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Health o meter HDM166DQ2-60-NP

Health o meter Progress Bar Scale (Model HDM166DQ2-60-NP)

User Manual

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Health o meter Progress Bar Scale, Model HDM166DQ2-60-NP. This digital scale is designed to provide accurate weight measurements and assist in tracking your progress towards a weight goal for up to four users. Please read this manual thoroughly before initial use and retain it for future reference.



Image: Top view of the Health o meter Progress Bar Scale, displaying a weight reading and the progress bar.

SAFETY INFORMATION

- **Maximum Weight Capacity:** Do not exceed the maximum weight capacity of 400 pounds (181 kg).
- **Surface Conditions:** Always use the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect accuracy.
- **Avoid Wet Surfaces:** The scale's tempered glass surface can become slippery when wet. Do not use the scale with wet feet or in wet environments to prevent falls.
- **Proper Placement:** Do not place the scale near heat sources or in direct sunlight.
- **Battery Safety:** Use only the specified battery type (2 AA batteries). Do not mix old and new batteries or different types of batteries. Dispose of used batteries responsibly.
- **Not for Medical Diagnosis:** This scale is intended for personal use to track weight and is not a substitute for professional medical advice or diagnosis.

SETUP

1. **Unpacking:** Carefully remove the scale from its packaging. Inspect for any damage.

2. Battery Installation:

- Locate the battery compartment on the underside of the scale.
- Open the battery compartment cover.
- Insert two (2) AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
- Close the battery compartment cover securely.

3. **Initial Placement:** Place the scale on a hard, flat, and stable surface. Avoid soft surfaces like carpets, which can affect accuracy.

4. **First Use Calibration:** Before the first use or if the scale has been moved, perform a quick calibration:

- Gently tap the scale with your foot to turn it on.
- Wait for the display to show "0.0" or "CAL".
- Step off the scale. It is now calibrated and ready for use.

OPERATING INSTRUCTIONS

Basic Weighing

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare, dry feet. Stand still and centered on the platform.
3. Your weight will be displayed on the large LED screen. Wait for the reading to stabilize.
4. Step off the scale. The display will turn off automatically after a few seconds.

Setting Up User Profiles (Up to 4 Users)

The scale can store personal data for up to four users, allowing for individual weight tracking and goal progress monitoring.

1. **Select User:** Press the **SELECT** button located below the display. Use the **UP** or **DOWN** arrow buttons to choose a user number (P1, P2, P3, or P4). Press **SELECT** to confirm.
2. **Set Height:** The display will prompt for height. Use the **UP** or **DOWN** arrows to adjust the height. Press **SELECT** to confirm.
3. **Set Goal Weight:** The display will prompt for your target weight. Use the **UP** or **DOWN** arrows to set your goal. Press **SELECT** to confirm.
4. **Initial Weigh-in:** The scale will now be ready for your first weigh-in. Step onto the scale. This initial weight will be recorded as your starting weight.



Image: A person's feet positioned on the Health o meter Progress Bar Scale, demonstrating proper use for weighing.

Tracking Progress with the Progress Bar

After setting up your user profile and goal weight, the scale's unique progress bar feature will activate:

- Each time you weigh in under your selected user profile, the progress bar will illuminate.
- The bar visually indicates how close you are to your set weight goal, providing immediate feedback.
- The display may also show your current weight, starting weight, goal weight, and the difference (gain or loss) in pounds, often accompanied by an up or down arrow.

Health meter®

THE DOCTOR'S SCALE®

WEIGHT TRACKING PLUS | DIGITAL SCALE



WEIGHT TRACKING PLUS DIGITAL SCALE

- Progress bar lights up after each weigh-in, showing you how close you are to your goal weight
- Tempered glass platform 13.4 x 12.4 inches
- Stores and tracks last weigh-in for up to four users
- Measures up to 400 pounds in 0.2 pound increments



Actual display size
3.2 inches x 1.6 inches



HDM166-60

Image: Close-up of the scale's display, illustrating the progress bar and digital readout for weight tracking.

MAINTENANCE AND CARE

- **Cleaning:** Wipe the scale's surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and humidity.
- **Battery Replacement:** If the display becomes dim or shows a low battery indicator, replace both AA batteries with new ones. Ensure correct polarity.
- **Avoid Impact:** The scale features a tempered glass platform. Avoid dropping heavy objects on it or subjecting it to strong impacts, which could cause damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Inaccurate or inconsistent readings	Scale on uneven/soft surface; not calibrated; moved recently.	Place scale on a hard, flat surface. Perform first use calibration (tap on, wait for "0.0", step off). Ensure you stand still and centered.
Display shows "Lo" or is dim	Low battery power.	Replace both AA batteries with new ones.
Display shows "Err" or "O-Ld"	Overload (weight exceeds capacity).	Step off the scale. Ensure weight does not exceed 400 lbs (181 kg).
No display when stepping on	Batteries incorrectly installed or dead; scale not activated.	Check battery polarity and replace if necessary. Tap scale gently to activate before stepping on.

SPECIFICATIONS

- **Model:** HDM166DQ2-60-NP
- **Brand:** Health o meter
- **Weight Capacity:** 400 lbs (181 kg)
- **Readout Accuracy:** 0.2 lbs (0.1 kg)
- **Display Type:** Large LED Digital Display (3.2 x 1.6 inches)
- **Material:** Tempered Glass Platform
- **Power Source:** 2 x AA Batteries (included)
- **Item Weight:** Approximately 5 lbs
- **Dimensions:** Approximately 13.4 x 12.4 inches (platform size, derived from review)

WEIGHT TRACKING PLUS

HEALTH O METER® SCALES WEIGH IN

GLASS SCALE WITH PROGRESS BAR

Features:

Stores and tracks progress toward your goal weight for up to four users for quick and easy tracking

Tempered glass platform complements modern décor

3.2 inch x 1.6 inch Display makes reading weight easy

Accurately measures weight to the 0.2 lb or 0.1 kg up to 400 lb or 181 kg.

Four Load Cell Technology ensures accuracy and precision

2 AA batteries (included)



Health o meter®, The Doctor's Scale®, bath scales can make all the difference in a successful health and fitness plan! Health o meter® scales let you take the guesswork out of weight management, because they use the most advanced technology to ensure accuracy and precision.

BÁSCULA DE VIDRIO CON BARRA DE PROGRESO

Características:

Almacena y rastrea el progreso hacia su meta hasta para cuatro usuarios para un seguimiento fácil y rápido

Plataforma de vidrio templado complementa una decoración moderna

Pantalla digital de 3,2 pulg. x 1,6 pulg. que facilita la lectura del peso (8 cm x 4 cm)

Mide el peso con precisión de 0,2 lb (0,1 kg) hasta 400 lb (181 kg)

La Tecnología de Cuatro Celdas de Carga asegura exactitud y precisión

Dos baterías AA (incluidas)



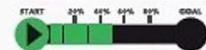
Start weight 145.2 lbs
Inicio de peso 65.9 kg



Goal weight 135.0 lbs
Meta de peso 61.2 kg



Current weight 140.2 lbs
Peso actual 63.6 kg



Weight to goal 5.2 lbs
Peso a la meta 2.4 kg

Image: Diagram illustrating key features and specifications of the Health o meter Progress Bar Scale, including display size and user tracking.

WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or to contact customer service, please refer to the documentation included with your purchase or visit the official Health o meter website. You can also find more information on the [Health o meter Store on Amazon](#).



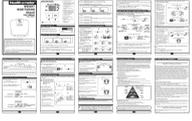
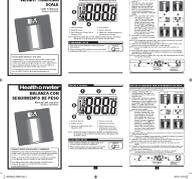
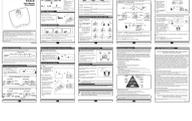
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Related Documents - HDM166DQ2-60-NP



[Health o meter HDM166-60 Weight Tracking Scale User Manual](#)

User manual for the Health o meter HDM166-60 weight tracking scale with progress bar feature. Includes setup, operation, troubleshooting, BMI information, and warranty details.

	<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 HDM169-60 Weight Tracking Scale User Manual</p> <p>User manual for the Health o meter HDM169-60 Weight Tracking Scale, providing instructions on setup, usage, features, troubleshooting, and warranty information.</p>
	<p>Health o meter Digital Scale: User Guide and Instructions</p> <p>Comprehensive guide for the Health o meter Digital Scale (Model HDL050DQ-05), covering setup, operation, battery replacement, care, and warranty information. Learn to use your scale for accurate personal weight measurements.</p>
	<p>Etekcity ESB-591 Smart Body Weight Scale User Manual</p> <p>Comprehensive user manual for the Etekcity ESB-591 Smart Body Weight Scale, covering specifications, safety, setup with the VeSync app, usage, maintenance, troubleshooting, and warranty information.</p>
	<p>Health o meter HDM575 Weight Monitoring Scale User Manual</p> <p>Comprehensive user manual for the Health o meter HDM575 Weight Monitoring Scale. Learn how to set up, use, track progress, and understand the healthy lifestyle tips and warranty information.</p>