

WELCOME to the InBody Mobile App User Guide for Android!

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InBodyband



Installation

	* i¥i 6	୬ି≋ି™⊿∥ 4	49% 🖻 10:25 AM
← 99000 _{Mobile}			S. 1
MESSAGES	PHOTOS & VIDEOS	eGIFT	CONTACTS I
	9/28/16 10:20	AM	
InBody U results an monitor y InBody a <u>MW15dy</u> InBody	SA:Your InBody Te: re ready! Track and our results with th pp @ https://goo.g . Txt STOP to OptO	st e L∕ ut	
+ 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".

	\$ 1€1) 🗊 ™.⊿1 45%	8 10:11 AM
← Google Play	Store		۹
Ini	30	dy	
InBody InBody E Ever	dy ryone	IN	STALL
100 THOUSAND Downloads	3.5 787 ± H	ealth & Sin	J
App created to	manage bot InLab resul READ MOR	th your InBoc ts. E	ly and
비교 이 아이 아	∎8, ≹⊮08 ए	a 1 1 1 4 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	\$ 140 B 177 A B 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

	∌3≪3⊠ ≗ ≕⊿∎ 52% ⊠ 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**.

	⊾™? © %≉	47% 🛱 10:19 AM
Re	gistration	
Welcom Please	e to the InBody App register to begin.	ļ.
Mobile number		
Email		
Gender	Female	Male
Height(ft.in.)	0' 0.0"	
Age		
Password		
Re-enter PW		
Terms and Cone Privacy Policy	Done	

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

P	≉। \ ।ত ? "	≅ ⊿l 38% 🛢 3:58 PM
r.c	egistration	
Welcom Please	ne to the InBody A e register to begir	.pp! ı.
Mobile number	2137095959	
Email	stevey@inbo	dyusa.com
Gender	Female	Male
Height(ft.in.)	5' 10"	
Age	29	
Password	•••••	
Re-enter PW		
Terms and Con	ditions	
Privacy Policy		
	Done	

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

	\$ i¥i @ 🗊				
	Login Enter your password.				
Ent					
Mobile number	2137095959				
Password	1				
	Find Password				
	Login				
1 2 3 4 q w e r	5 6 7 8 9 0 t y u i o p				
a s d	f g h j k l				
t z x	c v b n m 🕙				
Sym 🍄 ?	 ← English(US) → 				

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				
Please tempo mail a Please	e press the o rary passw ddress. e verify your ste*** Confirm	Confirm ord will b r e-mail a *@in***	button. A le sent to address b ******* Cancel	your e- 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	Devices
•	Devices
	Select a bluetooth compatible device.
InBo	dyBAND
Wrist- body	type U
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(lbs)	SMM(lbs) 99.0	PBF(%) 23.0	>
S.	Steps 1256 Goal 10000	¥		>
(Jzz	Duration 06:32	Deep \$	Sleep	>
	60	60)		

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

≉ 🛋 64% 🗎 4:16			4:16 PN
f	InBody		~
•	Nov 11 2016 10:44		
Weight			
221.6 _{ibs}			
Skeletal Muscle	e Mass		
99.0 _{lbs}			
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
(ibs) Weight(ibs) 221.6	SMM(lbs) 99.0	PBF(%) 23.0	>
Steps 1256 Goal 10000	¥		_>
$\bigcirc^z 06:32$	Deep : 85%	Sleep	>

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

A	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.

ПВОС	ly·Weight	:
Record your r 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

	* 1	ଙ୍କ 🖬 50% 🖬 9:09 AM
< s	earch Activity	y
Q Search		
Aerobic Dancing		
Alpine Skiing		
Archery		
Arnold Press		
Backpacking		
Badminton		
Ball Games		
Ball Hockey		
Ballet		
Ballroom Dancin	g	
Band Ankle Exte	nsion	
	History	

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

≉ 🝽 🏹 Ч≌⊿I 50% 🖬 9:10 AM			
<	Act	ivity	
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

	* 14 0 15 1	l 47% 🖬 8:55 AM
†	Sleep	
•	Nov 30 (Wed)	►
Sleep	8	D W M
Deep 6hou	ırs 19mins	81%
Light 1hours	17mins	16%
Wake 13min	IS	3%
Total 7hours 4	9mins	100% >
	Ð	

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		¢
Weight(ibs) 221.6	SMM(lbs) 99.0	PBF(%) 23.0	>
Steps 1256 Goal 10000	¥		>
$\bigcirc^z 06:32$	Deep 85%	Sleep	>
6	A		

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

	≉ i¥i @ ≋ ™ ⊿i 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	оN >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF

Different setup options are displayed.

	* *************************************	.afi 59% 🖬 9:40 AM
↑	Setup	
Display Setting		OFF >
Alarm Management		
InBodyBAND Alarr	n	OFF >
General		
InBodyBAND Auto	Sync	on >
InBody Test audio	guidance	on >
Language		English >
Units		lbs/inch/kcal >
Version		1.2.50
Help		
Frequently Asked	Questions (FAQ)	
Email Customer S	ervice	
Log out		

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



Setup – Profile

	🕸 🕸 🗑 🔋 🖙 📶 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	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.

		* ` ¥ `© '₽° A (58% 🖬 9:41 AM
<	Pro	file	
Country		United State America	esof +1
Mobile num	nber	2137095959) >
Gender		Female	Male
Height(ft.in	.)	5'10.0"	
Age		28	
Password		•••••	>
Email		stevey@inb	odyusa.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.

		***********	51% 🖬 1:21 PM
	Profile		Save
Country		United State America	esof +1
Mobile nun	nber	2137095959	• >
Gender		Female	Male
Height(ft.in	ı.)	5'10.0"	
Age		29	
Password		•••••	>
Email		stevey@inb	odyusa.com
1	2	3	×
4	5	6	Next
7	8	9	
	0		☆ `

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



Setup – Device

	🛊 🖎 🏾 🔋 🖙 🖬 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	оN >
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.

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

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

•	* 🕄 🕏 🗤 📶	98% 🛢 11:39 AM
	Devices	Save
Once set To se	up is complete, press S et up additional devices press Add Device	ave.
InBodyBAND Settings saved Sync New Delete	1	

or

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



Setup – Devices (Sync New)

	🕸 🛱 🐨 📶 98% 🛢 11:39 AM
D	evices
Once setup is o To set up a press	complete, press Save. dditional devices, Add Device
InBodyBAND Settings saved Sync New Delete	1

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

	≉ ∅ 🛱 🗠 📶 98% 🛚	11:39 AM
<	InBodyBAND	Skip
	InBodyBAND setup in progress. Please wait a moment.	
r	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 devices. To add a new device, press Add Device.			
InBo Settin Sync	DodyBAND ngs saved New Delete	0	
	Delete the current InBodyBAND 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

	🛊 🖎 🎯 🔋 🖙 🗚 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	on >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	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 Av Walked 30 min	erage : 37825 steps s, medium intensity : 3000 steps
Activity	1000 kcal - +
Last 7 Days Av (BMR of 1928k Walking 30 mir	erage : 1928kcal zal is included in average) s, medium intensity : 11kcal

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

≉ ⊨≪) ∅ ≌∰ ⊿∎ 48% 🖬 12:58			
<	Go	als	Sa
Pr	Press the values to manually input.		
Steps	10	000 Steps	- +
Last 7 Days / Walked 30 m	Last 7 Days Average : 37825 steps Walked 30 mins, medium intensity : 3000 steps		
Activity		1000 kcal	- +
Last 7 Days / (BMR of 199 Walking 30 m	Average : 1997k 7kcal is include nins, medium in	cal d in average) tensity : 11kca	1
Last 7 Days / (BMR of 199' Walking 30 m	Average : 1997k 7kcal is include nins, medium in 2	cal d in average) tensity : 11kca	
Last 7 Days A (BMR of 199 Walking 30 m	Average : 1997k 7kcal is include nins, medium in 2 5	cal d in average) tensity : 11kca	Done
Last 7 Days / (BMR of 1997) Walking 30 m 1 4 7	Average : 1997k Zkcal is include nins, medium in 2 5 8	cal d in average) tensity : 11kca 6 9	Done



Setup – InBody Score Privacy

	🛊 🖎 🎯 😨 🖬 📶 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 **InBody Score Privacy** to change your privacy settings.

	≉ } ≈ } ≌ "≌°⊿∎ 58% ⊌ 9:42 AM
< In	Body Score Privacy
You ca	n show or hide your InBody Score: Public to all, Private to all, or Public to select Friends.
Friends I can see	Public to all Private to all
Friends using the In	nBody 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.

	≉ ™ © ™ 1 58% 6	9:42 AM
InBo	ody Score Privacy	Save
You can sh Publ Pu	ow or hide your InBody Score ic to all, Private to all, or iblic to select Friends.	c
Friends I can see	ublic to all Private to all	
Friends using the InBody	/ Арр	
Andrew		
• Carter		
Chloe		
Emma		
John		\mathbf{D}
Luke		
Madison		\bigcirc
Michael		\mathbf{D}
Olivia		\bigcirc
Scarlett		\mathbb{T}
	1.0	

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



Setup – Activity Steps Privacy

	🕸 🕅 🗑 🗊 🖙 📶 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 **Steps Privacy** to change your privacy settings.

	* 3	🕸 🏵 🎬 📶 58% 🖬 9:42 AN	1	
Steps Privacy				
You car P	show or hide yo ublic to all, Privat Public to select	ur 7 Days Steps: te to all, or Friends.		
Friends I can see	Public to all Pr	ivate to all		
Friends using the Inf	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.

	\$ ™ ™ M 589	6 🖬 9:42 AM
	Steps Privacy	Save
You can Pi	show or hide your 7 Days Ste ublic to all, Private to all, or Public to select Friends.	ps:
Friends I can see	Public to all Private to all	
Friends using the InB	ody App	
Andrew		
• Carter		
Chloe		
Emma		
John		\bigcirc
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 – InBody Results

	\$ 1¥8 Ø 🔋 ™ 📶 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 **InBody Results** to manage your InBody results.

<	InBody Result	₩aii 58% bi 9:43 AM
\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 223.1 lbs $>$
\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.

	* * *	≌ ™all 63% ∎ 4:18 PN
π	InBody	N
◀	Nov 14 2016 16:	18 🕨
Weight	and the second se	
215.0 _{Ibs}		,,▲,,,_ I
Skeletal Musc	e Mass	
90.8 _{lbs}		· · · · · · ·
Body Fat Mass	3	
56.0 _{Ibs}		
Percent Body	Fat	
26.0		
Visceral Fat Le	evel	
8	Low	High
Level		
Æ	Ê	(())

InBody detailed reports are displayed.



Setup – Step Alarm

	🗚 🕬 🛱 📅 🖬 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	ом >
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	
	During step alarm mode, if you are inactive InBodyBAND will vibrate.	
Step alarm		
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.

	* X O u	.al 58% 🖬 9:43 AM
<	Step alarm	Save
	During step alarm mode if you are inactive InBodyBAND will vibrate	a, a.
Step alarm		
Start Time	13 :30	- +
End Time	18 :00	- +
Interval	2hours	- +



Setup – Goal Alarm

	🔹 💐 🛱 🖀 🗤 🖬 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	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.

	*)≪) ⊘ '∰il 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 +



Setup – Time Alarm

	🕸 🕬 🎯 💲 🖙 📶 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	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 set up time InBodyBAND will vibrate.		
Time	07:00 - +)

Modify the settings you like the InBodyBAND to notify you.





Setup – Call / SMS / SNS Alarm

	🕸 🕬 🗑 🔋 🖙 📶 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	ом >
Goal Alarm	OFF >
Time alarm	OFF >
Call/SMS/SNS Alarm	OFF >
Display Setting	OFF >

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

		🛊 🝽 🎯 ୱାମ୍ମ 🖬 48% 🖬 1:01 PM	
<	Call/SMS/SNS Alarm		
	InBodyBAND will notify user when cell phone receives new call or sms. Frequent alarms consume battery faster.		
Call A	arm		
SMS A	Alarm		
SNS A	larm		

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

Call/SMS/SNS Alarm Sa InBodyBAND will notify user when cell phone receives new call or sms. Frequent alarms consume battery faster.
InBodyBAND will notify user when cell phone receives new call or sms. Frequent alarms consume battery faster.
Call Alarm
SMS Alarm
SNS Alarm



Setup – Display Setting

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†	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.

	8 🕬 🖄 🖓 ч≌ 📶 58% 🖬 9:45 AM
<	Display Setting
The ability to set mode doesn't sh	the items that appear on the screen. Simple ow active time, calories burned, and distance traveled.
Simple Mode	e

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

	*	ପି ମନ୍ଦ୍ରଣୀ 48% 🖬 🏾	1:01 PN
<	Display Setti	ing	Save
The ability to set mode doesn't sho	the items that appea ow active time, calori traveled.	r on the screen es burned, and	. Simp distano
Simple Mode	3		C



Setup – InBodyBAND Alarm

	* ¥ 0 4	≊.afi 59% 🖬 9:40 AM
ft	Setup	
Display Setting		$_{ m OFF}>$
Alarm Management		
InBodyBAND Ala	arm	$_{ m OFF}>$
General		
InBodyBAND Au	to Sync	$_{ m ON}>$
InBody Test aud	io guidance	$_{ m ON}>$
Language		$_{\rm English}>$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently Aske	d Questions (FAQ)	>
Email Customer	Service	>
Log out		>

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

100		
<	InBodyBAND Alarm	
Pop-uj	o will notify you at the InBodyBAND time you set.	
Alarm Ex)	
ſ	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!	Ì
Re-alarm in 10 minutes Connect InBodyBAND now Close Time 07:45		Okay	
Connect InBodyBAND now Close		Re-alarm in 10 minutes	
Close		Connect InBodyBAND now	
Time 07:45 - +	l	Close	ļ
	Time	07:45 - +	C



Setup – InBodyBAND Auto Sync

	* 14:0 4:	📶 59% 🖬 9:40 AM
f	Setup	
Display Settin	g	$_{\rm OFF}>$
Alarm Managemen	ıt	
InBodyBAND	Alarm	$_{\rm OFF}>$
General		
InBodyBAND	Auto Sync	$_{ m ON}>$
InBody Test a	udio guidance	$_{ m ON}>$
Language		$_{\rm English} >$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently As	ked Questions (FAQ)	>
Email Custom	ner Service	>
Log out		>

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

	\$ 1 ≪) ⊠ ¹ 171 58% ⊒ 9:45 AM	
<	InBodyBAND A	uto Sync
Set	to automatically connect to The InBodyBAND will auto when the app is	with the InBodyBAND. matically connect s open.
Auto	Sync	

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



Setup – InBody Test Audio Guidance

	* X @ 4	สป์ 59% 🖬 9:40 AM
f	Setup	
Display Setting	g	$_{ m OFF}>$
Alarm Management	t	
InBodyBAND A	Alarm	$_{ m OFF}>$
General		
InBodyBAND A	Auto Sync	$_{ m ON}>$
InBody Test a	udio guidance	$_{ m ON}>$
Language		$_{\rm English}>$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently Asl	ked Questions (FAQ)	>
Email Custom	er Service	>
Log out		>

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

		\$ 1 ≪ 1 @ 49:45 AM		
<	InBody Test	audio guidance		
	Can turn on or off the audio guidance from the app during InBody Test			
Aud	lio 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

	¥ کا 2:40 AM کا ¥≋ الله € 10 AM
f	Setup
Display Setting	$_{ m OFF}>$
Alarm Management	
InBodyBAND Alarm	${\sf OFF}$ $>$
General	
InBodyBAND Auto Sy	nc on >
InBody Test audio gu	idance ON >
Language	English >
Units	lbs/inch/kcal $>$
Version	1.2.50
Help	
Frequently Asked Que	estions (FAQ)
Email Customer Serv	ice >
Log out	>

Select **Language** to modify your settings.

Select your appr	ropriate language.
Changing the lang food/activity databa	uage will require the ses to be re-uploaded.
한글	0
English	
日本語	0
中文	0
繁體中文	0

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

	* *** ③ ?****	🛿 61% 🖬 3:09 PM
<	Language	Save
Se Chai food/a	elect your appropriate langua nging the language will requi activity databases to be re-up	ige. re the loaded.
한글		
English		\bigcirc
日本語		\bigcirc
中文		\bigcirc
繁體中文		\bigcirc



Setup – Units

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↑	Setup
Display Setting	OFF $>$
Alarm Management	
InBodyBAND Alarm	OFF $>$
General	
InBodyBAND Auto Sy	nc on >
InBody Test audio gui	dance ON >
Language	${\sf English}$
Units	lbs/inch/kcal \geq
Version	1.2.50
Help	
Frequently Asked Que	estions (FAQ)
Email Customer Servi	ce >
Log out	>

Select **Units** to modify your settings.

	♥ ≉ ≥€ ∅ 7	148 🍙 61% 🖬 3:11 PM
<	Units	
	Select units.	
Height	cm	inch
Weight	kg	lbs
Calories	kcal	kJ

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

	* 14 0	^{≩ ч⊡} ⊿I 61% മ	3:12 PM
<	Units		Save
	Select units.		
Height	cm	inch	
Weight	kg	lbs	
Calories	kcal	kJ	



Setup – Frequently Asked Questions (FAQ)

	≉ i¥i @ '≌ii 59% 🖬 9:40 AM
🕈 s	etup
Display Setting	$_{\rm OFF}>$
Alarm Management	
InBodyBAND Alarm	$_{\rm OFF}>$
General	
InBodyBAND Auto Sync	ом >
InBody Test audio guida	nce on >
Language	${\rm English}>$
Units	lbs/inch/kcal $>$
Version	1.2.50
Help	
Frequently Asked Questi	ons (FAQ)
Email Customer Service	>
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.	
Measured the public	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.

	≉ ĭ≪i ⊘ ч≌⊿i 58%	9:46 AM
<	FAQ	
InBody		
InBodyBAND		
What is the cor	rect InBody Test posture?	>
What devices a	re compatible with the InBodyB	AND?
InBodyBAND Tro	ubleshooting	
My InBodyBAN	D is not turning on.	>
My InBodyBAN app.	D is not properly syncing with th	ie InBody
Why isn't the st InBodyBAND?	ep count increasing when I walk	^{k with the} >
How can I get r	ny InBodyBAND serviced?	>
How do I updat	e the firmware on my InBodyBA	ND?
Using the InBody	BAND	

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



Setup – Email Customer Service

≉ 3 × 3 ថੇ "ም.al 59% û 9:40 AM		
ft	Setup	
Display Setting		$_{ m OFF}>$
Alarm Management		
InBodyBAND Aları	m	$_{\rm OFF}>$
General		
InBodyBAND Auto	Sync	$_{\rm ON}>$
InBody Test audio	guidance	on>
Language		$_{\rm English}>$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently Asked	Questions (FAQ)	>
Email Customer S	Service	>
Log out		>

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

★ Set	ир
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 Asked Questions	(FAQ) >
Email Customer Service	>
Complete action usin	g
Ø	Μ
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

	* 14 0 4: *	🕯 59% 🖻 9:40 AM
†	Setup	
Display Setting		$_{ m OFF}>$
Alarm Management		
InBodyBAND Ala	arm	$_{ m OFF}>$
General		
InBodyBAND Au	uto Sync	$_{ m ON}>$
InBody Test aud	lio guidance	$_{ m ON}>$
Language		${ m English} >$
Units		lbs/inch/kcal $>$
Version		1.2.50
Help		
Frequently Aske	ed Questions (FAQ)	>
Email Customer	Service	>
Log out		>

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

		00/0 2 9.47 /4141
↑	Setup	
InBodyBAND Alarn	n	$_{ m OFF}>$
General		
InBodyBAND Auto	Sync	оN >
InBody Test audio	guidance	on>
Language		${ m English} >$
Units	Log out?	los/incl ⁻ kcal >
Versi		
Yes Help	N	02.50
Frequently Asked 0	N Questions (FAQ)	•2 ^{2.50}
Frequently Asked (Email Customer Se	N Questions (FAQ) ervice	o2.50 >
Frequently Asked (Email Customer Se	Questions (FAQ)	o2.50
Help Frequently Asked (Email Customer So Log out	Questions (FAQ)	• 2.50 > >
Help Frequently Asked (Email Customer Se Log out	Questions (FAQ)	280 > > >

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

	ହ ≱ ଗ			
Please	Welcome to the InBody App. Please enter your mobile number to begin.			
	United \$	States of Americ	a +1 V	
Mobile number 2137095959				
Confirm				
	2	.3	×	
4	5	6	Done	
7	8	9		
	0		☆ `	



Deactivation

	* 14	\$1 @ ⁴ ∰.al 58% 🖬 9:47 AM
	Setup	
InBody	BAND Alarm	
General		
InBody	BAND Auto Sync	ON >
InBody	Test audio guidance	ON >
Langua	ige	
Un ei o Ver <u>sio</u> r	Do you want to proceed with account? nce the account becomes de be able to retrieve you l	n deactivating your activated you will not nBody results.
Help	Yes	No
Freque	ntly Asked Questions (FA	AQ) >
Email C	Customer Service	
Log ou	t	

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 >
Gr Proceedin Ir to perman to proceed	g by pressin ent account 1?	g [Confirm] w deletion. Do y	ill result /ou want
Ir 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.

