

# How to Get Accurate Results with Your **InBody Dial H30**



## 1 Preparation

Confirm that you have followed all optimal testing conditions (empty stomach, morning test, after using the bathroom, before exercise/showering). Moisten your hands and feet with a damp wipe if they are too dry.

## 2 Environmental Factors

Electronic interference is a common source of error. Avoid conducting your test near Appliances (refrigerators, televisions, etc.), Fluorescent lighting, Power outlets, or areas crowded with Bluetooth devices.

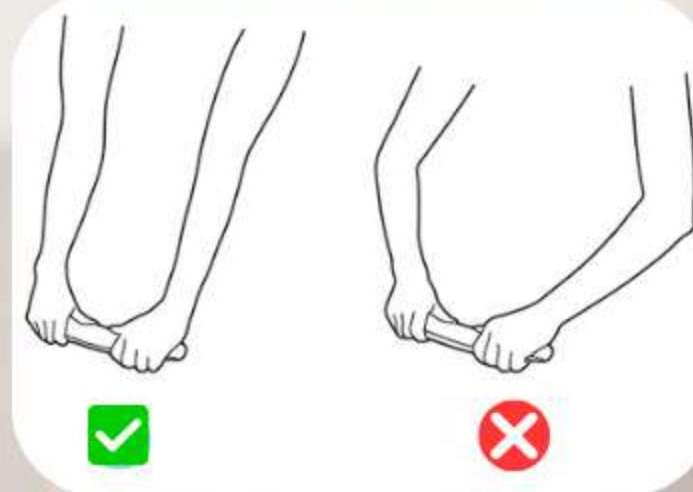
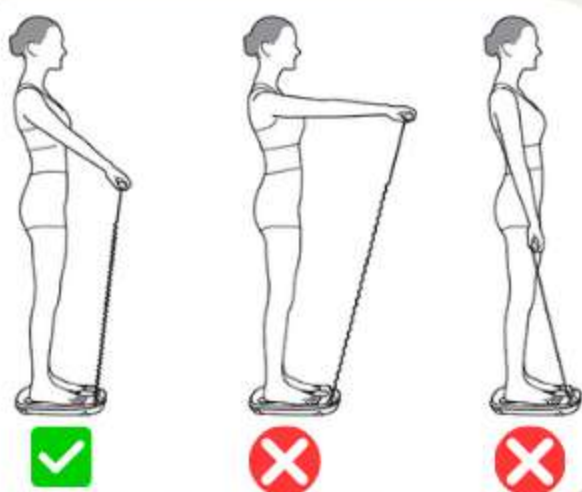


## 3 Power On

Place the device on a stable, flat surface. Stand barefoot on the footplate to activate the scale.

## 4 Correct Posture

Please grip the handle and maintain it at the same height as your pelvis, as shown in the images, and fully stretch your arms so that they don't touch your waist. Arms are fully extended and held at a 45° angle from the torso.



## 5 Complete Test & Sync

Remain still until the device reaches 100% completion. Then check your results on the device screen or InBody App.

