

HOMEDICS®

MiBody 360 Personal Scale



Instruction Manual

360SC-GB

12 year
guarantee

DOWNLOAD AND INSTALLATION:

**TO DOWNLOAD AND INSTALL MIBODY 360 TRACKING SOFTWARE PLEASE VISIT:
www.mibody360.com**

Please select your country/language

Click '**REGISTER YOUR MIBODY360**'

Enter your personal details

Click '**CONTINUE**'

Click '**DOWNLOAD SOFTWARE**'

Note: MiBody360 software will only work on a PC with Windows 2000, XP, Vista and Windows 7 operating system.

File download 'pop-up' box will appear

Click '**Run**' to download and install software

A security warning 'pop-up' box might appear

Click '**Run**' to download and install software

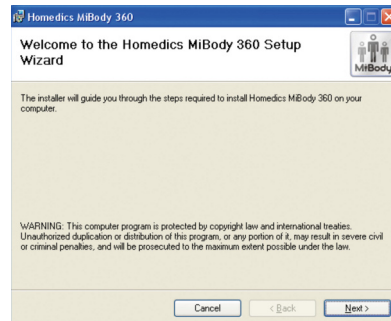
MiBody360 set up wizard box will appear

Select the language you wish to install and click '**Next**'

Welcome page will appear – click '**Next**'

Read the 'Terms and Conditions' and select 'I agree to the terms of this license agreement'

Then click '**Next**'

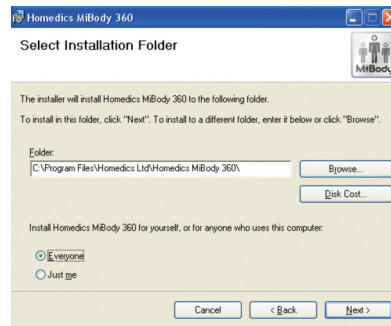


Select Installation folder page will appear

HoMedics recommend you keep the folder destination as the default.

If you have multiple users on the computer wishing to use MiBody360 select '**everyone**'

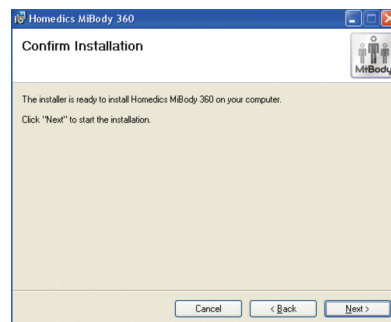
Click '**Next**' to install



Confirm Installation page will appear

Click '**Next**' to start installation

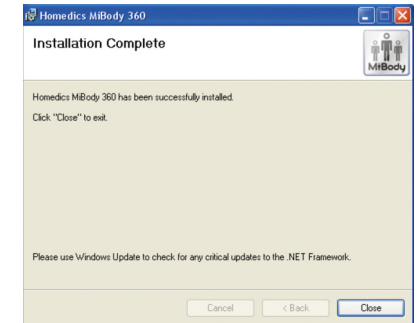
Installation will now take place



When the software is installed the 'Installation complete' page will appear

Click '**Close**' to exit

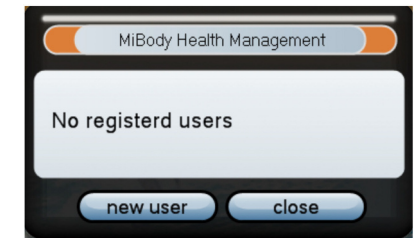
Your MiBody360 software is now installed and ready to open.



Double click on MiBody360 icon on desktop to open software.

If no users registered or setting up a new user

Select '**new user**'



Set up new user:

Select your user icon using left and right arrows

Enter your user name

Select your sex

Select your birthday

Select your preferred units (metric or imperial)

Enter your height

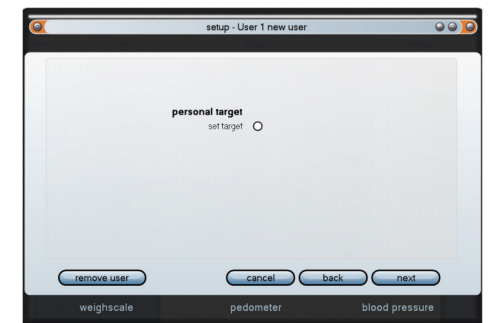
Then click '**next**'



Option to set a personal target for you to work towards

To set a personal target highlight the '**set target**' box if not leave blank

Click '**next**' to continue



Select your measurement to target using drop down
 Enter target level
 Select target date
 Click 'next' to continue

Changing your targets:

If you have achieved your target or wish to set new targets, simply return to user set-up clicking on 'user setup' on home page and follow the set up details as before and chose a new or different target on the 'personal target' page.

To remove a user:

Enter 'user setup' from home page and click 'remove user'

A pop up box will then ask you if you are sure you want to remove user.

To remove click 'ok'

Important Note: if you are removing user all data for this user will be deleted



Enter a password:

If you want to secure your user with password, enter and confirm password

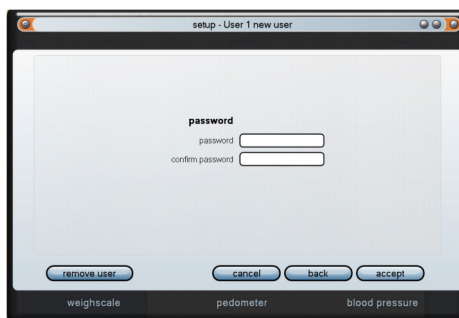
If you do not want a password then leave blank
 Click 'accept' to continue

This will bring you to the home page:

To change user select 'switch user'

This will open the select user box – you can either choose the correct user for you or set up a new user.

If setting up a new user repeat the original user set up procedure.

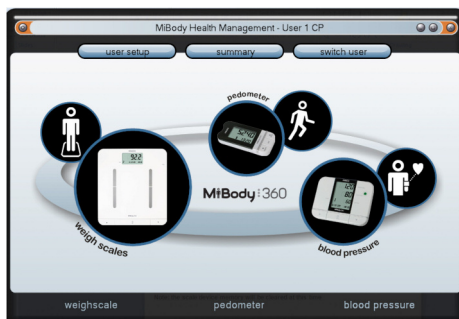


Home page:

To add scales data:

1. Open MiBody360 software
2. Insert USB stick
3. Pop-up shows 'New weigh scales data has been added'
4. Click 'ok' – it is now safe to remove USB stick.

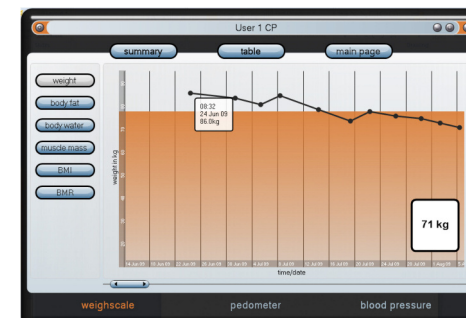
Note: the scale device memory will be cleared at this time



Weight page:

To view new data:

1. Click on 'weigh scale' image or title
2. This takes you directly to 'weight' page – you measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
3. If you have set a target weight the orange section of the graph will gradually track towards you target so you can easily compare your progress against your target weight.
4. To scroll along your results use the scroll bar along the base of the graph
5. To zoom in or out of your results use the scroll wheel on your mouse
6. To view the measurement data as a table select 'table' tab at top of graph



7. To View other parameters select the suitable 'tab' on the left hand side:

- 'body fat'
- 'body water'
- 'muscle mass'
- 'BMI'
- 'BMR'

Body Fat page:

1. Your measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
2. The graph is also split in to zones of 'Low' – 'Optimal' – 'Moderate' – 'High' to give an instant indication of your health.
3. To view the measurement data as a table select 'table' tab at top of graph
4. 'body fat' definition is shown by dragging cursor over the 'body fat' tab
5. To view the measurement data as a table select 'table' tab at top of graph



IMPORTANT NOTE:

IF YOU ARE CONCERNED ABOUT YOUR READINGS OR ANY ASPECT OF YOUR HEALTH, HoMEDICS STRONGLY RECOMMENDS YOU REFER TO YOUR DOCTOR FOR FURTHER ADVISE.

Body Water page:

1. Your measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
2. The graph shows 'normal' zones of % body water to give an instant indication of your health.
3. To view the measurement data as a table select 'table' tab at top of graph
4. 'body water' definition is shown by dragging cursor over the 'body water' tab
5. To view the measurement data as a table select 'table' tab at top of graph

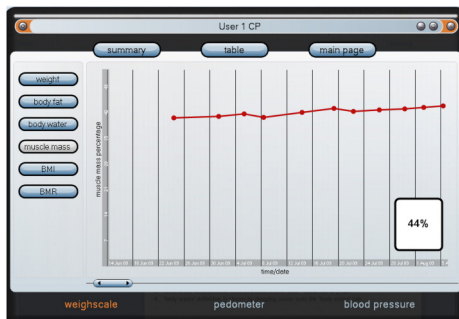


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Muscle Mass page:

1. Your measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
2. To view the measurement data as a table select 'table' tab at top of graph
3. 'muscle mass' definition is shown by dragging cursor over the 'muscle mass' tab
4. To view the measurement data as a table select 'table' tab at top of graph

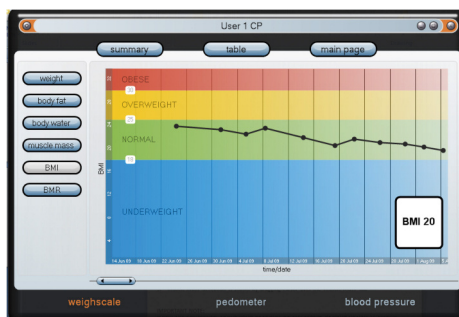


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BMI page:

1. Your measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
2. The graph is also split in to zones of 'UNDERWEIGHT' – 'NORMAL' – 'OVERWEIGHT' – 'OBESE' to give an instant indication of your health as defined by the World Health Organisation
3. To view the measurement data as a table select 'table' tab at top of graph
4. 'BMI' definition is shown by dragging cursor over the 'BMI' tab
5. To view the measurement data as a table select 'table' tab at top of graph

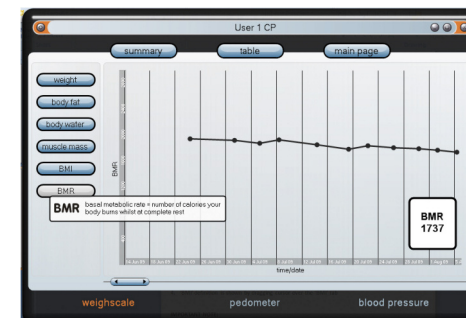


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BMR Page:

1. Your measurements are plotted as a line graph. Each point representing a measurement – drag your cursor over each point for the time and date of actual measurement to be shown.
2. To view the measurement data as a table select 'table' tab at top of graph
3. 'BMR' definition is shown by dragging cursor over the 'BMR' tab
4. To view the measurement data as a table select 'table' tab at top of graph

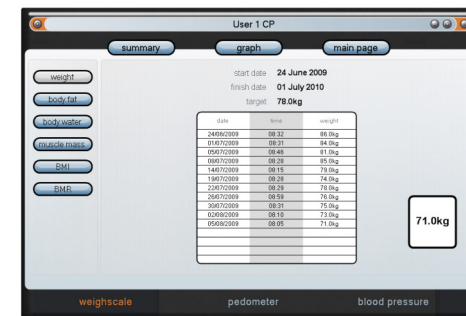


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Weight page:

1. Weight results displayed in table form

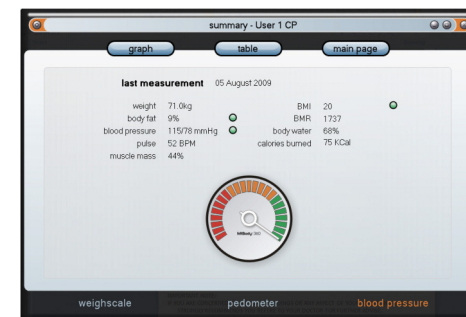


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Summary page:

1. By clicking 'summary' on any of the pages of the software this will take you to a current overview of your last readings
2. All your last readings are shown along with an easy read dashboard – this calculated indicator is based on your last measurements of Body Fat, BMI and Blood Pressure only.



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IB-360SCGB-0110-01