

# OMRON®

## INSTRUCTION MANUAL

# FAT LOSS MONITOR

Model **HBF-306C**



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# INTRODUCTION

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

**Fill-in for future reference**

DATE PURCHASED: \_\_\_\_\_

SERIAL NUMBER: \_\_\_\_\_

**Staple your purchase receipt here.**

The Fat Loss Monitor is an excellent tool to quickly measure your body fat percentage and body mass. Input your personal data. The monitor displays your estimated value of body fat percentage using the Bioelectrical Impedance Method, and indicates your body mass index in four ranges, low, normal, high and very high. This is important information you need know to monitor your weight loss or maintenance program.

Your HBF-306C comes with the following components:

- Unit
- Instruction Manual
- 2 “AAA” Batteries

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

**WARNING!**

*This monitor cannot be used with a pacemaker or other implanted devices. Consult the manufacturer of the implant device and your physician before using this monitor.*

**SAVE THESE INSTRUCTIONS**

# IMPORTANT SAFETY NOTES

*To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:*

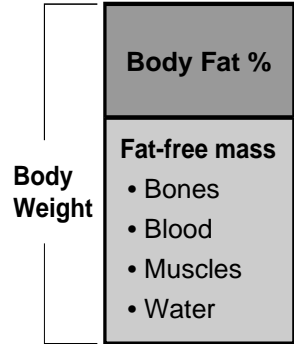
- Read all information in the instruction book and any other literature included in the box before using the unit.
- Consult your physician or healthcare provider before beginning a weight reduction or exercise program.
- Consult your physician before using this monitor when pregnant.
- Operate the unit only as intended. Do not use for any other purpose.
- Properly dispose of used battery. Do not throw the battery into fire.  
The battery may explode.
- Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

# USEFUL INFORMATION

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

## Bioelectrical Impedance Method

Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat tissue has lower electric conductivity. The Fat Loss Monitor sends an extremely low-level electrical current of 50 kHz and 500  $\mu$ A through your body to determine the amount of fat tissue. This weak electrical current is safe and not felt while operating the Fat Loss Monitor.



## Body Fat Percentage

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

$$\text{Body fat percentage (\%)} = \left( \frac{\text{Body Fat Mass in Pounds}}{\text{Body Weight in Pounds}} \right) \times 100$$

## Estimated Body Fat Percentage

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

## Body Mass Index (BMI)

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

Body Mass Index (BMI) Formula

US - Calculated using pounds and inches with this equation:  
(weight in pounds x 703) / height in inches / height in inches

Metric – Calculated using kilograms and meters:  
weight in kilograms / height in meters / height in meters

# USEFUL INFORMATION

## Body Fat Ranges for Standard Adults

Gender	Age	Low (BMI < 18.5)	Normal (BMI 18.5-24.9)	High (BMI 25.0-29.9)	Very High (BMI 30)
Female	20-39	< 21.0	21.0-32.9	33.0-38.9	39.0
	40-59	< 23.0	23.0-33.9	34.0-39.9	40.0
	60-79	< 24.0	24.0-35.9	36.0-41.9	42.0
Male	20-39	< 8.0	8.0-19.9	20.0-24.9	25.0
	40-59	< 11.0	11.0-21.9	22.0-27.9	28.0
	60-79	< 13.0	13.0-24.9	25.0-29.9	30.0

\* Based on NIH/WHO guidelines for BMI

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

BMI	BMI (Designation by the WHO)
Less than 18.5	LOW
18.5 or more and less than 25	NORMAL
25 or more and less than 30	HIGH
30 or more	VERY HIGH

The above-mentioned indices refer to the values for obesity judgment proposed by the WHO, the World Health Organization.

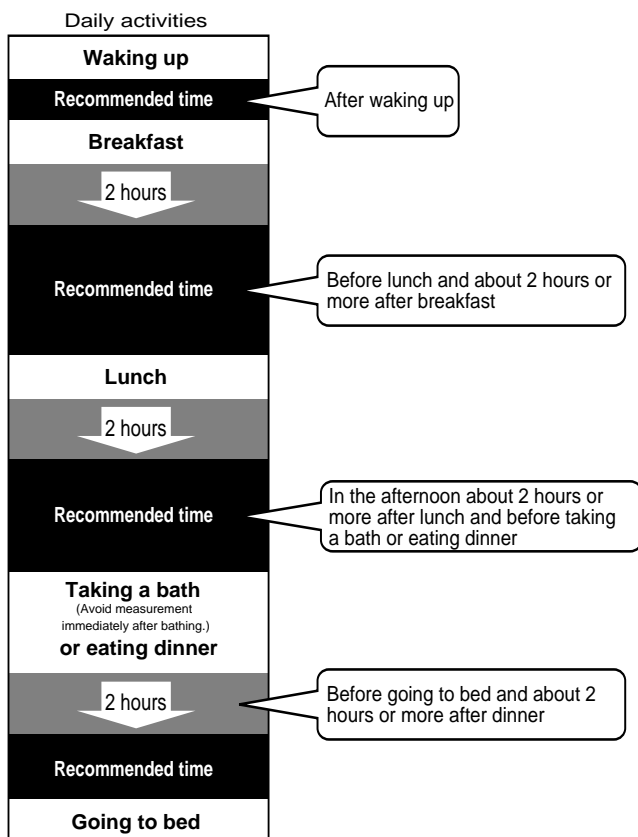
**NOTE:** The body fat percentage measured by this unit may significantly differ from the actual body fat percentage in the following situations:

- Children in growth stage
- Elderly people
- People with a fever
- Body builders or professional athletes
- Patients with osteoporosis who have very low bone density
- Women who are pregnant
- Post-menopausal women
- People who having swelling
- Patients undergoing dialysis

# RECOMMENDED MEASUREMENT TIMES

## Recommended times for taking a measurement

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



## When To Avoid Taking A Measurement

If a measurement is made under the following physical conditions, the measured body fat percentage may differ significantly from the actual one because the water content in the body is changing:

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

# CALCULATE YOUR FIT INDEX

The Fat Loss Monitor can be set to either NORMAL or ATHLETE mode. Body composition varies based on your FIT Index.

Calculate your FIT index by using the following formula.

$$\text{FIT Index} = \text{Frequency} \times \text{Intensity} \times \text{Time}$$

Based on your FIT Index use the following mode when setting your personal data.

NORMAL      FIT Index < 60

ATHLETE     FIT Index ≥ 60

EXAMPLE: Running 5 times a week for 30 minutes.

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

FIT Index ≥ 60, ATHLETE mode

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

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



# CALCULATE YOUR FIT INDEX

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

<b>Time</b>	<b>Duration</b>
4	45 minutes or more
3	30 to 44 minutes
2	15 - 29 minutes
1	less than 15 minutes

# KNOW YOUR UNIT

## Main unit

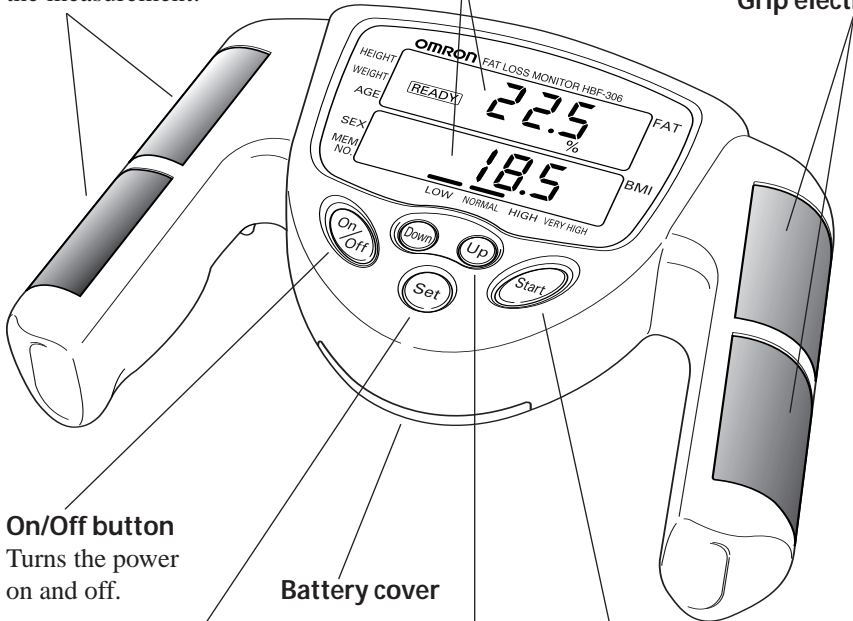
### Grip electrodes

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

### Display

Displays the set values and the measured results.

### Grip electrodes



### On/Off button

Turns the power on and off.

### Battery cover

### Set button

Sets the personal number and the personal data.

### Start button

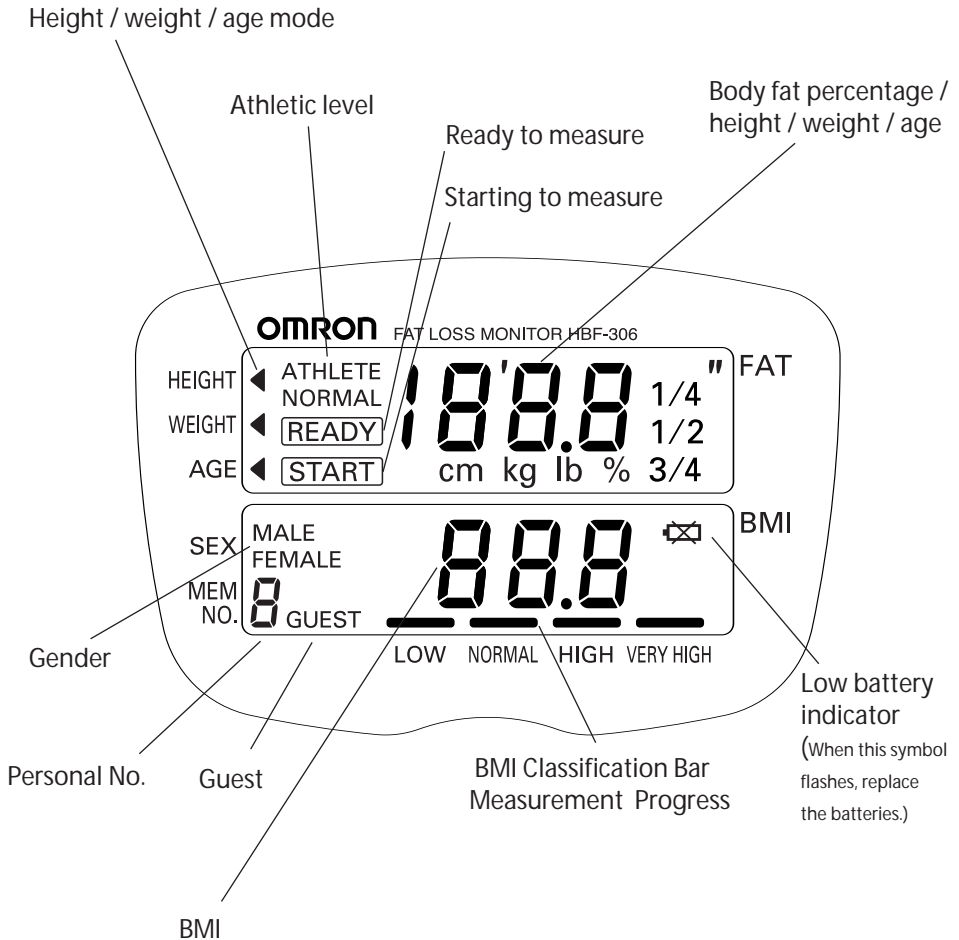
Press the button and the measurement starts.

### Down/Up button


Sets the numerical values for personal information including height, weight, age and gender. This button is also used to set the personal numbers from 1 to 9.

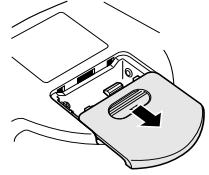
# UNIT DISPLAY

## Display

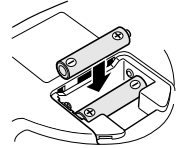


# BATTERY INSTALLATION

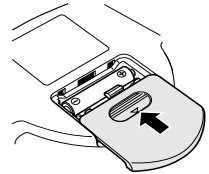
1. Press the  indicator on the battery cover and slide the cover off in the direction of the arrow.



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



3. Replace the battery cover.



## BATTERY REPLACEMENT

All personal data set using a personal profile number is stored in the memory during battery replacement.

 Low Battery Indicator

When the Low Battery Indicator appears on the display screen remove both worn batteries. Replace with two new batteries at the same time. Long-life alkaline batteries are recommended.

# SETTING THE US/METRIC MODE

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

The monitor is preset to display personal data in the US mode.

**NOTE:** When changing the US/Metric mode all personal data is deleted.

## SETTING THE METRIC MODE

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

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

Try again holding the all buttons down several seconds longer.

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

## RETURN TO THE US MODE

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

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

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

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

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

# SETTING THE PERSONAL DATA

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

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

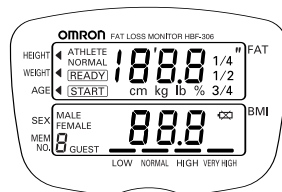
**NOTE:** The display will return to the default values if the set Button is not pressed within 1 minute.

The unit will automatically turn off after one minute.

## 1. Press the On/Off button.

All display symbols appear for approximately one second.

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



## 2. Select the Personal Data Option.

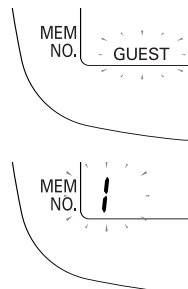
### 2a. Press the Set button for the GUEST mode.

The NORMAL symbol flashes on the display.

### 2b. Press the Up button or Down button to select your Personal Profile Number from 1 to 9.

#### Press the Set button.

The NORMAL symbol flashes on the display.



## SETTING THE NORMAL/ATHLETE MODE

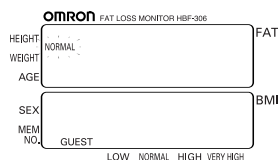
Select NORMAL or ATHLETE based on your FIT Index. Refer to page 8 to calculate your FIT Index.

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

### 2. Press the Set button.

The HEIGHT ◀ icon is indicated.

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



# SETTING THE PERSONAL DATA

## SETTING THE HEIGHT

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

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

The value changes in increments of 1/4".

Press and hold the button to advance at a higher speed.

**NOTE:** Press the Down Button and the Up Button at the same time to reset the height to the default value.

### 2. Press the Set button.

The WEIGHT ◀ icon is indicated.

The default value 135 lb flashes on the display.



## SETTING THE WEIGHT

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

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

The value changes in increments of 1/2 lb.

Press and hold the button to advance at a higher speed.

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

### 2. Press the Set button.

The AGE ◀ icon is indicated.

The default value 40 flashes on the display.



## SETTING THE AGE

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

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

The value changes in increments of 1 year.

Press and hold the button to advance at a higher speed.

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

### 2. Press the Set button.

The default value MALE flashes on the display.



# SETTING THE PERSONAL DATA

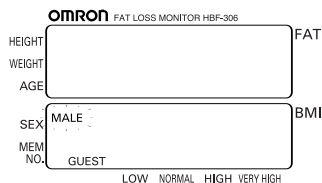
## SETTING THE GENDER

Select MALE OR FEMALE.

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

All personal data is set.

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



## CHANGING A PERSONAL PROFILE

When your height, weight or age changes reset your personal profile.

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

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

8. Press the On/Off button.

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

## DELETE PERSONAL PROFILE

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

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

All display symbols appear for approximately one second.

The display symbols disappear and the GUEST symbol starts to flash



# HOW TO TAKE A MEASUREMENT

Before taking a measurement your personal data must be entered. If GUEST is used, you will need to enter your personal data prior to taking the measurement. Refer to page 14, Setting the Personal Data.

## 1. Press the On/Off button.

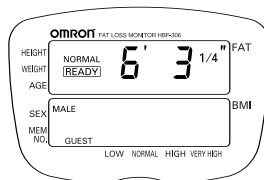
All display symbols appear for approximately one second. The display symbols disappear and the GUEST symbol starts to flash.

## 2. Select your Personal Data Option.

2a. Press the Set button for Guest. Enter your personal data.

2b. Press the Up button to select your Personal Profile Number.

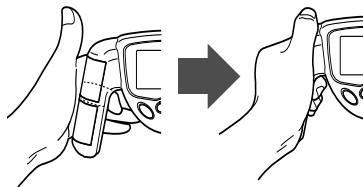
The **READY** indicator appears on the screen.



## 3. Stand with both feet slightly apart.

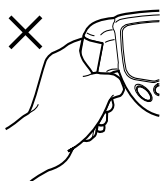
## 4. Place both hands on the monitor by holding the grip electrodes.

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



**NOTE:** The electric resistance may not be measured correctly in the following cases:

Your fingers are apart from the grips.



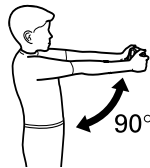
Your hands are unevenly positioned toward the top or bottom of the electrodes.



# HOW TO TAKE A MEASUREMENT

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

**NOTE:** Do not move during the measurement.



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

Elbows are bent



Moving your body or arms during the measurement



Measuring while sitting or lying down



Arms positioned upward or downward of the desired 90° angle



## 6. Press the Start button.

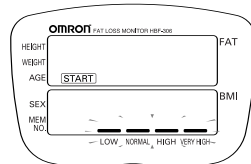
The **START** indicator appears on the screen.



## 7. Hold the electrodes with both hands.

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

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



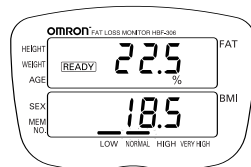
**NOTE:** Display value range:

Body fat percentages - 4.0 to 50%

BMI - 7.0 - 90.0

**NOTE:** You can take another measurement when

**READY** indicator appears on the screen.



## 8. Press the On/Off button.

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

# CARING FOR YOUR MONITOR

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

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

The unit is not waterproof; do not immerse the unit in water.

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

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

Do not step on the unit.

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

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

# ERROR INDICATORS

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

# TROUBLESHOOTING TIPS

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

# FCC STATEMENT

## NOTE:

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

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

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

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

# WARRANTY INFORMATION

## LIMITED WARRANTY

Your HBF-306C Fat Loss Monitor, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the monitor. The above warranty extends only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor covered by the above warranty. Repair or replacement is our only responsibility and your only remedy under the above warranty.

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

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

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

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

### FOR CUSTOMER SERVICE

Visit our web site at:

[www.omronhealthcare.com](http://www.omronhealthcare.com)

Call toll free:

1-800-634-4350

# SPECIFICATIONS

Model:	<b>HBF-306C</b>
Description:	OMRON Fat Loss Monitor
Display:	Body fat percentage (4.0 to 50.0%) BI Method BMI (7.0 to 90.0) BMI classification (4 levels)
Set ranges:	Height: 3' 4" to 6' 6" (100 cm to 199.5 cm) Weight: 23 lbs to 440.5 lbs (10 kg to 199.8 kg) Age: NORMAL; 10 to 80 years old ATHLETE; 18 to 60 years old Gender: Male / Female
Power supply:	2 AAA batteries (You may use 2 AAA alkaline batteries)
Battery life:	Approximately 1 year (varies depending on usage and storage.)
Operating temperature and humidity:	50°F to 104°F (+10°C to +40°C), 30% to 85% RH
Storage temperature and humidity:	-4°F to 140°F (-20°C to +60°C), 10% to 95% RH
External dimensions:	Approx. 8" (L) x 5" (H) x 2" (W) (197 (L) x 128 (H) x 49 mm (W))
Weight:	Approx. 8 oz. (230 g) (not including batteries)
Contents:	1 Fat Loss Monitor, 2 AAA Batteries, 1 Instruction Manual
UPC Code:	0 73796 30630 4

Specifications may be changed without prior notice.

Distributed by:

**OMRON HEALTHCARE, INC.**

1200 Lakeside Drive

Bannockburn, Illinois 60015

[www.omronhealthcare.com](http://www.omronhealthcare.com)

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HBF-306CINST Rev D



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