

# 體脂機注意事項及操作步驟

Body Fat Scale – Important Notes and How to Use. Please follow the steps in order.

**請按步驟順序操作** Please follow the steps in order.

\*\*第一次登入系統者，1. 可選擇是否加入會員？ 2. 輸入手機號碼(務必輸入正確)，待測量結束後，可掃下面 QR CODE。

\*\*For first-time users:

1. You can choose to join as a member or not.
2. Enter your phone number (make sure it is correct).

After the test, you can scan the QR code below.

**步驟一：\*先不用站上體脂機** Step 1: Do not step on the scale yet

1. **先插入健保卡**(無健保卡可點選右上方『忘記帶健保卡』)，依平板畫面輸入資料。外國人用 ARC 號碼，如果都沒有，直接手動黑色版子操作。

First, insert your NHI card. (If you don't have it, press "Forgot NHI card" on the top right.)

Follow the tablet screen to enter your information.



Foreigners, please use your ARC number.

If you don't have any, use the black panel to enter manually.

2. 大約 1-2 秒會出現嗶聲，等待畫面出現 step on，  
請脫襪子站上體脂機。

After 1 - 2 seconds, you will hear a beep.

When the screen says “Step on” ,  
take off your socks and step on the scale.



## 步驟二：

1. 站上體脂機，等待第二次嗶聲後，
2. 螢幕出現 **grip on** 時，將兩側握把拿起手垂直放下。

Step 2:

1. After stepping on the scale, wait for the second beep.
2. When the screen shows “Grip on” ,  
Pick up both handles. Let your arms hang down straight.

嗰聲後站上體脂機  
握住手把垂直放下



### 步驟三：

測量結束嗰聲後螢幕出現 **grip off** 時，將兩側握把放回。

Step 3:

When you hear the beep and the screen says “Grip off”, put the handles back.



## 步驟四：

1. 測量資料出現於上方螢幕，結束測量請記得取回健保卡，按螢幕右上方「回主畫面」。

Step 4:

1. You will see your results on the top screen.

Take your NHI card and press "Home" on the top right.

2. 若有需要可掃描 QR code 下載 Doctor2Home App，即可上傳個人測量資訊(在 App 的體重管理)。APP 的帳號、密碼皆為身份證字號

2. If needed, you can scan the QR code to download the Doctor2Home App. Then you can upload your personal measurement data (in the App's "Weight Management" section). The account and password are both your ID number.



ios QR Code



Android QR Code

⚠ 注意：

1. 請注意孕婦及裝有心臟節律器請勿使用。
2. 尖銳且長的嗶聲，表示操作錯誤，請重新操作。
3. 請記得脫襪子。

⚠ Important Notes:

1. Pregnant women and people with pacemakers **should not** use this machine.
2. A long and sharp beep means something went wrong. Please try again.
3. Don't forget to take off your socks.