

bodykey

by  NUTRILITE™

InBodyWATCH and BodyKey App 2.0 User Guide



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Getting Started

Congratulations on signing up for the BodyKey programme! You are on your way to unlock a new you. First, let's get you started on using the InBodyWATCH and BodyKey App 2.0.

To set up your InBodyWATCH, you will need these items.



InBodyWATCH



Charging Dock



Mobile phone



**USB Wall Charger
or Computer**

Mobile Phone Compatibility

The InBodyWATCH is compatible with mobile phones that support Android 5.0 or newer and IOS8.0 and above.



iPhone IOS 8.0 & above



Smartphones with Android 5.0 or newer

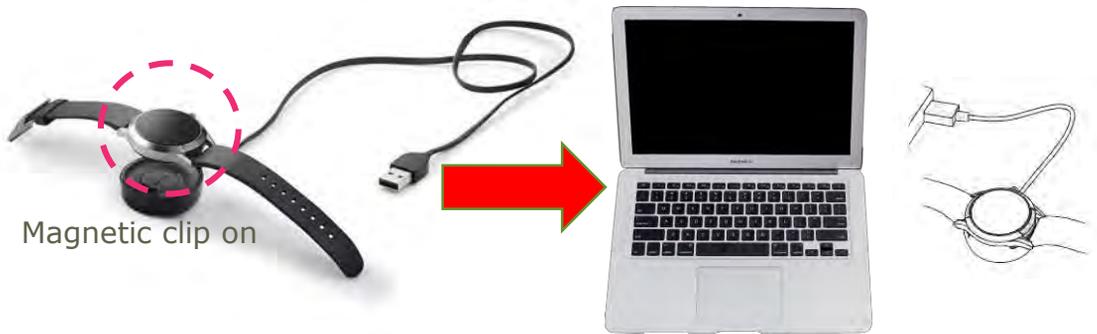
If you are unsure about your phone compatibility, please call 603 7946 2800/2288 for assistance.

Getting Started

Getting the InBodyWATCH Ready

Before using the InBodyWATCH, remove the transparent sticker attached to the watch face and rear sensor to enable accurate measurement.

- 1 Charge the InBodyWATCH. Place the watch on the Charging Dock and plug the dock into a USB port.



- 2 Turn on the InBodyWATCH. To do so, press and hold the side button for 3-5 seconds. If you wish to turn off the watch, remove the watch from your wrist and hold the side button for 5-7 seconds. You won't be able to turn it off if the watch detects that you are still wearing it.

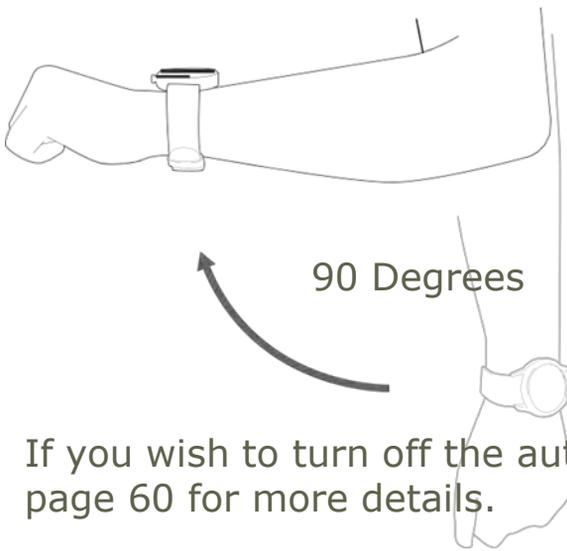


To ensure proper charging of the InBodyWATCH, it is recommended to charge using a reliable USB port or power adapter with USB 5V / 1.0A specification. It takes about one hour to completely charge the battery.

Getting Started

3 The display of the InBodyWATCH will be automatically activated when you lift your wrist towards you. The display will stay activated for 5 seconds. The time gap from first lift to the next lift is 10 seconds.

Alternatively, you can activate the display by pressing the side button manually.



If you wish to turn off the auto time display feature, see page 60 for more details.

Getting Started

Download the BodyKey App on your Mobile Phone

While your InBodyWATCH is charging, you may proceed to download the BodyKey app on your mobile phone.

If you have already installed BodyKey App, you will be prompted to update to newest version.

Download the BodyKey App on your iPhone

If you have an iPhone, follow these steps.

1 Open the **App Store**  on your iPhone.

2 Search for **BodyKey**. 

3 Select **GET** for the BodyKey app.

4 Select **INSTALL**.

5 A prompt may appear to request for your Apple ID password.

6 Wait for the BodyKey app to finish downloading to your iPhone.



 If you are existing BodyKey users, you are required to update the app to the version 2.0.02 and above.

Getting Started

Download the BodyKey App on your Android Phone

If you have an Android phone, follow these steps.

If you have already installed BodyKey App, you will be prompted to update to newest version.

1 Open the **Play Store**  on your Android phone.

2 Search for **BodyKey**.

3 Select **BodyKey** from the list.

4 Select **INSTALL**.

5 Select **ACCEPT**.



6 Wait for the BodyKey app to finish downloading to your Android phone.

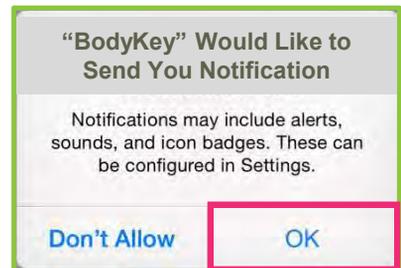
 If you are existing BodyKey users, you are required to update the app to the version 2.0.02 and above.

Getting Started

Register your BodyKey App

1 Select the **BodyKey** app  on your mobile phone.

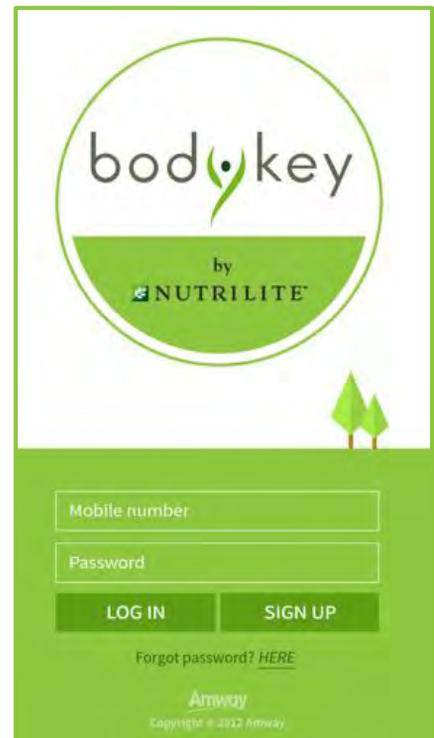
2 If a pop-up message appears, requesting for permission to send you notifications, select **OK**.



3 If you are a new BodyKey user, select **SIGN UP** and continue with the sign up process.

For existing BodyKey user, enter your **Mobile number** and **Password**, then select **LOG IN**.

If you have forgotten your password, select **HERE** to receive a temporary password via your registered email.



Getting Started

4 Part 1 of the 'Sign up for BodyKey' process

- **Mobile number:** Enter your phone number without the international country code. Example: 0123456789
- **Password:** Enter a password that you will use as your BodyKey App log in.

Then re-enter the same password on the **Confirm Password** field.

- **Email:** Enter your email address.
- **Display name:** Enter the name that you would like others to identify you with. Do not use special character or emoji.
- **Country:** Select the country of your registered mobile number.
- Tick the checkbox to agree to the Terms of Use and Privacy Policy.

← Sign up for BodyKey

1 2 3 4 5

Mobile number
Mobile number without country code

Password
Password (min. 4 characters)
Confirm Password

Email
Email address

Display name
Display name (max. 16 characters)

Country
Korea 82

I have read and agreed to the Terms of Use and Privacy Policy, and to receive important communication electronically.

BACK NEXT

When you have completed all your details, select **NEXT**.

What should I do if the BodyKey app claims that my phone number is already in use?

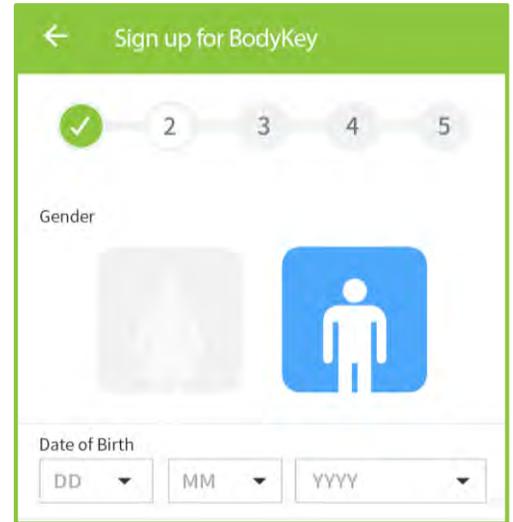
Contact 603 7946 2800/2288 or email myhelpdesk@amway.com.

Getting Started

Part 2 in the 'Sign up for BodyKey' process

- **Gender:** Tap the image for Female or Male to select it.
- **Date of Birth:** Select your birthdate from the dropdown list in the following order.
DD: Date
MM: Month
YYYY: Year

Select **NEXT** to continue.

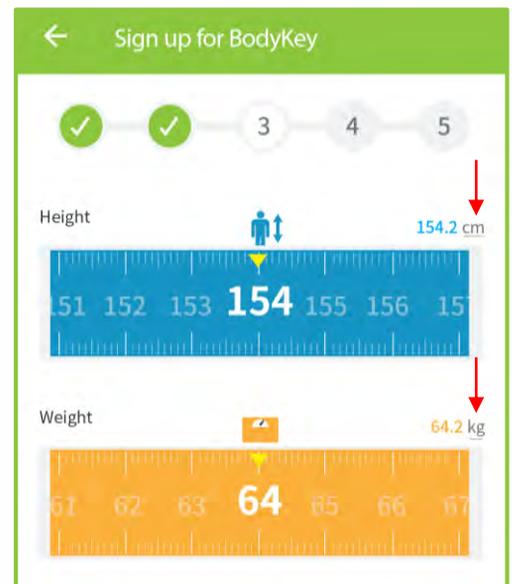


Part 3 in the 'Sign up for BodyKey' process

- **Height:** Tap the ruler and slide your finger to the left or right to select your height in cm.
- **Weight:** Similarly, tap the ruler and slide your finger to the left or right to select your current weight in kg.

If you wish to change the unit measurement, ie. from cm to inch, you can tap on the unit to change. (see the **red** arrow)

Select **NEXT** to continue.



Getting Started

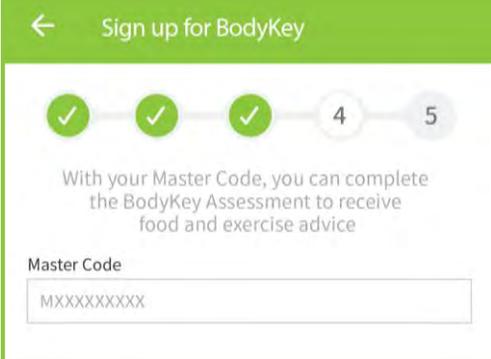
Part 4 in the 'Sign up for BodyKey' process

If you have purchased the BodyKey Jump Start Kit, you would have received a Master Code that allows you to unlock access to extra features in the BodyKey App.

Enter the **Master Code**.

The Master Code consists of 13 alphanumeric characters (case sensitive) starting with the capital letter "M". E.g., M17278tr012MY.

Select **NEXT** to continue.



← Sign up for BodyKey

✓ — ✓ — ✓ — 4 — 5

With your Master Code, you can complete the BodyKey Assessment to receive food and exercise advice

Master Code

MXXXXXXXXXX

I don't have the Master Code now. Can I enter the details later?

Yes, you can enter the Master Code details from Setting > Profile. You can skip this part now by selecting NEXT to continue with the rest of the signup process.

Can I use the BodyKey App without the Master Code?

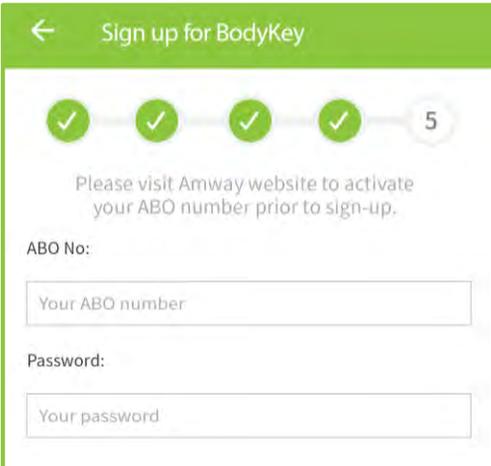
Yes, you can make use of the free features available on the BodyKey App. However, you will not have access to extra features such as the BodyKey Assessment, Food Advice and Exercise Advice and also you can't take part in the challenge.

Part 5 in the 'Sign up for BodyKey' process

If you are an Amway Business Owner (ABO), enter the same **ABO No.** and **Password** that you use to log in to Amway website.

If you're not an ABO, leave the fields blank.

Select **DONE** to complete the signup process.



← Sign up for BodyKey

✓ — ✓ — ✓ — ✓ — 5

Please visit Amway website to activate your ABO number prior to sign-up.

ABO No:

Your ABO number

Password:

Your password

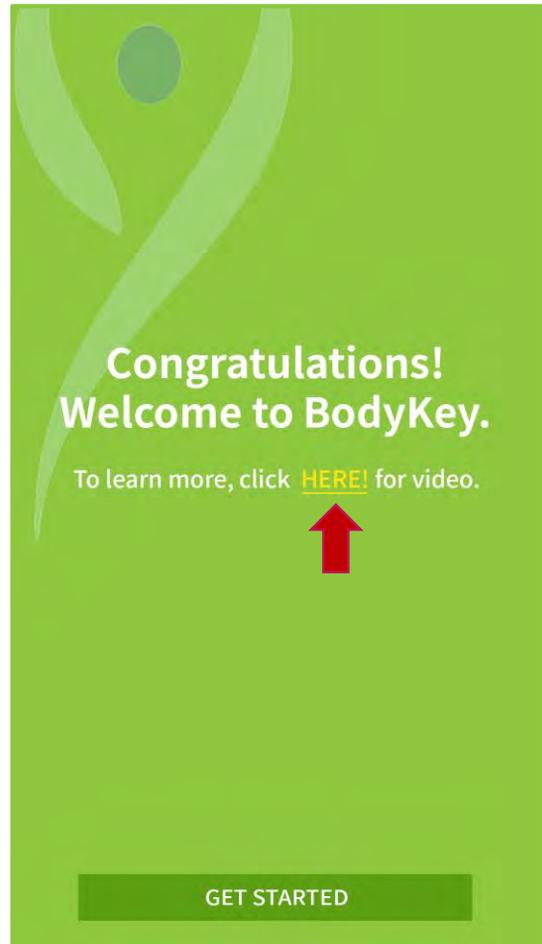
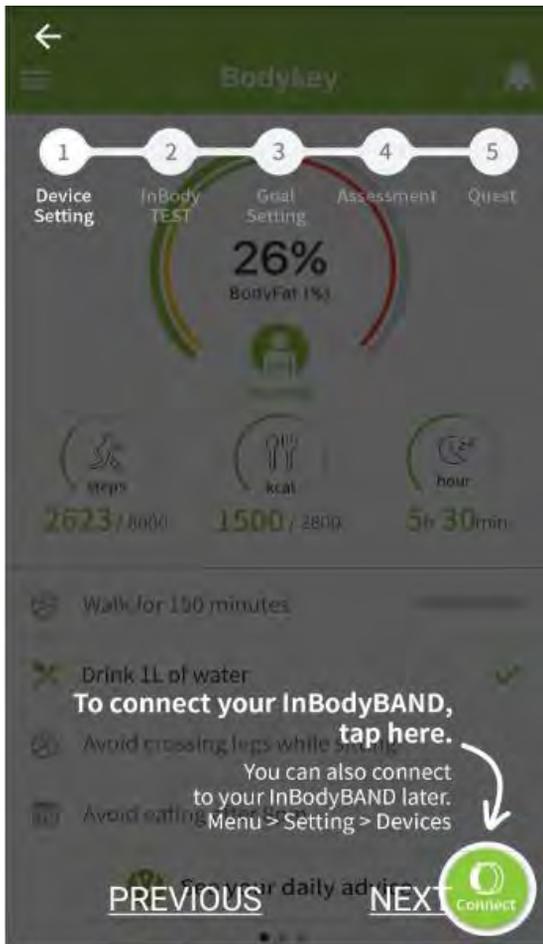
Getting Started

On-Screen Tutorial

Upon first usage of the BodyKey App, an on-screen tutorial will appear. Follow the instructions on the on-screen tutorial to do the following.

- Pair your InBodyWATCH to the BodyKey App.
- How to do the InBody Test.
- Set your goals.
- Find out how to take the BodyKey Assessment.
- Discover where the BodyKey daily quests are located.

You may wish to watch the video at the end of the tutorial for further help.



Getting Started

Get to Know the BodyKey App

Dashboard of the BodyKey App

The screenshot shows the BodyKey app dashboard with the following callouts:

- Menu**: Change info and settings, such as personal information, language, food database, alarms, and assessment
- Notifications from BodyKey**: 12 notifications
- Displays your body fat results from the InBody Test**: 24% BodyFat (%)
- Records and monitors your calorie intake**: 1500 / 2800 kcal
- Monitors your sleep pattern**: 5h 30min
- Tracks your steps and records your physical activity**: 2623 / 8000 steps
- Your daily health related tips**: Walk for 150 minutes, Drink 1L of water, Avoid crossing legs while sitting, Avoid eating after 8pm
- View your daily personalised Food and Exercise Advice**: See your daily advice
- Sync with your InBodyWATCH to get the data from the watch**: CONNECT

Getting Started

Customise the settings based on your preference

If you need to change the food database, language or measurement units, follow these steps.

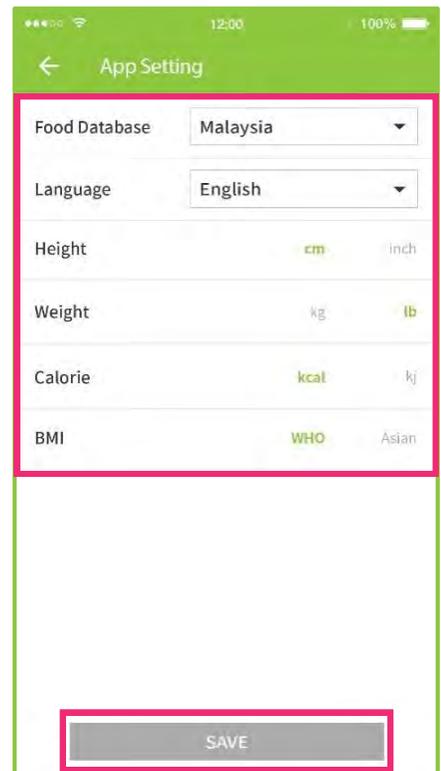
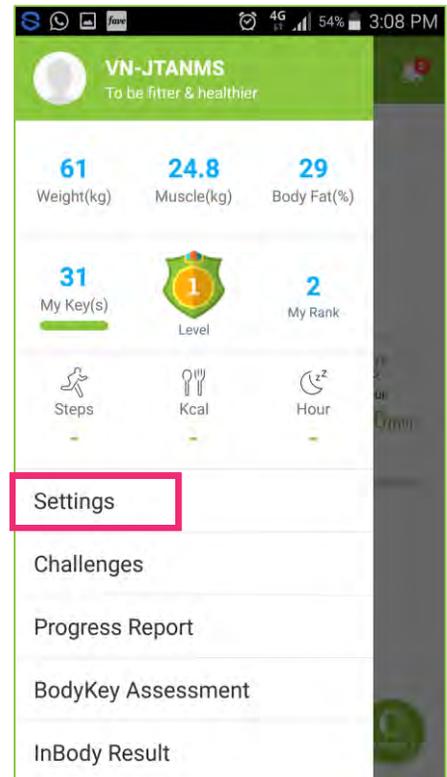
1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Settings**.

3 Select **App Setting**.

4 Select the preferred Food Database, Language, and respective measurement units.

5 Select **SAVE** to save your changes.



Getting Started

Pair the InBodyWATCH with Your Mobile Phone

If you have followed the on-screen tutorial, you would have seen the step-by-step guide on how to pair your InBodyWATCH to the BodyKey App in your mobile phone.

If you have skipped the tutorial, here are the steps again:

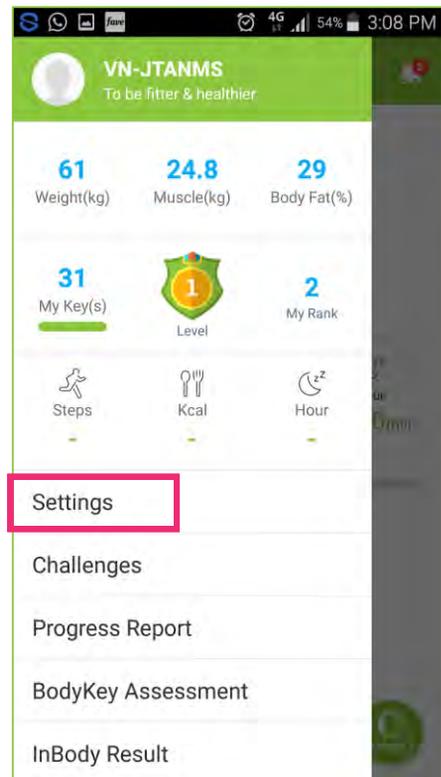
Make sure the InBodyWATCH has been fully charged.



1 Select the **Menu**  icon at the top left of the dashboard.

2 Select **Setting**.

3 In the Setting screen, select **Devices**.



Getting Started

4 In the Devices screen, select **InBodyWATCH**.

Note: If your BodyKey App had been paired with another watch or band prior to this, you would have to delete the older device from your phone before syncing with the InBodyWATCH.



5 In the InBodyWATCH Setting screen, select **CONNECT**.



6 Enter your **Weight** (kg).



7 Now select **CONNECT** to pair the InBodyWATCH to the BodyKey App in your mobile phone.



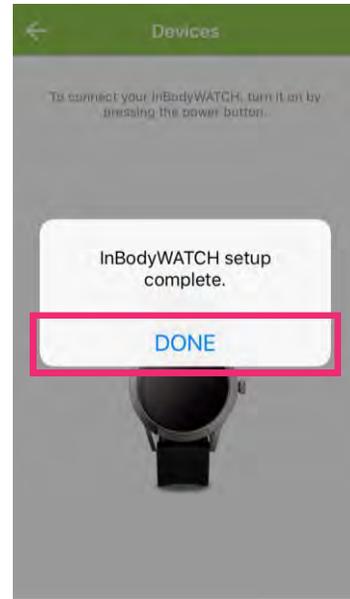
Note: Ensure Bluetooth is switched on for pairing. Otherwise, you will receive a prompt from your phone.

Getting Started

8 The BodyKey App will now try to pair with the InBodyWATCH.



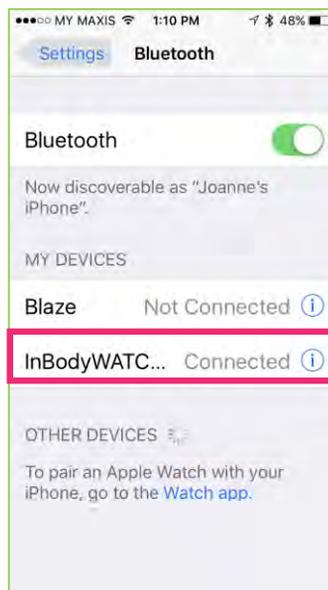
10 When the pairing is completed, select **Done**.



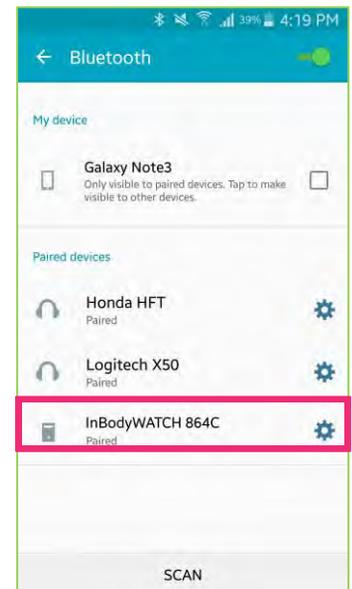
9 If the pairing failed, check that your InBodyWATCH is turned on and make sure the InBodyWATCH is placed next to your phone with Bluetooth switched on. Then select **TRY AGAIN**.



If you want to pair your BodyKey App with a new watch, you need to delete the previous watch from the app and also 'forget the device' (ios)/ 'unpair device' (android) from the Bluetooth memory list.



IOS



Andriod

* Make sure your phone's Bluetooth is on.

Getting Started

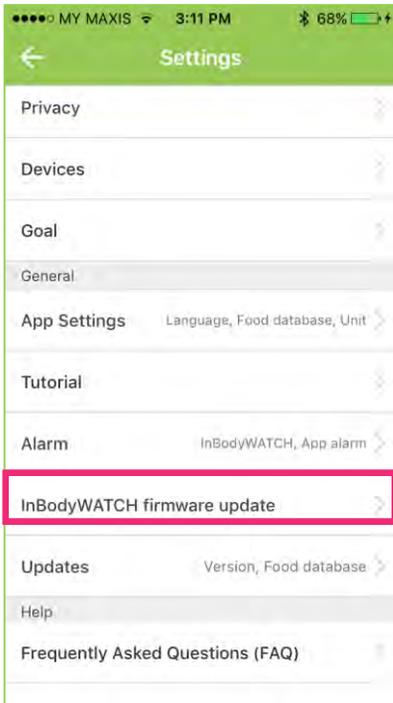
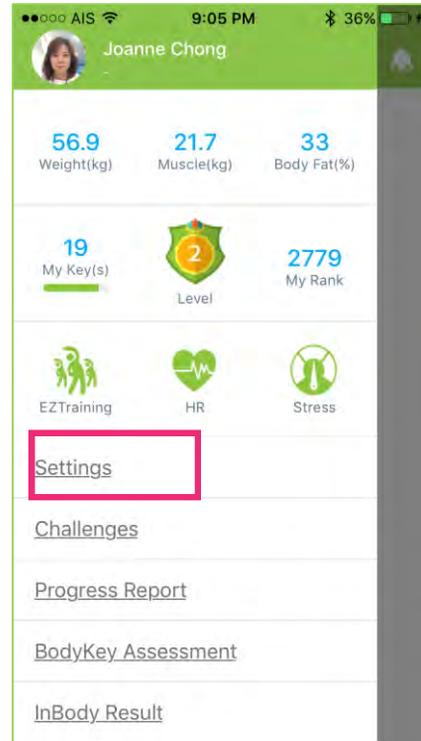
Update the InBodyWATCH's firmware

To make sure the InBodyWATCH is configured with all the latest features, you have to update its firmware before use. Make sure the InBodyWATCH has been charged at least 60%.

1 Select the **Menu**  icon at the top left of the dashboard.

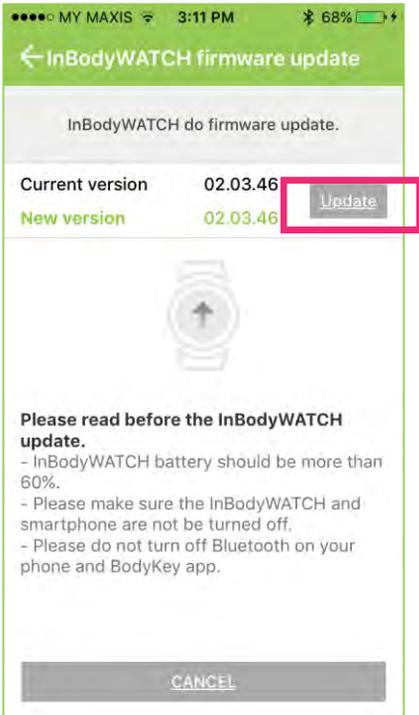
2 Select **Settings**.

3 In the Settings screen, select **InBodyWATCH Firmware Update**.

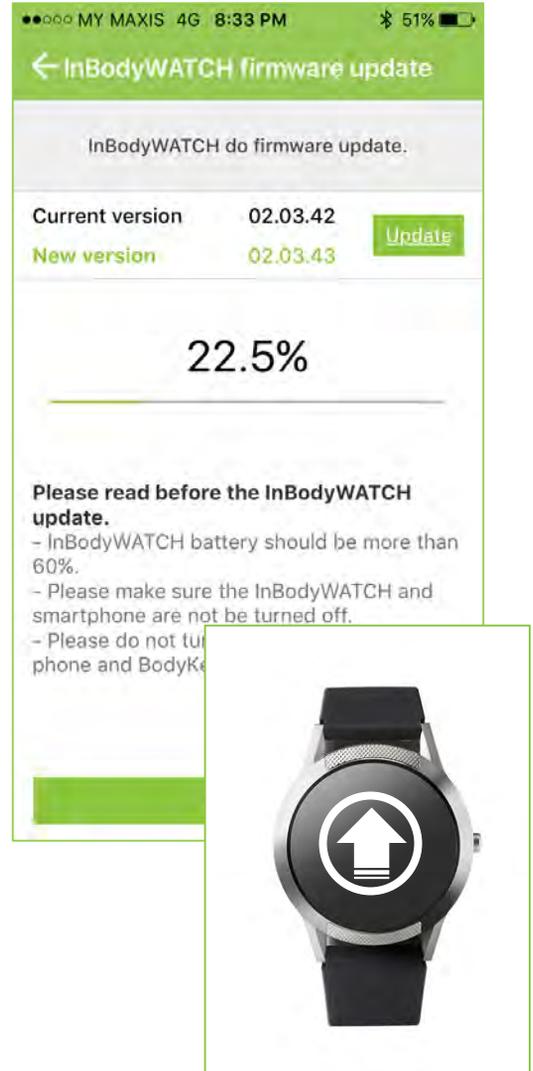


Getting Started

4 Now select **UPDATE**. Make sure you have your watch next to your mobile phone.



5 Do not leave this page while the updating is in progress. When it reaches 100%, the app will indicate the update is completed.



Note: Ensure Bluetooth is on for connection. The update will take about 1-2 mins, do not leave this page during the updating process.

Getting Started

Why isn't the InBodyWATCH pairing or why is it unable to update its firmware with the BodyKey App?

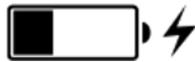
Please perform the following checks.



Make sure your mobile phone has internet connection.



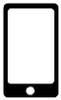
Make sure your mobile phone has Bluetooth connection.



Make sure your mobile phone battery is sufficiently charged.



Make sure your InBodyWATCH has min 60% battery.



Make sure your InBodyWATCH is next to your mobile phone.

Make sure no objects are in between your InBodyWATCH and mobile phone.



Getting Started

Get to know the InBodyWATCH

Touch screen

The InBodyWATCH is like a smart watch with a touch screen. You can access each menu by swiping the screen. Swipe the screen either left or right to access the main menu. If you wish to see the details of each menu, swipe up. If you wish to return to the Home screen, press the side button.



Non-responsive areas

Contact area for touch screen.

Home Screen



Step



InBody Test



EZTraining



Heart Rate



Setting



Getting Started

Touch Screen Modes

The InBodyWATCH offers 6 main menu.

Slide the screen from right to the left to access each main menu. If you wish to see the details of each menu, swipe up and down.



Home Screen



It indicates time. When you have synced the InBodyWATCH with the BodyKey App, the displayed time and date will be the same as your mobile phone. It also indicates if you have received a message.

Steps



This mode displays the number of steps you have achieved for the day. The number resets to 0 at midnight. See page 38-39 for more info.

InBody Test



Use this mode to measure your percent body fat. See page 24-33 for more info.

Training



When you perform the 12-predesigned exercise moves, the InBodyWATCH will be able to recognize that. See page 46-50 to turn on this feature via the app.

Heart Rate



Use this mode to measure your heart beat per minute (bpm). See page 40-43 for more info.

Settings



This mode allows you to set your temporary profile. And it also displays the remaining battery life (in percentage). A fully charged watch can last 3-5 days.

Measuring Your Body Composition

The body composition test is also known as the InBody Test. The InBodyWATCH uses Bioelectrical Impedance Analysis (BIA) to analyse your body, giving you the results of your body's muscle mass, fat mass and body fat.

Guidelines in Getting Accurate Test Results



 Individuals with artificial and/or medical implant devices such as pacemakers or life-sustaining implants should not use this product or take the InBody Test. Pregnant women are advised to consult their doctor before using.

Measuring Your Body Composition

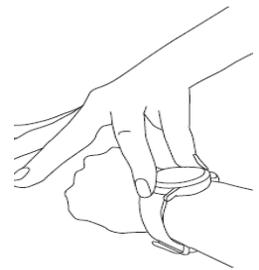
Proper Test Posture

The InBodyWATCH has an adjustable clasp and it is available in 2 sizes.

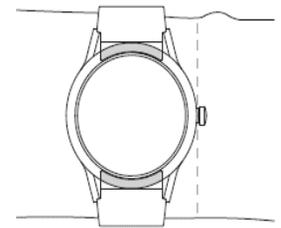
You can place your wrist on the measurement below to estimate the size that suits you.



Wear the watch directly on your wrist. Not up your arm. Not on your hand. The watch should not be placed on top of your long sleeve or on your bracelet.



If the InBodyWATCH cannot come into full contact with your wrist, fasten the watch tighter or move it further down your arm until the electrodes are in full contact with your skin.



The bottom electrodes must touch your wrist completely.

Your thumb and your index finger must touch the electrodes completely.

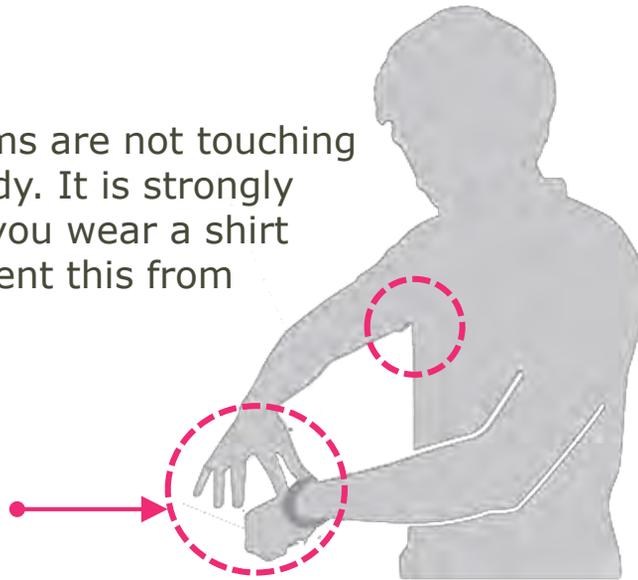


! Dry skin can reduce the contact to the electrodes. To counter this, try applying some water on your skin before doing the test.

Measuring Your Body Composition

Ensure that your arms are not touching the sides of your body. It is strongly recommended that you wear a shirt with sleeves to prevent this from happening.

Both hands must not touch.



To increase the accuracy of your results, place the watch on the same location on the same wrist for every body composition test. It's important to remain consistent by wearing it in the same way and at the same time.

Take the InBody Test

Take the InBody Test with the BodyKey App

It is recommended that you do the InBody Test with the BodyKey App so that you can save the full body composition results.

- 1 Select the Body Fat section from the dashboard.



Measuring Your Body Composition

2 In the InBody screen, select **Connect**.



3 Enter your **Height** and **Weight** and then select **START InBody TEST**.



4 There will be a voice from the BodyKey app prompting you to start the InBody Test.

5 When the test icon  appears on the watch, maintain a proper test posture i.e. stand straight with arms positioned properly as shown on **page 26**, do not move or speak.

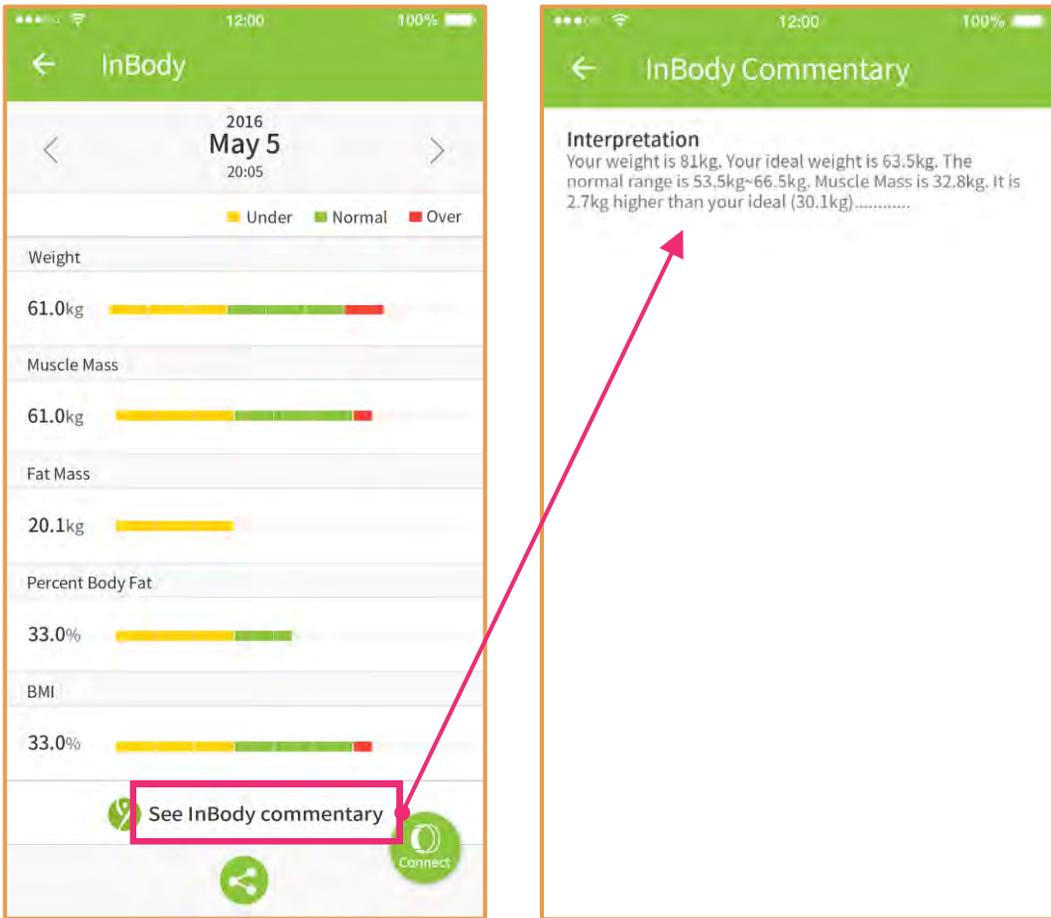
6 Once the proper test posture is in place, the test icon will change, and InBody Test will begin automatically. You will see a series of dots slowly forming a circle, which indicates that the test is running.

Measuring Your Body Composition

7 When the test is complete, your percent body fat **23%** will be displayed on the InBodyWATCH screen.

Results, such as your muscle mass, fat mass, percent body fat and BMI will also be populated on the BodyKey App.

8 Select **See InBody commentary** to understand your results and find out what your ideal body composition should be.



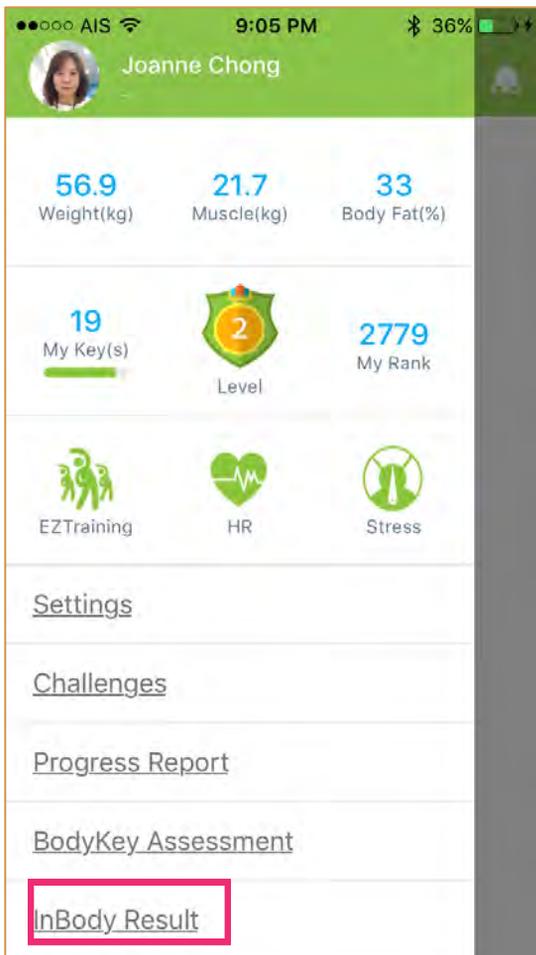
Measuring Your Body Composition

Remove InBody Test Results

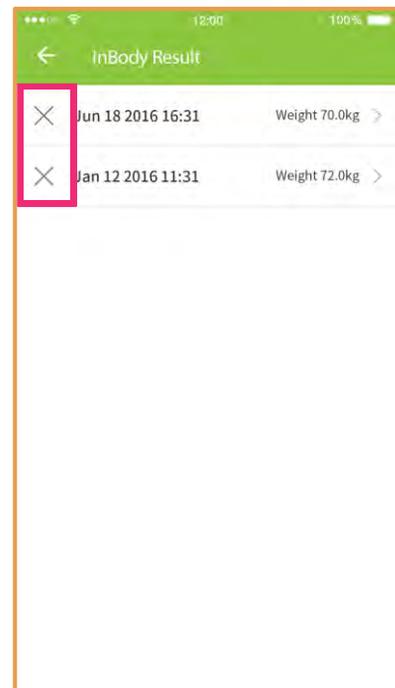
If you feel you have taken the InBody Test incorrectly, you can remove the record of the inaccurate test results. Once removed, the record will be permanently deleted from the BodyKey App.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **InBody Result**.



3 Select the respective **X** icon to remove the incorrect record.

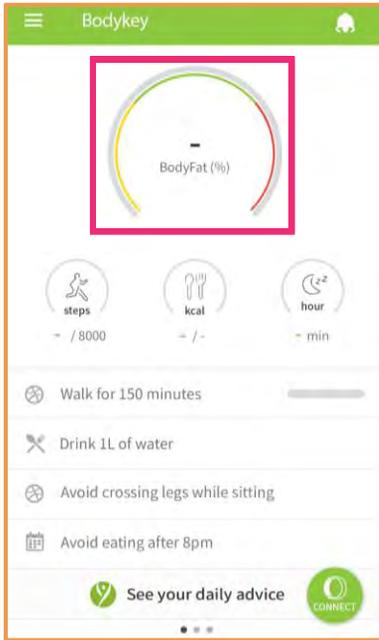


Measuring Your Body Composition

Let Others Take the InBody Test with the BodyKey App

Use the Guest mode to let your friends take the InBody Test using your InbodyWATCH and BodyKey App.

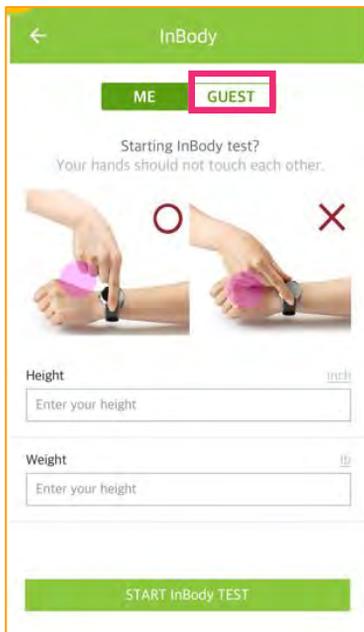
1 Select the **Body Fat** section from the dashboard.



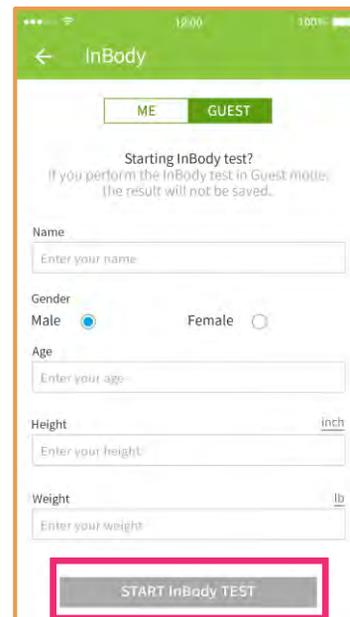
2 In the InBody screen, select **Connect**.



3 Select the **GUEST** mode.



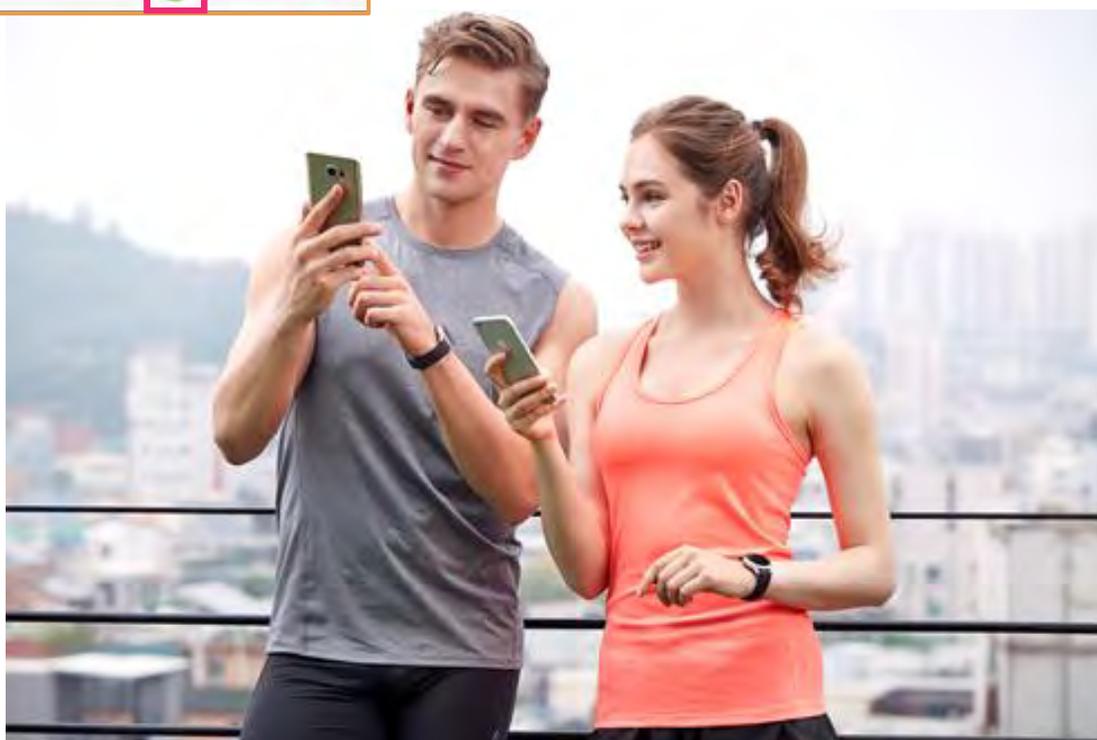
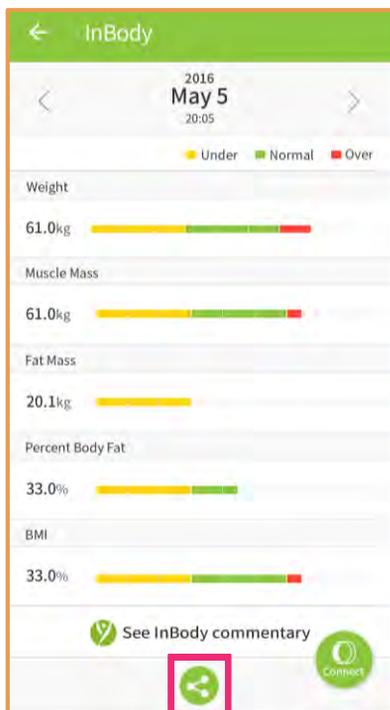
4 Enter the required details for the guest and then select **START InBody Test**.



Measuring Your Body Composition

5 Once the test is completed, the results will appear on the screen. Select the **Social Sharing**  icon to share the results with your friend.

Note: The guest test results will no longer be available once you navigate away from the screen.

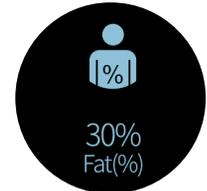


Measuring Your Body Composition

Take the InBody Test WITHOUT the BodyKey App

You can do the InBody Test by just using the InBodyWATCH but the results will not be saved in your BodyKey App. The calculation is based on your last saved height and weight. If your weight changes, it would be good if you can do the test with the app and revise your weight.

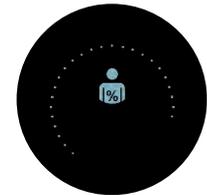
1 Swipe to your watch screen until you see the InBody Test. If you have done the InBody Test previously, you would be able to see your last result.



2 Swipe up to see the test icon , maintain a proper test posture.



3 Once the proper test posture is in place, the test icon will change, and the InBody Test will begin automatically. You will see dots slowly forming a circle, which indicates that the test is running.



4 When the test is complete, your percent body fat will be displayed on the InBodyWATCH screen. The latest result will replace the previous one.



7-Day Record:

To have a quick review of your past 7 days InBody Test result from your watch, swipe to the last screen. If more than 1 InBody Test is done in a single day, only the latest one will be recorded. The previous day's record cannot be edited. The lowest test result will be indicated with numbers.



Measuring Your Body Composition

Why isn't the InBody Test working for you?

Check your posture. Ensure both hands are not touching each other or the sides of your body.

Ensure all four electrodes are touching your skin. Body hair may disturb the test as the electrodes cannot be in contact with the skin.

Check that your skin is not too dry. Slightly moisturise the wrist and fingers with water before taking the InBody Test.

Why isn't the BodyKey app recording the body fat result from your InBodyWATCH?

You may not have connected your InBodyWATCH to the app to take the InBody Test. Note that you can perform the InBody Test by just using the InBodyWATCH without the app but the results will not be saved. Also make sure you are connected to the Internet and the Bluetooth device is on when taking the InBody Test with the BodyKey App.

If you were to change your profile details (i.e. height, weight and other details) in your InBodyWATCH, will it affect your profile details in your InBody App?

No, however, when you sync your InBodyWATCH with the app, the profile details will be updated to follow what you saved in your app.

If you change your profile details on the watch only, and you do your InBody Test independently from the app, then the calculation will be based on the profile setting of the watch, instead of the app.

Can you let your friend's do the InBody Test?

Yes, use the GUEST MODE for the test. You are required to input your friends' gender, weight and height for accurate measurement. Using the GUEST MODE for other persons will not mix up your record.

Personalised Assessment

Take the BodyKey Assessment

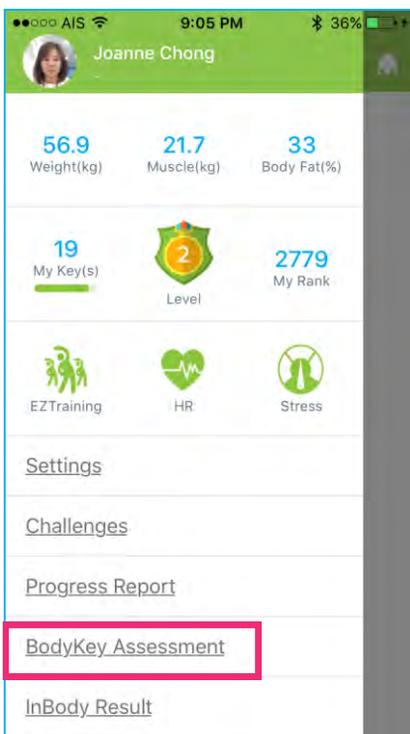
Take the BodyKey Assessment for the First Time

You can only take the personalised BodyKey assessment if you have purchased the BodyKey Jump Start Kit. You will need the Master Code to activate the assessment. If you have not entered the Master Code during the signup process, you can do so by navigating to Menu > Setting > Profile.

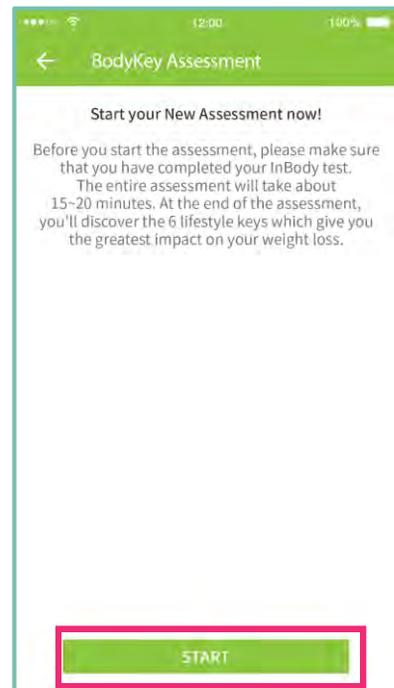
Follow these steps to take the BodyKey assessment.

- 1 Select the **MENU**  icon at the top left of the dashboard.

- 2 Select **BodyKey Assessment**.



- 3 Select **START** to begin the assessment.



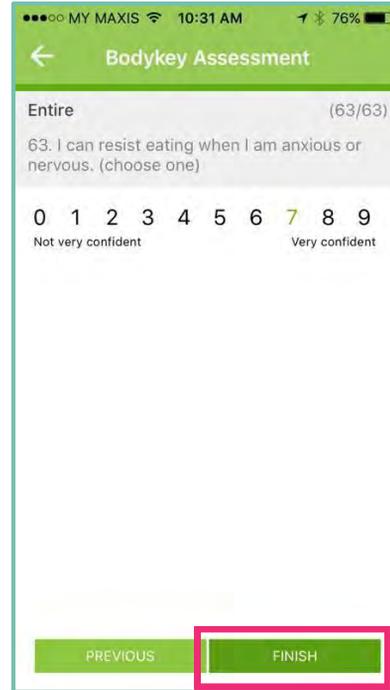
Personalised Assessment

4 Answer the question and then select **Next**.



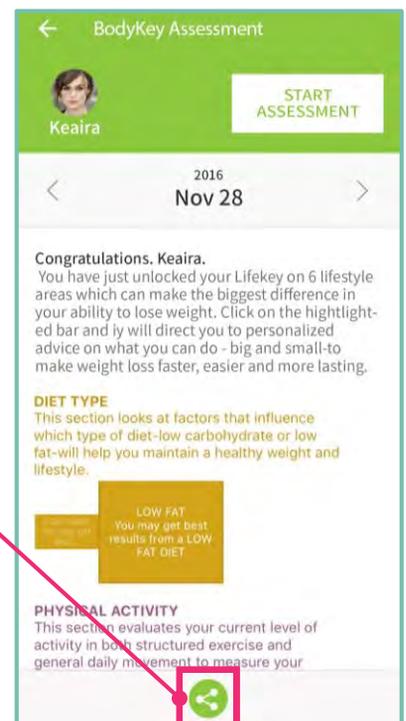
5 There is a total of 63 questions to be completed.

When you have finished all the questions, select **FINISH**.



6 A personalised report based on your results will be auto-generated upon completion of the assessment.

Select the **Social Sharing**  icon if you wish to download a comprehensive PDF copy or share a summary of the results with your friends.



Personalised Assessment

Re-Take the Personalised Assessment

You can take the assessment again at any time within the validity period of the Master Code (3years upon activation). The recommendation is to retake the assessment about 2 to 3 months later.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **BodyKey Assessment**.

3 Select **START ASSESSMENT** to begin the assessment.

4 Answer the question and then select **Next**.

5 When you have finished all the questions, select **DONE**.

6 Your new results will be auto-generated upon completion of the assessment.

Select the **Social Sharing**  icon if you wish to download the PDF copy or share the summary.



Target Weight Goal

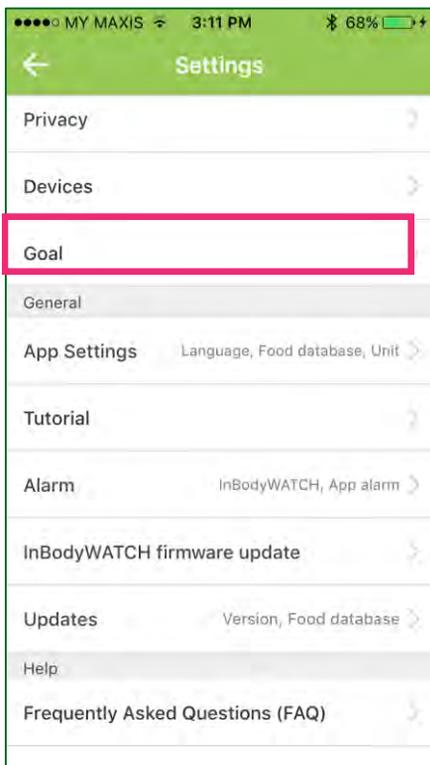
Set your Target Weight Goal

Based on the interpretation from the InBody Test results, you will know what your ideal body weight is. The first step in managing your weight is to set a goal on how much weight to lose or gain to achieve your ideal weight. The Target Weight goal feature in the BodyKey app enables you to do that.

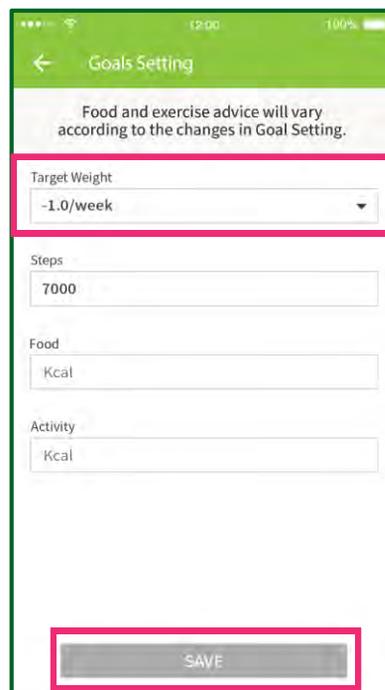
1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Setting**.

3 Select **Goal**.



4 In the **Target Weight** section, select the desired weight loss, weight gain, or maintain weight options from the dropdown list. Then select **Save**.



Tracking Your Physical Activities

Monitor your Steps



Swipe the screen until you see the step info. It will display the number of steps taken for the day.



This is the progress bar towards your set goal. If you have met your goal, you will see the dots joining at the bottom to form a complete circle.



Swipe up to see other details. Total numbers of steps, total distance (by step) and total kcal burned (by step)



Past 7-day step record:

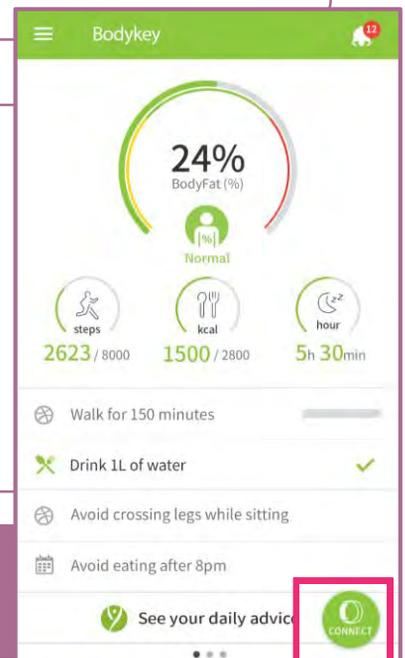
Swipe up another screen to see your achievement of steps in the past 7 days. The highest step will be indicated with numbers.

Sync the steps data in your InBodyWATCH to the BodyKey App to monitor your step count against your set goal.

Select **Connect** on the BodyKey App.

Your latest data will be auto-populated on the BodyKey App.

Data will be stored in the InBodyWATCH for up to 7 days.



Tracking Your Physical Activities

Monitor your Steps

Why isn't the step count increasing when I walk with my InBodyWATCH?

The InBodyWATCH will only start counting after the 8th step. If you stop walking only after a few steps, the amount of energy spent is negligible. Only continuous walking steps would consume calories and therefore be counted as steps by the InBodyWATCH.

What movements do the InBodyWATCH step measure?

The InBodyWATCH uses a 3D motion sensor to detect movements and converts all movements into digital measurement values (data).

Not advisable

Swimming

What is measured

Walking, running, big arm movements (e.g. cleaning the window), household chores (e.g. sweeping the floor)

What is NOT measured

Sitting, driving, non-step based activities (e.g. yoga, cycling)

Tracking Your Heart Rate

Learning about Constant and Hourly Heart Rate

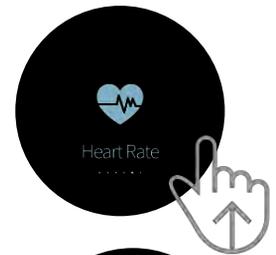
The InBodyWATCH allows you to track your heart rate constantly or on a hourly basis.

Constant Heart Rate: Track your real time heart rate constantly over a period of time. Each tracking session can be as long as 59 mins. Battery life can drain off fast if you turn on this feature repeatedly.

Hourly Heart Rate: The InBodyWATCH is designed to track your hourly heart rate automatically. However you can turn off this feature via the app. The InBodyWATCH is scheduled to capture your heart rate on an hourly basis. i.e. 9:02, 10:02; 11:02 and so on. If it fails to capture the heart rate on the scheduled time, there will be a second and third attempt at every 5-minute interval i.e. 9:07; 9:12, before the InBodyWATCH tries again in the next hour.

Track Constant Heart Rate:

- 1** Swipe the screen of the InBodyWATCH until you see the **Heart Rate** icon on the screen.
- 2** To turn on the real time heart rate, you can swipe up to activate the tracking.
- 3** Once the function is turned on, within 10 seconds, the first heart rate reading will display on the watch. The HR data will collect every 2 minutes. The screen will turn off by itself after a while. But the HR tracking continues, until you swipe to other screens.

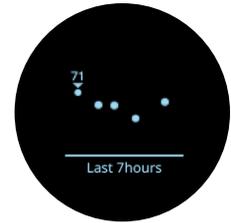


The dots indicate your current HR against your maximum HR i.e. if your maximized heart rate is 190bpm and your current heart rate is 100bpm, it will indicate to you that you are at 52% of your maximum heart rate.

Tracking Your Heart Rate

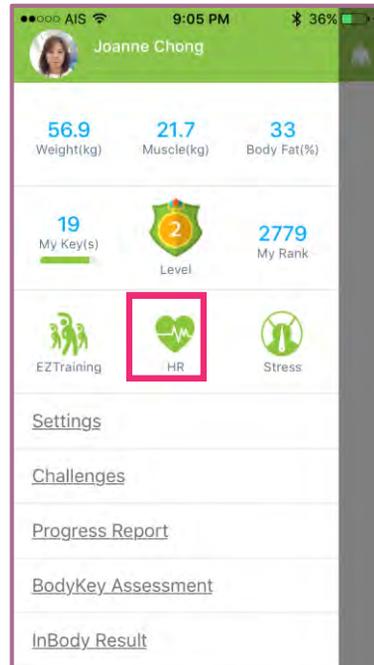
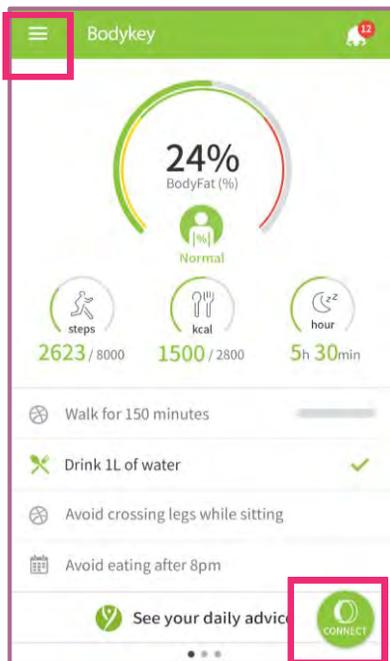
Past 7-hour record:

To have a quick review of your past 7 hours' heart rate, swipe the heart rate detail screen to the last screen. The highest one will be indicated with the number.



Interpretation of Constant and Hourly Heart Rate:

- 1 Select **Connect** on the BodyKey App.
- 2 Select the **Menu**  icon at the top left of the dashboard.
- 3 Select the **HR**  icon.



 Maximum HR: 220 minus your age. If you are 30 years old, then your maximum HR is $220 - 30 = 190$.

Tracking Your Heart Rate

Tracking of Your Heart Rate

4 After you sync the watch with the app, both the constant heart rate and hourly heart rate will be populated and interrelated in the app. To view the details of the constant heart rate, tap on the arrow sign >.



To view previous day's data

Heart rate collected on hourly basis. The highest and the lowest of the day will be indicated with numbers.

The colour of the dot is based on your heart rate zone. Grey is less than 50% of your maximum heart rate.

Steps achieved and accumulated within an hour

Data Collection Duration

Data Collection Time

Percentage of Fat Burn HR is calculated based on number of HR above 60% of maximum HR over the total of HR collected during the specific period of time.

For example, if 10 HR data is collected during a period of time and out of that, 5 HR is above 60% of your maximum heart rate (fat burning), then your score will be 50%.

Heart rate zone. It is calculated based on individual max HR. If your maximum HR is 200bpm, then to be on the fat burning zone, your target HR is at the range of 60% to 70%, which is 120bpm to 140bpm.



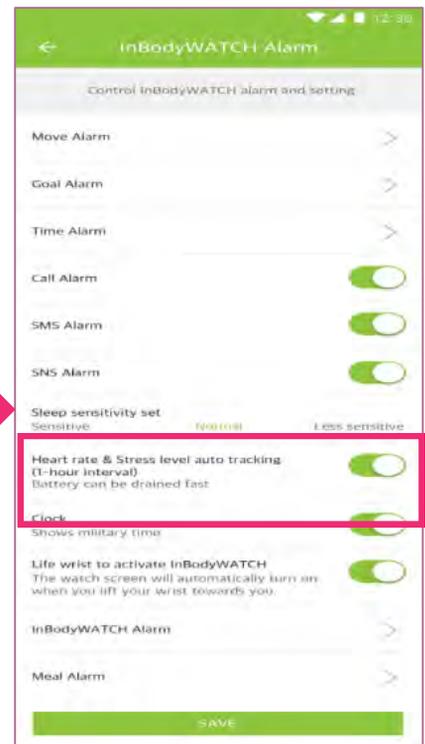
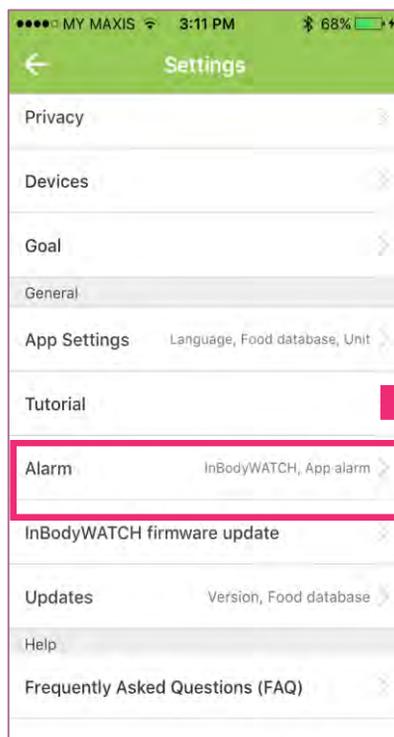
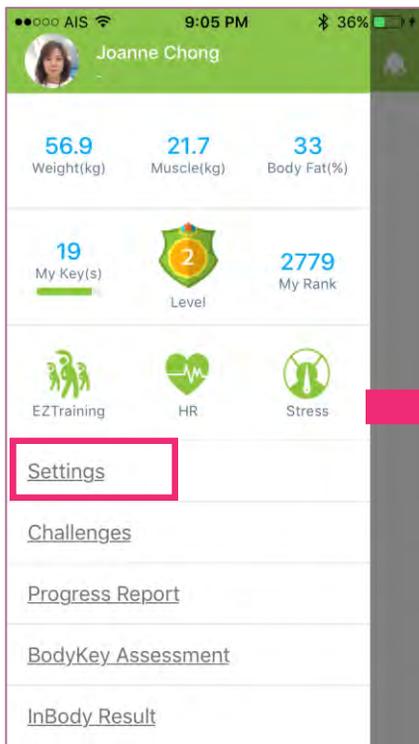
Missing dots on the hourly HR graph might indicate that the watch failed to capture the data during the scheduled time. If you wish to turn off the hourly tracking, refer to page 43 for instruction.

Tracking Your Heart Rate

Deactivate Hourly Heart Rate

The InBodyWATCH automatically track your hourly heart rate, however, you can choose to deactivate the automatic hourly Heart Rate measurement:

- 1 Select the **Menu**  icon at the top left of the dashboard.
- 2 Select **Settings**.
- 3 In the Settings screen, select **InBodyWATCH Settings**.
- 4 Swipe the toggle to the left to deactivate **“Heart rate & Stress level auto-tracking (1-hour interval)”** – this is on by default.

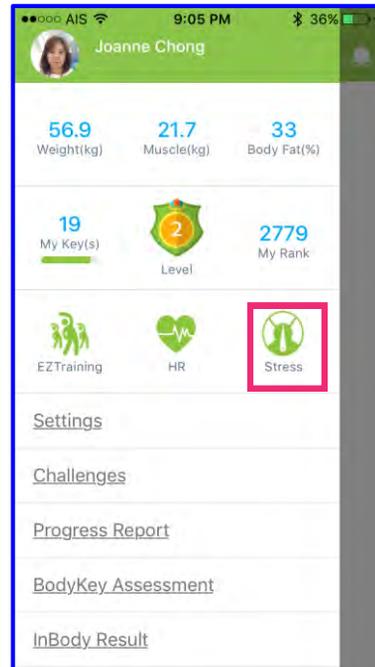
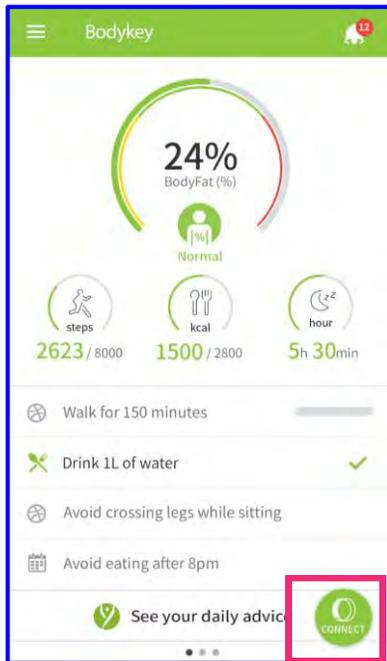


Tracking Your Stress Level

Monitoring of Your Stress Level

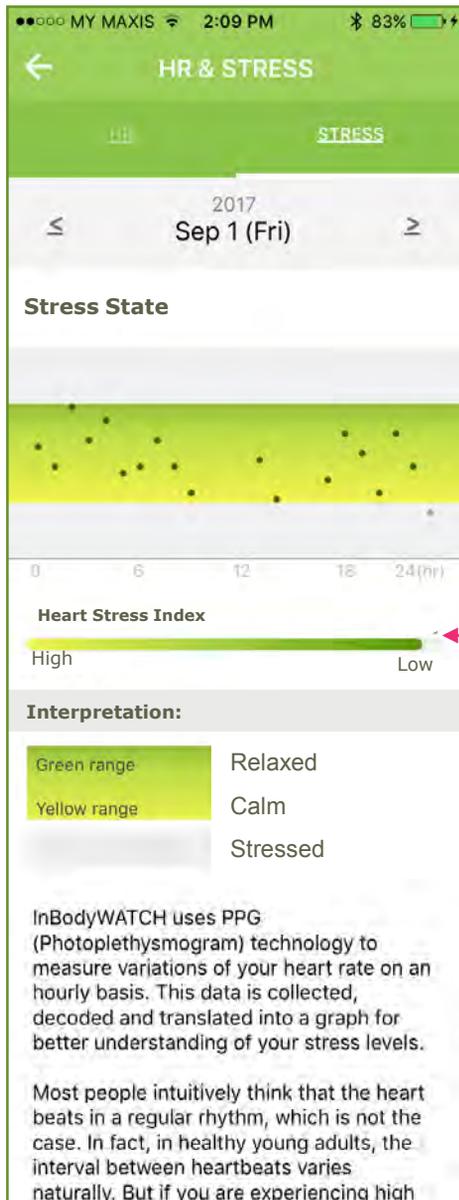
The InBodyWATCH captures your heart rate on an hourly basis, it also captures the variations of your heart rate, and this data is used for stress level interpretation. When you sync your InBodyWATCH with the app, the data will go into the app for interpretation.

- 1 Select **Connect** on the BodyKey App.
- 2 Select the **Menu**  icon at the top left of the dashboard.
- 3 Select the **Stress**  icon.



Tracking Your Stress Level

The variations of your heart rate will be decoded and translated into a graph for easy understanding. The interpretation will take into consideration your gender and age stored in the app profile. The data capturing schedule is the same as the hourly heart rate i.e. 9:02; 10:02; 11:02 and so on.



The dots indicate your stress state of each hour. The dots can fall on different colour zones which indicates your different stress state during that hour.

If the dots fall on the Green Zone, it indicates that you were relaxed during that hour. If it is on yellow, you were calm and if it is on grey, regardless if it is on top or bottom part of grey zone, it indicates that you could be stressed. The further from the green or yellow indicates the higher level of stress as well.

If you have less dots on the grey zone, your Heart Stress Index will be on the low side. If you have more dots on grey zone, then the scale will move towards high.

More interpretations about stress tracking.



The InBodyWATCH could fail to capture your heart rate variations data if there were too much movement during the scheduled time.

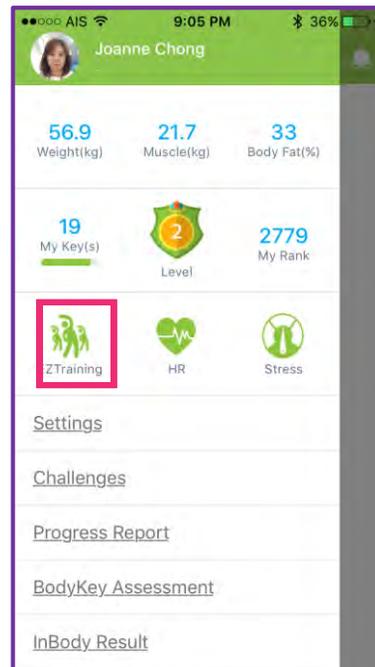
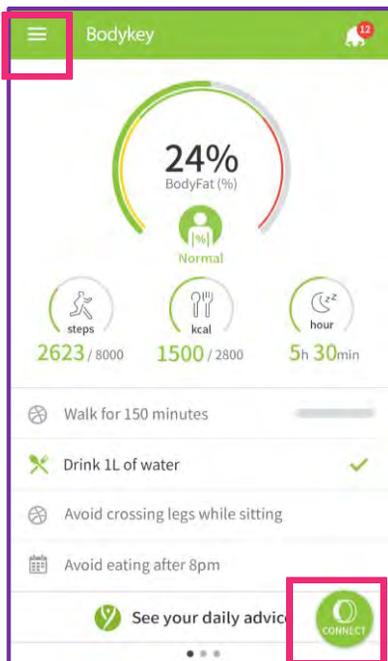
Following Pre-designed Training

Following Pre-designed Training (EZTraining):

There are 12 pre-designed training movements which are recommended to train different parts of your body. You can set it up via the app and follow the exercise movement. The InBodyWATCH will be able to recognize the movement and calculate the estimated calorie burnt for you.

1 Select the **Menu**  icon at the top left of the dashboard.

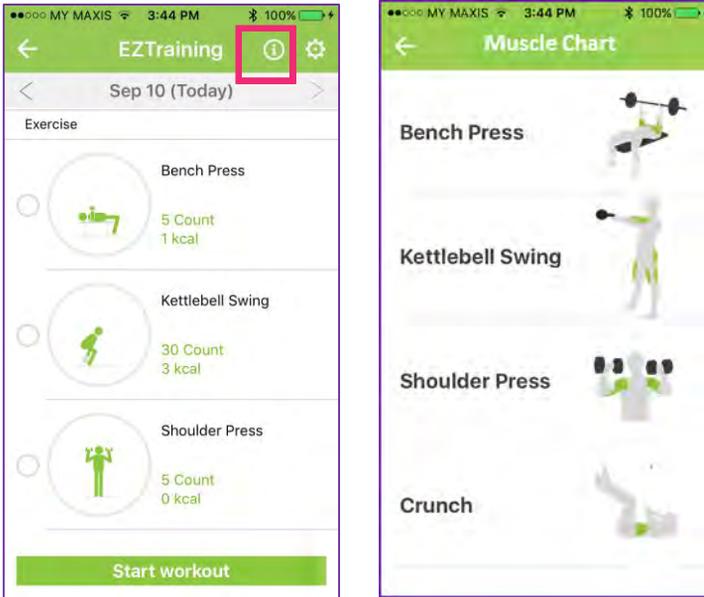
2 Select the EzTraining  icon.



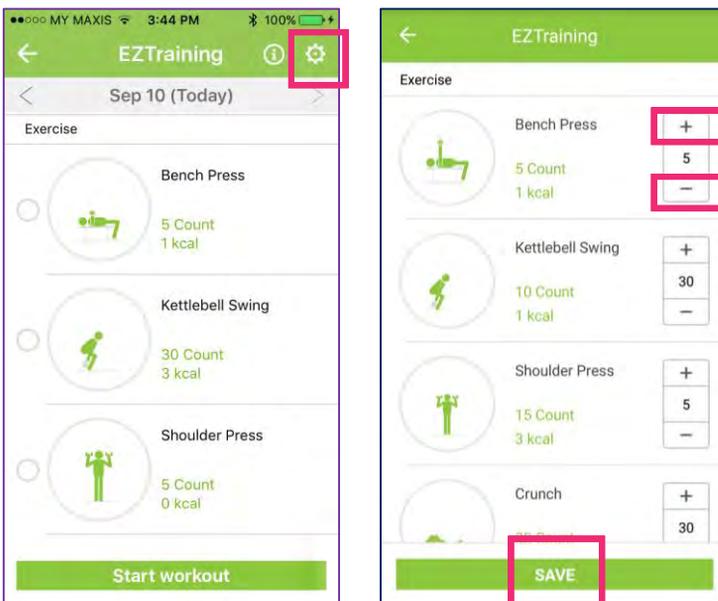
Following Pre-designed Training



3 Different exercises work on different parts of your muscles. Tap on the icon  to learn more.



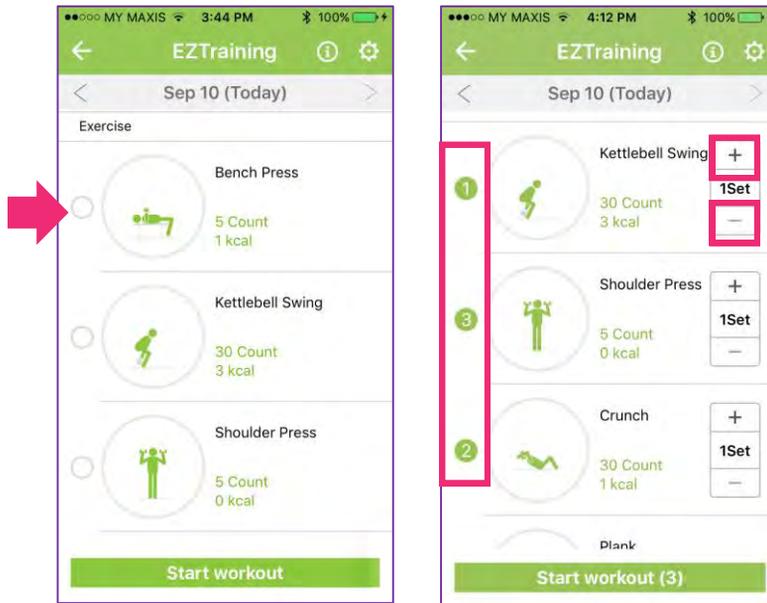
4 To design your own exercise plan, tap on the icon . Tap on the + or - to increase or decrease the number of count for each exercise. Once you are done, select **SAVE**.



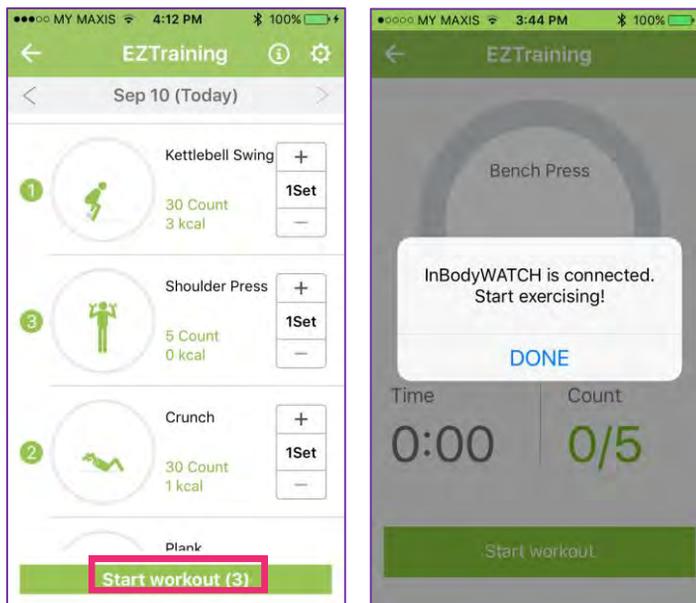
Following Pre-designed Training



6 Select the exercise based on your preferred sequence. Tap on the circle, the number will display according to your tapping sequence. Select **+** or **-** to increase or decrease number of sets for your selected exercise.



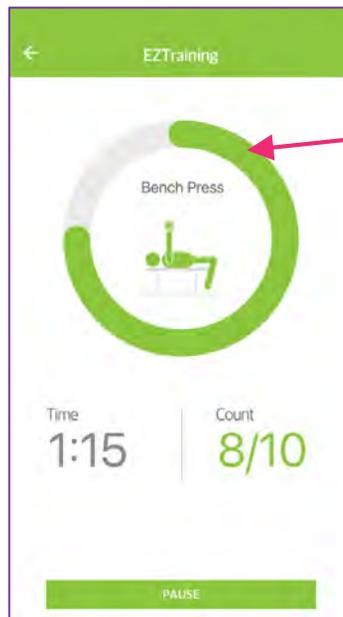
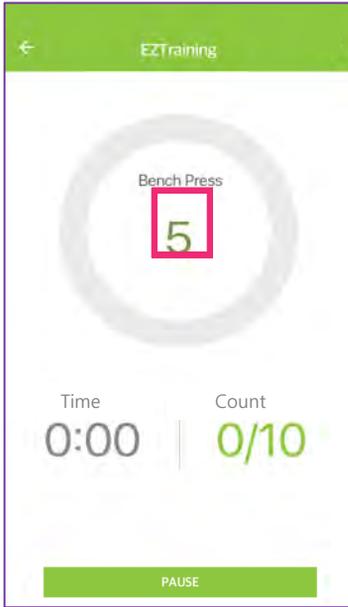
7 Select **START WORKOUT** when you are done with the setting. Select **DONE** to begin the workout. Make sure you are wearing your InBodyWATCH during the workout.



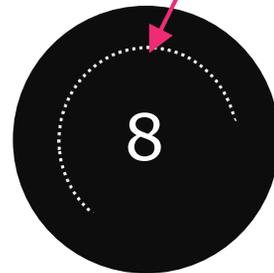
Following Pre-designed Training



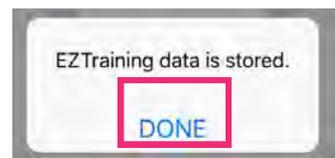
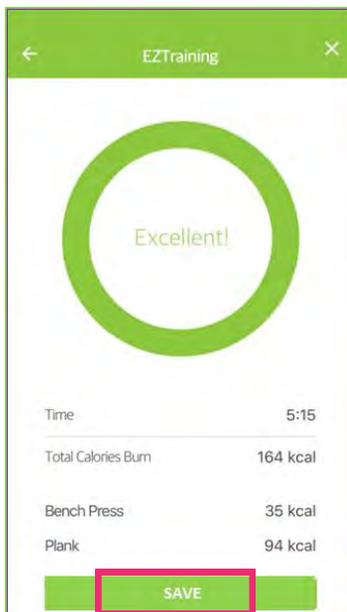
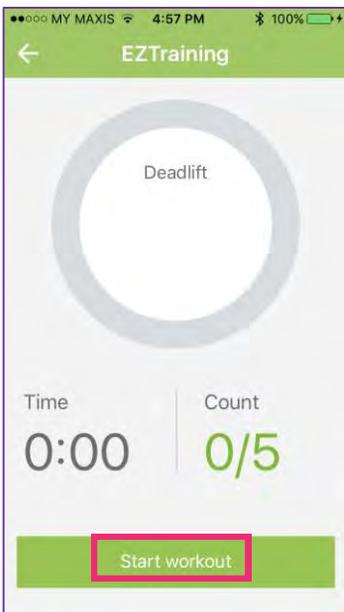
8 There is a 5-second count down before the workout begins. As you are doing the workout, it will count the number for each of your movement. And there is a timer as well. Meanwhile, your InBodyWATCH is counting too.



Your progress bar of each workout.



9 The app will automatically display the next exercise when you are done with the previous one. Select **Start Workout** to begin the next exercise. When you are done with all exercises, select **SAVE**. The data will be saved in your app and watch.

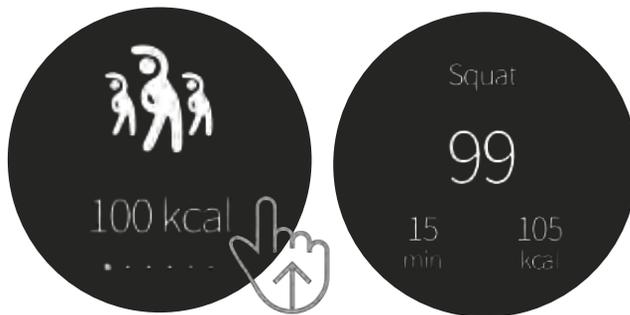
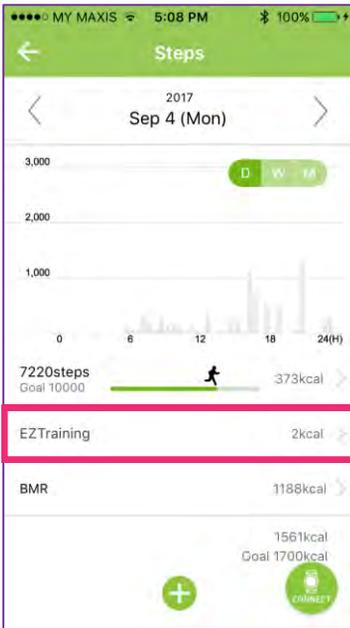


- ← Total time spent for whole EZTraining.
- ← Total calories burned from EZTraining exercises.
- ← Every exercise names show with each burned calories.

Following Pre-designed Training



You can view your workout summary either from the app or from your watch.



If you are doing other exercises besides the 12 pre-designed exercise, i.e. playing badminton or swimming, you can manually key it into the app for tracking and recording purpose.

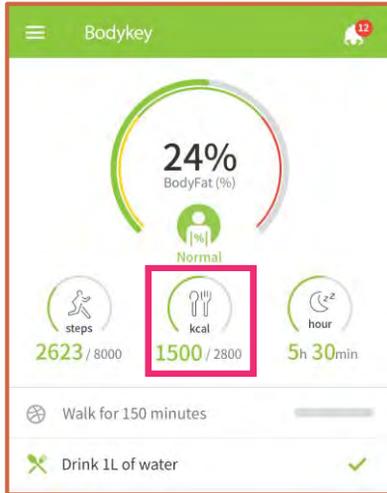


In order for the InBodyWATCH to recognise and count correctly, proper posture is very important.

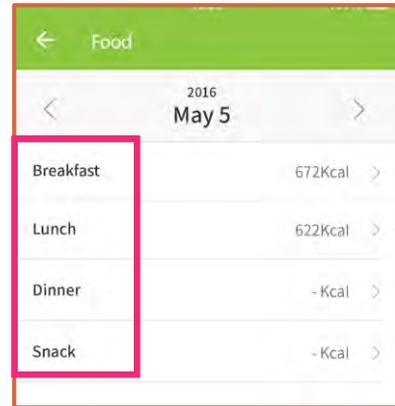
Tracking Your Food and Calories

Record your Food Journal

1 Select the food **kcal** section from the dashboard.



2 Select the meal time in which you wish to record the food that you have taken.



3 Enter the name of the food in the Search field and then select **SEARCH**. Alternatively, you can select **IMPORT** and then select **FROM ADVICE** or **FROM RECENT** record. Then select **SAVE** after making your selection.

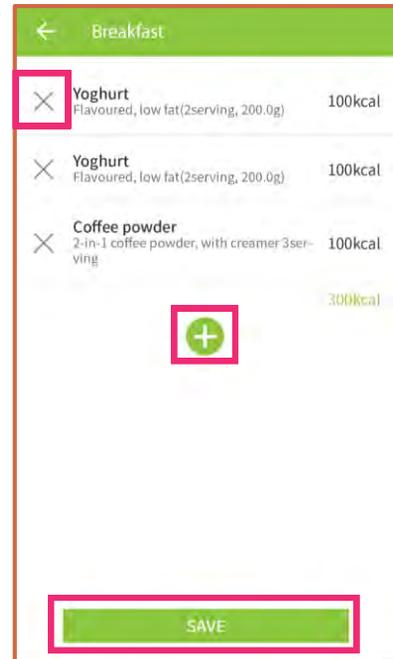


Tracking Your Food and Calories

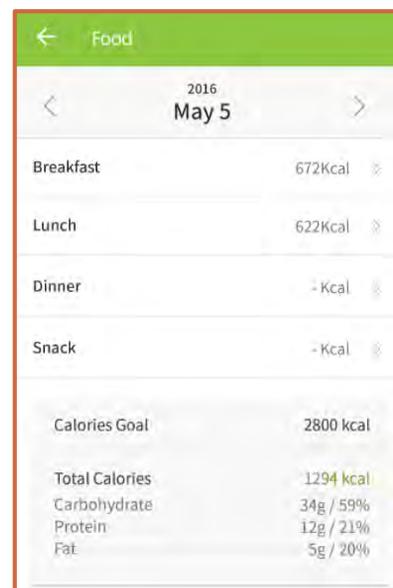
4 Adjust the serving size by using the **-/+** symbols. Then select **ADD**.



5 Select the plus **+** icon to add another food item. Select the **X** icon to remove a food item from your list. Once you have recorded all the food, select **SAVE**.



Once the food has been saved, the macronutrient of the food consumed for the day will be calculated automatically. →



Tracking Your Food and Calories

Record a New Food Item not Found in the Food Database

If your food does not exist in the Food Database, you can create your own food item.

1 If food is not found, select the **click here** link.



2 Enter the **Food** name and the estimated **Calories** intake.
You may fill in the other details or leave them blank.



3 Use **-/+** to adjust the serving size.

4 Select **ADD** to save the food item.

After you have recorded a new food item, you will be able to select it from the Food Database. However, other BodyKey users will not be able to see and select it on their BodyKey App.

Tracking Your Sleep

The InBodyWATCH can help to monitor your sleep pattern.

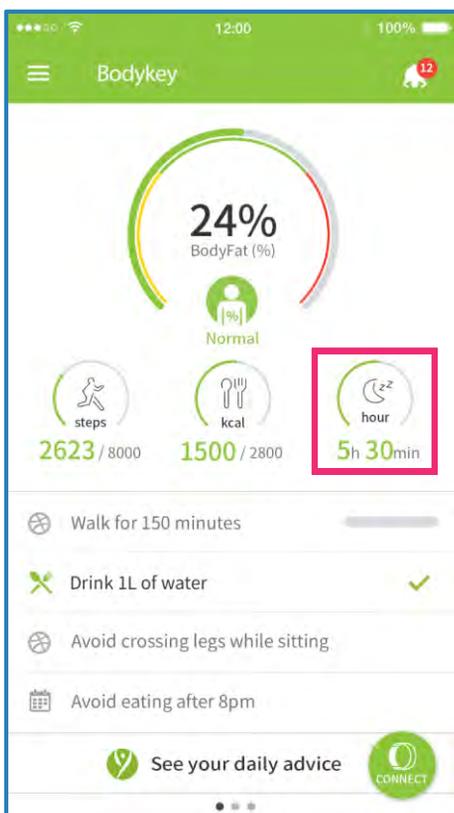
Guidelines in Monitoring Sleep

Zzz Wear the InBodyWATCH when you sleep.

Zzz You don't need to activate any function to tell the InBodyWATCH that you're going to sleep.

Zzz The InBodyWATCH automatically starts tracking sleep if you have 10 minutes of inactivity.

Zzz The next day, connect the InBodyWATCH to the BodyKey App to record the sleep data.



Select the sleep **hour** section from the dashboard.

Tracking Your Sleep

Sleep Tracking Setting

If the InBodyWATCH is not accurately tracking your sleep pattern correctly, you can adjust its sensitivity to improve its tracking.

1 Select the **MENU**  icon at the top left of the dashboard.

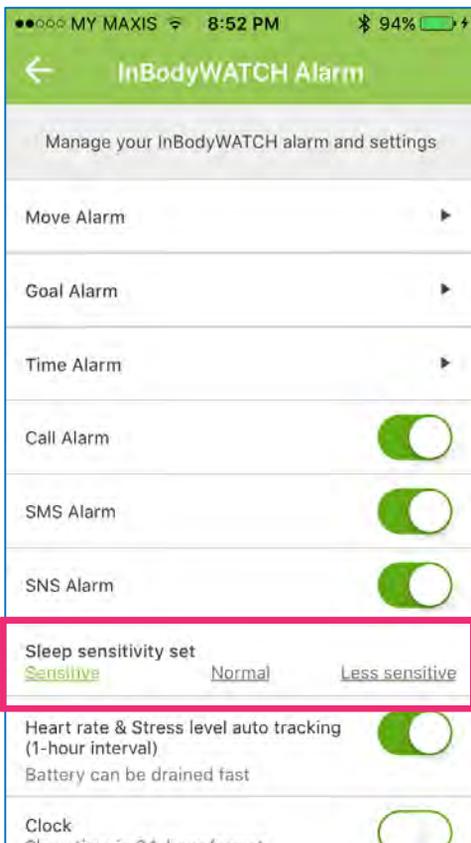
2 Select **Setting**.

3 Select **InBodyWATCH Settings**.

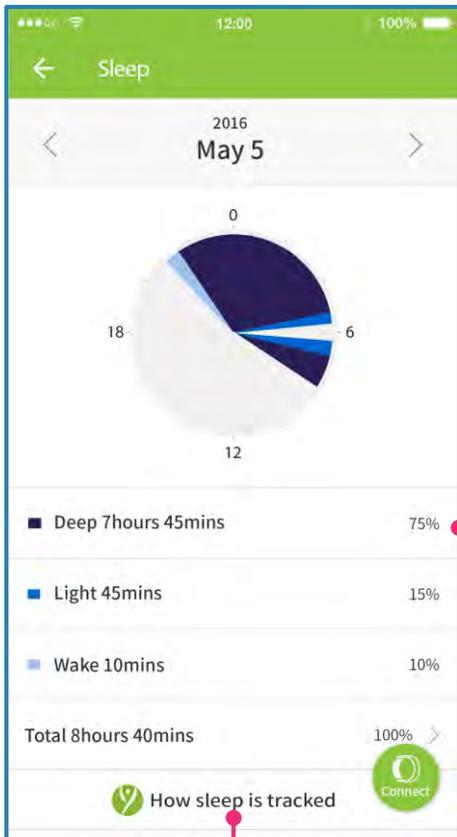
4 The InBodyWATCH is under '**Normal**' setting by default. However, if the watch is not tracking your sleep pattern well, then you can select either '**Sensitive**' or '**Less Sensitive**'.

If '**Sensitive**' is selected, the InBodyWATCH will record all movements when you are restless or awake.

If '**Less Sensitive**' is selected, then the InBodyWATCH will not record too much of your movement during sleep.

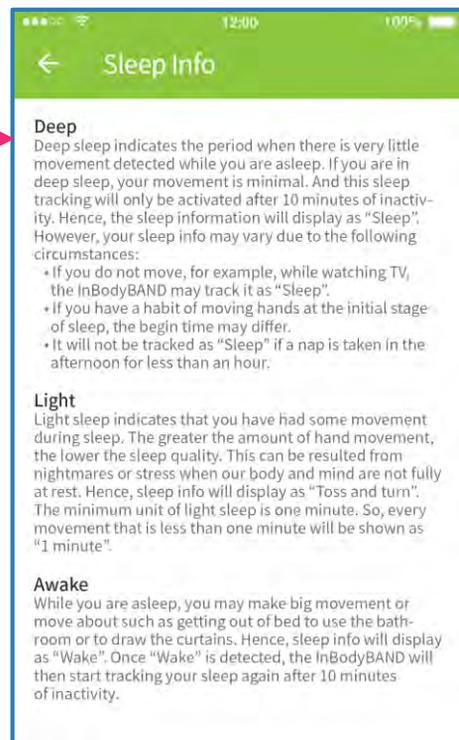
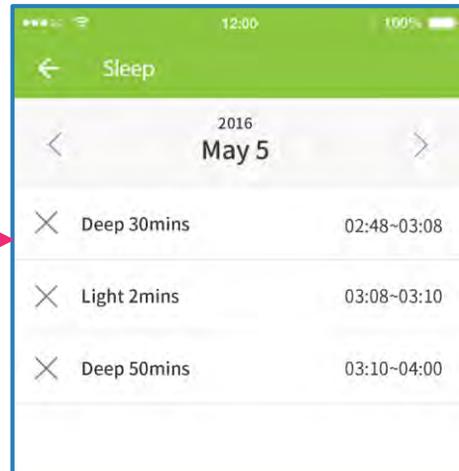


Tracking Your Sleep



Your sleep details will be populated as Deep, Light and Wake.

Tap on the sleep details to see the Detailed Sleep Info.



Select "How sleep is tracked" for definition of "Deep", "Light" and "Wake".

Tracking Your Sleep

Scenario example

You went to bed at 10:00 pm. However, you only manage to fall asleep at 10:15 pm after tossing around for a few minutes.

>> If you slept for at least 10 minutes without any movement, then the watch will capture it as sleep. For e.g., if you slept for 14 minutes, the sleep info will be captured as "Sleep 14mins 10:15-10:29".

>> If you slept still for 8 minutes, then turn and toss again, the sleep tracking will not be activated yet.

How does the InBodyWATCH determine if you are sleeping versus it is lying on the table?

The detection is based on the same 3D Accelerometer Technology that determines if you are walking, running or doing nothing. There is a certain pattern of wrist movement and tilted angle when you sleep.

If the InBodyWATCH is lying on the table, it is doing nothing. If you're wearing the InBodyWATCH to sleep, it will always be tilted at an angle and there will be slight movements.

This same principle applies to differentiate you taking an afternoon nap of one hour versus your position of sitting or lying down watching television or reading.



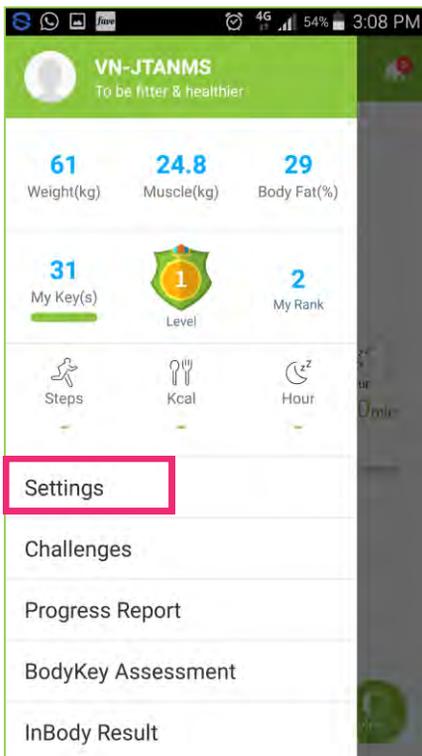
Other Features

See your Progress Report

You can view your progress over time in a graphical report. This report is available for calories history and body composition history and more.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Progress Report**.



Other Features

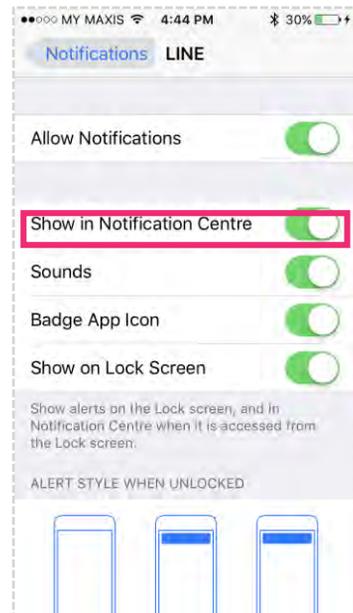
InBodyWATCH Settings

You can activate alarms on the BodyKey App which will trigger the InBodyWATCH to vibrate and alert you. Your InBodyWATCH will display an icon such as below at the time you set.



In order for all the alarms to work well, basic setup is required, here is how you do it:

1. Turn on the alarm from the BodyKey App. See below for the details.
2. Turn on the notification of each app (i.e. WhatsApp, LINE and etc) on your phone setting.
3. Turn on the setting on the InBodyWatch. Select the phone icon on the left.



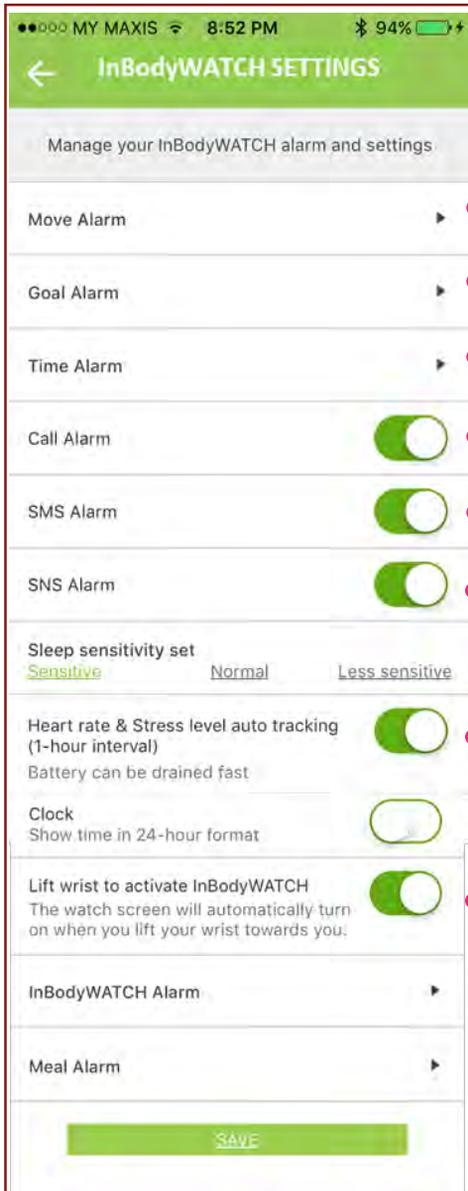
1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Settings**.

3 Select **InBodyWATCH Settings > Alarm/ Other Settings**.

Other Features

Various alarms are available for your usage.



Reminds you to be active if you are idle for a period of time

Alerts you when you reached your steps goal

Can be used as your wake up call (refer to next page for more)

Alerts you when you receive a call from your mobile phone

Display your messages on your InBodyWATCH

Display your messages from SNS (ie. Whatapp, LINE, Wechat) on your InBodyWATCH

Set the sensitivity of sleep tracking.

Turn on and off hourly HR & stress tracking.

Set the InBodyWATCH display time based on the 24-hour format.

Turn on and off auto time display when you lift your wrist.

Reminds you via your mobile phone to wear the InBodyWATCH

Reminds you of your meal time on your mobile phone.

Other Features

InBodyWATCH Time Alarm

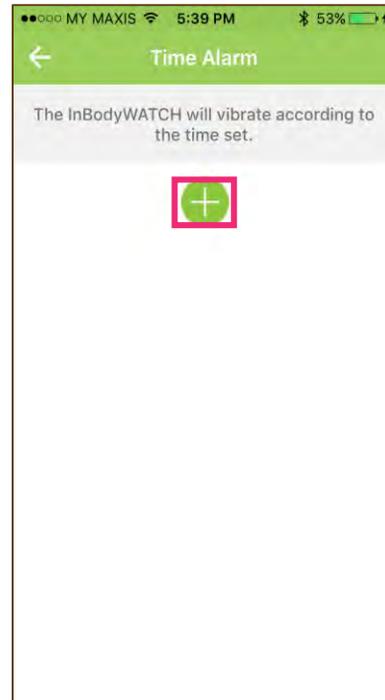
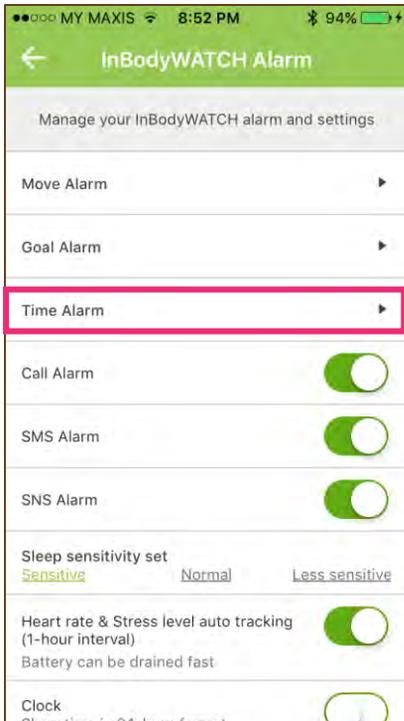
You can schedule alarms for a week. Your InBodyWATCH will vibrate based on your set alarm.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Settings**.

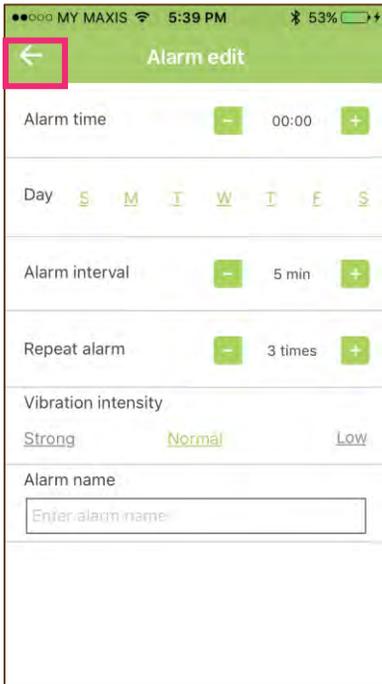
3 Select **InBodyWATCH Settings**.

4 Select **+** to add your alarm setting

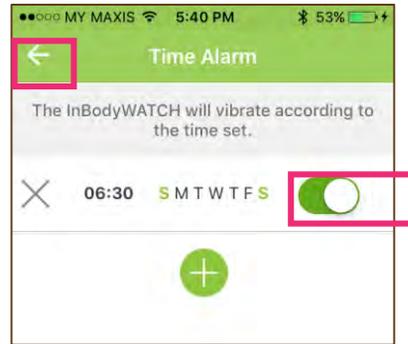


Other Features

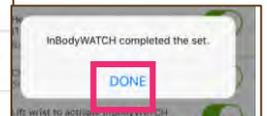
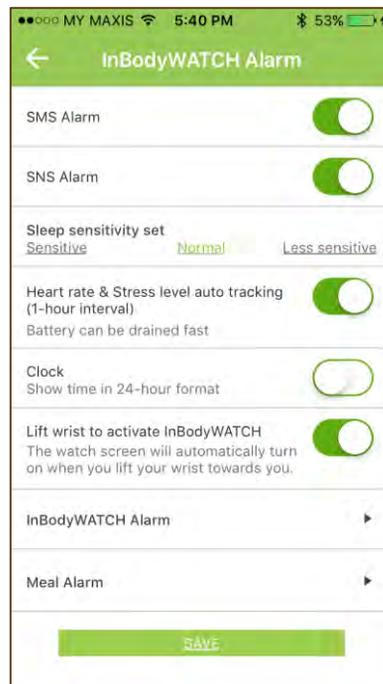
5 You can start scheduling your alarm for a week. Fix the schedule based on time and day. To repeat after each trigger, you can set its interval and its frequency. To determine its vibration level you can choose the strength of vibration. Lastly, name your alarm for easy management. Select ← when you are done.



6 Slide the toggle button to the right to turn on the alarm. Select ← to return to the earlier page.



7 Select **SAVE** to save all the settings. Select **DONE** when the setting is completed.



Other Features

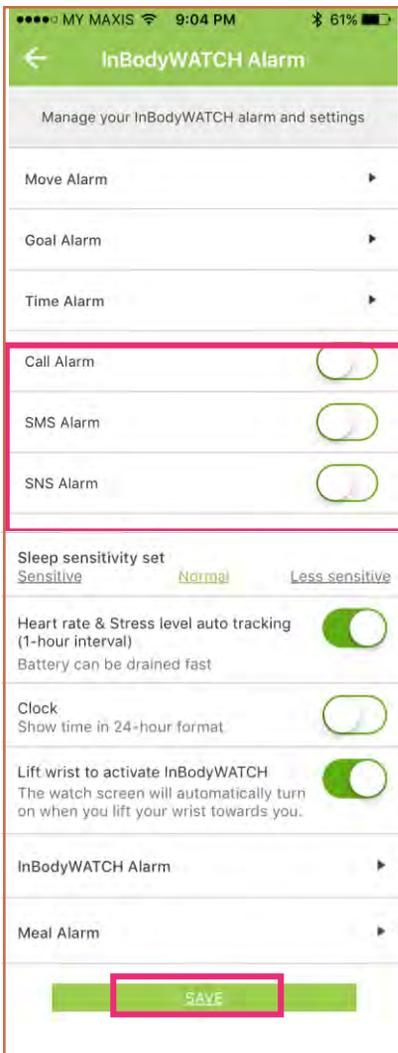
Receive SNS/SMS/call alert

Your InBodyWATCH can stay connected (via Bluetooth) with your phone to receive vibration alerts for SNS/SMS/Call. If it is messages, you can read from your watch display.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Settings**.

3 Select **InBodyWATCH Settings > Alarm/ Other Settings**.



4 Based on your selection, slide the toggle button  to turn on the alarm. Once it is done, select **SAVE**.

5 To receive vibration alert on your watch, select the watch vibration icon to turn on.



Other Features

Read SNS/SMS messages

You can read your messages from your watch display. The length of each message is about 50 alphabets. However, the length will be shortened if the messages contains other languages or emoji. The InBodyWATCH can store up to 5 messages at each time. The newest message will replace the oldest message. Each message will only appear once.

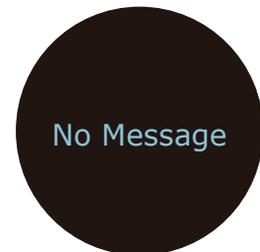
- 1** If you have any message, then the envelope icon  will appear. Swipe the screen downward to display the message.



- 2** Tap on > to see the next message.



- 3** Tap on > to see the next message. You will see 'NO MESSAGE' when all messages have been read.



 To receive messages, your InBodyWATCH must be in reasonable distance to stay connected with your mobile phone. And the message will only appear once, there is no retrieve function.

Other Features

Editing your Profile

Make your BodyKey experience fun by adding your profile picture and other personal details.

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Setting**.

3 Select **Profile**.

The photo you wish to display on the BodyKey App

The name you wish to display on the BodyKey App

Your mission or promise to yourself upon starting the BodyKey journey

Gender and Height are required for BMI calculation. Inaccurate details will lead to miscalculation.

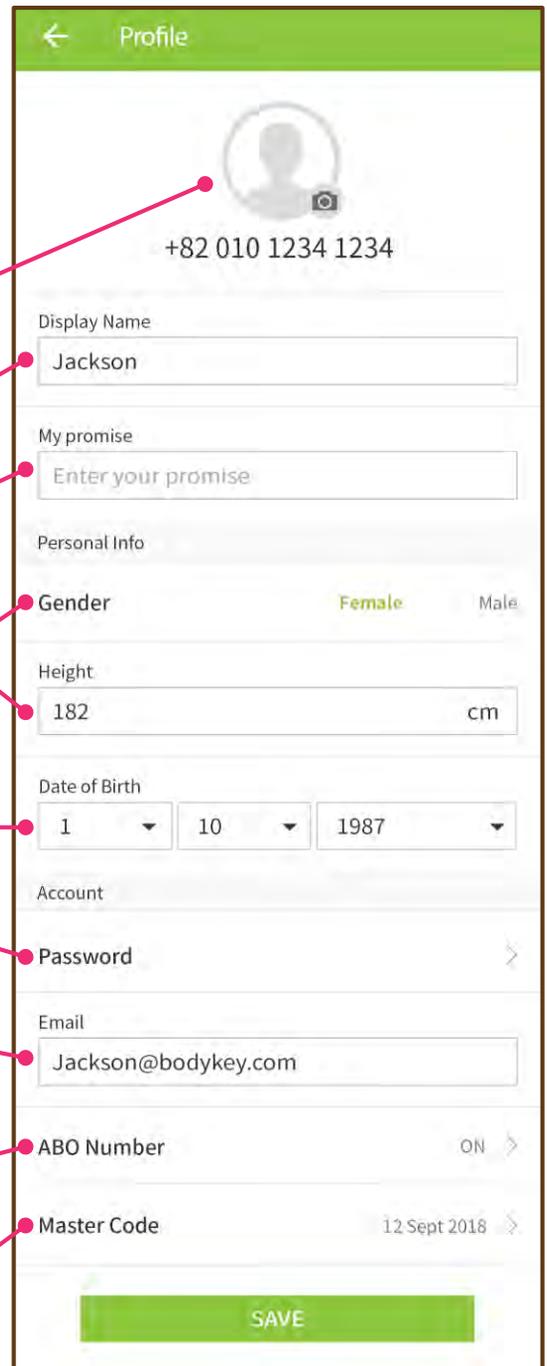
Your date of birth

The password that you use to log in to the BodyKey App

Email is mandatory as it is a channel to recover your password if you have forget

If you are an Amway Business Owner, enter your ABO number and Amway website password here.

The Master Code is valid for 3 years. Enter a new Master Code here upon expiry.



Profile

+82 010 1234 1234

Display Name
Jackson

My promise
Enter your promise

Personal Info

Gender **Female** Male

Height
182 cm

Date of Birth
1 / 10 / 1987

Account

Password

Email
Jackson@bodykey.com

ABO Number ON

Master Code 12 Sept 2018

SAVE

Other Features

Learning about Privacy

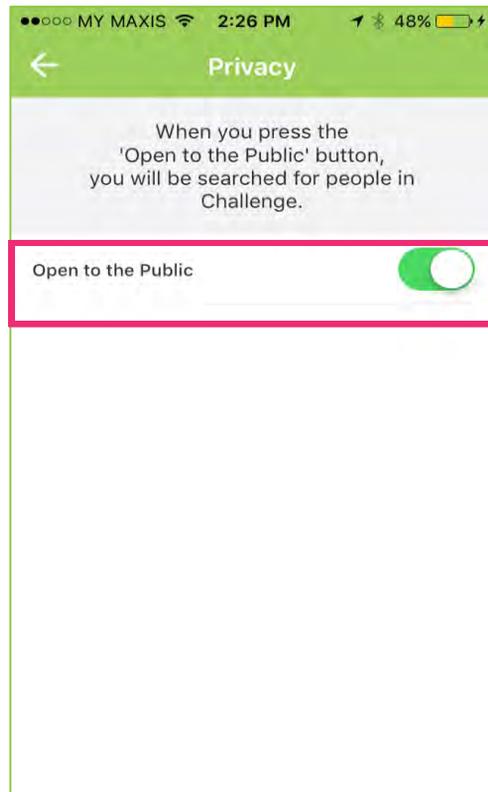
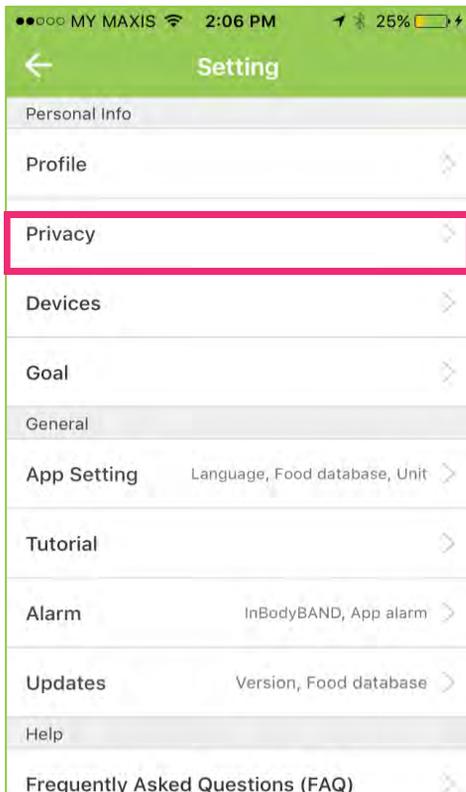
To ensure that your friends or challenge buddies can locate/search for you to join challenges, put your privacy setting to "Open to the Public".

1 Select the **MENU**  icon at the top left of the dashboard.

2 Select **Settings**.

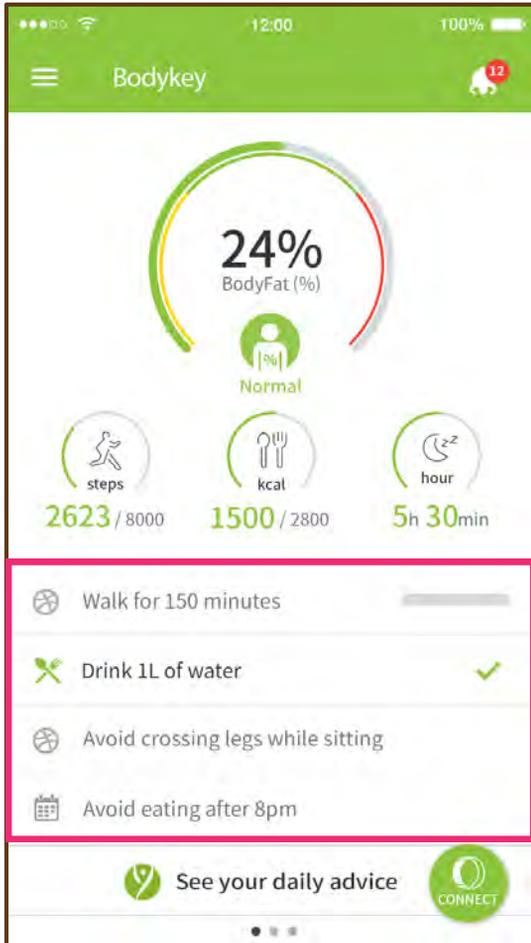
3 Select **Privacy**.

4 Slide the toggle button  to the right to turn your privacy to "Open to the Public".



Other Features

Learning about QUEST



There will be daily tasks available on your dashboard as quests suggested to you.

The first quest will be automatically updated by the app itself. For the other 3 quests, if you have fulfilled a quest for the day, you can select the respective quest and a tick ✓ will display to indicate your achievement.

Check out your daily Quests achievements from **Menu > Progress Report**



Specifications

InBodyWATCH Product Specifications

Product Name	InBodyWATCH
Country of Origin	Designed by InBody in Korea / Manufactured in China.
Data Displayed	Current Time, Date, Day of the week, Steps, Calories Burned, Distance Covered, PBF(%), Selected Workout Counts, Exercise Duration, Heart Rate, Settings (Weight / Height/Gender/Age/Notifications, Battery Life Indicator), History data of each functions (Last 7 days or hours)
Measurement Current	Below 90 μ A
Data Storage	7 days; however real-time heart rate only stores up to the last accumulative 16 hours <i>*InBodyWATCH resets daily at midnight. Data will be stored in the watch for 7 days only (calculated from the last time sync) if not sync to the smartphone.</i>
Battery Life	Up to 5 days <i>*It may be differ depending on usage.</i>
Battery Capacity	140 mAh
InBodyWATCH Dimensions	38mm (Diameter) x 11.6mm (Height)
InBodyWATCH Weight	~35g
Charging Time	Approx. 1 hour
Charging Connector	InBodyWATCH Unique Charging Dock
Charger Material	Polycarbonate (plastic)
Charger Dimensions	41mm (diameter) x 15.05mm (height). Length of USB cable is ~1m.
Charger Weight	~25g
Strap Material	Compound elastic polymers (TPU)
Strap Size & Weight	S/M: 14.0 ~ 19.0 cm (~11g) M/L: 15.0 ~ 21.0 cm (~12g) <i>*Before purchasing, you may refer to the InBodyWATCH packaging box for the wrist size.</i>
Color	Midnight Black
Input Power	Operating Voltage: 3.7 VDC, Charge Voltage: 5.0 VDC
Operation Environment	10 ~ 40°C, 30 ~ 75% RH, 70 ~ 106 kPa
Frequency Used	2400~2483.5MHz
No. of Channels	40
Modulation Type	GFSK
Wattage	1mW and below

Frequently Asked Questions

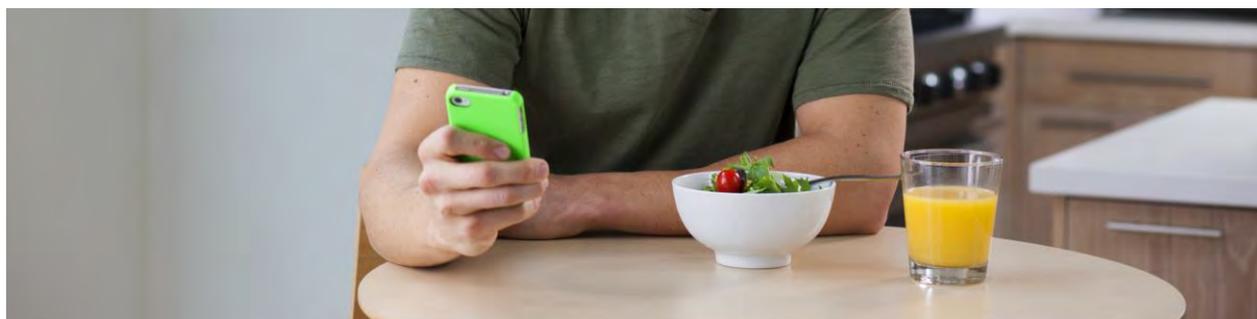
Q

I changed my phone. Do I need to update my details in the BodyKey App?

If you have changed your mobile phone without changing your phone number, just download the BodyKey App into your new phone.

When you open the BodyKey App on your new phone, enter your mobile phone number and BodyKey App password. All previous data in your BodyKey App will still be available to you.

Remember to pair your InBodyWATCH to your new phone so that you can continue to sync data from your watch to the app.



Q

I changed my phone number. How do I update my details in the BodyKey App?

If you have changed your phone number but did not change your mobile phone, you can still access the BodyKey App on your mobile phone.

1. Select the MENU  icon at the top left of the dashboard.
2. Select Setting.
3. Select Profile.
4. Tap on the Mobile number underneath your profile picture.
5. Enter your new mobile number and select Send.
6. An authentication code will be sent to your email address.
7. Select Confirm.
8. Check your email for the authentication code.
9. Enter the authentication code into the app and select Confirm.
10. A pop-up message will appear to inform you that your mobile number has been changed successfully. Select Confirm.

Q

How do I change my BodyKey App password?

1. Select the **Menu** icon at the top left of the dashboard.
2. Select **Setting**.
3. Select **Profile**.
4. Select **Password**.
5. In the Change Password screen, enter your **Old Password**.
6. Then enter your **New Password**.
7. Re-type your new password in **Re-enter PW**.
8. Select **Confirm**.
9. A pop-up message will appear to inform you that your password has been changed successfully. Select **Confirm**.



Q

I forgot my BodyKey App password. What should I do?

If you have forgotten your password and therefore not able to log in to the BodyKey app after entering your mobile number, follow these steps to log in with a temporary password.

1. Select the **HERE** link next to Forgot Password? at the bottom of the login screen.
2. Enter the **E-mail** address that you have used to register or sign up for the BodyKey App.
3. Select **CONFIRM** to verify your email address.
4. A temporary password will be sent to your email.
5. You can use the temporary password to login.
6. Subsequently you will be prompted to provide new password.

A screenshot of the BodyKey App password creation screen. The screen is titled "Enter your password" and displays the text "Please create a new password." Below this, there are two input fields: "New PW" and "Re-enter PW". A "Confirm" button is located at the bottom of the screen.

Frequently Asked Questions

Q

How long is the battery life for the InBodyWATCH?

When the InBodyWATCH is at full charge, the battery can last for 3-5 days. However, the more you use the watch, the faster the battery will deplete, so you may need to charge the InBodyWATCH sooner.

Tips of using the InBodyWATCH in low energy mode:

- Turn off constant heart rate. This feature consumes the most battery power.
- Turn off all the alarm, especially those with vibrations.
- Turn off auto time when you lift your wrist.
- Do fewer InBody Test.

If possible, turn off the InBodyWATCH when you are not wearing it.

The expected lifespan of the battery is 3 years. Do note that over time, the battery life will deteriorate with usage.



Q

Do I need to download a new Bodykey App before I start using the InBodyWATCH? And do I need to sign up a new account in the app?

No. You need to update your current BodyKey App to make sure it is the latest version. And you can login with your existing BodyKey ID and password. You are still able to view your previous data when you use the InBodyBAND. Again, you don't need to key in another master code as you are already an existing BodyKey user.

Frequently Asked Questions

Q

I have turned on my SMS/SNS/ Call alarm, however I am not getting any vibration alert from my InBodyWATCH?

There are a few possibilities :

1. Your phone is too far away from your watch. You must keep your phone's Bluetooth turn on all the times.
2. Check your phone notification. You must allow the phone to notify.
3. Make sure you turn on your watch vibration option on your watch's setting.

Q

I would like to replace the InBodyWATCH's strap? Can I get it from AMWAY?

Yes, you can. The strap is in common size (18mm wide). Here is how you can replace the strap.

1. To remove, slide the pin adjuster to remove one side of the strap pin, followed by the other.
2. To replace, insert one side of the strap pin to the groove below the watch face, then slide the pin adjuster to secure the other end.



Q

How does the InBodyWATCH determine my stress level?

InBodyWATCH uses PPG (Photoplethysmogram) technology to measure the variations of your heart rate on an hourly basis. The HRV (Heart Rate Variations) will calculate the interval time in between each heart beat for stress indication. With this data, stress indication is interpreted in the BodyKey Mobile App.

Most people intuitively think that the heart beats in a regular rhythm, which is not the case. In fact, in healthy young adults, the interval between heartbeats varies naturally.

But if you are experiencing high stress, the interval between the variability of the heartbeats actually reduces.





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