

Manufactured by:



Charder Electronic Co., Ltd.

No.103, Guozhong Rd., Dali Dist., Taichung City, 412 Taiwan (R.O.C.)

Made in Taiwan

[www.oserio.com](http://www.oserio.com)

130-FEP163-001

**oserio**<sup>®</sup> Body Fat Monitor  
Health is Beautiful

oserio Body Fat Monitor Instruction Manual – FEP-163 series

Thank you for selecting oserio series of Health Management Products.

This Instruction Manual will guide you through the setup procedures and outline the key features.



Please keep the instruction manual at hand all the time for future reference.

oserio®

Health conscious • Professional • Innovative

## Table of Contents



oserio Body Fat Monitor  
FEP-163 series

### 1 Before Using the Monitor

1.1 Overview	1
1.2 User Key / Power Key	2
1.3 Setting Buttons	3
1.4 Battery Installation	4
1.5 Product Features	5
1.6 Introduction	7
1.7 Important Safety Notes	8
1.8 EMC Guidance and Manufacturer's Declaration	11
1.9 Used Symbol Description	18

### 2 Operating Instructions

2.1 Setting Time	19
2.2 Viewing and Modifying Time	21
2.3 Setting User Profile	22
2.4 Measuring Body Composition	24
2.5 Viewing Measurement Values	26
2.6 Taking Weight Measurement Only	27
2.7 Viewing Historical Values	28
2.8 Modifying User Profile	30
2.9 Setting Visitor Profile	32
2.10 Error Message List	33

### 3 More Information

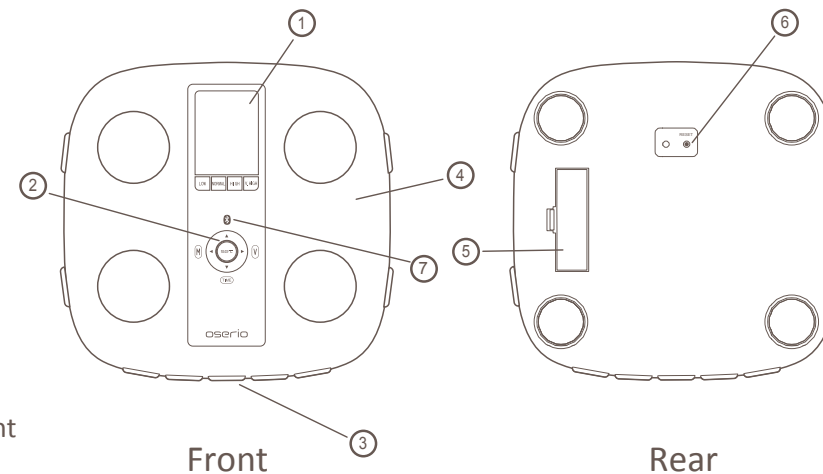
3.1 Care and Maintenance	34
3.2 Product Specification	35

# 1

## Before Using the Monitor

### 1.1 Overview

- ① LCD display
- ② Setting buttons
- ③ User buttons
- ④ Platform
- ⑤ Battery Cover
- ⑥ Reset button\*
- ⑦ Bluetooth instruction light



NOTE:

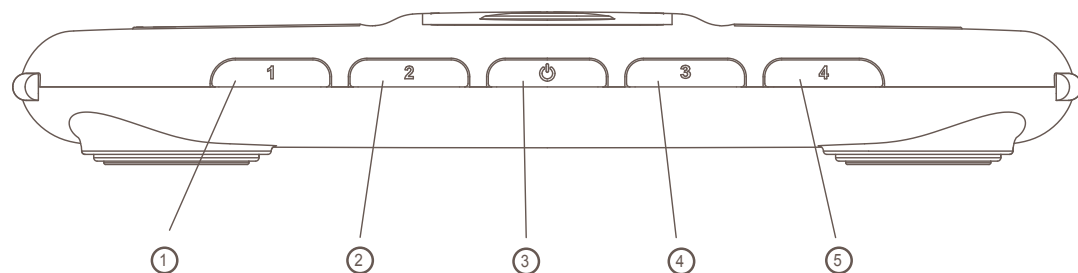
\*After turning on the unit, press reset button for 3 seconds to erase all profiles and records.

## 1.2 User Key / Power Key

- ① User key 1
- ② User key 2
- ③ Power key (Taking weight only)
- ④ User key 3
- ⑤ User key 4

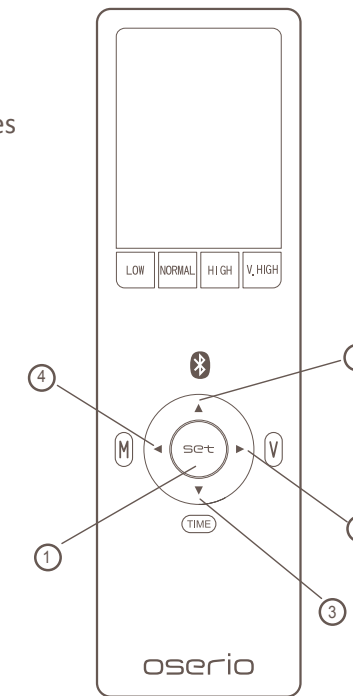
**Note:**

1. Press power key to turn on the unit for taking weight only.
2. Press user key to turn on the unit for taking body composition.



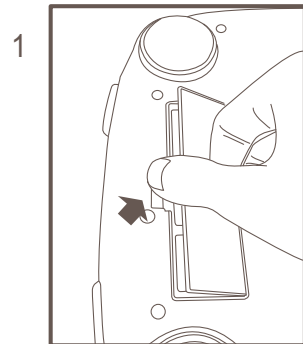
## 1.3 Setting Buttons

- ① **set**
  - \*Confirm setting
  - \*Modify user profile
- ② **▲**
  - \*Increase setting values
  - \*Select items
  - \*Change reading items
- ③ **▼** **TIME**
  - \*Decrease setting values
  - \*Select items
  - \*Change reading items
  - \*Check time by pressing it one time
  - \*Modify time by press it for 1 second
- ④ **◀** **M**
  - \*View the last reading
  - \*View the memorized values
- ⑤ **▶** **V**
  - \*View the next reading
  - \*Set VISITOR's profile

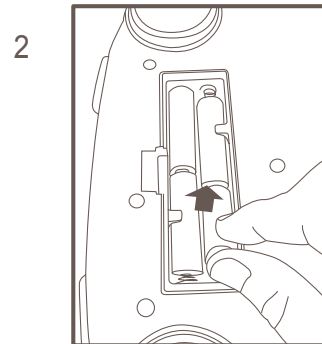


## 1.4 Battery Installation

⚠ Please verify if the batteries are installed correctly first



1 Open the battery cover



2 Install 4 AA size batteries properly

**Note:**

1. Measurements and user's profile will not be erased during battery replacement.
2. Be sure that the polarity of the battery is set properly.

## 1.5 Product Features

1. Measure weight, body fat, BMI, visceral fat, basal metabolic rate.
2. 4 users profile.
3. 7 historical values.
4. Target weight setting.
5. Data reference from ***Body fatness and risk for elevated blood pressure, total cholesterol, and serum lipoprotein in children and adolescents American journal of public health***. After compared measurement value, indicator will shows "Low, Normal, High, Very High."

**Body Fat References** : Daniel P. Williams, Scott B. Going, Timothy G. Lohman, David W. Harsha, Satharnur R Srinivasan, Larry S.

Webber, Gerald S. Berenson, *Body fatness and risk for elevated blood pressure, total cholesterol, and serum lipoprotein ratios in children and adolescents American journal of public health, March 1992, Vol. 82, No.3*

**1.5 Product Features**

6. Slip prevention design.
7. Large LCD display. (80x60mm)
8. Simple button design.
9. English interface.
10. User friendly design with colorful and interesting face icons.

**1.6 Introduction**

**Product description:** This unit is measuring the user's body weight and to estimate the value of the Bio-Impedance body composition.

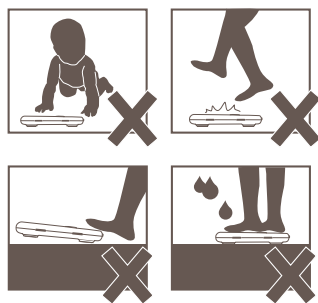
**Product use:** Body Fat, Visceral Fat, BMI, BMR, and Body Weight.

**Measuring Principle:** Biological impedance Analysis (BIA) works together with such as gender, height, weight, age, other relevant factors, conversion of the user's body composition to determine whether the body is obese.  
(If input profile is incorrect, it would result in incorrect measurement values.)

**Recommended Measurement Times:** It is recommended to use this unit in the same environment and daily circumstances.

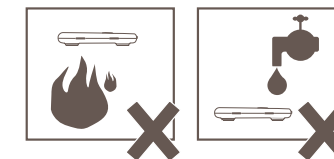
## 1.7 Important Safety Notes

1. People with an electronic medical implant, such as a pacemaker, should not use a Body Fat Monitor as it passes a low-level electrical signal through the body, which may interfere with its operation.
2. Pregnant women should use weight function only. All other functions are not intended for pregnant women.
3. Keep out of reach of young children.
4. Do not jumping on the unit platform.
5. Do not step on the edge of unit platform.
6. Person with disabilities or physically frail should be assisted by another person when using this unit.
7. Do not disassemble or modify the unit.
8. Using the batteries specify by the product specifications, polarities match the polarities of the battery compartment as indicated.



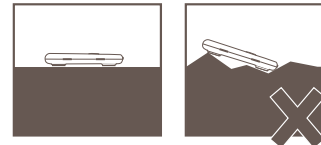
## 1.7 Important Safety Notes

9. Remove the batteries if the unit not be used for three months or longer.
10. If the display not shows, check the batteries.
11. Do not mix old and new batteries or different types of batteries to extend the life of the unit.
12. Do not use the unit on slippery surfaces such as tile floors or wet floors.
13. Place the unit in an area free from direct sunlight, heating equipment, high humidity or extreme temperature change.
14. Avoid excessive impact or vibration to the unit.
15. Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny.
16. Place the unit on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.



## 1.7 Important Safety Notes

17. Always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform.
18. Properly dispose of batteries according to applicable local regulations.
19. Do not use this unit while operation transmitters (such as a cell phone) as this may affect your results.
20. This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities.
21. These batteries should be kept away from small children.  
If swallowed , promptly seek medical assistance.
22. Expected Service Life: 5 years



## 1.8 EMC Guidance and Manufacturer's Declaration

## Guidance and manufacturer's declaration-electromagnetic emissions

The FEP-103 is intended for use in the electromagnetic environment specified below. The customer or the user of the FEP-103 should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment-guidance
RF emissions CISPR 11	Group 1	The FEP-163 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The FEP-163 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/flicker emissions IEC 61000-3-3	Not applicable	




## 1.8 EMC Guidance and Manufacturer's Declaration

Guidance and manufacturer's declaration-electromagnetic immunity			
The FEP-163 is intended for use in the electromagnetic environment specified below. The customer or the user of the FEP-163 should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Electrostatic discharge(ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	± 2kV for power supply lines + 1kV for input/output lines	± 2kV for power supply lines Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1kV line(s) to line(s) ± 2kV line(s) to earth	± 1kV differential mode Not applicable	Mains power quality should be that of a typical commercial or hospital environment.

Guidance and manufacturer's declaration-electromagnetic immunity			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Voltage Dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% UT(>95% dip in UT) for 0.5 cycle 40% UT(60% dip in UT) for 5 cycles 70% UT(30% dip in UT) for 25 cycles <5% UT(>95% dip in UT) for 5 s	Not applicable Not applicable Not applicable Not applicable	Mains power quality should be that of a typical commercial or hospital environment. If the user of the <b>FEP-163</b> requires continued operation during power mains interruptions, it is recommended that the <b>FEP-103</b> be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	The <b>FEP-163</b> power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
<b>NOTE: UT is the a.c. mains voltage prior to application of the test level.</b>			

1.8 EMC Guidance and Manufacturer's Declaration

Guidance and manufacturer's			declaration-electromagnetic immunity	
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance	
Conducted RF IEC 61000-4-6	3 Vrms 150 KHz to 80 MHz	Not applicable	<p><b>Portable and mobile RF communications equipment should be used no closer to any part of the FEP-163</b> including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p>	
Radiated RF IEC 61000-4-3	3 V/m 80MHz to 2.5 GHz	3 V/m	<p><b>Recommended separation distance:</b>  <math>d = 1.2 \sqrt{P}</math>  <math>d = 1.2 \sqrt{P}</math> 80MHz to 800 MHz  <math>d = 2.3 \sqrt{P}</math> 800MHz to 2.5 GHz                      Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).                       Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey<sup>a</sup>, should be less than the compliance level in each frequency range<sup>b</sup>.</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 	

NOTE1:  
At 80 MHz and 800 MHz, the higher frequency range applies.  
NOTE2:  
These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from **structures, objects and people**.

- A. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the **FEP-163** should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the **FEP-163**.  
Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.
- B.

## 1.8 EMC Guidance and Manufacturer's Declaration

Recommended separation distance between portable and mobile RF communications equipment and the FEP-163			
<p>The FEP-163 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the FEP-163 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the FEP-163 as recommended below, according to the maximum output power of the communications equipment.</p>			
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = 1.2 \sqrt{P}$	80 MHz to 800 MHz $d = 1.2 \sqrt{P}$	800 MHz to 2.5 GHz $d = 2.3 \sqrt{P}$
0.01	N/A	0.12	0.23
0.1	N/A	0.38	0.73
1	N/A	1.2	2.3
10	N/A	3.8	7.3
100	N/A	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $p$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE1:  
At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.







NOTE2:  
These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

# 1

## Before Using the Monitor

### 1.9 Used Symbol Description

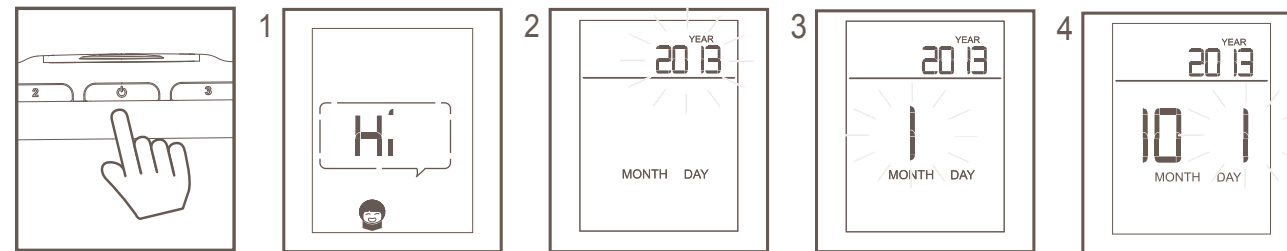
#### Explanation of the graphic symbols:

SN-135-00001	Designation of the serial number of every device, applied at the device. (Number as an example)		Carefully read this operation manual before setup and commissioning, even if you are already familiar with oserio scales.
	"Please note the accompanying documents" or "Observe operating instructions"		Dispose of old appliances separately from your household waste! Instead, take them to communal collection points.
	Chander Electronic Co., Ltd. No. 103, Guozhong Rd., Dali Dist., Tainan City, 412 Taiwan (R.O.C.)		Transport and storage temperature limit indicating the upper and the lower limit. (Transport and storage temperature on packaging)
	"Electro-medical appliance" with attachment for type BF	-20°C	

# 2

## Operating Instructions

### 2.1 Setting Time



Press Power key to turn on the unit.  
(1st using)

Press ▲▼ to modify values and press set to confirm entries.

1. Welcoming
2. Year setting
3. Month setting
- 4 Date setting

#### Note:

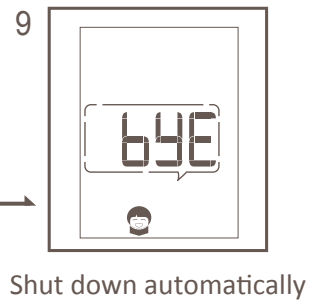
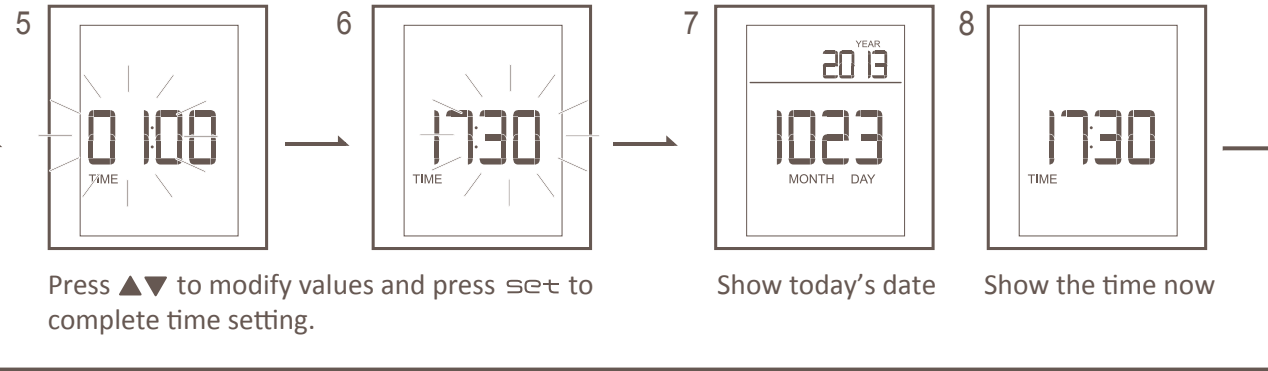
It will switch to "Time setting mode" automatically if time setting procedure has not been completed.  
Date/Time need to be reset during battery replacement.  
The unit will shut down automatically if you do not touch any buttons within 60 seconds



# 2

## Operating Instructions

### 2.1 Setting Time



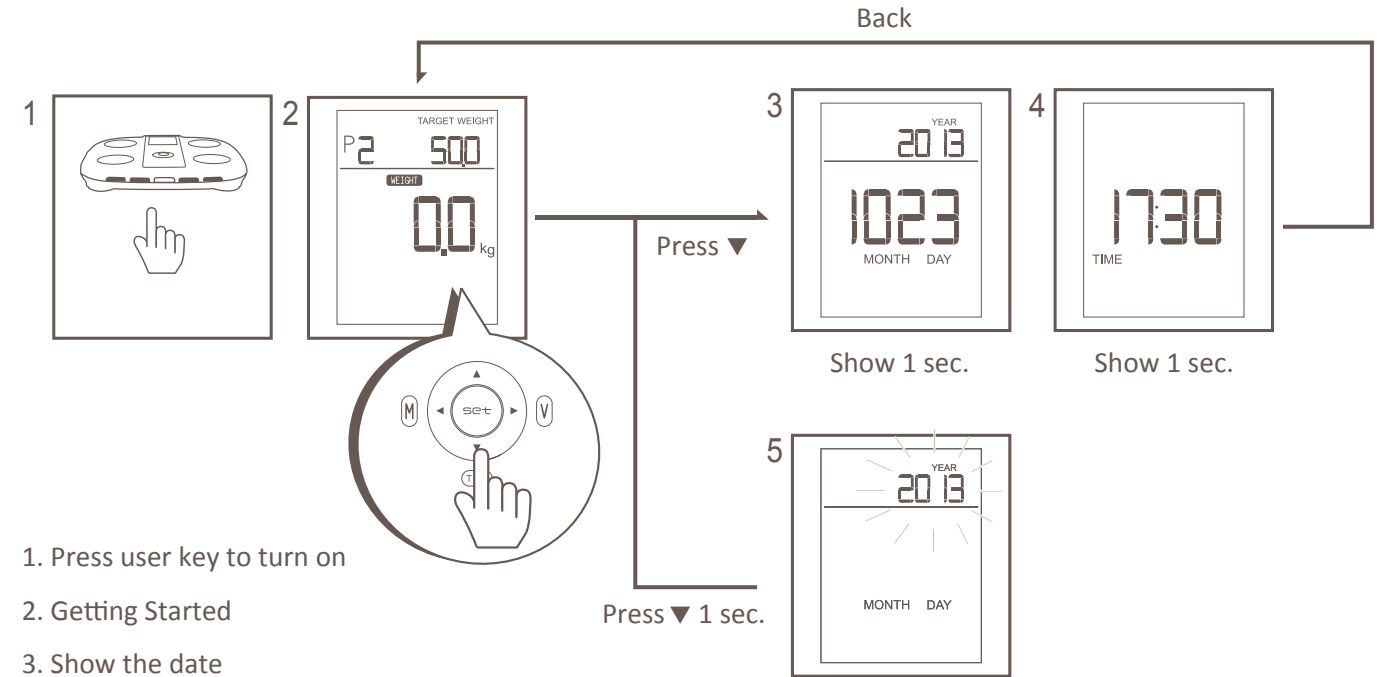
- 5. Hour setting
- 6. Minute setting
- 7. Show the date
- 8. Show the time
- 9 The unit will shut down automatically after setting procedure is completed.

**Note:**  
When time setting is completed please restart the unit to take measurement.

# 2

## Operating Instructions

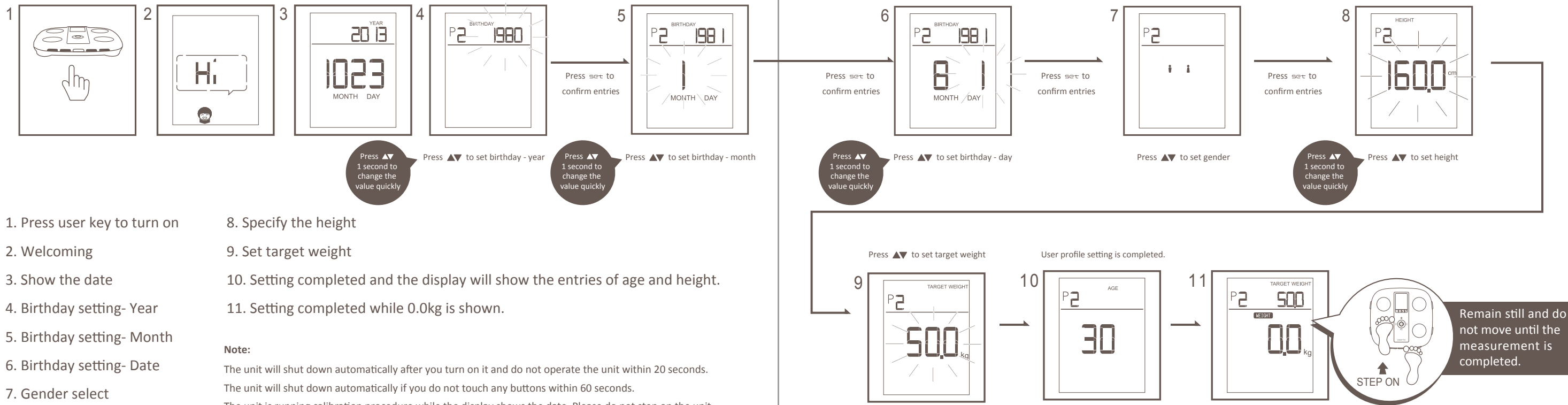
### 2.2 Viewing and Modifying Time



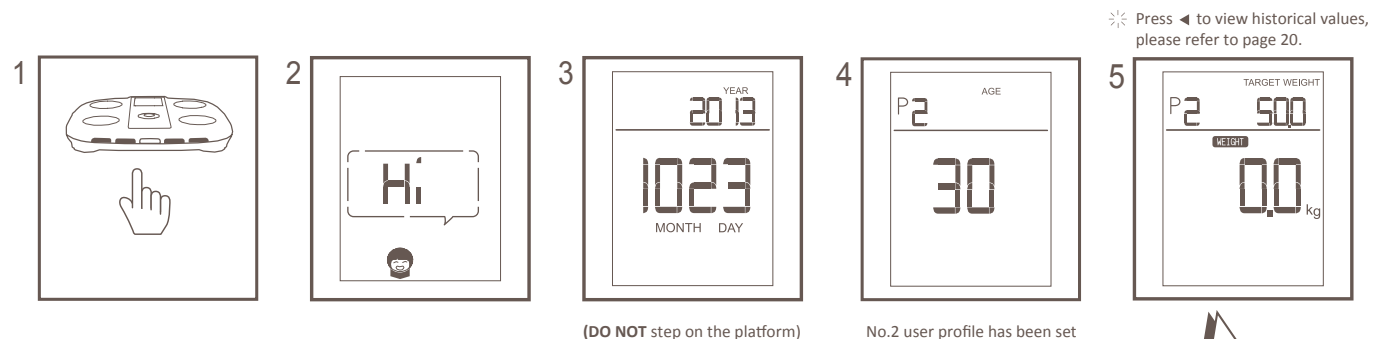
- 1. Press user key to turn on
- 2. Getting Started
- 3. Show the date
- 4. Show the time
- 5. Switch to Time setting mode

**Note:** If you press power key to turn on and enter "Weight Measurement Mode," you are able to view or modify time as well by pressing ▼ .

### 2.3 Setting User Profile

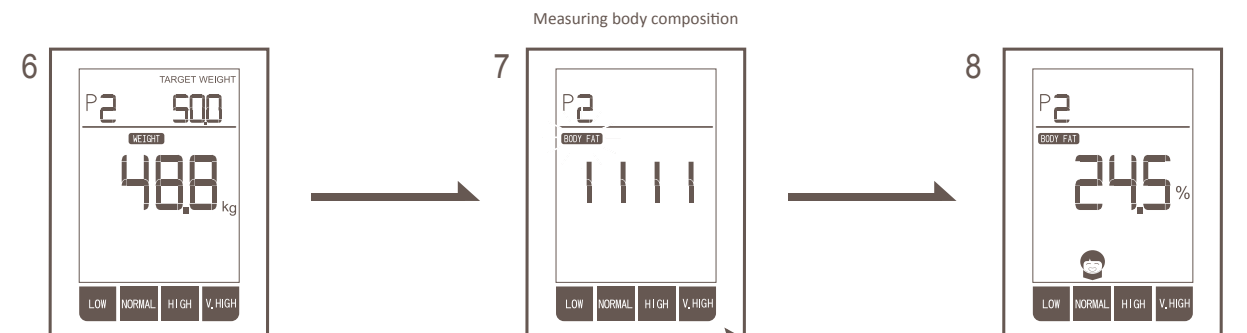


## 2.4 Measuring Body Composition



Remain still and do not move until the measurement is completed.

STEP ON



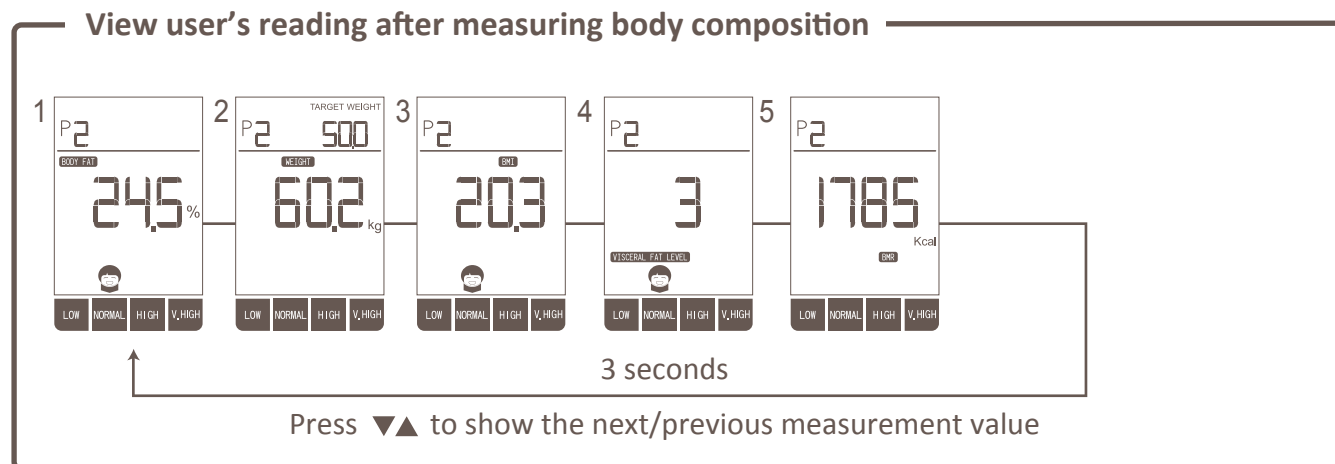
DO NOT Step off and remain still until body fat % is shown.

STAY

**Note:**

The unit will shut down automatically after you turn on it and do not operate the unit within 20 seconds. The unit is running calibration procedure while the display shows the date. Please do not step on the unit.

## 2.5 Viewing Measurement Values



1. Body Fat
2. Weight
3. Body Mass Index (BMI)
4. Body Age

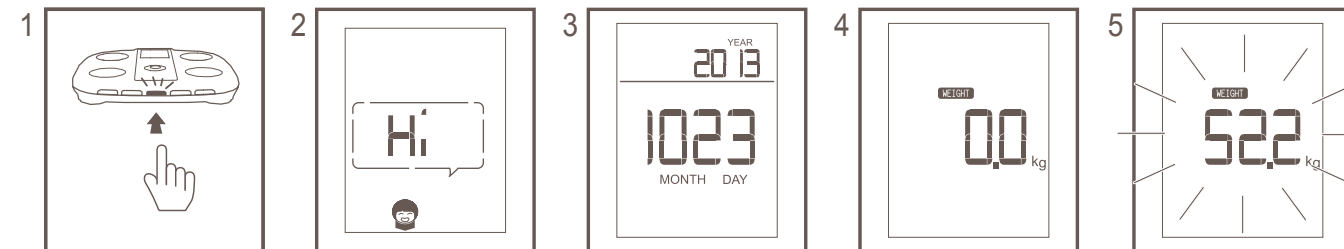
5. Visceral Fat Level
6. Basal Metabolic Rate (BMR)
7. Muscle Rate

**Note:**

Each measurement value last for 3 seconds.

The unit will shut down automatically if you do not touch any buttons within 60 seconds.

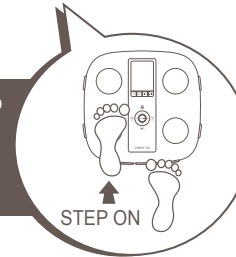
## 2.6 Taking Weight Measurement Only



(DO NOT step on the platform)

1. Press power key to turn on
2. Welcoming
3. Show the date
4. Ready to take measurement while 0.0kg is shown
5. Show weight reading

Remain still and do not move until the measurement is completed.

**Note:**

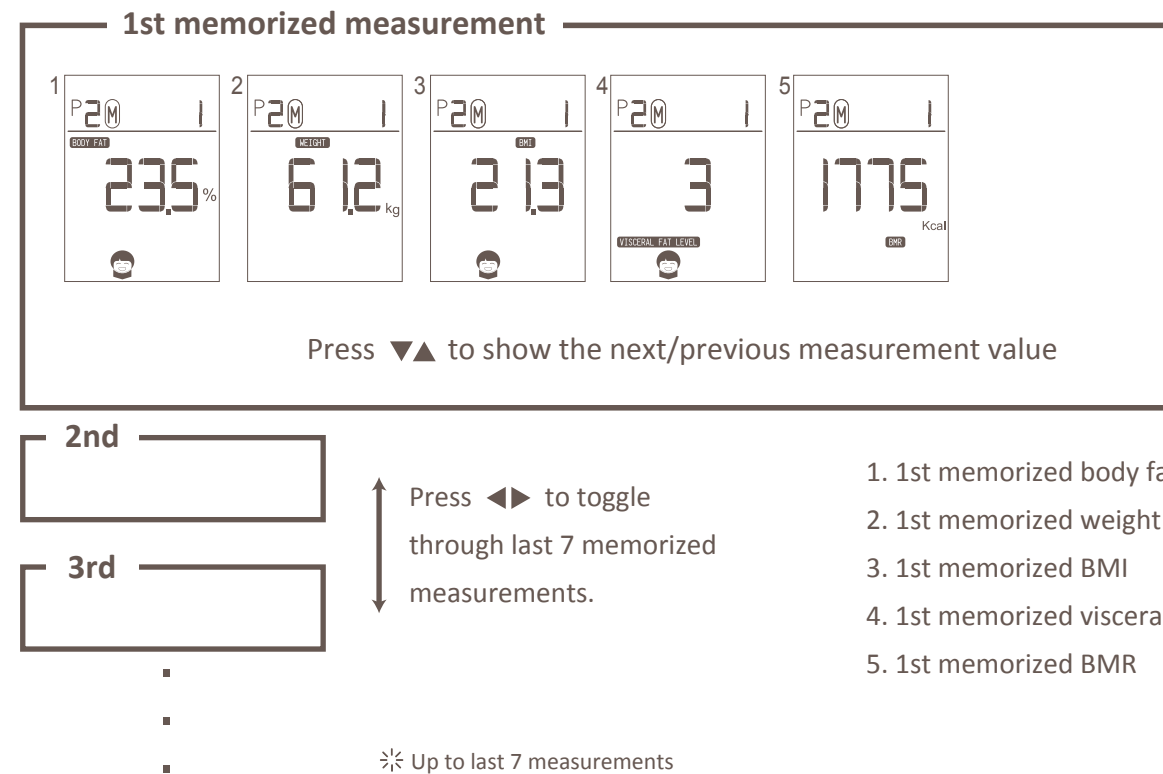
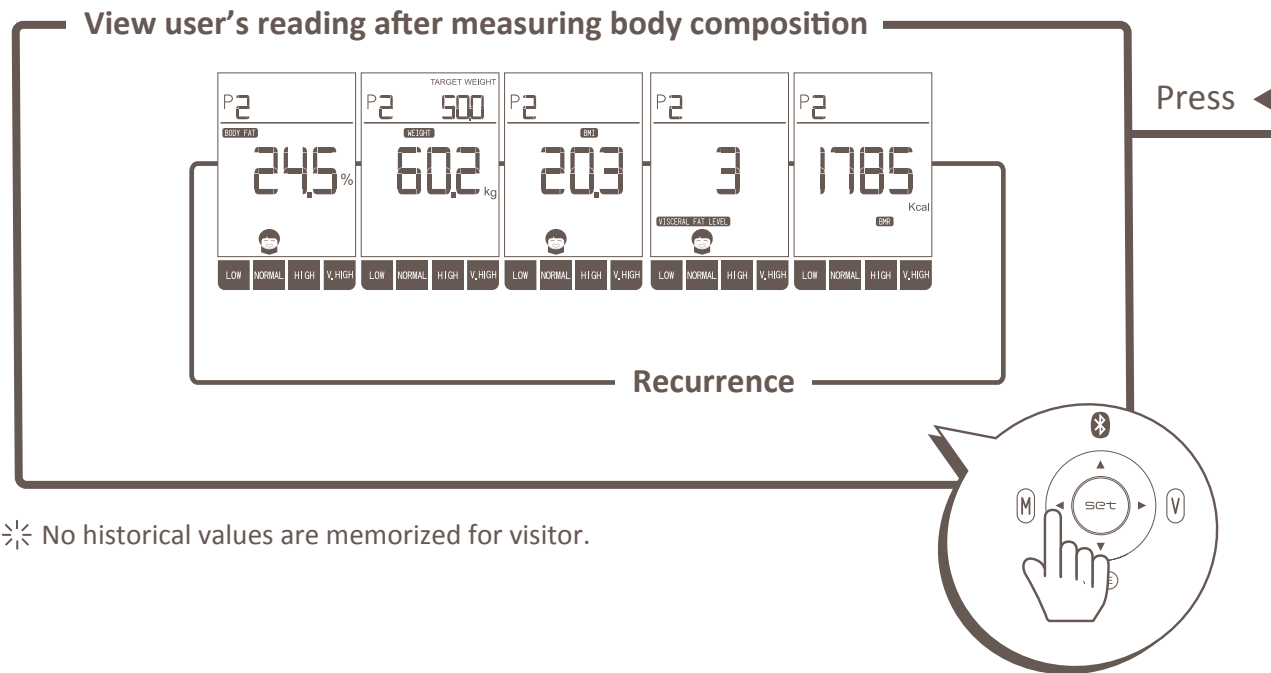
The unit will shut down automatically after you turn on it and do not operate the unit within 20 seconds.

The unit is running calibration procedure while the display shows the date. Please do not step on the unit.

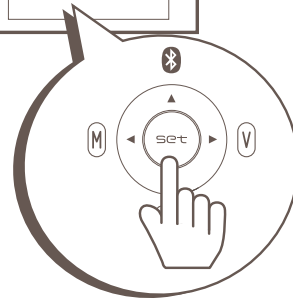
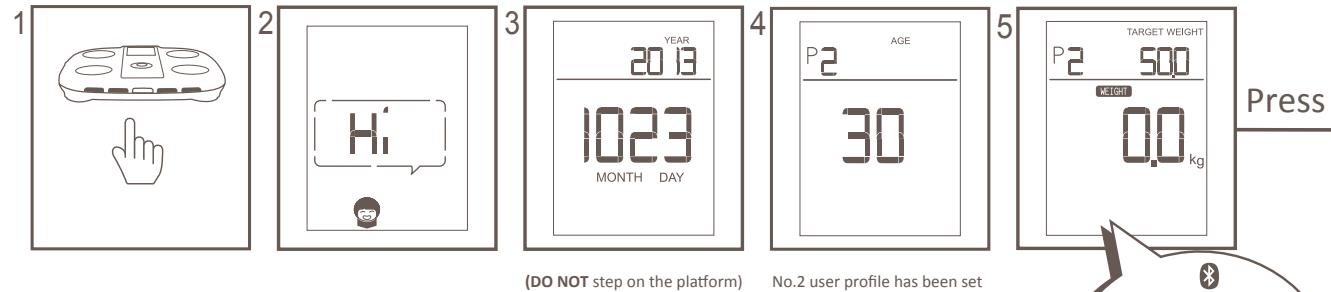


### 2.7 Viewing Historical Values

⚡ While viewing user's reading after measuring body composition, press ◀ to view historical values.

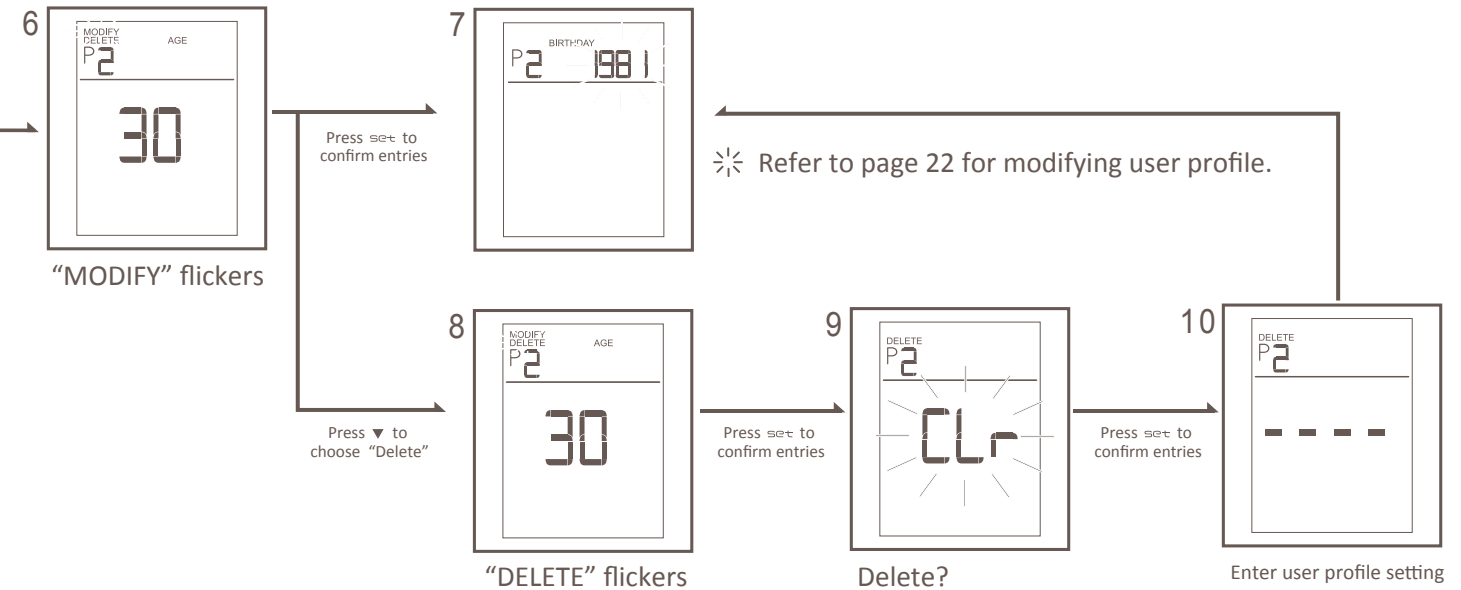


### 2.8 Modifying User Profile



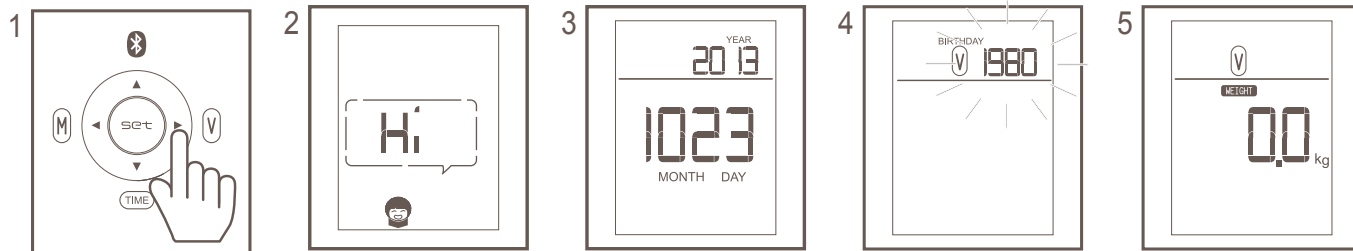
1. Press user key to turn on
2. Welcoming
3. Show the date
4. Show user's profile ( age and height)
5. Press set button to modify user's rprofile while the display appears 0.0kg
6. Press ▲▼ to choose "MODIFY" or "DELETE"
7. Modify birthday, gender, height, target weight item by item.
8. Delete user's profile
9. Confirm your selection to delete user's profile
10. Deletion is completed

**Note:**  
The unit will shut down automatically after you turn on it and do not operate the unit within 60 seconds.



**Note:**  
Delete: Delete all memorized values of stated user.  
Modify: Modify staed user's profile only and keep all the memorized values.

## 2.9 Setting Visitor Profile



1. Press ► to turn on
2. Welcoming
3. Show the date
4. Set visitor's birthday, gender and height
5. Get ready to take measurement while 0.0kg is shown

**Note:**

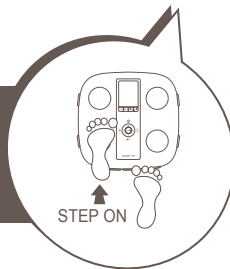
The unit will shut down automatically after you turn on it and do not operate the unit within 20 seconds.

The unit will shut down automatically if you do not touch any buttons within 60 seconds.

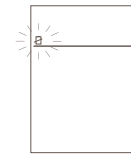
The unit is running calibration procedure while the display shows the date. Please do not step on the unit.

Refer to page 22 for user profile settings

Remain still and do not move until the measurement is completed.



## 2.10 Error Message List



The product is low power but still workable while  flickers.



Replace batteries immediately while "LO" appears.



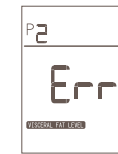
Please restart the unit and run calibration procedure again.



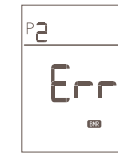
Overloading or loading is unbalanced within 1 minute. Please stand still during measurement.



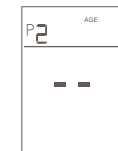
The value of body fat is beyond the product specification.



The value of visceral fat is beyond the product specification.



The value of BMR is beyond the product specification.



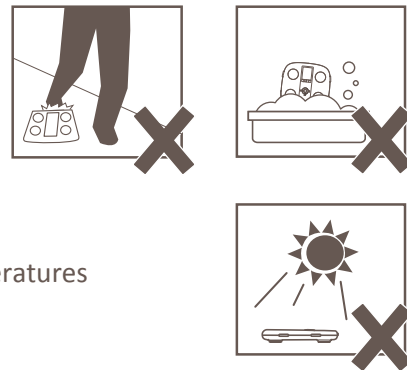
The date or birthday setting is incorrect, please modify the date or birthday .

# 3

## More Information

### 3.1 Care and Maintenance

1. Store the unit in a safe and dry location.
2. Avoid place on the aisle, to avoid accidentally tripped over pedestrians.
3. Never submerge in water.
4. Do not expose the unit to direct sunlight, extreme hot or cold temperatures or high humidity.
5. Avoid contact with corrosive chemicals or gas.
6. Clean the unit with a soft dry cloth for daily use.
7. Wipe the platform and display using clean soft cloth.
8. Do not use benzene, detergents or gasoline to clean the unit.
9. Avoid rough, sticking cloth, to prevent scratching the platform and screen panels.
10. Prevent water infiltration affecting the measurement accuracy.



# 3

## More Information

### 3.2 Product Specification

Model	OSERIO Body Fat Monitor FEP-163		
Power Supply	4 AA batteries	Weight	Approx. 1.3kg
Setting Range	Birthday:1930~2030 Gender: Male/Female Height: 100~199.5cm Target weight: 10~150kg		
External Dimensions	Main unit: 300mm(d) x 310mm(w) x 42mm(h)		LCD: 80mm(d) x 60mm(w)
Operating Environment Limit	Temperature 5°C to 35°C Humidity 30% to 85% RH	Storage Environment Limit	Temperature -20°C to 60°C Humidity 10% to 95% RH
Weight Accuracy	5~150kg : ±1%	Memory	4 users and 1 visitor, 7 historical values
Display Content	Weight: 5 ~ 150kg, Graduation: 0.1kg Body Fat: 5.0 ~ 50.0%, Graduation: 0.1% Body Fat Status Category: Low/Normal/High/Very High Visceral Fat Level: Level 1~9 with 1 level increment Visceral Fat Status Category: 1~3(Normal)/4~6(High)/7~9(Very High) BMI: 0.0~150.0, Graduation: 0.1 BMR: 385~3999 kcal, Graduation: 1 kcal		
Accessories	Manual, Warranty card		

- Note:**
1. Body fat measurement is for users age 10~80.
  2. Specifications may be changed without prior notice.