

BASELINE[®]

EVALUATION INSTRUMENTS

CREDIT CARD SIZE FAT ANALYZER

MODEL 12-1141

Intended Purpose: The **Baseline[®] Fat Analyzer** is credit card size and portable and is used to measure your percentage of body fat. Please read instructions carefully before use and as always, consult with your doctor before starting any exercise regime.

Functions and Performance Parameters

- Clock (24/12 hour system)
- Alarm clock
- Fat-testing function
 - Weight Setting
22-550lb. with 1lb. increments (Default value: 121lb)
 - Height Setting
3'0" -7'11" with 1" increments (Default value: 5'5")
- Age setting: 10-99 years old (Default value: 20 years old)
- Group setting: Group 1-8 (Default value: Group 1)

Features

Operating voltage: 3V
Operating current: less than 20uA
Power consumption: 0.06mW, 0.3mW at the maximum

Risks of Being Too Fat or Too Thin



It's impossible to judge concealed adipositis ("fat") just from appearance. The **Baseline® Fat Analyzer** can provide you with reference data by measuring body fat.



Obesity and Its Problems

Adipositis (obesity) does not mean fat as in weight gain. It refers to the fat found in adipose tissues. Research shows that excessive body fat increases the risk of developing heart disease, diabetes, breast cancer, and premature death. However, fat plays an important role in maintaining the body, both physically and structurally. Excessive amounts and poor distribution of body fat can be harmful to our health.

Being Too Thin and Its Problems

Low body fat can also cause serious problems. People who are too thin are at greater risks for anemia, bone loss and osteoporosis, heart irregularities, amenorrhea (loss of periods for women), delayed wound healing, etc. For this reason, the proper amount of body fat is very important for staying healthy.

Explanation of Product Appearance

A: Left and Right contact pieces
B: MODE
C: UP
D: DOWN
E: SET

F: START
G: LCD (Display)
H: Battery Cover
I: Batteries

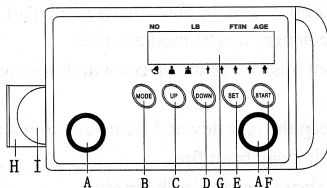


Fig. 1
Front View

Instructions for Use

Press MODE key. The system will switch between the time mode, fat-testing mode and alarm clock mode.

Clock Set

1. The buzzer will beep after the batteries are installed. LCD will display in full screen (as shown in Figure 2) and then it will enter into the clock mode.



Fig. 2

2. Press SET key for 2 seconds to enter clock set-up status. LCD will display 24 hours or 12 hours in flashes; press UP/DOWN keys to set up the time system. Press SET key to confirm.
3. Hour value numbers will flash. Press UP/DOWN to select hour, then press SET key.
4. Minute value numbers will flash. Press UP/DOWN to select minute, then press SET to confirm and return back to the clock mode.

Fat-testing setup

1. Press MODE key once in the *time mode* to enter the Personal Data Setup for measuring fat. (You can press UP/DOWN keys to see data measurement in the system memory to avoid re-set.)
2. At this time, the personal number value is in the adjustable state. Press SET key and the system will go circularly to the values of weight, height, age, sex (male/female) and number values. Press UP/DOWN keys to set the values of these items.
3. After having set up the correct personal data, press START key to start testing. Place your thumbs on the contact pieces (as shown in Figure 3). Press down using light force and the system will automatically detect and measure.

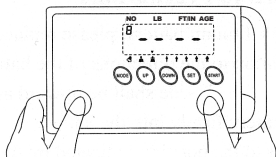


Fig. 3



Fig. 4

4. Approximately 5 seconds later, the system will automatically measure the body fat ratio, namely the percentage of the fat in your body and display it in the LCD; simultaneously the small triangle sign corresponding to the suitable body type will flash, as shown in Figure 4.

5. When *waiting* for the measurement, LCD will display as in Figure 5 and flash. *During* the measurement, LCD will flash from left to right. If the system displays the error message " ERR " approximately 10 seconds later, please refer to the causes in: About Error Message.

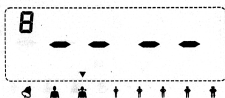


Fig. 5

6. Up to 5 people can keep track of their body fat by setting up their own Personal Data Setting as person number 1, 2, 3, 4 or 5.

Note:

- A. The last thing to set in the Personal Data is MALE/FEMALE. Once this is set, the system will automatically save the personal settings.
- B. Hold the UP/DOWN key for 2 seconds to accelerate the setting variables.
- C. Press MODE key to toggle between alarm clock and fat ratio display or press SET key to re-enter into the weight setup. If there is no key movement for 1 minute, system will reset.

Alarm Clock Setup

1. Press MODE key twice in the time mode to enter into the alarm clock state, AL will flash. Press SET key for 2 seconds to start the alarm clock setting. Press UP/DOWN keys to turn alarm on and off. LCD will display as Figure 6 when the alarm clock turns on (the bell sign on the panel will display "▼" and AL will flash). When the alarm clock turns off as shown in Figure 7, AL and the sign will flash).



Fig. 6

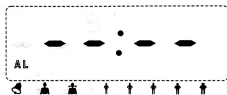


Fig. 7

2. Press SET key when the alarm clock turns on. The hour value of it will flash. Press SET key again and the minute value will flash. Press UP/DOWN keys to adjust the value, then press SET key to confirm. Press MODE key to return to the clock mode.
3. When alarm goes off, unit will prompt the user with “beep” and will automatically stop one minute later.

Tips:

- To test the alarm clock functions, press UP/DOWN keys at the same time and the “beep” sound will keep beeping.
- The setting of clock, personal data and alarm clock, etc. are powered by the batteries, so please re-set them after replacing the batteries.

About Error Message

The causes for error message displayed on the measurement result as shown in Figure 8 may be the following:

- Thumbs are not in the correct position after having pressed the measurement key.
- The finger is too dry during the measurement.
- Finger pads are not being pressed hard enough, causing poor contact.
- The value of personal data goes beyond the scope of virtual value or is entered incorrectly.

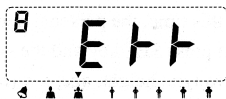


Fig. 8

Body Fat Readings

SEX	ERR	Too Light	Thin	Standard	Fat	Too Fat	ERR
Male	Below 5%	5%-9.9%	10%-14.4%	14.5%-24.9%	25%-34.9%	35%-50%	Above 50%
Female	Below 5%	5%-9.9%	10%-19.9%	20%-29.9%	30%-34.9%	35%-50%	Above 50%

Precautions and Care of Unit

- This unit uses one CR2016/3V lithium battery. Replace when necessary by sliding the battery compartment out. Pay attention to the battery polarity (viewed from the back, " + " side shall be upward as shown in Figure 9). Secure the battery firmly into the battery cartridge, align the battery cover to the position indicated by the arrow and push it horizontally into position.

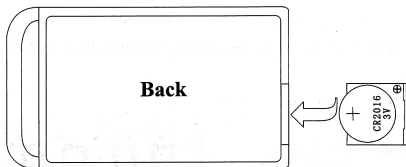


Fig. 9

- If there is no display or abnormal display, please take out of the battery and reinstall.
- Do not place unit near heat or direct sunshine.
- Keep unit clean. Do not dip it into any liquid and keep it away from fire.
- Avoid violent vibration or dropping.
- Do not dismantle this unit.
- The units indication of body fat ratio and determination of obesity is for reference only. If results are of concern, see your doctor for advice.
- Keep away from children and pets.
- Not intended for women who are pregnant or people with pace-makers.

About Human Fat Measurement

- The amount of fluid inside human body will affect the reading of body fat. It's best to measure your body fat ratio in the evening. Since body fat readings may vary at different times of the day, take readings at same time for more accurate readings.
- It's recommended to measure body fat ratio twice a month.

Explanation of Symbols

	Clock	AL	Alarm Clock
AM	Morning	PM	Afternoon
	Put the finger in the right place for measurement	22.2%	Value of body fat ratio
NO. 	Basic Data Group		Sign of Fat Degree: Too Light
	Sign of Fat Degree: Thin		Sign of Fat Degree: Standard
	Sign of Fat Degree: Fat		Sign of Fat Degree: Too Fat
	Sign for Males		Sign for Females
	Sign for Alarm Clock On	E H	Sign for Error of the Measurement Process or Result
AGE			
The foregoing signs are the common ones for two types of metric system and inch system			
LB	Weight in pounds	FT/IN	Height in feet/inches

Tolerance

This device measures body fat with an accuracy of $\pm 5\%$.

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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