

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Health o meter](#) /
- › [Health o meter Digital Body Composition Scale Model 32910032 Instruction Manual](#)

Health o meter 32910032

Health o meter Digital Body Composition Scale Instruction Manual

Model: 32910032

1. INTRODUCTION

This manual provides instructions for the proper use and maintenance of your Health o meter Digital Body Composition Scale. This scale is designed to measure body weight, Body Mass Index (BMI), body fat percentage, and water mass percentage for up to four users. Please read this manual thoroughly before use to ensure accurate readings and safe operation.



Image 1.1: The Health o meter Digital Body Composition Scale, featuring a clear digital display and carbon fiber platform.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- Health o meter Digital Body Composition Scale
- 3 AAA Batteries
- Instruction Manual (this document)

3. SAFETY INFORMATION

- Always place the scale on a hard, flat surface. Using it on carpet or uneven flooring may affect accuracy.
- The scale surface may become slippery when wet. Ensure the surface is dry before stepping on.
- Do not use this device if you have a pacemaker or other internal medical device.
- Do not use this device if you are pregnant.
- Keep out of reach of children.
- Do not immerse the scale in water.
- The body composition measurements (BMI, body fat, water mass) are for reference only and should

not be used for medical diagnosis or treatment. Consult a healthcare professional for health-related concerns.

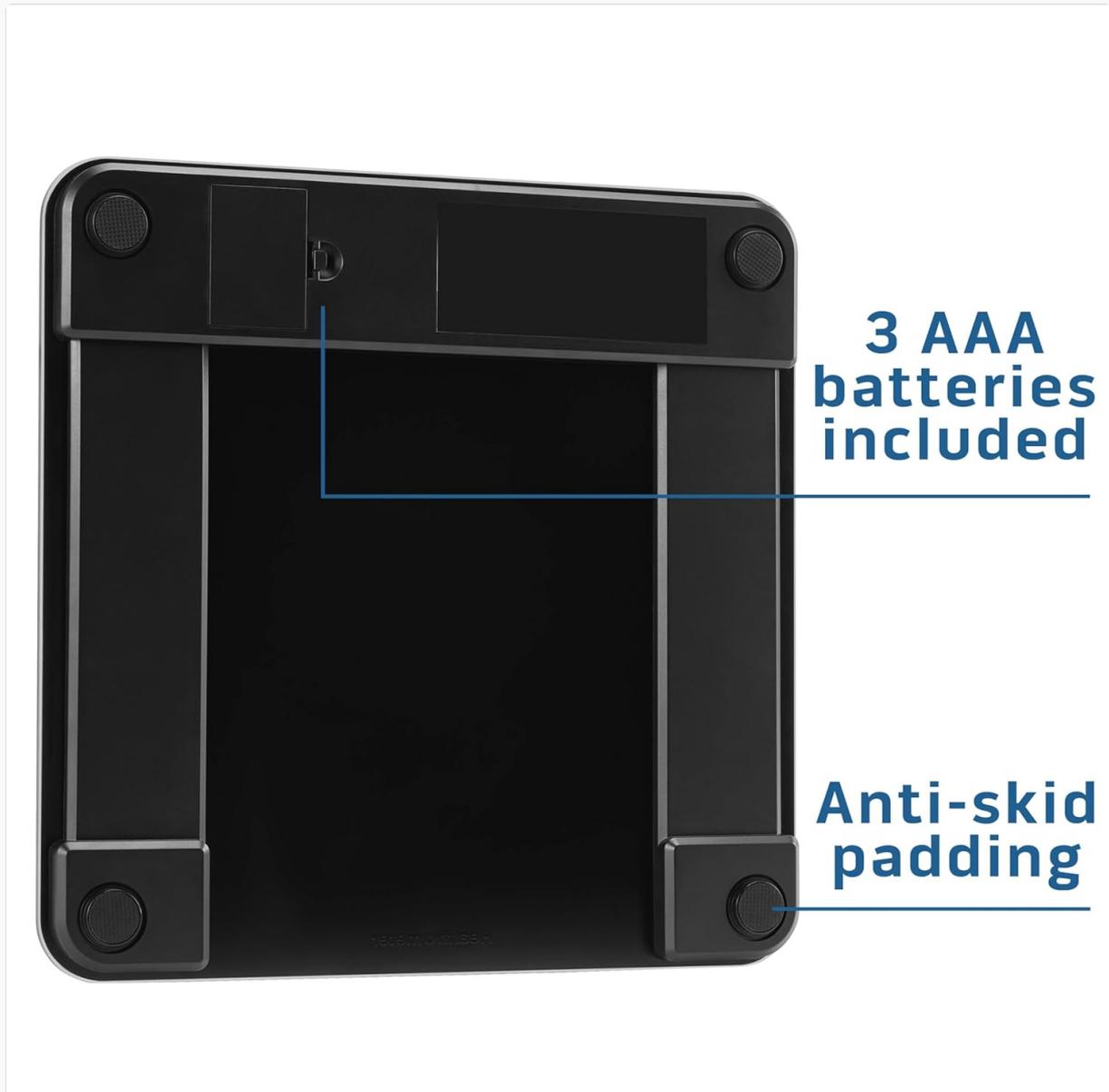


Image 3.1: The underside of the scale, highlighting the battery compartment and anti-skid feet for stability.

4. SETUP

4.1. Battery Installation

1. Open the battery compartment cover on the underside of the scale.
2. Insert the 3 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

4.2. Initial Calibration

For the first use or if the scale has been moved, perform an initial calibration:

1. Place the scale on a hard, flat, and stable surface.
2. Lightly step on the scale to turn it on, then step off immediately.
3. The display will show '0.0' or 'CAL' and then turn off. The scale is now calibrated and ready for use.

5. OPERATING INSTRUCTIONS

5.1. Basic Weight Measurement

1. Ensure the scale is on a hard, flat surface.
2. Step onto the scale with bare feet, standing still and centered on the platform.
3. The display will show your weight. Wait for the reading to stabilize and flash before stepping off.

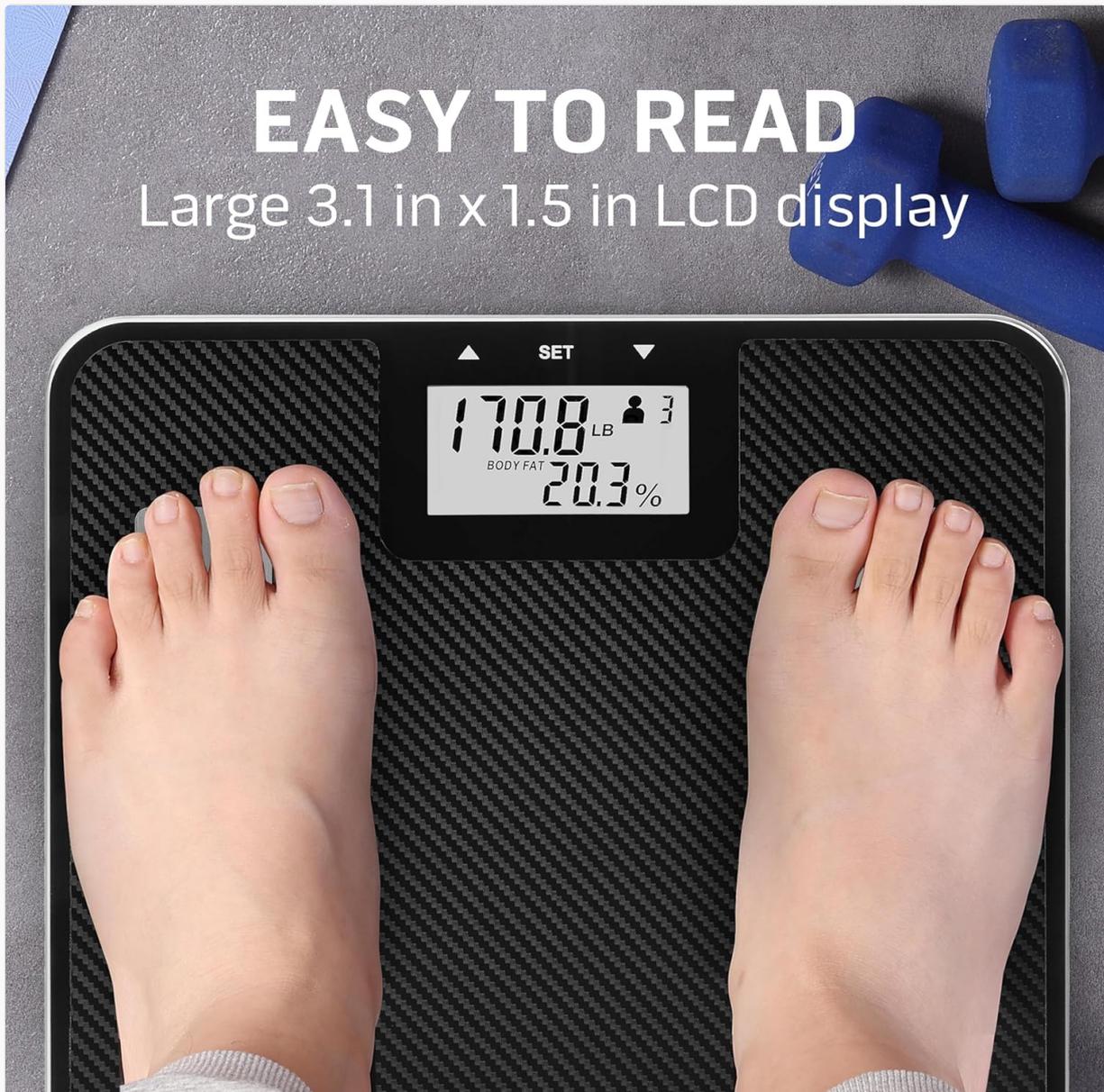


Image 5.1: A user's feet on the scale, demonstrating the large, backlit LCD display for clear readability.

5.2. Unit Conversion

The scale typically allows switching between pounds (lb) and kilograms (kg). Look for a button on the underside of the scale, usually labeled 'UNIT' or 'lb/kg', to toggle between units.

6. MULTI-USER TRACKING AND BODY COMPOSITION MEASUREMENT

This scale supports tracking for up to 4 users, providing personalized body composition data.



Image 6.1: The scale in use, illustrating its capacity of up to 450 lbs and multi-user tracking capability.

6.1. Setting Up User Profiles

To utilize body composition analysis, you must set up a user profile:

1. With the scale off, press the 'SET' button. The user number (P1, P2, P3, P4) will flash.
2. Use the '▲' (Up) or '▼' (Down) buttons to select a user number (P1-P4). Press 'SET' to confirm.
3. The gender icon will flash. Use '▲' or '▼' to select male or female. Press 'SET' to confirm.
4. The height value will flash. Use '▲' or '▼' to adjust your height. Press 'SET' to confirm.
5. The age value will flash. Use '▲' or '▼' to adjust your age. Press 'SET' to confirm.
6. The display will show '0.0' and turn off, indicating the profile is saved.

6.2. Taking Body Composition Measurements

After setting up your profile:

1. Press the 'SET' button to select your user number (P1-P4).
2. Wait for the display to show '0.0'.
3. Step onto the scale with bare feet, ensuring your feet are positioned on the metal electrodes. Stand still until all measurements are displayed.
4. The scale will display your weight, followed by BMI, body fat percentage, and water mass percentage.

The readings will cycle through several times before the scale turns off.

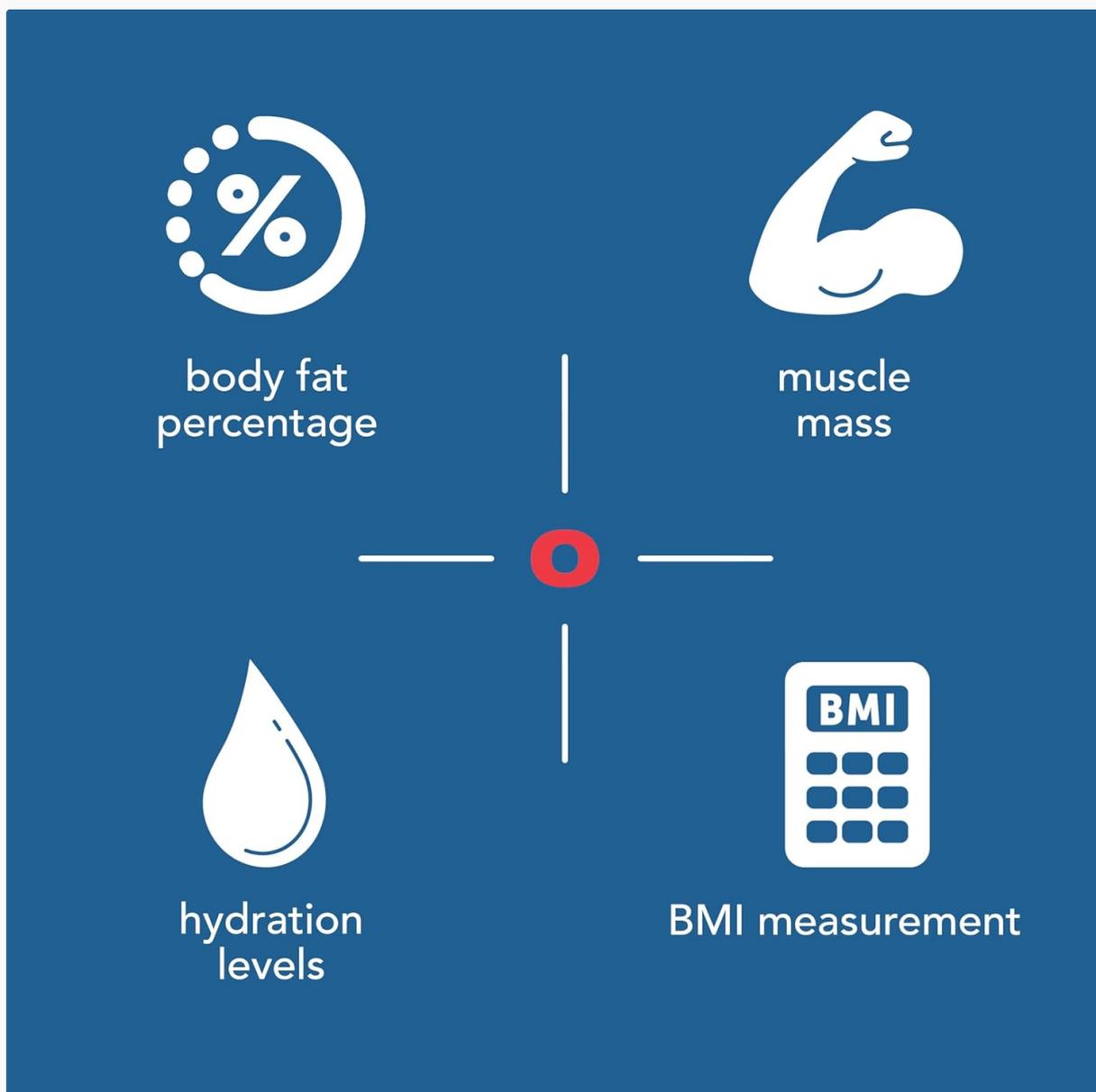


Image 6.2: Visual representation of the body composition metrics measured by the scale: body fat percentage, muscle mass, hydration levels, and BMI.

7. MAINTENANCE AND CARE

- Clean the scale with a damp cloth and mild detergent. Do not use abrasive cleaners or immerse in water.
- Store the scale in a dry place at room temperature.
- Remove batteries if the scale will not be used for an extended period to prevent leakage.
- Avoid dropping the scale or subjecting it to strong impacts, as this may damage the sensors.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate readings	Scale on uneven surface; not calibrated; moved recently.	Place on hard, flat surface. Perform initial calibration (Section 4.2).

Problem	Possible Cause	Solution
Display shows 'Lo' or 'Err'	Low battery.	Replace all 3 AAA batteries.
Display shows 'O-Ld'	Overload (weight exceeds maximum capacity).	Step off the scale. The maximum capacity is 450 lbs (204 kg).
No body composition readings	Feet not bare or not making contact with electrodes; user profile not set up.	Ensure bare feet are on all four metal electrodes. Set up a user profile (Section 6.1).
Scale does not turn on	Batteries incorrectly installed or dead.	Check battery polarity or replace batteries.

9. SPECIFICATIONS

- **Model:** 32910032
- **Capacity:** 450 lbs (204 kg)
- **Precision:** 0.2 lbs (0.1 kg)
- **Platform Size:** 12.4 inches x 12.4 inches
- **Display:** Backlit LCD (3.1" x 1.5")
- **Power:** 3 x AAA batteries (included)
- **User Profiles:** Up to 4 users
- **Measurements:** Weight, BMI, Body Fat Percentage, Water Mass Percentage



Image 9.1: The scale with its physical dimensions indicated for reference.

10. WARRANTY AND SUPPORT

Your Health o meter Digital Body Composition Scale is backed by a 5-year limited warranty. This warranty covers defects in materials and workmanship under normal use. For warranty claims or technical support, please refer to the contact information provided with your product packaging or visit the official Health o meter website.

© 2025 Health o meter. All rights reserved.

Related Documents - 32910032



[Health o meter Digital Body Fat Scale User Manual \(BFM149, BFM081\)](#)

Comprehensive user guide for Health o meter digital body fat and body composition scales (models BFM149, BFM081). Learn how to set up, use, understand measurements like body fat, BMI, hydration, muscle mass, bone mass, DCI, troubleshoot errors, and care for your scale. Includes 5-year limited warranty information.

 <p>SUNNY BODY COMPOSITION BMI SMART SCALE SF-WS022063 USER MANUAL</p> <p>Support Site: Please refer to our support manual for product use and safety instructions. For more information, please visit our support site: www.sunnyhealth.com. We are committed to providing you with the best user experience. Thank you for choosing Sunny Health & Fitness.</p>	<p>Sunny Health & Fitness SF-WS022063 Body Composition BMI Smart Scale User Manual</p> <p>User manual for the Sunny Health & Fitness SF-WS022063 Body Composition BMI Smart Scale. Provides instructions on setup, operation, safety, troubleshooting, and understanding body composition metrics like BMI, body fat, and more.</p>
 <p>USER MANUAL Smart body fat scale</p> <p>Scan the QR code to download the app</p> <p>Thank for choosing our body fat scale. To help body composition scale user help you use smartly, please look right side link for help, manual fat, body fat, about of scale use, measure, bone mass, muscle, BMI and BMI app.</p> <p>IMPORTANT: Please confirm the instructions in the manual of each product before using the device. Failure to comply with the instructions may result in damage to the scale.</p>	<p>Smart Body Fat Scale User Manual: Setup, Features, and Troubleshooting</p> <p>Comprehensive user manual for the Smart Body Fat Scale. Learn how to set up, use the Fitdays app, understand recorded parameters, troubleshoot issues, and follow battery and disposal advice.</p>
 <p>HERCULES Smart Body Fat Scale - 525 by Dr Trust</p>	<p>Hercules Smart Body Fat Scale - 525 by Dr Trust: Quick Start Guide</p> <p>Learn how to use the Dr Trust Hercules Smart Body Fat Scale - 525. This guide provides setup instructions, key features, product specifications, measurement guidance, troubleshooting tips, and information about the Dr Trust 360 app for comprehensive body composition tracking.</p>
 <p>TANITA Instruction Manual Body Composition Monitor BC-401F</p> <p>For the latest information, please visit the website.</p>	<p>TANITA BC-401F Body Composition Monitor Instruction Manual</p> <p>This instruction manual provides comprehensive guidance for the TANITA BC-401F Body Composition Monitor, a home health care device. It details setup procedures, measurement methods, and features for tracking weight, BMI, body fat, muscle mass, bone mass, visceral fat, BMR, and metabolic age. Includes safety precautions, troubleshooting, and specifications.</p>
 <p>beurer Quick Start Guide Body analysis scale BF 520</p> <p>CAUTION: Please read the instructions carefully before using the device. Failure to comply with the instructions may result in damage to the device or injury to the user.</p>	<p>Beurer BF 520 Body Analysis Scale Quick Start Guide</p> <p>A quick start guide for the Beurer BF 520 body analysis scale, detailing device components, battery installation, unit settings, weight measurement, and user data setup for comprehensive body composition analysis including body fat, muscle percentage, body water, bone mass, BMI, and active metabolic rate.</p>