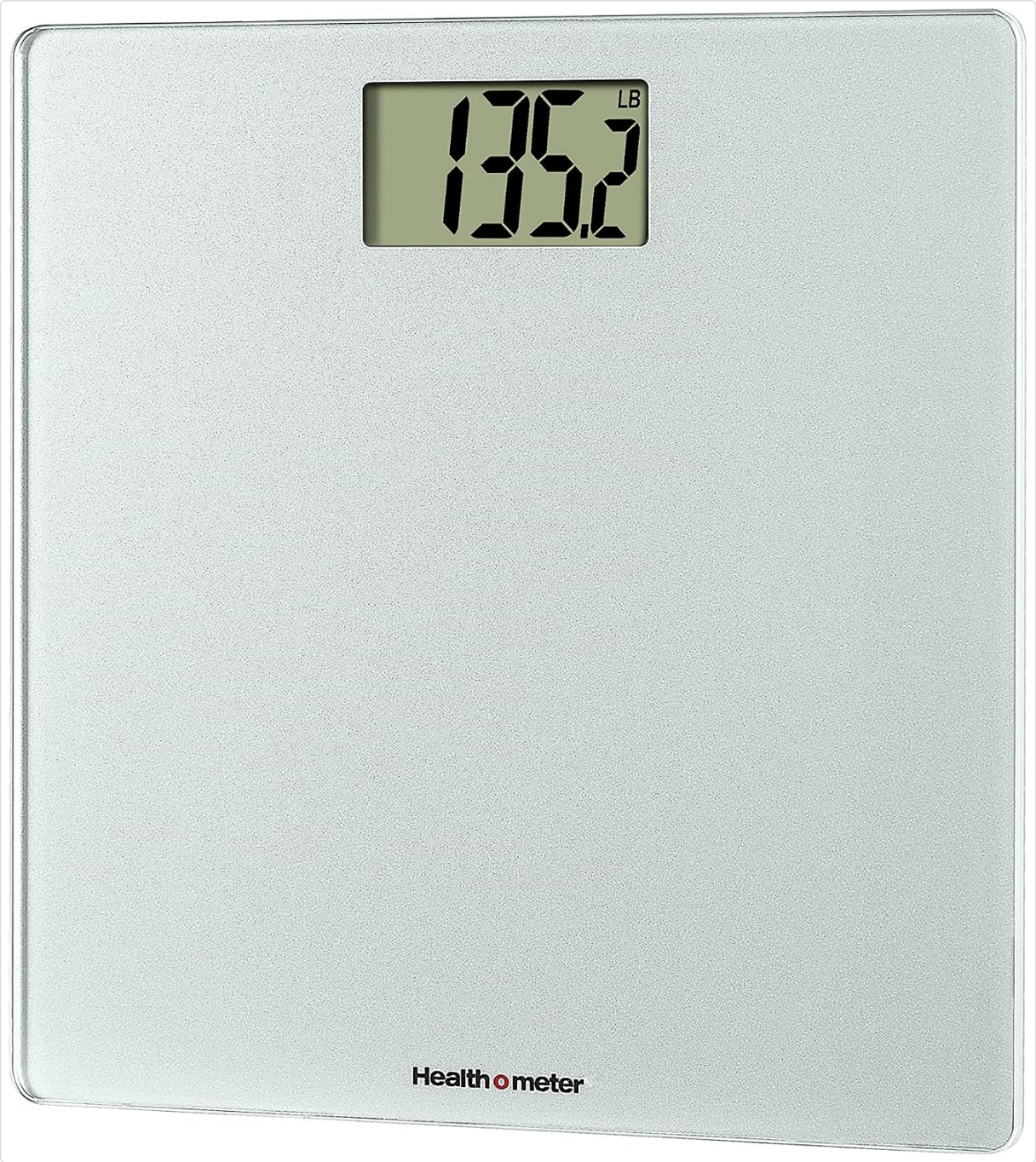
Health o meter HDM171DQ-60

Health o Meter HDM171DQ 60 Glass Weight Tracking Scale User Manual

Brand: Health o meter | **Model:** HDM171DQ-60

1. Introduction and Overview

The Health o meter HDM171DQ 60 Glass Weight Tracking Scale is designed to provide accurate and convenient body weight measurements. Its contemporary glass platform complements modern decor, while its advanced features allow for tracking of up to two users and display of previous weigh-in results. This manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting your scale to ensure optimal performance.



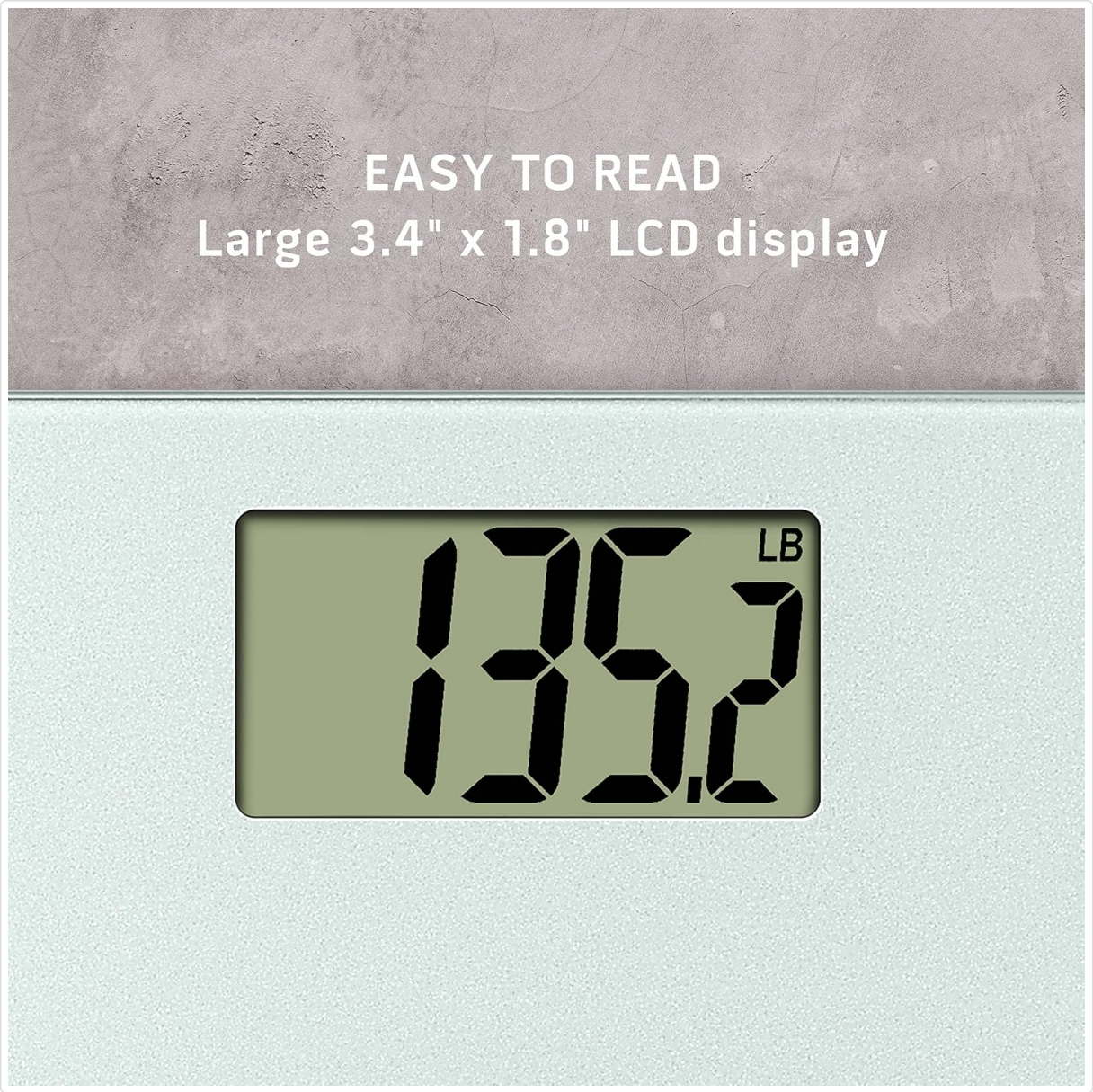
A top-down view of the Health o meter HDM171DQ 60 Glass Weight Tracking Scale, showing its sleek glass surface and digital display indicating a weight of 135.2 pounds.

2. Key Features

- **User Tracking:** Stores information and tracks the last weigh-in for up to two users, facilitating quick and easy progress tracking.
- **High Capacity:** Accurately measures weight up to 400 pounds (181 kilograms) in 0.2 pound (0.1 kilogram) increments.
- **Large Display:** Features a 3.4 inches x 1.8 inches LCD display for easy and clear reading of weight measurements.
- **Modern Design:** Contemporary glass platform designed to complement various home decors.
- **Anti-Skid Padding:** Equipped with anti-skid padding on the base for enhanced stability and safety during use.
- **Unit Conversion:** Easily switch between pounds (LB) and kilograms (KG) for preferred measurement units.



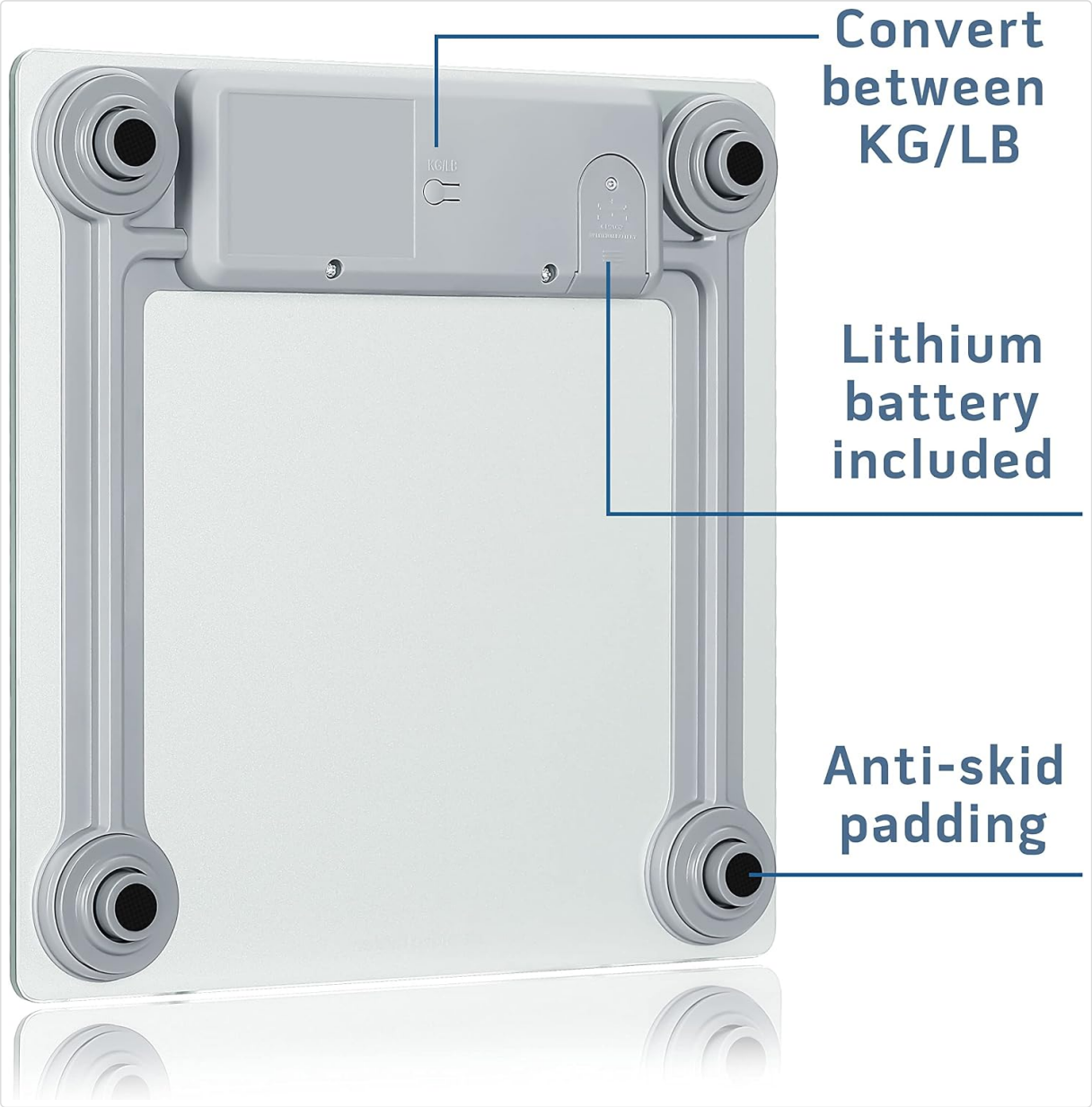
An image showing a person's feet on the Health o meter scale, with text overlays indicating its capacity of up to 400 lbs and its ability to track weight for two users.



A detailed view of the scale's digital display, emphasizing its large 3.4 x 1.8 inch LCD screen for clear weight readings.

3. Setup

1. **Unpack the Scale:** Carefully remove the scale from its packaging.
2. **Battery Installation:** The scale comes with a lithium battery included. Locate the battery compartment on the underside of the scale. Ensure the battery is correctly inserted with the positive (+) and negative (-) terminals aligned as indicated.
3. **Placement:** Place the scale on a hard, flat surface. Avoid carpets or uneven flooring, as this can affect accuracy.
4. **Initial Calibration:** For first-time use or if the scale has been moved, gently tap the center of the scale with your foot to turn it on. Wait for "0.0" to appear on the display before stepping on.



The bottom view of the scale, highlighting features such as the switch to convert between kilograms and pounds, the included lithium battery, and the anti-skid padding for stability.

4. Operating Instructions

1. **Taking a Measurement:**
    - Step onto the scale with bare feet, standing still and centered on the platform.
    - The display will show your weight. Remain on the scale until the reading stabilizes.
    - The scale will automatically turn off after a few seconds of inactivity.
2. **Selecting Measurement Units (LB/KG):**
    - On the underside of the scale, locate the unit conversion switch (often near the battery compartment).
    - Slide the switch to select your preferred unit: pounds (LB) or kilograms (KG).
3. **User Tracking (for up to two users):**
    - The scale automatically stores the last weigh-in for two distinct users.
    - To view your last weigh-in, simply step on the scale. The display will show your current weight and may indicate if it's higher or lower than your previous measurement.

- Ensure consistent placement and posture for accurate tracking.



An image of a person standing on the scale, with the display showing a previous weight reading, illustrating the scale's memory function for tracking.

5. Maintenance

- **Cleaning:** Clean the scale's glass surface with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals. Ensure the scale is dry before storage or next use.
- **Battery Replacement:** If the display shows a "Lo" or "Err" message, or if the display becomes dim, it may be time to replace the battery. Refer to the "Setup" section for battery compartment location and replacement instructions. Use a new lithium battery of the specified type.
- **Storage:** Store the scale in a dry place at room temperature. Avoid extreme temperatures or high humidity.

6. Troubleshooting

Problem	Possible Cause / Solution

Problem	Possible Cause / Solution
"Lo" or "Err" on display	Low battery. Replace the battery.
Inaccurate or inconsistent readings	◦ Scale is on an uneven surface. Place on a hard, flat floor. ◦ Scale needs re-calibration. Tap the scale to turn it on, wait for "0.0" before stepping on. ◦ Movement during measurement. Stand still and centered on the scale.
Scale does not turn on	Check battery installation and ensure battery is not depleted. Replace if necessary.
Slippery surface	Ensure the scale surface is dry before use. Avoid stepping on with wet feet.

7. Specifications

Feature	Detail
Model Number	HDM171DQ-60
Weight Capacity	400 Pounds (181 Kilograms)
Weight Increments	0.2 Pound (0.1 Kilogram)
Display Type	LCD
Display Size	3.4 inches x 1.8 inches
Platform Material	Glass
Product Dimensions	1.9 x 13.4 x 13.5 inches (approx. 12.0 x 12.0 inches platform)
Power Source	Lithium Battery (Included)
Special Features	Large Display, High Weight Capacity, 2-User Tracking, Unit Conversion (LB/KG)



A diagram illustrating the physical dimensions of the scale, showing it is 12.0 inches by 12.0 inches with a height of 1.25 inches.

8. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product at the time of purchase or visit the official Health o meter website. Keep your purchase receipt as proof of purchase for any warranty claims.

For additional assistance or inquiries, please contact Health o meter customer service.