



Using the Omron HBF-514c

1. Press the Power Switch to turn the monitor ON.
The CAL symbol blinks on the display, then the display changes to 0.0 lb.
2. When the 0.0 lb appears on the display, lift the Display Unit out of the Display Unit Holder.
3. Select Guest Mode
Press the UP/GUEST button while holding the Display Unit.
"G" will be indicated at the top of the display while "AGE" data flashes.
Enter the person's age by pressing the UP or DOWN arrows (press set to select)
Enter the person's gender by pressing the UP or DOWN arrows (press set to select)
Enter the person's gender by pressing the UP or DOWN arrows (press set to select)
Enter the person's height by pressing the UP or DOWN arrows (press set to select)
4. Start the measurement.
 - 1) The age, gender and height appear briefly on the display, followed by the CAL symbol momentarily, then the 0.0 symbol. Once the 0.0 symbol appears you are ready to take the guest's measurements. Note, if the soles of the feet are too dry, cold, you will not get stable measurements; try slightly moistening the soles of the feet with a wet paper towel before taking a measurement.
 - 2) Step onto the measurement platform and place your feet on the foot electrodes with your weight evenly distributed. Remain still and do not move until your weight measurement is complete.
 - 3) When "START" appears on the display extend your arms straight at a 90° angle to your body.
 - 4) When the measurement is completed, your weight is displayed again. Step off the measurement platform.
5. Press the appropriate button to check the measurement results.
6. Press the Power Switch to turn the monitor off.
7. Store the Display Unit in the Display Unit Holder.



Interpreting the Results

Interpreting the BMI Result

BMI	BMI (Designation by the WHO)	BMI Classification Bar	BMI Rating
Less than 18.5	- (Underweight)		7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	0 (Normal)		18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	+ (Overweight)		25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	++ (Obese)		30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

Interpreting the Body Fat Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Source: NIH/WHO guidelines for BMI

Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

Interpreting the Visceral Fat Level Result

Visceral Fat Level ≤ 9 0 (Normal)	10 ≤ Visceral Fat Level ≤ 14 + (High)	Visceral Fat Level ≥ 15 ++ (Very High)
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Visceral fat area (0 - approx. 300 cm², 1 inch=2.54 cm) distribution with 30 levels.

Source: Omron Healthcare

NOTE: Visceral fat levels are relative and not absolute values.