

HJ-150
HIP
PEDOMETER

HJ-151
HIP
PEDOMETER

HJ-112
POCKET
PEDOMETER

HJ-720ITC
POCKET PEDOMETER
with PC SOFTWARE



Measurement	• Steps	• Steps • Moderate steps and minutes • Calories • Distance	• Steps • Areobic steps and minutes • Calories • Distance	• Steps • Areobic steps and minutes • Calories • Distance
Product Placement	Clip to Belt	Clip to Belt	Pocket, Bag or Clip to Belt	Pocket, Bag or Clip to Belt
History	7 Days	7 Days	7 Days	7 Days (Displayed) 42 Days (In Memory)
Warranty	1 Year	1 Year	1 Year	1 Year
Batteries	3 VDC (1 Lithium Battery CR2032)	3 VDC (1 Lithium Battery CR2032)	3 VDC (1 Lithium Battery CR2032)	3 VDC (1 Lithium Battery CR2032)
Estimated Battery Life	Approx. 1 year (when used for walking 10,000 steps a day)	Approx. 1 year (when used for walking 10,000 steps a day)	Approx. 6 months (when used for walking 10,000 steps a day)	Approx. 6 months (when used for walking 10,000 steps a day)
Time of Day Display	Yes	Yes	Yes	Yes
UPC Code	0 73796 80150 2	0 73796 80151 9	0 73796 80112 0	0 73796 72090 2

Q. Does it matter where the pedometer is placed or attached?

A. The HJ-150 and 151 Pedometer must be positioned correctly. Attach the unit to your belt or to the top of your waistband. The unit must be horizontal to the ground in order for the unit to function correctly. The HJ-112 and HJ-720ITC Pocket Pedometer can also be placed in your pocket or purse.

Q. What's the accuracy rate of Omron Pedometers?

A. The precision of the step counting is within +/- 5%.

Q. What are moderate steps?

A. At least 30 minutes of moderate exercise is recommended each day. The HJ-151 Pedometer separately displays the steps and minutes walked at a moderate pace.

Q. What are aerobic steps?

A. The HJ-112 and HJ-720ITC Pocket Pedometer separately displays aerobic steps and minutes that start counting after 10 minutes of continuous walking with more than 60 steps a minute.

Q. How does the PC software work?

A. The HJ-720ITC Pocket Pedometer includes PC software for Windows® 2000 or XP. It keeps track of daily, weekly, monthly and yearly progress.

HBF-400
FAT LOSS MONITOR
with SCALE

HBF-500
BODY COMPOSITION
MONITOR with SCALE

HBF-306
FAT LOSS
MONITOR

HR-100
HEART RATE
MONITOR



Measurement	<ul style="list-style-type: none"> • Body Fat Percentage • Body Mass Index • Weight 	<ul style="list-style-type: none"> • Body Fat Percentage • Visceral Fat Level • Skeletal Muscle Percentage • Resting Metabolism • Body Mass Index • Weight 	<ul style="list-style-type: none"> • Body Fat Percentage • Body Mass Index 	<ul style="list-style-type: none"> • Heart Rate and Pulse
Product Placement	Flat Level Floor	Flat Level Floor	Hold in Front of Body	Watch - On Wrist Transmitter - Around Chest
Memory	4 Person Profile with Previous Reading	4 Person Profile 1/7/30/90/ Day(s) Memory	9 Person Profile	None
Warranty	1 Year	1 Year	1 Year	1 Year
Batteries	4 "AA" Included	4 "AA" Included	2 "AA" Included	2 - CR2032 (3 volt) Included
Estimated Battery Life	Approx. 1 year (when used four times a day)	Approx. 1 year (when used four times a day)	Approx. 1 year (when used four times a day)	Approx. 1 year (varies depending on storage and use)
UPC Code	0 73796 82640 6	0 73796 26500 7	0 73796 30630 4	0 73796 71003 3

Q. What is the Bioelectrical Impedance Method?

A. Bioelectrical Impedance (BI) is considered one of the most accurate and accessible methods of screening body fat. Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat is tissue that has little electric conductivity. The monitor sends an extremely weak electrical current through your body to determine the amount of fat tissue. The weak electrical current is not felt while operating the Body Fat Analyzer. The monitor is calculated by a formula that includes five factors; electric resistance, height, weight, age and gender.

Q. What is visceral fat?

A. Visceral fat is located around the organs. Too much visceral fat is thought to be closely linked to increased level of fat in the bloodstream, which can lead to common conditions such as high cholesterol, cardiovascular disease and diabetes. Sedentary life style causes excess visceral fat, and exercise can reduce it quicker than subcutaneous fat (fat located under skin).

Q. What is resting metabolism?

A. Resting metabolism is the energy to maintain vital functions and it counts 60 to 70% of total energy consumption. Knowing your resting metabolism can help your dietplan. If you can increase daily activity while keeping food intake at resting metabolism level, you can lose weight.

Q. What is skeletal muscle?

A. Skeletal muscle is muscle attached to the bones that is used to move the body. If you do weight loss without exercise, you may lose skeletal muscle. Skeletal muscle is important to maintain your resting metabolism as well as your functionality. Monitoring skeletal muscle during weight loss is key to avoid weight rebound in future.

Omron's Consumer Support can assist your patients with questions regarding the purchase or use of the unit. The toll free number for consumers is (800) 634-4350 and for Professional Medical (877) 216-1336. Automated information is available 24 hours a day, 7 seven days a week.

Customer Service Representatives are available 8:30 am to 4:30 pm CST, Monday through Friday.