

Health o meter HDTM012DQ-69

Health o Meter Digital Measuring Tape

MODEL: HDTM012DQ-69

User Manual

Introduction

The Health o Meter Digital Measuring Tape is an essential tool for accurately tracking body circumference measurements. Designed for ease of use, this device provides digital readouts in both inches and centimeters, and features a memory function to store previous readings, making it ideal for monitoring progress in health and fitness regimens.

Key Features:

- Accurately measures up to 8 different body part circumferences.
- 60-inch (152 cm) extendable tape.
- Digital display for clear and convenient readouts.
- Digital memory stores prior readings for progress tracking.
- Compact design for easy portability and storage.

Setup

1. **Battery Installation:** The device requires one (1) AA battery. Locate the battery compartment on the back of the unit, open it, insert the AA battery according to the polarity indicators, and close the compartment securely.
2. **Initial Calibration:** To ensure accurate measurements, it is recommended to calibrate the device upon first use or after battery replacement. With the tape fully retracted into the unit, simultaneously press and hold the Power button and the Select button until the display shows '0.0'.



Image 1: The Health o Meter Digital Measuring Tape. Ensure batteries are correctly installed before use.

Operating Instructions

Follow these steps to take accurate measurements with your digital measuring tape:

1. **Power On:** Press the Power button to turn on the device. The display will illuminate.
2. **Select Unit:** Press the 'Unit' button to toggle between inches (in) and centimeters (cm) as desired.
3. **Extend Tape:** Gently pull the tape from the unit. The tape can extend up to 60 inches (152 cm).
4. **Position Tape:** Wrap the tape around the body part you wish to measure. Insert the pin at the end of the tape into the slot on the side of the unit.
5. **Tighten Tape:** Press the button on the side of the unit to automatically retract and tighten the tape around the body part until it is snug but not constricting.
6. **Read Measurement:** The measurement will be displayed on the LCD screen.
7. **Store Measurement:** The device automatically stores the last measurement for each of the 8 pre-defined body parts. To cycle through and view stored measurements, press the 'Select' button.
8. **Retract Tape:** After taking a measurement, press the button on the side of the unit to release the tape, then allow it to fully retract into the device. Ensure the tape retracts smoothly to prevent

damage.

Common Body Parts for Measurement:

- Neck
- Shoulders
- Chest
- Bicep
- Waist
- Hips
- Thigh
- Calf



Image 2: Examples of measuring body parts such as the arm and waist. Ensure the tape is snug for accurate readings.

Maintenance

- **Cleaning:** Wipe the device and tape with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Battery Replacement:** Replace the AA battery when the display becomes dim or the device no longer powers on. Always dispose of used batteries responsibly.
- **Tape Care:** Avoid sharp bends or kinks in the tape. Allow the tape to retract fully and smoothly into the unit after each use to prevent fraying or damage to the tape end and mechanism.
- **Storage:** Store the measuring tape in a cool, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

- **Inaccurate Readings:**
 - Ensure the tape is fully retracted before taking a new measurement.
 - Confirm the tape is snug against the body part without being overly tight or loose.
 - Take multiple measurements (2-3) and average them for consistency.
 - Perform the initial calibration step if you suspect consistent inaccuracies.
- **Display Not Working:**
 - Check if the battery is correctly installed and has sufficient charge. Replace if necessary.

- **Tape Not Retracting Smoothly or Damaged:**
 - Ensure there are no obstructions preventing the tape from retracting.
 - If the tape end (pin) is frayed or detached, the device may require replacement as this component is critical for securing measurements.
- **Loud Clicking Noise During Tape Extension/Retraction:** This is a normal operational characteristic of the device's internal mechanism and does not indicate a malfunction.

Specifications

Model Number	HDTM012DQ-69
Product Dimensions	1 x 5 x 6 inches
Item Weight	1.6 ounces (0.1 Pounds)
Batteries Required	1 AA battery
Blade Length	6 Feet (60 inches / 152 cm)
Measurement Accuracy	±1/16 inch per 10 feet
Case Material	Plastic
Blade Material	Fiberglass
Color	Multi
UPC	080006111733

Warranty

The Health o Meter Digital Measuring Tape (Model HDTM012DQ-69) is backed by a **5-year limited warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty information provided with your product packaging or contact customer support.

Support

For further assistance, technical support, or warranty inquiries regarding your Health o Meter Digital Measuring Tape, please refer to the contact information provided in your product packaging or visit the official Health o meter website. Ensure you have your model number (HDTM012DQ-69) and proof of purchase available when contacting support.