

InBodyBAND3

User's Manual **USA**

InBodyBAND3 User's Manual for Measurement Guide and Setup

Thank you for purchasing the InBodyBAND3. This user's manual describes all the features of the InBodyBAND3. Please read before use and keep it in a safe place. By following the manual instructions, you will be able to use the InBodyBAND3 more safely and effectively.

Headquarters Information

InBody

(주)인바디 본사 [대한민국]

06106 서울시 강남구 언주로625 인바디빌딩
TEL: 02-501-3939 FAX: 02-6919-2417 고객센터: 1899-5841
Website: inbody.com E-mail: info@inbody.com

InBody Co., Ltd. [HQ]

InBody Bldg., 625, Eonju-ro, Gangnam-gu, Seoul 06106 KOREA
TEL: +82-2-501-3939 FAX: +82-2-6919-2417
Website: inbody.com E-mail: info@inbody.com

인바디

31025 충청남도 천안시 서북구 입장면 흑암길 15
TEL: 041-581-3003 FAX: 041-581-3103
Website: inbody.com E-mail: info@inbody.com

인바디 Co., Ltd. [MANUFACTURER]

15, Heugam-gil, Ipjang-myeon, Seobuk-gu, Cheonan-si, Chungcheongnam-do 31025 KOREA
TEL: +82-41-581-3003 FAX: +82-41-581-3103
Website: inbody.com E-mail: info@inbody.com

Representative & Sponsor Information

InBody Europe B.V. [NETHERLANDS]

Gyroscoopweg 122, 1042 AZ, Amsterdam, The Netherlands
TEL: +31-20-238-6080 FAX: +31-6-5734-1858
Website: nl.inbody.com E-mail: info.eu@inbody.com
Website (CS): csinbody.eu E-mail (CS): support@inbody.com

InBody Europe B.V. Niederlassung Deutschland [GERMANY]

Mergenthalerallee 15-21, 65760 Eschborn, Germany
TEL: +49-6196-76-916-62 FAX: +49-6196-76-916-11
Website: de.inbody.com E-mail: erfolg@inbody.com

InBody UK [UNITED KINGDOM]

11 Phoenix Park, Telford Way, Stephenson Industrial Estate, Coalville LE67 3HB, United Kingdom
TEL: +44-1530-569620
Website: uk.inbody.com E-mail: uk@inbody.com

InBody Oceania [AUSTRALIA]

Main office: Level 8, 1 York Street, SYDNEY, NSW 2000, Australia
Showroom: U2/82-86 Minnie Street, Southport, Queensland
TEL: +61-7-5681-1900
Website: au.inbody.com Email: oceania@inbody.com

InBody USA [USA]

13850 Cerritos Corporate Dr. Unit C Cerritos, CA 90703 USA
TEL: +1-323-932-6503 FAX: +1-323-952-5009
Website: inbodyusa.com E-mail: info.us@inbody.com

InBody BWA Inc. [USA]

2550 Eisenhower Avenue, Suite C 209, Audubon, PA 19403
TEL: +1-610-348-7745
Website: inbodybwa.com E-mail: bwainquiries@inbody.com

株式会社インボディ・ジャパン [JAPAN]

〒136-0071 東京都江東区亀戸1-28-6 タニビル
TEL: 03-5875-5780 FAX: 03-5875-5781
Website: inbody.co.jp E-mail: inbody@inbody.co.jp

拜斯倍斯医疗器械贸易(上海)有限公司 [代理人及售后服务] [CHINA]

代理人地址: 上海市闵行区宜山路1698号903、904室
电话: +86-21-6443-9705 传真: +86-21-6443-9706
网站: inbodychina.com 电子邮箱: info@inbodychina.com

InBody Asia [MALAYSIA & SINGAPORE]

Unit 3A-11, Oval Damansara, 685 Jalan Damansara Kuala Lumpur, WP KL 60000 Malaysia
TEL: +60-3-7732-0790 FAX: +60-3-7733-0790
Website: inbodyasia.com E-mail: info@inbodyasia.com

Biospace Latin America [MÉXICO]

Insurgentes Sur 1457, Piso 15 Int.2. Col. Insurgentes Mixcoac, Alcatla Benito Juarez, C.P. 03920, Ciudad de México, México
TEL: +52-55-5025-0147
Website: inbodymexico.com E-mail: info.mx@inbody.com

InBody India [INDIA]

57/57 A, 1st Floor, Raj Industrial Complex, Military Road, Marol, Andheri (East), Mumbai- 400059, Maharashtra, India
TEL: +91-22-6223-1911
Website: inbody.in E-mail: india@inbody.com

Copyright

This User Manual, in whole or part, shall not be copied, reproduced, translated, or converted into other media without written agreement by InBody in accordance with the Copyright Act. This User Manual may contain printing errors and be subject to change without notice. InBody will not be liable for any damage from the violation of this User Manual.

InBodyBAND3 is subject to change for improvement without any notice (e.g., appearance, specifications, etc.).

©2024 InBody Co., Ltd. All rights reserved.





Table of Contents

1	Safety.....	5
1.1	Safety Symbols in the User Manual.....	5
1.2	Cautions.....	5
2	InBodyBAND3 Overview.....	9
2.1	Components.....	9
2.2	Names of Components.....	9
3	Preparations.....	10
3.1	Charging the Battery.....	10
3.2	Installing and Connecting the InBody App.....	12
3.3	Wearing InBodyBAND3.....	13
3.4	Turning on the Display.....	13
3.5	Navigating InBodyBAND3.....	14
3.6	Running InBodyBAND3 Apps.....	14
3.7	Replacing the Strap.....	15
4	Using InBodyBAND3.....	16
4.1	Main Page.....	16
4.2	InBody Test (Body Composition Analysis).....	16
4.3	Activity Tracking.....	20
4.4	Sleep Analysis.....	20
4.5	Heart Rate Measurement.....	21
4.6	Notifications (calls/ messages).....	23
4.7	Weather Check.....	23
4.8	Exercise Tracking.....	24

4.9	Stopwatch/Timer/Alarm	24
4.10	Music Control	25
4.11	Notification.....	25
4.12	System Settings.....	26
4.13	EZTraining	26
5	Trobleshooting and Frequently Asked Questions.....	27
6	InBodyBAND3 Specifications.....	31
7	InBodyBAND3 Warranty.....	32

1 Safety

1.1 Safety Symbols in the User Manual

- | | |
|--|--|
|  Warning | Failing to follow these instructions may result in serious injury. |
|  Caution | Failing to follow these instructions may result to product damage or inaccurate results. |
|  Avertissement | <i>Le non-respect de ces directives pourrait entrainer des blessures graves pour l'utilisateur.</i> |
|  Attention | <i>Le non-respect de ces directives pourrait entrainer des dommages au produit ou des résultats d'analyses inexacts.</i> |

1.2 Cautions

Warning

- A person wearing an implanted medical device (e.g., pacemaker, etc.) or a life-sustaining device (e.g., patient monitoring device, etc.) should not use the InBodyBAND3. For example, the pacemaker may malfunction due to the current flowing through the body during InBody Test and this could pose a serious risk to your health and safety. InBody Co., Ltd. will not be liable for any injury or damage from violating these warnings.
- Bioelectrical Impedance Analysis (BIA) method uses micro-current and does no harm to the human body. However, if a pregnant woman uses InBodyBAND3, her fetus may be affected. Therefore, medical advice is required for such usage.
- Do not use the InBodyBAND3 in situations that are distracting and lead to dangerous circumstances or while driving a car.
- Since InBodyBAND3 is not a medical device, it is not intended to diagnose or give medical direction based on the symptoms of a disease.

Caution

- InBody Test results may be affected by environmental factors and the customer's measurement condition.
- InBodyBAND3 has a built-in magnet. Keep a safe distance from objects that can be affected by magnets, such as credit cards and medical devices.
- InBodyBAND3 was tested in a controlled environment and will be waterproof or dustproof only under the specified circumstance (IP68 requirements of IEC 60529 satisfied). Submerging the product underwater may cause damage.
- Do not immerse InBodyBAND3 in seawater or chemical solvent (soap water).
- Do not leave InBodyBAND3 in a sauna or hot water.
- Do not leave InBodyBAND3 unattended or near high pressure water streams like waterfalls, waves, or underwater.
- Do not use InBodyBAND3 while playing extreme water sports such as diving, surfing, rafting, etc.
- When connecting InBodyBAND3 to a smartphone, follow the User Manual.
- Any damaged USB cable should not be used (e.g., peeled sheath, etc.).
- The optimal temperature for using InBodyBAND3 is 32 ~ 104 °F (0 ~ 40 °C), and the optimal temperature for storage is -4 ~ 140 °F (-20 ~ 60 °C). Temperatures outside these ranges may damage InBodyBAND3 or shorten the battery life.

Caution

- Do not expose InBodyBAND3 to direct sunlight for hours.
- Do not change or modify the battery.
- If the battery is left discharged for hours, its life will be shortened. Therefore, please charge the battery before it is removed.
- The battery life can be affected by different settings, amount of InBody Test, and InBody App usage.
- Do not cover or wrap InBodyBAND3 with a blanket while it is being used or charged. It may cause a fire.
- Do not keep InBodyBAND3 in a hot, humid environment (e.g., car, electric heating pad, etc.). InBodyBAND3 may be deformed, damaged, or explode.
- Protect the InBodyBAND3 from any potential physical damage (dropping, knocking it off) while it's connected to the charger.
- Keep InBodyBAND3 away from pets or children. If you put InBodyBAND3 in your mouth or bite it, you may injure yourself.
- Anyone allergic to metals, rubbers, or silicon materials should not use InBodyBAND3.
- Clean and dry InBodyBAND3 regularly. In particular, take extra care of the parts that are in contact with the skin.
- Wearing InBodyBAND3 too tight may cause skin irritation to sensitive skin.
- There are several factors associated with skin irritation: prolonged exposure to stimulants (soap, sweat, etc.), allergic factors, environmental factors, etc.
- If your product gets soaked with pure water, wipe it down with a soft, clean cloth until it is completely dry. If the liquid is not pure water (such as salt water, pool water, soapy water, oil, perfume, sunscreen, hand sanitizer, cosmetics, etc.), rinse the product with clean water first and then wipe it down with a soft, clean cloth until it is completely dry. Failure to follow this process may cause problems regarding the performance or appearance of the product.
- Keep the strap in clean and dry condition.
- InBodyBAND3's electrode unit should not touch any electroconductive material. This is because InBodyBAND3 may be damaged or fail due to excitation such as static electricity.
- The strap may be contaminated, discolored, or deformed by direct sunlight, water, oil, cosmetics, etc.
- Do not forcibly bend or deform InBodyBAND3. InBodyBAND3 may be damaged.
- Do not use any damaged product. It may cause burns and electric shock.
- InBodyBAND3 uses household electromagnetic wave (Class B).
- The user is responsible for any problem or violation associated with Bluetooth-based data transmission.
- Since a Bluetooth device uses the same bandwidth as other electronic devices, radio frequency interference may occur.
- Do not touch the eyes directly with the running optical heart rate sensor. In particular, be careful not to put the measuring sensor to the eyes of infants. It may cause temporary or permanent eye injury.
- Do not disassemble or modify InBodyBAND3. It may cause product failure, measurement error, or personal injury. InBody USA will not be liable for any damage or loss caused by disassembling InBodyBAND3.
- Use InBodyBAND3 under the operating environment specified in InBodyBAND3 specifications.
- Only representatives from InBody service center are allowed to repair and inspect InBodyBAND3. Please contact the Product Support team at Support@inbody.com.



Avertissements

- Les personnes à qui une équipe médicale a implanté un dispositif médical comme un stimulateur cardiaque (pacemaker) ou qui disposent d'un dispositif d'assistance essentiel pour le maintien de vie comme un dispositif médical de surveillance ne devraient pas utiliser l'appareil InBody. Pendant l'analyse InBody, le dispositif (stimulateur cardiaque) pourrait mal fonctionner en raison de la circulation d'un faible courant électrique pouvant entraîner des blessures graves ou la mort. InBody Cie Ltée n'est pas responsable des dommages aux personnes ou au dispositif causés par le non-respect des présentes précautions.
- La bioimpédance (BIA) utilise un courant de très faible intensité ne provoquant pas de douleur chez le patient. Toutefois, si une femme enceinte l'utilise, cela pourrait affecter le fœtus, il est donc recommandé de l'utiliser seulement après avoir consulté un médecin ou un spécialiste.
- N'utilisez pas le dispositif en conduisant ou dans des situations où la négligence pourrait provoquer un accident.
- Ce dispositif ne peut pas déterminer la présence de maladie. Il est fortement recommandé de consulter un professionnel de la santé pour établir la présence ou non d'une maladie.



Attention

- Les résultats de l'analyse peuvent varier en fonction de l'environnement et des conditions de fonctionnement (composition corporelle, fréquence cardiaque, etc.).
- Le dispositif comporte un aimant. Assurez-vous de le maintenir éloigné d'objets pouvant être sensibles aux aimants comme les cartes de crédit et les dispositifs médicaux.
- Ce dispositif a été testé dans un environnement contrôlé et n'est étanche et anti-poussière que sous certaines conditions (satisfait les exigences de la classification IP68 spécifiées dans la norme internationale IEC 60529). Toutefois, dans certaines circonstances, le dispositif pourrait être endommagé s'il était immergé dans l'eau.
- N'immergez pas le dispositif dans de l'eau de mer ou des solutions chimiques (l'eau savonneuse, etc.).
- Ne laissez pas le dispositif dans une salle de bain ou dans de l'eau chaude.
- Ne laissez pas le dispositif sous l'eau courante telles l'eau coulant d'un robinet, une cascade ou des vagues, n'utilisez pas le dispositif s'il est immergé dans l'eau
- N'utilisez pas le produit pour la plongée, le plongeon et les sports nautiques, ou pour une utilisation dans des eaux à courant rapide, sauf pour nager dans des eaux peu profondes.
- Lors de la connexion du produit à d'autres dispositifs, veuillez suivre les instructions du manuel de l'utilisateur.
- N'utilisez pas de câble USB endommagé (composants exposés).
- La température de fonctionnement optimale pour ce produit est de 32 à 104 °F (0 à 40 °C) et la température de stockage optimale est de -4 à 140 °F (-20 à 60 °C). Des températures supérieures ou inférieures aux températures optimales peuvent endommager le produit ou raccourcir la durée de vie de la pile.
- N'exposez pas le dispositif à la lumière directe du soleil pendant une longue période.
- Ne changez pas ni ne modifiez la pile.
- Si la pile n'est pas rechargée pendant une longue période, la durée de vie de la pile s'en trouverait affectée. Chargez la pile avant qu'elle ne s'épuise.
- La durée de vie de la pile peut varier en fonction des analyses, de la synchronisation, et des options utilisées.
- Ne couvrez pas ou n'enveloppez pas le dispositif avec une couverture pendant son utilisation ou la recharge de la pile. Cela pourrait causer un incendie.
- Ne laissez pas le dispositif dans un environnement à haute température et à forte humidité tel que l'intérieur d'une voiture, une couverture chauffante, etc. L'apparence du dispositif pourrait être altérée, le dispositif pourrait être endommagé ou exploser.
- Veillez à ce que le dispositif ne reçoive aucun impact lorsque relié à la borne de recharge.
- Tenez hors de portée des animaux et des enfants. Mettre le produit dans votre bouche ou le mordre peut causer une suffocation et une explosion de la pile.
- Toute personne allergique aux matériaux tels les métaux, le caoutchouc ou le silicone ne devrait pas utiliser le dispositif.

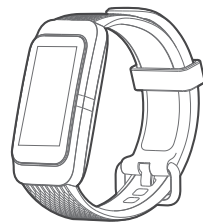
Attention

- *Lavez et séchez périodiquement le dispositif et apportez un soin particulier à la zone directement en contact avec la peau. Porter le dispositif trop serré pourrait entraîner une réaction cutanée chez les personnes ayant une peau sensible.*
- *Porter le dispositif trop serré pourrait entraîner une réaction cutanée chez les personnes ayant une peau sensible.*
- *Il existe plusieurs facteurs irritants pour la peau : une exposition prolongée à des stimuli tels que le savon ou la sueur ou à des allergènes environnementaux.*
- *Gardez le bracelet propre et sec.*
- *Veillez à ce que les électrodes du dispositif n'entrent pas en contact avec un matériau électroconducteur. Les stimulations électriques telles que l'électricité statique peuvent endommager ou entraîner un mauvais fonctionnement du dispositif.*
- *Le bracelet peut être contaminé, décoloré ou déformé s'il est exposé à la lumière directe du soleil, à de l'eau, de l'huile, des produits cosmétiques, etc.*
- *Veillez à ne pas plier ou déformer de façon abusive le dispositif, il pourrait s'endommager.*
- *N'utilisez pas le produit s'il est endommagé. Cela provoquer des brûlures ou décharges électriques.*
- *Ce dispositif est adapté aux ondes électromagnétiques domestiques (classe B) et peut être utilisé dans toutes les zones.*
- *Les utilisateurs sont responsables des problèmes de transmission ou d'utilisation illégale de données causés par l'utilisation de Bluetooth.*
- *Étant donné que Bluetooth utilise la même bande de fréquence que de nombreux appareils électroniques, des interférences d'ondes radio peuvent se produire entre les appareils.*
- *Lorsqu'il est en fonction, ne portez pas le capteur optique de fréquences cardiaques directement à vos yeux ou à ceux d'un enfant. Cela pourrait causer des lésions oculaires temporaires ou permanentes.*
- *Ne démontez pas l'appareil de façon arbitraire. Ceci comporte des risques d'électrocution et de blessure, un mauvais fonctionnement de l'appareil, et des résultats inexacts. InBody Cie Itée n'est pas responsable des dommages connexes pouvant être causés par une manipulation arbitraire de l'utilisateur.*
- *Utilisez ce produit dans l'environnement de fonctionnement recommandé spécifié dans les spécifications du produit.*
- *L'entretien et la maintenance ne peuvent être effectués que par les employés du Service après-vente d'InBody Cie Itée. Pour tout entretien, réparation, et inspection, veuillez appeler au Support@inbody.com*

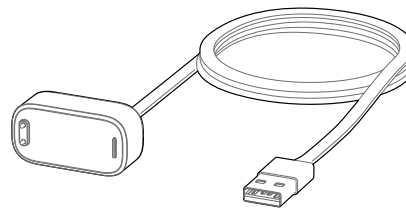
2 InBodyBAND3 Overview

2.1 Components

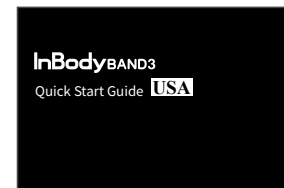
InBodyBAND3 has the following components. First, check if all the parts are included.



InBodyBAND3

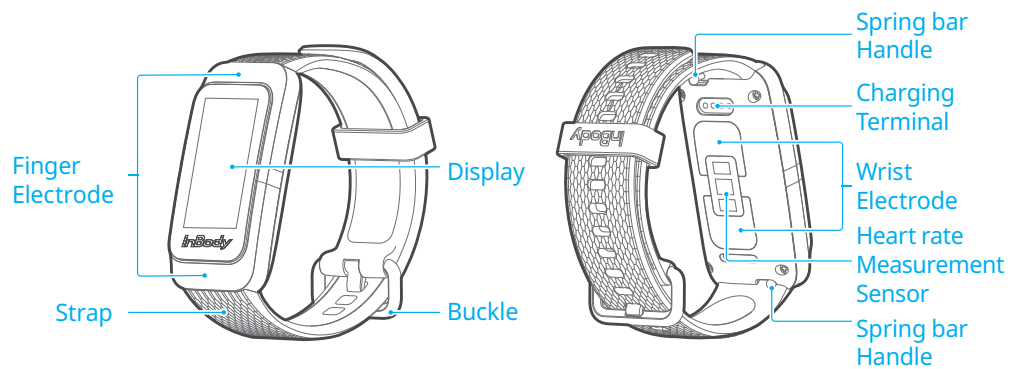


Charger



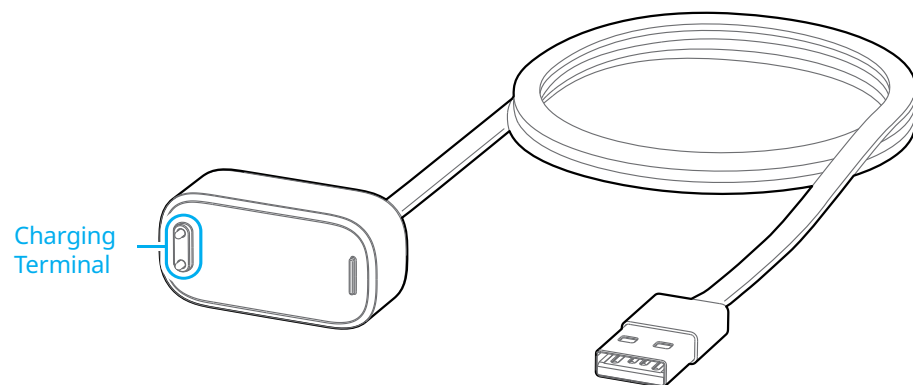
Quick Start Guide

2.2 Names of Components



<Front View>

<Rear View>



<Charger>

3 Preparations

3.1 Charging the Battery


Caution

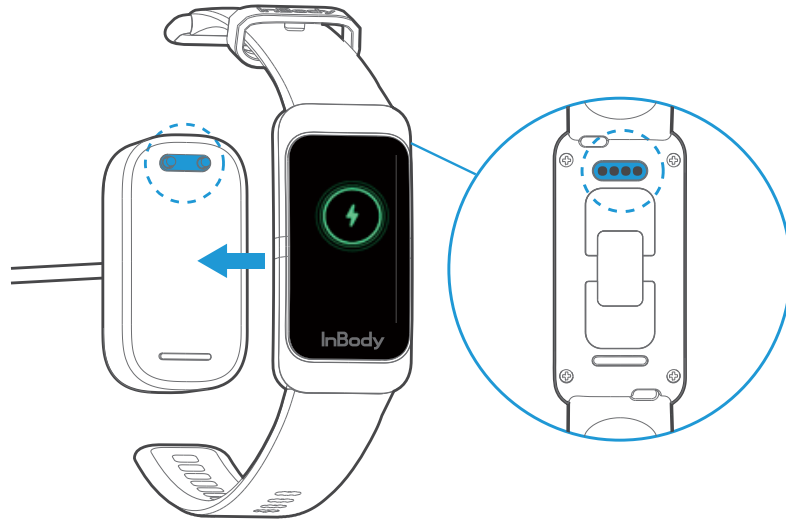
- Any foreign matter (like sweat, liquid, dust, etc) between the charging terminal will block the InBodyBAND3 from charging.
- If the power is not not stable during charge, the display may not work. In this case, detach the InBodyBAND3 from the charger.
- InBodyBAND3 may get hot while it is being charged. This is a normal condition, which does not affect the life or functionality of the InBodyBAND3. However, if the battery's temperature reaches a certain level, charging may be stopped for safety reasons. In this case, separate the InBodyBAND3 from the charger, let it cool down and charge the InBodyBAND3 again.
- Be careful not to bend or twist the charger's cable. The cable may be worn out or damaged. Any damaged cable should not be used.

Attention

- *Lors de la connexion du produit avec le chargeur, s'il y a un corps étranger entre les bornes de recharge, il peut ne pas se charger correctement. Avant de charger, vérifiez que le produit et le chargeur ne contiennent pas de substances étrangères telles que de la sueur, du liquide ou de la poussière.*
- *Si l'alimentation n'est pas fournie de manière stable pendant le chargement, l'écran peut ne pas fonctionner correctement. Dans ce cas, séparez le produit du chargeur.*
- *Le produit peut devenir chaud pendant le chargement. Ceci est normal et n'affecte pas la durée de vie ou la fonction du produit. Si la température de la batterie dépasse un certain niveau, le chargement peut s'arrêter pour des raisons de sécurité. Dans ce cas, séparez le produit du chargeur et laissez-le refroidir avant de le recharger.*
- *Veillez à ne pas plier le câble du chargeur. Le câble du chargeur peut être usé ou abîmé. Si le câble du chargeur est endommagé, arrêtez de l'utiliser.*

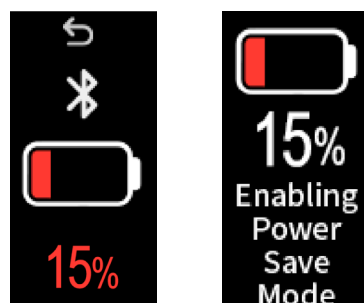
Connect the charger to the InBodyBAND3 charging terminal.


The charging icon, , will be displayed on the screen once the charging terminals are correctly connected.



- Note**
- It may take longer to charge the product if the charger is connected to a weak power source such as computer USB port.
 - It takes approximately 1 hour and 30 minutes to fully charge the discharged battery.
 - When the battery is discharged, the display will not be on even after the InBodyBAND3 is connected to the charger. So charge the battery for at least a few minutes.
 - While the battery is being charged, only the current time and remaining battery life are shown. However, some notifications that need to be checked immediately such as phone calls, will be received.
 - It is recommended to use a general charger (higher than 5.0V). InBodyBAND3 may not be charged normally when charging with a USB port on PC, desktop, or laptop.

Battery saving



If the battery life goes below 15%, power saving mode will activate. The brightness and vibration intensity will decrease to save battery life. The power saving mode is applied only when InBody App >  icon > InBodyBAND3 > Low Battery Mode is turned on.

3.2 Installing and Connecting the InBody App

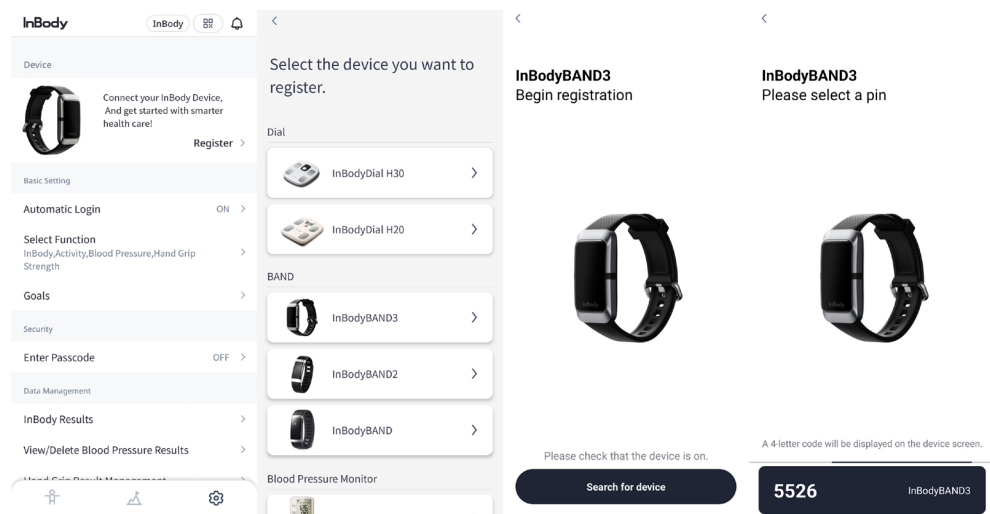
You can use the InBody App to record and manage InBody results.

Installing the InBody App

- 1 Search InBody from Apple App store or Google Play store and install.
- 2 Open the InBody App and register.
* Android OS 7.0 or later or iOS 13.0 or later.

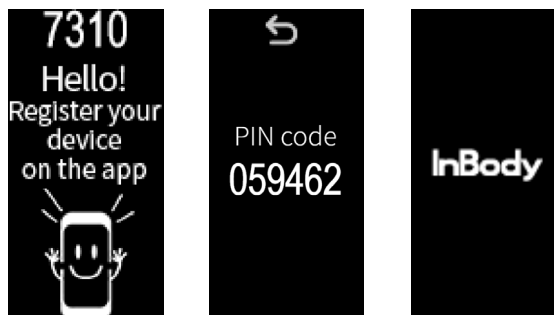
InBodyBAND3 settings

- 1 Select InBodyBAND3 from the InBody App > ⚙ icon > Register (under Device) > InBodyBAND3



1. InBody App > ⚙ icon
 2. Register (under Device)
 3. Select InBodyBAND3
 4. Search for Device
 5. Match the 4-digit serial number and the PIN code
- 2 Match the 4-digit serial number and PIN code shown at the top of the InBodyBAND3 screen with the InBody App.

- When setup is complete, a time screen appears.



Note

- The InBodyBAND3 has to be registered on the InBody App to use.
- Please update the firmware to the latest version during the first connection attempt. The firmware can be updated from the InBody App > ⚙ icon > InBodyBAND3.
- The InBody App connection screen appears when connecting to the charger at the first connection or initializing the InBodyBAND3.
- If InBodyBAND3 is not connecting with the InBody App, try deleting InBodyBAND3 from your Bluetooth setting and reconnect it in InBody App.
- Only smartphone models with Bluetooth version 5.0 or higher can be linked to InBodyBAND3.

Data synchronization

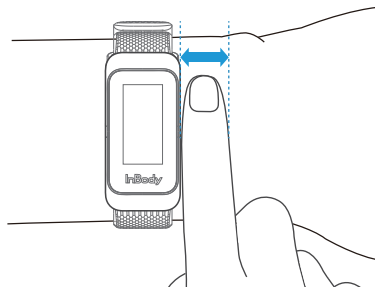
Android: Open the InBody App and tap the "BAND3 Sync" button next to the "Today" item.

iOS: Open the InBody App and swipe down on the dashboard screen.

When synchronized, the InBody App records walking, sleep, heart rate, stress, exercise volume, and InBody Test data recorded on the InBodyBAND3.

3.3 Wearing InBodyBAND3

Separate the InBodyBAND3 by one finger below the wrist bone and wear the product.

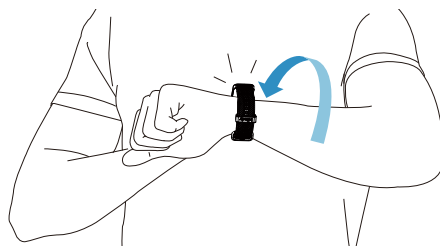


- Note**
- For accurate measurement, please wear the InBodyBAND3 on your wrist following the guide above.
 - Put on the InBodyBAND3 to fit tightly on the wrist by moving it up your forearm, avoiding the wrist bone for accurate measurement.
 - Adjust the watch strap so your watch fits comfortably.
 - Please wear the InBodyBAND3 on your non-dominant hand.

3.4 Turning on the Display

Option 1

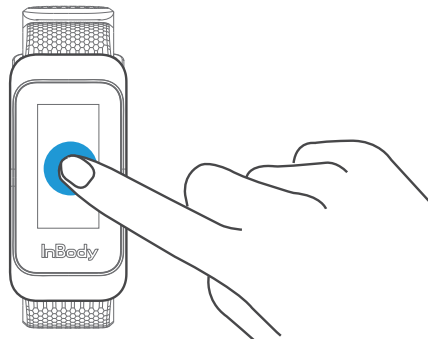
To turn on the display of the InBodyBAND3, rotate your wrist inward.



- Note** You can change the wrist-turning display option and the wrist option in  icon > InBodyBAND3 > Screen Setting of the InBody App.

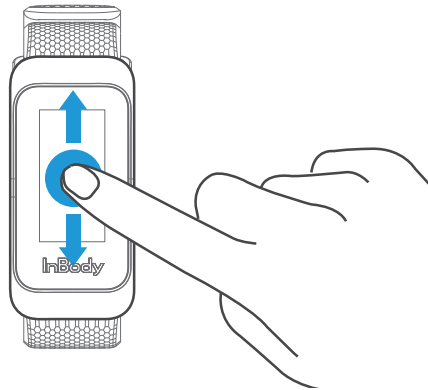
Option 2

If you touch the screen, the display will turn on.




3.5 Navigating InBodyBAND3

You can swipe up or down on the display to navigate.

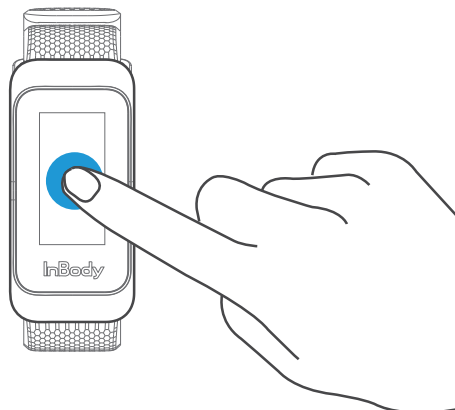


Note

- You can change the type and sequence of the screen in  icon > InBodyBAND3 > Screen Setting > Display Setting of the InBody App.
- This product does not support the left-right scroll function

3.6 Running InBodyBAND3 Apps

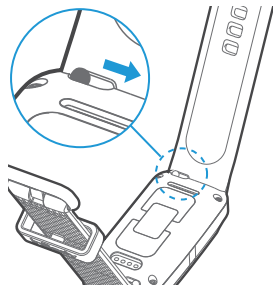
Tap the app to either run or view more options.



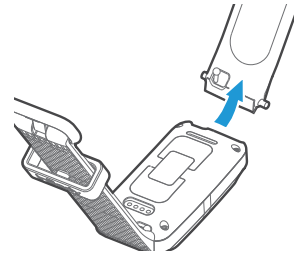
3.7 Replacing the Strap

Removing the strap

- 1 Push in the latch.

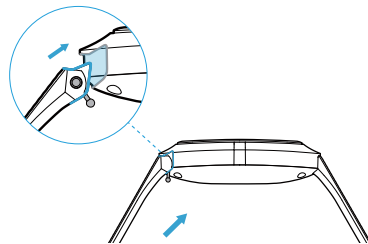


- 2 Pull the strap to detach it from the main body.

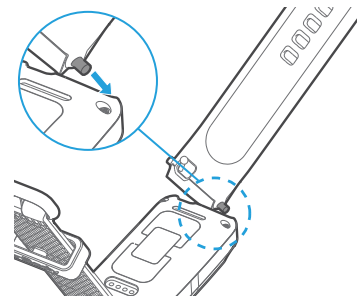


Attaching the Strap

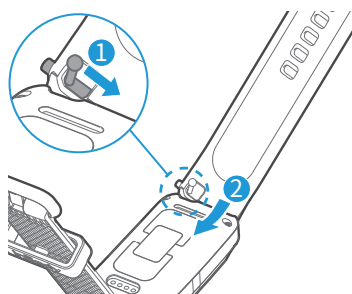
- 1 Align the end of the strap with the main body.



- 2 Tilt the end of the strap and push in the tip to the main body.




- 3 Push the latch inward and fasten the other end.




Note Accessories such as straps and charger are available for purchase on shop.inbodyusa.com.

4 Using InBodyBAND3

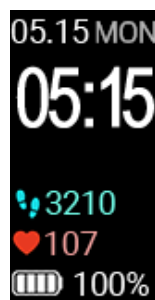
Thirteen functions are available. You can change the type and sequence of the screen in  icon > InBodyBAND3 > Screen Setting > Display Setting of the InBody App.

4.1 Main Page

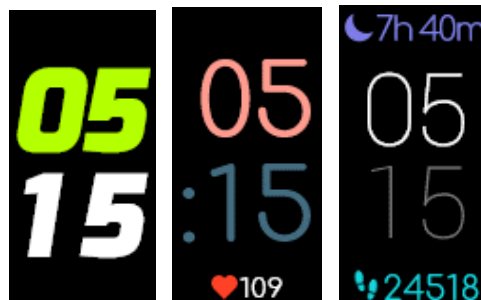
You can view time, date, real-time heart rate, step count, battery percentage, and time asleep on the main page.

You can change the clock theme in  (System) > Clock Theme of the InBodyBAND3. In addition, more clock theme options are available on the InBody App.

If you touch the center of the screen, Bluetooth connection and battery percentage will be displayed.



Date / Time / Step Count
/ Heart Rate /
Battery Percentage



Various Clock Theme Style



Bluetooth Connection /
Battery Percentage

- Note**
- Sync InBodyBAND3 with the InBody App to adjust it to your local time zone. If the InBodyBAND3 has not been synced with the InBody App for a long time, the time may be off.
 - Tap and hold the center of the screen for 3 seconds to move to the main screen.

4.2 InBody Test (Body Composition Analysis)

Using the electrodes on the InBodyBAND3, you can test your body composition.

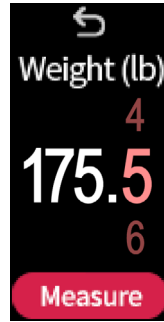
* InBodyBAND3 is designed to measure only your upper body which may show different results than other professional InBody Body Composition Analyzer. Input your current weight for more accurate results.

Running an InBody Test

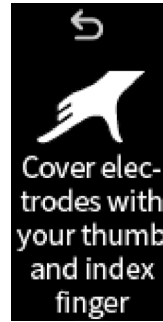
- 1 Go to the **InBody Test** screen and tap the center of the screen. Check and correct your current weight, then tap **Measure** on the screen and cover the electrodes with your thumb and index finger.




InBody Test Screen



Weight Check / Test Start Screen



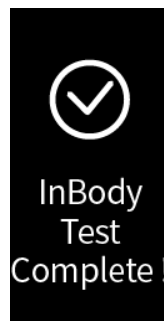
InBody Test Description Screen

Note Make sure your height is entered correctly in the  (System) > Profile prior to testing.

- 2 Place two fingers onto the finger electrodes and wait until the test is completed.
 - Once the test is completed, the test result will be displayed on the screen.



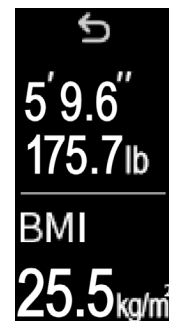
InBody Test in Progress




InBody Test Completion Screen



Measurement Result
- Percent Body Fat / Skeletal Muscle Mass
- Height, Weight / BMI

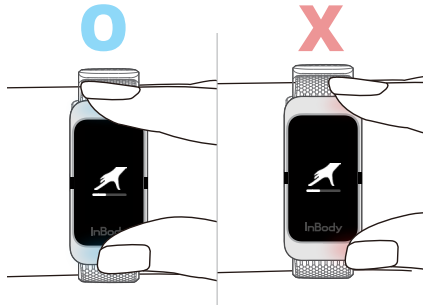


Note

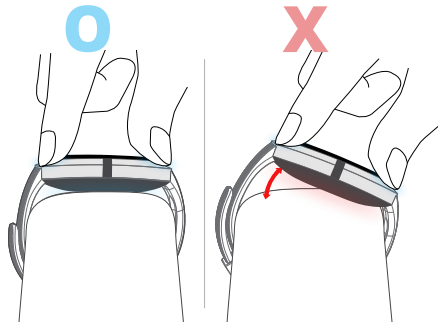
- You can change the weight and height from the InBody App or directly from the InBodyBAND3 (System > Profile).
- If you have metal implants such as metal pins or prosthesis, there may be errors or inaccuracy to the results.
- If the fingers and hands are dry, the measurement may not be available.
- Both upper arms should not touch the body.
- By connecting the InBodyBAND3 with Professional InBody Body Composition Analyzer, more accurate results can be obtained. After taking the InBody Test with a Professional InBody Body Composition Analyzer, you can optimize the InBodyBAND3 test results in InBody App >  icon > InBodyBAND3 > Test Result Optimization.

Posture for Accurate InBody Test

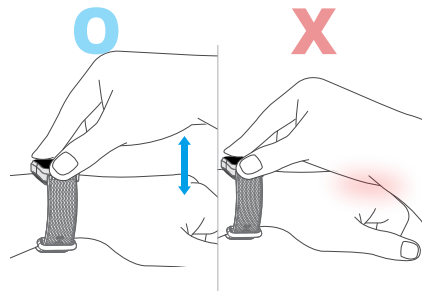
- 1 Put your fingers on the electrodes to touch with as much skin contact as possible.



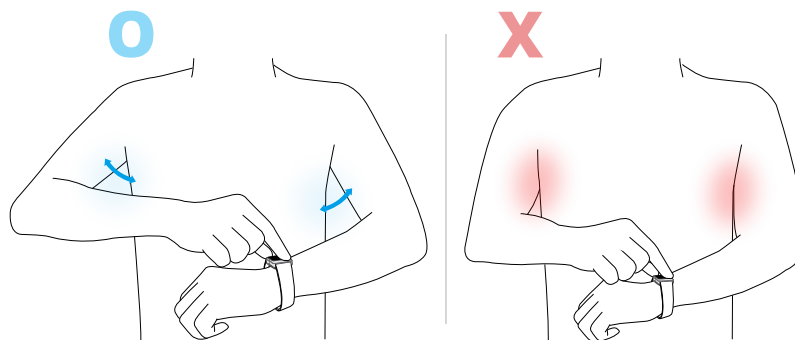
- 2 Lightly press on the electrodes with two fingers. Make sure the InBodyBAND3 is stable on your wrist.



- 3 Be careful not to let the hands touch each other.



- 4 Both upper arms should not touch the body.



Error message during InBody Test

The following error messages may appear during the InBody Test when...



When the wrist and measuring fingers are dry

Wipe your fingers and wrist with a damp cloth or a moisture wipe, and test it again.

* Do not wet your skin



When both hands are touching during the test

Make sure both hands are not touching each other and test it again.



When your posture is unstable

An error may occur if you are moving around during the test. Do not move during the test.



When the fingers and the electrodes are not in contact during the test

An error may occur if you remove your fingers away from the electrodes during the test. Please carefully read over the proper testing position (18p) for accurate results.

Note

- Make sure to follow the proper testing posture guideline and run the test again. For the proper testing postures, please refer to (18p).
- If you have metal implants such as metal pins or prosthesis, there may be errors or inaccuracy to the results.
- Move to a different testing environment. In an environment with many electronic devices and Bluetooth devices, there may be electromagnetic wave interference. Try avoiding places near power outlets or under fluorescent light.

4.3 Activity Tracking

Swipe to see your activity tracking such as steps taken, activity, calories burned, and targeted goals.

The graph will display your steps taken daily from Monday through Sunday.

- Light blue: Step count for today
- Dark blue: Step count for the day whose target was attained
- Dark gray: Step count for the day whose target was not attained

Step count will be updated when it's synced with the InBody App.



Daily Step Count



Activity information

Note Please wear the InBodyBAND3 on your non-dominant hand.

4.4 Sleep Analysis

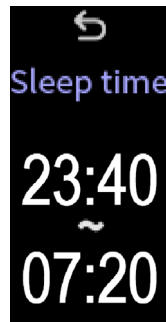
If you go to sleep wearing the InBodyBAND3, your stages of sleep will be recorded and analyzed.

Touch the center of the screen to see your time asleep of the previous days (bedtime ~ wake-up time). You can check your sleep patterns and sleep details in the InBody App.

You can set your sleep sensitivity in the ⚙ icon > InBodyBAND3 > Sleep sensitivity of the InBody App.



Time Asleep of the previous day



Bedtime and wake-up time

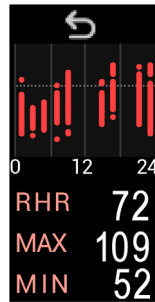
4.5 Heart Rate Measurement

If you wear the InBodyBAND3 on the wrist, you can measure your heart rate in real-time.

Touch the center of the screen to see the graph showing the change of recently measured heart rates (based on 1 day, every 2 hours). RHR (Resting Heart Rate) / MAX (Maximum Heart Rate) / MIN (Minimum Heart Rate) are displayed on the bottom of the screen.



Real-time Heart Rate



Heart Rate information

Caution

- Since InBodyBAND3 is not a medical device, it is not intended to diagnose or give medical direction based on the symptoms of a disease.

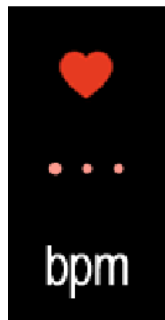
Attention

- *Ce dispositif ne peut pas déterminer la présence de maladie. Il est fortement recommandé de consulter un professionnel de la santé pour établir la présence ou non d'une maladie.*

Note

- You should enable Automated Heart Rate and Stress Measurement on the InBody App to measure the heart rate.
- You should wear the InBodyBAND3 tight on the wrist for accurate measurement.
- If there are foreign matters on the heart rate measuring sensor, clean it thoroughly before using it.
- Use the heart rate measurement mode only intended for human heart rate measurement. Inaccurate heart rate measurements may appear depending on environmental conditions, in such cases, heart rate measurements are not valid.
- Heart rate measurements may become inaccurate when movement is detected during measurement, depending on the environment, conditions, and the user's physiological condition.
- The measurements may not be accurate if measuring the heart rate in cold weather. In cold weather, measure the heart rate after warming the body.
- If you have smaller wrists, it may be difficult to measure your heart rate accurately. In that case, try repositioning the InBodyBAND3 towards your forearm and measure the heart rate.
- The measurements obtained after smoking, drinking, talking, yawning, or breathing deeply while measuring may not come out accurate.
- Since the light reflection can be uneven depending on blood circulation, blood pressure, and skin conditions, the measurements may not be accurate. The measurements may not be accurate if body hairs or foreign substances block the light reflection. In addition, the measurements may not be accurate due to permanent or temporary changes in the skin such as tattoos. Especially for tattoos, the measurements may not be accurate due to ink, patterns, and coloring which can block the light.
- Heart rate measurements may not be accurate if the heart rate is very low or high.
- The measurements may not be accurate when measuring the heart rates of infants.
- Do not touch the eyes directly with the running optical heart rate sensor. In particular, be careful not to put the measuring sensor to the eyes of infants. It may cause temporary or permanent eye injury.

When real-time heart rate is not reading on the InBodyBAND3

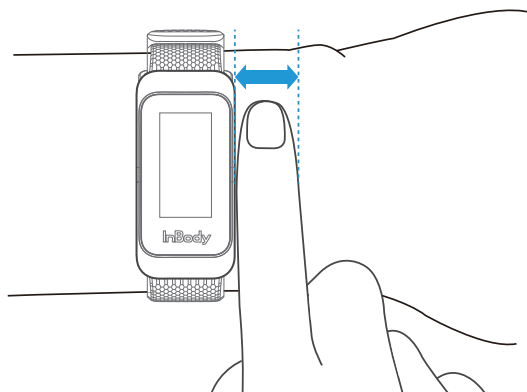


HR Scan

"..." icon may show up if the InBodyBAND3 is unable to monitor your heart rate in real time due to how it's worn, vigorous movement, etc. In that case, stop moving and reposition your InBodyBAND3 properly. The same bpm screen will be available for the main screen, exercise monitoring, and EZTraining.

Correct way to wear it

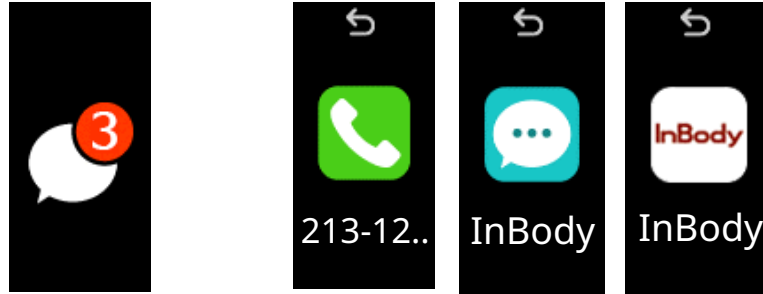
- If the device is having difficulty measuring your heart rate, try repositioning the InBodyBAND3 up or down your forearm. Alternatively, try wearing your InBodyBAND3 on the inside of your wrist. Please refer to (Page 13).



4.6 Notifications (calls/ messages)

You can conveniently check your phone calls or messages from your InBodyBAND3.

You can set each notification option from the InBody App >  icon > InBodyBAND3 > Call / SMS / Social Media Alarm.



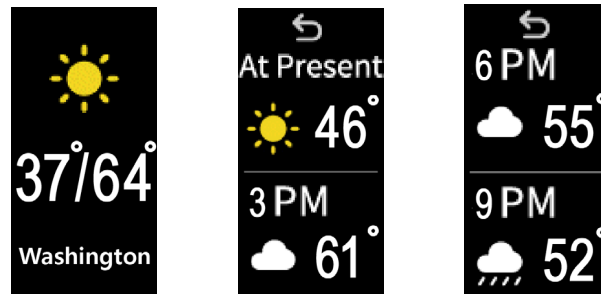
Notifications APP

Call, Message, App Notification Screen


Note Make sure your notification settings on your mobile phone and the InBody App is turned on to receive notification on your InBodyBAND3.

4.7 Weather Check

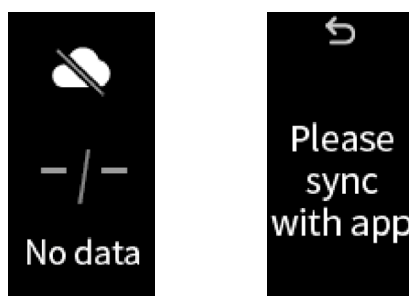
The weather displays the highest/ lowest temperature of the day. Tap on the center of the screen to view average temperature by time period.



Note

- Weather may not be available, if your InBodyBAND3 has not been synced with the InBody App for awhile.
- You can change the time format in InBody App >  icon > InBodyBAND3 > Screen Setting.

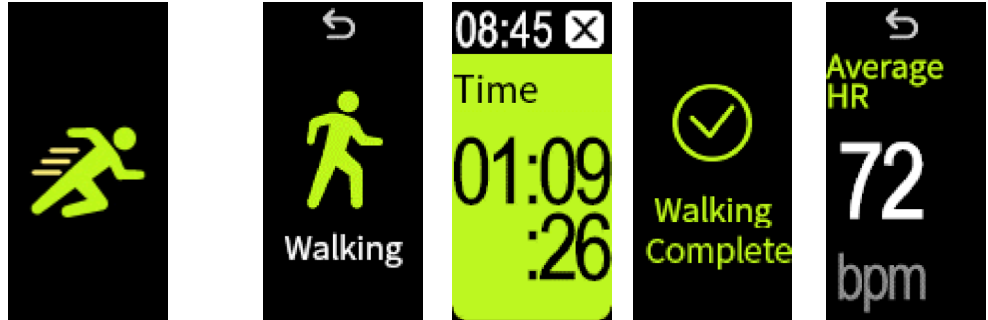
If your InBodyBAND3 has not been synced with your InBody App for awhile, the weather data may not be available on your InBodyBAND3. If your screen displays like below, please try reconnecting it with the InBody App.



4.8 Exercise Tracking

The InBodyBAND3 can help you keep track on the following exercise tracking : exercise time, distance, heart rate, steps taken, calories burned, etc.

The types of exercise you can choose are walking, running, cycling, treadmill, and free weights.



Exercise Tracking App

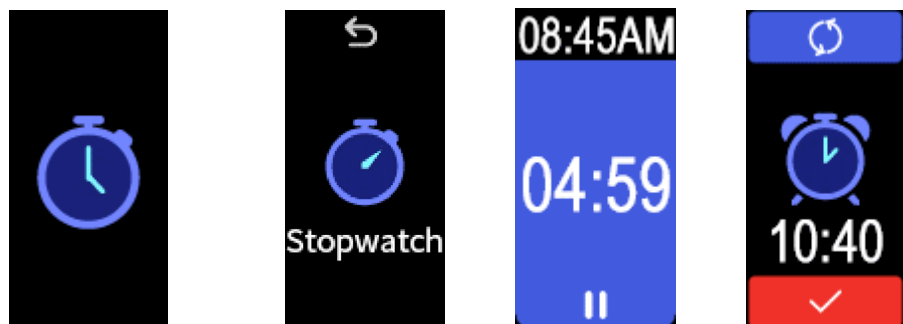
Tracking on the walking

- Note**
- Only the exercise time and heart rate will be displayed for cycling and free exercise.
 - The traveled distance and calories burned are estimates.

4.9 Stopwatch/Timer/Alarm

Stopwatch, timer, and alarm functions are available.

- Stopwatch : A stopwatch function for up to 10 hours is available.
- Timer : A timer can be set up to 99:30 minutes. Once the set time elapses, you will be alerted through the display and vibration.
- Alarm : You can enable or disable the alarm on the InBody App. Up to 10 alarms can be displayed.



Stopwatch/Timer/Alarm App

Stopwatch

Timer

Alarm

- Note**
- You can only add the alarm from the InBody App.
 ⚙ icon > InBodyBAND3 > Time Alarm

4.10 Music Control

Requirements

You can control music only if your cellphone is connected to the InBodyBAND3 via Bluetooth.

You can pause or play the music played on your cellphone.



Pause / Play



When Disconnected

4.11 Notification

- Walk notification : 20/40/60/80/100% (GOAL) of the daily walk target is displayed on the InBodyBAND3 screen with vibration.
- Move notification : If you have not moved for hours while wearing the InBodyBAND3, you will be alerted through the display and vibration.

Wear notification : If you have not wore the InBodyBAND3 for a certain period of time, you will be alerted through the display and vibration.



Walking Notification (40 %)



Walking Notification (100 %)



Moving Notification

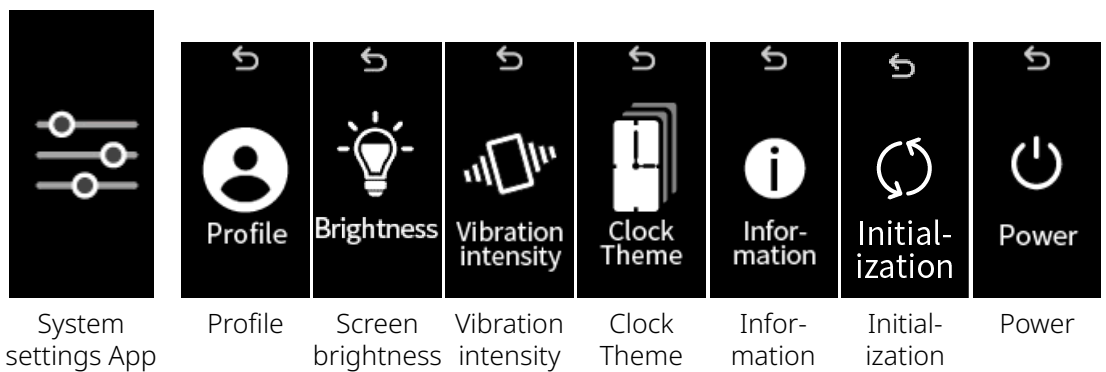


Wearing Notification

Note You can set the start/end time and time interval for wearing the InBodyBAND3 on the InBody App > ⚙ icon > InBodyBAND3 > Move

4.12 System Settings

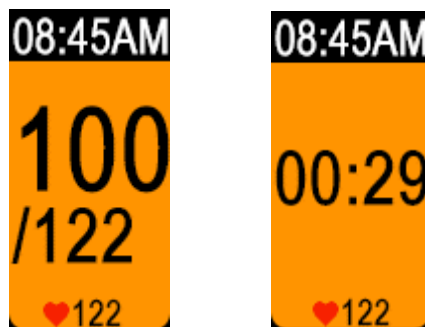
- Profile : You can change weight, height, age, and gender.
- Brightness : You can set the screen brightness in four levels.
- Vibration Intensity : You can set the vibration intensity in four levels.
- Clock Theme : You can change the clock theme. More clock theme options are available on the InBody App.
- Information : You can verify the device name, serial number, mac address, and firmware version.
- Initialization : All product data will be reset.
- Power : Go to the Power screen to turn the device off. To turn the device on, attach it to the charger.



4.13 EZTraining

Go to **InBody App > Dashboard > EZTraining**, and select up to 20 exercises from the exercise choices provided such as Squats, Lunge, and Burpee. Then, the device will recognize those movements and record the progress.

You can check the number of sets completed against your targeted number of sets and time during EZTraining.



Number of Reps
Against the Target

Time


- Note**
- You can end EZTraining only on the InBody App.
 - Only when performing with the accurate posture and speed, the workout cycle can be counted.

5 Troubleshooting and Frequently Asked Questions

Troubleshooting and Frequently Asked Questions

1. How accurate is the InBodyBAND3?

Accuracy of body composition analysis compared to professional InBody Body Composition Analyzer

- Professional InBody Body Composition Analyzer measures the whole human body using electrodes on 8 points of the body. Whereas, the InBodyBAND3 is a portable and smaller device measuring only the upper body through finger and wrist electrodes and lower body measures are estimated. Therefore, if the upper or lower body is more developed causing imbalance between the upper/lower body muscles, the test results of the InBodyBAND3 and the professional InBody devices may differ. In addition, even when the upper and lower bodies are balanced, the difference in test results of athletes or obese patients with a lot of muscle mass may be greater than those of normal people.
- By connecting the InBodyBAND3 with Professional InBody Body Composition Analyzer, more accurate results can be obtained. After taking the InBody Test with a Professional InBody Body Composition Analyzer, you can optimize the InBodyBAND3 test results in **InBody App** >  > **InBodyBAND3** > **Test Result Optimization**.

2. How does InBodyBAND3 measure body composition?

- The InBodyBAND3 measures the body composition by sending micro-electric current to the upper body and then measuring the difference in the degree to which muscle and fat transmit this current.

3. I'm having trouble running the InBody Test

- There may be difficulties in obtaining accurate results from the InBody Test if the electrodes do not properly contact the skin on the wrist or fingers, if movement or speaking occurs during the test, or if the hands come into contact with each other. If there is an excess of hair on the wrist, repositioning the device on the inside of the wrist and repeating the test may be necessary to ensure reliable results. Please refer to [\(18p\)](#).

4. How does InBodyBAND3 measure the heart rate?

- The InBodyBAND3 uses the photoplethysmography sensor to measure heart rate. The characteristic of hemoglobin in blood is to absorb or reflect light depending on the amount of oxygen contained. When the heart contracts, the concentration of hemoglobin increases, more light is absorbed.
- Based on this principle, the InBodyBAND3 measures the heart rate by emitting light to the skin of the wrist and detecting changes in light reflectance.

5. I think the heart rate is not accurate.

- For a more accurate measurement, put on the InBodyBAND3 to fit tightly on the wrist by moving it towards your forearm, avoiding the wrist bone.

Refer to [3.3 Wearing InBodyBAND3 \(13p\)](#).

6. When is stress measured?

- Stress is measured at the beginning of each hour. If the device detects excessive movements, the device may not be able to measure your stress, but it will reattempt to measure it every minute. If the InBodyBAND3 detects constant movement (like exercising), it may not be able to measure your stress.
- The results of stress measurement may differ from an emotional state.
- For a more accurate measurement, put on the InBodyBAND3 to fit tightly on the wrist by moving it towards your forearm, avoiding the wrist bone.

7. I think my time asleep is not accurate.

- Wear the InBodyBAND3 to fit tightly on your wrist. Wearing the InBodyBAND3 loose may cause the accelerometer to record too much movement during sleep.
- If the battery from the InBodyBAND3 is discharged, it is not possible to track the sleep data. Charge the InBodyBAND3 before bedtime.
- The InBodyBAND3 shows only the information with the longest time asleep of the day. (For more information about sleep, please check the InBody App.)
- In the InBodyBAND3, the today's sleep information displays sleep information from 6:00 pm the previous day to 6:00 pm today.

8. What is the use of InBodyBAND3's health indicators (heart rate, stress, walking, sleep)?

- The health indicators of the InBodyBAND3 should be used only for the purpose of physical training and health. This information should not be used to diagnose diseases or other conditions or to cure, alleviate, treat, and prevent diseases.


9. I think the number of steps of the InBodyBAND3 is not accurate.

- Only after you take a certain number of steps, the InBodyBAND3 can recognize the exact movement and measure the initial number of steps. Therefore, it may take some time for the number of steps to be displayed on the screen. The goal achievement notification may appear a bit later to measure the number of steps accurately.
- However, it is recommended to check the number of steps counted after actually walking about 100 steps.
- If you move your arm wearing the InBodyBAND3 a little or periodically, there can be a difference between the step counts.

10. How many days are the InBody Test, heart rate, step, and sleep data stored?

- A total of 192 InBody Test data can be stored.
- Heart rate data is stored for about 1 ~ 2 weeks.
- Step and sleep data is stored for about 2 weeks.

11. I can't receive message notifications.

- Check whether Bluetooth is connected between the InBodyBAND3 and the mobile device.
- Please check if the InBody App notification access is set to "Allow". You can set the notifications you want to receive from the **InBody App** >  > **InBodyBAND3** > **Call/SMS/SNS Alarm**.

12. I can't check the weather.

- Check if Bluetooth is connected between the InBodyBAND3 and the mobile device. After connecting, synchronize the InBodyBAND3 from the InBody App.

13. The time is inaccurate.

- If the battery is discharged and has not been charged for a long time, the battery output is disabled to protect the battery life and the time is initialized. It is recommended to charge the battery and avoid it from being discharged.
- If you feel that the time is inaccurate during use, you can set the time from the InBody App by syncing.

14. I can't control the music.

- iOS : Check whether Bluetooth is connected between the device and the mobile phone.
- Android : Check the mobile phone system setting > Bluetooth > InBodyBAND3 > input device setting ON.

15. How does the EZTraining function recognize movements?

- This is a method that identify and recognize the characteristics of the acceleration sensor signal patterns generated during specific exercises.

16. Are there any allergy problems with the material of the InBodyBAND3?

- The InBodyBAND3 is made of Thermoplastic Polyurethane(TPU), which is resistant to sunlight and harmless to the humans. This material is also widely used in mobile phone cases, however there has been no allergy problems so far. RoHS certification and MSDS (Material Safety Data Sheet) ensure material stability. However, wearing it for a long time can cause skin irritation due to sweat. It is recommended to wipe off the sweat with a dry cloth in summer or when sweating a lot before use.

17. How can I apply the InBodyBAND3 warranty?

- The InBodyBAND3 warranty period is one year from the purchase date. Negligence and/or physical damage is not covered under warranty. For assistance or warranty questions please contact the Product Support team at Support@inbody.com.

6 InBodyBAND3 Specifications

Display Items	Current time, Percent Body Fat, Skeletal Muscle Mass, BMI, Real-time Heart Rate, Rest-time Heart Rate, Heart Rate change Graph, Stress Measurement (Check in the InBody App), Step Count, Walking Hours, Step Count Graph, Calories Consumed, Travel Distance, Time Asleep, Exercise Tracking, EZTraining (Check in the InBody App), Notification, Weather Forecast, Music Control, Stopwatch, Alarm and Timer
Electrode Type	2-pole / 4-point touch-based electrodes
Bioelectrical Impedance Analysis (BIA) Measurement Frequency	50 kHz, 200 kHz
Measurement Method	Direct multi-frequency measurement
Measurement Current	200 μ A less
Data Storage	Two weeks (may vary depending on its usage.)
Size (W \times L \times H)	0.81 \times 1.71 \times 0.46 : inch (20.6 \times 43.6 \times 11.8 : mm)
Weight	0.064 lb (29.3 g)
Battery Run-time	Up to 4 days (may vary depending on its usage.)
Charging Time	About 1 hour and 30 minutes
Wrist Circumference	M: 4.52 - 7.28 inch (M: 11.5 - 18.5 cm)
Display	TFT LCD
Input Power	Operating voltage: DC 3.8 V Charging voltage: DC 5.0 V
Operating Environment	32 - 104 $^{\circ}$ F (0 - 40 $^{\circ}$ C), 30 - 75 % RH, 70 - 106 kPa
Transportation and Storage Environment	-4 - 140 $^{\circ}$ F (-20 - 60 $^{\circ}$ C), 10 - 80 % RH, 50 - 106 kPa (No condensation)
Bluetooth	5.0
Service Frequency	2402 - 2480 MHz
Number of Channels	40
Modulation Type	GFSK
Output	Below 20 mW
Age of Measurement	3 years of age or older
Weight Range Height Range	11 - 551.1 lb (5 - 250 kg) 1' 7.6" - 9' 10" (50 - 300 cm)
Waterproofing Grade	IP68

* The above specifications may be changed without notice.

7 InBodyBAND3 Warranty

Product Name	Smart Band	Model Name	InBodyBAND3
Date Purchased		Product Number	
Place Purchased		Warranty Period	One year from the date purchased

Warranty Service Standards

- Warranty service will be effective within the warranty period only for a manufacturer's defect or a spontaneous failure.
- Any provisions not specified herein will follow the Fair Trade Commission notice of consumer dispute settlement standards.

Warranty Period

If the date purchased cannot be verified, the warranty period will become effective three months after the date of manufacture.

- Retention period for components: Within three years
- Warranty period for components: One year from the date purchased (strap excluded)

Paid Service

Any of the following cases will void InBodyBAND3 warranty.

- Arbitrary disassembly of InBodyBAND3
- Unauthorized modification of product controls
- Repair by a person other than the repair representative designated by InBody
- Failure caused by the consumer's fault:
 - Product failure and damage caused by the user's negligence (fall, moisture intrusion, shock, damage, forcible control, etc.)
 - Product failure and damage caused by the violation of the User Manual
- Others:
 - Product failure caused by a natural disaster (e.g., fire, flood, abnormal power, etc.)
 - Worn-out or used consumables (battery, used strap)

