



\* For use in Japan only.  
\* This manual is only a quick guide.  
For greater details, see the manual included with the product.

## 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

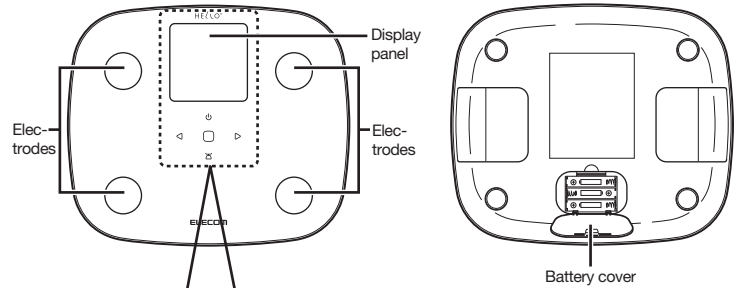
- Never judge the measurement results yourself (or do such things as evaluate measurements or base an exercise plan on this).
- Weight loss and therapeutic exercise based on self-judgment may be bad for your health. Always follow the instructions of a certified professional.
- Do not step on the edge 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.

## Troubleshooting

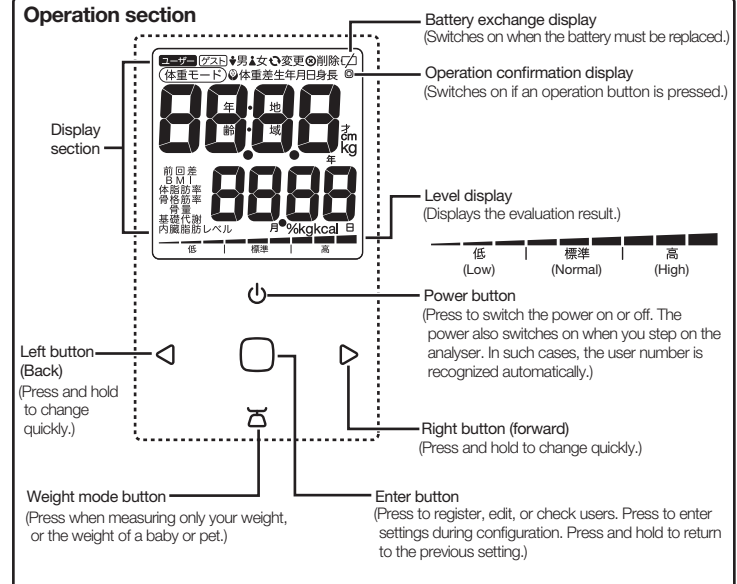
Problem	Check points
"  appears on the display section	
"Err 1" (error) is displayed	<input type="checkbox"/> Switch or exchange the batteries.
"Err 2" (error) is displayed	<input type="checkbox"/> Did you step on the analyser during automatic correction (Load)? <input type="checkbox"/> Did you move 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 3" (error) is displayed during measurement	

1

## Part names



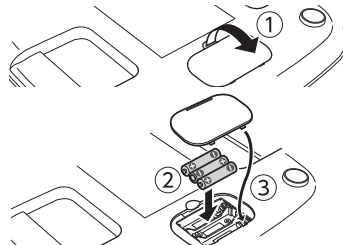
## Operation section



2

## 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 page 7.

### ■ Measuring only your weight

Measures only your weight. For the measurement method, see page 7.

### ■ 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 (P) or Enter button (O).

- 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 (P) or Enter button (O).
- 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 (O).
- ⑤ Make sure that "0.00kg" is displayed.
- ⑥ Press the Power button (P) to switch off the power.



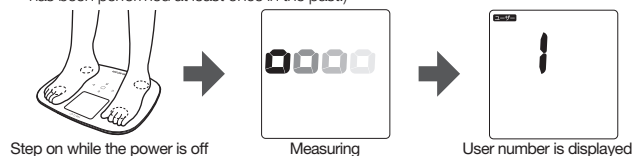
3

### ■ 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 pages 5 to 8.

#### Measure using Guest mode

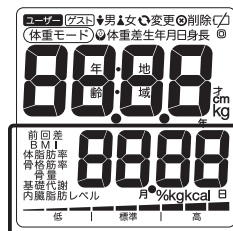
An unregistered user can be measured. The measurement values cannot be recorded. For the measurement method, see page 6.

4



**ユーザー** : User  
**ゲスト** : Guest  
**♂** : Male  
**♀** : 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

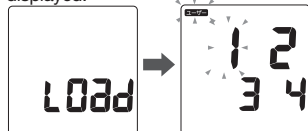
**月** : Month  
**日** : Day  
**低** : Low  
**標準** : Normal  
**高** : High

## Using the analyser

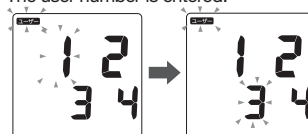
\* The region, date, and time must be configured during the first start-up and battery replacement.

### Registering a user

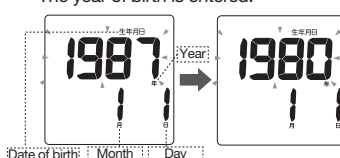
- Make sure that the power is off, and then press and hold the Enter button (○).  
A user-number selection screen is displayed.



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

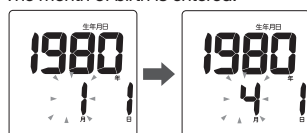


- Display a year of birth, and then press the Enter button (○).  
The year of birth is entered.



5

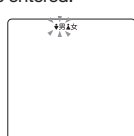
- Display a month of birth, and then press the Enter button (○).  
The month of birth is entered.



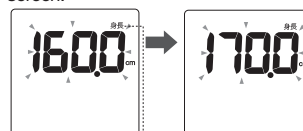
- Display a day of birth, and then press the Enter button (○).  
The day of birth is entered.



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



- Display the height of the registrant, and then press the Enter button (○).  
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 (⏻).  
A user-number selection screen is displayed.
- Select a user number (the flashing number), and then press the Enter button (○).  
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 (⏻).  
A user-number selection screen is displayed.
- Press either < or > to select (ゲスト) (Guest), and then press the Enter button (○).  
The analyser enters Guest mode.
- Display the age of the guest, and then press the Enter button (○).  
The age is entered.
- Choose either "♂" (Male) or "♀" (Female) for the sex, and then press the Enter button (○).  
The sex is entered.
- Display the height of the registrant, and then press the Enter button (○).  
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.

6

### Checking measurement results



\* Measurement ranges have been established for each measurement item. If the measurement range was exceeded, either L or H 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 (△).  
"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 twice, 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 (△).  
"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.

7

## 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, don't eat and drink too much. Switch to meals that leave you 60% to 70% full. Consult with a doctor if you have any concerns.

### Basal metabolic rate of Japanese people

Sex	Male			Female		
	Basal metabolism standard (kcal/kg of body weight/day)	Standard body weight (kg)	Basal metabolic rate (kcal/day)	Basal metabolism standard (kcal/kg of body weight/day)	Standard body weight (kg)	Basal metabolic rate (kcal/day)
Age (years)						
1 to 2	61.0	11.5	700	59.7	11.0	660
3 to 5	54.8	16.5	900	52.2	16.1	840
6 to 7	44.3	22.2	980	41.9	21.9	920
8 to 9	40.8	28.0	1,140	38.3	27.4	1,050
10 to 11	37.4	35.6	1,330	34.8	36.3	1,260
12 to 14	31.0	49.0	1,520	29.6	47.5	1,410
15 to 17	27.0	59.7	1,610	25.3	51.9	1,310
18 to 29	24.0	63.2	1,520	22.1	50.0	1,110
30 to 49	22.3	68.5	1,530	21.7	53.1	1,150
50 to 69	21.5	65.2	1,400	20.7	53.0	1,100
70 or older	21.5	60.0	1,290	20.7	49.5	1,020

From Dietary Reference Intake (2015 edition) by the Ministry of Health, Labour, and Welfare

A customer who purchases outside Japan should contact the local retailer in the country of purchase for enquiries. In "ELECOM CO., LTD. (Japan)", no customer support is available for enquiries about purchases or usage in/from any countries other than Japan. Also, no foreign language other than Japanese is available. Replacements will be made under stipulation of the Elecom warranty, but are not available from outside of Japan.

Body composition analyser HCS-FS02 series Manual (Quick guide)  
 August 2017 ELECOM CO.,LTD.

8

©2017 ELECOM Co., Ltd. All Rights Reserved.  
 MSC-HCS-FS02\_en ver.1