

Health o meter®

BODY ANALYZER SCALE

User's Manual
Model BFM143-05

www.healthometer.com

WELCOME!

Congratulations on your purchase of this Health o meter® wellness monitoring scale. It helps you monitor your weight, body fat, body mass index (BMI), hydration and daily caloric intake (DCI). It also tells you how your measurements compare to the national average.

RESETTING THE SCALE

WARNING This process will erase ALL history for an individual user or for ALL users including user profiles and saved records.

- While the scale is OFF, hold down the "SELECT" button until the unit of measurement icon starts blinking.
- Press the "SELECT" button to acknowledge the current unit of measurement (LB for pounds or KG for Kilograms). Press the "SELECT" button to acknowledge the current Date and Time set up.
- To confirm your desire to reset, press the or button to choose "YES" and press "SELECT".
- Press the or button to choose "1, 2, 3 or 4" if you want to reset the data for an individual user, or choose "ALL" if you want to reset the whole scale for all users. Then press "SELECT" to confirm selection.
- The horizontal bars "▬▬▬" will flash twice. All history and profile are erased.

REPLACING THE BATTERIES

This unit includes four (4) AA batteries. When "LOW BATTERY" appears on the display, replace all batteries.

CAUTION Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc) or rechargeable (Nickel-Cadmium) batteries. Removing the batteries will not affect the recorded data and user profile.

Battery Replacement

- Locate the battery cover on the back of the scale. Push the locking tab and pull the battery cover up.
- Use the tip of a pen to loosen each battery. Hold the scale at an angle to allow the batteries to slide out.
- Insert four new batteries, pressing them firmly into each slot, following the (+)/(-) signs indicated on each slot.
- Replace the battery cover.

FCC STATEMENT

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on or off, the user is encouraged to try to correct the interference by one or more of the following measures: a) Reorient or relocate the receiving antenna; b) Increase the separation between the product and the receiver; c) Consult the dealer or an experienced radio/

KEYS AND ICONS

- Measurement Indicators and Scrolling Message (HEIGHT, WEIGHT, HYDRATION, BODY FAT, BMI, DCI)
- Unit of Measure: Pounds (LB) or Kilograms (KG)
- Measurement Readout (Height, Weight, Hydration Level, Body Fat %, Body Mass Index, Daily Caloric Intake)
- DOWN Button (
- SELECT Button
- UP Button (
- Measurement Buttons (USER SELECTION, HYDRATION, BODY FAT, BMI, DCI)

IMPORTANT!

Please read all instructions to familiarize yourself with features and operations before programming the scale.

CAUTION!

- The use of this scale is not recommended for persons with an electric implant (heart pacemaker).
- The scale will not calculate body fat unless you have bare feet.
- For an accurate body fat estimate, do not bend your knees and keep your legs/thighs apart and straight when standing on the scale.
- The body fat function is not recommended for use by pregnant women, persons with fever, swollen legs or other edemas, as well as a person who is over hydrated or dehydrated.
- Body fat percentages may be slightly higher or lower for children under 16, persons with diabetes and other health conditions.
- Women naturally store approximately 5% more body fat than men.

SCALE FEATURES

Your Health o meter® body analyzer scale helps to provide you with a broader picture of your health. In addition to estimating your body fat percentage, hydration level, body mass index, and daily caloric intake, this scale also shows you how your measurements compare to national averages. This unique feature allows you to understand if your measurements are within a healthy range.

TROUBLESHOOTING

If "E" appears on the display:

- The scale cannot detect a stable weight. Stand still while weighing.
- The weight has exceeded the scale's capacity (400 LB/181 KG).
- The scale cannot measure other health measurement data.
- Ensure that you are standing on the scale with bare feet.

NOTE: Display will turn off automatically in 10 seconds if no key is pressed.

IT IS NORMAL FOR YOUR WEIGHT TO VARY DURING THE DAY AND FROM ONE DAY TO ANOTHER.

CARING FOR YOUR SCALE

Periodically wipe the scale surface down with a DRY cloth to remove dust.

CAUTION Weight exceeding the capacity (400 LB / 181 KG) may damage your scale. Ensure there is no weight being applied to the scale while not in use to prevent battery drainage. This product is designed for personal use only. Not for commercial or industrial use. This unit is not waterproof; avoid contact with excessive moisture.

BODY HYDRATION

Body hydration percentage indicates the amount of fluids you have in your body. Water in your system is important because it regulates body temperature, converts food into energy and protects vital organs. Individuals with more body fat have proportionately less total body water and are more susceptible to fluid imbalances that cause dehydration.

When tracking your body hydration level you should consider the following:

- Take your hydration measurements the same time of day.
- Monitor you readings to establish a personal body hydration range.
- Do not drink any caffeinated or alcoholic drinks before taking a measurement.
- Drink water if dehydration is detected.

Extracted from Dialysis & Transplantation, © 2001: Sports Nutrition For Young Adults: Hydration; Crystal Springs: Hydration Information; The National Women's Health Information Center: 4woman.gov

Please consult with your physician to determine the appropriate hydration level for your body.

Body Hydration Levels

Age	Female	Male
Newborn	75%	80%
1-5	65%	65%
10-16	60%	60%
17-39	50%	60%
40-59	47%	55%
60+	45%	50%

FIRST TIME PROGRAMMING & SETTING DATE

- While the scale is OFF, hold down the "SELECT" button until "SET UNIT" appears and the unit of measurement icon starts blinking.
- Press the or button to choose the desired unit of measurement (LB for pounds or KG for Kilograms). Press the "SELECT" button to confirm your selection.

NOTE: If you choose to see your weight in Kilograms, then the scale will also change the measurement of height from feet and inches to centimeters.

- When "SET YEAR" is displayed, press the or button to choose the Year. Press the "SELECT" button to confirm your selection.
- Follow similar steps to "SET MONTH", "SET DAY" and "SET CLOCK" (Hour/Minute) until date and time is set.
- When "RESET?" is displayed, press the or button to choose "NO" for first use.
- Press the "SELECT" button to confirm your selection.

NOTE: If you want to reset the scale, refer to RESETTNG THE SCALE section.

SETTING YOUR USER PROFILE/GOAL

- Press the "USER SELECTION" button and press the or button to choose the desired user (1, 2, 3, 4). Then press "SELECT" button until "D.O.B YEAR" (Date of Birth) is displayed on the top bar of the display.
- Press the or button to set the appropriate YEAR of birth for the user, and press the "SELECT" button to confirm. Follow the same steps to choose and set up the appropriate "D.O.B MONTH" and "D.O.B DAY" for the user.
- When "HEIGHT" is displayed, press the or button to set the appropriate HEIGHT (inch/feet or cm) and press the "SELECT" button to confirm.
- When "GENDER" is displayed and "F" icon starts blinking, press the or button to select Female "F" or Male "M", and then press the "SELECT" button to confirm.
- When "GOAL" is displayed with "YES" blinking, press the or button to select "YES" if you want to set a goal, and then press the "SELECT" button to confirm.
- Press the or button to select your desired GOAL weight, and press the "SELECT" button to store it. The display will flash your goal weight.

NOTE: You can set a goal (by selecting "YES") or just track your weight (by selecting "NO").

Your profile and goal (if desired) has been saved and the scale is ready for use.

BODY MASS INDEX (BMI)

Body Mass Index (BMI) is one way to tell whether you are at a healthy weight. It measures your weight in relation to your height, and is closely associated with measures of body fat. The higher the BMI, the greater the risk of developing health problems.

BMI for Adults

For adults over 20 years old, BMI falls into one of the following:

Classification	BMI(kg/m²) Principal cut-off points	Additional cut-off points
Underweight	<18.50	<18.50
Normal range	18.50 - 24.99	18.50 - 22.99 23.00 - 24.99
Overweight	25.00 - 29.99	25.00 - 27.49 27.50 - 29.99
Obese	≥ 30.00	≥ 30.00

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004 and Stanford Hospital and Clinics 2009.

To determine the BMI that is appropriate for your body, consult your physician.

BMI Limitations

Because BMI does not show the difference between fat and muscle, it is not the only predictor of a weight issue that could lead to health problems. For example, someone with a lot of muscle (such as a body builder) may have a BMI in the unhealthy range, but still be healthy.

BMI also may not accurately reflect body fitness in people who are under 5 feet (1.5m) or in older people, who tend to lose muscle mass as they age. But for most people, BMI is a reliable way to tell if your weight is putting your health at risk.

NOTE: The materials in this manual are not intended to replace advice from your doctor or fitness professional. Please consult with your physician before beginning any fitness program or fat or weight reduction program. Individual weight loss will vary. Jarden Consumer Solutions takes no responsibility for individual results or any claim made by a third party.

USING YOUR BODY ANALYZER SCALE

A. WEIGHT ONLY

NOTE: You do not need a user profile set up to measure your weight only.

- Place the scale on a flat surface. A hard surface is best for maximum accuracy.
- Use the TAP ON (tap on lower right hand corner, wait for "0.0" and "STEP ON") or INSTANT ON (step onto scale) features to activate your scale. Refer to the line art in the right hand column.
- Step onto the scale and position both feet so that your weight is distributed evenly over the platform. Stand still while the scale calculates your weight. The LCD will begin flashing for a few seconds before displaying your weight.
- The scale will automatically turn off after 10 seconds of inactivity.

B. BODY ANALYZER FEATURE

The body analyzer feature allows you to select and clearly see the other health related measurements that are important to you. This feature also shows you if your measurement is healthy in comparison to the national average.

NOTE: You will need to have your profile information set up in order for the scale to measure your body fat, body mass index (BMI), hydration, and daily caloric intake (DCI). Refer to FIRST TIME PROGRAMMING & SETTING YOUR USER PROFILE/GOAL.

- Press the "USER SELECTION" button, and use the or button to choose your user profile and then press the "SELECT" button to confirm selection.
- Your height and then your last weight will be displayed if there is any previous record.
- Step on the scale with BARE FEET.
- After your weight has been displayed step off the scale.
- Use your toe or your finger to select the other Measurement Buttons (HYDRATION, BODY FAT, BMI, DCI) your want to see.
- The selected measurement and how it compares to the national average will be displayed.
- Use your finger or toe to select another measurement. Otherwise, the scale will automatically turn off.

DAILY CALORIC INTAKE (DCI) FEATURE

Your scale includes a daily caloric intake (DCI) feature. The DCI number is derived from the information you programmed on your user profile and your activity level.

If you have not set a goal weight, then the DCI number will represent the number of calories required to maintain your current weight.

If you have set a goal weight, the DCI number will represent the suggested calories (500 calories per day which represent 3,500 calories per week, equivalent to 1 LB) needed to increase or decrease your weight.

BODY FAT COMPOSITION RANGES

Recommended Body Fat Ranges and BMI

Gender	Age	Low (-) (BMI < 18.5)	Normal (0) (BMI 18.5 - 24.9)	High (+) (BMI 25.0 - 29.9)	Very High (+) (BMI ≥ 30.0)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Based on NIH/WHO guidelines for BMI
 Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000
 To determine the percentage of body fat that is appropriate for your body, consult your physician.

How to Obtain Warranty Service

In the U.S.A.: If you have any questions regarding this warranty or would like to obtain warranty service, please call 1 800-672-5625 and a convenient service center address will be provided to you.

In Canada: If you have any questions regarding this warranty or would like to obtain warranty service, please call 1 800-667-8623 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions located in Boca Raton, Florida 33431. In Canada, this warranty is offered by Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions, located at 20 B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write our Consumer Service Department,

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE

REVIEWING SAVED RECORDS (HISTORY)

- Press the "USER SELECTION" button and use the or button to choose your desired user profile, then the height and the last weight of the selected user will be displayed. Press the "SELECT" button to confirm.
- Press the or button to review up to ten (10) saved records per user.

NOTE: M1 is the oldest record. Once there are 10 records saved, each new record will replace older records in memory.

- If you want to see the other health related measurements for the selected memory record of the selected user, press the other Measurement Buttons (HYDRATION, BODY FAT, BMI, DCI) after weight is displayed.

NOTE: If you want to change the height or goal weight for an individual user, follow the steps in the SETTING YOUR USER PROFILE/GOAL section.

5 YEAR LIMITED WARRANTY

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Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of five years from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty. This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. JCS dealers, service centers, or retail stores selling JCS products do not have the right to alter, modify or in any way change the terms and conditions of this warranty. This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

What are the limits on JCS's Liability?

JCS shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition. Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty. JCS disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise. JCS shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party. Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

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