

Omron HBF-217

Omron HBF-217 Body Composition Monitor User Manual

Model: HBF-217 | Brand: Omron

1. INTRODUCTION

Thank you for purchasing the Omron HBF-217 Body Composition Monitor. This device is designed to provide a comprehensive analysis of your body composition, including weight, body fat percentage, BMI, skeletal muscle percentage, basal metabolism, visceral fat level, and body age. Please read this manual thoroughly before use to ensure safe and correct operation. Keep this manual for future reference.



2. SAFETY INFORMATION

To ensure safe use of your Omron HBF-217 Body Composition Monitor, please observe the following precautions:

- Do not use this device if you have a pacemaker or other implanted medical electronic devices.
- Do not use this device on soft surfaces like carpets or tatami mats, as this may affect measurement accuracy. Always place the monitor on a hard, flat surface.
- Do not step on the edge of the monitor; step on the center to prevent tipping.
- Keep the monitor dry. Avoid exposure to water or excessive moisture.
- Do not attempt to disassemble or repair the monitor yourself. Contact authorized service personnel for assistance.
- Keep batteries out of reach of children.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Omron HBF-217 Body Composition Monitor
- AAA Manganese Dry Cell Batteries (4 for trial use)
- Instruction Manual (includes Quality Guarantee)

4. SETUP

4.1 Battery Installation

1. Open the battery cover on the back of the monitor.
2. Insert the four AAA manganese dry cell batteries, ensuring correct polarity (+/-).
3. Close the battery cover securely.

4.2 Initial User Registration

Before first use, you must register your personal data. The monitor can store data for up to 4 users.

1. Press the 'SET' button to enter setup mode.
2. Use the arrow buttons to select a user number (1-4). Press 'SET' to confirm.
3. Enter your personal data:
 - **Height:** Use arrow buttons to adjust, press 'SET'.
 - **Age:** Use arrow buttons to adjust, press 'SET'.
 - **Gender:** Use arrow buttons to select, press 'SET'.
4. Once all data is entered, the monitor will display 'DONE' and turn off. Your profile is now saved.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

1. Place the monitor on a hard, flat surface.
2. Step onto the monitor barefoot. Ensure your feet are positioned correctly on the electrodes.
3. The monitor will automatically recognize your profile based on your weight and previous measurements (Automatic Recognition Function). If multiple users have similar weights, you may need to manually select your user number.
4. Stand still until all measurements are displayed. The large character display allows you to view results while standing.
5. The monitor will display your weight, followed by other body composition metrics. It will also show the difference from your previous weight measurement.
6. After displaying all results, the monitor will automatically turn off.

5.2 Guest Mode

To take a measurement without saving data to a user profile, press the 'GUEST' button before stepping on the monitor. This is useful for temporary measurements.

6. MEASUREMENT FUNCTIONS

The Omron HBF-217 provides the following body composition measurements:

- **Weight:** Measured in 100g increments (2-100kg) and 200g increments (100-135kg).
- **Weight Difference:** Displays the difference from the previous measurement (-99.9 to 99.9 kg).
- **BMI (Body Mass Index):** Calculated from 2.5 to 90.0 in 0.1 increments.
- **Body Fat Percentage:** Measured from 5.0% to 50.0% in 0.1% increments. Includes a 4-level judgment (Low/Standard/Slightly High/High). (Target age: 6 years and above)
- **Skeletal Muscle Percentage:** Measured from 5.0% to 60.0% in 0.1% increments. Includes a judgment. (Target age: 6 years and above)
- **Basal Metabolism:** Measured from 385 to 3999 kcal in 1 kcal increments. (Target age: 6 years and above)
- **Visceral Fat Level:** Measured from 1 to 30 in 1 level increments. Includes a 3-level judgment (Standard/Slightly High/High). (Target age: 18 years and above)
- **Body Age:** Calculated from 18 to 80 years in 1-year increments. (Target age: 18 years and above)

7. MAINTENANCE

7.1 Cleaning

Wipe the monitor with a soft, dry cloth. For stubborn dirt, use a cloth lightly dampened with water and a mild detergent, then wipe dry. Do not use abrasive cleaners, alcohol, or benzene, as these can damage the surface.

7.2 Storage

Store the monitor in a cool, dry place away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the monitor.

8. TROUBLESHOOTING

If you encounter issues with your Omron HBF-217, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No display or dim display	Batteries are low or incorrectly installed.	Replace all four AAA batteries with new ones, ensuring correct polarity.
"Err" or inaccurate readings	Monitor is on an unstable surface; feet are not properly positioned; feet are too dry.	Place the monitor on a hard, flat floor. Ensure bare feet are centered on the electrodes. Lightly moisten feet if they are very dry.
Automatic recognition fails	Multiple users have very similar weight profiles; initial setup not completed.	Manually select your user number using the arrow buttons before stepping on. Ensure all user profiles are correctly registered.
Monitor does not turn off	Temporary electronic glitch.	Remove batteries for a few minutes, then reinsert them.

If the problem persists after trying these solutions, please contact Omron customer support.

9. SPECIFICATIONS

Feature	Specification
Model Number	HBF-217
Dimensions (Approx.)	Width 285mm × Height 28mm × Depth 280mm
Weight (Main Unit)	1.6 kg
Power Supply	4 x AAA Manganese Dry Cell Batteries (R03) or AAA Alkaline Dry Cell Batteries (LR03)
Battery Life (Approx.)	1 year (based on 4 measurements/day at 23°C using manganese batteries)
Weight Measurement Range	2 to 135 kg
Weight Accuracy	100g increments (2-100kg), 200g increments (100-135kg)
Body Fat Percentage Range	5.0% to 50.0% (0.1% increments)
BMI Range	2.5 to 90.0 (0.1 increments)
Skeletal Muscle Percentage Range	5.0% to 60.0% (0.1% increments)
Visceral Fat Level Range	1 to 30 (1 level increments)
Basal Metabolism Range	385 to 3999 kcal (1 kcal increments)
Body Age Range	18 to 80 years (1-year increments)
User Profiles	4 users + Guest mode
Special Features	Automatic Recognition Function, Weight Difference Display, Slim Design, Easy-to-clean Glass Top, Large Character Display

10. WARRANTY AND SUPPORT

The Omron HBF-217 Body Composition Monitor comes with a quality guarantee as specified in the instruction manual. Please refer to the warranty section within the physical manual for details on coverage and duration. For product support, technical assistance, or warranty claims, please contact Omron customer service. Contact information can typically be found on the official Omron website or within the product packaging.

Online Support: Visit the official Omron website for FAQs, product registration, and further support resources.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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.

Submit question