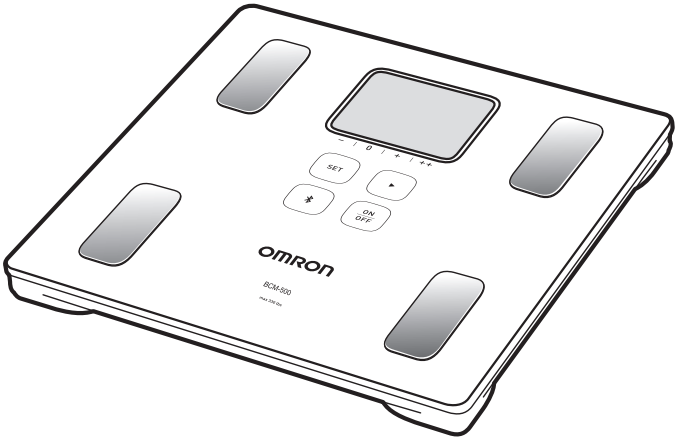
OMRON

INSTRUCTION MANUAL

Body Composition Monitor and Scale with Bluetooth®

Model **BCM-500**



All for Healthcare

5022647-0B

Table of Contents

Introduction

Thank you for purchasing the OMRON Body Composition Monitor and Scale with Bluetooth®.
This monitor is intended for measuring and displaying the following body composition parameters.

- Body Weight
- Body Fat (in %)
- Visceral Fat (up to 30 levels)
- Skeletal Muscle (in %)
- Resting Metabolism (in kcal)
- BMI (Body Mass Index)

This monitor is intended to be operated by adults who can understand this instruction manual. It is not for professional use in hospitals or other medical facilities, it is intended for home use only.

Safety Instructions

This instruction manual provides you with important information about the OMRON BCM-500. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact 1-800-634-4350 before attempting to use this monitor. For specific information about your own body composition related conditions, consult with your physician.**

Intended Use

The OMRON BCM-500 is intended to be used to calculate and display the estimated value of body fat percentage, skeletal muscle percentage, resting metabolism, BMI and visceral fat levels using the BI (Bioelectrical Impedance) Method and indicates the BMI (Body Mass Index).
The BCM-500 is intended to be used by healthy individuals in the age range of 18 to 80 years for the skeletal muscle percentage, resting metabolism and visceral fat level. The age range for body fat percentage is intended to be used by healthy individuals between the age of 10 to 80 years.

Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components are damaged, DO NOT USE and contact 1-800-634-4350.

Symbols Glossary

For symbol information, visit: OmronHealthcare.com/symbols-glossary

Contraindications

- DO NOT use this device if you have a cardiac pacemaker, implanted defibrillator or other implanted metallic or electronic device. Such use could cause these devices to malfunction causing serious health risks or death to users.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor.
Follow this instruction manual thoroughly for your safety.
Keep for future reference. For specific information about your own body composition conditions, CONSULT WITH YOUR PHYSICIAN.

⚠ Warning **Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.**

- Keep this monitor out of the reach of infants, toddlers and children.
- Pregnant women should not use this device.
- DO NOT use this monitor on slippery surfaces, such as a wet floor.
- Consult with your physician or healthcare provider before beginning a weight reduction or exercise program.
- DO NOT jump or bounce on this monitor. Doing so may cause you to fall or slip, resulting in serious injury.
- DO NOT step on the edges or display area of this monitor because you may lose your balance and fall, resulting in serious injury.
- ALWAYS stand on this monitor bare-footed. Standing on this monitor wearing socks may cause you to slip and injure yourself.
- DO NOT use this monitor when your body and / or feet are wet, such as after taking a bath or shower.
- Persons with disabilities or persons who are physically frail should be assisted by another person when using this monitor or use a handrail, a walker, or other support device to prevent falling when stepping on and off the monitor.
- DO NOT use this monitor with a cardiac pacemaker or other implanted medical device.

Battery Usage

- Should battery fluid leak and contact your eyes, skin or clothing, immediately rinse with plenty of clean water. Immediately contact your physician in case of eye or skin contact.

Data Transmission

- This product emits radio frequencies (RF) in the 2.4 GHz band. Do not use this product in locations where RF is restricted, such as on an aircraft or in hospitals.

Note: For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC.

⚠ Caution **Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user orpatient or damage to the equipment or other property.**

- DO NOT attempt to disassemble, modify or repair this monitor. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- DO NOT step on the edges or display area of the measurement platform because the display unit may be damaged.
- DO NOT submerge this monitor or any of the components in water.
- Avoid excessive impact, vibration and strong shock to this monitor.

- DO NOT place this monitor on a cushioned floor surface such as a carpet or mat. A correct measurement may not be possible.
- DO NOT use this monitor for any purposes other than described in this manual.
- When this monitor will be used by several people, wipe the monitor with a damp cloth moistened with mild detergent after using it. Then, wipe it dry.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. OMRON recommends waiting for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information of operating and storage/transport temperature, refer to Section 16.

Battery Usage

- ONLY use AAA alkaline batteries specified for use with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. Replace all four batteries at the same time.
- DO NOT use different types of batteries together.
- Dispose of the device, batteries, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- DO NOT expose the batteries to flames or fire.
- Remove the batteries if this monitor will not be used for three months or more.
- DO NOT insert the batteries with the polarities in the wrong direction.

Data Transmission

- During measurement, make sure that no mobile phone or any other electrical devices that emit electromagnetic fields is within 12 inches (30 cm) of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- Do not replace the battery while your measurement result is being transferred to your smart device. This may result in the incorrect operation of your monitor and failure to transfer your measurement result.
- Do not place integrated circuit cards, magnets, metal objects, or other devices that emit electromagnetic fields near this monitor while your measurement result is being transferred to your smart device. This may result in the incorrect operation of your unit and failure to transfer your measurement result.

Note

Incorrect Measurement

Incorrect measurement might occur to the following users:
Elderly people (over 81 years old) / People with a fever / Body builders or highly trained athletes / Patients undergoing dialysis / Patients with osteoporosis who have very low bone density / People with swelling.

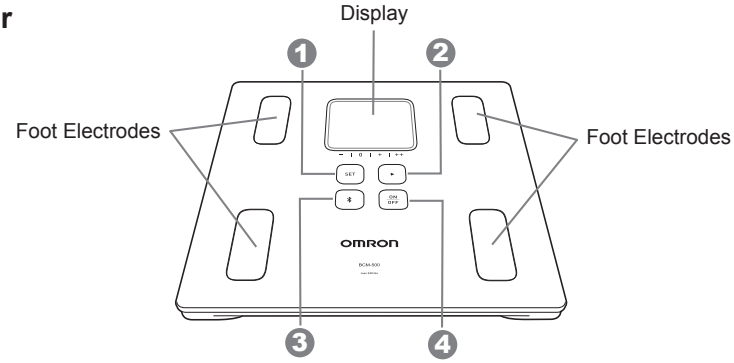
- Because the body composition such as body water might greatly deviate from the average value.

1. Know Your Monitor

Contents

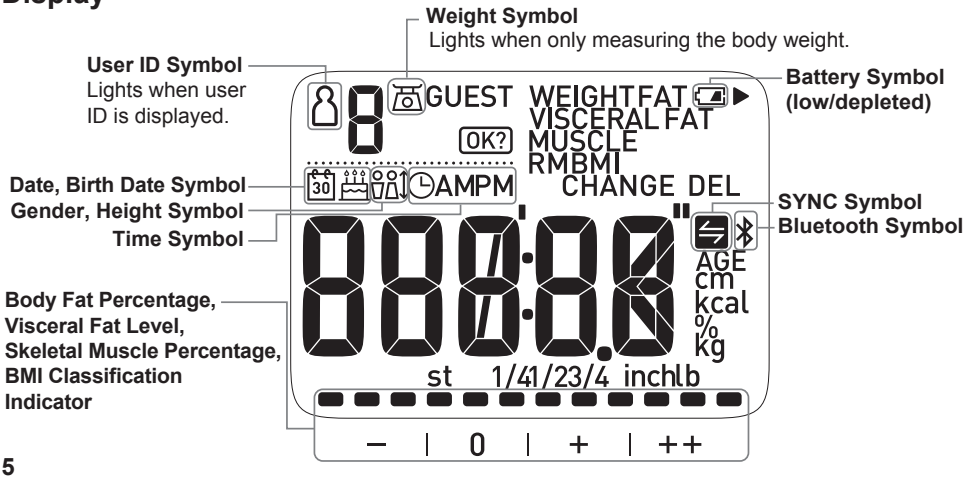
- Body Composition Monitor and Scale with Bluetooth®
- 4 AAA alkaline batteries (LR03)
- Instruction Manual
- Quick Start Guide

Monitor



1	SET	**SET Button** • Press this button to set or confirm the data.
2	▶	**Advance Button** • Press this button to advance. • Press and hold this button to advance rapidly during setting the date, time and height.
3	ᛒ	**Bluetooth Button** • Press this button to transfer the data manually. • Press this button (2 seconds or longer) to pair your monitor with your smart device. ※ This button is also usable when the power is off.
4	ON/OFF	**ON/OFF Button** • Press this button to turn on the power. • Press this button (2 seconds or longer) to turn off the power.

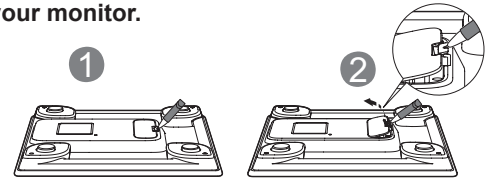
Display



2. Insert and Replace the Batteries

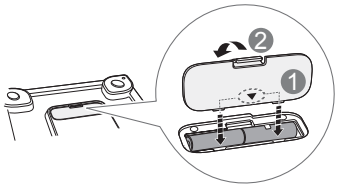
1. Open the battery cover on the back of your monitor.

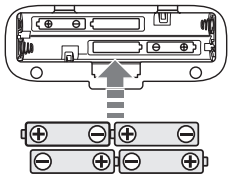
A hard object like a pen can be used.



2. Install the batteries in correct polarity as marked inside the battery compartment.

3. Close the battery cover.

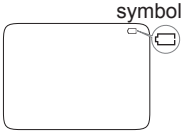




Battery Life and Replacement

- **Approximately 6 months (When AAA alkaline batteries are used for four measurements, four data transfers and four persons a day at a room temperature of 73.4 °F (23 °C)).**
  - The supplied batteries are for trial use only, they may have a shorter life.
- **When the depleted battery symbol appears on the display, replace all four batteries with new ones.**
  - Replace all four batteries with new ones (same type) at the same time.
  - When the low battery symbol blinks, it is recommended to replace the batteries with new ones.

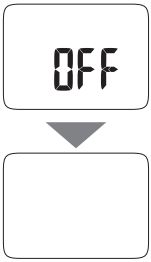
Depleted Battery symbol



- **Replace the batteries after turning off the power.**
  - Personal data stored in this monitor are retained even if the batteries are removed.
  - Disposal of used batteries should be carried out in accordance with the local regulations for the disposal of batteries.
- **When the batteries are replaced, you will need to reset the measurement unit, date and time. (Refer to Section 4.)**
  - If you have already paired with the “OMRON HeartAdvisor” app, press the button to communicate with this app, then the date and time will be set automatically.

About the Power OFF Function

- **Press the ON/OFF button (2 seconds or longer) to turn off the power.**
- **The power automatically turns off in the following conditions.**
  - 10 seconds after “Err” is displayed.
  - This monitor is not used for 1 minute when “0.0 lb” is displayed.
  - This monitor is not used for 3 minutes.



3. Pair Your Monitor with Your Smart Device

1. **Turn on the Bluetooth on your smart device.**

2. **Download and install the "OMRON HeartAdvisor" app onto your smart device. Search the "OMRON HeartAdvisor" app from "App Store" or "Google Play".**

If you already have the "OMRON HeartAdvisor" app and have created your account, open the app and add your new monitor.

3. **Open the app on your smart device and follow the instructions.**

NOTES

- Each account set-up in the OMRON HeartAdvisor manages data for one unique user.
- OMRON HeartAdvisor is the only app that we recommend to use with your OMRON body composition monitor and scale.

4. Set the Measurement Unit, Date and Time

Setting the measurement unit, date and time is necessary before taking a measurement for the first time or after replacing the batteries.

- The date and time will be automatically set when paired with your smart device. To set manually, follow the instructions below.

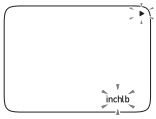
1. Press the (ON/OFF) button to turn on the power.

"inchlb" blinks on the display.

2. Set the measurement unit.

Press the (▶) button to adjust and press the (SET) button to confirm.

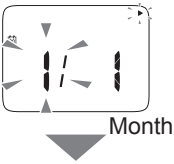
- The default measurement unit is "lb & inch".
- You can set the measurement unit to "st-lb & inch" or "kg & cm".



3. Set the date and time on your monitor.

Press the (▶) button to adjust and press the (SET) button to confirm.

- Setting range of year: 2019 to 2045.
- Time is a 12-hour clock.
- While setting the year, date, hour and minute, hold down the (▶) button to advance rapidly in increments of 10.



After all the settings for the measurement unit, year, month, day, hour and minute are displayed in that sequence, the power automatically turns off.

NOTES

- If any mistake is made during the setting, press the (ON/OFF) button (2 seconds or longer) to turn off the power and start from "Step 1" again.
- If, when setting-up the measurement unit, date and time, this monitor is not used for 3 minutes, the power will automatically turn off. If this happens, the information entered during set-up will not have been saved. Please proceed again to set-up measurement unit, date and time again.
- To modify the measurement unit, date or time, remove the batteries and wait for at least 20 seconds. Then insert the batteries and reset again.

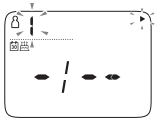
5. Set-up Your Personal Data

For body composition measurement, it is necessary to set-up your personal data (birth date, gender, height). The monitor can store this personal data for up to 4 persons.

- The personal data can be obtained from “OMRON HeartAdvisor” app once the app is paired with your monitor.

1. Press the ON/OFF button to turn on the power.

The power turns on. User ID “1” blinks. Birth date (- / - -) is displayed.



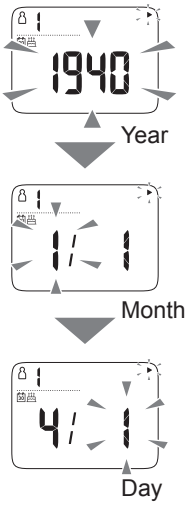
2. Select and confirm your user ID.

Press the ▶ button to select your user ID and press the SET button to confirm.

3. Set your birth date.

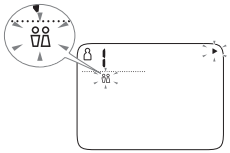
Press the ▶ button to set your birth date and press the SET button to confirm.

- Setting range of year:1900 to 2045.
- While setting the year and date, hold down the ▶ button to advance rapidly in increments of 10.



4. Set your gender.

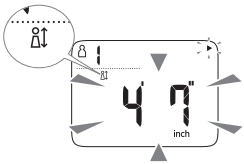
Press the ▶ button to set your gender ♂ (MALE) or ♀ (FEFMALE) and press the SET button to confirm.



5. Set your height.

Press the ▶ button to adjust your height and press the SET button to confirm.

- Press continuously to rapidly advance in increments of 1 inch (or 10 cm).
- After all the settings are displayed for your confirmation, “0.0 lb” appears on the display.



6. Step onto your monitor to take a measurement when "0.0 lb" is displayed.

The data of body weight and body composition are recorded in your monitor to support automatic recognition.

After a while, the measurement results are indicated as follows.

7. Step off your monitor after the measurement results are displayed.

Your measurement is now complete.

8. Press the ON/OFF button (2 seconds or longer) to turn off the power.

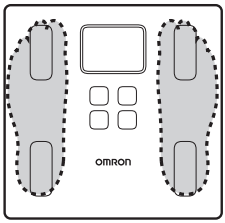
To add a new user, start from the "Step 1".

Operating instructions

6. How to Take a Measurement Accurately

6.1 Correct posture during the measurement

Step onto your monitor with your bare feet. Place the arches of your feet onto the center of the monitor.



Note

- Stepping onto your monitor with socks or footwear on will result in an inaccurate measurement.

Do not bend your knees during measurement.

Take a measurement on a hard, level floor.

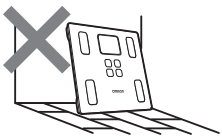
⚠ Caution

- DO NOT place the monitor on a cushioned floor surface such as a carpet or mat. A correct measurement may not be possible.

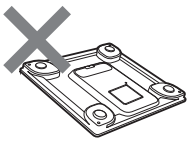
6.2 Proper storage for “0 lb correction”

This monitor regularly recalibrates automatically when it is not in use.

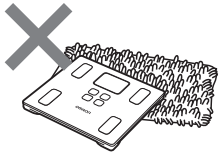
- If your monitor is placed as shown below and the recalibration function does not work, implement the “0 lb correction” before taking measurement. (Refer to Section 6.3.)



Your monitor is leaning against the wall or other objects



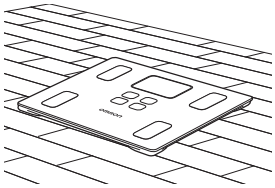
Your monitor is placed upside down



Your monitor is placed on an object

An object is placed on your monitor

6.3 How to implement the “0 lb correction”



1. **Place your monitor on a hard, level floor.**

2. **Press the ON/OFF button to turn on the power.**

3. **Select your user ID or “8”.**

Press the ▶ button and then press the SET button to confirm.

4. **When the “0.0 lb” is displayed, press the ON/OFF button (2 seconds or longer) to turn off the power.**

This completes the “0 lb correction”. Wait for 5 seconds, and then take a measurement.

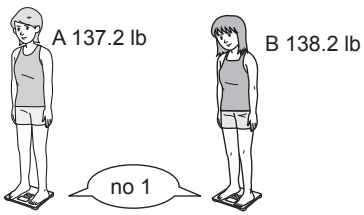
Operating instructions

7. Taking a Measurement

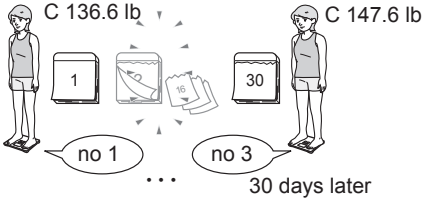
When you step onto your monitor, it will be powered on to recognize your user ID automatically and start the measurement.

Wrong user ID may be displayed in the following cases.

- Users of similar body type and body weight are measured.



- Your body weight has changed since last measurement.

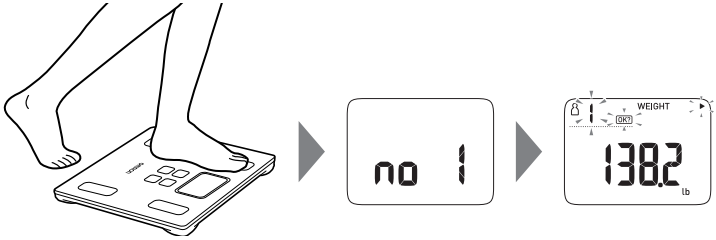


- The measurement results of another user has been set-up.

If inaccurate recognition continues, manually select your user ID to take a measurement. (Refer to Section 9.)

1. Take a measurement when your monitor is off.

When you step onto your monitor, your monitor automatically turns on.



2. When user ID and measurement results are displayed, the measurement is complete.

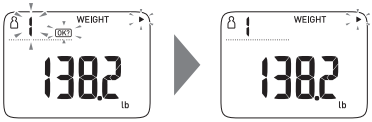
Step off your monitor.

3. Confirm your user ID.

■ If your user ID is correct…

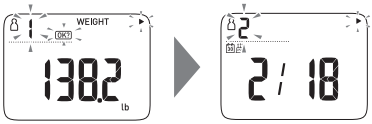
Press the SET button to confirm your user ID. OK? disappears.

Even if you turn the power off with OK? blinking, the results are recorded on the monitor as the measurement value linked to the displayed user ID.



■ If your user ID is incorrect…

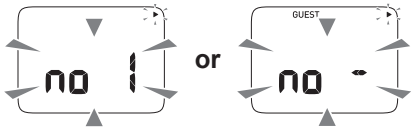
Before the power turns off, select your user ID manually with the ▶ button, and then press the SET button to confirm.



■ If you confirmed your user ID incorrectly…

Before the power turns off, press the SET button so that you can select your user ID again.

If "no 1" to "no 4" blinks on the display, or GUEST is displayed, your personal data has not been set-up in your monitor.
Set-up your personal data.
You can use Guest Mode as well.



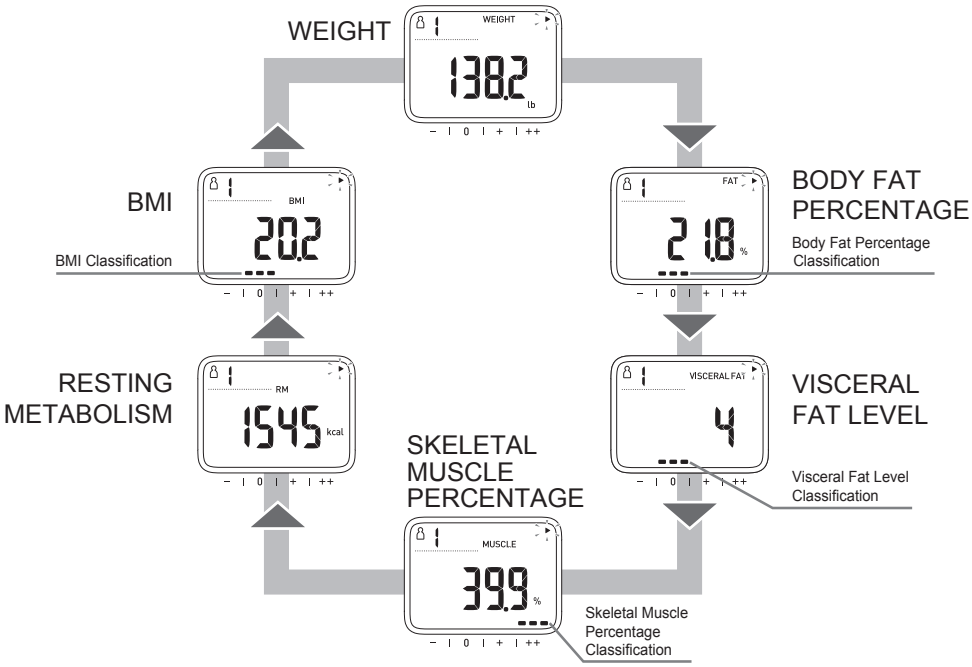
4. Check the measurement results.

Your results will automatically rotate in the order shown below.

Once you confirm your user ID, you can switch it to a measurement result you want to view with the ▶ button.

Note

- The classification indicator can be used as a guide to help understand your measurement results for Body Fat Percentage, Visceral Fat Level, Skeletal Muscle Percentage and BMI.
- To better understand your measurement results, refer to the information and diagrams in Section 20 and 21.



5. Press the ON/OFF button (2 seconds or longer) to turn off the power.

The power turns off if your monitor is not used for 3 minutes.

Operating instructions

8. View Your Measurement Results on Your Smart Device

Follow the instructions from the "OMRON HeartAdvisor" app to view your measurement results.

Then you can confirm the variation of your weight and body composition parameters on your smart device.

Note

- The "OMRON HeartAdvisor" app must be installed on your smart device. (Refer to Section 3.)

9. Select Your User ID and Take a Measurement

If your user ID is not recognized automatically, you can select your user ID manually and take the measurement as follows.

1. Press the ON/OFF button to turn on the power.

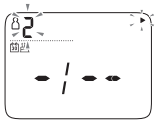
The power turns on. User ID “1” blinks.

2. Select your user ID.

Select your user ID with the ▶ button.

When the birth date (- / - -) is displayed, your personal data has not been set-up in your user ID.

Set-up your personal data. (Refer to Section 5.)



3. Press the SET button to confirm your user ID.

“0.0 lb” is displayed.

4. Take a measurement when “0.0 lb” is displayed.

Step onto your monitor.

5. Check your measurement results.

Your results will automatically rotate on the display.

6. Press the ON/OFF button (2 seconds or longer) to turn off the power.

The power turns off if your monitor is not used for 3 minutes.

10. Guest Mode (Unrecorded Mode)

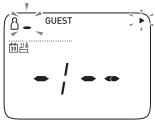
When this mode is used, your measurement results will not be recorded.

1. Press the ON/OFF button to turn on the power.

The power turns on. User ID “1” blinks.

2. Select and confirm “ _”.

Select “GUEST” with the ▶ button, and then press the SET button to confirm.

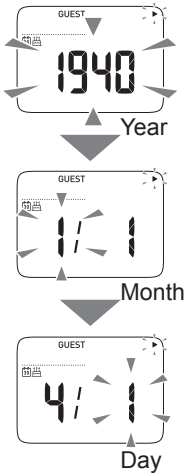


3. Enter personal data.

3.1 Set your birth date

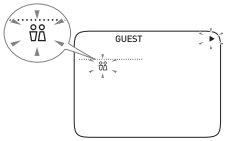
Press the ▶ button to set your birth date and press the SET button to confirm.

- Setting range of year: 1900 to 2045.
- While setting the year and date, hold down the ▶ button to advance rapidly in increments of 10.



3.2 Set your gender

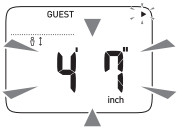
Press the ▶ button to set your gender ♂ (MALE) or ♀ (FEMALE) and press the SET button to confirm.



3.3 Set your height

Press the ▶ button to set your height and press the SET button to confirm.

- Press continuously to rapidly advance in increments of 1 inch (10 cm).

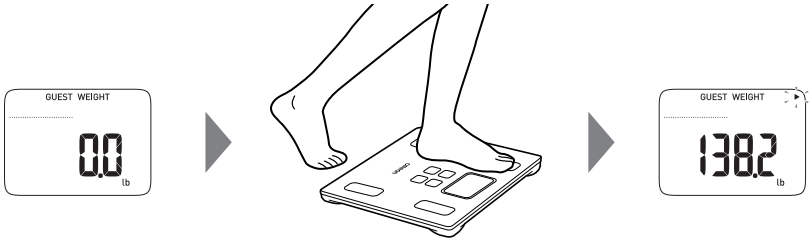


After all the settings are displayed for your confirmation, “0.0 lb” appears on the display.

The power turns off if your monitor is not used for 1 minute after “0.0 lb” is displayed.

4. Start Measurement when “0.0 lb” is displayed.

Step onto your monitor.



5. Check your measurement results.

Your results will automatically rotate on the display.

6. Press the (ON/OFF) button (2 seconds or longer) to turn off the power.

The power turns off if your monitor is not used for 3 minutes.

Operating instructions

11. Measure Weight Only

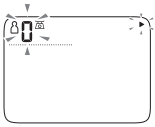
When this mode is used, your measurement result will not be recorded.

1. Press the (ON/OFF) button to turn on the power.

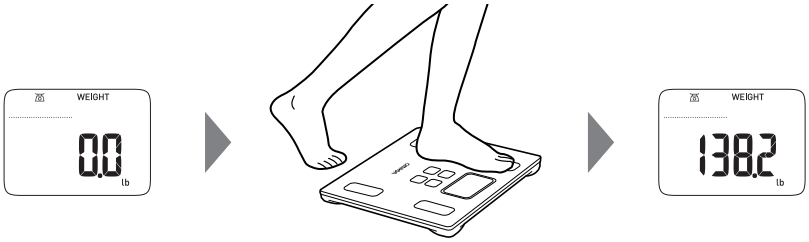
The power turns on. User ID “1” blinks.

2. Select and confirm “1”.

Select “1” with the (▶) button, and then press the (SET) button to confirm.



3. When the “0.0 lb” is displayed, step onto your monitor.



4. Check your measurement result.

Your weight is displayed and blinks to indicate that measurement is complete.

5. Press the (ON/OFF) button (2 seconds or longer) to turn off the power.

The power turns off if your monitor is not used for 3 minutes.

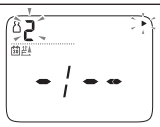
12. Change or Delete Your Personal Data

1. Press the (ON/OFF) button to turn on the power.
The power turns on. User ID "1" blinks.

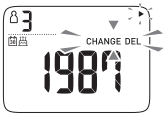
2. Select your user ID.
Press the (▶) button to select the user ID.

When the birth date (- - / - -) is displayed,

Your personal data is not set-up in your user ID.
Set-up your personal data. (Refer to Section 5.)



3. Press the (SET) button to confirm your user ID.
"0.0 lb" is displayed.



4. Press the (SET) button.
"CHANGE" and "DEL" blink.

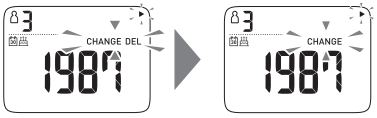
5. Select "CHANGE" or "DELETE" the personal data.

- Even if the personal data is changed, the measurement results will not be changed or deleted. When using the user ID which has been used by another person, delete their personal data and then set-up the personal data again.

Change your personal data

(The measurement results won't be deleted)

1. Press the (▶) button to select "CHANGE"



2. Press the (SET) button
The year blinks.

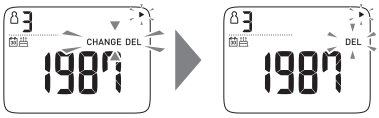
3. Change "birth date", "gender" and "height" with reference to Step 3 – Step 5 of Section 5.

- To stop any change, press the (ON/OFF) button (2 seconds or longer) to turn off the power.
- The untransferred measurement results will not be changed.

Delete your personal data

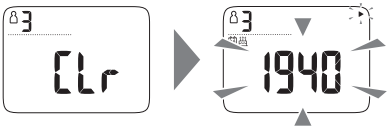
Note:these steps will only delete your data from the monitor. To delete your data from the app, follow instructions provided in the "support" section of the app. (The measurement results will also be deleted)

1. Press the (▶) button to select "DEL"



2. Press the (SET) button
(OK?) blinks.

3. Press the (SET) button again



Operating instructions

13. Delete the Communication Setting

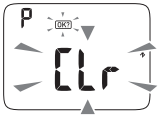
If you want to stop the use of the “OMRON HeartAdvisor” app or delete the communication settings from your smart device, please operate as follows. All the communication settings recorded in your monitor will be deleted.

1. Press and hold the (Bluetooth) button more than 2 seconds.

“P” and the Bluetooth symbol blink.

2. Press and hold the (Bluetooth) button more than 2 seconds again.

“ OK? ” and “CLr” blink.



3. Press the SET button to confirm.

The power turns off if your monitor is not used for 10 seconds after “CLr” is displayed.

Care and maintenance

14. Maintenance and Storage

How to Clean your Monitor

- Before use, wipe your monitor with a soft dry cloth. If necessary, use a cloth moistened with water or detergent and squeeze it well before wiping your monitor, then wipe off with a dry cloth.
- Do not use benzene or thinner, or other volatile solvents to clean your monitor.
- Do not wash your monitor with water.

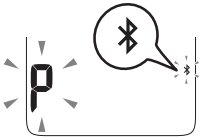
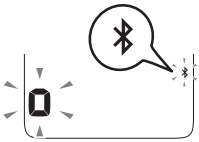
Care and Storage

- Do not store your monitor in the following conditions:
  - Humidity, where moisture or water may get into your monitor
  - High temperatures, direct sunlight or dusty places
  - Places with the risk of sudden shocks or vibrations
  - In places where chemicals are stored or where corrosive gas is present
- Do not carry out repairs of any kind by yourself. This product is calibrated at the time of manufacture. If at any time you question the accuracy of measurements, please contact your authorized OMRON distributor.

15. Troubleshooting

If any of the below problems occur during the measurement, first check that no other electrical device is within 12 inches (30 cm). If the problem persists, refer to the table below.

Error Display	Cause	Correction
Err 1	You stepped off the monitor during a measurement of body composition.	Do not step off the monitor until the measurement of body composition is completed. (Refer to Section 6.)
	The soles of your feet are not in firm contact with the electrodes.	Make sure that you are standing on the monitor correctly by placing the soles of your feet firmly onto the electrodes when taking a measurement. (Refer to Section 6.)
Err2	The posture for measurement is incorrect, the soles of your feet are not in firm contact with the electrodes or the soles of your feet were dry.	Stand with your knees and back straight. Keep your feet firmly placed on the electrodes and do not move your feet when taking a measurement. (Refer to Section 6.) Slightly moisten the soles of your feet with a wet towel and try again.
Err5	After setting the date and time, the monitor was touched or used before the display automatically turned OFF.	Remove and then re-insert the battery. Restart the monitor starting from “Pair Your Monitor with Your Smart Device”. (Refer to Section 3.) • When the date and time are displayed, please leave the monitor unattended until the power turns off automatically.
	Device error.	Remove and then re-insert the battery. Once this is complete, please restart the monitor. If this error continues to display, contact customer service.
Err6	Communication failure.	Turn off the power and try to communicate again. If this error is displayed again, contact customer service.
Err	You moved during a measurement.	Stand still during a measurement.
	Your body weight was out of the measurable range.	
Err	Communication failure.	Confirm the display of your smart device, and follow the instructions in “OMRON HeartAdvisor” app. Refer to “Help” from “OMRON HeartAdvisor” app.
	Batteries are low.	Recommend to replace the batteries with new ones ahead of time. (Refer to Section 2.)
	Batteries are depleted.	Replace the batteries. (Refer to Section 2.)

Problem	Cause	Correction
 blinks	24-29 sets of measurements results have been stored.	Transfer the measurement results to “OMRON HeartAdvisor” app, then the symbol will disappear.
	30 sets of measurements results have been stored.	If the number exceeds 30, the oldest results are deleted.Transfer the measurement results to “OMRON HeartAdvisor” app, then the symbol will disappear.
	You pressed and held the button more than 2 seconds.	This is displayed when you pair your monitor with your smart device. Follow the instructions on the “OMRON HeartAdvisor” app. Press the ON/OFF button (2 seconds or longer) to stop the pairing.
	You pressed the button.	This is displayed when the data is transferred to your smart device. Follow the instructions on the “OMRON HeartAdvisor” app. Press the ON/OFF button (2 seconds or longer) to stop the transmission.
	You pressed and held the button more than 2 seconds when “P” and the Bluetooth symbol were blinking.	This is displayed when you delete the communication setting. (Refer to Section 13.) Press the ON/OFF button (2 seconds or longer) to stop the operation.
Even if you turn on the power, nothing is displayed. Even if you step onto the monitor, nothing is displayed.	No batteries are inserted.	Insert the batteries.
	The batteries are inserted in the wrong direction.	Insert the batteries in the correct direction.
	The batteries are worn out.	Replace all four batteries with new ones.
After replacing the batteries, nothing is displayed when stepping onto the monitor.	You didn’t set the measurement unit, date and time after replacing the batteries.	Set the measurement unit, date and time. (Refer to Section 4.)
	Your body weight is too low to automatically turn on the unit. (Less than 26.4lb.)	Select user ID before taking a measurement.
“- - - - -” is displayed for some results.	The set-up data or body composition values were out of the measurable range.	Check whether the settings of birth date, gender, and height are correct. Even if these settings are correct, “- - - - -” is displayed if they are out of the displayable or supported age range.

Problem	Cause	Correction
Your measurement result is higher or lower than the actual value. Your result varies widely for each measurement.	Your posture is wrong during a measurement.	Take a measurement with a correct posture.
	You take a measurement on a carpet or cushioned floor surface, or an uneven floor.	Ensure the monitor is correctly placed on a hard, level floor.
	Your body and the soles of your feet are cold, impairing blood circulation.	Warm your body to get blood circulation back to normal before taking a measurement.
	The foot electrodes are very cold.	Leave the monitor in a warm room for a while before taking a measurement.
	The soles of your feet are dry.	Slightly moisten soles of your feet with a wet towel before taking a measurement.
	The “0 lb correction” was not implemented correctly.	Implement the “0 lb correction”. (Refer to Section 6.3.)
The incorrect user ID is displayed when you step onto the monitor.	Your body weight has changed notably since your last measurement.	Select user ID before taking a measurement. (Refer to Section 9.)
	Your body type is similar to another set-up person.	
	The measurement results of another user has been set-up.	
You want to measure the body composition, but only the body weight is displayed.	User ID or GUEST is not selected. (User ID or GUEST is not displayed.)	Select user ID or GUEST before taking a measurement.
A button does not respond.	You pressed a button when you stood on the monitor.	Step off the monitor, and then press a button.
	The button is wet.	Wipe off the water or stain before taking a measurement.
	You pressed two or more buttons simultaneously.	Press one button at a time.
Even if you do nothing, the power turns off.	Refer to “About the Power OFF Function”. (Refer to Section 2.)	
Failure to send data.	Refer to “Help” in “OMRON HeartAdvisor” app.	

If the above corrections are not effective, contact us at 1-800-634-4350.

16. Specifications

Product Name	**OMRON Body Composition Monitor and Scale with Bluetooth®**	
Model #	**BCM-500 REF HBF-222T-Z**	
Display*	**Body Weight:**	4.4 to 330.0 lb with an increment of 0.2 lb (0 st 4.4 lb to 23 st 8.0 lb with an increment of 0.2 lb) (2.0 to 150.0 kg with an increment of 0.1 kg)
	Body Fat percentage:	5.0 to 60.0% with an increment of 0.1%
	Skeletal Muscle percentage:	5.0 to 50.0% with an increment of 0.1%
	BMI:	7.0 to 90.0 with an increment of 0.1
	Resting Metabolism:	385 to 3999 kcal with an increment of 1 kcal
	Visceral Fat Level:	30 levels with an increment of 1 level
	Body fat percentage, Skeletal muscle percentage and BMI classification: – (Low) / 0 (Normal) / + (High) / ++ (Very High) 4 levels	
	Visceral fat level classification: 0 (Normal) / + (High) / ++ (Very High) 3 levels * The age range for the Body Fat percentage and Body fat percentage classification is 10 to 80 years old. * The age range for the Skeletal Muscle percentage, Skeletal Muscle percentage classification, Visceral Fat level, Visceral Fat level classification and Resting Metabolism is 18 to 80 years old.	
Transmission Protocol	**Bluetooth®** low energy technology	
Wireless communication	**Frequency range:** **Modulation:** **Effective radiated power:**	2.4 GHz (2400 - 2483.5 MHz) GFSK <20 dBm
Setting Items*	The following information can be stored for up to 4 persons.	
	Measurement unit	lb&inch / st-lb&inch / kg&cm
	Birth date	January 1st, 1900 to December 31st, 2045
	Gender	Male / Female
	Height	3' 4" to 6' 6 1/2" with an increment of 1/4" (100.0 to 199.5 cm with an increment of 0.5 cm)
	* When the height of a person is less than 3' 4" or more than 6' 6 1/2": BMI and body composition measurement results are for reference.	
Weight Accuracy	4.4 lb to 88.2 lb: ± 0.88 lb (4.4 lb to 6 st 4.2 lb: ± 0.88 lb) (2.0 kg to 40.0 kg: ± 0.4 kg)	
	88.2 lb to 330.0 lb: ± 1% (6 st 4.2 lb to 23 st 8.0 lb: ± 1%) (40.0 kg to 150.0 kg: ± 1%)	
Accuracy (S.E.E.)	**Body Fat percentage:**	3.5%
	Skeletal Muscle percentage:	3.5%
	Visceral Fat Level:	3 levels
Durable Period	5 years	

IP Classification	IP21* * IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This device is protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. This device is protected against vertically falling water drops which may cause issues during a normal operation.
Power Supply	4 AAA alkaline batteries (LR03)
Battery Life	Approximately 6 months (When AAA alkaline batteries are used in four measurements, four data transfers and four persons a day at a room temperature of 73.4 °F (23 °C))
Operating Temperature/ Humidity/Air Pressure	+41°F to +104°F (+5°C to +40°C), 30 to 85% RH (no-condensing), 860 - 1060 hPa
Storage and Transport Temperature/ Humidity/Air Pressure	–4°F to +140°F (–20°C to +60°C), 10 to 95% RH (no-condensing), 860 - 1060 hPa
Weight	Approximately 3 5/9 lb (including batteries)
External Dimensions	Approximately 11.2"(W)×1.1"(H)×11"(D)
Contents	Body Composition Monitor and Scale with Bluetooth®, 4 AAA alkaline batteries (LR03), Quick Start Guide, Instruction Manual

* S.E.E: standard error of estimation

Note

- Subject to technical modification without prior notice.

This Product operates in the unlicensed ISM band at 2.4GHz. In the event this Product is used near other wireless devices including microwave and wireless LAN, which operate same frequency band of this Product, there is a possibility that interference occurs between this Product and such other devices. If such interference occurs, please stop the operation of other devices or relocate this Product before using this Product or do not use this Product around the other wireless devices.

The **Bluetooth®** word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by OMRON HEALTHCARE Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners.

Apple and the Apple logo, are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store and App Store logo are service marks of Apple Inc.
The Google Play logo is a trademark of Google LLC.

17. FCC Statement

FCC CAUTION
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note

- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

  - Reorient or relocate the receiving antenna.
  - Increase the separation between the equipment and receiver.
  - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  - Consult the dealer or an experienced radio/TV technician for help.

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR).

18. Limited Warranty

Your BCM-500 Body Composition Monitor and Scale with Bluetooth®, excluding the batteries, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the monitor. The above warranty extends only to the original retail purchaser.

We will, at our option, replace without charge any monitor covered by the above warranty. Replacement is our only responsibility and your only remedy under the above warranty.
To obtain warranty service contact Customer Service by calling **1-800-634-4350** for the address of the inspection center and the return shipping and handling fee.
Enclose the original printed receipt. Include a letter, with your name, address, phone number, and description of the specific problem.
Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: OmronHealthcare.com
Call toll free: 1-800-634-4350

19. Guidance and Manufacturer's Declaration

OMRON Battery-operated Body Composition Monitor and Scale with Bluetooth®
Information for Accompanying Documents in the Scope of IEC60601-1-2:2014

Important information regarding Electro Magnetic Compatibility (EMC)

BCM-500 manufactured by OMRON HEALTHCARE Co., Ltd. conforms to IEC60601-1-2:2014 Electro Magnetic Compatibility (EMC) standard. Further documentation in accordance with this EMC standard is available at OmronHealthcare.com/emc. Refer to the EMC information for BCM-500 on the website.

20. Information on Body Composition

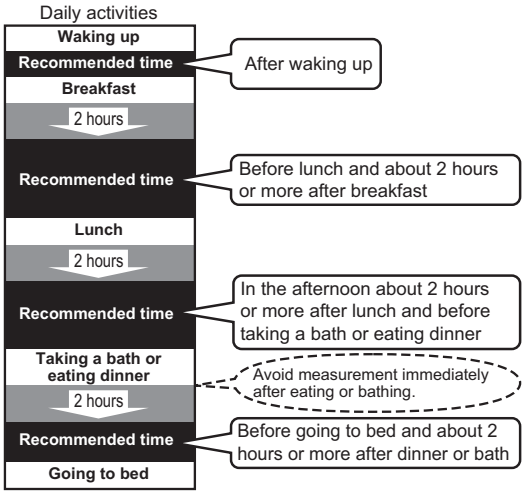
Principle of body composition calculation

Body fat has low electric conductivity

The BCM-500 measures the body fat percentage by the Bioelectrical Impedance (BI) method. Muscles, blood vessels and bones are body tissues with a high water content that conducts electricity easily. Body fat is tissue that has little electric conductivity. The BCM-500 sends an extremely weak electrical current of 50 kHz and less than 500 μA through your body to determine the amount of fat tissue. This weak electrical current is not felt while operating the BCM-500.
In order for the scale to determine your body composition, it uses the electrical impedance, along with your height, weight, age and gender information to generate results based on OMRON's data of body composition.

Recommended measurement times

Understanding the normal changes in your body fat percentage can help you in preventing or reducing obesity. Being aware of the times when the body fat percentages shift within your own daily schedule will assist you in obtaining an accurate trending of your body fat. It is recommended to use this monitor in the same environment and daily circumstances. (See chart)



Avoid taking measurements under the following conditions:

- Immediately after vigorous exercise, after a bath or sauna.
- After drinking alcohol or a large amount of water, after a meal (about 2 hours).

If a measurement is taken under these physical conditions, the calculated body composition may differ significantly from the actual one because the water content in the body is changing.

What is BMI (Body Mass Index)?

BMI uses the following simple formula to indicate the ratio between weight and height of a person.

BMI = weight (lb) / height (inches) / height (inches) × 703

The OMRON BCM-500 uses the height information stored in your user ID or when entering information in the Guest Mode to calculate your BMI classification.
If the fat level revealed by BMI is higher than the international standard, there is an increased likelihood of common diseases. However, not all types of fat can be revealed by BMI.

What is 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.

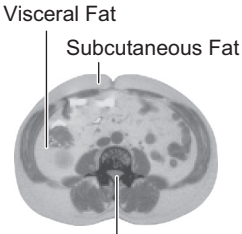
Body fat percentage (%) = {Body fat mass (lb) / Body weight (lb)} × 100

The BCM-500 uses the BI method to estimate your body fat percentage.
Depending on where the fat is distributed in the body, it is classified as visceral fat or subcutaneous fat.

What is Visceral Fat Level?

Visceral fat = fat surrounding internal organs

Too much visceral fat is thought to be closely linked to increased levels of fat in the bloodstream, which can lead to common diseases such as hyperlipidemia and diabetes, which impairs the ability of insulin to transfer energy from the bloodstream and using it in cells. In order to prevent or improve conditions of common diseases, it is important to try and reduce visceral fat levels to an acceptable level. People with high visceral fat levels tend to have large stomachs. However, this is not always the case and high visceral fat levels can lead to metabolic obesity. Metabolic obesity (visceral obesity with normal weight) represents fat levels that are higher than average, even if a person's weight is at or below the standard for their height.

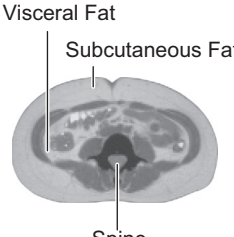


Sample Visceral Fat
(MRI image)

What is Subcutaneous Fat?

Subcutaneous fat = fat below the skin

Subcutaneous fat not only accumulates around the stomach but also around the upper arms, hips and thighs, and can cause a distortion of the body's proportions. Although not directly linked to increased risk of disease, it is thought to increase pressure on the heart and other complications. Subcutaneous fat is not displayed in this monitor, but is included in the body fat percentage.



Sample Subcutaneous Fat
(MRI image)

What is Skeletal Muscle?

Muscle is divided into two types, muscle in internal organs, such as the heart, and skeletal muscle attached to bones that is used to move the body. Skeletal muscle can be increased through exercise and other activity. Increasing the ratio of skeletal muscle means that body can burn energy more easily, which means that it is less likely to turn to fat, and makes it easier to lead an energetic lifestyle.

What is Resting Metabolism?

Regardless of your activity level, a minimum level of caloric intake is required to sustain the body's everyday functions. Known as the resting metabolism, this indicates how many calories you need to ingest in order to provide enough energy for your body to function.

21. Measurement Results Interpretation Diagrams

Interpreting the Body Fat Percentage Result

	Age	-(Low)	0(Normal)	+(High)	++(Very High)
Female	10	< 16.1%	16.1 - 32.2%	32.3 - 35.2%	≧ 35.3%
	11	< 16.3%	16.3 - 33.1%	33.2 - 36.0%	≧ 36.1%
	12	< 16.4%	16.4 - 33.5%	33.6 - 36.3%	≧ 36.4%
	13	< 16.4%	16.4 - 33.8%	33.9 - 36.5%	≧ 36.6%
	14	< 16.3%	16.3 - 34.0%	34.1 - 36.7%	≧ 36.8%
	15	< 16.1%	16.1 - 34.2%	34.3 - 36.9%	≧ 37.0%
	16	< 15.8%	15.8 - 34.5%	34.6 - 37.1%	≧ 37.2%
	17	< 15.4%	15.4 - 34.7%	34.8 - 37.3%	≧ 37.4%
	18 - 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 - 80	< 24.0%	24.0 - 35.9%	36.0 - 41.9%	≧ 42.0%
Male	10	< 12.8%	12.8 - 27.9%	28.0 - 31.8%	≧ 31.9%
	11	< 12.6%	12.6 - 28.5%	28.6 - 32.6%	≧ 32.7%
	12	< 12.3%	12.3 - 28.2%	28.3 - 32.4%	≧ 32.5%
	13	< 11.6%	11.6 - 27.5%	27.6 - 31.3%	≧ 31.4%
	14	< 11.1%	11.1 - 26.4%	26.5 - 30.0%	≧ 30.1%
	15	< 10.8%	10.8 - 25.4%	25.5 - 28.7%	≧ 28.8%
	16	< 10.4%	10.4 - 24.7%	24.8 - 27.7%	≧ 27.8%
	17	< 10.1%	10.1 - 24.2%	24.3 - 26.8%	≧ 26.9%
	18 - 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 - 80	< 13.0%	13.0 - 24.9%	25.0 - 29.9%	≧ 30.0%

Classified by OMRON HEALTHCARE Co., ltd. based on the papers below.

- HD McCarthy et al, in the International Journal of Obesity, Vol. 30, 2006.
- Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

Interpreting the Visceral Fat Level Result

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

Classified based on OMRON HEALTHCARE Co., Ltd. study data.

Interpreting the Skeletal Muscle Percentage Result

	Age	-(Low)	0(Normal)	+(High)	++(Very High)
Female	18 - 39	< 24.3%	24.3 - 30.3%	30.4 - 35.3%	≧ 35.4%
	40 - 59	< 24.1%	24.1 - 30.1%	30.2 - 35.1%	≧ 35.2%
	60 - 80	< 23.9%	23.9 - 29.9%	30.0 - 34.9%	≧ 35.0%
Male	18 - 39	< 33.3%	33.3 - 39.3%	39.4 - 44.0%	≧ 44.1%
	40 - 59	< 33.1%	33.1 - 39.1%	39.2 - 43.8%	≧ 43.9%
	60 - 80	< 32.9%	32.9 - 38.9%	39.0 - 43.6%	≧ 43.7%

Classified based on OMRON HEALTHCARE Co., Ltd. study data.

Interpreting the BMI Result

BMI	BMI (Designation by the WHO)
< 18.5	- (Underweight)
18.5 - 24.9	0 (Normal)
25 - 29.9	+ (Overweight)
≧ 30	++ (Obese)

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

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