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## Health o meter HAB700DQ201

# Health o Meter HAB700DQ201 Rotating Dial Home Scale

## INSTRUCTION MANUAL

### 1. Introduction

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Thank you for choosing the Health o Meter HAB700DQ201 Rotating Dial Home Scale. This analog scale is designed to provide accurate and consistent weight measurements, assisting you in monitoring your healthy weight. Its easy-to-read dial and compact design make it a convenient tool for daily use. Please read this manual thoroughly before using your scale to ensure proper operation and to achieve the most accurate results.

### 2. Safety Information

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- Always use the scale on a hard, flat, and level surface. Using it on carpet or uneven flooring may result in inaccurate readings.
- Do not use the scale on wet or slippery surfaces to prevent falls.
- The maximum weight capacity for this scale is 300 pounds (approximately 136 kg). Do not exceed this limit.
- This scale is intended for personal home use only. It is not a medical device and should not be used for medical diagnosis or treatment.
- Keep the scale away from extreme temperatures and direct sunlight.
- Do not disassemble or attempt to repair the scale yourself. This will void the warranty.

### 3. Package Contents

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Please check the package to ensure you have received the following items:

- Health o Meter HAB700DQ201 Rotating Dial Home Scale
- Instruction Manual

### 4. Setup

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1. **Unpack the Scale:** Carefully remove the scale from its packaging.

2. **Placement:** Place the scale on a hard, flat, and level surface, such as tile or hardwood flooring. Avoid placing it on carpet, rugs, or uneven surfaces, as this can affect accuracy.
3. **Zero Adjustment:** Before your first use, and periodically thereafter, ensure the dial is set to zero. If the needle is not pointing directly to zero, use the small adjustment wheel, usually located near the bottom or side of the scale platform, to manually rotate the dial until the needle aligns with the '0' mark.



Image 1: Health o Meter HAB700DQ201 Rotating Dial Home Scale. Note the large dial for easy reading and the sturdy platform.

## 5. Operating Instructions

For consistent and accurate weight measurements, follow these steps:

1. **Prepare for Measurement:** Ensure the scale is on a hard, flat surface and the dial is set to zero. If not, adjust it using the zero adjustment wheel.
2. **Step On:** Carefully step onto the center of the scale platform with bare feet. Stand still and distribute your weight evenly.
3. **Read Your Weight:** Wait for the needle to stabilize. Read the weight indicated by the needle on the rotating dial.

4. **Step Off:** Carefully step off the scale. The needle should return to zero.

#### Tips for Consistent Measurements:

- Weigh yourself at the same time each day, preferably in the morning before breakfast and after using the restroom.
- Wear minimal clothing or no clothing for the most accurate results.
- Avoid weighing yourself immediately after exercise or showering.

## 6. Maintenance and Care

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- **Cleaning:** Clean the scale with a soft, damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Storage:** Store the scale in a dry place at room temperature. Avoid storing it in areas with high humidity or extreme temperature fluctuations.
- **No Batteries Required:** This is an analog scale and does not require batteries.

## 7. Troubleshooting

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- **Inaccurate Readings:**
  - Ensure the scale is placed on a hard, flat, and level surface.
  - Check if the dial is set to zero before each use. Adjust if necessary.
  - Ensure you are standing still and your weight is evenly distributed on the platform.
- **Needle Not Returning to Zero:**
  - Manually adjust the zero wheel until the needle aligns with the '0' mark.
  - Ensure no objects are resting on the scale when not in use.

## 8. Specifications

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<b>Brand</b>	Health o meter
<b>Model</b>	HAB700DQ201
<b>Weight Limit</b>	300 Pounds (136 kg)
<b>Display Type</b>	Analog (Rotating Dial)
<b>Item Weight</b>	1.23 kg
<b>Color</b>	White

## 9. Warranty and Support

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Health o Meter products are manufactured to high-quality standards. For specific warranty information, please refer to the warranty card included with your purchase or visit the official Health o Meter website. If you encounter any issues or have questions regarding your scale, please contact Health o Meter customer support for assistance. Contact details can typically be found on the product packaging or the official brand website.

