

## InBody H30

# InBody Dial H30 Body Composition Scale User Manual

Model: H30 | Brand: InBody

## 1. INTRODUCTION

The InBody Dial H30 is an advanced body composition scale designed to provide comprehensive insights into your body's health beyond just weight. Utilizing triple-frequency bioelectrical impedance analysis (BIA) technology, it offers precise measurements of body fat, muscle mass, and other key metrics. This manual provides essential information for setting up, operating, and maintaining your InBody Dial H30 to ensure accurate and consistent results.

## 2. PACKAGE CONTENTS

Before beginning, please verify that all items are present in the package:

- InBody Dial H30 Body Composition Scale
- 4 AA Batteries
- User Manual (this document)



Figure 2.1: InBody Dial H30 Body Composition Scale with its detachable handle.

## 3. SETUP

### 3.1 Battery Installation

1. Turn the InBody Dial H30 scale upside down.
2. Locate the battery compartment cover on the underside of the scale.
3. Open the battery compartment cover.

4. Insert the 4 AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
5. Close the battery compartment cover securely.

### 3.2 App Pairing (InBody App)

The InBody Dial H30 connects to the InBody App for comprehensive data tracking and analysis. Download the InBody App from your device's app store and follow the in-app instructions to pair your scale. The scale features auto user recognition for up to 20 users and can sync data even if your phone is in another room.

## Triple-Frequency Technology for Enhanced Precision

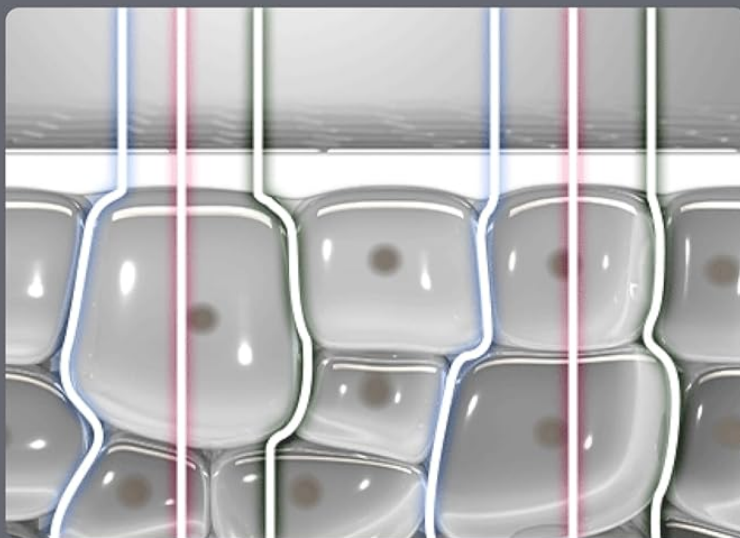


### Single Frequency

Measures only the water outside the cells — intracellular water is estimated.

### Triple Frequency

Measures seamlessly from outside to inside the cells — no guesswork, no gaps.



Multiple currents at varying frequencies measure deep into the cells to **provide precise body water analysis**

Figure 3.1: The InBody App interface showing user selection and data synchronization capabilities.

## 4. OPERATING INSTRUCTIONS

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For accurate measurements, follow these steps:

1. **Placement:** Place the InBody Dial H30 on a hard, flat, and level surface. Avoid carpets or uneven flooring.
2. **Step On:** Step barefoot onto the foot electrodes of the scale. Ensure your feet are properly aligned with the designated areas.
3. **Hold Handle:** Firmly hold the detachable handle with both hands, ensuring your thumbs are on the thumb electrodes. Maintain a good posture, standing still and refraining from speaking during the measurement.
4. **Measurement:** The scale will automatically begin the measurement process. The LCD screen will display key metrics.
5. **Data Sync:** Once the measurement is complete, your data will automatically sync to the InBody App on your paired smartphone.



Figure 4.1: Proper posture and handle usage during an InBody Dial H30 measurement.

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Video 4.1: Official InBody US video demonstrating the usage of the InBody Dial H30 scale and its app integration.

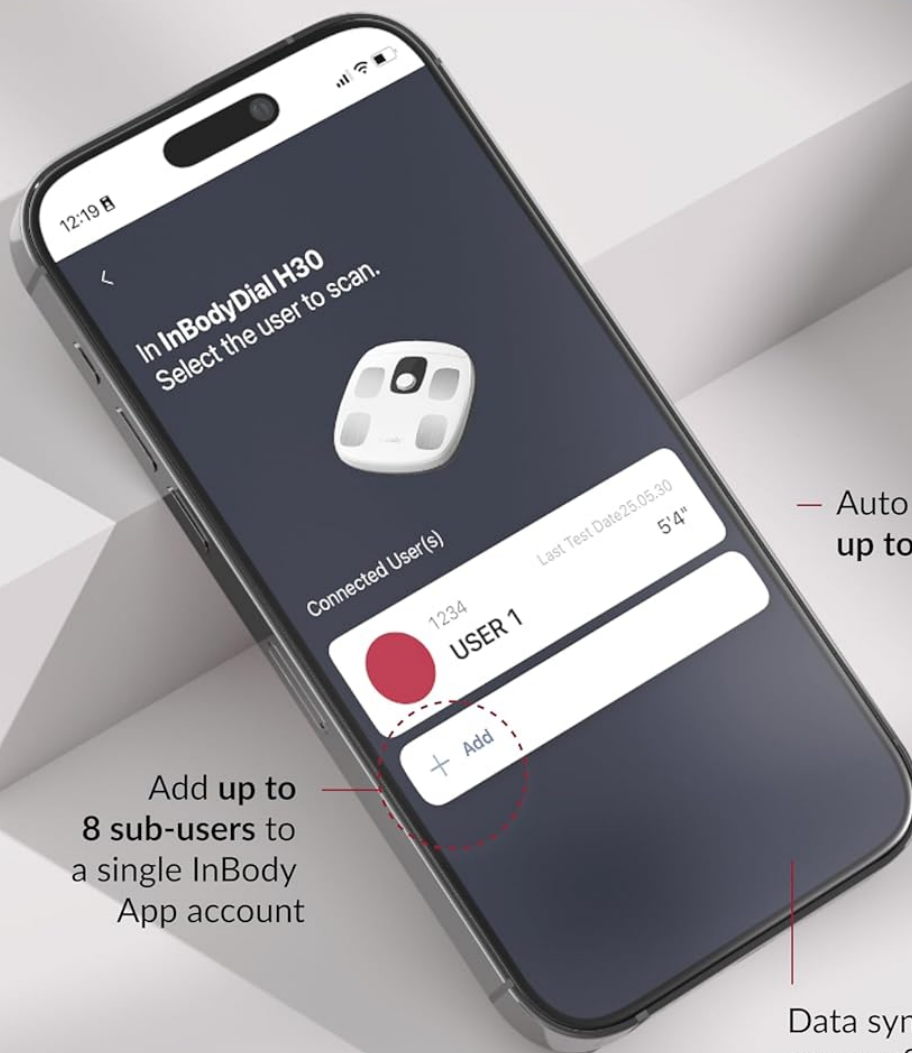
## 5. KEY FEATURES & TECHNOLOGY

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- **Advanced Triple-Frequency Technology:** Utilizes high and low frequencies for advanced body analysis of fat and muscle using bioelectrical impedance analysis (BIA) technology, providing accurate body composition data.
- **Ergonomic Handle Design:** Features patented thumb electrodes on the handle for repeatable and precise bioimpedance measurements.
- **Auto User Recognition & Sync:** Automatically identifies users and syncs data to the InBody App within seconds, supporting up to 20 users.
- **Comprehensive Progress Tracking:** Provides detailed insights including BMI, body fat, and muscle mass metrics via the InBody App, compatible with Apple Health.
- **Durable & User-Friendly Design:** Equipped with a splash-proof, backlit LCD screen for easy readability of key metrics such as Weight, BMI, Percent Body Fat, Skeletal Muscle Mass, and Visceral Fat Level.

# Step On, Start Testing

No Manual Input Necessary!



**PERFECT FOR  
FAMILIES OR  
FITNESS GROUPS!**

— Auto user recognition for  
up to 20 users on device

Add up to  
8 sub-users to  
a single InBody  
App account

Data syncs to your InBody  
app profile - **even with your  
phone in the other room!**

Figure 5.1: The splash-proof LCD screen of the InBody Dial H30 showing key metrics.



Figure 5.2: Explanation of InBody's Triple-Frequency Technology for enhanced precision in body composition analysis.

## 6. BEST PRACTICES FOR ACCURATE MEASUREMENT

To ensure the most accurate and consistent results from your InBody Dial H30, adhere to the following guidelines:

Do's:

- **Measure at the Same Time of Day:** Consistency in measurement time helps track true changes in body composition.
- **Use on a Hard, Level Surface:** Ensure the scale is placed on a stable, flat surface to prevent measurement inaccuracies.
- **Stand Still and Keep Your Feet Aligned:** Remain motionless and ensure proper foot placement on the electrodes during the test.

Don'ts:

- **Measure Right After Exercise:** Exercise can temporarily alter body fluid distribution, affecting results.
- **Use Immediately After Eating or Drinking:** Food and liquid intake can impact hydration levels and measurement accuracy.
- **Measure with Wet or Lotioned Skin:** Ensure your skin is clean and dry for proper electrical contact with the electrodes.



Figure 6.1: Visual guide to best practices for using your InBody Dial H30.

7. PRODUCT SPECIFICATIONS

| Feature            | Specification                                    |
|--------------------|--|
| Brand              | InBody   |
| Model Number       | H30  |
| Color              | White  |
| Display Type       | LCD (Backlit)                                    |
| Special Features   | Body Fat, Auto Shut Off, Muscle Mass, Bodyweight |
| Recommended Uses   | Health, Adults, Children, Indoor, Home, Fitness  |
| Batteries          | 4 AA batteries required (included)               |
| Country of Origin  | Korea, Republic of                               |
| Package Dimensions | 19.29 x 16.34 x 4.92 inches                      |
| Item Weight        | 5.5 Pounds                                       |

8. MAINTENANCE

To ensure the longevity and accuracy of your InBody Dial H30, follow these maintenance guidelines:

- **Cleaning:** Wipe the surface of the scale and electrodes with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the scale in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace all 4 AA batteries when the low battery indicator appears on the display or if the scale does not power on.
- **Handle Care:** Ensure the handle cable is not kinked or damaged. Store the handle securely when not in use.

## 9. TROUBLESHOOTING

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If you encounter issues with your InBody Dial H30, refer to the following common troubleshooting steps:

- **Scale Not Powering On:**

- Check if batteries are installed correctly with proper polarity.
- Replace old or depleted batteries with new ones.

- **Inaccurate Readings:**

- Ensure the scale is on a hard, flat, and level surface.
- Verify that your feet and hands are clean and dry, making full contact with the electrodes.
- Follow the "Best Practices for Accurate Measurement" outlined in Section 6.
- Avoid taking measurements immediately after intense exercise, eating, or drinking.

- **App Connectivity Issues:**

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the InBody App is updated to the latest version.
- Restart both the scale and your smartphone.
- Try re-pairing the scale with the app if the issue persists.

- **User Recognition Failure:**

- Ensure you are registered as a user in the InBody App.
- Confirm your profile details (e.g., height, age) are correctly entered in the app.

For further assistance or visual troubleshooting guides, please visit the official InBody support website or contact their customer service.

## 10. WARRANTY AND SUPPORT

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For warranty information, product support, or service inquiries, please refer to the official InBody website or contact InBody customer service directly. Keep your purchase receipt as proof of purchase for warranty claims.

**Manufacturer:** InBody


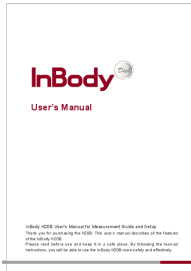
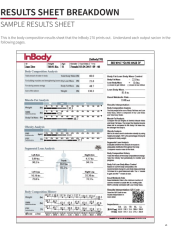


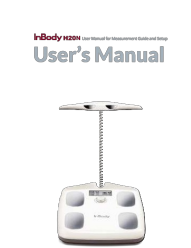
**Country of Origin:** Korea, Republic of

**Date First Available:** January 30, 2024



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**Related Documents - H30**

|   |   |
|---|---|
|    | <p><a href="#">How to Get Accurate Results with Your InBody Dial H30</a></p> <p>A step-by-step guide to using the InBody Dial H30 body composition scale for accurate results, covering preparation, environmental factors, power on, correct posture, and test completion.</p>                             |
|    | <p><a href="#">InBody H20B User Manual: Body Composition Analyzer Guide</a></p> <p>Comprehensive user manual for the InBody H20B body composition analyzer, covering setup, usage, troubleshooting, and specifications. Learn how to accurately measure body fat, muscle mass, and more.</p>                |
|    | <p><a href="#">InBody 270 Body Composition Analysis Results Explained</a></p> <p>A comprehensive guide to understanding your InBody 270 body composition results, including analysis of body water, lean mass, fat mass, BMI, and segmental lean mass, along with explanations of different body types.</p> |
|  | <p><a href="#">InBodyDial H30 User's Manual</a></p> <p>Comprehensive user's manual for the InBodyDial H30, covering installation, operation, test procedures, results interpretation, maintenance, troubleshooting, and product warranty.</p>   |
|  | <p><a href="#">InBody570 Training Manual: Understanding Body Composition Analysis</a></p> <p>A comprehensive training manual for the InBody570 body composition analyzer, detailing its features, operation, and results interpretation for understanding body fat, muscle mass, and overall health.</p>    |
|  | <p><a href="#">InBody H20N User Manual: Measurement Guide and Setup</a></p> <p>Comprehensive user manual for the InBody H20N body composition analyzer, detailing measurement, setup, app integration, troubleshooting, and result interpretation for health and fitness tracking.</p>                      |

