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› OMRON HBF-217-BW Body Composition Monitor User Manual

OMRON HBF-217-BW

OMRON HBF-217-BW Body Composition Monitor User Manual

Model: HBF-217-BW

1. INTRODUCTION

Thank you for purchasing the OMRON HBF-217-BW Body Composition Monitor. This device is designed to provide comprehensive body composition measurements, including weight, body fat percentage, skeletal muscle percentage, basal metabolism, visceral fat level, and body age. Its slim design and automatic recognition function make it easy to use for the whole family.

2. SAFETY INFORMATION

⚠ WARNING:

- Do not use this device in conjunction with medical electrical equipment such as pacemakers or other implantable medical electrical devices.
- Do not use with life-support medical electrical equipment such as artificial heart-lung machines.
- Do not use with wearable medical electrical equipment such as electrocardiographs.
- Failure to observe these warnings may cause these medical electrical devices to malfunction, posing a serious health risk.
- This product is intended for household use only.

Always consult with a healthcare professional if you have any concerns about your health or body composition measurements.

3. PACKAGE CONTENTS

Please ensure all items are present in the package:

- OMRON HBF-217-BW Body Composition Monitor
- Trial AAA Manganese Dry Batteries (4 pieces)
- Instruction Manual (with Quality Guarantee)



Image: The underside of the OMRON HBF-217-BW Body Composition Monitor, showing the battery compartment and the included instruction manual.

4. SETUP

4.1. Battery Installation

1. Turn the body composition monitor over to access the battery compartment on the underside.
2. Open the battery compartment cover.
3. Insert four (4) AAA manganese dry batteries (R03) or AAA alkaline dry batteries (LR03) according to the polarity indicators (+/-) inside the compartment.
4. Close the battery compartment cover securely.



Image: The battery compartment located on the bottom of the device, ready for battery insertion.

4.2. Initial User Registration

Before first use, you need to register your personal data. The device can store data for multiple users.

1. Press the **ON/OFF/SET** button to turn on the device.
2. Follow the on-screen prompts to enter your personal information such as age, gender, height, etc. Use the arrow buttons to adjust values and the **SET** button to confirm.
3. Once registration is complete, the device is ready for use.

5. OPERATING INSTRUCTIONS

5.1. Taking a Measurement

1. Place the body composition monitor on a hard, flat surface. Avoid carpets or uneven floors, as this may affect accuracy.
2. Step onto the monitor barefoot. The device features an "automatic recognition function" that will identify the user based on their registered data.
3. Stand still on the electrodes until all measurements are displayed. The large character display allows you to read results while standing.
4. The device will automatically turn off after a period of inactivity.



Image: The top surface of the OMRON HBF-217-BW Body Composition Monitor, showing the display and the four electrode pads for foot placement.

5.2. Weight Difference Display

The device can display the difference between your current weight and your previous measurement, making it easy to track changes over time.

- After a measurement, the weight difference from the previous reading will be shown on the display.

6. MEASUREMENT FUNCTIONS

The OMRON HBF-217-BW provides the following measurements:

- **Weight:** Your current body weight.
- **BMI (Body Mass Index):** A measure of body fat based on height and weight.
- **Body Fat Percentage:** The proportion of fat in your body.
- **Body Fat Percentage Judgment:** Categorizes your body fat level (Low, Standard, Slightly High, High).
- **Skeletal Muscle Percentage:** The percentage of muscle attached to your bones.
- **Skeletal Muscle Percentage Judgment:** Categorizes your skeletal muscle level.
- **Basal Metabolism:** The minimum amount of energy required to maintain basic bodily functions at rest.
- **Visceral Fat Level (for ages 18+):** The level of fat surrounding your internal organs.
- **Visceral Fat Level Judgment (for ages 18+):** Categorizes your visceral fat level (Standard, Slightly High, High).
- **Body Age (for ages 18+):** An estimate of your body's physiological age based on your body composition.

Note: Body fat percentage, skeletal muscle percentage, and basal metabolism can be measured for individuals aged 6 years and older. Visceral fat level and body age are available for individuals aged 18 years and older.

7. MAINTENANCE AND CARE

- **Cleaning:** The glass top design is easy to clean. Wipe the surface with a soft, damp 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 all four AAA batteries simultaneously. Do not mix old and new batteries or different types of batteries.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display / Device does not turn on.	Batteries are dead or incorrectly installed.	Replace batteries with new ones, ensuring correct polarity.
Inaccurate readings.	Device on uneven surface; user not standing still; feet not clean/dry.	Place on a hard, flat surface. Stand still. Ensure feet are clean and dry.
"Error" or "Err" message.	Measurement error; user not recognized.	Step off and on again. Ensure correct user registration. If problem persists, consult support.

9. SPECIFICATIONS


Feature	Specification
Model	HBF-217-BW
Dimensions (Approx.)	285 mm (W) x 28 mm (H) x 280 mm (D)
Weight (Main Unit)	Approx. 1.6 kg
Power Supply	4 x AAA Manganese Dry Batteries (R03) or AAA Alkaline Dry Batteries (LR03)
Battery Life (Approx.)	1 year (4 measurements/day at 23°C using manganese batteries)
Weight Measurement Range	2 to 135 kg
Weight Display Increment	100g (2-100kg), 200g (100-135kg)
Weight Difference Display	-99.9 to 99.9 kg
BMI Display Range	2.5 to 90.0 (0.1 increments)
Body Fat Percentage Range	5.0% to 50.0% (0.1% increments)
Basal Metabolism Range	385 to 3999 kcal (1 kcal increments)
Skeletal Muscle Percentage Range	5.0% to 60.0% (0.1% increments)
Visceral Fat Level Range	1 to 30 (1 level increments)
Body Age Range	18 to 80 years (1 year increments)
Material	Glass
Color	Brown

10. WARRANTY AND SUPPORT

OMRON products are manufactured under strict quality standards. For warranty information and customer support, please refer to the warranty card included with your product or visit the official OMRON website for your region. For further assistance, you may contact OMRON customer service. Please have your model number (HBF-217-BW) and purchase date ready.

201305-02068F

OMRON オムロン体重体組成計 HBF-217-BW

 危険

下記のような医用電気機器との併用は絶対しないでください。

- (1) ペースメーカーなどの体内植込型医用電気機器
- (2) 人工心肺などの生命維持用医用電気機器
- (3) 心電計などの装着型医用電気機器

これらの医用電気機器の誤動作をまねく恐れがあります。



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京都府向日市寺戸町九ノ坪53番地

輸入元 OMRON

電池形マンガン乾電池4個(DC6V)

製造番号は外側に記す

MADE IN CHINA

Image: A close-up of the product label on the underside, displaying the model number HBF-217-BW and important safety information.