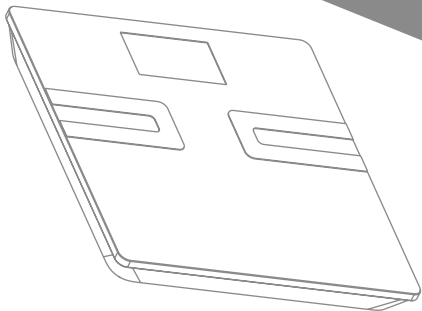


eHealthyNet

Body Fat Analyzer
MBC-032-B

User Manual



 Medisen™



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INTRODUCTION

Thank you for purchasing the eHealthyNet Body Fat Analyzer. The eHealthyNet Body Fat Analyzer is easy to use that applies the Bioelectrical impedance Analysis (BIA) technology to measure your body weight and calculate your body composition such as body fat, visceral fat, muscle mass, bone mass Body Mass Index (BMI) and Basal Metabolic Rate (BMR). The analyzer works with your mobile device to track your data and share it with your family via eHealthyNet App.

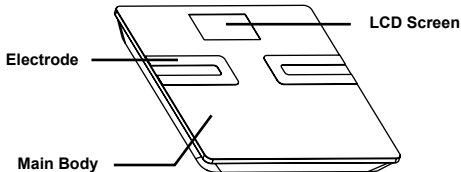
PACKAGE CONTENT

- 1 eHealthyNet Body Fat Analyzer
- 1 User Manual
- 4 AA Batteries

INTENDED USE

The eHealthyNet Body Fat Analyzer is intended for use at home or medical center. It is designed to measure the body weight and compositions of a healthy adult individual. The measurement result might not be optimal for children, elderly, pregnant or professional athlete. Please follow the instruction of this user manual in order to use the analyzer safely and properly. The maximum weight can be measured is 180kg (400lb).

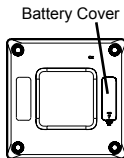
PARTS



HARDWARE SET UP

Batteries

Remove the battery cover. Insert 4 AA batteries into the compartment.



eHealthyNet APP

Download eHealthyNet App

The App is available in both Google Play and Apple App Store. Before the first use of the monitor, download the “eHealthyNet” App from Google Play and Apple Store.

Account Setting

Follow the on-screen instruction to register and set up your personal account.

Connect the monitor with mobile device

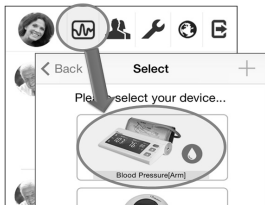
1. Switch “bluetooth” on under the “Settings” menu on IOS or Andriod devices.
2. Select the “Measure” button in the main screen and then “+” button in the upper right corner.



3. Step on the analyzer and stand still. The machine are automatically switched on and the bluetooth sign appears on the screen. Wait for the analyzer pairs with your mobile device, it may last for 30 seconds.



4. After successful pairing, select the paired device under “Measure” Button of the App. And Press Start/Stop Button on the monitor to start measurement.



MEASUREMENT

Pre-measurement

Take off your shoes and socks before measurements, avoid use the analyzer after doing exercises.

Take Measurements with Mobile Devices

1. Switch on bluetooth, launch the “eHealthyNet” App in your mobile device.

2. Select the paired analyzer under “Measure” Button of the App. And Press Start/Stop Button on the monitor to start measurement.
3. Step on the analyzer, do not move, lean forward or backward on the machine.
4. If you are taking measurement with bare feet, “8888” appears on the screen, the result is shown on the eHealthyNet App after it disappears.
5. If you are wearing shoes/socks during measurement, “8888” does not appear, but the result is also shown on the eHealthyNet App.

Take Measurements without Mobile Devices

The analyzer can work without pairing with a mobile device. Step on the analyzer to start measurements.

Note: Stop the measurement process at any time by stepping down the analyzer. The power will be automatically switched off after 30 seconds of Idling.

ABOUT BMI

The National Heart, Lung, And Blood Institute (NHLBI) have created the following guide to classify BMI of healthy adult individual.

BMI Classification	BMI	Color indicator
Underweight	<18.5	Cyan
Normal	18.6-24.9	Green
Overweight	25-59.9	Yellow
Obesity I	30-34.9	Orange
Obesity II	35-39.9	Orange
Obesity III	≥40	RED

ABOUT BODY FAT

According to University of Illinois Department of Food Science and Human Nutrition, the body fat level can be classified as the following table.

Standard for Men

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<13	<14	<16	<17	<18
Normal	14-20	15-21	17-23	18-24	19-25
Moderately High	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

Standard for Women

Rating	Age				
	20-29	30-39	40-49	50-59	60+
low	<19	<20	<21	<22	<23
Normal	20-28	21-29	22-30	23-31	24-32
Moderately High	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

ABOUT BODY WATER CONTENT

According to Wang & Denrenberg et, al. in “Hydration of fat-free body mass”, American Journal Clin Nutr 1999, 69833-841. The Body water content is classified as the following table.


	BF % RANGE	OPTIMAL TBW % RANGE
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 57%
	22 to 24%	57 to 55%
	25 and over	55 to 37%
Women	4 to 20%	70 to 58%
	21 to 29%	58 to 52%
	30 to 32%	52 to 49%
	33 and over	49 to 37%

Note: These charts are not intended to provide a basis for any type of emergency condition or diagnosis based on the color indicator; these charts only depict different classification of BMI, body fat and water. Consult your physician to interpret the results properly.

SPECIFICATION

Product Name		Body Fat Analyzer
Model		MBC-032-B
Measurement Mechanism		Bioelectrical Impedance Analysis, automatic measurement.
Display		LCD Digital Display
Power Source		4 AA Batteries
Measurement Range	Weight	5-180 kg
	Height	100-220 cm
	Age	10-99
Accuracy	Weight	50kg \pm 0.3kg, 100kg \pm 0.4kg, 150kg \pm 0.5kg
	Muscle Mass	\pm 0.1%
	Bone Mass	\pm 0.1%
	Fat	\pm 0.1%
	Body Water	\pm 0.1%
Operating environment	Temperature	10-40 °C
	Humidity	20-90% RH
Storage environment	Temperature	-20-55 °C
	Humidity	10-85% RH

SAFETY PRECAUTIONS

1. Read all of the information in the User Manual and other provided instructions before operating the Analyzer.
 2. Consult your physician if there is any concern about using the Analyzer.
 3. Do not move or jump on the analyzer as it may lead to inaccurate result.
 4. Do not use the analyzer on the wet or slippery floor.
 5. Keep your feet dry while taking measurement.
 6. Do not drop the Analyzer or subject it to strong impact.
 7. Replace all the batteries at once.
 8. Take out the batteries if the Analyzer will not be used in 3 months.
-  Patients having medical implants with electronic components such as pacemakers are nor recommended to use the analyzer.

- ⚠ The product might not meet its performance specifications if not stored or used within the specified range of temperature, relative humidity and air pressure in the section “SPECIFICATION”.
- ⚠ Keep the analyzer away from high radiation device such as microwave oven.

CARE & MAINTENANCE

Cleaning the Monitor

Clean the monitor with a piece of cloth soaked with detergent. Do not use any abrasive and volatile cleaning agent.

Maintenance

1. Do not load the analyzer if it is unused to prevent any damages.
2. Always Keep the analyzer dry.

Storage

1. Store the analyzer in a dry and clean environment, avoid direct sunlight (see the storing environmental condition in the section “SPECIFICATION”).
2. Remove the batteries if the monitor will not be used in 3 months.

TROUBLESHOOTING

Error Sign

Error signs are displayed on the monitor's screen if there are abnormalities during measurement.

Sign	Cause	Correction
Err1	Overloading, the weight is over 182.5kg	Check if there is any object of this weight put on the analyzer Stop using the analyzer if you are of this weight, consult your physician for any problem.
Err2	Operational Error	Follow the instruction of this manual and take measurements again.

Sign	Cause	Correction
LO	Low Battery	Replace all the batteries at once

WARRANTY

The eHealthyNet Body Fat Analyzer is warranted to be free from defects in materials and workmanship within two year from the date of purchase when used in accordance with the provided instructions. The Warranty extends only to the end user. We will, at our option, repair or replace without charge the eHealthyNet Body Fat Analyzer covered by the warranty. Repair or replacement is our only responsibility and your only remedy under the warranty.

EXPLANATION OF SYMBOL



Symbol for “WARNING”



Symbol for “TYPE B APPLIED PART”



Symbol for “ENVIRONMENTAL PROTECTION”
Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.



Symbol for “THE OPERATION GUIDE MUST BE READ”



Symbol for “MANUFACTURER”

SN

Symbol for “SERIAL NUMBER”



Symbol for “EUROPEAN REPRESENTATIVE”



Symbol for “CE MARK” - Conforms to essential requirements of the Medical Device Directive 93/42/EEC.



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