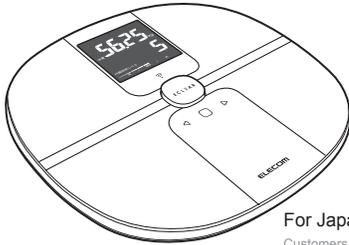


E CLEAR

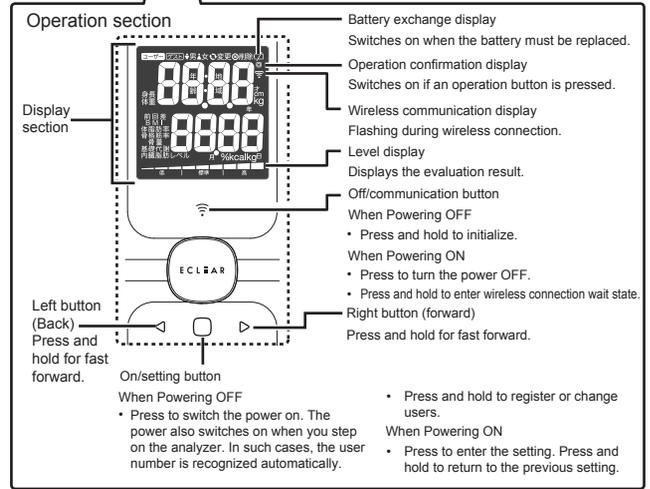
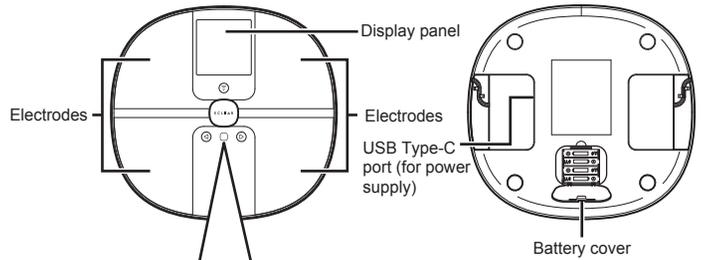
Body composition analyzer
Instruction Manual (Quick guide)
HCS-WFS01 Series



For Japan use
Customers who purchases outside of the above countries should refer to the localized manuals in the country of purchase.
www.elecom.co.jp/global/download-list/manual/

※ This manual is a quick guide. For details, see the manual included with the product.

Names of individual components



Precautions

⚠ DANGER

Never use this product with the following medical electronic devices.

- Pacemakers and other implantable medical electronic devices
- Heart-lung machines and other artificial life-support medical electronic devices
- Electrocardiographs and other wearable medical electronic devices

Since this unit will allow a weak electric current to flow through the body, the above devices may malfunction and cause serious damage or accidents.

⚠ WARNING

- Never judge the measurement results yourself (evaluate measurement values, base an exercise plan on this, etc.)
- 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 analyzer, jump on the analyzer, or jump up and down on the analyzer. Doing so may cause you to fall or slip, resulting in serious injury.
- Do not use the analyzer 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 analyzer and cause a breakdown.
- Never modify, disassemble, or repair the analyzer. This may cause an unexpected accident or other trouble.

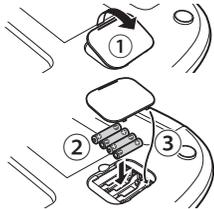
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ユーザー	User	年齢	Age	内臓脂肪レベル	Visceral fat level
ゲスト	Guest	地域	Area/Region	才	Year(Age)
男	Male	前回差	Difference with previous	年	Year
女	Female	BMI	Body mass index	月	Month
変更	Change	体脂肪率	Body fat percentage	日	Day
削除	Delete	骨格筋率	Skeletal muscle percentage	低	Low
身長	Height	骨量	Bone quantity	標準	Standard
体重	Weight	基礎代謝	Basal metabolism	高	High

How to use

■ Inserting the batteries



- On the rear surface of the analyzer, push the battery cover in the direction of the arrow, and then remove it.
- Insert four AAA batteries after checking the polarity (+/-). The side with the spring after checking (-) side.
- Attach the battery cover.

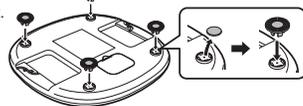
■ Placing the analyzer

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

- Slopped floor
- Soft surface, such as a rug, etc.

■ When measuring on a soft floor such as a carpet, etc.

- Please remove the rubber on the back of the main unit.
- Attach the attached carpet legs to all four legs.



■ Regarding USB power supply

This product can also be used by supplying power from the USB Type-C port on the bottom of this product by using a USB cable, USB AC adapter, etc.

※ USB Type-C port is a dedicated power supply. You cannot transfer data to a smart phone, PC, etc.

■ Measuring body composition

The following three methods can be used to measure with this analyzer.

1 Measure after automatic recognition of the user

The power is switched on and measurement is started by simply stepping on the analyzer. 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.)



2 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 and 6.

3 Measure using Guest mode

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

■ The automatic 0.00 kg calibration and correction function

The power is switched on and measurement is started by simply stepping on the analyzer. Accordingly, the analyzer is calibrated automatically to 0.00 kg periodically while the power is switched off. However, calibration may not be performed correctly in the following situations. Before using the analyzer for measurement, always place the analyzer on a hard surface with nothing on top of the analyzer, and then press (on/setting) button.

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

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

- Place the analyzer on a hard flat surface.
- Press the (on/setting) button.
- Make sure that "Load" is displayed.

Do not place anything on the analyzer or apply weight to the analyzer while "Load" is displayed.

- Press the (on/setting) button.



- Make sure that "0.00kg" is displayed.



- Press the (off/communication) button to switch off the power.

3

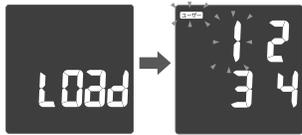
4

How to use

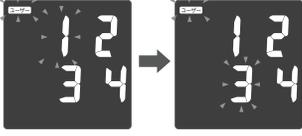
※The region must be configured during the first start-up and battery replacement.

■ Registering a user

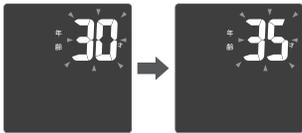
- Make sure that the power is off, and then press the **ON/SETTING** button. A user-number selection screen is displayed.



- Select a user number (the flashing number), and then press the **ON/SETTING** button. The user number is entered.



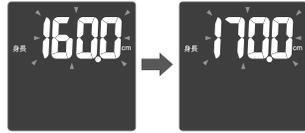
- Display the age, and then press the **ON/SETTING** button. The age is entered.



- Select **M** or **F**, and then press the **ON/SETTING** button. The gender is entered.



- Display the height of the registrant, and then press the **ON/SETTING** button. The height is entered, and the screen changes to the setting confirmation screen.



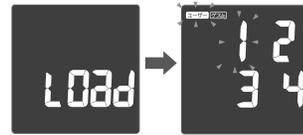
Height can be configured in units of 0.5 cm.

- Using the data that was entered, "gender" flashes, "Age" and "Height" are displayed in order, and then the weight management screen is displayed after.

※ 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.

■ Measure after specifying the user number

- Press the **ON/SETTING** button. A user-number selection screen is displayed.



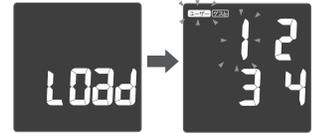
- Select a user number (the flashing number), and then press the **ON/SETTING** button. The selected user is entered, and then "0.00kg" is displayed.



- Carefully step on this machine. Measurement is started. Stand still, and remain upright until the measurement completes.

■ Measure using Guest mode

- Press the **ON/SETTING** button. A user-number selection screen is displayed.



- Press **←** or **→** button to select **ゲスト**, then press **ON/SETTING** button. The analyzer enters Guest mode.



- Display the age of the guest, and then press the **ON/SETTING** button. The age is entered.



- Select **M** or **F**, and then press the **ON/SETTING** button. The gender is entered.



- Display the height of the registrant, and then press the **ON/SETTING** button. The height is entered, and the screen changes to the setting confirmation screen.



Height can be configured in units of 0.5 cm.

- Using the data that was entered, "gender" flashes, "Age" and "Height" are displayed in order, and then the weight management screen is displayed after. "0.00kg" is displayed.

- Carefully step on the analyzer to start measurement.

■ Checking measurement results



※Measurement ranges have been established for each measurement item. If the measurement range was exceeded, **L** or **H** is displayed.

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Initialize Wi-Fi settings

- Connect your smart phone to the Wi-Fi environment. Please use a router that supports the 802.11b/g/n standard. 802.11a dedicated routers cannot be used.

- Access the "ELCLEAR APP" download page and install "ELCLEAR APP".



- Activate the installed "ELCLEAR APP" and select this product (HCS-WFS series) from "device settings".



- According to the application screen, create an account to perform data management, or perform application cooperation.

- According to the application screen, load the QR code of the bottom side of the main unit.



- According to the application screen, enter the password of the Wi-Fi environment.



- Make sure that the power is not turned on and press the **ON/SETTING** button to turn on the body composition indicator.

- On the user selection screen, press and hold the **OFF/COMMUNICATION** button until the wireless communication display **Wi-Fi** on the display section of the body composition indicator flashes.

- Tap "ELCLEAR APP's" "next".



- When the "Pi" sound goes off, "YES" is displayed on the screen. Wi-Fi connection of this product is completed.



When the connection is completed, the wireless communication display **Wi-Fi** on the display section of the body composition indicator changes from blinking to lit.

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Reading the standards

■ Understanding the standards of the visceral fat level

Level	Evaluation	Understanding the evaluation
1~10	Normal	Your level of stored visceral fat is not high. Continue making a habit of balanced meals and moderate exercise.
11~14	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.
15~18	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.
19~30	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

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

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

Circumstance

Problem	□ Check points
The display section's "Wi-Fi" lights up	□ Switch or exchange the batteries.
"Err 1" (error) is displayed	
"Err 2" (error) is displayed	
"Err 3" (error) is displayed during measurement	
"Err 4" (error) is displayed	□ Did you step on the analyzer during automatic correction (LOAD)? □ Did you move during measurement? How was your standing position or posture? □ Are the bottoms of your feet dirty? □ Did you try to measure with socks or other footwear still on?
The wireless communication display Wi-Fi does not light up (connection completed) while it is blinking	
	□ Are the router standards compatible with 802.11b/g/n? □ Once, turn off the power and reset the Wi-Fi settings.

Body composition analyzer HCS-WFS01 Series instruction manual (simplified version)
 November, 2018 Elecom Co., Ltd.

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