

# Samsung Health Body Composition (Body composition measurement app)



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For the safe and correct use  
of this product, please read  
this user manual carefully  
before use.

**User Manual**

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### 1. Purpose of Use







Samsung Health’s Body Composition App analyzes the user’s body composition information, including body fat percentage, by using body impedance information measured with the electric biometric sensors equipped in the user’s smartwatch. It is software that measures, records, saves, sends, and displays body composition information, and may only be used for information provision and health purposes.

### 2. Product Overview







The Body Composition App is an over-the-counter (no prescription needed) wellness software product that runs on compatible Galaxy Watches. The Body Composition App has features that analyze the user’s body composition by measuring the impedance of the body with electric biometric sensors, and record, save, and send these results. It may only be used by adults 18 years of age or older (recommended). The Body Composition App utilizes the user’s profile and the measured impedance to provide the user with body composition information such as body fat, skeletal muscle, and body water.




### 3. Precautions

Please read the precautions below before use.


	If the electrode area is contaminated by foreign objects, moisture, or sweat before measurement, wipe the area clean and make sure it is dry.
	Strap the Watch tight on your left wrist, straighten your arms so that your armpits do not touch your body, and then make your middle and ring fingers touch the keys while your right palm is facing up.
	During measurement, please be careful not to let your left and right hands touch each other.
	Make sure that your fingers only touch the keys and not the main body of the device.
	Make sure not to move or speak during measurement, and maintain a stable posture.
	If the body composition measurement is not working well, please carefully read the precautions and try measuring again. If your skin is dry or hairy, the measurement may not work well. Try again after wiping your skin with a wet tissue.

When using the Body Composition App, follow the instructions below for accurate measurement.

	Measure with the correct measurement posture at the same time and under the same conditions if possible (your body composition changes slightly during the day)
	Measure on an empty stomach (drinking water or eating food can affect your weight, and it is considered as part of your body composition)
	Measure after going to the bathroom (food in your digestive organs can affect your weight, and it is considered as part of your body composition)
	Measure after you have had sufficient rest by sitting or standing for about 5 minutes, not lying down (measuring after lying down will affect the results)
	Measure before taking a shower or bath or using a sauna (your body composition temporarily changes due to blood flow and sweating)
	Measure after removing all metal objects (metal objects that can conduct electricity, such as earrings, necklaces, and rings, are considered as part of your body composition)

	Measure in the same posture that the measurement guide shows (the results may vary depending on measurement posture)
	Not recommended for women while menstruating (measured values may be inaccurate due to changes in hormones and body water)
	Do not use this product if you have an implanted medical device such as a pacemaker, or a life-sustaining medical device such as a patient monitoring device. The micro-currents that flow during measurement may cause the medical device to malfunction and cause life-threatening damage.

Notice on errors in specific body types

	Professional body composition analyzers divide the human body into five parts and measure the body composition for each part. On the other hand, the Watch is placed on the wrist, measures the upper body, estimates the body composition of the whole body using this and shows the results. Due to this difference in the method of measurement, if the body composition of your upper and lower body has developed unequally, or if you are very obese or are an athlete who has a lot of muscle mass compared to the general population, your results may significantly differ from results from a professional body composition analyzer.
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**4. Measurement**

Body composition measurement using the Galaxy Watch

- 1) Select (Samsung Health) on the Apps screen.
- 2) Select "Body Composition".
- 3) Tap "Measure".
- 4) Enter your weight, and then tap OK.

For accurate body composition measurement, you must enter your actual height, weight, and gender in your Samsung Health profile and your actual age in your Samsung account. You can also tap "Measurement Method" to see the detailed measurement methods on the screen.

- 5) Follow the on-screen instructions to start the body composition measurement by placing two fingers on the home button and back button.

■ Correct measurement posture

- Place your arms at chest level and avoid touching your body.
- Make sure that your fingers on the home button and the back button do not touch each other. Also, make sure that your fingers do not touch anything other than the buttons on your Watch.
- For accurate measurement results, make sure your posture is stable and do not move during measurement.
- Dry fingers may interfere with signal transmission, so apply lotion, moisturizer, etc. to moisturize the skin of your fingers before measuring.
- Dry skin or body hair may cause your measurement results to be inaccurate.
- For accurate measurement results, clean the back of your Watch before measuring.

- 6) Check your body composition measurement results on the screen.
- 7) Use the bezel or swipe up and down on the screen for additional body composition information.

## 5. See the Body Composition Measurement Values

You can check the measured body composition values on your Galaxy Watch whenever you want.

### 5.1 Check on Galaxy Watch

After successfully measuring your body composition using the Body Composition App, the following results will be displayed on the screen of your Galaxy Watch.

- Weight
- Skeletal muscle
- Fat mass
- Body fat
- BMI
- Body water
- BMR

## 6. Frequently Asked Questions

**If you are having problems with the Body Composition App, please check the following.**

Question) The body composition measurement isn't working properly. What should I do?

Answer)

- Please carefully read the body composition measurement guide and the precautions, and then try measuring again.
- If your skin is dry or hairy, the measurement may not work well. Try again after wiping your skin with a wet tissue.

Question) Do the micro-currents used to measure body composition affect the human body? (Skin problems, burns, etc.)

Answer)

- No. The micro-currents used to measure body composition do not affect the human body, so much so that the user will not be able to feel them. However, users who have implanted medical devices such as pacemakers should not use this product as the medical devices may malfunction.
- During body composition measurement, a low current passes through the body. This current is generally harmless to the human body, but we do not recommend that pregnant women measure their body composition. Furthermore, if you are under the age of 20, your measurement results may not be accurate.

Question) Can I do the body composition measurement with fingers other than the fingers suggested in the guide?

Answer)

- It can be measured with other fingers, but there is a higher chance that you'll get errors in your results. For accurate measurement, please carefully read the precautions and follow the guide for the correct measurement posture.

Question) When I measured my body composition, eating food or drinking water increased my body fat by 1kg. Is this a body fat measurement error?

Answer)

- Eating food or drinking water can affect your weight, and as it can remain in your digestive organs, it can cause a temporary increase in body fat mass.
- For accurate results, we recommend measuring on an empty stomach.

Question) When I measure my body composition consecutively, the measurement results are different.

Answer)

- Deviations may occur depending on your measurement posture.
- In particular, errors increase when your armpits touch your body. Errors also increase when there is moisture or sweat between the electrodes.
- Make sure to maintain the correct posture for body composition measurement.
  - Place your arms at chest level and avoid touching your body.
  - Make sure your fingers on the home button (top side button) and on the back button (bottom side button) don't touch each other. Also, make sure that your fingers do not touch anything other than the buttons on your Watch.
  - Measurement results may also vary depending on the strength, angle, humidity/moisture, movements, etc. of your fingers placed on the home button (top side button) and back button (bottom side button).
  - For accurate measurement results, make sure your posture is stable and do not move during measurement.
  - As dry skin or body hair on your wrist may interfere with signal transmission, apply lotion, moisturizer, etc. to moisturize the skin or remove body hair before measuring.
  - If sweat or moisture remains between the electrodes, the measurement may not work well or errors may increase. Try measuring after wiping the back of your Watch thoroughly and drying it.

Question) Measuring body composition with multiple devices

Answer)

- Your body composition results may vary depending on the measurement posture and measurement conditions.

- Even with the same Watch model, deviations may occur depending on the device.
- Even when you have multiple Watches on at the same time and measure with them, there may be differences in the results.
- For body fat, it's important to measure periodically under the same conditions to observe and manage changes.

Question) My body composition measurement results are different from the results I got from other products such as InBody, Tanita, Omron, etc.

Answer)

- When the Watch measures your body composition, it uses the gender, age, and height information registered in the Samsung account linked to Samsung Health on your mobile device, so if this profile information is incorrect, your body composition results may not be accurate. Please check your Samsung Health profile on your mobile device.
- Furthermore, the standard device for body fat measurement is the Dual Energy X-ray Absorptiometry (DXA) medical device. The body composition measurement device uses algorithms created by the manufacturer to estimate the results of the standard device by measuring the impedance of the body. Due to differences in this algorithm, the value measured by the Watch and the results from a body composition measuring device at a hospital may differ for each individual.