Lookin’Body120

User's Manual

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Visit our website http://www.e-inbody.com to view and download further information about the functions of Lookin'Body120, the explanation of results and more. Biospace Co., Ltd reserves the right to modify the appearance, specifications, and etc. of Lookin'Body120 to improve the quality of the product, without prior notice for reasons of performance improvement.

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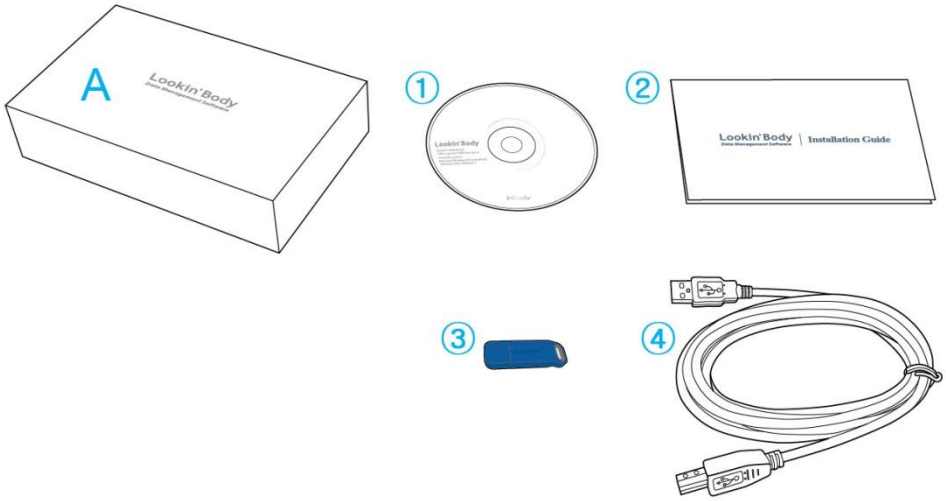
I. Installation

A. Product Components

Lookin'Body120 consists of the following components. Please make sure all of the following components are present.

* Please inspect each component of Lookin'Body120 for defects prior to installation.



*** Lookin'Body120 Box Package (A)**

① Lookin'Body120 Program Install CD 1 EA

② Lookin'Body120 Installation Manual 1 EA

③ Hardlock Key 1 EA

④ USB cable 1 EA

B. System Requirements

- Operating System: Microsoft Windows XP SP3/ Windows Vista SP1/ Windows 7 (32bit/64bit) / Windows 8 (32bit/64bit)
- Processor: 1.7GHz or faster processor recommended
- Hard Disk: 1GB or greater HDD free space
- Memory: 1GB RAM or greater
- Resolution: 1024 x 768

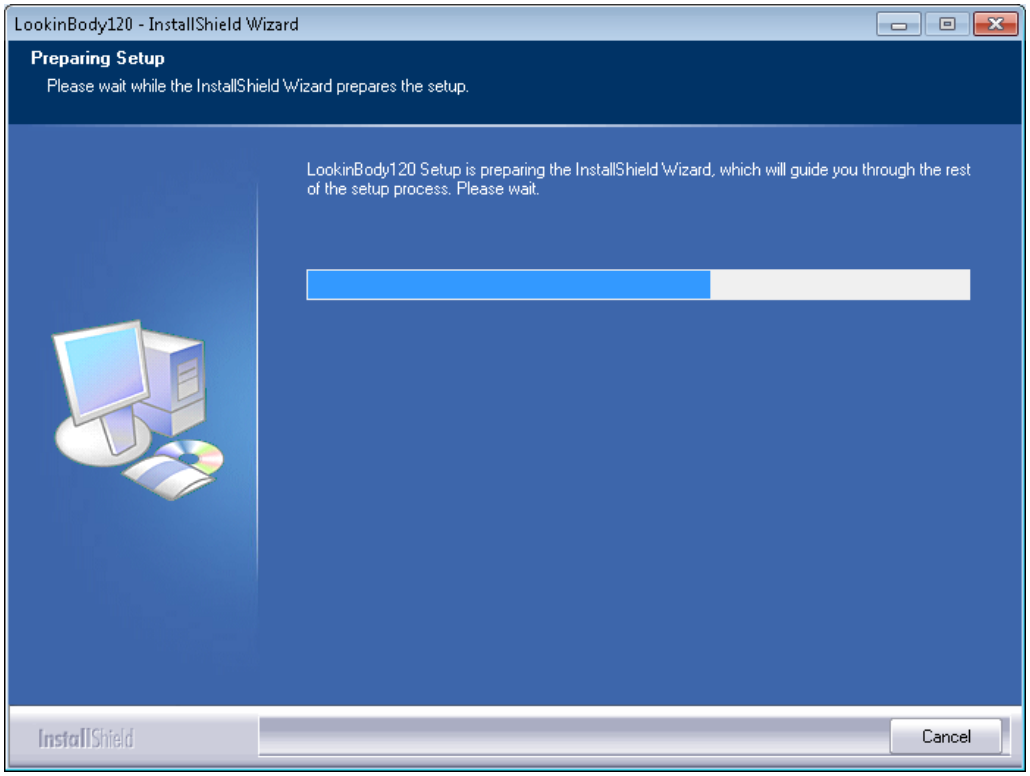
C. Installation Instructions

* The following instructions are based on the Windows 7 operating system. Your screen may look different, depending on which operating system you're using.

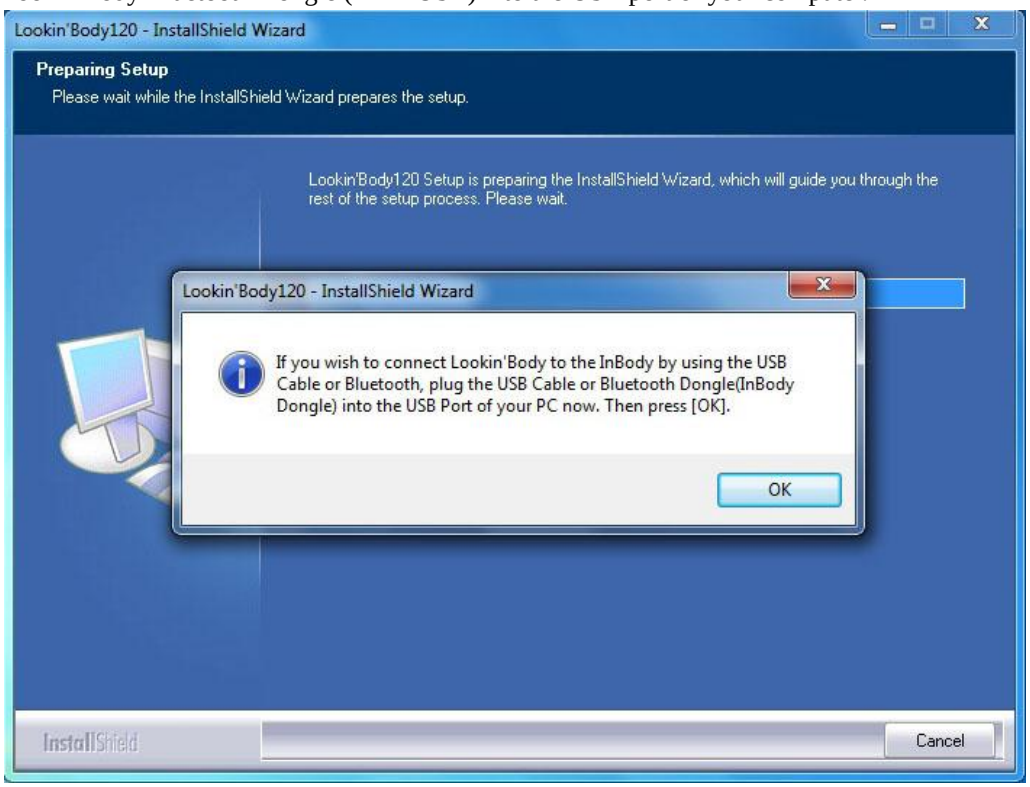
1. Installing Lookin'Body

1) Insert the Lookin'Body120 Install CD(②) and wait for the InstallShied Wizard to begin.

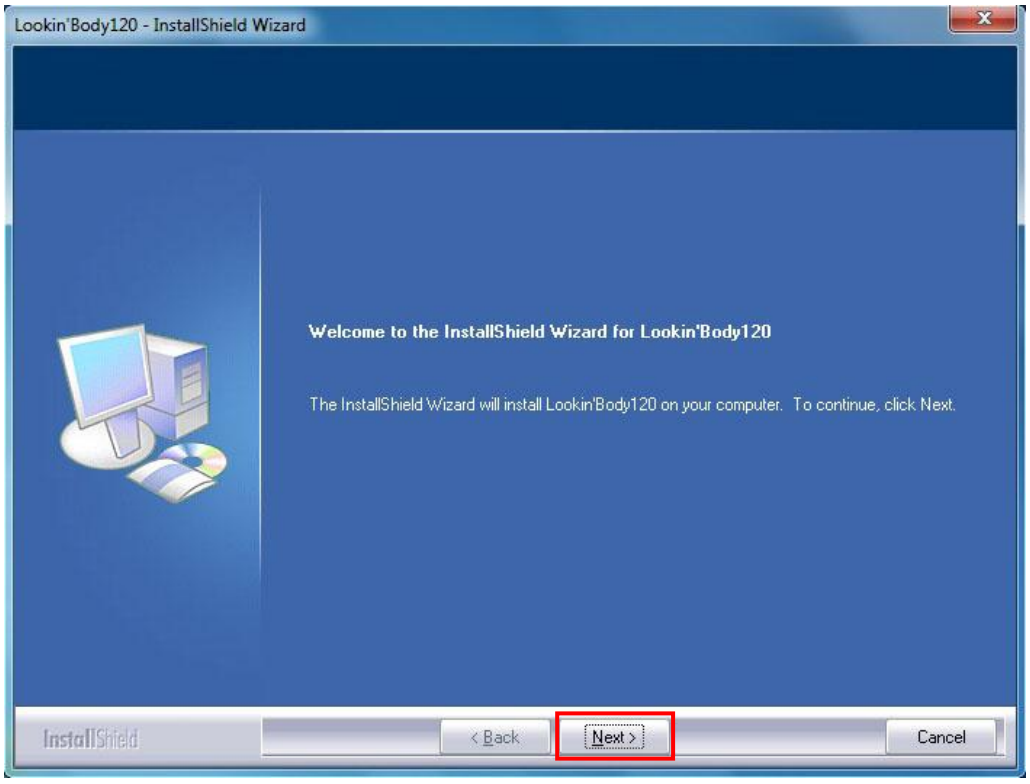
*If the screen below does not appear automatically, click My Computer > CD Drive and run 'Lookin'Body120_Setup.exe' file.



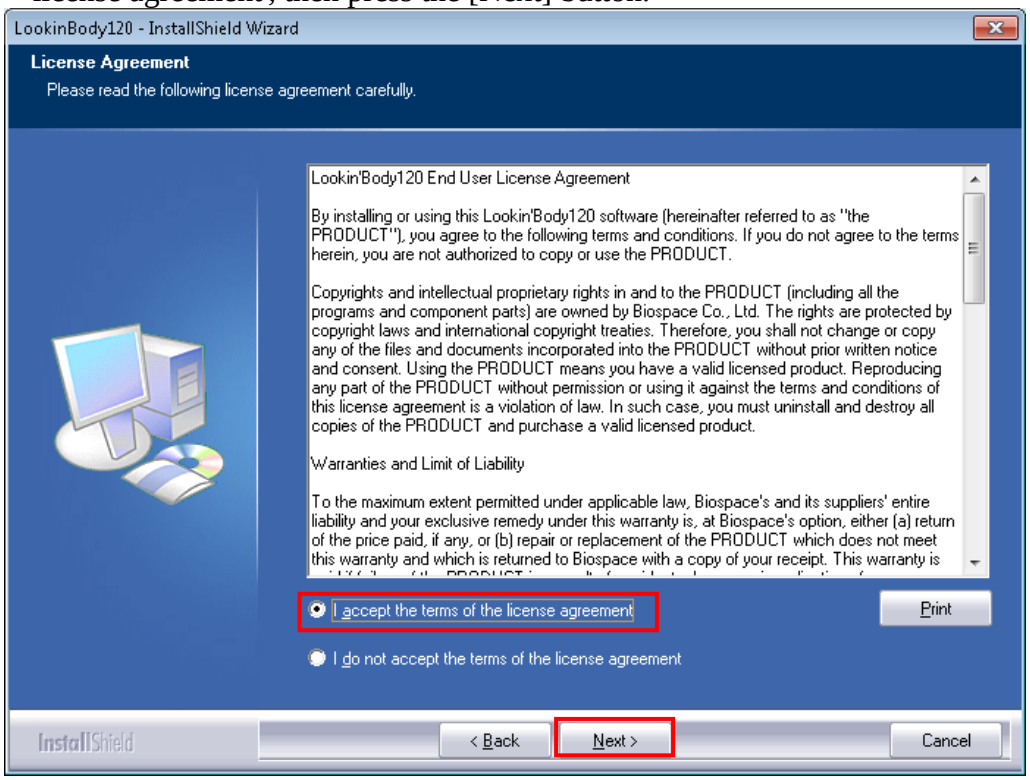
* When connecting Lookin'Body to the InBody via USB cable or Bluetooth, plug the USB cable or Lookin'Body Bluetooth Dongle (InBT-USB) into the USB port of your computer.



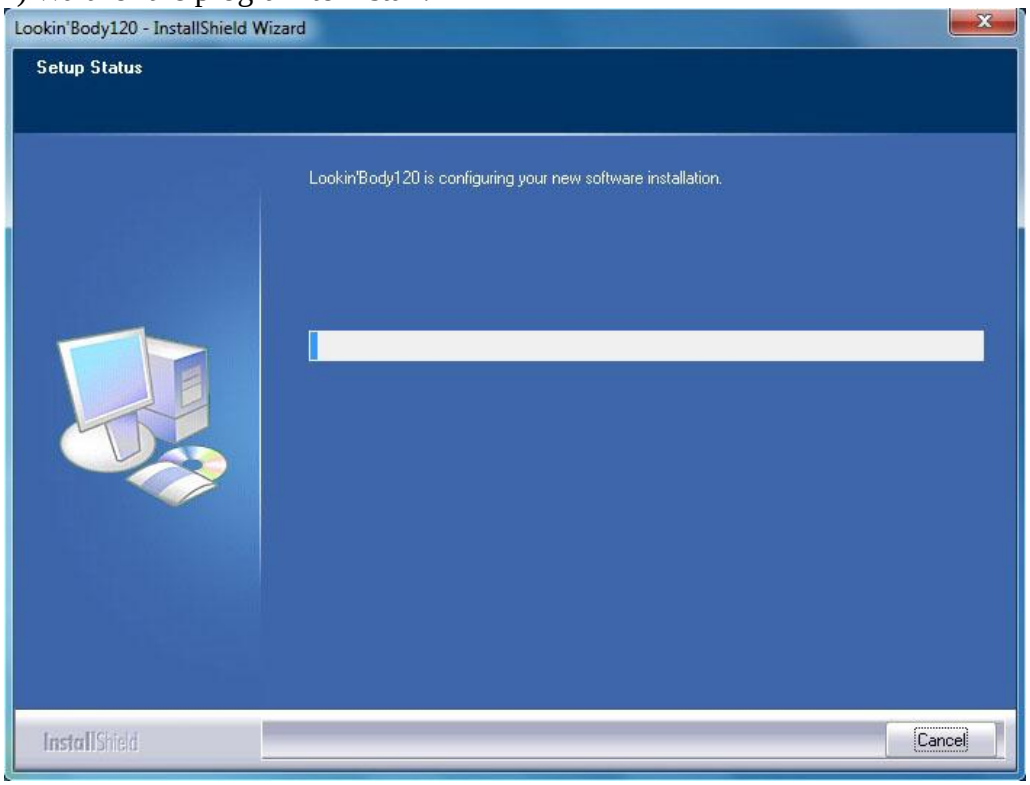
2) Press the [Next] button when prompted. Installation of Lookin'Body120 will begin.



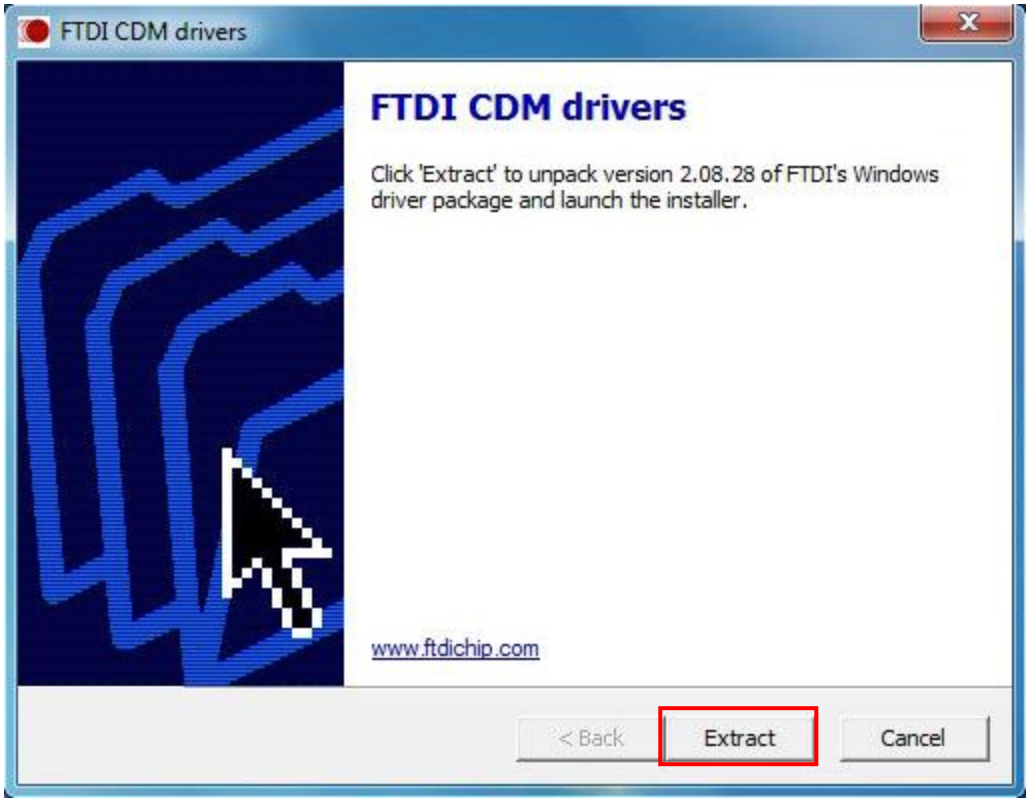
3) After reading and reviewing the license agreement, select 'I accept the terms of the license agreement', then press the [Next] button.



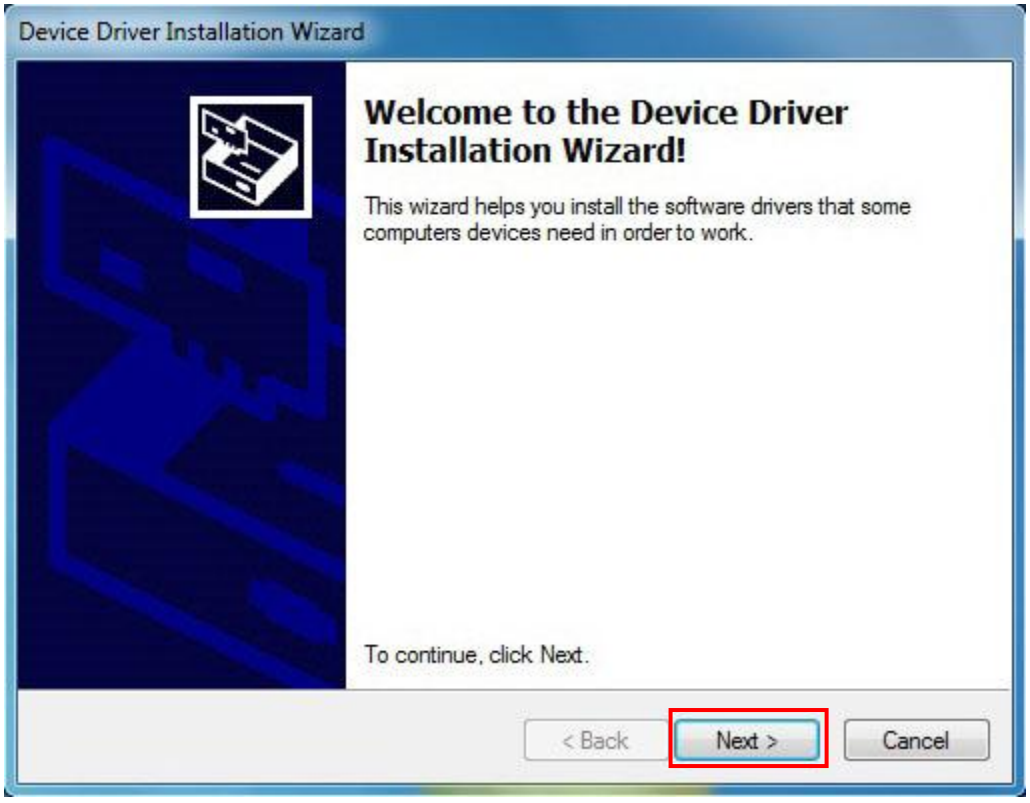
4) Wait for the program to install.



5) When the screen below appears, press the [Extract] button to extract the Lookin'Body Bluetooth Dongle (InBT-USB) installation files.



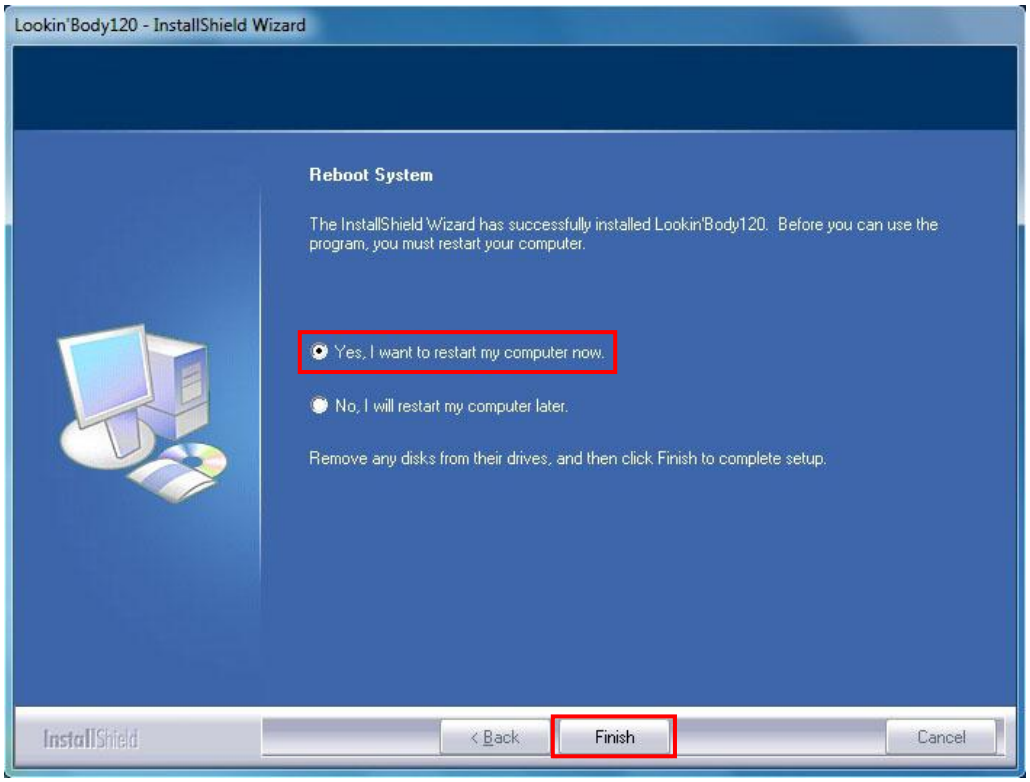
6) After the installation files are extracted, press the [Next] button to continue with installation.



7) Press the [Finish] button to continue.

8) After you install Lookin'Body you will be prompted to restart your computer. Restart your computer to run Lookin'Body properly. Press [Finish] to exit the InstallShield Wizard.

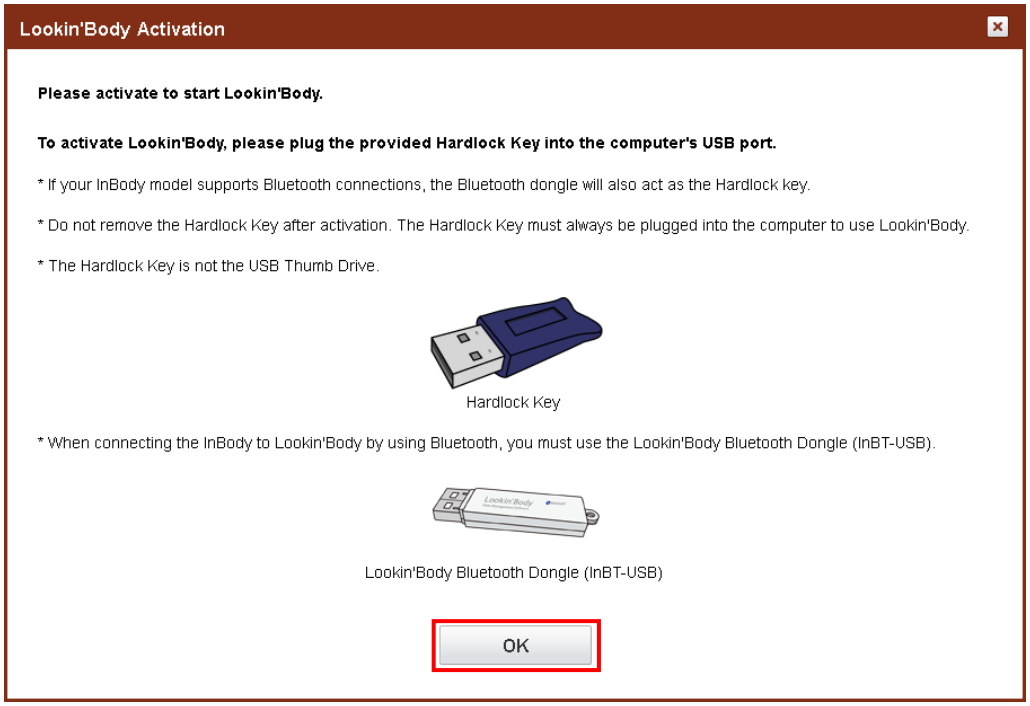
*If you select 'No, I will restart my computer later.', Lookin'Body120 may not run properly.



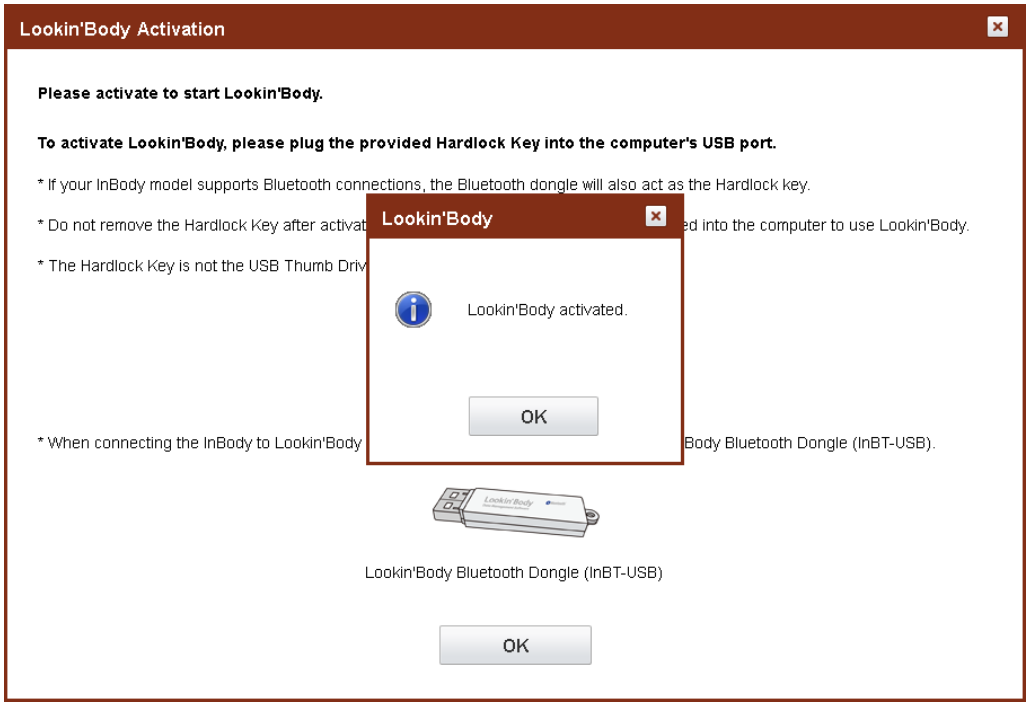
9) After restarting your computer, double click the Lookin'Body120 icon on your Desktop to start Lookin'Body120.

10) When prompted, plug the Hardlock Key(③) from the Lookin'Body120 Box into a USB port on your computer. Then press the [OK] button.

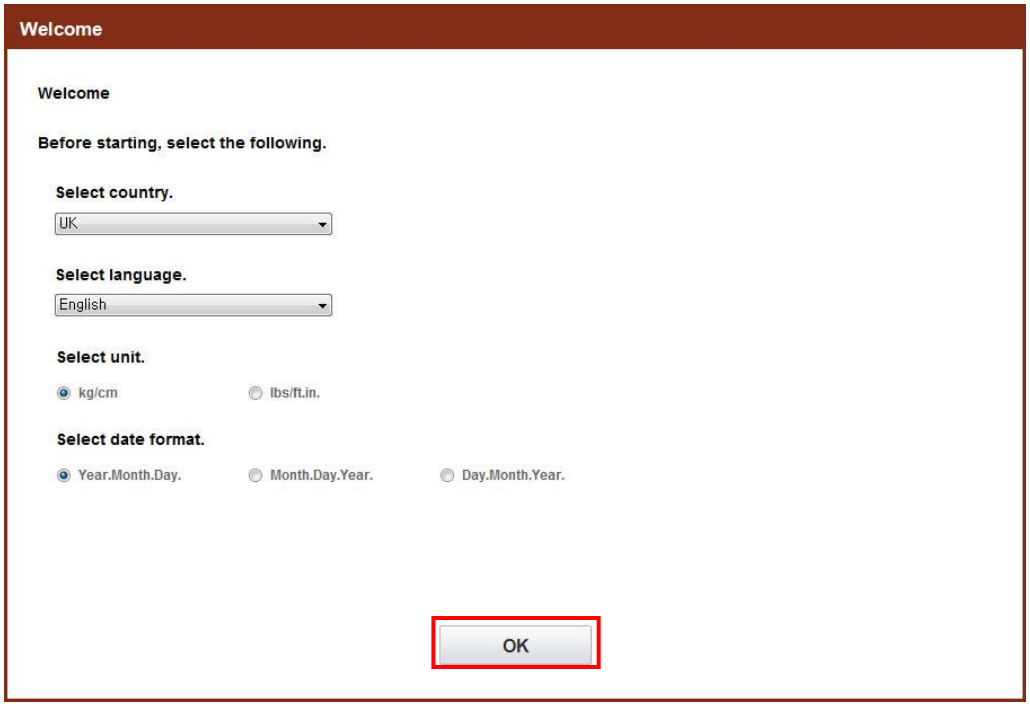
*If your InBody model supports Bluetooth connections, the supplied Bluetooth dongle will also act as the Hardlock key.



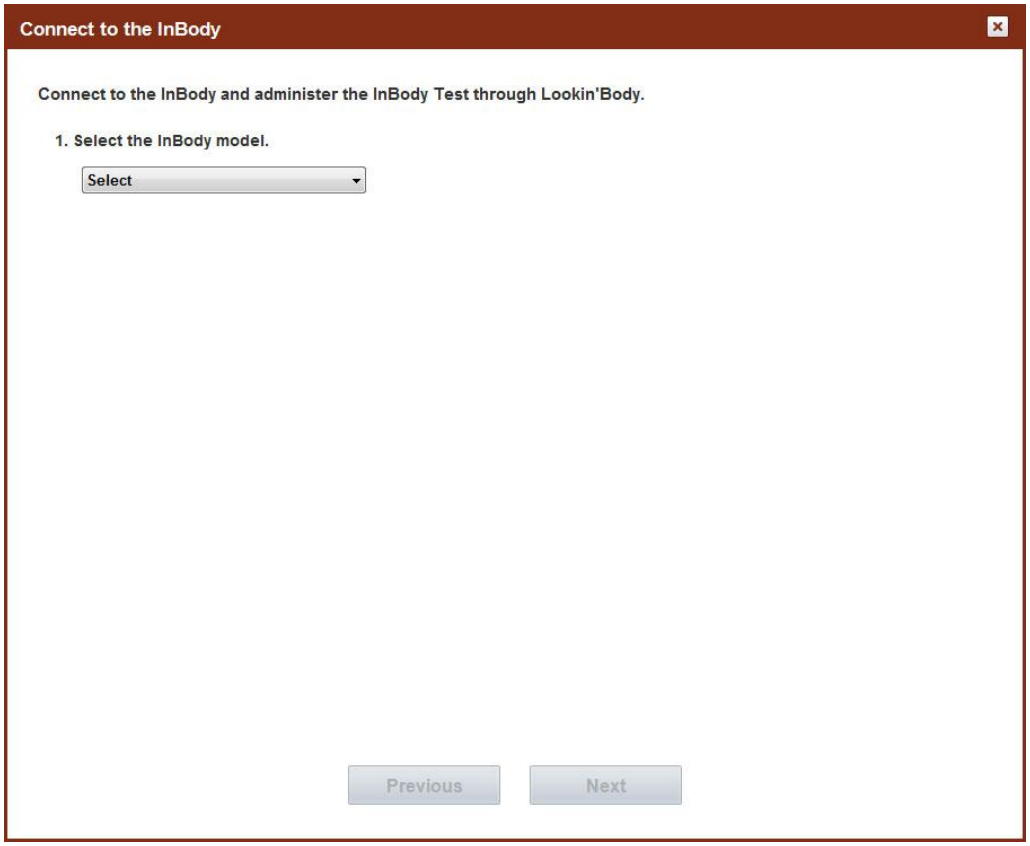
11) Once Lookin'Body120 is activated, the popup window below will appear.



12) After activating Lookin'Body120, select country, language, unit, and date format, then press the [OK] button.



13) Select the InBody model to connect to Lookin'Body120.



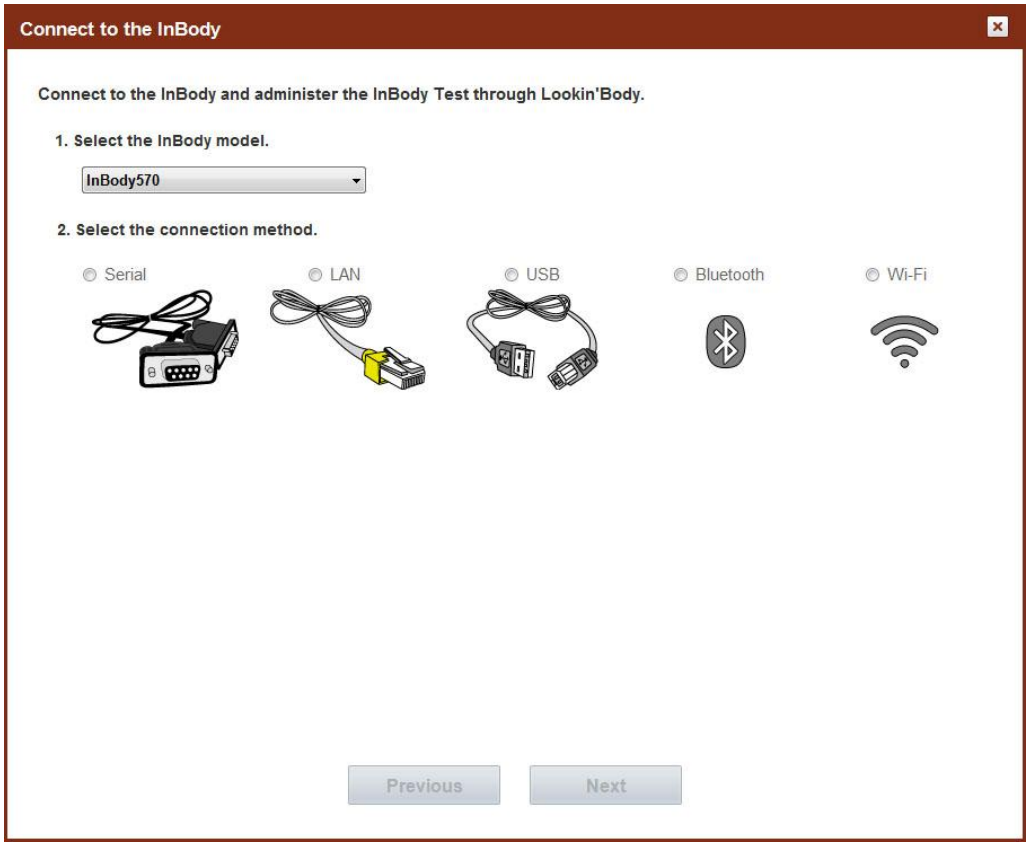
2. Connecting to an InBody

* The following instructions are based on the USB cable connection method. Your screen may look different, depending on which connection method you're using.

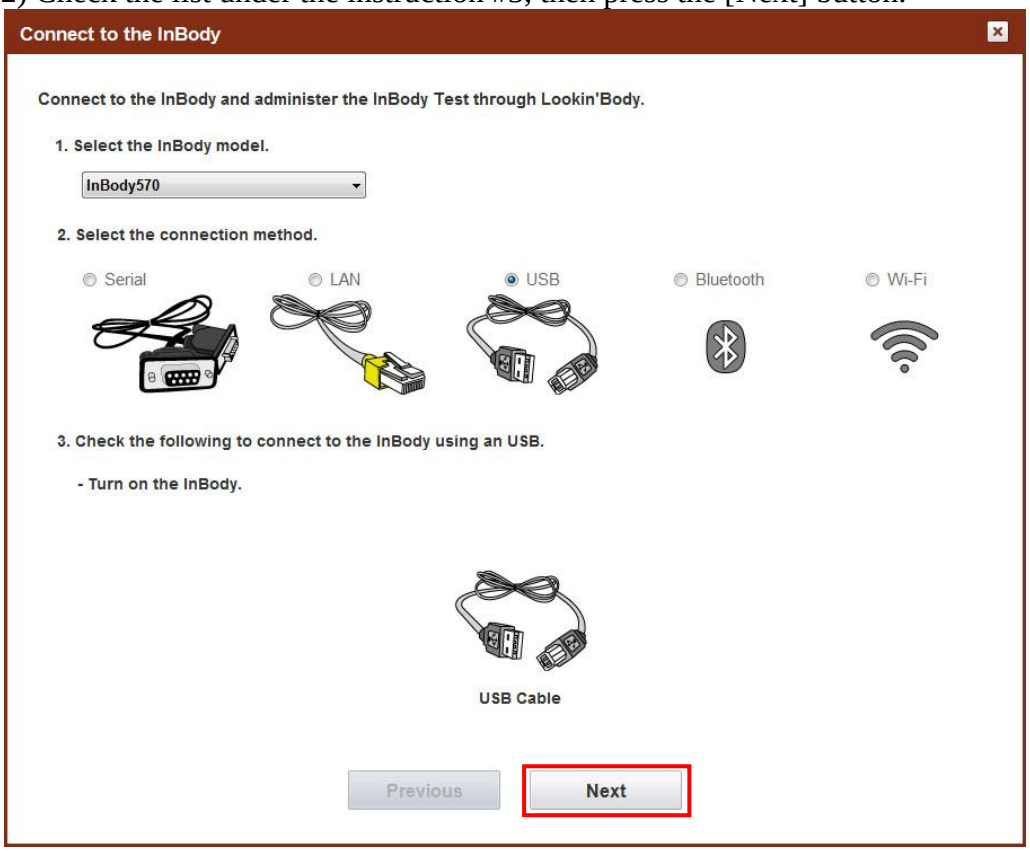
1) Connection methods vary according to the selected InBody model. Select a connection method to continue.

*To use Lookin’Body120 without connecting it to the InBody, press the [X] button on the top right corner.

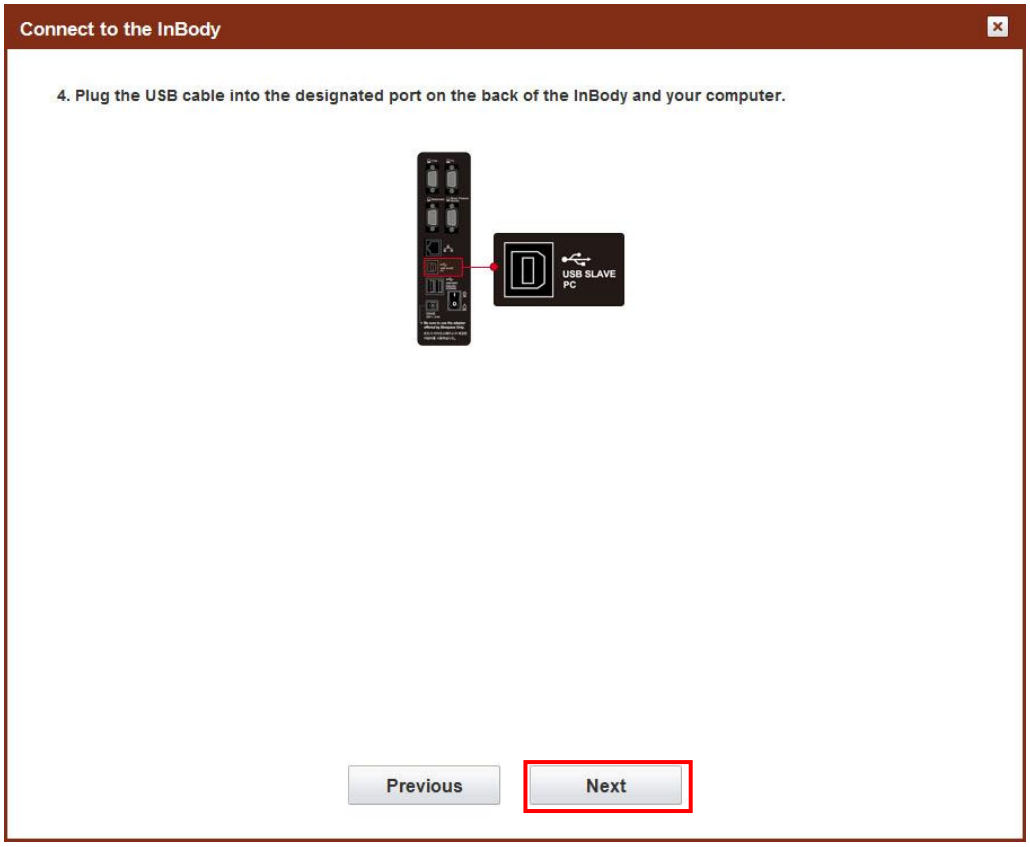
* For more detailed information about connecting the InBody, check the 'V. Appendix' of this manual.



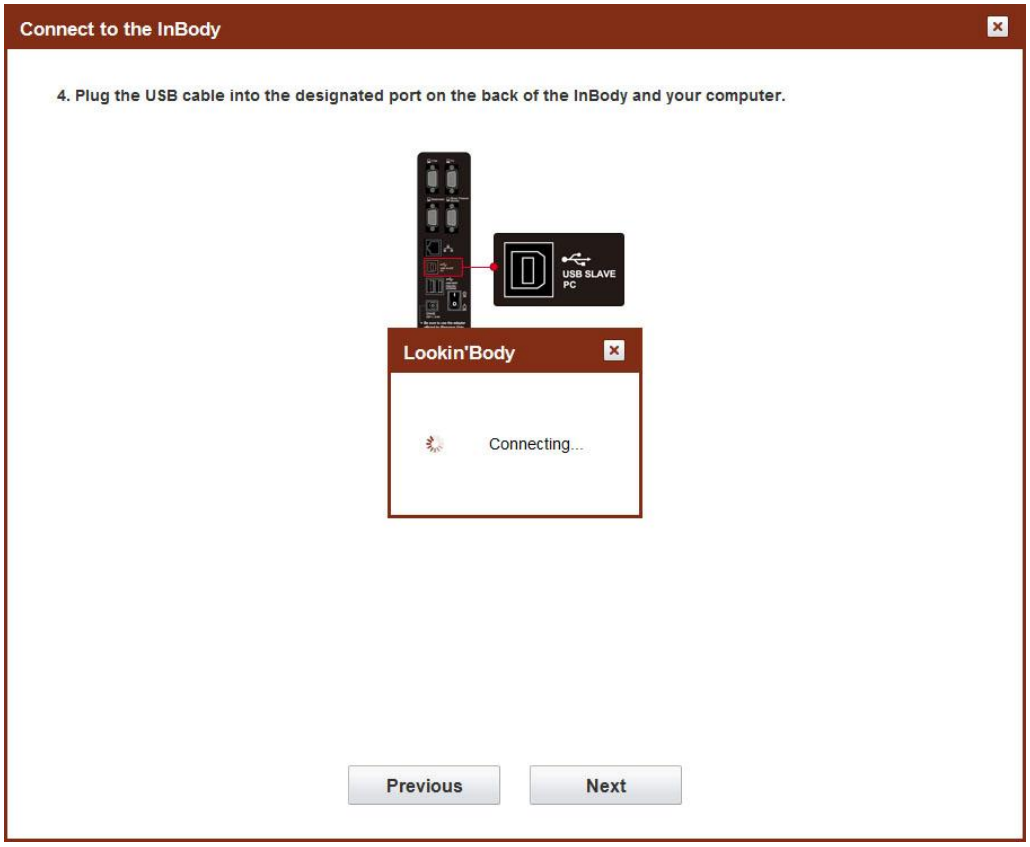
2) Check the list under the instruction #3, then press the [Next] button.



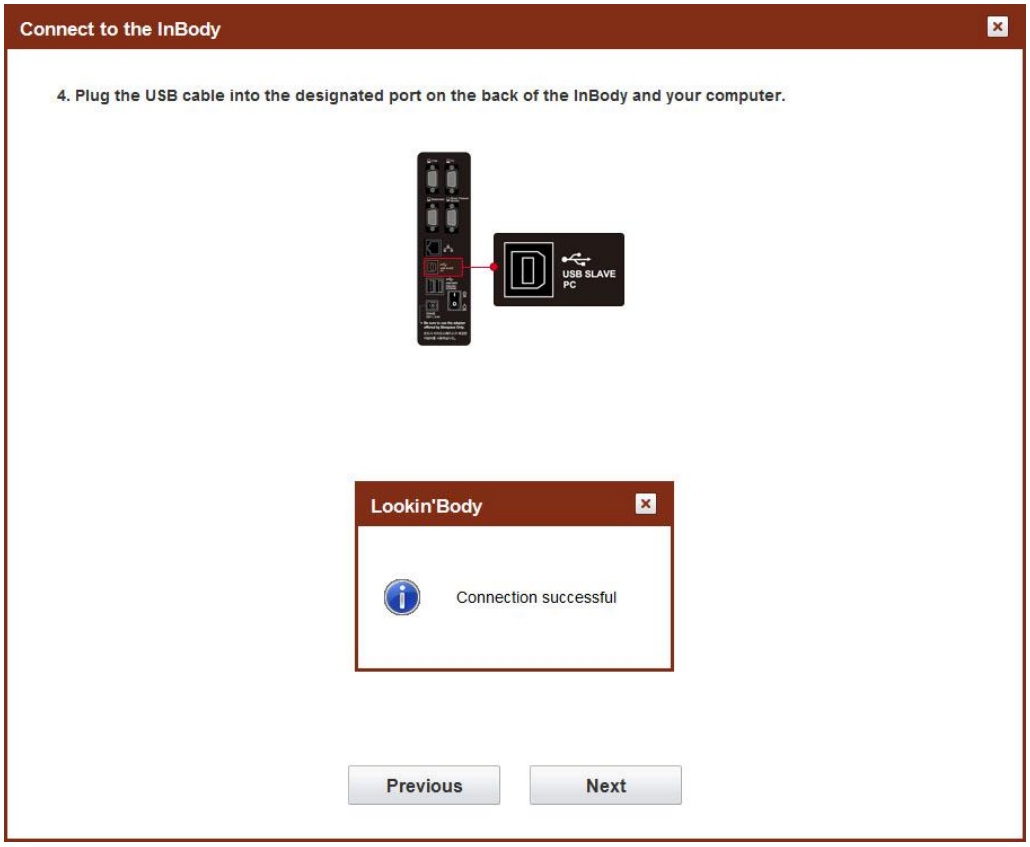
3) Follow the instructions to connect Lookin'Body to an InBody, then press the [Next] button.



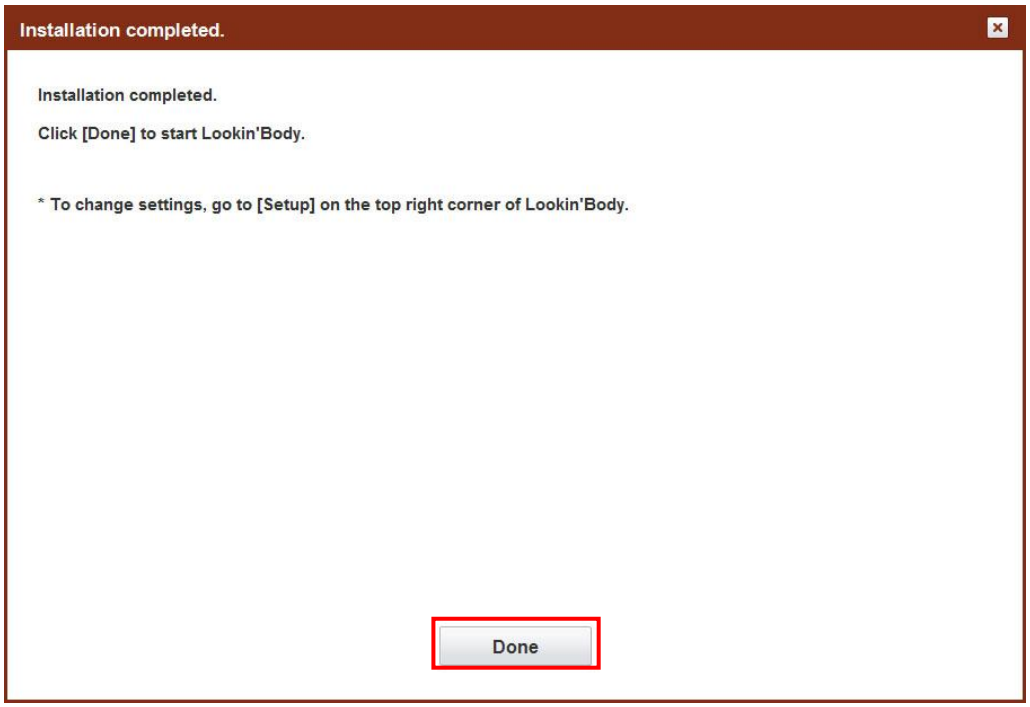
4) A popup window will appear to check the connection with the InBody.



5) When an InBody is connected successfully to Lookin'Body, the popup window below will appear.



6) You have successfully connected an InBody to Lookin'Body. Press the [Done] button to proceed.

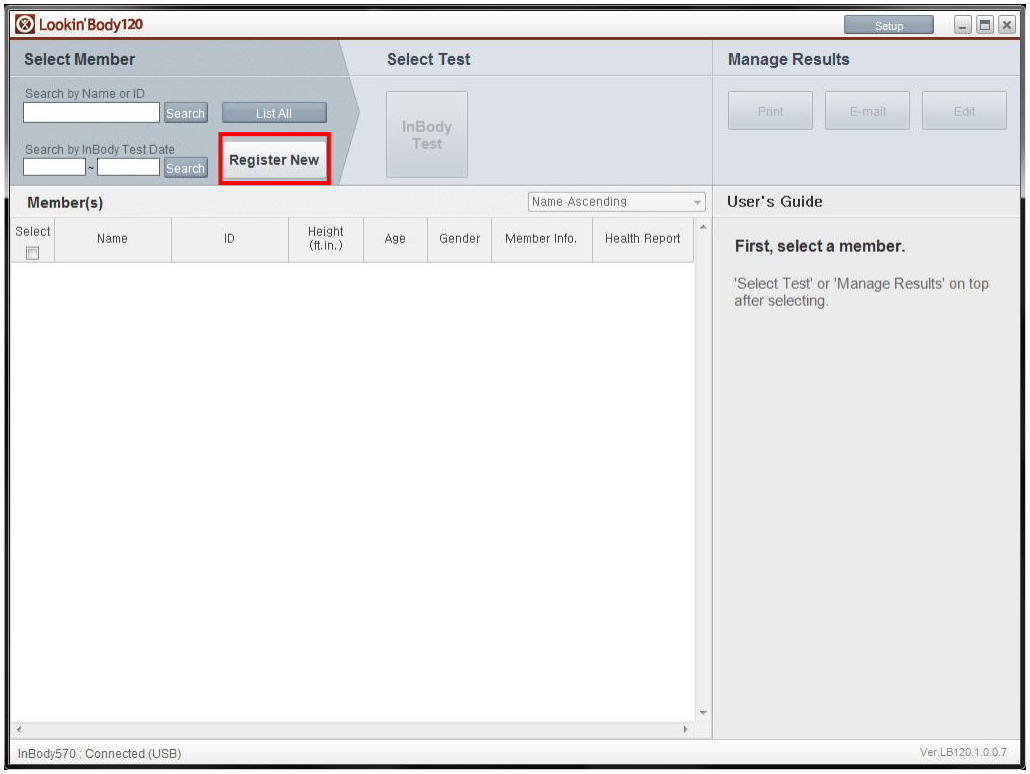


II. Functions

A. Register a New Member

1. Registering a New Member

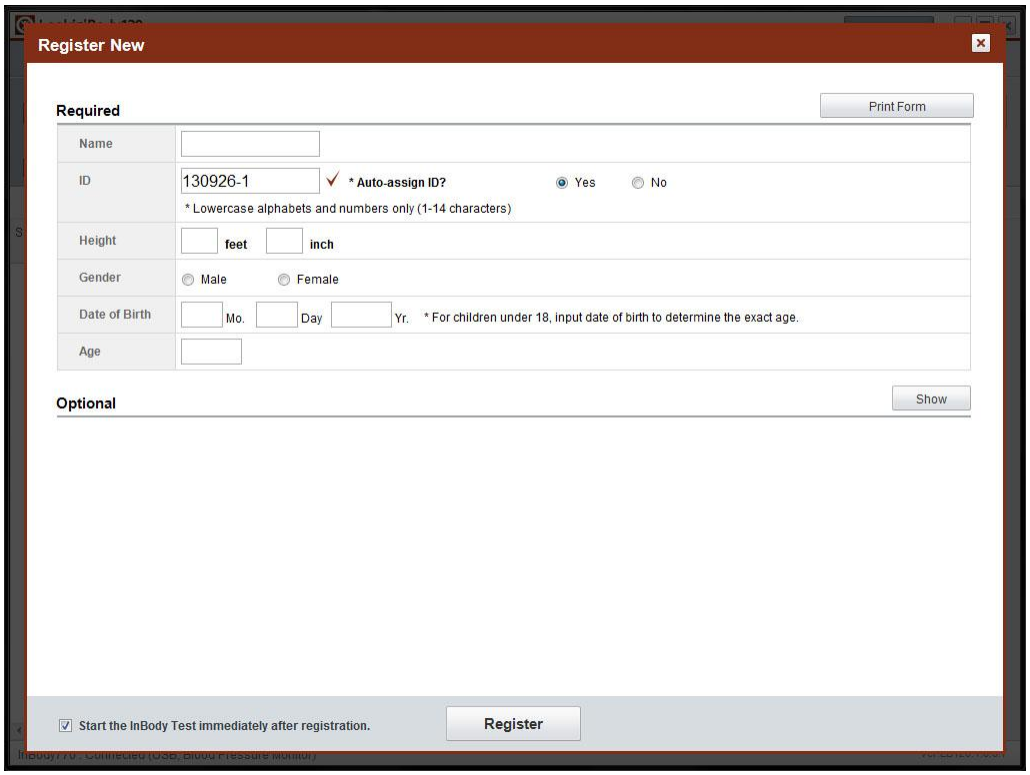
1) Press the [Register New] button on the top menu.



2) Input all the required information to register a new member.

*ID will be automatically assigned if 'Yes' is selected for 'Auto-assign ID'.

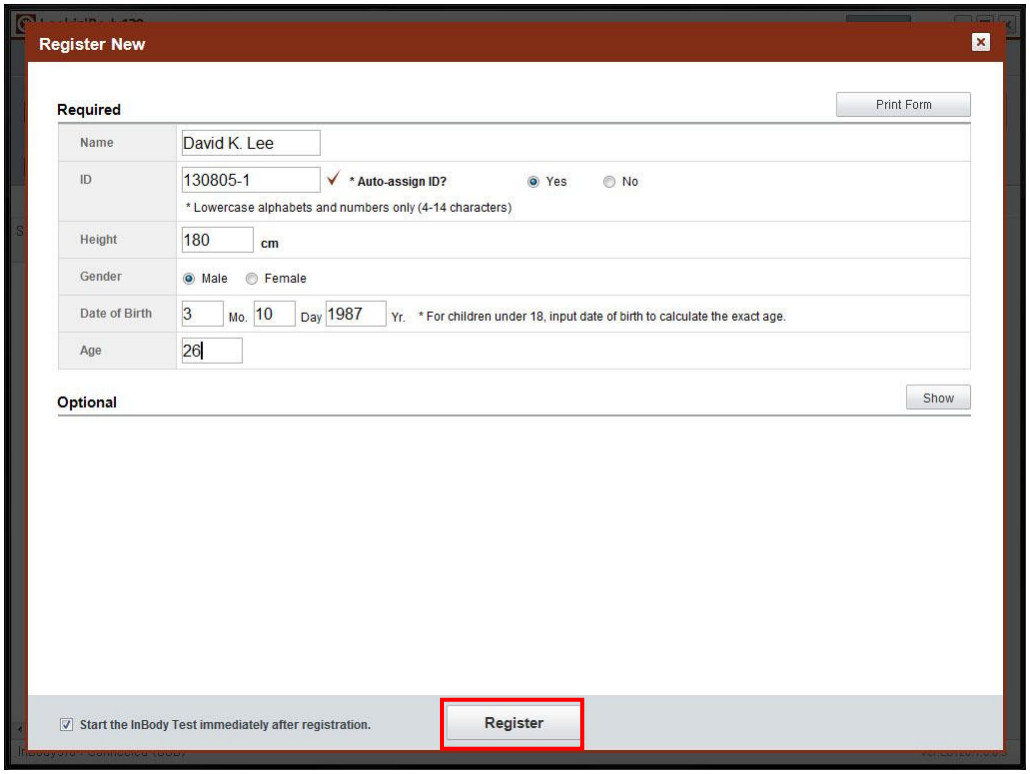
*Optional information is not required to register a new member. To input optional information, press the [Show] button.



3) Press the [Register] button. The member will be registered.

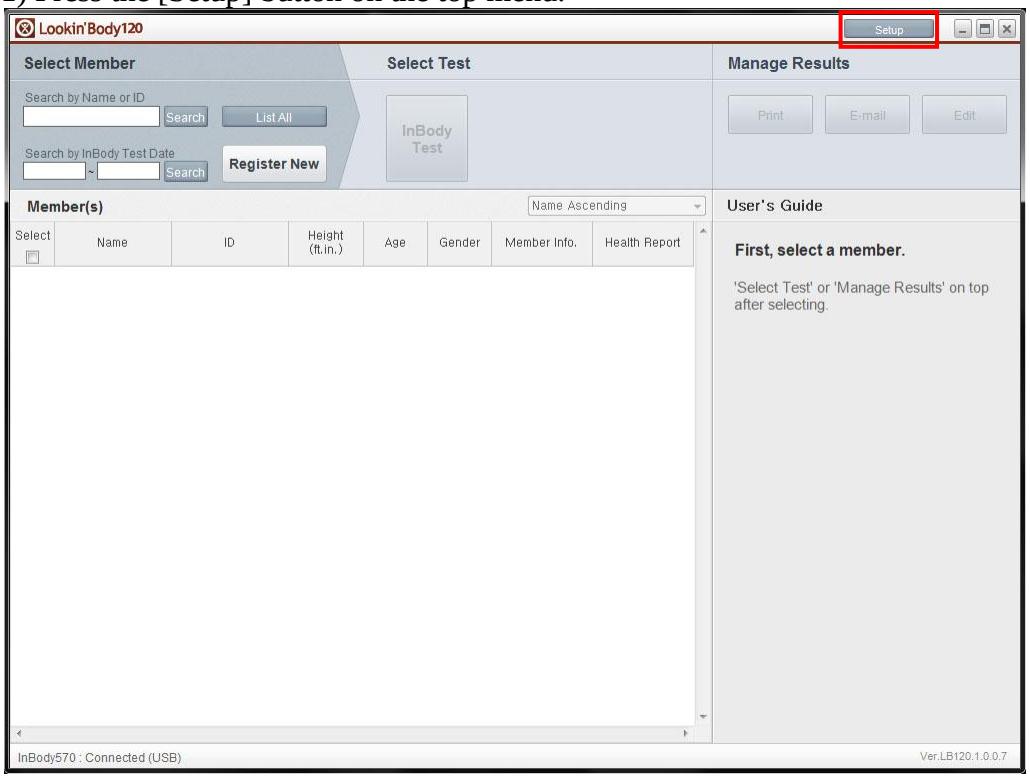
*If 'Start the InBody Test immediately after registration.' on the bottom left is selected, it will directly move to the InBody Test menu after registering a member.

*Press the [Print Form] button to print a registration form that allows members to write down their information.



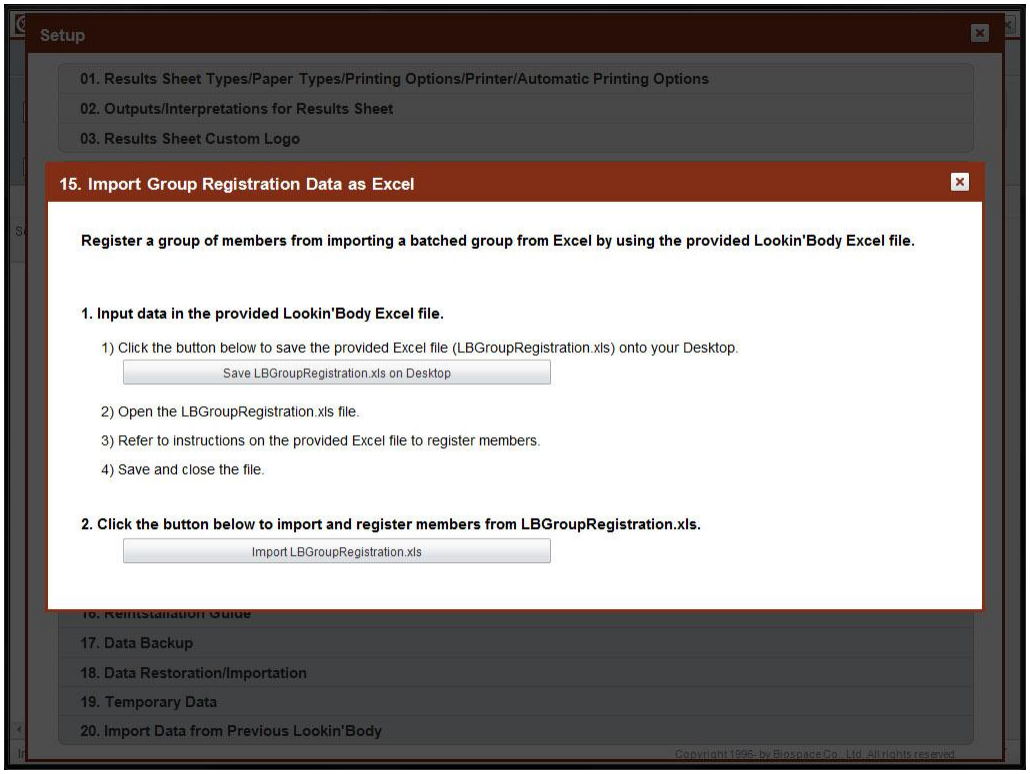
2. Register Multiple Members at Once

1) Press the [Setup] button on the top menu.

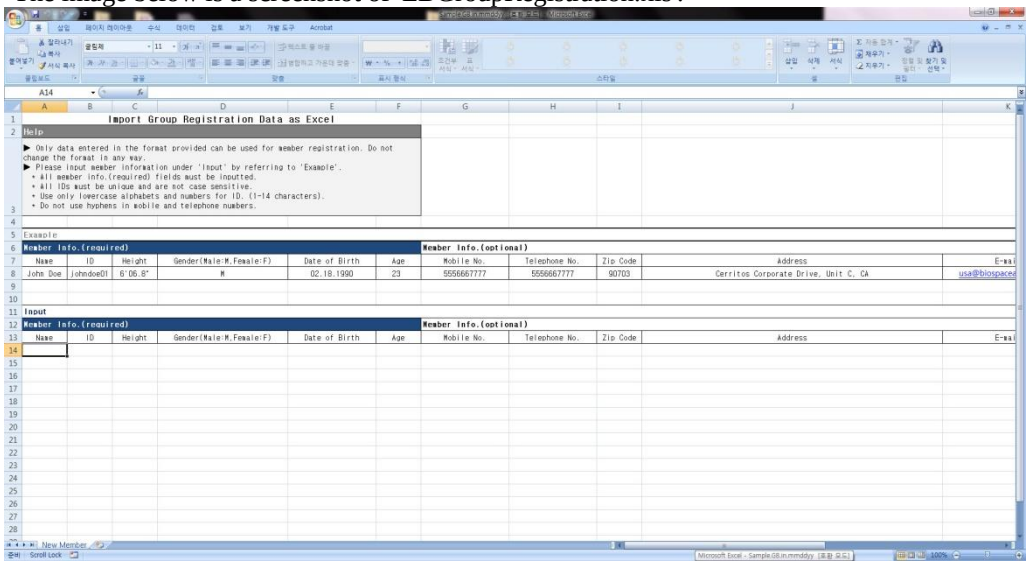


2) Press the [15. Import Group Registration Data as Excel] button.

3) Follow the instructions and enter data into the 'LBGroupRegistration.xls' Excel file.

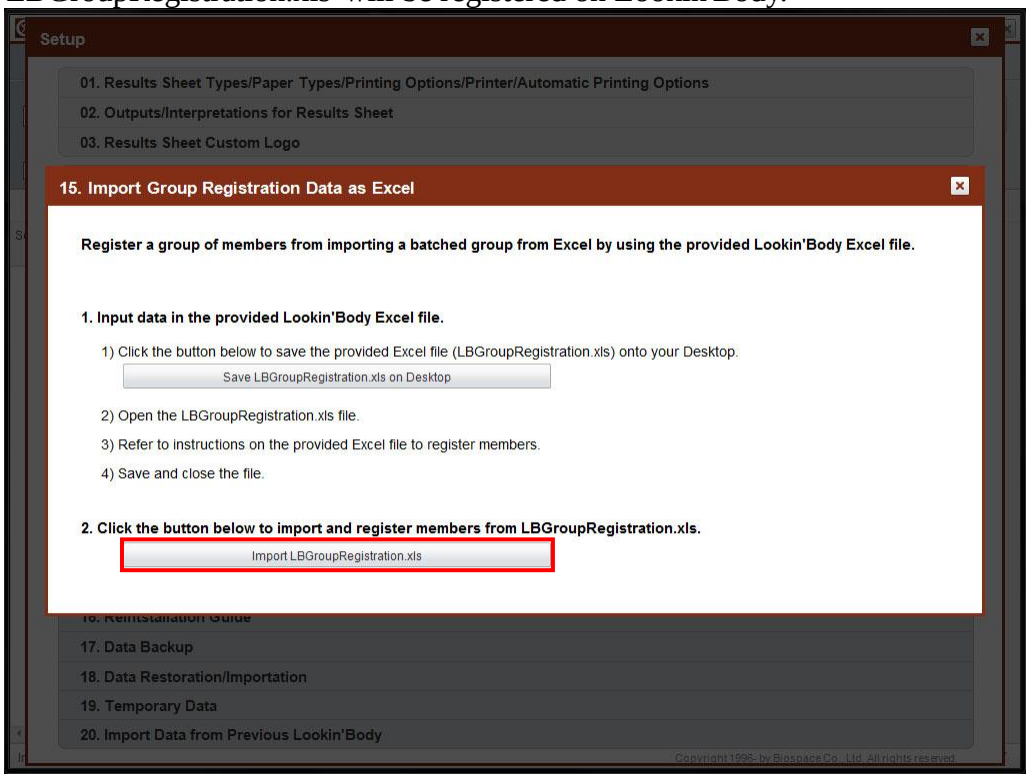


*The image below is a screenshot of 'LBGroupRegistration.xls'.

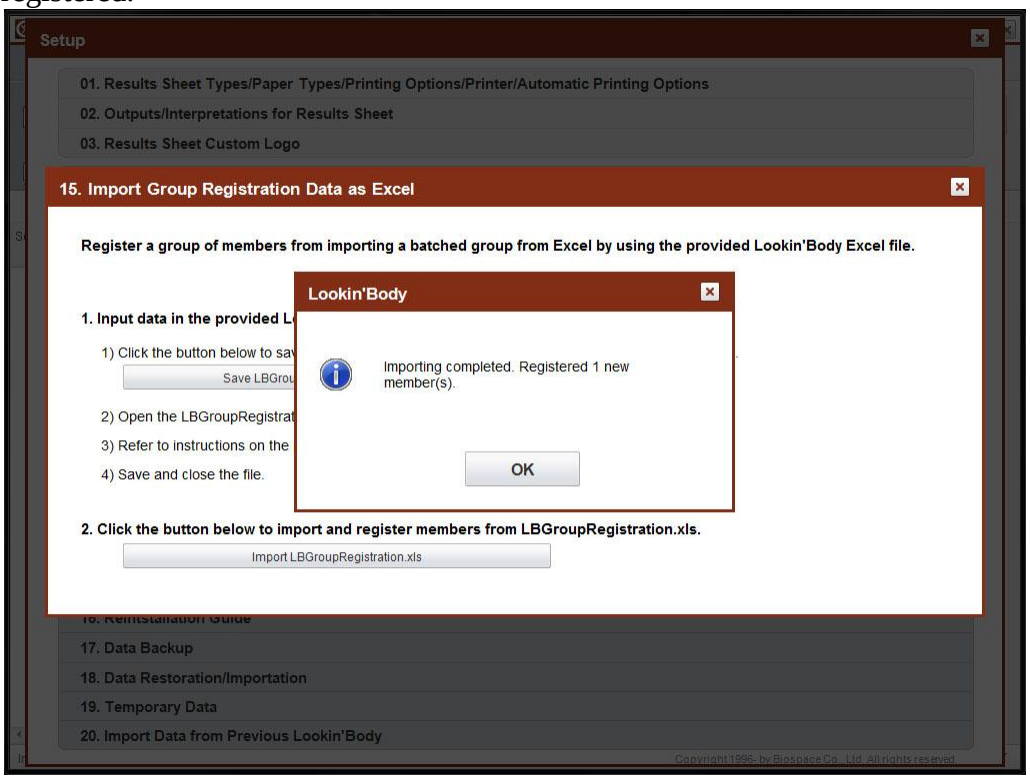


*Lookin'Body120 supports Microsoft Excel 2003 to 2013. 'LBGroupRegistration.xls' may not be compatible with other versions of Excel.

4) Press the [Import LBGroupRegistration.xls] button. Members on 'LBGroupRegistration.xls' will be registered on Lookin'Body.



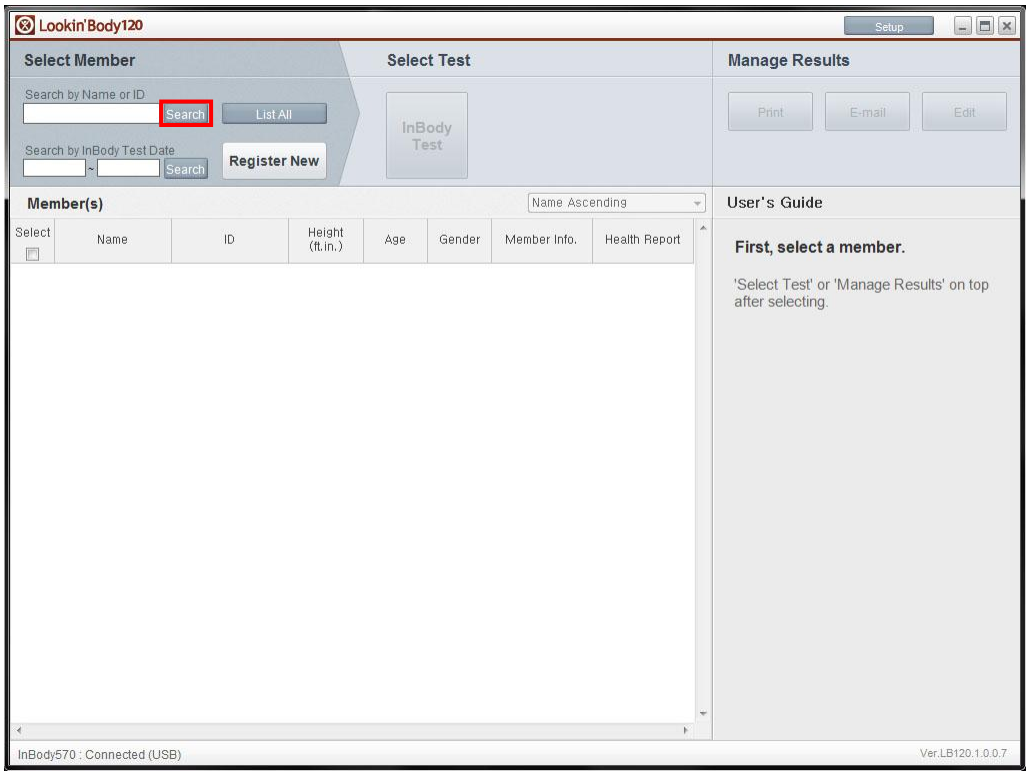
5) The popup window below will appear when all the members are successfully registered.



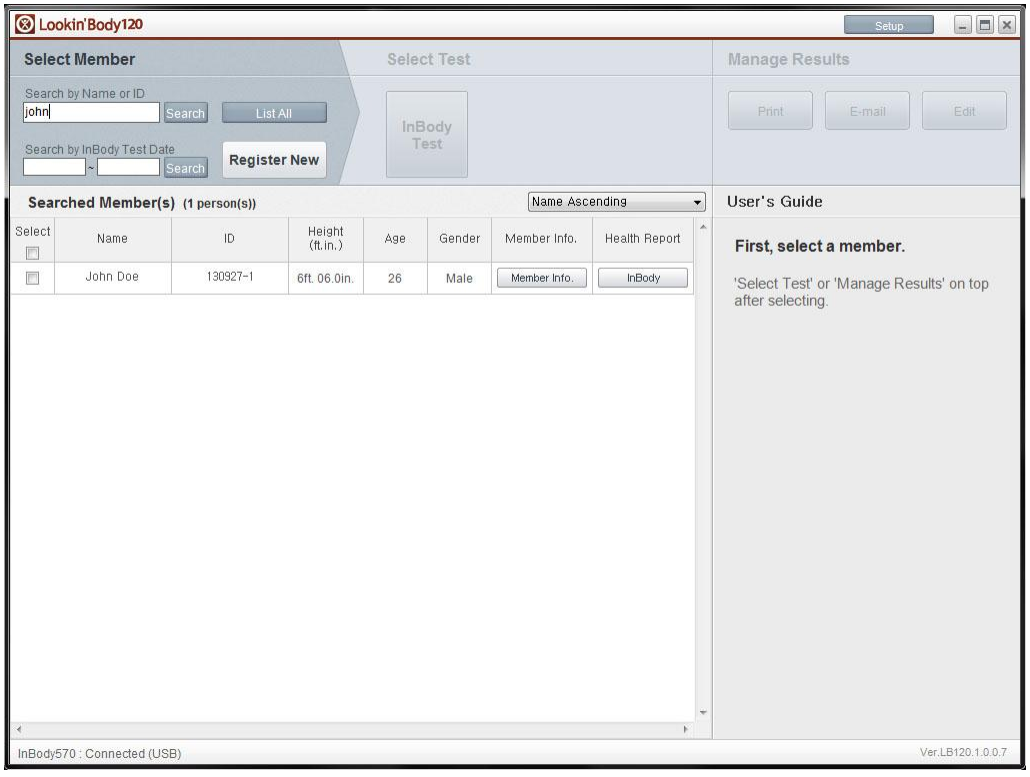
B. Select Member

1. Search by Name or ID

1) Input the name or ID of the member you wish to find. Then press the [Search] button.

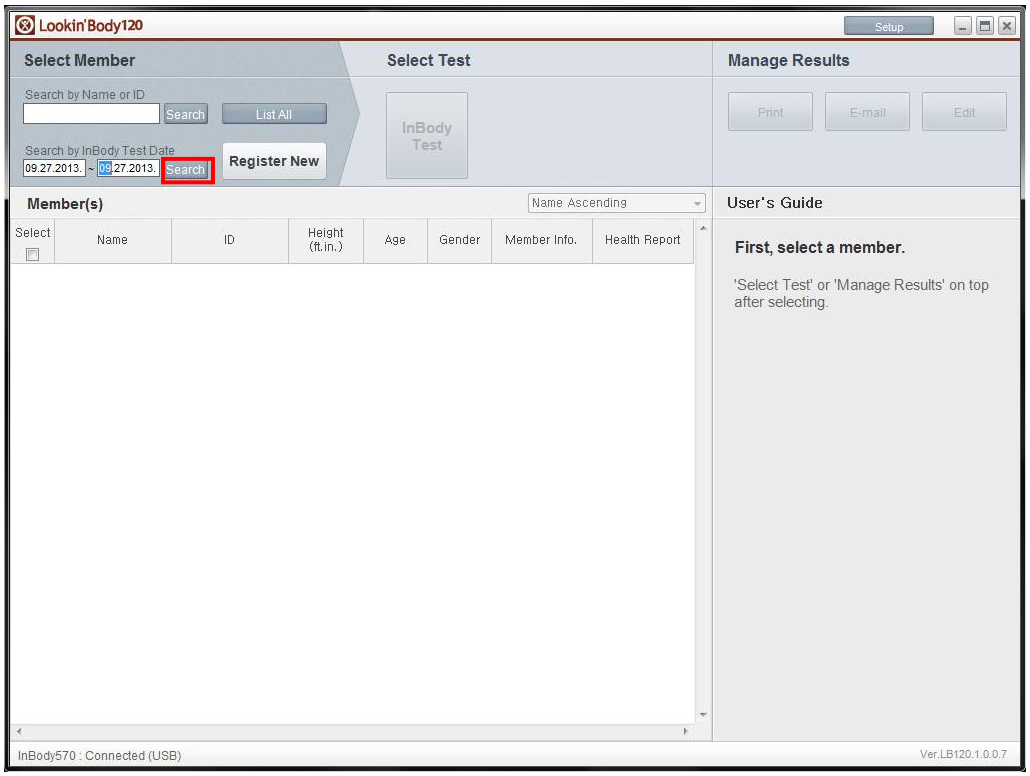


2) Searched members will appear below. Press the checkbox on the left to select specific members. Selected members will be highlighted.

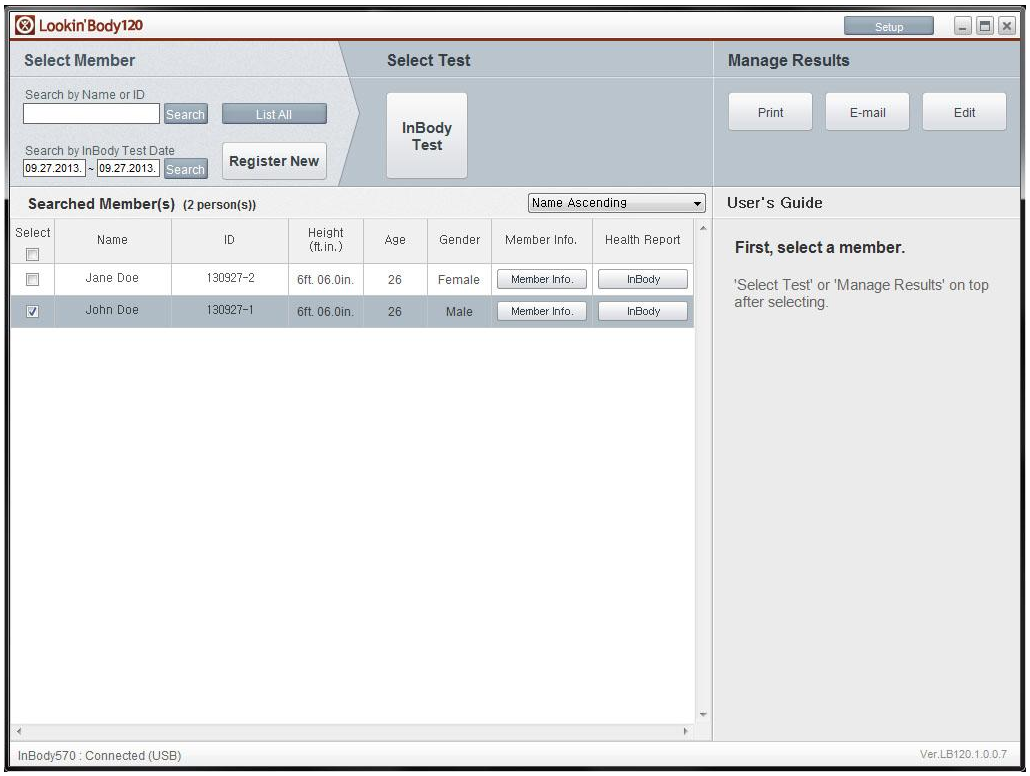


2. Search by InBody Test Date

1) Click the search box. Today's date will appear. Click the date to modify as needed then press the [Search] button.

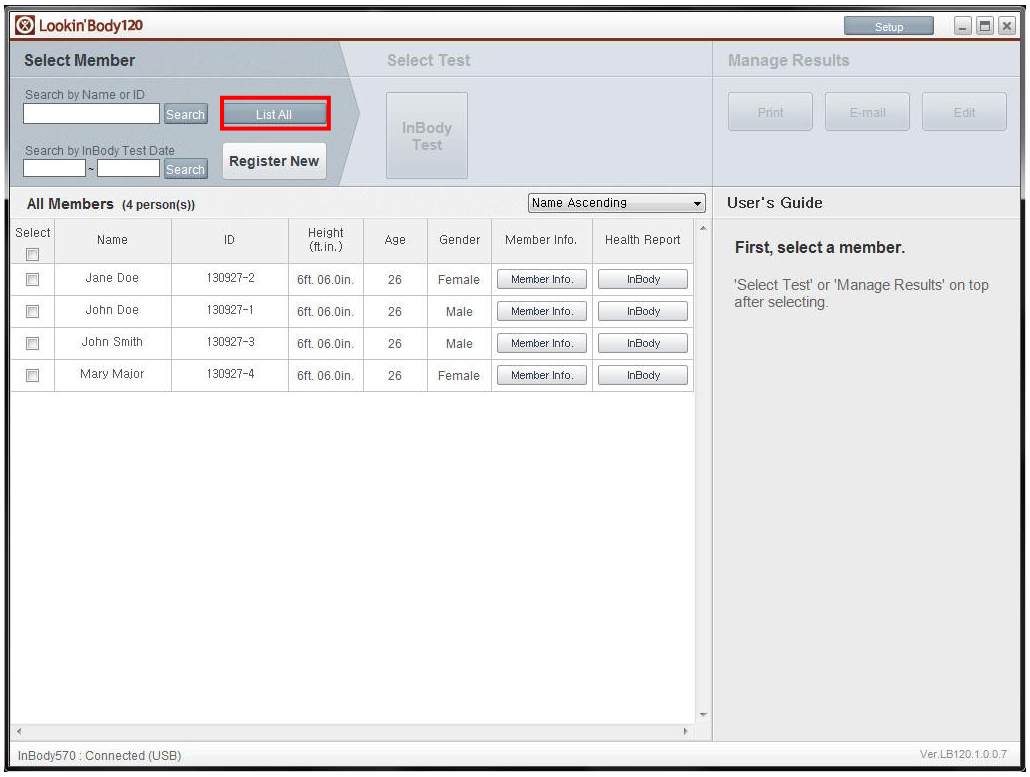


2) Members who took the InBody Test on the specified date or during the searched period of time will appear below. Press the checkbox on the left to select specific members. Selected members will be highlighted.

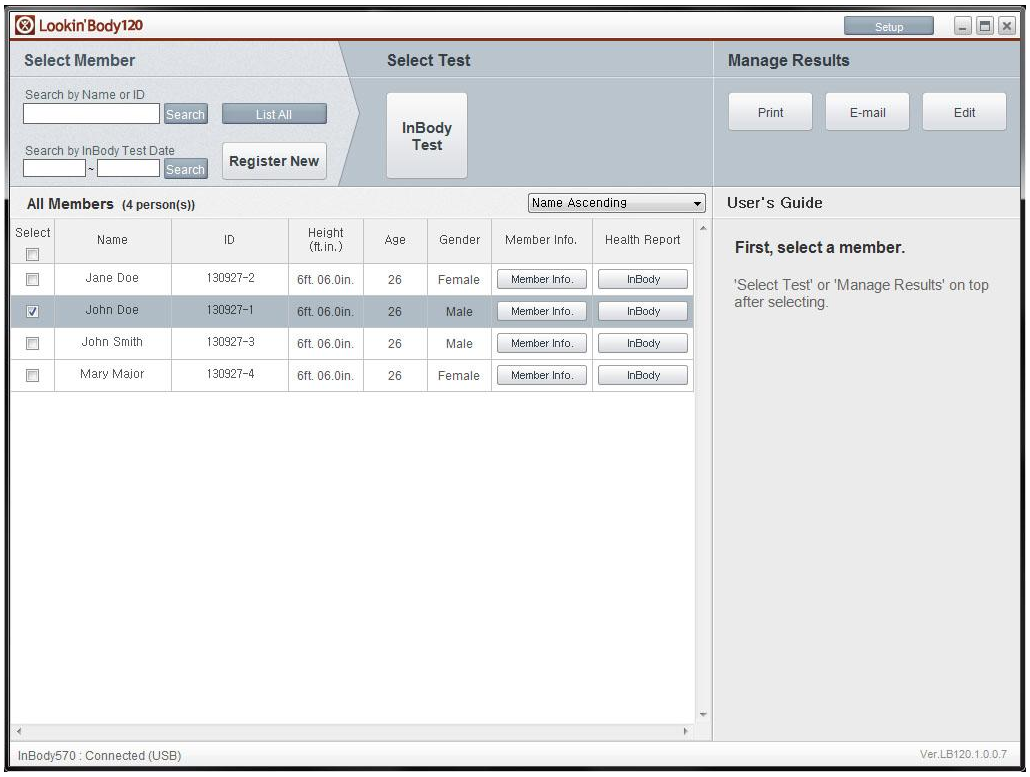


3. Search with [View All] Button

1) Press the [View All] button on the top menu. All registered members on Lookin'Body120 will appear below.



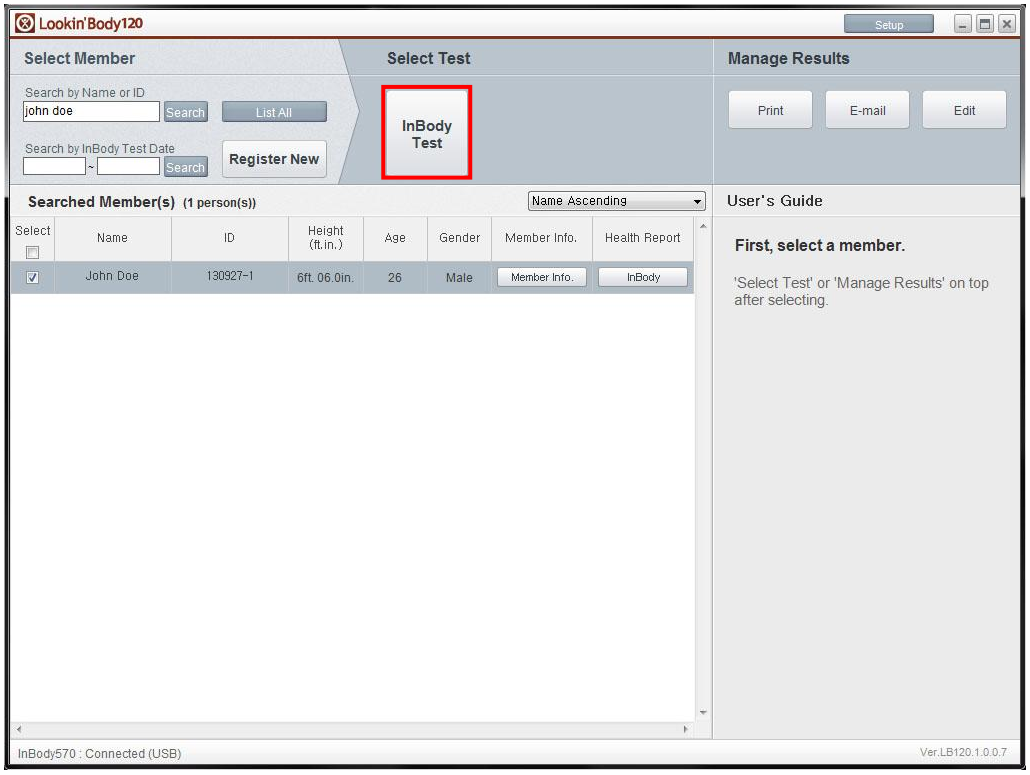
2) Press the checkbox on the left to select specific members. Selected members will be highlighted.



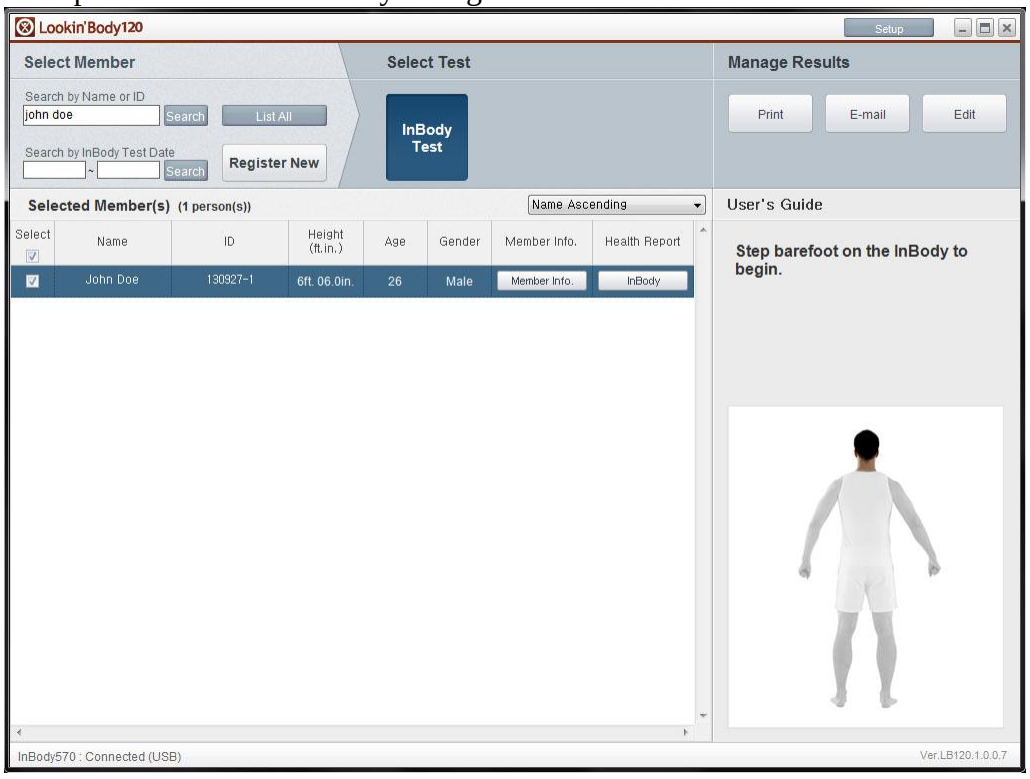
C. InBody Test

1. Test by Selecting a Specific Member

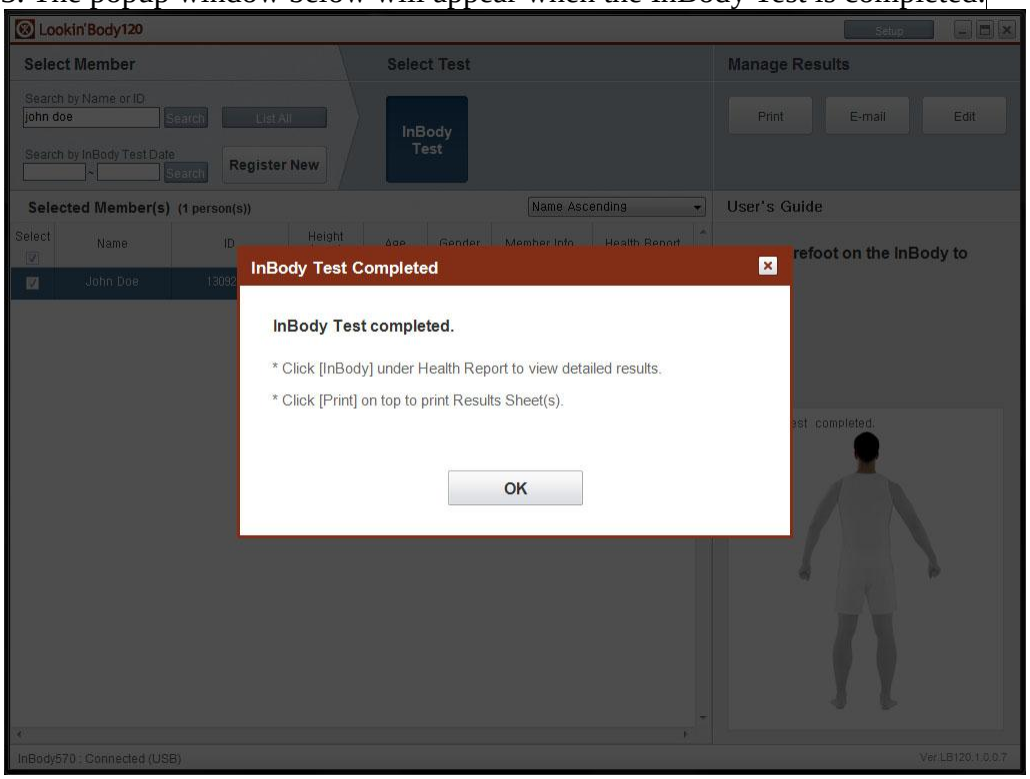
1) Select a member, then press the [InBody] button to begin an InBody test.



2. Step barefoot on the InBody to begin.

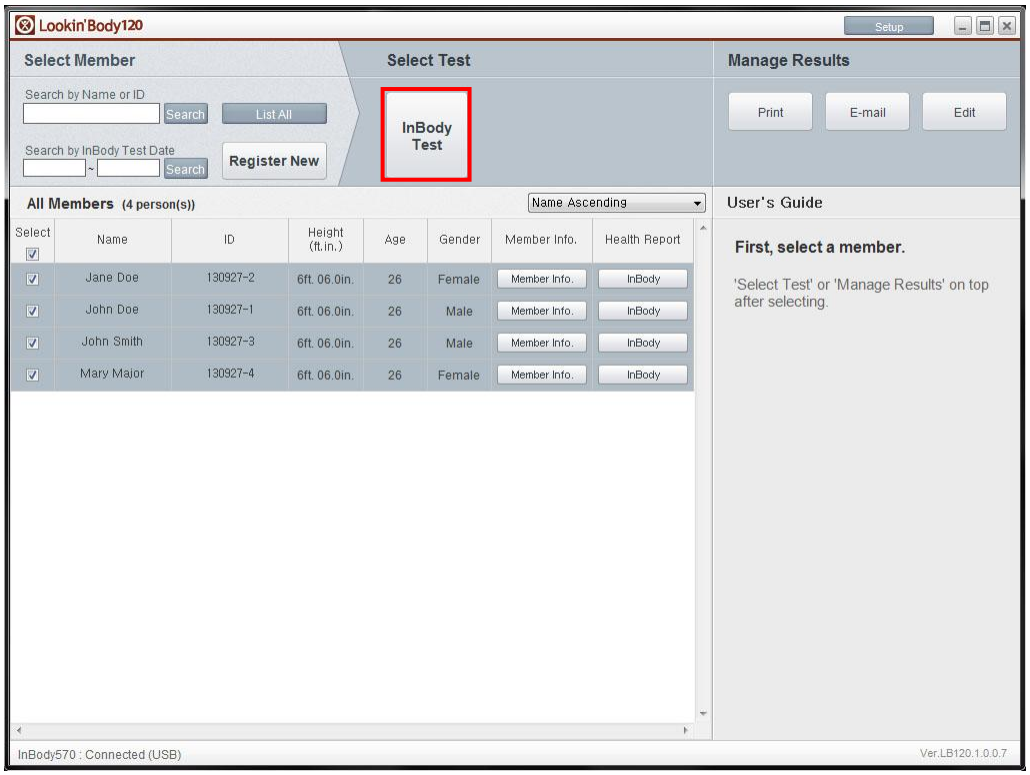


3. The popup window below will appear when the InBody Test is completed.



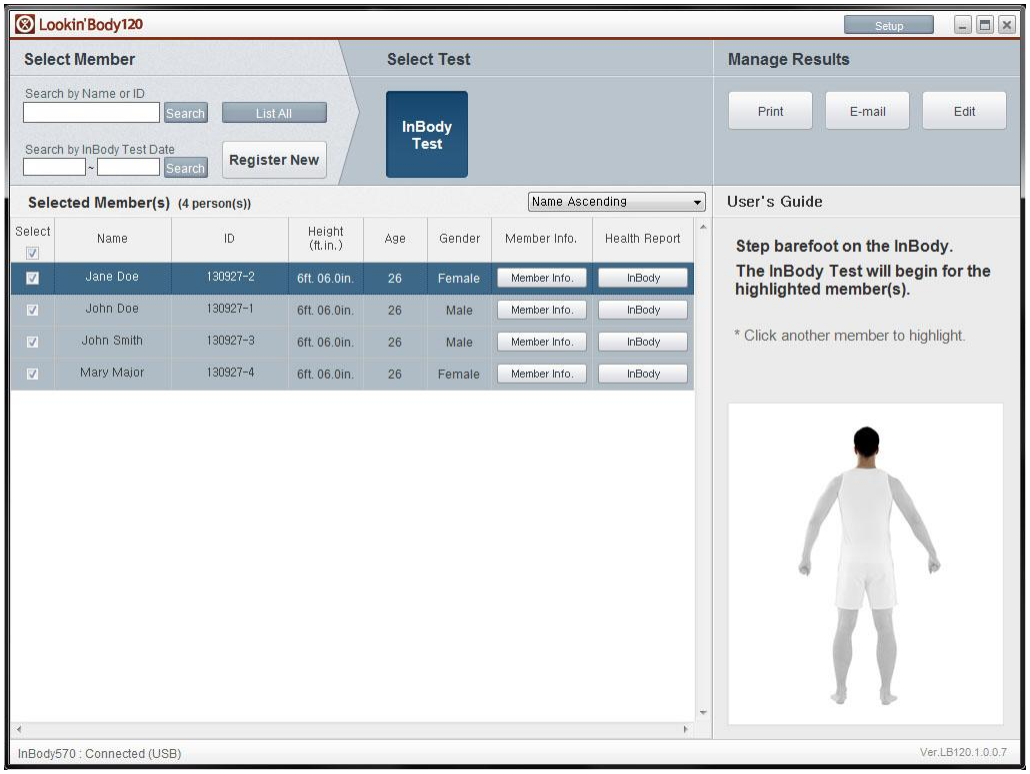
2. Select Multiple Members to Test

1) Select members, then press the [InBody] button.

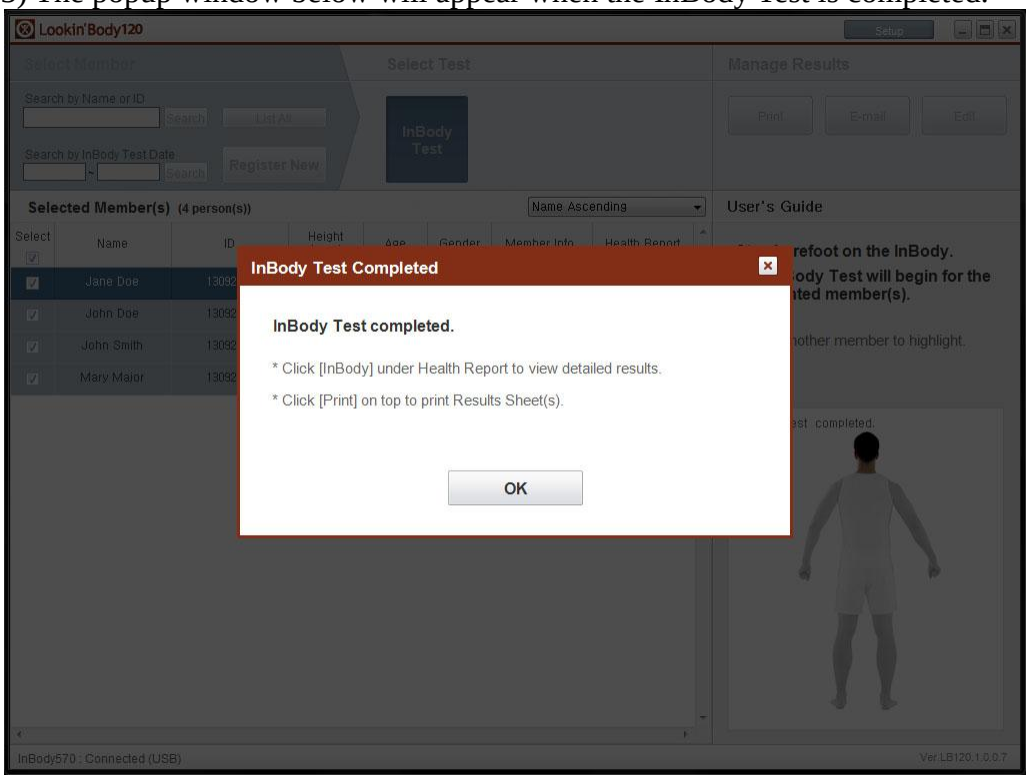


2) Step barefoot on the InBody. The highlighted member's InBody Test will begin.

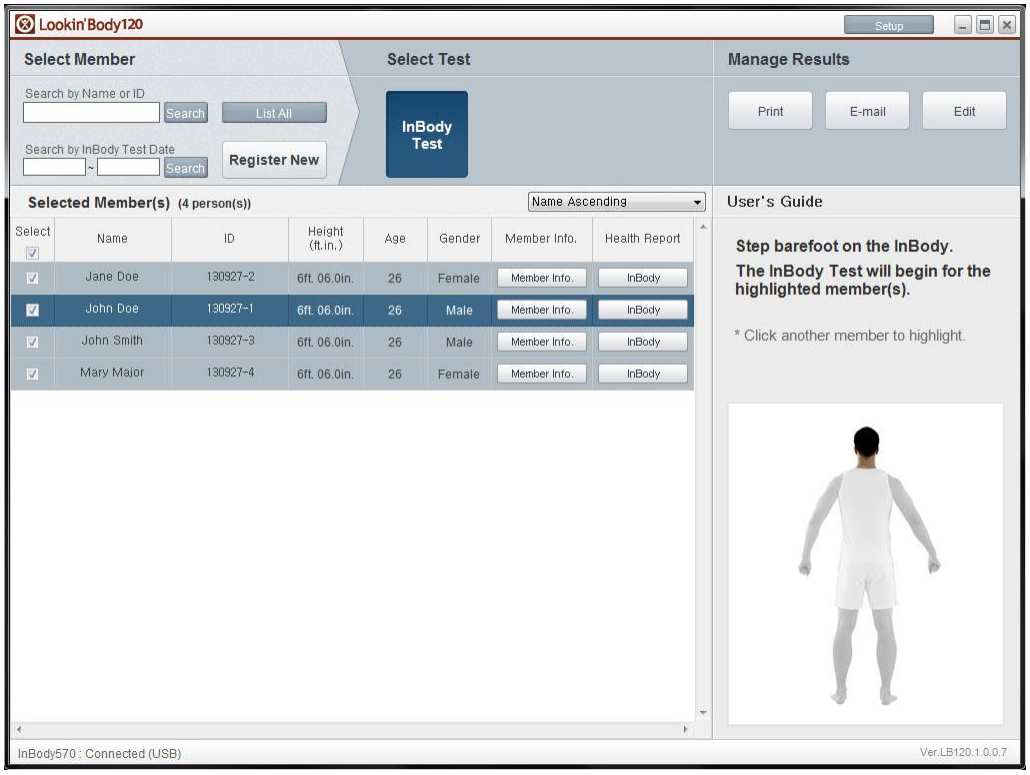
*To test another member, click the member on the list to highlight.



3) The popup window below will appear when the InBody Test is completed.

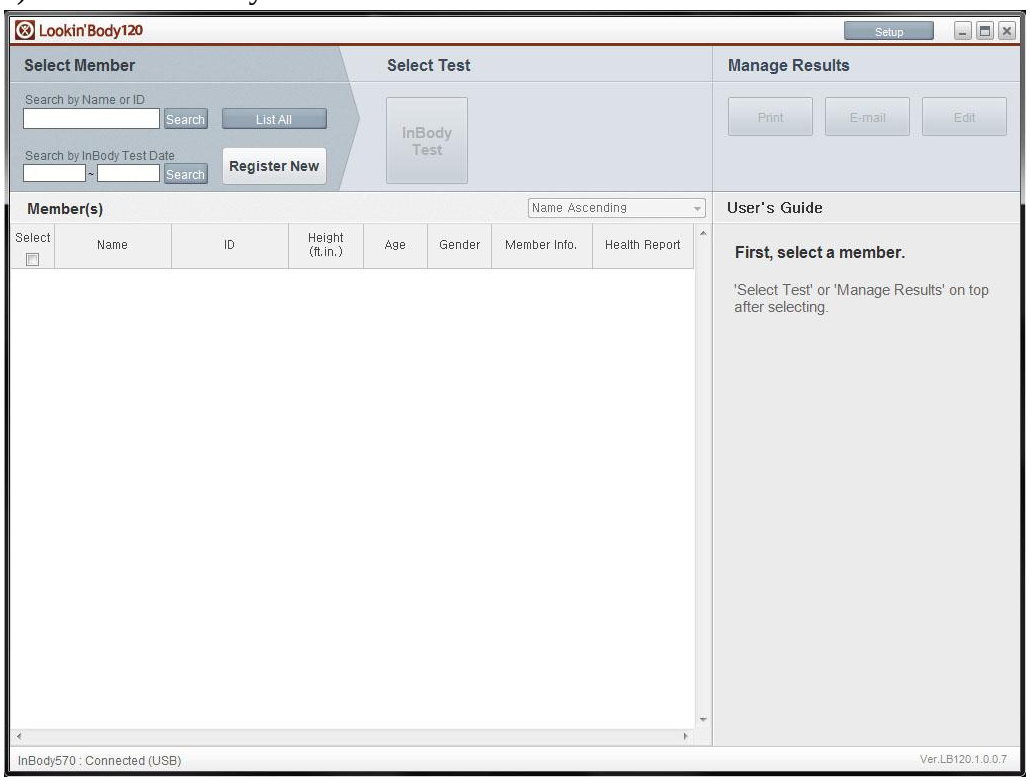


4) Click another member to test. Continue steps 2-3 to test remaining members.

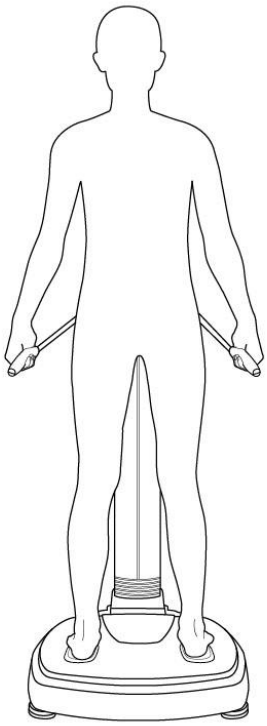


3. Test without Selecting a Member

1) Run Lookin'Body120.

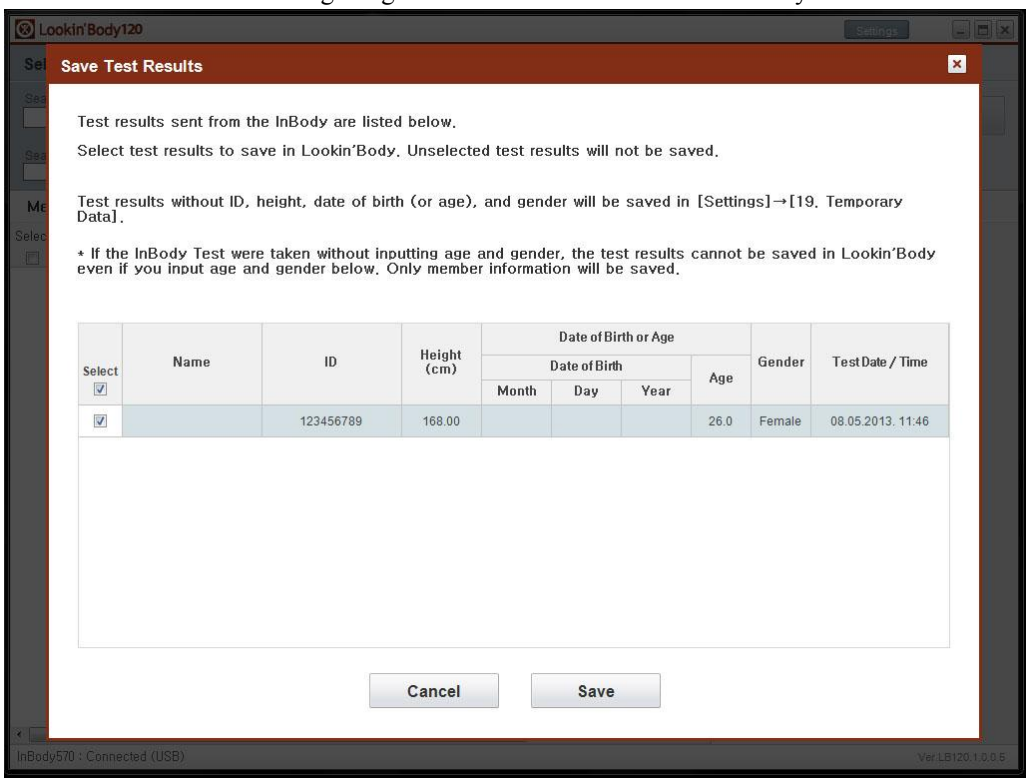


2) Test on the InBody.



3) When the InBody Test is completed, the popup window will appear on Lookin'Body. Enter all required information, then press the [Save] button. The InBody Test results will be saved.

*Tests in Self Mode without age or gender cannot be saved in Lookin'Body.

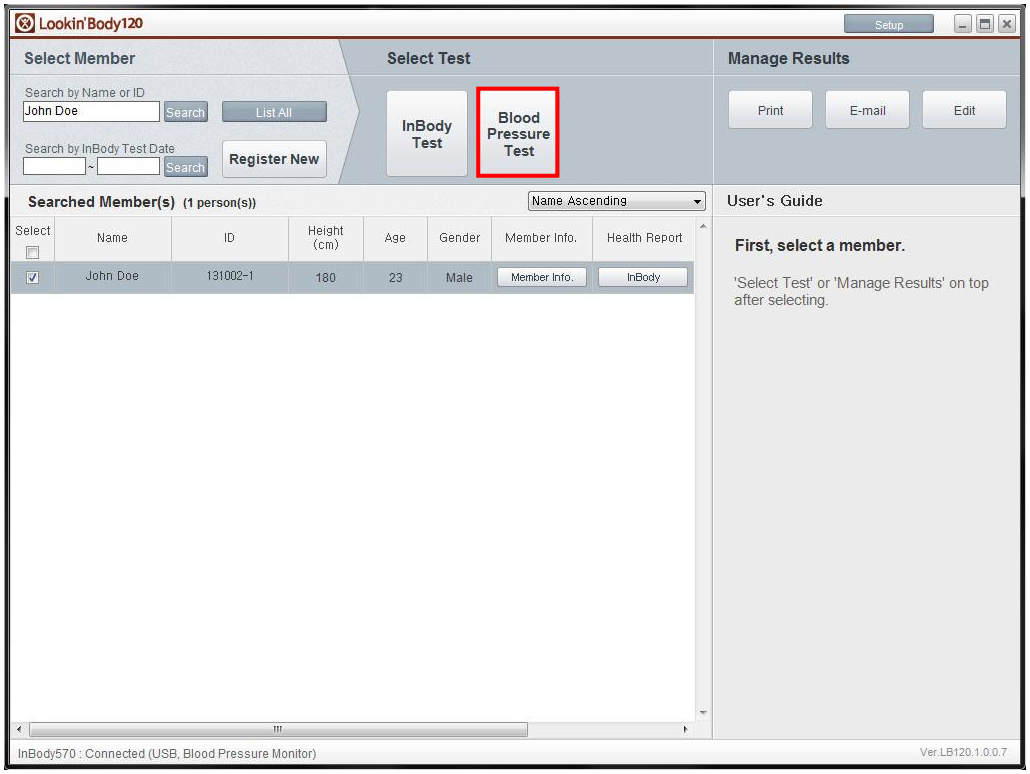


D. Blood Pressure Test

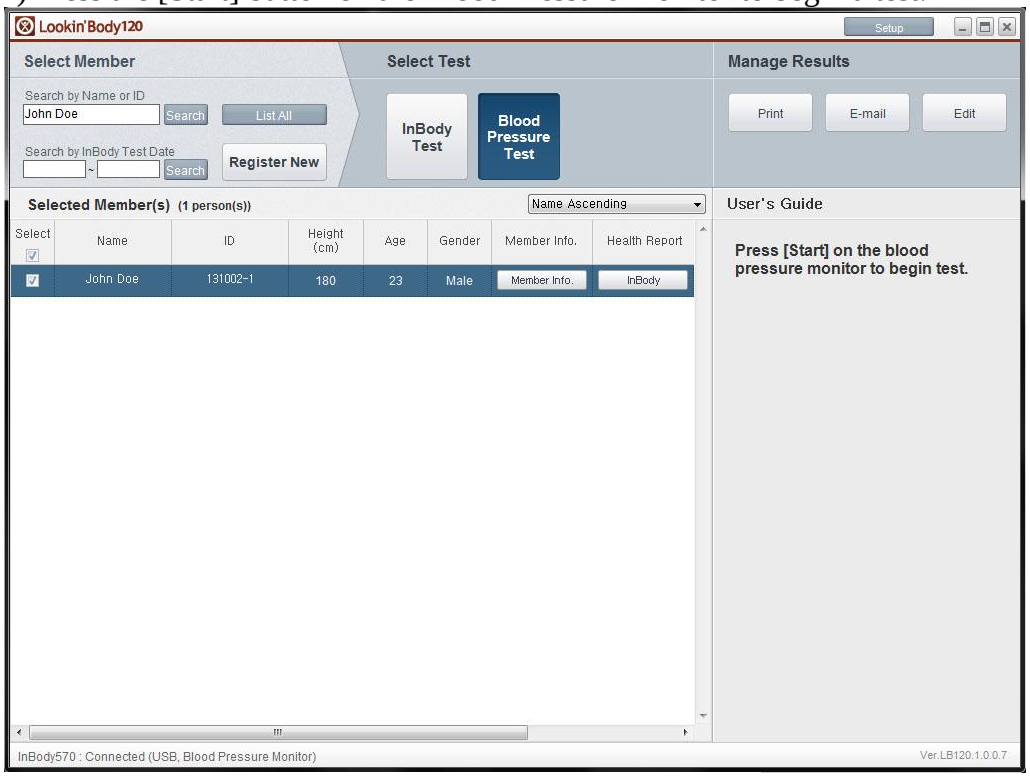
*The [Blood Pressure Test] button only appears when the Blood Pressure Monitor is connected to the InBody and the InBody is connected to Lookin'Body.
*Always connect a Blood Pressure Monitor from BIOSPACE.

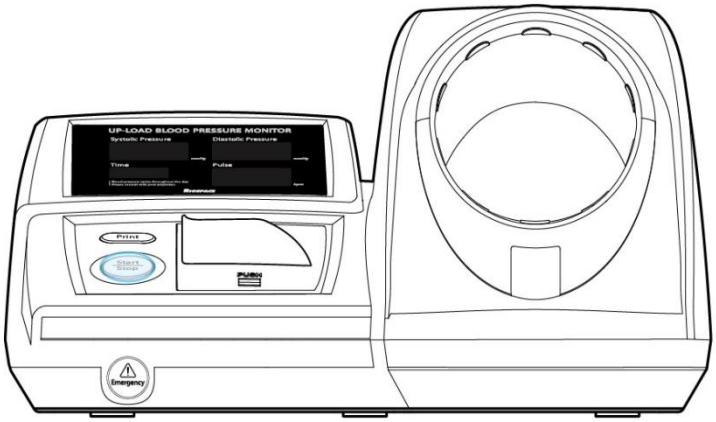
1. Test by Selecting a Specific Member

1) Select a member, then press [Blood Pressure Test] button.

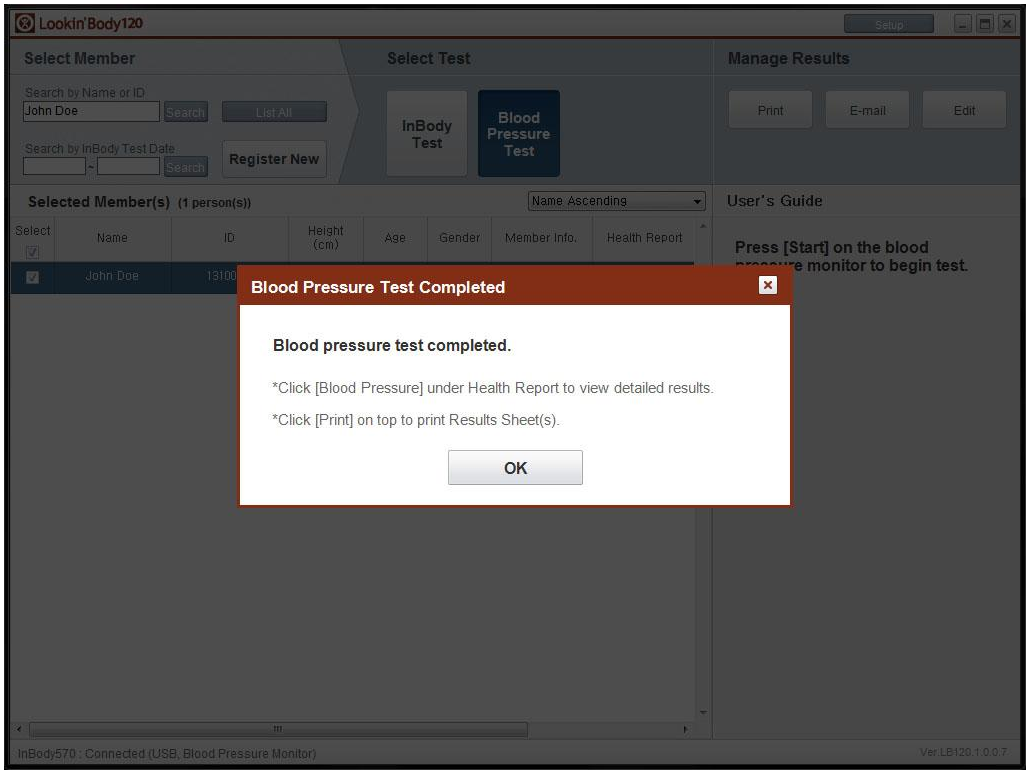


2) Press the [Start] button on the Blood Pressure Monitor to begin a test.



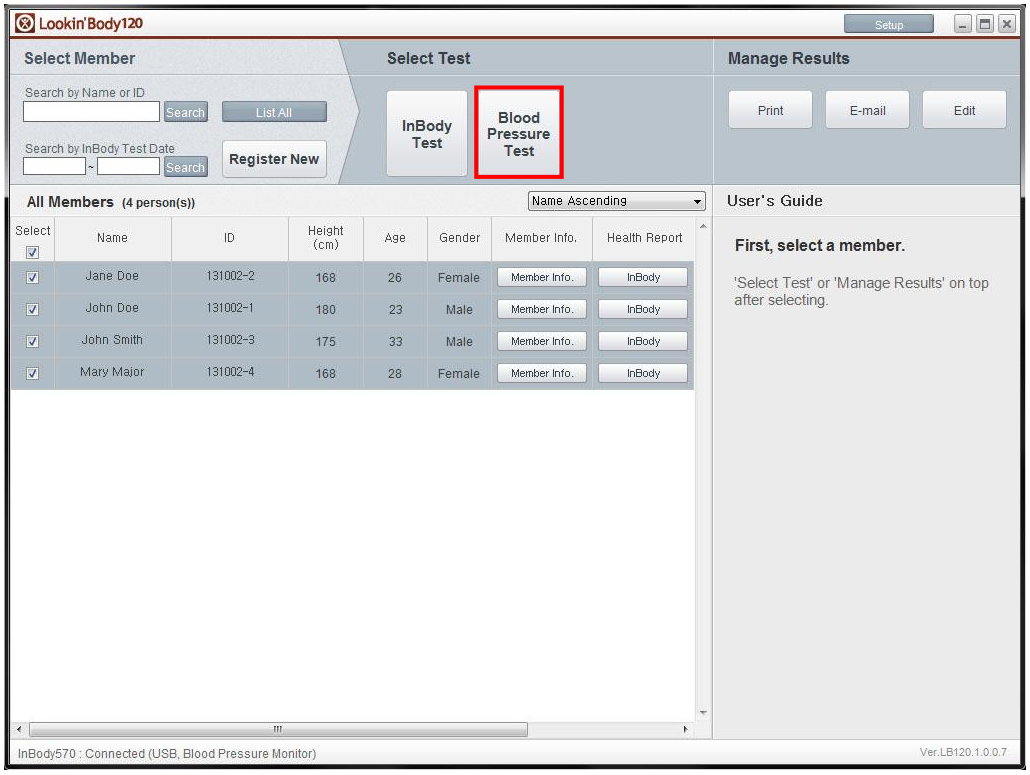


3. The popup window below will appear when the Blood Pressure Test is completed.



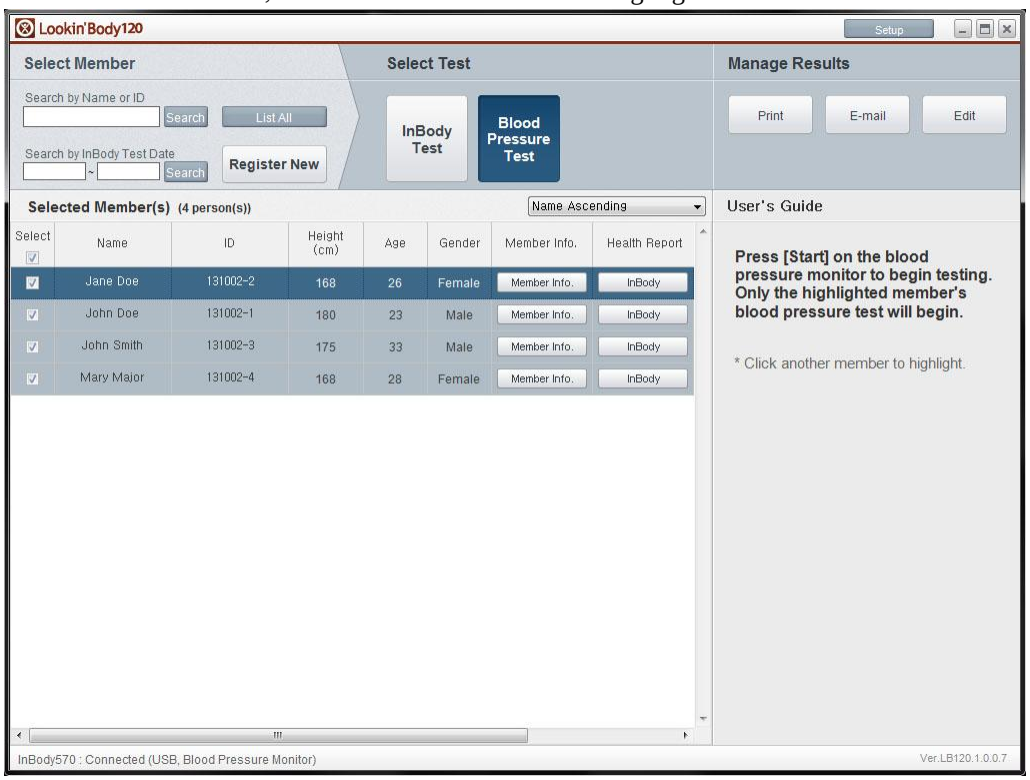
2. Select Multiple Members to Test

1) Select members, then press the [Blood Pressure Test] button.

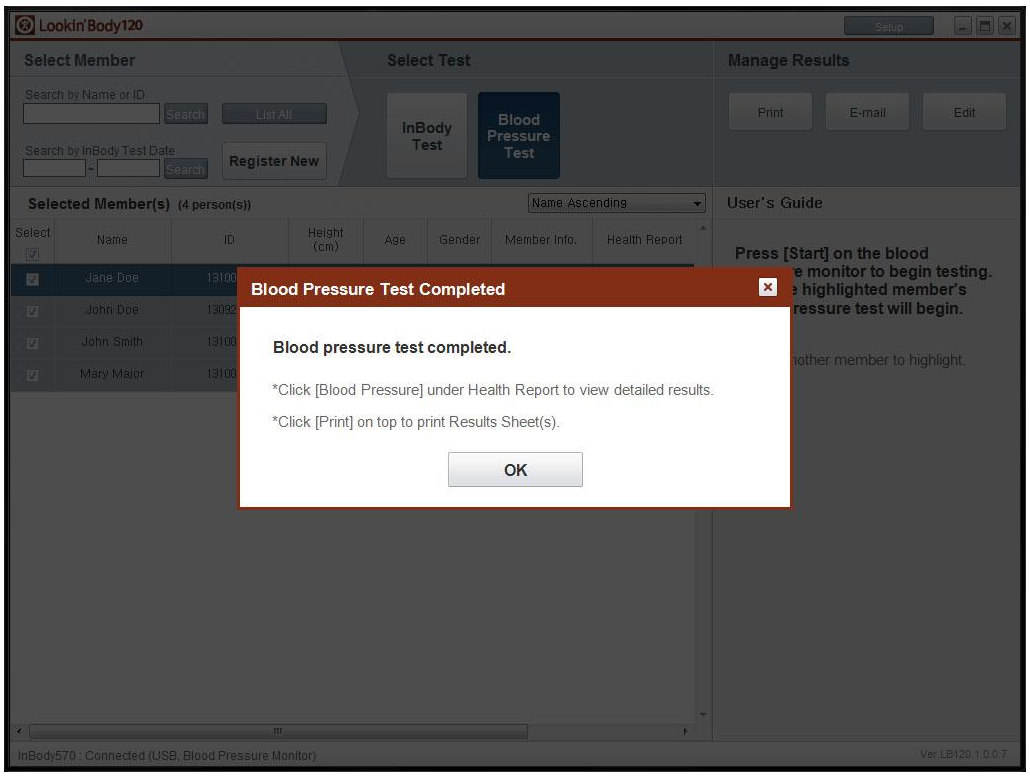


2) Press the [Start] button on the Blood Pressure Monitor. The highlighted member's Blood Pressure Test will begin.

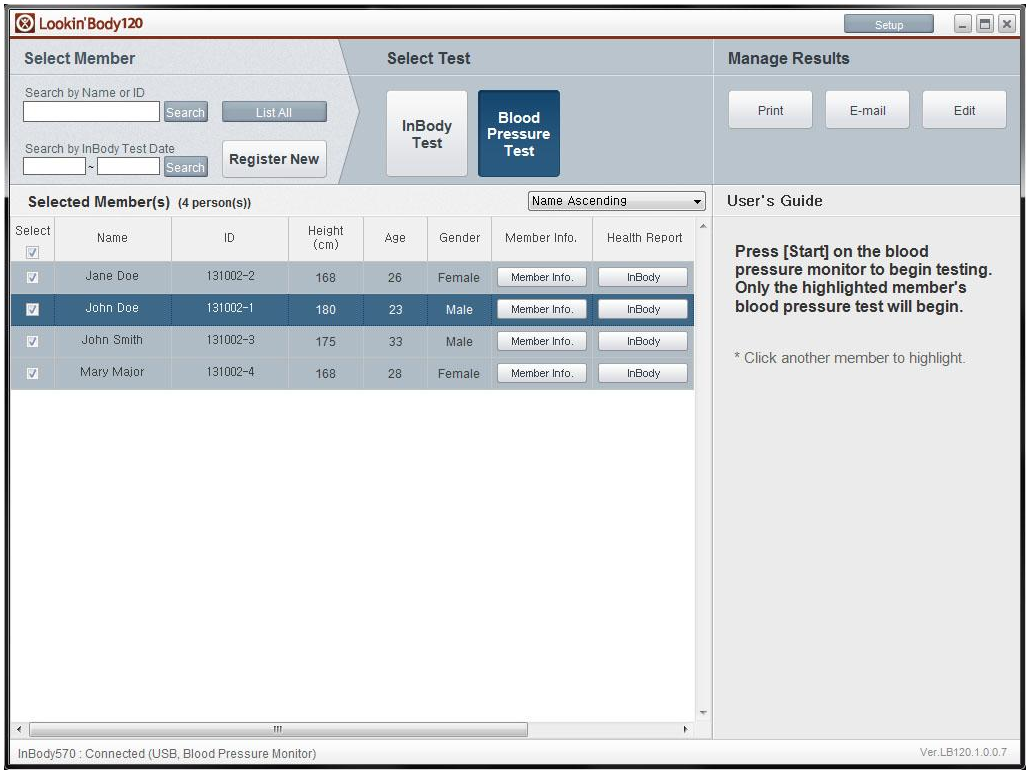
*To test another member, click the member on the list to highlight.



3) The popup window below will appear when the Blood Pressure Test is completed.



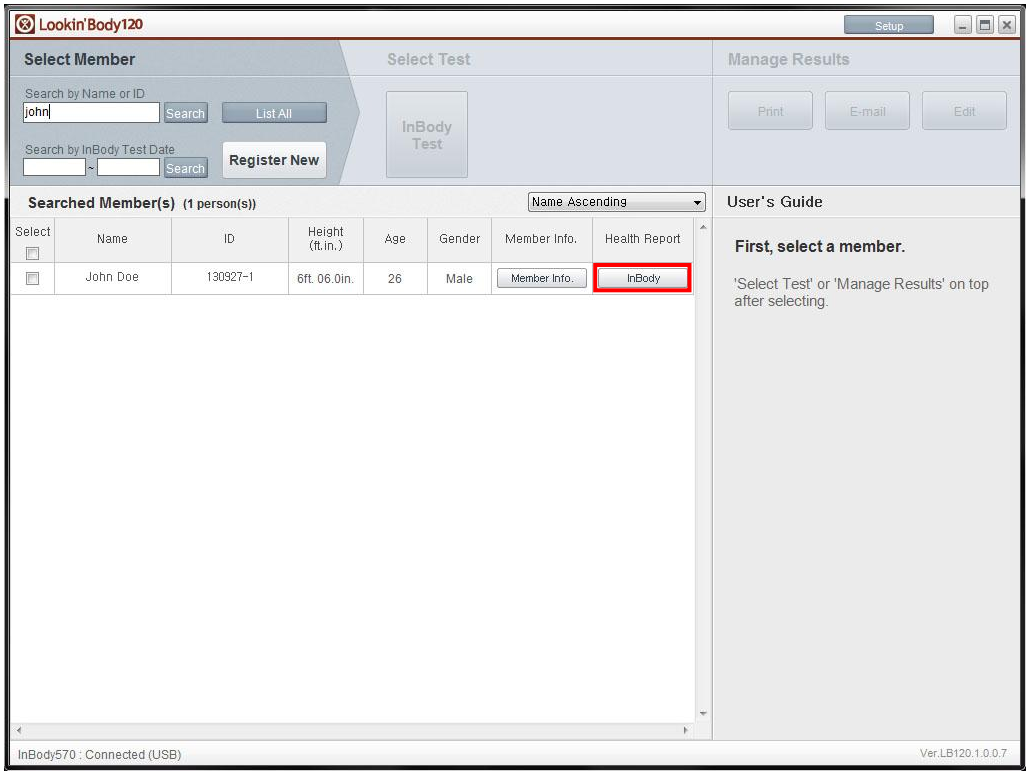
4) Click another member to test. Continue steps 2-3 to test remaining members.



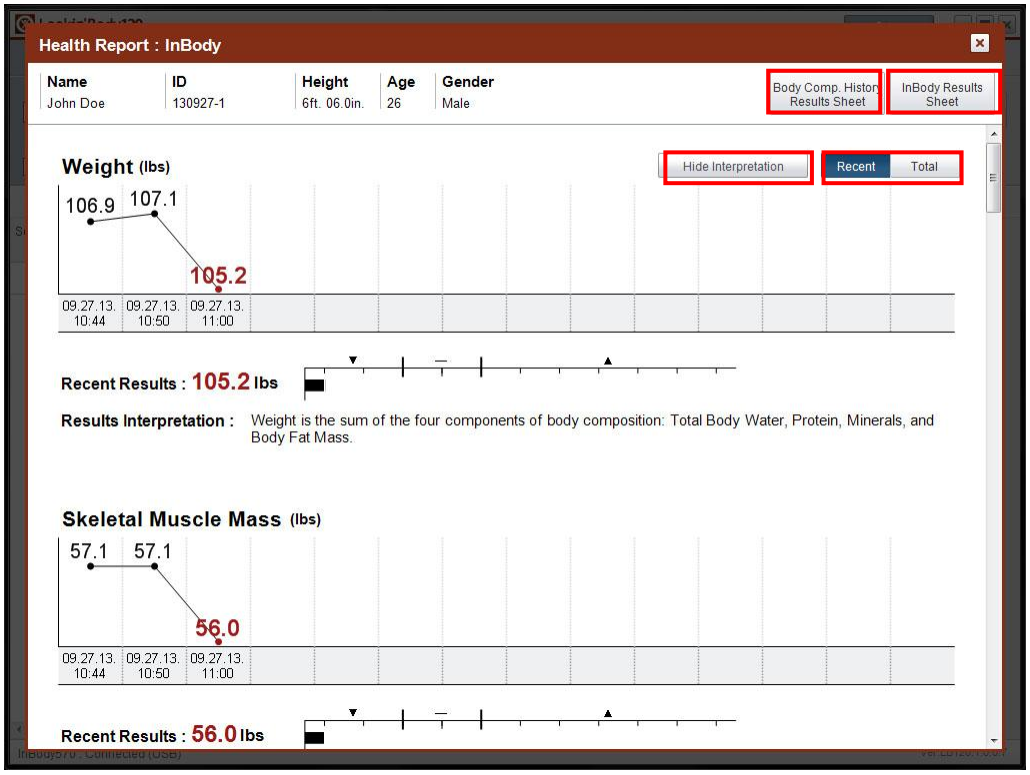
E. Health Report

1. InBody Health Report

1) Press the [InBody] button next to a member to view his/her Health Report.



2) A popup displaying the InBody Health Report will appear.



①[Recent], [Total] button: If the [Recent] button is pressed, the graphs will display the last 14 test results. If the [Total] button is pressed, the graphs will display all test results.

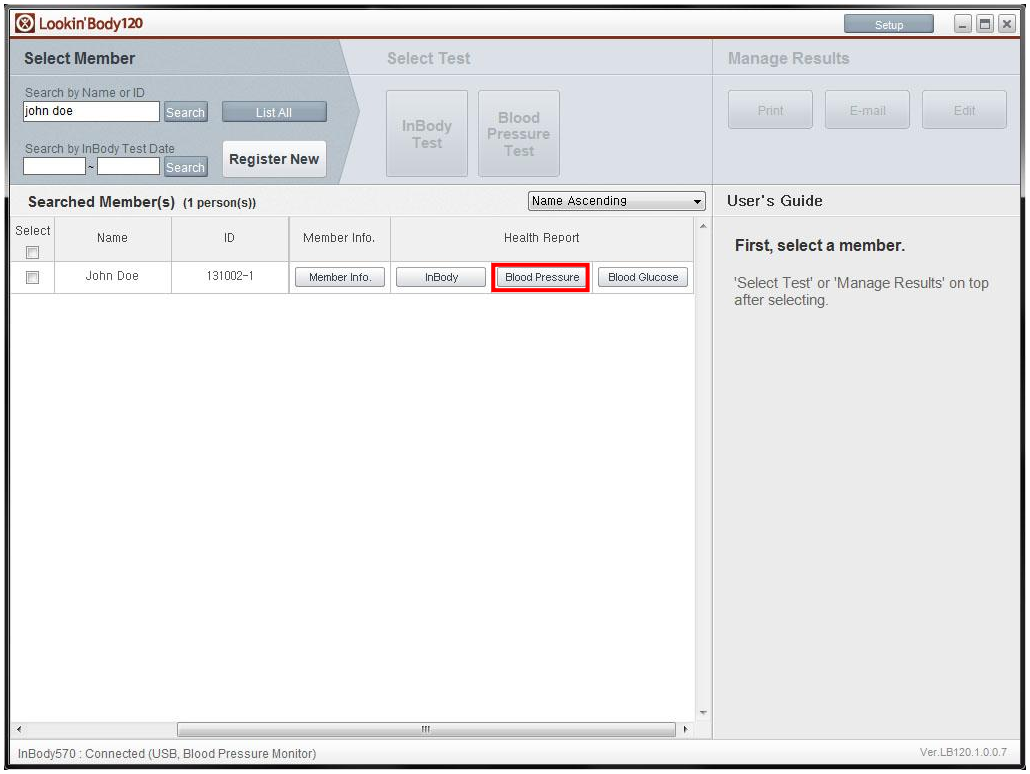
②[Hide Interpretation]/[Show Interpretation] button: Press to hide/show Results Interpretation under the graphs.

③[Body Comp. History Results Sheet] button: View or print a Body Composition History Results Sheet.

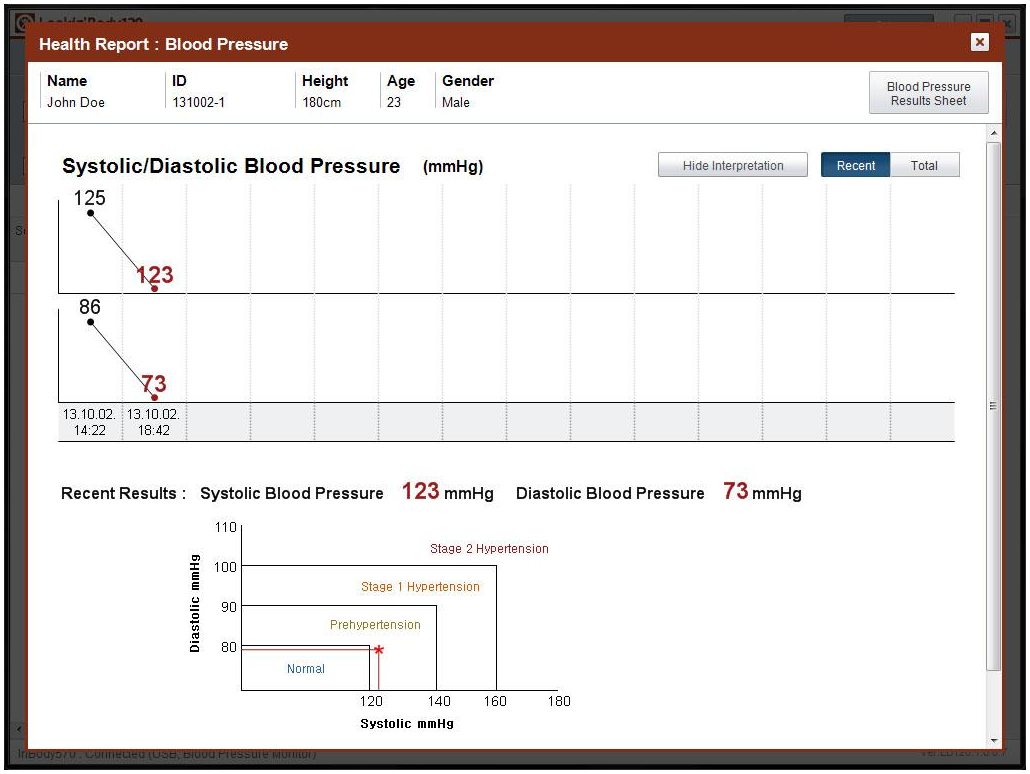
④[InBody Results Sheet] button: View or print an InBody Results Sheet.

2. Blood Pressure Health Report

1) Press the [Blood Pressure] button next to a member to view his/her Health Report.



2) A popup displaying the Blood Pressure Health Report will appear.



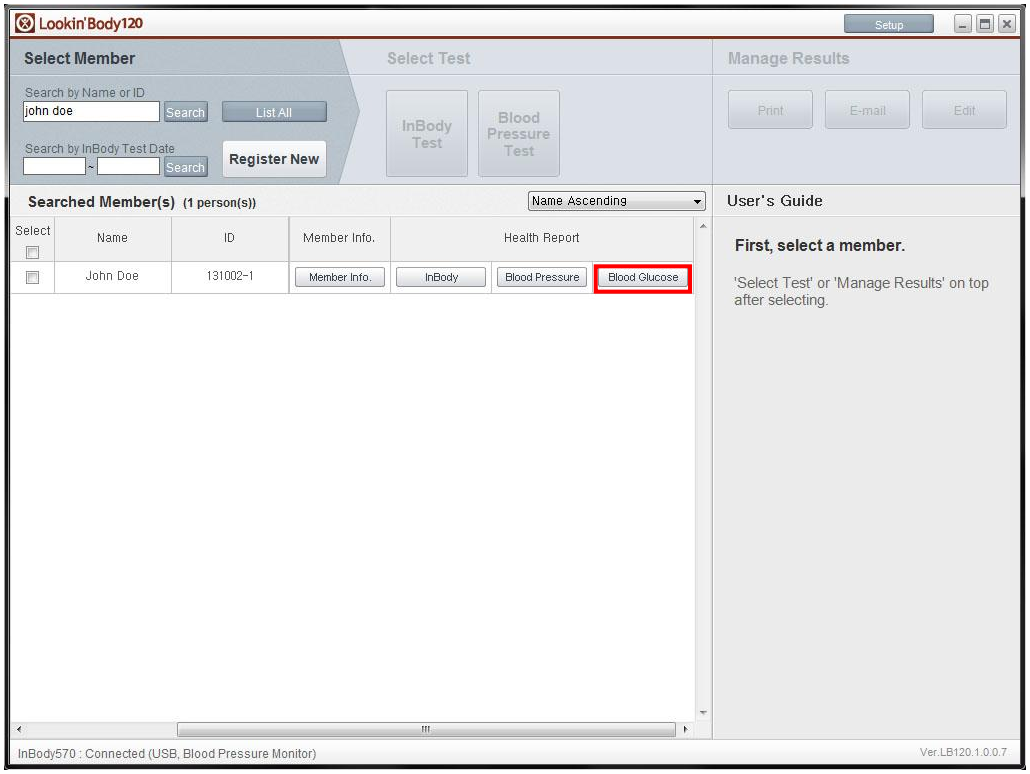
①[Recent], [Total] button: If the [Recent] button is pressed, the graphs will display the last 14 test results. If the [Total] button is pressed, the graphs will display all test

results.

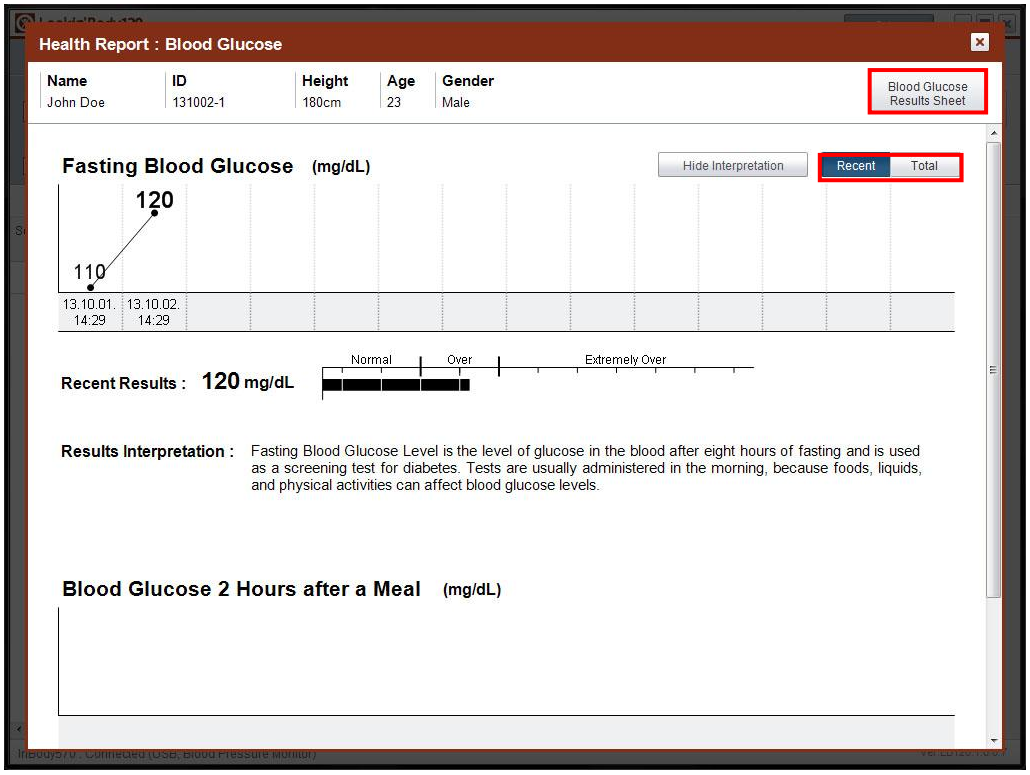
②[Blood Pressure Results Sheet] button: View or print a Blood Pressure Results Sheet.

3. Blood Glucose Health Report

1) Press the [Blood Glucose] button next to a member to view his/her Health Report.



2) A popup displaying the Blood Glucose Health Report will appear.



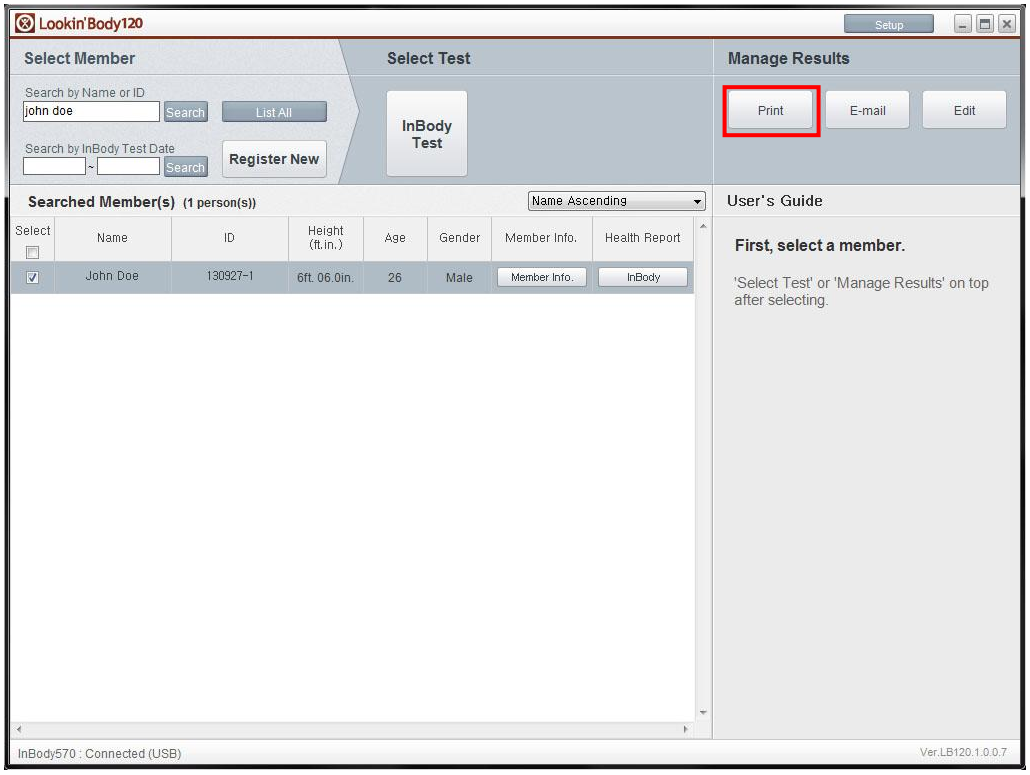
①[Recent], [Total] button: If the [Recent] button is pressed, the graphs will display the last 14 test results. If the [Total] button is pressed, the graphs will display all test results.

②[Blood Glucose Results Sheet] button: View or print a Blood Glucose Results Sheet.

F. Print Results Sheets

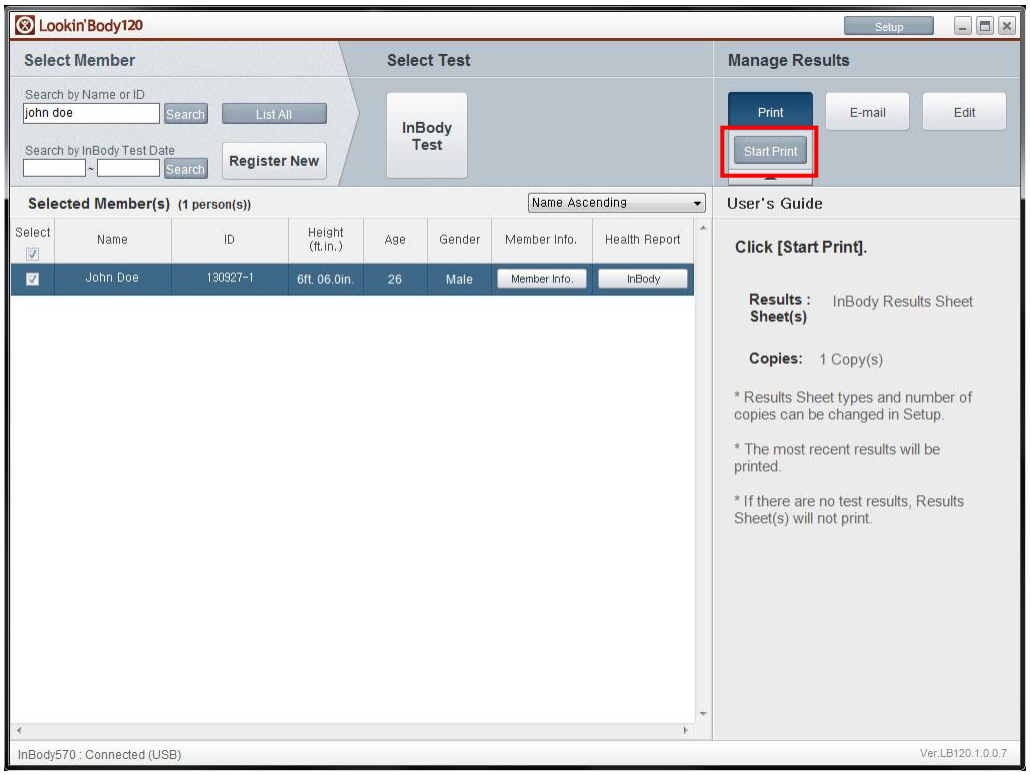
1. Print Manually

1) Search and select desired member, then press the [Print] button.



2) Press the [Start Print] button to print a results sheet for highlighted members. Details of the type of results sheet and the number of copies printed are shown on the right under 'User's Guide'.

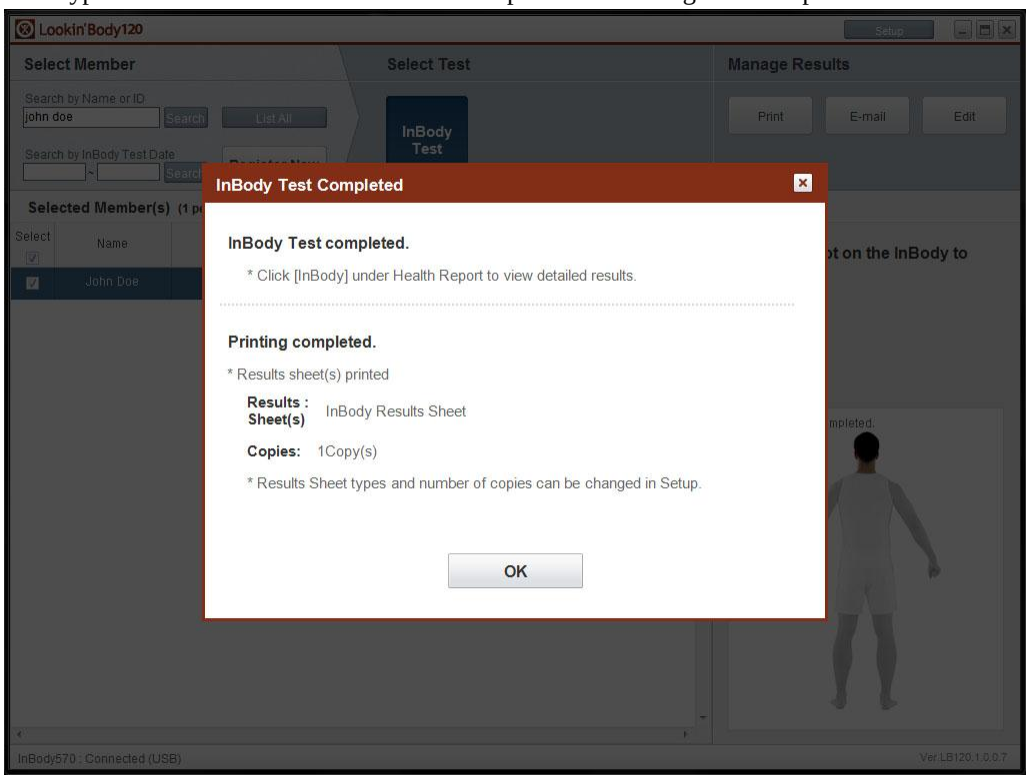
*The type of results sheet and the number of copies can be changed in Setup.



2. Print Automatically

1) The popup window below will appear when the InBody Test is completed. A Results Sheet will print automatically after test completion. The type of results sheet and the number of copies will also appear on screen.

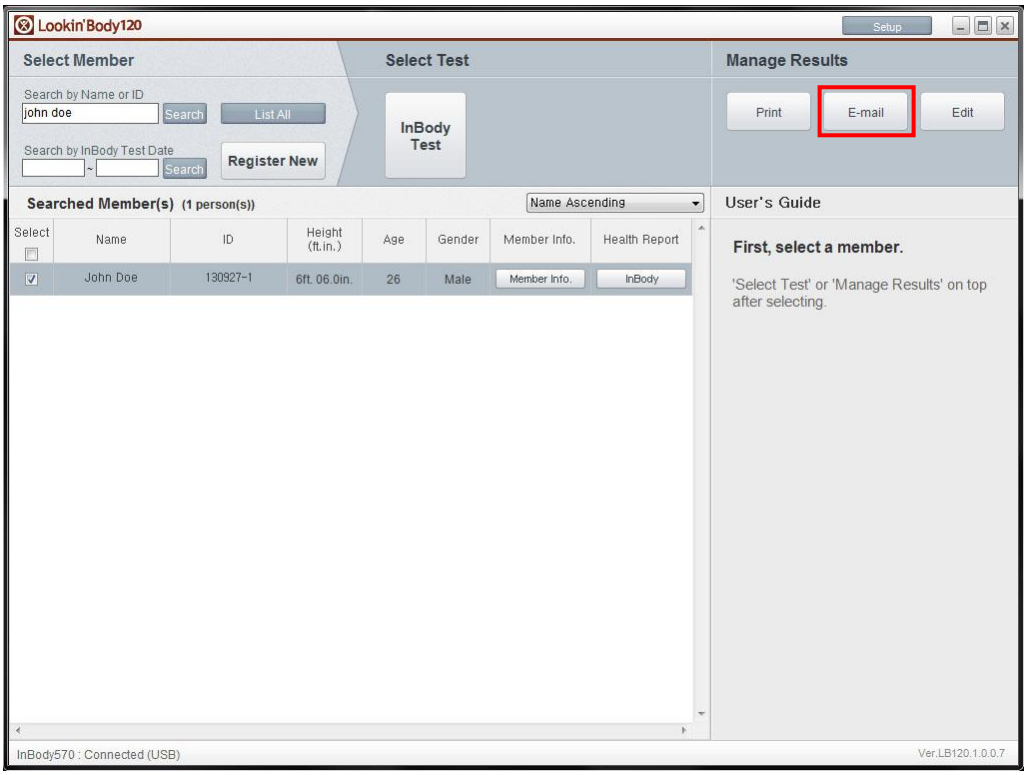
*The type of results sheet and the number of copies can be changed in Setup.



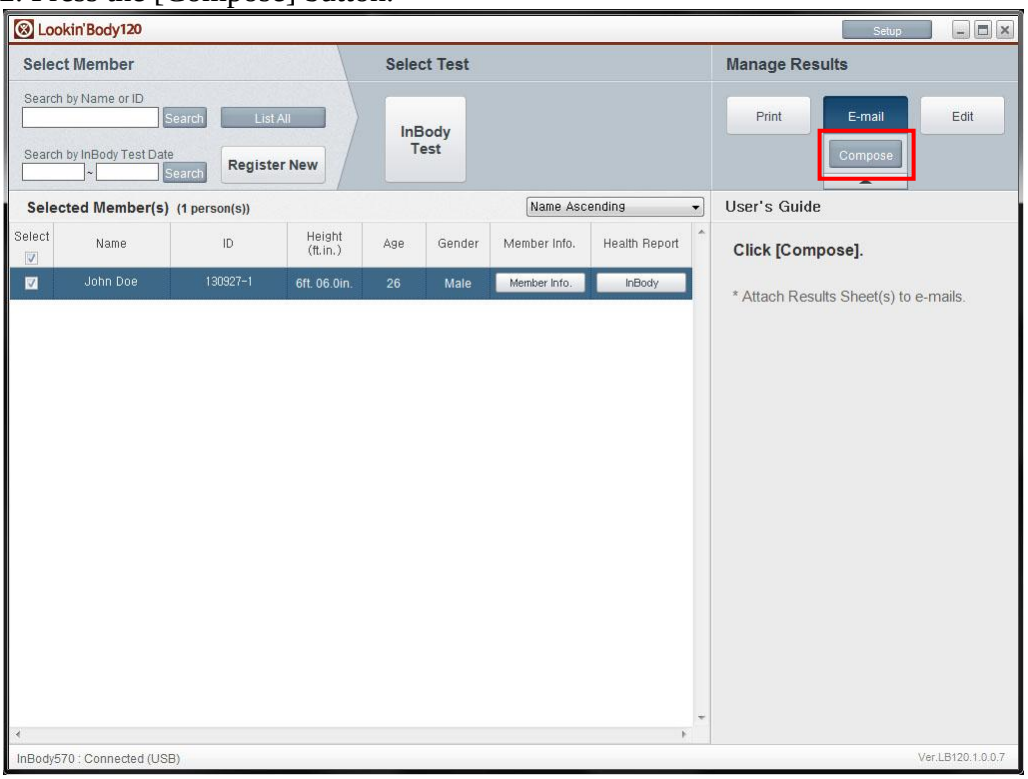
G. Send E-mails

1. Search and select a member, then press the [E-mail] button.

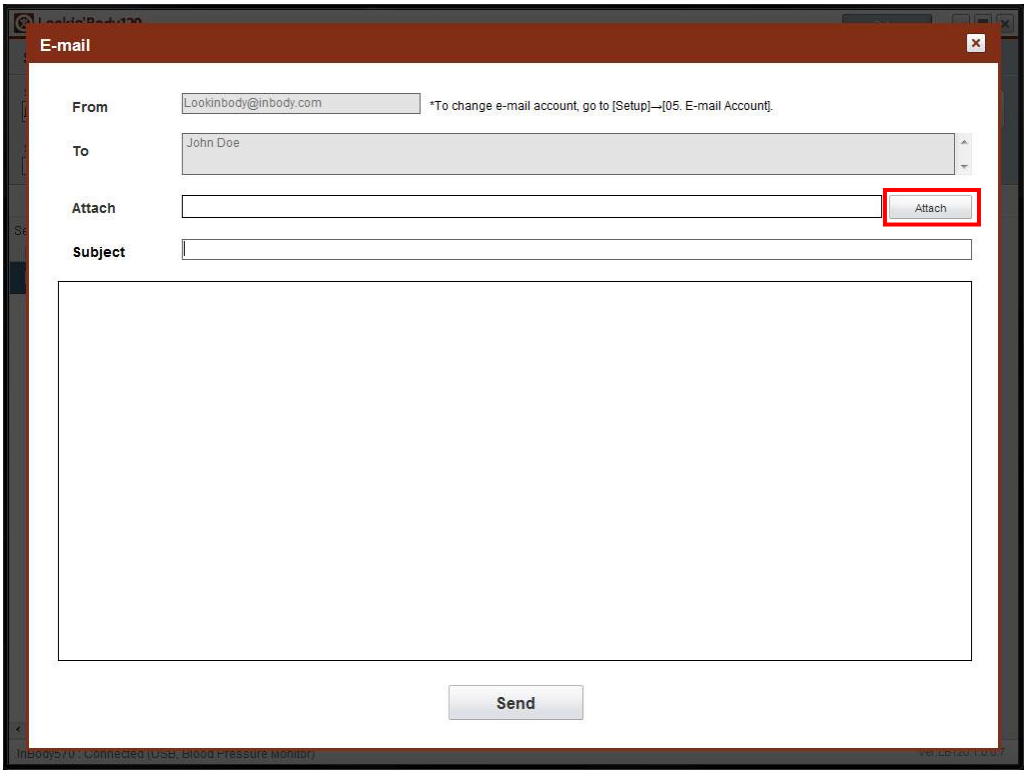
*If the e-mail address of the selected member is not saved, press the [Member Info.] button to enter an e-mail address.



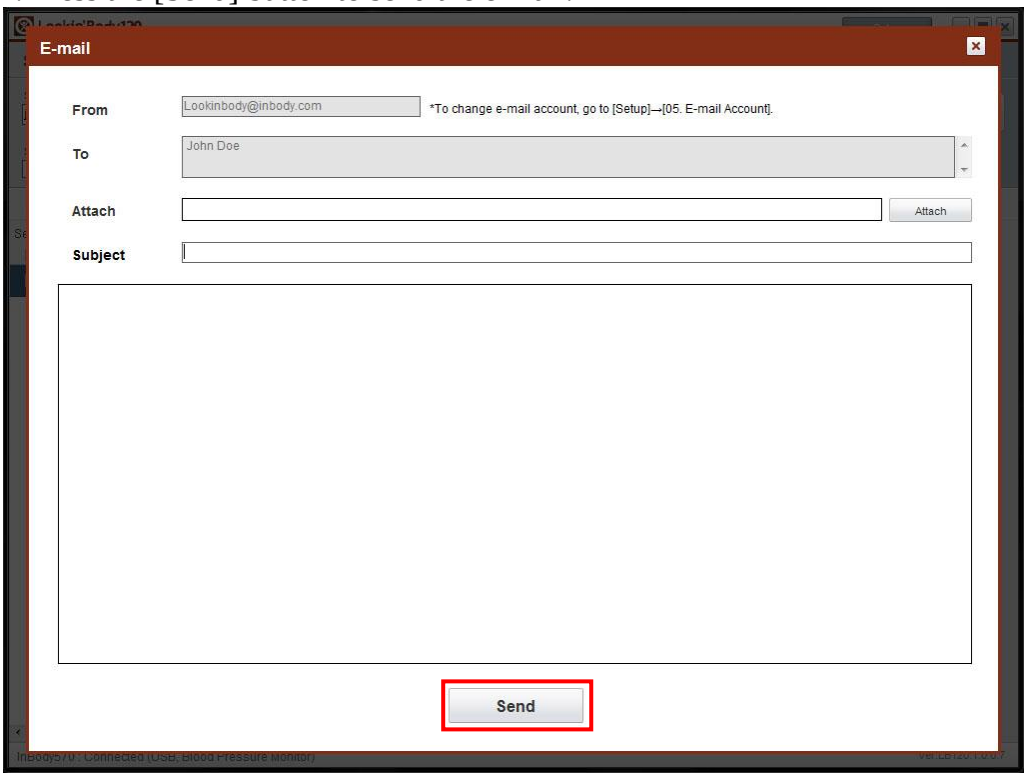
2. Press the [Compose] button.



3. To attach a results sheet, press the [Attach] button and select the results sheet type.



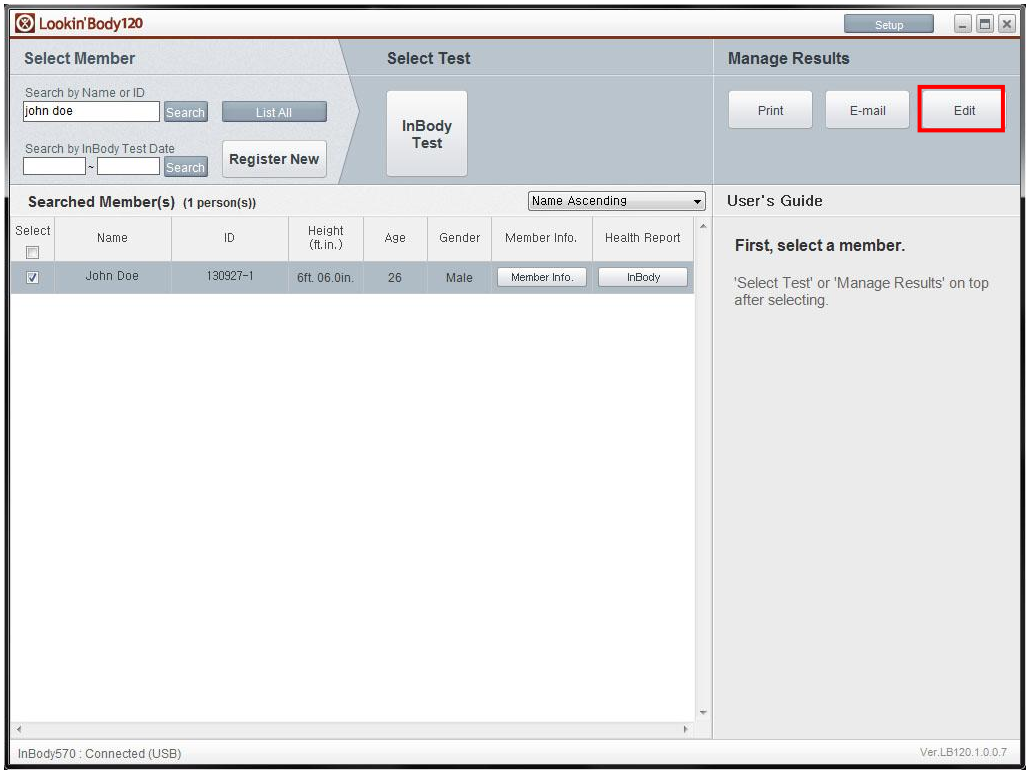
4. Press the [Send] button to send the e-mail.



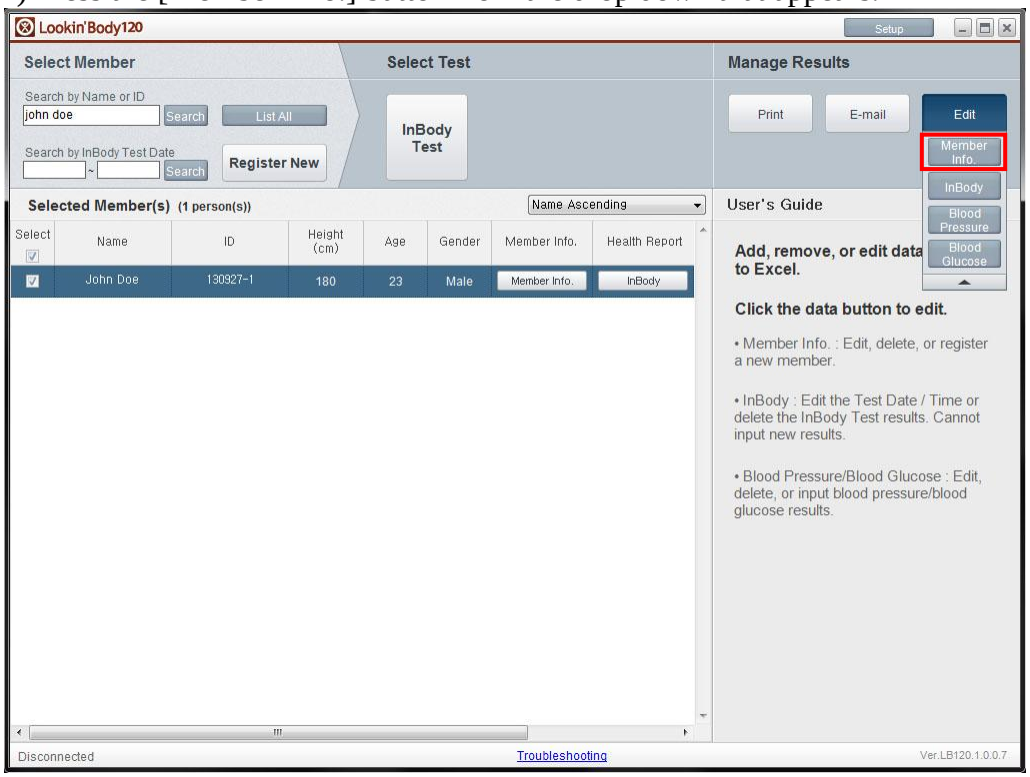
H. Edit Data

1. Member Information

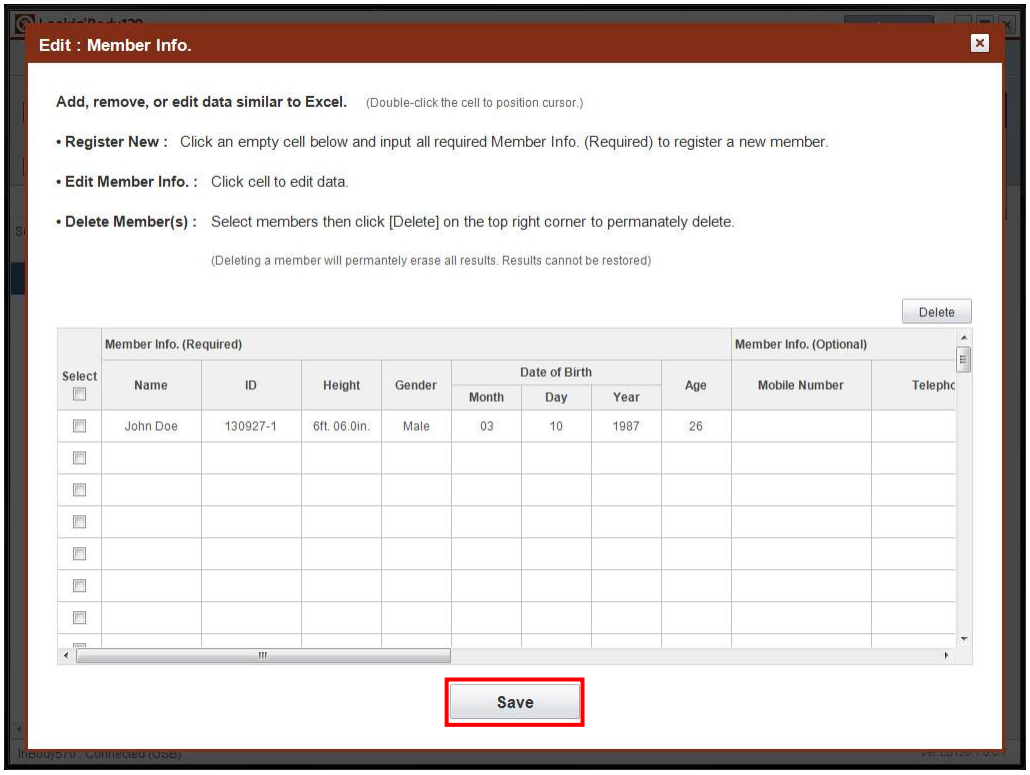
1) Search and select a member, then press the [Edit] button.



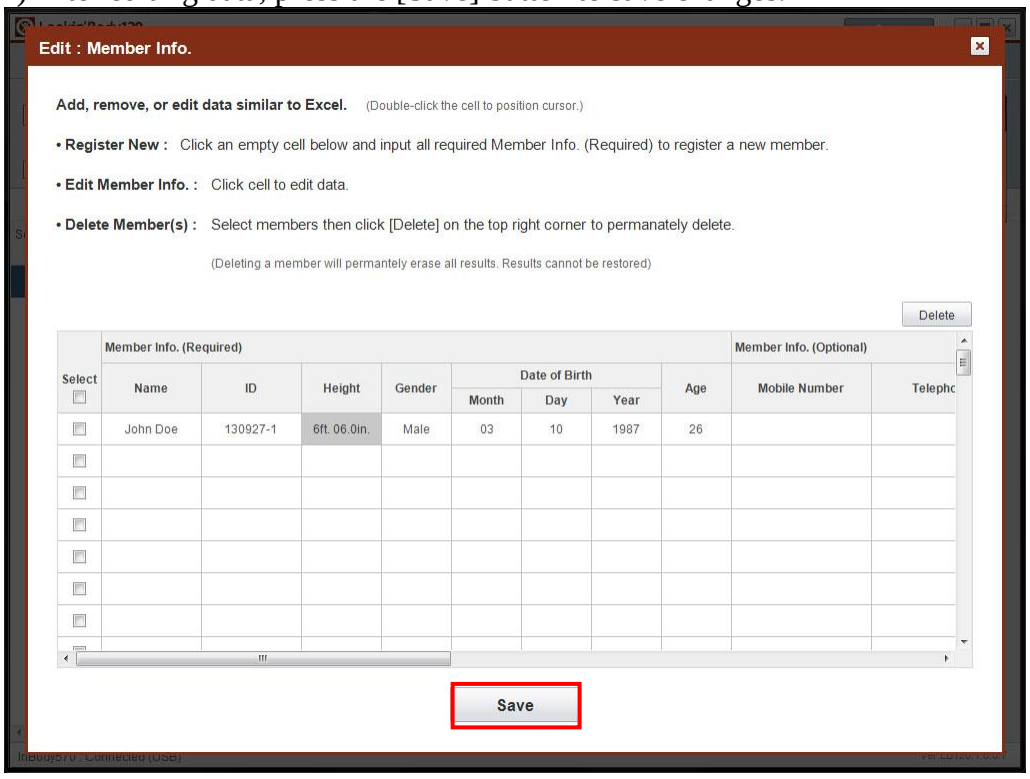
2) Press the [Member Info.] button from the drop down that appears.



3) In the screen below, edit, delete, or enter member information similar to Excel.

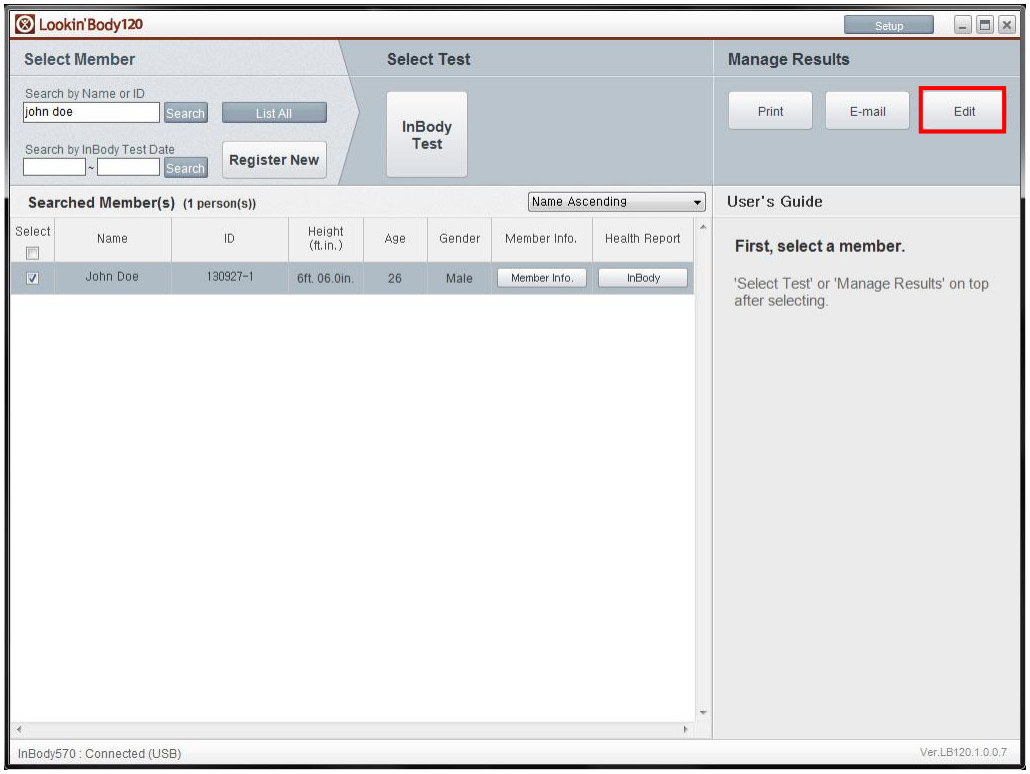


4) After editing data, press the [Save] button to save changes.

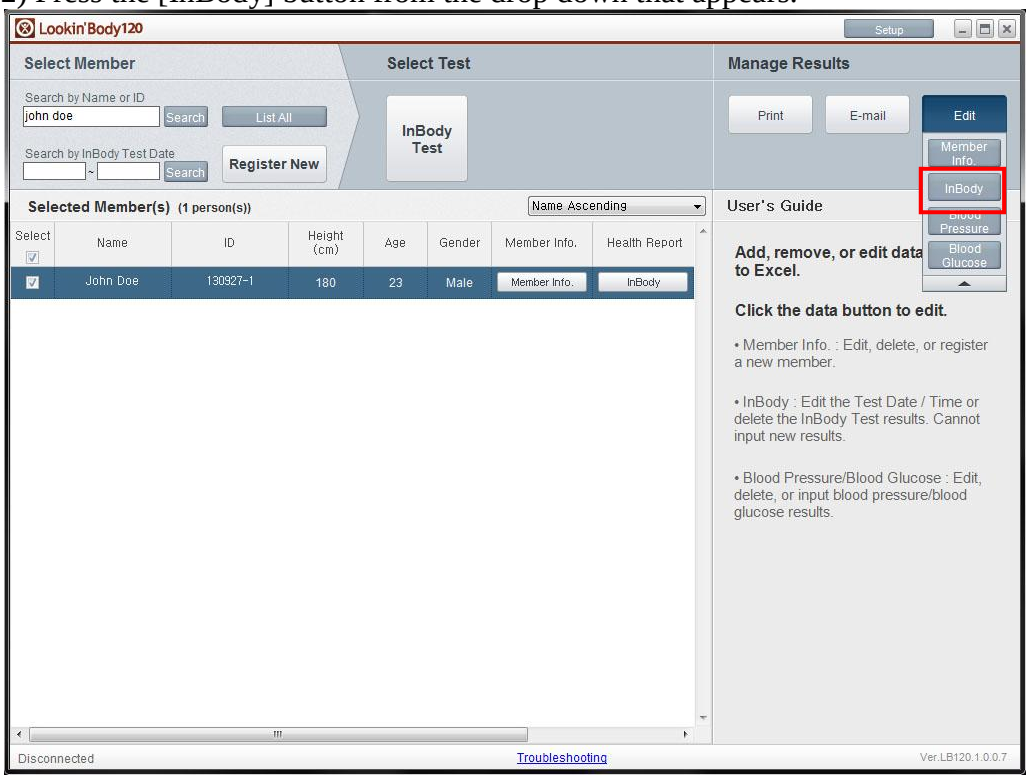


2. InBody Test Results

1) Search and select a member, then press the [Edit] button.

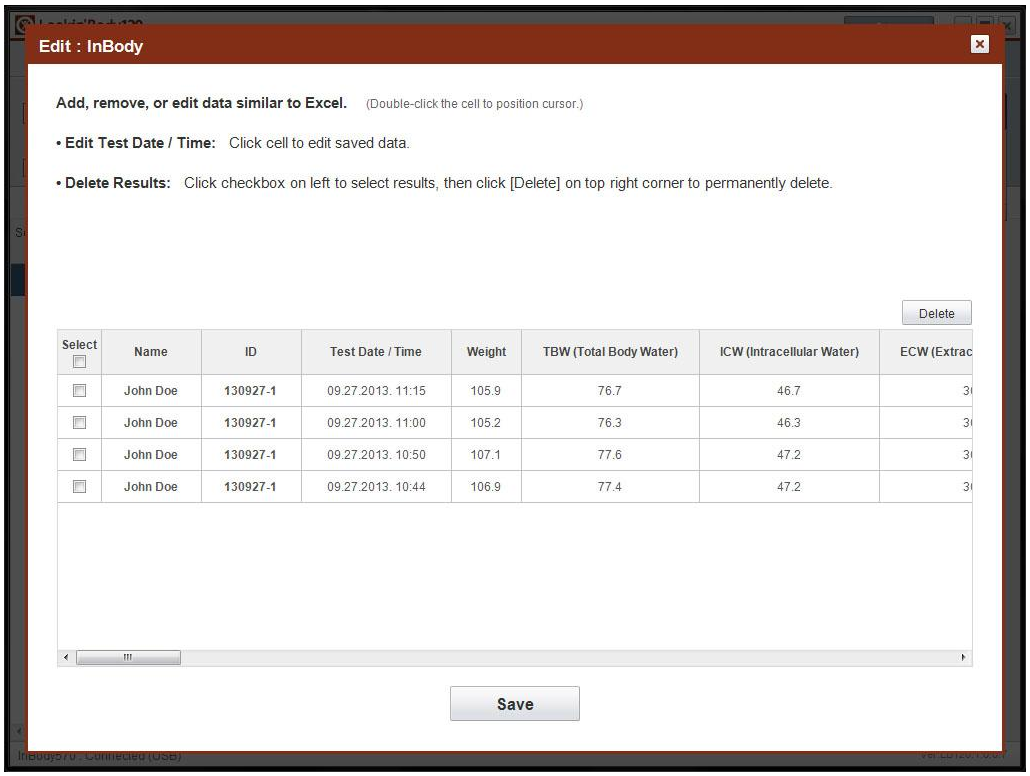


2) Press the [InBody] button from the drop down that appears.

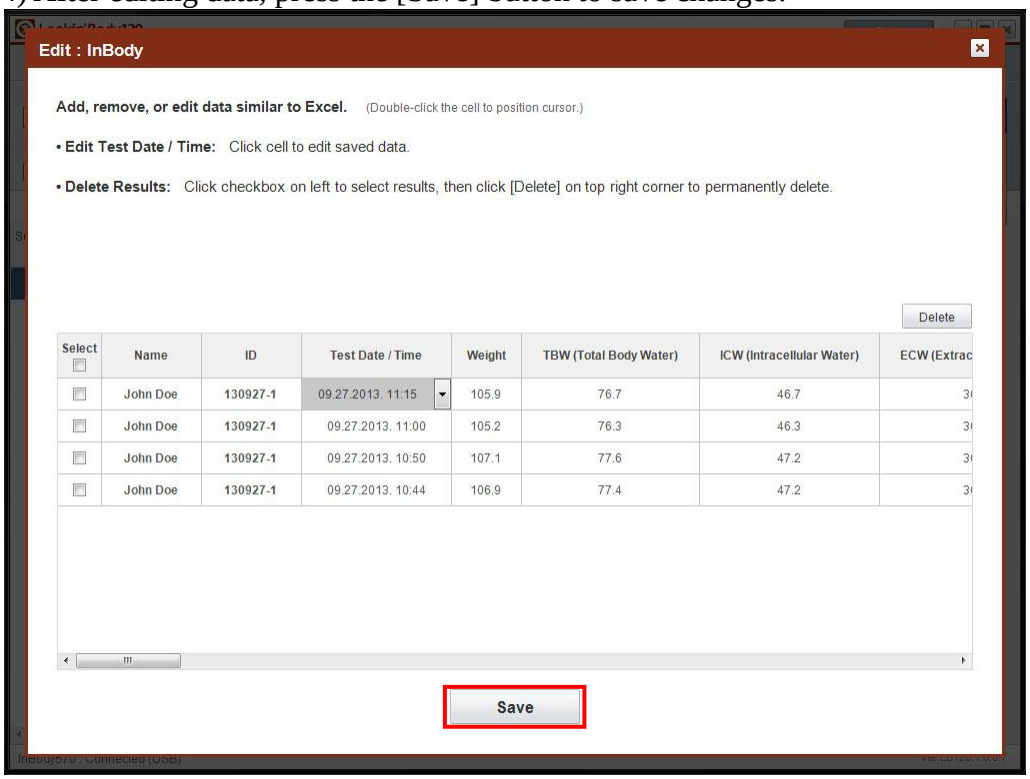


3) In the screen below, edit InBody Test date, time, or delete test results similar to Excel.

*Actual test results cannot be added or edited.

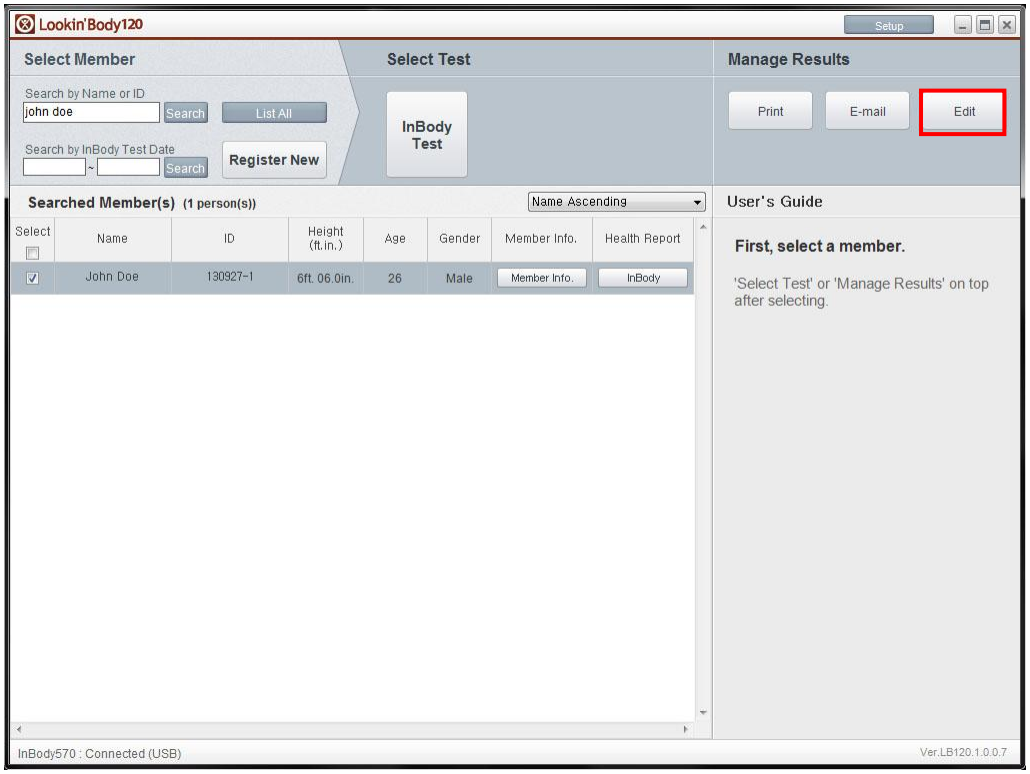


4) After editing data, press the [Save] button to save changes.

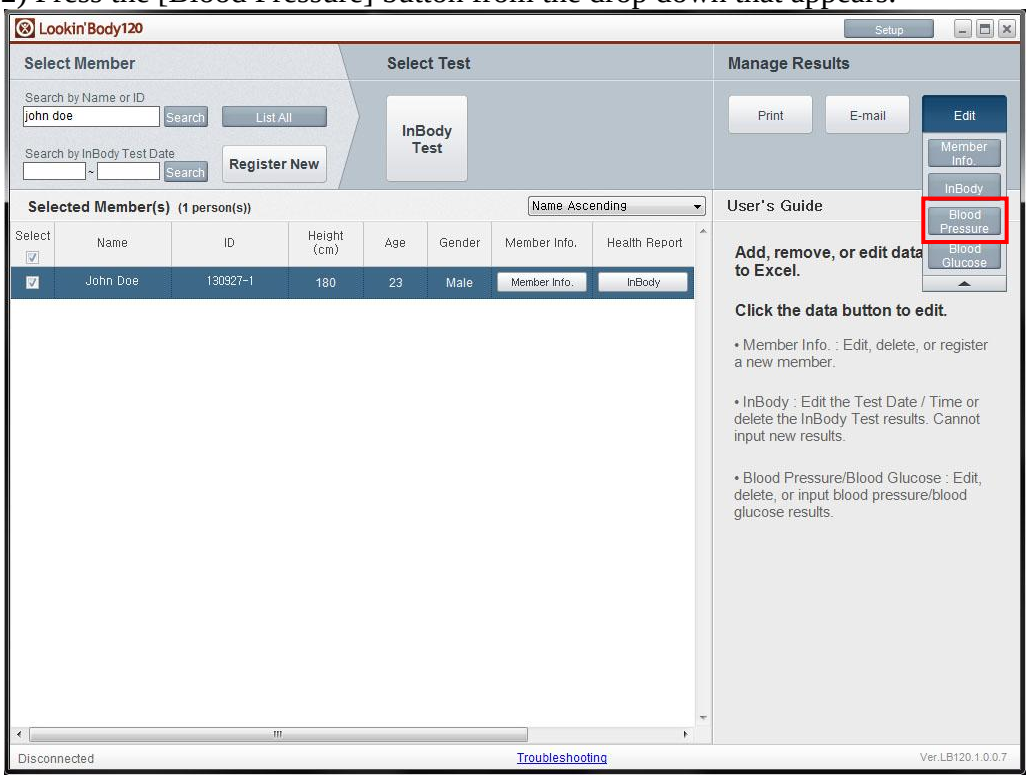


3. Blood Pressure Test Results

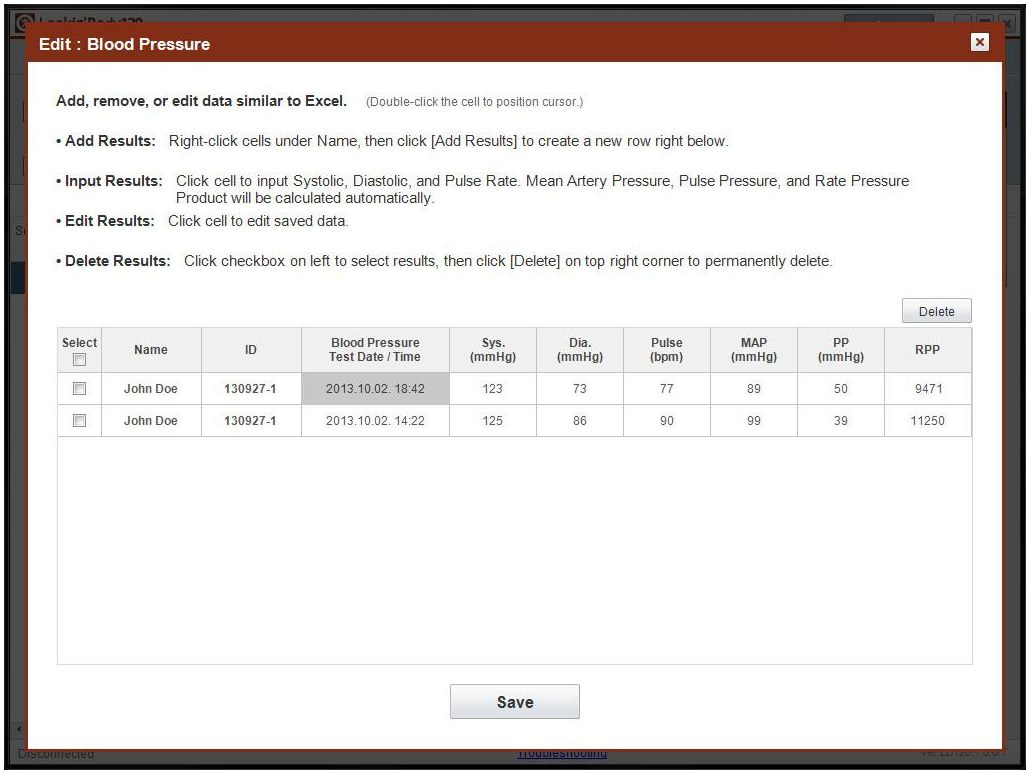
1) Search and select a member, then press the [Edit] button.



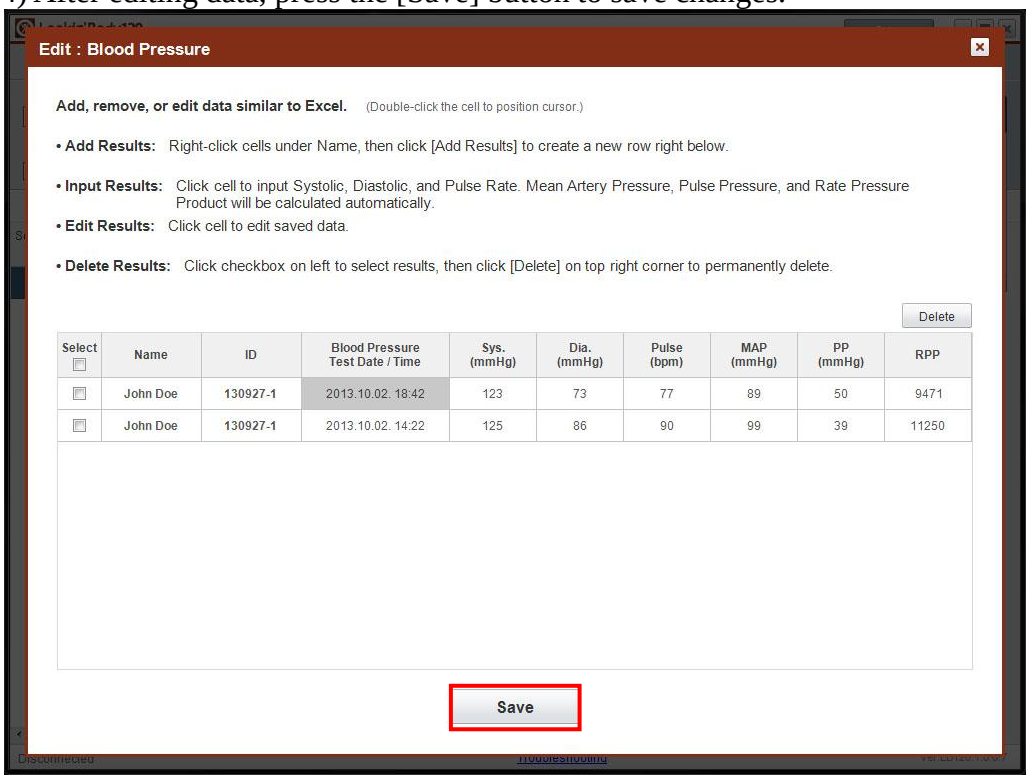
2) Press the [Blood Pressure] button from the drop down that appears.



3) In the screen below, edit, delete, or enter the blood pressure test results similar to Excel.

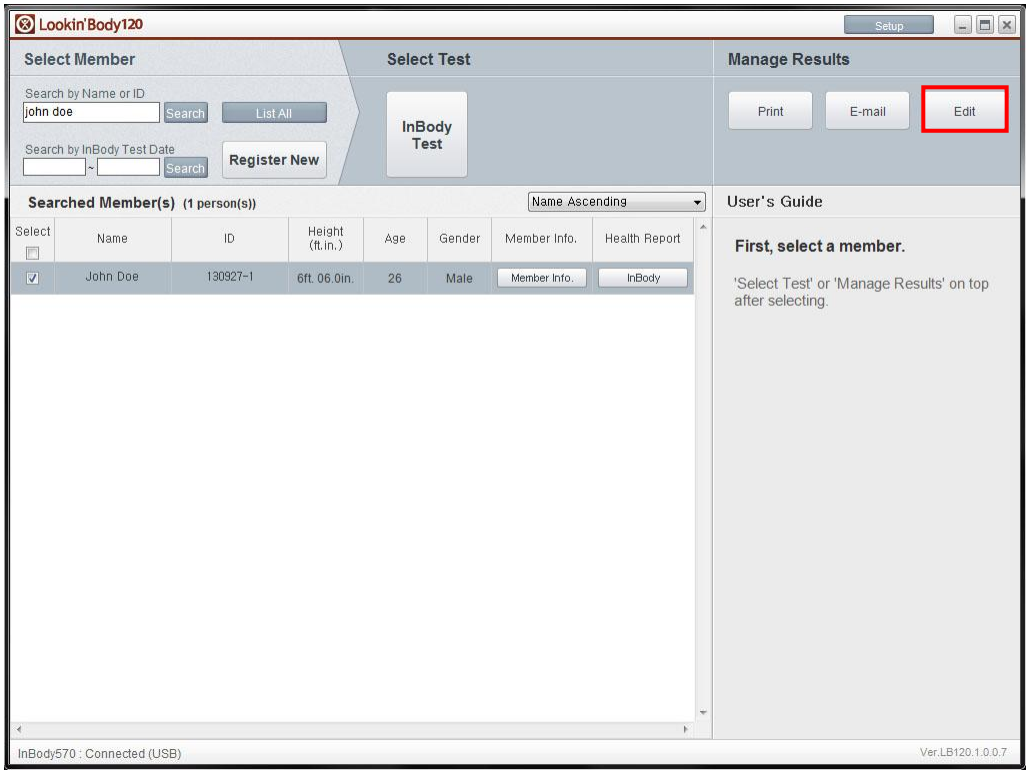


4) After editing data, press the [Save] button to save changes.

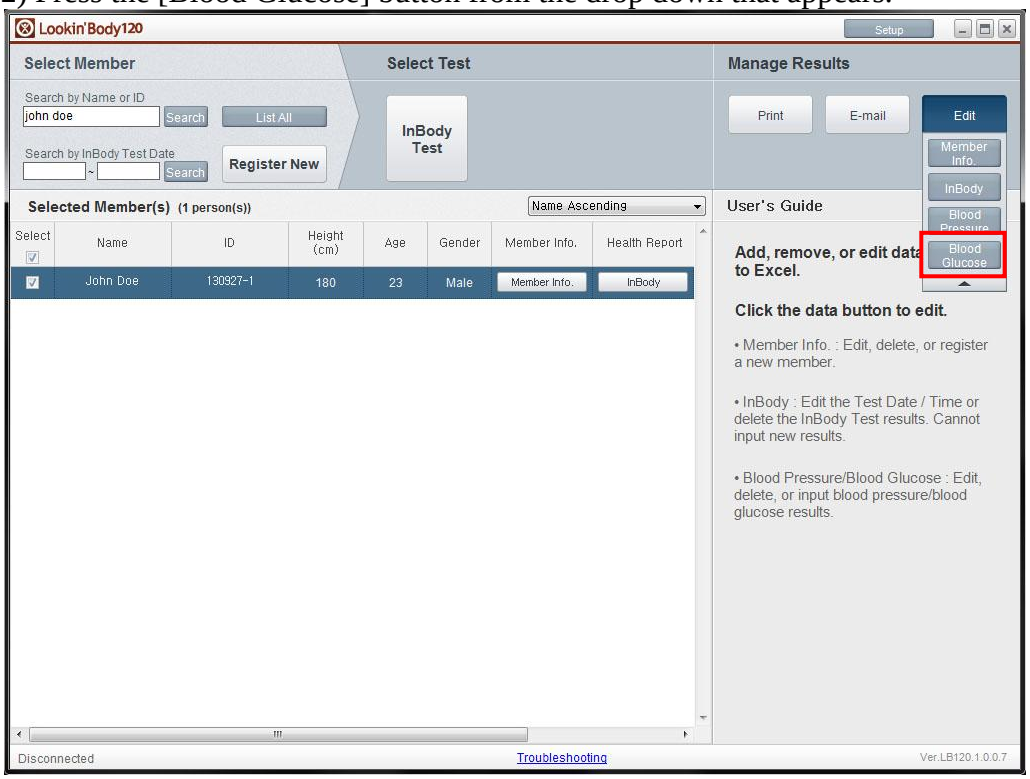


4. Blood Glucose Test Results

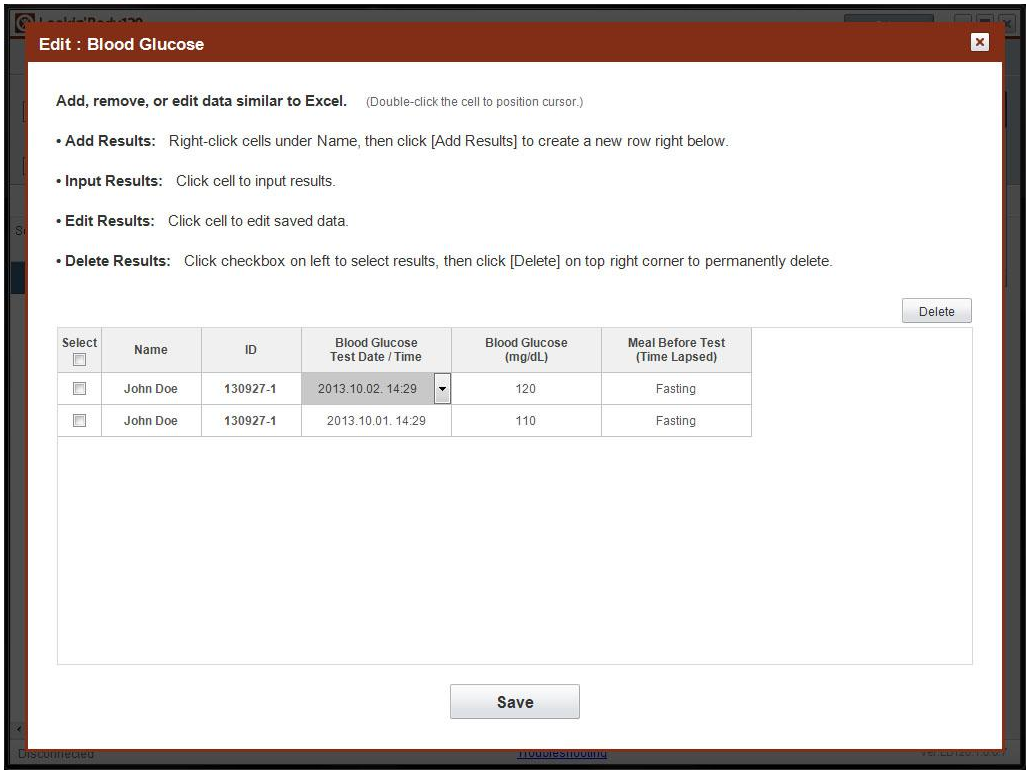
1) Search and select a member, then press the [Edit] button.



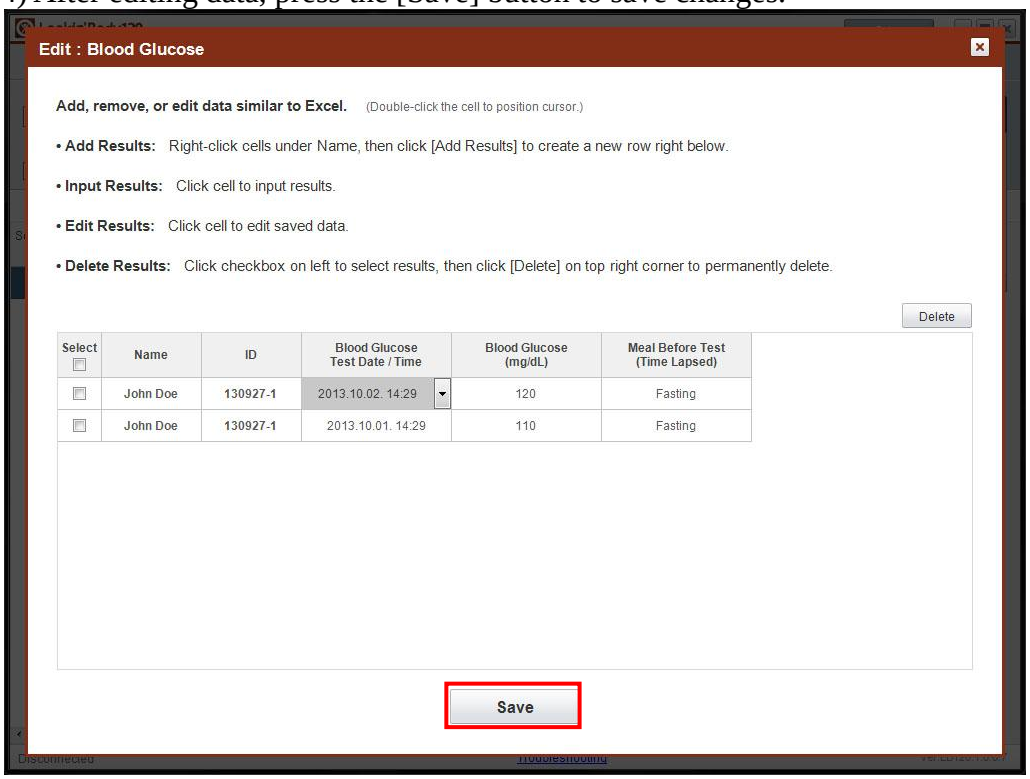
2) Press the [Blood Glucose] button from the drop down that appears.



3) In the screen below, edit, delete, or enter the blood glucose test results similar to Excel.

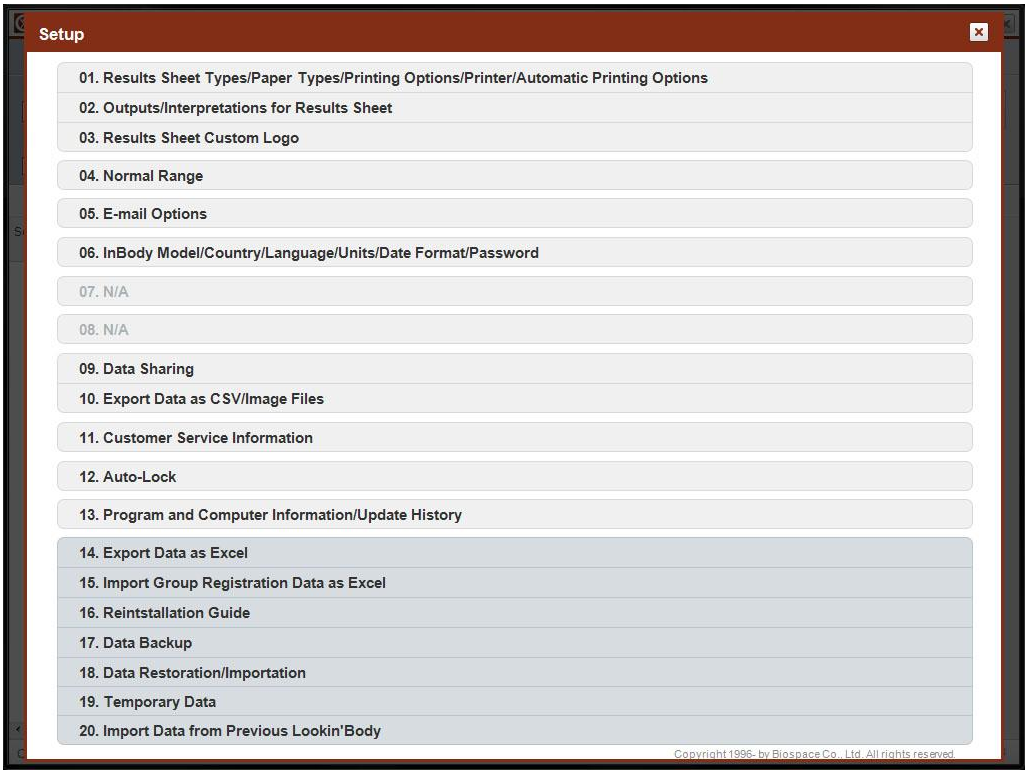


4) After editing data, press the [Save] button to save changes.

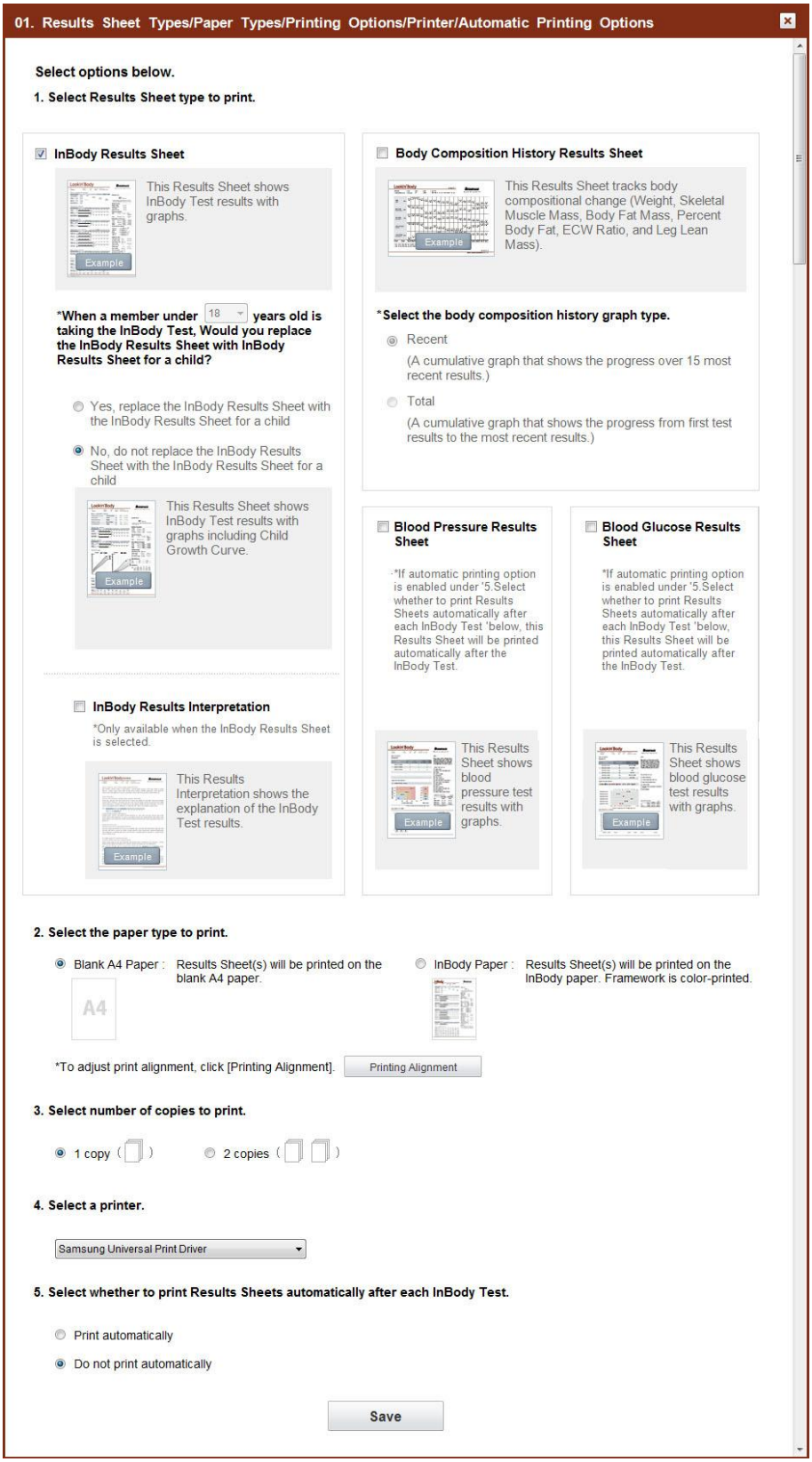


III. Setup

Press the [Setup] button to access the menu shown below.



1. Results Sheet Types/Paper Types/Printing Options/Printer/Automatic Printing Options



①Results sheet types: Select the type(s) of results sheet to print. Press the [Example] button to view a sample results sheet.

②Paper type: Select the type of paper to print the selected Results Sheets on.

③Printing Alignment: Adjust printing alignment.

④Number of Copies: Select the number of copies to print.

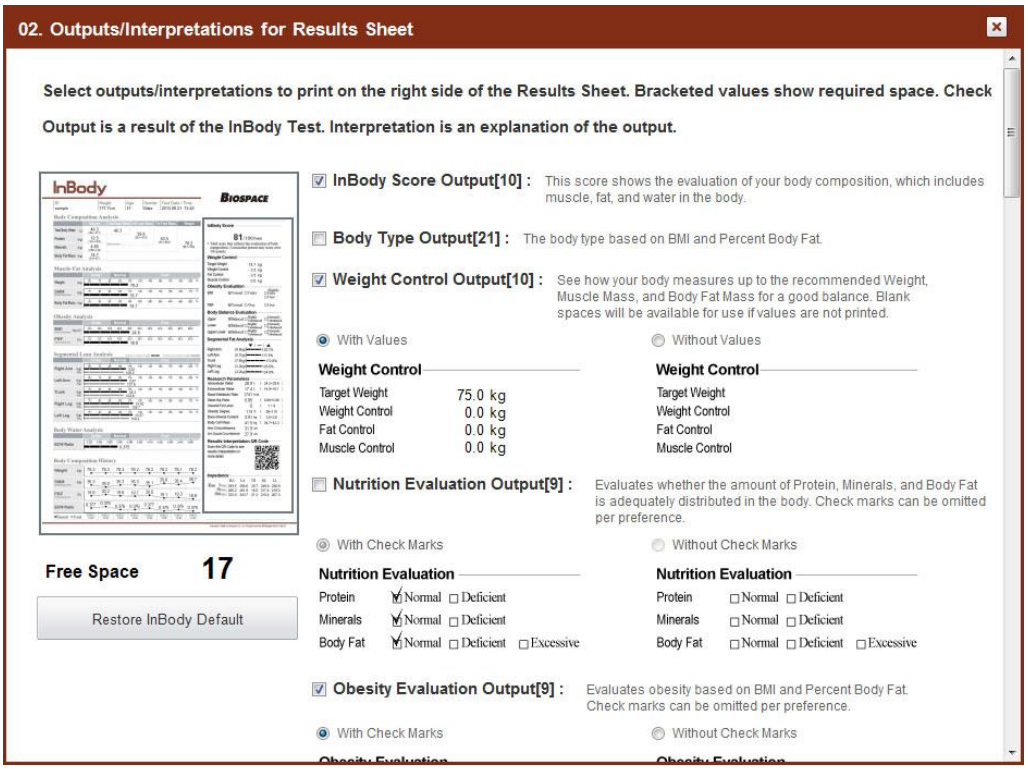
⑤Printer: Select a printer to use.

⑥Automatic printing option: Select whether to print results sheets automatically after each InBody Test.

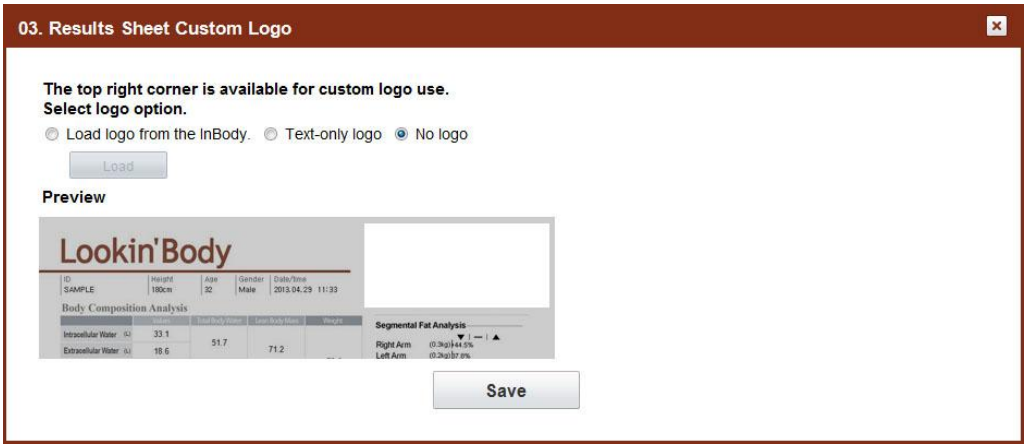
2. Outputs/Interpretations for Results Sheet

Select checkbox on the left to select outputs/interpretation printed on the results sheet.

*If the Results Sheet for Children is selected in [01. Results Sheet Types/Paper Types/Printing Options/Printer/Automatic Printing Options] of Setup, outputs/interpretations for the Results Sheet for Children can be selected as well.



3. Results Sheet Custom Logo

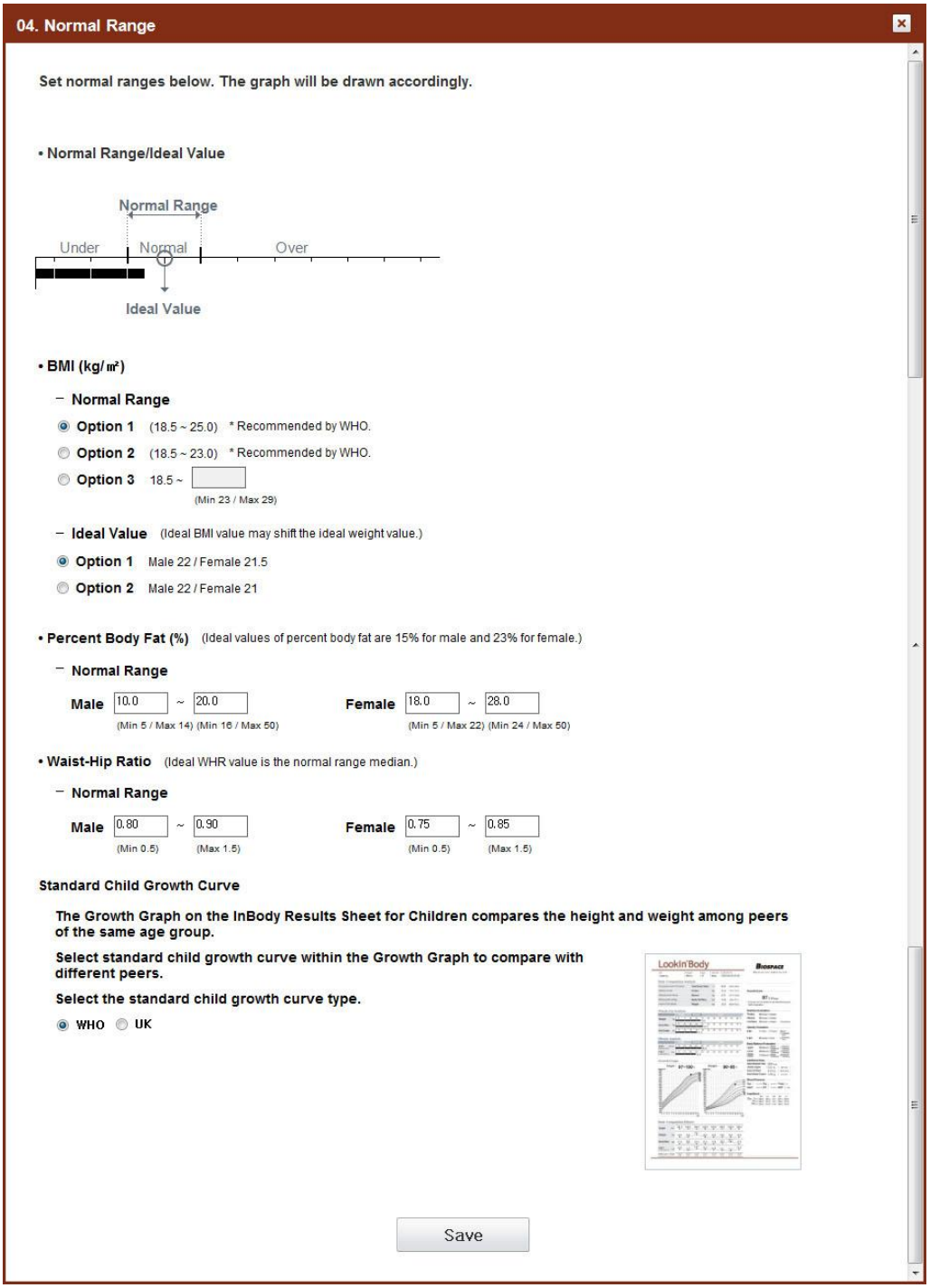


①Load logo from the InBody: When the InBody is connected to Lookin'Body, select 'Load logo from the InBody' to import the logo used on the InBody.

②Text-only logo: Input custom text as logo.

③No logo: Logo will not be printed on the Results Sheet.

4. Normal Range



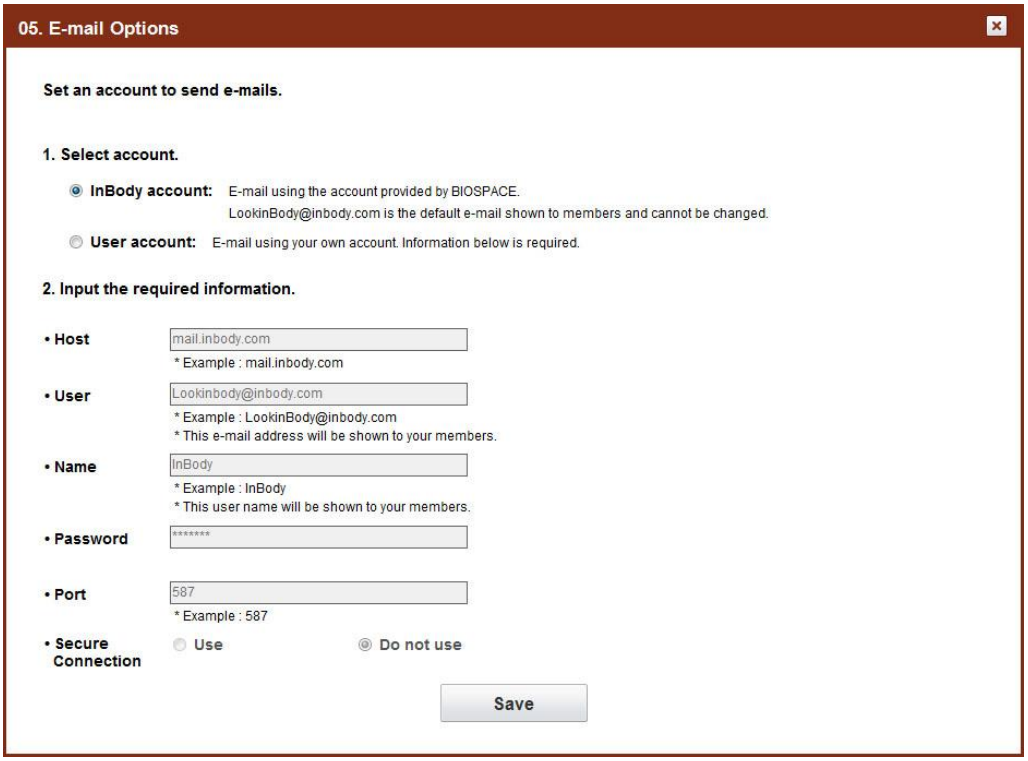
①BMI normal range/ideal value: Set the normal range for BMI, and ideal BMI value.

②Percent Body Fat normal range: Set the normal range for Percent Body Fat.

③Waist-Hip Ratio normal range: Set the normal range for Waist-Hip Ratio.

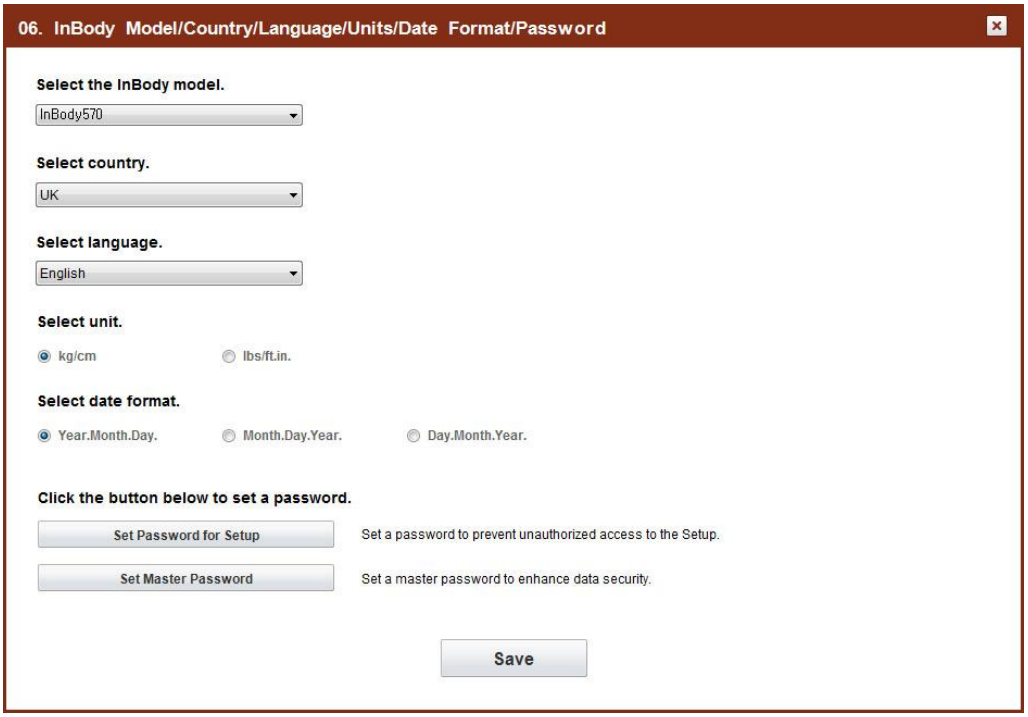
④Standard child growth curve: When printing the Results Sheet for Children, select the standard child growth curve for the Growth Graph.

5. E-mail Options



To e-mail using the account provided by BIOSPACE, select 'InBody Account'. To e-mail using a personal account, select 'User Account' and enter your e-mail account information.

6. Country/Language/Units/Date Format/Password



①Country: Select country.

②Language: Select language.

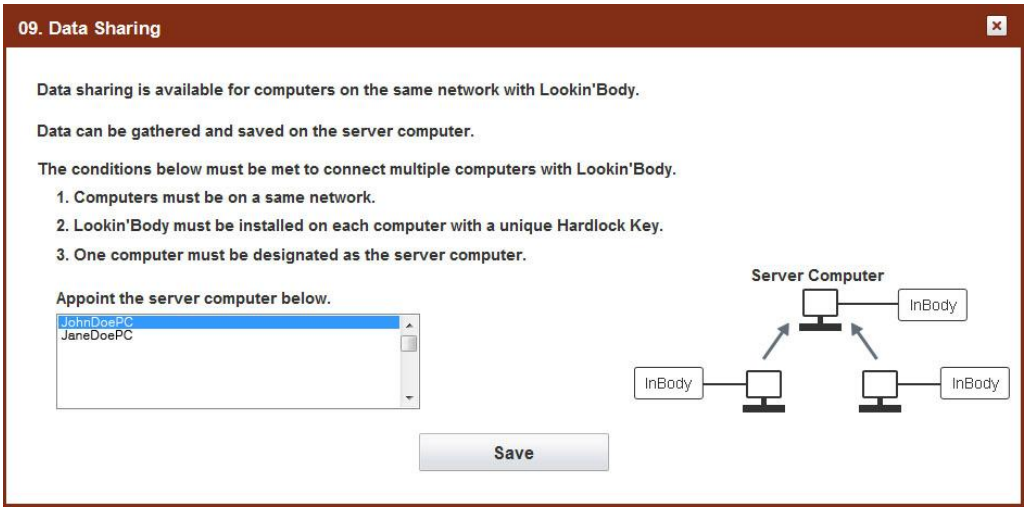
③Units: Select measurement units for test results.

④Date format: Select date format.

⑤Set password for Setup: Set a password to prevent unauthorized access to Setup.

⑥Set master password: Set a master password to enhance data security. The password is required when exporting or backing up data.

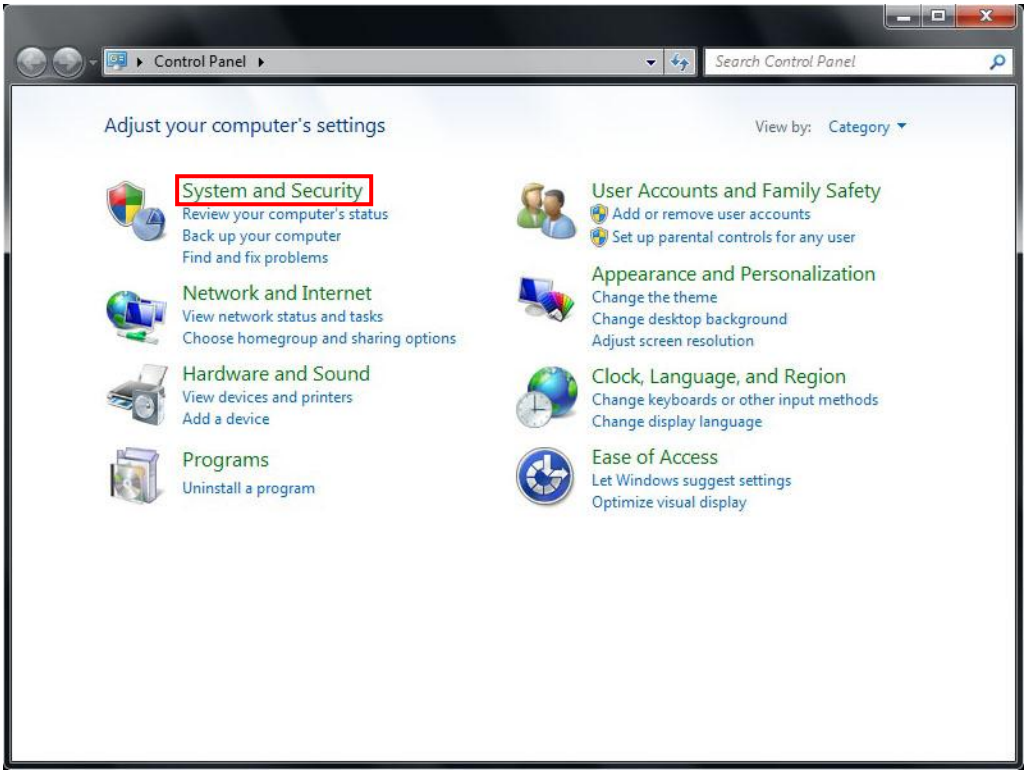
9. Data Sharing



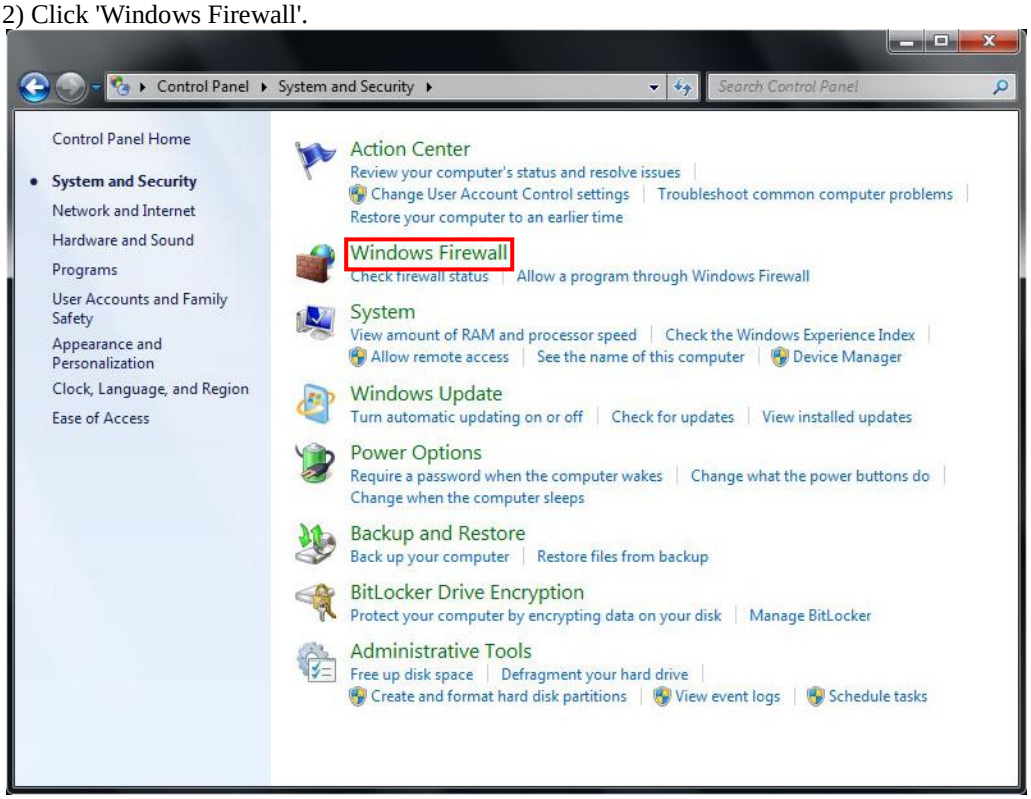
Connected computers with Lookin'Body can share data. Connected computers must designate one computer as the server computer.

* Windows Firewall may prevent Data Sharing from working properly. Follow the instructions below to turn off the Windows Firewall. BIOSPACE is not responsible for any problems that arise from turning off Windows Firewall.

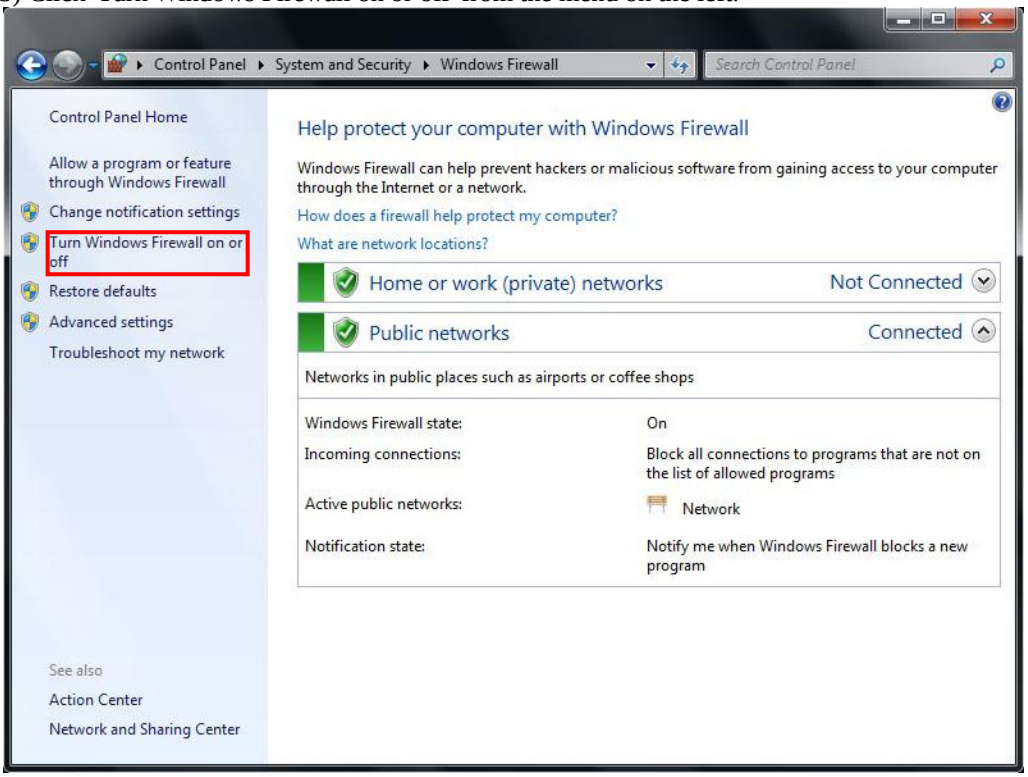
1) Click 'System and Security' of the Control Panel.



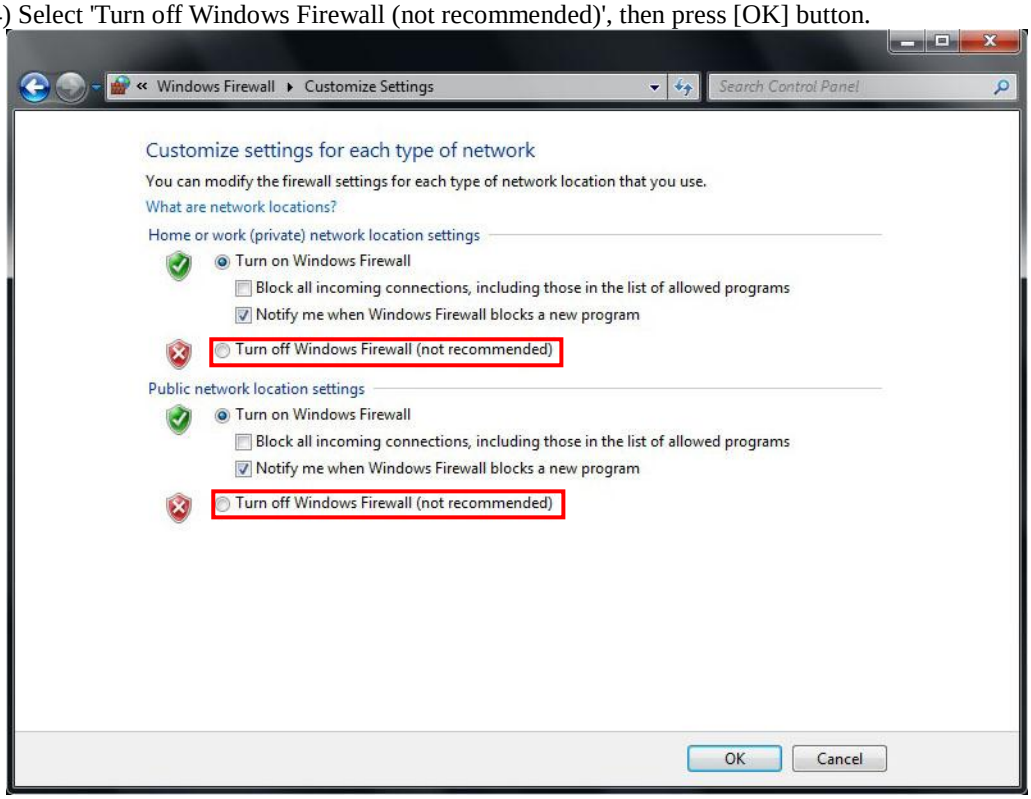
2) Click 'Windows Firewall'.



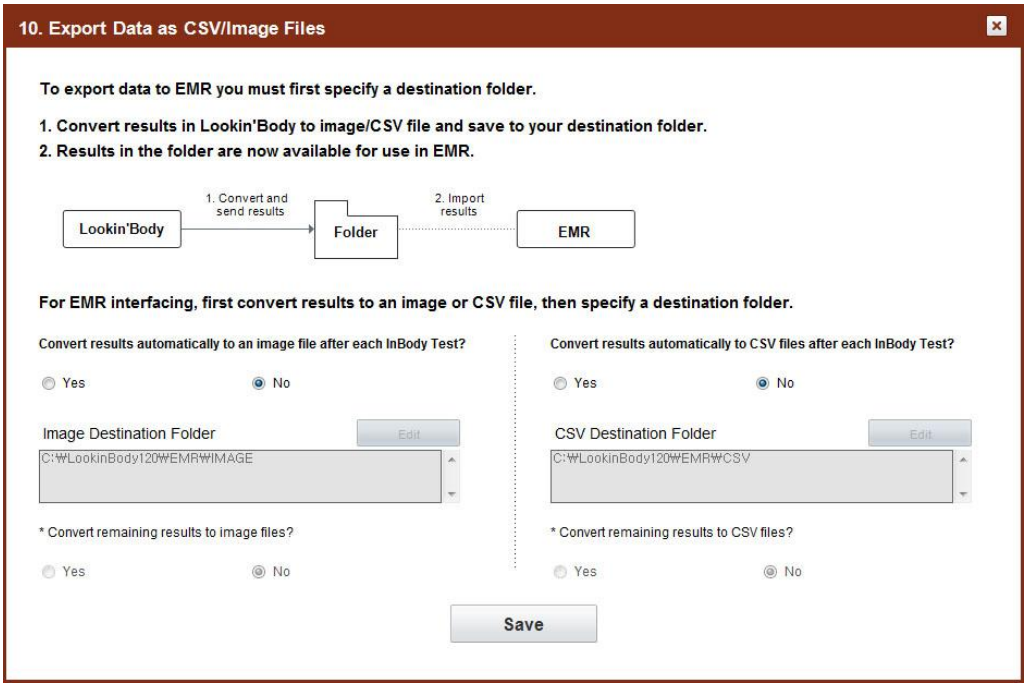
3) Click 'Turn Windows Firewall on or off' from the menu on the left.



4) Select 'Turn off Windows Firewall (not recommended)', then press [OK] button.

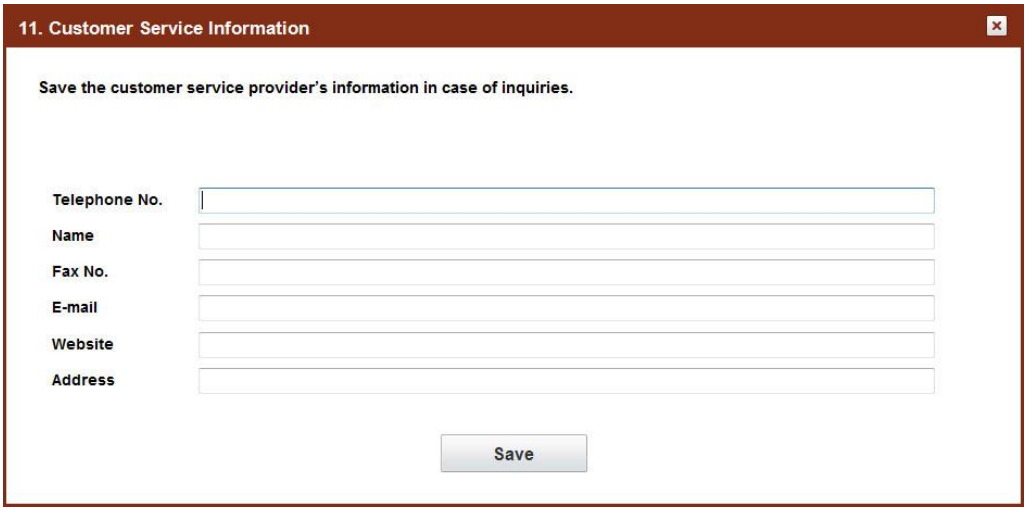


10. Export Data as CSV/Image Files



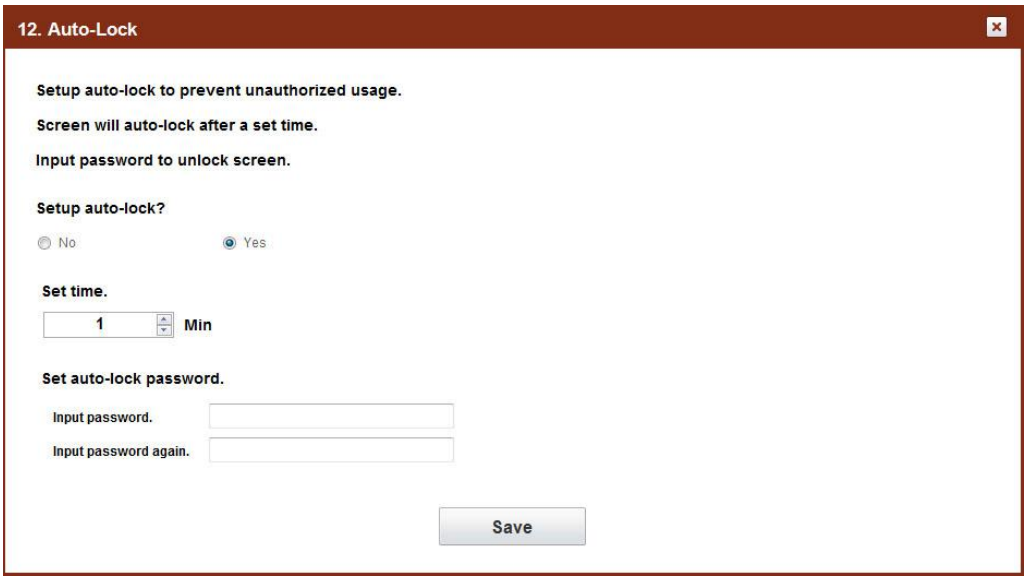
Export test results as CSV/image files.

11. Customer Service Information



Save the customer service provider's information for future reference.

12. Auto-Lock

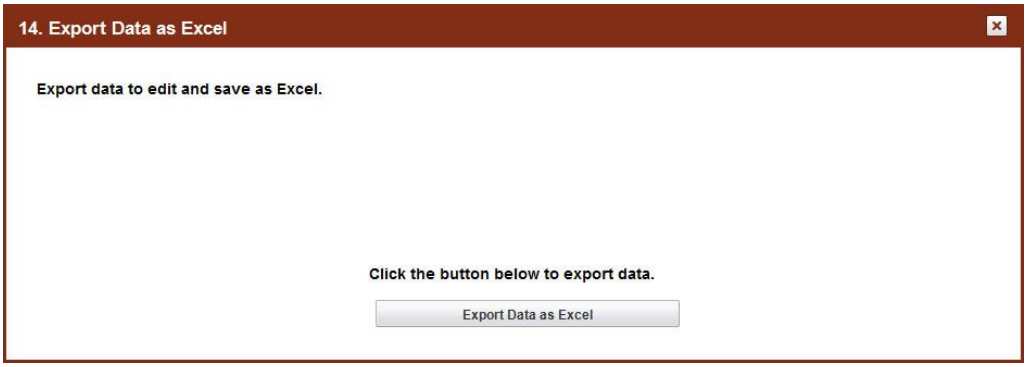


Set an auto-lock to prevent unauthorized usage. Screen will auto-lock after a set time and the password will be required to unlock the screen.

13. Program and Computer Information/Update History

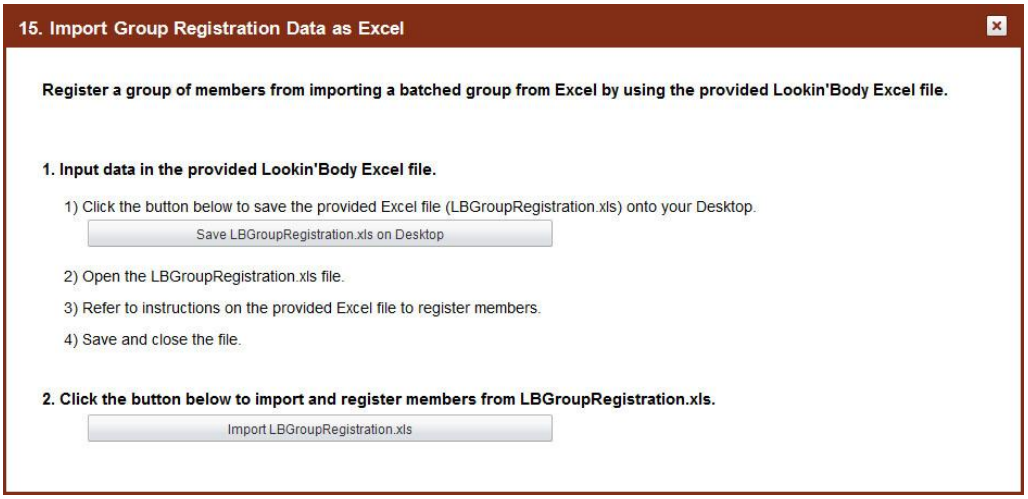
Check the program version, computer name and IP address, and update history.

14. Export Data as Excel



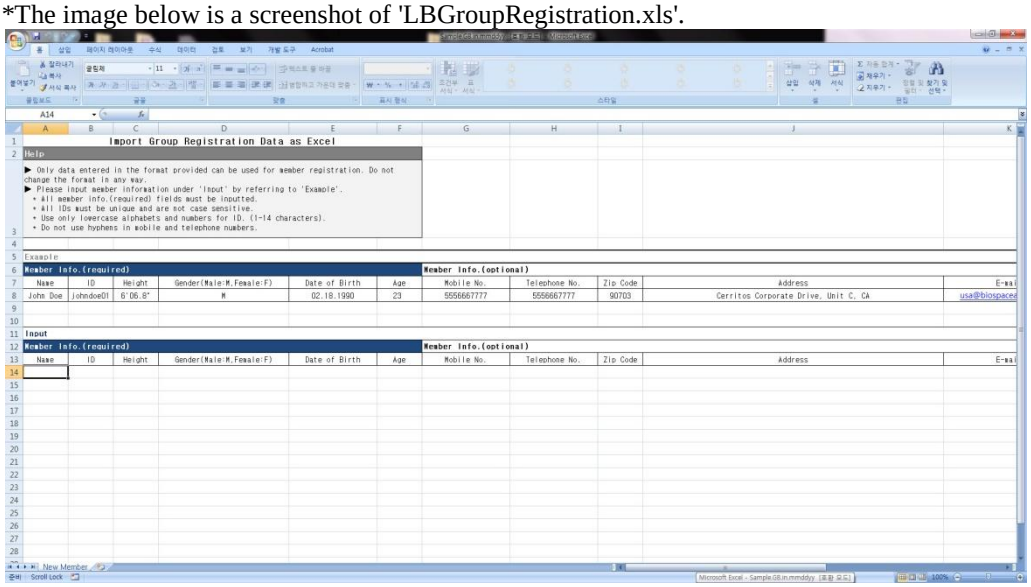
Export data saved in Lookin'Body as Excel.

15. Import Group Registration Data as Excel



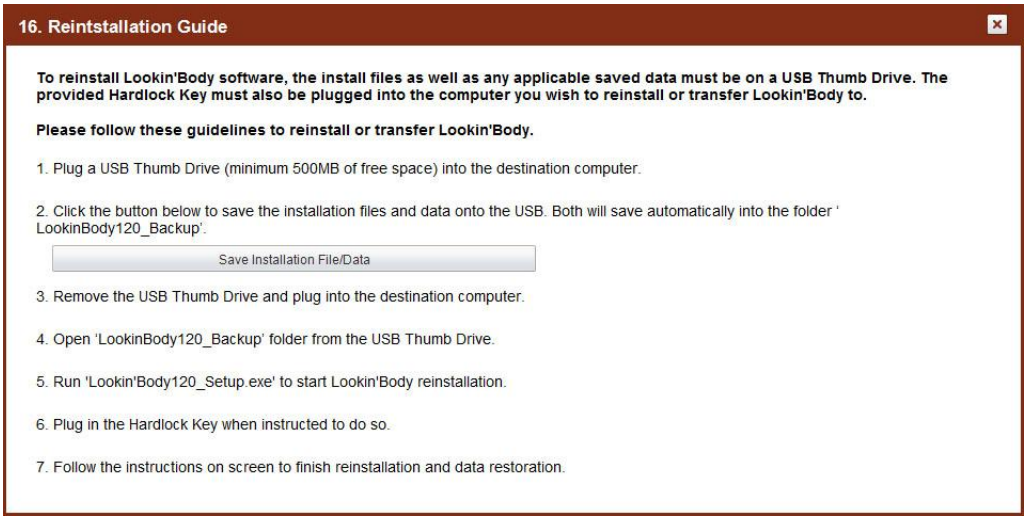
Register a group of members by entering member information on the provided Lookin′Body Excel file and importing said file on Lookin′Body.

*The image below is a screenshot of 'LBGroupRegistration.xls'.



*Lookin'Body120 supports Microsoft Excel 2003 to 2013. 'LBGroupRegistration.xls' may not be compatible with other versions of Excel.

16. Reinstallation Guide



To reinstall Lookin'Body software,
1) Plug a USB Thumb Drive (minimum 500MB of free space) into the destination computer.

2) Press the [Save Installation File/Data] button to save the installation files and data onto the USB. Both will save automatically into the folder ′LookinBody120_Backup’.

3) Remove the USB Thumb Drive and plug into the destination computer.

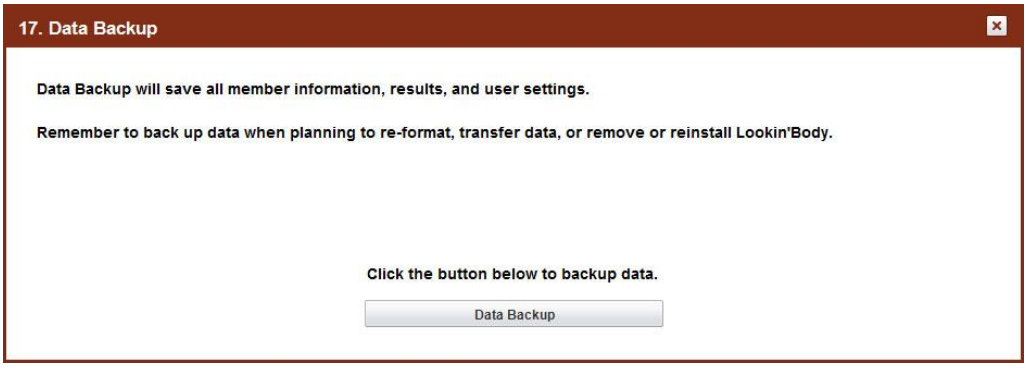
4) Open ‘LookinBody120_Backup’ folder from the USB Thumb Drive.

5) Run 'Lookin'Body120_Setup.exe' to start Lookin'Body reinstallation.

6) Plug in the Hardlock Key when instructed to do so.

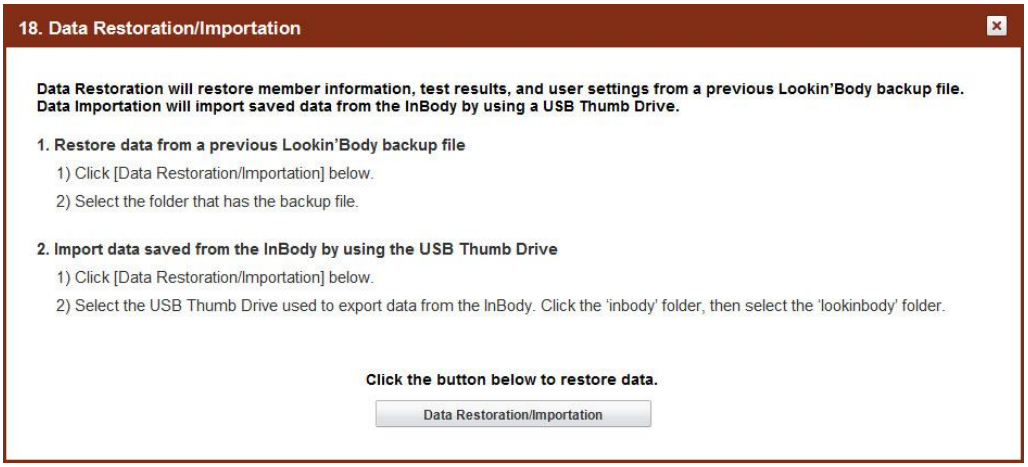
7) Follow the instructions on screen to finish reinstallation and data restoration.

17. Data Backup



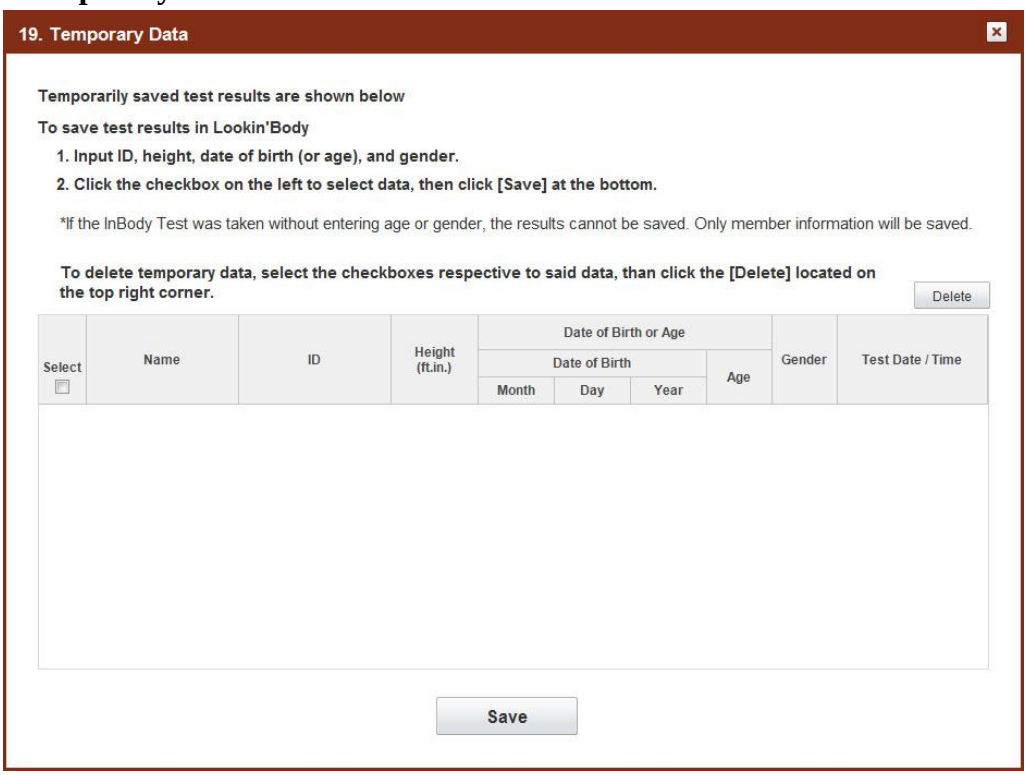
Press the [Data Backup] button to backup Lookin’Body data. Data can be used when reformatting, transferring data, or reinstalling Lookin’Body.

18. Data Restoration/Importation



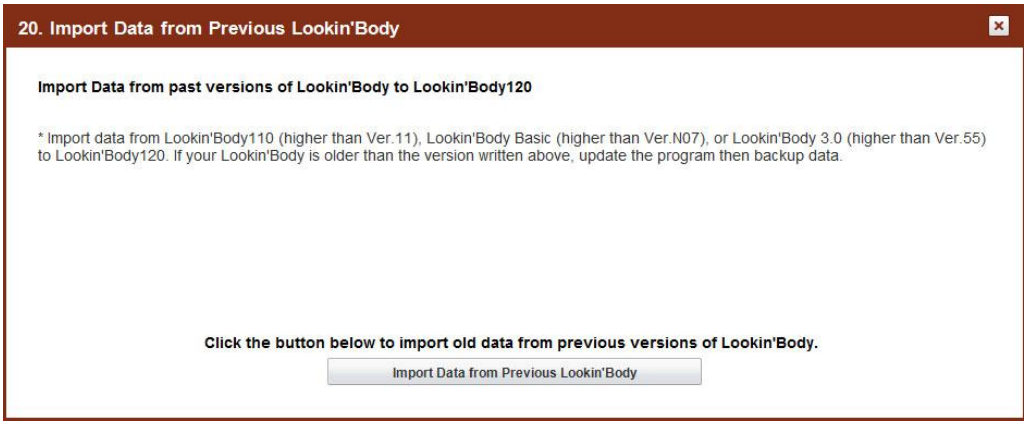
Restore data from a previous Lookin'Body backup file.

19. Temporary Data



Results that are missing required information to be saved as a result on Lookin'Body are stored here temporarily. Enter missing required information to save on Lookin'Body.

20. Import Data from Previous Lookin'Body



Import data from Lookin'Body110 (higher than Ver.11), Lookin'Body Basic (higher than Ver.N07), or Lookin'Body 3.0 (higher than Ver.55) to Lookin'Body120.

IV. Specification

A. Lookin'Body120

1. Functions

Member Management	Save, search, edit member information Print results sheets and e-mail
Body Composition Data Management	View body composition data Manage data
Blood Pressure Test Data Management	Save test results when connected to the Blood Pressure Monitor from Biospace Co., Ltd Input blood pressure test results View or edit data Blood pressure test results interpretation Manage data
Blood Glucose Test Data Management	Input blood glucose test results View or edit data Blood glucose test results interpretation Manage data
Other Functions	Data sharing (for computers on a same network) Export data as CSV/Image files Lookin'Body S Automatic updates Export data as Excel Data backup & restoration
Results Sheet	InBody Results Sheet - InBody Results Sheet - InBody Results Sheet for Children - Body Composition History Results Sheet - InBody Results Interpretation Blood Pressure Results Sheet - Blood Pressure Results Sheet Blood Glucose Results Sheet - Blood Glucose Results Sheet

2. System Requirements

Operating System	Microsoft Windows XP SP3/ Windows Vista SP1/ Windows 7 (32bit/64bit)/ Windows 8 (32bit/64bit)
Processor	1.7GHz or faster processor recommended
Hard Disk	1GB or greater HDD free space
Memory	1GB RAM or greater
Resolution	1024 x 768
Input Device	Keyboard, mouse
Connection Method	Serial (RS-232C) USB LAN Wi-Fi Bluetooth

* Specifications can be changed without a prior notice.

B. Lookin'Body Bluetooth Dongle (InBT-USB)

USB Version	Supports USB 2.0 full speed
Bluetooth Version	Bluetooth Version 2.1 + EDR, Class1
Antenna Type	Antenna embedded
Frequency Range	2.4GHz ISM
Operating Range	Up to 100m without any interference, 10-20m for indoor use with interference
Transmission Intensity	+17 dBm
Reception Intensity	-86 dBm
Supporting Service	Serial Port Protocol (SPP), Dial-up Networking Profile (DUN), OBEX Object Push, Profile (OPP), OBEX File Transfer Profile (FTP), Human Interface Device Profile (HID), Phone Book Access Profile (PBAP), Health Device Profile (HDP), Device Identification Profile (DI), Service Discovery Protocol (SDP)

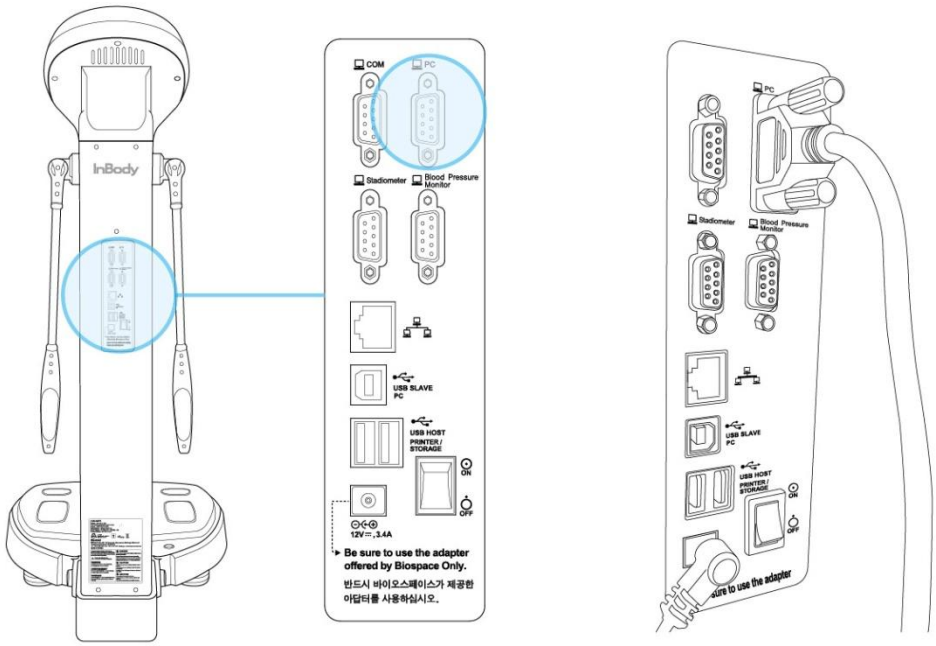
V. Appendix

A. Connecting Lookin'Body120 to the InBody570

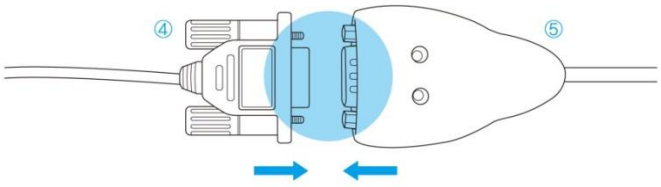
1. Serial

*Serial cable is optional.

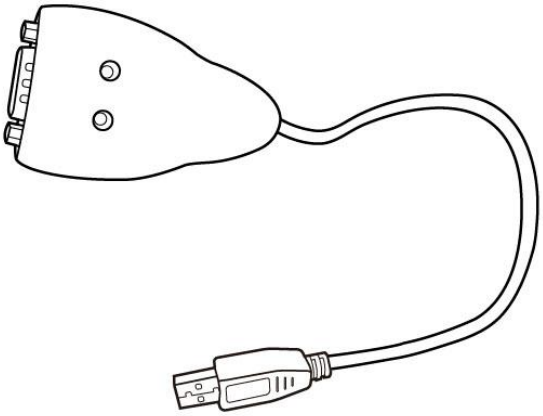
1) Plug the serial cable into the designated port on the back of the InBody.

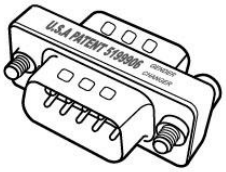


*If your computer or laptop does not have the serial port, you may need to use a Serial to USB Converter. Connect the serial cable to the Serial to USB Converter and plug the other end of the serial cable into the designated port on the back of the InBody.

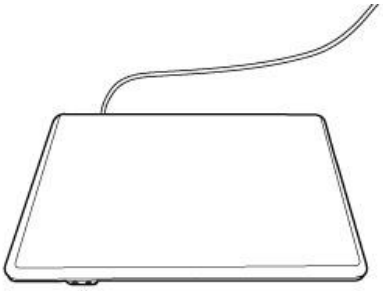


*If the gender of the serial port of your computer or laptop is not correct, you may need to use a Serial to USB Converter or Serial Gender Converter.

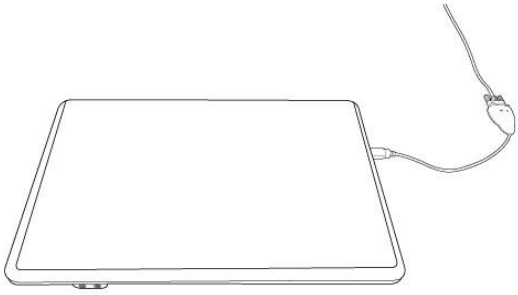




2) Plug the other end of the serial cable into the serial port of your computer or laptop.



*When using a Serial to USB Converter, plug the USB end of the Serial to USB Converter into the USB port of your computer or laptop.



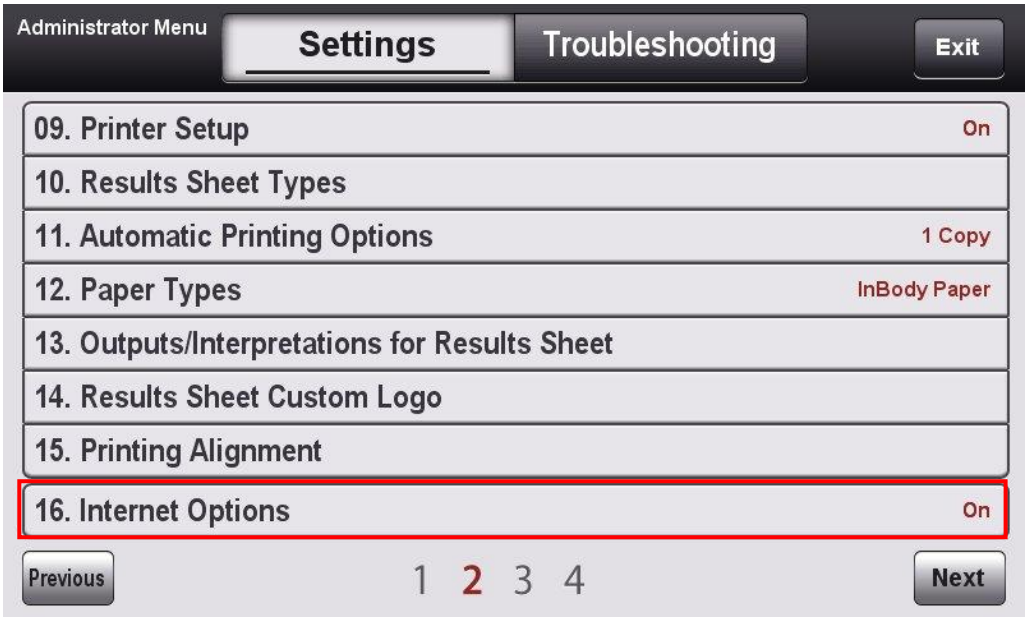
3) Check if the connection is completed like the picture below.

2. LAN

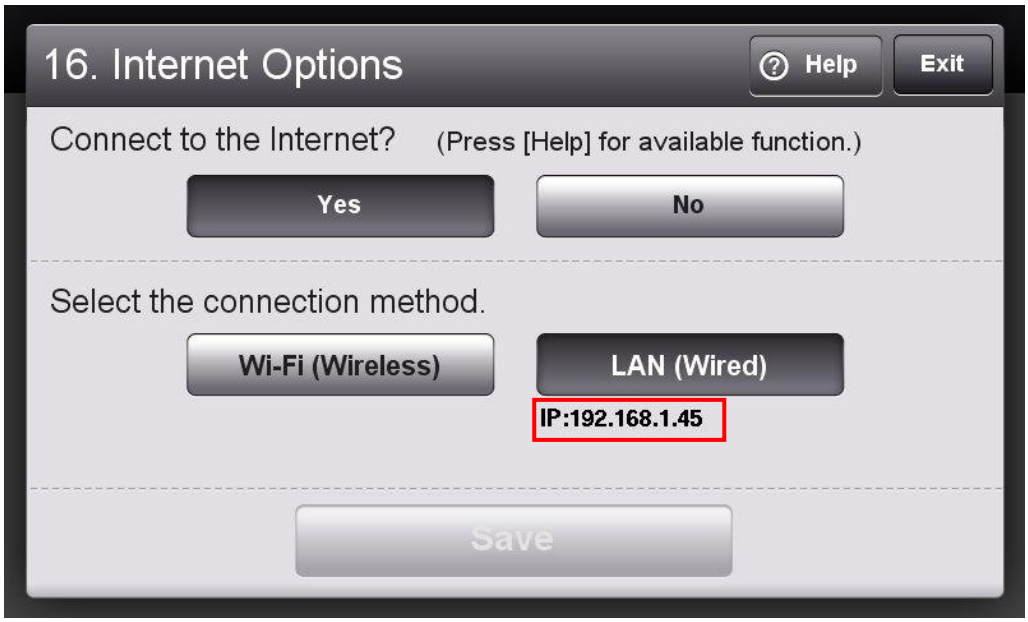
1) Connect the computer or laptop to your Internet network.

2) Connect the InBody to the same Internet network using [LAN (Wired)]. Go to the InBody's Administrator Menu→[Setup]→[16. Internet Options].

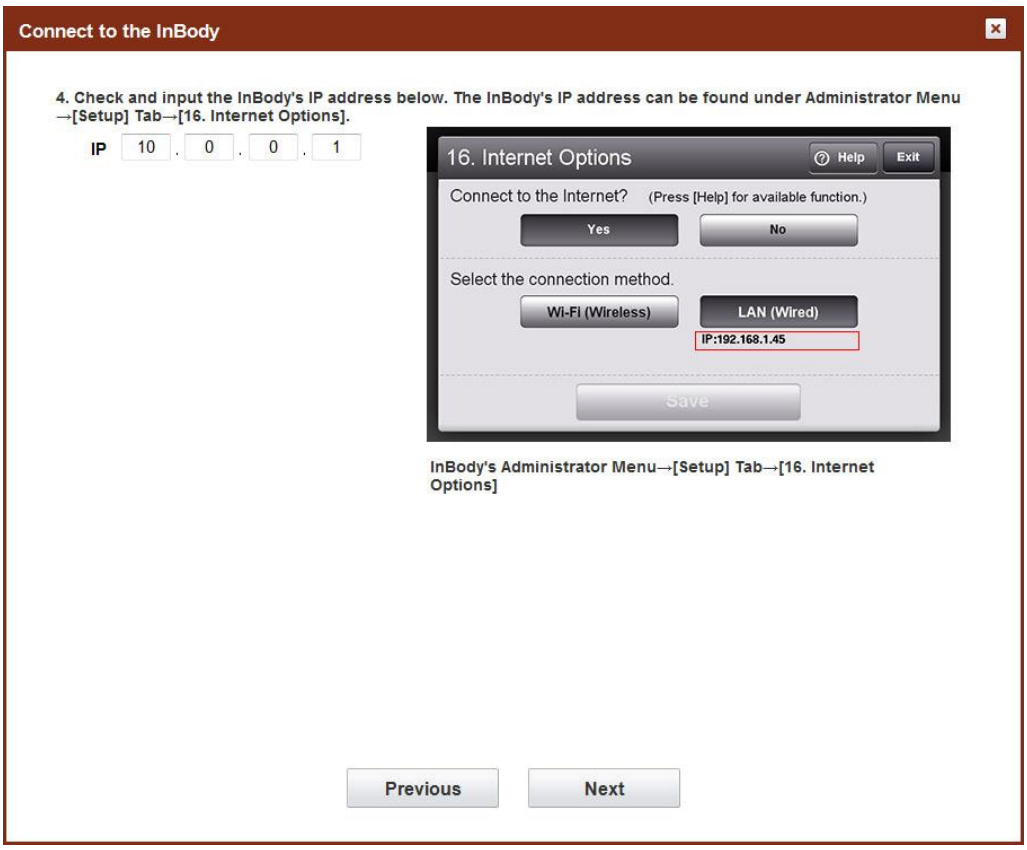
*The InBody and the computer or laptop must be connected to the same network.



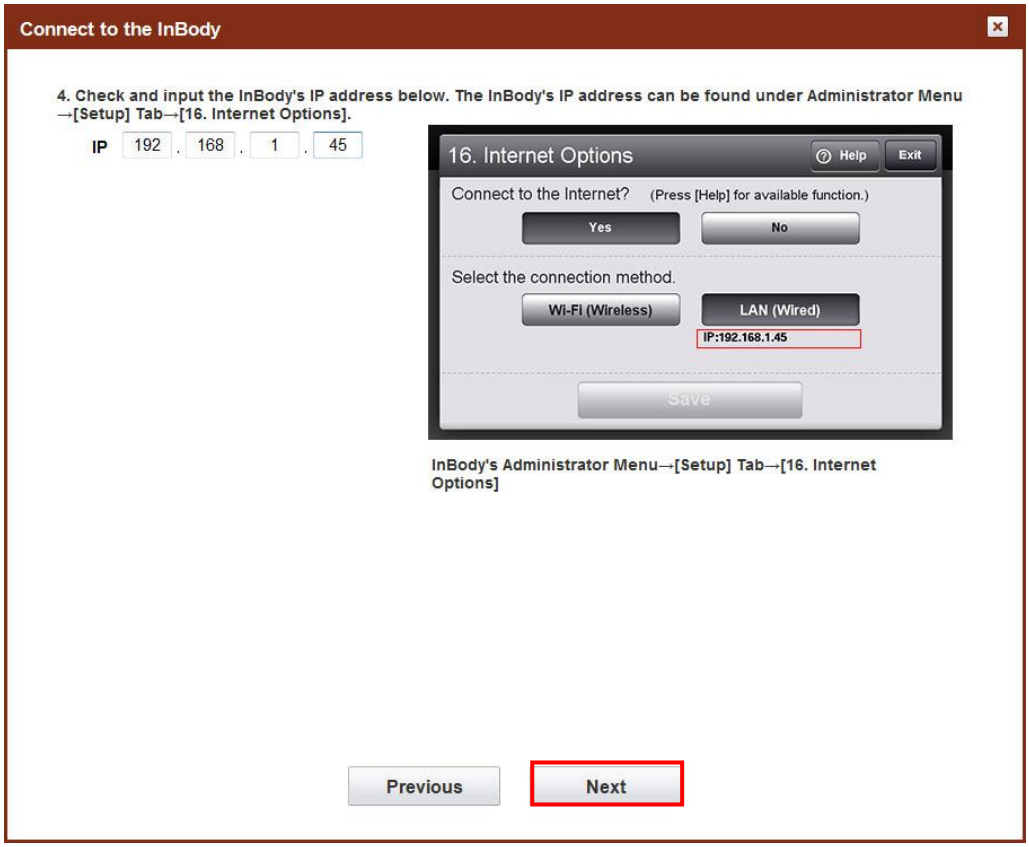
3) Check the InBody's IP as shown in the picture below.



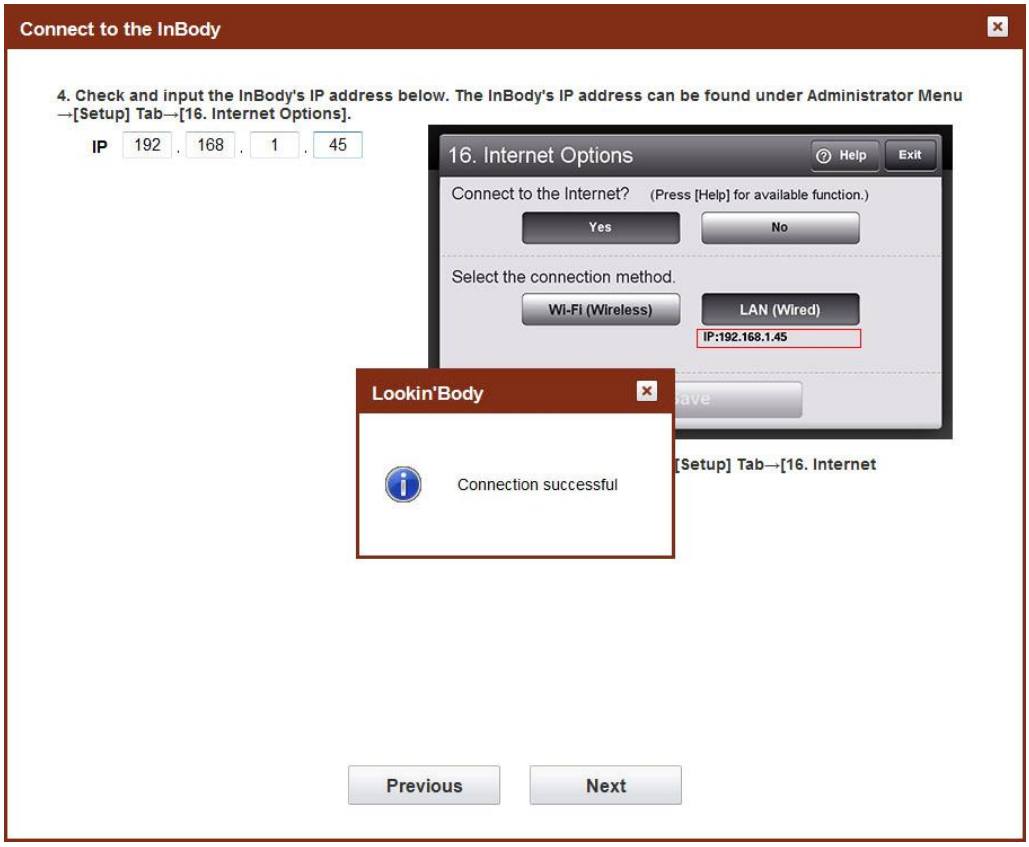
4) When installing Lookin'Body120, input your InBody's IP when the screen below is shown.



5) Press the [Next] button to check the connection with the InBody.

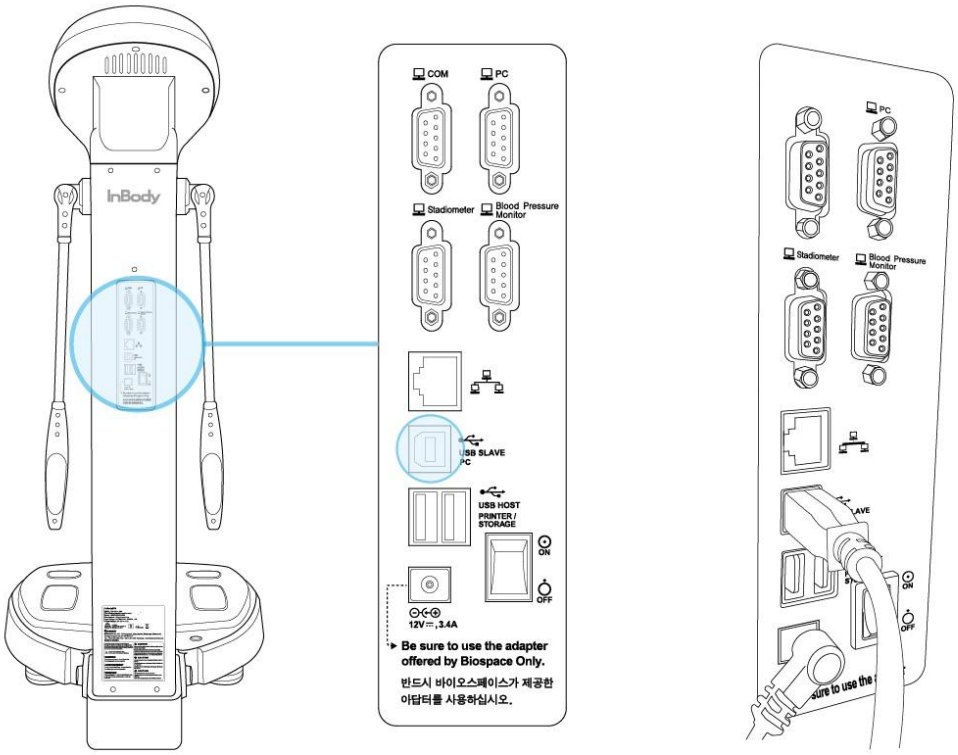


6) When the InBody is connected to Lookin'Body, the popup window below will be appear.

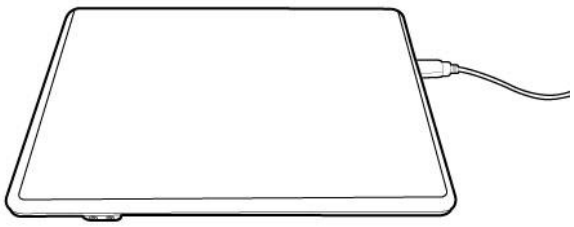


3. USB

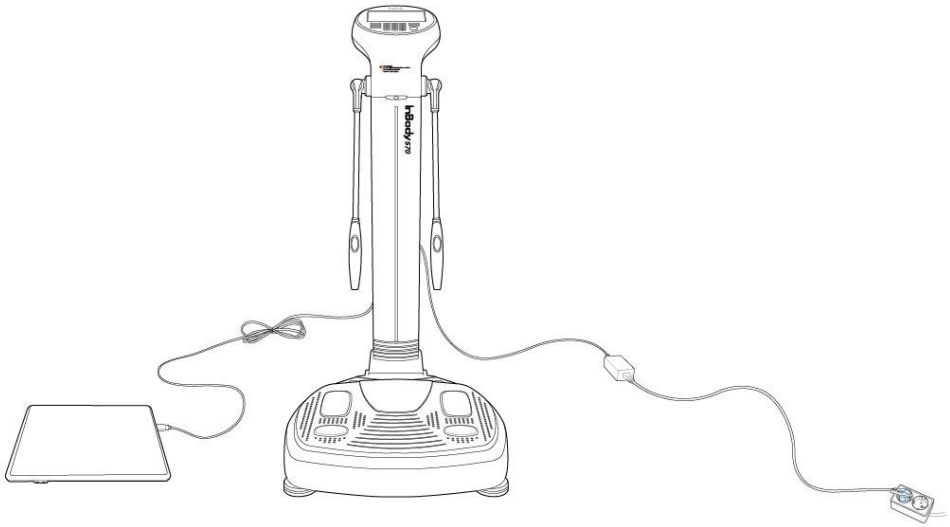
1) Plug the USB slave end of the USB cable into the designated port on the back of the InBody.



2) Plug the USB host end of the USB cable into the USB port of your computer or laptop.

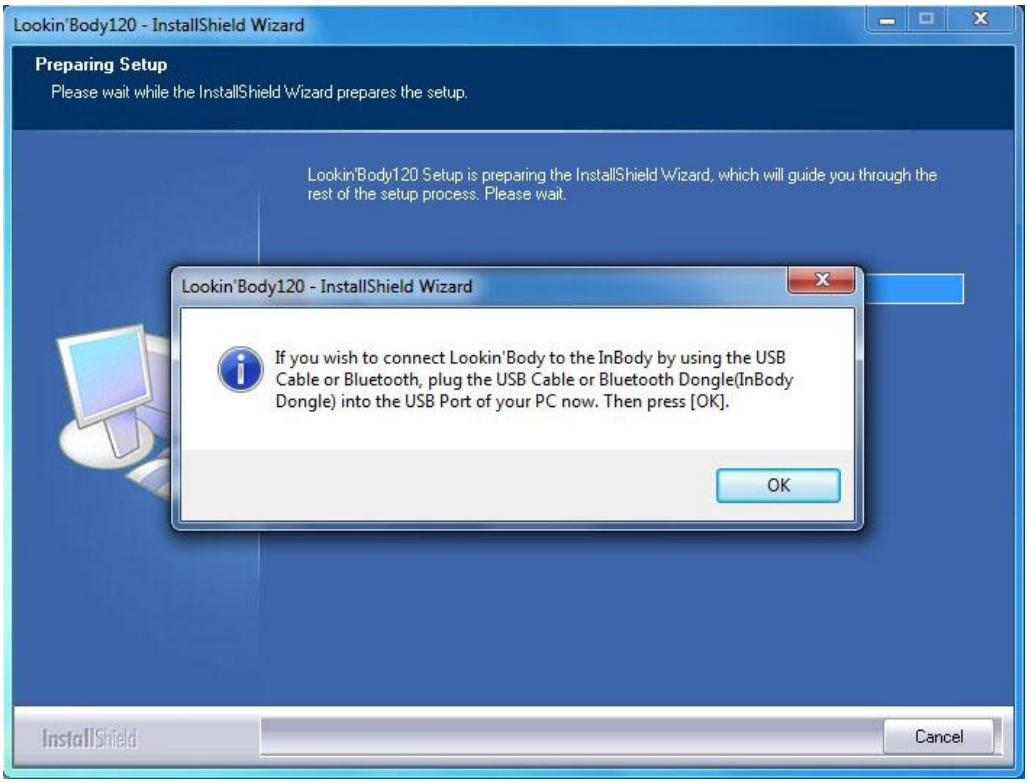


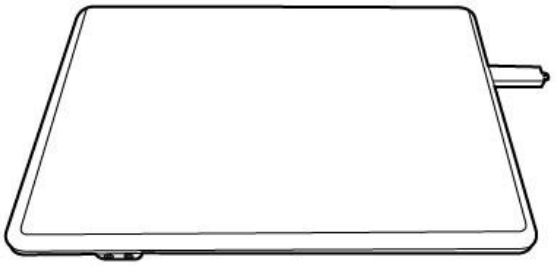
3) Check if the connection is completed like the picture below.



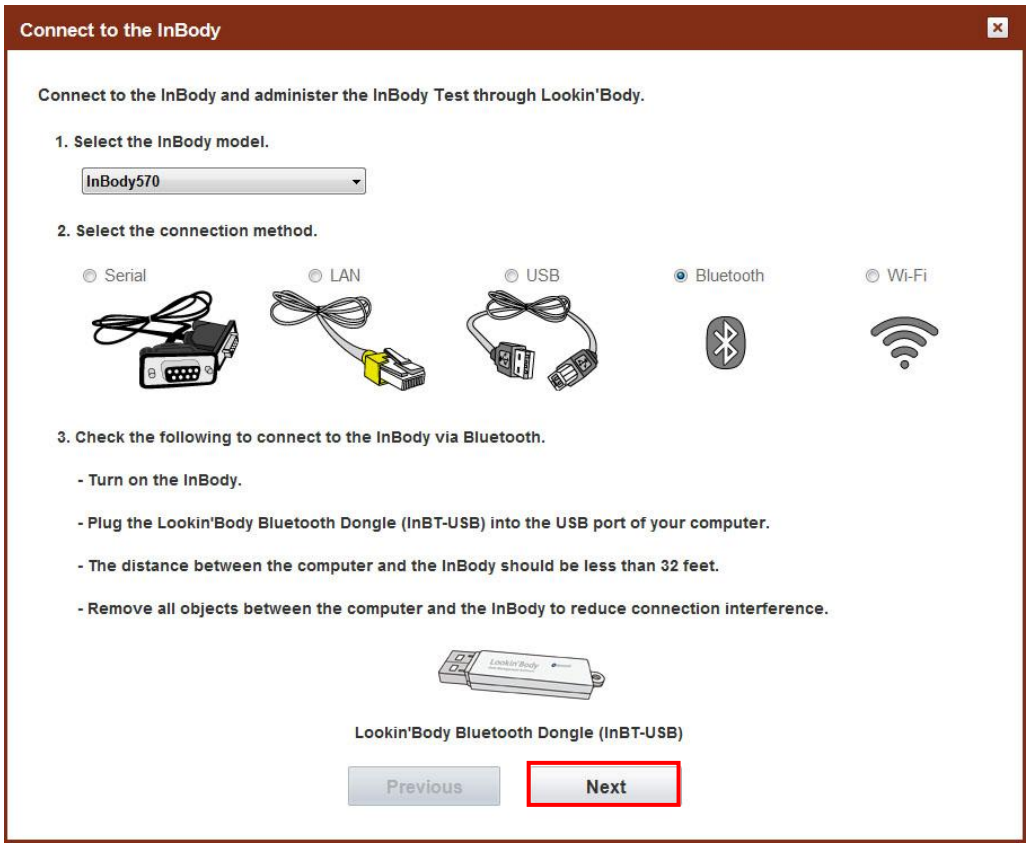
4. Bluetooth

1) When installing Lookin'Body120, plug the Lookin'Body Bluetooth Dongle (InBT-USB) into the USB port of your computer or laptop when the screen below is shown.

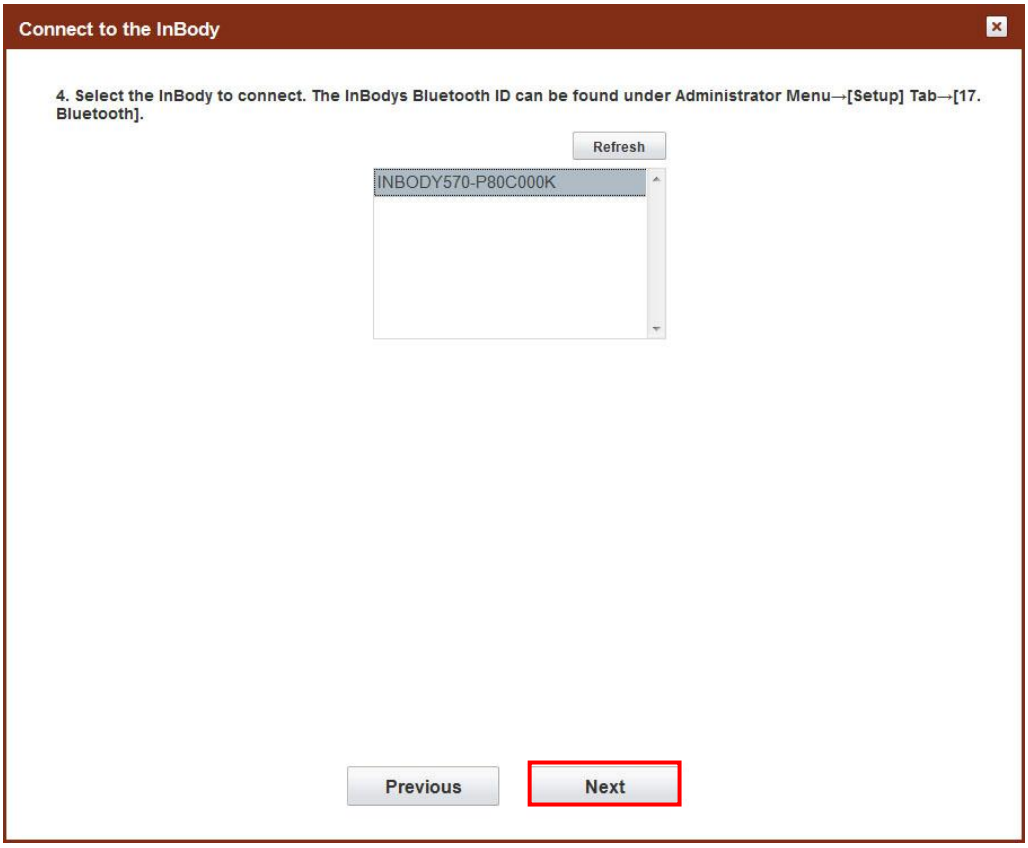




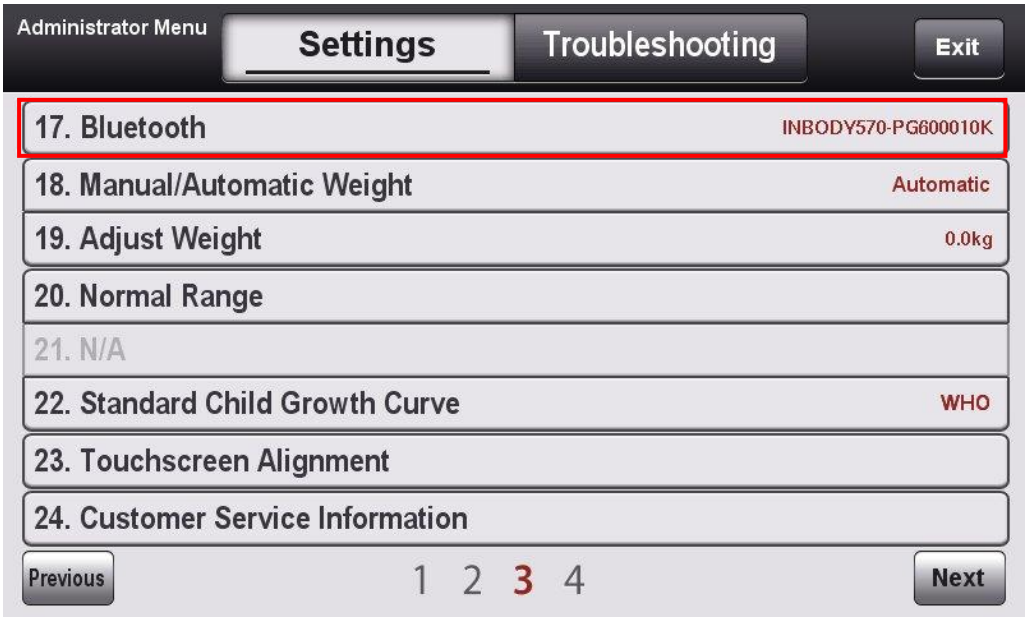
2) Select 'Bluetooth', then press the [Next] button if the screen below appears.



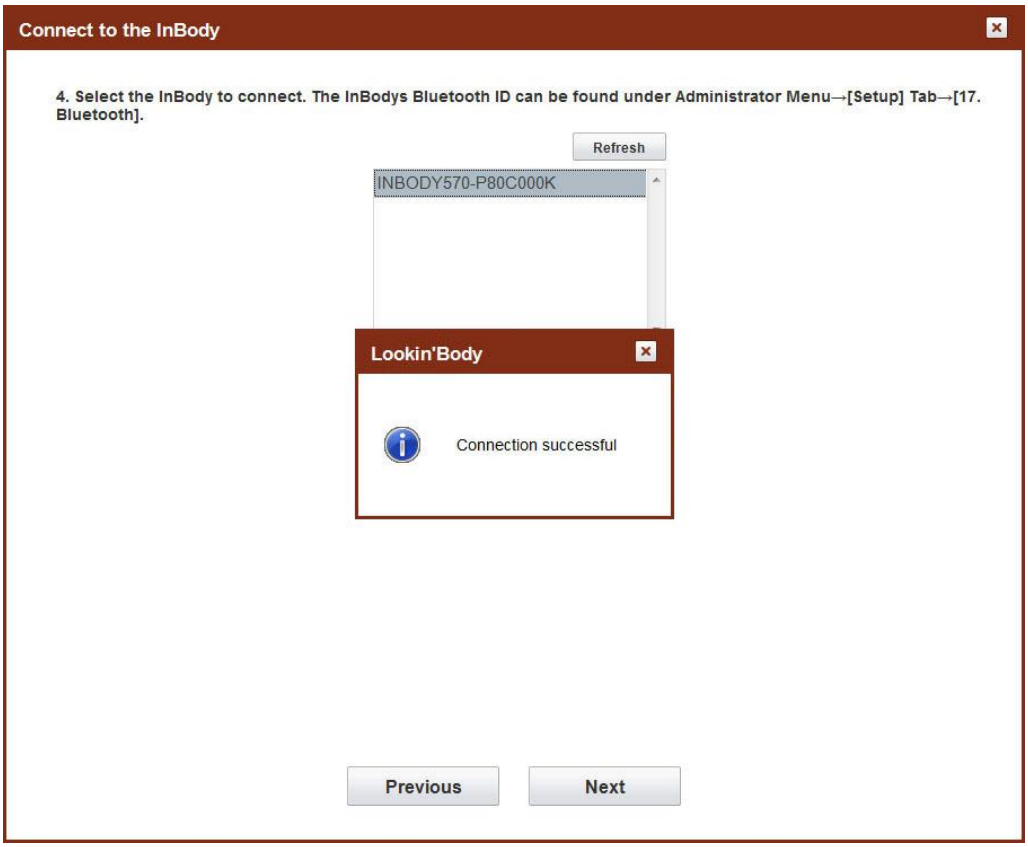
3) Wait until Lookin'Body searches for the InBody to connect. Select the InBody to connect to from the list, then press the [Next] button.



* To check the Bluetooth ID of the InBody, go to the InBody's Administrator Menu→[Setup]→[17. Bluetooth].



4) When the InBody is connected to Lookin'Body, the popup window below will appear.

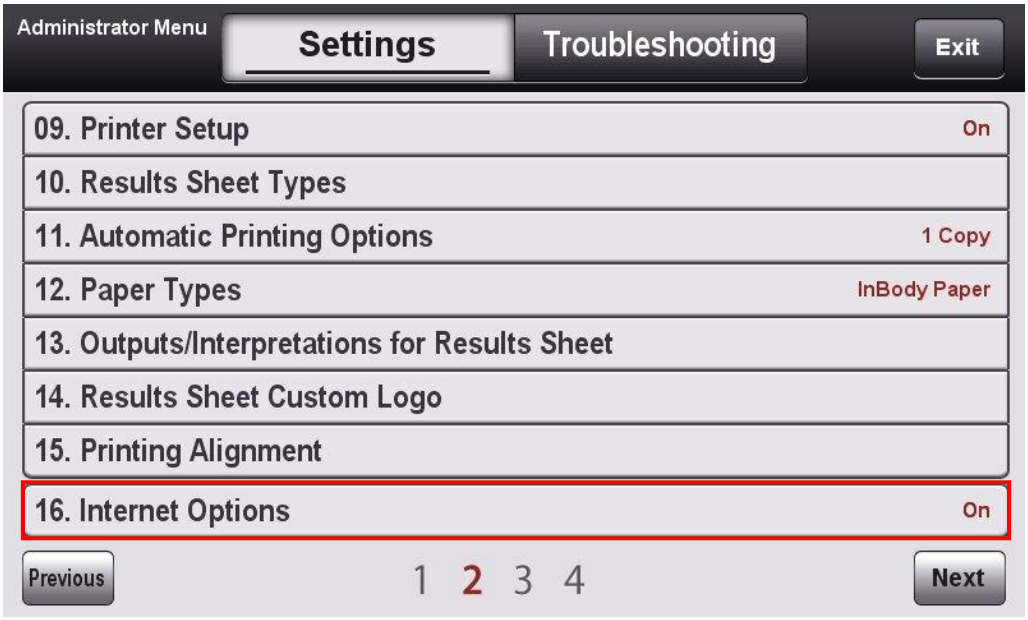


5. Wi-Fi

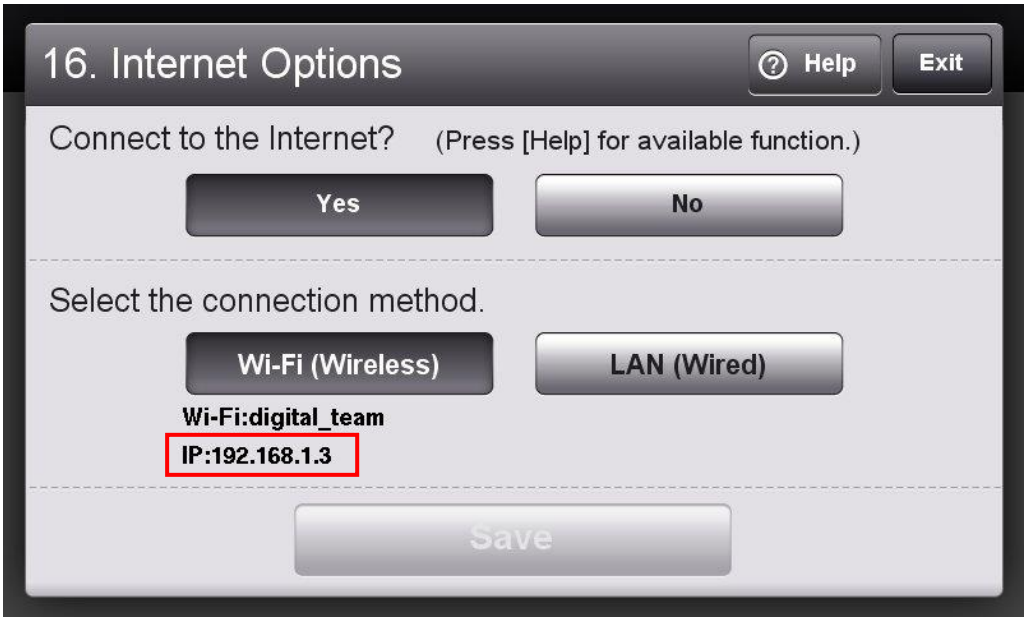
1) Connect the computer or laptop to the Internet.

2) Connect the InBody to the Internet using [Wi-Fi (Wireless)]. Go to the InBody's Administrator Menu→[Setup]→[16. Internet Options].

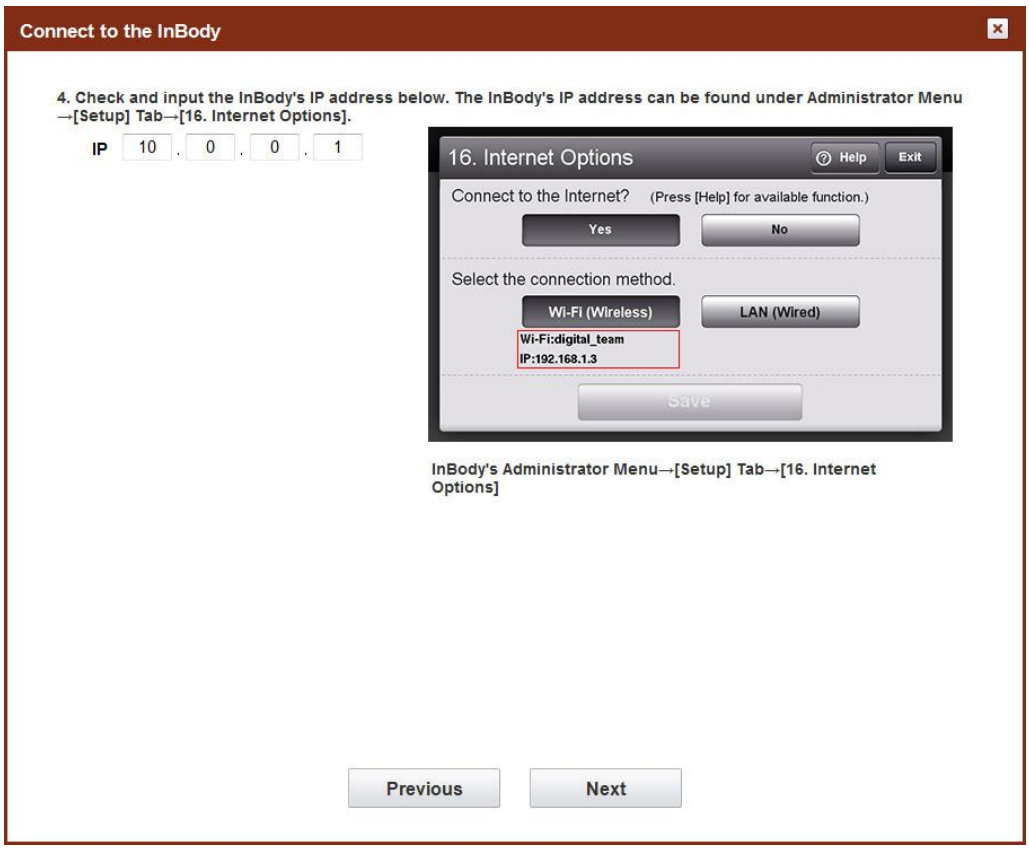
*The InBody and the computer or laptop must be connected to the same network.



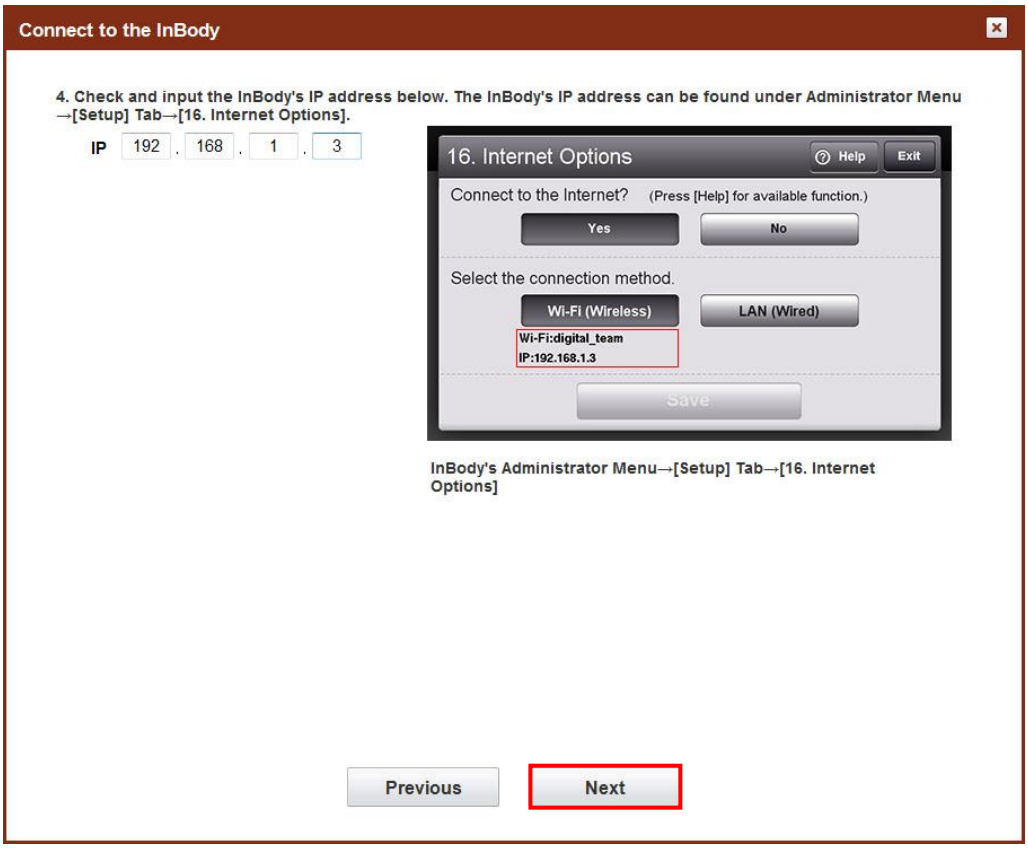
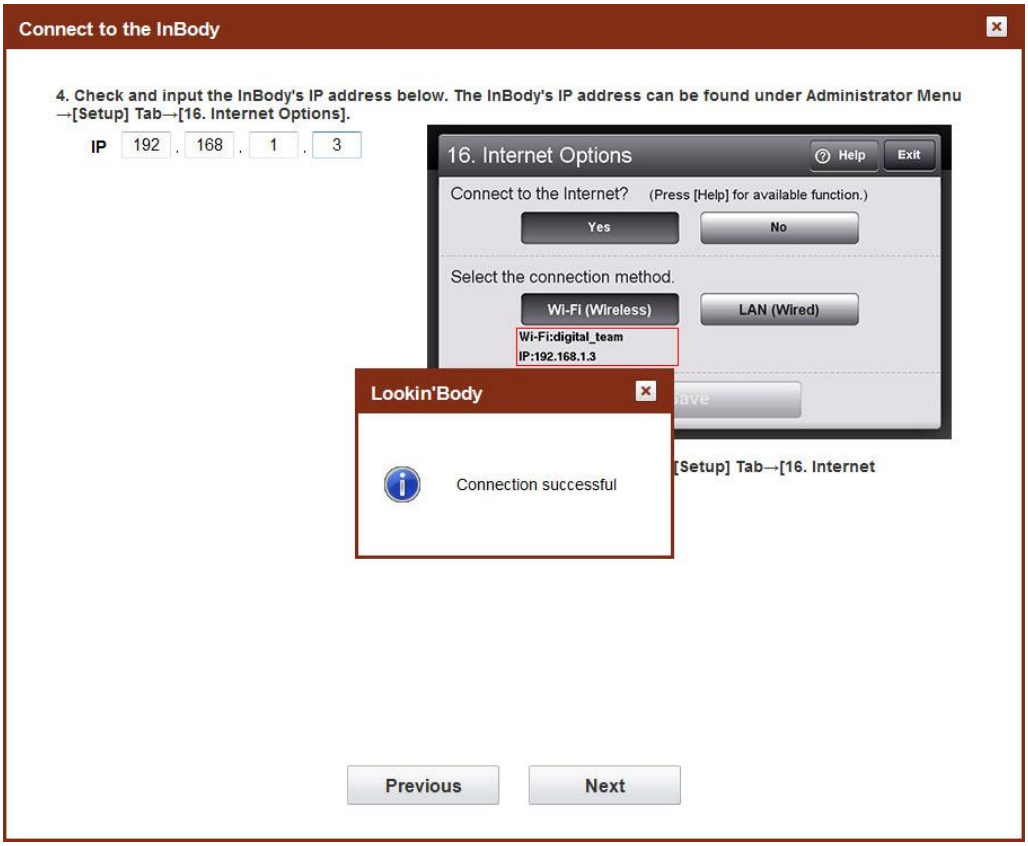
3) Check the InBody's IP as shown in the picture below.



4) When installing Lookin'Body120, input your InBody's IP when the screen below is shown.



5) Press the [Next] button to check the connection with the InBody.



6) When the InBody is connected to Lookin'Body, the popup window below will appear.