

# ACCUNIQ

Connect

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## User Manual

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## Introduction

This user manual describes the functions and usage of ACCUNIQ Connect, the dedicated app for ACCUNIQ body composition analyzers.

Please read this user manual thoroughly before using the app.

### Key Features

- Easily send body composition test results measured with ACCUNIQ body composition analyzer via QR code.
- Save your body composition test results on your smartphone in various categories such as skeletal muscle mass, body fat mass, body water, etc.
- Provides cumulative graphs of multiple test results by item.
- Set management goals based on measurement results and provide calorie guide

### Supported devices

Among our body composition analyzers, the following devices are supported, starting from the device with “\_CONNECT” after the software version name of the device.

[Supported Body Fat Scale Model Names]

- ACCUNIQ BC720 (with cloud function)
- ACCUNIQ BC390 (with cloud function)
- ACCUNIQ BC380 (with cloud function)
- ACCUNIQ BC360 (supports QR code function)
- ACCUNIQ BC300 (supports QR code function)

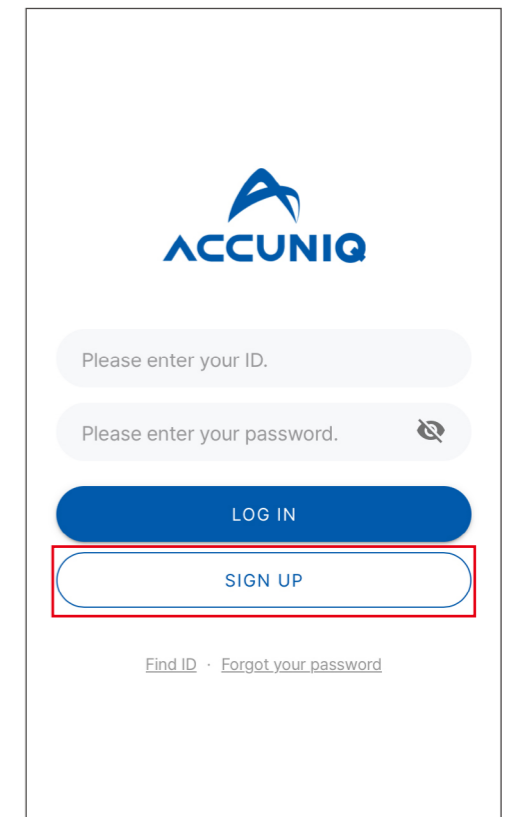
- ※ App integration may not be supported depending on the device or language version.
- ※ To integrate the app with the ACCUNIQ body composition analyzer, you must first connect the ACCUNIQ body composition analyzer to the internet and register for the ACCUNIQ Cloud service through the ACCUNIQ Dashboard, an administrator-only program.  
Please refer to the user manual for each device to connect to the Internet.
- ※ Compatible ACCUNIQ body composition analyzers are subject to change depending on our service policies.

## How to download and sign up

- 1) On the Google Play Store or iOS App Store on your smartphone, smart pad or tablet and search for [ACCUNIQ Connect]
- 2) Tap the download button to install the app on your smartphone.



- 3) Select the [SIGN UP] screen to sign.



### Note)

When you sign up, you'll be required to agree to the terms and conditions.

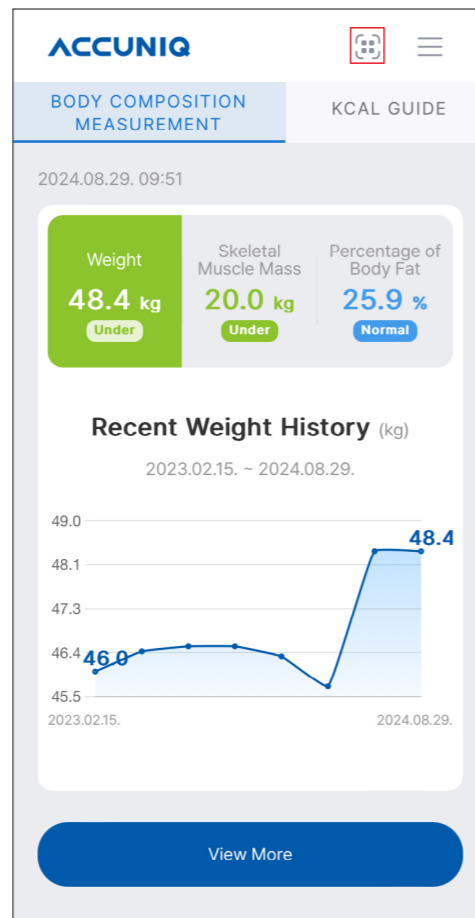
# Integrating body composition measurements

## Measure with Connect ID

1) Select the [Login with ACCUNIQ Connect] button on the body composition analyzer home screen.

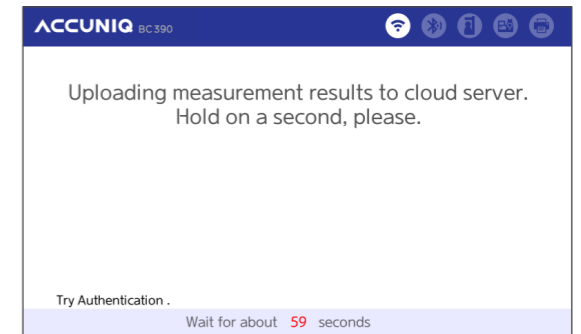


2) Tap the camera button at the top right of the app's screen to scan the QR code on the right side of your device's [Import my information into the ACCUNIQ Connect app] screen.



3) Verify that the information retrieved from the app is correct before proceeding with the measurement.

4) When the measurement is complete, an announcement appears on the screen and the results are sent to the ACCUNIQ Connect app.

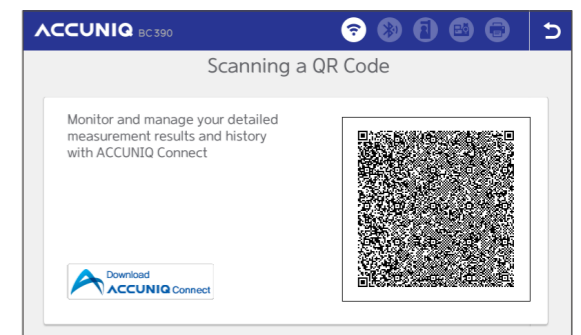


## Get measurement results with a QR code

A QR code with your body composition results is available on the device's results screen or on the result paper(printout) of your results.

## Take a QR code for ACCUNIQ body composition analyzer

1) Once the device has completed the measurement, a QR code icon will appear in the top right corner of the results screen. Scan the QR code that appears when you select the QR code icon by pressing the camera button in the upper right corner of the app screen.



2) Confirm that the information retrieved from the app matches your measurements and save it.

## Take a QR code on the result sheet

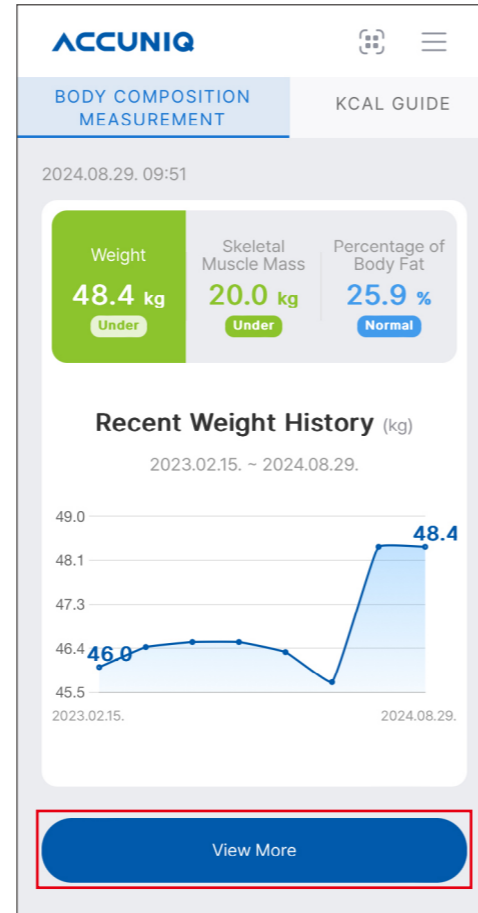
- 1) Scan the QR code in the bottom-right corner of the results sheet by pressing the camera button in the top-right corner of the app's screen.
- 2) Confirm that your measurements are correct and save them.

# View your body composition results

ACCUNIQ Connect provides a granular view of your results through the [Detailed Body Composition] and [Body Composition Trends] view tabs.

## View detailed results

On the app's main screen, press the [BODY COMPOSITION MEASUREMENT].



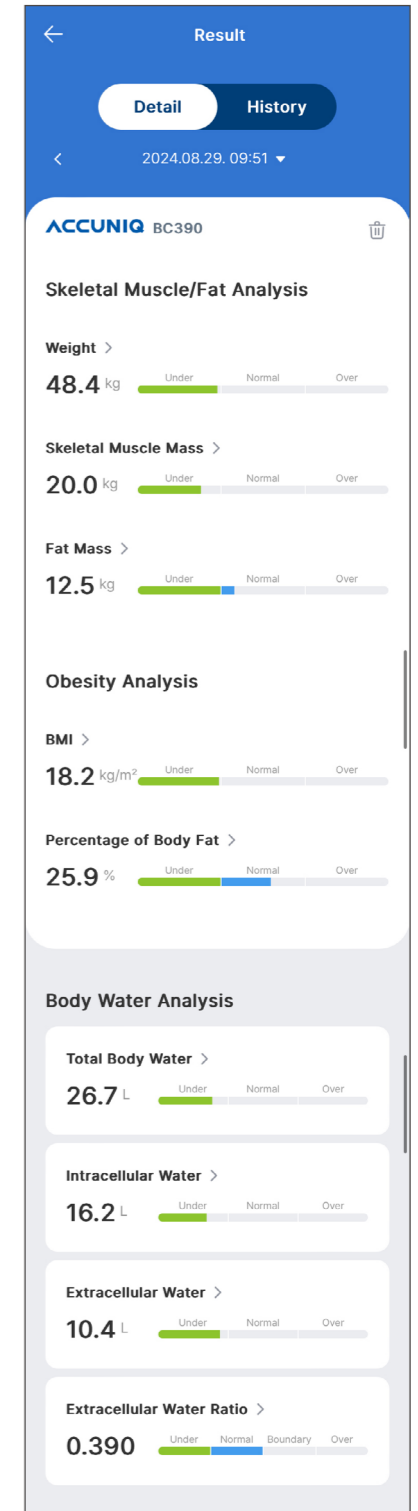
### Note

- The app shows a representative sample of the items available on your ACCUNIQ results sheet.
- The body composition result items provided by the app vary depending on the body composition analyzer used.
- You can also call up previously measured results by selecting the date range at the bottom of the [Detail] and [HISTORY] tabs.

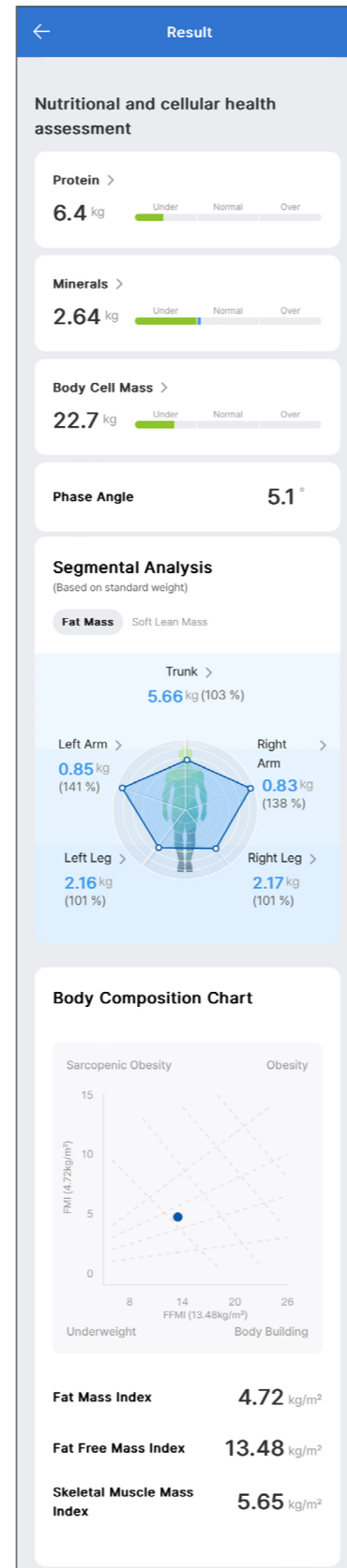
## What's in the item

[Detail] tab provides the following items.

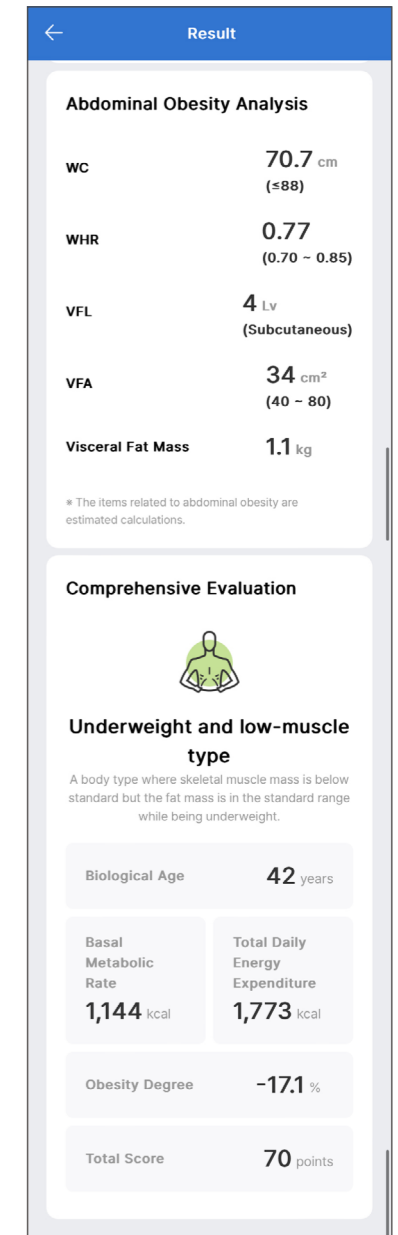
- **Skeletal Muscle Mass / Fat Mass:** Analyzes body components to display skeletal and fat mass.
- **Obesity Analysis:** Displays BMI (Body Mass Index) and percentage of body fat, which are important in assessing obesity.
- **Body Water Analysis:** Evaluates the level and status of body water, intracellular water, extracellular water, and extracellular water in a graph. Extracellular water content is an index that evaluates the water balance of the body and indicates the proportion of extracellular water in the total body water.



- **Nutrition and cellular health assessment:** Assesses nutritional status through protein and mineral mass, which are the main nutrients for the body's immune and regulatory functions, and cellular health through cell volume and phase angle.
- **Segmental Analysis:** Measure and evaluate body fat and muscle mass in five areas: right arm, left arm, right leg, left leg, and torso. The human body is not always exactly symmetrical, so don't worry about slight differences in development from side to side, but use your initial analysis to evaluate how well and positively you are achieving your goals, such as with exercise rehabilitation to increase strength or muscle mass.
- **Body Composition Chart:** Your body mass index (BMI) is the sum of your fat mass index (FMI) and fat free mass index (FFMI). The body composition chart, which includes values for FMI, FFMI, BMI, and PBF, gives you an overview of your overall health. A subject's health is represented by a dot. However, different subjects can have the same BMI value and still have completely different body types, depending on the ratio of fat to lean body mass.

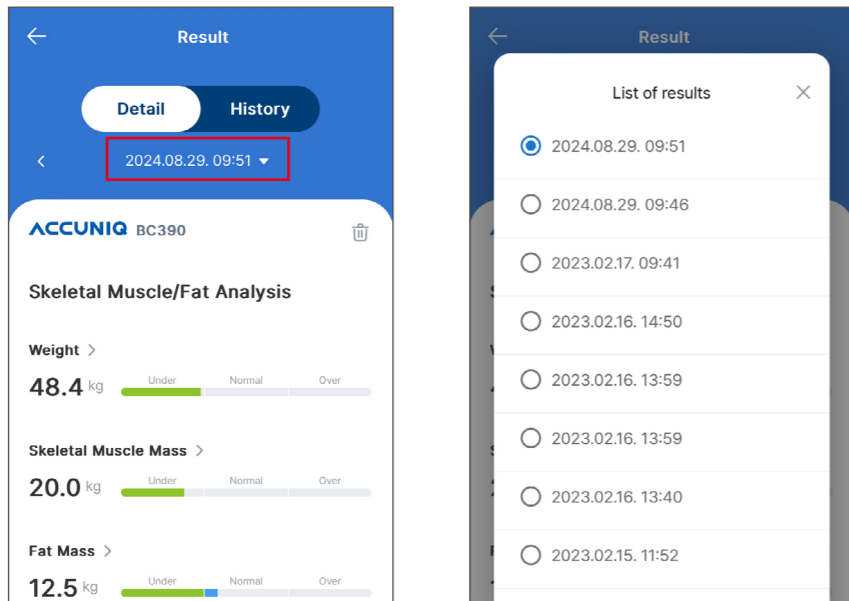


- **Abdominal Obesity Analysis:** The body's fat is composed of subcutaneous fat and visceral fat. Visceral fat, which is closely related to adult diseases, is evaluated with various items such as waist circumference, waist to hip ratio, visceral fat level, visceral Fat area, and visceral fat mass.
- **Comprehensive Evaluation:** You can know your body type, biological age, basal metabolic rate, Total daily energy expenditure, obesity degree, and total score.

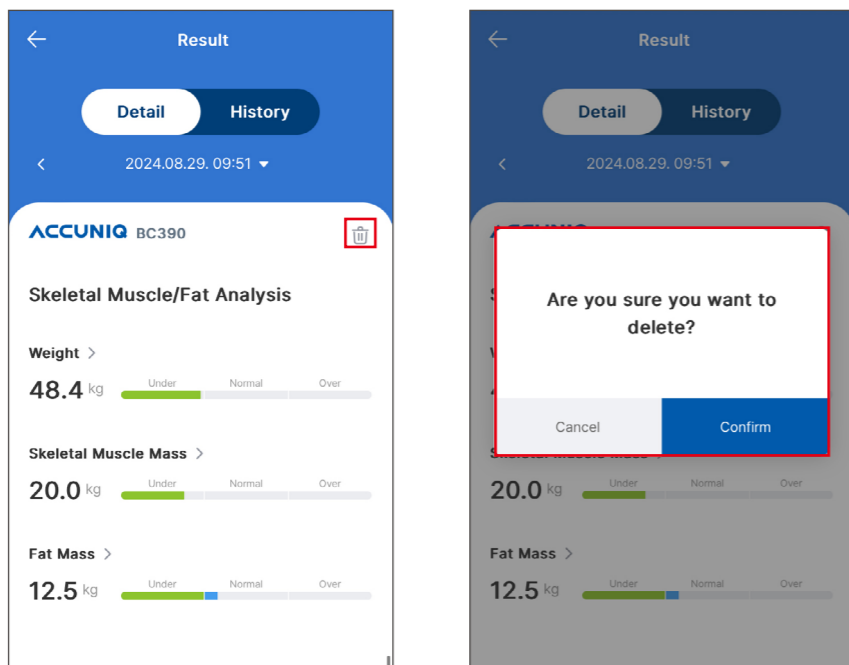


## Delete measurement results

1) In the [Detail] tap, select the measured data, date and time, you want to delete.



2) Select the [trash can icon] to the right of the device model name and a pop-up will appear asking “Are you sure you want to delete?”. Press [Confirm] and then, the data will be deleted.



### Caution)

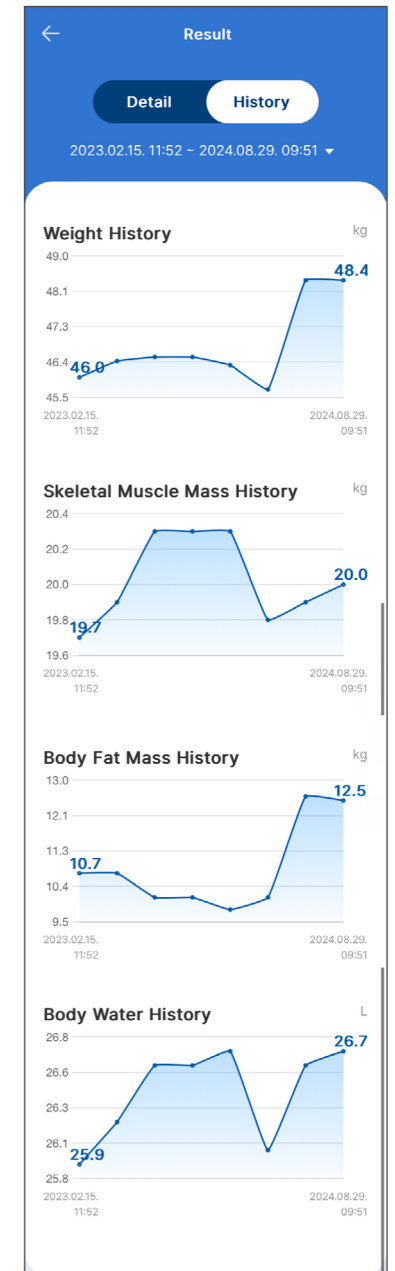
Deleted data cannot be recovered, so delete carefully.

## Track body composition changes

[HISTORY] tap provides the following items stacked graphs for weight, skeletal muscle mass, body fat mass, and body water to help you see changes at a glance.

### Select a time period

Select the date range at the bottom of the [Detail] and [HISTORY] tabs. Set the time period you want to search by selecting the start date and end date, respectively, and then press the [Search] button. If you have a large number of measurement dates, you can scroll through them to select the ones you want.



# Calorie guide

Set a personalized calorie goal based on your body composition measurements.  
Provides a recommended daily calorie intake and burn based on your activity level and goals.

## Setting goals

### Setting goals (Physical activity readiness survey)

1. Read and answer the Physical Activity Readiness survey to generate your calorie guide (takes about 5 minutes).
2. After completing the Physical Activity Readiness survey, we will generate a calorie guide based on your recently measured body composition results.
3. Select your usual activity levels: Very little activity, Low activity, Moderate activity, Highly active, Extremely active, and then select the [Next] button.
4. The calorie control goals are divided into four categories: Weight Loss, Muscle Gain, Stay healthy, and Self setup. Choose the one that's right for you and press the [Next] button.
5. Scroll and select the desired control period from 35 to 77 days, then press the [Next] button.
6. Your calorie guide has been created.

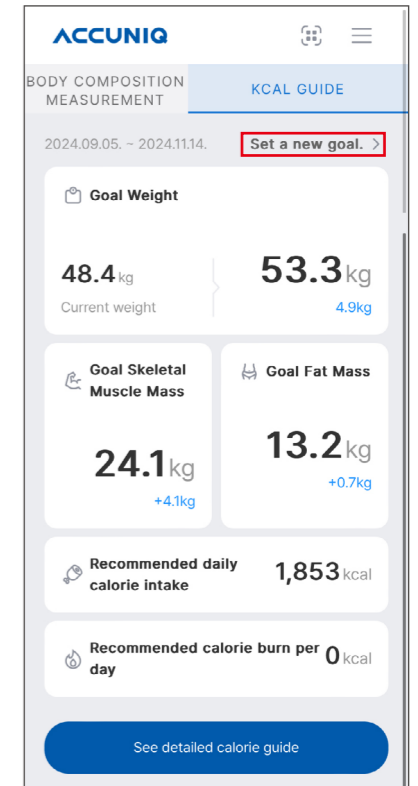
### Caution)

The Calorie Guide is derived from the questionnaire and measurement data, and we recommend that you consult with an expert, such as an exercise prescriber, nutritionist, or trainer, before applying it to your exercise and diet.

## Resetting your goals

Generate a calorie guide based on your recently measured body composition results.

1. On the [Kcal Guide] tab, select [Set a new goal.].

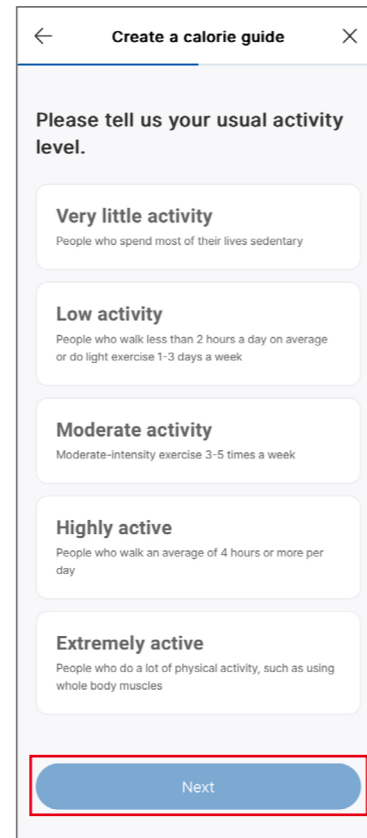


2. You'll be prompted to use the most recent measurement data. To use the data, press the [Next] button.

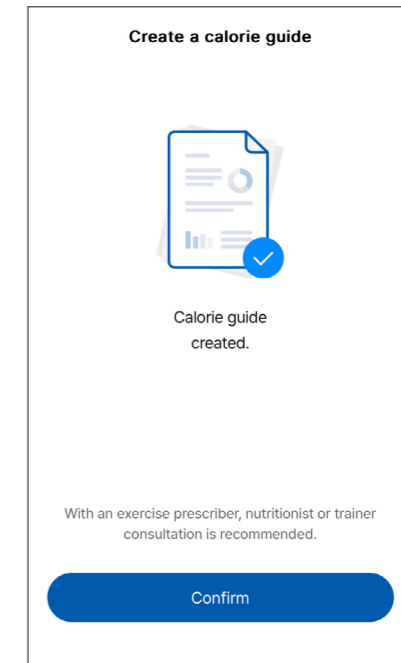
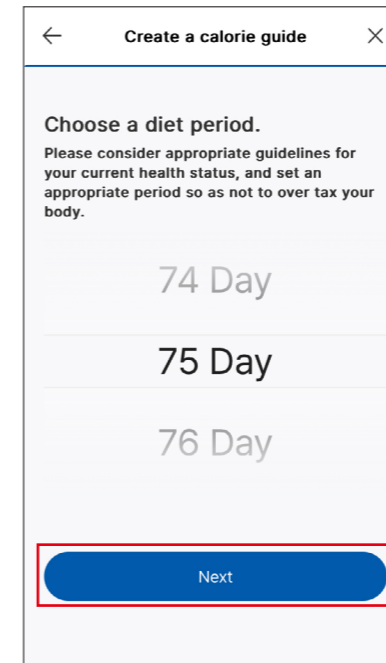




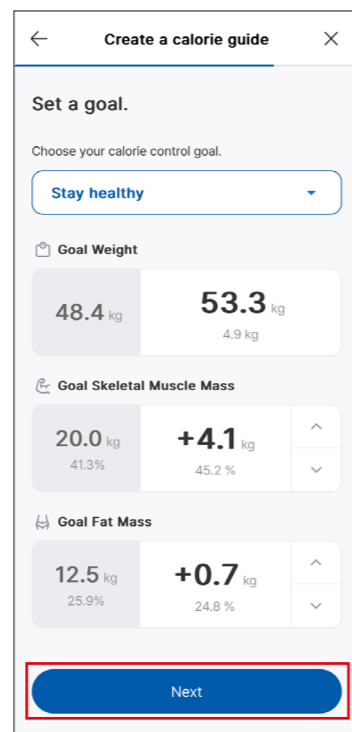
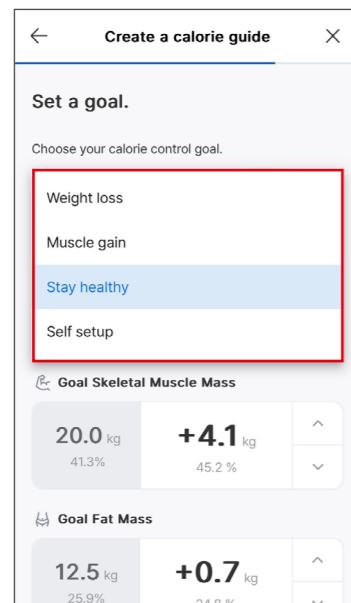
3. After selecting your usual activity level, select the [Next] button.



5. Scroll and select the desired control period between 35 and 77 days and press the [Next] button to create a new calorie guide.

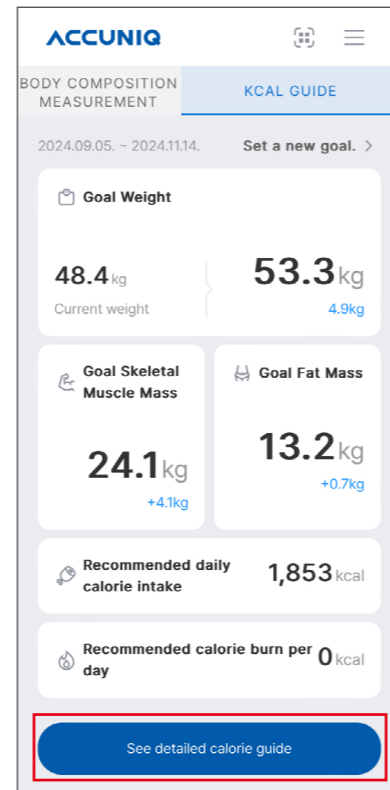


4. There are four calorie control goals: weight loss, muscle gain, Stay health, and Self setup. Choose the one that suits you and press the [Next] button.



## Check out the detailed calorie guide

On the Calorie Guide tab, select the [See detailed calorie guide] button at the bottom.



The following items are available in the Detailed Calorie Guide view.

### [Goal Item]

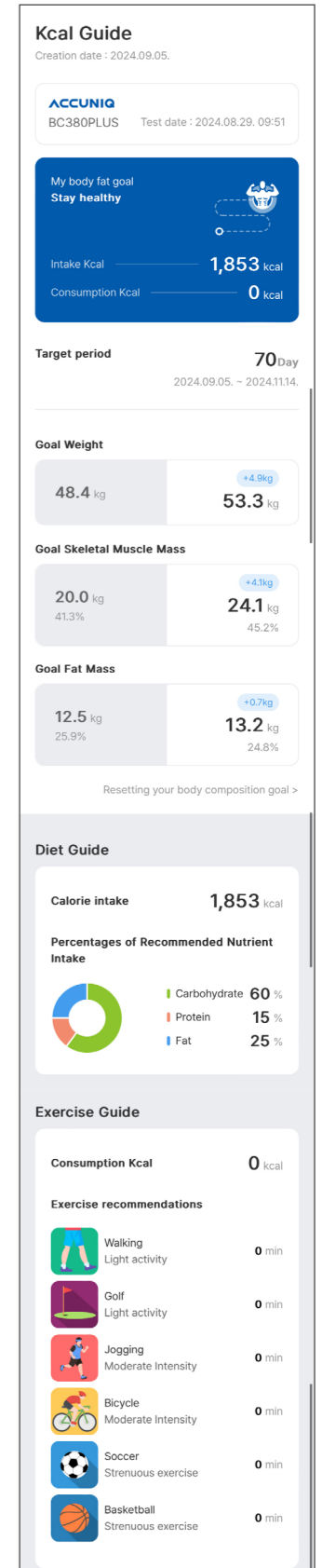
- Target period: The target period selected when creating the calorie guide is displayed.
- Goal Weight: This is your measured weight plus your muscle and fat target. Depending on your calorie control goals, the target weight may vary for the same person.
- Goal Skeletal Muscle Mass: Having a large amount of muscle mass not only helps with various physical activities, but also increases your basal metabolic rate, which can help treat or prevent obesity. If your measured muscle mass is below the standard, it will display the amount of muscle mass you need to adjust to reach the right level.
- Goal Fat Mass: Too much body fat can increase the likelihood of various metabolic diseases, but too little body fat can decrease immunity, make you tired easily, and cause hormonal problems. Therefore, we recommend that you increase your body fat if it is less than the standard, and decrease it if it is more than the standard.

### [Diet Guide]

- Calorie intake: The recommended calorie intake is the number of calories you need to maintain your weight at an appropriate level, so people who weigh more are guided to consume fewer calories and people who weigh less are guided to consume more calories.
- Percentage of Recommended Nutrient Intake: The recommended percentages of carbohydrates, proteins, and fats.

### [Exercise Guide]

- Guides you through recommended workout times for each exercise based on the recommended calories burned.



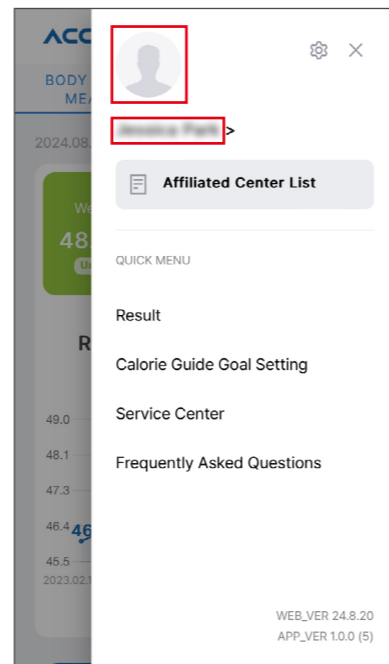
# Managing accounts

## Edit profile

1. Select the menu icon in the upper-right corner.



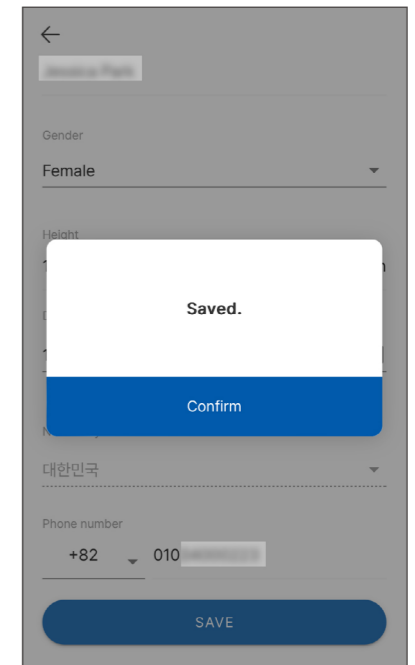
2. Select your profile image or username.



3. You can change or delete your profile image, or change your name, gender, height, date of birth, nationality, and phone number.

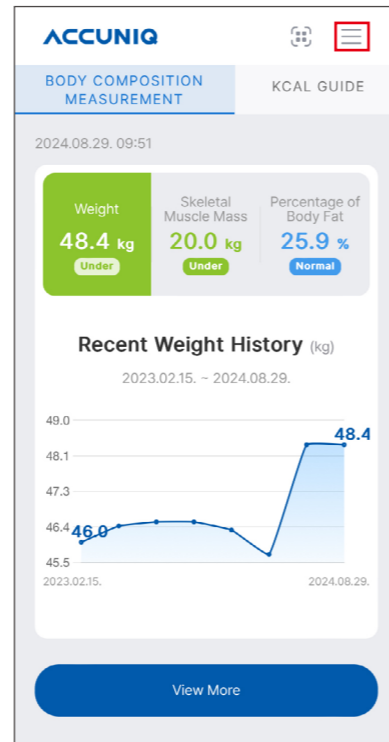


4. When you're finished, select the [SAVE] button. After you press the [SAVE] button, a pop-up will appear asking if you want to save your changes. Tap the OK button to confirm the save.

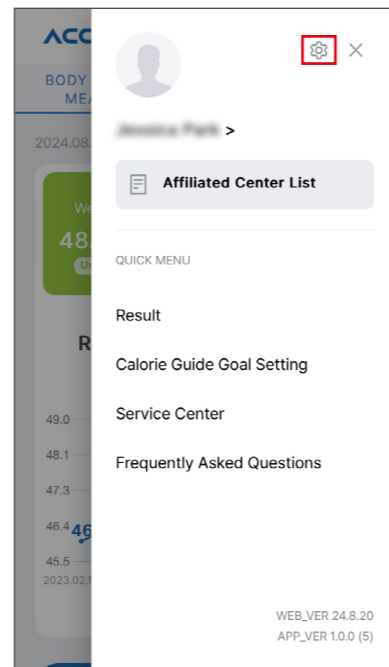


## Change password

1. Select the menu icon in the upper-right corner.



2. Select the Settings icon in the top-right corner.



3. Select [Settings] > [Change password].

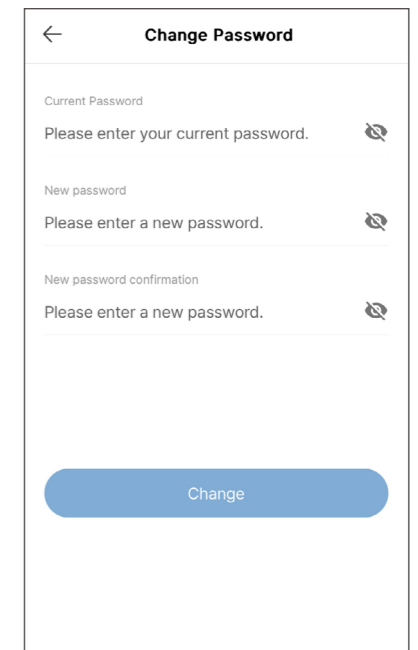
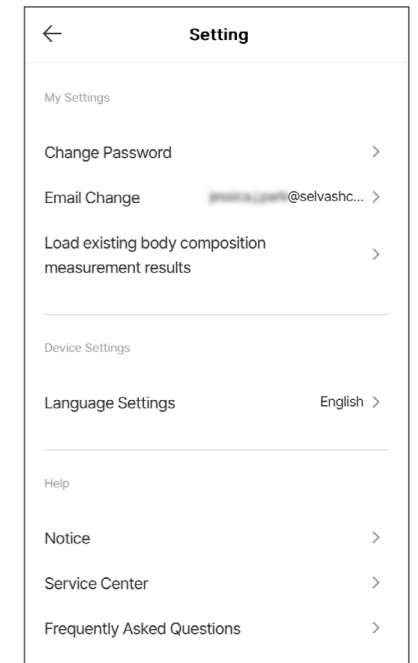
4. Enter your current password.

5. Enter the password you want to change, matching all of the fields.

6. Tap the [Change] button to complete the password change.

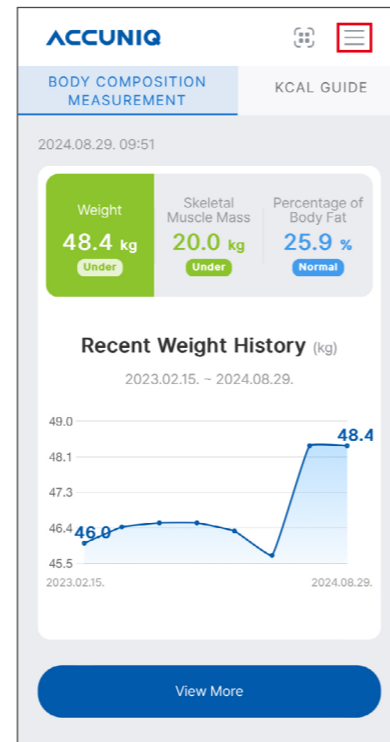
### Note)

Your password must be a minimum of 8 characters and a maximum of 48 characters, with a combination of at least two uppercase and lowercase letters, numbers, and special characters.

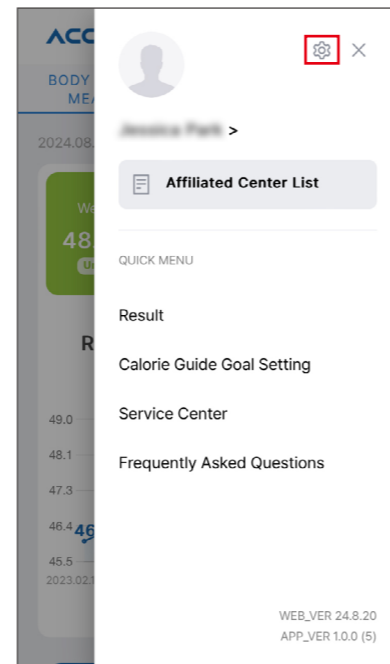


## Change your email

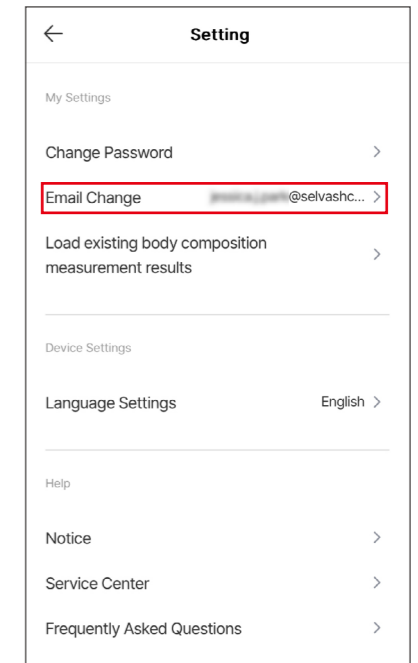
1. Select the menu icon in the upper-right corner.



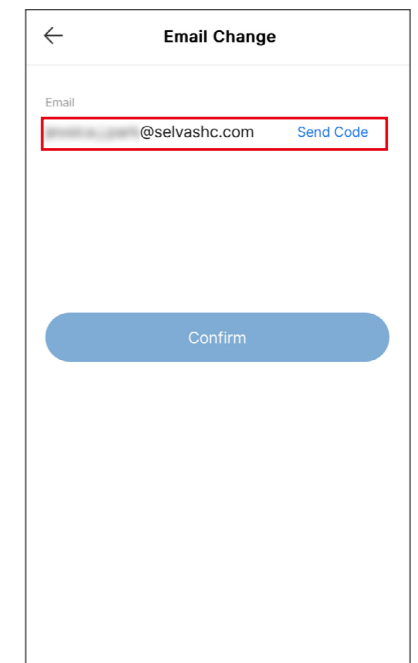
2. Select the Settings icon in the top-right corner.



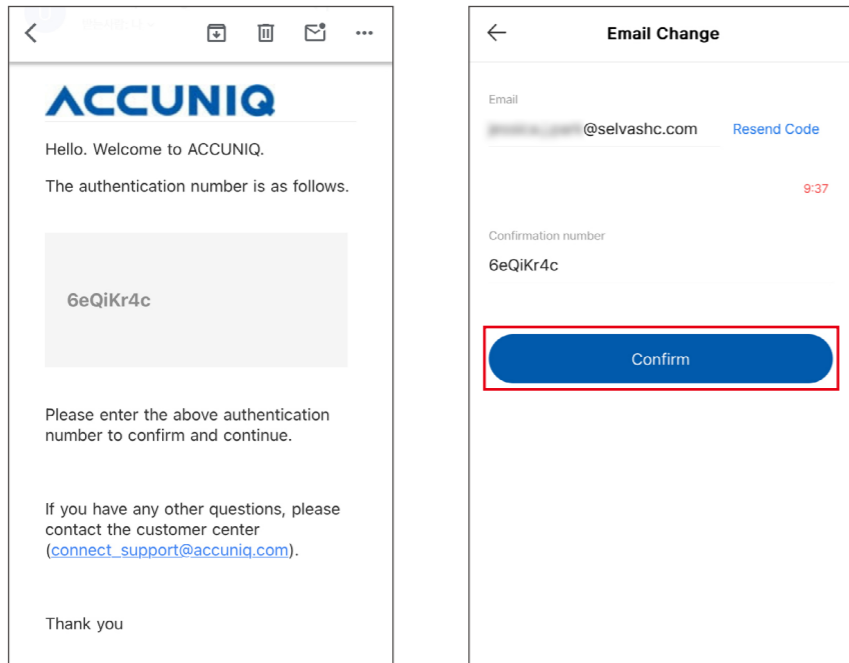
3. Select [Settings] > Change email.



4. The Email field displays the email you used to sign up. Delete the email you used to sign up and enter the email address you want to change, then press [Send Code] to have verification code.



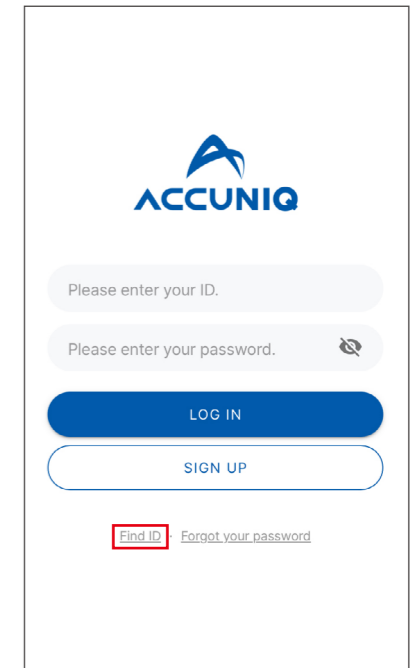
5. Check your email account for a verification code, enter it on the app screen, and press the [Confirm] button.



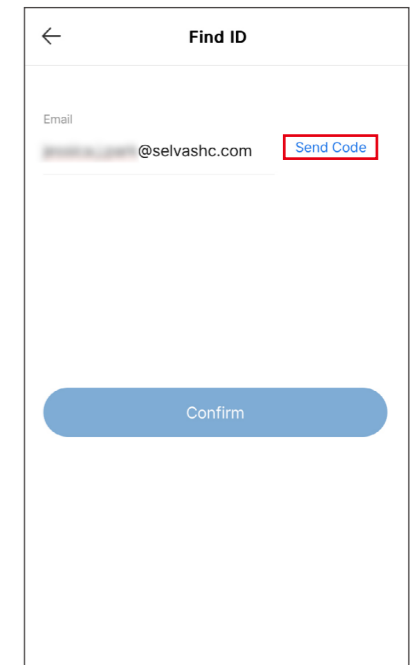
## Find your ID

If you don't remember your ID, you can find it below.

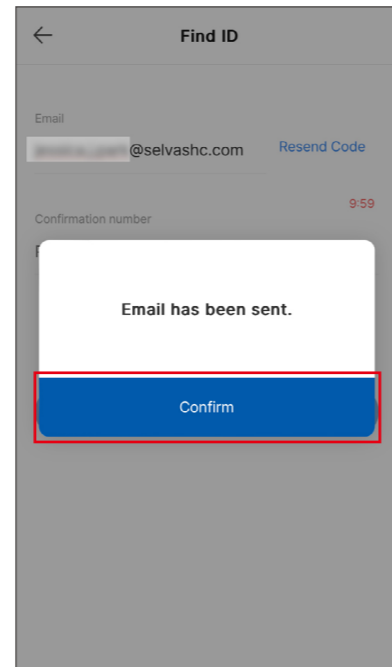
1. Press [Find ID] at the bottom of the login screen.



2. Enter the email where you want to receive a verification number. You must enter the email you registered with when you signed up. Then tap the [Send Code] to have verification code.



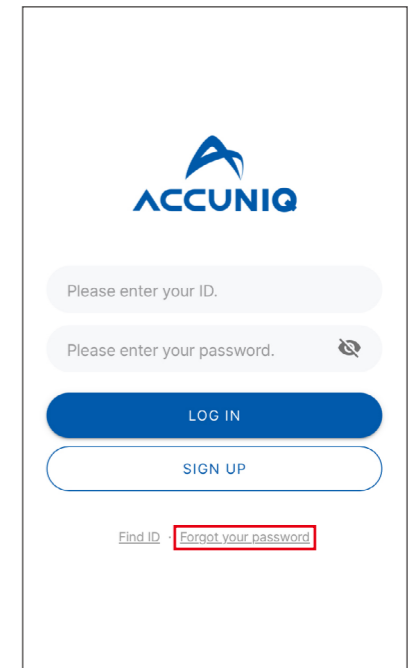
3. Press the [Send Code], and a popup will appear informing you that the e-mail has been sent. Please press the [Confirm] button.



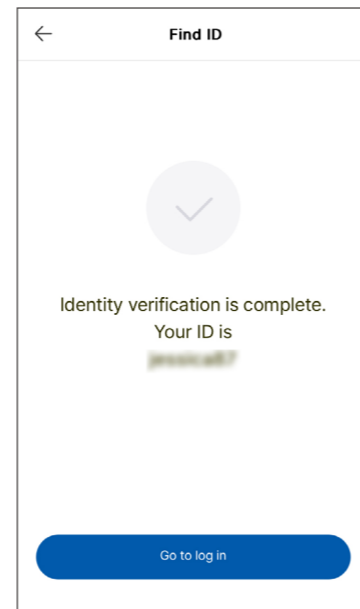
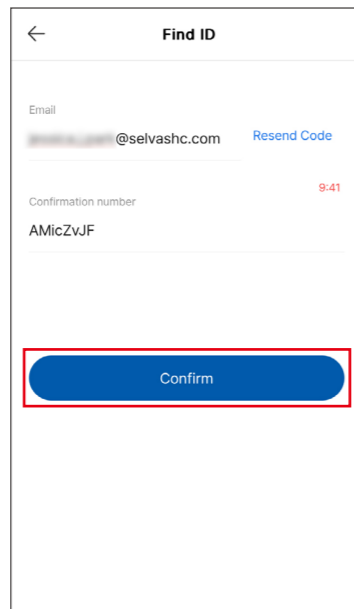
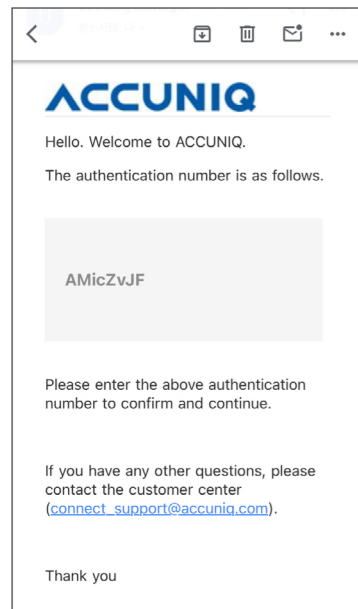
## Forgot your password

If you don't remember your password, use the methods below to find it.

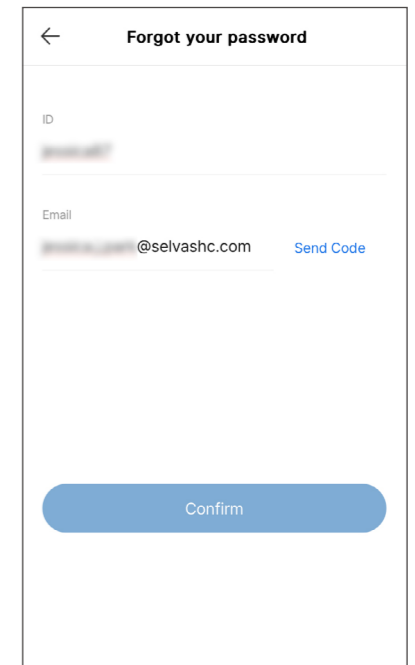
1. Press [Forgot your password] at the bottom of the login screen.



4. Check your e-mail account to verify the verification number sent to you in the e-mail.



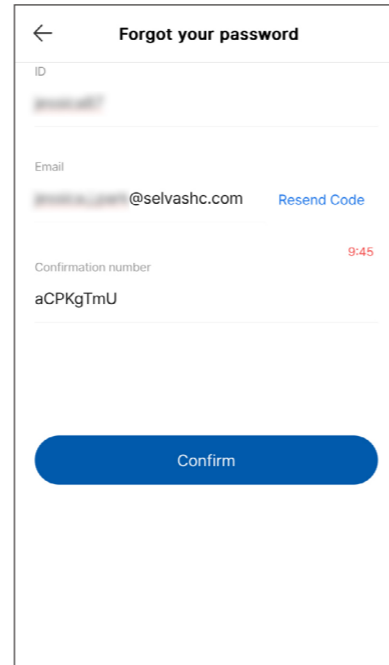
2. Enter your username.
3. Enter the email where you want to receive a verification number. Be sure to enter the email you registered with when you signed up.



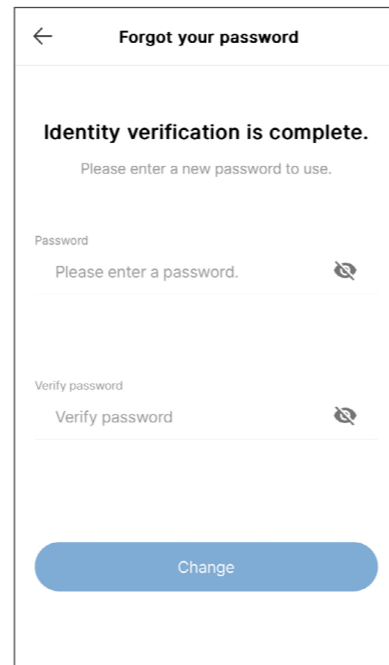
4. Enter the verification number sent to your email and click the Confirm button to enter a new password.

**Note)**

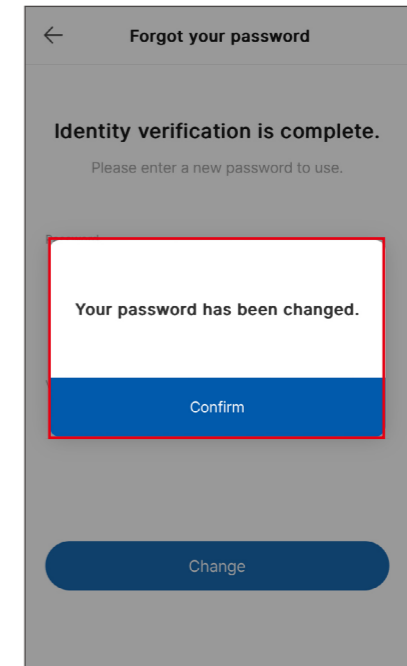
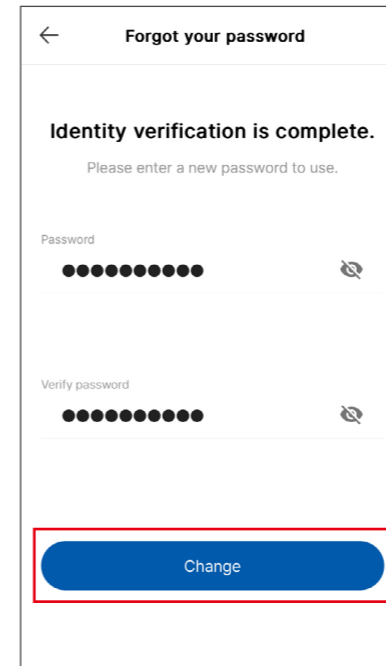
The password must be at least 8 characters long and up to 48 characters long, with a combination of at least two uppercase and lowercase letters, numbers, and special characters.



5. Enter the password you want to change, matching both the fields.



6. Enter the [Change] button to complete the password change.



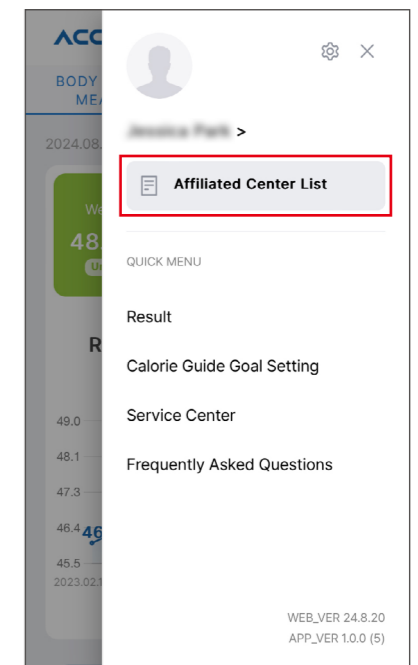
Registering a center

If you use ACCUNIQ Dashboard, our body composition data management program for administrators, at a location with body composition analyzer (such as a fitness center or doctor's office, clinic), you can register your ACCUNIQ Connect app ID in ACCUNIQ Dashboard.

This allows you to share your measured body composition information with professionals, such as your personal trainer, through ACCUNIQ Dashboard.

To protect your privacy, when you register your ID with ACCUNIQ Dashboard, the app will send you a push notification asking you to authorize the release of your information.

Only after you authorize the release of information will your measurements be shared.



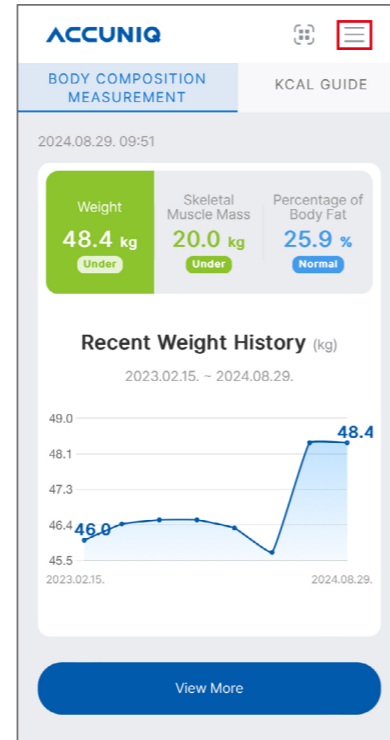


## Withdrawing from your account

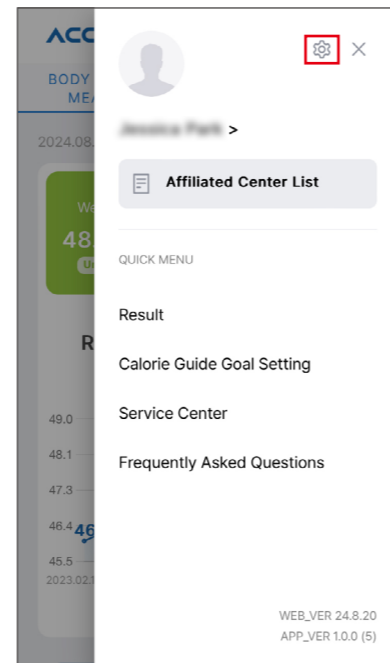
### Note)

Withdrawing will delete your account and all data stored in the app will be deleted and cannot be recovered.

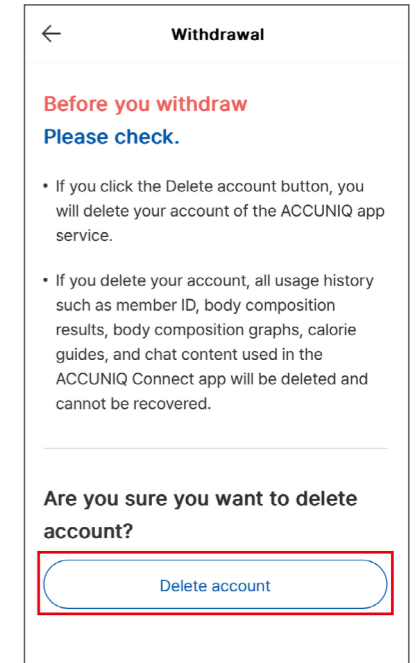
1. Select the menu icon in the upper-right corner.



2. Select the Settings icon in the top-right corner.

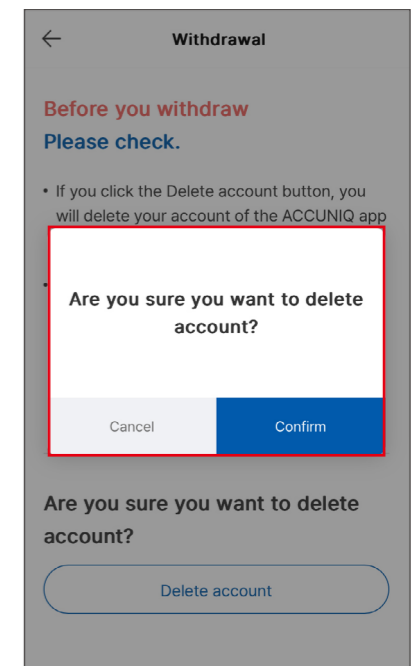


3. Select [Delete account] at the bottom.



4. On the next screen, you'll be prompted to confirm your withdrawal.

Pressing the back icon will cancel your withdrawal and take you to the previous step.

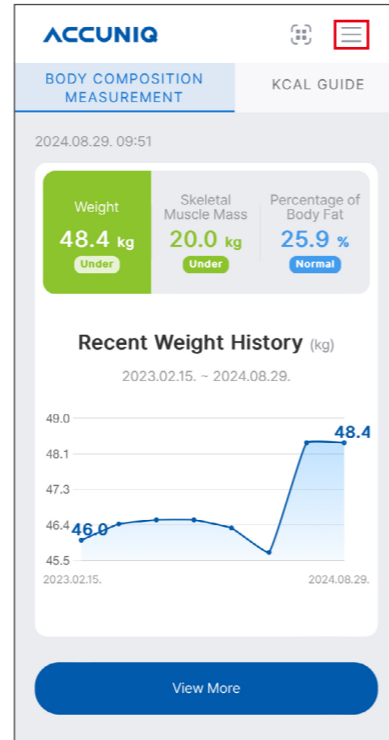


# Others

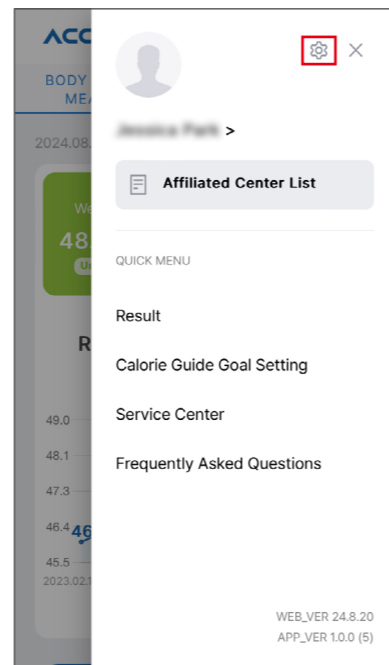
## Check out the Notice

Notices are divided into announcements from your center(fitness center or hospital) from ACCUNIQ.

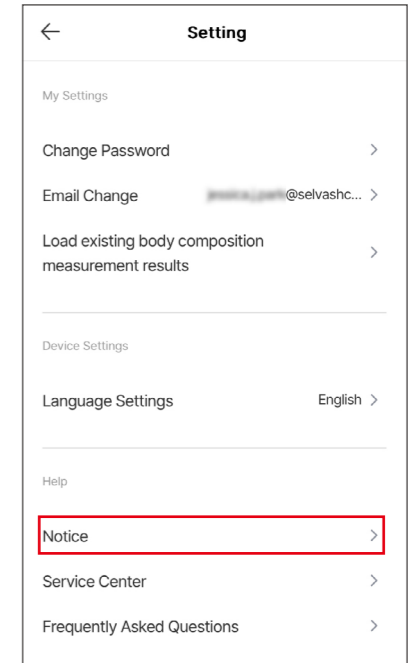
1. Select the menu icon in the upper-right corner.



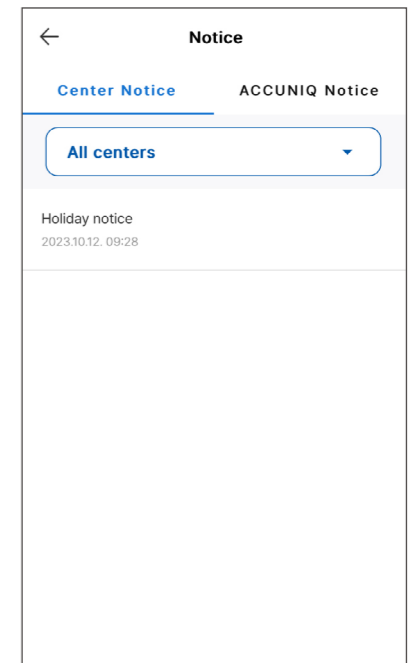
2. Select the Settings icon in the top-right corner.



3. Select [Setting] > [Notice]



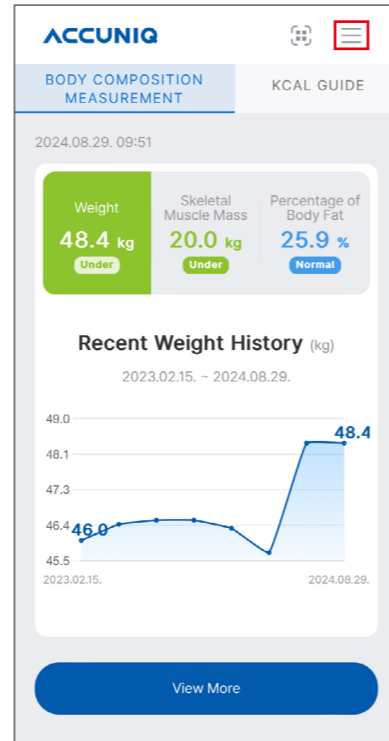
4. Click the tab of the notice you'd like to view, either [Center Notice] or [ACCUNIQ Notice], to view the content. If you belong to more than one center, select your center name to see announcements from other centers.



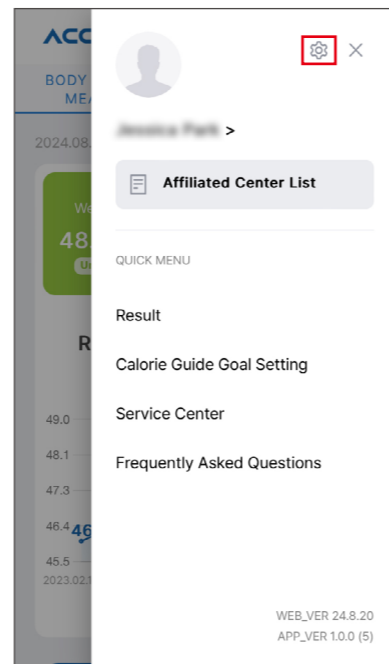
## Contacting Customer Support

If you have any questions or issues using the ACCUNIQ app, you can send a support post to our Service Center.

1. Select the menu icon in the upper-right corner.

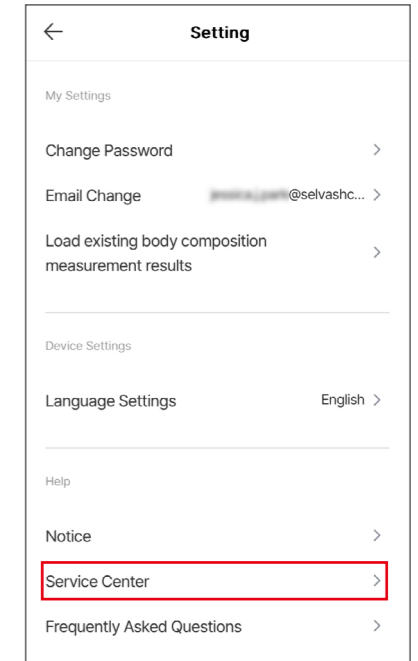


2. Select the Settings icon in the top-right corner.



3. Select [Setting] > [Service Center].

4. The email and phone number are automatically populated with the information you entered when you signed up. If you would like to receive a reply to a different email or phone number, please edit it.

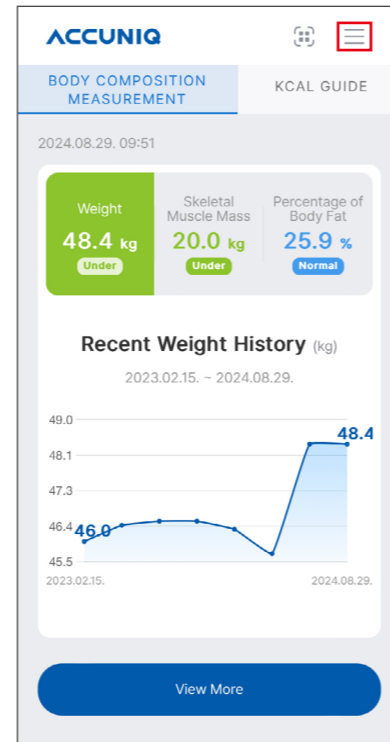


5. Write a subject line and a description of your inquiry, then press [Submit Inquiry] to send your inquiry to the Service Center.

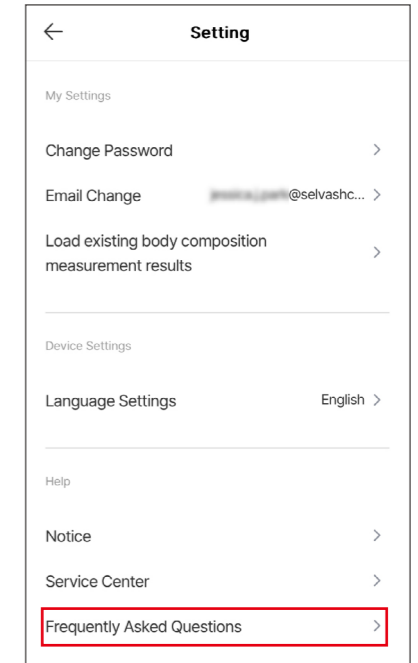


## Frequently asked questions

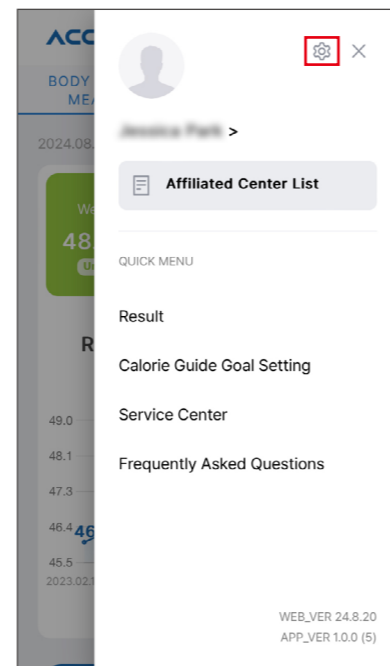
1. Select the menu icon in the upper-right corner.



3. Select [Setting] > [Frequently Asked Questions].  
Select the question you want to view and you'll see the answer.

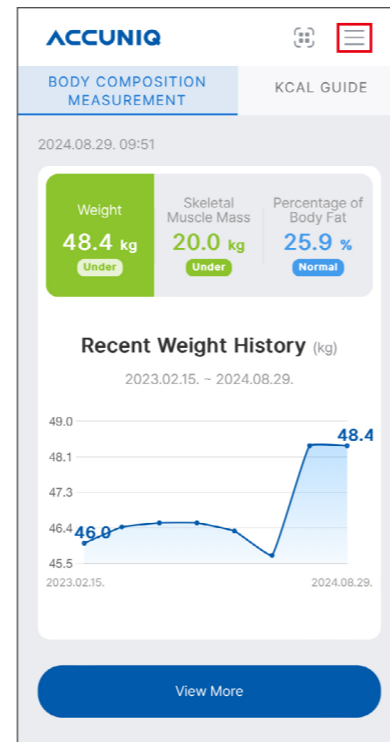


2. Select the Settings icon in the top-right corner.



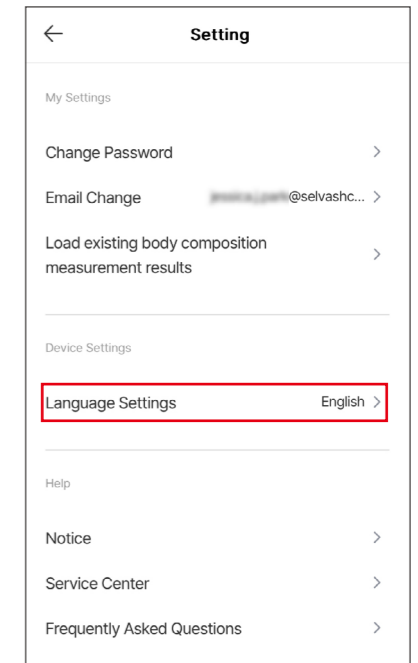
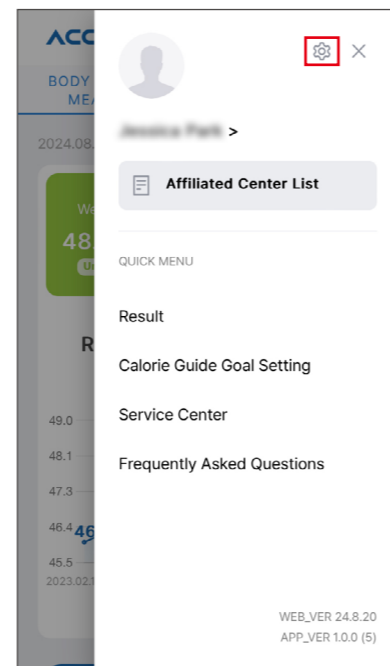
## Language settings

1. Select the menu icon in the upper-right corner.



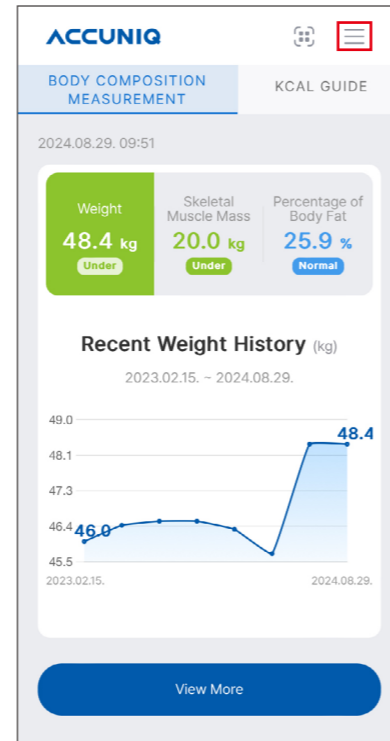
3. Select [Setting] > [Language settings].  
 You'll be taken to the settings on the smartphone or tablet where the app is installed.  
 Select your preferred language, then navigate back to the app to apply your language setting.

2. Select the Settings icon in the top-right corner.

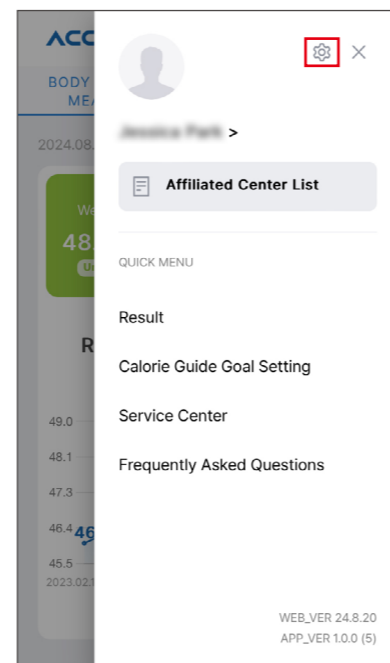


## Load existing body composition measurement results from a previous ACCUNIQ app (Migration)

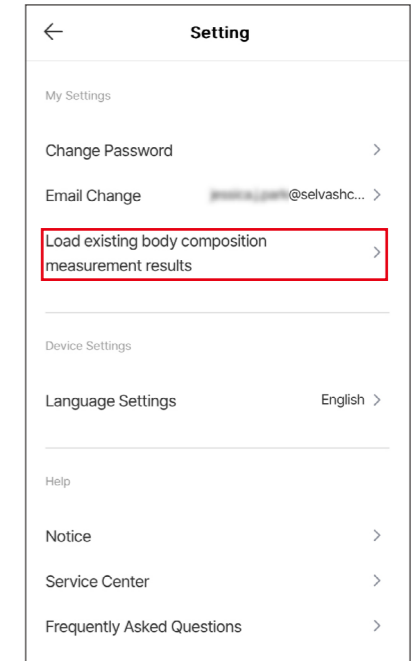
1. Select the menu icon in the upper-right corner.



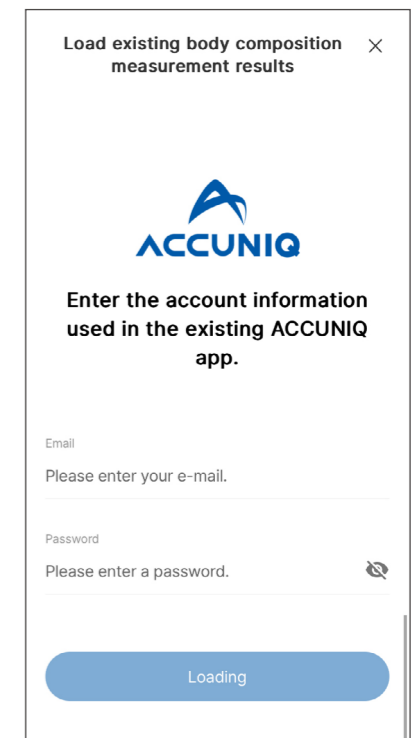
2. Select the Settings icon in the top-right corner.



3. Select [Setting] > [Load existing body composition measurement results].



4. Enter the email and password you used in your existing ACCUNIQ app. (Old version)



### Note

If you don't know the email and password you used in your old app, you will not be able to proceed with importing your existing measurements. Please retrieve your password from your old app. If you entered the correct account information, you will see the body composition data import in progress screen.

Successfully imported body composition information is categorized as follows.

Success: body composition data that was not previously saved.

Duplicated: Body composition data that was previously saved.



**SELVAS Healthcare, Inc.**

HEADQUARTERS 155, Sinseong-ro, Yuseong-gu, Daejeon, 34109 Republic of Korea Tel +82 42 879 3000 Fax +82 42 864 4462

※Compatible ACCUNIQ body composition analyzers are subject to change depending on our service policies.

**Service Center**

**Tel +82-2-3477-7255**