

Health o Meter BFM588DQ-81

Health o Meter BFM588DQ-81 Body Fat and Hydration Percentage Fitness Scale User Manual

Model: BFM588DQ-81 | Brand: Health o Meter

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1. INTRODUCTION

The Health o Meter BFM588DQ-81 Body Fat and Hydration Percentage Fitness Scale is designed to provide comprehensive body composition analysis. This scale accurately measures your weight, estimates body fat percentage, and hydration percentage. It supports up to four individual user profiles, allowing for personalized tracking of progress over time. The scale utilizes Bioelectrical Impedance Analysis (BIA) technology for body composition measurements.



Image: Health o Meter BFM588DQ-81 Body Fat and Hydration Percentage Fitness Scale. The scale features a champagne-colored platform with four silver electrode pads for body composition analysis. A digital display shows weight, body fat percentage, and hydration percentage. Below the display are 'SET/SAVE' and 'SCROLL/HISTORY' buttons, and at the bottom, four user profile buttons labeled 1 through 4.

2. SAFETY INFORMATION

- Do not use this scale if you have a pacemaker or other internal medical device.
- Consult your physician before beginning any weight loss or exercise program.
- The scale surface can be slippery when wet. Ensure the scale is dry before use.
- Do not immerse the scale in water or use abrasive cleaners.
- Keep out of reach of children.
- This scale is intended for household use only.

3. PACKAGE CONTENTS

- Health o Meter BFM588DQ-81 Body Fat and Hydration Percentage Fitness Scale
- 4 x AA Batteries

- Instruction Manual (this document)

4. SETUP

4.1 Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.
3. Insert the 4 AA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

4.2 Initial Placement

Place the scale on a hard, flat, and stable surface. Uneven or soft surfaces (like carpet) can affect accuracy.

4.3 Unit Selection

On the underside of the scale, locate the switch to select between pounds (LB) and kilograms (KG).

4.4 User Profile Setup

The scale can store data for up to 4 users. Follow these steps to set up a user profile:

1. Press one of the user profile buttons (1, 2, 3, or 4) located at the bottom of the scale.
2. Press the **SET/SAVE** button to begin entering user data.
3. Use the **SCROLL/HISTORY** button to adjust values (e.g., age, height, gender).
4. Press **SET/SAVE** to confirm each entry and move to the next setting.
5. Enter your age, height, and gender as prompted.
6. Once all data is entered, the scale will save your profile.

5. OPERATING INSTRUCTIONS

5.1 Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Gently tap the scale with your foot to activate it, or simply step on it.
3. Wait for the display to show '0.0' or activate.
4. Step onto the scale with bare feet, standing still and centered.
5. Your weight will be displayed. The scale will automatically turn off after a few seconds.

5.2 Measuring Body Fat and Hydration Percentage

For accurate body fat and hydration measurements, it is crucial to stand barefoot on the scale, ensuring your feet make good contact with the four silver electrode pads.

1. Select your user profile by pressing the corresponding user button (1-4).
2. Wait for the display to show '0.0'.
3. Step onto the scale with bare feet, ensuring each foot is on two separate electrode pads. Stand still and centered.

- The scale will first display your weight, then cycle through your body fat percentage and hydration percentage.
- For best results, ensure your feet are slightly moist (e.g., after a shower) to improve electrical conductivity. Avoid using the scale immediately after intense exercise or consuming large amounts of water, as this can affect readings.

5.3 Saving and Recalling History

The scale can store up to 19 entries per user profile.

- Saving an Entry:** After a measurement is taken, press the **SET/SAVE** button to store the current readings under your selected user profile.
- Recalling History:** Select your user profile, then press the **SCROLL/HISTORY** button to view previous measurements. Repeated presses will cycle through stored data.

6. UNDERSTANDING YOUR MEASUREMENTS

6.1 Weight

The scale measures weight up to 375 lbs (170 kg) in 0.2 lb (0.1 kg) increments. Consistent measurement at the same time of day is recommended for tracking progress.

6.2 Body Fat Percentage (BIA)

The scale uses Bioelectrical Impedance Analysis (BIA) to estimate body fat. A small, safe electrical current passes through your body. Since fat tissue conducts electricity differently than muscle and water, the scale can estimate your body fat percentage. Factors like hydration level, recent exercise, and food intake can influence BIA readings.

6.3 Hydration Percentage

Similar to body fat, hydration percentage is estimated using BIA. This measurement indicates the proportion of water in your body. Hydration levels fluctuate throughout the day, so consistency in measurement time is important.

7. MAINTENANCE AND CARE

- Cleaning:** Wipe the scale surface with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse the scale in water.
- Battery Replacement:** When the battery indicator appears on the display, replace all four AA batteries simultaneously.
- Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight.
- Avoid Impact:** Do not drop the scale or subject it to heavy impact, as this may damage the internal components.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Inaccurate weight readings	Scale on uneven surface; low batteries; scale not calibrated.	Place scale on a hard, flat surface. Replace batteries. Step off, wait for display to clear, then step on again.
Body fat/hydration not displayed	Bare feet not making good contact with electrodes; user profile not set up; feet too dry.	Ensure bare feet are centered on all four electrode pads. Set up a user profile. Slightly moisten feet before use.
Display shows 'Lo' or is dim	Low battery power.	Replace all 4 AA batteries.
Buttons unresponsive or difficult to use	Possible internal issue; debris under buttons.	Ensure buttons are clean. If problem persists, contact customer support.

9. SPECIFICATIONS

- **Model:** BFM588DQ-81
- **Brand:** Health o Meter
- **Weight Capacity:** 375 lbs (170 kg)
- **Weight Increments:** 0.2 lb (0.1 kg)
- **Measurements:** Weight, Body Fat Percentage, Hydration Percentage
- **User Profiles:** Up to 4 users
- **Memory:** 19 entries per user
- **Power:** 4 x AA Batteries (included)
- **Special Feature:** Body Composition Analysis (BIA)

10. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or visit the official Health o Meter website. If you encounter issues not covered in this manual, please contact Health o Meter customer service for assistance.

	<p>Health o meter Digital Body Fat Scale User Manual (BFM149, BFM081)</p> <p>Comprehensive user guide for Health o meter digital body fat and body composition scales (models BFM149, BFM081). Learn how to set up, use, understand measurements like body fat, BMI, hydration, muscle mass, bone mass, DCI, troubleshoot errors, and care for your scale. Includes 5-year limited warranty information.</p>
	<p>Health o meter Body Fat & Hydration Monitoring Scale User Manual (Model BFM582)</p> <p>Comprehensive user manual for the Health o meter Body Fat & Hydration Monitoring Scale (Model BFM582). Learn how to set up, program, use the scale for weight, body fat, and hydration monitoring, and understand the 5-year limited warranty. Includes detailed instructions and troubleshooting tips.</p>
	<p>Health o meter® BFM142 Stainless Steel Body Fat Scale User Manual</p> <p>User manual for the Health o meter® BFM142 Stainless Steel Body Fat Scale, covering setup, operation, features like body fat, hydration, bone mass, BMI monitoring, troubleshooting, and warranty.</p>
	<p>Health o meter Weight & Body Fat Monitoring Scale User Manual Model 32910004</p> <p>Comprehensive user manual for the Health o meter® Model 32910004 Weight & Body Fat Monitoring Scale. Learn how to set up, use, and maintain your scale for accurate body weight, body fat, hydration, BMI, and DCI measurements.</p>
	<p>Health o meter HDM585 Weight Monitoring Scale User Manual</p> <p>User manual for the Health o meter HDM585 weight monitoring scale. Learn how to set up, use, and maintain your scale, track progress, understand BMI, troubleshoot issues, and find warranty information. Includes tips for a healthy lifestyle.</p>
	<p>Health o meter BFM143-05 Body Analyzer Scale User Manual</p> <p>Comprehensive user manual for the Health o meter BFM143-05 Body Analyzer Scale, detailing its features for monitoring weight, body fat, BMI, hydration, and daily caloric intake. Includes setup, usage instructions, troubleshooting, and warranty information.</p>