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## Omron HBF-212-EW

# User Manual

## OMRON BF-212 Body COMPOSITION MONITOR

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### 1. Introduction

Thank you for purchasing the OMRON BF-212 Body Composition Monitor. This device is designed to provide precise measurements of body weight, body fat percentage, skeletal muscle mass percentage, and Body Mass Index (BMI). It utilizes bioelectrical impedance analysis (BIA) technology for accurate readings. Please read this manual thoroughly before using the device to ensure correct operation and to understand its features and functions.

### 2. Important Safety Information

To ensure safe and effective use of the OMRON BF-212, please observe the following precautions:

- Do not use this device if you have a pacemaker or other implanted medical device.
- This device is not intended for use by pregnant women.
- Do not use this device on wet or slippery surfaces to prevent falls.
- Keep the device out of reach of infants and young children.
- Do not disassemble or attempt to repair the device. Refer to qualified service personnel.
- Use only the specified battery type (AAA) and ensure correct polarity.
- Avoid placing the device in direct sunlight, high temperatures, or high humidity.
- The device is for personal use and not intended for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.

### 3. Product Overview

The OMRON BF-212 Body Composition Monitor features a sleek design with a clear LCD display and intuitive controls. Below are the main components:



Figure 3.1: Top view of the OMRON BF-212 Body Composition Monitor, showing the display, control buttons, and foot electrodes.



Figure 3.2: Close-up view of the OMRON BF-212 display and control buttons (left arrow, right arrow, SET, power button).

## Components:

- **LCD Display:** Shows weight, body fat percentage, skeletal muscle percentage, BMI, and user number.
- **Foot Electrodes:** Four metal pads for bioelectrical impedance analysis.
- **Control Buttons:**
  - **Left Arrow (<):** Used to navigate menus or decrease values.
  - **Right Arrow (>):** Used to navigate menus or increase values.
  - **SET Button:** Confirms selections and enters user data.
  - **Power Button ( ):** Turns the device on/off and initiates measurement.

- **Battery Compartment:** Located on the underside of the device.

## 4. Setup

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### 4.1 Battery Installation

1. Turn the monitor over and open the battery compartment cover.
2. Insert four (4) AAA alkaline batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

### 4.2 Initial User Registration

The OMRON BF-212 can store data for up to 4 users. Follow these steps to register a new user:

1. Press the Power button ( ) to turn on the device.
2. The display will show a blinking user number (e.g., "P1"). Use the Left (<) or Right (>) arrow buttons to select an empty user number (P1, P2, P3, or P4).
3. Press the SET button to confirm the user number.
4. **Set Personal Data:**
  - **Height:** Use arrow buttons to adjust height (in cm or inches, depending on unit setting), then press SET.
  - **Age:** Use arrow buttons to adjust age, then press SET.
  - **Gender:** Use arrow buttons to select Male or Female, then press SET.
5. Once all data is entered, the device is ready for measurement.

## 5. Operating Instructions

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### 5.1 Taking a Measurement (Registered User)

1. Place the monitor on a hard, flat surface.
2. Press the Power button ( ).
3. Select your registered user number (P1-P4) using the arrow buttons, then press SET.
4. Step onto the monitor barefoot, ensuring your feet are positioned correctly on the electrodes. Stand still.
5. The monitor will display your weight, followed by body fat percentage, skeletal muscle percentage, and BMI.
6. The results will be automatically stored for your user profile. The monitor will turn off automatically after a few seconds.

### 5.2 Guest Mode Measurement

Use Guest Mode for measurements without storing data or for users not registered on the device.

1. Press the Power button ( ).
2. When the user number blinks, press the Right (>) arrow button until "GUEST" appears on the display.
3. Press SET.

4. Enter the guest's height, age, and gender as prompted, pressing SET after each entry.
5. Step onto the monitor barefoot and stand still.
6. The measurements will be displayed. These results will not be stored.

### 5.3 Newborn Mode

The OMRON BF-212 includes a Newborn Mode for weighing infants. This mode measures only weight and does not perform body composition analysis.

1. Press the Power button ( ).
2. When the user number blinks, press the Right (>) arrow button until "NEWBORN" appears on the display.
3. Press SET.
4. Step onto the monitor with the infant in your arms. The monitor will first measure your combined weight.
5. Step off the monitor, then step back on alone. The monitor will calculate the infant's weight by subtracting your weight.
6. The infant's weight will be displayed.

## 6. Maintenance

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### 6.1 Cleaning

- Wipe the monitor with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent, then wipe dry immediately.
- Do not use abrasive cleaners, alcohol, benzene, or thinners, as these may damage the device.
- Do not wash the device or immerse it in water.

### 6.2 Storage

- Store the monitor in a clean, dry place away from direct sunlight, extreme temperatures, and high humidity.
- Do not place heavy objects on the monitor.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

## 7. Troubleshooting

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If you experience issues with your OMRON BF-212, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display or weak display	Batteries are low or incorrectly installed.	Replace all four AAA batteries with new ones, ensuring correct polarity.
"Err" or inaccurate readings	Feet not properly positioned on electrodes; standing still not maintained; unit on uneven surface; personal data incorrect.	Ensure bare feet are centered on electrodes. Stand still during measurement. Place monitor on a hard, flat surface. Verify registered personal data.

Problem	Possible Cause	Solution
Cannot register new user	All 4 user slots are occupied.	Use Guest Mode or overwrite an existing user profile if no longer needed.
Measurements vary significantly	Measurements taken at different times of day; hydration levels vary; recent exercise or meal.	For consistent results, measure at the same time each day (e.g., morning before breakfast/exercise).

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

## 8. Specifications

Feature	Detail
Product Name	OMRON Body Composition Monitor BF-212
Model Number	HBF-212-EW
Display	LCD
Weight Capacity	2 to 150 kg (0.1 kg increments)
Body Fat Percentage Range	5.0 to 60.0% (0.1% increments)
Skeletal Muscle Mass Percentage Range	5.0 to 50.0% (0.1% increments)
BMI Range	7.0 to 90.0 (0.1 increments)
BMI Classification	- (subweight) / 0 (normal) / + (overweight) / ++ (Obese)
Memory	4 users + Guest Mode; stores last measurement for each user.
Power Source	4 x AAA Alkaline batteries (included)
Dimensions (approx.)	21 x 28.5 x 2.8 cm
Weight (approx.)	1.3 kg
Material	Acrylonitrile Butadiene Styrene
Special Features	Lightweight, Basal Metabolic Rate (BMR calculation implied by body composition)

## 9. Warranty and Support

OMRON products are manufactured to the highest quality standards. For information regarding the warranty period and terms for your OMRON BF-212 Body Composition Monitor, please refer to the warranty card included with your purchase or visit the official OMRON Healthcare website.

For technical support, troubleshooting assistance beyond this manual, or service inquiries, please contact OMRON Healthcare customer support. Contact details can typically be found on the OMRON Healthcare website or on the product packaging.

*Note: Keep your purchase receipt as proof of purchase for warranty claims.*

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Model: HBF-212-EW