

InBody

User's Manual

InBody H20N User's Manual for Measurement Guide and Setup

Thank you for purchasing the InBody H20N. This user's manual describes all the features of the InBody H20N.

Please read before use and keep it in a safe place. By following the manual instructions, you will be able to use the InBody H20N more safely and effectively.

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

Please note the important information below before reading this manual.

 **Warning**

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

 **Caution**

Failure to comply with safety cautions and regulations can cause injury or property damage.

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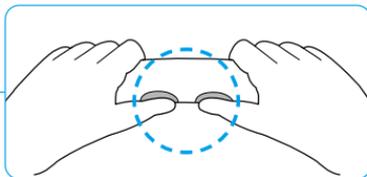
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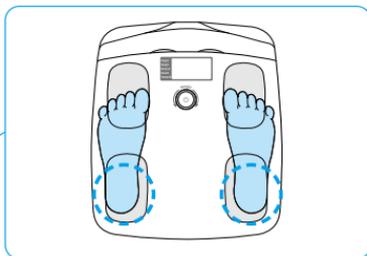
InBody Test Posture



Stretch out your arms.
Avoid contact with your waist.



Put your thumb on the round
electrodes.



Place your heel at the end of the heel
electrodes and allow the rest of your
foot to point forward.

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Product Warranty

I. Precautions

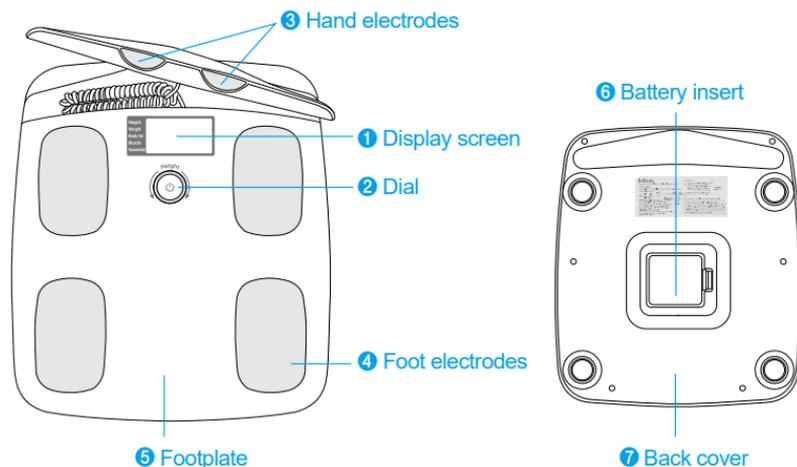
Please note:

- 1. People with medical devices including an implantable medical device or a patient monitoring device, such as a Pacemaker, should not use the InBody. InBody Co., Ltd. is not liable for any incidental or consequential damages that occur.**
2. Place the InBody on a flat and vibrationless floor. Placing it on an uneven floor, like a carpet or a mattress can result in incorrect measurements. For long-term storage, remove the battery pack, and place it on a flat surface.
3. Keep your InBody device away from other electronics while testing. It may cause errors.
4. After an individual with any kind of contagious disease or infection tests on the InBody, sterilize the device with a soft cloth or with ethyl alcohol wipes before use.
5. Excessively high or low temperatures, humidity, and pressure can affect the accuracy of the InBody.
6. Keep food, beverages and other liquids away from your InBody device.
7. Do not disassemble the InBody. It can cause electric shock or damage, product malfunction, and other errors. InBody Co., Ltd. will not be liable for any incidental or consequential injuries or damages from the product that occurred.
8. Do not use this product for purposes other than body composition analysis or weight measurement.
9. If you cannot maintain the correct testing posture to take the InBody Test alone, request assistance from a helper. Help children maintain the proper posture during the measurement.
10. Use the packing material provided with the product when moving your InBody. Dispose of waste in compliance with the law.
11. Only trained InBody service team members can repair InBody devices. If your device is in need of repair, please contact InBody.

II. Product Components and Set-Up Instructions

A. Product Components

Product components: InBody H20N, User's Manual, AA Battery 4 ea



- 1 **Display screen:** Displays outputs on the screen.
- 2 **Dial:** Use to power ON/OFF, input height and check results.
- 3 **Hand electrodes:** User holds the device with hands and fingers.
- 4 **Foot electrodes:** User stands on the device, placing the back of heels on the rear electrodes.
- 5 **Footplate:** Measures the weight of the user.
- 6 **Battery insert:** The InBody H20N takes 4 AA batteries. Open the cover to insert the batteries.
- 7 **Back cover:** Do not open, dismantle or attempt to repair your device yourself.

Cautions when changing Batteries

To reduce the risk of injury and other complications from prolonged battery use, we strongly recommend.

- Replacing the four old AA batteries with four new AA batteries.
- Using four AA batteries of the same make and model for optimum performance.

Please also ensure all batteries are installed correctly; incorrect installation may cause device damage and/or malfunction.

II. Product Components and Set-Up Instructions

B. Installation and User Registration of InBody App

- 1 Download and install the InBody App from the iPhone App Store or Google Play Store prior to testing. (iOS 13.0, or newer. Android 7.0, or newer.)

Or

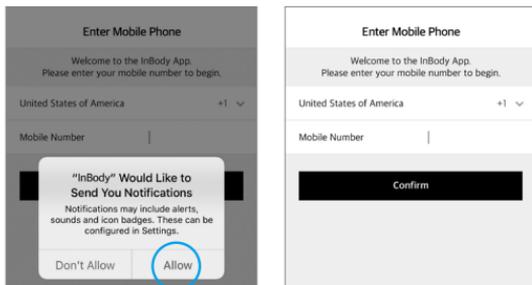
Scan the QR code below. For an Android phone, turn on NFC (Read/Write) and tap the NFC mark to move to the app download page automatically.



- 2 Once the download is complete, open the InBody App and register as a new user.

* "QR Code" is registered trademark of DENSO WAVE INCORPORATED.

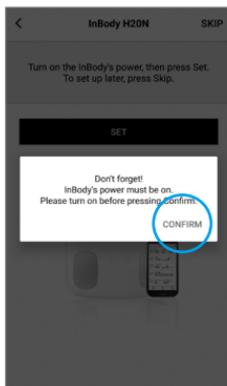
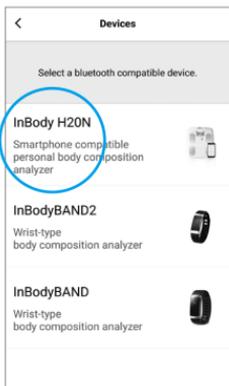
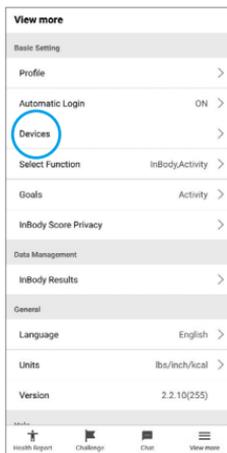
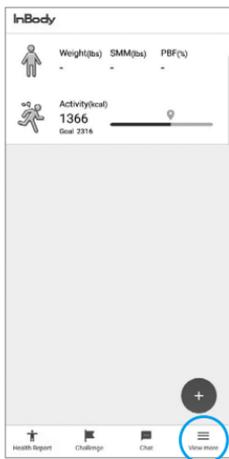
II. Product Components and Set-Up Instructions



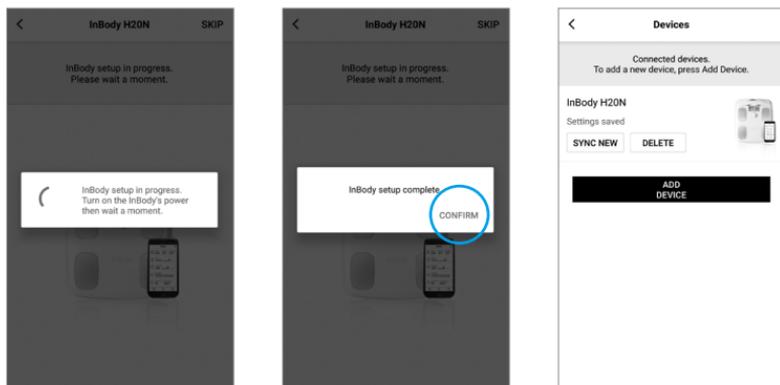
Keep the Bluetooth ON to use the InBody H20N.

II. Product Components and Set-Up Instructions

C. Interlocking the InBody App with InBody H20N



II. Product Components and Set-Up Instructions



* Data will transmit from the InBody Dial and InBody App automatically after syncing is complete.

III. Weight Measurement

To measure weight only,

- 1 Tap the footplate to turn the power on, and step on the footplate
When 0.0 is displayed on the screen.



- 2 A “beep” will indicate when the measurement is complete.

The power turns off automatically when you step off the footplate.



* Zero-Point Adjustment

When the device is being calibrated, a scrolling rectangle will appear on the screen.



If you want to test on the InBody H20N immediately after measuring weight, turn the dial and input height. Then, hold the hand electrodes and stand with the correct test posture to take the InBody Test.

IV. InBody Test

A. Precautionary Steps

- 1 Do not eat immediately before testing on the InBody.
- 2 Test in the morning, if possible.
- 3 Test after going to the bathroom.
- 4 Test prior to working out.
- 5 Test prior to taking a shower, bath or using a sauna.
- 6 Stand for about 5 minutes prior to testing.

IV. InBody Test

B. Test Posture

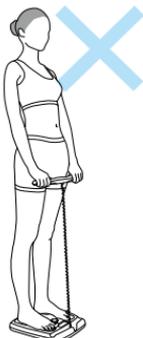
Arms and legs aren't touching each other



Arms are too high



Arms are too low



Arms are extended



Arms are bent



Do not let your arms touch your stomach and make sure your arms are extended from your body and wear light clothes with sleeves.

Hold the hand electrodes and extend your arms.



Put your thumbs on the round electrodes and hold them.



Do not let your left hand and right hand touch each other.



Make sure all fingers are holding the electrodes.



Do not let your thighs touch each other. If your thighs touch each other, wear shorts or pants.

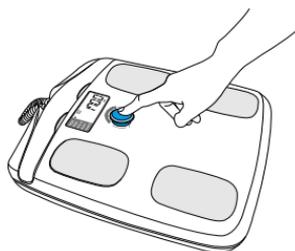


Place your heels on the electrodes and step on the device barefoot. Do not let your feet touch each other. If you are wearing long pants, make sure the edges of the pants are not stuck between foot electrodes and your feet.



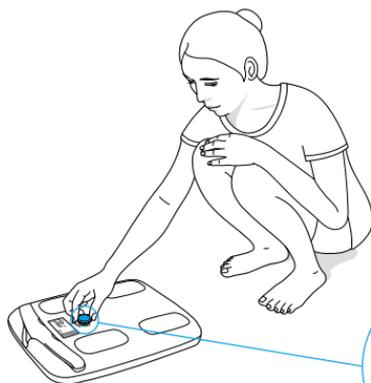
C. Test Instructions

- ① **Power ON: Press the dial to turn the power on.**



- ② **Enter height: Press the dial to enter height.**

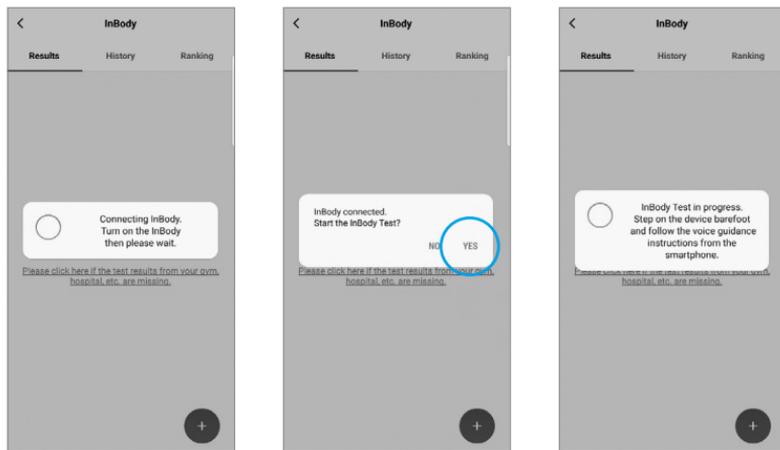
When the power is on, the height of the previous user is displayed.



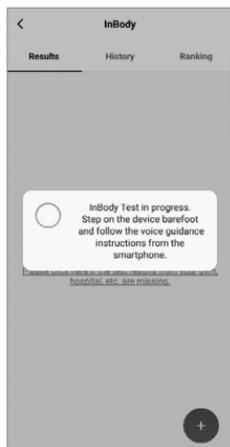
Be sure not to press the footplate while adjusting the dial.

IV. InBody Test

- ③ Run InBody App: After running the App, press the dial icon created at the bottom of the main screen.



Step on the InBody H20N to begin testing.



④ Weight Measurement and InBody Test: Step on the footplate barefoot and stand as shown in the figure below.

Hold the hand electrodes as previously described. After finishing the weight measurement, a "beep-beep" will sound and the InBody Test begins. The Test runs for about 10 seconds and is finished when a "tu-lu-lu" sounds. Once "End" appears on the screen, step down from the footplate.

Height	178.0	End
Weight	75.7	
Body fat	20.6	
Muscle	34.8	
Visceral fat	6	



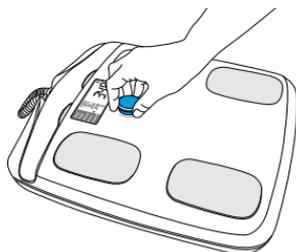
If a user's palms and/or soles are dry or callused, he or she may have difficulty testing. Wipe hands and feet with an InBody Tissue for more accurate results.

IV. InBody Test

⑤ Check Test Results

- When not synced with the App: Turn the dial to enlarge results.

Outputs will be displayed for 100 seconds after an InBody Test has completed. If the device is not used within that timeframe, it will turn off. To turn off the device immediately after use, press and hold the dial.



- When synced with the App: Data will automatically sync between the InBody H20N and InBody App.



D. Understanding InBody Outputs

Body fat mass and muscle mass change with diet and exercise.

- **Weight** : Total body mass

Weight is the total mass of the human body.

- **Percent Body Fat** : Total mass of fat mass divided by total body mass

A person's body fat percentage is the total fat mass divided by the person's weight. It consists of essential body fat and storage body fat. Although the weight is same, the percentages of fat or muscle mass can be different. Therefore, body fat percentage is an essential item for diagnosing obesity. The standard range is 10-20% for men and 18-28% for women. The standard body fat percentage differs for children under 18 depending on their gender and height.

- **Muscle Mass** : Skeletal Muscle Mass

Skeletal muscle represents the majority of muscle tissue and powers movement of the skeleton. Skeletal muscle is innervated by the somatic nervous system and is subject to voluntary control. This is the muscle that is influenced the most by physical activity.

- **Visceral Fat** : Fat surrounding the major organs

Fat around organs is shown in levels between 1 and 20. People with visceral fat levels above 10 are considered unhealthy and are at higher risk for diseases like heart disease, cancer and sleep apnea.

V. Troubleshooting

A. Error Message

The InBody displays an error message on the LCD screen if a disruption occurs.

① Error messages caused by incorrect testing posture

If the following error messages appear, do not put your socks or stockings on. Check your testing posture and try again.



② Error messages caused by internal malfunction of the InBody H20N

If the following error messages appear, please contact InBody.



B. Solving Simple Problems

If the problem still persists, please contact InBody.

Q1. The power does not turn on after pressing the dial.

- A1. This can happen when the batteries are dead. Replace the batteries.
- A2. This can happen when the batteries are not inserted correctly. Remove the batteries and make sure the electrodes are in the correct spots.

Q2. Weight is not measured and the screen displays a scrolling rectangle.

- A1. Tap the footplate to turn on the device. Once 0.0 appears on the LCD screen step on the footplate and measure weight.
- A2. This can happen when the batteries are not inserted correctly. Remove the batteries and make sure the electrodes are in the correct spots.

Q3. Weight is inaccurate.

- A1. Tap the footplate to turn on the device. Once 0.0 appears on the LCD screen after 2-3 seconds, try again.
- A2. The weight can be inaccurate if you use the device on carpet or a mattress. Place the device on a flat, hard surface.

VI. Frequently Asked Questions (FAQ)

If your question is not listed here, please contact InBody.

Q1. The InBody Test results vary. Why is there a difference in outcomes?

- A. If you are standing with incorrect posture, outcomes will vary. Make sure your hands and feet are come in contact with the electrodes properly. Maintain this posture until the Test is complete.

If you have dry hands and/or feet, clean them with an InBody Tissue before testing. InBody recommends testing during the same time of day, under the same conditions for accuracy.

Q2. What is the normal range of visceral fat level?

- A. Visceral fat level is InBody's method of level display which leveled cross section of visceral fat from 1 to 20. For adults, it is normal if visceral fat level is below 10.

The lower the visceral fat level, the better.



Q3. What is the standard range of body fat percentage?

Gender	Low	Standard	High
Man	below 10%	10 - 20%	over 20%
Woman	below 18%	18 - 28%	over 28%

(Adults over 18)

Q4. What does my InBody Ranking mean?

- A. Your InBody Ranking is based off a formula that compares your weight, muscle mass, and body fat mass. A person with a high body fat percentage would have a lower score than a person with a lower body fat percentage. Lose body fat mass to see your ranking increase.

Q5. What if the user does not know his or her height?

- A. Height is important for obtaining accurate InBody Test results. Measure the user on a stadiometer for best results.

Q6. If the user's thighs or armpits touch, would that affect the test results?

- A. Yes. If the user's thighs or armpits touch, have him or her wear a light short sleeve shirt and shorts to obtain more accurate results.

Q7. How do you make the results stay on the screen longer?

- A. InBody Test results are shown on the LCD screen for 100 seconds. If you want to see it for a longer period of time, turn the dial.

VII. Specifications

Bioelectrical Impedance (BIA) Measurement Items	Bioelectrical Impedance(Z) : 10 Impedance measurements are taken by using two(2) different frequencies (20kHz, 100kHz) in each of the five (5) segments (right arm, left arm, body, right leg, left leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrode Methods
Testing Method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA type
Body Composition Calculation Method	No Empirical Estimation
Outputs (LCD Screen)	Weight, Percent Body Fat, Muscle Mass, Visceral Fat Level
Applied Rating Current	100 μ A
Power Consumption	DC 6V(1.5V AA battery 4 EA)
Display Type	Customized LCD
Dimension	310.3 (W) \times 356.4 (L) \times 58.3 (H) : mm(12.2 (W) \times 14 (L) \times 2.3 (H): in)
Weight	2.7 kg (5.9 lbs)
Testing Time	Within 8 seconds after measuring impedance
Operation Environment	10 - 40 °C (50 - 104°F), 30 - 75 % RH, 70 - 106 kPa
Storage Environment	-20 - 70 °C (-4 - 158 °F), 10 - 80 % RH, 50 - 106 kPa (No Condensation)
Testing Weight Range	10 - 150 kg (22 - 330 lbs)
Height Range	95 - 220 cm (3 ft 1.40 in - 7 ft 2.61 in)

* Specifications may change without prior notice.



FCC ID:F60INBODYH20N

FCC statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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 to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

* This product complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This product may not cause harmful interference, and (2) this product must accept any interference received, including interference that may cause undesired operation.



Este equipamento não tem direito a proteção contra interferência prejudicial e não pode causar interferência em sistemas devidamente autorizados.

Product Warranty

Name of Product : InBody H20N

Product No :

Date of Purchase :

Place of Purchase :

▣ **This product warranty gives an assurance for the InBody product as below:**

1. This product undergoes a strict review process to ensure quality control
2. The warranty period of this product follows the warranty period policy of the manufacturer.
3. If the product malfunctions under normal use, InBody will repair it, free of charge during the warranty period.
4. The warranty will be voided and repair services will be offered at cost under the following circumstances:
 - Failure and/or damage caused by mishandling.
 - Failure and/or damage caused by not following the directions and precautions stated in the User's Manual.
 - Failure and/or damage caused by a natural disaster.
 - Failure and/or damage caused by a power malfunction.
5. The warranty will be voided if:
 - The InBody was disassembled by unauthorized personnel.
 - The InBody was repaired by unauthorized personnel.
6. Services are available at a cost after the warranty period.
Contact InBody.

InBody



inbody.com



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