

OMRON®

Kit 33

INSTRUCTION MANUAL

FAT LOSS MONITOR

Model **HBF-306C**



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INTRODUCTION

Thank you for purchasing the Omron® HBF-306C Fat Loss Monitor.

Fill-in for future reference

DATE PURCHASED: _____

SERIAL NUMBER: _____

Staple your purchase receipt here.

The Fat Loss Monitor is an excellent tool to quickly measure your body fat percentage and body mass index. Input your personal data, and the monitor displays your estimated value of body fat percentage using the Bioelectrical Impedance Method and indicates your body mass index in four ranges – low, normal, high and very high.

Your HBF-306C comes with the following components:

- Fat Loss Monitor
- Instruction Manual
- 2 “AAA” Batteries

Read all the information in the instruction book before using the unit.

▲ WARNING!

This monitor cannot be used with a cardiac pacemaker or other implanted medical devices. The Fat Loss Monitor passes an extremely weak electrical current of 50kHz and less than 500µA through your body when taking a measurement to determine the amount of fat tissue. This weak current is not felt while using the monitor. Do not use, or allow others to use, this monitor if fitted with a cardiac pacemaker or other medical device.

▲ WARNING!

Pregnant women or those who may become pregnant should not use this device.

SAVE THESE INSTRUCTIONS

Consumer Help Line 1-800-634-4350

SAFETY INFORMATION

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THE INSTRUCTION MANUAL	
▲ WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
⚠ CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

- ▲ This monitor cannot be used with a cardiac pacemaker or other implanted medical devices. The Fat Loss Monitor passes an extremely weak electrical current of 50kHz and less than 500 μ A through your body when taking a measurement to determine the amount of fat tissue. This weak current is not felt while using the monitor. Do not use, or allow others to use, this monitor if fitted with a cardiac pacemaker or other medical device.
- ▲ Pregnant women or those who may become pregnant should not use this device.
- ▲ Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
- ⚠ Read all of the information in the instruction manual and any other literature in the box before operating the unit.
- ⚠ Do not use mobile telephones, microwave and other devices that generate strong electrical or electromagnetic fields near the monitor. This may result in an operational failure.
- ⚠ Should battery fluid leak and contact your eyes, skin or clothing immediately rinse with plenty of clean water. Immediately contact your physician.
- ⚠ Dispose of the device, batteries, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Operate the unit only as intended. Do not use for any other purpose.
- ⚠ This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities. This unit does not support the quality standards required for professional use.

CARE AND MAINTENANCE

- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the device or any of the components in water.

INFORMATION ON BODY COMPOSITION

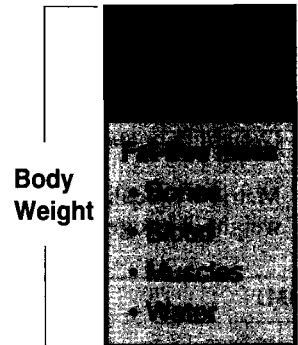
The Fat Loss Monitor displays the estimated value of body fat percentage by the Bioelectrical Impedance (BI) method and indicates the Body Mass Index (BMI) range with the BMI classification bar.

Bioelectrical Impedance Method

Muscles, blood vessels and bones have a high water content that conduct electricity easily.

Body fat does not hold water, therefore it has low electrical conductivity.

The Fat Loss Monitor sends an extremely low-level electrical current of 50 kHz and 500 μ A through your body to determine the amount of fat tissue. This weak current is safe and not felt while operating the Fat Loss Monitor.



Body Fat Percentage

Body fat percentage refers to the amount of body fat mass as part of the total body weight.

$$\text{Body fat \%} = (\text{Body Fat Mass in Pounds} / \text{Body Weight in Pounds}) \times 100$$

Estimated Body Fat Percentage

Hydrodensitometry, or underwater weighing, has been an established method for accurate evaluation of body composition. Omron has used research information from several hundred people using the underwater method to develop the formula by which the Fat Loss Monitor works. The body fat mass and body fat percent is calculated by a formula that includes five factors: electric resistance, height, weight, age, and gender.

Body Fat Ranges for Adults

Gender	Age	Low	Normal	High	Very High
Female	20-39	< 21.0	21.0-32.9	33.0-38.9	\geq 39.0
	40-59	< 23.0	23.0-33.9	34.0-39.9	\geq 40.0
	60-79	< 24.0	24.0-35.9	36.0-41.9	\geq 42.0
Male	20-39	< 8.0	8.0-19.9	20.0-24.9	\geq 25.0
	40-59	< 11.0	11.0-21.9	22.0-27.9	\geq 28.0
	60-79	< 13.0	13.0-24.9	25.0-29.9	\geq 30.0

* Based on gallagher et al., American Journal of Clinical Nutrition, Vol.72, Sept. 2000

INFORMATION ON BODY COMPOSITION

Body Mass Index (BMI)

BMI is an internationally used index to show body composition by determining the balance between the height and the weight.

Body Mass Index (BMI) Formula:

US - Calculated using pounds and inches:
 $(\text{weight in pounds} \times 703) / \text{height in inches} / \text{height in inches}$

Metric – Calculated using kilograms and meters:
 $\text{weight in kilograms} / \text{height in meters} / \text{height in meters}$

BMI	BMI
Less than 18.5	LOW
18.5 or more and less than 25	NORMAL
25 or more and less than 30	HIGH
30 or more	VERY HIGH

** Based on NIH/WHO guidelines for BMI*

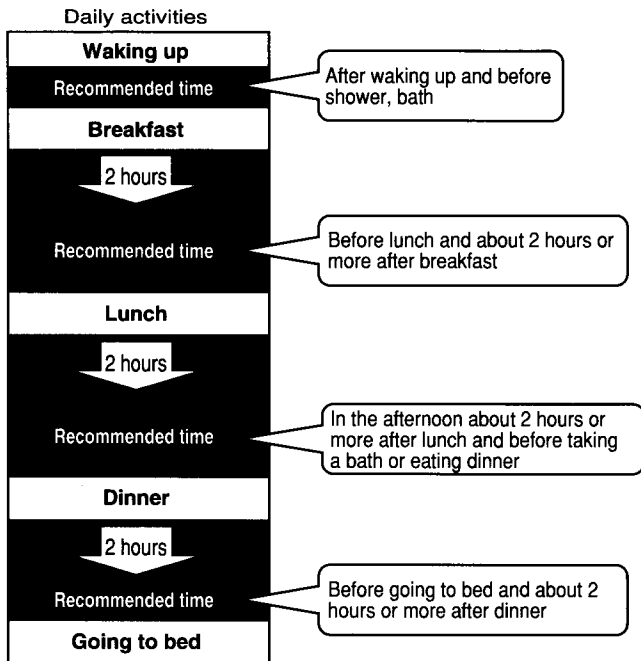
NOTE: The body fat percentage measured by this unit may significantly differ from the actual body fat percentage in the following situations:

- Children in growth stage
- Elderly people
- People with a fever
- People who having swelling
- Patients undergoing dialysis
- Patients with osteoporosis who have very low bone density

INFORMATION ON BODY COMPOSITION

Recommended Measurement Times

Understanding the normal changes in your body fat percentage can help you maintain your fitness and health and/or help you reduce your body fat. Being aware of the times when the body fat percentages shift within your own daily schedule will assist you in obtaining an accurate trending of your body fat. It is recommended to use the Fat Loss Monitor in the same environment and daily circumstances for each measurement. (See chart)



DO NOT take a measurement:

Avoid taking a measurement immediately after these situations, as the measured body fat percentage may differ significantly from the actual one because the water content in the body is changing:

- After drinking a large amount of water or after a meal (1 to 2 hours)
- After drinking alcohol
- Immediately after exercise
- Immediately after a shower, bath or sauna

CALCULATE YOUR FIT INDEX

The Fat Loss Monitor can be set to either NORMAL or ATHLETE mode, based on your activity level.

Normal Mode:

- For people with lower activity, frequency, intensity and time
- For people who are currently not exercising or active

Athlete Mode:

- For people with higher activity, frequency, intensity and time

Calculate your FIT index with this formula:

$$\text{FIT Index} = (\text{A}) \text{ Frequency} \times (\text{B}) \text{ Intensity} \times (\text{C}) \text{ Time}$$

Set to NORMAL = FIT Index < 60

Set to ATHLETE = FIT Index ≥ 60

(A) Frequency

Number	Frequency of Exercise
5	Daily or almost daily
4	3 to 4 times per week
3	1 to 2 times per week
2	A few times per month
1	Less than once per month

(B) Intensity

Intensity	Conditioning Exercise	Sports
5	Cycling - > 12 mph pace	Basketball - competitive
	Weightlifting - vigorous, powerlifting or bodybuilding	Boxing
	Rowing - moderate to vigorous	Football - competitive
	Rowing machines - moderate to vigorous effort	Handball, racquetball, or squash
	Aerobic dancing - high impact	Ice hockey
	Step aerobics	Karate or kickboxing
	Running - > 5.0 mph	Rockclimbing
	Rope jumping	Rugby
	Rollerblading (roller skating)	Soccer - competitive
	Ski machine	Tennis
	Stairstepping	Swimming - competitive or lap
	Stationary cycling - moderate to vigorous effort	Speed skating - competitive
	Skiing - cross-country	
	Skiing - downhill racing	

CALCULATE YOUR FIT INDEX

Intensity	Conditioning Exercise	Sports & Recreational Activities
4	Cycling - < 12 mph pace	Archery
	Weightlifting - moderate effort	Basketball - shooting baskets
	Stationary cycling - light effort	Bowling
	Rowing - light effort	Fencing
	Calisthenics	Golf
	Stretching / Yoga	Gymnastics
	Rowing machines - light effort	Horseback riding
	Water aerobics or water exercise	Baseball
	Aerobic dancing - low impact	Softball
	Jogging - < 5.0 mph	Tai Chi
	Walking - > 2.5 mph	Volleyball - competitive
	Swimming - leisurely	Wrestling - competitive
	Rollerblading - leisurely	Ice Skating - < 9 mph

(C) Time

Number	Time
4	45 minutes or more
3	30 to 44 minutes
2	15 - 29 minutes
1	less than 15 minutes

EXAMPLE: Running 5 times a week for 30 minutes.

$$\frac{75}{\text{FIT Index}} = \frac{5}{\text{Frequency}} \times \frac{5}{\text{Intensity}} \times \frac{3}{\text{Time}}$$

FIT Index \geq 60, set to ATHLETE mode

KNOW YOUR UNIT

Main unit

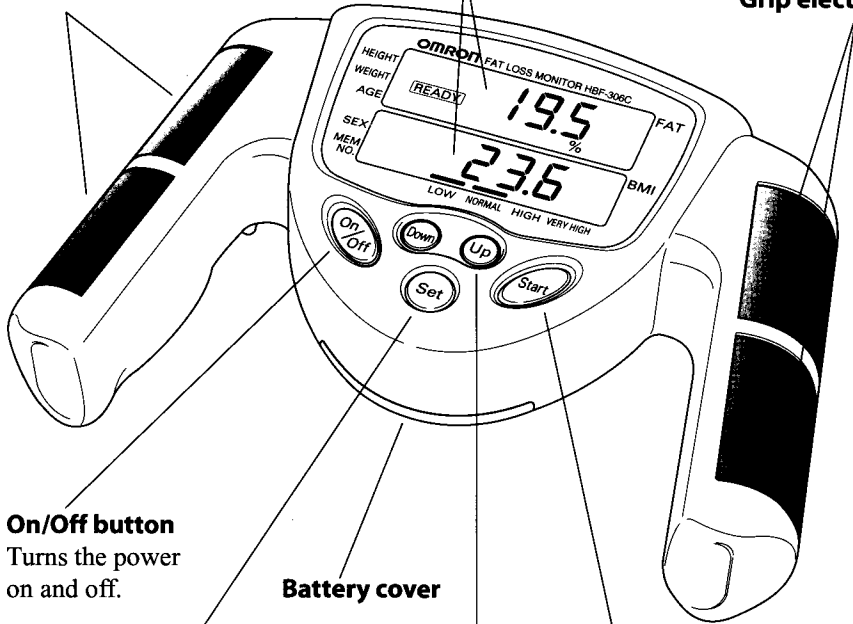
Grip electrodes

Extremely low-level electrical current is sent from here during the measurement.

Display

Displays personalized measurements.

Grip electrodes



On/Off button

Turns the power on and off.

Battery cover

Set button

Sets the personal number and the personal data.

Start button

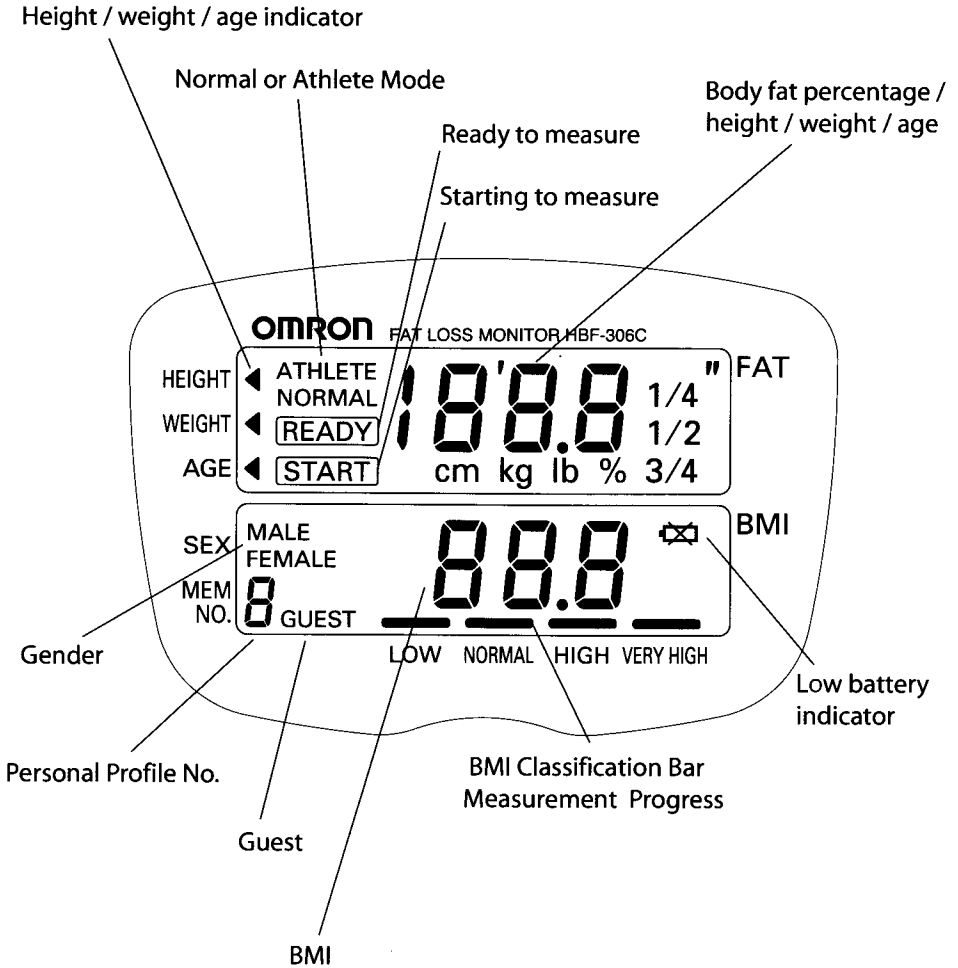
Press the button and the measurement starts.

Down/Up button


Use to set personal information (height, weight, age and gender) and saved profiles.

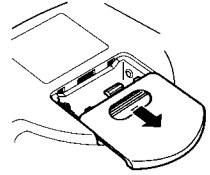
KNOW YOUR UNIT

Display

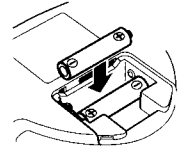


BATTERY INSTALLATION

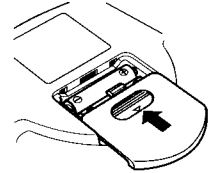
1. Press the  indicator on the battery cover and slide the cover off in the direction of the arrow.



2. Install 2 “AAA” size alkaline batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.



3. Replace the battery cover.



BATTERY REPLACEMENT

This symbol will flash on the display when batteries need to be changed.

 Low Battery Indicator

When the Low Battery Indicator appears on the display screen, remove both batteries and replace with two new batteries at the same time.

NOTE: All personal data saved to a personal profile number remains in the memory after batteries have been replaced.

SETTING THE US/METRIC MODE

The Fat Loss Monitor can be set to either the US or Metric system.

NOTE: The monitor is already preset to display personal data in US mode.
When changing the US/Metric mode all personal data is deleted.

SETTING THE METRIC MODE

1. The monitor must be in the off position. Press the On/Off Button to turn the monitor off.
2. Press and hold the Start button, the Up button and the On/Off button in this order. Release all buttons at the same time. The power turns on and the bottom display on the screen should read “USA”.

NOTE: If the display on the screen reads “Guest”, turn the unit off.

Try again holding all the buttons down several seconds longer.

3. Press the SET button to confirm the change. The symbol “USI” will display on the screen.
4. Press and hold the Set button again for 3-4 seconds until the upper screen displays the symbol “CAI”.
5. Press the On/Off button to turn the power off.

RETURN TO THE US MODE

Repeat the same steps for setting the Metric Mode. The following symbols will display on the screen:

Step 2. The bottom display on the screen should read “CA”.

Step 3. The symbol “CAI” will display on the screen.

Step 4. The upper screen displays the symbol “USI”.

NOTE: When changing the US/Metric mode the monitor will not turn off automatically.

SETTING PERSONAL DATA

You will need to enter the following information in order to get a measurement:

Normal/Athlete mode, height, weight, age and gender.

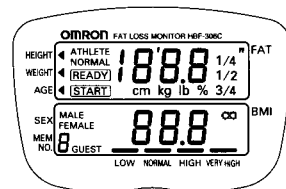
The Fat Loss Monitor provides two options to enter or save your personal data.

- Select **GUEST** if you do not want your personal data stored in the memory. When you select the GUEST mode you will need to enter your personal data before taking each measurement.
- Select a **Personal Profile Number** to save your personal data to memory. Select a number 1 through 9. Use this number to enter your personal data and when taking a measurement.

NOTE: The unit will automatically turn off after one minute if no data is entered.

1. Press the On/Off button.

All display symbols appear for approximately one second, then the GUEST symbol starts to flash.



2. Select the GUEST or Personal Profile Number.

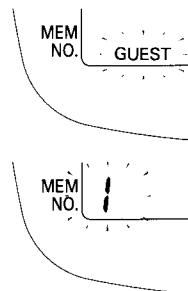
a. Press the Set button for the GUEST mode.

The NORMAL symbol flashes on the display.

b. Press the Up button or Down button to select your Personal Profile Number from 1 to 9.

Press the Set button.

The NORMAL symbol flashes on the display.



SETTING THE NORMAL/ATHLETE MODE

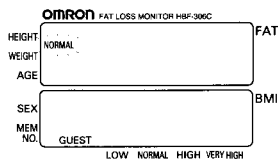
Select NORMAL or ATHLETE based on your FIT Index. Refer to page 8 to calculate your FIT Index.

1. Press the Up button or Down button to select NORMAL OR ATHLETE.

2. Press the Set button.

3. The HEIGHT icon is indicated.

The default value 5' 7" flashes on the display.



SETTING PERSONAL DATA

SETTING THE HEIGHT

Set the height between 3'4" and 6'6".

1. Press the Up button or Down button to change the height.

The value changes in increments of 1/4".

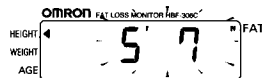
Press and hold the button to advance faster.

NOTE: Press the Down button and the Up button at the same time to reset the height to the default value 5'7".

2. Press the Set button.

3. The WEIGHT ◀ icon is indicated.

The default value 135 lb flashes on the display.



SETTING THE WEIGHT

Set the weight between 23 lbs and 440 1/2 lbs.

1. Press the Up button or Down button to change the weight.

The value changes in increments of 1/2 lb.

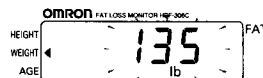
Press and hold the button to advance faster.

NOTE: Press the Down button and the Up button at the same time to reset the weight to the default value.

2. Press the Set button.

3. The AGE ◀ icon is indicated.

The default value 40 flashes on the display.



SETTING THE AGE

Set the age between 10 and 80 in the NORMAL mode, and between 18 and 60 in the ATHLETE mode.

1. Press the Up button or Down button to change the age.

The value changes in increments of 1 year.

Press and hold the button to advance faster.

NOTE: Press the Down button and the Up button at the same time to reset the age to the default value.

2. Press the Set button.

3. The default gender MALE flashes on the display.



SETTING PERSONAL DATA

SETTING THE GENDER

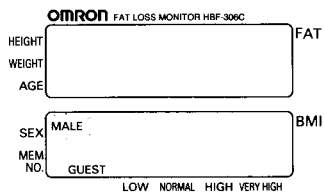
Select MALE or FEMALE.

1. Press the Up button or Down button to select MALE OR FEMALE.

2. Press the Set button.

All personal data is set.

The **READY** indicator displays on the screen.



CHANGING PERSONAL DATA

You can change your personal profile at any time, including height, weight, age, and Fit index.

1. Press the On/Off button.
2. Press the Up button or Down button and select the Personal Profile Number you want to change.
3. Press the Set button to scroll through the settings. Stop at the setting you want to change.
4. Press the Up button or Down button to change the setting.
5. Press the Set button.
6. Enter the next change or press the Set button to continue.
7. Press the Set button if no change is needed until you have scrolled through all the personal data settings.

NOTE: If you press the On/Off button before completing all settings, the data will not be saved.

8. Press the On/Off button.

NOTE: If your FIT Index changes reset your personal profile. All personal data will return to the default values.

DELETING PERSONAL DATA

All Personal Profiles, 1 through 9, stored in the memory will be deleted. You cannot delete one profile at a time.

1. Press the On/Off button.
2. Press the Up Button to select the Personal Profile Number 1.
3. Press the Set button for approximately 2 seconds.

All display symbols appear for approximately one second.

The display symbols disappear and the GUEST symbol starts to flash.

HOW TO TAKE A MEASUREMENT

Before taking a measurement your personal data must be entered.

If you choose GUEST, you will need to enter your personal data prior to taking the measurement. Refer to page 14, Setting the Personal Data.

1. Press the On/Off button.

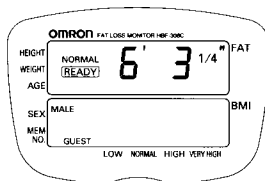
All display symbols appear for approximately one second. The display symbols disappear and the GUEST symbol starts to flash.

2. Select your Personal Data Option.

a. Press the Set button for Guest. Enter your personal data.

b. Press the Up button to select your Personal Profile Number (1-9).

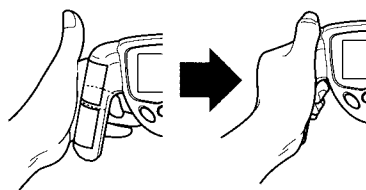
The **READY** indicator appears on the screen.



3. Stand with both feet slightly apart.

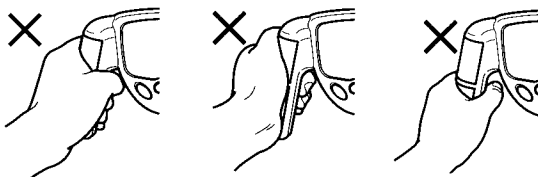
4. Place both hands on the monitor by correctly holding the grip electrodes.

Wrap your middle finger around the groove of the handle. Place the palm of your hand on the top and the bottom electrodes. Put your thumbs up, resting on the top of the monitor as illustrated.



NOTE: You may not get a reading if you hold/grip the monitor incorrectly:

- Your fingers are apart from the grips.
- Your fingers and palms are not positioned over the electrodes correctly.

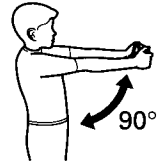


Consumer Help Line 1-800-634-4350

HOW TO TAKE A MEASUREMENT

5. Hold your arms straight out at a 90° angle to your body.

NOTE: Do not move during the measurement.



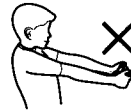
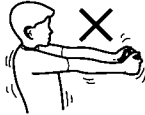
Measurement taken in the following positions may not provide accurate results:

Elbows are bent

Moving your body or arms during the measurement

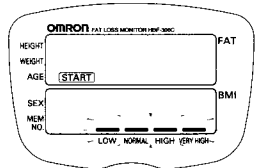
Measuring while sitting or lying down

Arms positioned upward or downward of the desired 90° angle



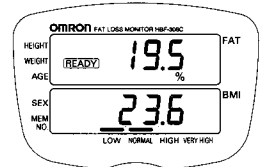
6. Press the Start button.

The **START** indicator appears on the screen.
The monitor automatically starts the measurement.
The BMI classification bar appears on the screen.



The BMI classification, body fat percentage, and BMI are displayed.

NOTE: Display value range:
Body fat percentages 4.0 to 50%
BMI 7.0 to 90.0



NOTE: You can take another measurement when **READY** indicator appears on the screen.

7. Press the On/Off button.

NOTE: If you do not turn the power off, the monitor will automatically turn off in approximately 3 minutes after displaying measurement results.

CARING FOR YOUR MONITOR

To keep your Fat Loss Monitor in the best condition and protect the unit from damage follow the directions below:

Clean the unit with a soft dry cloth. Avoid using any abrasive or volatile cleaners.

⚠ Do not submerge the device or any of the components in water.

Store the unit in a safe and dry location. Do not expose the unit to direct sunlight, extreme hot or cold temperatures or humidity. Thoroughly dry any moisture off the unit before storing.

⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.
Do not step on the unit.

Remove the batteries if the unit will not be used for three months or longer.

Use the unit consistent with the instruction provided in this manual.

⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

ERROR INDICATORS

NUMBER	CAUSE	CORRECTION
E1	Electrodes were not firmly grasped.	Grasp the electrodes correctly. Refer to page 17, number 4, under "How to take a measurement".
E3	Hands are dry.	Slightly moisten hands with a wet towel.
E4	Body Fat Percentage and BMI values are outside the measurable range.	Verify your personal data is correct. Refer to page 14, "Setting the Personal Data".
E5 E6	Irregular Operation	Turn the unit off, then on. Take another measurement. If the error occurs again contact Customer Service at 1-800-634-4350.

TROUBLESHOOTING TIPS

PROBLEM	COMMON CAUSE	CORRECTION
No power	The batteries are worn or not inserted correctly.	Replace the batteries. Check the direction of the polarities on the batteries and the unit. Refer to page 12, "Battery Installation".
Measured values extremely differ	Change of water content in the body.	Use the monitor in the same environment and circumstances for accurate trending. Refer to page 7, "Recommended Measurement Times".
Body Fat Percentage is unusually high or low	Incorrect posture or movement during measurement.	Check the correct position for feet, arms and hands. Refer to page 17, "How to take a measurement".

FCC STATEMENT

NOTE:**POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)**

This product 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. The product 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 the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, 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 product and the receiver.
- Connect the product 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.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

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

WARRANTY INFORMATION

LIMITED WARRANTY

Your HBF-306C Fat Loss Monitor, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the monitor. The above warranty extends only to the original retail purchaser. We will, at our option, repair or replace without charge any monitor covered by the above warranty. Repair or replacement is our only responsibility and your only remedy under the above warranty.

To obtain warranty service contact Omron Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

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FOR CUSTOMER SERVICE

Visit our web site at:

www.omronhealthcare.com

Call toll free:

1-800-634-4350

SPECIFICATIONS

Model:	HBF-306CN (HBF-306-Z5)
Description:	OMRON Fat Loss Monitor
Display:	Body fat percentage (4.0 to 50.0%) BI Method BMI (7.0 to 90.0) BMI classification (4 levels)
Set ranges:	Height: 3' 4" to 6' 6" (100 cm to 199.5 cm) Weight: 23 lbs to 440 1/2 lbs (10 kg to 199.8 kg) Age: NORMAL; 10 to 80 years old ATHLETE; 18 to 60 years old Gender: Male / Female
Power supply:	2 AAA batteries (You may use 2 AAA alkaline batteries)
Battery life:	Approximately 1 year (varies depending on usage and storage.)
Operating temperature and humidity:	50°F to 104°F (+10°C to +40°C), 30% to 85% RH
Storage temperature and humidity:	-4°F to 140°F (-20°C to +60°C), 10% to 95% RH
External dimensions:	Approx. 8" (L) x 5" (H) x 2" (W) (197 (L) x 128 (H) x 49 mm (W))
Weight:	Approx. 8 oz. (230 g) (not including batteries)
Contents:	1 Fat Loss Monitor, 2 AAA Batteries, 1 Instruction Manual

Specifications may be changed without prior notice.

Manufactured by OMRON HEALTHCARE

Made in China

Distributed by:

OMRON HEALTHCARE, INC.

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Bannockburn, Illinois 60015

www.omronhealthcare.com

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