

# oserio®

Health is Beautiful

## 歐瑟若體脂計

oserio Body Fat Monitor

### oserio 體脂計產品使用說明書 FTG-168

Guide Manual for FTG-168



感謝您購買 oserio 健康管理系列商品，請在開始使用  
產品前，請務必詳閱原廠之使用說明書並遵照指示使用。

衛部醫器陸輸字第 001091 號

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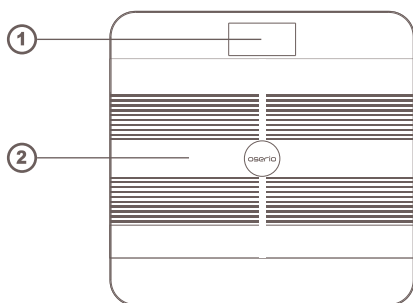
## 3 其他參考說明

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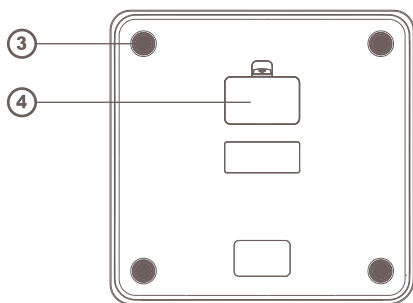
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# 1

## 1.1 產品各部名稱



產品正面

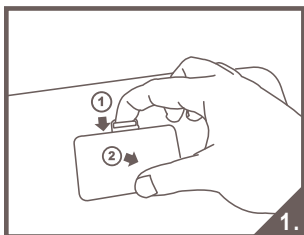


產品背面

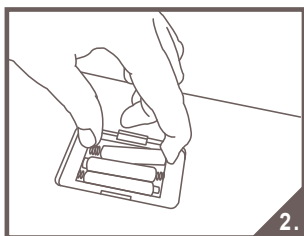
- ① LED 顯示螢幕
- ② 腳踏秤盤
- ③ 支撐腳座
- ④ 電池盒蓋

## 1.2 電池更換方式

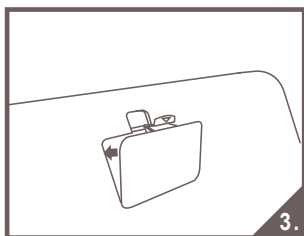
✧ 使用前請先確認是否已正確安裝指定電池



1. ① 推開電池蓋 ② 拿起電池蓋



2. 裝入3顆 AAA 電池



3. 並蓋上電池蓋

- 請勿將鹼性電池與一般乾電池混合使用
- 電池放入電池盒時請注意電池極性應正確
- 請勿將新舊電池混合使用

## 1.3 產品特點

1. 提供體重、體脂肪率、BMI、內臟脂肪、基礎代謝、體水分、心率、等功能測量項目。
2. 測量身體組成時，會依據美國專業體脂肪與罹患心臟病、糖尿病及高血壓等風險評估標準建議參考(註1)做為標準，與測量者之體脂肪數值比較，並顯示「偏低、標準、偏高、過高」。
3. LED大螢幕視窗 32mm x 66mm。
4. 美背式下蓋設計，防塵防蟲等異物進入。
5. 獨家專利，心衝擊信號分析技術。(註2)
6. AUTO ON即踩即量測，方便又快速。

註1：體脂肪%的標準參考文獻：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

註2：利用BCG心衝擊信號來計算短期心率值方法。當每次心跳時人體輕微抖動之重量變化時間間隔來取得心率值，心率太快，太慢，或忽快忽慢，容易引起心悸胸悶，心臟疾病等症狀，建議要及時到醫院進行檢查，因為這可能是心率不整或心臟病的信號。

## 1.4 產品敘述與用途

### 產品敘述

本產品是量測體重，並藉由量測使用者身體局部生物阻抗值來估計身體組成之器材。

### 產品用途

量測體重、體脂肪率、BMI、內臟脂肪、基礎代謝、體水分、心率、無線傳輸。

註：心率量測僅供使用者個人健康管理參考，不能列作醫療診斷依據。

### BIA 脂肪測量原理

高頻電流對人體脂肪的穿透性遠小於對其它人體組織（例如肌肉、血液等）的穿透性。故脂肪的電阻抗比其它組織的電阻抗大得多。當用高頻電流量測人體阻抗時，人體內脂肪的含量越高則阻抗值越高。所以用高頻電流量測人體的阻抗結合（人體）身高、體重、年齡、性別、等參數來判斷體內脂肪含量高低。

### 量測時機

建議使用體重體脂計應在每天同一個時段、相同環境及身體狀況下量測，觀察身體組成改變的情形，才較有意義。

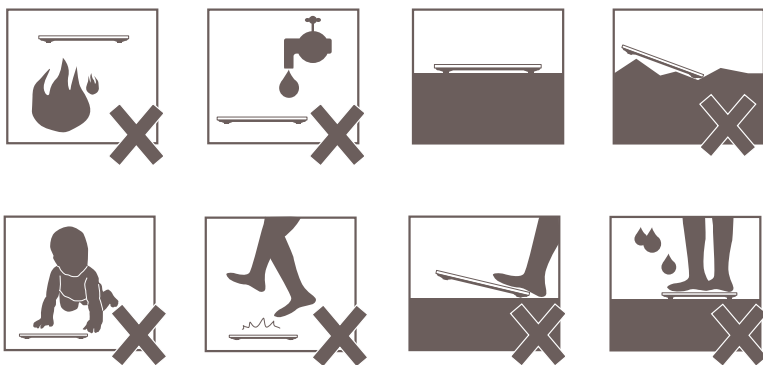
## 1.5 使用安全注意事項

警語：

1. 孕婦及體內裝設有醫療電子儀器或金屬物件者(如心律調整器)，請勿使用本產品，否則可能會影響植入式醫療器材。
2. 請勿讓幼童接觸本產品。
3. 請勿在產品上跳躍。
4. 請勿踩在主機邊緣或顯示螢幕上。
5. 請勿讓體障人士在無人協助下使用本產品，若需使用產品時，請利用扶手輔助支撐，或請旁人協助站上秤體，以策安全。
6. 請勿拆解、自行修改或改裝本產品結構或顯示螢幕。
7. 請使用本產品指定的電池規格，切勿將電池電極反裝。
8. 長時間不用本產品時(三個月或以上)，請卸下電池。
9. 若開機後無螢幕顯示畫面，請先檢查是否為電池無電量或未裝電池。
10. 不要混用新舊電池或不同類型的電池，可延長產品的使用壽命。
11. 雙腳潮濕或磅秤表面潮濕，請勿踩踏使用，以避免滑倒造成危險。
12. 請勿將產品放在可能受潮的高度潮濕環境，化學品或具腐蝕性氣體的環境中，或受到陽光直射、空調冷氣直吹、高溫的火焰暖爐旁。
13. 本產品為精密儀器，請勿掉落重摔、震動或以外力撞擊。

## 1.5 使用安全注意事項

14. 請勿用水清洗或苯、汽油、塗料稀釋劑、酒精或以其他揮發性溶劑擦拭本產品。
15. 請勿將本產品放置於非平面環境使用(如地毯或蓆墊等)。在非平面情況下可能導致產品無法準確測量，故請置放於平整地板上量測。
16. 測量前請先脫鞋及脫襪，再站上本產品，方能正常測量體脂肪率。
17. 本產品和廢棄電池的處理，應遵循國內對電子產品的處理規定。
18. 請勿在顯示螢幕或機體附近使用行動電話。





## 1.5 使用安全注意事項



### 低功率射頻電機設備警語

「依據低功率電波輻射性電機管理辦法」

#### 第十二條






經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

#### 第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

## 1.6 符號使用說明

### Explanation of the graphic symbols:

<p>SN-135-00001</p>	<p>Designation of the serial number of every device, applied at the device. (Number as an example)</p>
	<p>“Please note the accompanying documents” or “Observe operating instructions”</p>
	<p>Identification of manufacturer of medical product including address</p>
	<p>“Electro-medical appliance” with attachment for type BF</p>
	<p>Carefully read this operation manual before setup and commissioning, even if you are already familiar with oserio scales.</p>
	<p>Dispose of old appliances separately from your household waste! Instead, take them to communal collection points.</p>

## 1.7 電磁相容性宣告

**Guidance and manufacturer's declaration-electromagnetic emissions**

The MEDICAL SCALE FTG-168 is intended for use in the electromagnetic environment specified below.

The customer or the user of the MEDICAL SCALE FTG-168 should assure that it is used in such an environment.

<b>Emission test</b>	<b>Compliance</b>	<b>Electromagnetic environment-guidance</b>
RF emissions CISPR 11	Group 1	The MEDICAL SCALE FTG-168 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 MEDICAL SCALE FTG-168 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	Class A	
Voltage fluctuations /flicker emissions IEC 61000-3-3	Compliance	

**Guidance and manufacturer's declaration-electromagnetic immunity**


The MEDICAL SCALE FTG-168 is intended for use in the electromagnetic environment specified below.

The customer or the user of the MEDICAL SCALE FTG-168 should assure that it is used in such an environment.

## 1.7 電磁相容性宣告

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Electrostatic discharge(ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 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.
Voltage Dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% UT for 0,5 cycle 0% UT for 1 cycle  70% UT(30% dip in UT) for 25 cycles  0% UT for 5 s	<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	Mains power quality should be that of a typical commercial or hospital environment. If the user of the MEDICAL SCALE FTG-168 requires continued operation during power mains interruptions, it is recommended that the MEDICAL SCALE FTG-168 be powered from an uninterruptible power supply or a battery.
Power frequency(50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	3 A/m	The MEDICAL SCALE FTG-168 power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

## 1.7 電磁相容性宣告

<b>Guidance and manufacturer's declaration-electromagnetic immunity</b>			
<p>The MEDICAL SCALE FTG-168 is intended for use in the electromagnetic environment specified below.</p> <p>The customer or the user of the MEDICAL SCALE FTG-168 should assure that is used in such and environment.</p>			
<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment-guidance</b>
Conducted RF IEC 61000-4-6	3 Vrms 150 KHz to 80 MHz  6 V in ISM bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz	3 Vrms	<p>Portable and mobile RF communications equipment should be used no closer to any part of the MEDICAL SCALE FTG-168 including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <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 2,7 GHz</p> <p>Where <math>P</math> is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and <math>d</math> is the recommended separation distance in metres (m).</p> <p>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 s</p>
Radiated RF	3 V/m 80MHz to 2,7	3 V/m	

## 1.7 電磁相容性宣告

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 MEDICAL SCALE FTG-168 is used exceeds the applicable RF compliance level above, the MEDICAL SCALE FTG-168 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the MEDICAL SCALE FTG-168.
- b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

## 1.7 電磁相容性宣告

### Recommended separation distance between portable and mobile RF communications equipment and the MEDICAL SCALE

The MEDICAL SCALE FTG-168 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the MEDICAL SCALE FTG-168 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the MEDICAL SCALE FTG-168 as recommended below, according to the maximum output power of the communications equipment.

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 2,7 GHz $d = 2,3\sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

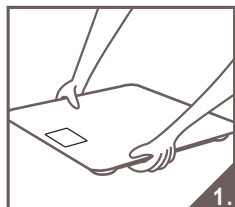
For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $p$  is the maximum output power rating of the transmitter in watts (W) according to the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

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

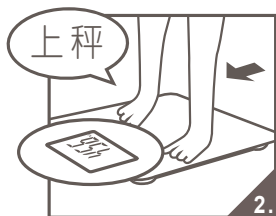
NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

## 2.1 產品自我校正

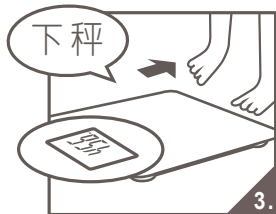
首次(或重新)安裝電池以及移動產品後，可能會造成產品秤重基準點有所誤差，需以下述方式重新校正，以確保測量結果正確，完成後，方可上秤測量。



1. 將產品放置於地面



2. 踩上秤盤



3. 步下秤盤 (期間不需等待重量鎖定)

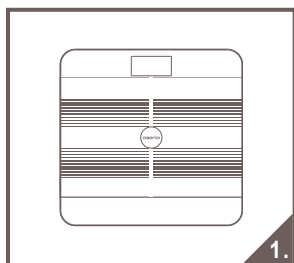


4. 畫面自動關機即完成校正



## 2.2 量測方式

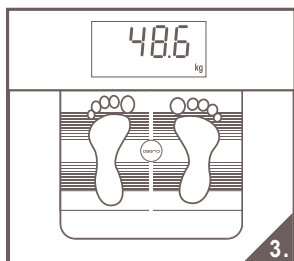
✦ 進行量測前，請將產品放在平坦硬質地面上，以免量測不準確。



將秤體放置平坦地面，如有移動過秤體需上秤前完成產品自我校正 (2.1) 準備，確保量測出正確數值



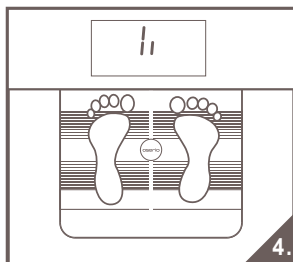
此時可以上秤測量，並避免不必要之身體晃動



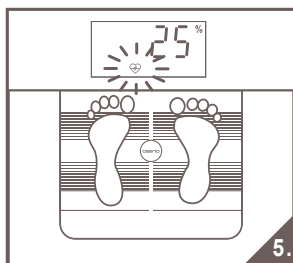
量測體重(量測中請勿下秤)

請接續下頁

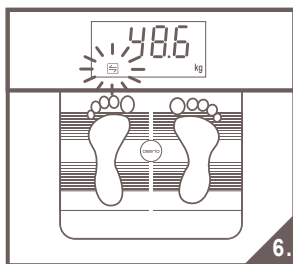
## 2.2 量測方式



4. 完成體重量測後，繼續量測身體組成  
(量測中請勿下秤)



5. 完成身體組成量測後，接續進行心率量測(約15秒)  
請勿提前下秤



6. 量測完成，出現量測相關結果數據(體重/心率交互顯示)，並進行傳輸，傳輸符號會持續閃爍，傳輸成功後，秤子自動關機

## 注意

1. 心率量測完成後30秒以上未進行傳輸連結，秤子將自動關機
2. 開啟無線傳輸允許 *oCare* APP 連結秤子，部份Android手機需開啟「GPS定位」
3. 傳輸完畢 *oCare* APP 出現量測相關結果數值，若您發現未正常連線，請再上秤量測一次並檢查你的手機無線傳輸是否開啟

## 2.3 錯誤訊息顯示表



低電量提醒  
需更換新電池



超載或秤重不穩定  
請在量測中保持不動



手機發送至秤體訊息資料有誤，請重新量測傳輸，如一再發生此狀況，請洽客服人員，由專人為您服務



秤體發送至手機訊息資料有誤，請重新量測傳輸，如一再發生此狀況，請洽客服人員，由專人為您服務



心率量測錯誤  
請在量測心率中保持不動，直到測量完成，螢幕出現心率數值

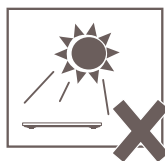
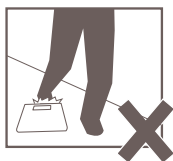
### 3.1 存放與保養

存放注意重點：

1. 請存放在陰涼平整的地面。
2. 避免放置在進出行走的走道上，以避免不小心絆倒行人。
3. 不可直接浸泡到水。
4. 遠離高溫、潮濕，直接日曬與多塵地方。
5. 避免與化學材料或具腐蝕氣體存放一起。

### 3.2 保養小叮嚀

1. 每日使用前請用乾布擦拭，常保產品潔淨如新。
2. 使用乾淨軟布擦拭秤盤與螢幕面板，必要時可使用擰乾後的布擦拭產品，最後再以乾布抹乾即可。
3. 請勿使用揮發油、清潔劑或汽油來擦拭產品。
4. 避免使用粗糙、有沾黏異物的布擦拭產品，以防秤盤與螢幕面板刮傷。
5. 使用時，若發現產品沾到水後，請儘快用乾布擦拭乾淨，避免讓水滲入機心，影響測量準確度。



## 3.3 產品規格

型號	oserio 體脂計 FTG-168 (本產品具有無線傳輸功能)		
電池	3顆 AAA(4號)電池	產品重量	1.6kg
產品尺寸	機體:300(長) x 290(寬) x 25(高)mm 顯示器:66(寬) X 32(高)mm		
適用環境	溫度：5 ~ 35℃ 濕度：30 ~ 85%RH		
保存環境	溫度：-20 ~ 60℃ 濕度：10 ~ 95%RH		
秤重準確度	5~180kg : ±1%		
顯示項目	1.體重: 5~180 kg	遞增數值(解析度):100g單位	
	2.體脂肪率: 5.0~60.0% (體脂肪測量僅供10 ~ 80歲使用者使用)	遞增數值: 0.1%單位	
	3.身體質量指數(BMI):0~180	遞增數值:0.1	
	4.內臟脂肪面積等級: 0~50	遞增數值: 1	
	5.基礎代謝:385~3999 kcal (基礎代謝僅供10歲以上使用者使用)	遞增數值:1 kcal	
	6.體水份:30~75%	遞增數值:0.1 %	
	7.心率:30~250pules/min	遞增數值:1 pulse/min	
附件	說明書 保固卡		

## Notes

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# oserio®

www.oserio.com

產品名稱：oserio 體脂計 型號：FTG-168

許可字號：衛部醫器陸輸字第 001091 號

藥商名稱：啟德電子股份有限公司

藥商地址：臺中市大里區國中路103號

製造廠名稱/地址：Manufactured by KRELL PRECISION(YANGZHOU)CO.,LTD

(地址：No.28,Xinyang Road,Development Area,Yangzhou City,China)

for啟德電子股份有限公司(臺中市大里區國中路103號)

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