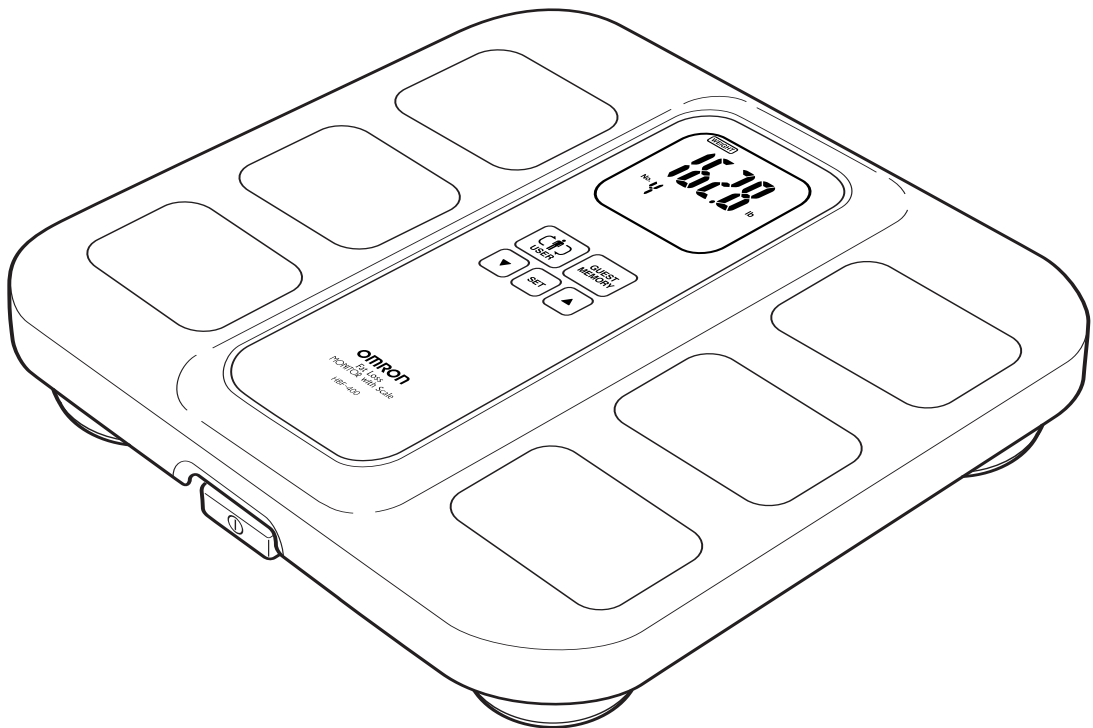


# OMRON®

## Instruction Manual

# Fat Loss MONITOR with Scale

Model **HBF-400**



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# INTRODUCTION

Thank you for purchasing the OMRON® HBF-400 Fat Loss MONITOR with Scale.

*Fill in for future reference.*

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

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

*Staple your purchase receipt here*

The Fat Loss Monitor with Scale is easy to understand. The monitor displays the calculated value of body fat percentage using the BI (Bioelectrical Impedance) Method and indicates the BMI (Body Mass Index) in four ranges. Set your personal data. Push the power switch on, select your personal ID number, and step onto the measurement platform. Your calculated body fat percentage and body mass index is displayed in an easy-to-see screen. The personal memory function stores up to four personal profiles. The memory function stores the results of the last measurement taken for each personal ID number.

Your HBF-400 comes with the following components:

- Main Unit
- Instruction Manual
- 4 “AA” Batteries

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

## **WARNING!**

***This monitor cannot be used with a cardiac pacemaker or other implanted medical devices.***

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

# SAVE THESE INSTRUCTIONS

# IMPORTANT SAFETY NOTES

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

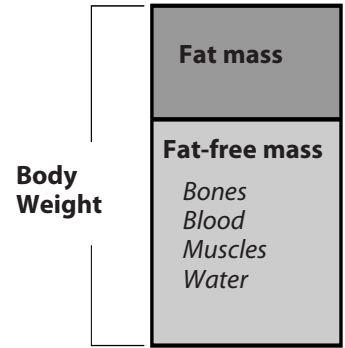
- ☑ Read all information in the instruction book and any other literature included in the box before using the unit.
- ☑ Consult your physician or healthcare provider before beginning a weight reduction or exercise program.
- ☑ Consult your physician before using this monitor when pregnant.
- ☑ Do not step on the edge of the measurement platform or jump on the measurement platform.
- ☑ Do not step on the measurement platform when your body or feet are wet, for example after taking a bath or shower.
- ☑ Do not use the unit on slippery surfaces such as tile floors or wet floors.
- ☑ Should battery fluid leak and contact your eyes or skin, immediately rinse with plenty of clean water. Immediately contact your physician.
- ☑ Persons with disabilities or physically frail should be assisted by another person when using this monitor.
- ☑ Operate the unit only as intended. Do not use for any other purpose.
- ☑ This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities. This unit does not support the standards required for professional use.
- ☑ Properly dispose of batteries according to applicable local regulations.
- ☑ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

# USEFUL INFORMATION

## What is Body Fat Percentage?

Body fat percentage refers to the amount of body fat mass in regards to the total body weight described in a percentage.

This OMRON Fat Loss MONITOR with Scale will provide your specific body fat percentage and body weight. It is also an excellent tool to estimate your body fat percentage and measure body weight on a continuous schedule. Body fat percentage (%) = {Body fat mass (pound) / Body weight (pound)} × 100



**Body fat readings may be affected by the change of water content in the body.** A person's hydration level and blood circulation may have an effect on their body fat reading. In the table below are some situations which could affect the reading.

Cause of Fluctuations	Examples of Fluctuation
Water and food intake	1 to 2 hours after breakfast, lunch, or dinner
Changes in blood circulation	After taking a bath or shower, immediately after exercising, in extreme environments (warm or cold), during illness or extreme fatigue

## Principles of Body Fat Percentage Calculation

The OMRON Fat Loss MONITOR with Scale estimates the body fat percentage by the Bioelectrical Impedance (BI) method.

### What is the Bioelectrical Impedance Method?

Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat is tissue that has little electrical conductivity. The Fat Loss MONITOR with Scale sends an extremely weak electrical current of 50 kHz and less than 500 µA through your body to determine the amount of fat tissue.

This weak electrical current is not felt while operating the Fat Loss MONITOR with Scale.

Correct posture and consistent measuring conditions need to be maintained for the best results.

### How to estimate the body fat percentage.

DXA (Dual Energy X-Ray Absorptiometry) has been the established method for accurate evaluation of body composition. OMRON has used research information from several hundred people using the DXA method to develop the formula by which the Fat Loss MONITOR with Scale works. The body fat mass and body fat percentage is calculated by a formula that includes five factors: electrical resistance, height, weight, age and gender.

### What is the DXA method?

The DXA method uses two different frequency X-Rays and rates of absorption of the body and determines the value based on the difference between the two. OMRON has collected information on people from 10 to 80 years of age using this method.

# USEFUL INFORMATION

## The reason calculated results may differ from actual body fat percentage

There are certain conditions, such as with dialysis patients, when significant differences may occur between the estimated and actual body fat values.

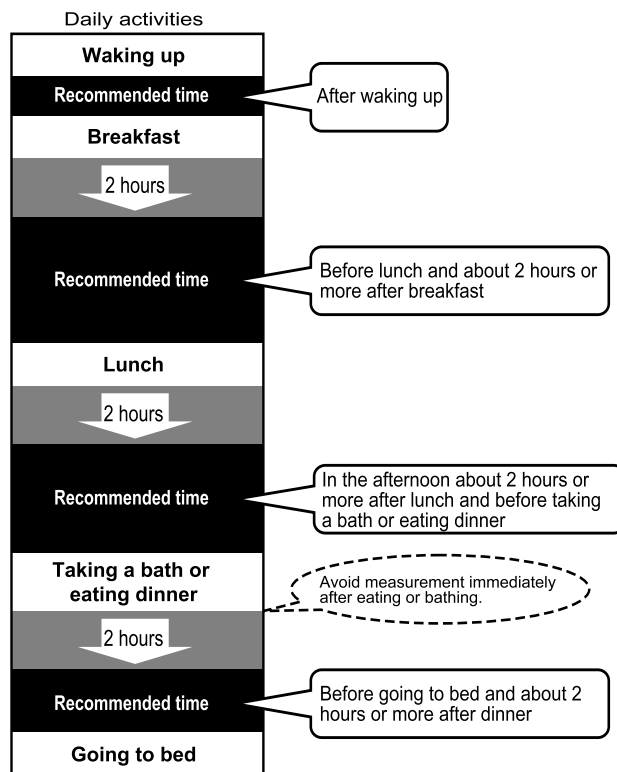
These differences may be related to changing ratios of body fluid and/or body composition.

**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 highly trained athletes
- Patients undergoing dialysis
- Patients with osteoporosis who have very low bone density
- Women who are pregnant
- Post-menopausal women
- People having swelling

## Recommended Measurement Times

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 this unit in the same environment and daily circumstances. (See chart)

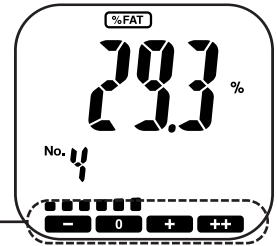


# HOW TO INTERPRET THE CALCULATED RESULTS

## Body fat percentage

Displays the body fat mass as the percentage of body weight.

**NOTE:** The age range for the body fat percentage classification is 20 to 79 years old.



### Body fat percentage classification

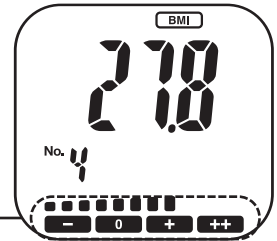
Displays "-", "0", "+", "++"  
with 12 levels of Bar display.

## BMI

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

It is calculated by the following formula:

BMI: Body Mass Index = (weight in pounds x 703) / (height in inches) / (height in inches)



### BMI classification

Displays "-", "0", "+", "++"  
with 12 levels of Bar display.

## Recommended Body Fat Ranges and BMI

Gender	Age	Low (-) (BMI < 18.5)	Normal (0) (BMI 18.5 - 24.9)	High (+) (BMI 25.0 - 29.9)	Very High (++) (BMI ≥ 30.0)
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

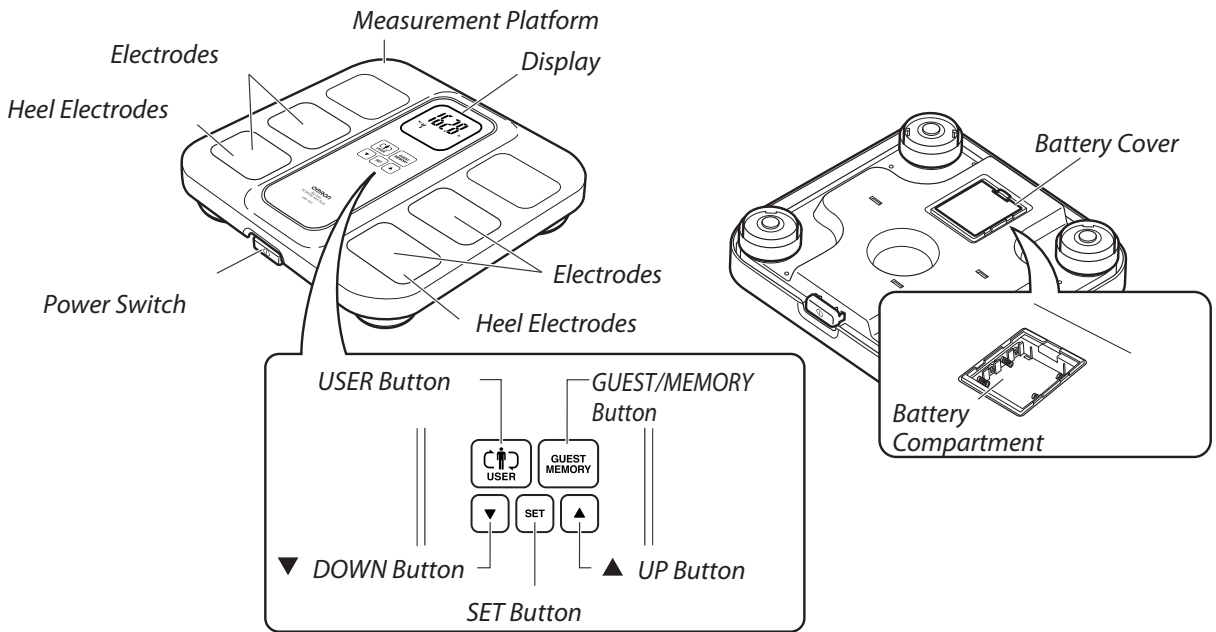
Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

BMI	Designation by the WHO	BMI Classification Bar - 0 + ++	BMI Rating
Less than 18.5	Underweight		7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	Normal		18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	Overweight		25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	Obese		30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

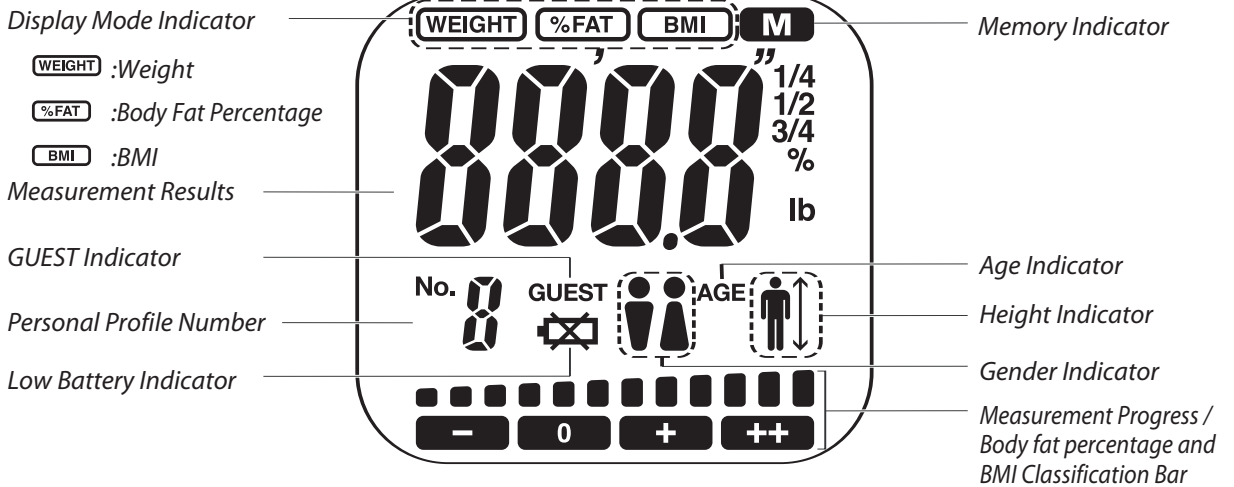
The above index refers to the values for obesity judgment proposed by WHO, the World Health Organization.

# KNOW YOUR UNIT

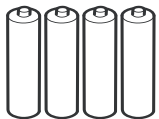
## Main Unit



## Display



## Components



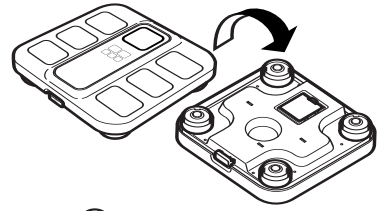
Four AA Batteries



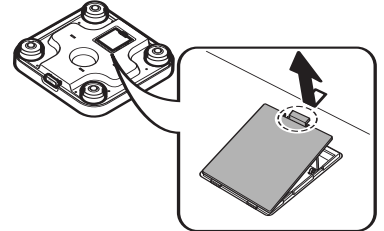
Instruction Manual

# BATTERY INSTALLATION

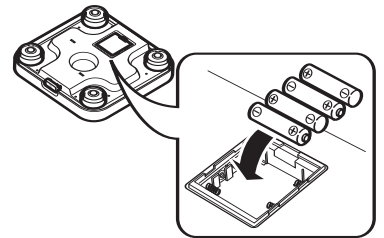
1. Locate the battery cover on the back of the unit.



2. Press the tab in the direction of the arrow at the top of the battery compartment and remove the battery cover.



3. Install 4 “AA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.



4. Replace the battery cover.

## BATTERY REPLACEMENT

Measurement values and Personal ID's are stored in the memory during battery replacement.



Low Battery Indicator

When the Low Battery Indicator appears on the display screen remove all four worn batteries. Replace with four new batteries at the same time.

### NOTE:

- New batteries will last for approximately one year if the unit is used four or less than four times per day. Trial batteries supplied with the unit may have a shorter life.
- Remove the batteries if you do not intend to use the unit for a period of three months or longer before placing the device in storage.
- Dispose of used batteries according to applicable local regulations.

### CAUTION:

- Should battery fluid leak and contact your eyes or skin immediately rinse with plenty of clean water. Immediately contact your physician.

# SETTING PERSONAL DATA

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

- Select **USER** and a Personal Profile Number to save your personal data. The monitor will store 4 personal profiles in the memory. Select a number 1 through 4. Use this number to enter your personal data and when taking a measurement.
- Select **GUEST/MEMORY** 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.

**NOTE:** The unit will automatically turn off after five minutes if no button is pressed.

## 1. Turn the monitor ON.

Press the Power Switch. The CAL symbol blinks on the display followed by the 0.0 lb symbol as illustrated below.



**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.

## 2. Select USER or GUEST as your personal data option.

### A. USER with Personal Profile Number

Press the USER button.

The Personal Profile Number changes each time you press the USER button as follows:



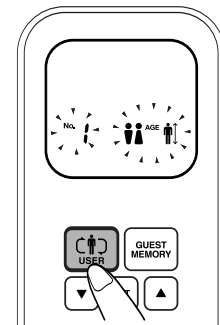
Select the Personal Profile Number for your data.

#### **NOTE:**

- 1) If no information has been entered for the Personal Profile Number you selected, the number and the symbols for gender, age, and height blink on the display.
- 2) If personal data has been entered for the number, the Personal Profile Number blinks on the display.

#### **Press the SET button.**

The default value “40” for age blinks on the display.



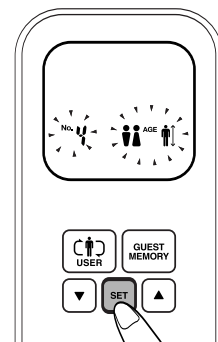
### B. GUEST

Press the GUEST/MEMORY button.

The GUEST indicator appears.

Press the SET button.

The default value “40” for age blinks on the display.



# SETTING PERSONAL DATA

## 3. Enter your Personal Data.

### SETTING THE AGE

Set the age between 10 and 80.

- 1) Press the ▲ UP button or ▼ DOWN button to change the age.

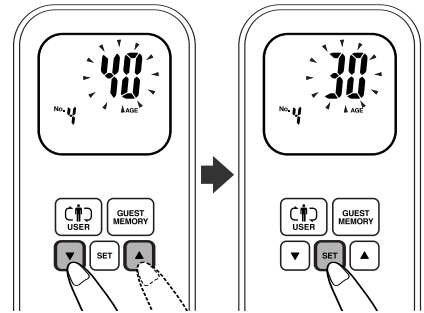
The value changes in increments of 1 year.

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

- 2) Press the SET button.

The age is set.

The gender symbols blink on the display.



### SETTING THE GENDER

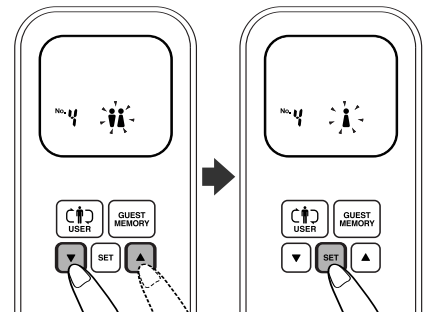
Set the gender to ♂ MALE OR ♀ FEMALE.

- 1) Press the ▲ UP button or ▼ DOWN button to change the gender.

- 2) Press the SET button.

The gender is set.

The default value 5'3" for height blinks on the display.



### SETTING THE HEIGHT

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

- 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 faster speed.

- 2) Press the SET button.

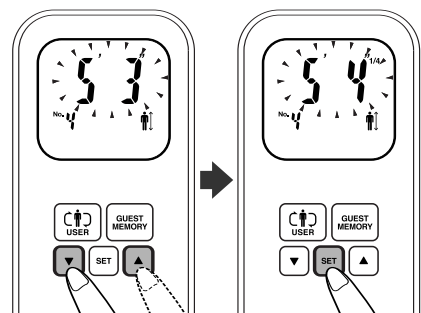
The height is set.

USER - Personal Data entered with a Personal Profile Number is stored in the memory.

GUEST - Personal Data is not stored in the memory after the measurement results appear on the display.

The age, gender and height appear on the display.

The CAL symbol blinks on the display followed by the 0.0 lb symbol. You can take a measurement using this Personal Profile Number.



# CHANGING PERSONAL DATA

## CHANGING PERSONAL PROFILES

If personal data changes, the information stored in the Personal Profile Number for the age, gender or height setting must be changed.

### 1. Turn the monitor ON.

Press the Power Switch. The CAL symbol blinks on the display followed by the 0.0 lb.

### 2. Press the USER button.

Select the Personal Profile Number you want to change.

### 3. Press the SET button.

The CAL symbol blinks on the display followed by the 0.0 lb.

### 4. Press the SET button again.

The current value set for the age setting blinks on the display.

### 5. Adjust the settings you need to change.

Press the ▲ UP button or ▼ DOWN button to adjust the setting. Then press the SET button.

**NOTE:** If no change is needed, press the SET button to proceed to the next setting.

The CAL symbol blinks on the display followed by the 0.0 lb symbol. You can take a measurement.

## DELETING PERSONAL PROFILES

All the personal data stored in a Personal Profile Number can be deleted.

**NOTE:** When you delete the personal data, the results of the previous measurement stored in the memory for this Personal Profile Number will also be deleted.

### 1. Turn the monitor ON.

Press the Power Switch. The CAL symbol blinks on the display followed by the 0.0 lb.

### 2. Press the USER button.

Select the Personal Profile Number you want to change.

### 3. Press the SET button.

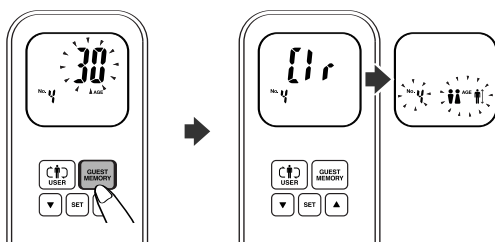
The CAL symbol blinks on the display followed by the 0.0 lb.

### 4. Press the SET button again.

The current value set for the age setting blinks on the display.

### 5. Press the GUEST/MEMORY button for two seconds.

The personal data is deleted from the memory. The Clr symbol appears on the display followed by the Profile Number and the symbols for gender, age and height as illustrated below.



# HOW TO TAKE A MEASUREMENT

## When to avoid taking a measurement

The estimated body fat percentage may differ significantly from the actual because the water content in the body is changing when a measurement is taken under the following physical conditions: immediately after vigorous exercise, immediately after a bath or sauna, after drinking alcohol or a large amount of water, after eating a meal (1 to 2 hours).

Before taking a measurement your personal data must be entered.

If GUEST is used, you will need to enter your personal data each time you take a measurement.

## 1. Turn the monitor ON.

Press the Power Switch. The CAL symbol blinks on the display followed by the 0.0 lb symbol as illustrated below.

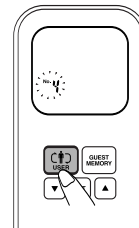


**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.

## 2. Select your Personal Data Option.

### A. USER with Personal Profile Number

Press the USER button. Select your Personal Profile Number.



### How to view previous measurement results before taking a measurement.

After selecting your Personal Profile Number press the GUEST MEMORY button. The results are displayed repeatedly with the memory indicator in the following order

WEIGHT ⇌ %FAT ⇌ BMI

If an error occurred for the body fat percentage in the previous measurement "\_\_\_\_\_" will display for % FAT.

When finished viewing the results press the Power Switch to turn the monitor off.

To take a measurement turn the monitor on and select your Personal Profile Number again.



### Press the SET button.

The CAL symbol blinks on the display followed by the 0.0 lb symbol.

**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.

### B. GUEST

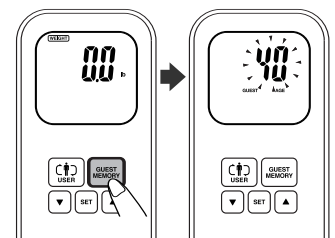
Press the GUEST/MEMORY button. Enter your personal data.

**NOTE:** Refer to page 9 for Setting Personal Data.

### Press the SET button.

The CAL symbol blinks on the display followed by the 0.0 lb symbol.

**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.



# HOW TO TAKE A MEASUREMENT

**NOTE:** If the soles of your feet are too dry, the temperature of your feet or the electrodes are extreme cold, it will not be possible to obtain stable measurements. These conditions may cause an error indicator to display or inaccurate results. Be aware of these conditions during colder months when the air is dry and/or the temperature is low.

Condition	Action
Feet are too dry.	Slightly moisten the soles of your feet with a wet towel before taking a measurement.
When you step onto the electrodes, the electrodes feel too cold.	Leave the unit in a warm room for approximately 10 minutes to allow the electrodes to warm up.
Your body and feet are cold due to poor blood circulation.	Immerse your feet in warm water or stay in a warm room to allow your feet to warm up.

### 3. Step onto the Measurement Platform.

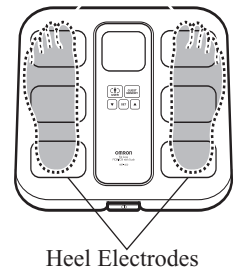
Make sure you are barefoot and the soles of your feet are clean and dry.

Position your feet on the electrodes as shown in the illustration to the right.

Make sure each of your heels is positioned on a heel electrode.

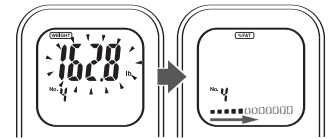
Stand with your weight evenly distributed on the measurement platform.

Remain still and do not move until the measurement is complete.



Your weight will appear, then blink on the display. The indicators in the measurement progress bar at the bottom of the display will begin to appear from left to right.

When the measurement is completed, your weight is displayed again.

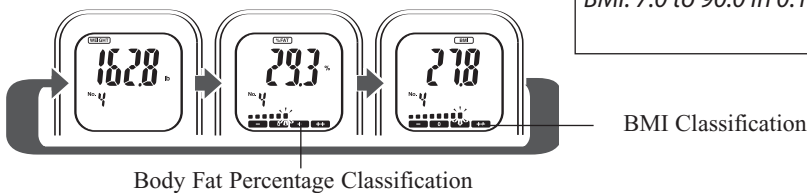


### 4. Step off the Measurement Platform.

The measurement results are automatically displayed repeatedly in the following order:

WEIGHT ⇌ %FAT ⇌ BMI.

**Display**  
 Weight: 0.0 lb to 330.0 lbs in 0.2lb increments  
 Body fat percentage: 5.0 to 60.0% in 0.1% increments  
 BMI: 7.0 to 90.0 in 0.1 increments



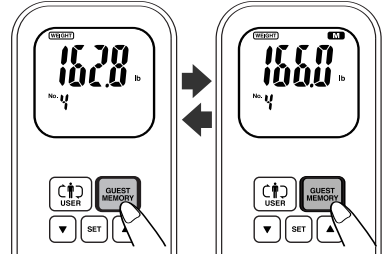
**NOTE:** Although the age range can be set between 10 and 80 years, the % FAT classification will only display if the age is set between 20 and 79 years.

# HOW TO TAKE A MEASUREMENT

## Viewing Measurement Results

You can press the ▲ UP button to advance to the next measurement result at any time while the results are automatically displayed.

Press the GUEST/MEMORY button to view the previous measurement. The M indicator appears on the display. Press the GUEST/MEMORY again to return to the current measurement results.



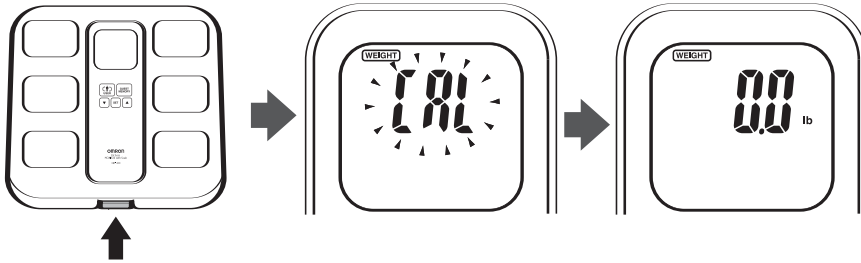
## 5. Turn the monitor off.

Press the Power Switch.

## Measuring Weight Only

### 1. Turn the monitor ON.

Press the Power Switch. The CAL symbol blinks on the display followed by the 0.0 lb symbol as illustrated below.

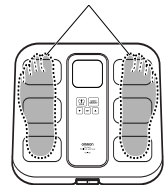


**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.

### 2. Step onto the Measurement Platform.

Stand with your weight evenly distributed on the measurement platform.

*Your feet*



Remain still and do not move until the measurement is complete.




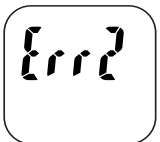


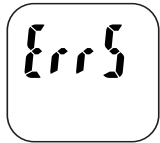
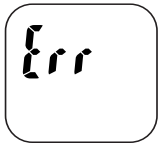
### 3. Step off the Measurement Platform

### 4. Turn the monitor off.

Press the Power Switch.

**NOTE:** The monitor will automatically turn off after 5 minutes.

# ERROR INDICATORS

ERROR DISPLAY	CAUSE	CORRECTION
	Your toes and heels are not positioned over the electrodes correctly.	Make sure you are barefoot and the soles of your feet are clean and dry. Make sure your feet are correctly positioned on the measurement platform. Read “How to Take a Measurement” on page 14.
	The measurement position was not stable or your feet were not placed correctly.	Remain still and do not move until the measurement is complete. Read “How to Take a Measurement” on page 14.
	Feet are too dry.	Slightly moisten the soles of your feet with a damp towel and retake the measurement. Refer to the Conditions and Actions Table on Page 14.
	The body fat percentage or BMI values are outside the measurement range.	Check the settings entered for your personal data. Change the settings if needed. Retake the measurement. If this error occurs again and the settings are correct, measurements cannot be taken.
	The unit is not set up correctly.	Remove the batteries. Wait one minute. Reinstall the batteries. Refer to Battery Installation on page 9. Press the power switch and turn the monitor on. Retake the measurement.
	You stepped onto the measurement platform before 0.0 lb was displayed.	Wait until 0.0 lb is displayed before stepping onto the measurement platform.
	The unit was moved before 0.0 lb was displayed.	Do not move the unit until 0.0 lb is displayed.
	Movement during measurement.	Do not move until measurement is complete.
	This unit can only be used by people weighing less than 330 lbs.	This unit can only be used by people weighing less than 330 lb.

# TROUBLESHOOTING TIPS

PROBLEM	CAUSE AND SOLUTION
Low Battery Indicator No power No display appears on the unit	Check the battery installation for proper placement of the battery polarities. Replace all four worn batteries.
The weight value is displayed abnormally low or high.	Place the monitor on a hard, level floor.
The % FAT value is displayed abnormally low or high.	Refer to “When to avoid taking a measurement” on page 13, and “Recommended Measurement Times” on page 6.
Other conditions	Remove the batteries. Wait one minute. Reinstall the batteries. Refer to “Battery Installation” on page 9.

# CARE AND MAINTENANCE

To keep your Fat Loss MONITOR with Scale 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. Store the unit safely out of the reach of children.

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

**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.**

# QUICK REFERENCE GUIDE

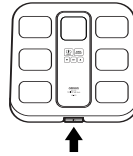
Read all of the information in the instruction manual for the HBF-400 Fat Loss Monitor with Scale before using the QUICK REFERENCE GUIDE.

## WARNING!

*This monitor cannot be used with a cardiac pacemaker or other implanted medical devices.*

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

1. Turn the monitor ON.
2. Select one of the following personal data options:



### Press the USER button.

Select your Personal Profile Number.

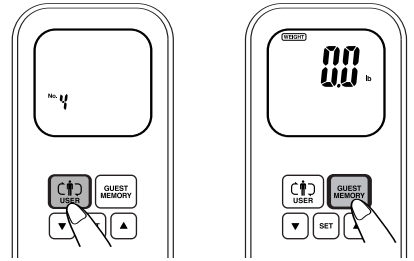
### Press the GUEST/MEMORY button.

Enter your Personal Data.

Refer to page 10, Setting Personal Data.

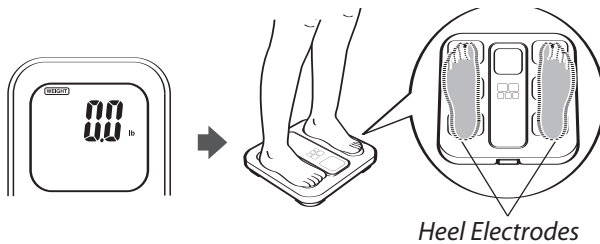
3. Press the SET button.

**NOTE:** Wait for the 0.0 lb symbol to appear before proceeding.



4. Step onto the Measurement Platform.

Make sure you are barefoot and the soles of your feet are clean and dry. Position your feet on the electrodes as shown in the illustration below. Make sure each of your heels is positioned on a heel electrode. Remain still and do not move until the measurement is complete.

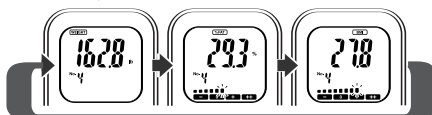


Your weight will appear, then blink on the display. The indicators in the measurement progress bar at the bottom of the display will begin to appear from left to right. When the measurement is completed, your weight is displayed again.

5. Step off the measurement Platform.

The measurement results are automatically displayed repeatedly in the following order:

WEIGHT  $\Rightarrow$  %FAT  $\Rightarrow$  BMI.



6. Turn the monitor off.

# 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-400 Fat Loss Monitor with Scale, 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 unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties. 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 provinces 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:	OMRON Fat Loss MONITOR with Scale - HBF-400
Display:	Weight display: 0.0 lb to 330.0 lbs. with 0.2 lb increment Body fat percentage: 5.0 to 60.0% with 0.1% increment BMI: 7.0 to 90.0 with 0.1 increment Body fat percentage / BMI classification: – (Low) / 0 (Normal) / + (High) / ++ (Very High) with 12 levels of Bar display *The age range for the body fat percentage classification is 20 to 79 years old.
Set Ranges:	Height: 3'4" to 6'6 3/4" Age: 10 to 80 years old Gender: Male/Female
Power Supply:	4 AA batteries
Battery Life:	Approximately 1 year (when used four times a day)
Operating Temperature and Humidity:	50°F to 104°F, 30% to 85% RH
Storage Temperature and Humidity:	-4°F to 140°F, 10% to 95% RH
External Dimensions:	Approximately 12 1/4" (w) x 11 7/8" (d) x 2 1/4" (h)
Weight:	Approximately 4 5/8 lb (including batteries)
Components:	Main Unit, 4 AA Batteries, Instruction Manual
UPC Code:	0 73796 82640 6

**NOTE:** Specifications may be changed without prior notice.



# NOTES

Distributed by:  
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