Health o meter HDM519DQ7-15

Health o meter Carbon Fiber Digital Scale User Manual

Model: HDM519DQ7-15 | Brand: Health o meter

Introduction

The Health o meter Carbon Fiber Digital Scale is designed for accurate and convenient weight and BMI measurement. Its sleek, modern design complements any bathroom decor while providing essential health monitoring features.

Key Features:

- Automatic calibration and Step On Technology for instant readings.
- Measures weight and BMI with 0.2 lb accuracy up to 400 lbs.
- Stores information and tracks last weigh-in for up to 4 users.
- Features an oversized 1.6-inch blue backlit LCD display for easy readability.
- Large 12.4 x 12.4-inch carbon fiber platform.
- Operates on three AAA batteries (included).

Product Overview



Top view of the Health o meter Carbon Fiber Digital Scale, showcasing its sleek black carbon fiber platform and blue backlit digital display.



User standing on the Health o meter Carbon Fiber Digital Scale, demonstrating its large platform and easy-to-read display.

Setup

1. **Battery Installation:** Locate the battery compartment on the underside of the scale. Insert three AAA batteries, ensuring correct polarity (+/-). The scale comes with batteries included.
2. **Placement:** Place the scale on a hard, flat, and stable surface. Avoid carpets or uneven flooring, as this can affect accuracy.
3. **Initial Calibration:** The scale calibrates automatically. For the first use or after moving the scale, step on it briefly until the display shows "0.0" or your weight, then step off. This allows the scale to self-calibrate.
4. **Unit Selection:** If desired, change the unit of measurement (pounds or kilograms) using the button located on the underside of the scale.

Operating Instructions

1. **Taking a Measurement:** Simply step directly onto the scale. The "Step On Technology" will automatically turn on the scale and display your weight. Remain still until the reading stabilizes.
2. **User Profiles:** The scale can store information and track the last weigh-in for up to 4 users. To select a user profile, gently tap the scale with your foot to activate it, then tap again to cycle through user numbers (1-4) before stepping on. The scale will display the current user number.
3. **BMI Calculation:** The scale automatically calculates and displays your Body Mass Index (BMI) along with your weight.
4. **Viewing Previous Weigh-ins:** After a measurement, the scale may display your current weight and then briefly show your previous weigh-in for the selected user, indicating if you are up or down.

Maintenance

- **Cleaning:** Wipe the scale's surface with a damp cloth and mild detergent. Avoid abrasive cleaners or harsh chemicals.
- **Storage:** Store the scale in a dry place at room temperature. Avoid extreme temperatures or high humidity.
- **Battery Replacement:** Replace batteries when the display indicates low power or becomes dim. Ensure to use three new AAA batteries.

Troubleshooting

Common Issues and Solutions:

- **Inaccurate Readings:**
  - Ensure the scale is on a hard, flat, and level surface. Uneven floors can cause discrepancies.
  - Confirm the correct unit of measurement (LB or KG) is selected.
  - Stand still and centered on the scale during measurement.
  - Check battery levels; low batteries can affect accuracy.
- **Scale Not Turning On:**
  - Verify batteries are correctly installed and not depleted. Replace if necessary.
  - Ensure you are using the "Step On Technology" by simply stepping onto the scale, rather than tapping it to turn it on.
- **Displaying "E" (Error):** This typically indicates an overload. The scale's maximum capacity is 400 lbs. Step off the scale immediately.

Specifications

Specification	Detail
Brand	Health o meter
Model Number	HDM519DQ7-15
Display Type	LCD (Blue Backlit)
Weight Limit	400 Pounds
Readout Accuracy	0.2 Pounds
Material	Carbon Fiber
Platform Size	12.4 x 12.4 inches
Power Source	3 AAA batteries (included)
User Memory	Up to 4 users
Features	Step On Technology, BMI measurement
Item Weight	4.42 pounds
UPC	053891124768

Official Product Videos

No official product videos from the seller are available for this item at this time.

Warranty and Support

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

If you encounter any issues not covered in this manual, please contact Health o meter customer service for assistance.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I fix error #3 on the Health o meter HDM519DQ7-15 Carbon Fiber Digital Scale?

While the manual for the Health o meter HDM519DQ7-15 specifically mentions "E" as an overload error, numeric error codes like "Error 3" typically relate to initialization or sensor stability issues. To resolve this, please...

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