

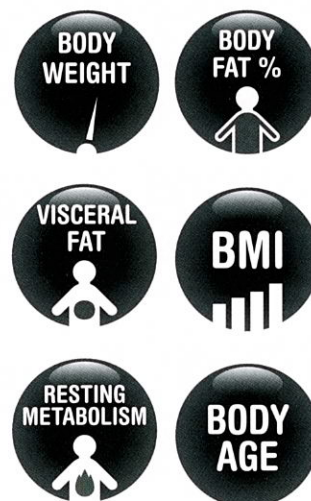
Model  
HBF-358-BW

OMRON

# KaradaScan™

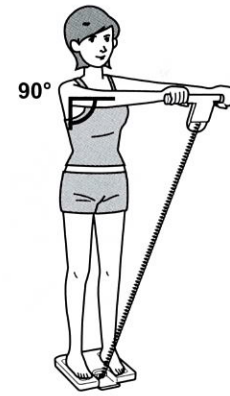
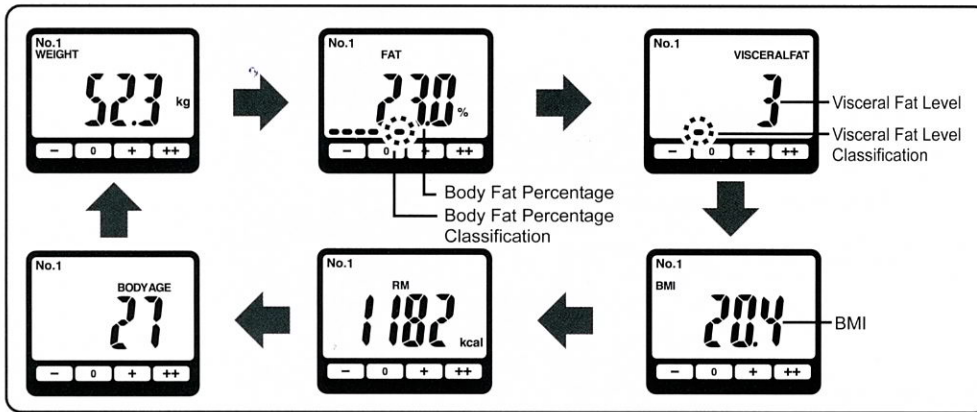
**BODY COMPOSITION MONITOR HBF-358-BW**

Monitor your fat and weight loss effectively



All for Healthcare

## CHECK THE MEASUREMENT RESULTS



Correct Posture for Measurement

### BODY FAT PERCENTAGE

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

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20 - 39	< 21.0%	21.0 - 32.9%	33.0 - 38.9%	≥ 39.0%
	40 - 59	< 23.0%	23.0 - 33.9%	34.0 - 39.9%	≥ 40.0%
	60 - 79	< 24.0%	24.0 - 35.9%	36.0 - 41.9%	≥ 42.0%
Male	20 - 39	< 8.0%	8.0 - 19.9%	20.0 - 24.9%	≥ 25.0%
	40 - 59	< 11.0%	11.0 - 21.9%	22.0 - 27.9%	≥ 28.0%
	60 - 79	< 13.0%	13.0 - 24.9%	25.0 - 29.9%	≥ 30.0%

Based on NIH/WHO guidelines for BMI  
Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### VISCERAL FAT

Visceral fat = fat surrounding internal organs. Interpreting the Visceral Fat Level Result

Visceral Fat Level	Level Classification
1 - 9	0 (Normal)
10 - 14	+ (High)
15 - 30	++ (Very High)

According to Omron Healthcare figures

### BMI (BODY MASS INDEX)

BMI = weight (kg) / height (m) / height (m). Interpreting the BMI Result

BMI	Classifications (by the WHO)
Less than 18.5	Underweight
18.5 or more and less than 25	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 the WHO, the World Health Organization.

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](http://www.omron-healthcare.com.sg)

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### A) RESTING METABOLISM

Energy required to maintain vital functions

#### 60-70% of daily energy use is for resting metabolism

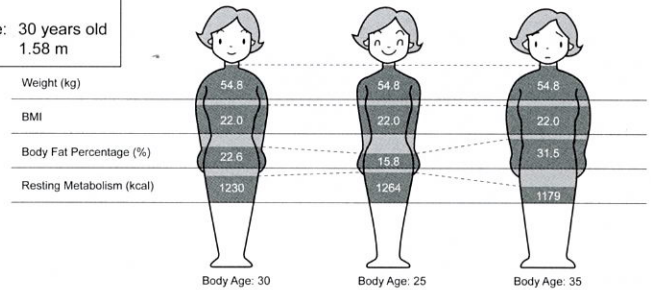
The total amount of energy used by the body in a typical day is as follows:

Resting metabolism	Energy required to maintain vital functions.
Daily activity metabolism	Energy used for daily activities such as commuting to work, household chores, hobbies etc.
Diet-induced thermogenesis	Energy emitted after eating a meal.

### B) BODY AGE

Body age indication is based on one's resting metabolism and is used as a guide to one's metabolic age.

Example:  
Actual age: 30 years old  
Height: 1.58 m



## SPECIFICATIONS

DISPLAY	
BODY WEIGHT	0 - 100kg with an increment of 0.1kg 100 - 135kg with an increment of 0.2kg
BODY FAT PERCENTAGE	5.0 to 50.0% with an increment of 0.15
BMI	2.5 to 90.0 with an increment of 0.1
VISCERAL FAT LEVEL	30 levels with an increment of 1 level
BODY FAT PERCENTAGE CLASSIFICATION	- (Low) / 0 (Normal) / + (High) / ++ (Very High) with 12 levels of Bar display
VISCERAL FAT CLASSIFICATION	0 (Normal) / + (High) / ++ (Very High) with 9 levels of Bar display
Measurement Units: kg (cm) *For children under 10 or people 81 years old or older: Only weight is displayed. *For children over 9 and under 18 years old: All results except for Visceral Fat Level and Body Age are displayed. *For people over 17 to 80 years old: All results are displayed.	
SET ITEMS	
PERSONAL DATA INFORMATION	THE FOLLOWING INFORMATION FOR UP TO 4 PEOPLE CAN BE STORED: • Height: 100.0 - 199.5cm • Age: 10 - 80 years old • Gender: Male/Female
WEIGHT ACCURACY	0.0 - 40.0kg: 400g 40.0 - 135kg: 1%
POWER SUPPLY	4 AA batteries (R6) (You may also use AA alkaline batteries (LR6))
BATTERY LIFE	Approximately one year (When AA manganese batteries are used with four measurements a day at a room temperature of 23°C)
PACKAGE CONTENTS	Body composition Monitor, 4 AA manganese batteries (R6), instruction manual