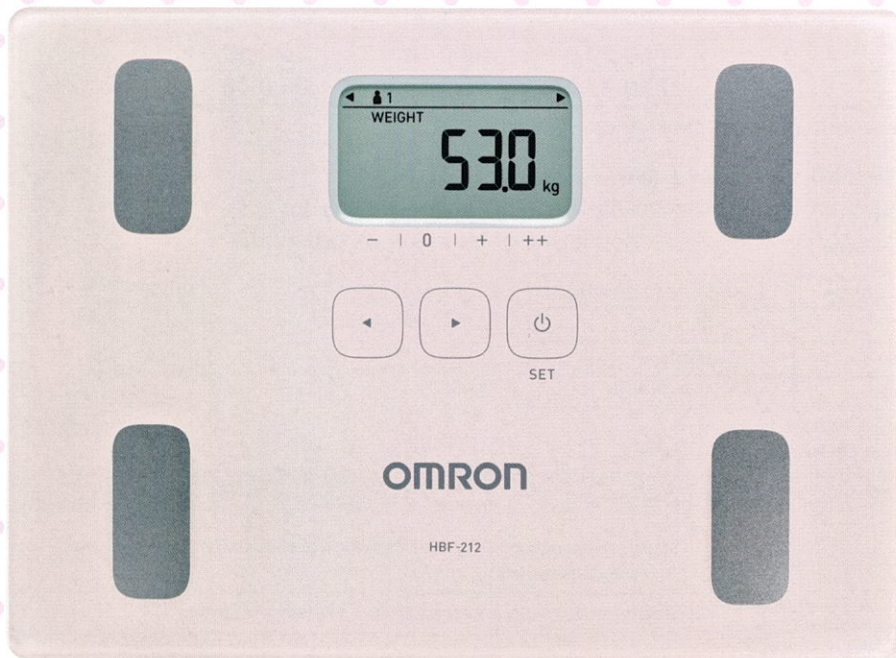


OMRON

Karada Scan

Body Composition Monitor **HBF-212**

Your Ideal Partner For Health & Beauty

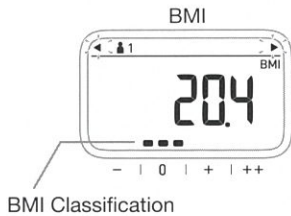


All for Healthcare

Karada Scan

Body Composition Monitor **HBF-212**

Monitor your weight and BMI in a quick and easy way! Know your visceral fat and Body Fat Percentage in a few seconds with Omron Body Composition Monitor HBF-212.



Interpreting the BMI Result

BMI is referred to as Body Mass Index and is an indication of the ratio between weight and height of a person

BMI	Classifications (by the WHO)
Less than 18.5	- (Underweight)
18.5 or more and less than 25	0 (Normal)
25 or more and less than 30	+ (Overweight)
30 or more	++ (Obese)

The above-mentioned indices refer to the values for obesity judgment proposed by WHO, the World Health Organization.

BODY FAT PERCENTAGE



Interpreting the Body Fat Percentage Result

Body Fat Percentage refers to the amount of body fat mass in regards to the total body weight expressed as a percentage

Gender	Low	Normal	High	Very High
Female	5.0-19.9	20.0-29.9	30.0-34.9	35.0-50.0
Male	5.0-9.9	10.0-19.9	20.0-24.9	25.0-50.0

Based on the obesity values proposed by Lohman (1986) and Nagamine (1972)

VISCERAL FAT LEVEL



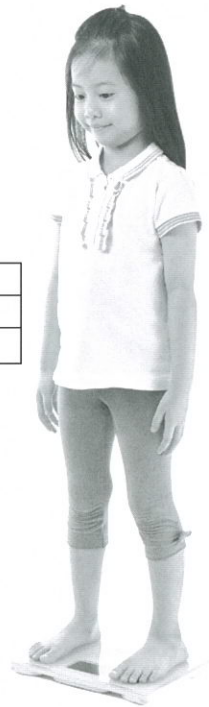
Interpreting the Visceral Fat Level Result

Visceral Fat is fat surrounding internal organs. Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream.

Visceral Fat Level	Level Classification
1 - 9	Normal
10 - 14	High
15 - 30	Very High

According to OMRON HEALTHCARE figures

* Age range for Visceral Fat level is 18 to 80 years old.



SPECIFICATIONS

Product Name	Body Composition Monitor	Storage Temperature /Humidity/Air Pressure	-20°C to +60°C, 10 % to 95 % RH, 700 hPa - 1060 hPa
Model	HBF-212 (HBF-212-AP)	Weight	Approximately 1.3 kg (including batteries)
Set Items	Personal data information: The following information for up to 4 people can be stored. Height: 100.0 to 199.5 cm Age: 6 to 80 years old Gender: Male/Female	External Dimensions	Approximately 285 (W) × 28 (H) × 210 (D) mm
Weight Accuracy	2.0 kg to 40.0 kg: ± 0.4 kg 40.0 kg to 150.0 kg: ± 1%	Package Contents	Body composition monitor, 4 AAA manganese batteries (R03), instruction manual
Power Supply	4 AAA manganese batteries (R03) (You may also use AAA alkaline batteries (LR03).)	Display	Body Weight: 2 to 150 kg (increment of 0.1 kg) Body Fat percentage: 5.0 to 50.0% (increment of 0.1%) BMI: 2.5 to 90.0 (increment of 0.1) Visceral Fat Level: 30 levels (increment of 1 level) BMI classification: - (Underweight) / 0 (Normal) / + (Overweight) / ++ (Obese) 4 levels
Battery Life	Approximately one year (When AAA manganese batteries are used with four measurements a day at a room temperature of 23°C.)		<ul style="list-style-type: none"> The age range for the Body Fat percentage, BMI, BMI classification is 6 to 80 years old. The age range for the Visceral Fat level is 18 to 80 years old.
Operating Temperature /Humidity	+5°C to +35°C, 30 % to 85 % RH		

OMRON HEALTHCARE Co.,Ltd
53, Kunotsubo, Terado-cho,
Muko, Kyoto 617-0002 Japan

Asia Pacific HQ
OMRON HEALTHCARE SINGAPORE PTE LTD.
438A Alexandra Road, #05-05/08,
Alexandra Technopark, Singapore 119967
www.omron-healthcare.com.sg

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