Health o meter HDM839DQ-53

Health o meter HDM839DQ-53 Glass Weight Tracking Scale User Manual

Model: HDM839DQ-53

Introduction

This manual provides instructions for the proper setup, operation, and maintenance of your Health o meter HDM839DQ-53 Glass Weight Tracking Scale. Please read this manual thoroughly before use to ensure accurate readings and extend the life of your scale.



Figure 1: Health o meter HDM839DQ-53 Glass Weight Tracking Scale. This image displays the scale's clear tempered glass platform and the integrated digital LCD display.

Product Features

- 8mm tempered glass platform for durability and easy cleaning.
- Large 1.6" LCD display for clear readability.
- Weight tracking capability for up to 2 users, each with 1 memory slot.
- Accurate weight measurement up to 330 lbs (150 kg) in 0.2 lb (0.1 kg) increments.
- Equipped with 4 load cell technology for enhanced accuracy and repeatability.

Setup

Unpacking

Carefully remove the scale from its packaging. Inspect the scale for any signs of damage. Retain packaging for future

storage or transport.

Battery Installation

Your scale requires two (2) AAA batteries. Locate the battery compartment on the underside of the scale. Open the compartment cover, insert the batteries according to the polarity indicators (+/-), and close the cover securely.

Placement

For accurate readings, place the scale on a hard, flat, and level surface. Avoid placing the scale on carpet, rugs, or uneven flooring, as this can affect accuracy.

Initial Calibration (First Use)

Before first use or after moving the scale, it is recommended to calibrate it. Gently tap the center of the scale with your foot until the display illuminates. Wait for the display to show "0.0" and then turn off. The scale is now calibrated and ready for use.

Operating Instructions

Taking a Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Gently tap the scale with your foot to turn it on. Wait for "0.0" to appear on the display.
3. Step onto the scale with bare feet, standing still and centered.
4. Your weight will be displayed. The reading will flash a few times before locking.
5. Step off the scale. The scale will automatically turn off after a few seconds.

Unit Conversion (Pounds/Kilograms)

If your scale supports unit conversion, a switch or button is typically located on the underside of the scale, near the battery compartment. Use this to toggle between pounds (lb) and kilograms (kg).

Weight Tracking Function

This scale allows for weight tracking for up to two users. Each user profile stores the last recorded weight, enabling the scale to display the difference from the previous measurement.

Setting Up User Profiles

The scale automatically assigns user profiles based on weight similarity. To initiate tracking for a new user:

1. Tap the scale to turn it on and wait for "0.0" to display.
2. Step onto the scale. The scale will attempt to identify the user.
3. If it's a new user or a significant weight change, the scale may prompt for user selection (e.g., "P1" or "P2").
4. Once a user is selected or identified, the weight will be displayed and stored.

Viewing Weight History and Difference

To view your current weight and the difference from your last recorded weight:

1. Tap the scale to turn it on.
2. Wait for the display to show "0.0".
3. Step onto the scale.
4. The scale will first display your current weight.

5. After a few seconds, it will display your previous recorded weight.
6. Finally, it will show the difference (increase or decrease) from your previous weight, often indicated by an up or down arrow.

Note: *For accurate tracking, ensure you consistently use the same user profile. If multiple users have similar weights, the scale may require a moment to differentiate. Wait for the display to cycle through previous weight and difference before stepping off.*

Maintenance and Care

Cleaning

The tempered glass platform can be cleaned with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals. Do not immerse the scale in water.

Battery Replacement

When the battery indicator appears on the display, or if the scale becomes unresponsive, replace the two (2) AAA batteries. Always replace both batteries at the same time with new ones.

Storage

Store the scale in a cool, dry place. Avoid extreme temperatures and direct sunlight. Do not place heavy objects on the scale when not in use.

Troubleshooting

- **Erratic or Inaccurate Readings:** Ensure the scale is on a hard, flat, and level surface. Carpet or uneven floors can cause inaccuracies. Re-calibrate the scale by tapping it on, waiting for "0.0", and then letting it turn off before stepping on.
- **Scale Does Not Turn On:** Check if the batteries are correctly installed and not depleted. Replace batteries if necessary.
- **"Lo" or Low Battery Indicator:** Replace the batteries immediately.
- **"Err" Message:** This may indicate an overload (weight exceeds 330 lbs) or a measurement error. Step off the scale and try again.
- **Difficulty with User Tracking:** Ensure you are standing still and centered. Allow the scale sufficient time to identify the user and display the previous weight/difference.

Specifications

Feature	Detail
Model Number	HDM839DQ-53
Weight Capacity	330 lbs (150 kg)
Measurement Increments	0.2 lbs (0.1 kg)
Display Type	1.6" LCD
Platform Material	8mm Tempered Glass
Power Source	2 x AAA Batteries
Product Dimensions	12.8 x 13.39 x 1.64 inches

Special Features	High-precision Sensors, Weight Tracking (2 users)

Warranty and Support

Warranty Information

This Health o meter HDM839DQ-53 Glass Weight Tracking Scale comes with a**5-year limited warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, warranty claims, or further information, please refer to the contact details provided on the Health o meter official website or the product packaging. Do not attempt to repair the scale yourself, as this may void the warranty.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

Why does my Health o meter HDM839DQ-53 scale display a 'big E' error message instead of zeroing out when I step on it?

On the Health o meter HDM839DQ-53, a "big E" or "Err" message typically indicates a measurement error or an overload. Since you have already verified the batteries are 1.5V, please try the following troubleshooting...

Read full answer