



InBody

ANDROID - MOBILE APPLICATION
USER MANUAL



WELCOME to the InBody Mobile App User Guide for Android!

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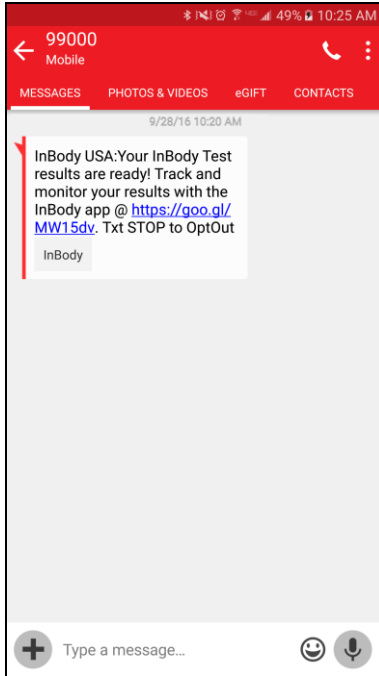
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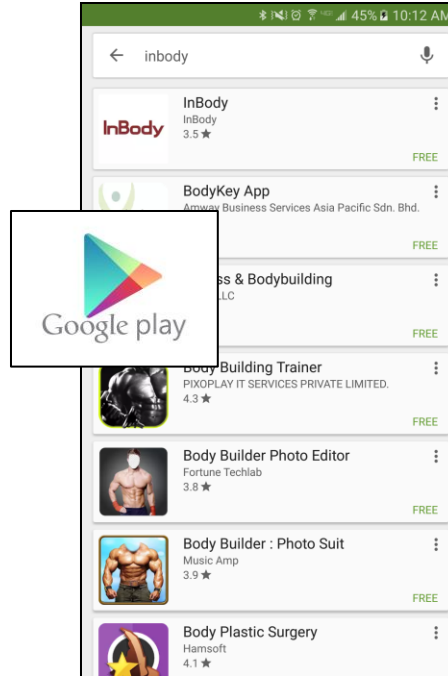
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InBodyBAND

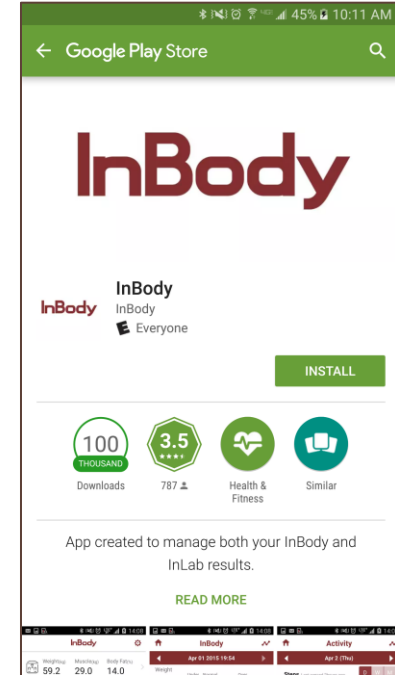
Installation



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)*.



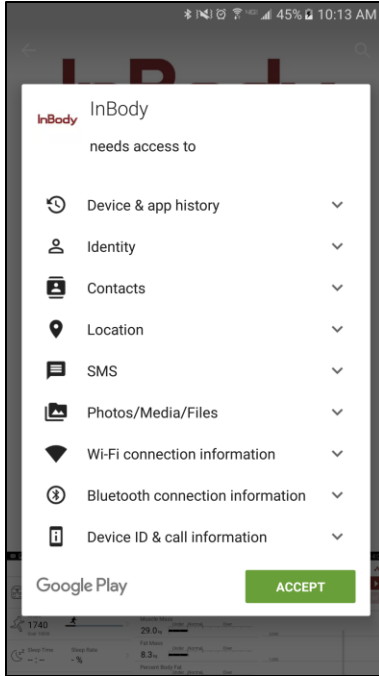
To find the App manually, navigate to the Google Play Store and search "inbody".



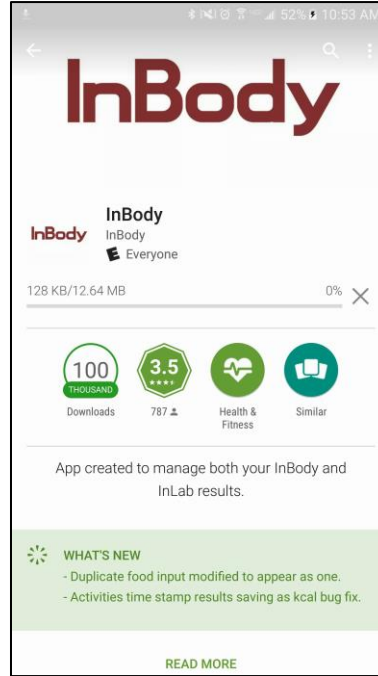
Select **INSTALL** to begin the download.

Installation

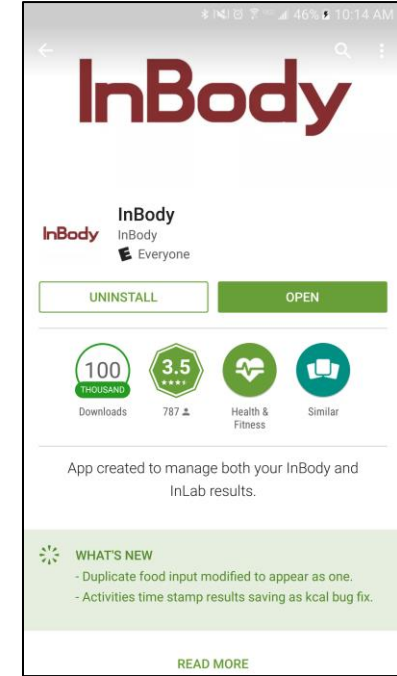
InBody



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

Enter mobile number

Welcome to the InBody App.
Please enter your mobile number to begin.

United States of America +1 | ▾

Mobile number

Confirm

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

Registration

Welcome to the InBody App!
Please register to begin.

Mobile number

Email

Gender Female Male

Height(ft.in.) 0' 0.0"

Age

Password

Re-enter PW

☐ [Terms and Conditions](#)

☐ [Privacy Policy](#)

Done

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

Registration

Welcome to the InBody App!
Please register to begin.

Mobile number 2137095959

Email stevey@inbodyusa.com

Gender Female **Male**

Height(ft.in.) 5' 10"

Age 29

Password

Re-enter PW

☒ [Terms and Conditions](#)

☒ [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.

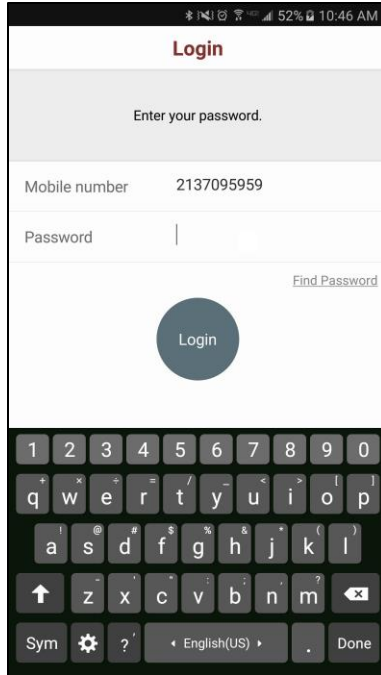
A screenshot of the InBody app's login screen. At the top, the status bar shows signal, Wi-Fi, 52% battery, and 10:46 AM. The screen has a white background. A header bar at the top says "Enter mobile number" in red. Below it, a grey box contains the text "Welcome to the InBody App. Please enter your mobile number to begin." There is a dropdown menu for "United States of America" with a "+1" prefix and a chevron. Below that, the "Mobile number" field contains "2137095959". A large, dark blue circular button with the word "Confirm" in white is centered. At the bottom is a numeric keypad with digits 1-9, 0, a backspace key (X), a "Done" key, and a settings gear icon.

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

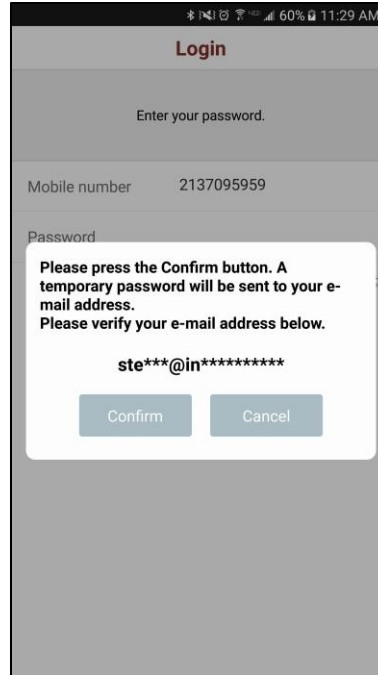
A screenshot of the InBody app's login screen. At the top, the status bar shows signal, Wi-Fi, 52% battery, and 10:46 AM. The screen has a white background. A header bar at the top says "Login" in red. Below it, a grey box contains the text "Enter your password." There is a "Mobile number" field containing "2137095959" and a "Password" field with a masked password (dots) and a "Find Password" link. A large, dark blue circular button with the word "Login" in white is centered. At the bottom is a full QWERTY keyboard with a "Done" key.

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

Forgot Password



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

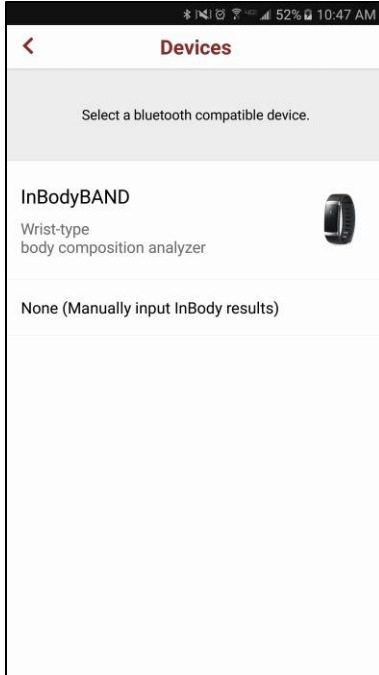


Verify your email address and then press **Confirm**.

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.

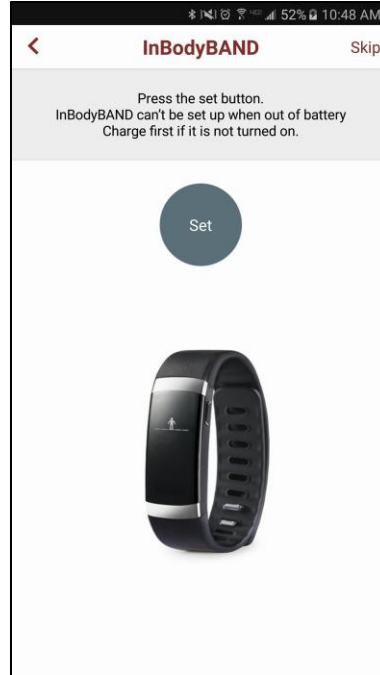
Connecting

InBodyBAND

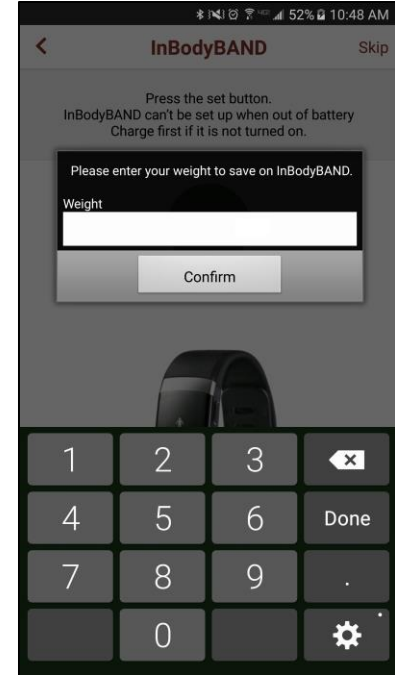


IF you are an InBodyBAND user, please select InBodyBAND.

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



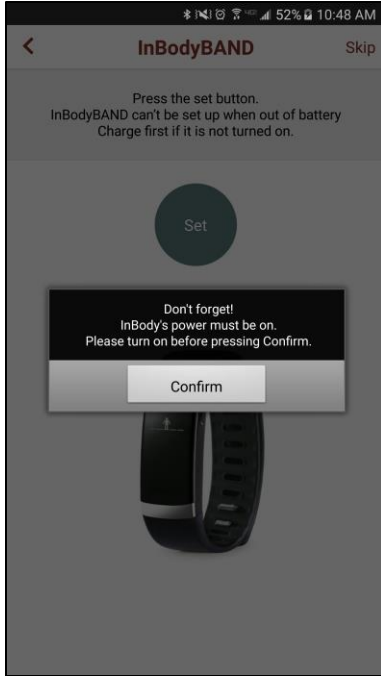
Select **Set** to pair the InBodyBAND to your mobile device.
Select **Skip** to pair the InBodyBAND at a later time.



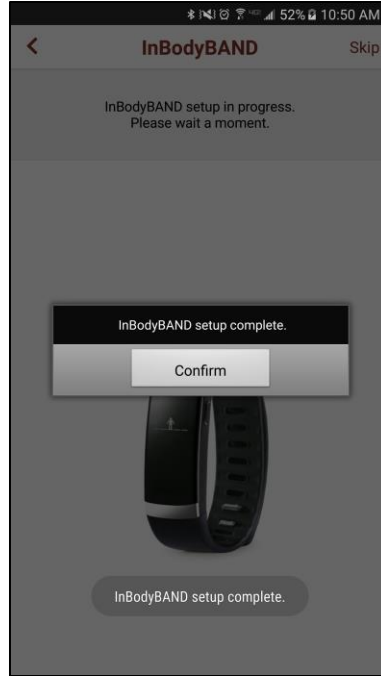
Enter your weight and select **Confirm**.

Connecting

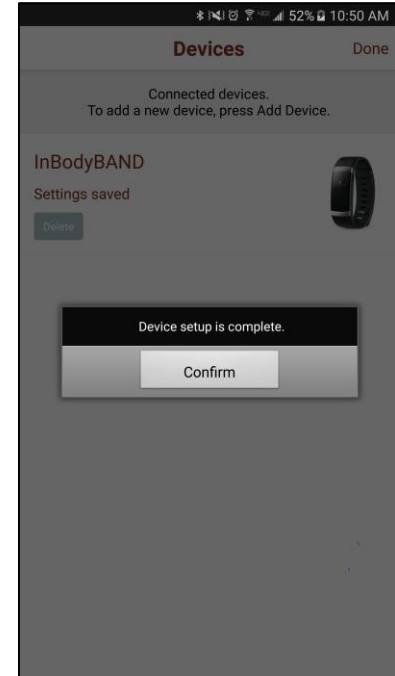
InBodyBAND



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

The screenshot shows the InBody mobile app interface. At the top, the status bar displays signal strength, Wi-Fi, 52% battery, and 10:50 AM. The app header features the 'InBody' logo and a gear icon for settings. The main content area is divided into several sections: 'InBody Results' showing Weight (221.6 lbs), SMM (99.0 lbs), and PBF (23.0%); 'Steps' showing 1256 steps with a goal of 10000; and 'Sleep' showing a duration of 06:32 and 85% deep sleep. At the bottom, there are three buttons: 'InBody Test', 'Data Sync', and 'InBody-Weight'. Callout boxes provide detailed descriptions for each of these features.

InBody Results – This section will display your last InBody test results. Tap to view a more detailed report on your InBody results.

Setup – This section will allow you to configure your InBody Mobile App. Tap the gear icon to make changes to your configuration.

Steps - This section will display your daily step counts. Tap to view a more detailed report on your activity steps.

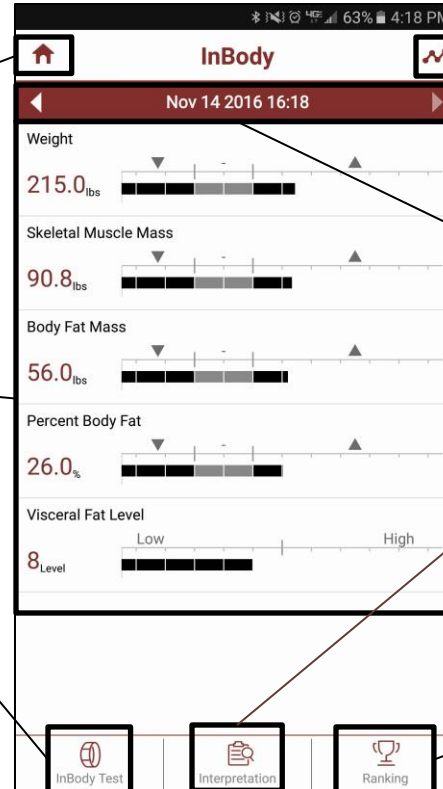
Sleep – This section will display your daily sleep activity. Tap to view a more detailed report on your sleep activity.

Data Sync – This option allows you to synchronize your InBodyBAND's data that was not synced the past week. Tap to sync your InBodyBAND's data.

InBody Test – This option allows you to measure your body composition from your InBodyBAND. Tap to start your InBody measurements.

InBody-Weight – This section will allow you to add InBody data manually and this will ONLY appear for InBody users. Tap to manually record your InBody results.

InBody Results



Home – This icon will direct you to the main screen. Tap to go back to the main screen

Body Composition History – This section will allow to view your InBody results in a trending graph. Tap the graph icon to view your body composition history report.

InBody Detailed Results – This section will display the available data outputs from the InBody taken.

Day to Day – This section will allow you to navigate day to day of your detailed InBody results.

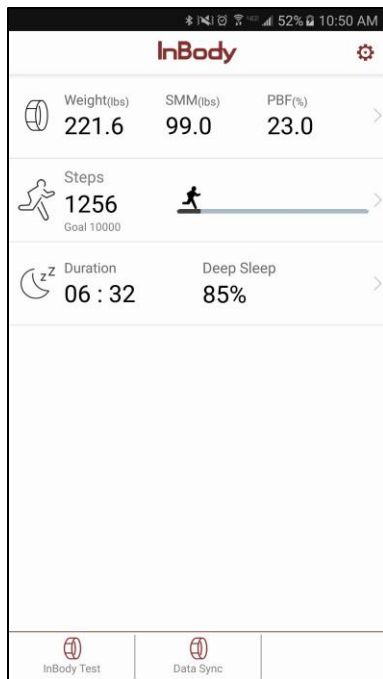
Interpretation – This section will give you a breakdown of your InBody results. Tap to see the recommendations of your results.

InBody Test – This option allows you to measure your body composition from your InBodyBAND. Tap to start your InBody measurements.

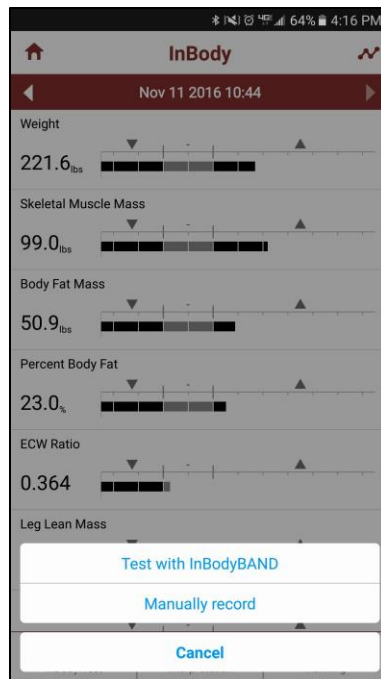
Ranking – This section will allow you to share your InBody Score with your friend(s) who have the InBody Mobile App. Tap to view where you are ranked among your friend(s).

InBody Test with InBodyBAND

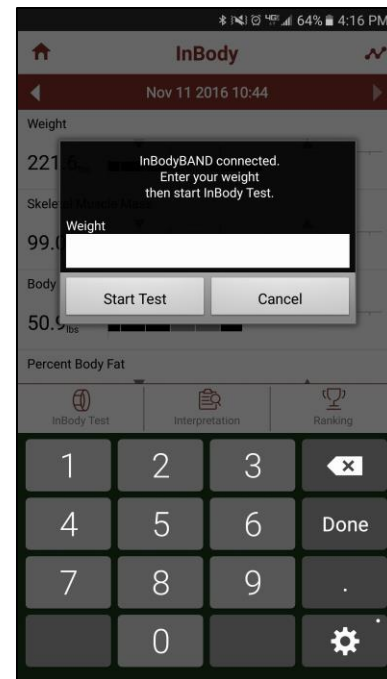
InBodyBAND



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

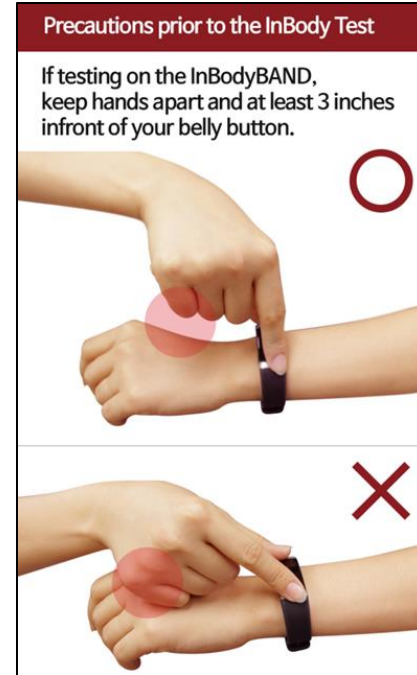
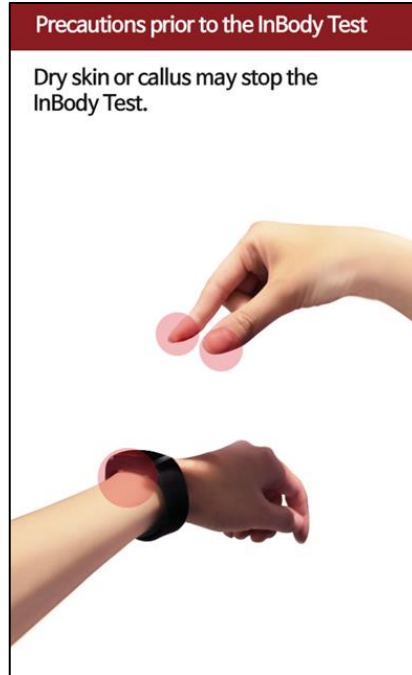


Select **Test with InBodyBAND** to begin your measurements through the InBodyBAND.



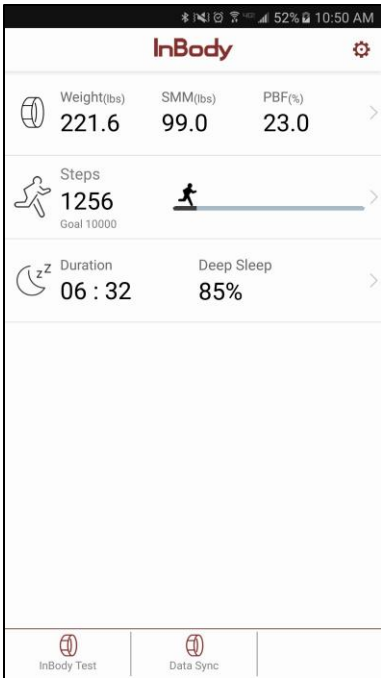
Enter your full body weight and select **Start Test**.

Proper Measuring Posture

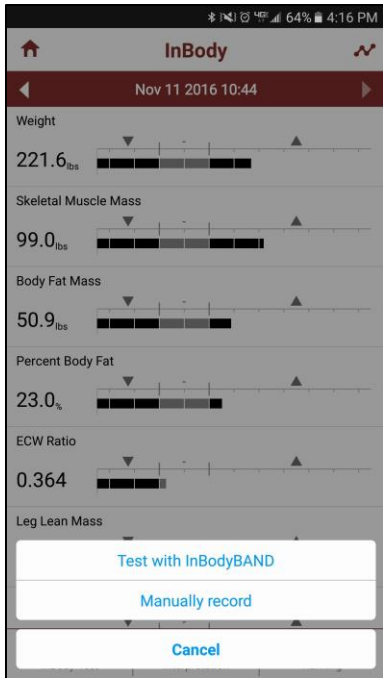


For more detailed information on the InBodyBAND and/or proper measuring procedures please refer to the InBodyBAND User Manual.

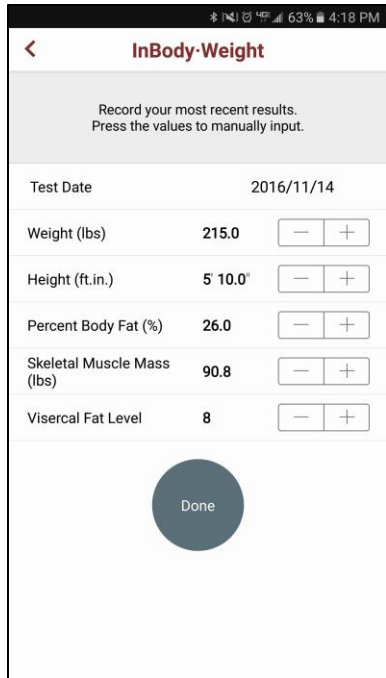
InBody Test Manually Record



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

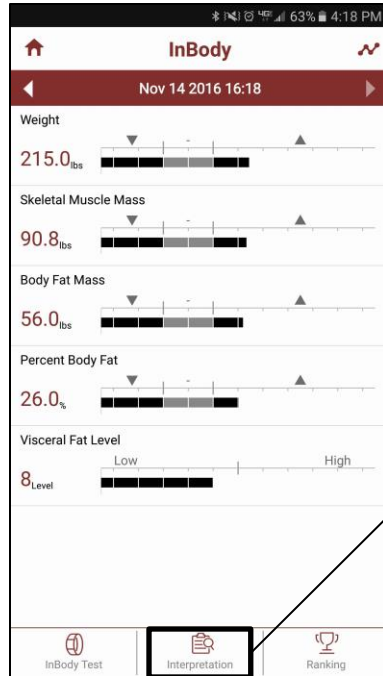


Select **Manually Record** to record self-made measurements.



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

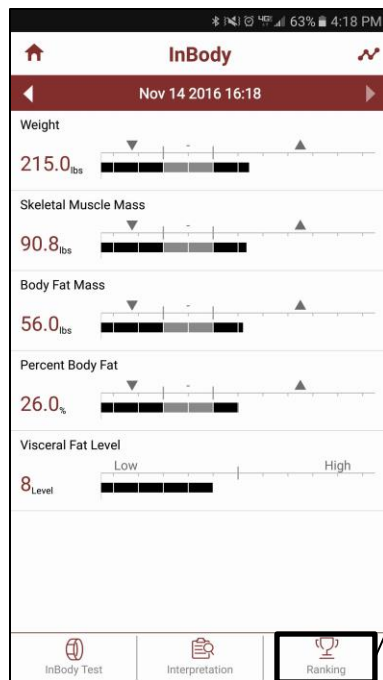
Your weight is 215.0 lbs, which is over the normal range for someone of your height and gender. Your Muscle Mass (90.8lbs) is over the normal range and your Body Fat Mass (56.0lbs) is also over the normal range.

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.

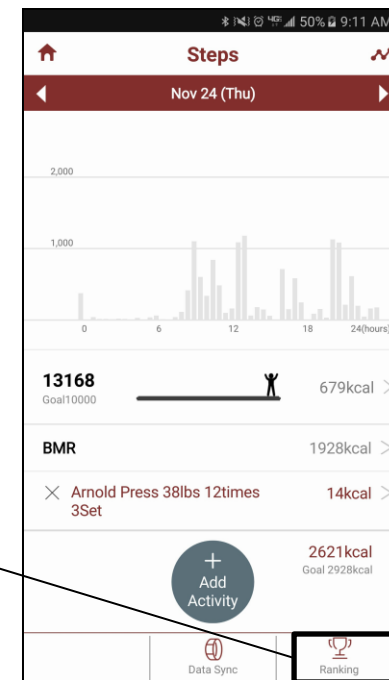
InBody Ranking



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

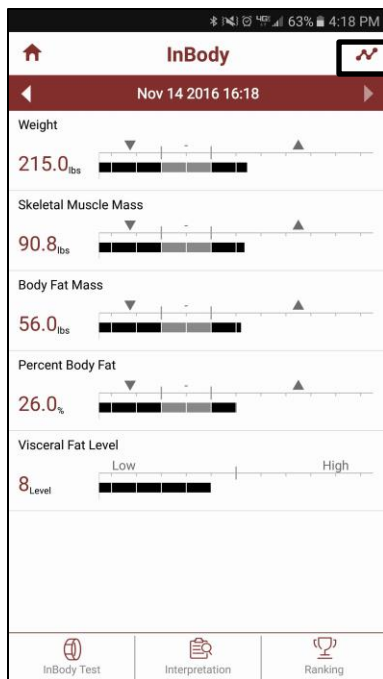
Friend Ranking		Points
1	Me	582day(s) ago 82
2	Emma	541day(s) ago 73
3	Luke	87day(s) ago 72
Friends List Edit		

Friend Ranking		Last 7 Days Steps
1	Me	-1day(s) ago 29438Steps
2	Emma	37day(s) ago 28Steps
3	Luke	40day(s) ago 1Steps
Friends List Edit		

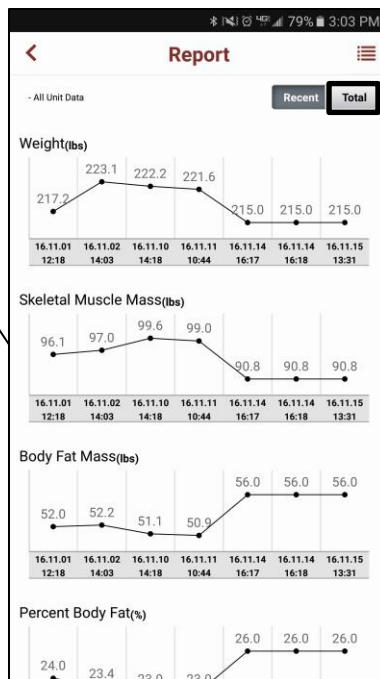


View your daily step count and see where you are ranked among your friends.

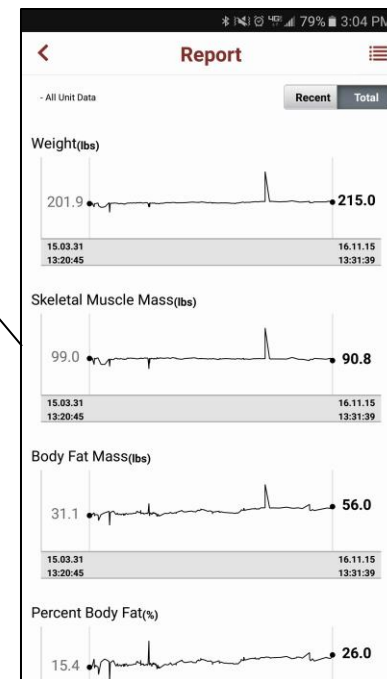
Body Composition History



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

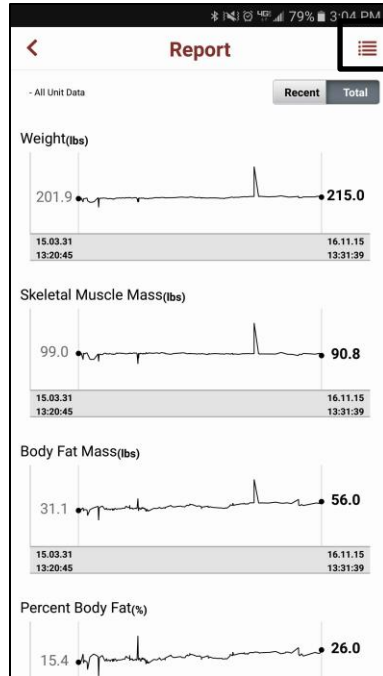


Select **Total** to view a comparison between your first InBody test results with your last.



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

Body Composition History



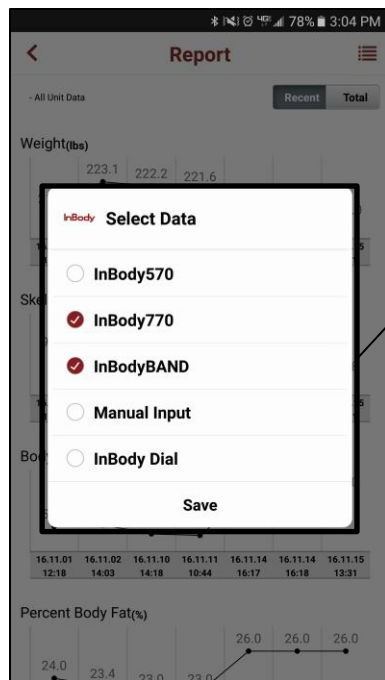
The screenshot shows the 'Select Data' screen in the InBody app. It features a list of data sources, each with a red checkmark icon. The list includes: 'All Unit Data', 'InBody120', 'InBody270', 'InBody370', 'InBody570', 'InBody770', 'InBodyBAND', 'Manual Input', and 'InBody Dial'. At the bottom of the screen is a 'Save' button.

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.

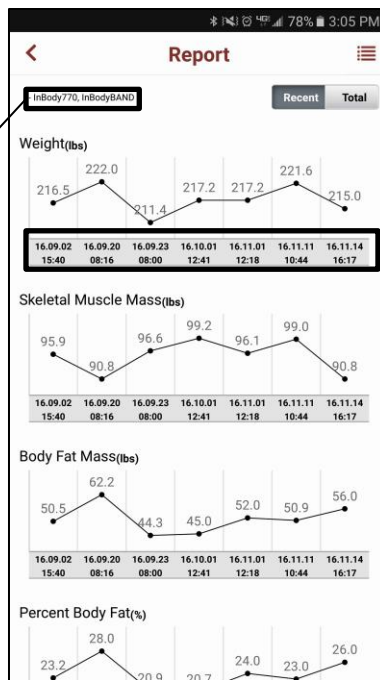
Example: If you took an InBody test at location A with an InBody270 and took a test at location B on an InBody770 with Cloud ready, you will most likely only see InBody770 data here.

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

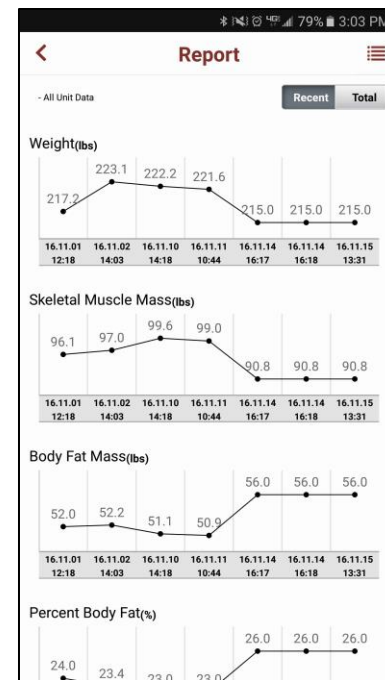


Select the data you like to display in your result history, when finished press **Save**.

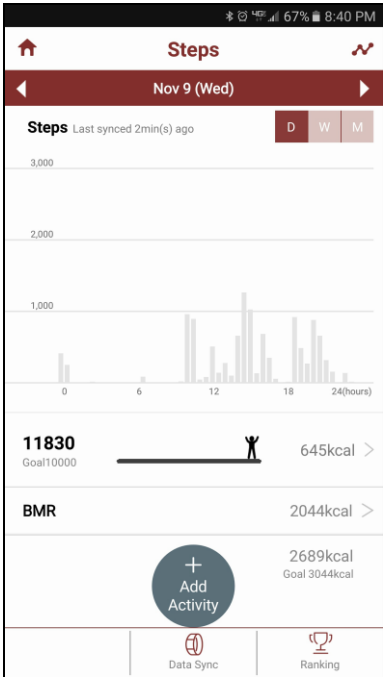


By filtering out the InBody device(s) you will see the changes on the data type(s) and date(s).

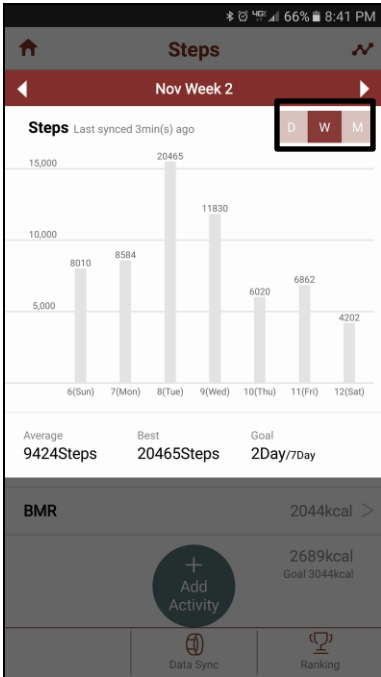
from



Activity – Steps



Step data is displayed hourly throughout your daily activity.

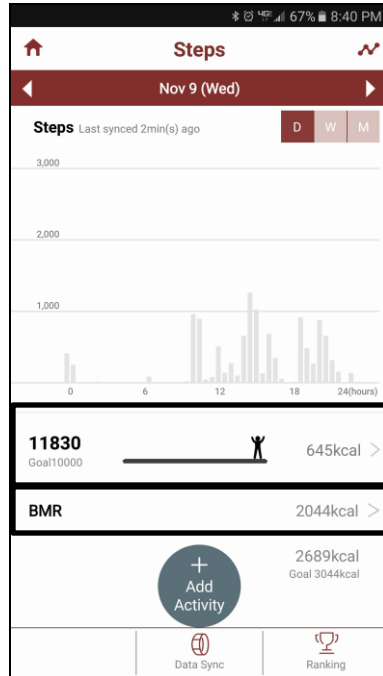


Select **W** to view your WEEKLY step data. Steps will be displayed from Sunday through Saturday.

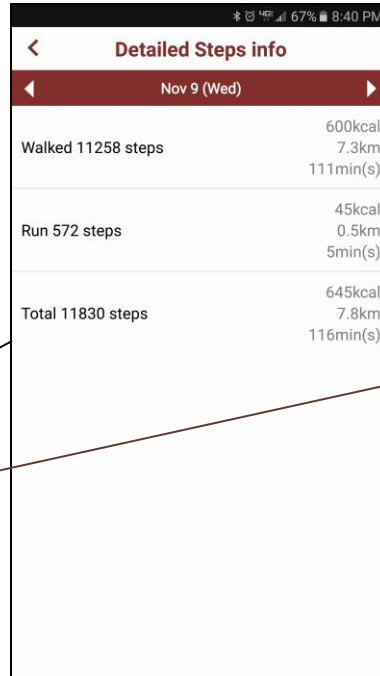


Select **M** to view your MONTHLY step data. The report will also provide you an average step count and accomplished goal day(s).

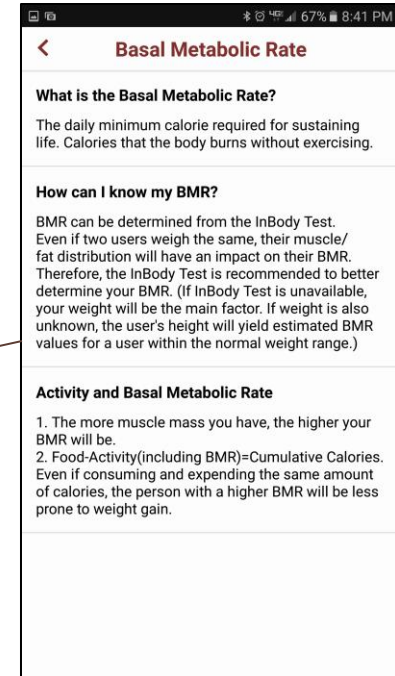
Activity – Steps



Step data is displayed hourly throughout your daily activity.

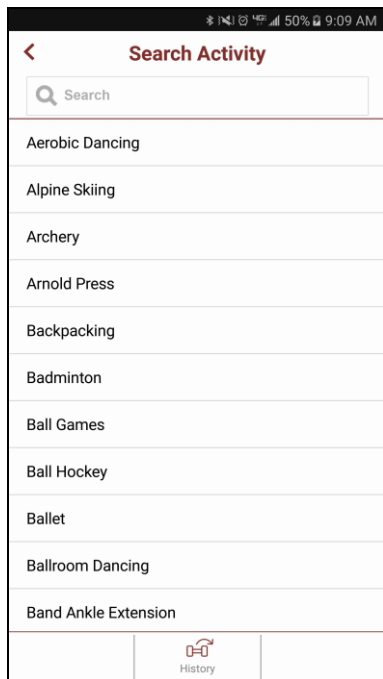


A detailed step count report is shown. The report will be shown broken down by walk, run, kcal, km and minutes.

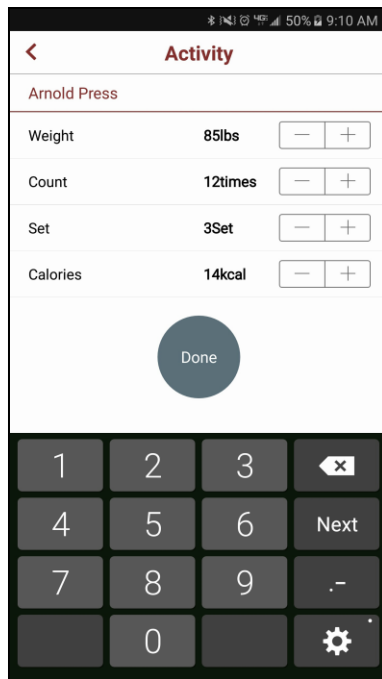


Detailed explanation on what a BMR is and does is shown.

Activity – Add

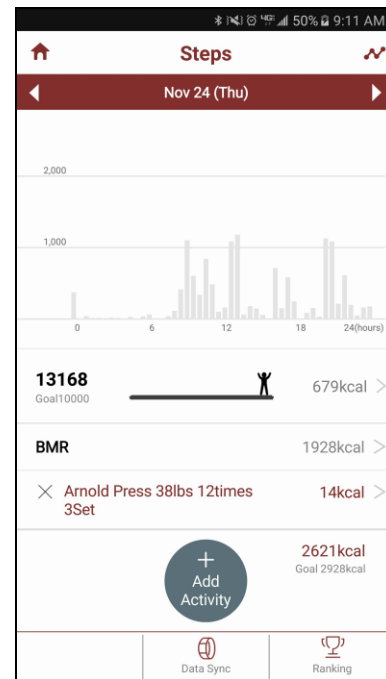


Search and add the activities you do to keep track of your BMR kcal count.



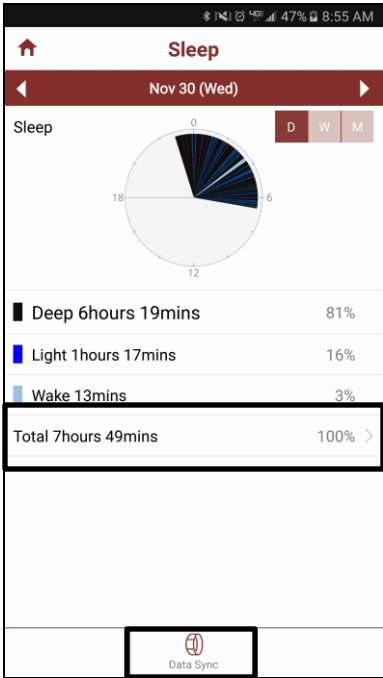
Use [-] or [+] to make changes to your **Activity**. Once all the changes have been made select **Done** to add the activity.

InBodyBAND

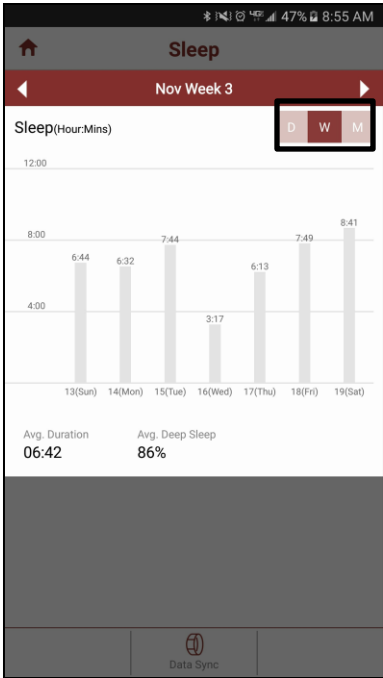


Your BMR kcal count will increase as more activities are done.

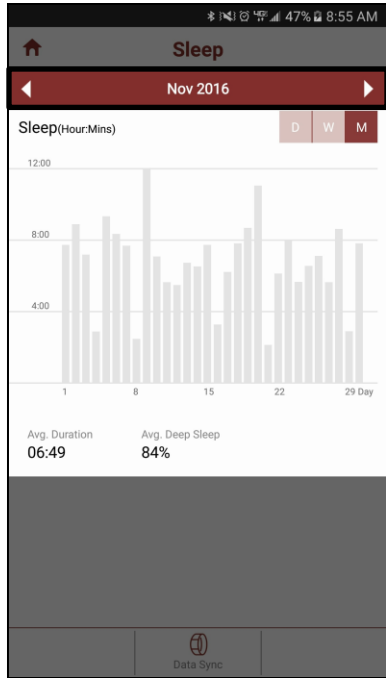
Activity – Sleep



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

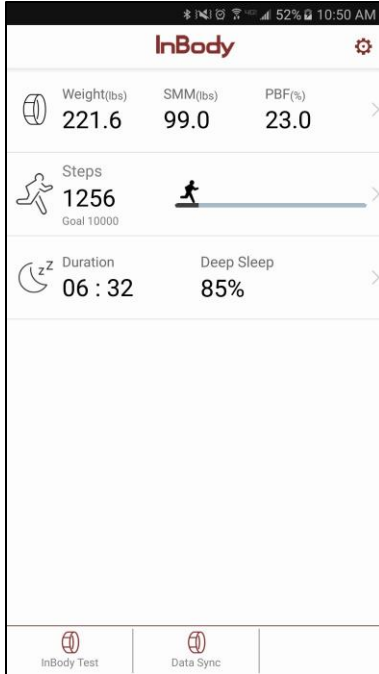


Select **W** to view your WEEKLY sleep data. Sleep time will be displayed from Sunday through Saturday.

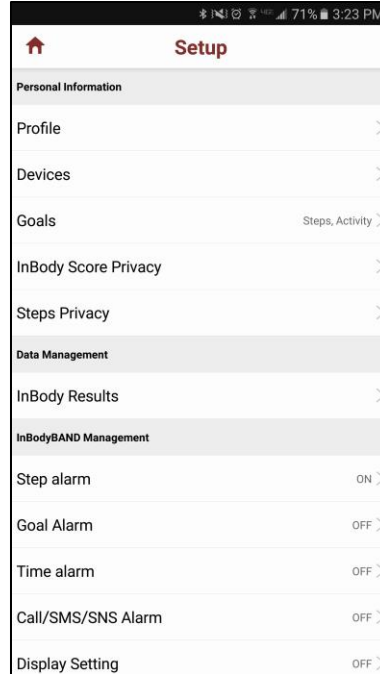


Select **M** to view your MONTHLY sleep data. The report will also provide your average sleep duration.

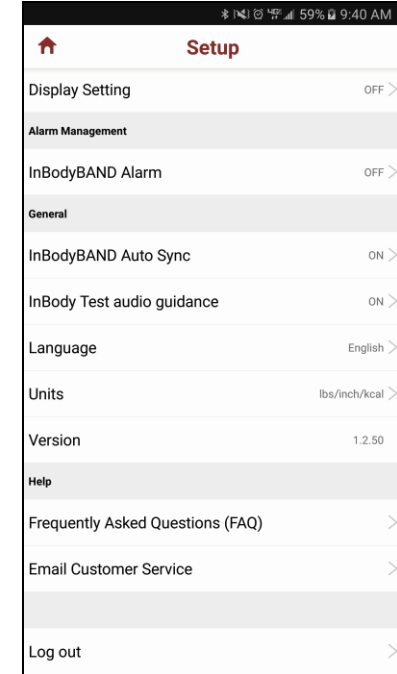
Setup



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

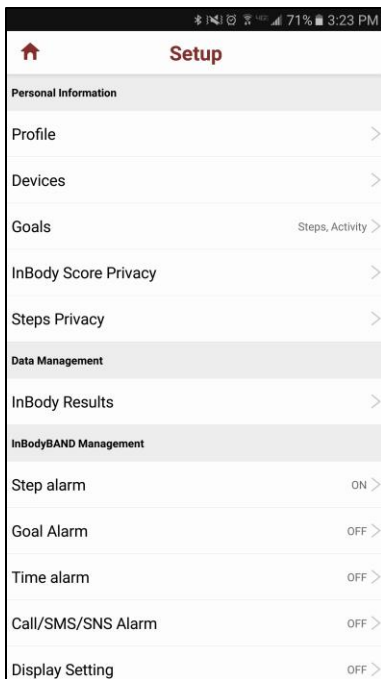


Different setup options are displayed.

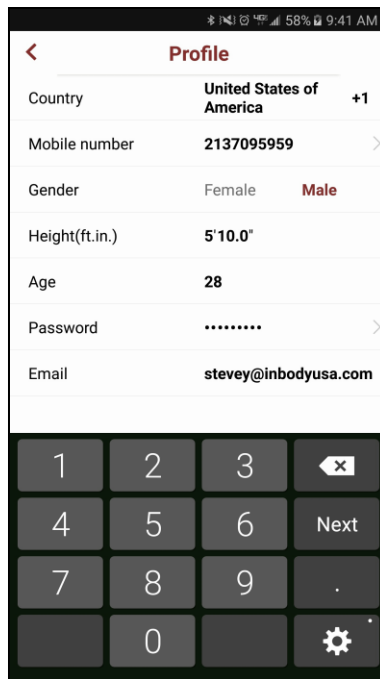


Select the option you wish to make changes to the default configuration.

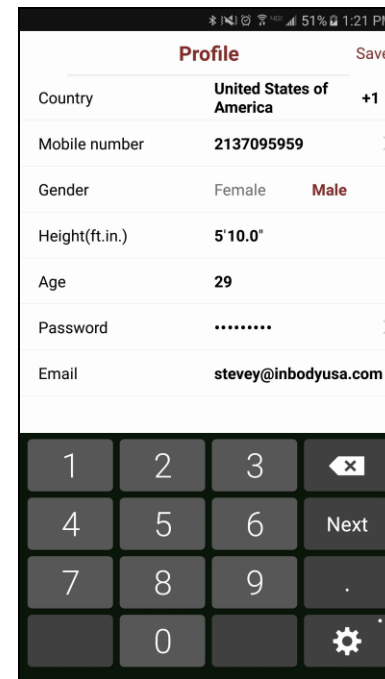
Setup – Profile



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



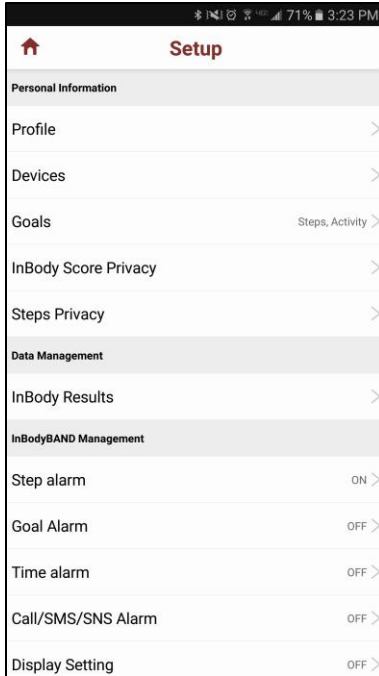
Edit your profile as need and the **Save** button will appear on the upper-right corner.



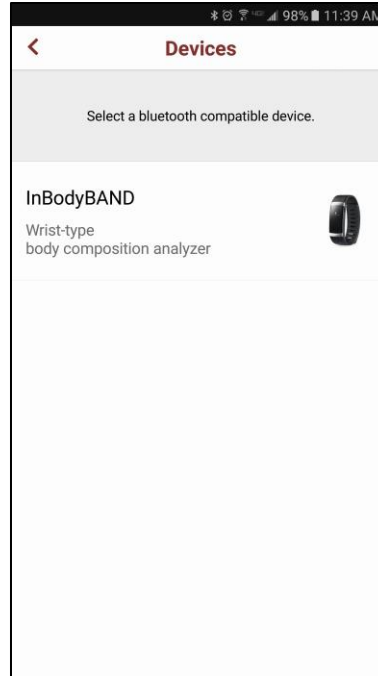
Once you have completed your edit(s), select **Save** on the upper-right corner.

Setup – Device

InBodyBAND

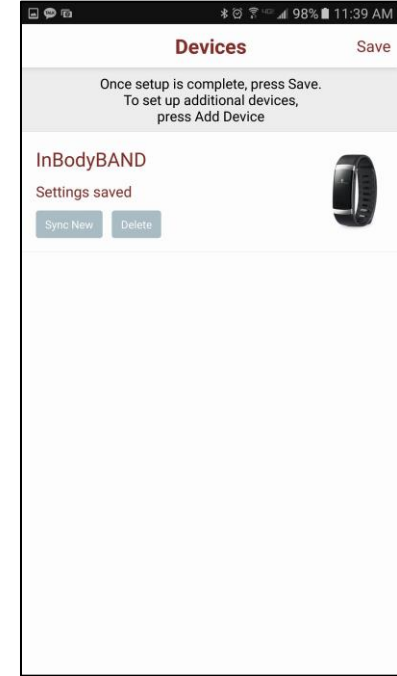


Select the option you wish to make changes to the default configuration.



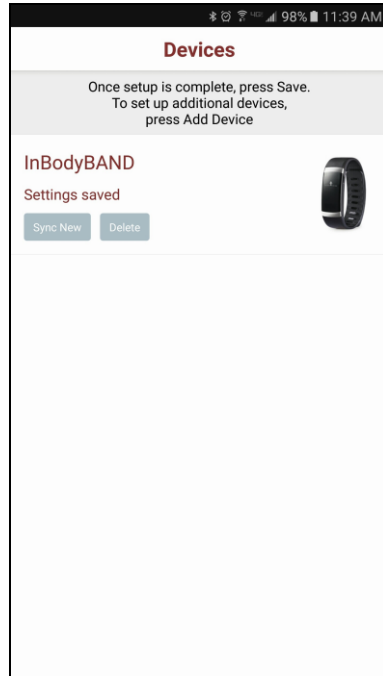
Select **InBodyBAND** to add the device to your InBody Mobile App.

OR

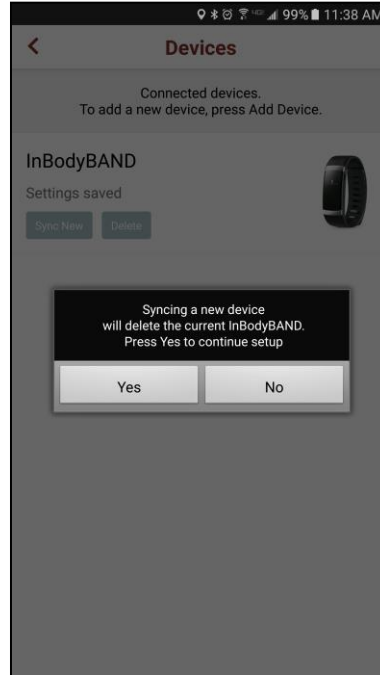


If you already have an InBodyBAND paired and want to sync a new InBodyBAND or Delete.

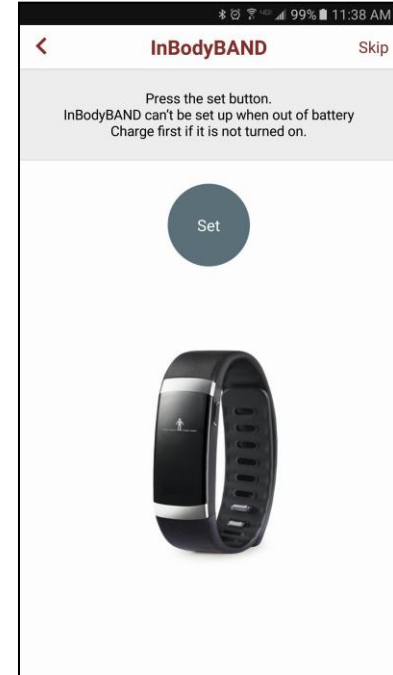
Setup – Devices (Sync New)



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

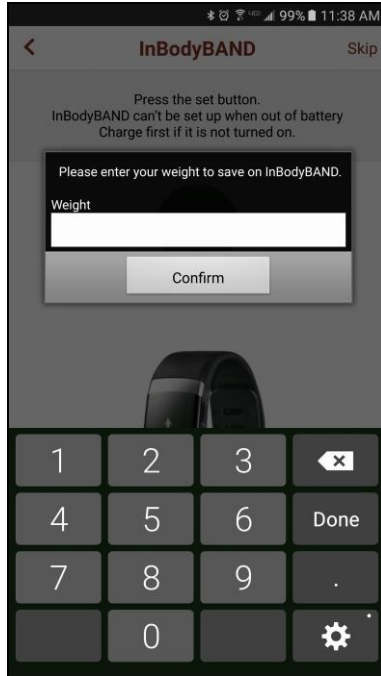


Select **Yes** to begin synchronizing your new InBodyBAND.

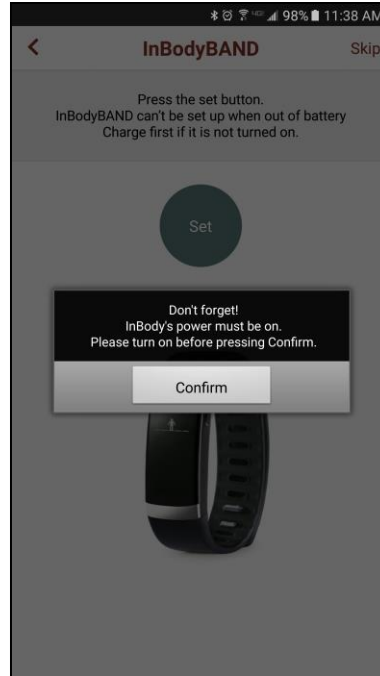


Select **Set** to proceed with the new InBodyBAND synchronization.

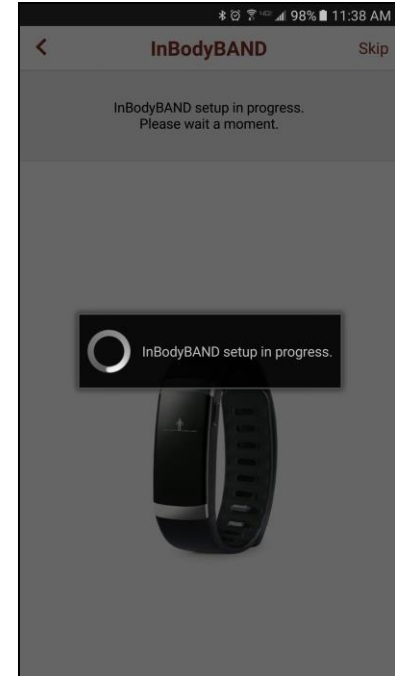
Devices - Sync New



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

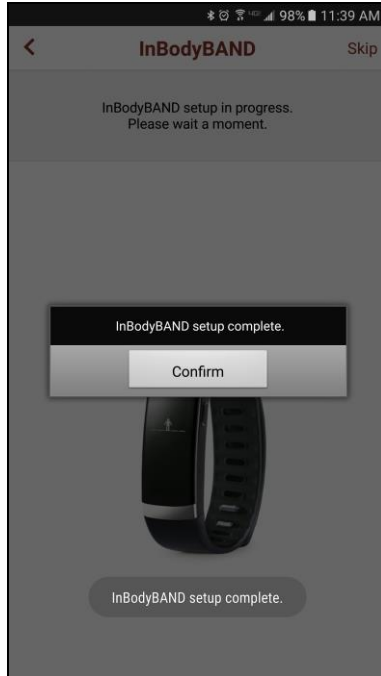


Ensure your mobile device Bluetooth and InBodyBAND is turned on and also nearby, then select **Confirm**.

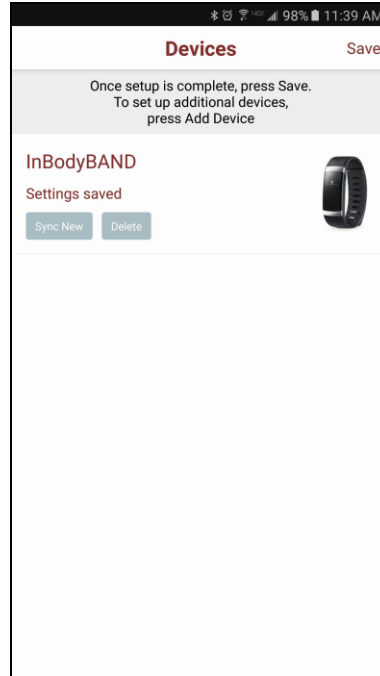


Please wait while the InBody Mobile App is in the process of pairing your new InBodyBAND.

Devices - Sync New

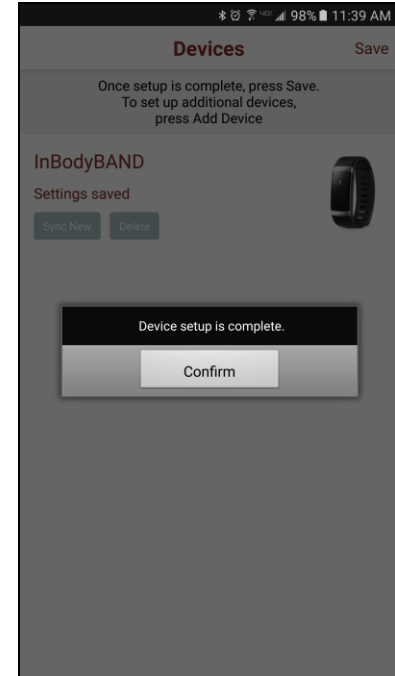


Congratulations! You have successfully connected your new InBodyBAND with the InBody Mobile App! Select **Confirm**.



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

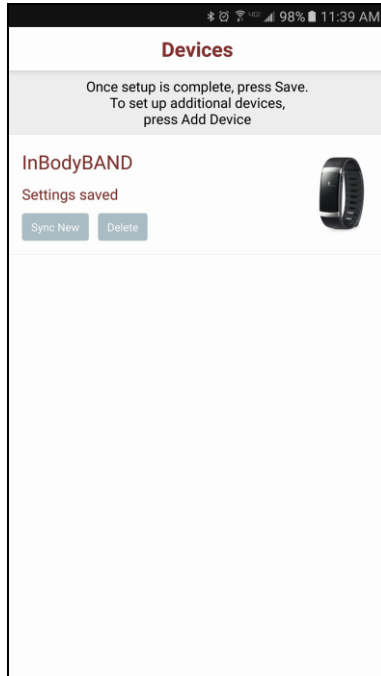
InBodyBAND



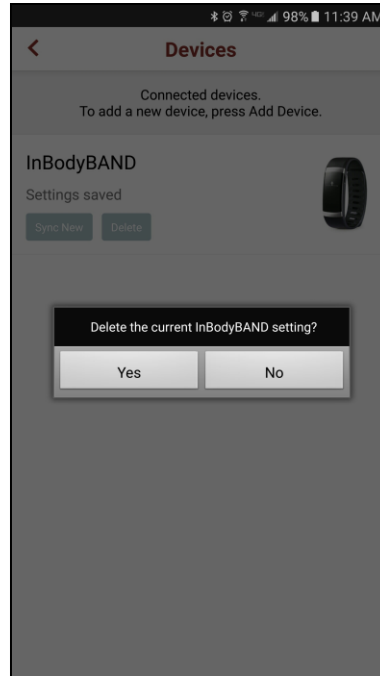
Select **Confirm** to finalize your new InBodyBAND configuration.

Seutp – Devices (Delete)

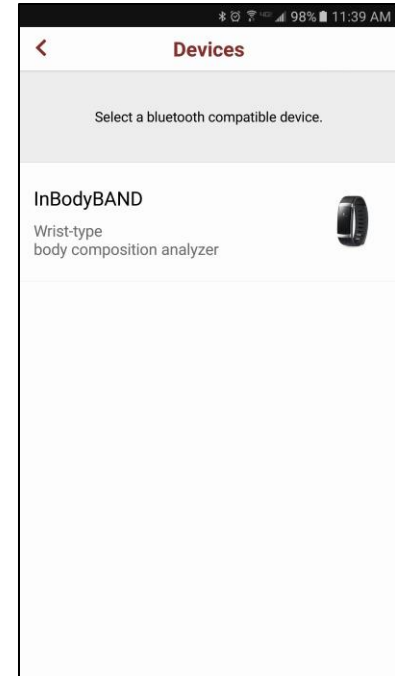
InBodyBAND



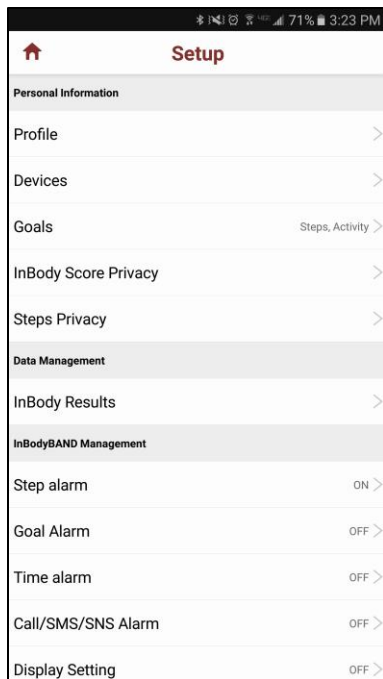
Select **Delete** to remove the InBodyBAND that is currently registered.



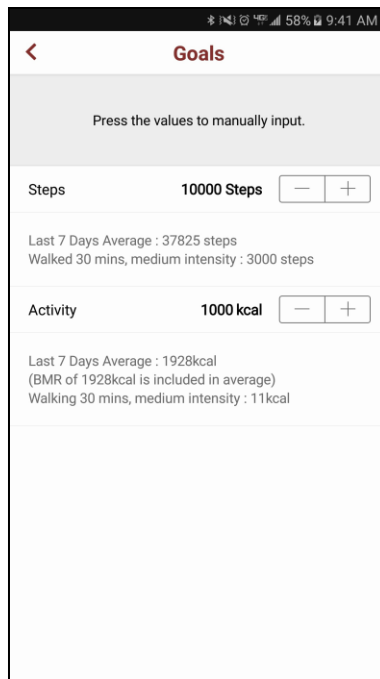
Select **Yes** to confirm the deletion of the registered InBodyBAND.



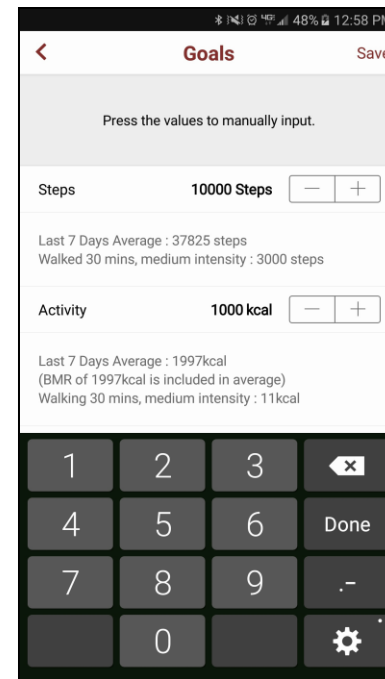
Setup – Goals



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

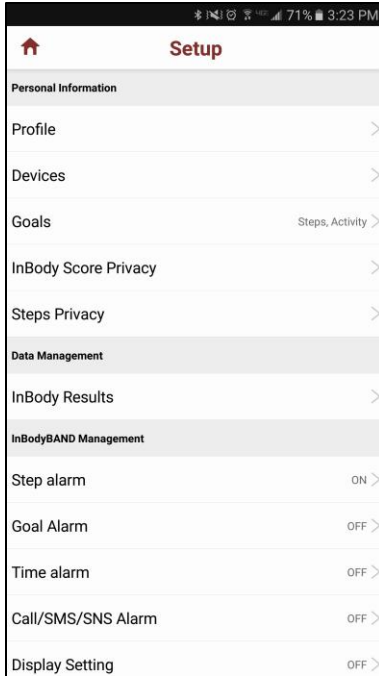


Use [-] or [+] to make changes to your daily **Steps** count and **Activity** goals.

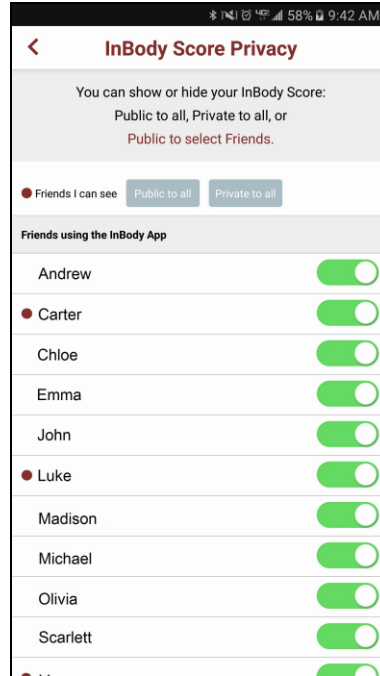


The **Save** button will appear once the change has been made.

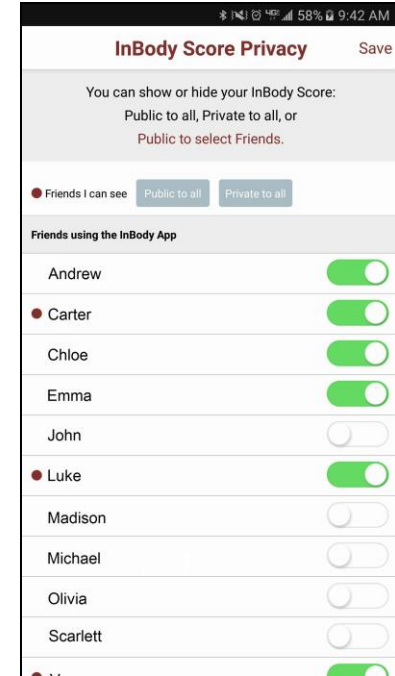
Setup – InBody Score Privacy



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

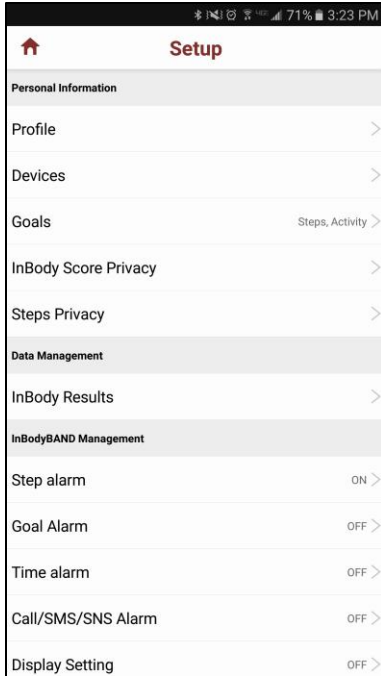


Select the tab next to a friend's name to toggle the visibility setting.

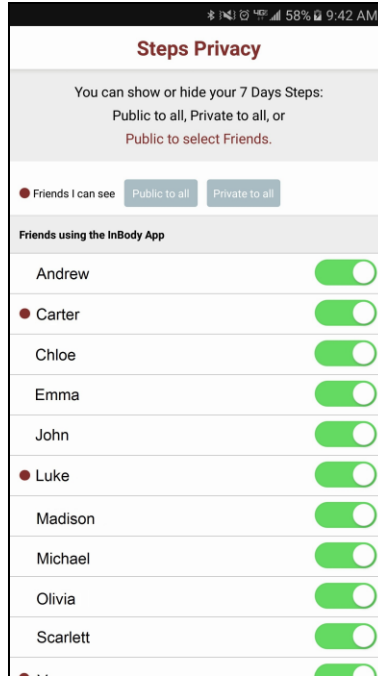


You can also select **Public to all** or **Private to all** to establish these settings. When finished, select **Save**.

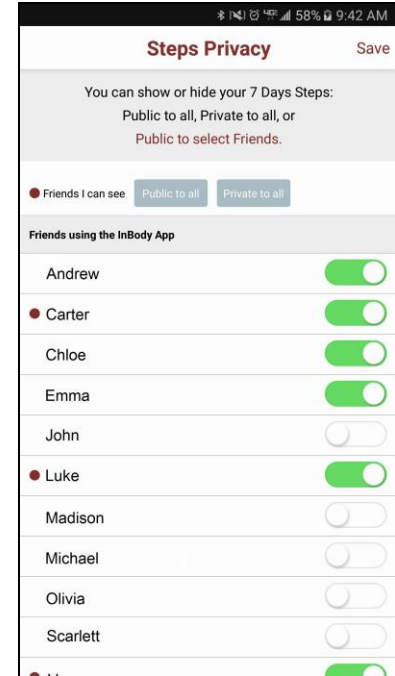
Setup – Activity Steps Privacy



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

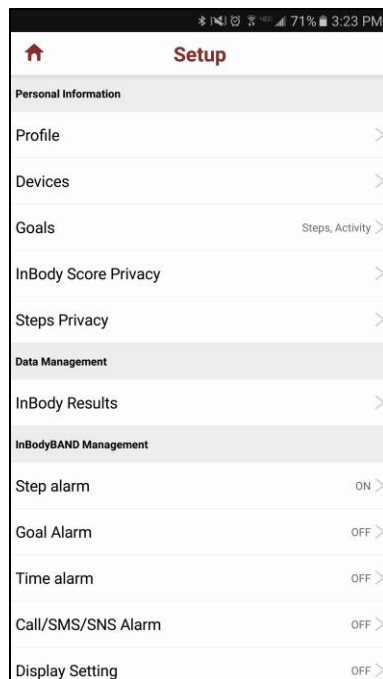


Select the tab next to a friend's name to toggle the visibility setting.

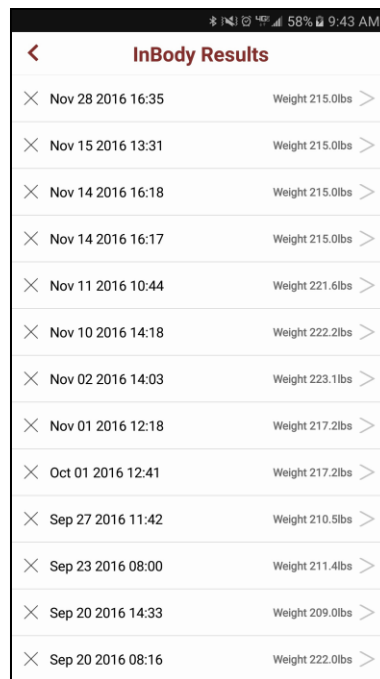


You can also select **Public to all** or **Private to all** to establish these settings. When finished, select **Save**.

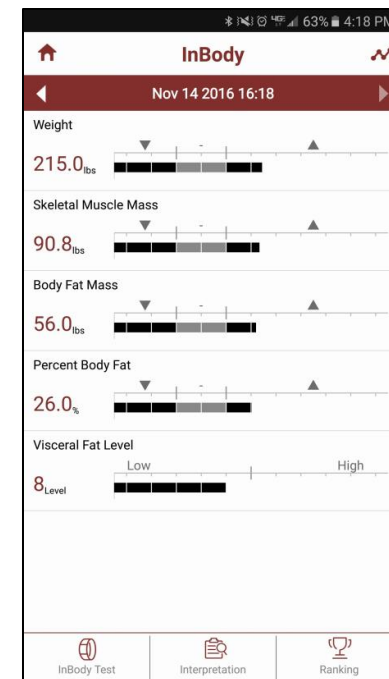
Setup – InBody Results



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

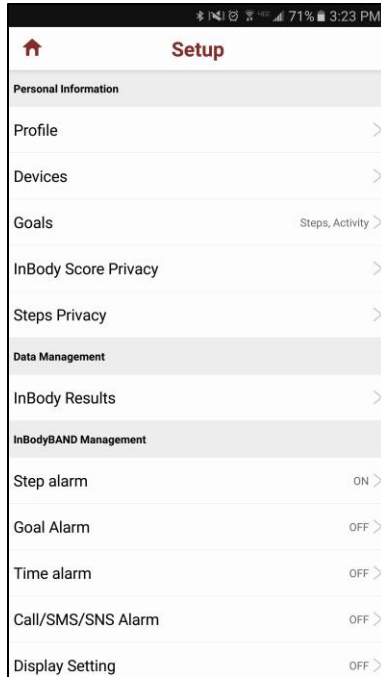


Select a test you would like to view or select the **X** next to the InBody test you like to delete.

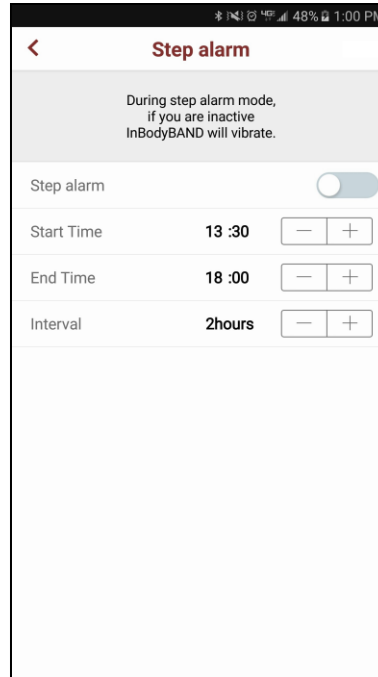


InBody detailed reports are displayed.

Setup – Step Alarm

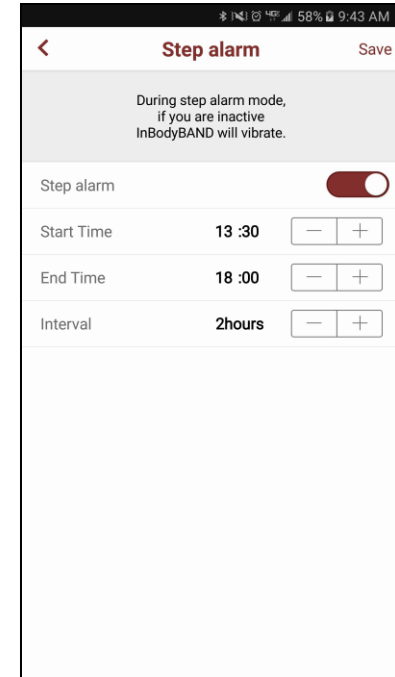


Select **Step Alarm** to change your settings. Step alarm will alert you if you are inactive during the specific times of the day you choose through the InBodyBAND.



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

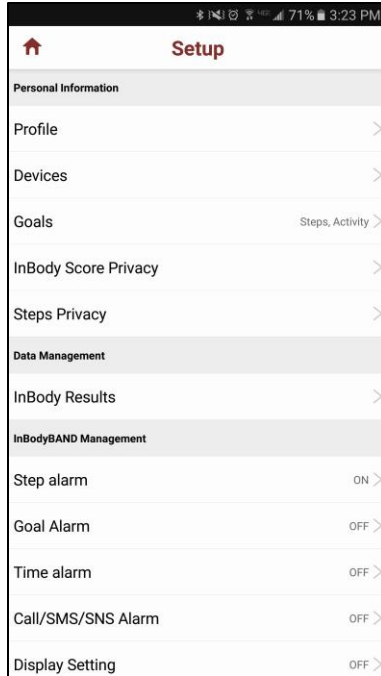
InBodyBAND



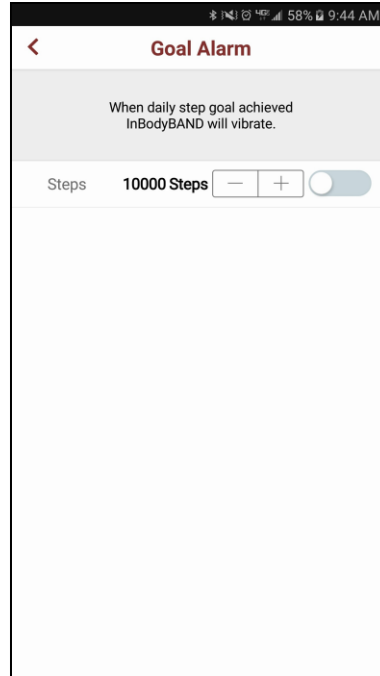
The **Save** button will appear once the change(s) have been made.

Setup – Goal Alarm

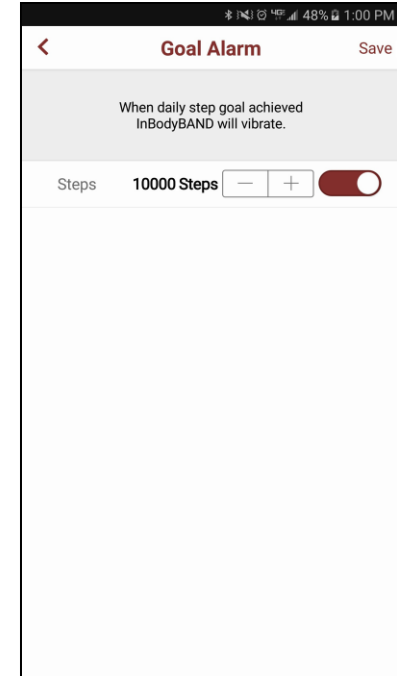
InBodyBAND



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



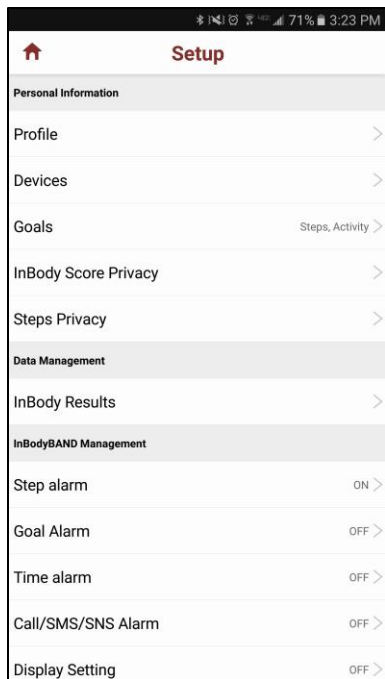
Modify the step count you like the InBodyBAND to notify you when your goal is reached.



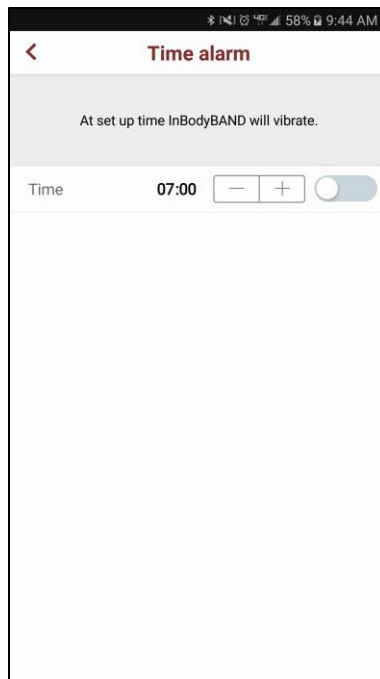
The **Save** button will appear once the change has been made.

Setup – Time Alarm

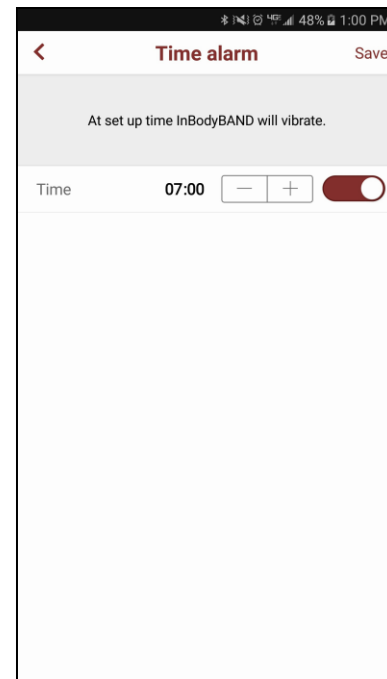
InBodyBAND



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

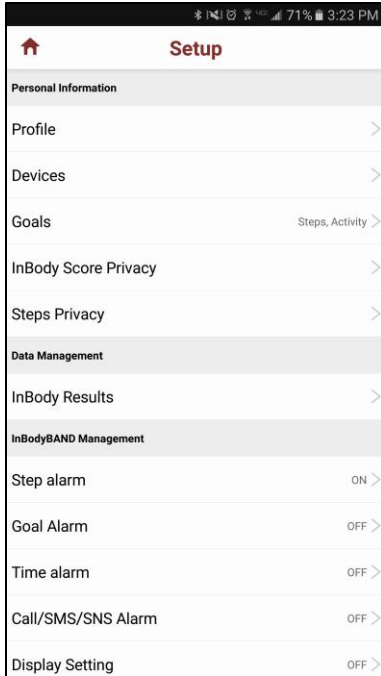


Modify the settings you like the InBodyBAND to notify you.

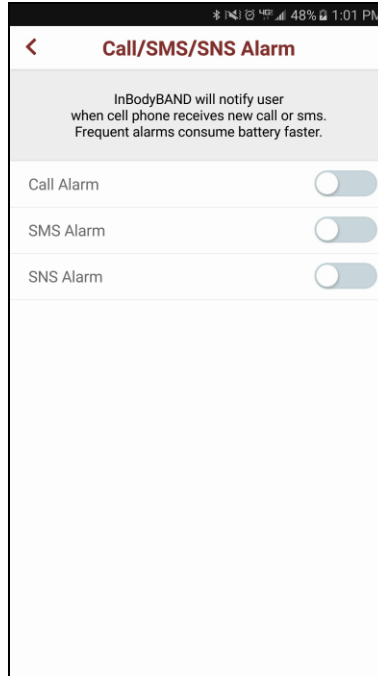


The **Save** button will appear once the change has been made.

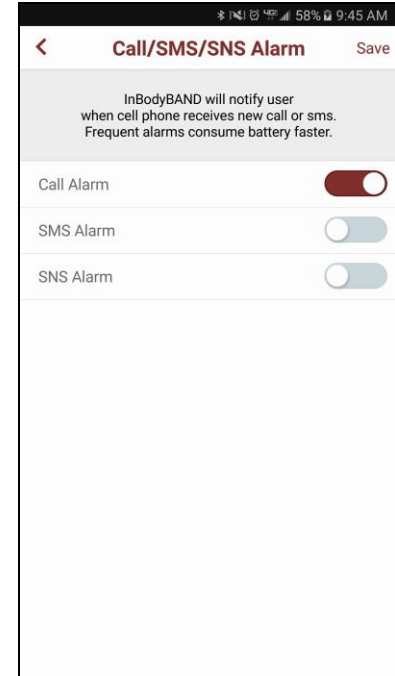
Setup – Call / SMS / SNS Alarm



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



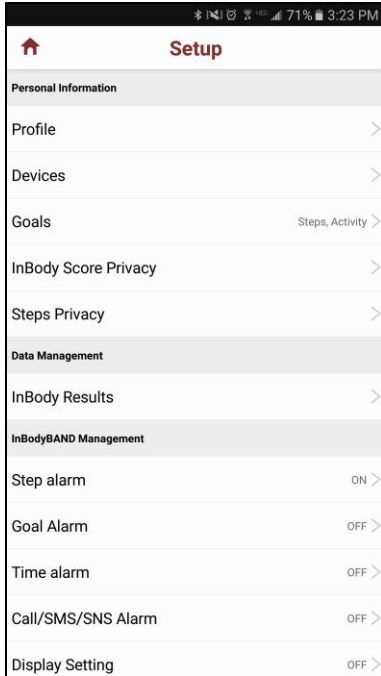
Modify the settings you like the InBodyBAND to notify you when a call, SMS and/or SNS is received.



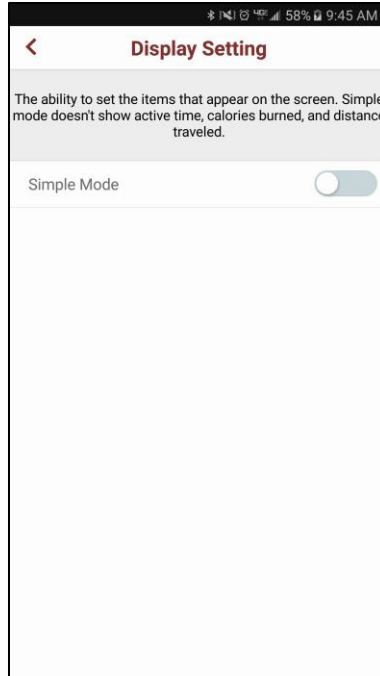
The **Save** button will appear once the change(s) have been made.

Setup – Display Setting

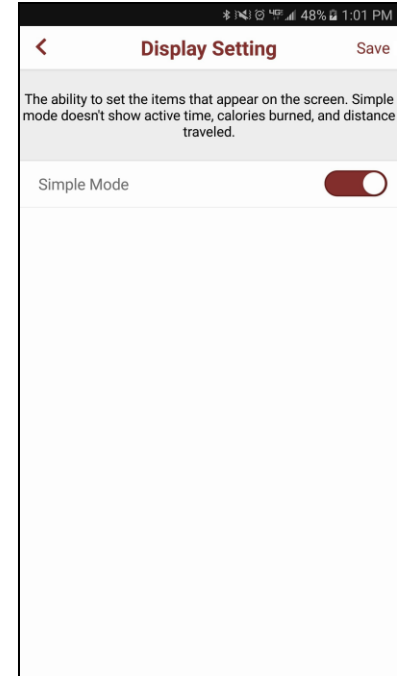
InBodyBAND



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

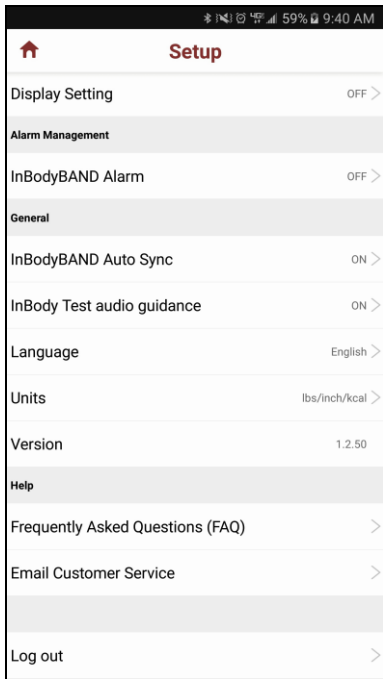


Enable or disable the display of active time, calories burned and distanced traveled.

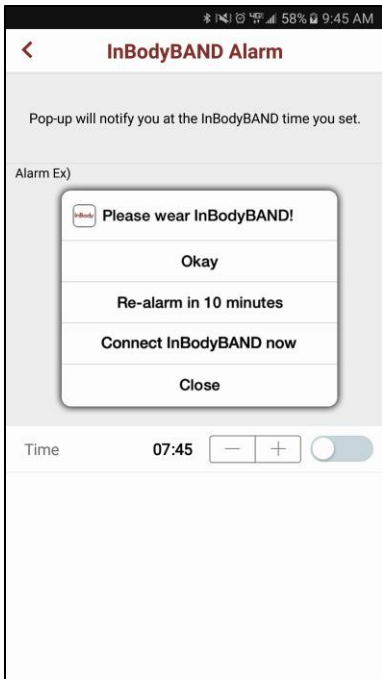


The **Save** button will appear once the change has been made.

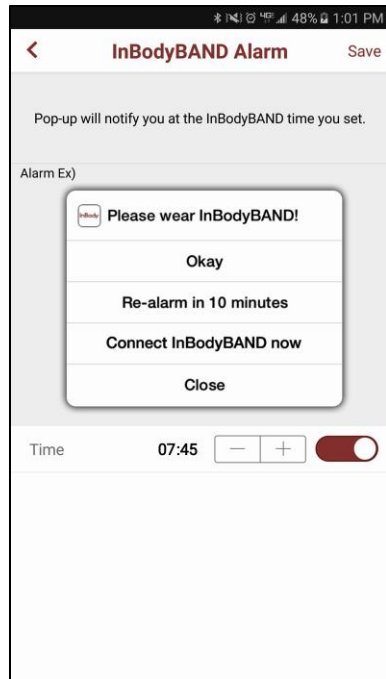
Setup – InBodyBAND Alarm



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

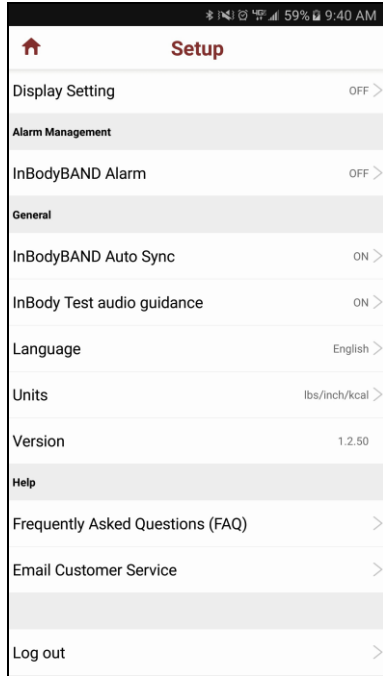


Modify the settings you like the InBodyBAND to remind you to wear your InBodyBAND.

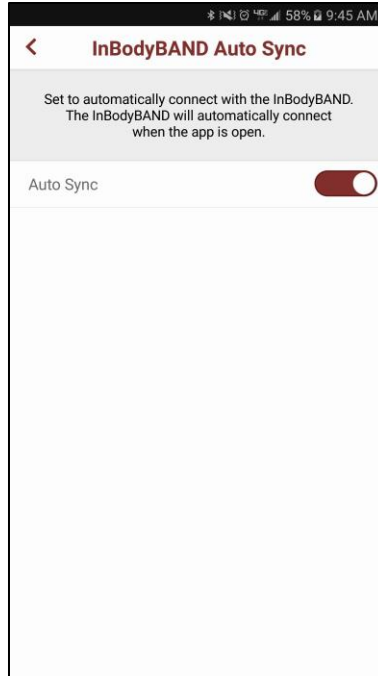


The **Save** button will appear once the change has been made.

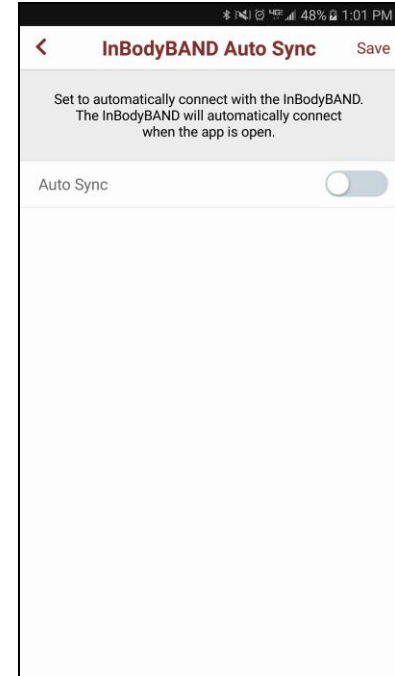
Setup – InBodyBAND Auto Sync



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

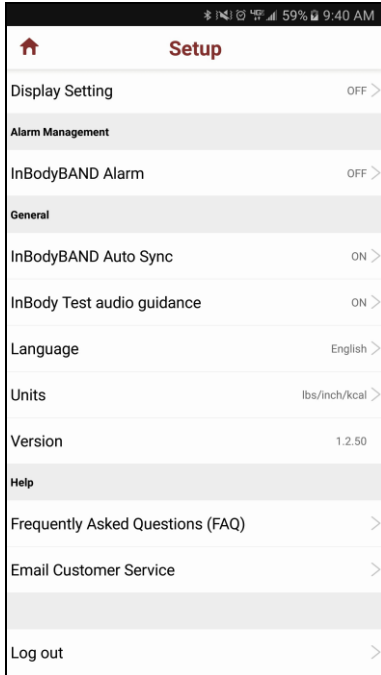


By default the InBodyBAND will auto sync when InBody Mobile App is initiated. Enable or disable the auto sync using the toggle.

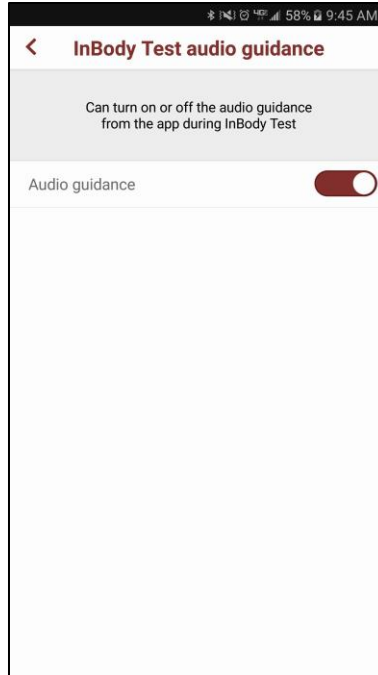


The **Save** button will appear once the change has been made.

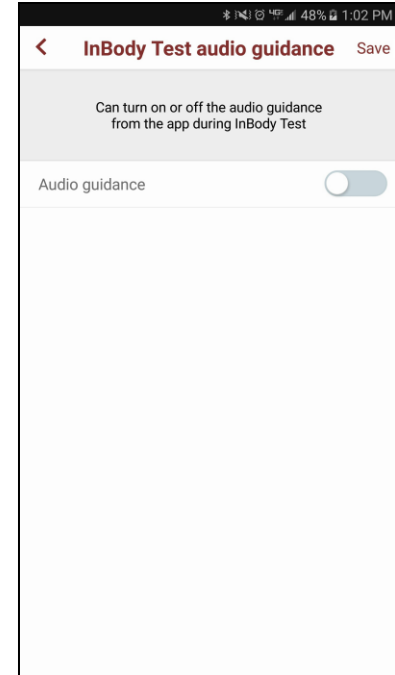
Setup – InBody Test Audio Guidance



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



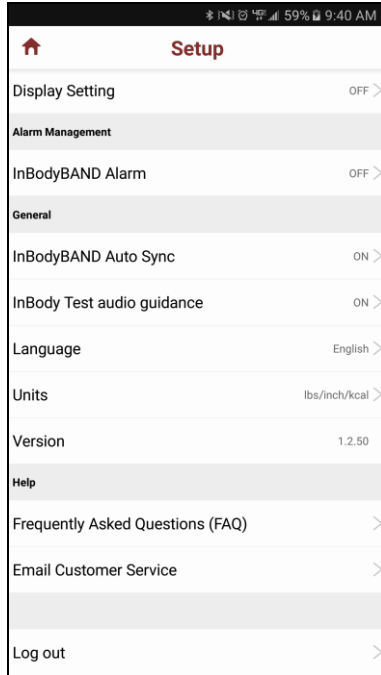
Use the toggle to enable or disable the InBodyBAND test voice guidance.



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

Setup – Language

InBodyBAND



Select **Language** to modify your settings.

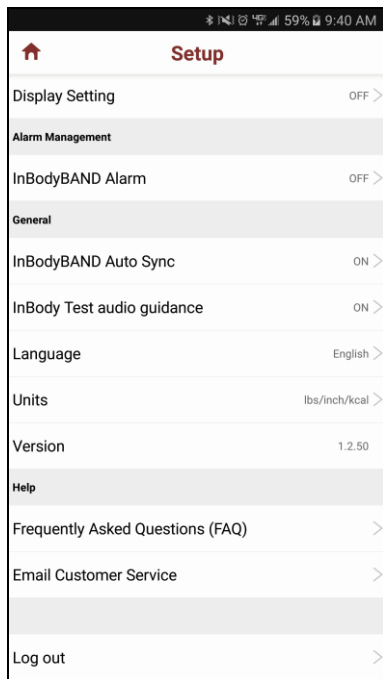


Use the toggle to enable the language you like to use.

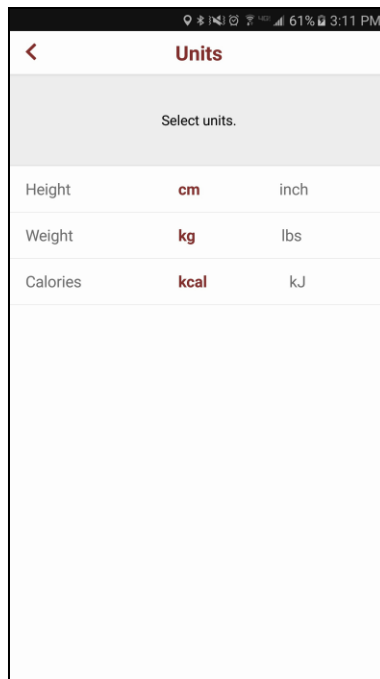


The **Save** button will appear once the change has been made.

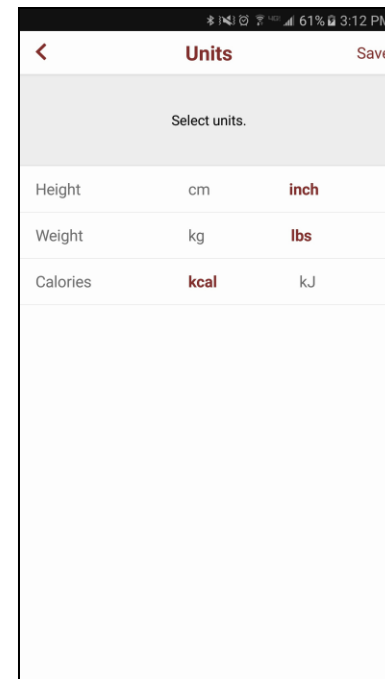
Setup – Units



Select **Units** to modify your settings.

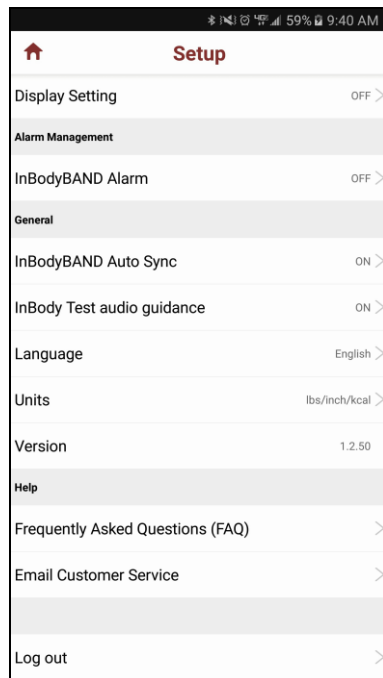


Modify the settings you like to use as your preferred measurement units.

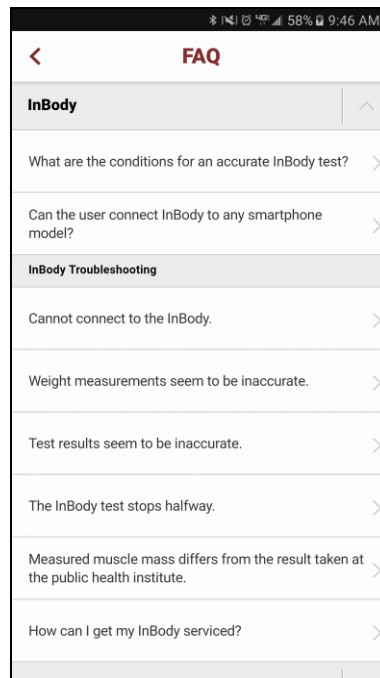


The **Save** button will appear once the change(s) have been made.

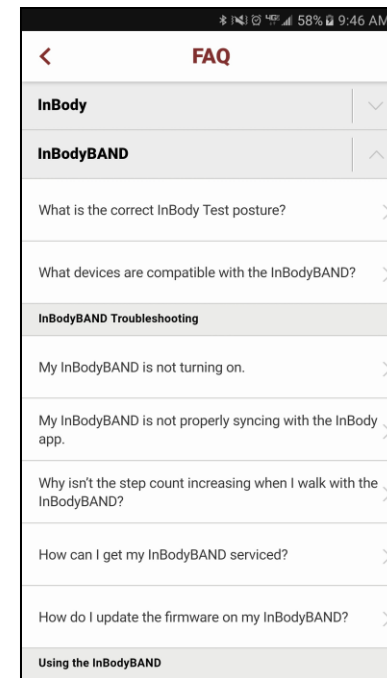
Setup – Frequently Asked Questions (FAQ)



Select **Frequently Asked Questions (FAQ)** for any answers.

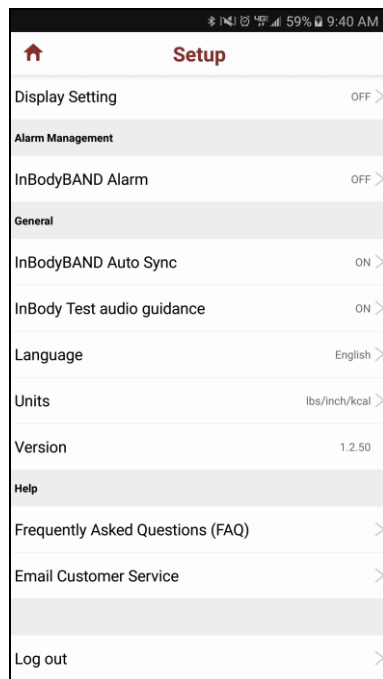


Navigate the FAQ menu by selecting either InBody or InBodyBAND and choice of topic.

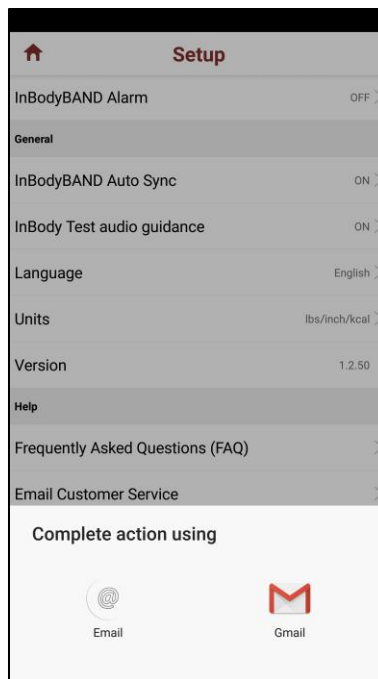


If your question was not answered through this FAQ, email us at BAND@inbodyusa.com or LBWEB@inbodyusa.com.

Setup – Email Customer Service



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

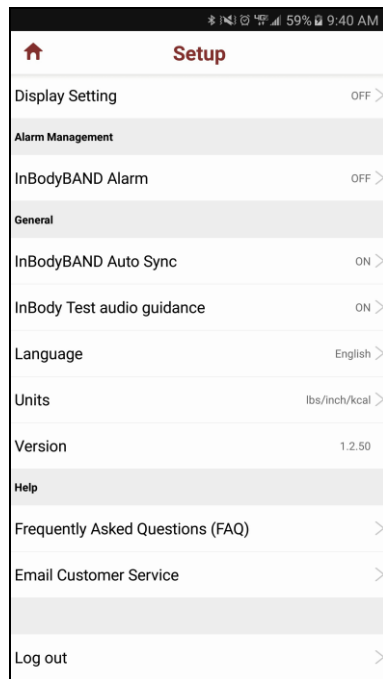


Select any of the emails you have set on your mobile device.

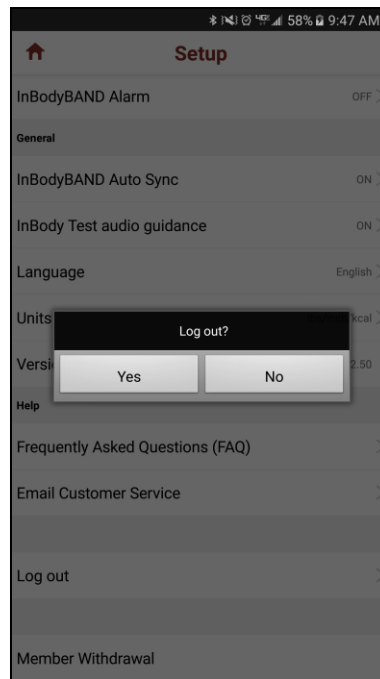


Once the email is sent out, an InBody representative will get back to you within 24 – 72 hours.

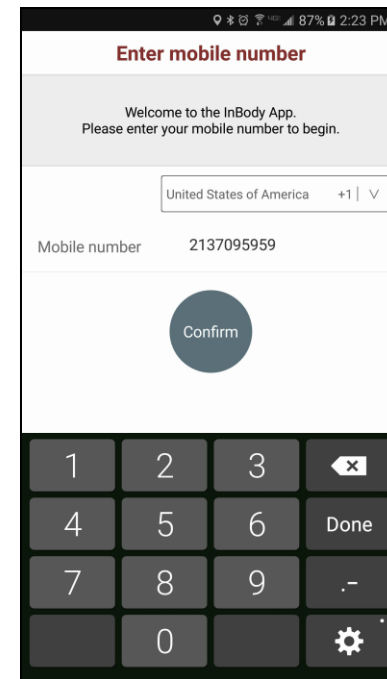
Setup – Logout



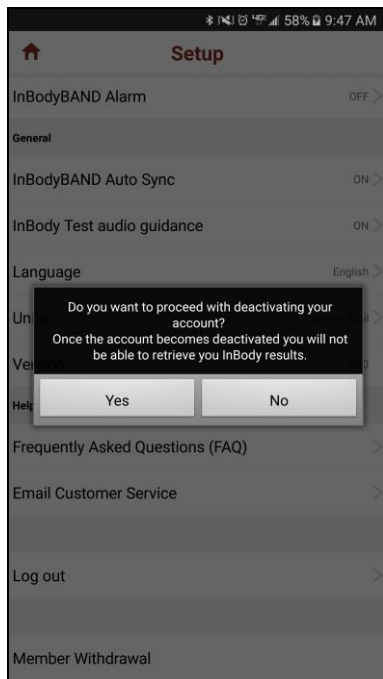
Select **Logout** from Setup to log out of your account.



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



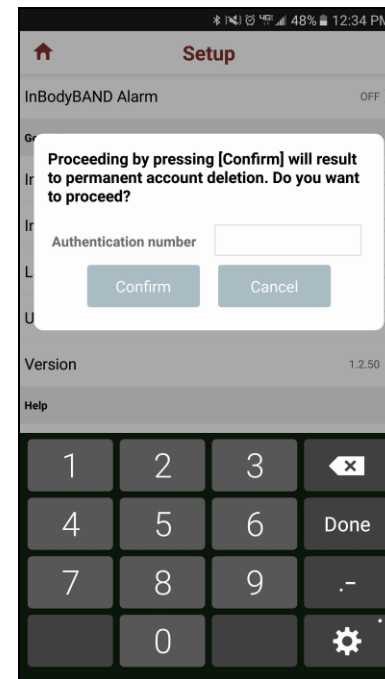
Deactivation



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



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



Enter the authentication code received from the confirmed email address.

The End