

# Smart Weight Analyzer



**InBody H20N**

[www.inbodycanada.ca](http://www.inbodycanada.ca)

MEASURE YOUR BODY COMPOSITION  
IN THE COMFORT OF YOUR HOME

# Advanced Body Composition Analysis at Home

Most handheld devices and body fat scales only measure part of your body. The InBody H20N uses 8-Point Tactile Electrode System and Direct Segmental Measurement - Bioelectrical Impedance Analysis (DSM-BIA) technology to measure the whole body for a more accurate analysis.

Measurements are uploaded automatically to your personal mobile app where you can monitor your progress, share your results, and stay on track for your health goals. Accurate body composition testing with app support, now in the comfort of your home.



Available in colors **Oatmeal Beige** and **Midnight Black**.



## Key Features



**Trusted Technology**  
Uses the same technology featured in InBody professional devices



**Skeletal Muscle Mass**  
Provides Skeletal Muscle Mass values to monitor muscle gain and its impact on weight management



**Body Fat**  
Provides Body Fat Mass and Percent Body Fat values to closely monitor progress



**History**  
The InBody App allows users to access their body composition trends over time

# How The InBody Works

## QUICK AND EASY TESTS

Simply step onto the InBody H20N, enter your height, and grab the handle bar.

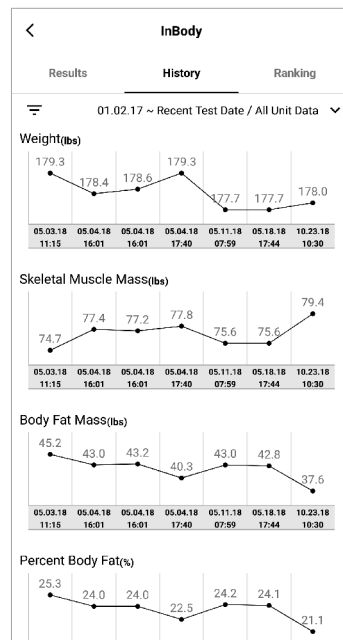
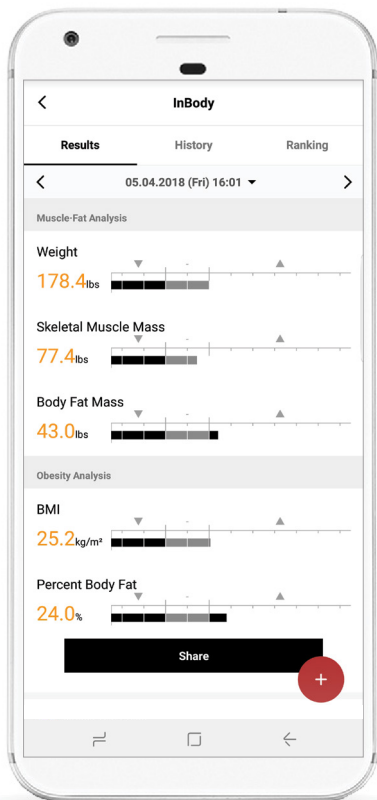
In less than 10 seconds, your body composition results will automatically sync to your smartphone.

## ACCURATE RESULTS

Using state-of-the-art BIA technology, the InBody H20N provides you with highly accurate and reproducible results that you can trust.

## CLEAR INSIGHTS

See how your weight, Skeletal Muscle Mass, and Percent Body Fat are changing over time as you make exercise and dietary changes.



## The InBody App

- 1) Automatically view your test results on your mobile app in real-time.
- 2) Track and see your body composition changes over time.
- 3) Compare your progress with your friends.
- 4) Chat with an InBody professional whenever you have questions.

# Frequently Asked Questions

**Q: What is the InBody H20N and how is it different from other smart scales?**

A: Ordinary smart scales have electrodes on the footplate, so they can only measure your bottom half and have to estimate the upper half. The InBody H20N comes with handle bar electrodes as well as footplate electrodes, so you get more accurate and consistent results that represent your whole body.

**Q: What is body composition analysis and why is it important?**

A: Body composition analysis allows you to quantify your health changes. By analyzing your body composition consistently, you can better gauge how exercise and dietary changes are affecting your muscle and fat mass, providing evidence of the impact on your health and allowing you to reach your wellness goals faster!

**Q: How does the InBody H20N measure body composition?**

A: The InBody H20N uses Bioelectrical Impedance Analysis (BIA) technology, which sends safe and low-level electrical currents through the electrodes on the device to measure your body composition.

## Product Specifications

**FREQUENCIES**

20, 100 kHz

**TEST DURATION**

8 seconds

**APPLIED RATING CURRENT**

100µA

**HEIGHT RANGE**

1 ft 7.7 in - 9 ft 10.61 in  
(50 - 300 cm)

**WEIGHT RANGE**

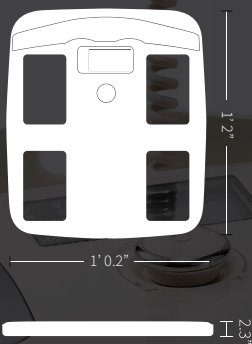
22 - 330 lbs  
(10 - 150 kg)

**PRODUCT WEIGHT**

5.9 lbs  
(2.7 kg)

**DIMENSIONS**

12.2 x 14.0 x 2.0 (L x W x H) : in  
310.3 x 356.4 x 50.8 (L x W x H) : mm



**ELECTRODE METHOD**

8-Point Tactile Electrode System

**TECHNOLOGY**

Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA type

**BODY COMPOSITION CALCULATION METHOD**

No Empirical Estimations\*

**OUTPUTS (LCD SCREEN)**

Weight, Body Fat (Percent Body Fat), Muscle (Skeletal Muscle Mass), BMI

**POWER CONSUMPTION**

DC 6V(1.5V AA battery 4 EA)

**DISPLAY TYPE**

Customized LCD

**MEASUREMENTS**

10 impedance measurements  
2 frequencies at each of the 5 segments  
(Right Arm, Left Arm, Trunk, Right Leg, Left Leg)

**OUTPUTS**

*Standard outputs*  
Weight, Body Fat (Percent Body Fat), Muscle (Skeletal Muscle Mass), BMI

**RECOMMENDED OPERATIONAL ENVIRONMENT**

50 ~ 104°F, 30 ~ 75% RH, 70 ~ 106 kPa

**RECOMMENDED STORAGE ENVIRONMENT**

-4 ~ 158°F, 10 ~ 95% RH, 50 ~ 106 kPa  
(No Condensation)