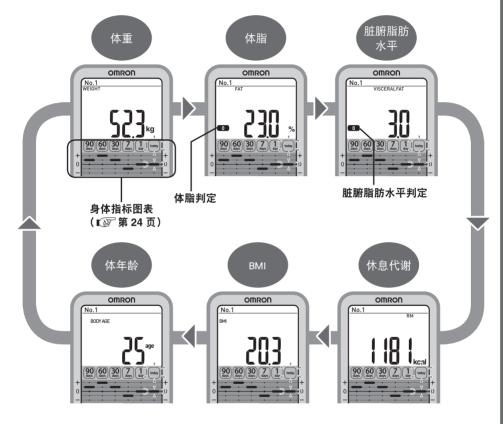
请在平坦坚硬的地面上测量

4 确认测量结果

DISPLAY SET

可以按此键, 切换测量结果。(፻厘第19页)





「显示不同部位的查看方法」 (᠍ ※ 第 20 页) 「查看过去的测量值」 ([[2]] 第 22 页)

身体成 │ 构成身体的肌肉、脂肪和骨骼等组织和水分等。以下内容将帮助您了解自己 **分是指** │ 的体脂等指标、进行健康管理。

详细说明请参阅附录的"活用指南"。(■ 英文第 30 页)

■只测量体重 ………………(😰 第 26 页)

安全注意事项

使用前请务必仔细阅读。

- ●以下内容是为了防止产品在使用过程中对使用者、他人造成伤害或财产损失。
- ●标志及其含义如下。

■ 危险、警告、注意的含义

⚠危险	表示如果操作错误很 可能会直接导致人员死亡或重伤 。
▲警告	表示如果操作错误 可能会造成人员死亡或重伤 。
⚠注意	表示如果操作错误 可能会造成人员伤害和物品损坏 * 。

* 物品损坏是指房屋、财产以及家畜、宠物相关的损害。

■ 图标的含义

Q 强制	●标记表示强制(必须遵守的)事项。
<u></u>	○标记表示禁止(不允许的)事项。

⚠危险

使用时

绝对不能与以下医疗电子仪器一起使用。

- ①心脏起搏器等植入式医疗电子仪器
- ②人工心脏/肺等用来维持生命的医疗电子仪器
- ③心电图机等佩戴式医疗电子仪器
- 如果与上述医疗电子仪器一起使用会导致其误动作,可能会危及生命。



⚠警告

使用时

想减肥或实施运动疗法时,请务必寻求医生或专业人员的指导, 不要自行判断。

• 如果自行判断可能会对健康造成伤害。







关于安装和使用

请勿在瓷砖或湿的地面等容易滑倒的地方使用。

• 否则测量者可能会滑倒摔伤。





关于测量

残疾人必须在他人帮助下使用。

• 否则可能会滑倒。测量时请一定注意。



请勿在沐浴后等身体或脚部淋湿的情况下测量。

- 否则测量者可能会滑倒摔伤。
- 否则机器内部会进水,从而引起故障。而且也无法测出正确的体脂。





请勿跳上本体或在本体上跳跃。

• 否则可能会滑倒摔伤。另外,如果冲击超过使用范围会造成损坏。



请勿站在本体边缘或操作面板上。

• 否则可能会滑倒摔伤。而且可能无法正确测量。

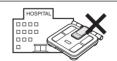


⚠注意

使用时

请勿在专业用途上使用(例如,在医院使用等)。

• 符合家用测量仪器标准的机器. 不具备专业用途所需要的功能。





请勿在操作面板或本体附近使用手机。

• 否则可能会出现异常。





产品适用范围

本产品适用于测量人体体重和阻抗,通过人体阻抗分析分别得出 BMI 值,体脂和骨骼肌等。

※ BMI 值即体质指数,又称体重指数,BMI=体重(公斤)/身高(米)的平方。



⚠注意

关于安装和使用

请勿立在墙边。

• 否则可能滑倒,引起受伤或故障。



请在踏上本体之前取出操作面板。

• 如果站在本体上取出操作面板, 会因失去平衡而滑倒导致受伤。



将操作面板放入本体时,请不要将手放在手柄电极金属部位的内侧。

• 否则可能会夹伤手指。



请勿对操作面板以及本体进行拆解、修理或改造。

• 否则可能会受伤或导致故障发生。



关于测量

请赤脚测量。

• 否则测量者可能会滑倒摔伤。 而且也无法测出正确的体脂等指标。





关于电池的使用

请勿颠倒电池的正(千)(一)负极。

• 否则可能会发生漏液、发热、破裂等情况,对人员造成伤害。



请勿同时混用新旧电池或不同型号的电池。

• 否则可能会发生漏液、发热、破裂等情况,对人员造成伤害。



长时间不使用(3个月以上)时要取出电池。

请使用指定型号的电池。

• 否则可能会发生漏液等情况, 损坏本体或对人员造成伤害。



关于保管

请放在婴幼儿无法触及的地方保管。

• 否则会因线缆缠绕或掉落而造成伤害。





注意事项

■ 安装的注意事项

请勿放在潮湿、有水、日光直射、空调风可直接 吹到的地方、烟火附近。

• 否则可能会发生故障。

请勿在草垫或地毯等柔软的地面上使用。

否则双脚踏上本体时会产生凹陷,可能无法正确测量。

■ 使用的注意事项

如果与手脚患有皮肤病等感染性疾病的人士共 用本机器. 请清洁后再使用。

 否则可能会引起感染。如果共用本机器,请用 软布沾上水或者中性洗涤剂,用力拧干后擦拭 操作面板或本体,然后用软布擦干。

请勿用于测量体重、体组成等指标以外的用途。

不要强行拉拽连接本体和操作面板的线缆。

• 否则线缆可能会脱落引起故障。

本产品属于精密仪器、请勿掉落、振动或撞击。

• 否则可能会发生故障。

请勿手持操作面板进行搬运。

 否则可能会因本体掉落导致本体 损坏或对人员造成伤害。



■ 日常维护的注意事项

请保持本体清洁。

- 本体上的污垢可以用柔软的干布擦除。
- 如果污垢较严重,请用软布沾上水或者中性洗涤剂,用力拧干后擦拭,然后用软布擦干。

请勿用水冲洗操作面板或本体。

• 否则可能会发生故障。

请勿使用挥发剂、稀释剂等去除污垢。

• 否则可能会发生变色或故障。



■ 保管注意事项

请勿保管在以下地方。

- 有水的地方
- 受高温、潮湿、日光直射、灰尘、含盐分的空 气影响的地方
- 存在倾斜、振动、冲击的地方
- 保管化学药品或存在腐蚀性气体的地方

使用注意事项

■ 以下人员可能无法正确测量身体脂肪等指标:

成长期儿童 /65 岁以上的老年人 / 因感冒等原因发烧的患者 / 孕妇 / 骨密度非常低的骨质疏松患者 / 浮肿症患者 / 人工透析患者 / 以健身或运动为职业的人士。

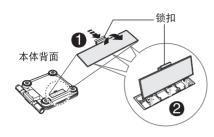
- 人体内的水分等身体组成可能会与平均值存在很大差值。
- 未满 10 岁使用者,该产品只显示体重。
- 该产品无法显示未满 18 岁使用者的脏腑脂肪水平、体年龄和同年龄比较。
- 该产品可以测量 81 岁以上使用者的身体成分,但只能作为参考值。
- 该产品只能用于家庭测量。
- 使用时不能和以下医疗电子仪器一起使用:
 - 心脏起搏器等植入式医疗电子仪器
 - 人工心脏等用来维持生命的医疗电子仪器
 - 心电图机等佩戴式医疗电子仪器
- 想减肥或实施运动疗法的人,务必寻求医生或专业人士指导,不要自行判定。

结构组成 个人资料编号键 操作面板 omron 3 电池更换图标 显示屏 图中为全部显示内容 (使用中无法全部显示) (AREA CHECK) 操作键 手柄电极、 手柄电极 3 0 操作面板底座 MBH DESPLAY QUEST 本 体 线缆 7足电极 足电极 Karada Scan 电源开关

安装电池

装入随机附带的 4 个 AA 干电池。

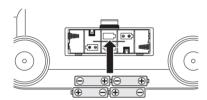
1



将本体翻过来, **打开电池盖**

- 1 沿箭头方向按下电池盖的锁扣
- ② 向上提起电池盖的锁扣, 打开电池盖

2



将电池按照图中所示的位置 正确放入

带有弹簧的一侧为(一)。

3

关闭电池盖

■ 设定日期・时间(摩第9页)

电池更换后,请重新设定日期•时间。

关于电池的寿命和更换

- 大约可以使用 1 年。(使用 AA 锰干电池(4 节), 室温 23°C, 1 天测量 4 次的情况下) 随机附带的是试用电池,电量可能会在 1 年内耗尽。
- **☆** 如果图标单独闪烁,表示电量耗尽。 请同时更换 4 节新电池(相同型号)。
- 请在关闭本体电源后更换电池。
 - 更换电池时, 个人数据会被保留。
 - 使用后的干电池的废弃方法请按照城市环境保护的相关规定处理。



设定日期•时间

请正确设定日期 · 时间。本产品是通过当前日期和已登录的个人数据和出生日期来计算年龄。如果没有正确设定,则无法显示正确测量值的日期。过去的测量值可能会丢失。



按电源开关

2



设定"年份"

按 () BUEST 键,选择 "年份",按 (DISPLAY)键,进行设定

- 设定范围为 2012 年~ 2030 年。
- 持续按下后快进。

确定"年份"后,"月份"闪烁。

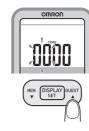
3



设定"月"和"日"

- **按 键**, 选择"月", 按 **SET 键**, 进行设定 确定"月"后,"日"闪烁。
- **2** 按 键,选择 "日",按 OSPLAY 键,进行设定 确定 "日"后,"时"闪烁。

4



设定"时"和"分"

- **1** 按 ৄ ৣ ৣ 健,选择 "时",按 ৄ ৣ 健,进行设定
 - 时间为 24 小时制。
 - 持续按下后快进。

确定"时"后,"分"闪烁。

2 按 () **键**, 选择 "分", 按 () **键**, 进行设定 "分"确定后,所设定的年、月、日、小时、分钟将会显示出来, 电源随即关闭。

至此,设定操作完毕。

- ■设定过程中发生错误时…
 - 接通电源。"年份"闪烁,请从"设定日期•时间"的步骤2开始操作(【● 第9页)。
- ■设定过程中如果电源自动关闭…

接通电源,即可重新设定。设定中如果3分钟以上未做任何操作,电源则自动关闭。

■如果要修改已设定的日期•时间…

按下电源开关,显示"0.0 kg"后,请按住 (str) 键 2 秒钟以上,"年份"闪烁,请从"设定日期•时间"的步骤 2 开始操作。((str) 第 9 页)

设定个人数据(出生日期·性别·身高)

测量体重、体组成之前需要设定"出生日期•性别•身高",最多可以设定4个人的数据。除了设定个人数据的方法之外,还可以利用"访客"功能测量体重、体脂和骨骼肌等指标。 (瓜至)第16页)

1 Tention



在操作面板置于本体内的状态下, **按电源开关**

显示当天日期的"年""月日"后,显示"0.0 kg"。

注:在"0.0 kg"显示前,请勿踏上本体或移动本体,也不要在本体上放置物件,并且不能接触显示操作部。否则有可能显示"Err (错误)"。(瓜子)第 27 页)

2 Omnon S

选择设定的"个人资料编号"

确定个人资料编号,"出生年份"闪烁。

注: 不显示"出生年份"而显示"0.0 kg"时,表示个人资料编号已经登录完成。使用此号码,请删除个人数据。 "删除个人数据"(【图)第 14 页)

3







设定"出生日期"

- - 设定范围为 1900 年~ 2030 年。
 - 持续按下后快进。

确定"出生年","月"闪烁。

全 按 链 键,选择"出生月",按 DISPLAY 键,进行设定

确定"出生月","日"闪烁。





3 按 选择 "出生日",按 DISPLAY 键,进 行设定

确定"出生日","男女"闪烁。

4





设定"性别"

按 键,选择"男""女",按 등 键,进行设定

确定"性别","身高"闪烁。

5





设定"身高"

按 键,选择"身高",按 📴 键,进行设定

• 设定范围为 100.0 cm ~ 199.5 cm。

确定"身高",设定的"出生日期""年龄""性别""身高"显示后,会显示出"0.0 kg"。

设定操作完毕。

可接着测量体重、体脂和骨骼肌等指标。

■ 开始测量时…

开始测量(€ 第 17 页)

■ 设定其他人的个人数据时…

按要设定的个人资料编号键(€€ 第 11 页)

■ 操作完毕时…

按下申源开关,关闭申源

- ■下面情况下,无法设定个人数据。请重新设定。
 - 设定中如果 3 分钟以上未做任何操作, 电源则自动关闭。
 - 设定中电源关闭。

更改个人数据

1



在操作面板置于本体内的状态下, **按电源开关**

显示当天日期的"年""月日"后,显示"0.0 kg"。

omron
20 12
125°
omron
weight

注:在"0.0 kg"显示前,请勿踏上本体或移动本体,也不要在本体上放置物件,并且不能接触显示操作部。否则有可能显示"Err(错误)"。(〖☑)第27页)

按想要更改的"个人资料编号"键

选中的个人资料编号点亮。

3



按 DISPLAY 键

"出生年份"闪烁。

4



更改个人数据

1 请从"设定个人数据"的步骤3开始操作。 (底 ≆ 第 11 页)。

OMRON
No.1
WEIGHT

2 "0.0 kg"显示

个人数据的更改操作完毕。

可接着测量体重、体脂、骨骼肌等指标。(€ 至 第 17 页)

5



按下本体的电源开关,关闭电源

删除个人数据

1





在操作面板置于本体内的状态下, **按电源开关**

显示当天日期的"年""月日"后,显示"0.0 kg"。

注:在 "0.0 kg"显示前,请勿踏上本体或移动本体,也不要在本体上放置物件,并且不能接触显示操作部。否则有可能显示"Err (错误)"。(《译》第 27 页)

2



按想要删除的"个人资料编号"键

选中的个人资料编号点亮。

3



按 DISPLAY 键

"出生年份"闪烁。

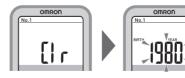
4



删除个人数据

按下所选择的个人资料编号键 2 秒以上

"Clr"点亮后,返回到设定"出生日期"。



至此,个人数据删除完毕。

5



按下本体的电源开关,关闭电源

测量体重、体组成

(使用个人资料编号键测量/使用"访客"键测量)

如果使用个人资料编号键测量,需要预先设定个人数据。(**፪** 第 11 页) 如果没有录入个人数据,可以使用"访客"键测量。(**፪** 第 16 页)

■ 请在平坦坚硬的地面上测量。

注: 在垫子或地毯等柔软的地面上无法正确测量



1



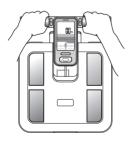
在操作面板置于本体内的状态下, **按电源开关**

显示当天日期的"年""月日"后,显示"0.0 kg"



- 注: 在 "0.0 kg" 显示前,请勿踏上本体或移动本体,也不要在本体上放置物件,并且不能接触显示操作部。否则有可能显示 "Err (错误)"。
 - •显示当天日期的"年""月日"时,请做好测量准备。接通电源后,在"0.0 kg"显示前,请勿移动本体,也不要在本体上放置物件。显示"Err"(错误),可能无法正确测量。(【☑ 第 27 页)

2



取出操作面板

3

已设定个人数据者



按"个人资料编号"键,选择自己 的个人资料编号

选中的个人资料编号点亮。



■ 当出现右边画面时…

所选中的个人资料编号下没有个人数据。请先设定个人数据。(**፪절**)第 11 页)



以访客身份测量者

什么是"访客"功能? ···· 预先没有设定个人数据的使用者,可以通过临时输入"年龄•性别•身高"的方式测量体重、体脂和骨骼肌等指标。

但是,不显示身体指标图表、记忆值。



按)與鍵

"访客"点亮,"年龄"闪烁。







1 设定年龄

按 (MEM () SUEST) 键,选择 "年龄",按 [DISPLAY] 键,进行设定。

- 设定范围为 10 岁~ 99 岁。
- 持续按下后快讲。

确定"年龄","男女"闪烁。

2 按相同步骤设定"性别"、"身高"

确定"身高"后,已设定的"年龄•性别""身高"点亮后,显示"0.0 kg"。

4



测量





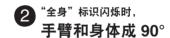


闪烁 2 次后表示体重已确定 然后测量体组成。



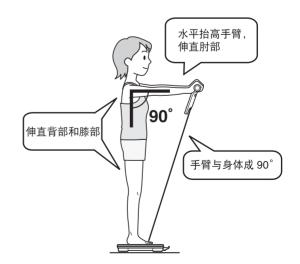
请继续踏在足电极上。



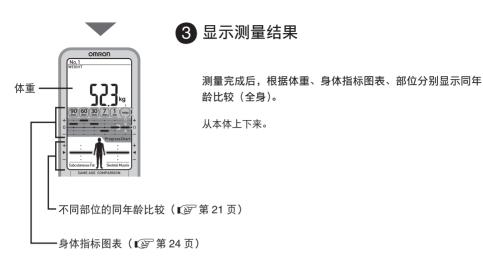


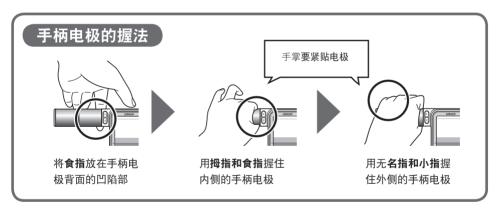
在测量体脂和骨骼肌等指标过程中,通过显示同年龄比较条 来显示进行情况。

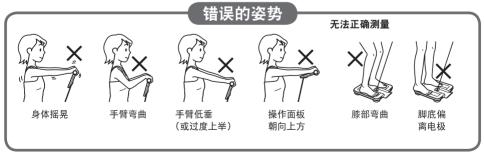




测量体重、体组成(使用个人资料编号键测量/使用访客键测量)

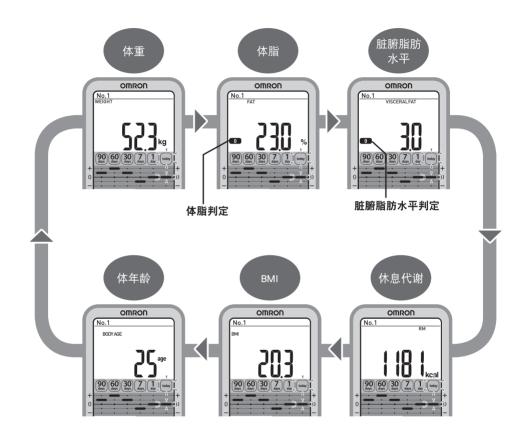






5 确认测量结果

按 DISPLAY 键,如下图切换显示。

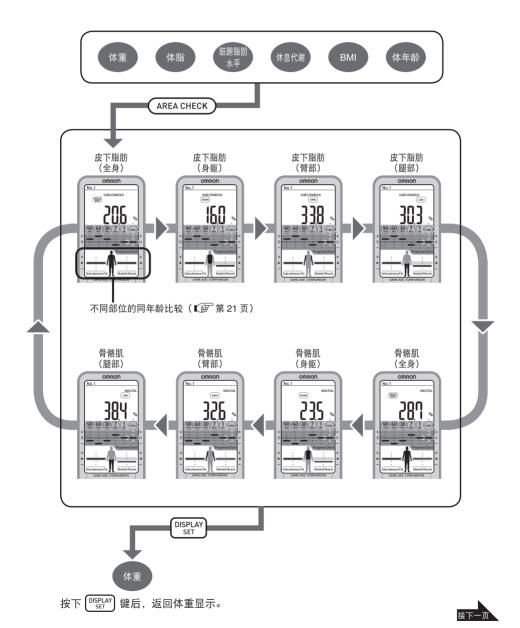


不同部位的查看方法,请按 (AREA CHECK) 键。 "不同部位的查看方法"。((▲ 第 20 页)

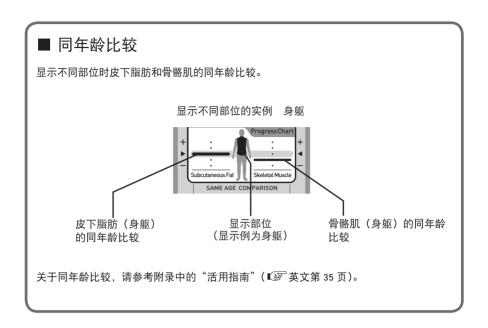
按⁽¹⁾键,查看过去的测量值。 请参考"查看过去的测量值(记忆)"(《》)第 22 页)

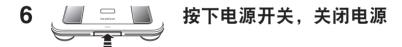
显示不同部位的查看方法

每按下一次 (AREA CHECK) 键,如下所示,就切换为下一个部位。



测量体重、体组成(使用个人资料编号键测量/使用访客键测量)

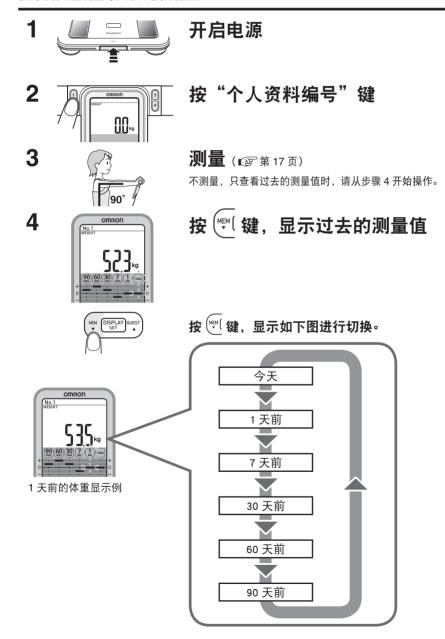


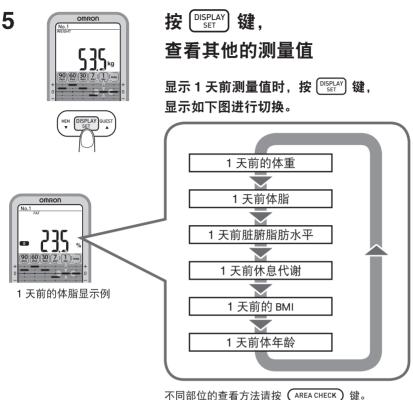


测量结束关闭电源后,再次确认测量值时, 请参考"查看过去的测量值(记忆)"(瓜密第22页)。

查看过去的测量值(记忆)

使用个人资料编号键测量时,自动保存测量值。 可查看今天、1 天前、7 天前、30 天前、60 天前、90 天前的测量值。 使用访客功能测量时,无法记录测量值。





不同部位的查看方法。"(**(**) 第 20 页)

6

确认过去的测量值之后,按下电源开关, **关闭电源**

■1天之内测量2次以上时

将存储当天最后1个测量值。1天只能存储1个测量值。

■关于记忆值

在1天前、7天前、30天前、60天前、90天前忘记测量时,显示追溯到过去的测量值。虽然可以显示最早7天*追溯到过去的最近1天的数据,但是7天以内无测量值时,不显示。

*显示前1天的测量值,可追溯显示6天前的测量值。

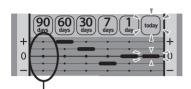


注: • 个人资料编号中最大可以记录 97 天。超过 97 天后,删除最早的测量值。

•没有过去的测量值时,显示"→ → → "。

身体指标图表

以 5 个阶段的指示条来显示各指标的记忆值。

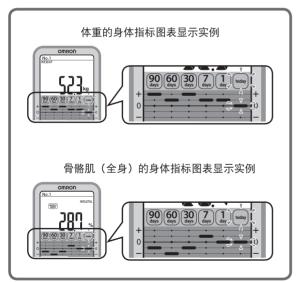


以"今天"的最终测量值为正常(0)。

不测量"今天"而要查看过去的测量值时,以最新的记忆值为标准来显示。

- 无记忆值时或者测量值超过测量年龄或者范围时,不显示指示条。

今天的测量值超出范围时,不显示此指示的身体指标图表。 但是,可以查看记忆值。



除了体重之外,还可以通过查看其他身体状况的变化,来检查是否进行了正确的瘦身。

如左侧所显示例子,由于体重减少,骨骼肌增加,所以是一种不容易反弹的正确的瘦身。

骨骼肌(**瓜**逐 英文第 33 页) 什么是正确的瘦身? (**瓜**逐 英文第 38 页)

操作面板的放置



■ 线缆是自动收卷式。 如果拿起操作面板,则线缆展开。存放操作面板时, 线缆自动收卷。

1



拿起操作面板,线缆自动收卷。

■ 线缆不能自动卷起时…

使线缆不缠线,拉出 20 ~ 30 cm 后,请再重新卷起。 如果出现红色标记,请不要继续拉拽。否则可能会导致故障。

2



轻按操作面板将其嵌入本体内

只测量体重

请直接测量,不必将操作面板从底座中取出。 只测量体重时不必设定个人资料编号。

■ 请在平坦坚硬的地面上测量。

注: 在垫子或地毯等柔软的地面上无法正确测量。



1



在操作面板置于本体内的状态下, 按电源开关

显示当天日期的"年""月日"后,显示"0.0 kg"。



- 注: 在"0.0 kg"显示前,请勿踏上本体或移动本体,也不要在本体上放置物件,并且不能接触显示操作部。否则无法正常测量。
 - •显示当天的日期的"年""月日"时,请做好测量准备。 在"0.0 kg"显示前,请勿移动本体、在本体上放置物件, 否则显示"Err"(错误)(€空第 27 页),无法正确测量。

2



踏上本体

3



确认测量结果

闪烁 2 次后表示体重已经确定。

4



按下电源开关, 关闭电源

如有疑问时

■ 出现错误提示信息图示

错误提示信息	信息 原因 对策	
Err!	手掌或脚底没有贴紧电极	测量时请将手掌或脚底贴紧电极(瓜罗第 17 • 18 页)
测量姿势不正确,手掌和脚底没有贴紧电极 手掌和脚底过于干燥		测量时请勿移动手脚(瓜穸 第 17 • 18 页)
		测量前请用湿毛巾等稍微将手掌和脚底擦湿
8005	运行异常	请重新安装电池后测量 请咨询 OMRON 服务代表
	在"0.0 kg"显示前就踏上本体	重新接通电源,在显示"0.0 kg"之后再踏上本体。
C	在"0.0 kg"显示前移动了本体	重新接通电源,在显示"0.0 kg"之前请勿移动本体。
ברר	在测量过程中晃动了身体	测量过程中请勿晃动身体
[测量时,超出体重测量范围	体重超过 135 kg 的人员请勿使用

■ 测量值异常、运行异常

现象	原因	对策	
踏上本体,显示"0.0 kg",或者 体重值几乎没有增加	在"0.0 kg"显示前就踏上本体	请在"0.0 kg"显示后再踏上本体	
显示的体重值异常高或低			
显示的体重高	在"0.0 kg"显示前就取出操作面板	请在"0.0 kg"显示后取出操作面板	
	测量姿势不正确	请按正确的姿势测量 (🖅 第 17 • 18 页)	
	在地毯等柔软的地面或凹凸不平的 地面上测量	请在平坦坚硬的地面上测量	
 测量值异常高或低 每次的测量值都相差很大	手掌、脚底以及身体过凉,血液 循环不通畅	通过焐热等方法使血液循环恢复 到正常状态后再进行测量	
每人的侧里但那怕左似人 	电极过凉	先在温暖的室内放置一段时间, 待电极温暖后再进行测量	
	手掌和脚底过于干燥	测量前请用湿毛巾等稍微将手掌 和脚底擦湿	
	请同时参阅附录中的"请您遵守的事项"(€ 英文第 37 页)		
一部分的测量结果显示为	部分的测量结果显示为 请确认设定的出生日期、性别、身高是否正确 即使被正确设定,如果超过测量范围也不能测量		
	未安装电池	请安装电池(€② 第8页)	
】 打开电源后无任何显示	电池的放置方向错误	请按照正确方向放置电池 (፻፸ 第 8 页)	
17万电源归无性例亚小	电池电量耗尽	请安装电池(€ 第8页)	
	连接本体和操作面板的线缆破损	请咨询 OMRON 服务代表。	

■ 测量值异常、运行异常(接上一页)

现象	原因	对策	
体重测量结束后,无法开始测量	没有设定个人数据或访客身份(操作面板上不显示"个人资料编号"或"访客")	请设定个人资料编号或"访客" 数据后再测量。 (瓜至第11•16页)	
体重、体脂、骨骼肌等	没有正确按下"个人资料编号"键或) (操作面板上不显示"个人资料编号"或"访客")	请正确按下"个人资料编号"键 或 [ws] 键后,进行测量 (配字 第 16 页)	
线缆不能自动卷起	线缆缠绕	请拉出线缆,重新卷起 (≰ 第 25 页)	
无任何操作, 电源关闭	请参考"电源自动关闭"(1297 第2	28 页)	

※尽管采取以上措施但仍无法正常测量时则为故障。有关产品故障以及维修事项请咨询 OMRON 服务代表。 ※虽然非常少有,但也存在由于人体体质上的差异导致无法测量的情况。这种情况也请咨询 OMRON 服务代表。 ※本产品发生故障或进行维修时,其中的所有个人数据将会丢失。

■ 电源自动关闭

- 在显示"0.0 kg"时,在大约 1 分钟内未做任何操作
- 设定个人数据时, 在大约3分钟内未做任何操作
- 显示"开始测量"或测量结果时,在大约3分钟内未做任何操作
- 显示目标记录时, 在约3分钟内, 无任何操作时。
- 未选择个人资料编号,只测量体重时(体重显示后大约30秒之后)
- 显示 "Err" 时(大约 10 秒之后)

规格

产品	名 称	体重身体脂肪测量器 HBF-375(HBF-375-AP)		
,	显示的最低体重 0 至 100 千克,可增加 100 克			
		100 至 135 千克,可增加 200 克		
		BMI 2.5 至 90.0,可增加 0.1		
		体脂		
		部位皮下脂肪百分比(全身、身躯、腿部、臂部):		
		5.0 至 60.0%, 可增加 0.1%	对象年龄	
		部位骨骼肌百分比	10 岁以上	
显 示	: 器*	身躯 5.0 至 50.0%,可增加 0.1%		
- '	н	腿部 5.0 至 70.0%,可增加 0.1% 臂部 5.0 至 60.0%,可增加 0.1%		
		休息代谢		
		脏腑脂肪水平 0.5 至 30 种水平,可增加 0.5 种水平		
		脏腑脂肪分类	对象年龄	
		同年龄比较	18 岁以上	
		不同部位骨骼肌: 5 种水平 身体指标图表 5 种水平		
		現代 记忆	前	
	置项目	日期 2012年1月1日~2030年12月31日		
		时间		
(4) 署		设定个人数据(以下设定项目可以设定 4 个人的数据) 出生日期		
	7 0 D	性別 男/女		
		身高		
		※使用"访客"功能测量时,每次测量都需要设定个人数据。		
体 重	精度	0.0 千克 至 40.0 千克:± 400 克 40.1 千克 至 135.0 千克:± 1%		
电	源 4 节 AA 电池 (R6) [您也可使用 AA 碱电池 LR6]			
	3 池 寿 命 大约 1 年(使用锰干电池,室温 23℃,每天测量 4 次)			
	工作温度 / 湿度			
湿度 /	者 温 度 / -20℃ 至 +60℃,10% 至 95% RH,700 hPa - 1060 hPa 逻 / 气 压 通风良好,干燥的室内,周围空气中应无腐蚀性气体			
按 防 电程 度	防 电 击 的 度 分 类 BF 型应用部分。表示符号: 1			
机	重 大约 2.6 kg(包括电池)			
	下 只	大约 329(长) × 304(宽) × 54(高)毫米		
┃包 装 中 物 件 ┃ 试用电池(4 节 AA 锰干电池)、使用说明书				
上米却枚类	上述规格若有变更恕不另行通知。			

上述规格若有变更恕不另行通知。

*未满 10 岁使用者:只显示体重。

未满 18 岁使用者:脏腑脂肪水平、体年龄和同年龄比较不会显示。

81 岁以上使用者:测量的身体成分,只能做为参考值。

18-80 岁使用者,显示全部测量结果。

关于体重计的精度

- 本体重计出厂前经过严格检查。有关本商品的厂家保证精度,请参阅上表的体重计精度栏的说明。
- 本体重计是专为测量体重而制造的测量工具,不能在物品的买卖交易或证明物品重量是否正确时使用。



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