

WELCOME to the InBody Mobile App User Guide for Android!

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InBodyband



Installation

	* 1416	୬ି≋ି™⊿∥ 4	49% 🖻 10:25 AM
← 99000 _{Mobile}			S. 1
MESSAGES	PHOTOS & VIDEOS	eGIFT	CONTACTS I
	9/28/16 10:20	AM	
results and monitor y InBody and	SA:Your InBody Te: re ready! Track and our results with th pp @ https://goo.g . Txt STOP to OptO	e I/	
+ Туре	a message		ب 🕲

After your InBody test you will receive a text message with a link to the InBody Mobile App (*if the InBody Facility enabled the feature*).



To find the App manually, navigate to the Google Play Store and search "inbody".

	\$}€@?	™. a ii 45% 🖻 10:1	1 AM
← Google Play	Store		Q
Ini	300	dy	
InBody InBody E Ever		INSTALL	
100 THOUSAND Downloads	3.5 787 ± Health & Fitness	Similar	
App created to	manage both yo InLab results. READ MORE	ur InBody and	
	बाह, के स्व/छ गण्ड al 0, ३४ t InBody -∧ t Apret 2015 19:54)⇒	Activity	9° A 8 14

Select **INSTALL** to begin the download.



Installation



If you agree to grant the InBody Mobile App access to all of the above, select **ACCEPT**.



Please wait while the InBody Mobile App is being downloaded and installed.



Select open to start using the InBody Mobile App.



Registration

	\$}¥}⊠ ? ? ™⊿152% 🖬 10:387	
Ente	er mobile number	
Welcome to the InBody App. Please enter your mobile number to begin.		
	United States of America +1	
Mobile number		

Input your registered Mobile Number if the InBody Mobile App hasn't already, then select **Confirm**.

Re	∗⊯© ?‴ egistration	.af 47% 🖬 10:19 AM
	e to the InBody / e register to begi	
Mobile number		
Email		
Gender	Female	Male
Height(ft.in.)	0' 0.0"	
Age		
Password		
Re-enter PW		
Terms and Com	ditions Done	

Input all the required information and thoroughly read the Terms of Service & Privacy Privacy.

F	Registration	al 38% 🖹 3:58 PM
Welco Plea	me to the InBody se register to beg	App! in.
Mobile number	2137095959	9
Email	stevey@inb	odyusa.com
Gender	Female	Male
Height(ft.in.)	5' 10"	
Age	29	
Password	•••••	
Re-enter PW		
 Terms and Cc Privacy Policy 		

Once completed select **Done**.



Login

After registration, when you open the InBody Mobile App you may be asked to Login. Follow the steps to learn how to successfully log into your new account.



Input your Mobile Number, then select **Confirm**.



Input your Password, then select **Login**.



Forgot Password

	≉ ⊯থে জ জিলা এ 52% Ձ 10:46 AM Login
En	ter your password.
Mobile number	2137095959
Password	1
	Login
1 2 3 4 q w e r	5 6 7 8 9 0 t y u i o p
a s d ↑ z x	f [°] g [°] h [°] jk [°] l cvbnm [°] ⊀
Sym 🍄 ?'	 € English(US) → . Done

If you cannot remember your password, select **Find Password**.

		* 1410	10 🔝 🐨 🕷	0% 🖬 11:29	AM (
		Login			
	Ente	r your pas	sword.		
Mobile r	umber	21370	95959		
Passwo	rd				
tempo mail a	e press the rary passw ddress. e verify your ste*** Confirm	ord will b r e-mail a *@in***	e sent to	elow.	(HAL)

Verify your email address and then press **Confirm**.

A temporary password will be sent to the email address previously saved in your profile. If you have not saved an email address to your account, please contact the InBody Facility's Administrator to add your e-mail to your account.



Connecting

* ⊯ © 🤋 – "1 52% û 10:47 AM		
<	Devices	
	Select a bluetooth compatible device.	
Wrist-	dyBAND type composition analyzer	
	(Manually input InBody results)	
None	(Manually input InBody results)	

IF you are an InBodyBAND user, please select InBodyBAND. IF you an InBody user please select None and skip to the necessary page(s).



Select **Set** to pair the InBodyBAND to your mobile device. Select **Skip** to pair the InBodyBAND at a later time.



Enter your weight and select **Confirm**.



Connecting



Ensure your mobile device Bluetooth and InBodyBAND is turned on and also nearby then select **Confirm**.



Congratulations! You have successfully connected your InBodyBAND with the InBody Mobile App! Select **Confirm**.



Select **Confirm** and then **Done** to complete the connection process.



Main Screen





InBody Results





InBody Test with InBodyBAND

		InBody		¢
	Weight(Ibs)	SMM(lbs) 99.0	PBF(%) 23.0	>
S.	Steps 1256 Goal 10000	¥		>
(Jzz	Duration 06:32	Deep \$		>
	6	ത		

Select **InBody Test** to start your InBody measurements.

* KÌ ଔ ^u ™ ⊿ 64% ∎ 4:16			
f	InBody		N
•	Nov 11 2016 10:44		
Weight			
221.6 _{ibs}			
Skeletal Muscle	Mass		
99.0 _{ibs}			
Body Fat Mass	-		
50.9 _{lbs}		, .	
Percent Body F	at		
23.0,			
ECW Ratio	_		
0.364			
Leg Lean Mass	_	4	
	Test with InBodyBAND		
	Manually record		
	Cancel		

Select **Test with InBodyBAND** to begin your measurements through the InBodyBAND.



Enter your full body weight and select **Start Test**.



Proper Measuring Posture



For more detailed information on the InBodyBAND and/or proper measuring procedures please refer to the InBodyBAND User Manual.



InBody Test Manually Record

	InBody		ø
Weight(Ibs) 221.6	SMM(lbs) 99.0	PBF(%) 23.0	>
Steps 1256 Goal 10000	¥		>
$\bigcirc^z \frac{\text{Duration}}{06:32}$	Deep 5 85%		>

Select **InBody Test** to start your InBody measurements.

f	InBody		N
	Nov 11 2016 10:44		Þ
Weight	V		
221.6 _{ibs}			
Skeletal Muscle	Mass		
99.0 _{ibs}			
Body Fat Mass			
50.9 _{lbs}		., .	
Percent Body F	at _		
23.0,			
ECW Ratio	-		
0.364			
Leg Lean Mass	_		
	Test with InBodyBAND		
	Manually record		
[Cancel		

Select **Manually Record** to record self-made measurements.

	ly·Weight	:
Record your n Press the value	nost recent re es to manuall	esults. y input.
Test Date	2	016/11/14
Weight (lbs)	215.0	
Height (ft.in.)	5' 10.0"	
Percent Body Fat (%)	26.0	
Skeletal Muscle Mass (Ibs)	90.8	
Visercal Fat Level	8	

Use the [–] and [+] button to input your data manually for each category. Your InBody results will be displayed once completed.



×

Results & Interpretation



View the breakdown of your InBody results by selecting Interpretation.

Interpretation Your weight is 215.0 lbs, which is over the normal range for someone of your height and gender. Your Muscle Mass (90.8lbs) is over the normal range and your Body Fat Mass (56.0lbs) is also over the normal range. Your Percent Body Fat (26.0%) is over the normal range (10.0~20.0%). Based on your results, InBody Clinical Team recommends that you lose 27.9 lbs

of Body Fat Mass to better optimize your body

composition.

The interpretation will give you recommendations of how much **Skeletal Muscle Mass** you should gain and how much **Body Fat Mass** you should gain or lose through your InBody results.

Note: InBody will **NEVER** recommend you to lose Skeletal Muscle Mass.



InBody Ranking



View what your InBody Score is and see where you rank among your friends.





View your daily step count and see where you are ranked among your friends.



Body Composition History



Select the graph icon on the upper-right corner to view a trending graph of your InBody results.



Select **Total** to view a comparison between your first InBody test results with your last.



Select **Recent** or [<] to go back to the previous screen(s).



Body Composition History





Select the unit(s) you like to view from your trending InBody Body Composition History graph. Be aware that only the InBody device(s) you tested with Cloud ready will be shown here.

Example: If you took an InBody test at location A with an InBody270 and took a test at location B on an InBody770 with Cloud ready, you will most likely only see InBody770 data here.

Note: One way for you to know if the location is Cloud ready is through taking a test with your mobile number. An InBody Cloud ready device will ask for your mobile number.



Body Composition History



Select the data you like to display in your result history, when finished press **Save**.



By filtering out the InBody device(s) you will see the changes on the data type(s) and date(s).



from



Activity – Steps



Step data is displayed hourly throughout your daily activity.



Select **W** to view your WEEKLY step data. Steps will be displayed from Sunday through Saturday.



Select **M** to view your MONTHLY step data. The report will also provide you an average step count and accomplished goal day(s).

InBodyband

Activity – Steps



Step data is displayed hourly throughout your daily activity.

A detailed step count report is shown. The report will be shown broken down by walk, run, kcal, km and minutes.



Detailed explanation on what a BMR is and does is shown.



Activity – Add

≉)≪i ⊘ ≝≊ af 50% ⊒ 9:09 AM
< Search Activity
Q Search
Aerobic Dancing
Alpine Skiing
Archery
Arnold Press
Backpacking
Badminton
Ball Games
Ball Hockey
Ballet
Ballroom Dancing
Band Ankle Extension
History

Search and add the activities you do to keep track of your BMR kcal count.

		\$i¥i⊗i⊈i⊒i	50% 🖬 9:10 AM
< Activity			
Arnold Pres	s		
Weight		85lbs	- +
Count		12times	- +
Set		3Set	- +
Calories		14kcal	- +
	Do	one	
1	2	3	×
4	5	6	Next
7	8	9	
	0		≉

Use [-] or [+] to make changes to your **Activity**. Once all the changes have been made select **Done** to add the activity.



Your BMR kcal count will increase as more activities are done.



Activity – Sleep

	* X @ .	ati 47% 🖬 8:55 AM
ft	Sleep	
•	Nov 30 (Wed)	►
Sleep	18	D W M
Deep 6	hours 19mins	81%
Light 1	ours 17mins	16%
Wake 1	3mins	3%
Total 7hou	ırs 49mins	100% >
	Data Sync	

Your most recent sleep data is displayed in the tab indicated above.



Select **W** to view your WEEKLY sleep data. Sleep time will be displayed from Sunday through Saturday.



Select **M** to view your MONTHLY sleep data. The report will also provide your average sleep duration.



Setup

	InBody		¢
AU	SMM(lbs) 99.0	PBF(%) 23.0	>
Steps 1256 Goal 10000	¥		>
$\bigcirc^z 06:32$	Deep 85%		>
6	A		

Select the gear icon to make changes to your InBody Mobile App configuration.

	🕸 🝽 🗑 🖹 💷 📶 71% 💼 3:23 PM
ft	Setup
Personal Information	
Profile	>
Devices	
Goals	Steps, Activity >
InBody Score Privacy	
Steps Privacy	
Data Management	
InBody Results	
InBodyBAND Management	
Step alarm	оN >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Different setup options are displayed.

f	Setup	
Display Setting	I	OFF >
Alarm Management		
InBodyBAND A	larm	OFF
General		
InBodyBAND A	auto Sync	ом >
InBody Test au	idio guidance	ом >
Language		English >
Units		lbs/inch/kcal >
Version		1.2.50
Help		
Frequently Ask	ed Questions (FAQ)	
Email Custome	er Service	
Log out		

Select the option you wish to make changes to the default configuration.



Setup – Profile

ft	★ INEI @ R == af 71% ■ 3:23 PM Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	on >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select the option you wish to make changes to the default configuration.

		\$i¥:⊗i⊈inal \$	58% 🖬 9:41 AM
<	< Profile		
Country		United States of +1 America	
Mobile num	nber	2137095959	> >
Gender		Female	Male
Height(ft.in	.)	5'10.0"	
Age		28	
Password		•••••	>
Email		stevey@inbodyusa.com	
1	2	3	×
4	5	6	Next
7	8	9	
	0		☆ `

Edit your profile as need and the **Save** button will appear on the upper-right corner.

		\$}\$\$\$\$\$\$\$\$\$\$		
	Profile		Save	
Country		United Stat America	es of	+1
Mobile num	ber	213709595	59	
Gender		Female	Male	
Height(ft.in	.)	5'10.0"		
Age		29		
Password		•••••		
Email		stevey@inbodyusa.com		
1	2	3		×
4	5	6	Ne	ext
7	8	9		
	0		ł	¥ .

Once you have completed your edit(s), select **Save** on the upper-right corner.



Setup – Device

↑	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privac	y >
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ON >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarn	n OFF >
Display Setting	OFF >

Select the option you wish to make changes to the default configuration.

	🕸 🛱 🐨 📶 98% 🗎 11:39 AM
<	Devices
	Select a bluetooth compatible device.
Wrist-ty	yBAND rpe proposition analyzer

Select **InBodyBAND** to add the device to your InBody Mobile App.

. 9 D	*0?	📶 98% 🛢 11:39 AM
	Devices	Save
Once 1	e setup is complete, pres lo set up additional devi press Add Device	ss Save. ces,
InBodyBAN Settings saved Sync New D		

or

If you already have an InBodyBAND paired and want to sync a new InBodyBAND or Delete.



Setup – Devices (Sync New)

	≉ © 🛜 प≅ 📶 98% 🛢 11:39 AM
C	Devices
To set up	complete, press Save. additional devices, s Add Device
InBodyBAND Settings saved Sync New Delete	0

Select **Sync New** to add your new InBodyBAND.



Select **Yes** to begin synchronizing your new InBodyBAND.



Select **Set** to proceed with the new InBodyBAND synchronization.



Devices - Sync New



Enter your full body weight and select **Confirm**.



Ensure your mobile device Bluetooth and InBodyBAND is turned on and also nearby, then select **Confirm**.



Please wait while the InBody Mobile App is in the process of pairing your new InBodyBAND.



Devices - Sync New

	≹ ୖୖୖୖୠ ^{su} ≣ 198% 1	11:39 AM
<	InBodyBAND	Skip
	InBodyBAND setup in progress. Please wait a moment.	
	InBodyBAND setup complete.	
	Confirm	
	InBodyBAND setup complete.	

Congratulations! You have successfully connected your new InBodyBAND with the InBody Mobile App! Select **Confirm**.



Select **Save** to confirm the changes to your new InBodyBAND.



Select **Confirm** to finalize your new InBodyBAND configuration.



Seutp – Devices (Delete)

	≉ 🛱 🗟 শ≊ 📶 98% 🛢 11:39 AM
	Devices
Once set To se	up is complete, press Save. et up additional devices, press Add Device
InBodyBAND Settings saved Sync New Delete	Ĵ

	≉ © 🛜 🖙 📶 98% 🗎 11:39 AM		
<	Devices		
	Connected To add a new device		
	DdyBAND ngs saved New Delete	0	
	Delete the current In	BodyBAND setting?	
	Yes	No	



Select **Delete** to remove the InBodyBAND that is currently registered. Select **Yes** to confirm the deletion of the registered InBodyBAND.



Setup – Goals

ft	* ¥⊠≊ ≌ ≝ 71% ∎ 3:23 PM Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Priv	vacy
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Managem	ent
Step alarm	on >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Al	larm OFF >
Display Setting	OFF

Select **Goals** to change your goals setting.

	≉ ३ × ३ @ ५९≊ 📶 58% 🖬 9:41 AM	
<	Goals	
Press the values to manually input.		
Steps	10000 Steps+	
Last 7 Days Average : 37825 steps Walked 30 mins, medium intensity : 3000 steps		
Activity	1000 kcal - +	
(BMR of 1928k	erage : 1928kcal zal is included in average) s, medium intensity : 11kcal	

Use [-] or [+] to make changes to your daily **Steps** count and **Activity** goals.

<	Go	als	Save
Press the values to manually input.			
Steps	10	000 Steps	- +
	Average : 37825 ins, medium inf		teps
Activity		1000 kcal	- +
(BMR of 199	Average : 1997k 7kcal is include nins, medium in	d in average)	
			I
1	2	3	×
1 4	2 5	3 6	
1 4 7			×
1 4 7	5	6	×

The **Save** button will appear once the change has been made.



Setup – InBody Score Privacy

†	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **InBody Score Privacy** to change your privacy settings.

		\$ ₩\$ @ "!!" 📶 58% 🖬 9:42 AM
< InBo	dy Sc	ore Privacy
Publi	c to all, F	de your InBody Score: Private to all, or elect Friends.
Friends I can see	ublic to all	Private to all
Friends using the InBody	Арр	
Andrew		
Carter		
Chloe		
Emma		
John		
Luke		
Madison		
Michael		
Olivia		
Scarlett		

Select the tab next to a friend's name to toggle the visibility setting.

InBe	ody Score Privacy	Save
Pub	how or hide your InBody Score lic to all, Private to all, or ublic to select Friends.	e:
Friends I can see	Public to all Private to all	
Friends using the InBod	іу Арр	
Andrew	1	
Carter))	
Chloe	0	
Emma		
John		\square
Luke		
Madison		\bigcirc
Michael		\bigcirc
Olivia		\bigcirc
Scarlett		\bigcirc

You can also select **Public to all** or **Private to all** to establish these settings. When finished, select **Save**.



Setup – Activity Steps Privacy

↑	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	on >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Steps Privacy** to change your privacy settings.

	≉ ३¥३ @ ५इ≝ d 58% û 9:42 AM
	Steps Privacy
	n show or hide your 7 Days Steps: rublic to all, Private to all, or Public to select Friends.
Friends I can see	Public to all Private to all
Friends using the Inl	Body App
Andrew	
 Carter 	
Chloe	
Emma	
John	
Luke	
Madison	
Michael	
Olivia	
Scarlett	

Select the tab next to a friend's name to toggle the visibility setting.

	Steps Privacy	Save
	n show or hide your 7 Days St ublic to all, Private to all, or Public to select Friends.	eps:
Friends I can see	Public to all Private to all	
Friends using the InE	Body App	
Andrew		
Carter		
Chloe		
Emma		
John		0
Luke		
Madison		0
Michael		\bigcirc
Olivia		\bigcirc
Scarlett		0

You can also select **Public to all** or **Private to all** to establish these settings. When finished, select **Save**.



Setup – InBody Results

ft	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **InBody Results** to manage your InBody results.

		\$ ≧¥≩ @ 4∰ af 58% 🖬 9:43 AM
<	InBody	y Results
\times	Nov 28 2016 16:35	Weight 215.0lbs $>$
\times	Nov 15 2016 13:31	Weight 215.0lbs $>$
\times	Nov 14 2016 16:18	Weight 215.0lbs $>$
\times	Nov 14 2016 16:17	Weight 215.0lbs $>$
\times	Nov 11 2016 10:44	Weight 221.6lbs $>$
\times	Nov 10 2016 14:18	Weight 222.2lbs $>$
\times	Nov 02 2016 14:03	Weight 223.1lbs $>$
\times	Nov 01 2016 12:18	Weight 217.2lbs $>$
\times	Oct 01 2016 12:41	Weight 217.2lbs $>$
\times	Sep 27 2016 11:42	Weight 210.5lbs $>$
\times	Sep 23 2016 08:00	Weight 211.4lbs $>$
\times	Sep 20 2016 14:33	Weight 209.0lbs $>$
\times	Sep 20 2016 08:16	Weight 222.0lbs $>$

Select a test you would like to view or select the **X** next to the InBody test you like to delete.

	14/2	InBody	
•	No	ov 14 2016 16:18	
Weight	_		
215.0 _{Ibs}			
Skeletal Musc	le Mass		
90.8 _{lbs}	•		
Body Fat Mas	6		
56.0 _{Ibs}			
Percent Body	Fat		
26.0%			
Visceral Fat Le			
8 _{Level}	Low		High
Ø		Ê	Ŷ
InBody Test		Interpretation	Ranking

InBody detailed reports are displayed.



Setup – Step Alarm

ft	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	оN >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Step Alarm** to change your settings. Step alarm will alert you if you are inactive during the specific times of the day you choose through the InBodyBAND.

<	Step alarm	.af 48% ⊉ 1:00 PM
	During step alarm mode, if you are inactive InBodyBAND will vibrate.	
Step alarm		\bigcirc
Start Time	13 :30	- +
End Time	18 :00	- +
Interval	2hours	- +

Modify the settings to the preferred time of day you like the InBodyBAND to notify you.

During step alarm mode, if you are inactive InBodyBAND will vibrate. Step alarm	
Start Time 13 :30	- +
End Time 18 :00	- +
Interval 2hours	

The **Save** button will appear once the change(s) have been made.



Setup – Goal Alarm

†	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Goal Alarm** to modify your settings. Goal Alarm will alert you when you reach your Step goal for the day through the InBodyBAND.

	* i≪i @ '!™∎ 58% 🖬 9:44 AM
<	Goal Alarm
	When daily step goal achieved
	InBodyBAND will vibrate.
Steps	10000 Steps

Modify the step count you like the InBodyBAND to notify you when your goal is reached.

🔹 🛰 🎯 Ч🖬 📶 48% 🖬 1:00 PM **Goal Alarm** < Save When daily step goal achieved InBodyBAND will vibrate. Steps 10000 Steps +

The **Save** button will appear once the change has been made.


Setup – Time Alarm

†	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Time Alarm** to modify your settings. Time Alarm will alert you at a specific time you choose through the InBodyBAND.

<	Time alarm	
At se	et up time InBodyBAND will vibrate.	
Time	07:00 - +)

Modify the settings you like the InBodyBAND to notify you.





Setup – Call / SMS / SNS Alarm

†	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Call/SMS/SNS Alarm** to modify your settings.

	≉ 3🛸 © "≌ 📶 48% 🖬 1:01 PM		
<	Call/SMS/S	NS Alarm	
	InBodyBAND will notify user when cell phone receives new call or sms. Frequent alarms consume battery faster.		
Call A	arm	C	
SMS A	larm	C	
SNS A	larm	C	

Modify the settings you like the InBodyBAND to notify you when a call, SMS and/or SNS is received.

InBodyBAND will notify user when cell phone receives new call or sms. Frequent alarms consume battery faster.	<	Call/S	MS/SNS Ala	irm	Save
		when cell phon	ne receives new ca	all or sms.	
SMS Alarm	Call /	Alarm			C
	SMS	Alarm		C	
SNS Alarm	SNS	Alarm		C	



Setup – Display Setting

†	Setup
Personal Information	
Profile	>
Devices	>
Goals	Steps, Activity >
InBody Score Privacy	>
Steps Privacy	>
Data Management	
InBody Results	>
InBodyBAND Management	
Step alarm	on >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

Select **Display Setting** to modify your settings.

	*)¥} @ 49:45 AM
<	Display S	etting
The ability mode does	to set the items that a n't show active time, c travele	ppear on the screen. Simple alories burned, and distance d.
Simple	Mode	

Enable or disable the display of active time, calories burned and distanced traveled.

		\$}¥}@'48⊿∎ 48	% 🖬 1:01 PM
<	Display S	etting	Save
The ability to mode doesn't	set the items that a show active time, o travele	alories burned,	reen. Simple and distance
Simple Mo	ode		



Setup – InBodyBAND Alarm

ft	≉ ⊯ © ₩.	n/ 59% ≌ 9:40 AM
Display Setti	ng	OFF >
Alarm Manageme	ent	
InBodyBAND	Alarm	OFF >
General		
InBodyBAND	Auto Sync	ом >
InBody Test	audio guidance	оN >
Language		English >
Units		lbs/inch/kcal >
Version		1.2.50
Help		
Frequently A	sked Questions (FAQ)	
Email Custor	mer Service	
Log out		

Select **InBodyBAND** Alarm to modify your settings.

2000	≉ ™ © "™ 1 58% ⊒ 9:45 At
<	InBodyBAND Alarm
Pop-uj	o will notify you at the InBodyBAND time you set.
Alarm Ex	
	Please wear InBodyBAND!
	Okay
	Re-alarm in 10 minutes
	Connect InBodyBAND now
l	Close
Time	07:45 - +

Modify the settings you like the InBodyBAND to remind you to wear your InBodyBAND.

Okay Re-alarm in 10 minutes Connect InBodyBAND now Close Time 07:45	Alarm Ex	Please wear InBodyBAND!	1
Connect InBodyBAND now Close		Okay	
Close		Re-alarm in 10 minutes	
		Connect InBodyBAND now	
Time 07:45 - +	l	Close	J
	Time	07:45 - +	C



Setup – InBodyBAND Auto Sync

ft	sielio ∰. Setup	n/ 59% û 9:40 AM
Display Setti	ng	$_{ m OFF}>$
Alarm Manageme	ent	
InBodyBAND) Alarm	$_{ m OFF}>$
General		
InBodyBAND	Auto Sync	$_{ m ON}>$
InBody Test	audio guidance	$_{ m ON}>$
Language		${ m English} >$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently A	sked Questions (FAQ)	>
Email Custo	mer Service	>
Log out		>

Select **InBodyBAND Auto Sync** to modify your settings.

	*	📢 🏟 🦏 📶 58% 🖬 9:45 AM
<	InBodyBAND A	uto Sync
Set	to automatically connect The InBodyBAND will auto when the app is	matically connect
Auto	Sync	

By default the InBodyBAND will auto sync when InBody Mobile App is initiated. Enable or disable the auto sync using the toggle.

<	InBodyB	BAND Auto S	ync Sa
Set	The InBodyBANE	connect with the D will automaticall the app is open.	InBodyBAND. y connect
Auto :	Sync		0



Setup – InBody Test Audio Guidance

ft	≉⊯≊ © ∰⊿ Setup	n/ 59% ≌ 9:40 AM
Display Setti	ng	$_{ m OFF}>$
Alarm Manageme	ent	
InBodyBAND) Alarm	$_{ m OFF}>$
General		
InBodyBAND	Auto Sync	$_{ m ON}>$
InBody Test	audio guidance	$_{ m ON}>$
Language		English >
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently A	sked Questions (FAQ)	>
Email Custo	mer Service	>
Log out		>

Select **InBody Test Audio Guidance** to modify your settings.

	8	\$ 1¥ 1© "™			
<	InBody Test au	dio guidance			
	Can turn on or off th from the app duri	ie audio guidance ng InBody Test			
Audio guidance					

* 🝽 🖸 Ч🖬 🖬 48% 🖬 1:02 PM InBody Test audio guidance Save < Can turn on or off the audio guidance from the app during InBody Test Audio guidance

Use the toggle to enable or disable the InBodyBAND test voice guidance.



Setup – Language

↑	≉ ⊯⊠ ≌ ⊮⊿ Setup	í 59% û 9:40 AM
Display Setti	ng	$_{ m OFF}>$
Alarm Manageme	ent	
InBodyBAND	Alarm	$_{ m OFF}>$
General		
InBodyBAND	Auto Sync	on >
InBody Test	audio guidance	$_{ m ON}>$
Language		English >
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently A	sked Questions (FAQ)	>
Email Custor	mer Service	>
Log out		>

Select **Language** to modify your settings.

	Langu	200
K.	Langu	laye
Cl foo	Select your approp hanging the langua d/activity database	priate language. ge will require the s to be re-uploaded.
한글		0
English		
日本語		0
中文		0
繁體中文	τ	0

Use the toggle to enable the language you like to use.

<	≉ ⊯েল হিলা Language	al 61% ם 3:09 PM Save
Chang	ect your appropriate langua ging the language will requ tivity databases to be re-u	ire the
한글		
English		
日本語		
中文		
繁體中文		\bigcirc



Setup – Units

ft	≉⊯© י⊯∡ Setup	ıl 59% ≌ 9:40 AM
Display Settin	ng	$_{ m OFF}>$
Alarm Managemer	nt	
InBodyBAND	Alarm	$_{ m OFF}>$
General		
InBodyBAND	Auto Sync	on >
InBody Test a	audio guidance	$_{ m ON}>$
Language		${ m English} >$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently As	sked Questions (FAQ)	>
Email Custon	ner Service	>
Log out		>

Select **Units** to modify your settings.

<	ৎ ≉⊯থ⊠ Units	ੇ ^ਪ ਂ ⊿l 61% û 3:11 PM
	Select units.	
Height	cm	inch
Weight	kg	lbs
Calories	kcal	kJ

Modify the settings you like to use as your preferred measurement units.

<	≉⊯⊌⊚ : Units	हे भाष की % 🖬 3:12 PM Save
	Select units.	
Height	cm	inch
Weight	kg	lbs
Calories	kcal	kJ



Setup – Frequently Asked Questions (FAQ)

	\$ X 0	ም⊿il 59% 🖬 9:40 AM
≜	Setup	
Display Setting		$_{ m OFF}>$
Alarm Management		
InBodyBAND Alarm		OFF $>$
General		
InBodyBAND Auto Syr	IC	ом >
InBody Test audio gui	dance	on >
Language		English >
Units		lbs/inch/kcal \geq
Version		1.2.50
Help		
Frequently Asked Que	stions (FAQ)	>
Email Customer Servi	ce	>
Log out		>

Select Frequently Asked Questions (FAQ) for any answers.

<	FAQ	
InBody		
What are	the conditions for an accurate InBody test?	
Can the us model?	ser connect InBody to any smartphone	
InBody Tro	ubleshooting	
Cannot co	onnect to the InBody.	
Weight m	easurements seem to be inaccurate.	
Test resul	ts seem to be inaccurate.	
The InBoo	dy test stops halfway.	
	muscle mass differs from the result taken health institute.	at >
How can	get my InBody serviced?	

Navigate the FAQ menu by selecting either InBody or InBodyBAND and choice of topic.

<	FAQ	
InBody		
InBodyBA	ND	
What is the	correct InBody Test posture?	
What device	es are compatible with the InBodyBAND?	
InBodyBAND	Troubleshooting	
My InBodyE	AND is not turning on.	
My InBodyE app.	BAND is not properly syncing with the InBo	ody >
Why isn't th InBodyBAN	e step count increasing when I walk with D?	the >
How can I g	jet my InBodyBAND serviced?	
How do I up	odate the firmware on my InBodyBAND?	
Using the InB	odyBAND	

If your question was not answered through this FAQ, email us at BAND@inbodyusa.com or LBWEB@inbodyusa.com.



Setup – Email Customer Service

ft	Setup	
Display Sett	ing	OFF >
Alarm Managem	ent	
InBodyBANI) Alarm	OFF >
General		
InBodyBANI	O Auto Sync	ом >
InBody Test	audio guidance	ом >
Language		English >
Units		lbs/inch/kcal >
Version		1.2.50
Help		
Frequently A	Asked Questions (FAQ)	
Email Custo	mer Service	
Log out		

Select **Email Customer Service** to let us know any of your concerns.

A Setup	
InBodyBAND Alarm	$_{ m OFF}>$
General	
InBodyBAND Auto Sync	on >
InBody Test audio guidance	on >
Language	${}_{ m English}>$
Units	lbs/inch/kcal $>$
Version	1.2.50
Help	
Frequently Asked Questions (FAQ)	
Email Customer Service	>
Complete action using	
	M
Email	Gmail

Select any of the emails you have set on your mobile device.



Once the email is sent out, an InBody representative will get back to you within 24 – 72 hours.



Setup – Logout

ft	≉ ⊯⊚ ≌ ₄ Setup	ı⊈ 59% 🖬 9:40 AM
Display Setti	ng	OFF >
Alarm Manageme	ent	
InBodyBAND	Alarm	OFF
General		
InBodyBAND	Auto Sync	ON >
InBody Test	audio guidance	ON >
Language		English
Units		lbs/inch/kcal >
Version		1.2.50
Help		
Frequently A	sked Questions (FAQ)	
Email Custor	mer Service	
Log out		

Select **Logout** from Setup to log out of your account.

		🖬 58% 🖬 9:47 AM
↑	Setup	
InBodyBAND Alarr	m	$_{ m OFF}>$
General		
InBodyBAND Auto	Sync	оN >
InBody Test audio	guidance	on>
Language		${\sf English}$ $>$
Units	Log out?	ibe/incli [*] kcal >
Versie Help		No 2.50
Yes		
Help	Questions (FAQ)	
Help Frequently Asked	Questions (FAQ)	
Help Frequently Asked	Questions (FAQ)	
Help Frequently Asked I Email Customer S	Questions (FAQ)	

Select **Yes** to proceed with the logout.

	ହ ≉ ତି ହି‴୍ଜ # 87% ⊈ 2:23 PM Enter mobile number				
Please	Welcome to the InBody App. Please enter your mobile number to begin.				
	United States of America +1 V				
Mobile num	Mobile number 2137095959				
	Confirm				
1	2	3	×		
4	5	6	Done		
7	8	9			
	0		☆ `		



Deactivation

		* K @ ™ al 58% 🖬 9:47 AM
A	Set	up
InBod	yBAND Alarm	
General		
InBod	yBAND Auto Sync	
InBod	y Test audio guidance	e on >
Langu	lage	
Un la		
Helt	Yes	No
Frequ	ently Asked Question	s (FAQ)
Email	Customer Service	
Log o	ut	
Memb	per Withdrawal	

Select **Member Withdrawal** from the Setup menu.



Select **Confirm** to send authentication code to the verified email address.

		\$}¥}`©`'!!! 4	8% 🖹 12:34 PM
†	Se	tup	
InBodyBAND	Alarm		OFF >
	ent account	g [Confirm] w deletion. Do y	
lr Authentica	tion number		
L	Confirm	Cancel	
U			
Version			1.2.50
Help			
1	2	3	×
4	5	6	Done
7	8	9	
	\cap		.

Enter the authentication code received from the confirmed email address.

