

# OMRON

## Instruction Manual

### Activity Monitor Model **HJA-313**



## Jog style

All for Healthcare



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## INTRODUCTION

Thank you for purchasing the OMRON HJA-313 activity monitor. This monitor uses OMRON's proprietary "Active Engine 2" technology to measure your physical activities, including household chores, desk work and walking, and calculates the number of calories you have burned in a day. This monitor is an everyday tool that can help you find a healthy balance between diet and exercise.

### THE OMRON JOG STYLE FEATURES

#### ■ Keeping your jogging records

Records of your jogging such as the amount of time, distance, calories burned during the run, and pace at which you run can be checked at any time.

#### ■ Measurement accuracy will still be assured even when kept in a pocket

Even when this activity monitor is kept in a pocket, it will deliver accurate measurement results. You can wear it anywhere.

#### ■ Weekly diet support function

This activity monitor has a function that supports your weight reduction program (refer to "Weekly Diet Support" on page 3).

#### ■ Backlight

This activity monitor has a backlight for night use (refer to "BACKLIGHT" on page 20).

## INTRODUCTION

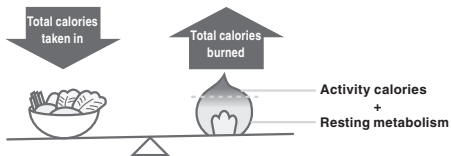
### Workout

This term generally refers to exercise or training conducted to improve health or fitness. However, in this manual, it refers to one jogging or walking training session that you perform.

### Calories Burned

This monitor displays activity calories and total calories burned separately. The number of activity calories serves as an exercise guideline. The total number of calories burned is useful for controlling your diet.

### Establishing a healthy balance between diet and exercise



Be careful not to allow the total calories taken in to exceed the total calories burned.

## INTRODUCTION

### ■ Examples of number of activity calories

For a 30-year-old female, 155 cm tall and weighing 45 kg

- |                       |            |          |
|-----------------------|------------|----------|
| • Desk work           | 30 minutes | 36 kcal  |
| • Walking (at 4 km/h) | 30 minutes | 71 kcal  |
| • Doing the laundry   | 30 minutes | 47 kcal  |
| • Doing the cleaning  | 30 minutes | 83 kcal  |
| • Jogging             | 30 minutes | 166 kcal |

### Weekly Diet Support

- When you set how much weight you want to lose in the next four weeks (weight reduction target), the activity monitor calculates the target amount in terms of activity calories you should burn in a week and supports your weight reduction goals.
- The weekly target of activity calories is displayed as 100%.

Target of activity calories (100%)	=	Your usual activity calories + Activity calories you need to burn to achieve the weight reduction target
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## INTRODUCTION

- The value for the usual activity calories is updated every four weeks according to your activities. However, the average value calculated from your personal data is used for the first few days.
- This activity monitor cannot measure the amount of calories you have taken in. If you have failed to achieve the weight reduction target, you may have taken in more calories than you have burned.
- The weight reduction target is a guideline. It is not guaranteed that you will lose that amount of weight.
- The week starts on a Sunday.
  - \* If you set your target on any day other than Sunday, it is not displayed until the next Sunday comes.

Example of display:  
when the target is set on a  
Thursday



**NOTE:** DLeft 3 indicates that Weekly Diet Support will start after three days have elapsed.

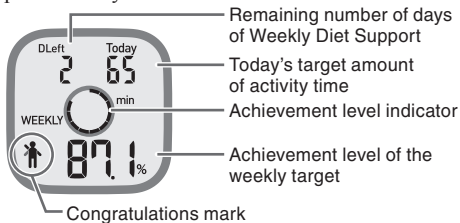
## INTRODUCTION

### ■ Displayed values

The display shows a guideline for the amount of activity time per day required to achieve your weekly target\* and a percentage indicating the level of achievement.

\* The activity period is calculated on the assumption that all of your activities involve walking (4 km/h). Actually, your daily activities also reduce the activity period, however, jogging or other vigorous activities reduce it faster.

Today's target amount of activity time changes depending on the activities you performed on previous days.



### ■ Achievement level indicator

This indicator shows how much of your weekly target has been achieved.

### ■ Congratulations mark

This mark is displayed when you have achieved your weekly target. When you have almost achieved your weekly target, the mark raises one hand to encourage you.

## NOTES ON SAFETY

### **Warning:**

- When viewing or operating the display, make sure that you are in a safe place.
- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- Always take a rest if you feel tired or experience pain while exercising. If the pain or discomfort continues, immediately stop your exercise and consult a doctor.
- Keep the unit or battery out of the reach of young children.
- If young children swallow any small piece, immediately consult a doctor.
- Do not throw the battery into fire because it may explode.

### **Caution:**

- Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.
- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not insert the battery with the polarities in the wrong direction.
- Always use the type of battery indicated.

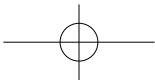
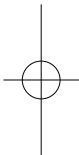
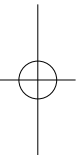




## NOTES ON SAFETY

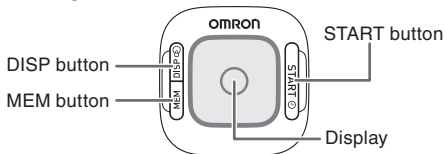
### General Advice:

- Do not disassemble or modify the unit.
- Do not expose the unit to strong impacts, drop it, or step on it.
- This unit is drip-proof. It is resistant to light rain. However, do not wash or put it in water.
- When disposing the product, remove the battery and follow local regulations on environmental protection.



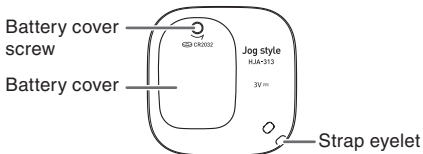
## KNOW YOUR UNIT

### MAIN UNIT

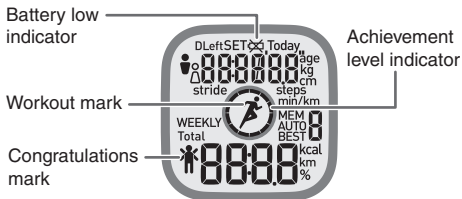


**NOTE:** Remove the protection label from the display panel.

### (Back of the main unit)



### DISPLAY



## KNOW YOUR UNIT

### COMPONENTS

Strap



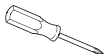
Clip



Battery



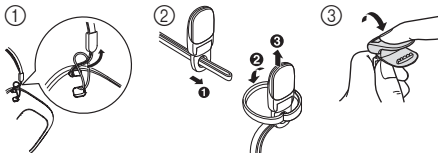
Screwdriver Instruction Manual



\* The battery is already installed in the unit for trial use.

### ASSEMBLING THE UNIT

1. Attach the strap to the unit.
2. Attach the clip to the strap.
3. Open the clip, hook the clip on your clothes, and close it.



**NOTE:** Press the clip open to remove the unit. Depending on the material, the clip may cause damage to your clothes if it is attached or removed roughly.

## SETTINGS

### SETTING THE PERSONAL DATA, WEEKLY DIET SUPPORT, DATE AND TIME

When you use the unit for the first time, follow the steps below.

1. Hold down the **START** (⊖), **MEM**, or **DISP** (⊕) button until “HELLO” is displayed.



The gender flashes on the display.

#### NOTES:

- If no setting is made for more than 15 minutes, the default settings will be restored.
- If you hold down **START** (⊖) while making a setting, the display returns to the gender setting.
- Be sure to correctly set the items. Incorrect settings may lead to incorrect measurement results.

\* For setting range details refer to “SPECIFICATIONS” on page 32.

#### 2. Setting the gender.

- (1) Press **MEM** or **DISP** (⊕) to select the gender.
- (2) Press **START** (⊖) to confirm the setting.

## SETTINGS

### 3. Setting the age.

- (1) Press **DISP** or **MEM** to select the desired value for a setting.
  - Press **DISP** (or **MEM**) to advance (go back).
  - Hold **DISP** (or **MEM**) down to advance (go back) rapidly.
- (2) Press **START** to confirm the setting.

### 4. Repeat steps (1) to (2) to set the weight.

### 5. Repeat steps (1) to (2) to set the height.

### 6. Repeat steps (1) to (2) to set the WALK stride length.

### 7. Repeat steps (1) to (2) to set the JOG stride length.

#### ■ Stride length

- The value blinking on the display is a reference value calculated according to the height you set. Adjust your stride length by considering your walking style and physical size.
- To calculate your stride length more accurately, walk or run about 10 steps and then measure the length of one step (from toe to toe or from heel to heel).
- The unit automatically differentiates between walking and running and separately measures the distances based on the respective stride lengths and step counts.  
For this reason, you need to set your walking stride length for the WALK stride length, and running stride length for the JOG stride length.

## SETTINGS

### 8. Repeat steps (1) to (2) to set the Weekly diet support .

- **To turn on the Weekly Diet Support**

Set how much weight you want to lose (target weight reduction amount) in the next four weeks.

The upper limit is [Weight x 0.04] kg.

If you want to keep your current weight, set 0.0 kg. (Refer to “Weekly Diet Support” on page 3.)

**IMPORTANT:**

Reset the target weight reduction amount and your current weight every four weeks. Reckless weight reduction may do harm to your health. We recommend that you keep your weight if your BMI\* is 18.5 or less. Although users who are 17 years old or younger can set a target weight reduction amount, we do not recommend these users engage in weight reduction activities.

\* BMI = Weight (kg) / Height (m) / Height (m)

- **To turn off the Weekly Diet Support**

Select “OFF”.



### 9. Repeat steps (1) to (2) to set the year.

### 10. Repeat steps (1) to (2) to set the month.

## SETTINGS

11. Repeat steps (1) to (2) to set the day.
12. Repeat steps (1) to (2) to set the hour.
13. Repeat steps (1) to (2) to set the minute.  
The amount of time and distance covered of the previous workout are displayed.



This completes the setup.

### CHANGING THE CURRENT SETTINGS

Hold down **(MEM)** and **(START ⌚)** until the gender setting is displayed.

Use the procedures described in “Setting the personal data, weekly diet support, date, and time” from step 2 to change the settings.

**NOTE:** If no setting is made for more than five minutes, your changes are not applied and the display returns to the display of the previous workout.

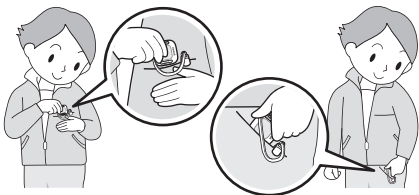
## ATTACHING THE UNIT

### Pocket

1. Put the unit in your chest or trousers pocket.
2. Clip the strap to the edge of your pocket.

#### NOTE:

Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.



You can also put it in a belt bag or arm pouch for runners.

### CASES WHERE THE UNIT MAY NOT BE ABLE TO COUNT STEPS ACCURATELY

#### Irregular movement

- When the unit is placed in a bag that moves irregularly because it hits your foot or clothes.
- When the unit hangs from your waist or a bag.

#### Inconsistent walking pace

- When you shuffle or wear sandals etc.
- When you cannot walk at a consistent pace in a crowded area.



## ATTACHING THE UNIT

### Excessive vertical movement or vibration

- When standing up and/or sitting down.
- When doing sports other than walking or running.
- When ascending or descending stairs or on a steep slope.
- When there is vertical or horizontal vibration in a moving vehicle such as on the bicycle, in a car, trains or a bus.
- When you are engaged in an upper body-focused workout.

**When walking very slowly.**

**When you run or walk with the unit in your hand.**

## USING THE UNIT

### WORKOUT MODE

#### Start Workout mode

**NOTE:** During a workout, you cannot view any data other than workout time, distance, pace, and calories.

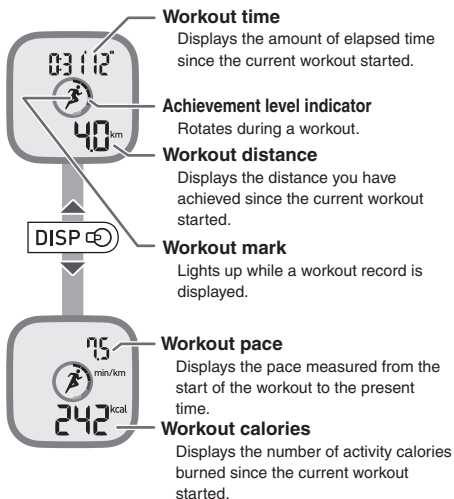
**1. Press and hold** .

Hold down the button until all segments of the achievement level indicator light up.  
The unit starts to record workout time, distance, pace, and calories.

**NOTE:** The achievement level indicator rotates during a workout. Start your workout after checking that the indicator is lit up.

## USING THE UNIT

### ■ Screen displayed during a workout



## USING THE UNIT


### Stop Workout mode

#### 1. Press and hold **START** .

Hold down the button until all segments of the achievement level indicator turn off.

#### **IMPORTANT:**

The pace that is displayed is the average measured from the beginning to the end.

For accurate measurement, immediately hold down **START**  when ending the workout.

#### **NOTES:**

- A workout automatically ends 24 hours after it was started.
- If you have walked or run for more than 30 minutes during a workout, the “Good Job” message scrolls on the display after you finish workout mode.

## USING THE UNIT

### ■ Automatic workout system

This activity monitor has a function that automatically starts recording even if you do not start a workout.

If you have been running for over five minutes, this function starts recording on a retroactive basis. “AUTO” lights up when the Automatic workout system is active.




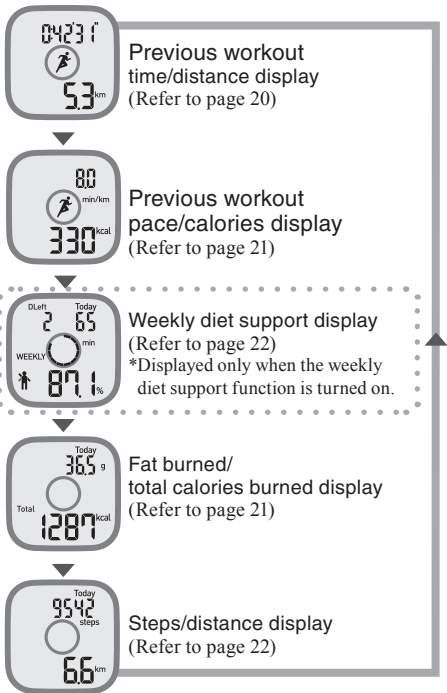
It stops recording if you do not walk or run for over one minute.

**NOTE:** This function may automatically start recording when you walk quickly even if you do not start a workout.

## CHECKING THE MEASUREMENT RESULTS

### BUTTON OPERATION FLOW

Press **DISP**  to change the display.



## CHECKING THE MEASUREMENT RESULTS




### ABOUT THE DISPLAYS

#### ■ Energy saving function

In order to save energy, the display will be turned off if no buttons are pressed for more than five minutes.

The display does not turn off during a workout. When you touch any button, the display restarts. The main unit continues measurement even when the display is turned off.

#### ■ Backlight

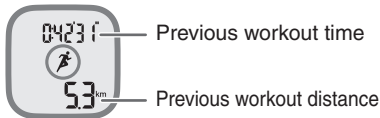
When you hold down , the backlight lights up for five seconds. The backlight keeps during holding down  and goes off five seconds later, after stopping holding down . The backlight does not turn on when the battery low indicator appears on the display.

#### ■ Date/time display

When you press , the date and time are displayed for approximately two seconds.

#### Previous workout time/distance display

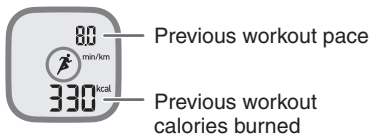
The time and distance of the previous workout are displayed.



## CHECKING THE MEASUREMENT RESULTS

### Previous workout pace/calories display

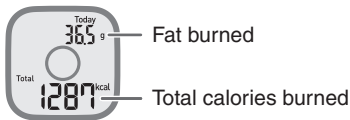
The pace and calories burned in the previous workout are displayed.



### Fat burned/total calories burned display

The amount of fat burned through activities and the total number of calories burned from 12 midnight to the present time (resting metabolism + activity calories) are displayed. Both amounts include the number of calories burned through workouts.

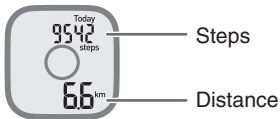
**NOTE:** Even if the unit is not worn, it automatically calculates the number of calories burned during your rest period in order to display the total amount.



## CHECKING THE MEASUREMENT RESULTS

### Steps/distance display

The number of steps and distance, including those you traveled during the workout, are displayed.



### ■ Counting the steps

In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.

### Weekly diet support display

The display shows a guideline for the amount of activity time per day required to achieve your weekly target and a percentage indicating the level of achievement.

For more information, see “Weekly Diet Support” on page 3.

To turn this function on or off, see “CHANGING THE CURRENT SETTINGS” on page 13.



## USING THE MEMORY FUNCTION

The measurement results for one day are automatically stored in memory and reset to 0 at midnight (0:00) each day.

**1. Press** **MEM**.

- Each time you press **MEM**, the past measurement results are displayed.
- When you press **START** **⊖**, the date and time are displayed and the screen returns to the present display.

### Memory function

Measurement results stored in memory are displayed in three groups: “Workout”, “Weekly diet support”, and “Fat burned, total calories burned, step counts, and distances”.

- 1. Press** **MEM** **or** **START** **⊖** **to return to the present display.**
- 2. Press** **DISP** **⊞** **to select the group you want to check, then press** **MEM** **to display the past measurement results.**

#### [Workout]

- With each press of **MEM**, you can view the BEST record and the measurement values for up to 9 previous times.

## USING THE MEMORY FUNCTION



- You can also press **DISP** to select the type of workout display (time/distance or pace/calories) while viewing the previous results.



### ■ BEST record

Besides the records for the recent nine workouts stored in memory, the data on the workout in which you have achieved the longest ever distance is displayed as the “BEST” record.



### [Weekly diet support]

- With each press of **MEM**, you can view the measurement values for up to 8 previous weeks.

## USING THE MEMORY FUNCTION

### [Fat burned, total calories burned, step counts, and distances]

- With each press of **MEM**, you can view the measurement values for up to 7 previous days.
- You can also press **DISP** to select the type of workout display (Fat burned/total calories burned or step counts/distances) while viewing the previous results.

**NOTE:** If no buttons are pressed for more than one minute, the display returns to the present display.

## BATTERY LIFE AND REPLACEMENT

When “~~⊗~~” blinks, replace the battery with a new one (CR2032).

Blinks	Battery power is low.
Lights up	Battery is exhausted. The unit stops measurement. The backlight does not light up.

### NOTES:

- Do not replace the battery around 12 midnight. Doing so may cause erroneous measurement results.

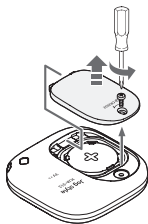
## BATTERY LIFE AND REPLACEMENT

- The measurement results are automatically stored in memory at the top of the hour (e.g. at 0:00, 1:00, 2:00, ... 23:00). The measurement results from the top of the hour until the time the battery is replaced will be deleted for that day.
- Set the date and time after inserting a new battery (refer to “SETTING THE PERSONAL DATA, WEEKLY DIET SUPPORT, DATE AND TIME” on page 10).
- The measurement records stored in memory and the settings you have made are not deleted.
- The battery that comes with the unit is for trial use. The battery may run out in 5 months.

### REPLACING THE BATTERY

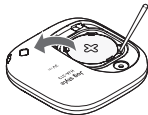
#### 1. Remove the battery cover.

Loosen the screw using the supplied screwdriver or a small screwdriver, and remove the battery cover.



#### 2. Remove the battery.

Remove the battery using a thin, sturdy object (such as a toothpick) that will not break easily.

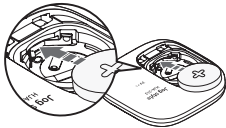


**NOTE:** Do not use metal tweezers or a screwdriver.

## BATTERY LIFE AND REPLACEMENT

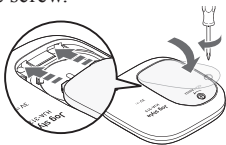
### 3. Insert a new battery.

Insert the battery from the side indicated by the arrows in the diagram with the positive (+) side face up.



### 4. Close the battery cover.

Replace the battery cover by sliding the catch in first, then tighten the screw.



## DELETING ALL SETTINGS

To clear all of the set values and measured results (past measurement results), initialize your main unit as follows.

### 1. Press and hold **MEM** and **START** (⏻).

Hold down the buttons until the gender setting is displayed.

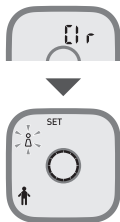
### 2. Press and hold **MEM** and **START** (⏻) again.

## DELETING ALL SETTINGS

Hold down the buttons until “Clr” is displayed. Then, the gender setting is displayed.

Now, you have cleared all set values and past measurement results.

To use the main unit again, you need to make these settings.



**NOTE:** If you leave the date setting screen for more than 15 minutes, the display disappears and the default settings will be restored.

## MAINTENANCE AND STORAGE

### MAINTENANCE

Always keep the unit clean.

The unit should be cleaned with a soft dry cloth.

To remove stubborn stains, wipe the unit with a damp cloth moistened with water or mild detergent. Then wipe it dry.

## MAINTENANCE AND STORAGE

### MAINTENANCE AND STORAGE PRECAUTIONS

Do not use volatile liquids, such as benzene, or thinner, to clean the unit.





Please observe the following storage conditions.

- Do not disassemble or modify the unit. Changes or modifications not approved by OMRON HEALTHCARE will void the user warranty.
- Do not subject the unit to strong shocks or vibrations, drop it, step on it, or leave it at an angle.
- Do not immerse the unit or any of the components in water. The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.
- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not store the unit where it will be exposed to chemical or corrosive vapours.

Always store the unit out of the reach of young children.

Remove the batteries if the unit will not be used for a long time (3 months or more).

## TROUBLESHOOTING

Phenomenon	Cause	Rectification
✕ blinks.	Battery power is low.	Replace the battery with a new 3V lithium battery type CR2032 (refer to “Replacing the Battery” on page 26.)
✕ lights up.	Battery is exhausted.	
Nothing is displayed.	Energy saving function is active.	Press either <b>MEM</b> <b>DISP</b>  , or <b>START</b>  .
	Battery polarity   is incorrect.	Insert the battery in the correct polarity. (Refer to page 27)
	Battery is exhausted.	Replace the battery with a new 3V lithium battery type CR2032 (refer to “Replacing the Battery” on page 26.)



## TROUBLESHOOTING

Phenomenon	Cause	Rectification
Displayed values are incorrect.	The unit is attached incorrectly.	See “Attaching the Unit”. (Refer to page 14)
	You are moving at inconsistent pace.	See “Cases Where the Unit may not be Able to Count Steps Accurately”. (Refer to page 14)
	Settings are incorrect.	Correct the current settings. “Changing the Current Settings” (Refer to page 13)
Error is displayed. <b>Err</b>	A malfunction has occurred.	Remove the battery, and insert it again. (Refer to page 25)
The display is abnormal or buttons do not operate correctly.		Remove the battery, and insert it again. (Refer to page 25)

**NOTE:** If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend you to record measurement results.

## SPECIFICATIONS

Product name	Activity Monitor
Model	HJA-313 (HJA-313-APBK)
Power voltage	3 VDC (Lithium battery CR2032 x 1)
Measurement range	Today's target amount of activity time 0 to 999 minutes Achievement level of the weekly target 0.0 to 999.9% Fat burned 0.0 to 999.9 g Total calories burned 0 to 9,999 kcal Steps 0 to 999,999 steps Distance 0.0 to 999.9 km Workout time 0:00'00" to 24:00'00" Workout distance 0.0 to 999.9 km Workout pace 0.0 to 999.9 minutes/km Workout calories 0 to 9,999 kcal
Memory capacity	Display memory 7 days Workout 1 BEST record and 9 previous measurements Weekly diet support 8 weeks
Setting range	Gender Male or Female Age 6 to 99 years old Weight 10 to 136 kg (in units of 1 kg) Height 100 to 199 cm (in units of 1 cm) WALK stride length 30 to 120 cm (in units of 1 cm) JOG stride length 30 to 250 cm (in units of 1 cm) Weekly diet support OFF or 0.0 to (Weight x 0.04) kg Date January 1, 2012 to December 31, 2040 Time 0:00 to 23:59 (24-hour display)

## SPECIFICATIONS

Operating temperature/humidity	-10 to +40°C, 30 to 85% RH
Battery life	Approximately 5 months* (if used 12 hours a day)
External dimensions	Approximately 47.0 (W) x 47.0 (H) x 13.0 (D) mm
Weight	Approximately 25 g (including the battery)
Accessories	Lithium Battery (CR2032 x 1 included), Strap, Clip, Screwdriver, Instruction Manual

These specifications are subject to change without notice.

\* Based on OMRON testing



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