

InBody J30

User's Manual

Please note the important information below before reading this manual.

This product can also be used for medical purposes as the InBody J30 measures body composition.

 **Warning**

Failure to comply with safety warnings and regulations can cause serious injury or death.

 **Caution**

Failure to comply with safety cautions and regulations can cause injury or property damage.

InBody

InBody Co., Ltd. [HEAD OFFICE]

InBody Bldg., 625, Eonju-ro, Gangnam-gu, Seoul 06106 KOREA

TEL: +82-2-501-3939

FAX: +82-2-578-2716

Website: <https://www.inbody.com>

E-mail: info@inbody.com

©2019 InBody Co., Ltd. All rights reserved.

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.

Visit our website <https://www.inbody.com> to view and download further information about the functions of the InBody J30, the explanation of results output, and more. InBody Co., Ltd reserves the right to modify the appearance, specifications, and etc. of the InBody J30 to improve the quality of the product, without prior notice for reasons of performance improvement.

Representative & Sponsor Information

InBody Europe B.V.

Gyroscoopweg 122, 1042 AZ, Amsterdam, The Netherlands

TEL: +31-20-2386080 Website: <https://nl.inbody.com> E-mail: info.eu@inbody.com

Australian Sponsor. [AUSTRALIA]

Emergo AUSTRALIA. Level 20, Tower II, Darling Park, 201 Sussex Street, Sydney, NSW 2000, AUSTRALIA

TEL: +61-2-9006-1662 FAX: +61-2-9006-1010 Website: <https://www.emergogroup.com> E-mail: Sponsor@emergogroup.com

Customer Service Information

InBody [USA]

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

TEL: +1-323-932-6503 FAX: +1-323-952-5009 Website: <https://www.inbodyusa.com> E-mail: info@inbodyusa.com

InBody Japan Inc. [JAPAN]

Tani Bldg., 1-28-6, Kameido, Koto-ku, Tokyo 136-0071 JAPAN

TEL: +81-3-5875-5780 FAX: +81-3-5875-5781 Website: <https://www.inbody.co.jp> E-mail: inbody@inbody.co.jp

InBody China. [CHINA]

904, Xing Di Plaza, No. 1698 Yishan Road, Shanghai, 201103, CHINA

TEL: +86-21-64439738, 9739, 9705 FAX: +86-21-64439706 Website: <https://www.inbody.com> E-mail: info@biospacechina.com

©2019 InBody Co., Ltd. All rights reserved. BM-ENG-C5-I-190710

InBody J30

User's Manual Contents

I. InBody J30 Installation

A. Product Components	4
B. Operating Environment	5
C. Installation Instructions	5
D. Quick Setup	9
E. Initial Setup	11
F. Connecting Printer and Blood Pressure Monitor	18
G. Maintenance	19

II. InBody Test

A. Precautionary Steps	20
B. Test Instructions	21
C. Test Posture	23

III. Transportation and Storage

A. Cautions during Transportation	24
B. Repacking Instructions	24
C. Transportation and Storage Environment	24

IV. Frequently Asked Questions (FAQ)

A. Regarding the InBody	25
B. Regarding the InBody Test	27

V. Others

A. Exterior and Functions	28
B. Safety Information	31
C. Classification	31
D. Specifications	31
E. EMC declaration	34

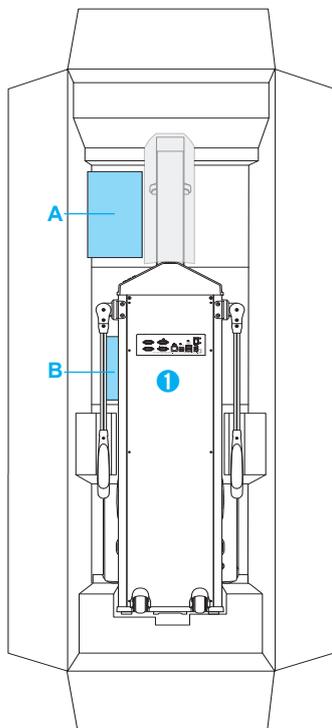
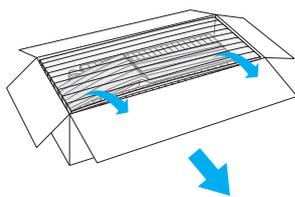
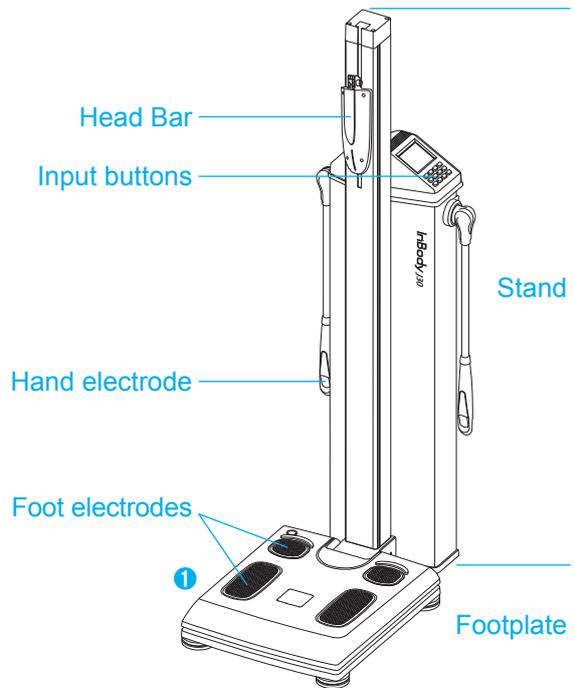
I. InBody J30 Installation

A. Product Components

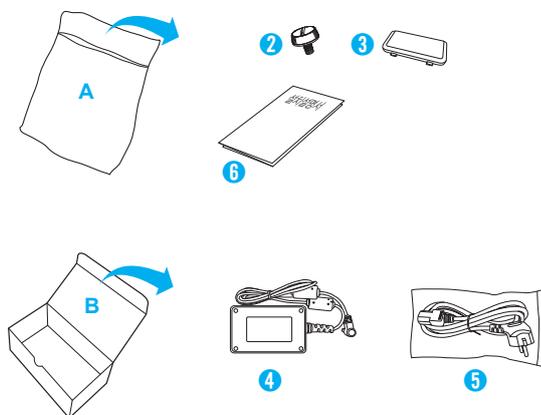
The InBody J30 consists of the following components. Please make sure all of the following components are present.

* Please inspect each component of the InBody J30 for defects prior to installation.

- ① InBody J30
- ② Mounting screw 1 EA
- ③ Joint cover
- ④ Adapter (DC 12V, 3.4A) 1 EA
- ⑤ Power cord 1 EA
- ⑥ User's Manual 1 EA



* Wheels are attached to the rear of the product for easy transportation.



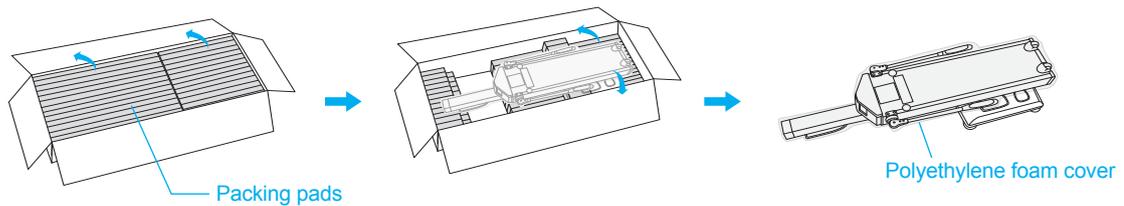
B. Operating Environment

Please make sure that the environment is adequate for the InBody J30 installation. This equipment is designed for indoor use. If installing outdoors, the following requirements must be fulfilled.

Temperature range	10 ~ 40°C (50 ~ 104°F)
Relative humidity	30 ~ 75% RH
Atmospheric pressure	70 ~ 106kPa

C. Installation Instructions

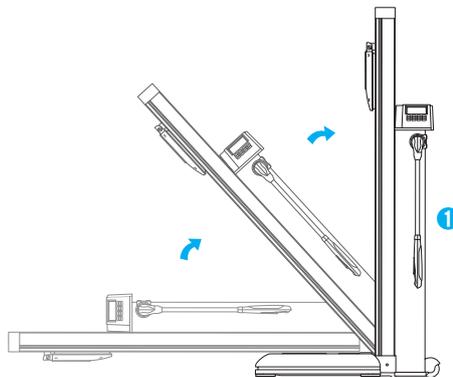
1. Open the packing box of the InBody J30 and remove the packing pads. Remove the InBody J30 from the packaging box, then remove the protective plastic wrapping.



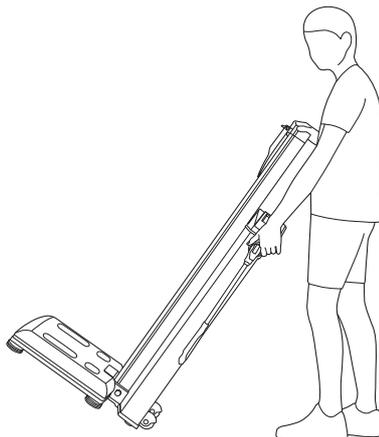
! Caution

- If you have any problems installing your InBody J30, please contact InBody for assistance.
- Do not transport the equipment by holding the screen portion or the joints of the hand electrodes.
- Keep the packing materials provided for repacking the equipment in the future. Other wastes should be disposed of according to relevant laws and regulations.

2. While holding the upper part lock button, raise the upper part of the InBody J30.



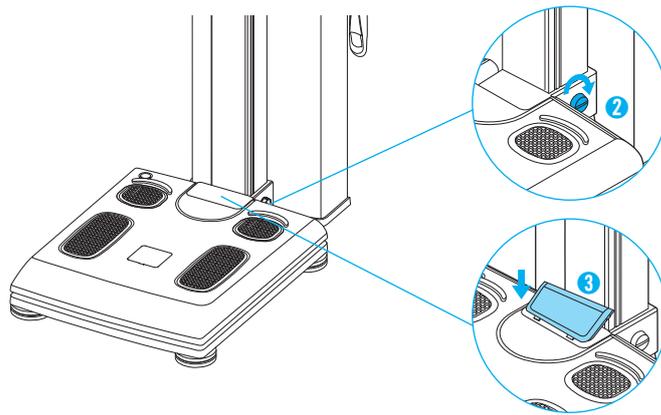
* Please refer to the following illustrations to properly transport the equipment.



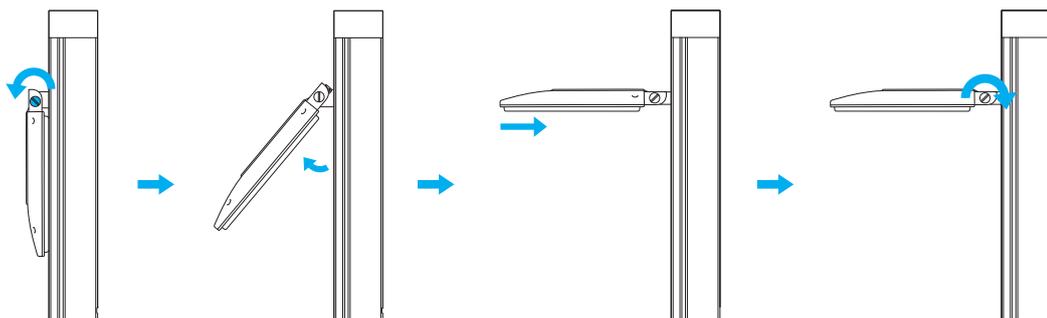
 **Caution**

- Using the InBody J30 on carpet may cause static electricity, which could damage the equipment. If installing the InBody J30 on carpet is unavoidable, please use an antistatic mat.
- Install the InBody J30 on a leveled, non-vibrating surface. Installing the equipment on an uneven surface may cause the examinee to fall down. Test results may also be inaccurate.
- Never clean the hand and foot electrodes with liquid spray or detergent directly. The equipment may corrode and/or malfunction if the liquid or detergent leaks inside. Use the InBody Tissue when cleaning the InBody J30.

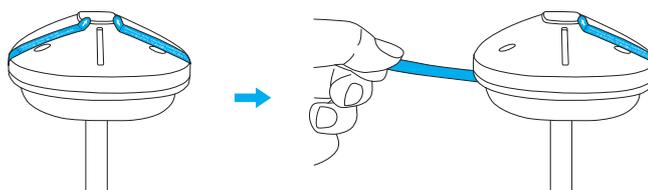
3. Tighten the mounting screw completely, and place the joint cover on top of the footplate.



4. Loosen the mounting screw on the side of the head bar to unfold the head bar into a horizontal position. Tighten the loosened mounting screw to secure the head bar in place.

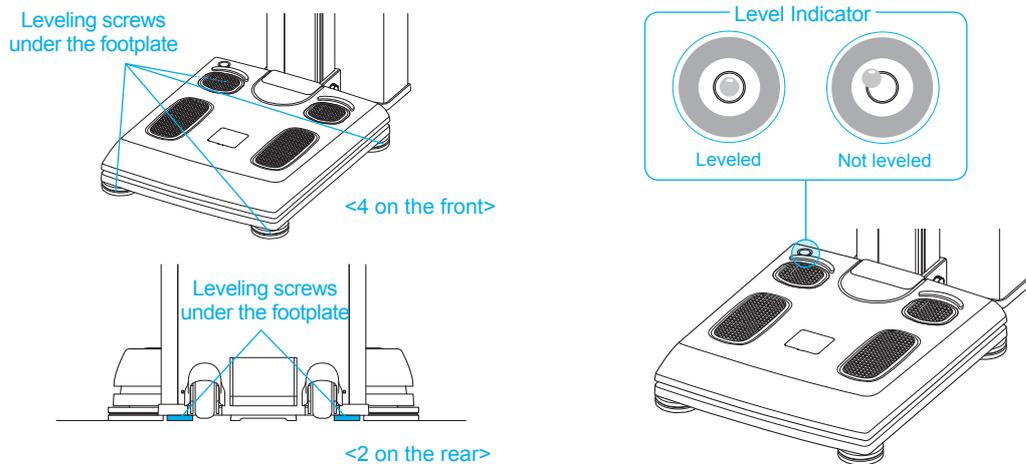


5. Please remove the sticker on a head bar (as it may interfere with your height measurement.)



6. Level the InBody J30 by rotating the leveling screws under the footplate to the left and right so that the air bubble is centered.

* Leveling the equipment is necessary for accurate measurement of weight. There are a total of 4 leveling screws.

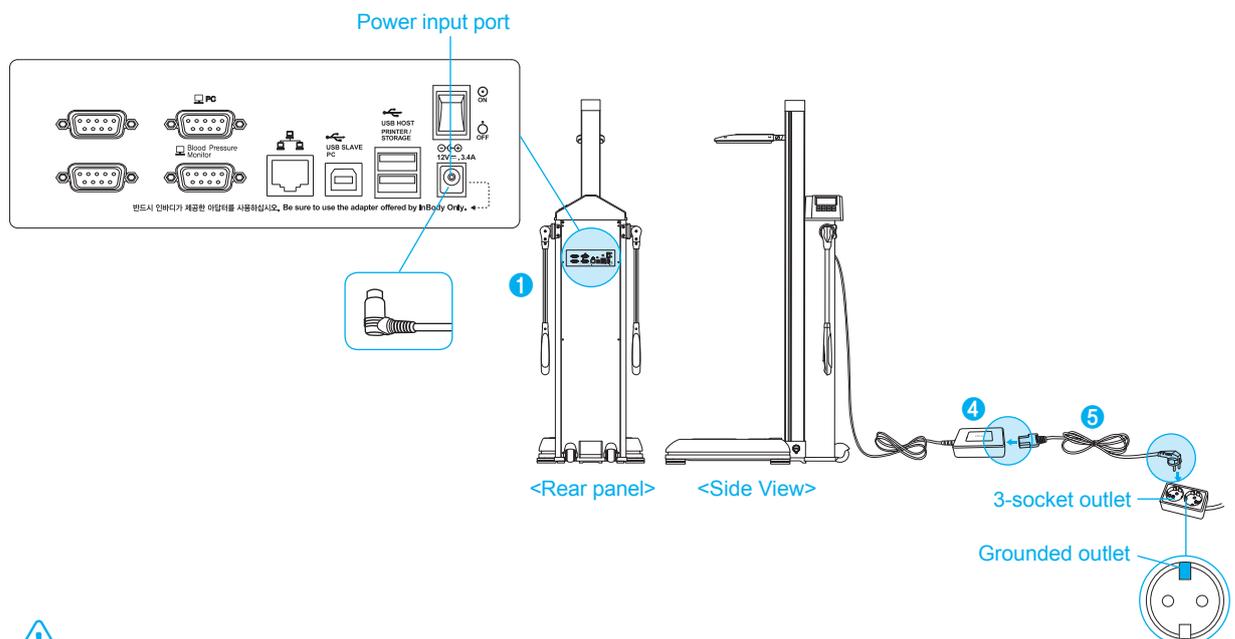


⚠ Caution

- Avoid injuring your hands when rotating the leveling screws under the footplate.

7. Connect the adapter (4) to the power input port, which is located on the rear panel (1). Connect the adapter (4) to the power cord (5). Plug the power cord (5) into a grounded 3-socket outlet.

* The InBody J30 can be used in connection with other equipment such as a blood pressure monitor, data management software called Lookin'Body. For more information, please refer to 'I. InBody J30 Installation E.Connecting Printer and Blood Pressure Monitor' in User's Manual.



⚠ Warning

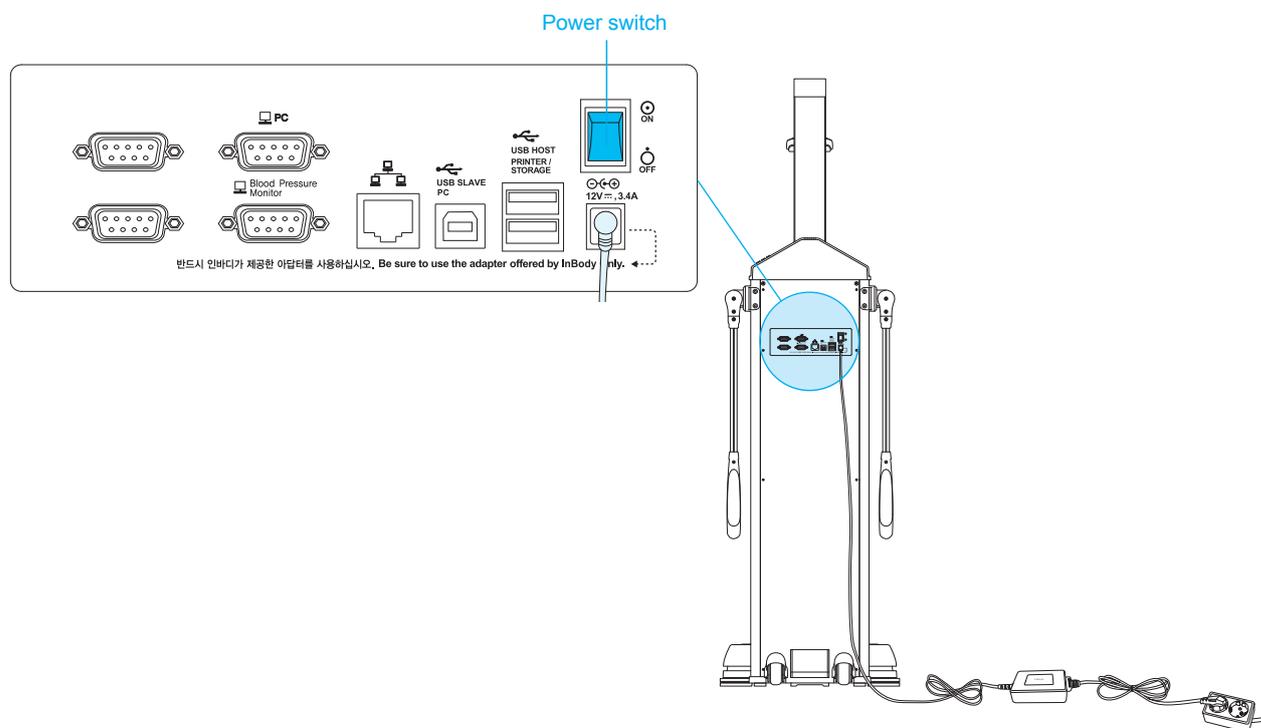
- Do not place the InBody J30 in a location making it difficult to disconnect the power cord.
- Do not plug in or pull out the power cord with wet hands. There is a risk of an electric shock.
- Always use an outlet connected to the power (AC 100 - 240 V). Using other power rated outlets may result in fire or malfunction.
- When using a power surge protector, make sure that the outlet or the extension cable has adequate power capacity.
- Do not disassemble or modify the equipment including internal parts without written consent from the manufacturer. This may cause electric shock or injury, product malfunction, inaccurate results, and will void the manufacturer's warranty.

- If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of equipment.
- Do not directly contact the InBody J30 with any other electronic device when the InBody J30 is on. This may result in an electric shock.

Caution

- If the InBody J30 is not plugged into a grounded outlet, it may cause damage through electric surges or product malfunction. This may affect the test results.
- The test results may be inaccurate if the InBody J30 is under electrical interference. Do not install the InBody J30 near products that generate electrical interference such as fluorescent lights, large AC motor equipment(treadmill, vibration plate, refrigerator, air-conditioner, compressor, etc.), high-frequency thermal therapy equipments, or heating appliances. Do not share the power source of the InBody J30 with other electrical devices. This may affect the test results.
- When connecting the InBody J30 with other test equipment, turn on the other equipment first. When turning off other equipment, turn off the InBody J30 first. This is necessary to minimize electrical surges on the InBody J30.
- Always use the specified adapter provided by InBody as it is a part of the InBody J30. Using other adapters may result in malfunction of the InBody J30.
- Operation of the InBody J30 2,000m above sea level may affect the weight measurement.
- Adapter must be arranged so that easily cut off the power when a problem occurs in the InBody J30.

8. Flip the power switch to turn on the InBody J30.



D. Quick Setup

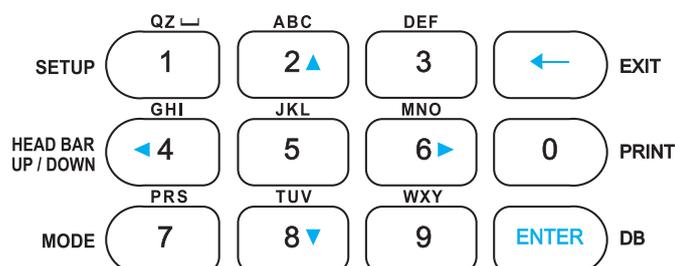
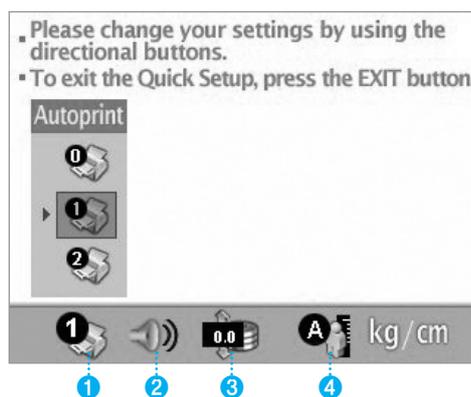
- The InBody J30 automatically starts booting when it is turned on. While booting, it performs a self weight calibration.
 - * While booting (about 5 minutes), make sure there is nothing on top of the footplate. Please do not stand on the footplate, or place objects on the footplate.



- Press the [MODE] button on the screen, which appears when no one is on the footplate.



- Use the left or right arrow buttons (◀, ▶) to navigate to an item to set up, then use the up or down arrow buttons (▲, ▼) to select a sub-item to change. Press the 'EXIT' button to go to the confirmation screen. Press the 'ENTER' button to save the changes or press the 'EXIT' button to discard the changes.



❶ Number of Copies

This is the number of copies of Results Sheet to print automatically after each measurement. (0, 1, 2)

❷ Volume

Set the audio volume. (0 to 10)

❸ Weight Offset

Adjust the weight offset value. When it is necessary to correct the extra weight added by clothing, accessories, etc., set a value to adjust the weight measurement. (Weight offset range: +5.0 kg to -5.0 kg, adjustment unit: 0.1 kg, or +10.0 lbs to -10.0 lbs, adjustment unit: 0.1 lbs)

❹ Height Measurement Mode

- Auto: Height measurement starts automatically.
- Manual: After weighing, press the 'ENTER' button to start the height measurement. Use this setting if subjects take a long time to assume the height measuring position.
- Input: Use this setting to enter a height value manually without taking an actual height measurement.

E. Initial Setup

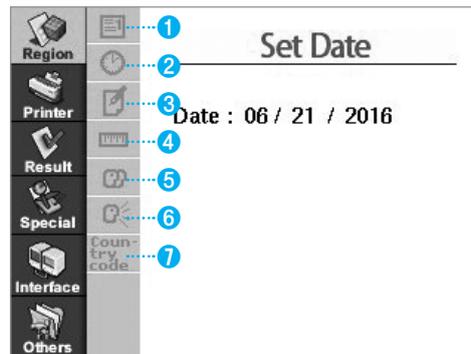
Press the 'SETUP' button on the screen, which appears when no one is on the footplate.



- Use the up or down arrow buttons (▲, ▼) to select a menu, use the right arrow button (▶) to select a sub-menu of the item, then use the up or down arrow buttons (▲, ▼) to select an item to change.
- Press the right arrow button (▶) to open the screen of the item you wish to change.
- Use the up or down arrow buttons (▲, ▼) or number buttons to change the setting.
- To change another item, press the left arrow button (◀) to go to sub-menu or menu, then use the up or down arrow buttons (▲, ▼) to select an item.
- When done, press the 'EXIT' button.
- At the confirmation prompt, press the 'ENTER' button or the 'EXIT' button to exit Setup.

A. Region

Set date, time, date format, and units, ethnicity and language which are used in the measurement process.



1 Set Date

Use the up or down arrow buttons (▲, ▼) to enter the date. Use the left and right arrow buttons (◀, ▶) to move between year, month, and day.

2 Set Time

Use the up or down arrow buttons (▲, ▼) to enter the time. Use the left and right arrow buttons (◀, ▶) to move between hour, minute, and second.

3 Display Mode

Set the date format. (yy/mm/dd, mm/dd/yy, dd/mm/yy)

4 Unit

Select units for weight and height. (kg/cm, kg/in., lbs/cm, lbs/in.)

5 Ethnic Background

Select an ethnic group of test subjects. (Asian, Caucasian, African, Hispanic, Others)

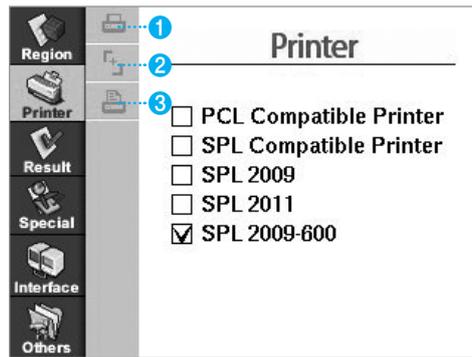
6 Language

Select a language to use in measurements.

7 Country

Use the up or down arrow buttons (▲, ▼) to enter the Country.

B. Printer



1 Printer

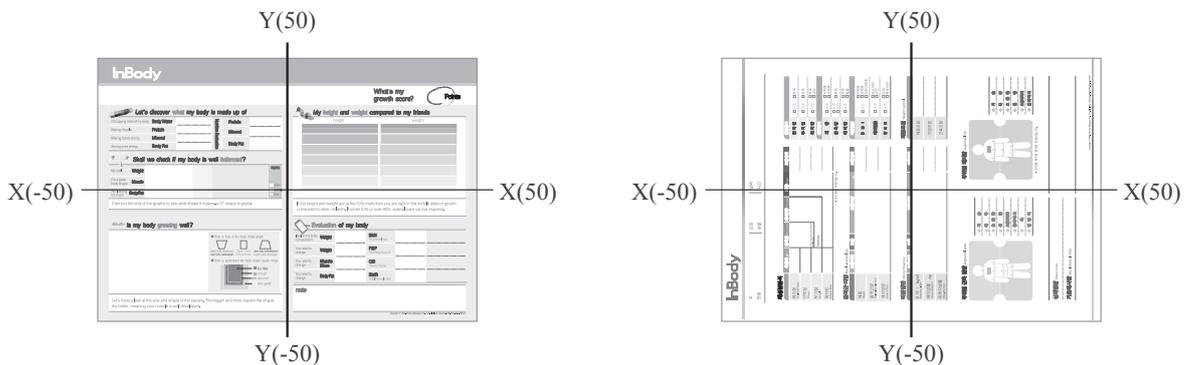
The InBody J30 uses printers that support PCL3 and SPL.
(PCL Compatible Printer, SPL Compatible Printer, SPL 2009)

2 Alignment

You can adjust the printing position of Results Sheets. Use the up or down arrow buttons (▲, ▼) to adjust the position. Use the left and right arrow buttons (◀, ▶) switch between X and Y axes.

Print alignment setup in the InBody J30 assumes by default that you are using Results Sheets in landscape orientation. Note that Results Sheets in portrait orientation have the X and Y axes reversed. See the illustration below for reference.

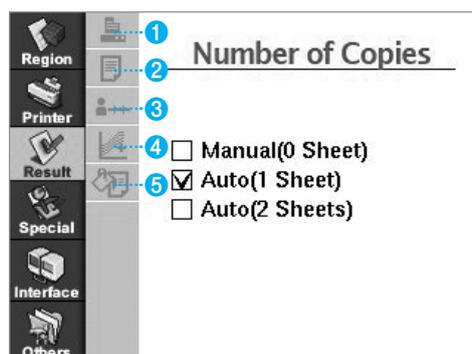
* Setup range: Landscape Results Sheets (basic Results Sheets for children and youth): X (left, right), Y (up, down) +50 to -50
Portrait Results Sheets (basic Results Sheets for adults): X (up, down), Y (left, right) +50 to -50



3 Test Print

You can print a sample Results Sheet to check whether the printing position is adequate. Press the 'ENTER' button to print.

C. Result



① Number of Copies

You can set a number of copies of Results Sheet to print automatically after each measurement.

- Manual (0 sheet): After each measurement, no Results Sheet is printed automatically.
- Auto (1 sheet): After each measurement, 1 copy of Results Sheets is printed automatically.
- Auto (2 sheets): After each measurement, 2 copies of Results Sheets are printed automatically.

② Result Sheet

- Child: Body composition measurement results are printed as Results Sheets for children.
- Adult: Body composition measurement results are printed as Results Sheets for adults. Set a value in the 'age' field next to Adult to use the Results Sheets for adults automatically for subjects who at that age or older. For example, setting 'age 15' automatically uses adult Results Sheets for subjects at 15 years of age or older. Use the up or down arrow buttons (▲, ▼) to adjust age.

③ BMI Standard

- Asian: BMI standard range for adults is set to 18.5 to 23.0 kg/cm².
- WHO: BMI standard range for adults is set to 18.5 to 25.0 kg/cm².

④ Growth Chart Option

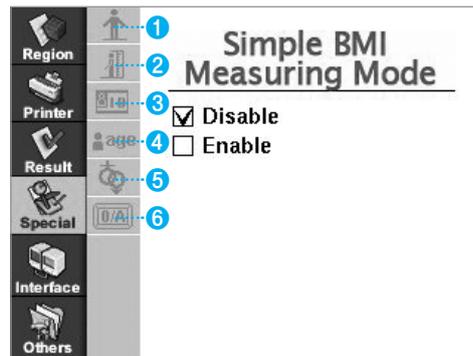
You can select a growth graph.

- Accumulative Type: Cumulative measurement results are shown on the growth graph which is enlarged around the subject's age.
- One-point Type: Measurement results only for the date of measurement are shown on the overall growth graph for 3 year-olds to 18 year-olds.
- Korean Pediatrics (1998): The Korean Pediatric Society 1998 growth graph is printed.
- InBody Basis: A growth graph which has been developed based on InBody's data is printed.
- Korean Pediatrics (2007): The Korean Pediatric Society 2007 growth graph is printed.

⑤ Result Sheet Type

- Printed Paper: Select this option to use the dedicated printed paper provided by InBody Co., Ltd.
- Blank Paper: Select this option to use ordinary A4 paper.

D. Special



1 Simple BMI Measuring Mode

- Disable: InBody test is performed without BMI test.
- Enable: BMI test is performed. BMI is calculated after taking the weight and height measurements. Set a time value in the Display field to determine how long the BMI results are displayed. After BMI test, you can proceed to InBody test by entering personal information.

2 Height Mode

- Auto: Height measurement starts automatically.
- Auto (Retry): Use this option if you wish to see the confirmation prompt whether to apply the automatic height measurement value to body composition analysis or take another height measurement.
- Manual: After weighing, press the 'DB/ENTER' button to start the height measurement. Use this setting if subjects take a long time to assume the height measuring position.
- Manual (Retry): Use this option if you wish to see the confirmation prompt whether to apply the height measurement value, which is measured by pressing the 'DB/ENTER' button, to body composition analysis or take another height measurement.
- Input: Use this setting to enter a height value manually without taking an actual height measurement.

3 ID

- Input: The subject ID is entered by the user.
- No Input: The subject ID is not entered by the user.

4 Age Input

- AGE: When entering personal information, the subject's age is entered in the Age field on the screen.
- Date of Birth: When entering personal information, the subject's date of birth is entered in the Age field on the screen.

5 Set Gender

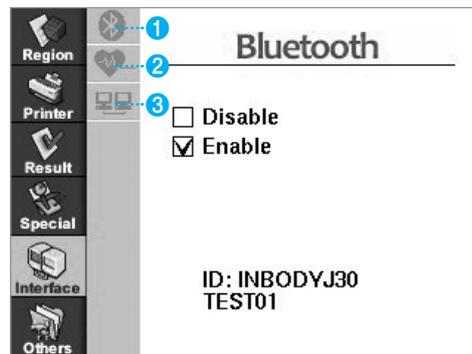
- Female: When entering personal information, the gender field on the screen is fixed as female which cannot be changed by the user.
- Male: When entering personal information, the gender field on the screen is fixed as male which cannot be changed by the user.
- Last Gender: The last measured subject's gender appears in the gender field which can be changed by the user.
- Input: Any gender can be entered by the user.

6 Keypad Option

- Number & Letter: When entering personal information, the buttons are used for entering both numbers and alphabets.
- Number Only: When entering personal information, the buttons are used for entering numbers only.

E. Interface

You can configure network settings for the InBody J30. After adding or changing network settings, make sure to turn the InBody J30 off and on again.



1 Bluetooth

You can configure Bluetooth settings to connect the InBody to the user management PC program Lookin'Body120 or other devices over Bluetooth.

- Disable: Bluetooth is disabled.
- Enable: Bluetooth is enabled.

2 Sphygmomanometer

You can choose whether to use a blood pressure monitor.

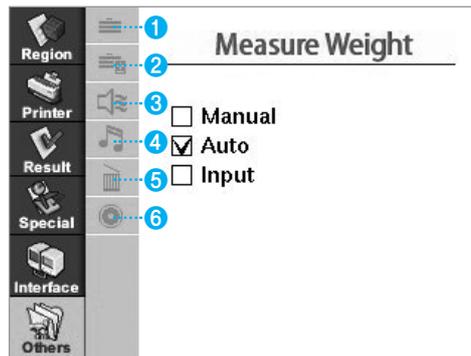
- Disable: No blood pressure monitor is used.
- TM2655/P / BPBIO320: The InBody is connected to a blood pressure monitor provided by InBody Co., Ltd.

3 Internet

You can configure Internet connection settings. When connected to the Internet, the InBody can be connected to the user management PC program Lookin'Body120 without limitations on distance.

- Disable: Internet connection is disabled.
- LAN: Select this if the InBody and the PC are connected by LAN cable.
- Wi-Fi: Select this if the InBody and the PC are connected wirelessly.

F. Others



1 Measure Weight

- Manual: Weight measurement begins when the subject stands on the footplate and the 'ENTER' button is pressed.
- Auto: Weight measurement begins automatically when the subject stands on the footplate.
- Input: Use this setting to enter a weight value manually without taking an actual weight measurement.

2 Adjust Weight

Adjust the weight offset value. When it is necessary to correct the extra weight added by clothing, accessories, etc., set a value to adjust the weight measurement.

(Weight offset range: +5.0 kg to -5.0 kg, adjustment unit: 0.1 kg, or +10.0 lbs to -10.0 lbs, adjustment unit: 0.1 lbs)

3 Volume

Set volume for voice guide and sound alerts. (0 to 10)

4 Sound

You can choose whether to use beeps or voice guide.

- Beep: During measurement, measurement progress status is indicated by beeps.
- Voice: During measurement, measurement progress status is indicated by voice guide.

5 Initialize History

You can initialize the device by erasing all data stored on it. Press the 'ENTER' button to erase all stored data.

6 Version

This shows the version information of the current software.

F. Connecting Printer and Blood Pressure Monitor

1. Printer

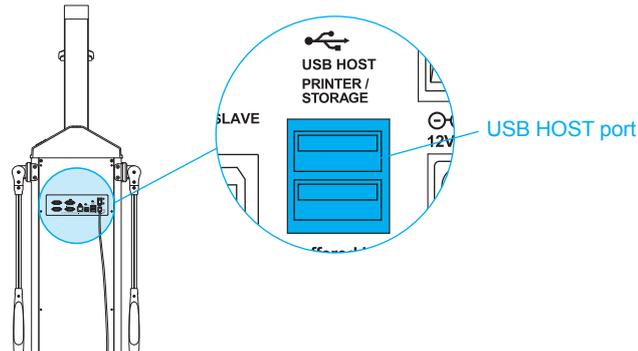
In order to print InBody Results Sheets, an InBody J30 compatible printer is required.

* A list of printers compatible with the InBody J30 can be found at <https://www.inbodyservice.com>.

1) First turn off the InBody J30 and then the printer.

* You may experience connection issues in connecting the printer to the InBody J30 if the InBody is turned on.

2) Plug the USB cable provided with the printer into the USB HOST port on the rear panel of the InBody J30 and plug the other end of the USB cable into the printer.



3) Turn on the printer.

4) Turn on the InBody J30 then set up a printer to connect under SETUP 'B. Printer'.

5) Under SETUP 'B. Printer', you can configure printer-related settings including Alignment and Test Print.

2. Blood Pressure Monitor

If a blood pressure monitor is connected to the InBody J30, the blood pressure values measured by the blood pressure monitor will be sent directly to the InBody J30.

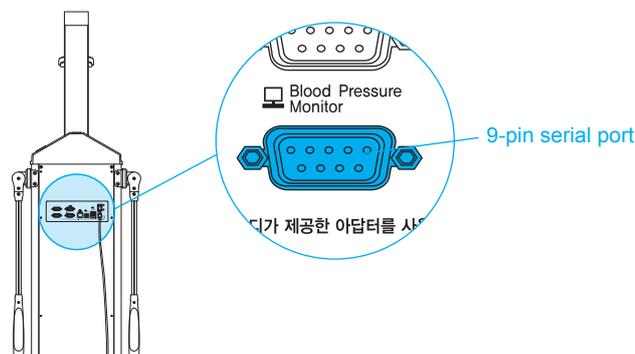
* Always connect a blood pressure monitor from InBody.

* Select a blood pressure monitor to connect under SETUP Interface 'Sphygmomanometer' to have the blood pressure values printed on the InBody Results Sheet.

1) First turn off the InBody J30 and then the blood pressure monitor.

* You may experience connection issues in connecting the blood pressure monitor to the InBody J30 if the InBody is turned on.

2) Plug the serial cable provided with the blood pressure monitor to the 9-pin serial port on the rear panel of the InBody J30.



3) Turn on the blood pressure monitor.

4) Turn on the InBody J30. Select a blood pressure monitor to connect under SETUP Interface 'Sphygmomanometer'.

G. Maintenance

Caution

- Do not bend the handles of the hand electrodes or rotate them in the reverse direction beyond its limitation.
- Do not extend the handles of the hand electrodes beyond its limitation.
- Do not place any objects on the footplate.
- Do not apply excessive force on the equipment.
- Turn off the equipment if you are not using it for a day or longer.
- Do not allow any liquid substances to contact the equipment directly. Keep food and drinks away from the equipment. Substances getting inside the equipment can cause critical damage to the electronic components.
- Use a lint-free cloth to gently wipe the external surface of the equipment about once every week. Be careful not to scratch the LCD screen.
- InBody J30 does not need regular maintenance. If some problems occur while operating the device, get in touch with the store where you purchased it or A/S manager.
We do not take the responsibility about problems caused by any arbitrary repairs.

II. InBody Test

A. Precautionary Steps

Warning

- Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not use this equipment. Safe, low-level currents will flow through the body during the test, which may cause malfunctioning of the device or endanger lives.
- Bioelectrical Impedance Analysis (BIA) uses safe low level currents, which are not harmful to the body. However, we do not recommend pregnant women test.
- Children and people with limited mobility should be supervised or assisted when attempting to test on the InBody.
- After an individual with any kind of contagious disease or infection tests on the InBody, use an InBody Tissue to clean the equipment.

Caution

- Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.
- Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because food mass is included in the examinee's weight and thus, may result in measurement errors.
- Use the bathroom before testing. Waste is not included in the body's compositional elements, but the volume of urine and excrement is included in the weight measurement affecting accuracy of the test results.
- Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.
- Take the test in the morning, if possible. Body water tends to gravitate towards the lower body throughout the day, affecting accuracy of the test results.
- Thoroughly wipe the palms and soles with the InBody Tissue before testing. Testing may be difficult if the examinee's palms and soles are too dry or if the examinee has too many calluses.
- Avoid contact with the examinee during testing. Contact may lead to interference affecting test results.

B. Test Instructions

1. Step on the footplate when the screen below is shown.



2. After weighing, the height is measured.
Do not move until the head bar comes down and the height is measured.



3. Enter the subject's ID (personal number), gender, and age as shown below.

Input user's ID	Select gender	Input birth date
30306	<input type="radio"/> Male <input type="radio"/> Female	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">90 Year</div> <div style="text-align: center;">06 Month</div> </div>
<i>Back space</i> : ← <i>Check</i> : ENTER	<i>Select</i> : ◀(Male), ▶(Female) <i>Check</i> : ENTER	<i>Back space</i> : ← <i>Check</i> : ENTER

4. Check the personal information entered. If correct, press the 'ENTER' button.

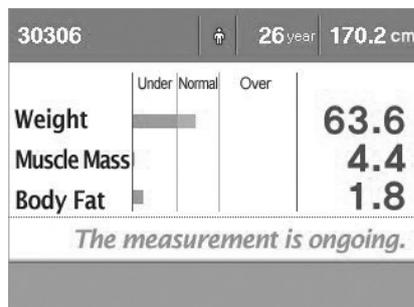
Check and modificatin of the personal data			
Enter complete	ID	30306	
	Gender	Male	Date of Birth 9006
	Height	170.2	Weight 63.6
<i>Modification</i> : move the cursor and press ENTER		<i>Check</i> : ENTER	

5. Take the test posture.

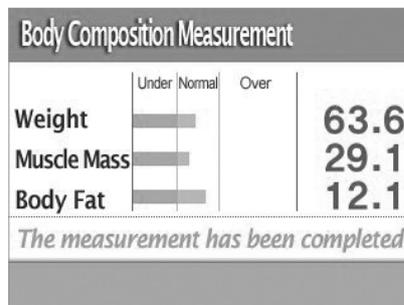
* For details on good posture, see 'C. Test Posture'.



6. The InBody test begins.



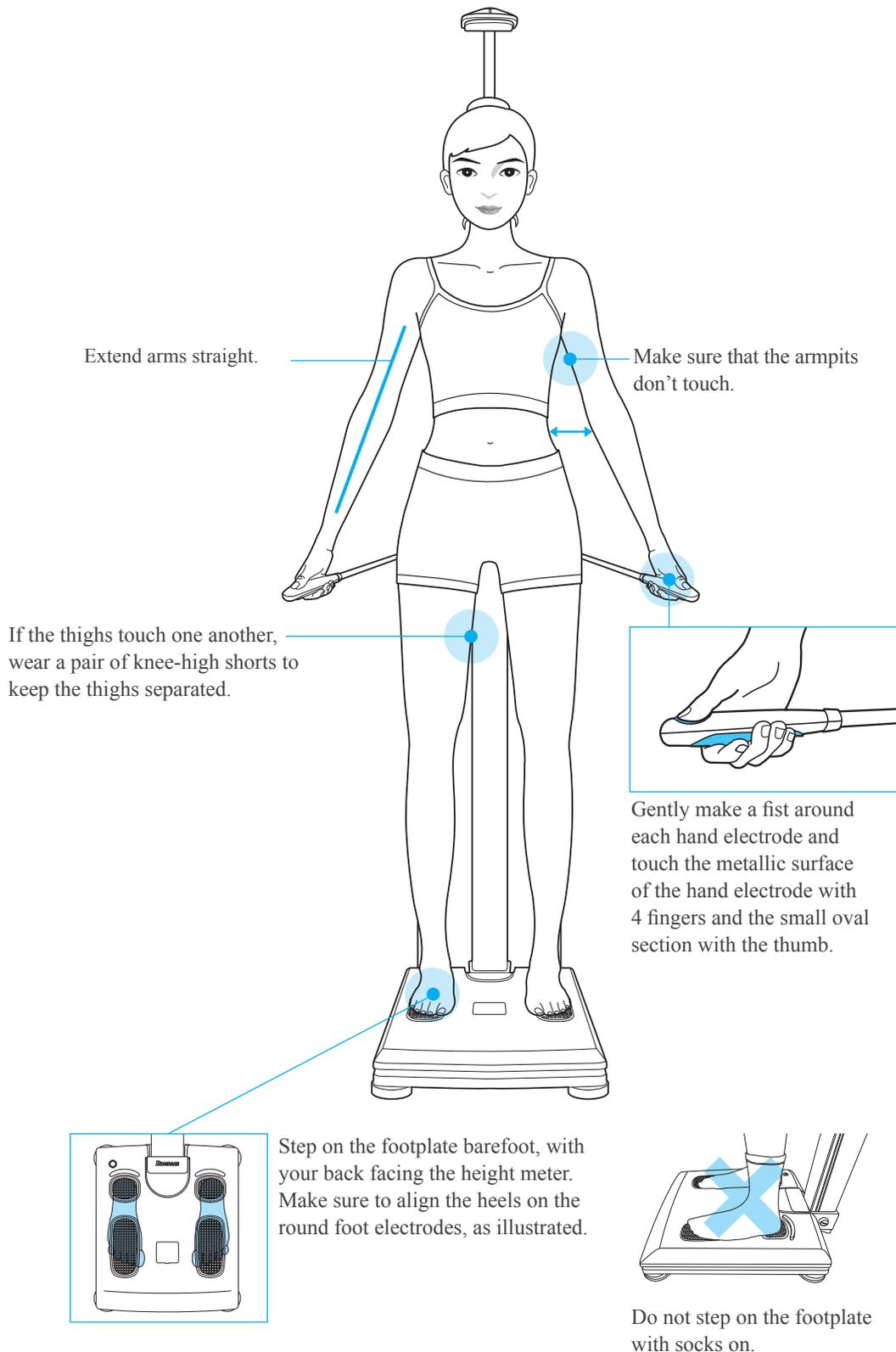
7. When the test is complete, the results are shown on the screen.



C. Test Posture

The examinee must maintain proper posture to have accurate test results.

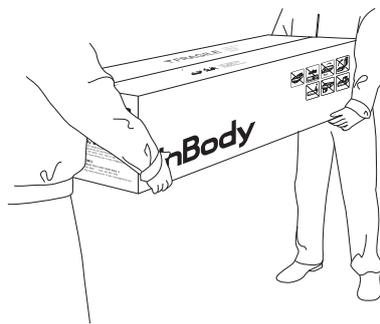
* The test will proceed when there is good electrical contact.



III. Transportation and Storage

A. Cautions during Transportation

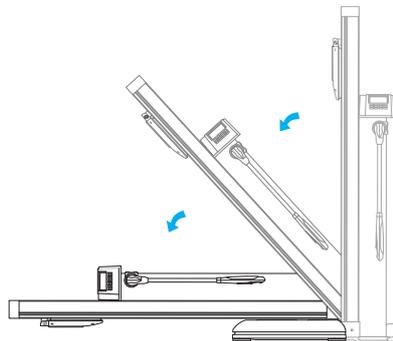
When transporting, have two people keep the InBody J30 parallel to the ground.



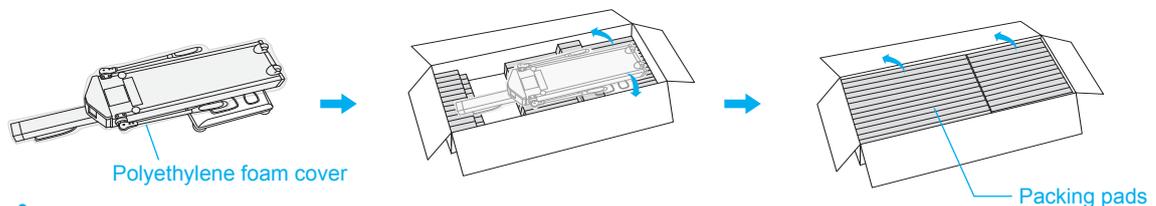
B. Repacking Instructions

Once the InBody J30 is installed, avoid transporting the equipment. If it must be transported, repack it in the following sequence.

1. Turn off the InBody J30.
2. Tighten the joint screw connecting stand body and foot plate. After upper part of the InBody J30 is fixed, close the joint cover.
3. Separate the connected adapter, cords, and cables from the equipment, and cover the InBody J30 with the polyethylene foam cover.
4. While holding the upper part lock button, fold down lower the upper part.



5. Put the InBody into the packing box. Place the packing pad over the equipment and tape up the packing box.



! Caution

- Always use the protective packing materials provided by InBody when repacking.

C. Transportation and Storage Environment

The InBody J30 should be transported or stored under the following conditions.

Temperature range	-10 ~ 70°C (14 ~ 158°F)
Relative humidity	10 ~ 80% RH (No Condensation)
Atmospheric pressure	50 ~ 106kPa

IV. Frequently Asked Questions (FAQ)

Even if no problems arise from the equipment, users may still have many questions, especially regarding clinical procedures. Few common questions and answers are listed below. If your questions are not answered here, please contact InBody.

* Customer contact information can be found under Settings of the Administrator Menu '24. Customer Service Information'.

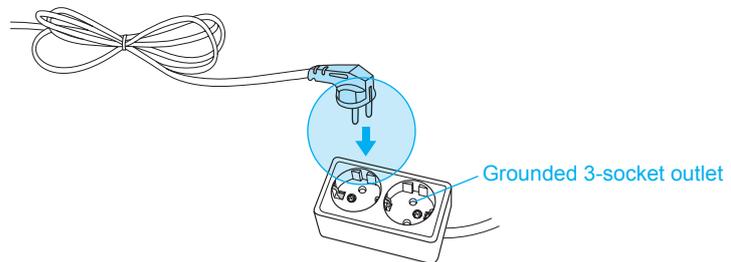
A. Regarding the InBody

If a problem arises with the InBody J30, you may first attempt to check the 'Troubleshooting' in the Administrator Menu. The InBody J30 can help you diagnose and solve some problems. If your problem cannot be resolved through the 'Troubleshooting', please refer to the possible solutions below.

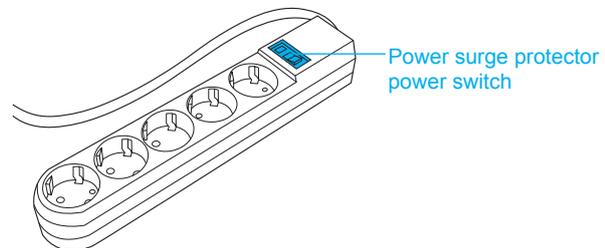
Question	Answer
----------	--------

- My InBody J30 does not turn on.

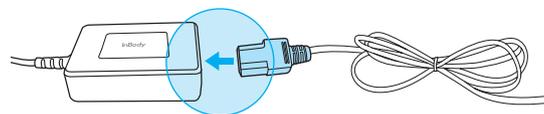
- Insert the power plug completely into a grounded 3-socket outlet.



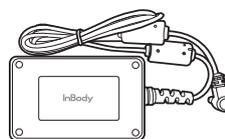
- When using a power surge protector, the equipment may not power on if the power switch on the power surge protector is turned off. Check the power surge protector which the power plug is connected to.



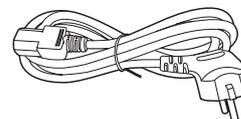
- The problem may occur if the power cord is not completely plugged into the adapter. Insert the power cord completely into the adapter.



- The problem may occur if you are using the power adapter that is not provided by InBody. Always connect a power adapter (DC 12V, 3.4 A) provided by InBody.



Power adapter



Power cord

Question	Answer
<ul style="list-style-type: none">• Printing position of the Results Sheet is incorrect.	<ul style="list-style-type: none">• The Results Sheet printing alignment settings may be incorrect. See the 'Printer' settings in 'Chapter 4. Setup' to adjust the printing alignment.
<hr/> <ul style="list-style-type: none">• I would like to connect other equipment to the InBody J30.	<hr/> <ul style="list-style-type: none">• Please refer to 'E. Connecting Printer and Blood Pressure Monitor' in section 'I. InBody J30 Installation' in this User's Manual. <hr/>

B. Regarding the InBody Test

Some of the more common clinical questions are answered below. If additional questions or more clarification is desired, please contact InBody.

Question	Answer
<ul style="list-style-type: none">• Must socks or stockings be removed for the InBody Test?	<ul style="list-style-type: none">• Bare skin contact is essential in the analysis using the BIA method. Socks or stockings may cause a varying degree of distortion in the results. Socks or stockings must be removed to obtain accurate data.
<ul style="list-style-type: none">• Is it okay to wear accessories (jewelry, watch, rings, etc) or metal objects while taking the InBody Test?	<ul style="list-style-type: none">• The ideal condition for the analysis is simply standing with no clothes and wearing no accessories. However, this may not always be possible. Therefore, we recommend that the examinee remove as many clothing items and accessories that may affect the weight as possible.
<ul style="list-style-type: none">• Who cannot take the InBody Test or will have difficulties taking the InBody Test?	<ul style="list-style-type: none">• Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not use this equipment. The currents will flow through the body during the test, which may cause malfunctioning of the device or endanger lives.• Children, amputees, or the elderly, may have trouble testing if they cannot hold the hand electrodes or stand still on the foot electrodes.
<ul style="list-style-type: none">• Can a person with metal implants in the body take the InBody Test?	<ul style="list-style-type: none">• The ideal test methodology is where the examinee does not wear anything metallic. Individuals with metallic implants may have skewed test results due to the conductivity of the metal affecting the results.• As the weight of clothes and other wear affects the results of the body composition analysis, it is strongly recommended to take off any heavy clothing or metallic wear. Except for the weight, jewelry does not effect the body composition analysis, as the contact point with the InBody J30 are hands and feet.
<ul style="list-style-type: none">• I have limited mobility and cannot maintain proper posture for the InBody Test. How can I still be tested?	<ul style="list-style-type: none">• It is impossible to test if an individual cannot maintain contact with the hand or foot electrodes. InBody has a line of products that conduct body composition analysis on bed ridden examinees that allow the patients to stay in bed. For more information, please contact InBody.
<ul style="list-style-type: none">• Is the electric current harmful to the body?	<ul style="list-style-type: none">• The physiological electric impedance method uses safe low level currents that is not harmful to the body. The safety of the InBody has been tested and proven. The InBody products have been approved for medical use by the CE and all over the world. Many medical institutions around the world are actively using the InBody.
<ul style="list-style-type: none">• How often should I take the InBody Test?	<ul style="list-style-type: none">• Individuals who are undergoing any programs that may affect their body composition are strongly recommended to have the InBody Test done every two to four weeks.• Consistent testing will allow individuals to track and monitor their progress over time.
<ul style="list-style-type: none">• What are the precautionary steps to ensure accuracy of the InBody Test?	<ul style="list-style-type: none">• Please refer to ‘A. Precautionary Steps’ in section ‘II. InBody Test’ in this User’s Manual.

V. Others

- * The InBody J30 is manufactured according to the quality management procedure of InBody. InBody complies with the ISO9001 and ISO13485 which are international quality management systems.
- * This equipment satisfies the IEC60601-1 (EN60601-1), an international safety standard for electronic medical equipment. This equipment also satisfies the IEC60601-1-2 (EN60601-1-2), an international standard for electromagnetic conformity.

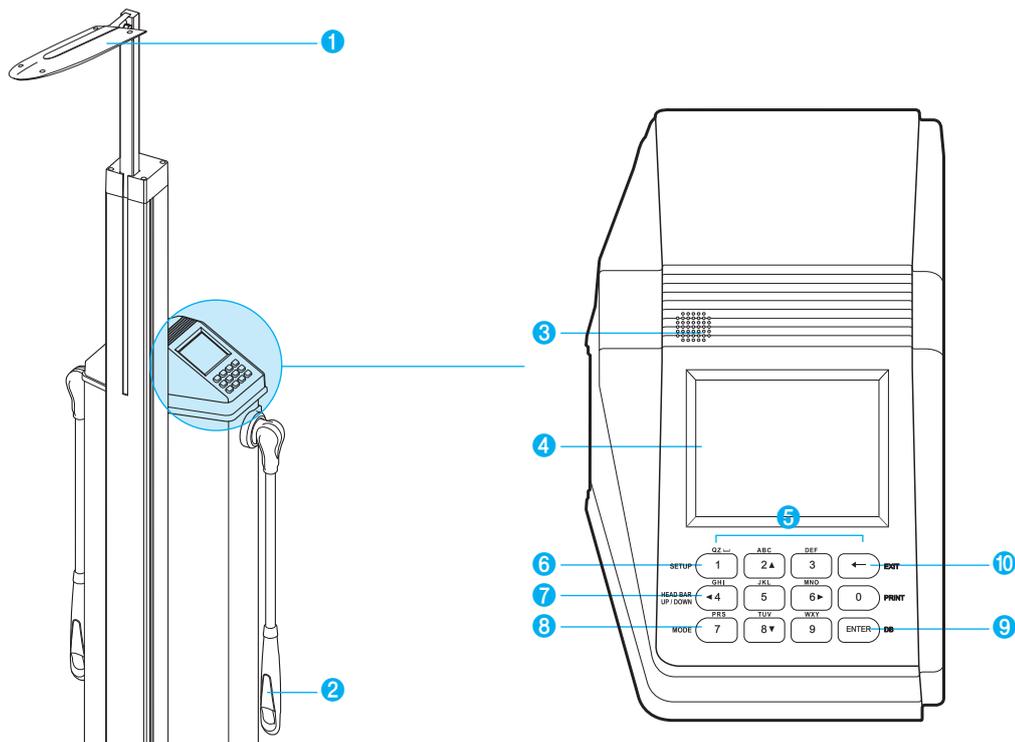
A. Exterior and Functions

The following are the names and functions of each part of the InBody.

* Please inspect each component of the InBody J30 for damage prior to installation.

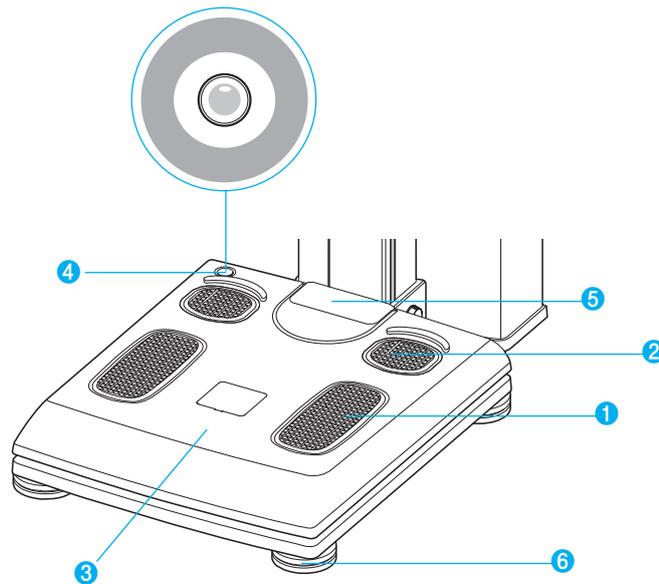
1. Upper Part

- 1 Head bar: This part comes in contact with the top of the subject's head. A height measuring sensor is equipped.
- 2 Hand electrode: Examinee holds the hand electrode so that the 4 fingers wrap the surface of the bottom hand electrode while the thumb is placed on the oval electrode.
- 3 Speaker: This part generates sounds to indicate test progress status such as testing, test complete, and settings saved.
- 4 LCD screen: Shows each stage of the test, instructions, test results, etc.
- 5 Number keypad: Used for V, height, and other number-based data.
- 6 Setup button : Used for entering 'Settings' under the Administrator Menu when no one is on the footplate.
- 7 HEAD BAR UP/DOWN : Enter the number '4' or use in situations not possible to apply your head.
- 8 MODE button: This is used to access the Administrator Menu 'Quick Setup' from the standby screen.
- 9 0 button: This is used to enter a value or save a changed setting.
- 10 ← button: This is used to delete data which has been entered.



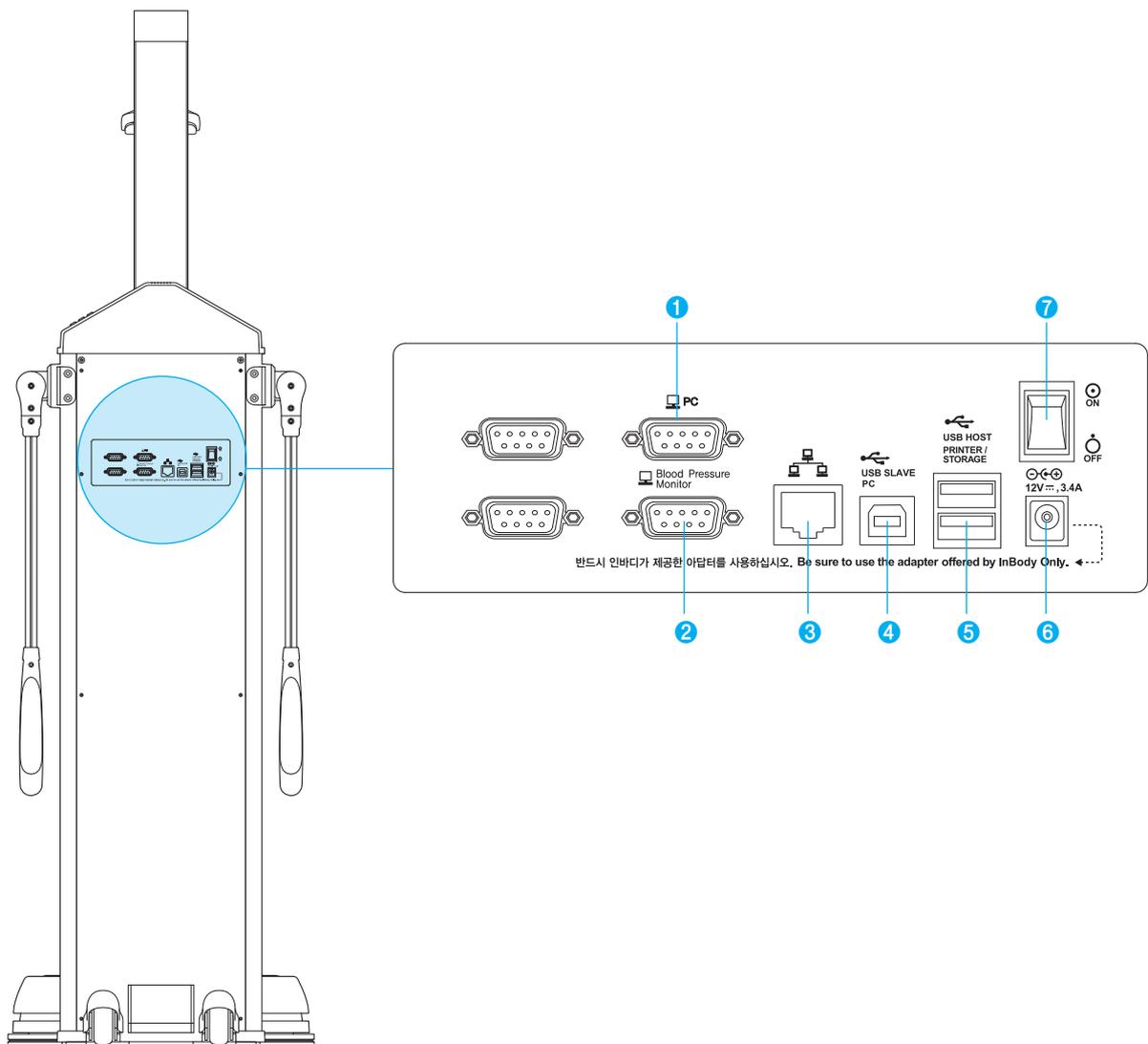
2. Footplate

- ❶ Front sole electrode: The examinee makes contact with this electrode by stepping with the front part of their foot.
- ❷ Rear sole electrode: The examinee makes contact with this electrode by stepping with the heel of their foot.
- ❸ Footplate: This is connected to the scale, which measures the examinee's weight.
- ❹ Level Indicator: Indicates the current horizontal level of the InBody J30.
- ❺ Hinge: Joins the upper part and lower part of the equipment together.
- ❻ Leveling screws: Used for adjusting the horizontal level of the equipment.



3. Rear Panel

- ❶ 9-pin COM serial port (Female, RS-232C): Used for connecting the InBody J30 to Lookin'Body installed on a computer.
- ❷ 9-pin COM serial port (Female, RS-232C): Used for connecting the InBody J30 to a blood pressure monitor.
* Only compatible with a InBody Blood Pressure Monitor.
- ❸ LAN port (10T Base): Used for connecting the InBody J30 to Lookin'Body installed on a computer.
- ❹ USB SLAVE port: Used for connecting the InBody J30 to Lookin'Body installed on a computer.
- ❺ USB HOST port: Used for connecting to a printer or a USB Thumb Drive.
- ❻ Power Inlet: Used for connecting the power adapter.
* Always use the adapter supplied by InBody Co., Ltd..
- ❼ Power switch: Used to turn the device on/off.

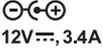


B. Safety Information

Indicators

	9-pin serial port (Female, RS-232C)
	LAN port (10T Base)
	USB port

Safety Symbols

	Dangerous High Voltage
	Warning, Caution
	BF Type Equipment
	Adapter
	Power On
	Power Off

C. Classification

Body Composition Analyzer of Direct Segmental Multi-frequency Bioelectrical Impedance Analysis (DSM-BIA) Method

- Type of protection against electric shock: CLASS I
- Level of protection against electric shock: Type BF
- Rating for electromagnetic radiation: Class A
- Level of protection against flooding: Normal equipment (equipment without external protection against intrusion of water)

D. Specifications

Bioelectrical Impedance Analysis (BIA) Measurement Items	Bioelectrical Impedance (Z)	15 Impedance Measurements by Using 3 Different Frequencies (5kHz, 50kHz, 250kHz) at Each of 5 Segments (Right Arm, Left Arm, Trunk, Right Leg, and Left Leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrodes	
Measurement Method	Direct Segmental Measurement Bioelectrical Impedance Analysis Method (DSM-BIA method)	
Body Composition Calculation Method	No Empirical Estimation	

Basic Results Data (For Child)	Height Body Water, Protein, Mineral, Body Fat, Nutritional Evaluation(Protein, Mineral, Fat) Weight, Skeletal Muscle Mass Body Shape Graph Growth Chart(Height, Weight) Target Weight, Weight Control, Muscle Control, Fat Control BMI, Percent Body Fat, Child Obesity Degree Basal Metabolic Rate(BMR), Growth Score Impedance at Each Segment & Frequency
Basic Results Data (For Adults)	Total Body Water, Protein, Mineral, Body Fat Mass Soft Lean Mass, Fat Free Mass, Weight Skeletal Muscle Mass(SMM) BMI, Percent Body Fat, Waist-Hip Ratio(WHR) Nutritional Evaluation(Protein, Mineral, Fat) Weight Management(Weight, SMM, Fat) Obesity Diagnosis(BMI, PBF, WHR) Weight Control(Weight Control, Fat Control, Muscle Control) Segmental Lean, Segmental Fat Exercise Planner Fitness Score, Basal Metabolic Rate(BMR) Impedance at Each Segment & Frequency
Logo Display	Name, address and contact information of the site can be shown on the Results Sheet.
Results Sheet Types	Basic Results Sheet: Body composition results sheet for child (dedicated/built-in), body composition results sheet for adults (dedicated/built-in)
Measurement Sound	Measurement sound can be enabled to indicate measurement progress.
Voice Guide	Voice guide for measurement can be enabled.
Saving Results	Measurement results with subject IDs can be saved (up to 100,000 measurements).
Measurement Screen	Measurement progress and measurement results are shown on the color LCD.
Support for USB Storage Devices	Data can be stored on USB storage devices (for viewing in Excel or Lookin'Body). Always use USB storage devices recommended by InBody Co., Ltd.
Quick Setup	Number of Copies / Volume / Weight offset / Height Measurement Mode
Data Backup	Data stored on the device can be backed up onto USB storage devices and backup data can be restored on the device.
Printer Connection	Using USB port
Portability	The transport wheels provides maximum portability. The height-adjustable head bar reduces height limitations during transport. The all-in-one design includes the Stadiometer, main unit and footplate for easy transport. The foldable stadiometer provides maximum convenience for storage and transport.
Optional Equipment	Automatic blood pressure monitor provided by InBody Co., Ltd. PC program (Lookin'Body)
Rated Current	400 μ A
Power Consumption	50VA

Adapter	Manufacture	BridgePower Corp.
	Model	BPM040S12F07
	Power Input	AC 100-240V, 50/60Hz, 1.2A
	Power Output	DC 12V $\overline{\text{---}}$, 3.4A
Adapter (Alternative)	Manufacture	MEAN WELL Enterprises Co., Ltd.
	Model	GSM40A12-P1IR
	Power Input	AC 100-240V, 50/60Hz, 1.0-0.5A
	Power Output	DC 12V $\overline{\text{---}}$, 3.34A
Display Type	320 × 240 Color LCD	
External Interface	RS-232C 4EA, USB Slave 1EA, USB Host 2EA, Ethernet (10T) 1EA, Bluetooth 1EA, Wi-Fi 1EA	
Compatible Printer	Laser/inkjet PCL 3 or above and SPL(Printer recommended by InBody)	
Dimension	396(W) × 667(L) × 1350~2126(H): mm 15.6(W) × 26.3(L) × 53.1~83.7(H) : inch	
Weight	23.5kg(51.8lbs)	
Measurement time	Weight, height measurement: 5-6 seconds, body composition measurement: approx. 30 seconds	
Operation Environment	10 ~ 40 °C, 30 ~ 75%RH, 50 ~ 106kPa	
Storage Environment	-10 ~ 70 °C, 10 ~ 80%RH, 50 ~ 106kPa(No condensation)	
Testing Weight Range	10 ~ 250kg	
Testing Age Range	3 ~ 99 years	
Height Range	95 ~ 205cm	

* Specifications may change without prior notice.

* This product is a 'medical equipment'. Read guide and cautions before using this blood pressure monitor.

E. EMC declaration

The InBody J30 is intended for use in the electromagnetic environment specified below. The customer or the user of the InBody J30 should assure that it is used in such an environment.

Electromagnetic emissions		
Emissions test	Compliance	Electromagnetic environment
RF emissions CISPR 11	Group 1	The InBody J30 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class A	The InBody J30 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

Electromagnetic immunity – for all ME equipment and ME systems			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines ± 1 kV for input/output lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 s	<5 % UT (>95 % dip in UT) for 0,5 cycle 40 % UT (60 % dip in UT) for 5 cycles 70 % UT (30 % dip in UT) for 25 cycles <5 % UT (>95 % dip in UT) for 5 s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the InBody J30 requires continued operation during power mains interruptions, it is recommended that the InBody J30 be powered from an uninterruptible power supply or a battery.

Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
--	-------	-------	---

NOTE UT is the a.c. mains voltage prior to application of the test level.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	<p>Portable and mobile RF communications equipment should be used no closer to any part of the InBody J30, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance $d=1.2\sqrt{P}$ $d=1.2\sqrt{P}$ 80 MHz to 800 MHz $d=2.3\sqrt{P}$ 800 MHz to 2.5 GHz</p>
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	<p>where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,^a should be less than the compliance level in each frequency range.^b</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 

NOTE1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the InBody J30 is used exceeds the applicable RF compliance level above, the InBody J30 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the InBody J30.

^b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

