InBody BAND2

User's Manual

InBody BAND 2

User's Manual Contents

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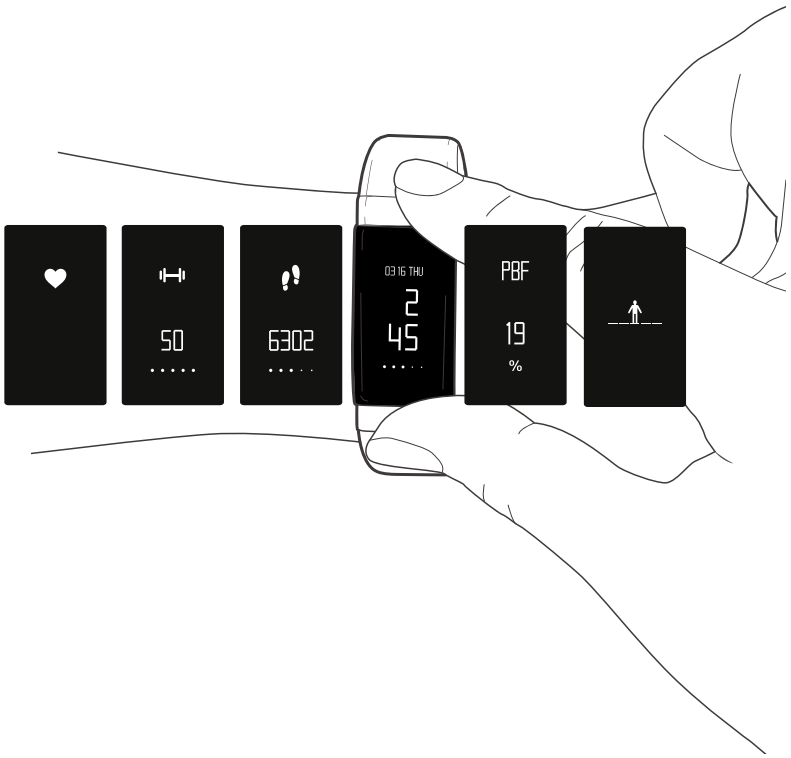
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About Your InBody BAND 2

The InBody BAND 2 is a wearable body composition analyzer that measures muscle mass, body fat mass, and body fat percentage. The InBody BAND 2 also counts steps, measures heart rate, calculates calories burned, and tracks sleep.



• Disclaimer: The InBody BAND 2 is not a medical device. It cannot determine the presence of an illness or disease. The examination of a medical professional is required for diagnosis.

Precautions

⚠ CAUTION

Please observe the following precautions and use the product in a safe manner in order to prevent an accident from occurring.

• Test results may vary depending on the environment and measurement conditions.
• If possible, avoid taking measurements in cold weather.
• This product has been tested in a controlled environment and is water/dust-proof in specific conditions (meets the requirements of IP68 rating specified in International Standard IEC 60529 - Degrees of Protection provided by Enclosures [IP Code]). However, under certain conditions, the product may be damaged when submerged in water.
• Do not disassemble product or apply electricity to the product. This may result in electric shock, injury, product malfunction or inaccurate results; and will void the manufacturer's warranty.
• Do not open by force, disassemble, crush, bend, deform, puncture or smash the product.
• Do not use the product if damaged. It may cause fire, burns, injury or electric shock.
• Do not immerse the product in seawater or chemical solutions (such as soap water).
• Do not leave the product in the bath or hot water.
• Do not leave or use the product under water; or expose to high-pressure water (water from the faucet, waterfalls, waves, etc.).
• Do not bend the product excessively. This may damage the product.
• If the product drops or shock is applied, the battery unit may be damaged or deformed, resulting in leakage.
• Please keep the product away out of reach of children and pets. Placing the product in your mouth is dangerous and may result in choking or battery explosion.
• Do not leave the product in a hot, humid environment, like the inside an automobile or steam room. The exterior may become deformed, may cause a malfunction or explosion.
• Do not expose the product to direct sunlight for extended periods of time or use in highly humid location, such as the bathroom.
• Do not alter or modify batteries, insert foreign objects, immerse or expose batteries to water and/or other liquids.
• Charge the battery before it completely discharges, as battery life will decrease if left uncharged for a long period of time.
• Battery life may vary slightly depending on product usage.
• Do not cover or wrap the product while it is in use or charging. There may be the cause of a fire.
• Do not use the product if you are allergic to metal, rubber or silicone materials.
• Periodically clean and dry the product, especially in areas that come into direct contact with the skin.
• You may experience an allergic reaction if you wear the product too tightly or have sensitive skin.
• You may experience an allergic reaction if the product is exposed to irritants such as soap or sweat over a long period of time.
• Keep the strap in a clean and dry.
• Keep the electrode components of the product away from electrically conductive materials. Electrostatic charges, such as static electricity, may damage product or cause it to malfunction.
• Do not use device while driving.
• The strap may be discolored or deformed by direct sunlight, water, oil or cosmetics.
• Do not use device while it is charging.
• If the USB cable is damaged, discontinue use.
• This device has been approved for electromagnetic compatibility, home use (Class B) and may be used in all regions.
• There is a possibility of interference during operation of radio equipment. In case of medical emergencies use your mobile phone to get help.

• Because Bluetooth uses the same frequency as the BAND, indirect interference may occur between devices.
• Users are liable for any problems occurring from data transmission or illegal use of Bluetooth.

⚠ WARNING

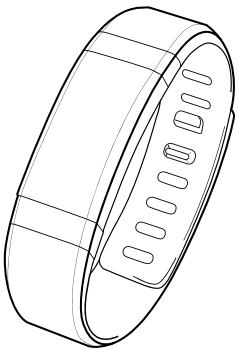
• Individuals with medical implant devices such as pacemakers or essential support devices such as patient monitoring systems should not take the InBody Test.
• The electrical current used for measurements are not harmful to the human body, however, women who are pregnant should consult with a specialist.

⚠ NOTES

• Use a soft cloth to clean the product once a week
• Product specifications and user manuals are subject to change without notice.

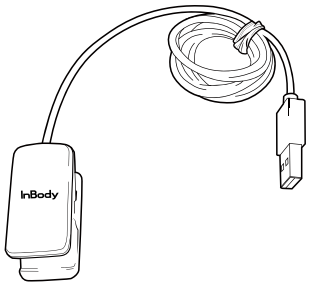
Parts and Functions

Product Components



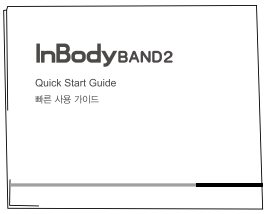
InBody BAND 2

Charging Cable



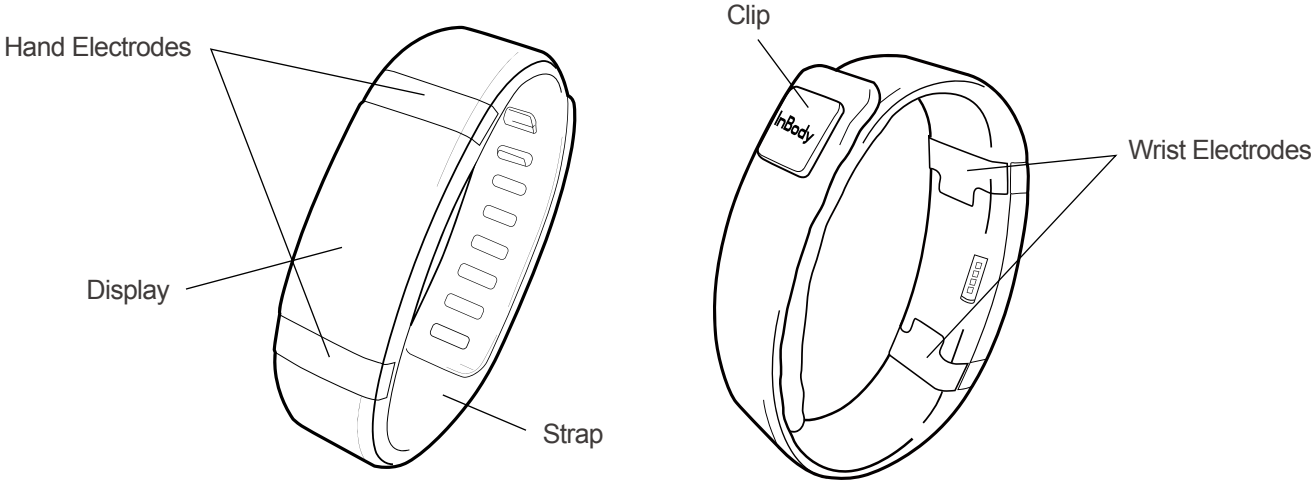


Safety Information and Warranty



Quick User Guide

InBody BAND 2



InBody BAND 2 Screen Layout

The InBody BAND 2 has different displays for each function.



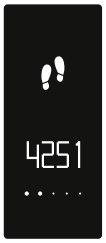
Date and Time:
Displays date, day of week, and time



InBody Test:
Measures Percent Body Fat (PBF)
and Skeletal Muscle Mass(SMM)



Heart Rate:
Measures heart rate



Step Count :
Measures the number of
steps taken today



Activity Minutes :
Duration of
walking/running



Calories Burned :
Calories burned from
activities



Distance :
Daily walking and running
distance



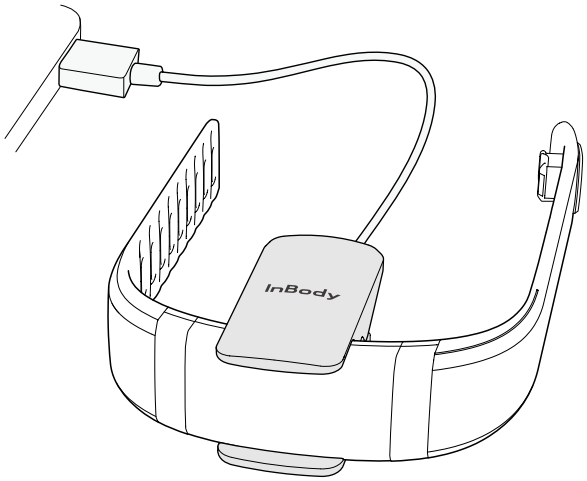
Battery Display :
Current remaining
battery life



EZTraining™ :
Counts exercise sets

How to Use

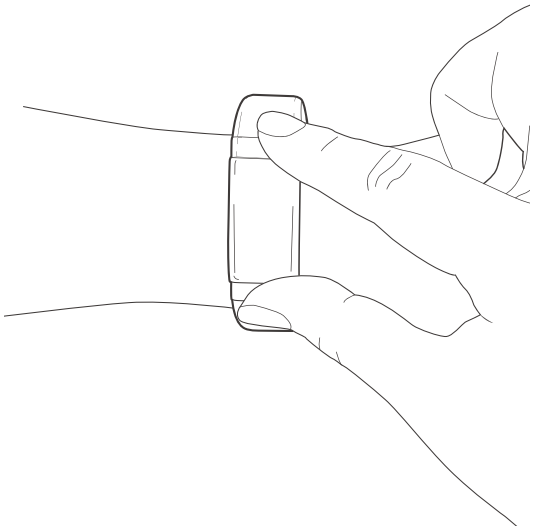
Charging



1. Charge the InBody BAND 2 by connecting the device to the included charging cable and plugging the USB connector into a USB port.
2. Once the InBody BAND 2 is securely connected to the charging cable, it will automatically turn on while charging.

* It takes approximately one hour to fully charge the battery.
* Bluetooth function is not available while charging.

Powering On



- If the power is off, put the InBody BAND 2 on your wrist, then press and hold the upper and lower electrodes on the InBody BAND 2 for about three seconds.

Turning Screen On



- To wake the screen, press the both electrodes on the InBody BAND 2.
- Alternatively, you can raise your wrist to wake the screen by enabling “Auto View”
- How to enable “Auto View”

InBody Wear app > ☰ Menu > Device Settings > Enable Auto View

* Auto View : To wake screen, raise arm wearing the InBody BAND 2.

Navigating the Display

You can flip through the display by simply tapping the display or touching both electrodes at the same time.

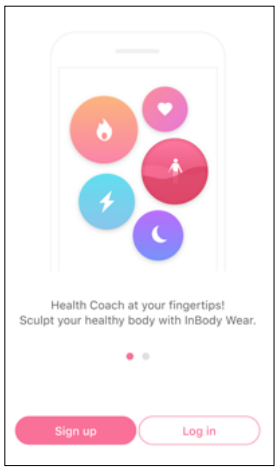
Using the InBody Wear App

Downloading the App

Search for "InBody Wear " in the Apple App Store or the Google Play Store and download .

Sign Up and Sync

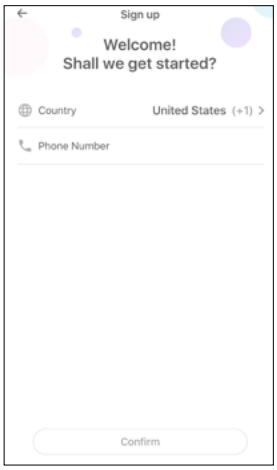
1. Open the InBody Wear app and press **Sign Up**.



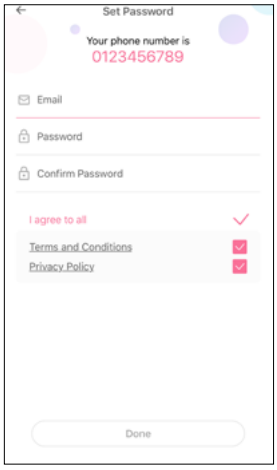
2. Press InBody BAND 2 to pair your device with the app. Once it is successfully paired with the app, press **Next**.



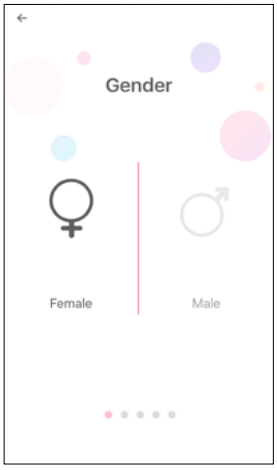
3. Select **Country** for your country calling code. Enter your mobile phone number and press **Confirm**.

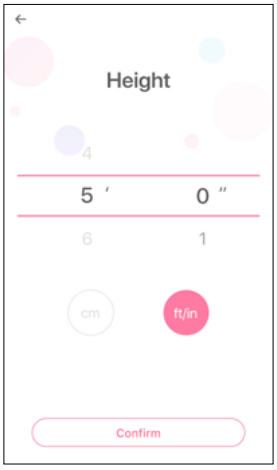


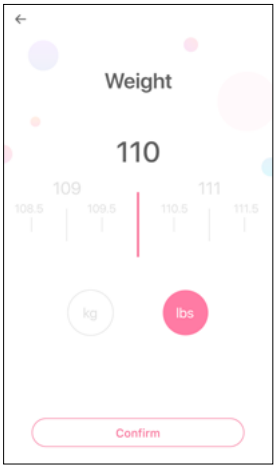
4. Enter your Email address and create and confirm a password. Select the check box to accept the terms and conditions & privacy policy and press **Done**.

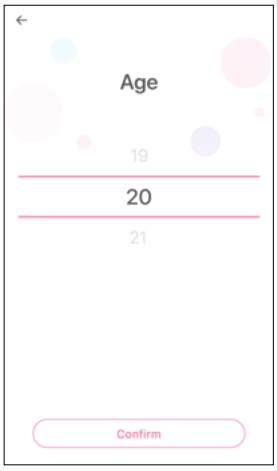


5. Input gender, height (cm or ft/in), age, weight, and nickname. Once finished, press **Done**.

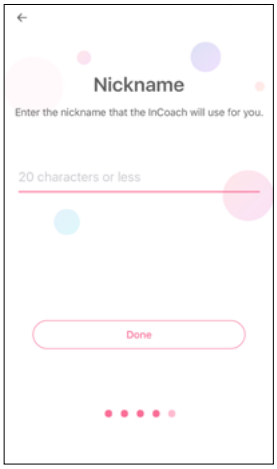








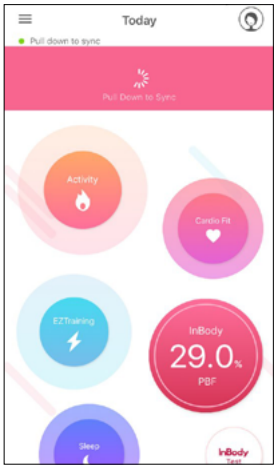
Press **Skip** or **Let's get started!** to continue. Once you have completed registration, you may take the InBody Test.





Transferring Data

At the InBody Wear App main screen, swipe the entire screen down to automatically update the InBody Test results as well as heart rate monitoring data, walking step count data and sleep analysis data stored on your InBody BAND 2.



InBody Test

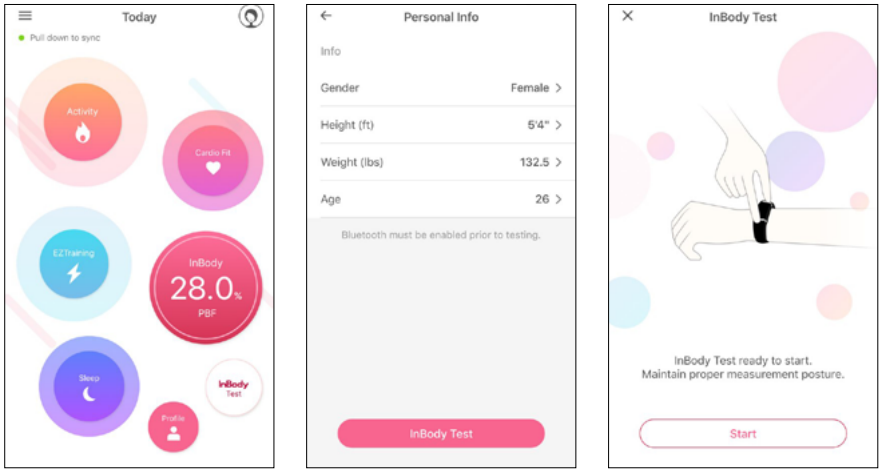
Measuring with the InBody Wear App

1. Press on the bottom right of the main screen.
2. Input your current weight and press **InBody Test** to start the measurement.
3. Place your fingers on both electrodes, when the test icon ( ) starts blinking on the device.

* It is recommended that you maintain the same posture and measurement time for the most accurate measurements.

4. After measurements are completed, the results are automatically saved in the app.

* Make sure your hands do not come in contact with each other when testing.



Measuring using only the InBody BAND 2

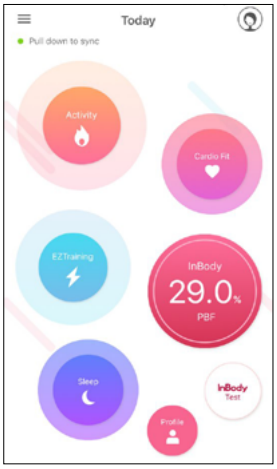
1. Press and hold both electrodes until the test icon ( ) starts blinking on the device.
2. Place your fingers on both electrodes, when the test icon ( ) starts blinking on the device.
3. After the test is completed, the result will come up on the device.

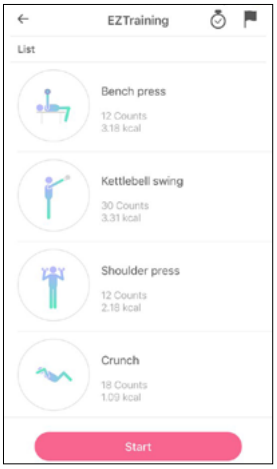
* To change the result to Skeletal Muscle Mass (SMM)
InBody Wear app 〉≡ Menu 〉 Device Settings 〉 Enable Muscle Mass.

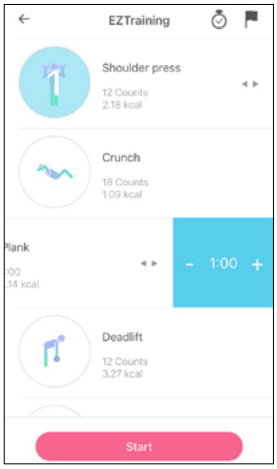
* When measuring using only the InBody BAND 2, the InBody Test measurements will be based on the weight saved.

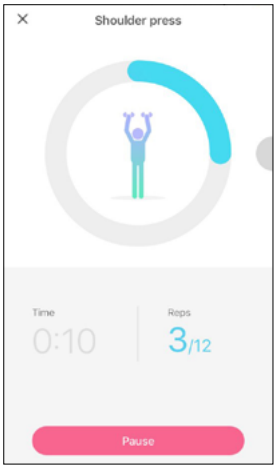
EZTraining™

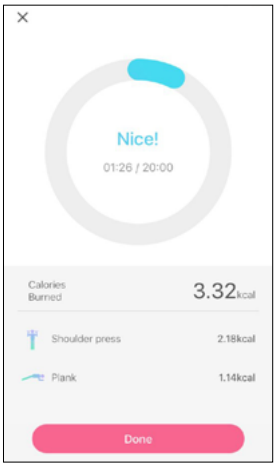
1. Open the InBody Wear App.
2. Select the EZTraining™ menu on the main screen.
3. Choose from 12 different exercises displayed.
(You can select exercise set count and duration by tapping the ◀ ▶ arrows after selecting an exercise.)
4. Press Start Activity button.
5. The exercise is counted if the correct form is used while wearing the InBody BAND 2.











Measuring Steps

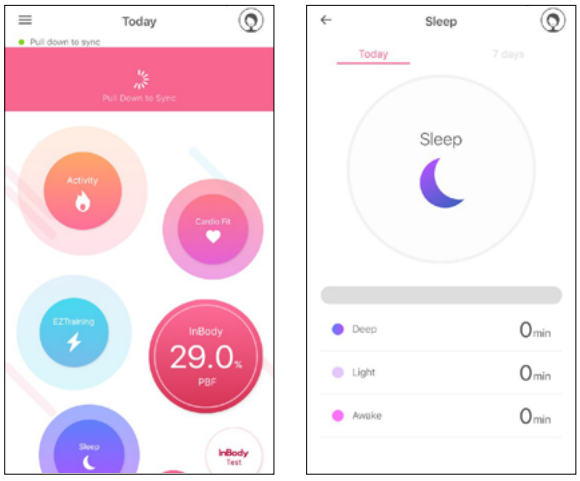
1. Wear your InBody BAND 2 on your wrist while carrying out your activities.
2. Your InBody BAND 2 automatically measures your steps.
3. When your InBody BAND 2 is synced with the InBody Wear app, the step data will be automatically transferred to the app.

Heart Rate Monitoring

1. Enter Heart Rate mode on your InBody BAND 2.
2. Place two fingers on the electrodes.
3. The heart rate measurement takes about 10 seconds.
4. When your InBody BAND 2 is synced with the InBody Wear app, the result will be automatically transferred to the app on the app.

Sleep Analysis

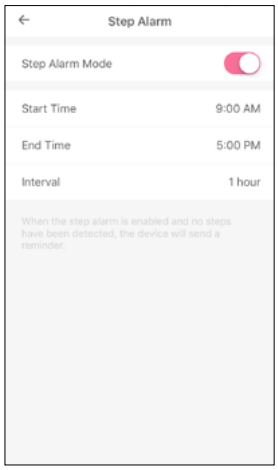
1. If you wear your InBody BAND 2 while sleeping, it will analyze your sleep pattern.
2. To view your sleep analysis results, select the Sleep menu on the main screen.
3. Sleep analysis results are divided into the following categories: deep sleep, light sleep and awake.



Notifications

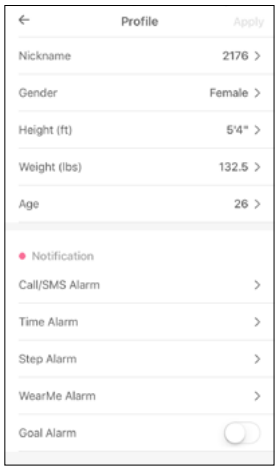
Step Alarm

1. Select Step Alarm in the Profile menu at the bottom of the main screen.
2. Select start time, end time or and repeat interval.
3. If walking is not detected during the set time, your InBody BAND 2 will vibrate.



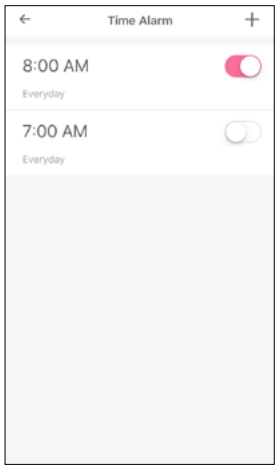
Goal Alarm

1. Enable Goal Alarm in the Profile menu at the bottom of the main screen.
2. You can set your goal (number of walking steps, calories) by selecting the flag icon in the Activity screen.



Time Alarm

1. Select Time Alarm in the Profile menu at the bottom of the main screen.
2. Tap the Add button on the top right to set alarm time, day of the week, repeat cycle, repeat count, vibration strength, and name of alarm.



WearMe Alarm

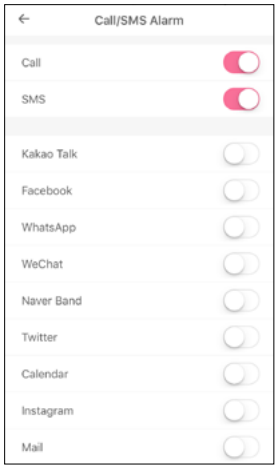
By enabling WearMe Alarm, you can get your InBody BAND 2 to alert you when you have not worn it for a set time.

1. Select WearMe Alarm in the Profile menu at the bottom of the main screen.
2. Set start time, end time and time interval.



Call/SMS Alarm

1. Select Call/SMS Alarm in the Profile menu at the bottom of the main screen.
2. Select items you'd like to receive notification for.



Replacing the Strap

1. Support the back of the InBody BAND 2 electrodes with your index finger.
2. Remove the strap by pushing the LCD screen downward with your thumb and pushing the strap upward with the other hand.
3. Remove the other strap in the same way.
4. Mount the strap by pushing it downward.

Specifications

Information Displayed	Current time, Percent Body Fat or Skeletal Muscle Mass (selectable from the app), heart rate, walking steps, active time, calories burned, distance walked/ran, notifications, EZTrainingTM, and battery level.
Measurement Current	Below 90μ A
Data Storage	2 weeks (depending on usage)
Dimensions	0.7 (W) x 1.7 (L) x 0.4 (H) inches
Charging Time	Approx. 1 hour
Wrist circumference	5.3 – 7.7 inches
Color	Midnight Black, Stone Gray, Red Wine, Modern Navy
Input Power	Operating voltage: 3.7 VDC, Charging voltage: 5.0 VDC
Operating environment	50 – 104 ° F, 30 – 75%RH, 70 – 106kPa
Transportation and Storage Environment	14 – 158 ° F, 10 – 80%RH, 50 – 106kPa (no condensation)
Frequency Used	2402 MHz to 2480 MHz
No. of Channels	40
Modulation Method	GFSK
Wattage	1mW and below
Waterproof Rating	IP68

Warranty

Product Service Standards

• Complementary service is only available when a manufacturer defect or natural defect occurs within the warranty period.

• Matters not specified here are subject to "Fair Trade Commission Notice of Consumer Dispute Resolution Standards".

Types of Compensation for Consumer Damages

Types of Compensation for Consumer Damages	Within Warranty Period	After Warranty Period
Within 10 days of product purchase, performance or functional defects that occur during normal use that require repairs.	Exchange or refund	Repairs Available for a Fee
Within 1 month of product purchase, performance or functional defects that occur during normal use that require repairs.	Exchange or complementary repair	

Types of Compensation for Consumer Damages		Within Warranty Period	After Warranty Period
Repair Service Available	If the same defect occurs up to 3 times	Complementary Repair	Repairs Available for a Fee
	If the same defect occurs up to 4 times	Exchange or refund	
Repair Service Not Available	Undelivered products within 1 month of service request	Exchange or refund	Refund after deduction 10% of the depreciation amount
	Repair is unavailable without repair components	Exchange or refund	

Warranty Period

⚠ Note

• If the product is changed or damaged due to disassembly or repair by unlicensed personnel, warranty service will be voided.

Product Name	InBody BAND 2	Model Name	InBody BAND 2
Date of Purchase	Day Month Year	Product Serial Number	
Vendor		Warranty Period	1 Year From Date of Purchase

[Component Retention Period Within 3 YEAR]

[Component Warranty Period:
1 Year from Date of Purchase (Excludes Strap)]

• If the date of purchase cannot be confirmed, the warranty period will begin three months from the date manufactured.

• This warranty is only available in USA, and cannot be reissued. Please keep in a safe place.

Services Available for a Fee

Instances of Product Damage from Consumer Misconduct

- damage caused by carelessness (falling, flooding, shock, breakage, unreasonable operation, etc.)
- damage from consumer's failure to observe the instructions and precautions as described in the user's manual.

Other Instances

- Defects from natural disasters (fire, flood, abnormal power surge, etc.)
- Consumable parts have reached the end of their lifespan (battery, strap already worn)

Product Disposal

Customer Guide for Environmentally Friendly Projects (Waste Products): This product must be discarded with e-waste. For more information on disposal and recycling electronic products, please reference local government policies.



InBody

For any problems with your InBody BAND 2, please contact us at the following:

InBody USA

13850 Cerritos Corporate Drive, Unit C, Cerritos, CA 90703

Website: http://www.inbody.com Email: band@inbody.com

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InBody Co., Ltd reserves the right to modify the appearance, specifications, and etc. of the InBody BAND 2 to improve the quality of the product, without prior notice for reasons of performance improvement.