

Omron HBF702T

Omron New Karada Scan HBF 702T Digital Body Composition Monitor User Manual

Model: HBF702T | Brand: Omron

1. INTRODUCTION

The Omron New Karada Scan HBF 702T Digital Body Composition Monitor is designed to provide comprehensive insights into your body's composition. This device utilizes advanced sensing technology to measure various parameters, helping you track your health and fitness progress effectively. It is suitable for home use and supports multiple user profiles.



Figure 1: Omron HBF 702T Digital Body Composition Monitor and its accompanying mobile application interface.

2. SAFETY INFORMATION

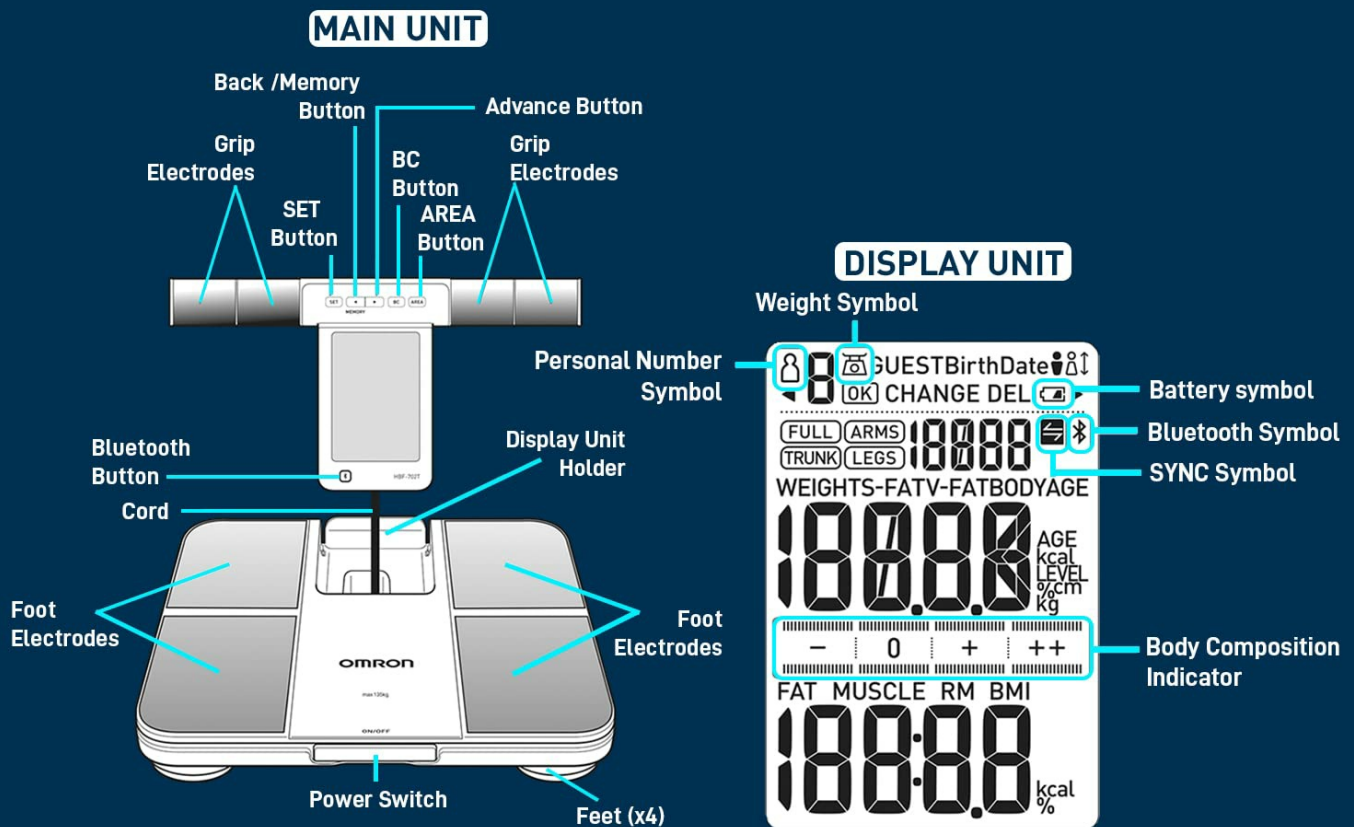
Please read all instructions carefully before using the device. Keep this manual for future reference.

- Do not use this device if you have a pacemaker or other implanted medical device.
- Consult your physician before starting any diet or exercise program.
- This device is intended for general household use only and is not a medical device.
- Do not use on wet or slippery surfaces. Ensure the device is placed on a flat, stable surface.
- Keep out of reach of children.
- Do not disassemble or modify the device.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your Omron HBF 702T Body Composition Monitor.

KNOW YOUR UNIT BETTER



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Figure 2: Main components and display unit of the Omron HBF 702T.

Main Unit Components:

- **Grip Electrodes:** Used for hand measurements.
- **Back/Memory Button:** For navigating and recalling memory.
- **SET Button:** To confirm selections.
- **BC Button:** Body Composition button.
- **AREA Button:** For specific area measurements.
- **Advance Button:** For moving forward in settings.
- **Display Unit Holder:** Secures the display unit.
- **Bluetooth Button:** For connecting to the Omron Connect app.
- **Cord:** Connects the display unit to the main scale.
- **Foot Electrodes:** Used for foot measurements.
- **Power Switch:** To turn the device on/off.

- **Feet (x4):** Stabilize the unit.

Display Unit Symbols:

- **Weight Symbol:** Indicates weight measurement.
- **Personal Number Symbol:** For user profiles.
- **Battery Symbol:** Indicates battery level.
- **Bluetooth Symbol:** Indicates Bluetooth connection status.
- **SYNC Symbol:** Indicates data synchronization.
- **Body Composition Indicator:** Displays various body composition metrics.

4. SETUP

4.1 Battery Installation

The Omron HBF 702T requires four AA manganese batteries (R6) or AA alkaline batteries (LR6). A trial set of AA batteries is included with the product.

1. Locate the battery compartment on the underside of the main unit.
2. Open the battery compartment cover.
3. Insert four AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

4.2 User Profile Registration

The device supports registration for up to four individuals. Each user can store their personal data for accurate measurements and tracking.

1. Turn on the device using the Power Switch.
2. Press the SET button to begin user registration.
3. Enter your personal number (1-4).
4. Input your height (100.0 - 199.5 cm).
5. Input your age (10-99 years).
6. Select your gender (male/female).
7. Confirm your settings by pressing the SET button.

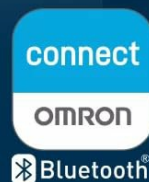
4.3 Connecting to Omron Connect App

The Omron HBF 702T features Bluetooth wireless technology for easy data transfer to the Omron Connect app, allowing for convenient tracking and analysis of your body composition data.



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HBF 702T



*Only available on www.omronbrandshop.com

Figure 3: The Omron HBF 702T supports Bluetooth connectivity for use with the Omron Connect app.

1. Download the "OMRON connect" app from your smartphone's app store (Google Play Store or Apple App Store).
2. Enable Bluetooth on your smartphone.
3. Open the Omron Connect app and follow the on-screen instructions to pair your HBF 702T device.
4. Press the Bluetooth button on the device to initiate pairing. The SYNC symbol will appear on the display.
5. Once paired, your measurements will automatically sync to the app.

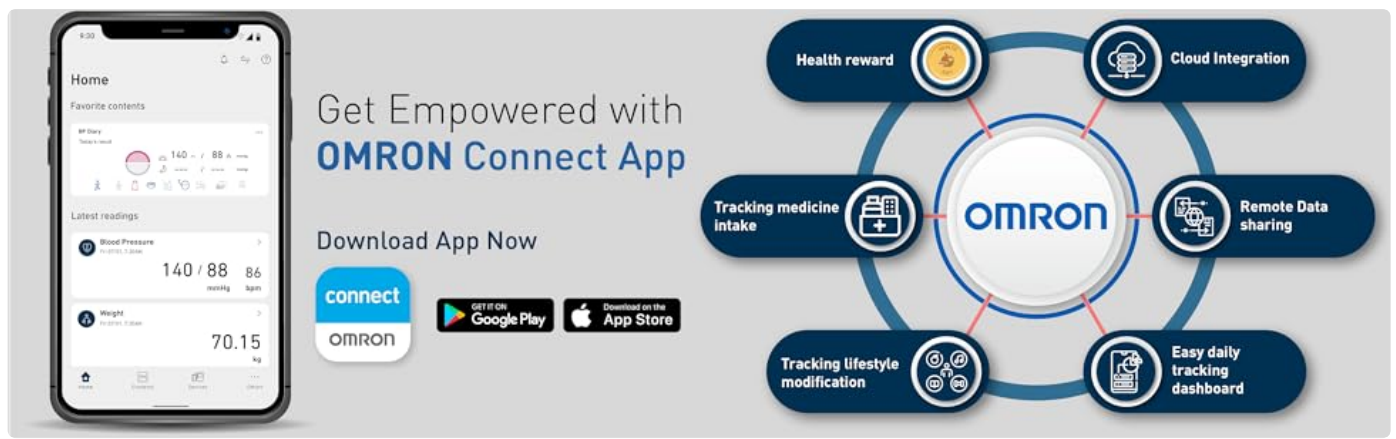


Figure 4: Overview of features and benefits of the OMRON Connect App.

5. OPERATION

5.1 Taking a Measurement

The Omron HBF 702T uses 4-point full body sensing technology for accurate and fast measurements, typically within 11 seconds.



KNOW YOUR BODY INSIDE OUT, THEN WORK OUT



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HBF 702-T

Figure 5: Proper posture for taking a measurement with the Omron HBF 702T.

1. Ensure the device is on a hard, flat surface.
2. Step onto the foot electrodes with bare feet.
3. Hold the grip electrodes firmly with both hands, ensuring your thumbs are on the top electrodes and fingers are wrapped around the side electrodes.
4. Stand still and wait for the measurement to complete. The device will display your readings.

5.2 Measured Parameters

The HBF 702T provides detailed body composition data, including:

- **Body Weight:** Your total body mass.
- **Body Fat Percentage:** The proportion of fat in your body.
- **Visceral Fat Level:** Fat surrounding your internal organs.
- **Resting Metabolism:** The number of calories your body burns at rest.
- **Skeletal Muscle Percentage:** The percentage of muscle attached to your bones.

- **Body Mass Index (BMI):** A measure of body fat based on height and weight.
- **Body Age:** An assessment of your body's physical age based on various metrics.
- **Segmental Subcutaneous Fat & Skeletal Muscle %:** Provides detailed readings for different body segments.

ADVANTAGES & FEATURES



4 Point Full
Body Sensing
Technology



Segmental
Subcutaneous
Fat & Skeletal
Muscle %



Bluetooth®
Wireless
Technology



4 User
Profiles



30 Memories
Per User



Body Age



BMI



Easy tracking
on OMRON
connect app



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Figure 6: Key advantages and features of the Omron HBF 702T, including 4-point sensing, Bluetooth, 4 user profiles, and various measurements.



4 Point Full Body
Sensing Technology



Accuracy



Fast
Measurement



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Figure 7: The Omron HBF 702T offers 4-point full body sensing technology for accurate and fast measurements.

6. MAINTENANCE

6.1 Cleaning

To ensure accurate readings and prolong the life of your device:

- Wipe the device with a soft, dry cloth after each use.
- For stubborn dirt, use a cloth lightly dampened with water and a mild detergent, then wipe dry immediately.
- Do not use abrasive cleaners, alcohol, or benzene.
- Do not immerse the device in water or any other liquid.

6.2 Storage

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. The recommended storage environment temperature is -20°C to +60°C with 10% to 95% RH.

- Avoid storing in areas with high humidity or dust.
- Do not place heavy objects on the device.
- If not using for an extended period, remove the batteries to prevent leakage.

7. TROUBLESHOOTING

If you encounter issues with your Omron HBF 702T, refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly installed.	Replace batteries with new ones, ensuring correct polarity.
Inaccurate readings.	Incorrect user profile selected, device on uneven surface, or feet/hands not properly placed on electrodes.	Ensure correct user profile is selected. Place device on a flat, hard surface. Ensure bare feet and hands are making full contact with electrodes. Avoid taking measurements immediately after intense exercise or showering.
Bluetooth connection failure.	Bluetooth is off on smartphone, app not open, or device not in pairing mode.	Ensure Bluetooth is enabled on your smartphone. Open the Omron Connect app. Press the Bluetooth button on the device to activate pairing mode. Restart both device and smartphone if necessary.
Display shows "Error" message.	Measurement error, possibly due to movement or improper contact.	Step off the device, wait a few seconds, and attempt the measurement again, ensuring you remain still.

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

8. SPECIFICATIONS

Feature	Detail
Model Number	HBF702T
Dimensions (LxWxH)	33 x 35 x 8.5 cm
Item Weight	3 kg
Power Supply	4 AA manganese batteries (R6) or AA alkaline batteries (LR6)
Power Consumption	0.12W
Country of Origin	China
User Registration	Up to 4 users
Height Setting Range	100.0 - 199.5 cm
Age Setting Range	10 - 99 years
Operating Environment	+5°C to +35°C, 30% to 85% RH

Feature	Detail
Storage Environment	-20°C to +60°C, 10% to 95% RH
Connectivity	Bluetooth® Wireless Technology
Included Components	Battery and User Manual

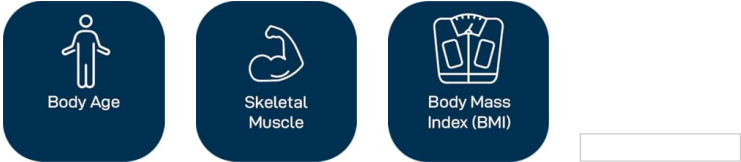


Figure 8: Icons representing key features measured by the device.

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The Omron HBF 702T Digital Body Composition Monitor comes with a **1-year brand warranty** from the date of purchase. Please retain your purchase receipt for warranty claims.

Extended warranty options may be available. For details, refer to the product's purchase page or contact your retailer.

9.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty service, please contact Omron Healthcare India PVT Ltd. customer support.

Importer Contact: OMRON Healthcare India PVT Ltd. 6th Floor, B-Block, Sewa Tower, Plot no.19, Sector -18, Udyog Vihar, Maruti Industrial complex, Gurgaon, Haryana 122008.

For more information, you may visit the [Omron Store on Amazon.in](#).