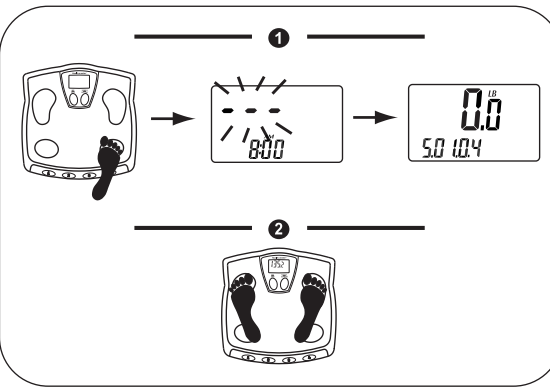
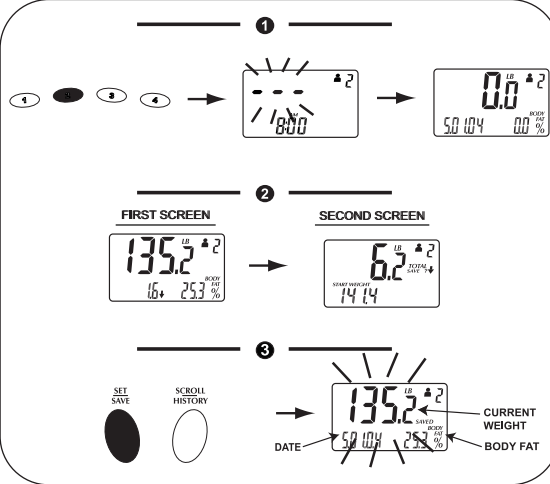


Congratulations on your purchase of this Health o meter® wellness monitoring product. It's so much more than just a scale. It helps monitor your weight and body fat composition for up to four different users. It also tracks weight changes and compares them to your goal. It's easy to use. Once your profile is set, your scale is ready to use. Also, you can save up to five records for each user. It's that simple!

2. Step on the scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. The LCD display will flash "- - -" several times for approximately 3 seconds before displaying your weight. Stand still while reading the display.



CAUTION Weight exceeding the capacity (350 lb/159 kg) may damage your scale. This product is designed for personal use only. Not for commercial or industrial use. This unit is not waterproof; avoid contact with excessive moisture.

The diagram shows the front of the Health o meter scale with the following numbered callouts:

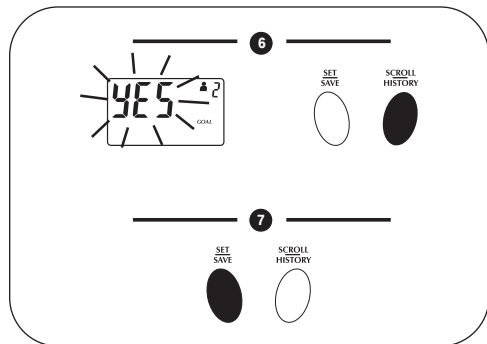
- 1: Top left corner of the display area.
- 2: Bottom left corner of the display area.
- 3: Top left corner of the entire device.
- 4: Top right corner of the entire device.
- 5: Bottom center of the device, between the two foot pedals.
- 6: Top right corner of the display area.
- 7: Top right corner of the entire device.
- 8: Bottom right corner of the display area.
- 9: Bottom right corner of the entire device.
- 10: Bottom left corner of the entire device.
- 11: Bottom right corner of the entire device.

- Women naturally store approximately 5% more body fat than men.

-

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

NOTE: Each digit is set separately, until you have programmed your goal weight.



Stacked bar chart showing the percentage distribution of age ranges for different levels of education. The Y-axis represents percentage from 11% to 32%. The X-axis shows age ranges: ≤19, 20-29, 30-39, 40-49, and ≥50. The legend indicates five education levels: Less than high school (diagonal lines), High school (cross-hatch), Some college (solid grey), Bachelor's (vertical lines), and Graduate (horizontal lines).

Age Range	Less than high school	High school	Some college	Bachelor's	Graduate
≤19	11%	1%	6%	0%	0%
20-29	1%	1%	6%	1%	0%
30-39	1%	1%	6%	1%	0%
40-49	1%	1%	6%	1%	0%
≥50	1%	1%	6%	1%	0%

Age Range	Less than high school	High school	Some college	Bachelor's	Graduate
≤19	13%	17%	10%	10%	50%
20-29	10%	10%	15%	15%	50%
30-39	10%	10%	15%	15%	50%
40-49	10%	10%	15%	15%	50%
≥50	10%	10%	15%	15%	50%

Extracted from *Principals & Labs for Fitness and Wellness*, 1st Edition ©1999.
To determine the percentage of body fat that is appropriate for your body, consult your physician.

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- The diagram illustrates the steps to set the alarm clock:
- Step 8:** Pressing the **ALARM** button sets the alarm time to 10:00. The display shows "10:00" with AM/PM indicator, DAY FRI, and DATE 09/07.
 - Step 9:** Pressing the **TIME** button changes the time to 13:00. The display shows "13:00" with AM/PM indicator, DAY FRI, and DATE 09/07.
 - Final Step:** Pressing the **TIME** button again returns the display to the current time, 00:00, with AM/PM indicator, DAY MON, and DATE 09/04.

[illegible]

1. Press one of the **"USER"** buttons. Display will show TIME, DATE and user profile; then it will calibrate ("· · ·") and will show **"0.0"** with either **"LB"** or **"KG"** as well as **"0.0"** body fat.
2. Step on the scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. Stand still while reading the display. Three screens will be displayed.
3. Step off the scale and press the **"SET/SAVE"** button to save your reading.

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

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