

Body Fat Monitor (12-1133)

Instruction Manual



Intended Purpose:

This body fat monitor is a handheld device designed to measure and categorize a person's body fat percentage, BMI, and basal metabolic rate (KCAL) using BIA technology, while storing up to 9 user profiles.

Features:

- Measures body fat, BMI, and KCAL in seconds
- 9 person-profile memory
- Easy to read LCD screen
- Wireless, handheld, lightweight, and portable
- Displayed in kg
- Readings are categorized into five groups: emaciated, standard, hide corpulent, muscle corpulent, and corpulent

⚠ CAUTION:

- This device is only for reference. Please consult your doctor to determine proper fat percentage for your body and health status.
- Do not place in high temperature, in sun, or in liquid.

DO NOT USE IF:

- under 10 years old or over 99 years old
- you are pregnant
- you receive dialysis treatment
- you take cardiovascular medicine
- you have a pacemaker or other implanted medical device
- you wear an electrocardiograph or other portable electronic medical device.



Buttons:

POWER: turn device on/off

SET: set basic information and switch functions

START: begin the measurement

▲/▼: choose between values and sex

Key Terms:

Fat Ratio: the ratio of body fat

Measuring/Measuring End: the measurement is in process/has ended

Height: height of person using device

Weight: weight of person using device

Age: age of person using device

Guest: person using device

Man/Woman: sex of person using device

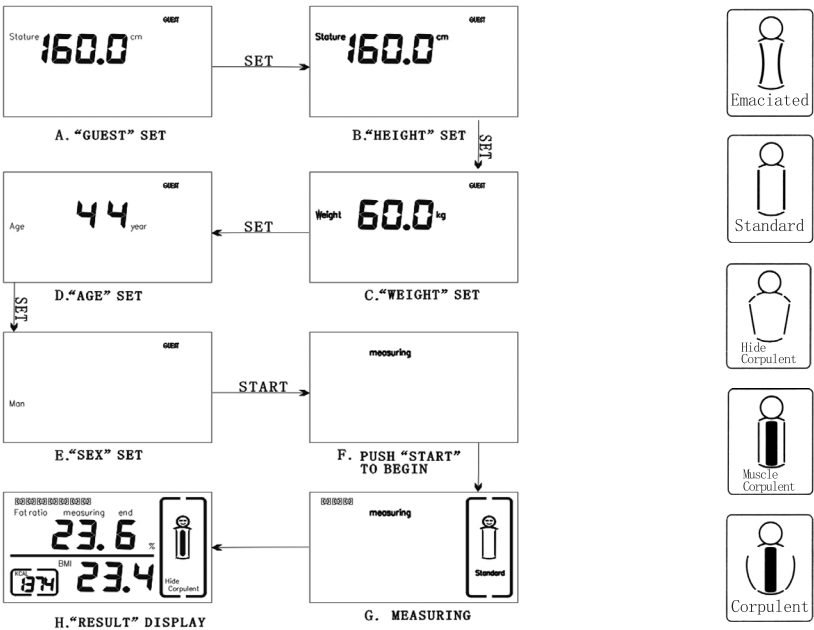
BMI: Body Mass Index - this is a number that shows body weight adjusted for height and can be calculated as follows:

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in meters}) \times (\text{height in meters})}$$

KCAL: Kilo Calorie, a unit of heat to represent the value of basal metabolism (basal metabolism is the rate at which the body uses energy while at rest to maintain vital functions such as breathing and keeping warm)

Operational Instructions:

- Insert batteries and press the Power Button and the LCD screen will come on.
- After a beep is heard you will be prompted to set up the first profile.
- Press the Set Button to input height, weight, age, sex, etc. using the directional buttons.
- When finished setting your profile, press the Start Button to begin the measurement. Hold the handles with both hands to measure the Body Fat Ratio, BMI, and KCAL
- The results will display as emaciated, standard, hide corpulent, muscle corpulent or corpulent. Symbols below:



Body Fat Ratio Classifications:

Sex	Emaciated (underweight)	Standard (normal weight)	Hide Corpulent (overweight)	Corpulent* (class I, II, III obesity)
Male	10%	10 - 20%	20 - 25%	> 25%
Female	20%	20 - 30%	30 - 35%	> 35%

* Corpulent includes Muscle Corpulent and Corpulent, device will show the difference according Body Fat Ratio

BMI Classifications:

Underweight	Normal Weight	Overweight	Class I Obesity	Class II Obesity	Class III Obesity
<18.5%	18.5 - 24.9%	25 - 29.9%	30 - 34.9%	35 - 39.9%	> 40%

Product Specifications

Principle	BIA technology
Battery	2 x AAA batteries (included)
Height Setting	100 - 199.5 cm
Weight Setting	10 - 119.8 kg
Age Setting	10 - 99 years old
Measuring Range	5% - 50%
Accuracy	+/- 0.1%
Operating Temperature	-10° C - 40° C
Storage Temperature	-20° C - 60° C

WARNING:

- Clean contact points before and after each use
- Ensure patient's skin is dry before testing
- Do not use on patients with electronic medical implants
- Follow proper placement guidelines
- Keep device away from water and excessive moisture
- Store in a clean, dry environment
- Replace batteries according to manufacturer specifications

Disposal Method

Dispose of item in accordance with the local/ regional/national/international regulations.

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