

Health o meter 498KL

Health o meter 498KL Remote Read Digital Stand-on Scale User Manual

Model: 498KL

1. INTRODUCTION

This manual provides instructions for the proper setup, operation, and maintenance of your Health o meter 498KL Remote Read Digital Stand-on Scale. This professional-grade digital scale is designed for accurate weight measurement and Body Mass Index (BMI) calculation, featuring a remote display for convenience.

2. IMPORTANT SAFETY INFORMATION

- Place the scale on a firm, flat, and level surface to ensure accurate readings.
- Do not use the scale on wet or slippery surfaces.
- Avoid dropping or subjecting the scale to strong impacts.
- Keep the scale away from excessive heat, direct sunlight, and moisture.
- Do not attempt to disassemble or repair the scale yourself. Contact qualified service personnel.
- Ensure proper power source is used (AC adapter or batteries) as specified.

3. PACKAGE CONTENTS

Verify that all components are present:

- Health o meter 498KL Scale Platform
- Remote Digital Display Unit
- Connecting Cable (for display unit)
- User Manual (this document)
- AC Adapter (optional, may be sold separately)
- Batteries (if included, typically AA or AAA)

4. SETUP

4.1 Unpacking

Carefully remove all components from the packaging. Retain packaging for future storage or transport.

4.2 Power Supply

The scale can be powered by either an AC adapter (optional) or batteries.

1. **Using Batteries:** Locate the battery compartment on the underside of the remote display unit. Insert the required batteries (e.g., 4 x AA) according to the polarity indicators.
2. **Using AC Adapter:** If using an AC adapter, plug the adapter into the designated port on the remote display unit and then into a standard electrical outlet.

4.3 Connecting the Display Unit

Connect the remote digital display unit to the scale platform using the provided connecting cable. Ensure the connection is secure.

4.4 Placement

Place the scale platform on a hard, flat, and stable surface. Avoid carpets or uneven flooring, which can affect accuracy. Position the remote display unit in a convenient location for viewing.

5. OPERATING INSTRUCTIONS

The remote display unit features an easy-touch keypad with several function buttons. Refer to the image below for button identification.



Image 1: Health o meter 498KL Remote Read Digital Stand-on Scale Control Panel. This image shows the remote display unit with its LCD screen and various buttons including ON/OFF, HOLD/RELEASE, LB/KG, BMI, UP, DOWN, ZERO, CLEAR, and ENTER.

5.1 Power On/Off

Press the **ON/OFF** button to turn the scale on or off. The display will show "0.0" when ready for use.

5.2 Zeroing the Scale

Before each use, ensure the scale is zeroed. If the display does not show "0.0" when empty, press the **ZERO** button.

5.3 Weighing Procedure

1. Turn on the scale using the **ON/OFF** button.
2. Wait for the display to show "0.0".
3. Carefully step onto the center of the scale platform. Stand still until your weight is displayed and stabilizes.
4. Read your weight from the remote display.
5. Step off the scale. The display will return to "0.0" or turn off automatically after a period of inactivity.

5.4 Changing Weight Units (LB/KG)

To switch between pounds (LB) and kilograms (KG), press the **LB/KG** button. The current unit will be indicated on the display.

5.5 BMI Calculation

To calculate Body Mass Index (BMI):

1. Turn on the scale and ensure it is zeroed.
2. Press the **BMI** button. The display may prompt for height input.
3. Use the **UP** and **DOWN** buttons to enter your height.
4. Press **ENTER** to confirm your height.
5. Step onto the scale. After your weight is measured, the scale will display your calculated BMI.

5.6 Hold/Release Function

The **HOLD/RELEASE** button can be used to hold the displayed weight after a measurement, even after stepping off the scale. Press it again to release the hold and return to normal operation.

5.7 Clear Function

The **CLEAR** button is used to clear previous entries or measurements, often in conjunction with BMI calculation or other advanced functions.

5.8 Up/Down Buttons

The **UP** and **DOWN** buttons are primarily used for navigating menus or adjusting values, such as entering height for BMI calculation.

6. MAINTENANCE

6.1 Cleaning

Wipe the scale platform and display unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.

6.2 Storage

Store the scale in a dry, cool place. If storing for an extended period, remove the batteries to prevent leakage.

6.3 Calibration

This scale is factory calibrated. If you suspect inaccuracies, consult the manufacturer's support or a qualified service technician.

7. TROUBLESHOOTING

- **No Display / Low Battery Indicator:** Check battery installation or replace batteries. If using AC adapter, ensure it is properly connected and the outlet is functional.
- **Inaccurate Readings:** Ensure the scale is on a flat, stable surface. Re-zero the scale before use. Avoid moving during measurement.
- **"ERR" Message:** This typically indicates an overload (weight exceeds maximum capacity) or a measurement error. Step off the scale, wait for it to clear, and try again.
- **Display Freezes:** Try turning the scale off and on again. If the issue persists, remove and reinsert batteries or disconnect/reconnect the AC adapter.

8. SPECIFICATIONS

Feature	Detail
Model	498KL
Capacity	500 lbs (227 kg)
Increments	0.2 lbs (0.1 kg)
Display Type	1" LCD, Remote Display
Special Features	BMI, Auto Zero, EMR Connectivity (via USB)
Power Source	AC Adapter (optional) or Batteries
Product Dimensions	25.8 x 17.3 x 5.4 inches
Weight	16 Pounds
Manufacturer	Health O Meter

9. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the documentation included with your purchase or visit the official Health o meter website.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.