

# InBodyBAND2

## User's Manual





# InBodyBAND2

## Table of Contents

<b>General Precautions</b>	4
Warning	5
Notes	5
<b>Using the InBody App</b>	5
<b>Setting the InBody BAND 2</b>	6
<b>Transferring Data</b>	6
<b>InBody Test</b>	7
<b>EZ Training</b>	7
<b>Sleep Analysis</b>	8
<b>Notifications</b>	8
Step Alarm	9
Goal Alarm	9
Time Alarm	10
WearMe Alarm	10
Call/SMS Alarm	11
<b>Replacing the Strap</b>	11
<b>Specifications</b>	12
<b>Warranty</b>	13

## General Precautions

Please observe the following precautionary steps:

- The **InBody BAND 2** has been tested in a controlled environment and is water and dust-resistant under specific conditions. It satisfies the requirement for IP68 level of international standard IEC 60529 – Degrees of Protection provided by Enclosures [IP Code]. However, the InBody BAND 2 may not resist water and may be damaged by water in certain circumstances.
- Do not disassemble or cause impact to the InBody BAND 2 arbitrarily. Such actions may result in electrical shock or injury, failure, and inaccurate outcomes of the InBody BAND 2, and no further warranty service may be provided by the manufacturer.
- Do not open, disassemble, break, deform, bend, smash, press, or make a hole in the InBody BAND 2.
- Do not use the InBody BAND 2 if it is damaged. It could cause a fire, burns, injury and/or electrical shock.
- Do not place the InBody BAND 2 in saltwater or chemicals (soapy water).
- Do not leave the InBody BAND 2 in a bathtub or hot water.
- Do not bend the InBody BAND 2 excessively. It may cause damage to the product.
- Do not drop or cause impact the InBody BAND 2. The product can be damaged or deformed, causing water leakage.
- Do not wear the InBody BAND 2 for prolonged periods of time in environments with high temperature and humidity, such as inside a hot car or spa. The exterior may become deformed, or the product may break/explode.
- The battery life can vary by the degree of use.
- Do not cover or wrap the InBody BAND 2 while it is in use or charging, as it may cause a fire.
- Users who wear the InBody BAND 2 too tightly and/or with sensitive skin may experience skin reactions.
- Skin reactions can occur to users who are exposed to external irritants such as sweat and/or soap, or by allergens, environmental factors, and/or other factors.
- Keep the band clean and dry.
- Do not connect the InBody BAND 2 to other equipment by means not specified in the user's manual.
- Keep the electrodes of the InBody BAND 2 away from electroconductive materials. Electrical stimulation such as static electricity can cause product damage or failure.
- Do not check notifications or other data shown in the InBody BAND 2 display when distracted such as when driving.
- Be sure not to bend the charging dock USB cable. Discontinue use if the USB cable is damaged.
- Test results may vary depending on physical and environmental conditions.
- The InBody BAND 2 has been approved for electromagnetic compatibility home use (Class B) and may be used in all regions.
- Avoid taking measurements in cold weather.
- Bluetooth devices may cause electromagnetic interference due to the use of the same frequency range. In case of medical emergencies or when communication is urgent, get notifications directly from your cellphone.
- Do not expose the InBody BAND 2 to ultraviolet (UV) light for prolonged periods of time. The strap may become discolored or deformed by direct sunlight, water, oil, or cosmetics.

### Warning

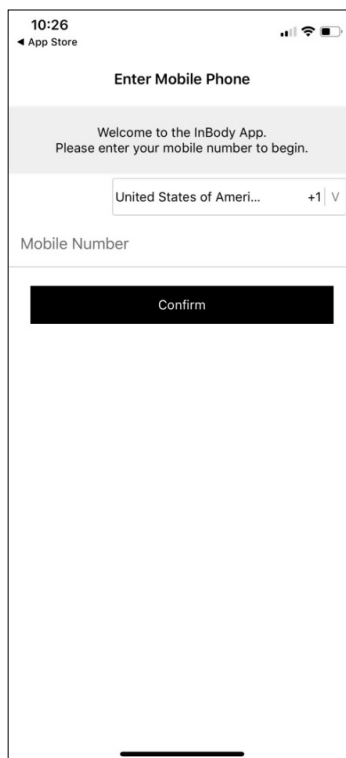
- Individuals with artificial implants such as pacemakers or life-sustaining implants should not take the InBody test.
- The electrical currents used for the test are not harmful to the body, but pregnant women are advised to consult with an expert before use.

### Notes

- Use a soft cloth to clean the InBody BAND 2 once a week.
- Product specifications and user manuals are subject to changes without notice.

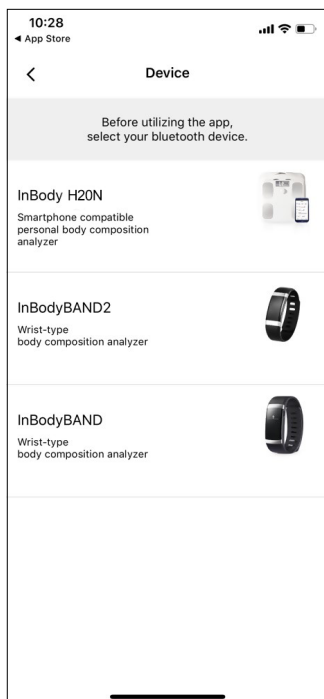
## Using the InBody App

1. To download the InBody App, search for “InBody” in the Apple App Store or the Google Play Store and click download.
2. Register your InBody App.

A screenshot of a mobile app registration screen. At the top, the status bar shows the time 10:26, a back arrow, 'App Store', and signal/battery icons. The title 'Enter Mobile Phone' is centered. Below it, a grey box contains the text 'Welcome to the InBody App. Please enter your mobile number to begin.' A dropdown menu shows 'United States of Ameri...' with a '+1' and a chevron icon. Below this is a text input field labeled 'Mobile Number'. At the bottom is a black button with the word 'Confirm' in white.

3. Open the InBody App and enter your mobile phone number to start registration.
4. Enter your gender, height, age, and password.
5. Press Done to complete the registration.

## Setting the InBody BAND 2



1. Select InBody BAND 2 on the Device Setting screen and press the SET button.
2. Enter your weight and press Confirm.
3. Finish configuring the InBody BAND 2.

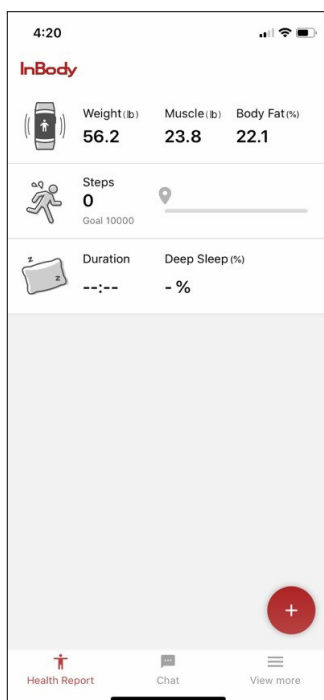
## Transferring Data

Once the InBody BAND 2 is paired with the app, steps and sleep data will be automatically updated.

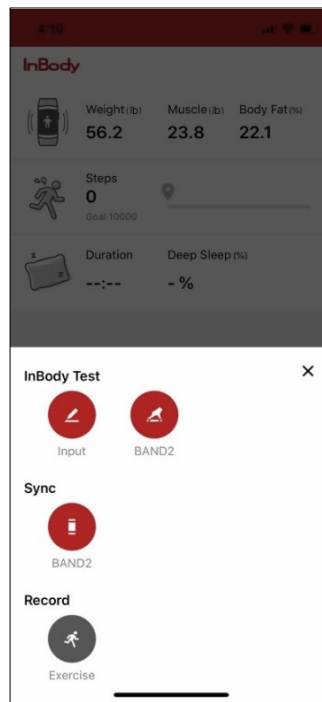


### Notes

If you want to update again due to update failure, you can update through Sync + menu at the bottom right of the main screen.

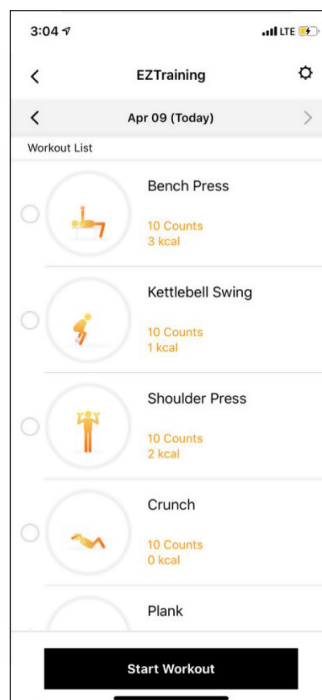


## InBody Test



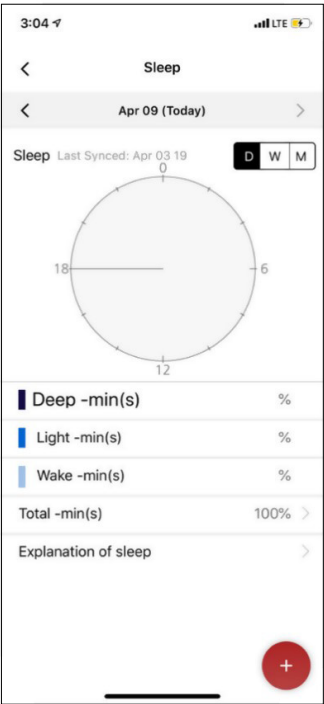
1. Press the + button at the bottom right of the main screen.
2. Select BAND 2 in InBody Test.
3. Enter your current weight and press the OK button to start the measurement.
4. When the Measurement screen appears, place two fingers on the electrode.  
After the InBody Test is completed, the test result will be automatically saved in the app.

## EZ Training



1. Press Steps on the main screen.
2. Select EZ Training and choose from the 12 different exercises shown.
3. Press the Start Activity button. The exercise will be counted as long as the right posture is maintained.  
The number of calories burned will show on the main screen.

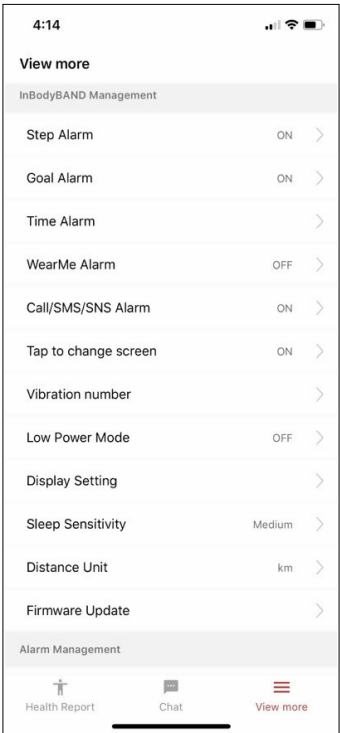
# Sleep Analysis



1. To view your sleep analysis results, select Sleep Sensitivity on the Band Management menu.
2. Sleep sensitivity is divided into the following categories: Deep Sleep, Light Sleep and Awake. Choose between the three categories. Once you update through Sync, your sleep analysis will appear on the main screen.

# Notifications

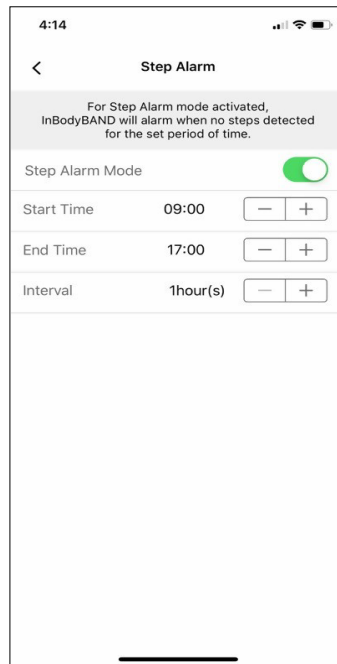
The following sections describe the types of notifications you will receive.





## Step Alarm

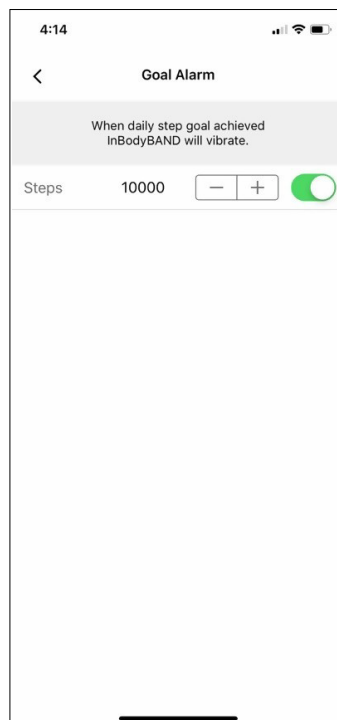
The Step Alarm vibrates if no steps are detected during the set time.



1. Select Step Alarm on the Band Management menu.
2. Select Start Time, End Time, and Repeat Interval.

## Goal Alarm

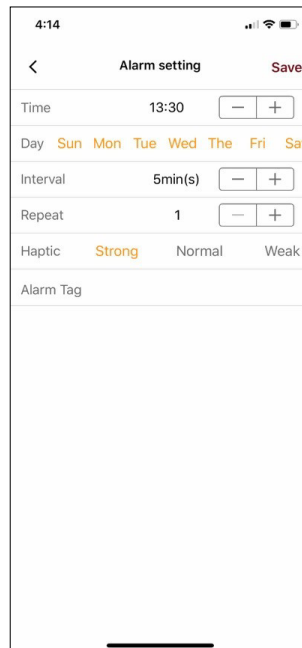
The Goal Alarm vibrates when your daily step goal has been achieved.



1. Select Goal Alarm on the Band Management menu.
2. You can set your goal (Number of Walking Steps, Calories) by selecting the icon.

## Time Alarm

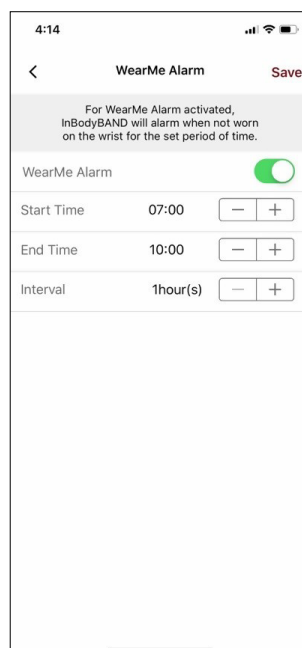
The Time Alarm will give you vibration notifications when the time for the alarm has been reached.

A screenshot of a mobile app's 'Alarm setting' screen. At the top, the status bar shows '4:14' and signal/battery icons. The screen has a back arrow, the title 'Alarm setting', and a 'Save' button. Below are several settings: 'Time' set to '13:30' with minus/plus buttons; 'Day' with a row of buttons for 'Sun', 'Mon', 'Tue', 'Wed', 'Thu', 'Fri', and 'Sat'; 'Interval' set to '5min(s)' with minus/plus buttons; 'Repeat' set to '1' with minus/plus buttons; 'Haptic' with three options: 'Strong' (selected), 'Normal', and 'Weak'; and an 'Alarm Tag' label above a large empty text area at the bottom.

1. Select Time Alarm on the Band Management menu.
2. Tap the Add button on the top right of the screen to set Alarm Time, Day of the Week, Repeat Cycle, Repeat Count, Vibration Strength, and Name of the alarm.

## WearMe Alarm

The WearMe Alarm will give you vibration notifications when the time set for not wearing the product has been reached.

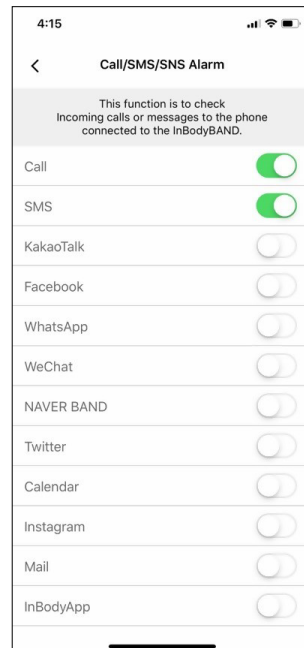
A screenshot of a mobile app's 'WearMe Alarm' screen. At the top, the status bar shows '4:14' and signal/battery icons. The screen has a back arrow, the title 'WearMe Alarm', and a 'Save' button. Below the title is a grey informational box: 'For WearMe Alarm activated, InBodyBAND will alarm when not worn on the wrist for the set period of time.' Below this is a toggle switch for 'WearMe Alarm', which is currently turned on (green). Underneath are three settings: 'Start Time' set to '07:00' with minus/plus buttons; 'End Time' set to '10:00' with minus/plus buttons; and 'Interval' set to '1hour(s)' with minus/plus buttons. At the bottom is a large empty text area.

By enabling the WearMe Alarm, the InBody BAND2 will alert you when you have not worn it for a set time.

1. Select WearMe Alarm on the Band Management menu.
2. Set the Start Time, End Time, and Interval.

## Call/SMS Alarm

The Call/SMS Alarm will give you vibration notifications when you receive incoming calls or messages.



1. Select Call/SMS Alarm on the Band Management menu.
2. Select which notification(s) you would like to receive from the device.

## Replacing the Strap

1. Support the back of the InBody BAND 2 electrodes with your index finger.
2. Remove the strap by pushing the LCD screen downward with your thumb and pushing the strap upward with the other hand.
3. Remove the other strap in the same way.
4. Mount the strap by pushing it downward.

## Specifications

Information Displayed	Current time, Percent Body Fat or Skeletal Muscle Mass (selectable from the app), heart rate, walking steps, active time, calories burned, distance walked/ran, notifications, EZTraining™, and battery level.
Measurement Current	Below 90 $\mu$ A
Data Storage	2 weeks (depending on usage)
Dimensions	0.7 (W) x 1.7 (L) x 0.4 (H) inches
Charging Time	Approx. 1 hour
Wrist circumference	5.3 – 7.7 inches
Color	Midnight Black, Stone Gray, Red Wine, Modern Navy
Input Power	Operating voltage: 3.7 VDC, Charging voltage: 5.0 VDC
Operating environment	50 – 104°F, 30 – 75%RH, 70 – 106kPa
Transportation and Storage Environment	14 – 158°F, 10 – 80%RH, 50 – 106kPa (no condensation)
Frequency Used	2402 MHz to 2480 MHz
No. of Channels	40
Modulation Method	GFSK
Wattage	1mW and below
Waterproof Rating	IP68

## Warranty

### Product Service Standards

- Complementary service is only available when a manufacturer defect or natural defect occurs within the warranty period.
- Matters not specified here are subject to "Fair Trade Commission Notice of Consumer Dispute Resolution Standards".

### Types of Compensation for Consumer Damages

Types of Compensation for Consumer Damages	Within Warranty Period	After Warranty Period
Within 10 days of product purchase, performance or functional defects that occur during normal use that require repairs.	Exchange or refund	Repairs Available for a Fee
Within 1 month of product purchase, performance or functional defects that occur during normal use that require repairs.	Exchange or complementary repair	

Types of Compensation for Consumer Damages		Within Warranty Period	After Warranty Period
Repair Service Available	If the same defect occurs up to 3 times	Complementary Repair	Repairs Available for a Fee
	If the same defect occurs up to 4 times	Exchange or refund	
Repair Service Not Available	Undelivered products within 1 month of service request	Exchange or refund	Refund after deduction 10% of the depreciation amount
	Repair is unavailable without repair components	Exchange or refund	

### Warranty Period

#### Note

- If the product is changed or damaged due to disassembly or repair by unlicensed personnel, warranty service will be voided.

Product Name	InBody BAND 2	Model Name	InBody BAND 2
Date of Purchase	Day    Month    Year	Product Serial Number	
Vendor		Warranty Period	1 Year From Date of Purchase

[Component Retention Period Within 3 YEAR]

[Component Warranty Period:  
1 Year from Date of Purchase (Excludes Strap)]

- If the date of purchase cannot be confirmed, the warranty period will begin three months from the date manufactured.
- This warranty is only available in USA, and cannot be reissued. Please keep in a safe place.

## Services Available for a Fee

### Instances of Product Damage from Consumer Misconduct

- damage caused by carelessness (falling, flooding, shock, breakage, unreasonable operation, etc.)
- damage from consumer's failure to observe the instructions and precautions as described in the user's manual.

### Other Instances

- Defects from natural disasters (fire, flood, abnormal power surge, etc.)
- Consumable parts have reached the end of their lifespan (battery, strap already worn)

### Product Disposal

Customer Guide for Environmentally Friendly Projects (Waste Products): This product must be discarded with e-waste. For more information on disposal and recycling electronic products, please reference local government policies.



---

## InBody

For any problems with your InBody BAND 2, please contact us at the following:

**InBody USA [USA]**

**Biospace Inc. dba InBody**

**13850 Cerritos Corporate Dr. Unit C Cerritos, CA 90703 USA**

**TEL: +1-323-932-6503 FAX : +1-323-952-5009**

**Website: <https://inbodyusa.com> E-mail: [info.us@inbody.com](mailto:info.us@inbody.com)**

Reproduction, adaptation, or translation of this manual is prohibited without prior written consent from InBody Co., Ltd under the copyright laws. This manual might have typographical errors, and its content can be changed without a prior notice. InBody Co., Ltd. shall not be liable for any errors, incidental, or consequential damages that occurred by not complying with the content of the User's Manual.

InBody Co., Ltd reserves the right to modify the appearance, specifications, and etc. of the InBody BAND 2 to improve the quality of the product, without prior notice for reasons of performance improvement.



