



# DIAL H30

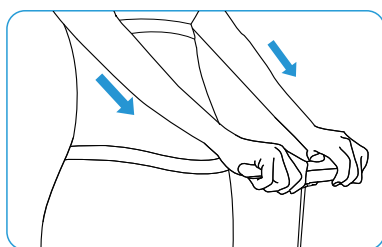
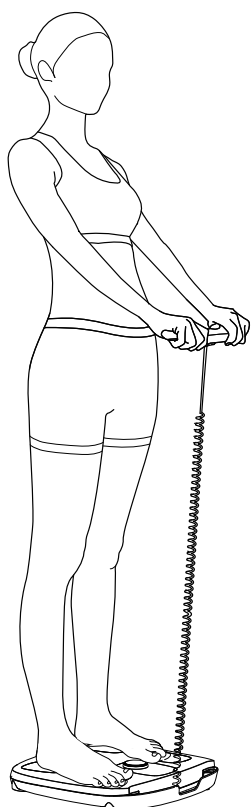
## User's Manual **USA**

InBodyDial H30 User's Manual on Test Posture and Device Installation

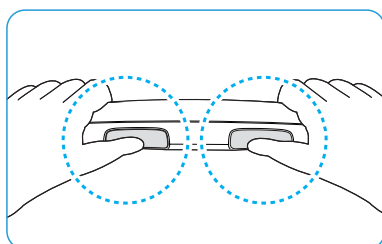
Thank you for buying the InBodyDial H30. This User's Manual provides a comprehensive and easily understandable explanation of every function of the InBodyDial H30.

To ensure the safe use of the InBodyDial H30, please read this manual before using and keep it in a readily accessible place at all times. By understanding and following this information, you can use InBodyDial H30 more safely and effectively.

## Test Posture



Please grip the handle and maintain it at the same height as your pelvis as shown on the left and fully stretch your arms so that they don't touch your waist.



Place your thumb on the rectangular electrode.



Align your heel with the end of the foot electrode.

For detailed information on the test posture, please refer to section '4.3 Test Posture'.

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# 1 Safety

## 1.1 Safety Symbols in the User's Manual



**Warning**

Failing to follow these instructions may result in serious injury.



**Caution**

Failing to follow these instructions may result in product damage or inaccurate InBody Test results.



**Avertissement**

Le non-respect de ces instructions peut entraîner des blessures graves pour l'utilisateur.



**Attention**

Le non-respect de ces instructions peut entraîner des dommages au produit ou des résultats de test inexacts.

## 1.2 Cautions



**Warning**

- Persons wearing an implanted medical device (e.g., pacemaker) or a life-sustaining device (e.g., patient monitoring device) should not use the InBodyDial H30. InBody Co., Ltd. and its affiliates waive all liability, whether direct or indirect, stemming from any failure to abide by the warnings in this User's Manual.
- Bioelectrical Impedance Analysis (BIA) technology uses a micro electric current to perform the measurement, and is not harmful to the human body. However, please consult with your medical provider before using the product.
- Any person with a contagious or infectious disease should abstain from touching or using the product. Clean the product with a soft cloth and a sterilizing agent (e.g., ethyl alcohol).
- When using sterilant to clean the product, do not pour the liquid directly onto the product. If liquid cleaner flows into the device, it may cause an equipment failure or an electric shock due to a short circuit.
- Do not use this device for any purpose other than body composition analysis or weight measurement.
- Since InBodyDial H30 is not a medical device, it is not intended to diagnose, treat, or analyze any illness.
- The results of people with metal implants such as metal pins or prostheses in their bodies may not be accurate, and there can be errors in the results.
- InBodyDial H30 is a sensitive device that measures body composition accurately. If you take the InBody Test near an appliance (e.g., refrigerators and TVs), under a fluorescent lamp, or near a power outlet, a measurement error may occur due to electromagnetic noise. Perform an InBody Test away from other appliances.
- Do not use the device in a humid space such as a bathroom, as excessively high or low temperature, humidity, and pressure may affect the operation of the device. Please use the product within the specified operating environment as indicated in the product specifications.
- Take caution not to allow any liquid substances (e.g., food scraps and beverages) to contact the device directly. Substances getting inside the device can affect the electrical components and cause a problem.
- Do not arbitrarily disassemble the product. This may result in injury, device malfunction, or inaccurate test results. InBody Co. Ltd. will not be liable for any product damage or associated damages caused by the arbitrary disassembly of the product.



### Caution

- 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, remove the batteries, pack the InBodyDial H30 in the original box and keep it on a flat surface.
- Dispose of the InBodyDial H30 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 product. Please contact the Product Support team at [Support@inbody.com](mailto: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 après avoir consulté un médecin ou un spécialiste.
- Les personnes souffrant d'une maladie contagieuse ou infectieuse devraient éviter de toucher ou d'utiliser l'appareil InBody. Après utilisation, nettoyez l'appareil à l'aide d'un linge doux et propre et d'un stérilisant, comme de l'alcool éthylique.
- Lorsque vous utilisez un désinfectant liquide, ne le versez pas directement sur l'appareil ; cela pourrait endommager l'appareil et provoquer une électrocution.
- N'utilisez pas ce produit à d'autres fins que l'analyse de la composition corporelle ou la mesure du poids.
- Ce produit 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.
- Les résultats des personnes portant des implants métalliques tels que des broches métalliques ou des prothèses dans leur corps peuvent ne pas être exacts et il peut y avoir des erreurs dans les résultats.
- Ce produit est un appareil sensible qui mesure avec précision la composition corporelle du corps. N'utilisez pas l'appareil près de lumières fluorescentes ni d'appareils électroniques ou autres appareils tels des réfrigérateurs ou des téléviseurs qui pourraient causer des interférences électroniques et ainsi entraîner des erreurs dans les valeurs de mesure. 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.
- Utilisez dans l'environnement de fonctionnement recommandé dans les spécifications du produit.
- Veuillez prendre les précautions nécessaires pour vous assurer qu'aucun liquide (p. ex. : des restes de nourriture ou des boissons) ne pénètre dans l'appareil. Cela pourrait affecter les composants électriques à l'intérieur de l'appareil et entraîner un mauvais fonctionnement.
- 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 ltée n'est pas responsable des dommages connexes pouvant être causés par une manipulation arbitraire de l'utilisateur.
- 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 entreposez l'appareil pour une longue période, retirez les piles, emballez-le, et rangez-le sur une surface plane.
- Disposez de l'appareil et des piles qui y sont incluses conformément à la réglementation locale en vigueur.
- L'entretien et la maintenance ne peuvent être effectués que par les employés du Service après-vente d'InBody Cie ltée.
- Pour tout entretien, réparation, et inspection, veuillez nous écrire au [Support@inbody.com](mailto:Support@inbody.com)



### Attention

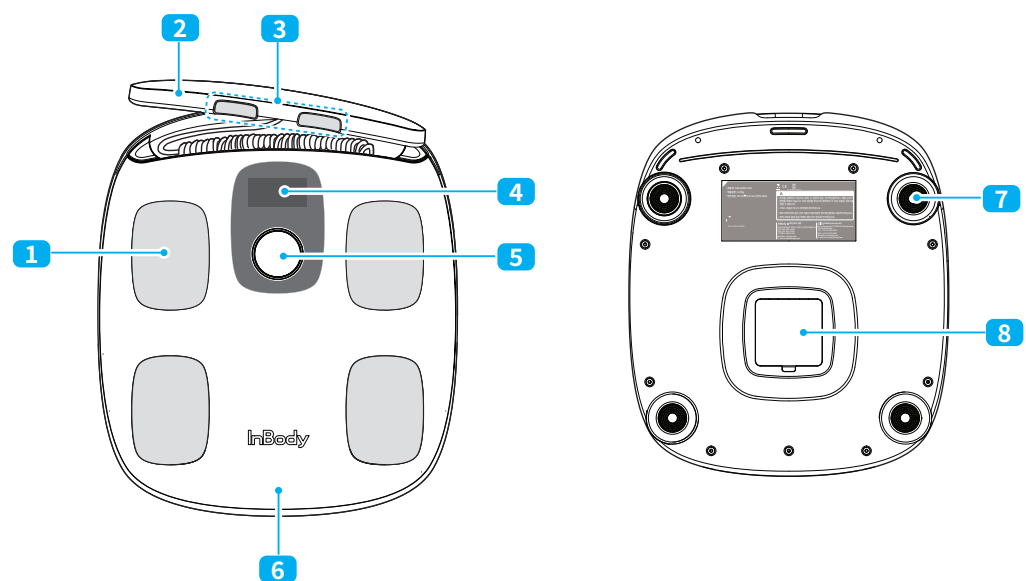
## 2 Product Overview

### 2.1 Components

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

InBodyDial H30, Quick Start Guide, AA batteries (4 Count)

### 2.2 Names of Components



- 1** Foot Electrode: 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** Hand electrodes: This component sends a micro electric current through the upper body for InBody Test and measures the resulting voltage.
- 4** Display(LCD) : Test conditions/results and others are displayed here.
- 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: A support stand for accurate weight measurement. If damaged, the weight will not be measured accurately.
- 8** Battery holder: It is a unit where batteries are inserted. You can open the cover and insert batteries.

# 3 Installation

## 3.1 User Environment

- InBodyDial H30 is for indoor use.
- Place the device on a flat floor. This product should be used on a floor without curves, unevenness, and vibrations. If you use the product on an uneven surface (e.g., carpets and mats), the test results may not be accurate.
- If you take the InBody Test near an appliance (e.g., refrigerators and TVs), under a fluorescent lamp, or near a power outlet, a measurement error may occur due to electromagnetic noise. Therefore, place this product away from other appliances.
- Do not use the device in a humid space such as a bathroom, as excessively high or low temperature, humidity, and pressure may affect the operation of the device. Use the product in the operating conditions outlined in 9. Product Specifications.

## 3.2 Inserting Batteries

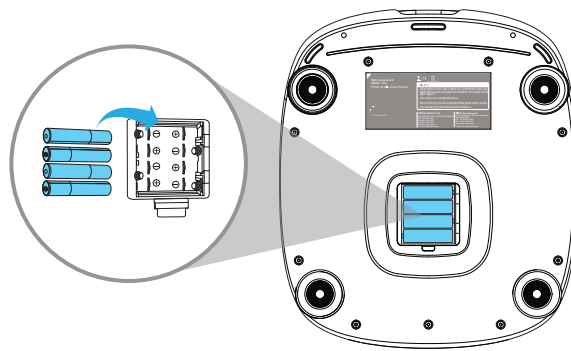
### Caution

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 4 piles AA de 1,5 V et veuillez à insérer les piles tel qu'illustré par les icônes. Insérer les piles dans le sens inverse pourrait endommager les circuits internes et empêcher l'appareil de fonctionner.

- 1 Open the battery holder cover and put in the batteries.



- 2 Close the cover.

#### Precautions for replacing batteries

- Since the long-term use of batteries can be dangerous, replace four old aa batteries with new ones to prevent risks.
- Use four batteries of the same model for optimal device conditions.
- Please ensure that all batteries are inserted correctly. If batteries are placed incorrectly, it may cause damage or malfunction.




### 3.3 Installing the InBody App

Through the InBody App, InBody test results can be recorded and managed.


#### Requirements



- Android OS 7.0 or higher or iOS 13.0 or higher
- Only smartphone models with Bluetooth version 5.0 or higher can connect with the InBodyDial H30.
- Enable the Bluetooth function on your mobile device to establish a connection with the InBody App.



- 1 Search InBody from Apple App store or Google Play store and install the InBody App.
- 2 Open the InBody App and register for an account.
- 3 After registering, follow the prompts shown on the screen or select the  icon > Device to connect.
  - The InBodyDial H30 must be powered on to connect.
- 4 Create a user nickname for your InBodyDial H30.
  - You can modify, add, or delete a user nickname for your InBodyDial H30.

### 3.4 Registering Nicknames and Adding Users

You can add sub-users to your account and create a nickname for each user.

- |      |   |
|------|---|
| Note | <ul style="list-style-type: none"> <li>• Nicknames should be 6 characters in length using only alpha-numeric characters.</li> <li>• Up to 8 additional sub-user accounts can be added to your InBody App account. Additionally the device can be connected to several mobile devices.</li> <li>• Up to 20 users can be added for a single product.</li> <li>• If you select  icon &gt; InBodyDial H30 in the InBody App, you can check the number of users connected to the device.</li> <li>• After the initial nickname registration, go to the InBody App and select [Dial H30 Start Test] on the Dashboard. Afterwards, you need to conduct the InBody Test under your own nickname to use the user recognition function. Please refer to 5.4 InBody Test with an InBody App.</li> <li>• After taking your first test using the InBody App, take subsequent tests using your nickname using the user recognition function in the device. Refer to 5.1 Start with User Recognition Function for more details about user recognition functions.</li> </ul> |
|------|---|



- **Registering a user nickname when registering the device in the InBody App**  
You can register a nickname for your device in the InBody App > InBodyDial H30 > Device Search or  icon > Device Registration > InBodyDial H30 > Device Search.
- **Adding Sub-Users (Additional Users)**  
You can add a user from the InBody App by heading to  icon > InBodyDial H30 > Connected User > + Add > Add User

- **Creating nicknames for additional users**  
You can create user nicknames by selecting the user in the InBody App >  icon > InBodyDial H30 > Connected User > + Add.
- **Deleting Data**  
You can delete your nickname and nicknames of added users in the InBody App >  icon > InBodyDial H30 > Connected Users > Delete. 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 connections can be made from the InBody App.

#### Requirements

- Wi-Fi connection is only available on Wi-Fi enabled devices.
  - The InBodyDial H30 must be powered on to connect.
  - The Bluetooth and Wi-Fi of the mobile device should be in enabled/activated.
- **Connecting the InBodyDial H30 to Wi-Fi when registering the device in the InBody App**  
Open the InBody App. Then select  icon > Register > InBodyDial H30. After completing nickname registration, select Wi-Fi connection to use Wi-Fi.
  - **Connecting to Wi-Fi after registering the InBodyDial H30**  
Open the InBody App and select  icon > InBodyDial H30 > Wi-Fi Setting for Wi-Fi connection.

**Note** If you take the InBody Test through user recognition or InBody App connection while connected to Wi-Fi, your data is automatically recorded in the InBody App without requiring separate syncing.

# 4 Preparing for the InBody Test

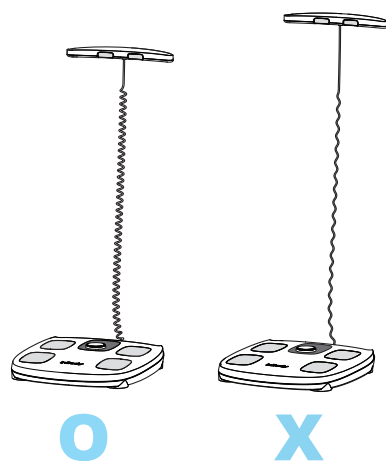
## 4.1 Preparatory Steps for Measurement

Any factor affecting the test should be eliminated for accurate testing. Abide by the following steps.

- **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 a measurement error.
- **Take the test in the morning.**  
As you stand for longer periods, more body water tends to flow towards your lower body. This tendency becomes more noticeable as the day progresses, particularly in the afternoon. .
- **Use the bathroom before testing.**  
Urine or feces which is not included in the body's compositional elements can influence weight and lead to measurement inaccuracies.
- **Test before exercising.**  
Any exercise can cause temporary changes in body composition.
- **Take the test before taking a shower/bath.**  
The body water may be temporarily changed as blood flow rate increases and as you sweat.
- **Stand for five minutes before taking the test.**  
If you take the test standing after lying or sitting down for hours, body water may move to the lower body, affecting the test.

## 4.2 Precautions for Using the Handle

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

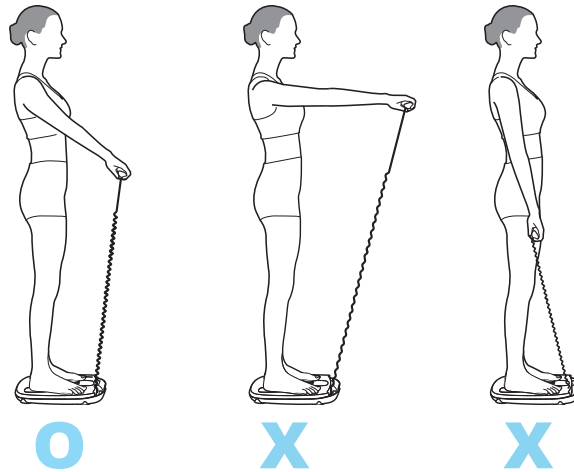


## 4.3 Test Posture

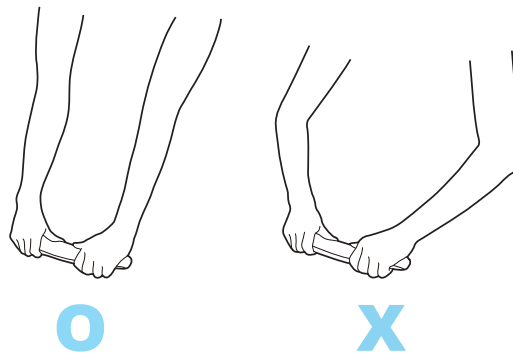
### Correct arm posture

The armpit should not in contact with the rest of the body. If the armpits touch the body, wear a light short sleeve shirt for the InBody Test.

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



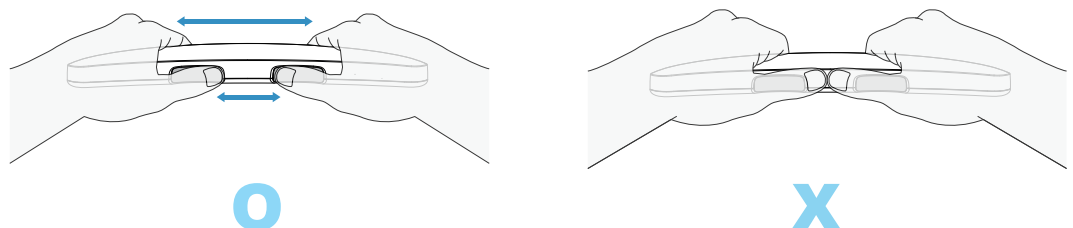
- Do not bend your arms.



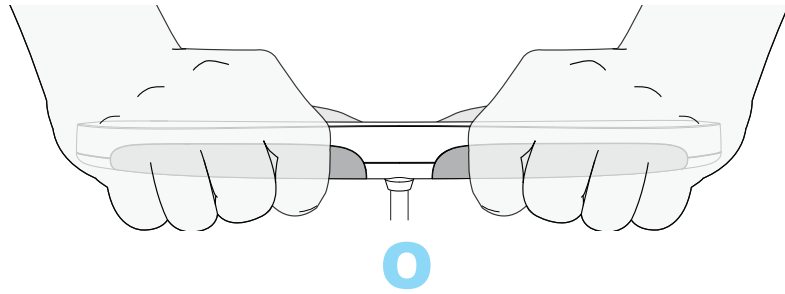
### Correct hand posture

Hold the handle and put your thumb onto the hand electrode.

- The left hand should not come in contact with the right hand.

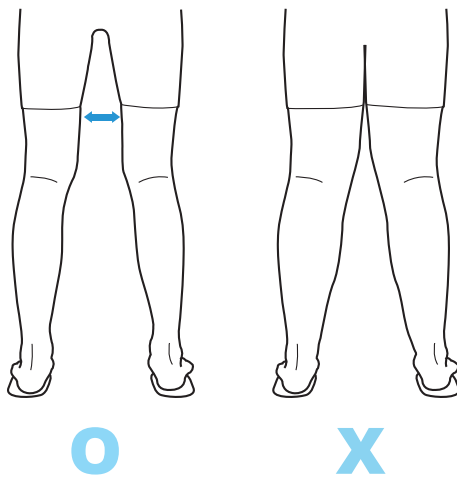


- Every finger should touch the handle and all four electrodes.



### Correct leg posture

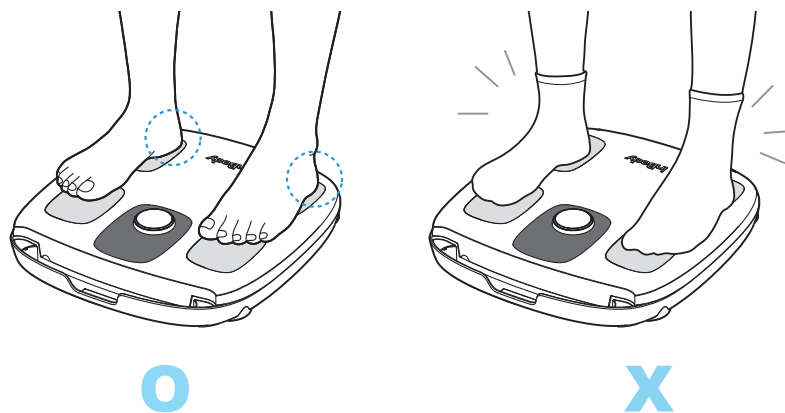
Your thighs should not touch each other. If your thighs touch each other, wear shorts or pants for the test.



### Correct foot placements

Stand barefoot and align your heel with the end of the electrode.

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



- Your feet should not touch each other.
- If you are wearing pants, their edge should not get stuck between the foot electrode and the foot.

# 5 InBody Test

If your palms and soles are very dry or your feet have a lot of dead skin, you may not be able to get the test results. In this case, wipe the hands and the feet with wet wipes to improve testing conduction.

## 5.1 Start with User Recognition Function

### Requirements

- If you want to enable the user recognition function, you should connect the InBody App to the product and register a nickname. For more information on how to register a nickname, please refer to 3.4 Registration of Nicknames and Addition of Users.
- Once you've initially registered your nickname, within the InBody App, select [Dial H30 Start Test] on the Dashboard, and conduct a test using your own nickname to activate the user recognition function.

When you register a nickname in the InBody App, a user profile is created on the device. This profile allows the device to recognize you during InBody Tests, automatically saving the test data 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 product and be accordingly sent to the InBody App.

- 1 Stand on the product's footplate barefoot and turn on the power.
  - If you suspect there may be an error with the weight measured, step off the product and check whether there are objects or other foreign materials on the surface directly beneath the product, and the scale displays 0.0 lb. Then measure the weight again.
  - Before performing the zero-point adjustment, ensure that the InBodyDial H30 is placed on the flat and hard floor and that there are no mats, blankets, or soft sheets on the floor.
- 2 Once the weight measurement is complete, grip the handle and assume the testing posture.
- 3 Please check the nickname displayed on the screen.



- Based on the analysis of existing data, the device displays the nickname associated with the recognized user.
- You can choose another nickname by turning the dial.
- If the height is changed, you can modify it on the InBody App.
- The graph below your nickname shows the time remaining (approximately 8 seconds) before switching to the InBody Test phase.



**4** (Optional) An unregistered user should follow the following steps.

- a** Turn the dial and select Guest.
- b** After pressing the dial button, turn the dial to input your height.

If you press the dial button or wait for 8 seconds (4 seconds after the Guest is selected and height is entered), the InBody 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 height input using the user recognition function.
  - After replacing batteries, you should take the InBody Test once on the InBody App to sync your user profile with the product and enable the user recognition function.

## 5.2 Start after Height Entry

If a nickname is registered, you can update the height by turning the dial and conduct an InBody Test.

Furthermore, in the case of growing children, the InBody Test can be conducted by adjusting their height on the device without making any height changes in the InBody App, allowing for easy management.

- Note
- You need to connect the product to the InBody App and register a nickname to change the height of the nickname. For more information on how to register a nickname, please refer to 3.4 Registration of Nicknames and Addition of Users.
  - Once you've initially registered your nickname, within the InBody App, select [Dial H30 Start Test] on the Dashboard, and conduct a test using your own nickname to activate the user recognition function.
  - Only differences within 1 inch of the height entered in the InBody App can be adjusted in the device.
  - To change the height, open the InBody App, tap the profile icon in the upper right corner, and select the user for whom you want to change the height and modify it accordingly. 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 product.
- 2** Turn the dial button left or right to input your height.
  - If you input your height before, the previous value will be displayed.
  - If you press the dial button or wait for four seconds after inputting your height, it will take you to a screen to measure weight.
- 3** Once the display shows "0.0 lb," step onto the footplate barefoot to complete the weight measurement.
- 4** Grip the handle and assume an InBody Test posture.

After the weight measurement is complete, the confirmed weight will flicker on, then the InBody Test will begin.

- 5 Please check the nickname displayed on the screen.
  - Only nicknames with height values within a 1 inch 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 inch height difference compared to the entered height, you can take the InBody Test as a guest.
  - After the test is complete, check whether to confirm the changed height when checking the results in the InBody App.

### Method 2

- 1 Stand on the product'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 product and ensure there are no foreign objects on the floor. Confirm that "0.0 lb" is displayed and then measure your weight again.
  - Before performing the zero-point adjustment, ensure that the InBodyDial H30 is placed on the flat and hard floor and that there are no mats, blankets, or soft sheets on the floor.
- 2 After weight measurement is complete, input your height by turning the dial button left or right.
  - If you input your height before, the previous value will be displayed.
  - If you press the dial button or wait for 5 seconds after inputting your height, the InBody Test will begin. Grip the handle and assume the proper testing posture.
- 3 Please check the nickname displayed on the screen.
  - Only nicknames with height values within a 1 inch 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 inch height difference compared to the entered height, you can take the InBody Test as a guest.
  - After the test is complete, check whether to confirm the changed height when checking the results in the InBody App.

Note

- Height adjustment on the device is available in increments of 0.5 inch. For accurate height entry, please input it in the InBody App's profile.


## 5.3 When User Recognition is Not Available

**Register your product  
and  
nickname on the App.**

- 1 InBody Test without the product registration and nickname registration in the InBody App.
  - To use user recognition, you need to register the product in the InBody App, create a nickname, and take the InBody test once in the InBody App.
  - In the above screen, you can input your height by pressing and turning the dial button and perform the InBody test. However, the test results are not saved in the device or in the InBody App.



New battery inserted?  
Use user recognition function by  
testing on the InBody app.

- 2 InBody Test without the app connection after battery replacement
  - After replacing the battery, it is necessary to connect the device to the InBody App and adjust the time to save the test date and time.
  - This can be resolved by performing the test once from the InBody App, or by selecting InBodyDial H30 in the InBody App >  icon and connecting the device.

## 5.4 InBody Test with an InBody App

### Requirements

The Bluetooth function of a mobile device must be turned on to connect the product to the InBody App.

- 1 Open the InBody App.
- 2 Select [Dial H30 Start Test] on the Dashboard, and select your nickname.
- 3 If "0.0 lb" is displayed on the screen, please grip the handle and step on the footplates barefoot.
- 4 Assume the test posture.

After the weight measurement is complete, the confirmed weight will flicker on, then the InBody Test will begin.

# 6 Checking the InBody Test Results

## 6.1 InBody Test Progress and Completion

Once the InBody Test begins, it proceeds for about 10 seconds.  
Once the test is completed, 100% will be displayed on the screen.



Once 100 % is displayed, put down the handle and step down from the footplate.  
The result items will switch every four seconds and repeats twice.

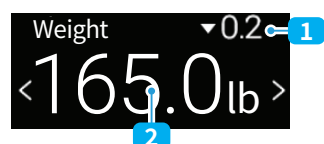
- By turning or short-pressing the dial button, you can manually switch between result items.
- When you press and hold the dial button, the power will turn off.

**Note** After the result items have been 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 results on weight, percent body fat (PBF), skeletal muscle mass (SMM), and visceral fat level. Healthy range data is also displayed for all results except for the visceral fat level. The user can check more detailed results from the InBody App.

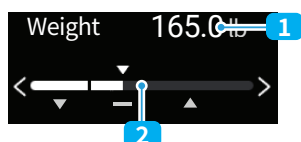
### Result screen items for Weight, Percent Body Fat, Skeletal Muscle Mass and Visceral Fat Level



**1** Changes compared to the last measurement (▲: Up, ▼: Down, -: No change)

**2** Measured Value

### The Healthy Range of Weight, Percent Body Fat and Skeletal Muscle Mass



**1** Measured Value

**2** Healthy Range Graph

**Note** The results of changes compared to the last measurement and healthy ranges are displayed on the device's screen only when the InBody Test starts with the user recognition function or in the InBody App..

## 6.3 Understanding Result Items

If you exercise or adjust your diet for weight management, your body fat and muscle will change. Therefore, if you plan to run a weight control program, you can constantly monitor your body fat and muscle and verify how well your body composition has changed through the InBody Test.

### Weight

It is the weight of a whole body, equivalent to the sum of body composition masses.

### Percent Body Fat<sup>1</sup>

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 differ. Therefore, Percent Body Fat calculated through body composition analysis is an essential item for obesity criteria. The healthy ranges for men and women are 10 – 20 % and 18 – 28 %, respectively. Children under the age of 18 have different standard Percent Body Fat 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

Muscles are typically categorized into cardiac muscle, smooth muscle, and skeletal muscle. The muscle mass displayed on the InBodyDial is the Skeletal Muscle Mass. Skeletal muscle mass can be changed through exercise, and the muscles in the arms and legs mostly consist of skeletal muscles. Muscle has a smaller volume compared to the same amount of body fat. Thus, individuals with a higher muscle ratio can appear slimmer with a higher muscle ratio, even if their weight remains the same. The secret to a healthy, firm body is muscle mass.

### Visceral Fat

Depending on the distribution location, 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, the management is required because it indicates visceral fat-type abdominal obesity.

1 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, ensure the cable isn't stretched excessively. Please refer to 4.2 Precautions for Using the Handle.
- Magnets are embedded in the bottom of the handle and in the handle seat, which can collect debris such as metal dust. If they do, clean them with a soft cloth.
- Do not place anything on the footplate when the device is not in use.
- Be careful not to get foreign matters trapped in 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 allow foreign matters such as food or beverages to flow into the device. It can cause critical damage to electronic components.

## 7.2 Cleaning



### Warning

- Clean the product with a soft cloth and a sterilizing agent (e.g., ethyl alcohol), after use by an individual with contagious or infectious diseases.
- When using sterilant to clean the product, do not pour the liquid directly onto the product. If liquid cleaner flows into the device, it may cause an equipment failure or an electric shock due to a short circuit.



### Caution

- Do not clean the foot electrode and the hand electrode with detergent. Liquid detergent that flows into the product can cause corrosion and device failures.
- Do not use any cleaning fluid containing organic solvent (thinner, benzene, etc.). The product surface may be damaged.
- Remove any foreign matter on the product with a soft cloth.
- For severe contamination, soak a cloth in water diluted with neutral detergent, squeeze the cloth and wipe contaminants out.

## 7.3 Storage



### Caution

- Do not store the product in a place that is very humid or is exposed to direct sunlight. It may cause product deformation or failure.
- For long-term storage of the product, please turn off the power, disconnect the batteries, and pack the product before storing.
- Keep the product in a dry place without sudden temperature change.

# 8 Troubleshooting

## 8.1 Error Messages

If an issue occurs during use, relevant error messages will be displayed on the LCD. Key error messages and their countermeasures are as follows.

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

It is an error message displayed when InBody Test conditions are not satisfied. Please do not wear socks or stockings, and after checking the contact condition of the hand electrode and foot electrode, perform the InBody Test again. If the InBody Test is unavailable, please check the following steps.

- Wipe your hands and feet with wet tissues to make them moist and conduct the test.
- Move to a place without electronic devices and outlets in the surrounding environment and conduct the test.
- Replace all four batteries with new ones and conduct the test.

If the issue persists despite above steps, please contact the Product Support team at [Support@inbody.com](mailto:Support@inbody.com).

- Note
- If your palms and soles are very dry or your feet have a lot of dead skin, you may not be able to get the test results. In this case, wipe the hands and the feet with wet wipes to improve testing conduction.
  - The results of people with metal implants such as metal pins or prostheses in their bodies may not be accurate, and there can be errors in the results.

### If the batteries are low



It will be displayed when the batteries are low. Replace all four batteries with new ones.

### If the Wi-Fi connection is temporarily disconnected



This will be displayed when the Wi-Fi connection is lost. 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 a Wi-Fi error is displayed, the test result is recorded on the device. Press the sync button in the InBody App to sync the data stored on the device with the InBody App.
  - All test result stored on the device due to a Wi-Fi error will be sent to the InBody App once Wi-Fi is connected.
  - To maintain a stable Wi-Fi connection, keep the InBodyDial H30 to the Wi-Fi router, and ensure that the surrounding environment is free from any obstacles.

## 8.2 Basic Troubleshooting

The following are potential issues that might occur during product usage and their corresponding solutions. If the issue persists even after the following steps, please contact the Product Support team at [Support@inbody.com](mailto:Support@inbody.com).

The InBody test is not performed, and the message 'Please check your thumb and heel.' is displayed.

- Wipe your hands and feet with wet wipes and try the test again. If the palms and soles are dry, or if there is a lot of dead skin on the feet, the test might not proceed smoothly.
- Ensure proper posture and try the test again. Any posture with your armpits, hands, or arms touching other body parts may affect an InBody Test. Maintain the correct test posture and lift the handle at the same height as your pelvis to proceed with the test. Regarding the proper test posture, refer to 4.3 Test Posture.
- Change the location for the InBody Test. In areas densely packed with electronic and Bluetooth devices, or directly under fluorescent lights, there can be interference caused by electromagnetic waves

Despite pressing the dial button, the device fails to power on.

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

My weight doesn't seem accurate.

- Please step off the product and check the product's base and the floor for any foreign objects, ensure that '0.0 lb' is displayed, and then measure your weight again.
- Press the corners of the product to ensure if it is horizontally stable. If you measure weight on a carpet or matt, measurement may not be accurate. Place the product on a firm, flat floor.
- Check the four supporters on the bottom of the product for any foreign objects or damage. Any foreign object or damage will affect weight measurements.
- Make sure that the base is even and that any part of the product is not pressed. If the product is pressed or the supporters on the product's base are pressed by foreign objects, it may function abnormally.

## 8.3 Frequently Asked Questions (FAQ)

**Question:** The test results seem unusual. There is a slight difference between the tests.

**Answer:** If your hands or feet detach from the electrodes or if the posture is incorrect during the test, this can result in differences in test results. Accurate posture should be maintained during the test, and the correct posture should be sustained until the test is completed. Please refer to section 4.3 Test Posture.  
If the user's hands and feet are dry, it's recommended to wipe them with wet wipes before the test. In addition, since your body composition varies during the day, it is recommended to take the test at the same time and under the same conditions while keeping a proper posture. Example: Take the test after emptying your stomach before breakfast in lightweight clothes, with your arms and legs stretched.

**Question:** During the test, my armpits or both legs are touching. Does this affect the results?

**Answer:** Since each body part is measured separately, 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 longer clothing can help obtain accurate results.

**Question:** What is the normal range for visceral fat level?

**Answer:** Visceral fat level is the InBody's unique index that quantifies the cross-section area of visceral fat. For general adults, if the visceral fat level is less than 10, it is considered normal, and the lower the visceral fat level, the better.

**Question:** On what basis is the InBody ranking determined?

**Answer:** InBody Ranking is a score obtained by calculating an ideal body fat mass and lean mass for an ideal BMI and score the difference between them and my body's fat mass and lean mass. Fundamentally, higher body fat leads to a lower ranking, while greater muscle mass results in a higher ranking. InBody Ranking doesn't represent an absolute ranking of the body. It is InBody's unique standard to motivate your weight management, so please use it only as a reference.

**Question:** I don't know my exact height. Would it affect the test results if I enter a rough estimate?

**Answer:** Since height is reflected in InBody Test results, you must enter your height accurately. Incorrect height input can lead to an error during the body composition calculation process and produce misleading results.

**Question:** I couldn't transfer the results to my smartphone, and the LCD screen has turned off. How would I keep the results a little longer?

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**Answer:** If you enable user recognition during the InBody Test, data will be accumulated in the product. Even if you don't sync with the InBody App every time you test, you can transfer all test data with just one sync. The device will turn off in 1 minute after the last control on the result screen. Turning the dial button before one minute passes without any additional actions will extend the time before the power turns off.

**Question:** How can I check the healthy range on the product?

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**Answer:** To check the healthy range on the product, you need to use the user recognition function or start the test from the InBody App.

**Question:** How can I turn off the sound during the test?

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**Answer:** In the InBody App, go to  icon > Device and you can set the device sound (beep) to ON/OFF in the product settings.

**Question:** What is user recognition?

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**Answer:** The user recognition feature allows the InBody test to be conducted by identifying the registered nickname of the user, without the need to input height, just by measuring the weight and then taking the InBody test posture. For each result item, changes compared to the last measurement are displayed on the device. Moreover, users can also check the healthy range for weight, percentage body fat, and skeletal muscle mass on the device. Furthermore, when conducting the InBody Test with user recognition, up to 15 test results can be stored in the device. The user can sync the data with the InBody App and record it in the app.

\* Up to 15 sets of data can be stored per nickname.

**Question:** How can I use the user recognition function?

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**Answer:** To use the user recognition function, you need to connect the product to the InBody App, register a nickname, and then conduct an InBody Test once from the app. Please check if your nickname has been registered. For the InBody Test with user recognition, please refer to 5.1 'Start with User Recognition Function'.

**Question:** On what basis is user recognition done?

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**Answer:** InBodyDial H30 identifies users with weight within a 11 lb range. If there are users of similar weight, this device measures their impedance values to recognize 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 user 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 is deleted. There is no limitation on the data storage period.

**Question:** I can't connect the product to the InBody App.

**Answer:** When connecting the product to the InBody App, they should be within Bluetooth communication range.

\* To connect the product with the InBody App, the Bluetooth function of the mobile devices should be turned on. Only mobile phones with iOS 13.0 or higher, Android 7.0 or higher, and Bluetooth 5.0 or higher are available.

**Question:** How long does the battery last?

**Answer:** Assuming that a family of 4 had an InBody Test once a day (4 times a day), the battery lives are about 8 months for the standard model and about 6 months for the Wi-Fi model.

– If a family of 4 had an InBody Test once a week (4 times a week), the battery lives are about 9 months for the standard model and about 8 months for the Wi-Fi model.

– Given the increase in single-person households, if one measurement per day is assumed, the standard model can be used for about 9 months, and the Wi-Fi model can be used for about 8 months

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

**Answer:** The InBodyDial performs an automatic zero-adjustment when there is nothing on the footplate after the device is powered on. At this time, if the device is not level or there is weight applied to the footplate, the zero-adjustment may go wrong. Place the product on a hard and flat surface where nothing is laid underneath. After placing the handle in its proper position, press the dial button to turn on the power and check the height value. Then press the dial button once more to confirm the weight at 0.0 lb before using.

**Question:** How can I apply the InBodyDial H30 warranty?

**Answer:** Please contact the Product Support team at [Support@inbody.com](mailto: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

Bioelectrical Impedance Analysis (BIA) Measurement Items	15 impedance measurements by using 3 different frequencies (5kHz, 50kHz, 200kHz) at each of 5 segments (right arm, left arm, trunk, right leg, and left leg)
Electrode Method	4-Pole 8-Point Tactile Electrodes
Measurement Method	Direct Segmental Multi-Frequency Bioelectrical Impedance Analysis Method (DSM-BIA)
Body Composition Calculation Method	No Empirical Estimation
Outputs (LCD)	Weight, Percent Body Fat, Skeletal Muscle Mass, Visceral Fat Level
Outputs (InBody App)	Weight, Skeletal Muscle Mass, Body Fat Mass, (BMI) Body Mass Index, Percent Body Fat, Waist Hip Ratio, Visceral Fat Level, Soft Lean Mass, InBody Score, CID Graph, Body Balance Evaluation (Upper-Lower), (BMR) Basal Metabolic Rate, Growth Graph (Weight, Height)
Test Duration	Impedance measurement (15 seconds or less)
Operating Environment	50 - 104°F (10 - 40 °C), 30 - 75 %RH, 70 - 106 kPa
Storage Environment	14 - 158°F (-10 - 70 °C), 10 - 95 %RH, 50 - 106 kPa (No condensation)
Testing Weight Range	22 - 330.7 lb (10 - 150 kg)
Input Height Range	1 ft 7.68in - 9 ft 10.11 in (50 - 300 cm)
Testing Height Range	3 ft 1.40 in ~ 7 ft 2.61 in (95 - 220 cm)
Testing Age	3 years of age or older
Power consumption	DC 6V (1.5V AA battery 4 EA)
Display	2.25 inch TFT LCD
Dimensions / W × L × H	12.5 X 14.2 X 2.2 inch (318mm × 361 mm × 56 mm)
Weight	5.5 lb (2.5 kg)

\* The above specifications are subject to change without prior notice.



Refer to the User's Manual before Using the Product.



FCC ID : F60XXXXXXXXXX

IC ID : 22967-XXXXXXXXXX

# 10 Product Warranty

## Product Warranty Standards

- Warranty service will be effective only within the warranty period provided and only for an inherent manufacturer's defect.
- Any provisions not specified herein will follow the Fair Trade Commission notice of consumer dispute resolution standards.
- Only trained InBody personnel are allowed to repair and inspect InBodyDial H30. Please contact the Product Support team at Support@inbody.com.

Name of Product	Body Composition Analyzer	Product Serial Number	
Date of Purchase		Warranty period	1 year from the date of purchase

## Warranty period

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

## 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

### Paid Service

Any of the following cases will void the product warranty.

- Arbitrary disassembly of the product.
- 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 (batteries or others).
- Shipping costs for repair or replacement may be required at the cost of the consumer

## FCC Information to User

This device complies with part 15 of the FCC Rules. 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 ne doit 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.

Contains FCC ID: 2AC7Z-ESPC3MINI1

Contains IC: 21098-ESPC3MINI1