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Omron KRD-203-DB

Omron KRD-203-DB Body Composition Meter User Manual

Model: KRD-203-DB | Brand: Omron

1. IMPORTANT SAFETY INFORMATION

Warning: Consult your physician before beginning any weight loss or exercise program. This device is not intended for use in the diagnosis or treatment of any medical condition.

- Do not use this device if you have a pacemaker or other implanted medical device.
- Do not use this device if you are pregnant.
- Keep out of reach of children.
- Ensure the device is placed on a hard, flat surface for accurate measurements.
- Do not use on slippery surfaces.

2. PRODUCT OVERVIEW

The Omron KRD-203-DB Body Composition Meter is designed to provide various body composition measurements. It features an easy-to-read LCD display and automatic user recognition.

Package Contents:

- Omron KRD-203-DB Body Composition Meter
- 4 x AAA Manganese Batteries (Trial batteries)
- Instruction Manual

Key Features:

- Measures body weight, body fat percentage, visceral fat level, skeletal muscle percentage, BMI, basal metabolism, and body age.
- Automatic user recognition for up to 4 individuals.
- Large LCD display for clear readings.
- Thin and flat design for easy storage and cleaning.
- Weight capacity up to 135 kg.



Figure 1: Front view of the Omron KRD-203-DB Body Composition Meter, displaying a weight of 62.7 kg on its LCD screen.



充実機能でカラダをサポート

Figure 2: Visual representation of the various body composition metrics measured by the device, including body fat, visceral fat, skeletal muscle, basal metabolism, BMI, and body age.

3. SETUP

3.1 Battery Installation

1. Turn the unit over and locate the battery compartment cover on the underside.
2. Open the battery compartment cover.
3. Insert the four AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

3.2 Initial Setup and User Registration

Before first use, you need to set up the device and register user profiles. The device can store data for up to 4 individuals.

1. Press the "ON/OFF" button to power on the device.
2. Use the arrow buttons ($\blacktriangle/\blacktriangledown$) to navigate through settings such as height, age, and gender.
3. Confirm each setting by pressing the "SET" button (or equivalent, refer to specific button labels on the device).
4. Repeat for up to 4 users. The device will assign a user number (P1, P2, P3, P4).

4. OPERATING INSTRUCTIONS

4.1 Taking a Measurement

The Omron KRD-203-DB features automatic recognition. Simply step onto the scale to begin measurement.

1. Place the body composition meter on a hard, flat, and stable surface.
2. Ensure your feet are clean and dry.
3. Step onto the electrodes with bare feet. Stand still and balanced.
4. The device will automatically power on, recognize the user (if registered), and begin measurement.
5. Wait for the measurements to stabilize and display on the LCD screen. The device will cycle through various metrics.
6. Step off the device once all measurements are displayed. The device will automatically power off after a short period of inactivity.



Figure 3: A person standing barefoot on the Omron KRD-203-DB Body Composition Meter, demonstrating the proper stance for measurement. The display shows a reading of 66.6.

4.2 Guest Mode

For users who are not registered, the device offers a guest mode. This allows for a single measurement without storing data in a profile.

1. Press the "ON/OFF" button.
2. Select "Guest" using the arrow buttons (▲/▼).
3. Enter guest's height, age, and gender as prompted.
4. Step onto the electrodes with bare feet to take a measurement.



狭いスペースでも収納可能な スリムデザイン

Figure 4: A diagram illustrating the sequence of measurements provided by the device, starting from weight and progressing to BMI, body fat percentage, visceral fat level, skeletal muscle percentage, basal metabolism, and body age.

5. MAINTENANCE AND CARE

- Clean the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Keep the electrodes clean for accurate readings.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

6. TROUBLESHOOTING

Common Issues and Solutions:

- **No display/Device does not turn on:** Check battery installation and replace if necessary. Ensure batteries are inserted with correct polarity.
- **Inaccurate readings:** Ensure the device is on a hard, flat surface. Make sure your feet are clean and dry and positioned correctly on the electrodes. Re-enter user data if necessary.
- **"Err" message:** This may indicate an error during measurement. Step off the scale, wait a few seconds, and try again. Ensure you stand still during measurement.
- **User not recognized:** Verify that your user profile is correctly registered. Ensure you are stepping on the scale with bare feet.

7. SPECIFICATIONS

Feature	Detail
Model Number	KRD-203-DB
Power Supply	4 x AAA Manganese Batteries (R03) or AAA alkaline batteries (LR03)
Product Weight	Approx. 1.6 kg (including batteries)
Dimensions (W x D x H)	Approx. 285 x 280 x 28 mm (11.2 x 11.0 x 1.1 inches)
Measurement Range	Weight: 2 kg to 135 kg
Display Type	LCD
User Profiles	Up to 4 individuals

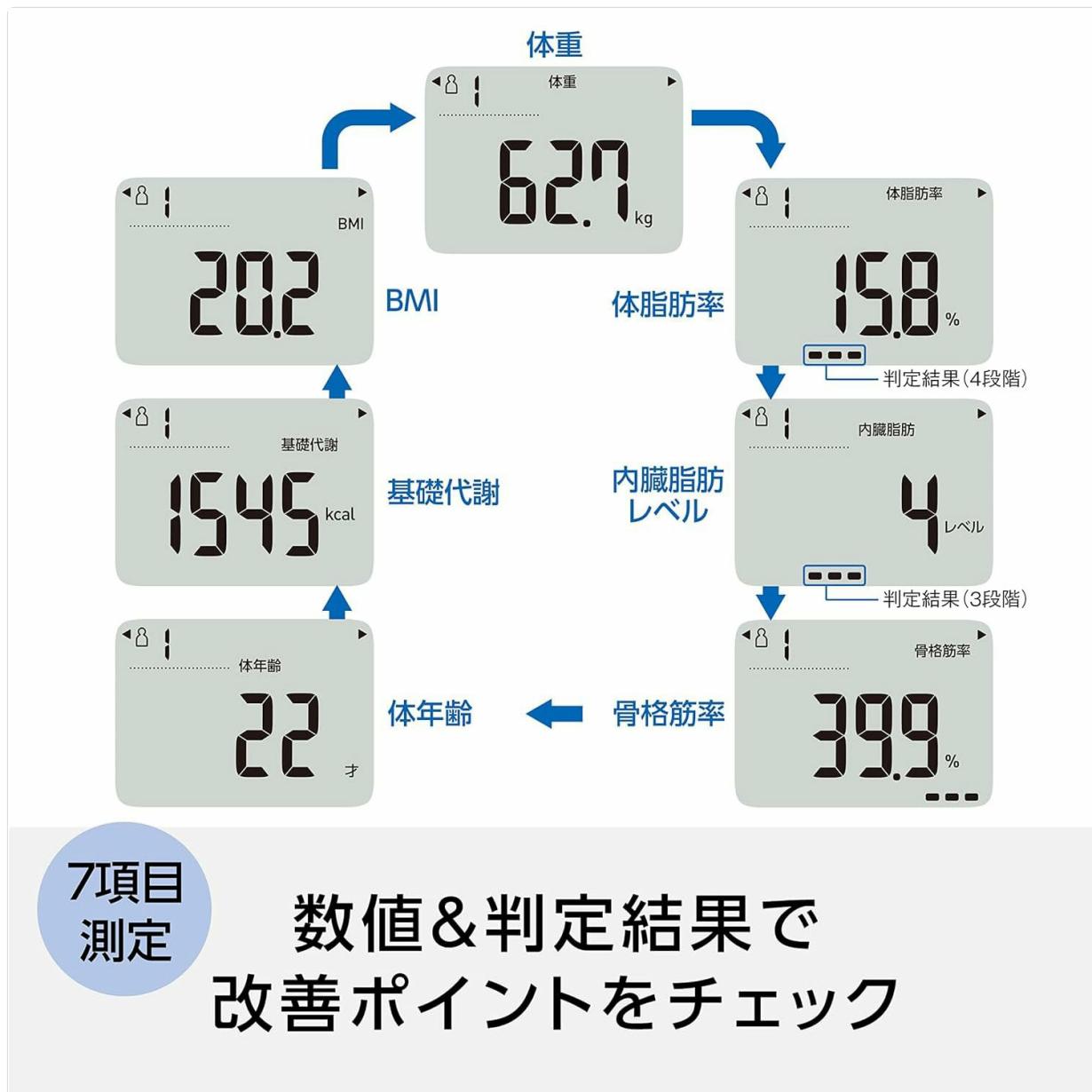


Figure 5: Dimensions of the Omron KRD-203-DB Body Composition Meter, showing a width of 285mm, depth of 280mm, and thickness of 28mm, with a weight of 1.6kg.

8. WARRANTY AND SUPPORT

Warranty Information:

Please refer to the warranty card included with your product for detailed warranty terms and conditions. Keep your purchase receipt as proof of purchase.

Customer Support:

For technical assistance, troubleshooting, or service inquiries, please contact Omron customer support. Contact details can typically be found on the Omron official website or on the product packaging.

Note: The provided image for contact information is in Japanese. For English support, please refer to your local Omron website or contact number.

お問合せ窓口について

電話でのお問い合わせ

お問い合わせいただく前にご確認ください。

- 商品の型式(HEM-7011やHBF-371など)
- 製造番号(不明の場合は結構です)
- 購入された時期、購入店名
- 不具合の状態(表示しない、異常な表示が出るなど)

 0120-30-6606

【受付時間】9:00～17:00(土・日・祝日・年末年始を除く)

※ダイヤルのかけ間違いが多くなっております。ダイヤルは正確におかけください。

※携帯電話・PHSからもご利用いただけます。

ご案内

お問い合わせ内容の確認とサービス向上を目的として、通話を録音させていただいております。
予期せぬ障害などで電話が切れた時にこちらからかけ直しをさせていただくために、
発信者番号通知をお願いしております。発信者番号を非通知に設定されているお客様は、
はじめに「186」をダイヤルしてからおかけください。

Figure 6: Image showing Omron customer support contact details, including a phone number and operating hours, presented in Japanese.

