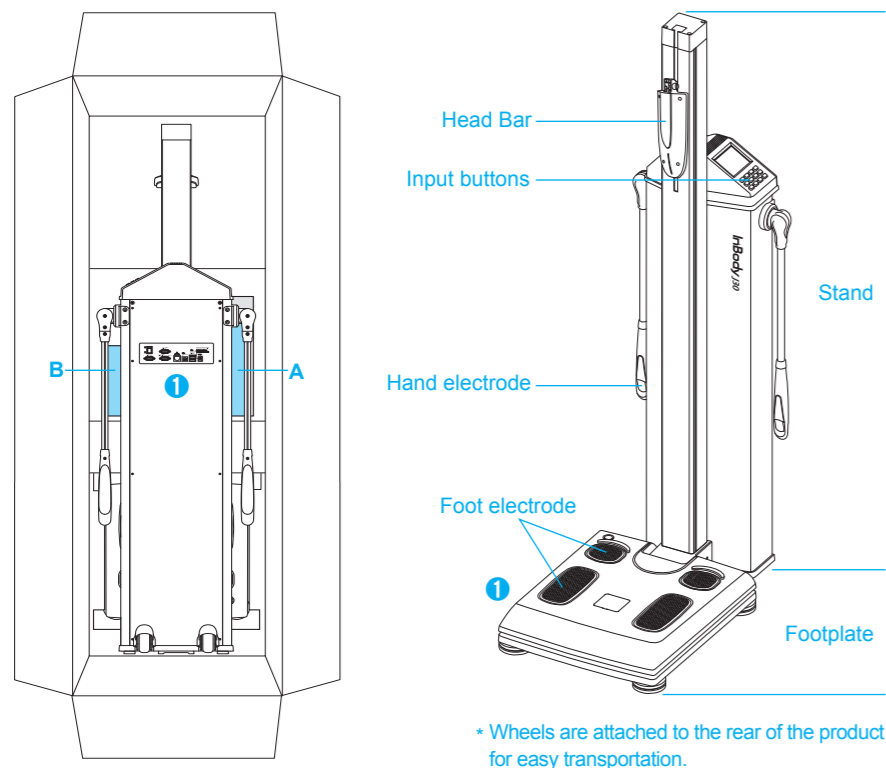
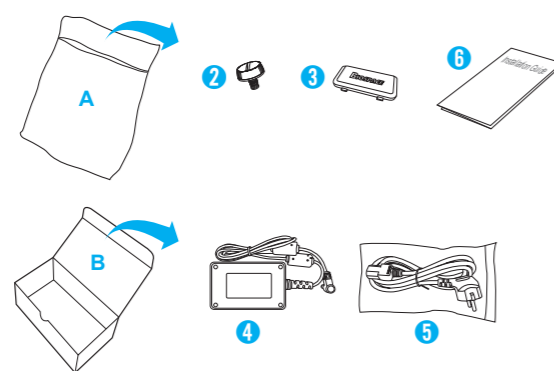


# InBody J30 Installation Guide



## Product Components

- 1 InBody J30
- 2 Mounting screw
- 3 Joint cover
- 4 Adapter (12V, 3.4A)
- 5 Power cord
- 6 Installation Guide



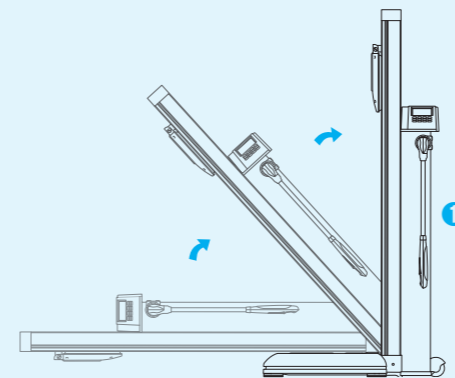
**Note** The InBody J30 may need to be repacked for after-sales service or transportation. Please keep the packaging in a safe place for such circumstances.

## Precautions for Using the InBody J30

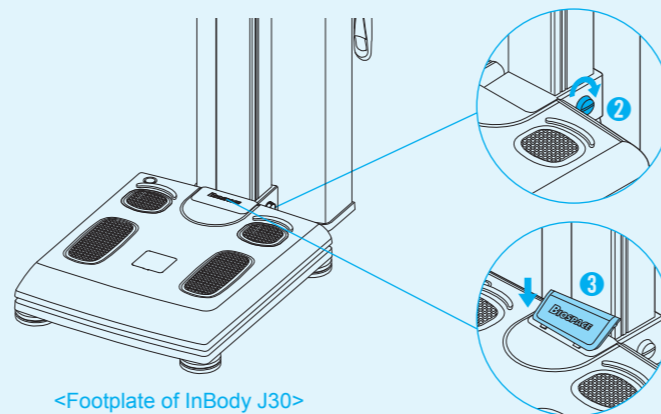
1. When installed on a carpeted surface, the InBody J30 may be damaged by static electricity. Avoid installing it on a carpeted surface. Otherwise, place an antistatic mat under the InBody J30. Also, make sure to clean the patient's hands and feet with the InBody tissue, before each test.
2. Never clean the foot electrodes and hand electrodes with liquid detergents. Liquid detergents could cause product malfunction by flowing into the product and corroding the components. Always use the antimicrobial InBody tissue to clean the InBody J30.
3. Install the InBody J30 away from the wall. The cables connected to the InBody J30 might bend out of shape, causing communication errors; or the rear ports of the InBody J30 might be damaged. Also, weight measurements might be inaccurate if the footplate touches the wall.
4. Do not force the hand electrode bar upward. It might break and damage the equipment.
5. Never disassemble the InBody J30. Unauthorized disassembly could cause electric shock or damage the product. The manufacturer (seller) cannot guarantee servicing and shall not be held liable for any problems caused by unauthorized disassembly of the InBody J30.

## Installation

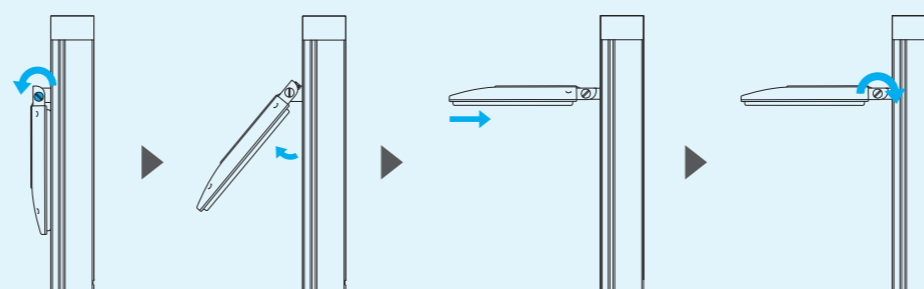
1. Erect the stand upright.



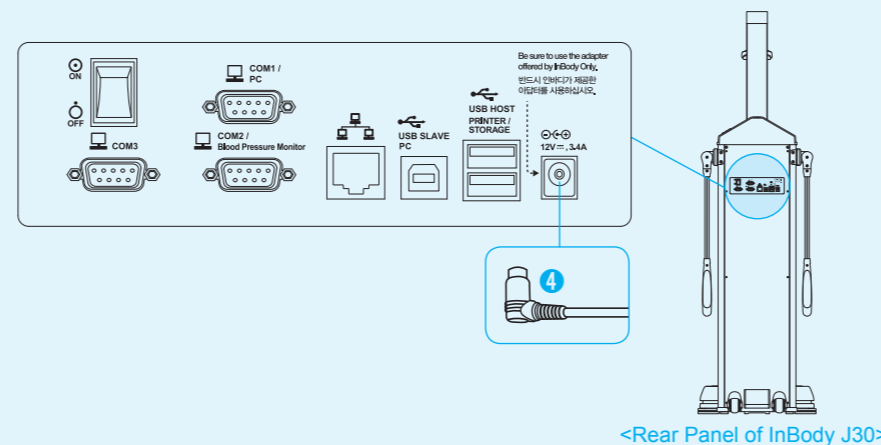
2. Tighten the mounting screw completely, and place the joint cover on top of the footplate.



3. 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.

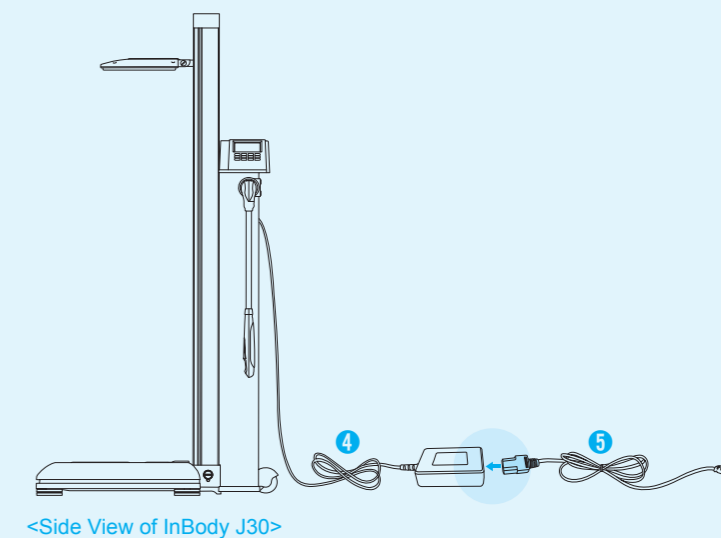


4. Connect the adapter to the rear port of the InBody J30 as illustrated.

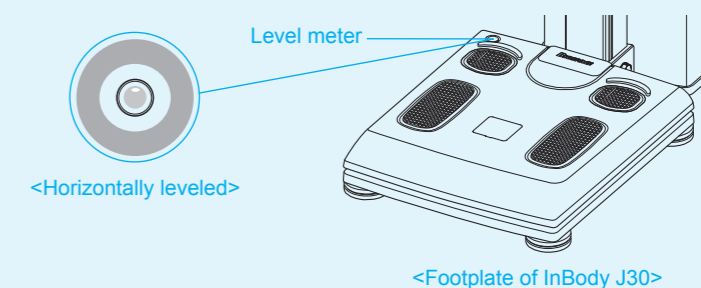


**Note** When connecting a printer to the InBody J30, connect the USB cable to the port.

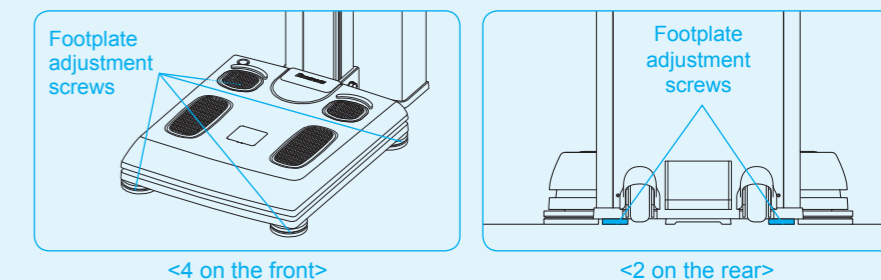
5. Connect the adapter (4) with the power cord (5), and connect the power plug into an outlet.



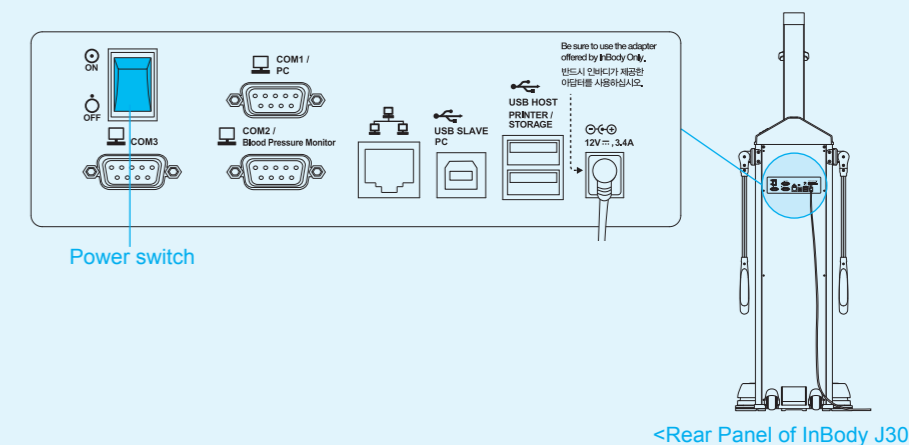
6. If the air bubble in the level is not in the center, turn the footplate adjustment screws left and right to adjust the horizontal level of the InBody J30. The InBody J30 must be leveled perfectly in order to yield accurate weight measurements.



There are a total of 6 footplate adjustment screws.



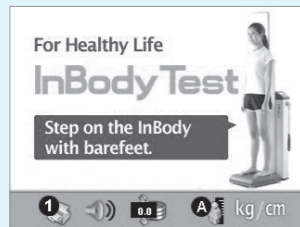
7. Power up the InBody J30.



**Caution** The equipment requires a warm up process during the first 1-2 minutes of powering up. Do not step on the footplate or place heavy objects on it during this time. If you step on it during warm up, it may interfere with zeroing of the equipment, resulting in inaccurate weight measurements.

## Measurement

- When the measurement standby screen is displayed, step on the footplate barefoot.



- The weight will be measured, followed by height measurement. Stay still until the head bar moves down and takes the height measurement.



- Following the measurement of the weight and height, press the input buttons to enter ID, gender and age. After entering the information, press the **ENTER** button for the next page.

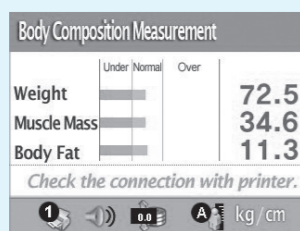
Input user's ID	Select gender	Input age
0018_	Male Female	16 years
Back space: ← Check: ENTER	Select: ←(Male), →(Female) Check: ENTER	Back space: ← Check: ENTER

- Verify the personal information and if correct, press the **ENTER** button.

Check and modification of the personal data	
Enter complete	ID: 0018
	Gender: Male Age: 16
	Height: 182.1 Weight: 72.5
Modification	Check
: move the cursor and press ENTER	: ENTER

**Note** If any of the information is incorrectly entered, use the arrow buttons to move the cursor and press the **ENTER** button. Move to the respective input page and edit the information.

- When taking the test in the correct measurement position, the equipment automatically takes the measurements. When complete, the result screen will be displayed, as illustrated below.



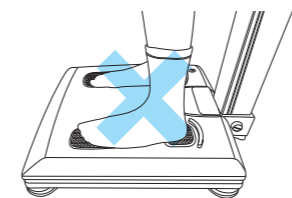
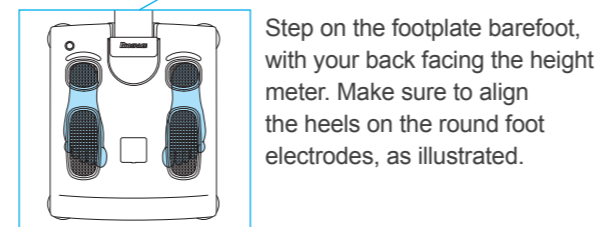
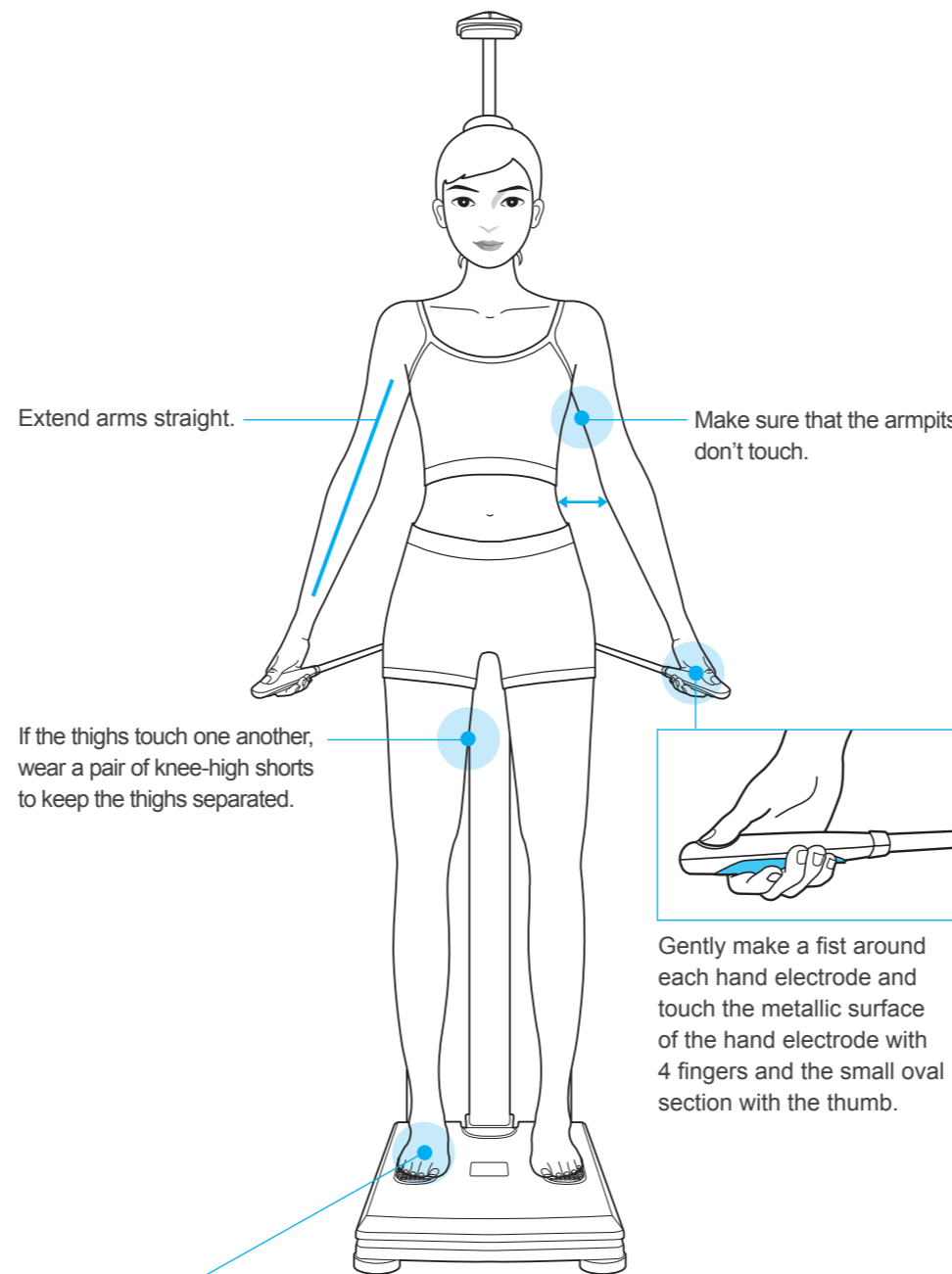
- Step down from the footplate when the InBody test is complete. If a printer is connected, the result sheet will be printed automatically.

## Correct Posture

Maintain correct posture during the InBody test to obtain highly reproducible and reliable results.

Do not talk or move during the InBody test.

\* Do not lean on the height meter. Pull the abdomen and chest inward and look straight ahead.



## Before the test

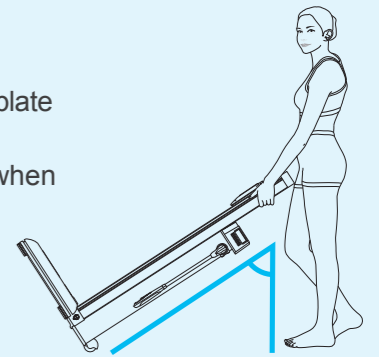
Individuals with electronic medical devices, such as pacemakers, in the body should never take the InBody test.

If the examinee's palms and soles are too dry or corneous, the equipment might ask for a retest. Clean the palms and soles well with the InBody tissue and take the test again.

## FAQ

### Q1. How do I move the InBody J30 on its wheels?

- You can use the wheels on the rear of the footplate by reclining the stand as much as possible. It is much easier to transport the equipment when the equipment is in a reclined position.



### Q2. How do I slide the head bar down before moving the equipment?

- Press and hold the **HEAD BAR UP/DOWN** button on the measurement standby screen for 3 seconds or longer to slide the head bar down. Wait for the head bar to slide down and then power down the equipment before moving it.

### Q3. What are the icons on the bottom of the measurement standby screen?

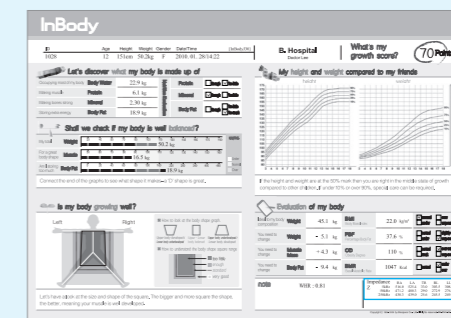
- These icons provide shortcuts to number of copies to print, sound volume, weight control, and height measurement mode setup respectively. Press the **MODE** button on the measurement standby screen to change the settings. After making changes, press the **ENTER** button to save the changes.

### Q4. Why doesn't the equipment print my result sheet after taking the measurements?

- Please check for the following:
  - the printer cable is securely connected to the InBody;
  - the connected printer model is compatible with the InBody J30;
  - the Printer Setup setting is correctly set up;
  - the result sheet is not jammed inside the printer; and
  - the result sheet is printed and correctly ejected from the printer (if you hear the printing sound but the result sheet is not ejected, the printer's warning LED will light up, indicating that the printer requires repair).

### Q5. How can I make sure that my measurements are taken accurately?

- After taking the InBody test, check the impedance values on the bottom of the result sheet. The impedance values should decrease as you move along the direction of the arrow.



Impedance	RA	LA	TR	RL	LL
Z 5kHz	516.0	525.4	33.0	303.5	308.4
Z 50kHz	471.2	480.3	29.0	272.9	276.2
Z 250kHz	430.3	439.0	25.6	245.5	249.1

## InBody

For any problems with the InBody J30, or any clinical questions, please contact us at:

**InBody Co., Ltd. [HEAD OFFICE]**  
 InBody Bldg., 54, Nonhyeon-ro 2-gil, Gangnam-gu, Seoul 135-960 KOREA  
 TEL: +82-2-501-3939 FAX: +82-2-578-2716  
 Website: <http://www.inbody.com> E-mail: [info@inbody.com](mailto:info@inbody.com)

This manual may not be copied, translated or transformed into different media without a prior written consent from InBody Co., Ltd, according to the copyright laws. This manual and product, pertinent to this manual, may contain misprints or technical flaws, which can be modified without prior notice to the readers. InBody is not liable for any damage caused by failure to meet the requirements in this manual.

InBody reserves the right to modify the appearance or specifications of this product to improve performance, without prior notice.