



## User's Manual

InBody H20B User's Manual for Measurement Guide and Setup

Thank you for purchasing the H20B. This user's manual describes all the features of the InBody H20B.

Please read before use and keep it in a safe place. By following the manual instructions, you will be able to use the InBody H20B more safely and effectively.

## Intended use and medical indication

InBody H20B is mainly used for healthy and chronically ill populations at home or in hospitals, medical practices and inpatient care facilities in accordance with national regulations. It can be used to assist in the assessment of nutritional status and obesity. Body composition analysis is important in preventive medicine since it provides the basis of appropriate physical activity and dietary habits for improving personal daily routine. It can be also usefully applied to follow-up studies of patients treated for various diseases.

- **Nutrition:** The four primary components of the nutritional assessment are summarized by the mnemonic ABCD, with A standing for anthropometric measurements including stature, body weight, BMI and body composition. Body composition analysis can reveal changes in body composition (body water, protein, minerals and body fat) that cannot be known by changes in body weight.
- **Fitness:** Strength training greatly stimulates muscle growth, exercise burn the calories strengthens cardiorespiratory capacity, which reduce the risk of diabetes, heart disease, and other health concerns and result in the various changes in body composition. Body composition analysis shows skeletal muscle mass and lean in each segment of body, it helps focusing on building more muscle or loose body fat.
- **Obesity:** Percent body fat has been recommended rather than BMI to ensure proper weight loss and improvements in long-term health, tracking changes for adjusting/ developing customized treatments
- **Pediatric obesity:** Body composition measurement is an essential part of health assessments for children and adolescents. Percent Body fat is better than the indicators of weight status to identify children and adolescents with unfavorable lipid profile.
- **Diabetes & endocrinology:** Diabetes is often associated with excess fat, however having insufficient muscle mass is just as detrimental and increases diabetes risk. And visceral fat plays a key role in the development of metabolic and cardiovascular disease.

\* The InBody H20B is not a diagnostic device. To make an accurate diagnosis, the physician needs to commission thorough examinations and take their results into account in addition to the results of the InBody H20B.

\* The InBody H20B can be used in home healthcare environment.

Please note the important information below before reading this manual.



#### Warning

Failure to comply with safety warnings and regulations can cause serious injury or death.



#### Caution

Failure to comply with safety cautions and regulations can cause injury or property damage.

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For any problems with the InBody Dial or any clinical questions, contact:

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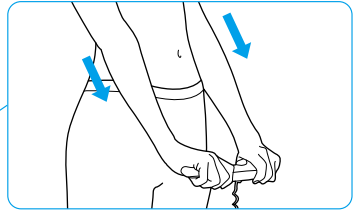
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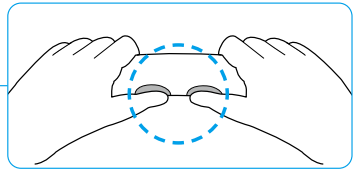
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TEL: +91-22-6223-1911 Website: [inbody.in](http://inbody.in) E-mail: [india@inbody.com](mailto:india@inbody.com)

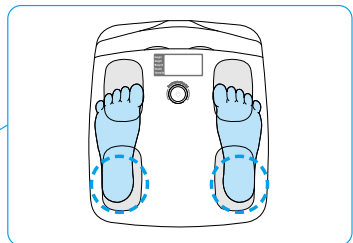
# InBody Test Posture



Stretch out your arms.  
Avoid contact with your waist.



Put your thumb on the round  
electrodes.



Place your heel at the end of the heel  
electrodes and allow the rest of your  
foot to point forward.

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## Product Warranty

# I. Precautions

## Do not use as follows:

1. People with medical devices including an implantable medical device or a patient monitoring device, such as a Pacemaker, should not use the InBody. InBody Co., Ltd. is not liable for any incidental or consequential damages that occur.
2. Keep your InBody device away from other electronics while testing. It may cause errors.
3. Sterilize the InBody with a soft cloth or with ethyl alcohol wipes before each use. Do not pour liquids onto the InBody. It may cause the product to short circuit or cause electric shock. People with contagious diseases should not use an InBody device.
4. Excessively high or low temperatures, humidity, and pressure can affect the accuracy of the InBody. Do not use in a humid place such as a bathroom.
5. Keep food, beverages and other liquids away from your InBody device.
6. Do not disassemble the InBody. It can cause electric shock or damage, product malfunction, and other errors. InBody Co., Ltd. will not be liable for any incidental or consequential injuries or damages from the product that occurred.
7. Do not use this product for purposes other than body composition analysis or weight measurement.

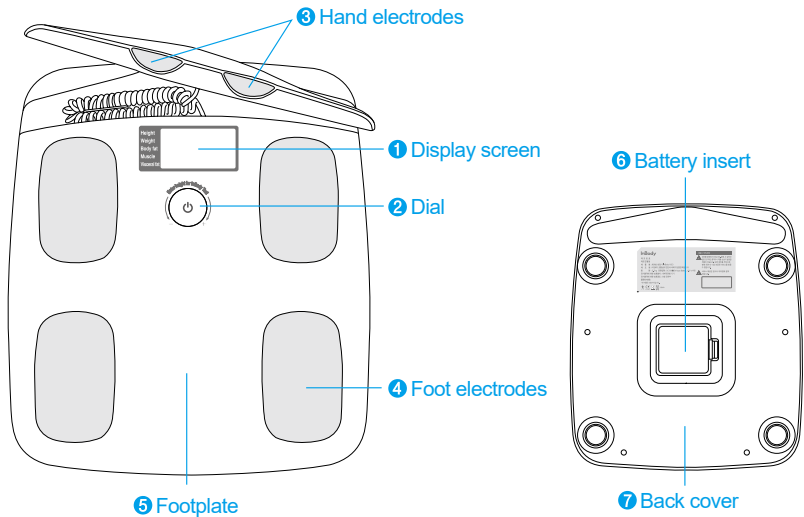
## Use as follows:

1. If you cannot maintain the correct testing posture to take the InBody Test alone, request assistance from a helper. Help children maintain the proper posture during the measurement.
2. Place the InBody on a flat and vibrationless floor. Placing it on an uneven floor, like a carpet or a mattress can result in incorrect measurements. For long-term storage, remove the battery pack, and place it on a flat surface.
3. Use the packing material provided with the product when moving your InBody. Dispose waste in compliance with the law.
4. Only trained InBody service team members can repair InBody devices. If your device is in need of repair, please contact us at [contact@inbody.com](mailto:contact@inbody.com).

## II. Product Components

### A. Product Components

**Product components:** InBody, User's Manual, AA Battery (4)



- ① **Display screen:** Displays outcomes on the screen.
- ② **Dial:** Use to power ON/OFF, input height and check results.
- ③ **Hand electrodes:** User holds the device with hands and fingers.
- ④ **Foot electrodes:** User stands on the device, placing the back of heels on the rear electrodes.
- ⑤ **Footplate:** Measures the weight of the user.
- ⑥ **Battery insert:** The InBody takes 4 AA batteries. Open the cover to insert the batteries.
- ⑦ **Back cover:** Only InBody service team members can open.

## II. Product Components

### B. Installing InBody App

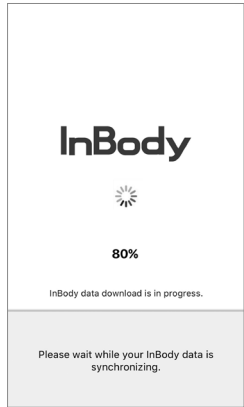
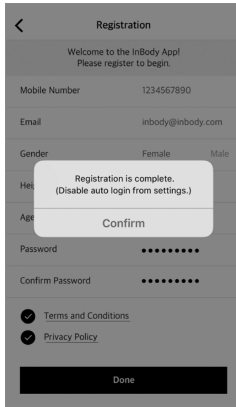
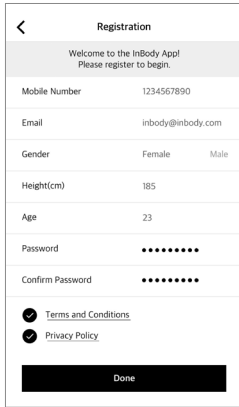
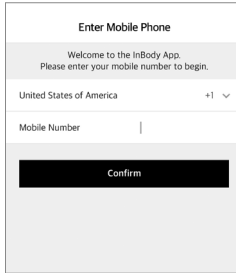
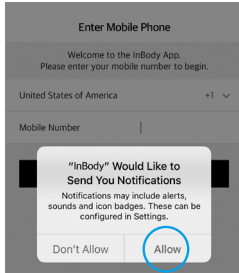
- 1 Make sure to download and install the InBody App on your smartphone prior to testing.  
(min. iOS 8, min. Android 5.0)
- 2 Download the InBody App from iPhone App Store and Google Play Store.  
Scan the QR Code below to move to the App Download page.  
For an Android phone, turn on NFC(Read/Write) and touch the NFC mark on the rest to move to the app download page automatically.



- 3 Download and run the InBody App for user registration.

\* "QR Code" is registered trademark of DENSO WAVE INCORPORATED.





Keep the Bluetooth ON to use the InBody.

### III. Weight Measurement

To measure weight only,

- 1 Tap the footplate to turn the power on, and step on the footplate when 0.0 is displayed on the screen.



- 2 A “beep” will indicate when the measurement is complete.

The power turns off automatically when you step off the footplate.



#### \* Zero-Point Adjustment

When the device is being calibrated, a scrolling rectangle will appear on the screen.



If you want to test on the InBody Dial immediately after measuring weight, turn the dial and input height. Then, hold the hand electrodes and stand with the correct test posture to take the InBody Test.

## IV. InBody Test

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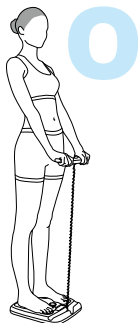
### A. Precautionary Steps

- 1 Do not eat immediately before testing on the InBody.
- 2 Test in the morning, if possible.
- 3 Test after going to the bathroom.
- 4 Test prior to working out.
- 5 Test prior to taking a shower, bath or using a sauna.
- 6 Stand for about 5 minutes prior to testing.

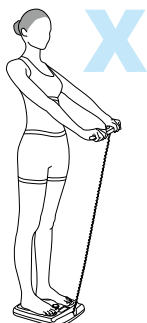
## IV. InBody Test

### B. Test Posture

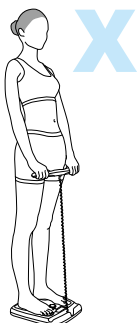
Arms and legs aren't touching each other



Arms are too high



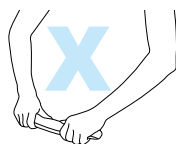
Arms are too low



Arms are extended

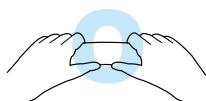


Arms are bent



Do not let your arms touch your stomach and make sure your arms are extended from your body and wear light clothes with sleeves.

Hold the hand electrodes and extend your arms.



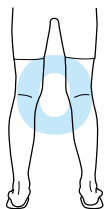
Put your thumbs on the round electrodes and hold them.



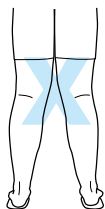
Do not let your left hand and right hand touch each other.



Make sure all fingers are holding the electrodes.



Do not let your thighs touch each other. If your thighs touch each other, wear shorts or pants.

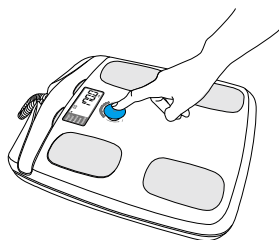


Place your heels on the electrodes and step on the device barefoot. Do not let your feet touch each other. If you are wearing long pants, make sure the edges of the pants are not stuck between foot electrodes and your feet.



## C. Test Instructions

- ① **Power ON: Press the dial to turn the power on.**



- ② **Weight Measurement and InBody Test: Step on the footplate barefoot and stand as shown in the figure below.**

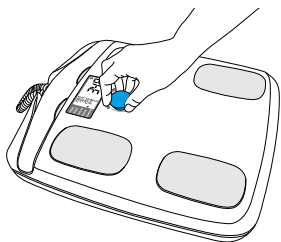
Hold the hand electrodes as previously described. After finishing the weight measuring, there is a “toot-toot” sound and the InBody Test begins. The Test runs for about 10 seconds. It completes with a “Tu-lu-lu” sound. Once “End” appears on the screen, step down from the footplate.



## IV. InBody Test

### ③ Check Test Result: Turn the dial to enlarge results

Outcomes will be displayed for 100 seconds after an InBody Test has completed. If the device is not used within that timeframe, it will turn off. To turn off the device immediately after use, press and hold the dial.



If a user's palms and/or soles are dry or callused, you may have difficulty testing. Clean your hands and feet with a wet tissue for more accurate results.

## D. Understanding InBody Outputs

Body fat mass and muscle mass change with diet and exercise.

- **Weight** : Total body mass

Weight is the total mass of the human body.

- **Percent Body Fat** : Total mass of fat mass divided by total body mass

A person's body fat percentage is the total fat mass divided by the person's weight. It consists of essential body fat and storage body fat. Although the weight is same, the percentages of fat or muscle mass can be different. Therefore, body fat percentage is an essential item for diagnosing obesity. The standard range is 10-20% for men and 18-28% for women. The standard body fat percentage differs for children under 18 depending on their gender and height.

- **Muscle Mass** : Skeletal Muscle Mass

Skeletal muscle represents the majority of muscle tissue and powers movement of the skeleton. Skeletal muscle is innervated by the somatic nervous system and is subject to voluntary control. This is the muscle that is influenced the most by physical activity.

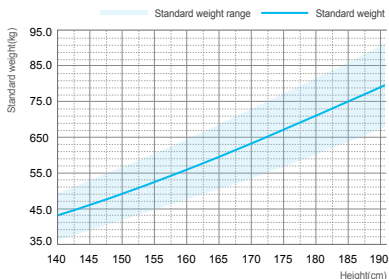
- **Visceral Fat** : Fat surrounding the major organs

Fat around organs is shown in levels between 1 and 20. People with visceral fat levels above 10 are considered unhealthy and are at higher risk for diseases like heart disease, cancer and sleep apnea.

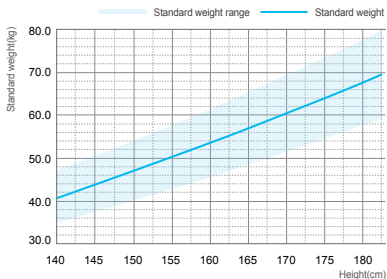
# IV. InBody Test

## E. Standard Range Graph of Weight and Muscle Mass

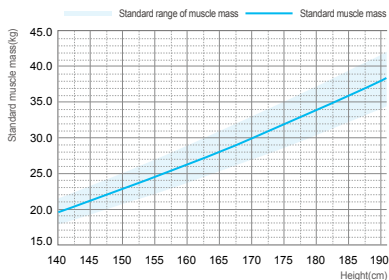
### Standard Weight of Adult Men by Height



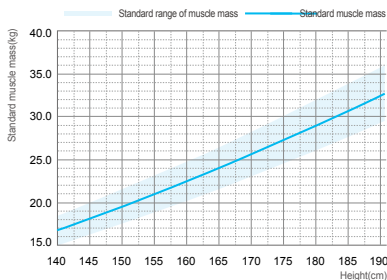
### Standard Weight of Adult Women by Height



### Standard Muscle Mass of Adult Men by Height



### Standard Muscle Mass of Adult Women by Height





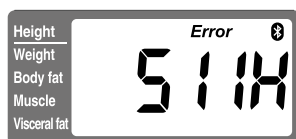
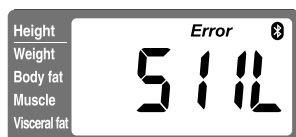
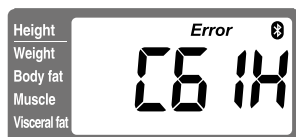
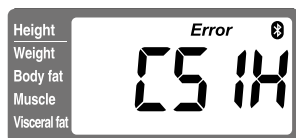
## V. Troubleshooting

### A. Error Message

The InBody displays an error message on the LCD screen if a disruption occurs.

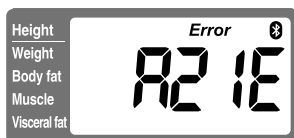
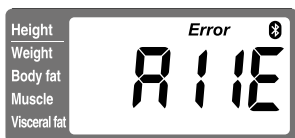
#### ❶ Error messages appearing when your hands and feet are away from the electrodes during the measurement

If the following error messages appear, check your testing posture and try again.



#### ❷ Error messages caused by internal malfunction of InBody

If the following error messages appear, please contact us at [homehealth@inbody.com](mailto:homehealth@inbody.com).



## V. Troubleshooting

### B. Solving Simple Problems

If the problem still persists, please contact us at [homehealth@inbody.com](mailto:homehealth@inbody.com) if you are in need of assistance.

#### Q1. The power does not turn on after pressing the dial.

- A1. This can happen when the batteries are dead. Replace the batteries.
- A2. This can happen when the batteries are not inserted correctly. Insert the batteries so the positive (+) and the negative (-) terminals align correctly.

#### Q2. Weight is not measured and the screen displays a scrolling rectangle.

- A1. Tap the footplate to turn on the device. Once 0.0 appears on the LCD screen step on the footplate and measure the weight.
- A2. Make sure to remove any foreign object that might be touching the device.

#### Q3. Weight is strange.

- A1. Tap the footplate to turn on the device. Then check if 0.0 appears on the LCD screen after 2-3 seconds.
- A2. The weight can be inaccurate if you use the device on carpet or a mattress. Place the device on a flat, hard surface.

## VI. Frequently Asked Questions (FAQ)

If your question is not listed here, please contact us at [Homehealth@inbody.com](mailto:Homehealth@inbody.com) if you are in need of assistance.

### Q1. How accurate is the outcome value?

- A. This InBody product has a 93% correlation with DEXA.

### Q2. The InBody Test results vary. Why is there a difference in outcomes?

- A. If you are standing with incorrect posture, outcomes will vary. Make sure client's hands and feet are come in contact with the electrodes properly. Maintain this posture until the Test is complete.

If you have dry hands and/or feet, clean them with an InBody Tissue or antibiotic wet tissue before testing.

InBody recommends testing at the same time, under the same conditions for best accuracy.

### Q3. What is the normal range of visceral fat level?

- A. Visceral fat level is InBody's method of level display which leveled cross section of visceral fat from 1 to 20. For adults, it is normal if visceral fat level is below 10.

The lower the visceral fat level, the better.



### Q4. What is the standard range of body fat percentage?

Gender	Low	Standard	High
Man	below 10%	10 - 20%	over 20%
Woman	below 18%	18 - 28%	over 28%

(Adults over 18)

## VI. Frequently Asked Questions (FAQ)

### Q5. What does my InBody Ranking mean?

- A. Your InBody Ranking is based off a formula that compares your weight, muscle mass, and body fat mass. A person with a high body fat percentage would have a lower score than a person with a lower body fat percentage. Lose body fat mass to see your ranking increase. The InBody Ranking is not an absolute science, but it's a good way to stay motivated and track your progress.

### Q6. What if the user does not know his or her height?

- A. Height is important for obtaining accurate InBody Test results. Measure the user on a stadiometer like the InBody BSM-170 for best results.

### Q7. If the user's thighs or armpits touch, would that affect the test results?

- A. Yes. If the user's thighs or armpits touch, have him or her wear a light short sleeve shirt and shorts to obtain more accurate outcomes.

### Q8. How do you make the results stay on the screen longer?

- A. InBody Test results are shown on the LCD screen for 100 seconds. If you want to see it for a longer period of time, turn the dial.

## VII. Others

### A. Classification

Body Composition Analyzer of Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method.

- Type of protection against electric shock: Internal Power Supply
- Degree of protection against water infiltration: Standard Equipment (No special protection against external water infiltration)
- Not suitable for use with air, flammable an anesthetic gas, or oxygen/nitrogen dioxide/flammable an anesthetic gas
- Operation mode: Continuous Operation
- Type of the applied parts: BF Type

### B. Specifications

Bioelectrical Impedance (BIA) Measurement Items	Bioelectrical Impedance(Z) : 10 Impedance measurements are taken by using two(2) different frequencies (20kHz, 100kHz) in each of the five (5) segments (right arm, left arm, body, right leg, left leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrode Methods
Testing Method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA type
Body Composition Calculation Method	No Empirical Estimation
Outputs (LCD Screen)	Weight, Body Fat (Percent Body Fat), Muscle (Skeletal Muscle Mass), BMI
Applied Rating Current	100 $\mu$ A
Power Consumption	DC 6 V (1.5V AA battery 4EA)
Display Type	Customized LCD
Color	Soft White
Dimension	310.3 (W) $\times$ 356.4 (L) $\times$ 58.3 (H): mm
Weight	2.7kg
Testing Time	Within 8 seconds after measuring impedance

## VII. Others

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Operation Environment	10 ~ 40°C, 30 ~ 75% RH, 70 ~ 106 kPa
Storage Environment	-20 ~ 70°C, 10 ~ 95% RH, 50 ~ 106 kPa (No Condensation)
Testing Weight Range	10 ~ 150kg (22 ~ 330lbs)
Height Range	50 ~ 300cm (1' 7.7" ~ 9' 10.1")

\* Specifications may change without prior notice.

# Product Warranty

**Name of Product** : InBodyDial

**Product No** :

**Date of Purchase** :

**Place of Purchase** :

☒ **This product warranty gives an assurance for the InBody product as below:**

1. This product undergoes a strict review process to ensure quality control
2. The warranty period of this product follows the warranty period policy of the manufacturer.
3. If the product malfunctions under normal use, InBody will repair it, free of charge during the warranty period.
4. The warranty will be voided and repair services will be offered at cost under the following circumstances:
  - Failure and/or damage caused by mishandling.
  - Failure and/or damage caused by not following the directions and precautions stated in the User's Manual.
  - Failure and/or damage caused by a natural disaster.
  - Failure and/or damage caused by a power malfunction.
5. The warranty will be voided if:
  - The InBody was disassembled by unauthorized personnel.
  - The InBodyh was repaired by unauthorized personnel.
6. Services are available at a cost after the warranty period.  
Contact us at [Homehealth@inbody.com](mailto:Homehealth@inbody.com) if you are in need of assistance.

**InBody**



inbody.com

CE<sub>1639</sub>

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