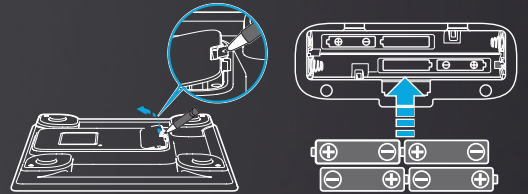


Easy steps to start using **VIVA**

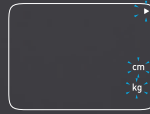
STEP 1

Install the batteries

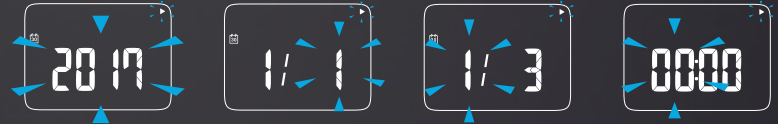


STEP 2

Press **ON/OFF** button. The default measurement unit is "kg & cm". Press **SET** to confirm or **▶** if you want to change to "lb & inch" or "st-lb & inch". Press **SET** to confirm.



Set date and time.
(Press **▶** to adjust and **SET** to confirm).



The device turns OFF.

STEP 3

Make sure your phone's Bluetooth is ON.

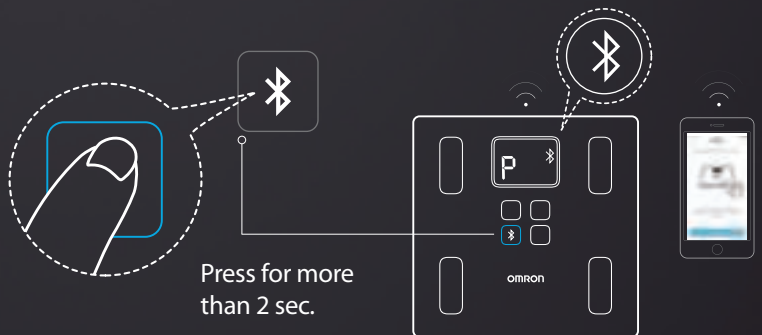
Download and install the free "OMRON connect" app.



**If you have the OMRON connect app, go to:
Menu > Devices > Add Device >
> Body Composition Monitor >
> VIVA and press OK.*

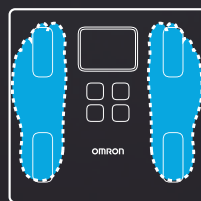
STEP 4

Pair your smart phone with **VIVA** following "OMRON connect" on-screen instructions.



STEP 5

Place **VIVA** on the **hard and flat floor**.
Take a measurement: step onto **VIVA** with **bare feet**.
Place the arches of your feet onto the center of the unit.
Stand straight.



VIVA will automatically recognize you.
Step off the unit after the measurement results are shown on the display.

STEP 6

Your data will be transferred after device goes OFF (3 min).
To see results in the app immediately, press **SET** or **ON/OFF** button.
You are now ready to use **VIVA**.



Recommended measurement times

DAILY ACTIVITIES

Waking up	
Recommended time	After waking up
Breakfast	
2 HOURS	
Recommended time	Before lunch and about 2 hours or more after breakfast
Lunch	
2 HOURS	
Recommended time	In the afternoon about 2 hours or more after lunch and before taking a bath or eating dinner
Taking a bath or eating dinner	
2 HOURS	
Recommended time	Avoid measurement immediately after eating or bathing.
Going to bed	
Recommended time	Before going to bed and about 2 hours or more after dinner or bath



Classification of results

Body Fat %

Age	Low -			Normal 0							High +					Very High ++														
	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33		
Male 18-39																														
Male 40-59																														
Male 60-80																														
Female 18-39																														
Female 40-59																														
Female 60-80																														

Skeletal Muscle %

Age	Low -			Normal 0							High +					Very High ++			
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47		
Male 18-39																			
Male 40-59																			
Male 60-80																			
Female 18-39																			
Female 40-59																			
Female 60-80																			

Visceral Fat Level

Normal 0										High +					Very High ++														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

BMI

Underweight -					Normal 0										Overweight +					Obese ++													
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34													

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OMRON VIVA
Smart Body Composition Monitor

QUICK START GUIDE



OMRON