

Manufactured by:



Charder Electronic Co., Ltd.

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

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

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

oserio Body Fat Monitor Instruction Manual – FTG-315 series

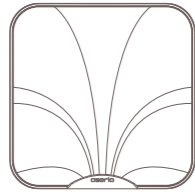
Thank you for selecting oserio series of Health Management Products.

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.

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oserio Body Fat Monitor  
FTG-315 series

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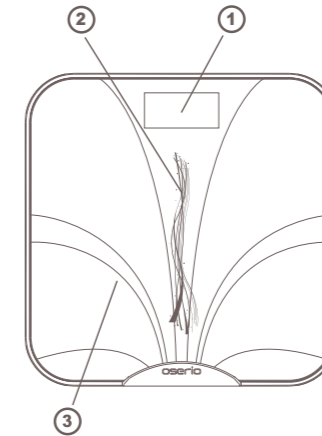
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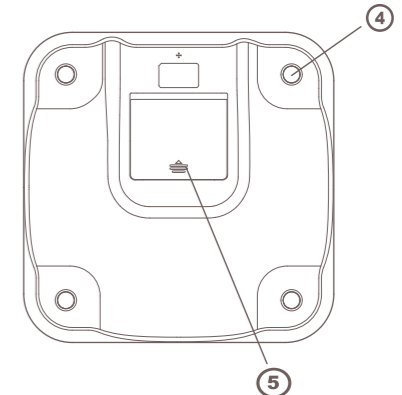
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### 1.1 Overview

- ① LED display
- ② Bluetooth Indicator
- ③ Platform
- ④ Feet
- ⑤ Battery Cover



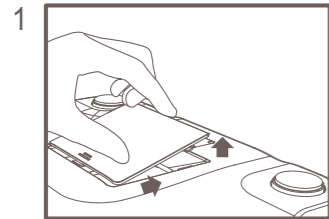
Front



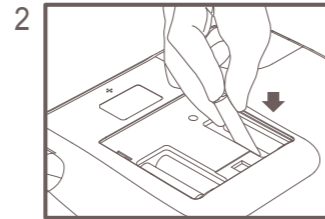
Rear

## 1.2 Battery Installation

☀ Please verify if the batteries are installed correctly



Open the battery cover



Install 4 "AA" size batteries properly

## NOTE:

Be sure that the polarity of the battery is set properly.

## 1.3 Product Features

1. Measure weight, body fat, BMI, visceral fat, muscle rate and body age.
2. 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"
3. Large LCD display (76 x 36mm).
4. User friendly design with colorful and interesting face icons.
5. Compact design.

**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 rations in children and adolescents American journal of public health, March 1992, Vol. 82, No.3*

## 1.4 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, Muscle Rate, Body Age and Body Weight.

**Essential Performance:** To supply the accurate measuring results which defined at Product Specification either by FTG-315 itself or via a compatible smart phone.

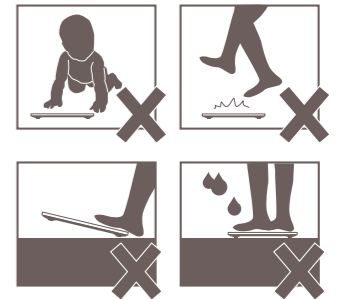
**Measuring Principle:** Biological impedance Analysis (BIA) works together with such as gender, height, weight, age, other relevant factors, conversion of the user's body composition to determine whether the body is obese.

(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.

## 1.5 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.

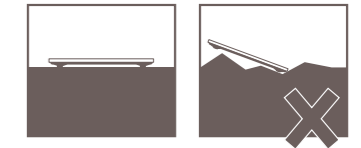


### 1.5 Important Safety Notes

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.










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. This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities.
20. These batteries should be kept away from small children.  
If swallowed , promptly seek medical assistance.
21. Expected Service Life: 5 years



## 1.6 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.
 Charder Electronic Co., Ltd. No. 103, Guozhong Rd., Dali Dist., Tainan City, 412 Taiwan (R.O.C.)	Identification of manufacturer of medical product including address	 +60°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	

## 1.7 EMC Guidance and Manufacturer's Declaration

## Guidance and manufacturer's declaration-electromagnetic emissions

The FTG-315 is intended for use in the electromagnetic environment specified below. The customer or the user of the FTG-315 should assure that it is used in such an environment.


Emission test	Compliance	Electromagnetic environment-guidance
RF emissions CISPR 11	Group 1	The FTG-315 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 FTG-315 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	

## 1.7 EMC Guidance and Manufacturer's Declaration

Guidance and manufacturer's declaration-electromagnetic immunity			
The FTG-315 is intended for use in the electromagnetic environment specified below. The customer or the user of the FTG-315 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>FTG-315</b> , requires continued operation during power mains interruptions, it is recommended that the <b>FTG-315</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>FTG-315</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>			

## 1.7 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 FTG-315</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 **FTG-315** should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the FTG-315. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

B.



## 1.7 EMC Guidance and Manufacturer's Declaration

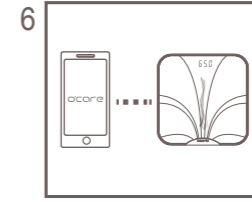
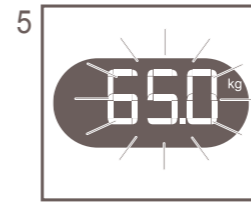
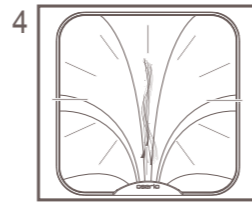
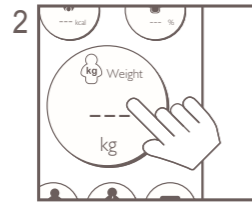
Recommended separation distance between portable and mobile RF communications equipment and the FTG-315			
<p>The FTG-315 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the FTG-315 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the FTG-315 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.

## 2.1 Measuring Body Composition



1. Place the unit on a hard, flat surface .

3. Step on the scale, LED bar will flash twice then display user's weight.

**Note:**

If you didn't step on the scale but LED bar is flashing , please await till the LED turn off or re-install the batteries. Such occasional display might be caused by the interference of environment; however, it won't cause the FTG-315 permanently damage / malfunction and, is no related with the basic safety.

☼ Place the unit on a hard, flat surface to avoid inaccurate measurement.

2. Run o'care APP and enter "☼" bubble .

4. Measuring Body Composition .

5. The measurement completed. (show weight reading)

7. Turning off automatically after transmitting .

**Note:**

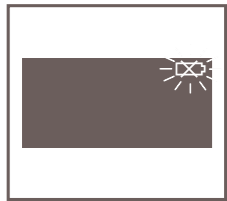
The unit will shut down automatically if the weighing data can't be transmitted in 30 seconds .

6. LED bar running during connecting with App.

# 2

## Operating Instructions

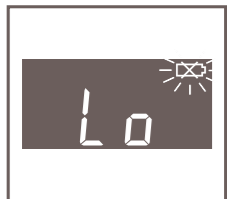
### 2.7 Error Message List



The product is low power but still workable while “LO” flickers.



Connecting error.  
Please try again or contact our service line .



Replace batteries immediately while “LO” appears.



Connecting error.  
Please try again or contact our service line .



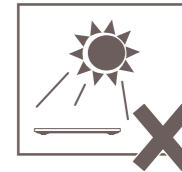
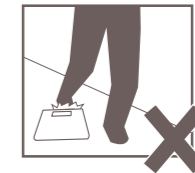
Overloading or loading is unbalanced within 1 minute. Please stand still during measurement.

# 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 FTG-315		
Power Supply	4 AA batteries	Weight	Approx. 1.8kg
Setting Range	Age:10~80 Gender: Male/Female Height: 100~199.5cm		
External Dimensions	Main unit: 320mm(d) x 320mm(w) x 39mm(h) LCD: 76mm(d) x 36mm(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
Maximum atmospheric pressure range	1013hpa – 800hpa	Maximum operation altitude	2000m
Weight Accuracy	0~40kg : ±0.4 kg , 40~150kg : ±1%		
Scale Display Content	Weight: 5 ~ 150kg, Graduation: 0.1kg		
APP Display Content	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 Muscle Rate: 0.0~100.0%, Graduation: 0.1% Body Age: 18~80		
Accessories	Manual, Warranty card, Connecting instructions		

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

OSERIO®

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