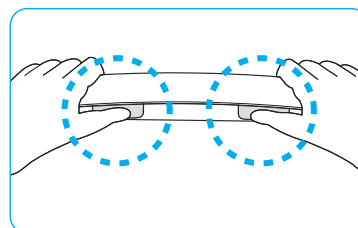
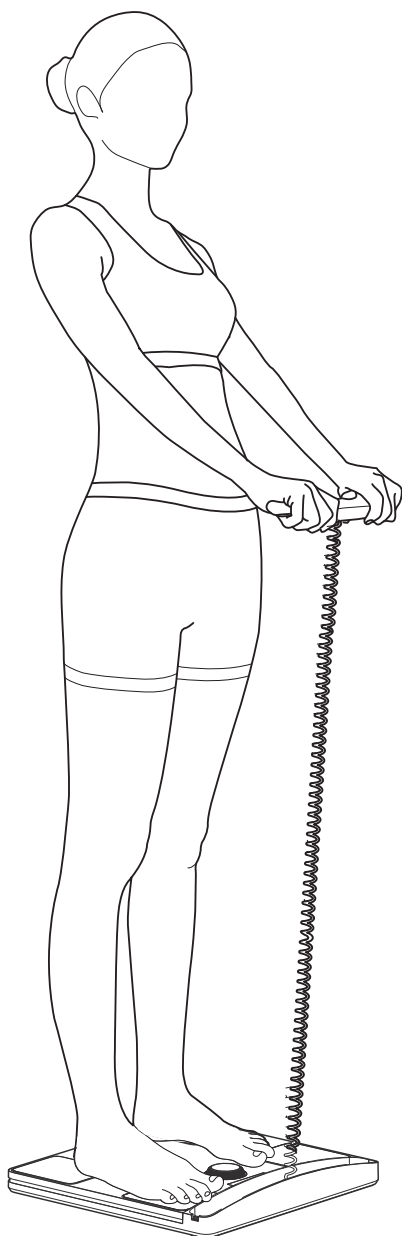




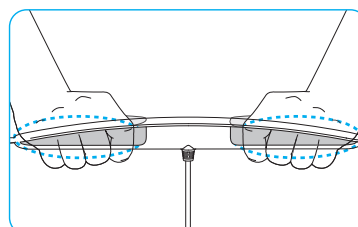
DIAL H40

User's Manual **USA**

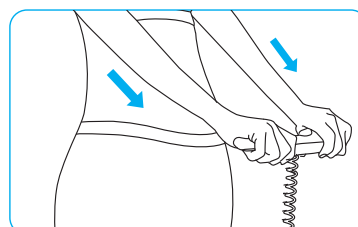
Test Posture



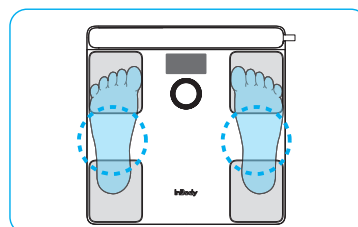
Place your thumb on the rectangular electrodes.



Place the inside of your four fingers on the backside electrodes of the handle.



Hold the handle at the height of your pelvis as shown above, and stretch your arms to prevent them from touching your waist. Fully extend your arms so that they do not touch your waist.



Please position your feet in the center of the electrodes.

For more detailed information about the test posture, please refer to ["4.3 Test Posture"](#)

InBody User's Manual for Measurement Guide and Setup

Thank you for purchasing the InBody.

This user's manual describes all the features of the InBody.

Please read before use and keep it in a safe place.

By following the manual instructions, you will be able to use the InBody more safely and effectively.

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1 Safety

1.1 Safety Symbols in the User's Manual

Warning

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

Caution

Failure to comply with these instructions can damage the device or result in inaccurate test results.

Avertissement

Ne pas se conformer aux présentes directives pourrait entraîner une blessure grave.

Attention

Ne pas se conformer aux présentes directives pourrait causer des dommages au produit ou entraîner des résultats d'analyse InBody inexacts.

1.2 Precautions for Use

Warning

- Individuals with implanted medical devices, such as pacemakers or other medical devices essential for life support, must not use this device. For example, the pacemaker may malfunction due to the current flowing during the InBody Test, which could pose a risk to life. InBody Co., Ltd. does not take legal responsibility for any human or device damage that occurs due to non-compliance with the cautions.
- Bioelectrical Impedance Analysis (BIA) uses a micro electric current, so it does not cause any harm to the human body. If a pregnant woman uses this device, please consult with the appropriate physician or a medical expert.
- People with a contagious or infectious disease should preferably avoid contact with or using the device. After use, clean the device with a soft cloth and a sterilizing agent, such as ethyl alcohol or other disinfectants.
- When cleaning the device with a sterilizing agent, do not pour the liquid directly onto the device. It may cause electric shock due to device malfunction or electric leakage.
- Do not use this device for any purpose other than body composition analysis or weight measurement.
- This device cannot diagnose diseases. To assess the presence of any diseases, consult with a doctor.
- People with metal implants, such as metal pins or prostheses, may not receive accurate measurement results or may experience errors.
- For devices purchased in the Republic of Korea, the InBody App connection is only supported when logged in using a Republic of Korea national code. An InBody App connection is only possible if you log in to the InBody App using a Republic of Korea national code.



Avertissement

- Les individus portant des dispositifs médicaux implantés comme un stimulateur cardiaque, ou un autre type d'appareil essentiel au maintien de la vie, ne doivent pas utiliser cet appareil. Par exemple, le stimulateur cardiaque pourrait ne pas bien fonctionner dû à un influx électrique circulant pendant l'analyse InBody, ce qui pourrait représenter un danger pour la vie. InBody Cie, ltée ne sera pas tenue légalement responsable pour tout dommage humain ou matériel dû au non-respect des présentes mises en garde.
- 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 après avoir consulté un médecin ou un spécialiste.
- Il est fortement recommandé que les personnes souffrant d'une maladie contagieuse ou infectieuse s'abstiennent d'utiliser cet appareil. Après l'utilisation, nettoyez l'appareil à l'aide d'un chiffon doux et un produit désinfectant, tel l'alcool éthylique ou autres désinfectants.
- Lorsque vous nettoyez cet appareil à l'aide d'un produit désinfectant, veillez à ne pas y verser le liquide directement, cela pourrait l'endommager et provoquer une électrocution.
- N'utilisez cet appareil pour aucun autre objectif que l'analyse de la composition corporelle ou la prise de poids.
- This device cannot diagnose diseases. TCe produit n'est pas un appareil permettant de poser un diagnostic. Afin d'obtenir un diagnostic, veuillez consulter votre médecin. To assess the presence of any diseases, consult with a doctor.
- Les résultats d'analyse des personnes ayant des implants métalliques, tels que des prothèses, des plaques ou des vis pourraient ne pas être inexacts ou erronés.
- La connexion à l'application InBody n'est pas prise en charge sur les appareils achetés en République de Corée si l'utilisateur(trice) se connecte à l'aide d'un code national. La connexion à l'application InBody est possible seulement si vous vous connectez à l'aide d'un code coréen.

**Caution**

- This device is a sensitive device that measures body composition accurately. If you take the test near an appliance (e.g., refrigerators or TVs), under a fluorescent lamp, or near a power outlet, a measurement error may occur due to electromagnetic noise. Use the device away from other electrical devices.
- Excessively high or low temperature, humidity, and pressure may affect the operation of the device, so please do not use it in humid spaces such as a bathroom. Please use the device in the operating environment specified in the device specifications.
- Be careful not to let any liquids, such as food scraps or beverages, flow into the device. It can affect the internal electrical components, which may cause problems.
- Do not arbitrarily disassemble the device. This may result in injury, device malfunction, or errors in the measured value. InBody Co., Ltd. will not be liable for any damage to the device and associated damages caused by the arbitrary disassembly of the device.
- Anyone unable to properly assume the posture necessary to conduct an accurate test on their own should get help from others when taking a test. Likewise, it is recommended that children be assisted to keep the proper posture when conducting an InBody Test.
- For long-term storage, turn off the power, remove the batteries, and pack the device. Then, store it on a flat surface.
- Dispose of the device and its batteries in compliance with local rules and regulations.
- Only trained InBody personnel from InBody Service Center are allowed to repair and inspect the device. Please contact the Product Support team at Support@inbody.com.

**Attention**

- *Ce produit est un appareil sensible qui mesure avec précision la composition corporelle du corps. If you take the test near an appliance (e.g., refrigerators or TVs), under a fluorescent lamp, or near a power outlet, a measurement error may occur due to electromagnetic noise. Utilisez l'appareil loin des appareils électroniques.*
- *Des conditions extrêmes de température, d'humidité, et de pression atmosphérique pourraient affecter le fonctionnement de l'appareil. Ne l'utilisez donc pas dans un espace humide comme une salle de bain.*
- *Veillez à ce qu'aucune substance liquide (p. ex. : reste d'aliments ou de boissons) n'entre en contact direct avec l'appareil. Les substances qui pénètrent à l'intérieur de l'appareil peuvent affecter les composants électriques et provoquer un mauvais fonctionnement.*
- *Ne démontez pas l'appareil de façon arbitraire. Vous pourriez vous blesser ou provoquer un mauvais fonctionnement de l'appareil ou entraîner des résultats d'analyse inexacts. InBody Co., Ltd. will not be liable for any damage to the device and related damages caused by unauthorized opening by the user.*
- *Quiconque n'étant pas en mesure de se placer selon la position recommandée pour assurer le bon déroulement de l'analyse devrait demander l'aide d'un tiers. Il en va de même pour les enfants.*
- *Lorsque vous remisez l'appareil pour une longue durée, veillez à le mettre hors tension, à retirer les piles, et à bien l'emballer. Veillez également à l'entreposer sur une surface plane.*
- *Disposez de l'appareil et des piles qui y sont incluses conformément à la réglementation locale en vigueur.*
- *Seulement le personnel de InBody formé par le centre de service InBody est autorisé à réparer le dispositif. For repairs and inspections, please contact our customer service.*

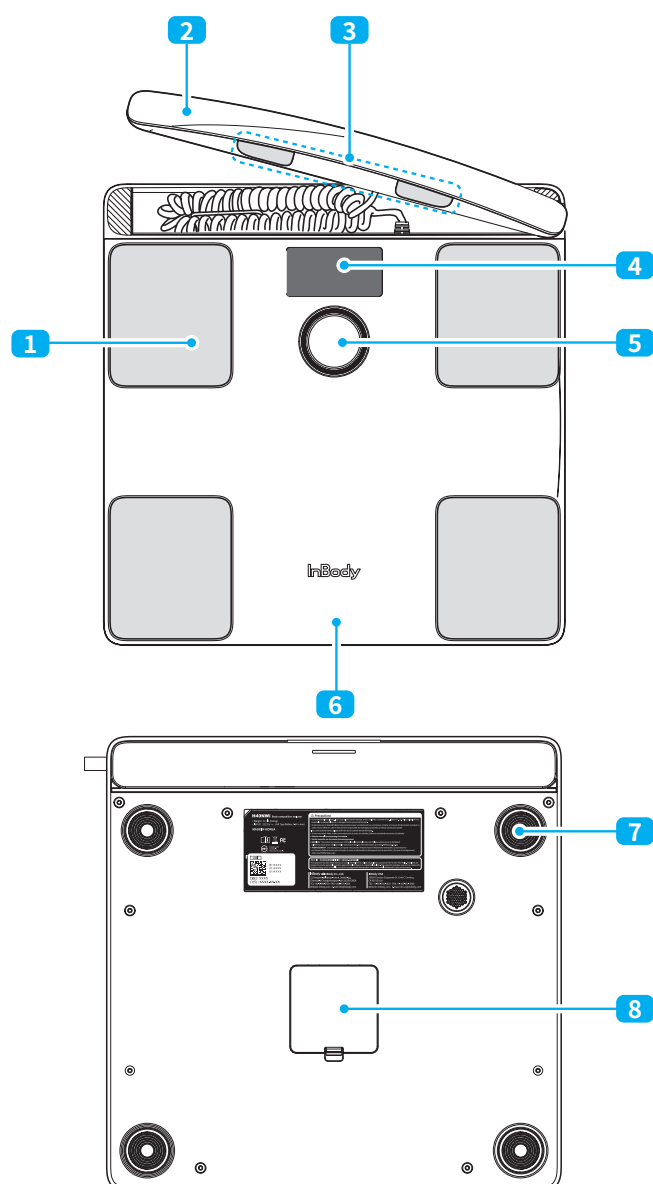
2 Device Overview

2.1 Components

The device is composed of the following items.
Ensure all items are included.

InBodyDial H40NWiE, Quick Start Guide, AA Batteries (4 Count)

2.2 Names and Features of Each Part



- 3 Hand Electrodes:** This component sends a micro electric current through the upper body for InBody Test and measures the resulting voltage.
- 4 Display Screen (LCD):** It displays the measurement status, results, and other information on the screen.
- 5 Dial button:** It is used to power on/off, enter the height and check results. Press the dial button to turn of the power. Press and hold the dial button to turn off the power.
- 6 Footplate:** It is connected to the weighing scale to measure the weight of the user.
- 7 Supporter:** It is a support stand for accurately measuring the weight. If damaged, the weight will not be measured accurately.
- 8 Battery Compartment:** It is a unit where batteries are inserted. You can open the cover and insert batteries.

- 1 Foot Electrodes:** During the InBody Test, this component sends a micro electric current through the lower body and measures the resulting voltage.
- 2 Handle:** The section gripped by hand during the InBody Test. The handle is connected to the main unit by a cable.

3 Installation

3.1 Installation Environment

- This device is adequate for indoor use.
- Install the device on a flat surface. It should be used on surfaces that are free from curvature, unevenness, and vibrations. If you use the device on an uneven surface such as carpets and mats, the measurement value may not be accurate.
- If you take the test near an appliance (e.g., refrigerators or TVs), under a fluorescent lamp, or near a power outlet, a measurement error may occur due to electromagnetic noise. Install the device far away from other electrical devices.
- Excessively high or low temperature, humidity, and pressure may affect the operation of the device, so please do not use it in humid spaces such as a bathroom. Use in the operating conditions specified in the "**9 Specifications**"

3.2 Inserting Batteries



Caution

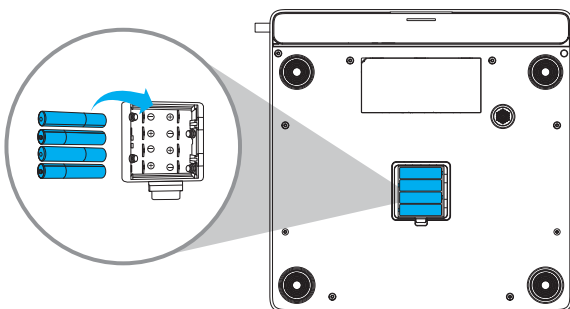
Use four 1.5 V AA batteries and ensure they are not inserted in the reverse direction. If any battery is put in the wrong way, an internal circuit may be damaged, and the power cannot be turned on.



Attention

Utilisez quatre (4) piles AA de 1,5 V et veillez à les insérer dans le compartiment dans la bonne direction. Si les piles ne sont pas installées adéquatement, le circuit interne pourrait être endommagé et l'appareil pourrait ne pas fonctionner.

- 1 Open the cover of the battery compartment to insert the batteries.



- 2 Close the cover.

Precautions When Replacing Batteries

- To reduce the dangers that can arise from long-term battery usage, replace the old AA batteries with new ones.
- For optimal performance, ensure that all four batteries are of the same model.
- Please check if all batteries are inserted in the correct orientation. If the batteries are placed incorrectly, it may cause device damage or malfunction.

3.3 Installing the InBody App

You can record and manage your InBody Test results using the InBody App.

Requirements

- Android OS 7.0 or higher, or iOS 13.0 or higher
- Available for use on smartphones that have Bluetooth version 5.0 or higher.
- Enable the Bluetooth function on your mobile device to establish a connection with the InBody App.

- 1 Search for InBody in the Apple App Store or Google Play Store to install the app.
- 2 Open the InBody App and register for an account.
- 3 After registering, follow the prompts shown on the screen or select **Settings > Register** to connect.
 - The device must be turned on to connect.
- 4 Create a user nickname for your device.
 - You can modify, add, or delete a nickname later.

3.4 Registering Nicknames and Adding Users

You can register a nickname or add a user in the InBody App.

Note

- Nicknames can be registered using English capital letters or numbers and must be up to 6 characters long.
- Up to 8 additional sub-user accounts can be added to your InBody App account. Additionally, you can connect this device to multiple mobile devices and register nicknames.
- A maximum of 20 users can be added to a single device.
- To check the Connected User(s) and how many people you are sharing with, open the InBody App and select **Settings > InBodyDial H40NWiE**.
- After the initial nickname registration, open the InBody App and select the **Dashboard > InBodyDial H40NWiE Start Test**. Afterwards, you need to take the test under your own nickname to use the user recognition function. Refer to "**5.4 InBody Test with an InBody App**" for more details.
- After taking your first test using the InBody App, you can take the test under your own nickname by using the user recognition function on the device. For more details on the user recognition function, refer to "**5.1 Start with User Recognition Function**"

- **Registering a nickname during the initial device registration in the InBody App.**

Open the InBody App and register the nickname. To do this, select Settings > Register > InBodyDial H40NWiE > Yes, it's on > Add.

- **Adding Sub-Users (Additional Users)**

Open the InBody App and add the user. To do this, select Settings > InBodyDial H40NWiE > Connected User(s) > Add.

- **Creating Nicknames for Additional Users**

Open the InBody App and add the user. To do this, select Settings > InBodyDial H40NWiE > Connected User(s) > Add. From the registered users, you can choose the user to create the nickname.

- **Deleting Data**

To delete a nickname, open the InBody App and select Settings > InBodyDial H40NWiE > Connected User. You can delete your nickname and the nicknames of users you have added. When a nickname is deleted, the InBody test data stored in the device will also be deleted. Please be sure to sync the data to the app before deleting the nickname.

3.5 Connecting to Wi-Fi

Wi-Fi connection is available through the InBody App.

Requirements

- Wi-Fi connection is available only on the Wi-Fi-supported model (H40NWiE).
- The device must be turned on to connect.
- The Bluetooth and Wi-Fi functions of the mobile device should be activated.

- **Connecting to Wi-Fi when initially registering the device in the InBody App**

Open the InBody App and select Settings > Register > InBodyDial H40NWiE > Yes, It's on > Add to register the nickname. Afterward, select Wi-Fi to connect.

- **Connecting to Wi-Fi After Device Registration**

Open the InBody App and select Settings > InBodyDial H40NWiE > Wi-Fi Settings to connect to Wi-Fi.

Note

- When connecting to Wi-Fi, after completing the test with user recognition, the data will be transmitted to the InBody App. By pressing the synchronization start button in the Dashboard of the InBody App, you can save the test results.
- After completing the test and successfully transmitting the results, an app notification will be sent to the phone registered with the corresponding InBody account nickname.

4 Preparing for the InBody Test

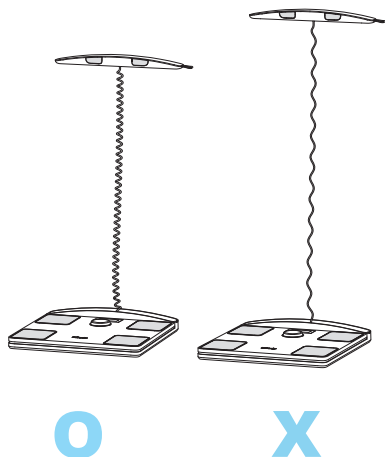
4.1 Preparatory Steps for Measurement

Any factors affecting the test should be eliminated for an accurate measurement value. Follow the precautions below.

- **Take the test on an empty stomach before eating.**
Any food in the stomach may affect the weight, be regarded as body composition, and cause measurement errors.
- **Take the test in the morning if possible.**
As the day progresses, Total Body Water tends to accumulate in the lower body.
- **Use the bathroom before taking the test.**
Urine or feces which is not included in the body's compositional elements can influence weight and lead to measurement inaccuracies.
- **Take the test before exercise.**
Any exercise can cause temporary changes in body composition.
- **Take the test before taking a shower/bath.**
Body water may be temporarily changed due to the increase in the blood flow rate and water loss from sweat.
- **Stand upright for about 5 minutes before testing.**
If you take the test immediately after standing up from a lying or sitting position for a long period, water may shift to the lower body, which can slightly affect the measurement.

4.2 Precautions When Using the Handle

While the cable connecting the handle and the main body can stretch to a certain point and return to its original state, pulling it too hard may prevent it from reverting and potentially cause damage to the device. Be careful not to pull the cable excessively.

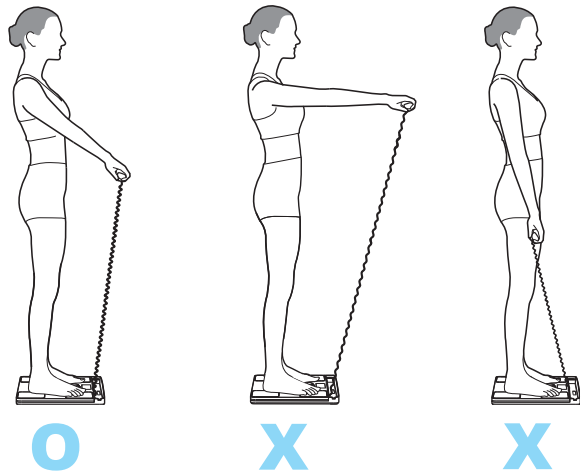


4.3 Test Posture

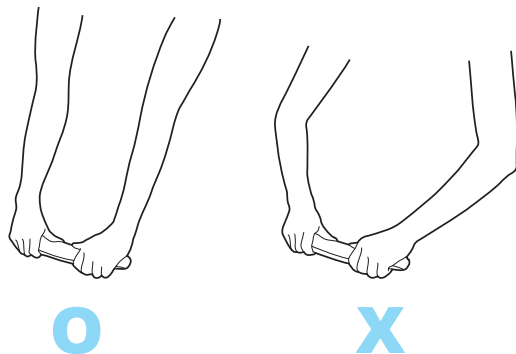
Correct Arm Posture

Your arms must not touch the sides of your body. If your arms touch the sides of your body, wear light clothing with sleeves when taking the test.

- Please lift the handle to the same height as your pelvis and do not place your arms on your stomach or lift them too high.



- Do not bend your arms.

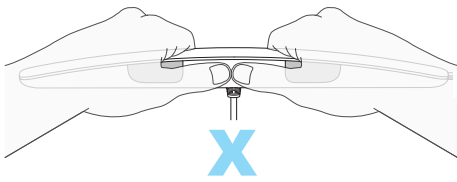
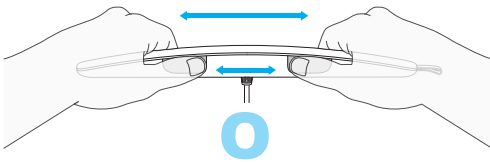


Preparing for the InBody Test

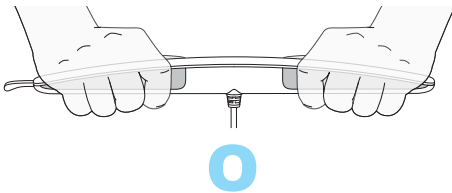
Correct Hand Posture

Grab the handle and place your thumbs on the electrodes.

- The left hand should not touch the right hand.

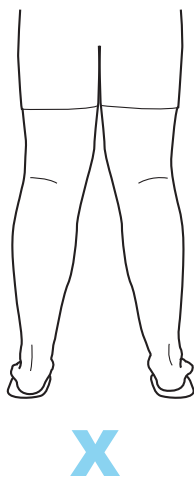
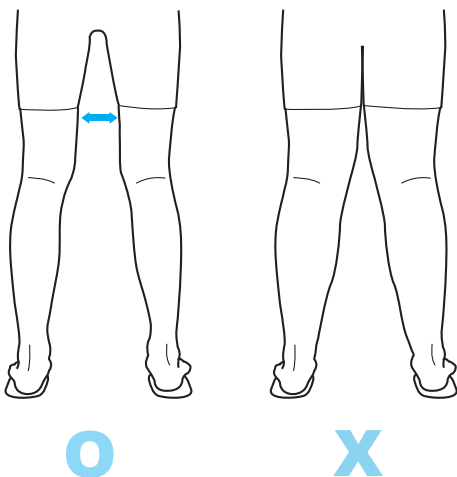


- Grab the handle to make sure that your hand and the electrodes stay in proper contact.



Correct Leg Posture

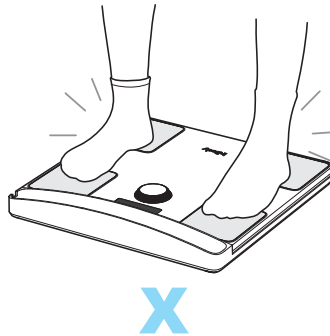
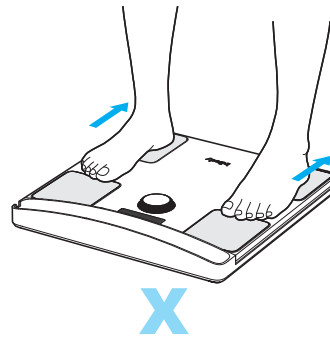
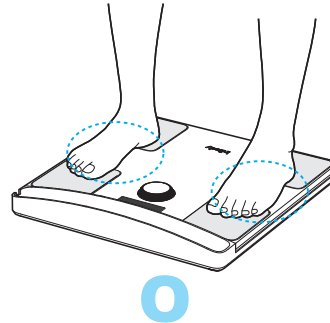
Your thighs should not touch each other. If your thighs touch, please wear shorts or pants for the test.



Correct Foot Posture

Stand barefoot on the center of the electrodes.

- Do not wear socks or stockings when taking the test.



- Your feet should not touch each other.
- When wearing long pants, make sure that no fabric gets caught between your feet and the foot electrodes.

5 InBody Test

If your palms or soles are extremely dry, or if there is excessive dead skin on your feet, the measurement may not be accurate. In this case, gently wipe your hands and feet with wet wipes before measurement to improve accuracy.

5.1 Start with User Recognition Function

Requirements

- To use the User Recognition Function, connect the device to the InBody App and register a nickname. For more information on how to register a nickname, refer to "3.4 Registering Nicknames and Adding Users".
- Once you've initially registered your nickname, open the InBody App, select **Dashboard > Start the InBody Test**, and perform a test using your own nickname to enable the user recognition function.

When you register a nickname in the InBody App, the InBody Test will recognize the user and proceed with the registered nickname. The test results will be automatically saved to the device. In addition, any data accumulated while the InBody App is not connected will be synced when the InBody App is connected to the device and be accordingly sent to the InBody App.

- 1** Step onto the device's footplate barefoot and turn on the power.
 - If the weight displayed is abnormal, step off the device and check for any debris on the floor. Make sure 0.0 kg (0.0 lb) is displayed, then measure your weight again.
 - Before performing the zero-point adjustment, make sure that the InBodyDial is placed on a flat and hard floor and that there are no mats, blankets, or soft coverings on the floor.
- 2** Once the weight measurement is complete, grab the handle and assume the test posture.

- 3** Please check the nickname displayed on the screen.



- Existing data is analyzed to display a nickname for the user.
- You can choose another nickname by turning the dial.
- The progress bar displays the remaining time (approximately 8 seconds) until the test starts.



- 4 (Optional)** Unregistered users should follow the steps below.

- a** Turn the dial and select Guest.
- b** After pressing the dial button, turn the dial to input your height.
- c** If you press the dial button or wait for about 8 seconds (approximately 4 seconds after selecting Guest and entering your height), the test will begin.

Note

- If your weight and impedance are similar to those of others, other people's nicknames may be displayed.
- You can take the InBody Test without inputting your height by using the user recognition function.
- After replacing the batteries, take the test through the InBody App to sync your user profile with the device and enable the user recognition function. After this, you can use the user recognition function with the nickname you previously registered.
- If the height is changed, you can modify it on the InBody App.

5.2 Start After Height Entry

If a nickname is registered, you can update the height by turning the dial button to the latest version before taking the InBody Test.

In the case of growing children, the InBody Test can be taken by adjusting their height on the device without making any height changes in the InBody App, allowing for easy management. You can update the user's height on the device to take the InBody Test and manage it.

Note

- To change your height, register a nickname after connecting the device to the InBody App. For more information on how to register a nickname, refer to "3.4 Registering Nicknames and Adding Users".
- Once you've initially registered your nickname, open the InBody App, **select Dashboard > Start the InBody Test**, and perform a test using your own nickname to enable the user recognition function.
- Only differences within 1 inch (3 cm) of the height entered in the InBody App can be adjusted on the device.
- To modify the height, go to the **InBody App > User Name at the top > User Settings** > Select the user whose height needs to be changed. If the device is connected via Bluetooth, the change will be applied instantly. If the Bluetooth connection is not established, the change will take effect when the device is connected.

Method 1

- 1 Press the dial button to turn on the device.
- 2 Turn the dial button left or right to input your height.
 - If you have previously input your height, the height used in the previous measurement will be displayed.
 - After inputting your height, press the dial button or wait for about four seconds to go to the measurement screen.
- 3 Once the display shows '0.0 kg (0.0 lb),' step onto the footplate barefoot to complete the weight measurement.
- 4 Grab the handle and assume the InBody Test posture.
 - After the weight measurement is complete, the confirmed weight will flash, and then the test will begin.

- 5 Please check the nickname displayed on the screen.
 - Only nicknames with height values within a 1.1 inch (3 cm) range of the entered height will be displayed, based on a comparison between the entered height value and the stored nickname height in the device.
 - If there are no nicknames within a 1.1 inch height difference compared to the entered height, you can take the test as a guest.
 - After completing the test, you can check if the changed height can be applied when checking the results in the InBody App.

Method 2

- 6 Step onto the device's footplate barefoot and turn on the power.
 - After weight measurement, press the dial button to move to the screen where you can input your height.
 - If the weight displayed is abnormal, step off the device and check for any debris on the floor. Make sure 0.0 kg (0.0 lb) is displayed, then measure your weight again.
 - Before performing the zero-point adjustment, make sure that the InBodyDial is placed on a flat and hard floor and that there are no mats, blankets, or soft coverings on the floor.
- 7 After the weight measurement is complete, input your height by turning the dial button left or right.
 - If you have previously input your height, the height used in the previous measurement will be displayed.
 - If you press the dial button or wait for 5 seconds after entering your height, the screen will go to the measurement screen. Grab the handle and assume the test posture.
- 8 Please check the nickname displayed on the screen.
 - Only nicknames with height values within a 1.1-inch (3 cm) range of the entered height will be displayed, based on a comparison between the entered height value and the stored nickname height in the device.
 - If there are no nicknames within a 1.1 inch height difference compared to the entered height, you can take the test as a guest.
 - After completing the test, you can check if the changed height can be applied when checking the results in the InBody App.

Note

Height adjustment on the device is available in increments of 0.5 in. For exact height entry, please input it in the User Settings of the InBody App.

5.3 When User Recognition is Not Available

- 1 When taking the test without completing the device and nickname registration procedure in the InBody App

Register your product and nickname on the App.

- To use user recognition, you must register the device in the InBody App, create a nickname, and take the test once in the InBody App.
- On the screen above, you can input your height by pressing the dial button and proceed with the test. However, the test results are not saved on the device or in the InBody App.

- 2 When taking the test without connecting the InBody App after replacing the batteries

Product has been restarted.
Use user recognition function by testing on the InBody app.

- After replacing the battery, you need to connect the device to the app and adjust the time to save the test date and time.
- In the InBody App, you can either take the test once or select **InBody App > Settings > InBodyDial H40NWiE** to connect to the device and resolve this issue.

5.4 InBody Test with an InBody App

Requirements

Enable the Bluetooth function on your mobile device to establish a connection with the InBody App.

- 1 Open the InBody App.
- 2 Go to **Dashboard > Dashboard > InBodyDial H40NWiE** Start Test. Then, select your nickname.
- 3 If '0.0 kg (0.0 lb)' is displayed on the screen, grab the handle and step onto the footplates barefoot.
- 4 Assume the test posture.
- 5 After the weight measurement is complete, the confirmed weight will flash, and then the test will begin.

6 Check InBody Test Results

6.1 Test Progress and Completion

Once the test begins, it takes about 10 seconds to complete.

Once the test is complete, 100 % will be displayed on the screen.



Once 100 % is displayed, release the handle and step down from the footplate.

The result outputs switch to the next output every four seconds and repeat twice.

- By turning on short-pressing the dial button, you can manually switch between result outputs.
- When you press and hold the dial button, the power will turn off.

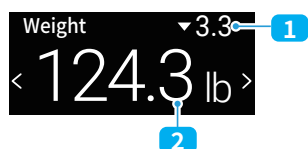
Note

After the result outputs are displayed twice, or if there is no operation for 1 minute after turning the dial button, the power will automatically turn off.

6.2 Result Screen Layout

The device provides result outputs for weight, Percent Body Fat, Skeletal Muscle Mass, and Visceral Fat Level. Additionally, reference range is available for weight, Percent Body Fat, and Skeletal Muscle Mass. For more detailed results, you can check in the InBody App.

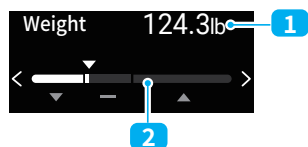
Result Screen Layout of Weight, Percent Body Fat, Skeletal Muscle Mass, and Visceral Fat Level



1 Changes compared to the last measurement (▲: Increase, ▼: Decrease, —: No Change)

2 Measured Value

Reference Range Screen Layout for Weight, Percent Body Fat, and Skeletal Muscle Mass



1 Measured Value

2 Reference Range Graph

Note

The change from the last measurement and the healthy range can only be viewed on the device when the test is started with user recognition or through the InBody App.

6.3 Understanding Result Outputs

If you exercise or adjust your diet for weight management, your body fat and muscle will change. Therefore, if you plan to do the weight control program, you can monitor your body fat and muscle and track how your body composition changes through the InBody Test.

Weight

It is the weight of the whole body, equivalent to the sum of the body composition weight that makes up our body.

Percent Body Fat*

It represents the proportion of body fat in the total weight. Even if the weight is the same, the proportion of body composition that makes up the weight can vary. Therefore, Percent Body Fat, calculated from the body composition analysis, is an essential output for obesity diagnosis. The reference ranges for men and women are 10 – 20 % and 18 – 28 %, respectively. Children under the age of 18 have different reference Percent Body Fat ranges depending on their gender and height. If their physique is larger or smaller compared to their peers, this is taken into consideration.

Skeletal Muscle Mass

Muscle is typically categorized into Cardiac Muscle, Smooth Muscle, and Skeletal Muscle, and the Lean Mass displayed on the InBodyDial refers to Skeletal Muscle Mass. Skeletal Muscle Mass is the type of muscle that can change through exercise, and the lean mass in the arms and legs mostly consists of skeletal muscle. Muscle has a smaller volume compared to the same amount of body fat, so individuals with a higher muscle mass ratio may appear slimmer, even if their weight remains the same. Therefore, even if the weight is the same, individuals with a higher muscle ratio will appear slimmer. The key to a healthy, toned body is lean mass.

Visceral Fat

Depending on the distribution position, fat is categorized into visceral fat, subcutaneous fat, and intramuscular fat. Among these, the visceral fat in the abdomen is represented by a level. If the visceral fat level is 10 or higher, management is necessary, as it indicates visceral fat type abdominal obesity.

* 1. Robert D. Lee, David C. Nieman, Nutritional Assessment (2nd edition), p. 264, 1990.
 2. George A. Bray, MD. Contemporary Diagnosis and Management of Obesity, p.13, 1998.
 3. L. Kathleen Mahan, Sylvia Escott Stump. Krause's FOOD, NUTRITION, & DIET THERAPY (10th edition), p. 488, 1991.
 4. Judith E. Brown, Nutrition Now, p. 93 – 95, Wadsworth Publishing Company, 1999.
 5. Samuel J. Fomon, et al. (1982): Body Composition of reference children from birth to age 10 years. The American Journal of Clinical Nutrition: 35, 1169-1175

7 Maintenance and Storage

7.1 Maintenance



Caution

- When pulling the handle, make sure the cable is not stretched excessively. Please refer to **"4.2 Precautions When Using the Handle"**.
- Magnets are embedded in the bottom and contact surface of the handle, which may attract debris such as metal powder. If there is debris, clean them with a soft cloth.
- Do not place anything on the footplate when the device is not in use.
- Be careful not to let debris get trapped at the bottom of the device. It can cause errors in weight measurements.
- Be careful not to get injured by getting your feet caught in the bottom of the device.
- Be careful not to let debris, such as food or drinks, get inside the device, as it can cause severe damage to the electronic components.



Attention

- *Lorsque vous tirez sur la poignée, veillez à ne pas trop la serrer. Please refer to **"4.2 Precautions When Using the Handle"***
- *Étant donné que des aimants sont intégrés au bas des poignées et au siège, des corps étrangers tels que de la poudre métallique pourraient se déposer sur votre corps. Nettoyer l'appareil à l'aide d'un chiffon doux si vous voyez des corps étrangers sur l'appareil.*
- *Ne placez rien sur le repose-pieds lorsque l'appareil n'est pas utilisé.*
- *Vérifiez qu'aucun corps étranger ne se loge dans le mécanisme sous l'appareil; un corps étranger pourrait affecter la prise de poids.*
- *Attention à ne pas vous blesser en coinçant vos pieds au bas de l'appareil.*
- *Veillez à ne pas laisser de débris, comme des aliments ou des boissons, s'infiltrer dans l'appareil, les composantes électroniques pourraient s'endommager.*

7.2 Cleaning



Caution

- Clean the device with a soft cloth and a disinfectant, such as ethyl alcohol, after use by an individual with a contagious or infectious disease.
- When cleaning the device with a sterilizing agent, do not pour the liquid directly onto the device. It may cause electric shock due to device malfunction or electric leakage.



Avertissement

- *Nettoyez l'appareil à l'aide d'un produit désinfectant (p. ex.: un linge doux et propre de l'alcool éthylique, etc.) après une utilisation l'ayant mis en contact avec un agent polluant ou une maladie infectieuse.*
- *Lorsque vous nettoyez cet appareil à l'aide d'un produit désinfectant, veillez à ne pas y verser le liquide directement, cela pourrait l'endommager ou provoquer une électrocution.*



Caution

- Do not clean the foot electrode and the hand electrode with a cleaning agent. Liquid cleaning agents that flow into the device can cause corrosion and lead to device malfunctions.
- Do not use cleaning agents containing organic solvents such as thinner, benzene. The surface of the device may be damaged.
- Use a soft cloth to remove any debris from the device.
- For severe contamination, soak a cloth in water diluted with neutral detergent, squeezing out, and wipe away the contaminants.



Attention

- *N'essuyez pas les électrodes des pieds et des mains avec des détergents. Le détergent liquide qui s'infiltrer dans le produit pourrait causer de la corrosion et provoquer un mauvais fonctionnement de l'appareil.*
- *N'utilisez pas de produits nettoyants contenant des solvants organiques tels que du diluant ou du benzène. La surface du produit peut être endommagée.*
- *Retirez tout corps étranger s'étant déposé sur l'appareil à l'aide d'un chiffon doux.*
- *Pour une contamination importante, trempez un chiffon dans de l'eau dans laquelle vous aurez dilué un détergent neutre, essorez le chiffon et essuyez les contaminants.*

7.3 Storage



Caution

Do not store the device in a place that is very humid or is exposed to direct sunlight. It may cause device deformation or failure.



Avertissement

Veillez à ne pas entreposer l'appareil dans un endroit exposé à une humidité élevée ou à la lumière directe du soleil. Cela pourrait entraîner une déformation ou un mauvais fonctionnement de l'appareil.

- For long-term storage, turn off the device, remove the batteries, and pack it before storing.
- Store it in a dry place, away from sudden temperature changes.

8 Troubleshooting

8.1 Error Messages

If an issue occurs during use, the relevant error messages will be displayed on the LCD. The key error messages and their corresponding solutions are as follows.

Related Error Code: C51H, C61H, S21E, S00A, A11E, A21E

It is an error message displayed when the conditions for the InBody Test are not met.

Please do not wear socks or stockings. After checking the contact condition of the hand and foot electrodes, perform the InBody Test again. If the test is unavailable, please check the following steps.

- Clean your hands and feet with a wet wipe to keep them moist and then take the test.
- Move to an area free of electronic devices and outlets, and take the test.
- Replace all four batteries with new ones and take the test.

If the issue doesn't resolve even after following the above steps, please reach out to our customer service.

Note

- If your palms or soles are extremely dry, or if there is excessive dead skin on your feet, the measurement may not be accurate. In this case, gently wipe your hands and feet with wet wipes before measurement to improve accuracy.
- People with metal implants, such as metal pins or prostheses, may not receive accurate measurement results or may experience errors.

If the Batteries Are Low



It will be displayed when the battery is low or insufficient. Replace all four batteries with new ones.

If Wi-Fi Transfer is Unstable



This will be displayed when the Wi-Fi is disconnected. Check the Wi-Fi connection status.



This happens when the Wi-Fi connection is established, but a temporary communication error prevents the measurement value from being sent.

Note

- Even if Wi-Fi errors appear, the measurement data can still be recorded on the device. Pressing the sync button in the InBody App allows you to sync the saved data on the device with the InBody App.
- All test results stored on the device due to a Wi-Fi error will be sent to the App once Wi-Fi is connected.
- To ensure a smooth Wi-Fi connection, keep the InBodyDial H40NWiE close to the connected Wi-Fi router and check the surrounding environment for any obstacles.

8.2 Basic Troubleshooting

Here are potential issues that may occur during device usage and their solutions. If the issue persists after following these steps, please contact the Product Support team at Support@inbody.com.

Question: I can't perform the InBody Test, and a message saying "Check your thumbs and heels for proper contact" is displayed.

Answer:

- Wipe your hands and feet gently with wet wipes and try the test again. If the palms or soles are dry, or if there is a lot of dead skin on the feet, the test might not proceed smoothly.
- Maintain the correct posture and try the test again. Any posture in which your armpits, hands, or arms touch other parts of the body may affect the test. Maintain the correct posture and hold the handle at the same height as your pelvis to proceed with the test. Refer to **"4.3 Test Posture"** for the correct test posture.
- Try changing the location for the test. In areas with a high concentration of electronic and Bluetooth devices, or directly under fluorescent lights, electromagnetic interference may occur.

Question: The device does not turn on even after pressing the dial button.

Answer:

- Check the orientation of the battery electrodes. Incorrect alignment of the battery's electrodes may prevent power from turning on.
- Try to replace the batteries. The batteries might be dead.

Question: My weight doesn't seem accurate.

Answer:

- Please step off the device, check the bottom for any debris, ensure that '0.0 kg (0.0 lb)' is displayed, and then measure your weight again.
- Press down on the corners of the device to ensure it is horizontally stable. If you measure your weight on a carpet or mat, the measurement may not be accurate. Place the device on a firm, flat surface for measurement.
- Check the four supporters on the bottom of the device for any debris or damage. Any dust or damage around the supporters may affect the weight values.
- Make sure the bottom is even and that no part of the device is pressed. If the device is pressed or the supporters on the bottom are blocked by debris, it may function abnormally.

8.3 Frequently Asked Questions (FAQ)

Question: My InBody Test results seem abnormal. There is a slight difference between the tests.

Answer:

- If your hands or feet detach from the electrodes, or if the posture is incorrect, this can result in differences in test results. You should maintain an accurate posture when measuring and keep it until the measurement is complete. Please refer to **"4.3 Test Posture"**.
- For individuals with hands and feet are dry, it is recommended to wipe them with wet wipes before the test. In addition, since your body composition can vary slightly throughout the day, it is recommended to take the test at the same time and under same conditions while maintaining an accurate posture.
- Example: Measure after using the bathroom, before breakfast, in light clothing, with arms and legs straight.

Question: During the test, if my armpits or both legs are touching, does this affect the results?

Answer:

- Since the measurement is done by each segment, if the thighs are touching each other or the armpits are in contact with the rest of the body, the InBody Test results will be affected. In such cases, wearing light short sleeves, shorts, or long clothing can help obtain accurate results.

Question: What is the healthy range for Visceral Fat Level?

Answer:

- Visceral Fat Level is InBody's unique method of expressing the Visceral Fat Area as a level. For general adults, a Visceral Fat Level below 10 is considered healthy, with lower levels indicating better health.

Question: On what basis is the InBody ranking determined?

Answer:

- InBody Ranking is a score derived by calculating the ideal Body Fat Mass and Fat Free Mass for an ideal BMI, and then comparing these values with your body's Body Fat Mass and Fat Free Mass. Fundamentally, higher body fat results in a lower ranking, while greater Fat Free Mass leads to a higher ranking. InBody Ranking does not represent an absolute ranking of the body and it is InBody's standard to motivate weight management so please use it only as a reference.

Troubleshooting

Question: I don't know my exact height, will entering a rough estimate affect the test results?

Answer:

- Since height is reflected in the test results, you must input it accurately. An incorrect height input can lead to errors in the body composition calculation process and produce misleading results.

Question: I didn't send the results to my smartphone, but the LCD screen has turned off. How can I keep the results displayed for a longer period?

Answer:

- If you enable user recognition during the InBody Test, the data will be accumulated in the device. Even if you don't connect with the InBody App every time you take the test, all the tested data can be transferred later by connecting with the InBody App just once. The device will turn off 1 minute after the last action on the result screen. Turning the dial button before one minute passes without any actions will extend the time before the power turns off.

Question: How can I check the reference range on the device?

Answer:

- To check the reference range on the device, you need to start the test using the user recognition function or the InBody App.

Question: How can I turn off the measurement sound?

Answer:

- Open the InBody App and go to **Settings > Device > Click the Registered Device > Device Notification Sounds** to set the sounds to ON/OFF.

Question: What is user recognition?

Answer:

- The user recognition function allows the user to take the InBody Test by identifying the registered nickname after measuring weight and assuming the InBody Test posture, without needing to input height. You can check the variation from the last measurement for each result output on the device, and you can also view the healthy range for Weight/Percentage Body Fat/Skeletal Muscle Mass. Additionally, if you take the InBody Test through user recognition, up to 15 data can be saved on the device, and you can later sync the data with the InBody App to record it.
- Up to 15 sets of data can be stored per nickname.

Question: How can I use user recognition?

Answer:

- To use the user recognition function, connect the device to the InBody App, register a nickname, and take the InBody Test once in the InBody App. Please check if your nickname is registered. For the InBody Test with user recognition, please refer to "**5.1 Start with User Recognition Function**".

Question: What is the criterion for user recognition?

Answer:

- User recognition on the InBodyDial H40NWiE identifies users within a 5 kg (11.0 lb) weight range. If there are multiple users with similar weights, the impedance value is measured to identify the user. If your weight and impedance are similar to those of others, other people's nicknames may be displayed.

Question: How many data entries can be stored and how long are they stored?

Answer:

- A total of 20 nicknames can be registered, and a maximum of 15 sets of data are stored per nickname. If there are more than 15 data, the oldest measurement data will be deleted. There is no limitation on the data storage period.

Question: I am unable to connect the device to the InBody App.

Answer:

- To connect the device to the InBody App, ensure you are within the Bluetooth communication range.
- To connect the device to the InBody App, the Bluetooth function of the mobile device must be turned on. The InBodyDial H40NWiE is compatible with mobile phones running iOS 13.0 or higher, Android 7.0 or higher, and Bluetooth 5.0 or higher.

Question: How long does the battery last?

Answer:

- Assuming that a family of four takes the InBody Test once a day (4 times per day), the standard model lasts about 8 months, while the Wi-Fi model lasts about 6 months.
- Assuming that a family of four takes the InBody Test once a week (4 times per week), the standard model lasts about 9 months, while the Wi-Fi model lasts about 8 months.
- Recently, there have been many single-person households, so assuming the InBody Test is done once a day, the standard model lasts about 9 months, while the Wi-Fi model lasts about 8 months.

Question: How can I do zero adjustment for weight measurement?

Answer:

- After turning on the device, the InBodyDial automatically performs zero-adjustment if there is nothing on the footplate. At this time, if the device is not level or if weight is applied to the footplate, the zero-adjustment may be incorrect. Place the device on a hard, flat surface without anything underneath. Position the handle properly, press the dial button to turn on the power, and check the height value. Press the dial button once more to confirm that the weight is at 0.0 kg (0.0 lb) before using.

Question: How do I apply for the InBodyDial H40NWiE warranty?

Answer:

- Contact the InBody Customer Center for assistance.
- Please contact the Product Support team at Support@inbody.com. The InBody product comes with a one-year warranty. However, even within this period, any issues arising due to the customer's fault will be handled with a charge.

9 Specifications

9.1 Classifications

Specifications

Bioelectric Impedance Analysis (BIA) Measurement Output	15 impedance measurements are taken using 3 different frequencies (5 kHz, 50 kHz, and 200 kHz) across 5 segments (right arm, left arm, trunk, right leg, and left leg).
Electrode Method	Tetrapolar 8-Point Tactile Electrodes
Measurement Method	Direct Segmental Multi-Frequency Bioelectrical Impedance Analysis Method (DSM-BIA)
Body Composition Calculation Method	No Empirical Estimation
Result Output (LCD)	Weight, Percent Body Fat, Skeletal Muscle Mass, Visceral Fat Level
Result Output (InBody App)	Weight, Skeletal Muscle Mass, Body Fat Mass, Body Mass Index (BMI), Percent Body Fat, Waist-Hip Ratio, Visceral Fat Level, Leg Muscle Level, Soft Lean Mass, InBody Score, CID Graph, Body Balance Evaluation (Left and Right of Upper and Lower Body), Basal Metabolic Rate (BMR), Growth Graph (Height, Weight)
Measurement Time	Impedance measurement takes approximately 20 seconds
Operation Environment	41 °F - 104 °F (5 - 40 °C), Up to 6,561 ft 8.2 in (2,000m), Max. 80 % RH up to 88 °F (31 °C), decreasing linearly to 50 % RH at 104 °F (40 °C)
Storage Environment	14 - 158 °F (–10 - 70 °C), 10 - 95 % RH, 7.3 - 15.4 psi (50 - 106 kPa) (No condensation)
Measurement Weight	11.0 - 330.7 lb (5 - 150 kg)
Height Range	3 ft 1.40 in - 7 ft 2.61 in (95 - 220 cm)
Measurement Age	3+ years
Power consumption	DC 6 V (4 x 1.5 V AA Batteries)
Display Screen	2.25 inch TFT LCD
Device Size	13.4 (W) X 13.4 (L) X 2.0 (H) : inch 340 (W) × 340 (L) × 50 (H) : mm
Equipment Weight	6.2 lb (2.8 kg)

* Above specifications can be changed without prior notice.

9.2 Symbols Used on the Device

Safety Symbols

	Refer to the user's manual before using the device
	Direct Current
	Do Not Disassemble Arbitrarily

Other Symbols

	Manufacturer
	NRTL Mark
	Serial Number

10 Device Warranty

10.1 Device Warranty Standard

- Warranty service will be effective only within the warranty period provided and only for an inherent manufacturer's defect.
- In the Republic of Korea, any matters not specified in this document will follow the consumer dispute resolution guidelines set by the Korea Fair Trade Commission. However, for users in other countries, the applicable local regulations will apply.
- In case of malfunctions or damages, please contact the Product Support team at Support@inbody.com.

Device Name	Impedance Body Fat Measuring Machine	Device Number	
Date of Purchase		Warranty Period	1 year from the date of purchase

10.2 Warranty Period

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

10.3 Types of Consumer Damages

Types of Consumer Damages		Within the Warranty Period	After expiry of the warranty period
If major malfunction occurs within the first 30 days of purchase due to defect.		Exchange or Repair free of charge	
Repairs Under Warranty	Any malfunction occurring due to a defect within 1 year of the purchase date	Repair or exchange with refurbished product of equal or better condition	Repair at a charge

10.4 Paid Service

Warranty will not be provided if the device is modified or damaged under the following circumstances.

- Arbitrary disassembly of the device
- Unauthorized modification of device settings
- Repaired by a person other than the official representative from InBody
- Device malfunction caused by the consumer's fault:
 - Malfunction and damage of the device caused by the user's improper handling (fall, water immersion, physical impact, breakage, excessive operation, etc.)
 - Malfunction and damage caused by not following the instructions and precautions in the User's Manual
- Others:
 - Shipping costs for repair or replacement may be required at the cost of the consumer
 - Malfunction caused by a natural disaster (e.g., fire, flood, abnormal power, etc.)
 - Worn-out or used consumables FCC Information to UserFCC Information to User

FCC Information to User

This device complies with part 15 of the FCC Results. Operation is subject to the following two conditions :

- (1) This Device may not cause harmful interface, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This device complies with RF exposure regulations and has been tested for SAR at 0 cm from the human body.

Note: This equipment has been tested and found to comply with the limits for CLASS B digital device, pursuant to Part 15 of FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try correct the interference by one or more of the following measures:

- 1.1. Reorient or relocate the receiving antenna.
- 1.2. Increase the separation between the equipment and receiver.
- 1.3. Connect the equipment into an outlet on a circuit different from that to which receiver is connected.
- 1.4. Consult the dealer or experienced radio/TV technician for help.

WARNING(Avertissement)

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

Les changements ou modifications non expressément approuvés par le fabricant pourraient annuler le droit de l'utilisateur à utiliser l'équipement.

Caution(Attention)

Modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Les modifications non expressément approuvées par la partie responsable de la conformité pourraient annuler le droit de l'utilisateur à utiliser l'équipement.

Uncontrolled Exposure / General Population

This wireless portable device has been found to comply with the Specific Absorption Rate (SAR) specified for uncontrolled environment/general population exposure limits and has been tested according to specified measurement procedures.

French Canadian Compliance Statements

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil nedit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This Class B digital apparatus complies with Canadian ICES-003

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

FCC ID: F6OH30NWIE(Contains FCC ID: 2AC7Z-ESPC3MINI1)

IC: 22967-H30NWIE(Contains IC: 21098-ESPC3MINI1)



