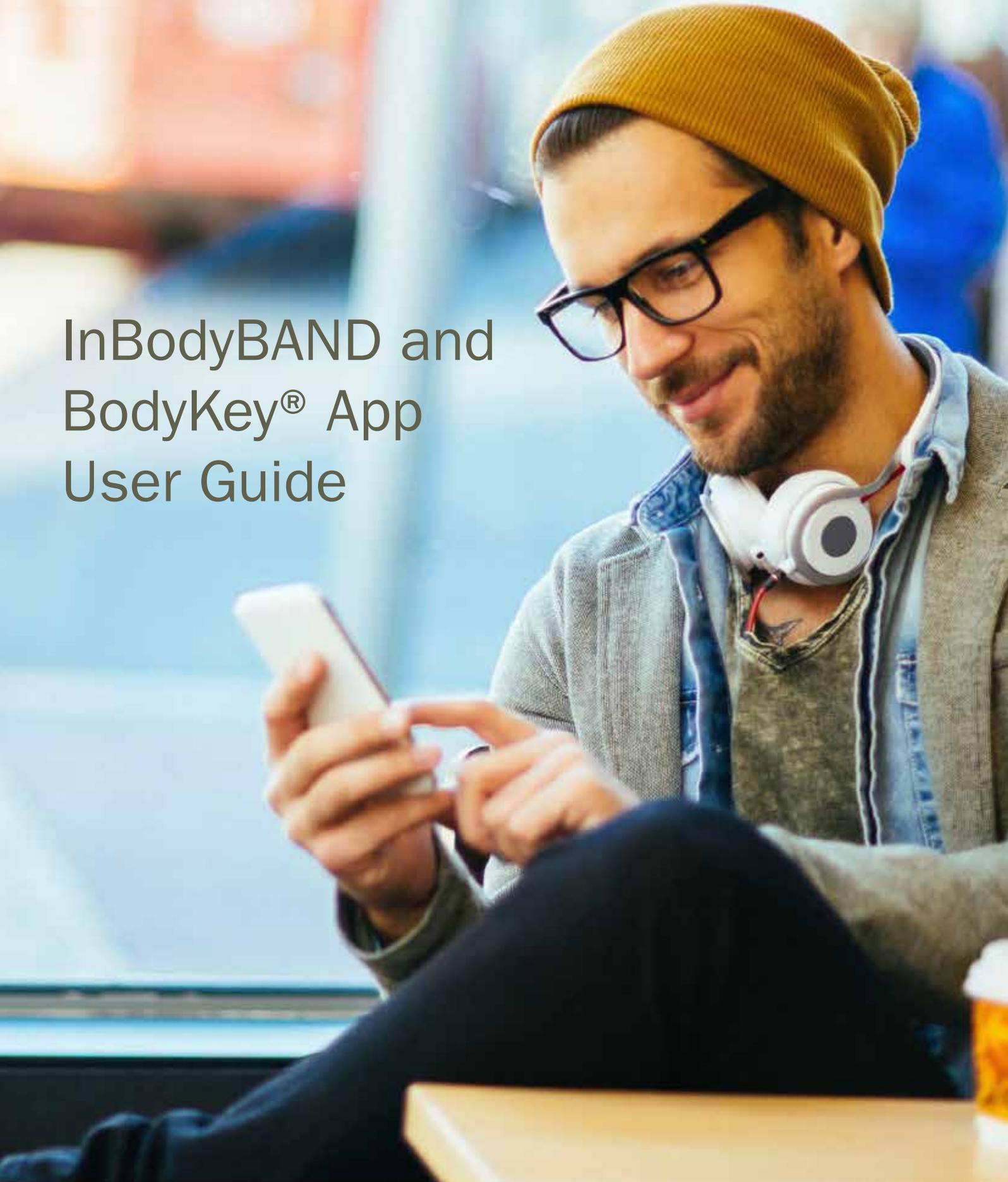


bodykey

by  NUTRIWAY®

InBodyBAND and  
BodyKey® App  
User Guide



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# Getting Started

Congratulations on signing up for the BodyKey® program! You are on your way to unlock a new you. Let's get you started on using the InBodyBAND and BodyKey® app.

To set up your InBodyBAND, you will need these items.



**InBodyBAND**

**Micro USB Cable**

**Mobile phone**

**USB Wall Charger  
or Computer**

## Mobile Phone Compatibility

The InBodyBAND is compatible with mobile phones that support the latest Bluetooth smart technology. This includes iPhone® 4S or newer models, as well as smartphones with Android™ BLE (Android 4.3 or newer), for example, Samsung Galaxy S3 and S4, Sony Xperia Series, and XiaoMi mi3.



**iPhone 4S or newer**



**Smartphones with Android BLE (Android 4.3 or newer)**

If you are unsure about your phone compatibility, please call Australia 1800 45 46 47 or New Zealand 0800 611 611 for assistance.

# Getting Started

## Charge your InBodyBAND

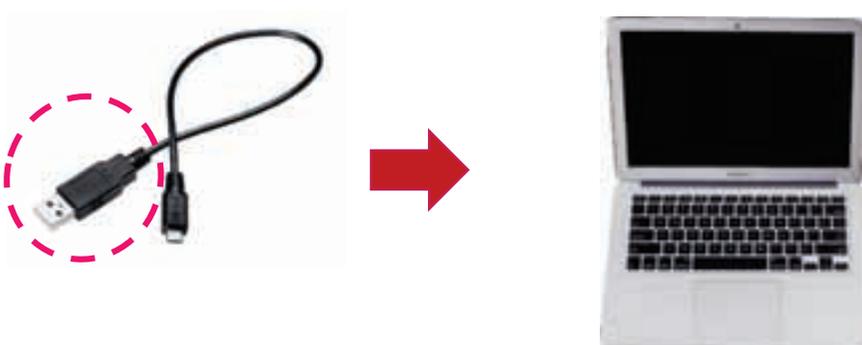
- 1 On the left side of the band, gently open the tiny flap.



- 2 Connect your band to the USB cable. Attach the smaller port into the band.



- 3 Attach the larger port into a USB charger device, such as to a USB wall charger or your computer.



It takes about one hour to completely charge the battery.

# Getting Started

## Download the BodyKey® App on your Mobile Phone

While your InBodyBAND is charging, you may proceed to download the BodyKey app on your mobile phone.

### Download the BodyKey® App on your iPhone

If you have an iPhone®, follow these steps.

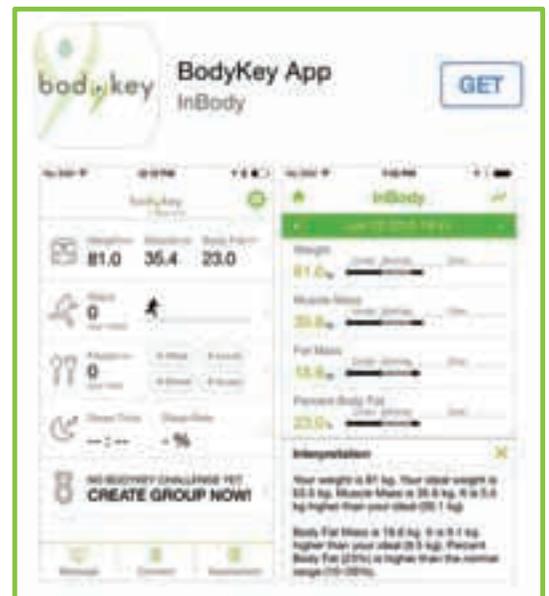
**1** Open the **App Store**  on your iPhone.

**2** Search for **BodyKey**. 

**3** Select **GET** for the BodyKey app.

**4** Select **INSTALL**.

**5** A prompt may appear to request for your Apple ID password.



**6** Wait for the BodyKey® app to finish downloading to your iPhone.

Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

# Getting Started

## Download the BodyKey® App on your Android Phone

If you have an Android phone, follow these steps.

**1** Open the **Play Store**  on your Android phone.

---

**2** Search for **BodyKey**.

---

**3** Select **BodyKey** from the list.

---

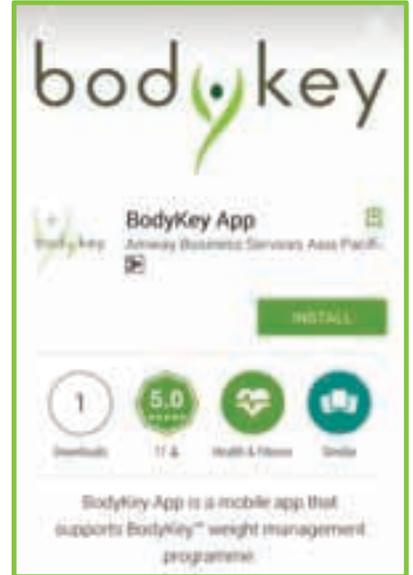
**4** Select **INSTALL**.

---

**5** Select **ACCEPT**.

---

**6** Wait for the BodyKey® app to finish downloading to your Android phone.



Google Play is a trademark of Google Inc.

# Getting Started

## Pair the InBodyBAND with your Mobile Phone

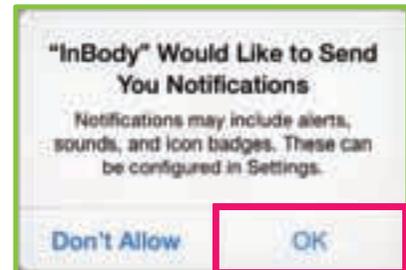
Make sure the InBodyBAND has been fully charged. To check, turn on your InBodyBAND by holding the side button down for 3 seconds. Then repeatedly press the side button on the band until the battery mode appears and shows 100%.



## Register your BodyKey® App

**1** Select the **BodyKey®** app  on your mobile phone.

**2** If a pop-up message appears, requesting for permission to send you notifications, select **OK**.

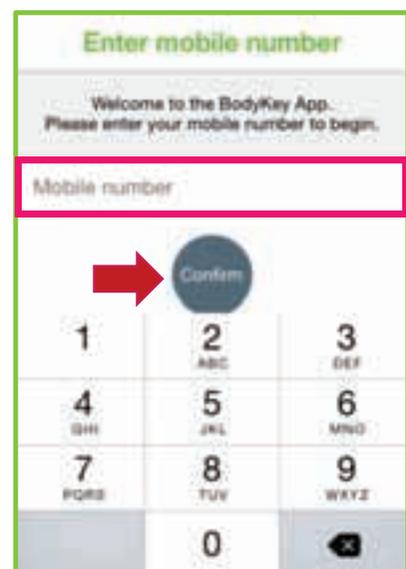


**3** Enter your mobile number and select **Confirm**.

Example: 0123456789

What should you do if the BodyKey app claims that your phone number is already in use?

Contact Australia 1800 45 46 47 or  
New Zealand 0800 611 611

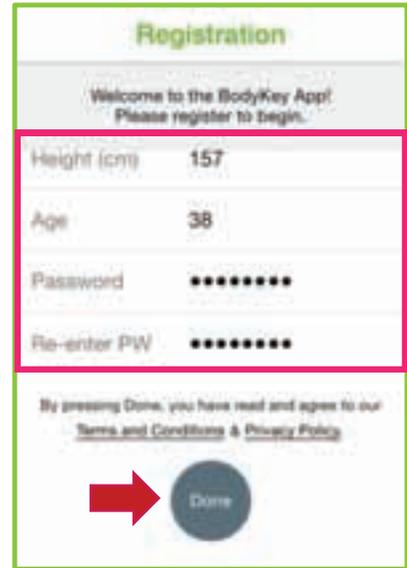


# Getting Started

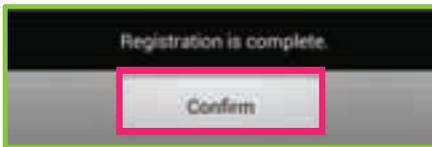
**4** In the Registration screen, complete your details: Gender, Height (cm), Age, and Password.

Note: The password you enter here will be your BodyKey® App password.

When you have completed all your details, select **Done**.



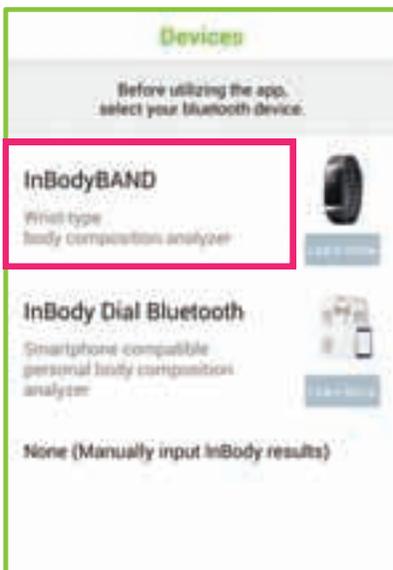
**5** Select **Confirm**.



## Pair the InBodyBAND with your Mobile Phone

After registration, you will automatically be diverted to pair your InBodyBAND to the BodyKey® app on your mobile phone.

**1** In the Devices screen, select **InBodyBAND**.

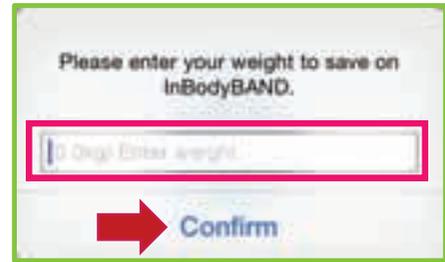


**2** In the InBodyBAND screen, select **Set**.

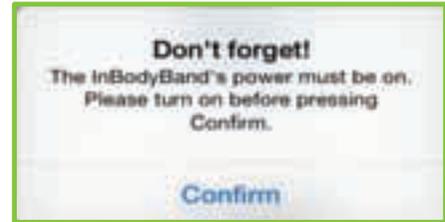


# Getting Started

**3** Enter your **Weight** (kg) and select **Confirm**.



**4** You will be prompted to turn the power on for your InBodyBAND.  
Note: Don't select Confirm yet at this point of time.



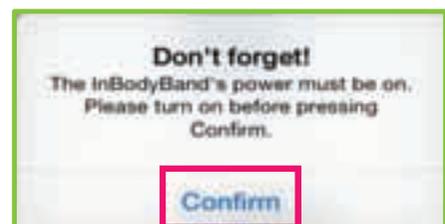
**5** Turn on your InBodyBAND by holding the side button down for 3 seconds. The time will appear on the InBodyBAND screen.



**6** Once you're sure it's powered on, place the InBodyBAND next to your mobile phone.



**7** Now select **Confirm** in the BodyKey® app.

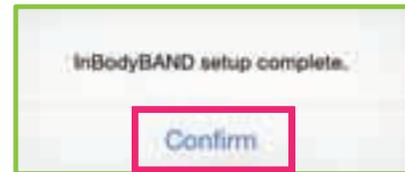


# Getting Started

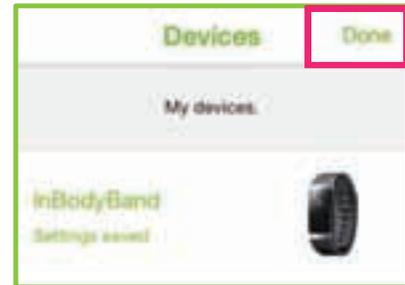
- 8** Allow the setup to run.  
If the setup failed, check that your InBodyBAND is turned on and make sure the InBodyBAND is placed next to your phone. Then select Try Again.



- 9** Select **Confirm**.



- 10** When the setup is completed, select **Done**.



- 11** When the prompt appears, select **Confirm**.



Once the connection is established, the time on your InBodyBAND will automatically sync with your mobile phone.

# Getting Started

## Why isn't the InBodyBAND pairing with the BodyKey® app?

If your InBodyBAND is not pairing with the BodyKey® app on your mobile phone, perform the following checks.



Make sure your mobile phone has internet connection.



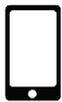
Make sure your mobile phone has Bluetooth connection.



Make sure your mobile phone has enough battery.



Make sure your InBodyBAND has enough battery.



Make sure your InBodyBAND is next to your mobile phone.

Make sure no objects are between your InBodyBAND and mobile phone.



# Getting Started

## Get to know the InBodyBAND

### LCD Screen Modes

The InBodyBAND offers 8 different modes.

Press the side button on the InBodyBAND repeatedly until you see the desired mode's icon on the screen.

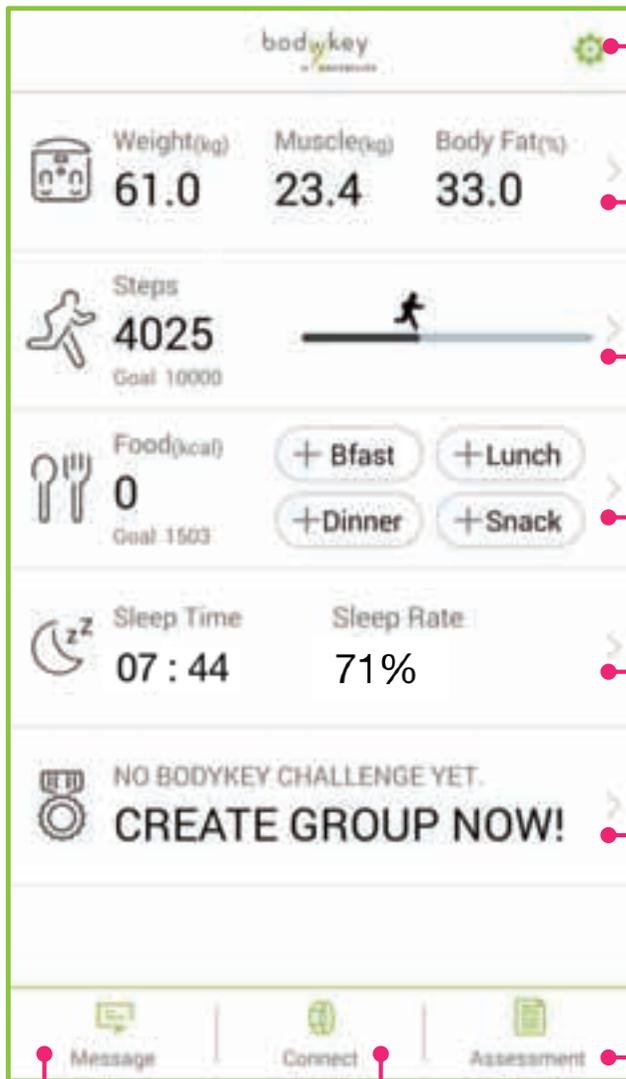


<b>Time</b>		If you have sync the InBodyBAND with the BodyKey® app, the displayed time will be the same as your mobile phone.
<b>InBody Test</b>		Use this mode to measure your percent body fat. See page 15 for more info.
<b>Heart Rate</b>		Use this mode to measure your heart rate beat per minute (bpm). See page 38 for more info.
<b>Steps</b>		This mode displays the number of steps you have taken for the day. The number resets to 0 at midnight.
<b>Exercise Duration</b>		This mode displays the number of minutes of exercise for the steps taken.
<b>Calories Burned</b>		This mode displays the amount of calories (kcal) burned for the steps taken.
<b>Distance Covered</b>		This mode displays the distance covered (km) for the steps taken.
<b>Battery Life</b>		This mode displays the remaining battery life (in percentage) of the band. A fully charged band can last for 7-10 days.

# Getting Started

## Get to Know the BodyKey App

### Dashboard of the BodyKey App



Change settings, such as personal information, language and alarms

Displays your body composition results from the InBody Test

Tracks your steps and records your physical activity

Records and monitors your calorie intake

Monitors your sleep pattern

Join group challenge organised by BodyKey® (available periodically)

Take the personalised assessment and view your results

Messages from BodyKey®

Sync with your InBodyBAND to get the data from the band

# Getting Started

## Change the units from lb to kg / inch to cm

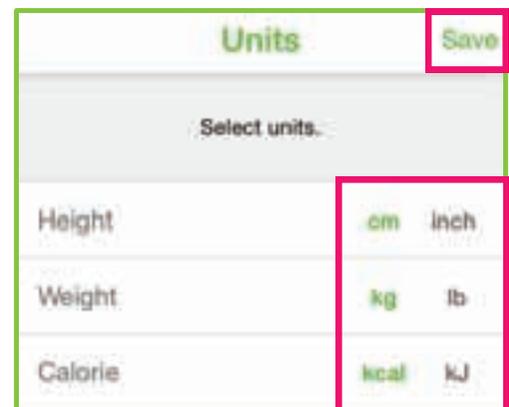
If you need to change the measurement unit, follow these steps.

**1** Select the **Setting**  icon at the top right of the dashboard.



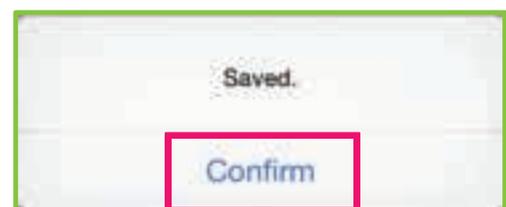
**2** Select **Units** from the list.

**3** Select the desired measurement unit for height, weight and/or calorie.



**4** Select **Save**.

**5** Select **Confirm**.



# Measuring Your Body Composition

The body composition test is also known as the InBody Test. The InBodyBAND uses Bioelectrical Impedance Analysis (BIA) to analyse your body, giving you the results of your body's muscle mass, fat mass and body fat.

## Guidelines in Getting Accurate Test Results



# Measuring Your Body Composition

## Proper Test Posture

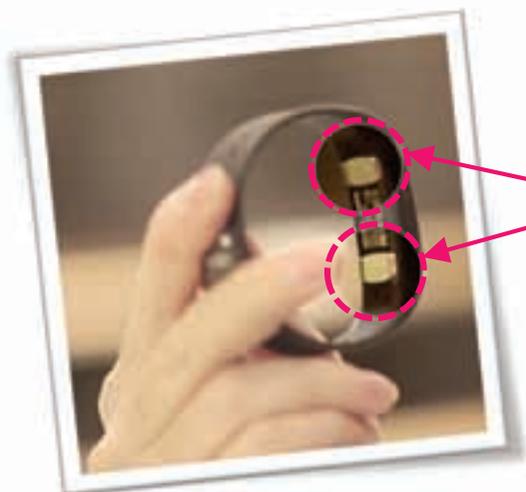
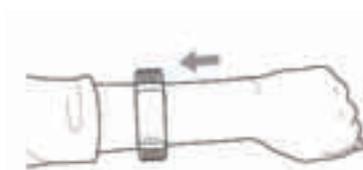
The InBodyBAND has an adjustable clasp so it can fit almost all wrist sizes.

Position the band so that the power button faces away from the wrist. Align the clip to one of the holes on the band and fasten it.

Wear the band directly on your wrist. Not up your arm. Not on your hand.

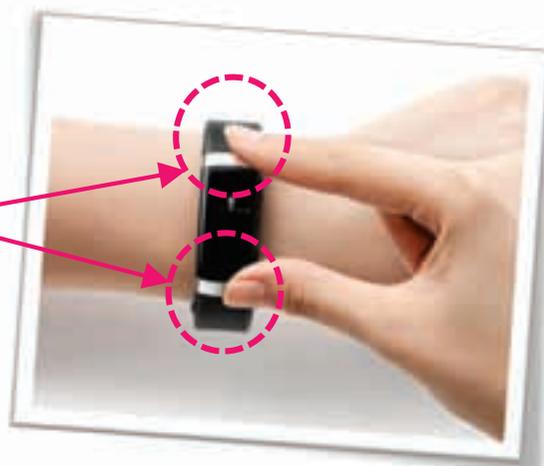


If the InBodyBAND cannot come into full contact with your wrist, fasten the band tighter or move it further down your arm until electrodes are in full contact with your skin.



The bottom electrodes must touch your wrist completely.

Your fingers must touch the top electrodes completely.



# Measuring Your Body Composition

The band should not be placed on top of your long sleeve or on your bracelet.

Arms must not touch the sides of your body. It is strongly recommended to wear shirt with sleeves.

Both hands must not touch.



To increase the accuracy of your results, place the band on the same location on the same wrist for every body composition test. It's important to remain consistent by wearing it in the same way and at the same time.

## Take the InBody Test

### Before Taking the InBody Test

Make sure that your height has been correctly entered in the BodyKey app to obtain accurate results.

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Select **Profile** from the list.

**3** Check your **Height**.  
If incorrect, enter your correct height. Then select **Save**. In the pop-up message, select **Confirm**.

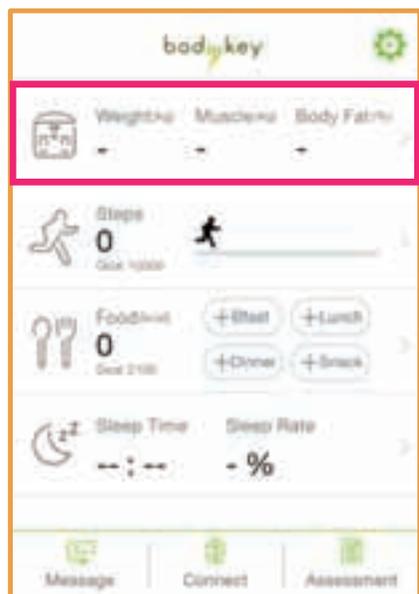
Profile		Save
Mobile number	0163612375	
Gender	Female	Male
Height(cm)	157	
Age	39	
Password	*****	
ABO No.	5698321	
Email	su.lyn.yong@amway.com	
Name	Sue	

# Measuring Your Body Composition

## Take the InBody Test with the BodyKey App

It is recommended that you do the InBody Test with the BodyKey app so that you can save the full body composition results.

**1** In the BodyKey app, select the first section.

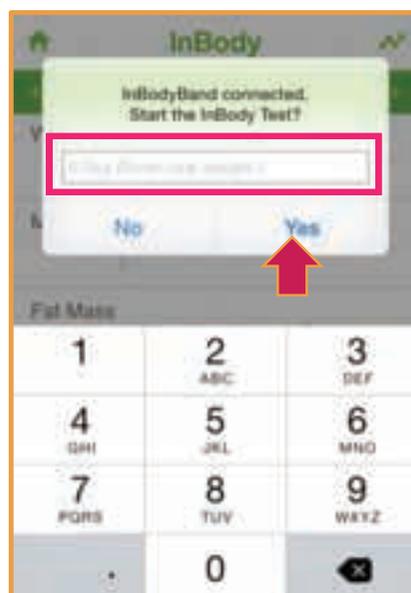


**2** In the InBody screen, select **Connect**.



**3** Enter your weight and then select **Yes** to start the InBody Test.

There will be a voice from the BodyKey app prompting you to start the InBody Test.



**4** Press the side button on your InBodyBAND until you see the InBody Test icon  on the screen.

# Measuring Your Body Composition

5 When the test icon  appears, maintain a proper test posture.

6 Once the proper test posture is in place, the test icon will change, and InBody Test will begin automatically.

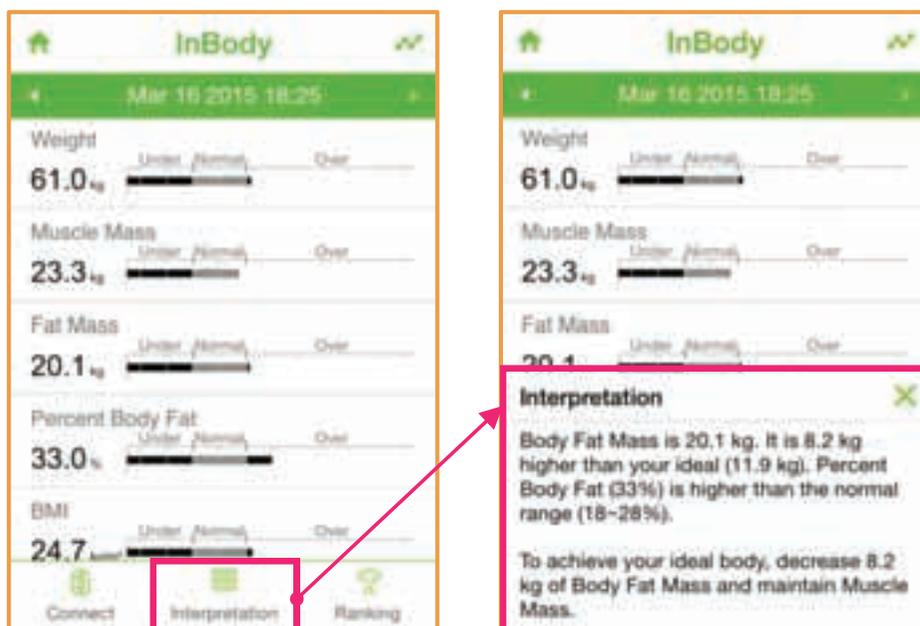
A straight line indicates that the test is running. 

7 When the test is complete, your percent body fat  will be displayed on the InBodyBAND screen.

Results, such as your muscle mass, fat mass, percent body fat and BMI will also be populated on the BodyKey® app.

8 Select **Interpretation** to understand your results and find out what your ideal body composition should be.

The suggested Ideal Weight is at the lower end of the healthy weight range for adults. Body Mass Index (BMI) recommendations could vary according to gender and ethnicity. Use this as a guide to develop your own realistic goals based on your own personal situation



# Measuring Your Body Composition

## Take the InBody Test **WITHOUT** the BodyKey® App

You can do the InBody Test by just using the InBodyBAND but the results will not be saved in your BodyKey® app.

**1** Press the side button on your InBodyBAND until you see the InBody Test icon  on the screen.

---

**2** When the test icon  appears, maintain a proper test posture.

---

**3** Once the proper test posture is in place, the test icon will change, and InBody Test will begin automatically.

A straight line indicates that the test is running. 

---

**4** When the test is complete, your percent body fat  will be displayed on the InBodyBAND screen.

---

Why isn't the InBody Test working for you?

Check your posture. Ensure both hands are not touching each other.

Ensure all four electrodes are touching your skin. Body hair may disturb the test as the electrodes cannot be in contact with the skin.

Check that your skin is not too dry. Slightly moisturise the wrist and fingers with water or lotion before taking the InBody Test.

Why isn't the BodyKey® app recording the body fat result from your InBodyBAND?

You may not have connected your InBodyBAND to the app to take the InBody Test. Note that you can perform the InBody Test by just using the InBodyBAND without the app but the results will not be saved. Also make sure you are connected to the internet when taking the InBody Test with the BodyKey app.

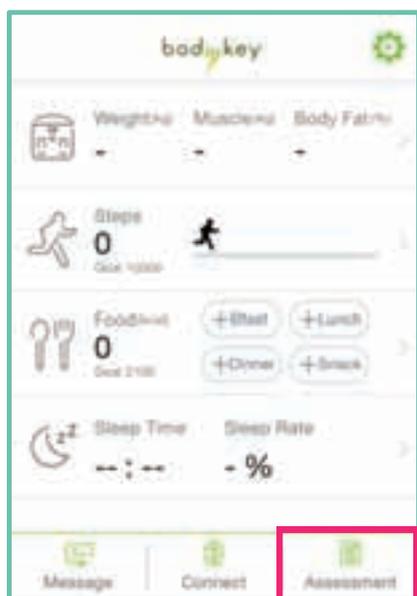
# Personalised Assessment

## Take the Personalised Assessment

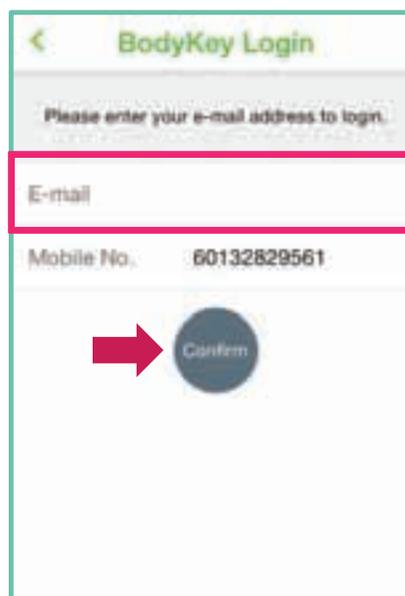
### Take the Personalised Assessment for the First Time

You can only take the personalised assessment if you have purchased the BodyKey® Bundle. You will need the Master Code to activate the assessment.

**1** Select **Assessment** at the bottom right of the dashboard.



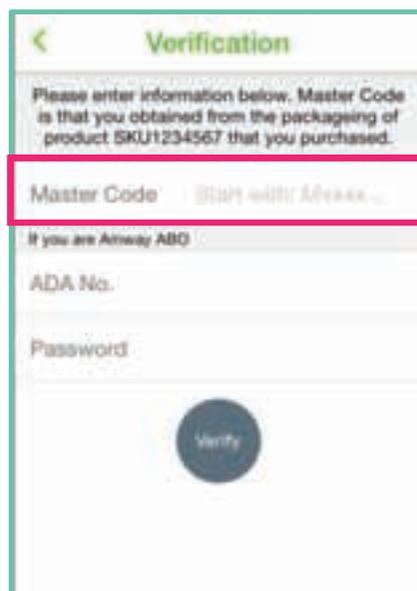
**2** Enter your E-mail address and select **Confirm**.



**3** In the Verification screen, enter the **Master Code**.

The Master Code consists of 13 alphanumeric characters (case sensitive) starting with the capital letter "M". For e.g., M17278tr012MY.

The Mastercode can be found on the back of the BodyKey brochure included in the Pack.



# Personalised Assessment

- 4** If you're an Amway Independent Business Owner (IBO), enter your IBO No. and Password. If you're not an IBO, leave the fields blank. Then select **Verify**.

Verification

Please enter information below. Master Code is that you obtained from the packaging of product SKU1234567 that you purchased.

Master Code: Start with: Mxxxxx

If you are Amway IBO

ADA No.

Password

Verify

- 5** In the Registration screen, enter your Name. Then select **Submit**.

Registration

Your Master Code and ADA Account is VALID. Thank you. Please create your BodyKey Account now.

Name

E-mail: nABO10@amway....

Mobile No. 77770000100

Password: 12345

Submit

- 6** Select **Start** to begin the assessment.

New Assessment

Start Your New Assessment Now!

Before you start the Assessment, please make sure you have finish InBody Test and set your weight loss goal. The entire Assessment takes about 15-20 mins. By end of the assessment, you will able to discover your LifeKey on 6 lifestyle areas which give the greatest impact on weight loss.

Start

- 7** Answer the question and then select **Next**.

New Assessment

Basic Information (1/53)

1. What is your name?

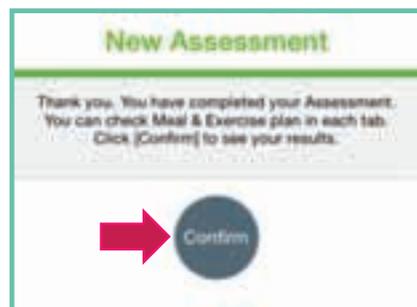
Answer

Next

# Personalised Assessment

**8** There is a total of 63 questions to be completed.

When you have finished all the questions, select **Confirm**.

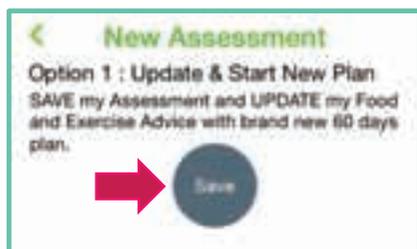


**9** A personalised report based on your results will be auto-generated upon completion of the assessment.

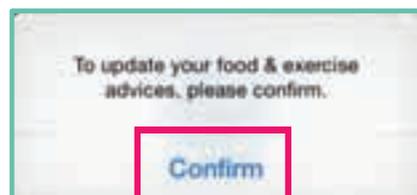
Select **Save & Update**.



**10** Select **Save**.

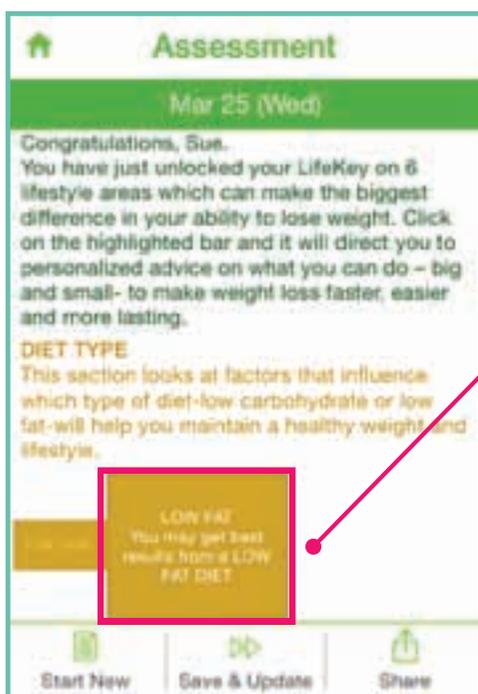


**11** Select **Confirm**.



# Personalised Assessment

**12** Tap on each of your lifestyle key to read more information.



## Save/Print the Assessment

You can save a PDF copy of your assessment results into your mobile phone. Once you have the PDF, you can email it to yourself and others, or have it printed later via your computer.

**1** Scroll down to the bottom of the assessment results screen.

**2** Select **CLICK HERE TO GENERATE FULL REPORT >>**.

Your results will be saved and stored in your mobile phone.



# Personalised Assessment

## Re-Take the Personalised Assessment

You can take the assessment again at any time within the validity period of the Master Code (180 days upon activation). The recommendation is to retake the assessment about 4 to 6 months later.

**1** Select **Assessment** at the bottom right of the dashboard.

**2** Select **Start New**.

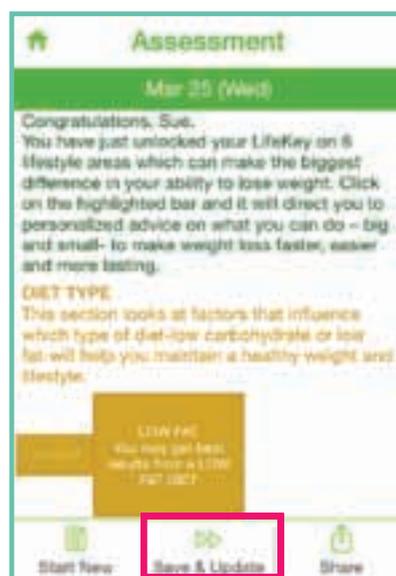
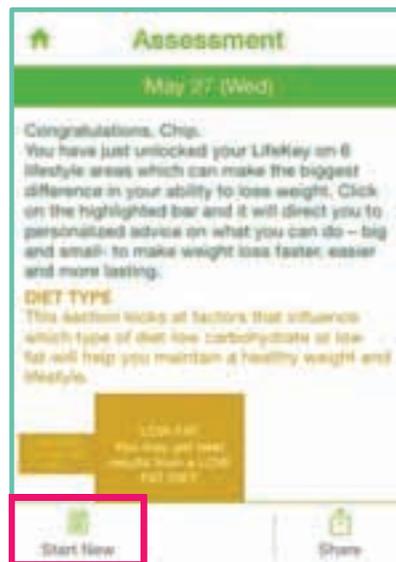
**3** Select **Start** to begin the assessment.

**4** Answer the question and then select **Next**.

**5** When you have finished all the questions, select **Confirm**.

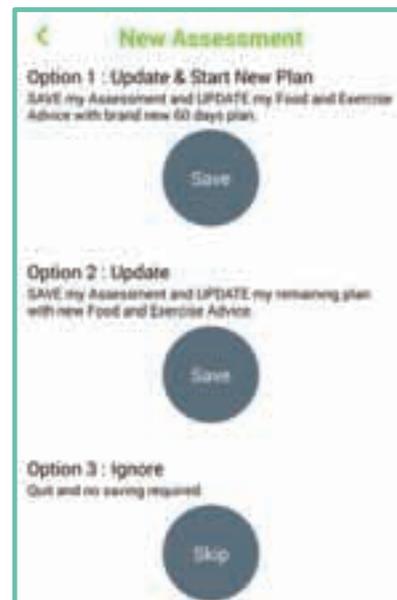
**6** Your new results will be auto-generated upon completion of the assessment.

Select **Save & Update**.



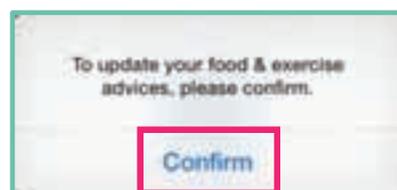
# Personalised Assessment

- 7 Select one of the three options.
- Option 1: Save your new results and change both Food Advice and Exercise Advice to a new 60-day plan.
  - Option 2: Save your new results and update the Food Advice and Exercise Advice for the remaining of your current 60-day plan.
  - Option 3: Don't save your new results.



- 8 If you have selected option 1 or 2, you will be prompted to confirm your action.

Select **Confirm**.



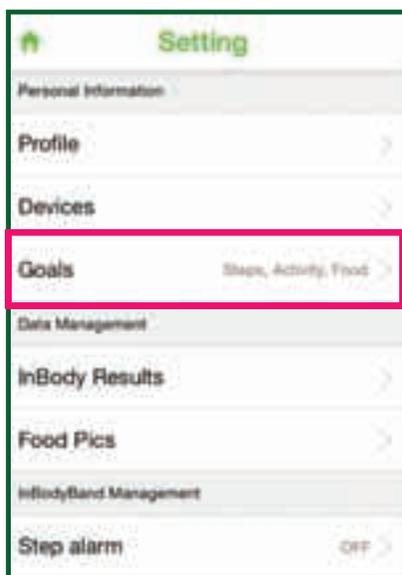
# Target Weight Goal

## Set your Target Weight Goal

Based on the interpretation from the InBody Test results, you will know what your ideal body weight is. The first step in managing your weight is to set a goal on how much weight to lose or gain to achieve your ideal weight. The Target Weight goal feature in the BodyKey app enables you to do that.

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Select **Goals** from the list.



**3** Scroll down to **Target Weight**. Use - / + to adjust how much weight you wish to lose or gain per week.

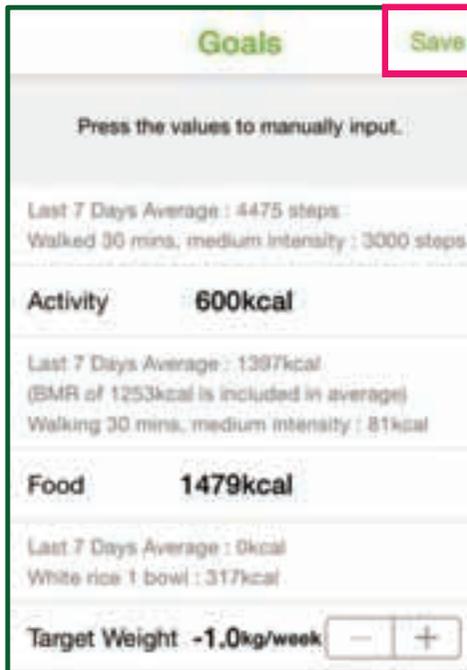


The BodyKey app will only allow you to lose a maximum of 1.0kg/week or gain a maximum of 0.5kg/week. If your BMR is less than 1300kcal (5439 Kj), it will not allow you to lose more than 0.5kg/week. Losing too much weight in a short span of time is not the healthy way to manage your weight.

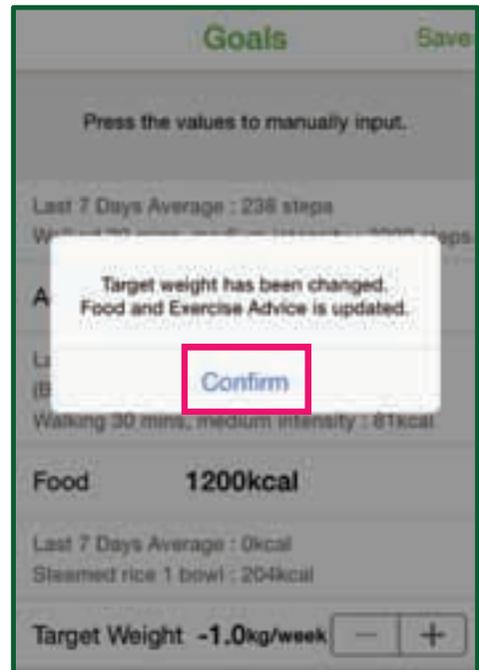
Changing the Target Weight will change the **Activity** calories that you need to burn and the **Food** calories that you could consume per day based on your target weight goal and current BMR.

# Target Weight Goal

4 Select **Save**.



5 Select **Confirm**.



# Target Weight Goal

## How does BodyKey® recommends the food and exercise advice and calories?

The advice and calories provided are based on the following:

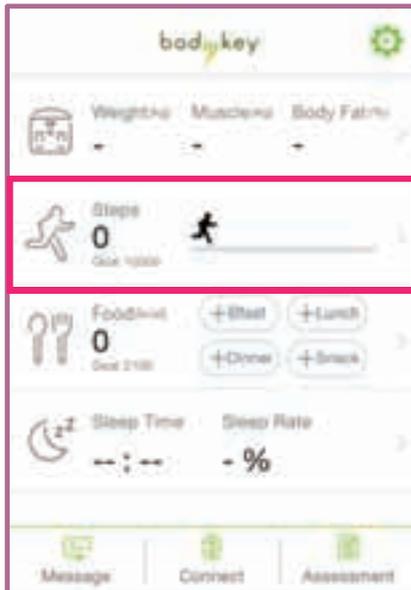


Food Advice and Exercise Advice are updated weekly every Sunday morning based on the above.

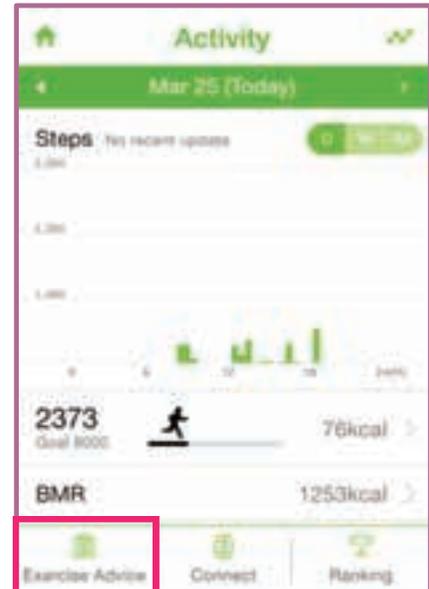
# Tracking Your Physical Activities

## View your Exercise Advice

**1** Select the **Steps** section from the dashboard.

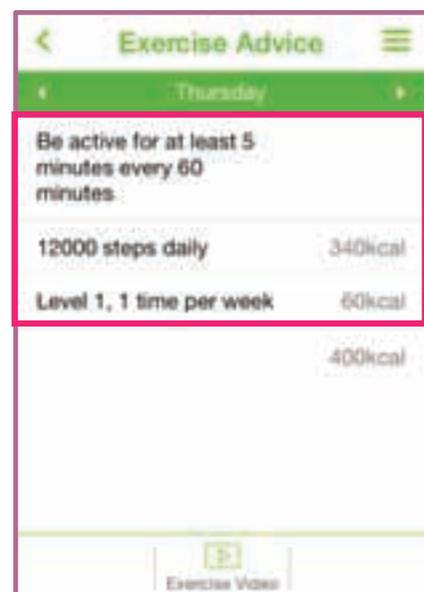


**2** Select **Exercise Advice**.



The Exercise Advice given is based on your personalised assessment results.

The BodyKey® app will provide the Exercise Advice on a weekly basis, refreshing it every Monday based on your latest assessment results. Sometimes, the exercise advice may be the same for two weeks in a row before recommending the next advice.

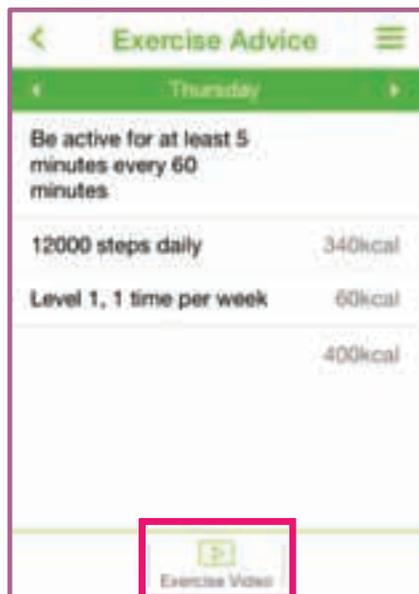


# Tracking Your Physical Activities

## View the Recommended Exercise Videos

If you see an exercise advice similar to this: "Level 1, 1 time per week", it is referring to the structured exercises that BodyKey® recommends.

**3** Select **Exercise Video** to view the recommended guided exercises.



**4** Tap the desired video to download or play it.



If you are accessing the videos for the first time, you will need to download each video. The download may take some time depending on your internet connection and the file size. E.g. a 57MB video will take longer time to download compared to a 20MB video.



# Tracking Your Physical Activities

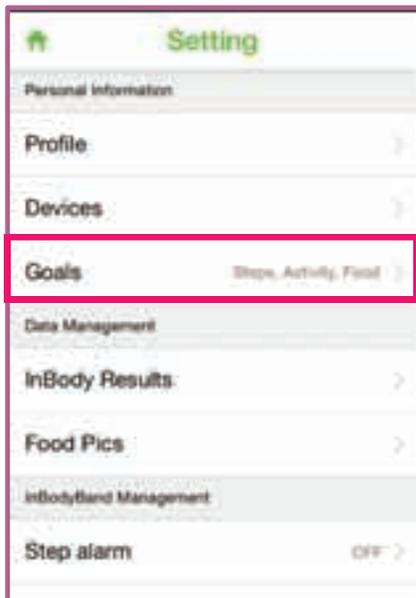
## Track your Steps

### Set Steps Goal

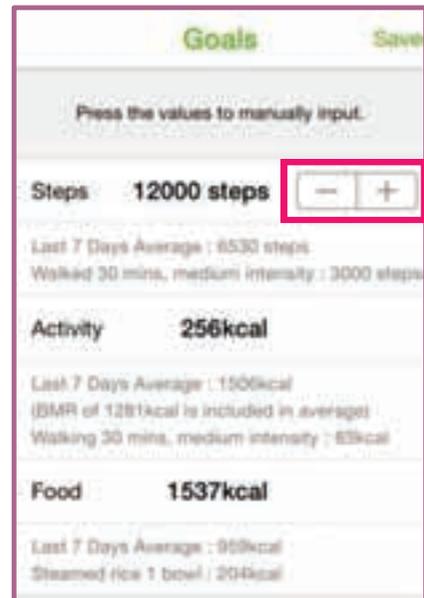
You can set your steps goals based on your exercise advice.

**1** Select the **Setting**  icon at the top right of the dashboard.

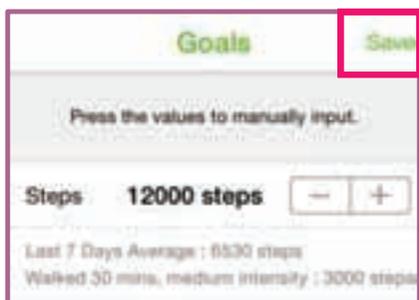
**2** Select **Goals** from the list.



**3** Use **-/+** to adjust the steps.



**4** Select **Save**.



**5** Select **Confirm**.



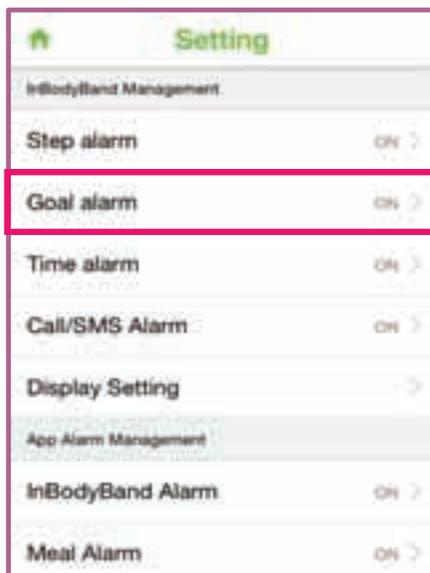
# Tracking Your Physical Activities

## Set Steps Goal Alarm

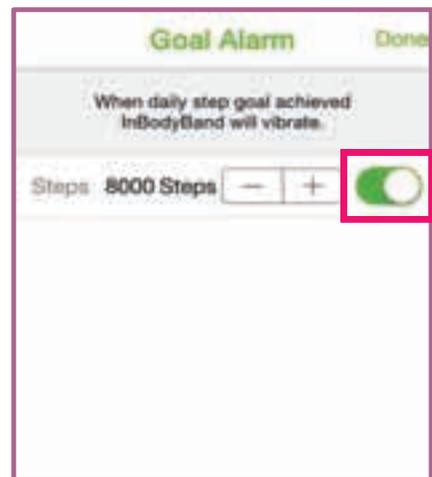
You can set steps goal alarm to inform you of your accomplishment. If you have turned this alarm on, the InBodyBAND will vibrate and its screen displays the word “**GOAL**” when you have achieved the set steps for the day.

**1** Select the **Setting**  icon at the top right of the dashboard.

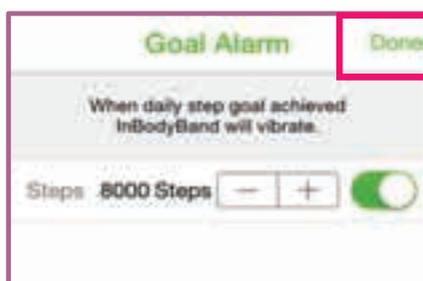
**2** Scroll down and select **Goal alarm** from the list.



**3** Slide the toggle button to the right to turn the alarm on.



**4** Select **Done**.



**5** Select **Confirm**.



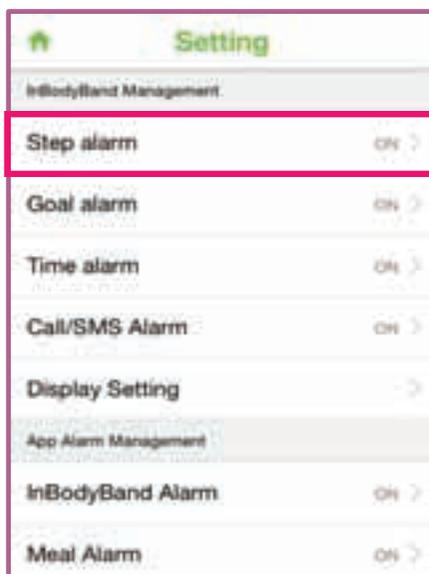
# Tracking Your Physical Activities

## Set Step Reminder Alarm

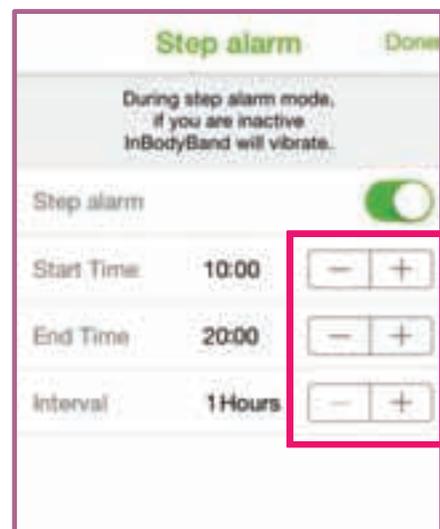
You can set step reminder alarm to remind yourself to be active throughout the day. You can specify the Start Time, End Time and Interval for the reminder. If you have turned this alarm on, the InBodyBAND will vibrate and its screen displays the word "**MOVE**" if you have been inactive for the interval specified.

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Scroll down and select **Step alarm** from the list.



**3** Use -/+ to specify the Start Time, End Time and Interval for the reminder.



**4** Slide the toggle button to the right to turn the alarm on.

**5** Select **Done**.



# Tracking Your Physical Activities

## Monitor your Steps



Keep pressing the side button on the InBodyBAND until you see the **Steps** icon.

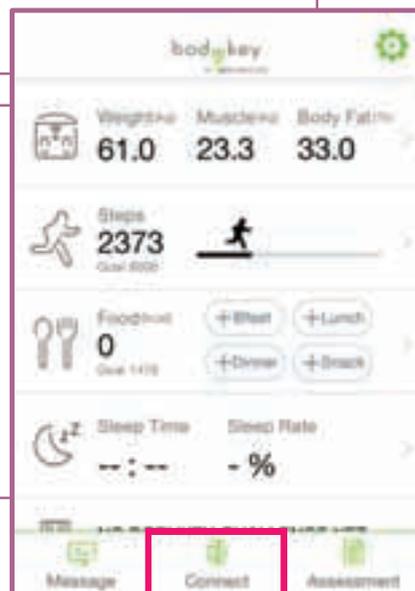
It will display the number of steps taken for the day.



Sync the steps data in your InBodyBAND to the BodyKey app to monitor your step count against your set goal.

Select **Connect** on the BodyKey app.

Your latest data will be auto-populated on the BodyKey app.



Data will be stored in the InBodyBAND for up to 7 days.

### Why isn't the step count increasing when I walk with my InBodyBAND?

The InBodyBAND will only start counting after the 8th step. If you stop walking only after a few steps, the amount of energy spent is negligible. Only continuous walking steps would consume calories and therefore be counted as steps by the InBodyBAND.

### What movements does the InBodyBAND step measure?

The InBodyBAND uses a 3D motion sensor to detect movements and converts all movements into digital measurement values (data).

#### Not advisable

Swimming

#### What is measured

Walking, running, big arm movements (e.g. cleaning the window), household chores (e.g. sweeping the floor)

#### What is NOT measured

Sitting, driving, non-step based activities (e.g. yoga, cycling)

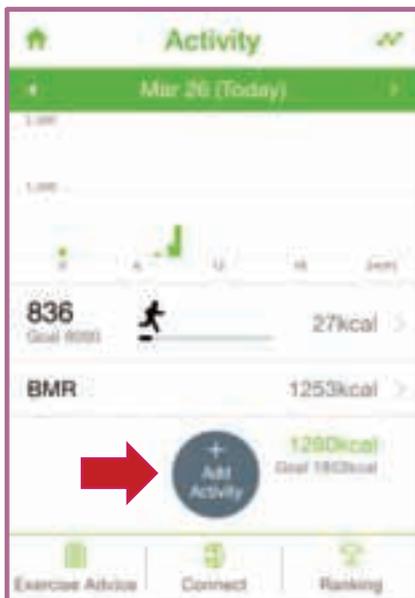
# Tracking Your Physical Activities

## Track your Exercise Activity

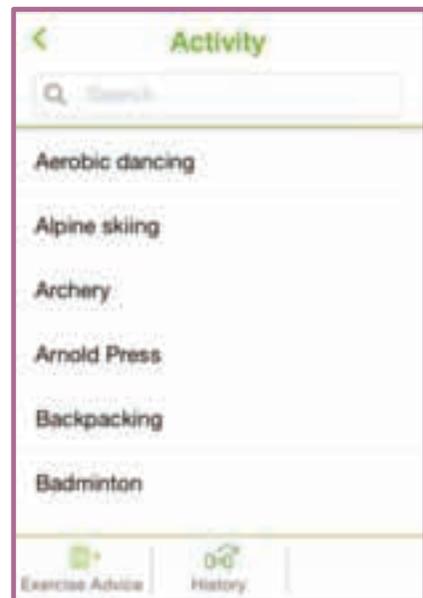
### Add an Exercise Activity

**1** Select the **Steps** section from the dashboard.

**2** Select **Add Activity**.



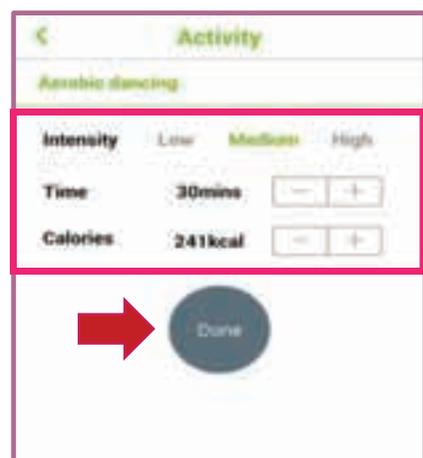
**3** Search and select the activity in the database.



**4** Select the **Intensity** level of your exercise activity.

**5** If needed, use **-/+** to change the **Time** spent and **Calories** burned.

**6** Select **Done**.

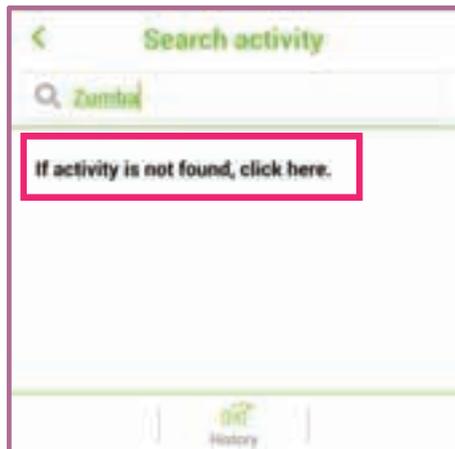


# Tracking Your Physical Activities

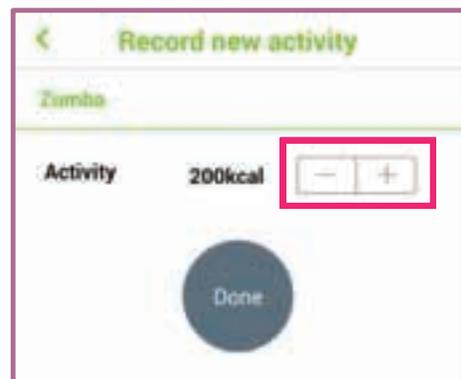
## Record a New Activity Not Found in the Activity Database

If the activity you are searching for is not found in the database, add your own activity.

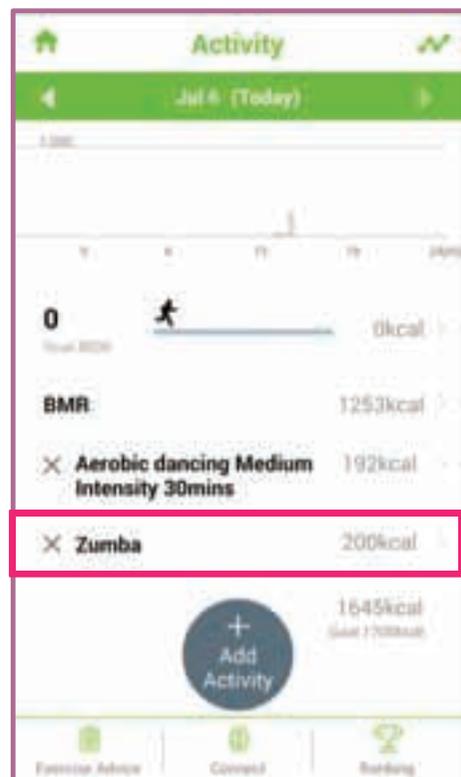
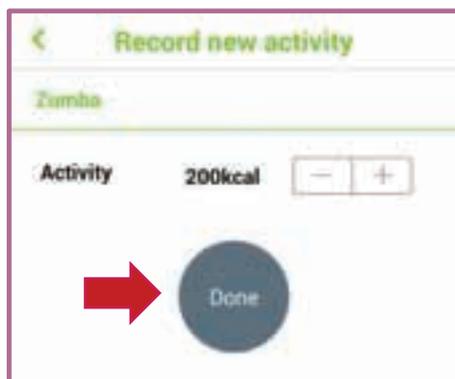
**1** Select the **If activity is not found, click here** option.



**2** The searched name will auto populate. Use **-/+** to set the amount of calories burned for the activity.



**3** Select **Done**.



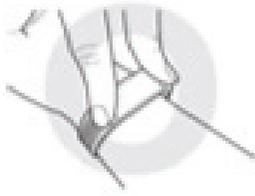
If you have recorded a new activity, it will be made available only to you in the Activity database. Other BodyKey® users will not be able to see and select it on their app.

# Tracking Your Physical Activities

## Measure your Heart Rate

**1** Press the side button on the InBodyBAND until you see the **Heart Rate Measurement**  icon on the screen.

**2** When the test icon  appears, maintain a proper test posture.



*Your wrist must touch the bottom electrodes completely and your fingers must touch the top electrodes completely.*



*Your hands must not touch one another.*

**3** When the proper posture is maintained, the test icon will change, and the Heart Rate measurement will begin automatically.

A straight line indicates that the test is running. 

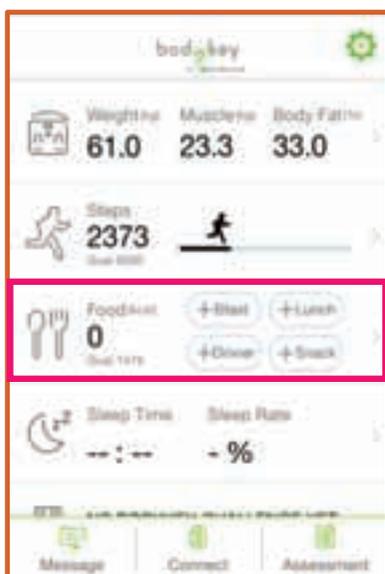
**4** When the test is complete, the results in bpm (beats per minute) will show on the InBodyBAND screen. 

# Tracking Your Food and Calories

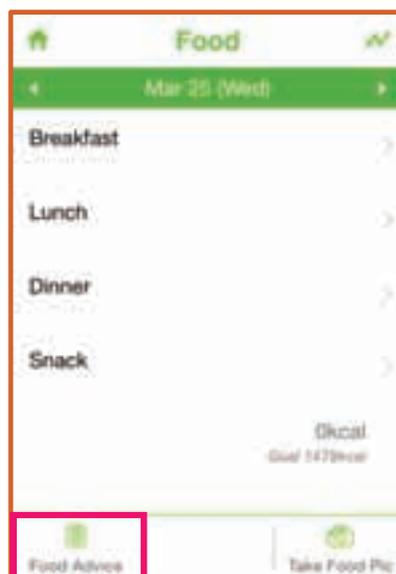
## View your Food Advice

You can manage your diet more effectively by following the personalised food advice from BodyKey®.

**1** Select the **Food** section from the dashboard.



**2** Select **Food Advice**.



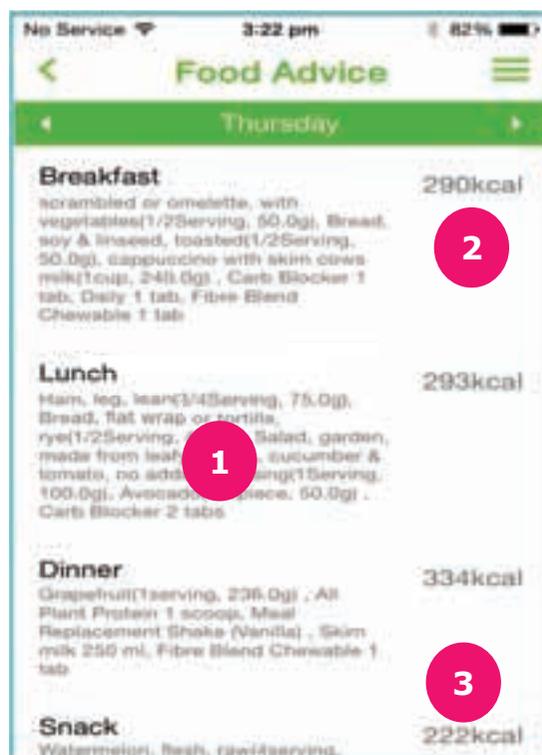
The Food Advice recommends the number of calories intake for each meal and the total for the day.

It also recommends the Nutriway® supplement to take at each meal and provides suggestion of the type of food to eat.

**1** Recommended Nutriway food and supplements

**2** Recommended calorie intake per meal

**3** Recommended calorie intake per day

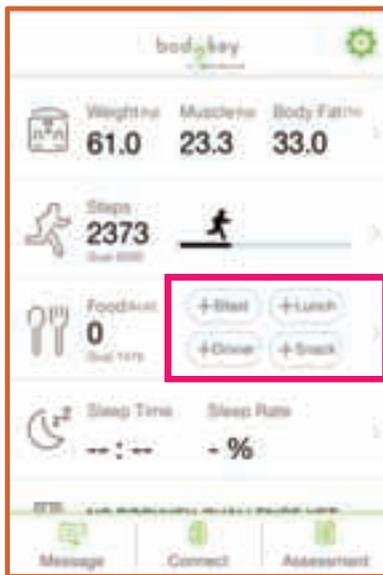


# Tracking Your Food and Calories

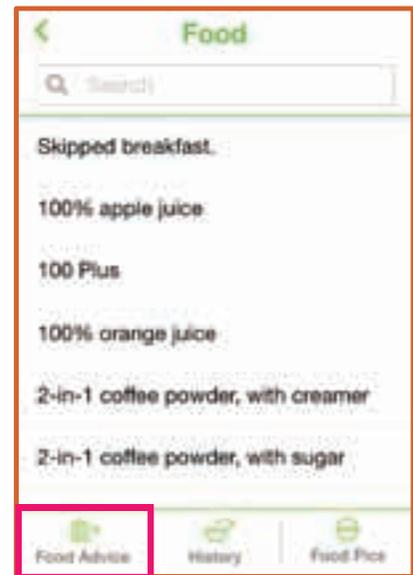
## Record your Food Journal

### Add the Recommended Food

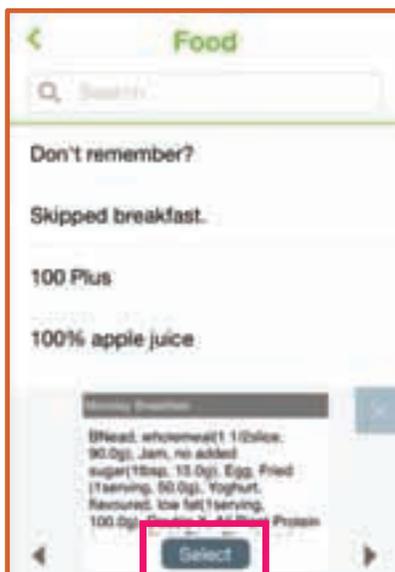
**1** Select a meal time from the Food section of the dashboard.



**2** Select **Food Advice**.



**3** Select to populate the suggested food.



**4** The recommended food is listed. Select **Save**.



# Tracking Your Food and Calories

## Change the Recommended Food Entry

You can easily change your food entry if you have recorded your food wrongly or wish to adjust the serving size.

### 1 Change a Recommended Food Entry

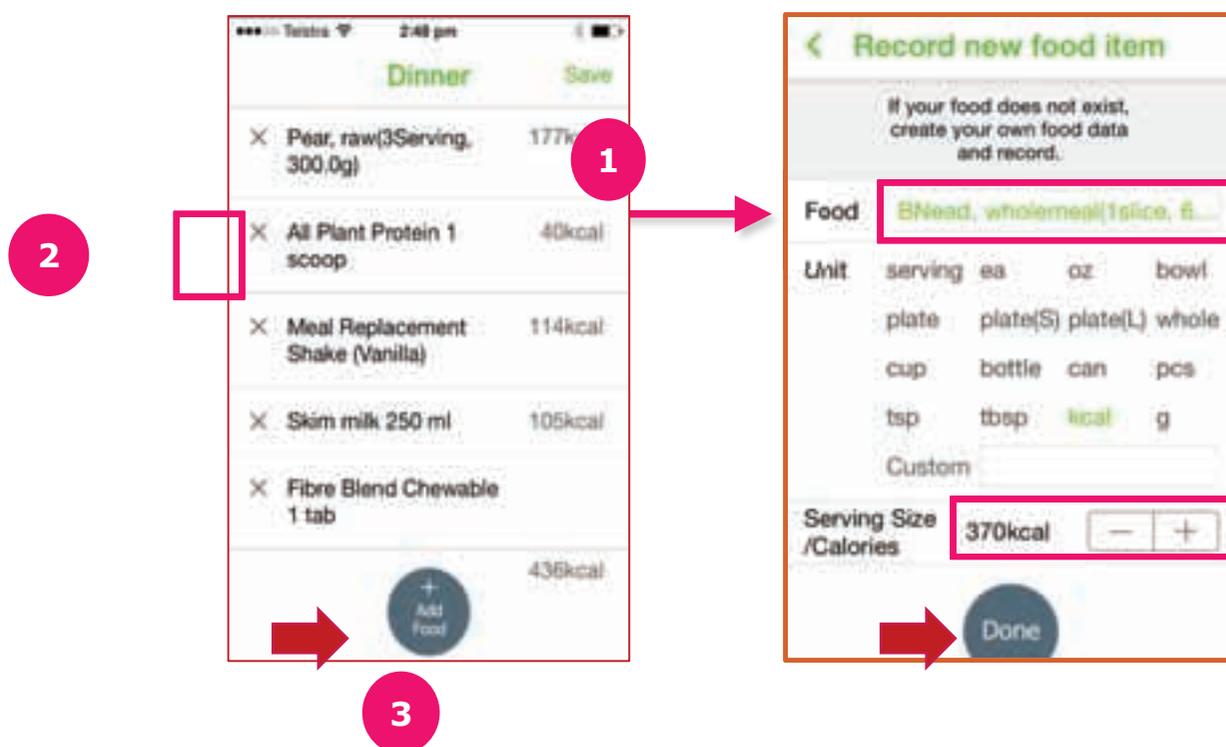
Let's say you followed the recommended food except you ate only one slice of wholemeal bread instead of 1½. You can select the food entry and then adjust the food item and calories. Select Done after making the changes.

### 2 Remove a Food Entry

Let's say you didn't take All Plant Protein for breakfast. You can delete the entry by selecting the "X" function.

### 3 Add Extra Food

Let's say you took 2 servings of fried egg instead of one as per recommended. You can select **Add Food** to add the additional egg.



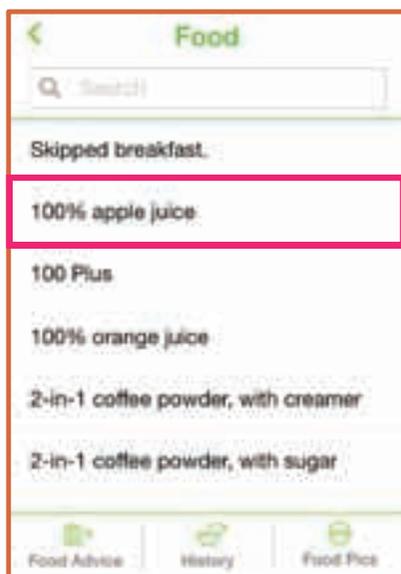
Remember to select **Save** after making any changes!

# Tracking Your Food and Calories

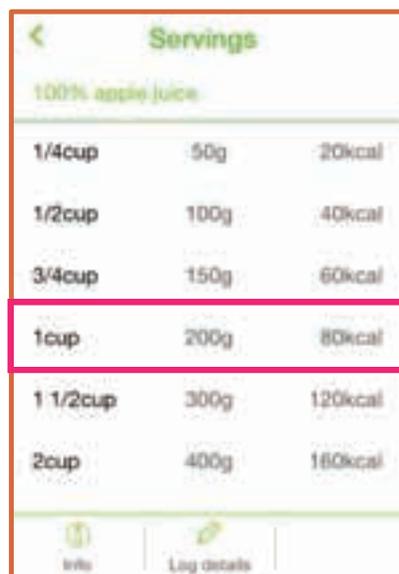
## Add a Food Item from the Food Database

If you do not wish to follow the recommended food advice, you can add your own food item.

**1** Search and select a food from the database.



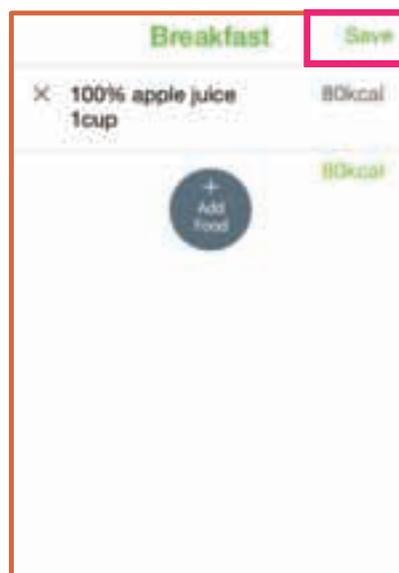
**2** Select the serving size.



**3** You can add more food item by selecting **Add Food**.



**4** Select **Save** to save your food entry.



# Tracking Your Food and Calories

## Record a New Food Item not Found in the Food Database

If your food does not exist in the Food Database, you can create your own food item.

**1** Enter the name of the food.



**2** If there is no listings for your food, select "If food item is not found, click here."

**3** Use -/+ to adjust the serving size.

**4** Select **Done**.

**5** Select **Save**.



If you have recorded a new food item, it will be made available only to you in the Food Database. Other BodyKey users will not be able to see and select it on their app.

# Tracking Your Food and Calories

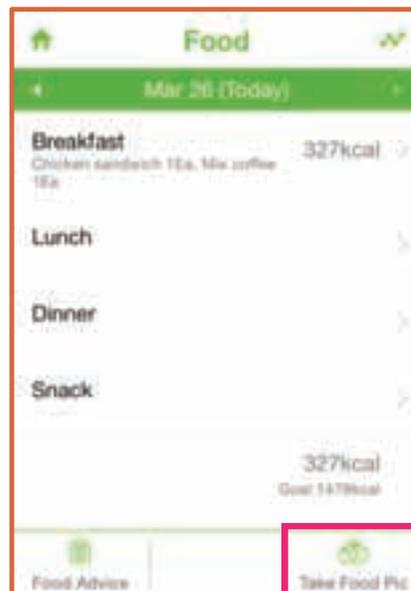
## Take a Photo of Your Food

There may be times when you have no time to record your food intake or you don't know how to record the new food item in terms of calories consumed. In these cases, you may simply take a photo of the food so that you can remember what you ate and then enter the details later. Each photo you take will have a record of the date and time so that you can easily keep track of it.

**1** Select the **Food** section from the dashboard.

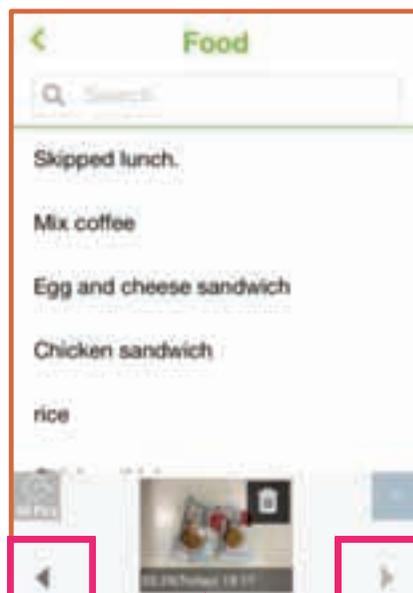
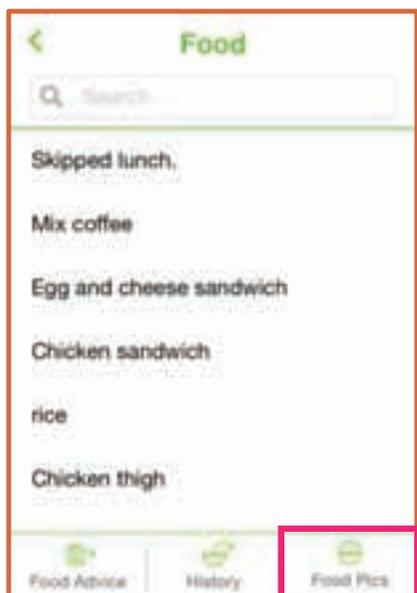
**2** Select **Take Food Pic** at the bottom right of the screen.

**3** Take a photo of the food with your mobile phone.



## View the Photo Taken

In the food listing screen, select **Food Pics**. Use the left or right arrows to search for the desired photo.



# Tracking Your Food and Calories

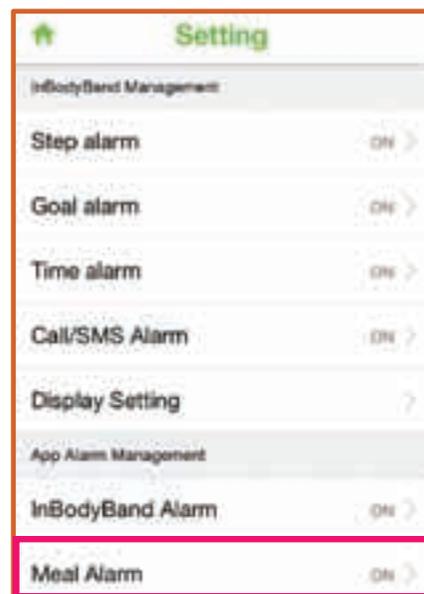
## Set a Reminder to Record your Food

You can set meal alarms to remind you to record your food intake at the pre-defined meal times.

**1** Select the **Setting**  icon at the top right of the dashboard.

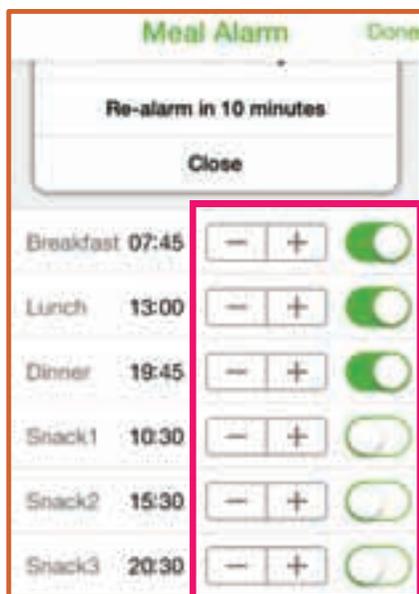
**2** Select **Meal Alarm** from the list.

**3** Use the respective **-/+** to set the meal time.



**4** Slide the toggle button to the right to turn the desired meal alarm on.

**5** Select **Done**.



A pop-up message will appear on your mobile phone at the meal time you set.



# Tracking Your Sleep

The InBodyBAND can help to monitor your sleep pattern.

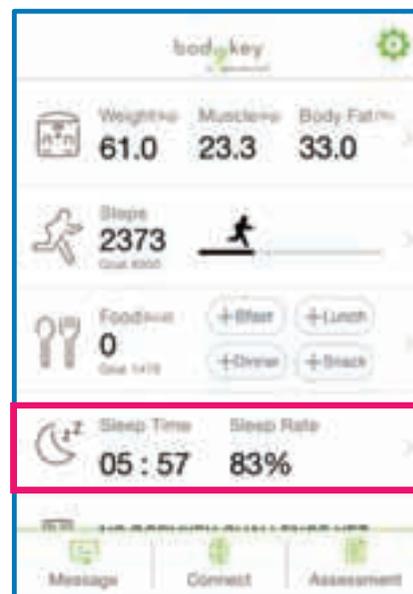
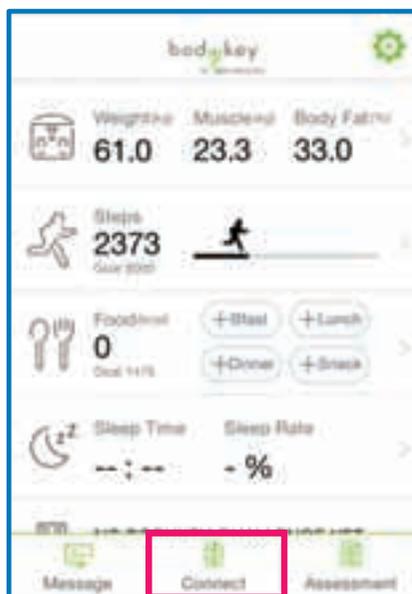
## Guidelines in Monitoring Sleep

**Zzz** Wear the InBodyBAND when you sleep.

**Zzz** You don't need to activate any function to tell the InBodyBAND that you're going to sleep.

**Zzz** The InBodyBAND automatically starts tracking sleep if you have 10 minutes of inactivity.

**Zzz** The next day, connect the InBodyBAND to the BodyKey app to record the sleep data.



A summary of the sleep details will be displayed in the dashboard.

Sleep Time = Duration

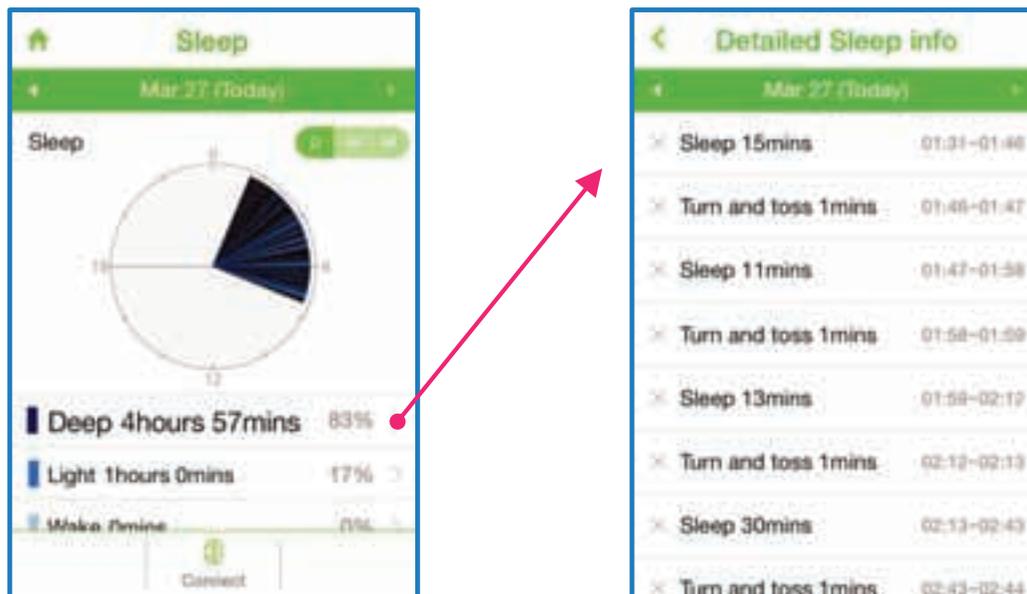
Sleep Rate = Quality

# Tracking Your Sleep

Select the **Sleep** section from the dashboard.

Your sleep details will be populated as Deep, Light and Wake.

Tap on the sleep details to see the Detailed Sleep Info.



## Deep

If you are in a deep sleep, movement would be minimum. Sleep information will display as "Sleep".

## Light

If you are in a light sleep, there will be some movements. The greater the amount of wrist movement, the lower the quality of sleep, which could be due to nightmares, or certain stress conditions, when our body and mind have difficulties to be fully at rest. Sleep info will display as "Turn and toss".

## Wake

Sometimes amidst sleeping, you may be awake without being aware of it. You may have made sudden big arm movements or moved about, for e.g., to go to the bathroom, to close the window, or to reach out for your air-conditioner remote control. Sleep info will display as "Wake". Once "wake" is detected, the band will then start tracking "Sleep" again only after 10 minutes of inactivity.

# Tracking Your Sleep

## Scenario example

You went to bed at 10:00 pm. However, you only manage to fall asleep at 10:15 pm after tossing around for a few minutes.

>> If you slept for at least 10 minutes without any movement, then the band will capture it as sleep. For e.g., if you slept for 14 minutes, the sleep info will be captured as "Sleep 14mins 10:15-10:29".

>> If you slept still for 8 minutes, then turn and toss again, the sleep tracking will not be activated yet.

## How does the InBodyBAND determine if you are sleeping versus it is lying on the table?

The detection is based on the same 3D Accelerometer Technology that determines if you are walking, running or doing nothing. There is a certain pattern of wrist movement and tilted angle when you sleep.

If the InBodyBAND is lying on the table, it is doing nothing. If you're wearing the InBodyBAND to sleep, it will always be tilted at an angle and there will be slight movements.

This same principle applies to differentiate you taking an afternoon nap of one hour versus your position of sitting or lying down watching television or reading.

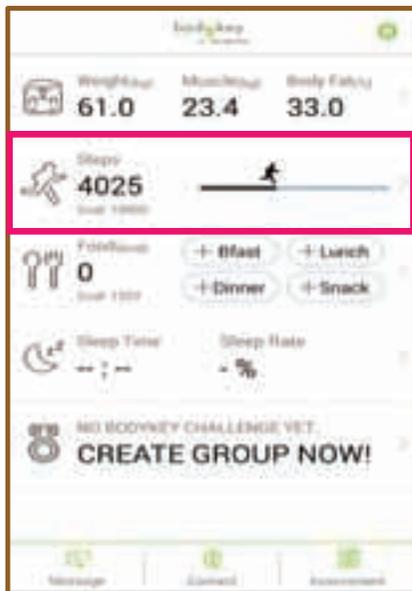


# Other Features

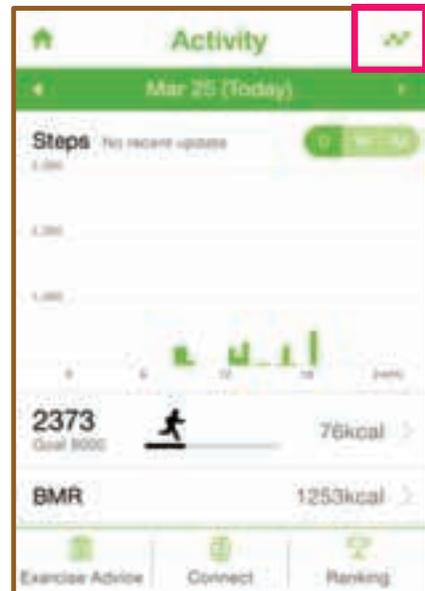
## See your Progress Report

You can view your progress over time in a graphical report. This report is available for calories history and body composition history.

**1** Select the section in which you wish to see your progress report. For example, select the Steps section.



**2** Select the  graph icon at the top right of the screen to view the report.



The report is displayed.



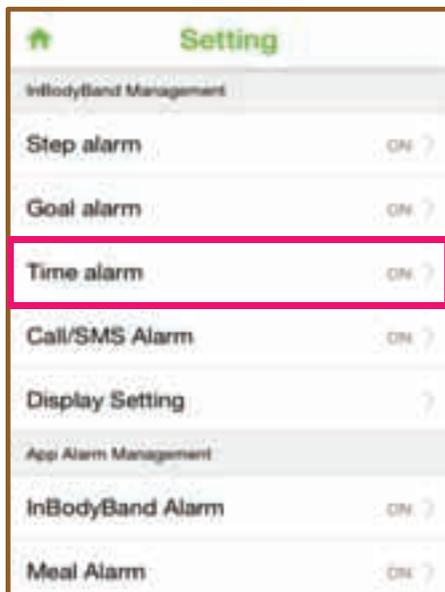
# Other Features

## Set Time Alarm

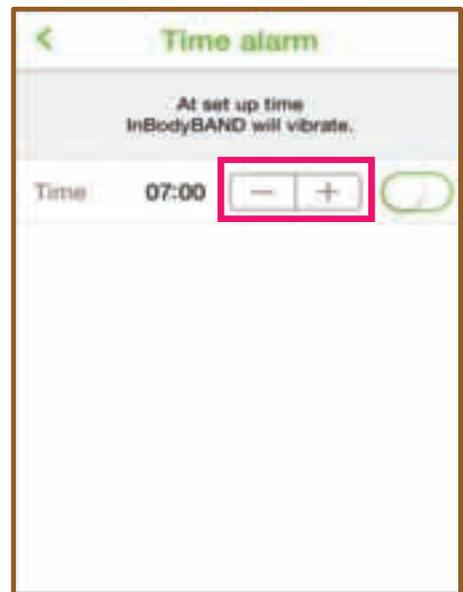
You can activate the time alarm in which your InBodyBAND will vibrate and its screen displays the alarm clock icon  at the time you set. You can use this alarm as a wake up call without disturbing others in the same room as you.

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Select **Time alarm** from the list.

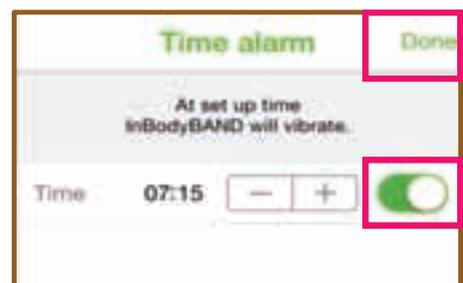


**3** Use -/+ to set the time.



**4** Slide the toggle button to the right to turn the alarm on.

**5** Select **Done**.



# Other Features

## Set Call/SMS Alarm

You can activate the Call and SMS alarms to notify you of phone calls or SMS. If you have turned the alarm on, the InBodyBAND will vibrate and its screen displays the call or SMS icon when you receive a call or new SMS. This is useful if you have set your mobile phone on silent mode or if you have kept it in your bag while shopping.



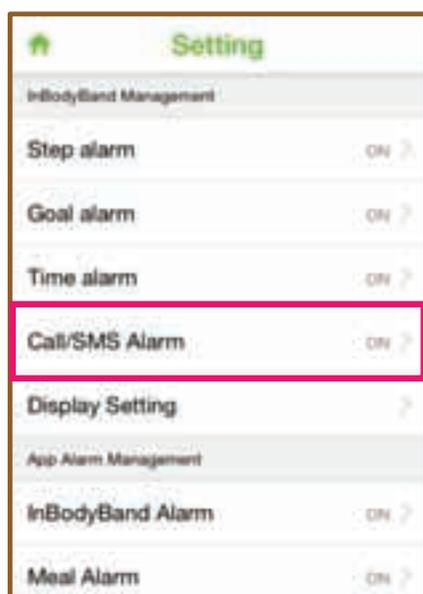
Call icon



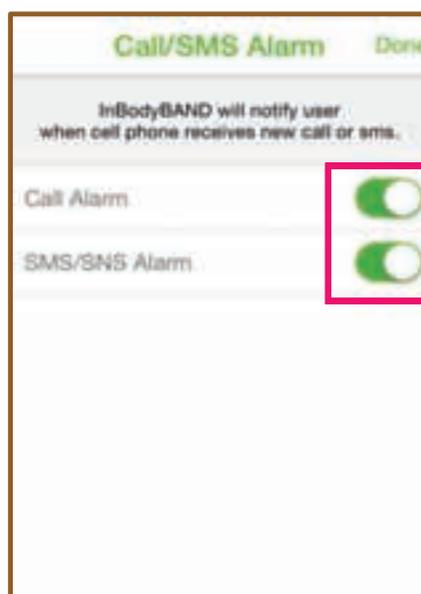
SMS icon

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Select **Call/SMS alarm** from the list.

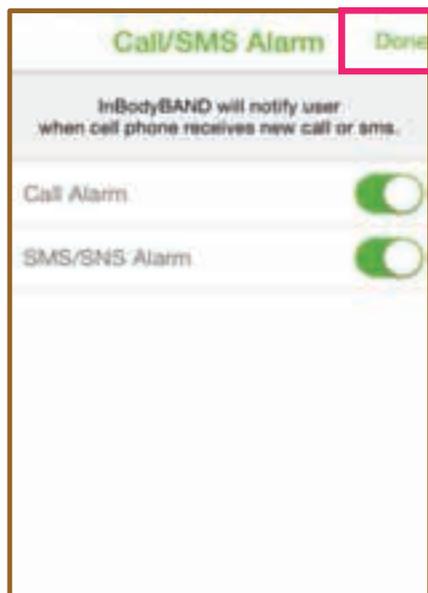


**3** Slide the toggle button to the right to turn the desired alarm on.

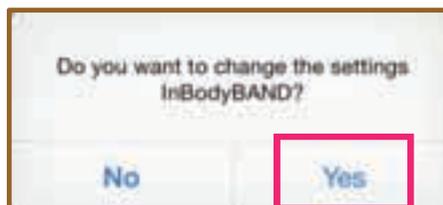


# Other Features

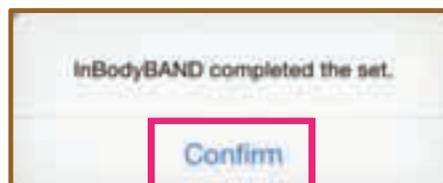
**4** Select **Done**.



**5** When the pop-up message appears, make sure your InBodyBAND is near your mobile phone for the sync to happen.  
Then select **Yes**.



**6** Upon completion of the sync, select **Confirm**.



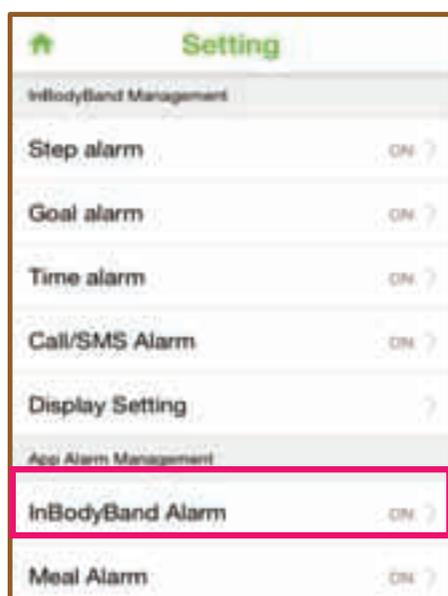
# Other Features

## Set InBodyBAND Alarm

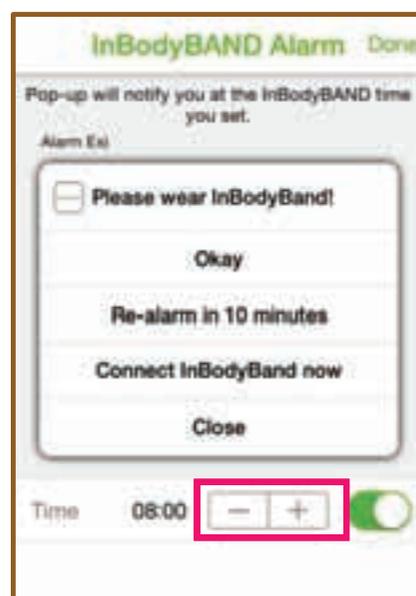
You can activate the InBodyBAND alarm which will remind you to wear your InBodyBAND. The alarm appears as a pop-up message on your mobile phone.

**1** Select the **Setting**  icon at the top right of the dashboard.

**2** Select **InBodyBAND alarm** from the list.



**3** Use -/+ to set the time.



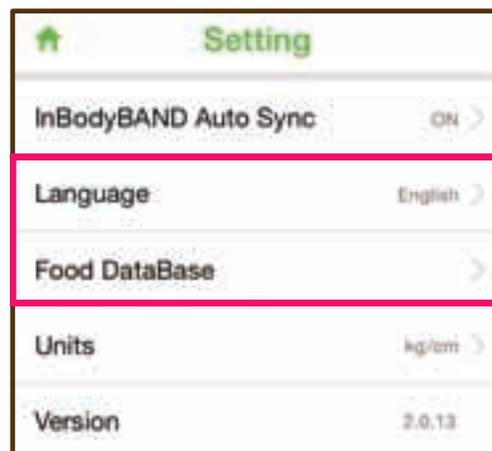
**4** Slide the toggle button to the right to turn the alarm on.

**5** Select **Done**.

# Other Features

## Change Language or Food Database

**1** Select the **Setting**  icon at the top right of the dashboard.

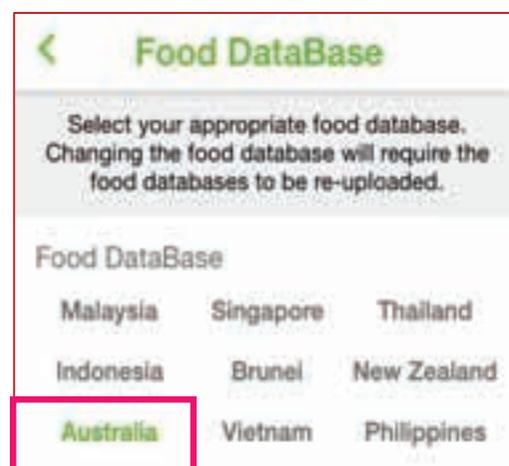


**2** Select **Language** or **Food Database** from the list.

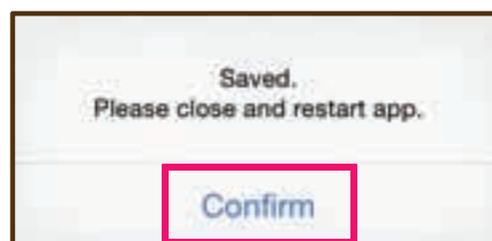
**3** Select the desired language.



Select the desired country for your food database.



**4** Select **Save**.



**5** Select **Confirm**.

The BodyKey app may automatically close or restart. Just open the app again to continue using.

# Frequently Asked Questions

## Q

### I changed my phone. Do I need to update my details in the BodyKey® app?

If you have changed your mobile phone without changing your phone number, just download the BodyKey app into your new phone.

When you open the BodyKey® app on your new phone, enter your mobile phone number and BodyKey® app password. All previous data in your BodyKey® app will still be available to you.

Remember to pair your InBodyBAND to your new phone so that you can continue to sync data from your band to the app.



## Q

### I changed my phone number. How do I update my details in the BodyKey® app?

If you have changed your phone number but did not change your mobile phone, you can still access the BodyKey® app on your mobile phone.

To change your phone number in the BodyKey app, follow these steps.

1. Select the **Setting** icon at the top right of the dashboard.
2. Select **Profile** under the Personal Information section.
3. Select **Mobile number**.
4. Enter your new mobile number and select **Send**.
5. An authentication code will be sent to your email address. Select **Confirm**.
6. Check your email for the authentication code.
7. Enter the authentication code into the app and select **Confirm**.
8. A pop-up message will appear to inform you that your mobile number has been changed successfully. Select **Confirm**.



## How do I change my BodyKey® app password?

1. Select the **Setting** icon at the top right of the dashboard.
2. Select **Profile** under the Personal Information section.
3. Select **Password**.
4. In the Change Password screen, enter your **Old Password**.
5. Then enter your **New Password**.
6. Re-type your new password in **Re-enter PW**.
7. Select **Confirm**.
8. A pop-up message will appear to inform you that your password has been changed successfully. Select **Confirm**.



## I forgot my BodyKey® app password. What should I do?

If you have forgotten your password and therefore not able to log in to the BodyKey® app after entering your mobile number, follow these steps to log in with a temporary password.

1. Select the **Find Password** link.
2. A pop-up message will appear for you to confirm your mobile number. Select **Confirm**.
3. Another message appears to inform you that your temporary password will be sent to the email address that you have entered in your BodyKey® app. Select **Confirm**.
4. Check your email for the temporary password.
5. Log in to the BodyKey® app again with the new temporary password.
6. You will be prompted to change to a new password. Select **Confirm**.
7. A pop-up message will appear to inform you that your new password has been saved. Select **Confirm**.

# Frequently Asked Questions

## Q

### How long is the battery life for the InBodyBAND?

When the InBodyBAND is at full charge, the battery can last up to 7 days. However, the more you use the band, the faster the battery will deplete, so you may need to charge the InBodyBAND sooner.

For example, if you activate the Call and SMS alarm, every phone call or SMS alert that you receive will cause your band to vibrate. So the band will consume more battery power if you receive 10 calls in a day compared to only 1 call.

The expected lifespan of the battery is 3 years. Do note that over time, the battery life will deteriorate with usage.



## Q

### I was not an Amway Independent Business Owner (IBO) when I joined BodyKey®. But now I am an IBO. Do I need to update my details in the BodyKey app?

Yes, you should update your data. Follow these steps.

1. Select the **Setting** icon at the top right of the dashboard.
2. Select **Profile** under the Personal Information section.
3. Select **IBO No.**
4. Enter your IBO No.
5. Select Save at the top right of the Profile screen.
6. In the pop-up message, select **Confirm**.







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