

OMRON

Body Composition Monitor

HBF-702T



Thank you for purchasing the OMRON Body Composition Monitor.
Before using this unit, please be sure to read this Instruction Manual carefully to understand the safe and proper use.
Please store this Instruction Manual carefully for future reference.

All for Healthcare

5659713-6A
IM-01-XX/2020

HBF-702T

Body Composition Monitor

This unit can measure and display the following parameters.

- Body Weight
- Visceral Fat (up to 30 levels)
- Segmental Subcutaneous Fat (in %)
- BMI (Body Mass Index)
- Body Fat (in %)
- Segmental Skeletal Muscle (in %)
- Resting Metabolism (in kcal)
- Body Age

This unit is intended to be operated by adults who can understand this instruction manual. It is not for professional use in hospitals or other medical facilities. It is intended for home use only.



Please read this instruction manual carefully before use and for further information on the individual functions.




Contents

Before using the unit.....	2
Notes on Safety	2
1. Know Your Unit.....	4
2. Installing and Replacing the Batteries	6
3. Initial Setting	7
3.1 Setting On Your Smart Device	7
3.2 Setting On The Unit	7
4. Registering the Personal Data	9
5. How to Take a Measurement Accurately.....	11
5.1 Correct postures during the measurement.....	11
5.2 Recommended measurement Time period and users.....	12
5.3 About the "0 kg correction" (Caution for storing)	12
5.4 How to implement the "0 kg correction".....	12
Operating instructions	13
6. Measuring Weight and Body Composition	13
Using the Memory Function	17
7. Viewing the Measurement Results on the unit.....	17
8. View the Measurement Results on Your Smart Device	18
When necessary	19
9. Selecting Your Personal Number and Taking a Measurement	19
10. Using the Guest Mode (Unrecorded Mode).....	20
11. Measuring Weight Only.....	22
12. Changing/Deleting Personal Data	23
13. Deleting the Communication Setting.....	24
14. Maintenance and Storage.....	25
15. Troubleshooting.....	26
16. Technical Data	29
Information on body composition.....	31
17. Information on Body Composition.....	31
18. Measurement Results Interpretation Diagrams	33

Before using the unit

Notes on Safety

Symbols and definitions are as follows:

 Danger	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.

Danger

• 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 electrocardiograph.



This unit could cause these devices to malfunction, posing a considerable health risk to users of these devices.

Warning

- Keep the unit out of the reach of young children. Contains small parts that may cause a choking hazard if swallowed by infants.
- Do not use the unit on slippery surfaces, such as a wet floor.
- Do not jump onto the unit, or bounce on the unit.
- Do not use this unit when your body and/or feet are wet, such as after taking a bath.
- Stand on the unit bare-footed. Standing on the unit with socks on may cause you to slip and injure yourself.
- Do not step on the panel unit, panel unit holder or the edges of the main unit.
- People with disabilities, or who are physically frail, should always be assisted by another person when using this unit.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a physician immediately.
- This product emits radio frequencies (RF) in the 2.4 GHz band. Do not use this product in locations where RF is restricted, such as on an aircraft or in hospitals.
- As this unit is a precision instrument, do not drop, vibrate, or apply strong shocks.

Caution

- Do not disassemble, repair, or remodel the unit.
- Never start weight reduction or exercise therapy solely based on your own judgement. Be sure to follow the instructions of a doctor or specialist. Self-diagnosis could injure your health.

- During measurement, make sure that no mobile phone or smartphone is near this device. This may result in incorrect operation of the device and/or cause an inaccurate reading.
- Use batteries specified for this unit. Do not insert the batteries with the polarities in the wrong direction.
- Do not use batteries of different manufacturers or brands together.
- Do not use new and worn batteries together.
- Do not use batteries which have passed the recommended use-by date.
- 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).
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
- Do not dispose of batteries in fire.
- When the unit will be used by several people, wipe the unit with a damp cloth moistened with mild detergent after using it. Then wipe it dry.
- Do not use this unit for purposes other than described in this manual.
- This unit is not for professional use in hospitals or other medical facilities. It is intended for home use only.
- Remove the panel unit from main unit before stepping on the main unit.
- When inserting panel unit into the main unit, do not touch inside part of grip electrodes metal.
- Do not move the unit by holding the panel unit.
- Do not forcibly pull the cord connecting the Panel Unit and the main unit.

Data Transmission

- Do not replace the battery while your measurement result is being transferred to your smart device. This may result in the incorrect operation of your monitor and failure to transfer your measurement result.
- Do not place integrated circuit cards, magnets, metal objects, or other devices that emit electromagnetic fields near this monitor while your measurement result is being transferred to your smart device. This may result in the incorrect operation of your unit and failure to transfer your measurement result.

Incorrect Measurement

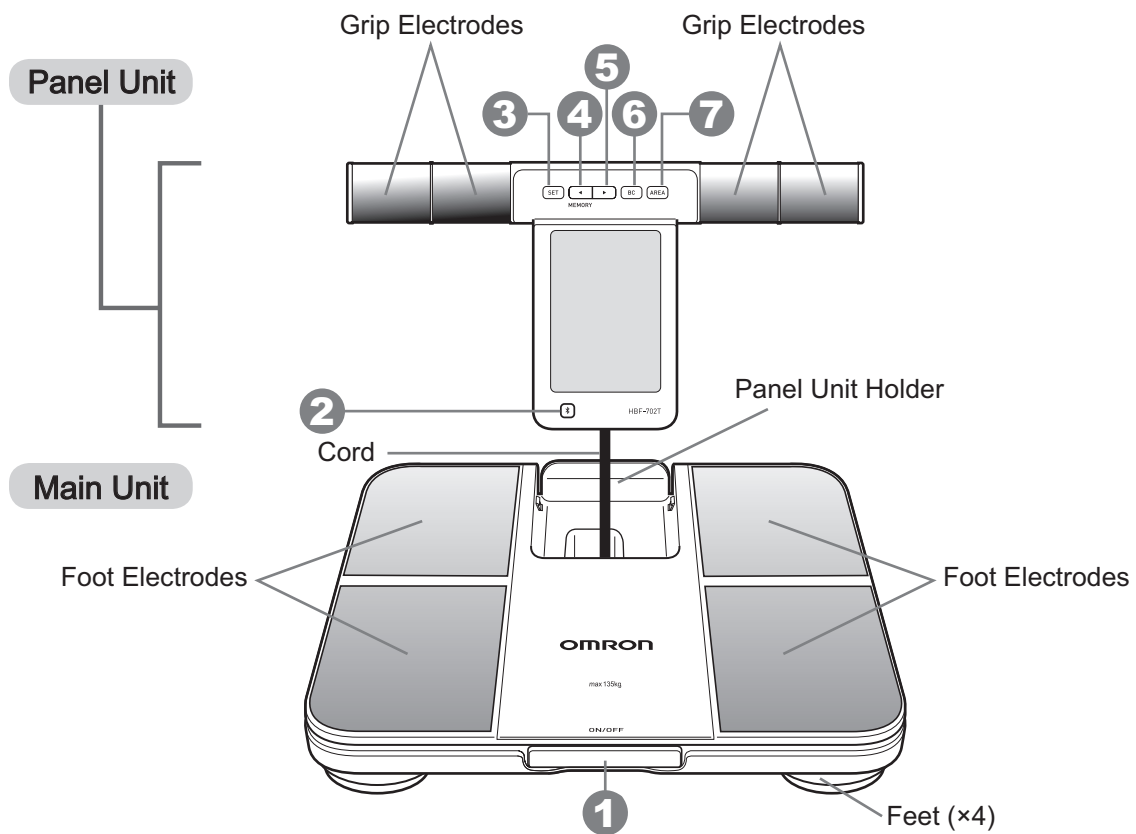
Incorrect measurement might occur to the following users:

Elderly people (over 81 years old) / People with a fever / Body builders or highly trained athletes / Patients undergoing dialysis / Patients with osteoporosis who have very low bone density / Pregnant women / People with swelling.

- Because the body composition such as body water might greatly deviate from the average value.

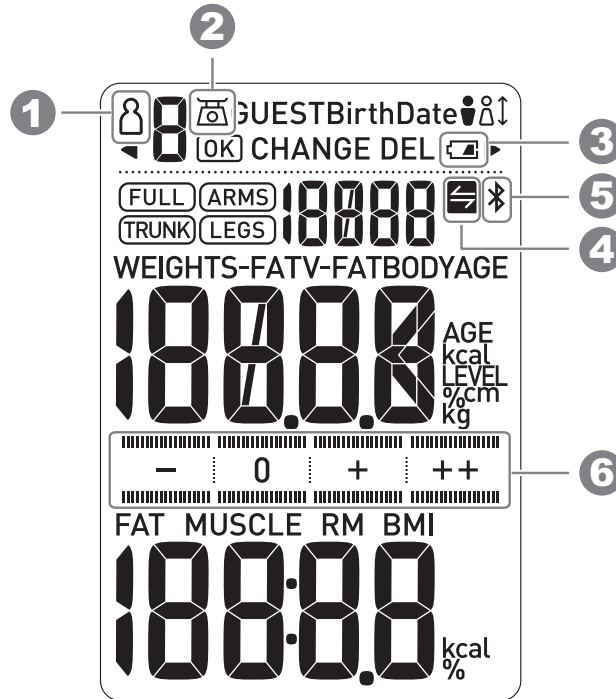
Before using the unit

1. Know Your Unit



①		Power Switch <ul style="list-style-type: none"> • Press this switch to turn on / turn off the power.
②		Bluetooth Button <ul style="list-style-type: none"> • Press this button to transfer the data manually. • Press and hold this button to pair the unit with your smart device. * This button is also usable when the power is off.
③		SET Button <ul style="list-style-type: none"> • Press this button to confirm the data.
④		Back / Memory Button <ul style="list-style-type: none"> • Press this button to confirm the data / select the personal No. / set the personal data. • Press this button to read the memory data.
⑤		Advance Button <ul style="list-style-type: none"> • Press this button to confirm the data / select the personal No. / set the personal data.
⑥		BC Button <ul style="list-style-type: none"> • Press this button to confirm the body composition data.
⑦		AREA Button <ul style="list-style-type: none"> • Press this button to confirm the area data.

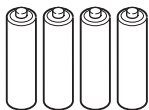
Display



1		Personal Number Symbol Displays when selecting a personal number.
2		Weight Symbol Displays when only measuring the body weight.
3		Low Battery symbol Blinks when batteries are low.
		Depleted Battery symbol Displays when batteries are depleted.
4		SYNC Symbol Blinks or displays when the measurement results need to be transferred because the stored memory is either almost, or completely full.
5		Bluetooth Symbol Displays when transferring measurement results.
6		<p>Body Fat Percentage / Subcutaneous Fat Percentage / Skeletal Muscle Percentage / BMI Classification Indicator</p> <p>4 levels: - (Low) / 0 (Normal) / + (High) / ++ (Very High)</p> <p>Visceral Fat Level Classification Indicator</p> <p>3 levels: 0 (Normal) / + (High) / ++ (Very High)</p> <p>(P33)</p>

Components

4 AA alkaline batteries (LR6)



Instruction Manual

Quick Start Guide

Setup Instruction

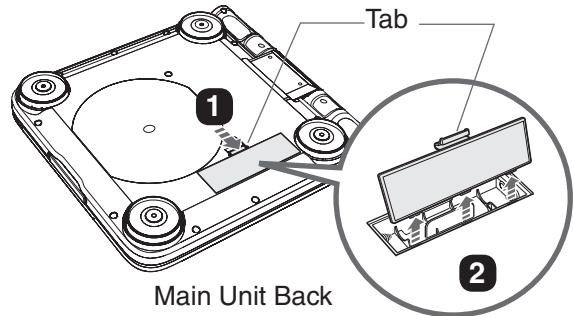
Before using the unit

2. Installing and Replacing the Batteries

- Please use AA alkaline batteries. Manganese batteries can also be used. Do not use a rechargeable battery, otherwise it may be extremely shorten use times or may be a unit malfunction occurs.

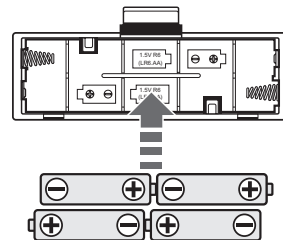
1 Turn over the unit, Open battery cover

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



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

- The side with spring is \ominus



3 Close the battery cover.

Notes on Battery Life

■ Approximately 6 months

- (When AA alkaline batteries are used in four measurements, four data transfers a day at a room temperature of 23°C)
- The supplied batteries are for trial use only, they may have a shorter life.

Notes on Battery Replacement


■ When the depleted battery symbol appears on the display, replace all four batteries with new ones.

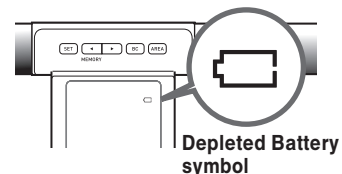
- Replace all four batteries with new ones (same type) at the same time.
- When the low battery symbol  blinks, recommend to replace the batteries with new ones ahead of time.

■ Replace the batteries after turning off the power.

- Personal data stored in the unit are retained even if the batteries are removed. Replacing batteries will not delete previous readings and personal data stored in the unit.
- Disposal of used batteries should be carried out in accordance with local regulations.

■ When the batteries are replaced, you need to reset the date and time. (P7)

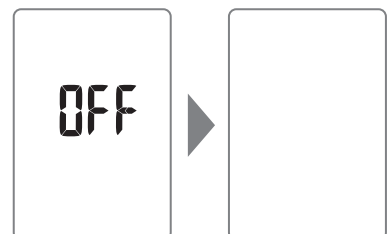
- If you have already paired with the "OMRON connect" app, press the  button to communicate with this app, then the date and time and personal data will be set automatically.



Notes on Automatic Switch-off of the Power

■ Automatic Switch-off of the Power

- When "Err" is displayed (about 10 seconds later).
- If the unit is not used within 1 minute of "0.0 kg" appearing on the display.
- In other cases, if the unit is not used for 3 minutes.
For example, when "Setting Date and Time", "Setting Personal Data" or "Checking The Measuring Results", etc.



Before using the unit

3. Initial Setting

- When the batteries are used for the first time or replaced, it is necessary to make initial setting.
- There are two methods for initial setting. Please make initial setting through smart device or the unit.
- Put the unit on a hard and level floor.
" [RL] " blinks after the initial setting. Do not touch the unit until the power turns off automatically.

3.1 Setting On Your Smart Device

1 Turn on the Bluetooth of your smart device.

2 Download and install the "OMRON connect" app onto your smart device.

You can choose one of the following 2 methods.

■ Scan the code image to get access to the following address.



www.omronconnect.com/setup

■ Search the "OMRON connect" app from "App Store" or "Google Play".



3 Open the app on your smart device and follow set-up and pairing instructions.

If you already have the OMRON connect app, go to: Menu>Device>Add Device

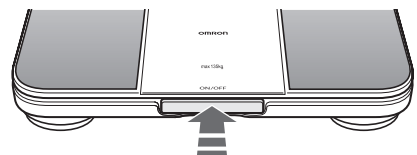
NOTES

- One smart device manages the data of one user.
- If an app other than "OMRON connect" is used, data might not be transferred correctly.
- Please read the utilization method and usage instruction within the app for details.
- The date and time will be automatically set when paired with your smart device.

3.2 Setting On The Unit

- For users who have not made initial setting through smart device, please follow the following steps to do it through the unit.


1 With the panel unit inside the main unit, Press power switch to turn on the power



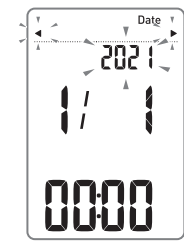
2 Setting the date and time

1 Press the   button to select the year

- Setting range of year: 2017 to 2045.

2 Press the  button to confirm the year, then the month will blink. Repeat the same steps to select and confirm the month, day, hour, and minute.

- Time is 24-hour system.
- After all the settings for the year, month, day, hour and minute are displayed in that sequence, "CAL" blinks, then the power turns off automatically.



Year



Month



Day



Hour



Minute

NOTES

- "CAL" blinks when the unit implements the "0 kg correction" automatically. Do not touch the unit until the power turns off automatically.
- If any mistake is made during the setting, press power switch to turn off the power and start from "Step 1" again.
- If no operation for 3 minutes during setting, the power will turn off automatically. Please start from "Step 1" again.
- To modify the date or time, remove the batteries and wait for at least 20 seconds. Then insert the batteries and reset again.

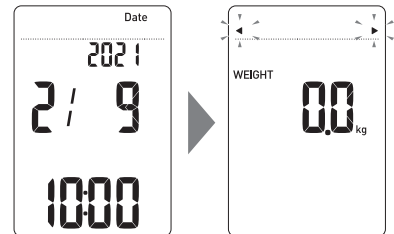
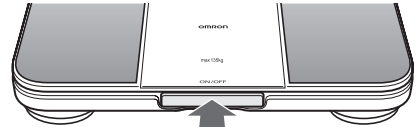
Before using the unit

4. Registering the Personal Data

- For the measurement of body composition, it is necessary to register your personal data (birth date, gender, height). The registered data can be stored for up to 4 users.
- The personal data can be registered from "OMRON connect" app as well. (☞ P7)
- Steps for changing/deleting personal data (☞ P23)

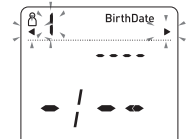
1 With the panel unit inside the main unit, Press power switch to turn on the power

- After the display of current date, it will display "0.0 kg",
"◀" and "▶" will blink.



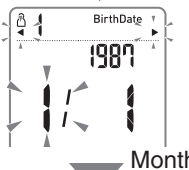
2 Select and confirm your personal number

- Press the ◀▶ button to select your desired personal number (♾ 1~♾4).
- Your desired personal number blinks, Birth date (_ / _ - -) is displayed, press the SET button to confirm.








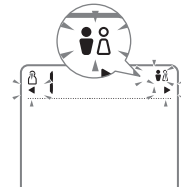
3 Set the date of birth

- Press the ◀▶ button to set the date birth and press the SET button to confirm.
- Setting range of year: 1900 to 2045.






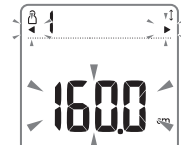
4 Set the gender.

- Press the   button to set the gender  (MALE) or  (FEMALE) and press the  button to confirm.




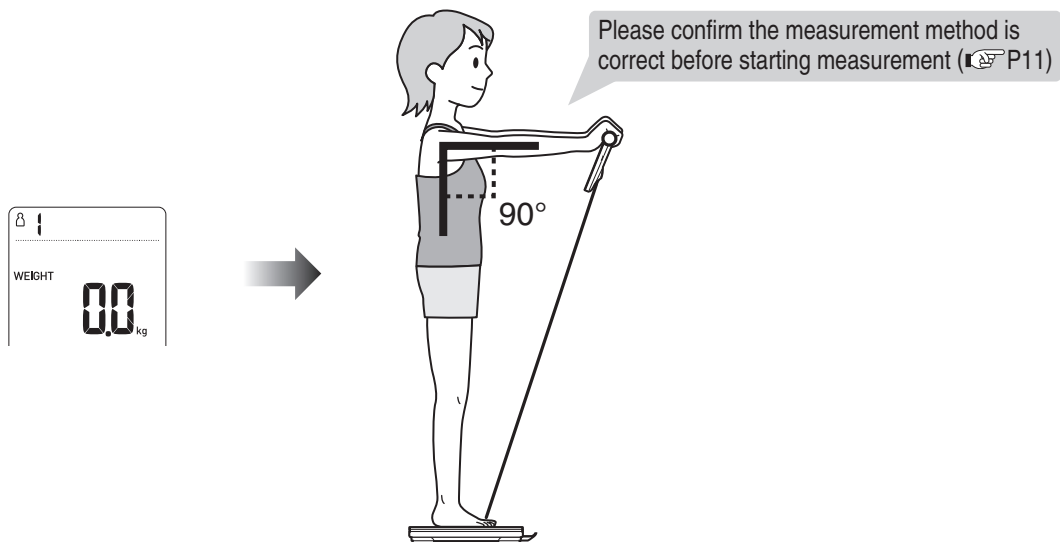
5 Set the height.

- Press the   button to adjust the height and press the  button to confirm.
- After setting "Height", the set "Date of Birth, Age and Height" is displayed, "0.0 kg" appears.



6 After "0.0 kg" is displayed, Take out the panel unit and start measurement

- The data of body weight and body composition are recorded in the unit to support automatic recognition. ( P13)



7 After the measurement results are displayed, Step off the main unit

- The personal data registration is completed.

8 Press power switch to turn off the power

- To add new personal data, start from the "Step 1".

Before using the unit

5. How to Take a Measurement Accurately

5.1 Correct postures during the measurement

Stand with your knees and back straight

The arms are horizontally raised, and the elbows are extended straight.

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

Step onto the main unit **barefoot**. Place the arches of your feet onto the center of the main unit.

Take a measurement on a hard and level floor
A cushioned floor surface, such as a mat or carpet, may result in an inaccurate measurement.

If you stand on the main unit with socks on, you will not get correct measurement results. Set both feet on the foot electrodes.

Holding method of grip electrodes

Press your palms firmly on the grip electrodes.

Place your index finger in the dent at the back of the grip electrodes.

Hold the inner grip electrodes firmly with your thumb and index finger.

Hold the outer grip electrodes with your ring finger and little finger.

Postures to Avoid During Measurement

Body shaking

Arm bent

Arm too low (or arm too high)

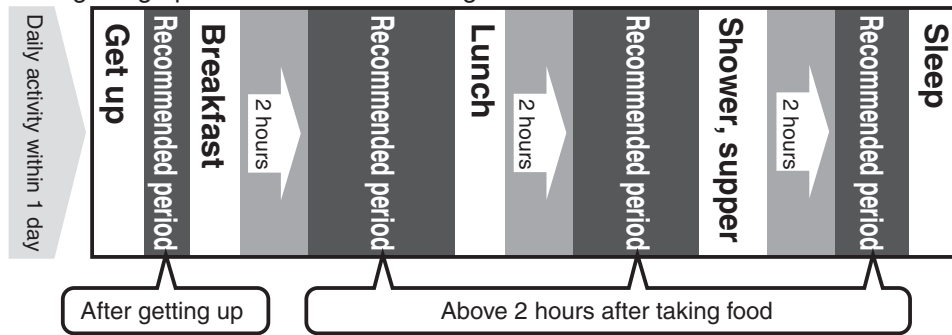
Panel unit facing upward

Knees bent

Your feet are not correctly positioned on the electrodes

5.2 Recommended measurement time period and users

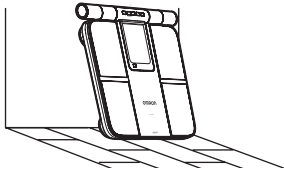
Suitable period for measuring:
After getting up and 2 hours after taking food



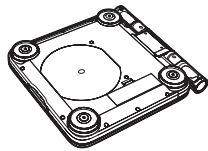
- **For users under 10 years old, the unit displays weight and BMI only.**
Incorrect measurement might occur to the following users. Because the body composition such as body water might greatly deviate from the average value.
Elderly people (over 81 years old) / People with a fever / Body builders or highly trained athletes / Patients undergoing dialysis / Patients with osteoporosis who have very low bone density / Pregnant women / People with swelling.

5.3 About the "0 kg correction" (Caution for storing)

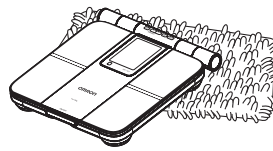
- If the unit is placed as shown below and the recalibration function does not work, implement the "0 kg correction" before taking the measurement.



The unit is leaning against the the wall or other objects



The unit is placed upside down



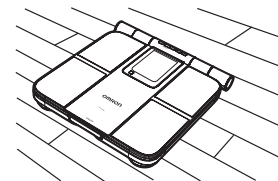
The unit is placed on an object



An object is placed on the unit

5.4 How to implement the "0 kg correction"

- 1 Place the unit on a hard and level floor**
- 2 Press power switch to turn on the power**
- 3 After "0.0 kg" is displayed, with the unit still on the floor, press power switch to turn off the power**
 - This completes the "0 kg correction". Wait for 5 seconds, and then take a measurement.



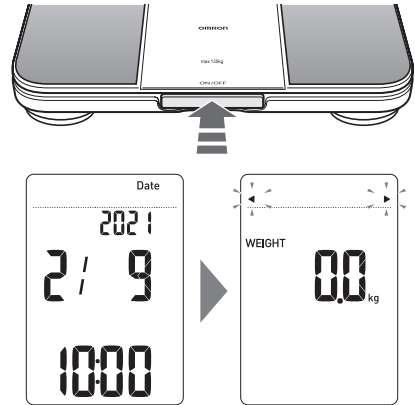
Operating instructions

6. Measuring Weight and Body Composition

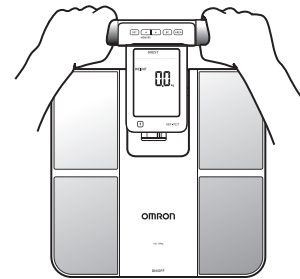
- If you use the automatic recognition for measurement, please register the Personal Data. (☞ P7, P9)

1 With the panel unit inside the main unit, Press power switch to turn on the power.

- After the display of current date, it will display "0.0 kg", "◀" and "▶" will blink.

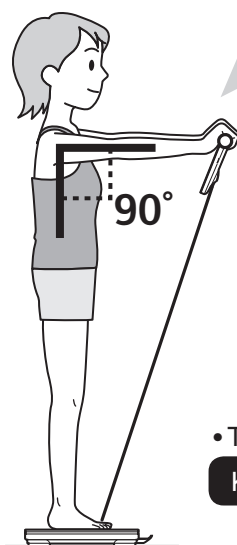


2 After "0.0 kg" is displayed, Take out the panel unit

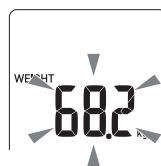


3 Taking a Measurement

1 Step on the main unit, extend your arms forward at 90° angle to your body



Please confirm the measurement method is correct before starting measurement (☞ P11)



Blinks three times to show that weight has been determined.

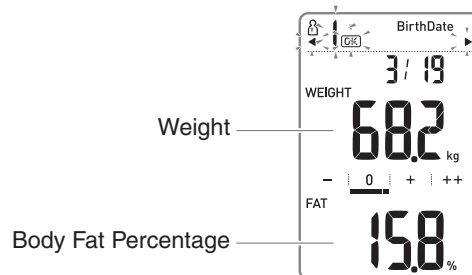
- Then measure body composition.
Keep staying on foot electrodes.



During the measurement of body composition, the on-going conditions will be displayed through the movement of **0**.


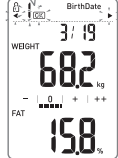




- 2 After the measurement results are displayed, step off the main unit.



4 Check your Personal Number

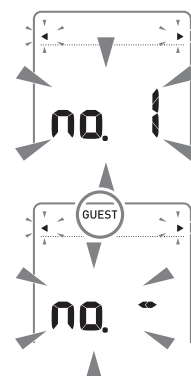
- This product will infer the personal number automatically from weight and body composition. However, when users of similar body type and body weight are measured, wrong personal number may be displayed.

If your personal number is correct...	If your personal number is incorrect...
<p>Press the SET button to confirm your personal number.</p> <p>Inferred personal number</p>   <p>Once your personal number is confirmed, OK and "BirthDate" disappears.</p>	<p>1. Press the ◀▶ button to select your personal number.</p> <p>Inferred personal number Your personal number</p>   <p>2. Press the SET button to confirm your personal number.</p>

- Before confirming your personal number, you can switch it to a measurement result you want to view with the **BC** or **AREA** button.
- If you confirmed your personal number incorrectly, press the **SET** button so that you can select your personal number again.

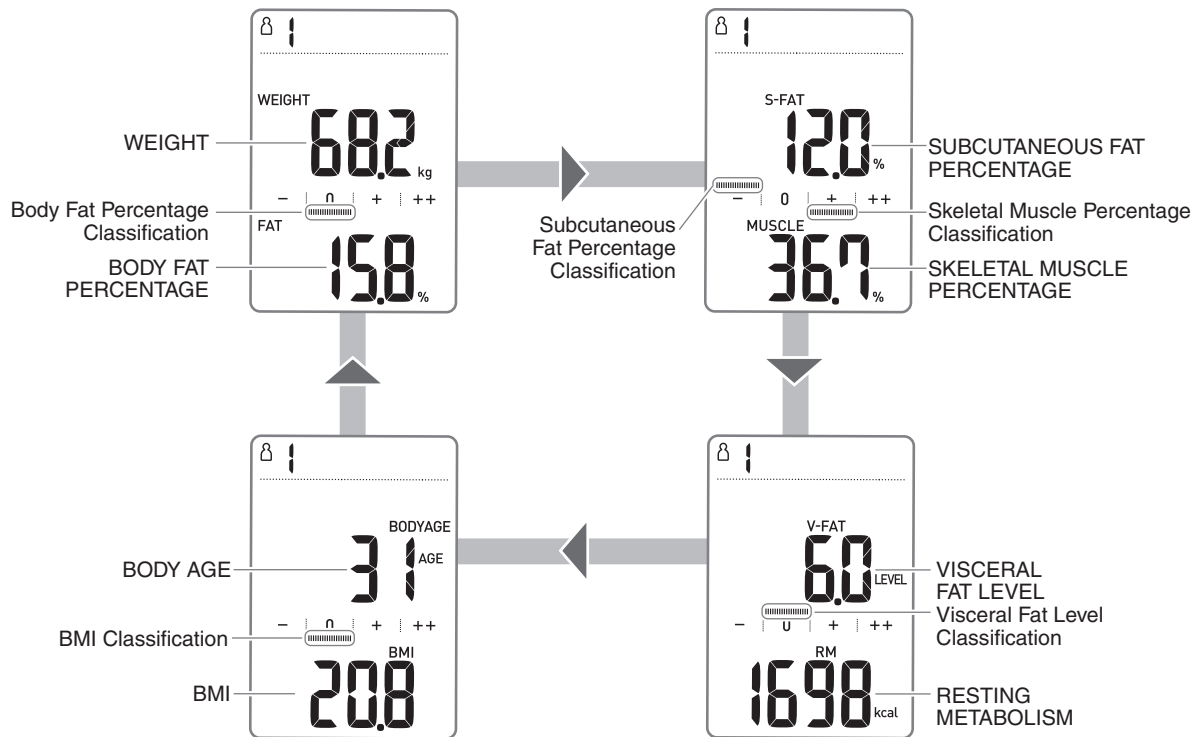
■ If "no 1" to "no 4" blinks on the display, or "GUEST" is displayed, your personal data has not been registered in the unit.

- Press the **◀▶** button to select your desired personal number (1 ~ 4), press the **SET** button to confirm, register your personal data. (P7, P9)



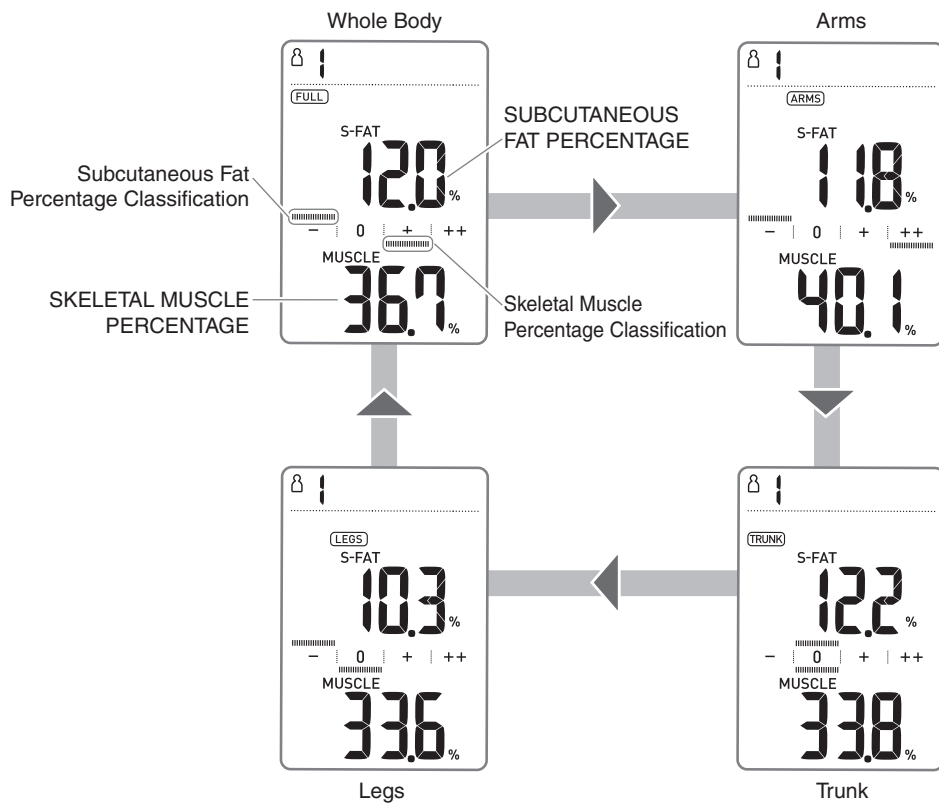
5 Check the Measurement Results

- The results display rotates automatically as shown below.
- Once you confirm your personal number, you can switch it to a measurement result you want to view with the **BC** button.



- Use Body Fat Percentage, Subcutaneous Fat Percentage, Skeletal Muscle Percentage, Visceral Fat Level, and BMI classification indicator as a guide to measurement.
- To better understand your measurement results, refer to the information and diagrams in Section 17 and 18.

-
- You can switch it to a segmental measurement result you want to view with the **AREA** button.
 - Display the segmental subcutaneous fat percentage and skeletal muscle percentage.



6 Press the power switch to turn off the power

- Please insert the panel unit into the main unit. (P25)
- The power turns off if the unit is not used for 3 minutes.

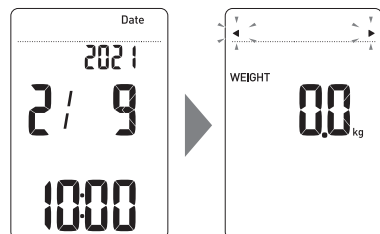
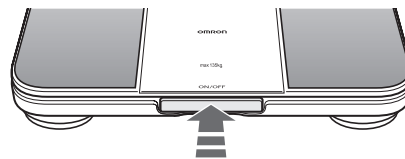
Using the Memory Function

7. Viewing the Measurement Results on the unit

- This unit automatically stores up to 30 measurement results per user.

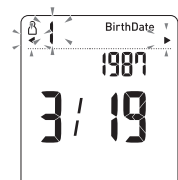
1 With the panel unit inside the main unit, Press power switch to turn on the power

- After the display of current date, it will display "0.0 kg",
"◀" and "▶" will blink.



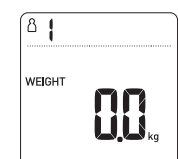
2 Select the personal number

- Press the ◀▶ button to select the personal number you want to view (01~04).

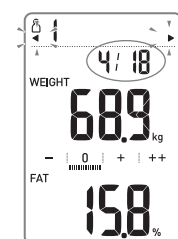


3 Press the SET button to confirm the personal number

- "0.0 kg" is displayed.



4 Press the ◀ button to view the latest MEMORY measurement results



5 Press the ◀▶ button to view previous measurement results

6 Press the BC button or the AREA button to check other measurement results

- Please refer to step 5 of section 6. (P15)

7 Press the power switch to turn off the power

- The power turns off if the unit is not used for 3 minutes.

NOTES

- If the memory is full, new results will replace the old results.

Using the Memory Function

8. View the Measurement Results on Your Smart Device

Follow the instructions from the "OMRON connect" app to view your measurement results.

Then you can confirm the variation of your weight and body composition parameters on your smart device.

Note

- The "OMRON connect" app must be installed on your smart device. (P7)

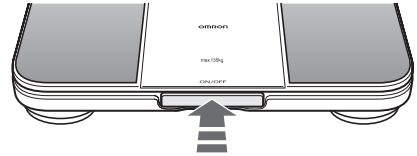
When necessary

9. Selecting Your Personal Number and Taking a Measurement

- If your personal number is not recognized frequently, you can select your personal number and take the measurement as follows.

1 With the panel unit inside the main unit, Press power switch to turn on the power

- After the display of current date, it will display "0.0 kg",
"◀" and "▶" will blink.

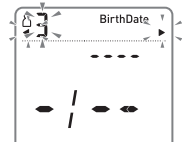


2 Select your personal number

Press the ◀▶ button to select your personal number (1~4).

When "BirthDate (_ / _)" is displayed,

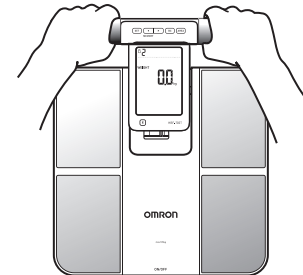
- Your personal data has not been registered
in your personal number.
- Register your personal data. (☞ P7, P9)



3 Press the SET button to confirm the personal number

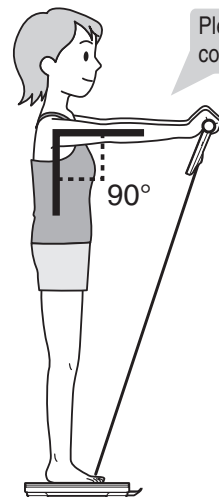
- "0.0 kg" is displayed.

4 After "0.0 kg" is displayed, Take out the panel unit



5 Taking a Measurement

- Please refer to step 3 of section 6.



Please confirm the measurement method is correct before starting measurement (☞ P11)

6 After Checking the Measurement Results, Press the power switch to turn off the power

- Please insert the panel unit into the main unit. (☞ P25)
- The power turns off if the unit is not used for 3 minutes.

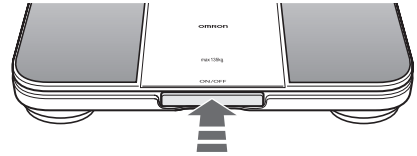
When necessary

10. Using the Guest Mode (Unrecorded Mode)

- Users who does not register personal data in advance can measure weight and body composition by temporarily inputting "date of birth, gender and height".
- When this mode is used, your measurement results will not be recorded.

1 With the panel unit inside the main unit, Press power switch to turn on the power

- After the display of current date, it will display "0.0 kg",
"◀" and "▶" will blink.

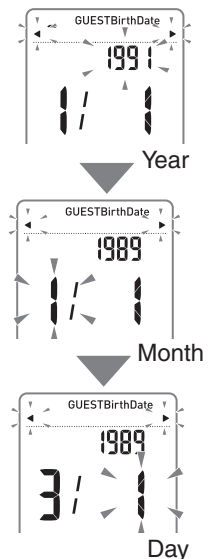


2 Press the ◀ ▶ button to select "GUEST (👤)", and then press the SET button to confirm








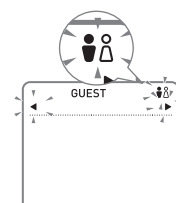
3 Set the date of birth

- Press the ◀ ▶ button to set the date birth and press the SET button to confirm.
- Setting range of year: 1900 to 2045.






4 Set the gender.

- Press the   button to set the gender  (MALE) or  (FEMALE) and press the  button to confirm.

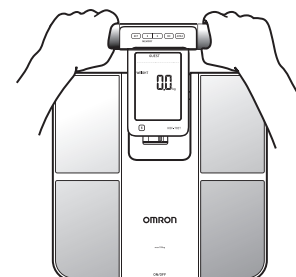


5 Set the height.


- Press the   button to adjust the height and press the  button to confirm.
- After setting "Height", the set "Date of Birth, Age and Height" is displayed, "0.0 kg" appears.

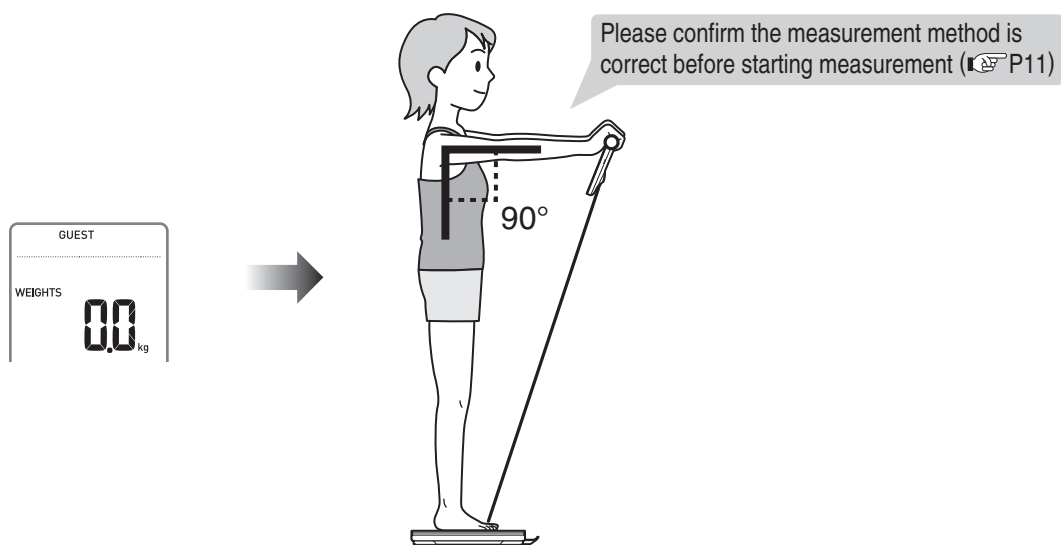


6 After "0.0 kg" is displayed, Take out the panel unit




7 Taking a Measurement

- Please refer to step 3 of section 6. ()



8 After Checking the Measurement Results, Press the power switch to turn off the power

- Please insert the panel unit into the main unit. ()
- The power turns off if the unit is not used for 3 minutes.

When necessary

11. Measuring Weight Only

- When this mode is used, personal number cannot be inferred automatically.
- When this mode is used, your measurement result will not be recorded.
- When the power of the unit is off, take a measurement directly without taking the panel unit from the holder.

1 Step on the unit with the power off

- You cannot get correct measurement results on mat, carpet or other soft ground. Please implement the "0 kg correction" before taking the measurement. (P12)
- Just step onto the unit, it will power on automatically and start the measurement.



Blinks three times to show that weight has been determined.

2 Check the measurement results

- You can also take out the panel unit to check measurement results.






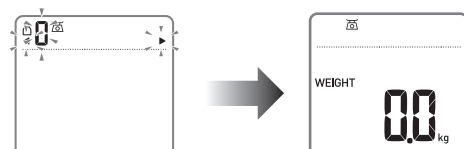
3 Press the power switch to turn off the power

- The power turns off if the unit is not used for 3 minutes.

NOTES

- If your weight is less than 30kg, please use the following method to measure.

- 1 Press power switch to turn on the power
- 2 Press the  button to select , and then press the  button to confirm.
- 3 After "0.0 kg" is displayed, step on the unit.

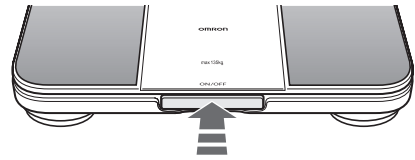


When necessary

12. Changing/Deleting Personal Data

- With the panel unit inside the main unit,
Press power switch to turn on the power

- After the display of current date, it will display "0.0 kg", " \leftarrow " and " \rightarrow " will blink.



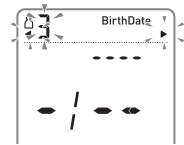
- Select the personal number

Press the \leftarrow \rightarrow button to select the personal number you want to change / delete (P1~P4).



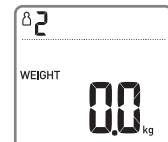
When "BirthDate (_ / _)" is displayed,

- Your personal data has not been registered in your personal number.
- Register your personal data. (P7, P9)



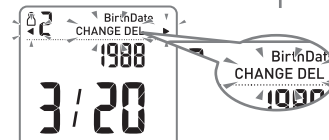
- Press the **SET** button to confirm the personal number

- "0.0 kg" is displayed.



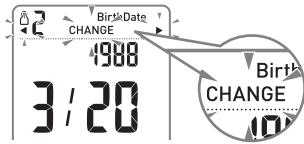


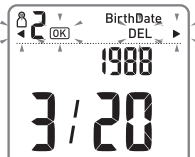
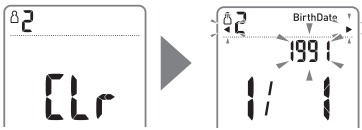
- Press the **SET** button again

- "CHANGE" and "DEL" blink.



- Select "CHANGE" or "DELETE" the personal data

- Even if the personal data are changed, the measurement results will not be changed or deleted. When using the personal number which has been used by another person, delete the personal data and then register the personal data again. (P9)

Change Personal Data (The measurement results will not be deleted)	Delete Personal Data (The measurement results will also be deleted)
<ol style="list-style-type: none"> Press the \leftarrow \rightarrow button to select "CHANGE"  Press the SET button <ul style="list-style-type: none"> The year blinks.  Change "birth date", "gender" and "height" with reference to Step 3~Step 5 of Section 4. (P9) <ul style="list-style-type: none"> If a wrong setting is made during the change, operate from the beginning once more to make the change, until height is confirmed. The untransferred measurement results will not be changed. 	<ol style="list-style-type: none"> Press the \leftarrow \rightarrow button to select "DEL"  Press the SET button <ul style="list-style-type: none"> OK and "DEL" blink. If you want to stop the deletion, Press the \leftarrow \rightarrow button.  Press the SET button more once <ul style="list-style-type: none"> After "Clr" is displayed, you have successfully deleted your personal data. 

When necessary

13. Deleting the Communication Setting

- If you want to stop the use of the "OMRON connect" app or delete the communication settings from your smart device, please operate as follows. All the communication settings recorded in the unit will be deleted.

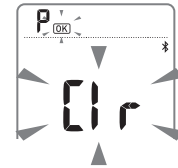
1 Press and hold the button more than 2 seconds

- "P" and the Bluetooth symbol blink.



2 Press and hold the button more than 2 seconds again

- The right side screen appears.



3 Press the button to confirm

- After "Clr" is displayed, and you have successfully deleted the communication settings.



When necessary

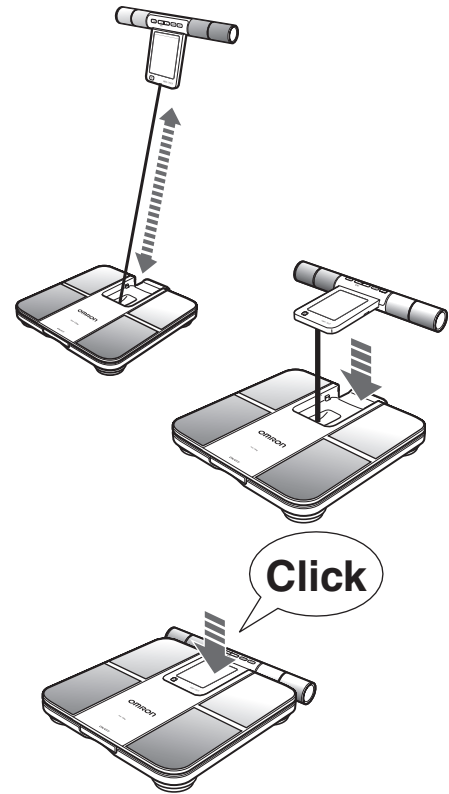
14. Maintenance and Storage

Arranging the Panel Unit

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

1 Pick up the panel 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. Otherwise, it may cause fault.



2 Push the panel unit into the holder.

Storage

- Do not store the unit in the following conditions:
 - Humidity, where moisture or water may get into the unit
 - High temperatures, direct sunlight or dusty places
 - Places with the risk of sudden shocks or vibrations
 - In places where chemicals are stored or where corrosive gas is present.












Maintenance

- Always keep the unit clean before use.
- Wipe the unit with a soft dry cloth.
- If the unit is seriously dirty or shared with others with an infectious disease, such as a skin disease, use a cloth moistened with water or neutral detergent and squeeze it well before wiping the unit, then wipe off with a dry cloth.
Otherwise it may cause skin disease infection.
- Do not use gas oil, or other thinner solvents to clean the unit.
You can use cleaning alcohol to clean the electrodes, but do not use it on other parts of the unit.
- Do not wash the unit and the panel with water.
- Do not carry out repairs of any kind by yourself. This product is calibrated at the time of manufacture. If at any time you question the accuracy of measurements, please contact your authorized OMRON distributor.

When necessary

15. Troubleshooting

In case of any of the below problems occur during the measurement, first check that no other electrical device is within 30cm. If the problem persists, refer to the table below.

Error Display	Possible Cause	Correction
Err 1	You stepped off the unit during a measurement of body composition.	Do not step off the unit until the measurement of body composition is completed. (☞ P13)
	Your palms or soles are not in firm contact with the electrodes.	Press your palms or soles firmly to the electrodes, then measure. (☞ P11)
	When only measuring weight, pressed power switch to turn on the power.	When the power is off, step on the unit and take a measurement directly. (☞ P22)
	When measuring body composition, the panel unit was not taken out.	Take a measurement with correct posture. (☞ P11)
Err 2	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 soles. (☞ P11)
Err 3	The palms or soles are too dry.	Moisten the palms or soles with a wet towel, and then repeat measurement.
Err 5	Touched or used the unit when "[RL]" was blinking.	Remove and then re-insert the battery. Restart the device starting from "Initial Setting". (☞ P7) When "[RL]" blinks, do not touch the unit until the power turns off automatically.
	Abnormal operation.	Remove and then re-insert the battery. Once this is complete, please restart the device. If this error continues to display, consult the OMRON service representative.
Err 6	Communication failure.	Turn off the power and try to communicate again. If this error is displayed again, contact the OMRON service representative.
Err	You moved your body during measuring.	Do not move your body during measuring.
	Body weight of 135 kg or over is out of the measuring range of this unit.	
	Communication failure.	Confirm the display of your smart device and follow the instructions in "OMRON connect" app. Refer to "Help" from "OMRON connect" app.
	Batteries are low.	Recommend to replace the batteries with new ones ahead of time.
	Batteries are depleted.	Replace the batteries. (☞ P6)
	You pressed and held the  button more than 2 seconds.	This is displayed when you pair your unit with your smart device. Follow the instructions on the "OMRON connect" app, or press power switch to cancel pairing and turn the unit off.
	You pressed the  button.	This is displayed when the data is transferred to your smart device. Follow the instructions on the "OMRON connect" app, or press power switch to cancel the transmission.
	You pressed and held the  button more than 2 seconds when "P" and the Bluetooth symbol were blinking.	This is displayed when you delete the communication setting. (☞ P24) Press power switch to cancel the operation.
	24-29 sets of measurement results have been stored.	Transfer the measurement results to "OMRON connect" app, then the symbol will disappear.
	30 sets of measurement results have been stored.	If the number exceeds 30, the oldest results are deleted. Transfer the measurement results to "OMRON connect" app, then the symbol will disappear.

Problem	Possible Cause	Correction
<ul style="list-style-type: none"> Nothing is displayed when the power is turned on. Nothing is displayed when you step onto the unit 	Batteries are not inserted. Or the polarities of batteries are not aligned correctly.	Insert the batteries in correct alignment. (☞ P6)
	The batteries are worn out.	Replace all four batteries with new ones. (☞ P6)
	You didn't make the initial setting after replacing the batteries.	To make the initial setting. (☞ P7)
After replacing the batteries, nothing is displayed when you step onto the unit.	You didn't make the initial setting after replacing the batteries.	To make the initial setting. (☞ P7)
	Your body weight is too low. (Less than 30 kg.)	Refer to the note of Section 11. (☞ P22)
Only weight and BMI are displayed, or Visceral fat level and body age are not displayed.	Users under 10 years old can only measure their weight and BMI.	
	Unable to measure visceral fat level and body age of users under 18 years old.	
	The registered data was incorrect.	Check whether the settings of birth date is correct. (☞ P23) Remove the batteries and wait for at least 20 seconds. Then insert the batteries and reset the initial setting. (☞ P6, P7)
" ---- " is displayed for some of the results.	The registered data or body composition values were out of the measurable range.	Check whether the settings of birth date, gender, and height are correct. Even if these settings are correct, " ---- " is displayed if they are out of the displayable or supported age range. Please confirm the measurable range. (☞ P29)
You are not recognized correctly.	Your body weight has changed widely since the last measurement.	Select personal number before taking a measurement. (☞ P19)
	Your body type is similar to another registered user.	
	The measurement results of another user has been registered.	

Problem	Possible Cause	Correction
<ul style="list-style-type: none"> • Measurement results is abnormally high or low • Measurement results achieved each time is great different from each other 	Measuring posture is incorrect.	Take a measurement with correct posture. (☞ P11)
	You take a measurement on a carpet or other soft flooring, or the floor surface is uneven.	Place the unit on a hard and level floor.
	The soles of your feet, or whole body are cold, causing poor blood circulation.	Warm yourself up, and then take a measurement once you feel your circulation is back to normal.
	The electrodes are extremely cold.	Place the unit in a warm room for a few minutes, and then take a measurement when the electrodes no longer feel cold.
	Palms and soles are too dry.	Slightly moisten your palms and soles with a damp towel and try again.
	The "0 kg correction" was not implemented correctly.	Implement the "0 kg correction". (☞ P12)
When weight measuring is completed, body composition can not be measured	You stepped onto the unit when it was turned off.	Press power switch to turn on the power , and then wait until "0.0 kg" is displayed before stepping onto the unit. (☞ P13)
	Measure weight only "80" mode was selected. (no "Personal Number" or "GUEST" appears on the display.)	Select personal number or GUEST before taking a measurement. (☞ P19, P20)
There is no operation , but the power turns off.	Please refer to "Automatic switch-off of the power". (☞ P6)	
Cord cannot be wound automatically	Cord is tangled	Please pull out the cord and rewind. (☞ P25)
Failure to send data	Refer to "Help" in "OMRON connect" app.	

NOTES

- If measuring cannot be performed normally after the above has been done. Please consult OMRON service representative.
- Although it is seldom seen, human physique difference might lead to incapability of measuring.
- If fault occurs or the unit is repaired, all personal data will be lost.

When necessary

16. Technical Data

Product Description	OMRON Body Composition Monitor		
Model	HBF-702T		
Display*¹	Body Weight:	3.0 to 100.0 kg with an increment of 0.1 kg 100 to 135.0 kg with an increment of 0.2 kg	
	BMI:	2.5 to 90.0 with an increment of 0.1	
	BMI Classification:	– (Low) / 0 (Normal) / + (High) / ++ (Very High) 4 levels	
	Body Fat Percentage:	5.0 to 50.0% with an increment of 0.1%	
	Segmental Subcutaneous Fat Percentage: (Whole Body, Trunk, Legs, Arms)	5.0 to 60.0% with an increment of 0.1%	
	Segmental Skeletal Muscle Percentage:		
	Whole Body, Arms	5.0 to 60.0% with an increment of 0.1%	
	Trunk	5.0 to 50.0% with an increment of 0.1%	
	Legs	5.0 to 70.0% with an increment of 0.1%	
	Body Fat Percentage, Subcutaneous Fat Percentage, Skeletal Muscle Percentage Classification:	– (Low) / 0 (Normal) / + (High) / ++ (Very High) 4 levels	
	Resting Metabolism:	385 to 3999 kcal with an increment of 1 kcal	
	Body Age:	18 to 80 years old with an increment of 1 year	
	Visceral Fat Level:	0.5 to 30 levels with an increment of 0.5 level	
	Visceral fat level classification:	0 (Normal) / + (High) / ++ (Very High) 3 levels	
Transmission Protocol	Bluetooth[®] low energy technology		
Wireless communication	Frequency range:	2.4 GHz (2400 - 2483.5 MHz)	
	Modulation:	GFSK	
	Effective radiated power:	<20 dBm	
Setting Items*²	The following information can be stored for up to 4 users (30 memories per user).		
	Measurement unit	kg&cm	
	Birth date	January 1st, 1900 to December 31st, 2045	
	Gender	Male / Female	
	Height	100.0 to 199.5 cm with an increment of 0.5 cm	
Weight Accuracy	3.0 kg to 40.0 kg: ± 0.4 kg 40.0 kg to 135.0 kg: ± 1%		
Accuracy (S.E.E.*³)	Body Fat percentage:	3.5%	
	Skeletal Muscle percentage:	3.5%	
	Visceral Fat Level:	3 levels	
Durable Period	5 years		
Power Supply	4 AA alkaline batteries (LR6)		
Battery Life	Approximately 6 months (When AA alkaline batteries are used in four measurements, four data transfers and four persons a day at a room temperature of 23°C)		
Operating Temperature/ Humidity/Air Pressure	+5°C to +40°C, 30% to 85% RH (no-condensing), 860 hPa to 1060 hPa		

Storage and Transport Temperature/Humidity/Air Pressure	-20°C to +60°C, 10% to 95% RH (no-condensing), 860 hPa to 1060 hPa
Weight	Approx. 2.2 kg (including batteries)
External Dimensions	Approx. 300(W) × 51(H) × 325(D) mm
Contents	Body composition monitor, 4 AA alkaline batteries (LR6), Setup instructions, Instruction manual, Quick Start Guide

Note

- Subject to technical modification without prior notice.
- *1 For children under 10 years old: Only weight and BMI can be measured.
 For people under 18 years old : Unable to measure visceral fat level and body age.
 For people over 81 years old: The body composition can be measured for reference only.
- *2 For people with height less than 100.0 cm or more than 199.5 cm, BMI and body composition can be measured for reference only.
- *3 S.E.E.: standard error of estimation.



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



The **Bluetooth**® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by OMRON HEALTHCARE Co., Ltd. is under license.

Description of symbols that, depending on a model, can be found on the product itself, product sales package or IM.			
	Need for the user to consult the instructions for use		Serial number
	Temperature limitation		Humidity limitation
	Direct current		Atmospheric pressure limitation
	This product should not be used by persons with medical implants, e.g. heart pacemakers, artificial heart, lung or other electronic life support systems.		
Product production date is integrated in a Serial number, which is placed on the sales package: the first 4 digits mean year of production, the next 2 digits - month of production.			

17. Information on Body Composition

Principle of body composition calculation

Body fat has low electric conductivity

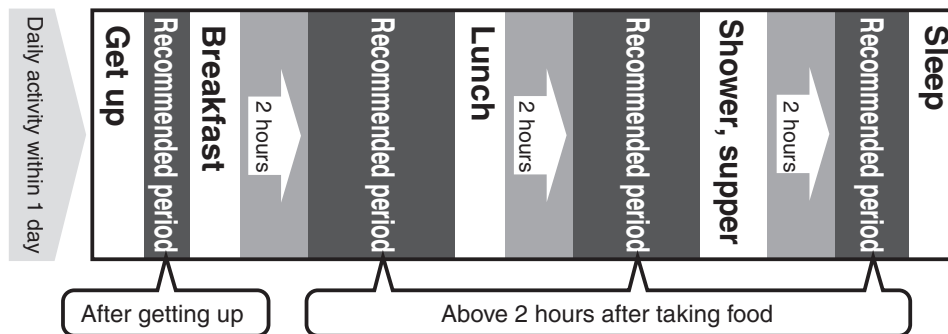
HBF-702T measures the body fat percentage by the Bioelectrical Impedance (BI) method. Tissues with more water content in human body tend to conduct electricity (such as muscle and vein) easily. Fat tissue almost conducts no electricity. The body feature is used to calculate rate of fat tissue and non-fat tissue.

Current flowing through human body is very weak (50 kHz, 500 μ 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.

Recommended measurement time period

Understanding the normal changes in your body fat percentage can help you in preventing or reducing obesity. Being aware of the times when the body fat percentages shift within your own daily schedule will assist you in obtaining an accurate trending of your body fat. It is recommended to use this unit in the same environment and daily circumstances. (See chart)



Avoid Taking Measurements Under the Following Conditions:

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

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

What is BMI (Body Mass Index)?

Abbreviations of the initials "B·M·I" of Body Mass Index (= physical index). It is an international standard to determine obesity.

BMI uses the following simple formula to indicate the ratio between weight and height of a person.

$$\text{BMI} = \text{weight (kg)} / \text{height (m)} / \text{height (m)}$$

The OMRON HBF-702T uses the height information stored in your personal number or when entering information in the Guest Mode to calculate your BMI classification.

If the fat level revealed by BMI is higher than the international standard, there is an increased likelihood of common diseases. However, not all types of fat can be revealed by BMI.

What is Body Fat Percentage?

Percentage of body fat in body weight.

$$\text{Body fat percentage (\%)} = \{\text{Body fat weight (kg)} / \text{Body weight (kg)}\} \times 100$$

HBF-702T uses the BI method to estimate your body fat percentage.

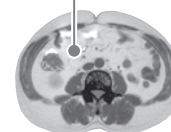
Mention body fat and a bad impression is always given. However, in fact, body fat plays roles in energy storage and viscera protection, etc. Too much body fat is naturally not good, but too little is not conducive to good health.

What is Visceral Fat Level?

Visceral fat = fat surrounding internal organs

Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which can lead to common diseases such as hyperlipidemia and diabetes, which impairs the ability of insulin to transfer energy from the bloodstream and using it in cells. In order to prevent or improve conditions of common diseases, it is important to try and reduce visceral fat levels to an acceptable level.

Visceral Fat



(MRI image)

What is Subcutaneous Fat Percentage?

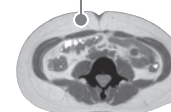
Subcutaneous fat = fat below the skin

Percentage of subcutaneous fat weight in body weight.

$$\text{Subcutaneous fat percentage (\%)} = \{\text{subcutaneous fat weight (kg)} / \text{body weight (kg)}\} \times 100$$

Subcutaneous fat percentage of different parts refer to the percentage of subcutaneous fat weight in weight of all parts.

Subcutaneous Fat



(MRI image)

What is Skeletal Muscle Percentage?

Percentage of skeletal muscle weight in body weight.

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.

Even if the body muscle does not make any movement, it also consumes a certain amount of energy in one day and emits heat. Heat plays a part in "body temperature maintenance" of resting metabolism. If muscle weight is reduced, energy consumption within 1 day will be reduced. We need to know our resting metabolism and keep exercising to maintain and increase skeletal muscle weight.

What is Resting Metabolism?

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

What is Body Age?

Body age is based on your resting metabolism. Body age is calculated by using your weight, body fat percentage and skeletal muscle percentage to produce a guide to 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.

18. Measurement Results Interpretation Diagrams

Interpreting the Body Fat Percentage Result

Body Fat Percentage		Classification
Male	Female	4 Level
5.0 ~ 9.9%	5.0 ~ 19.9 %	- (Low)
10.0 ~ 19.9 %	20.0 ~ 29.9 %	0 (Normal)
20.0 ~ 24.9 %	30.0 ~ 34.9 %	+ (High)
25.0 ~ 50.0 %	35.0 ~ 50.0 %	++ (Very High)

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

Interpreting the BMI

BMI	BMI (Designation by the WHO)
2.5 - 18.4	- (Underweight)
18.5 - 24.9	0 (Normal)
25 - 29.9	+ (Overweight)
30.0 - 90.0	++ (Obese)

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)

According to OMRON HEALTHCARE figures

Interpreting the Skeletal Muscle Percentage Result

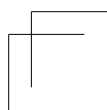
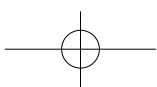
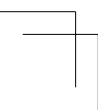
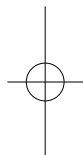
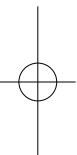
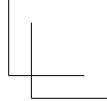
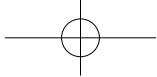
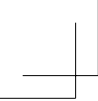
Gender	- (Low)	0 (Normal)	+ (High)	++ (Very High)
Female	5.0-25.8%	25.9-27.9%	28.0-29.0%	29.1-60.0%
Male	5.0-32.8%	32.9-35.7%	35.8-37.3%	37.4-60.0%

According to OMRON HEALTHCARE figures

Interpreting the RM Result

AGE (Years old)	Male			Female		
	Resting Metabolism Base Value (kcal/kg Body Weight/Day)	Reference Body Weight (kg)	Resting Metabolism (kcal/Day)	Resting Metabolism Base Value (kcal/kg Body Weight/Day)	Reference Body Weight (kg)	Resting Metabolism (kcal/Day)
1~2	61.0	11.5	700	59.7	11.0	660
3~5	54.8	16.5	900	52.2	16.1	840
6~7	44.3	22.2	980	41.9	21.9	920
8~9	40.8	28.0	1,140	38.3	27.4	1,050
10~11	37.4	35.6	1,330	34.8	36.3	1,260
12~14	31.0	49.0	1,520	29.6	47.5	1,410
15~17	27.0	59.7	1,610	25.3	51.9	1,310
18~29	24.0	63.2	1,520	22.1	50.0	1,110
30~49	22.3	68.5	1,530	21.7	53.1	1,150
50~69	21.5	65.3	1,400	20.7	53.0	1,100
over 70	21.5	60.0	1,290	20.7	49.5	1,020

* Ministry of Health, Labor and Welfare: Dietary Reference Intakes of Japanese people (2015 version)



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