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› Omron Walking Style Pro 2.0 Activity Monitor - Black (HJ-322U-E) User Manual

Omron HJ-322U-E

Omron Walking Style Pro 2.0 Activity Monitor User Manual

Model: HJ-322U-E

Brand: Omron

PRODUCT OVERVIEW

The Omron Walking Style Pro 2.0 Activity Monitor is designed to help you track your daily physical activity. This device accurately counts your steps and allows you to monitor your performance over time by uploading data to your computer using OMRON's Bi-LINK online Health Management Platform. It encourages increased activity levels by providing detailed insights into your exercise data.

Key Features:

- Integrated USB connection for data transfer.
- Compatibility with OMRON's Bi-LINK online Health Management Platform.
- Measures distance in kilometers or miles.
- Includes an Aerobic mode for tracking intense activity.
- Stores up to 21 days of activity data.



Figure 1: The Omron Walking Style Pro 2.0 Activity Monitor, showcasing its display and control buttons.

SETUP

1. Battery Installation

The Omron Walking Style Pro 2.0 requires one CR2 battery, which is included with the device. To install the battery:

1. Locate the battery compartment cover on the back of the device.
2. Use a small coin or screwdriver to gently twist and open the cover.
3. Insert the CR2 battery, ensuring the positive (+) side faces upwards as indicated inside the compartment.
4. Replace the battery compartment cover and twist to secure it.

2. Initial Setup and Personal Settings

After battery installation, the device will prompt you to set up initial parameters. Follow the on-screen instructions to configure:

- **Time and Date:** Set the current time and date for accurate record-keeping.
- **Personal Data:** Input your height, weight, and stride length. This information is crucial for accurate calculation of distance and calorie expenditure. Refer to the device's display for prompts and use the 'SET' and 'MODE' buttons to

navigate and confirm selections.

OPERATING INSTRUCTIONS

1. Basic Operation and Wearing the Device

The Omron Walking Style Pro 2.0 is designed to be worn on your hip or in your pocket for accurate step counting. Ensure it is securely fastened or placed to prevent accidental loss.



Figure 2: Proper placement of the activity monitor in a pocket for accurate tracking.

Use the 'MODE' button to cycle through different display screens, including:

- **Steps:** Displays the total number of steps taken.
- **Distance:** Shows the total distance walked in kilometers or miles.
- **Aerobic Steps:** Counts steps taken during moderate to high-intensity activity.
- **Calories Burned:** Estimates the calories expended based on your activity and personal data.

2. Data Transfer with Bi-LINK

One of the key features of this activity monitor is its ability to upload data to OMRON's Bi-LINK online Health Management Platform. This allows for long-term tracking and analysis of your activity trends.

1. Ensure you have the Bi-LINK software installed on your computer. If not, download it from the official Omron website.
2. Locate the integrated USB connection on the activity monitor.

3. Connect the activity monitor directly to a USB port on your computer.
4. Once connected, open the Bi-LINK software. The device should be recognized automatically.
5. Follow the on-screen prompts within the Bi-LINK software to upload your activity data.





Figure 3: The activity monitor connected to a laptop for data synchronization.

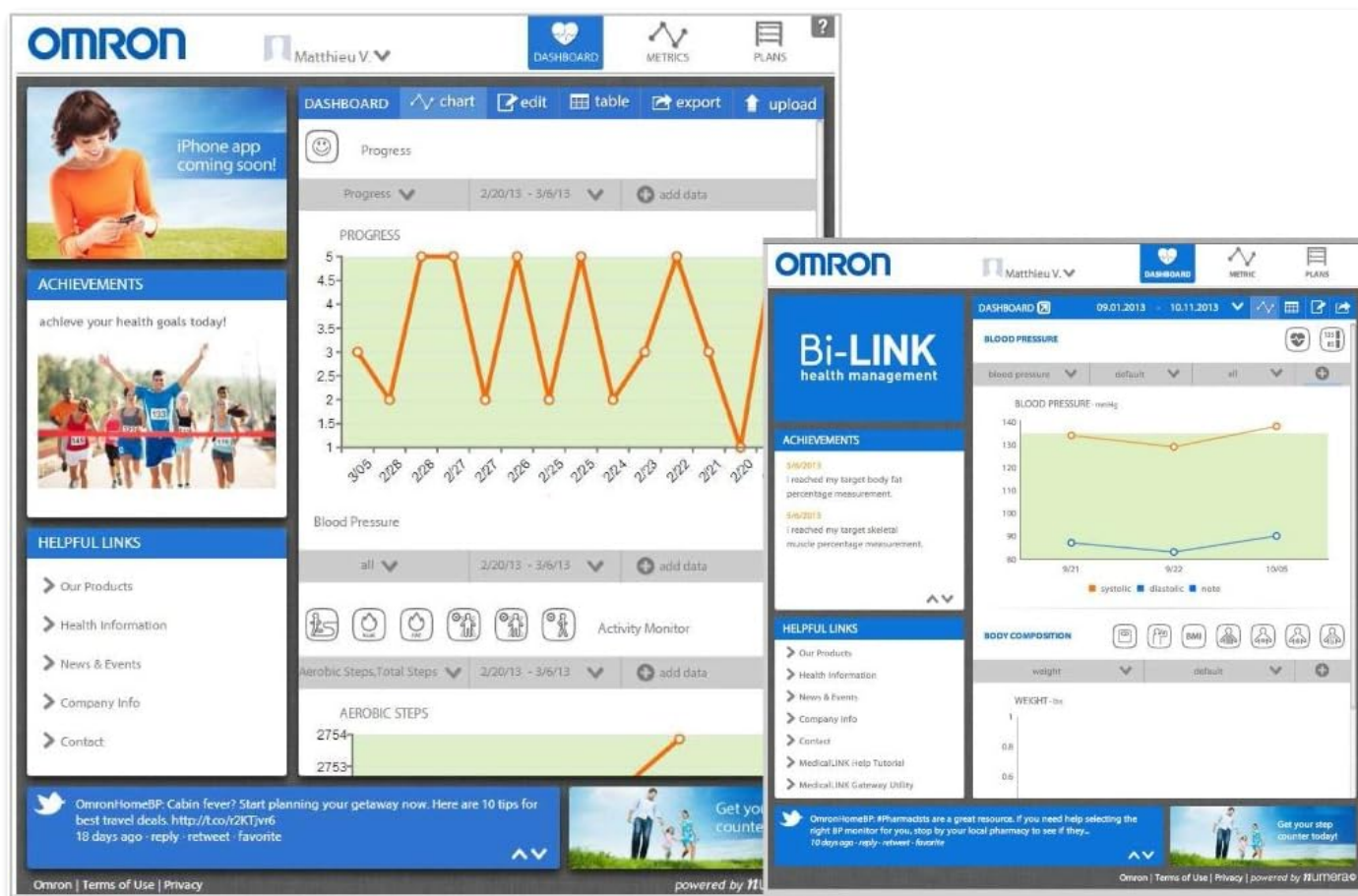


Figure 4: Overview of the Bi-LINK online health management platform interface.

3. Memory Function

The device stores up to 21 days of activity data. You can review past data directly on the device using the 'MEM' button. For comprehensive historical data and trend analysis, it is recommended to regularly upload your data to the Bi-LINK platform.

MAINTENANCE

Proper maintenance ensures the longevity and accuracy of your Omron Walking Style Pro 2.0.

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** When the battery indicator appears on the display, replace the CR2 battery as described in the "Battery Installation" section. Prompt battery replacement ensures continuous and accurate tracking.

TROUBLESHOOTING

If you encounter issues with your Omron Walking Style Pro 2.0, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Display is blank or not turning on.	Low or dead battery; incorrect battery installation.	Replace the battery with a new CR2 battery, ensuring correct polarity.
Inaccurate step count.	Improper wearing position; incorrect personal data settings.	Ensure the device is worn securely on the hip or in a pocket. Verify height, weight, and stride length settings are accurate.
Data not syncing with Bi-LINK.	USB connection issue; Bi-LINK software not running or outdated.	Ensure the device is properly connected to the USB port. Restart the Bi-LINK software. Check for software updates. Try a different USB port.
Device not responding to button presses.	Temporary software glitch.	Remove and reinsert the battery to perform a soft reset.

SPECIFICATIONS

Feature	Detail
Model Number	HJ-322U-E
Product Dimensions	7.8 x 3.4 x 1.2 cm
Item Weight	30 g
Colour	Black
Material	Polycarbonate (PC)
Display Size	0.96 Inches
Batteries	1 CR2 battery (included)
Memory	21 days
Connectivity	Integrated USB

Feature	Detail
Compatible Software	OMRON Bi-LINK Health Management Platform

WARRANTY AND SUPPORT

Omron products are manufactured to the highest quality standards. This product is covered by a limited warranty against defects in materials and workmanship. Please refer to the warranty card included in your product packaging for specific terms and conditions, including the warranty period.

For technical support, troubleshooting assistance, or warranty claims, please contact Omron customer service. Contact details can typically be found on the Omron official website or within the product packaging.

Online Resources:

- Visit the official [Omron Healthcare website](#) for product information, FAQs, and software downloads.
- Access the [OMRON Bi-LINK Health Management Platform](#) for data management and analysis.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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