

Body composition analyser

Manual
HCS-FS02 series

*For use in Hong Kong, Singapore and the Philippines only.

Precautions

⚠ DANGER

Never use this product with the following medical electronic devices.

- (1) Pacemakers and other implantable medical electronic devices
- (2) Heart-lung machines and other artificial life-support medical electronic devices
- (3) Electrocardiographs and other wearable medical electronic devices

This analyser passes a weak electric current through the body and may cause the above-mentioned devices to malfunction, resulting in an accident or serious injury.

⚠ WARNING

- Never judge the measurement results yourself (or do such things as evaluate measurements or base an exercise plan on this).
- Weight loss and therapeutic exercise based on self-judgment may be bad for your health. Always follow the instructions of a certified professional.
- Do not step on the edge of the analyser, jump on the analyser, or jump up and down on the analyser. Doing so may cause you to fall or slip, resulting in serious injury.
- Do not use the analyser on a slippery surface, such as a tile surface or wet floor. Doing so may cause you to fall or slip, resulting in serious injury. Furthermore, water may get inside the analyser and cause a breakdown.
- Never modify, disassemble, or repair the analyser. This may cause an unexpected accident or other trouble.
- Do not mix different types of batteries together or old batteries with fresh ones. Doing so may cause battery leakage and failure.

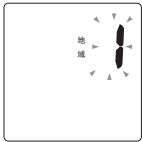
Setting the region number

Your geographical location, longitude and latitude, affects your gravity, so you need to select the appropriate region number to get an accurate measurement. Because this product is designed for use in Japan, specific regions are not available for every country. This can affect your measurements by up to 100g either way. Please select region no.5 for Hong Kong, Singapore and the Philippines(Manila).

- (1) Hold down the **⏻** (power) button until the '地域' (region) number flashes.

*When you first turn on the analyser or after changing the batteries, press the **⏻** (power) button to display the region setting mode.

To change the region number, hold down the **⏻** (power) button that turns the analyser on.



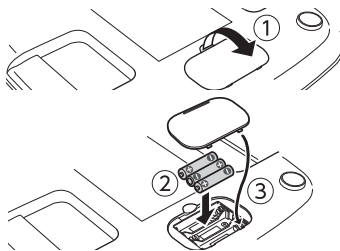
- (2) Press either **▶** or **◀** button to select the region number.



- (3) Press the **⊞** (setting) button. The region number will be set.

Using the analyser

■ Inserting the batteries



- (1) On the rear surface of the analyser, push the battery cover in the direction of the arrow, and then remove it.
- (2) Insert the 3 included size AAA batteries after checking the polarity (+/-). The side with the spring is the negative (-) side.
- (3) Attach the battery cover.

■ Placing the analyser

Place the analyser on a hard flat surface, such as a wooden floor. Do not place the analyser on any of the following surfaces. Doing so may cause errors in the measurement values.

- Sloped floor
- Soft surface, such as a rug

■ Measuring the weight of a baby or pet

Displays the difference in weight between the 1st and 2nd measurements to measure the weight of a baby or pet. For the measurement method, see the next page.

■ Measuring only your weight

Measures only your weight. For the measurement method, see the next page.

■ The automatic 0.00 kg calibration and correction function

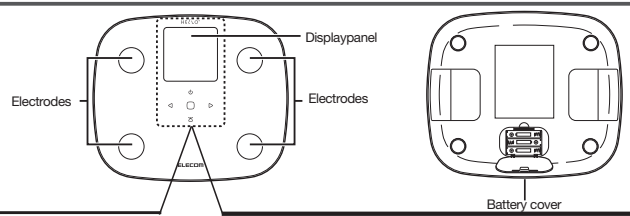
The power is switched on and measurement is started by simply stepping on the analyser. Accordingly, the analyser is calibrated automatically to 0.00 kg periodically while the power is switched off. However, calibration may not be performed correctly in the situations listed below. Before using the analyser for measurement, always place the analyser on a hard surface with nothing on top of the analyser, and then press either the Power button (⏻) or Enter button (⊞).

- The analyser was stored standing up
- The analyser was stored with something on top of the analyser
- The analyser was picked up and moved

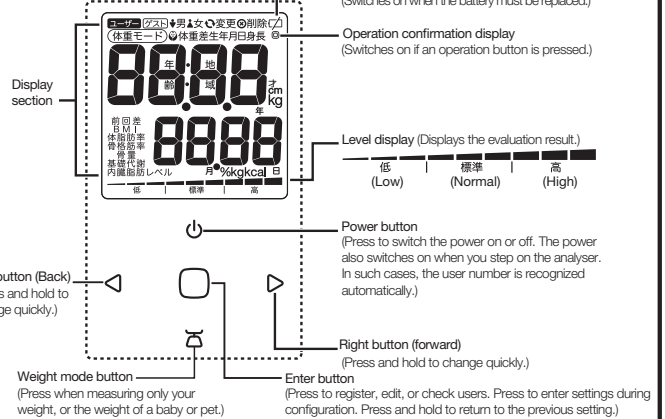
When the measurement values are obviously incorrect, perform the following procedure, and then measure again.

- (1) Place the analyser on a hard flat surface.
- (2) Press either the Power button (⏻) or Enter button (⊞).
- (3) Make sure that "LOAD" is displayed. Do not place anything on the analyser or apply weight to the analyser while "LOAD" is displayed.
- (4) Press the Enter button (⊞).
- (5) Make sure that "0.00kg" is displayed.
- (6) Press the Power button (⏻) to switch off the power.

Part names



Operation section



Specification

* Please note that all the specifications for the settings information, except 'weight', are presumptions calculated with weight or resistance value. BMI is the calculated value.

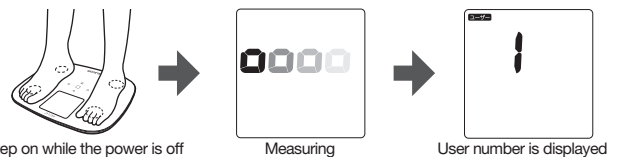
Maximum weight measurement	approximately 150 kg	
Weight capacity	2.5 to 100 kg: 50 g over 100 kg: 100 g	
Weight increments	2.5 to 75 kg: ± 100 g 75 to 100 kg: ± 150 g 100 to 150 kg: ± 300 g	
Scale unit of measurement	weight comparison	-9.9 to 9.9 kg: 100 g *compares to the previous weight
	BMI	0.1
	body fat percentage	0.1%
	body fat percentage standards	9 levels
	skeletal muscle percentage	5 to 75%: 0.1%
	skeletal muscle percentage standards	9 levels
	visceral fat level	1 to 30
	visceral fat level standards	6 levels
	bone quantity	0.1kg
	basal metabolism	500 to 3000kcal/day: 1kcal
Settings	area/region	5 regions
	dates	2017/1/1 to 2050/12/31
	time	0: 00 to 23: 59 (24-hour notation)
	user registration	4 people
	date of birth	1900/1/1 to 2040/12/31
	sex	Male/ Female
	heights	100.0 to 250.0cm: 0.5cm
Power consumption	DC4.5V / dry cell AAA battery × 3	
Operating temperature and humidity ranges	0 to 40°C 0 to 90% RH	
Weight	approximately 1.0 kg (excluding batteries)	
Dimensions	approximately W270 × D230 × H23 mm	
Sample batteries	AAA battery (R03) × 3	

■ Measuring body composition

The following 3 methods can be used to measure with this analyser.

■ Measure after automatic recognition of the user

The power is switched on and measurement is started by simply stepping on the analyser. In addition, the user is recognized automatically from the registered users, and the measurement results are recorded. (Limited to when the user number has been specified and measurement has been performed at least once in the past.)



■ Measure after specifying the user number

Specify the number of a registered user, and then measure. The user is matched reliably with their registered data (more so than with automatic user recognition), and then the measurement results are displayed. For the user registration and measurement methods, see the next page.

■ Measure using Guest mode

An unregistered user can be measured. The measurement values cannot be recorded. For the measurement method, see the next page.

■ The automatic 0.00 kg calibration and correction function

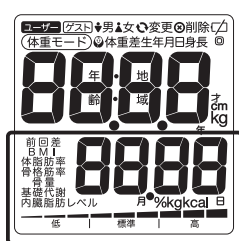
The power is switched on and measurement is started by simply stepping on the analyser. Accordingly, the analyser is calibrated automatically to 0.00 kg periodically while the power is switched off. However, calibration may not be performed correctly in the situations listed below. Before using the analyser for measurement, always place the analyser on a hard surface with nothing on top of the analyser, and then press either the Power button (⏻) or Enter button (⊞).

- The analyser was stored standing up
- The analyser was stored with something on top of the analyser
- The analyser was picked up and moved



ユーザー : User
 ゲスト : Guest
 ♀男 : Male
 ♀女 : Female
 変更 : Change
 削除 : Delete
 体重モード : Weight mode

体重差 : Difference with previous weight
 生年月日 : Date of birth
 身長 : Height
 年齢 : Age
 地域 : Region where you are
 才 : Years (Age)
 年 : Year (Date of birth)



前回差 : Difference with previous measurement
 BMI : Body mass index
 体脂肪率 : Body fat %
 骨格筋率 : Skeletal muscle %
 骨量 : Bone quantity
 基礎代謝 : Basal metabolism
 内臓脂肪レベル : Visceral fat level

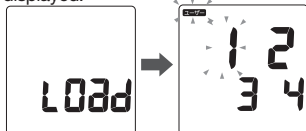
月 : Month
 日 : Day
 低 : Low
 標準 : Normal
 高 : High

Using the analyser

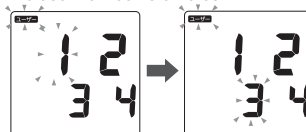
* The region, date, and time must be configured during the first start-up and battery replacement.

Registering a user

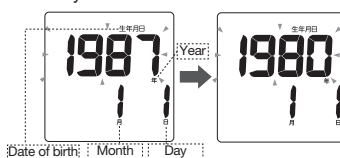
- Make sure that the power is off, and then press and hold the Enter button (O).
 A user-number selection screen is displayed.



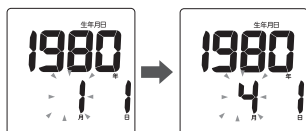
- Select a user number (the flashing number), and then press the Enter button (O).
 The user number is entered.



- Display a year of birth, and then press the Enter button (O).
 The year of birth is entered.



- Display a month of birth, and then press the Enter button (O).
 The month of birth is entered.



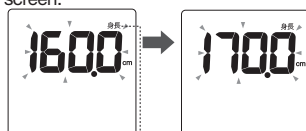
- Display a day of birth, and then press the Enter button (O).
 The day of birth is entered.



- Choose either "♂男" (Male) or "♀女" (Female) for the sex, and then press the Enter button (O).
 The sex is entered.



- Display the height of the registrant, and then press the Enter button (O).
 The height is entered, and the screen changes to the setting confirmation screen.



- Using the data that was entered, "Sex" flashes, "Date of birth", "Age", and "Height" are displayed in order, and then "0.00kg" is displayed.

Measure after specifying the user number

- Press the Power button (P).
 A user-number selection screen is displayed.
- Select a user number (the flashing number), and then press the Enter button (O).
 The selected user is entered, and then "0.00kg" is displayed.
- Carefully step on the analyser to start measurement.

Measure using Guest mode

- Press the Power button (P).
 A user-number selection screen is displayed.
- Press either < or > to select (ゲスト) (Guest), and then press the Enter button (O).
 The analyser enters Guest mode.
- Display the age of the guest, and then press the Enter button (O).
 The age is entered.
- Choose either "♂男" (Male) or "♀女" (Female) for the sex, and then press the Enter button (O).
 The sex is entered.
- Display the height of the registrant, and then press the Enter button (O).
 The height is entered, and the screen changes to the setting confirmation screen.
- Using the data that was entered, "Sex" flashes, "Age" and "Height" are displayed in order, and then "0.00kg" is displayed.
- Carefully step on the analyser to start measurement.

Checking measurement results



* Measurement ranges have been established for each measurement item. If the measurement range was exceeded, either Lo or Hi is displayed.

* If no operations are performed at the setting screens for 30 seconds, the power switches off automatically.
 * If the power is switched off during configuration, perform the procedure again from the beginning.

Taking a measurement using Baby Weight function (Weighing your baby or pet)

- Make sure that the power is off, and then press the Weight mode button (Z).
 "0.00kg" is displayed.
- Carefully step on the analyser while holding your baby or pet.
 The reading will be finalized after the number blinks twice.
- Step off the analyser.
 The Baby Weight function automatically starts up, and "0.00 kg" is displayed.
- Carefully step on the analyser by yourself.
 The measurement starts. Stand still, and remain upright until the measurement completes.
 The reading will be finalized after the number blinks two times, and the weight of the baby or pet is displayed.



When standing on the analyzer holding a baby or pet, looking down at your feet will be hard. Take care not to stand near the edge of the analyzer. You may fall and hurt yourself.

If you do not step off the analyser within 30 seconds after the measurement result mentioned in above ② is displayed, or if the analyser has been left untouched for 3 minutes while "0.00 kg" is displayed after you have stepped off it, the power switches off automatically.

Weighing only your weight

- Make sure that the power is off, and then press the Weight mode button (Z).
 "0.00kg" is displayed.
- Carefully step on the analyser.
 The measurement starts. Stand still, and remain upright until the measurement completes.
- The measurement result is displayed.



The measurement result will continue to be displayed while you stand on the analyser. The power will turn OFF automatically after 30 seconds have passed.
 When you step off the analyser, the Baby Weight function automatically starts up, and "0.00 kg" is displayed.

When you measure in the Weight mode, the analyser does not measure your body composition, such as visceral fat level or body fat percentage. If you want to measure your body composition, register your information before measurement, or measure in the Guest mode.

Reading the standards

Understanding the standards of the visceral fat level

Level	Evaluation	Understanding the evaluation
1 to 10	Normal	Your level of stored visceral fat is not high. Continue making a habit of balanced meals and moderate exercise.
11 to 14	High (1) - Slightly high -	Your level of stored visceral fat is slightly high. Review your current lifestyle habits, and make a habit of balanced meals and moderate exercise.
15 to 18	High (2) - High -	Your level of stored visceral fat is high. Firstly, be careful not to eat and drink too much. Try to eat meals that leave you 70% to 80% full. It is best to attempt exercise after your body has started to feel lighter.
19 to 30	High (3) - Very high -	Your level of stored visceral fat is very high. Review your lifestyle habits. In particular, do not eat and drink too much. Switch to meals that leave you 60% to 70% full. Consult with a doctor if you have any concerns.

Troubleshooting

Problem	Check points
"Err 1" appears on the display section	<input type="checkbox"/> Switch or exchange the batteries. <input type="checkbox"/> Did you step on the analyser during automatic correction (Load). <input type="checkbox"/> Did you move during measurement? How is your standing position or posture? <input type="checkbox"/> Are the bottoms of your feet dirty? <input type="checkbox"/> Did you try to measure with socks or other footwear still on?
"Err 2" (error) is displayed	
"Err 3" (error) is displayed	
"Err 4" (error) is displayed during measurement	

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ELECOM Singapore Pte. Ltd 33
 UBI AVENUE 3 # 03-56. VERTEX
 SINGAPORE (408868) TEL : +65
 6347 - 7747
 FAX : +65 6753 - 1791

ELECOM Sales Hong Kong Ltd.
 2/F, Block A, 2-8 Watson Road,
 Causeway Bay, Hong Kong
 TEL : +852 2806 - 3600
 FAX : +852 2806 - 3300
 email : info@elecom.asia

新宜興客(上海)商貿有限公司
 上海市徐匯區肇嘉浜路1065甲號1603H室
 電話 : +86 (0) 40 - 0867 - 3568
 www.elecom.cn

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Body Composition Analyser
 Manual and Safety precautions
 1st edition December 28th 2017
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