

# HBF-701 Unofficial English Manual

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\*I do not work for Omron. I just own one HBF-701

## 1 Getting started

The user manual of Omron HBF-516 has useful and valid information for HBF-701 owners. Search for *hbf-516b-instruction-manual.pdf* to download it. For safety instructions, an introduction to the basic features of the HBF-701, and operation recommendations read pages 4-13 of *hbf-516b-instruction-manual.pdf*.

Future versions of this document will include all information needed to operate the device.

## 2 Configuring the HBF-701

Most configurations are done with three keys, arrow up, arrow down and confirm which is the key that is immediately on the right of arrow down, something like 体組成. The first time you power on the unit, it may ask for date and time. The first question is about time zone, which is useless outside Japan.

1. For timezone you can select either 1 or 2, using arrow up / down and confirm.
2. Then enter the year, followed by month and day.
3. Finally enter time in 24 hour format and minutes.

For showing useful results, the HBF-701 need to know your age, sex and height. It has memory positions for four family members, and an easy way to make measurements for a guest. The steps below are for configuring the memory position number 1. Configuring other memory positions, and the guest position is similar. The guest button is located immediately on the right of the button 4, and it is something like ゲスト. For configuring the memory position number 1:

1. Power on the unit without lifting the display unit. Wait for it to show 0.0 kg.
2. Lift the Display Unit out of the Display Unit Holder, and press the button 1.
3. Enter, using arrows and confirm, your birth date in the following order: Year, month, day.
4. Enter your sex. The male symbol is: 男.
5. Enter your height in centimeters.
6. If everything went well, then the display will show 0.0 kg, and registration is complete.

Now that the device is configured, follow the instructions on pages 25-31 of *hbf-516b-instruction-manual.pdf* for learning how to take a full or a weight only measurement. Future versions of this document will include all information needed to operate the device.

## 3 TODO

Please help me making this document better by sending pull requests and filling issues on Github: <https://github.com/petersenna/HBF-701>

- Make a standalone document without dependency on *hbf-516b-instruction-manual.pdf*.
- Add pictures.
- Include a section on understanding the measurements.
- Include a section on how to use the HBF-701 memory function.

## 4 Legal notice

- I do not work for Omron. I just own one HBF-701.
- I give no warranty about the information on this document. Use the information at your own risk.
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- The official manual in Japanese is available at: <http://www.healthcare.omron.co.jp/product/hbf/hbf-701.html>
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