Healthkeep BG1912B

Healthkeep Digital Bathroom Scale User Manual

Model: BG1912B

Brand: Healthkeep

1. Introduction

Thank you for choosing the Healthkeep Digital Bathroom Scale. This scale is designed to provide accurate and consistent body weight measurements, helping you monitor your health and fitness journey. With its high-precision sensors, durable tempered glass platform, and user-friendly features, this scale offers a reliable and convenient weighing experience.



Image: The Healthkeep Digital Bathroom Scale, black with a clear LED display showing a weight of 55.9 kg.

2. Safety Information

Please read all instructions carefully before using the scale. Keep this manual for future reference.

- Do not use on wet or slippery surfaces. Ensure the scale is placed on a dry, flat, and hard surface for accurate readings and to prevent slipping.
- The scale's surface is made of tempered glass. Avoid dropping heavy objects on it or subjecting it to sudden impacts, as this may cause damage or injury.
- Do not jump on the scale. Step on and off gently.
- Keep the scale away from extreme temperatures and direct sunlight.
- This scale is for household use only and is not intended for medical or commercial purposes.
- Keep batteries out of reach of children. If swallowed, seek immediate medical attention.

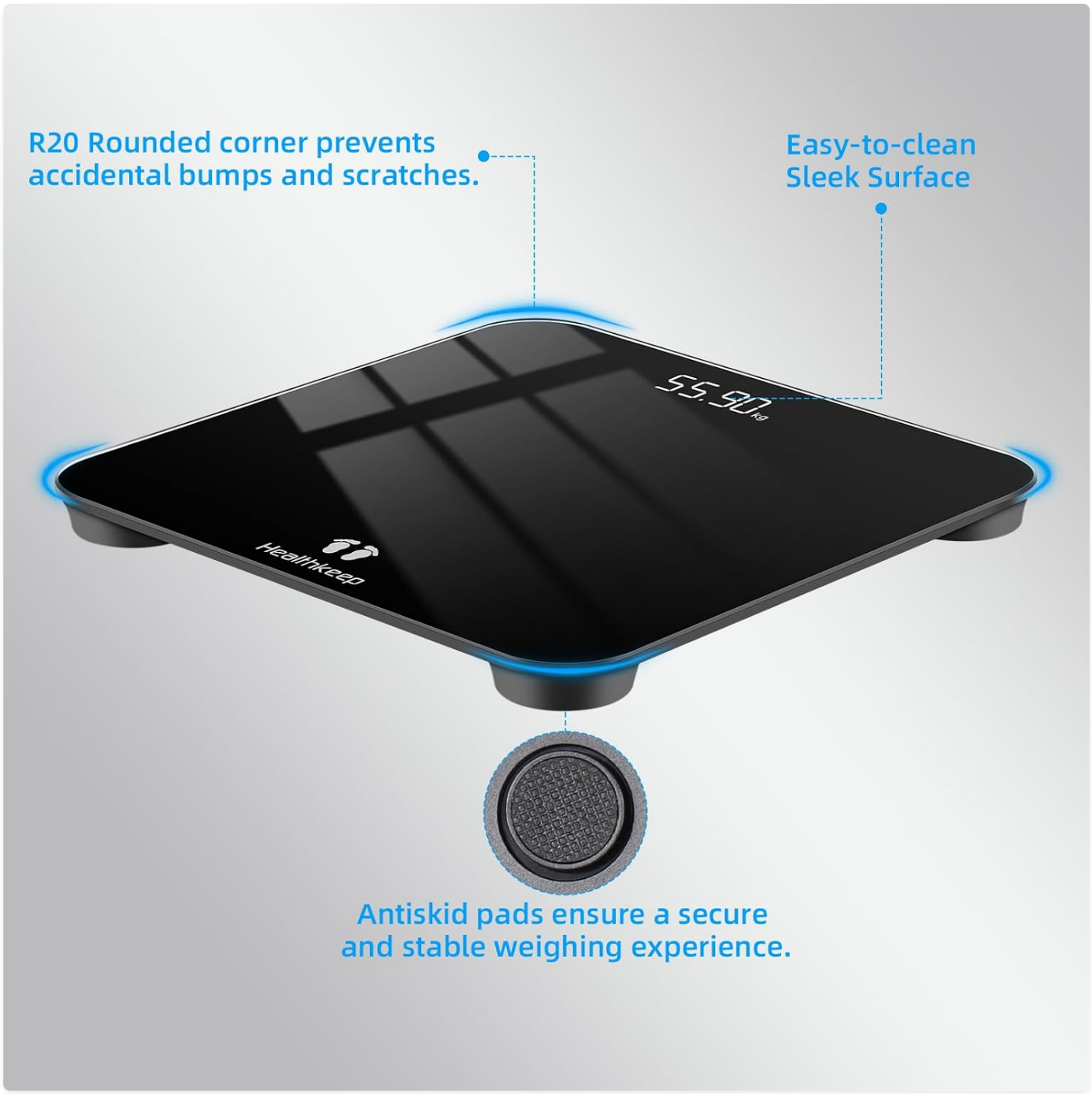


Image: A close-up of the Healthkeep scale highlighting its R20 rounded corners for safety and antiskid pads on the bottom for stability.

3. Package Contents

Upon opening the package, please ensure all items are present and in good condition:

- 1 x Healthkeep Digital Bathroom Scale (Model BG1912B)
- 3 x AAA Batteries
- 1 x User Manual (this document)

4. Setup

4.1. Battery Installation

1. Locate the battery compartment on the underside of the scale.
2. Open the battery compartment cover.

3. Insert the 3 AAA batteries, ensuring the correct polarity (+ and -) as indicated inside the compartment.
4. Close the battery compartment cover securely.

4.2. Initial Placement

For accurate readings, place the scale on a hard, flat, and stable surface. Avoid carpets, rugs, or uneven flooring, as this can affect precision.

4.3. Unit Conversion (kg/lb)

The scale supports both kilograms (kg) and pounds (lb). To switch between units:

1. Turn the scale over.
2. Locate the unit switch button (usually a small button or switch) near the battery compartment.
3. Press or slide the button to select your desired unit (kg or lb).



Image: The Healthkeep scale's LED display showing a weight reading, with an inset image indicating the location of the unit conversion button (kg/lb) on the back.

5. Operating Instructions

5.1. First Use / Calibration

For the first use or if the scale has been moved, it is recommended to calibrate it:

1. Gently step on the scale to turn it on.
2. Step off and wait for the display to show "0.0" or turn off automatically. This indicates successful calibration.

5.2. Taking a Measurement (Step-on Technology)

The Healthkeep scale features convenient step-on technology:

1. Place the scale on a hard, flat surface.
2. Step onto the center of the scale with bare, dry feet.
3. Stand still and wait for your weight to be displayed and stabilize. The reading will flash a few times before locking.
4. Step off the scale. The display will hold your weight for a few seconds before automatically turning off to conserve battery life.

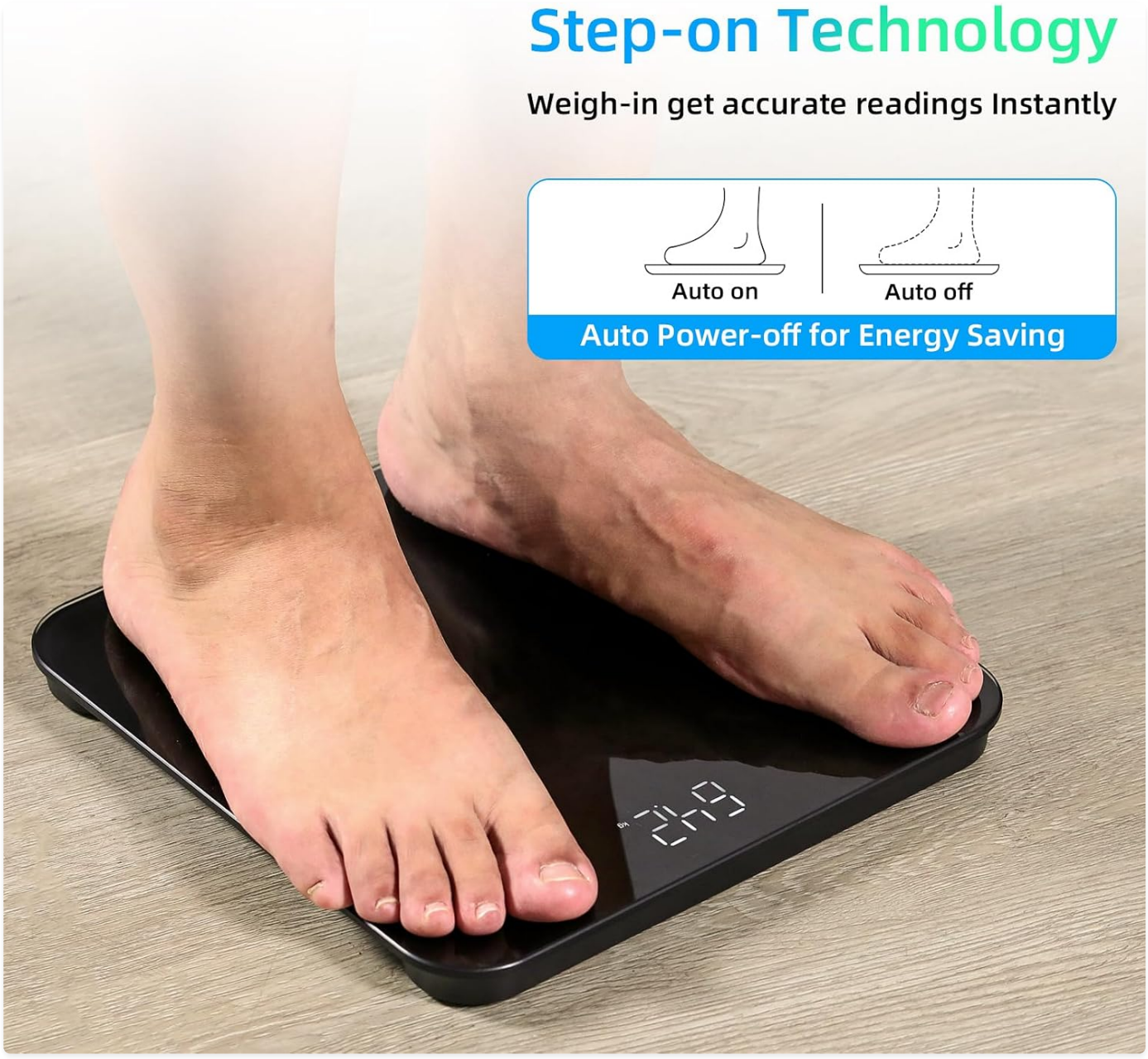


Image: A person's bare feet are shown on the Healthkeep Digital Bathroom Scale, illustrating the step-on technology for instant weight

readings.

6. Maintenance

To ensure the longevity and accuracy of your Healthkeep scale, follow these maintenance guidelines:

- **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 storing it vertically or with heavy objects on top.
- **Battery Replacement:** If the display shows "Lo" or becomes dim, it's time to replace the batteries. Replace all 3 AAA batteries at the same time.

7. Troubleshooting

Problem	Possible Cause	Solution
No display / Scale won't turn on	Batteries are dead or incorrectly installed.	Check battery polarity or replace with new batteries.
Inaccurate readings	Scale is on an uneven surface; not calibrated; moved recently.	Place on a hard, flat surface. Step on and off to re-calibrate.
"Lo" displayed	Low battery.	Replace all 3 AAA batteries.
"O-Ld" displayed	Overload. Weight exceeds maximum capacity.	Step off the scale. The maximum capacity is 400 lbs (180 kg).

8. Specifications

Feature	Detail
Model Number	BG1912B
Brand	Healthkeep
Maximum Capacity	400 lbs (180 kg)
Measurement Increments	0.1 lb (0.05 kg)
Display Type	LED
Power Source	3 x AAA Batteries
Product Dimensions	10.6 x 10.6 x 1.6 inches (26.9 x 26.9 x 4.1 cm)
Material	5mm Tempered Glass
Special Features	Auto Shut Off, Step-on Technology, Low Battery Indicator, Overload Indicator, Rounded Corners, Anti-slip Platform



Image: The Healthkeep Digital Bathroom Scale with its compact dimensions of 26 cm (10.24 inches) by 26 cm (10.24 inches) highlighted.

9. Warranty and Support

Healthkeep is committed to providing high-quality products. For any questions, concerns, or support needs regarding your digital bathroom scale, please refer to the official user guide or contact Healthkeep customer service.
You can often find additional support and contact information on the official Healthkeep website or through the retailer where you purchased the product.

For the official Instructions for Use (IFU) in PDF format, please visit:Healthkeep User Guide (PDF)

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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.

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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