Health o meter®

STAINLESS STEEL BODY FAT SCALE

User's Manual
Model BFM142



www.healthometer.com

WELCOME!

Congratulations on your purchase of this Health o meter® wellness monitoring product. It helps monitor the weight, body fat, hydration, bone mass and BMI levels for up to four different users.

PLEASE READ CAREFULLY AND SAVE

For information on service or warranty, contact Sunbeam Products, Inc. at 1-800-672-5625 or go to www.healthometer.com.

About Your Health o meter Scale

The Health o meter® Body Fat Scale can help you in achieving your physical best by providing critical measurement estimates including: BODY FAT PERCENTAGE, HYDRATION, BONE MASS and BMI.

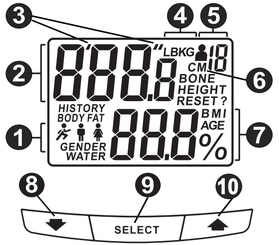
IMPORTANT!

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 are bare foot.
- 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.

Keys and Icons



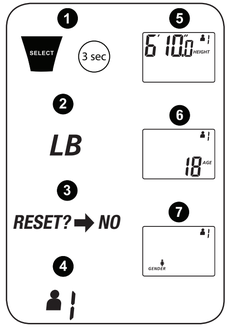
1. Gender Symbols
2. Weight, Height and Bone Mass Readout
3. Height displayed in feet and inches
4. Unit of Measure: Pounds (LB) or Kilograms (KG)
5. User number and memory indicator
6. Height displayed in Centimeters
7. Body Fat % / Age / Hydration Level / BMI Readout
8. DOWN ( ) Button
9. SELECT Button
10. UP ( )Button

Operating Instructions

FIRST USE: Please remove protective battery tab from underneath the scale.

First Time Programming

Note: In order for the scale to measure your body fat %, BMI, hydration level, and bone mass, you must set up a personal user profile.



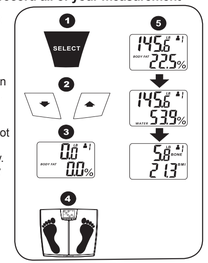
1. When the scale is off, press and hold the **SELECT** button for 3 seconds.
2. Press the ( ) or ( ) buttons to select the unit of measurement as "**LB**" (pounds) or "**KG**" (kilograms) and then press the **SELECT** button.
3. When prompted to "Reset?", press the ( ) or ( ) buttons to select **NO**, then press **SELECT** button.
4. Press the ( ) or ( ) buttons to select the desired USER, then press the **SELECT** button.
5. Press the ( ) or ( ) buttons to select the desired HEIGHT in feet/inches or centimeters, then press the **SELECT** button.
6. Press the ( ) or ( ) buttons until your correct AGE is shown on the display; then press the **SELECT** button.
7. Press the ( ) or ( ) buttons to select your gender (MALE or FEMALE); then press the **SELECT** button.
8. Once you have entered your information, wait until the display shows "*0.0*". Your profile is now programmed and the scale is ready for use.

Repeat Steps 1-8 to program another user's profile.

NOTES: If a button is not pushed within 20 seconds during programming, the scale will turn off automatically. If the scale is operating in the Kilograms (KG) mode, the height will be set in centimeters (CM).

Monitoring your Weight, Body Fat Composition, Hydration, Bone Mass and BMI Levels

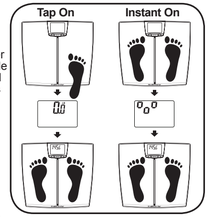
NOTE:Make sure you have programmed your personal data. In order for a record to be stored, the scale must record all of your measurement readings. Place the scale on a flat, level surface. A hard surface is best to achieve maximum accuracy.



1. Press the **SELECT** button.
2. Press the ( ) or ( ) buttons to select the desired USER and press **SELECT**. Your last weight and body fat will automatically appear on the screen, followed by your hydration reading.
3. Wait until "*0.0*" appears on the display.
4. **Stand on the scale with bare feet.** If you are wearing shoes or socks, the scale will not be able to read you body fat %. An "E" will be displayed on the lower half of the display.
5. During the weight measurement, the display will flash "0.0" .The first screen with display your weight and body fat percentage. The second screen will display your weight and hydration. The third screen will display your bone mass and BMI.
6. The scale will turn off automatically after a few seconds of inactivity.

Weight-only Function

If you are only looking to get your weight measurement, simply use the Instant On or Tap On methods shown below.



1. Place the scale on a flat surface. A hard surface is best for maximum accuracy.
2. Step onto the scale and position your feet so that your weight is distributed evenly over the scale platform. Stand still while the scale calculates your weight. The LCD display will flash "0.0" several times for a few seconds before displaying your weight. Stand still while reading the display.

Tap on instructions

- Tap on lower right hand corner of platform
- Wait for "*0.0*"
- Step On scale

Instant on instructions:

- Step on scale

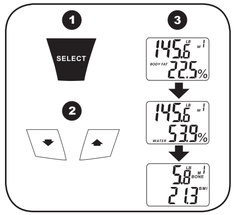
NOTE: During the "Instant On" weighing, if you see "- - -", the scale has recalibrated. Please step off, and back onto the scale to weigh yourself again.

Whether you remain standing on the scale, or you step off the scale immediately after your weight is displayed, your weight will continue to display for a a few seconds and then turn off automatically.

⚠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.

REVIEW A USER'S HISTORY

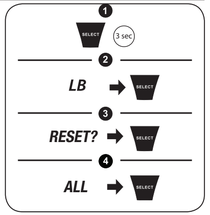
NOTE: The scale can save up to 10 records per user. In order for a record to be stored, the scale must record all of your measurement readings.



1. Press the **SELECT** button.
2. Press the ( ) or ( ) buttons to select the desired USER and press **SELECT**. Your last weight and body fat will automatically appear on the screen, followed by your hydration, bone mass and BMI reading.
3. Use the ( ) or ( ) buttons to start reviewing the saved records.

RESETTING DATA

1. When the scale is off, press and hold the **SELECT** button for 3 seconds.
2. Press the ( ) and ( ) buttons to select the desired unit of measurement (LB/KG), then press the **SELECT** button.
3. Press the ( ) or ( ) buttons to select YES and press **SELECT** button to confirm.
4. Press the ( ) or ( ) buttons to cycle through individual or all users and then press **SELECT** to confirm.



TROUBLESHOOTING

If "E" appears on the upper row of 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).

If "E" appears on the lower row of the display:

- The scale cannot measure body fat.
- Ensure you stand on the scale with bare feet.



NOTE: Display will turn off automatically in 20 seconds if no key is pressed.

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

Installing the Batteries



1. Locate the battery cover on the back of the scale.
2. Remove the battery cover and insert four (4) AA batteries.
3. Replace the battery cover
4. If "LO" appears in the display, replace the batteries.

Note: Do not use rechargeable batteries.

CARING FOR YOUR SCALE

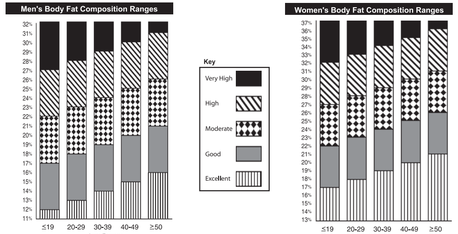
Periodically wipe the scale surface down with a DRY cloth to remove dust.

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) Connect the product into an outlet on a circuit different from that to which the receiver is connected; d) Consult the dealer or an experienced radio/TV technician for help. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

BODY FAT COMPOSITION RANGES



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.

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:

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

Body Hydration Levels

Body hydration ranges, shown as a percentage of your body weight		
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%

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.

BONE MASS

This bone mass feature measures the weight of bone or amount of mineralized tissue in the bone in your body.

Importance of Bone Mass

The amount of bone in the skeleton at any age is the result of the quantity of bone gained during growth and the loss of bone that occurs with aging.

Skeletal maturity and peak bone mass (PBM) occurs around age 20 to 30 years of age. Many factors contribute to the achievement of peak bone mass, which is regarded as the bone bank for the remainder of life. Building maximum bone mass contributes to counteracting the inevitable bone loss caused by aging.

Critical Years of Building Bone Mass

Studies have shown that gains in bone mass are Rapid during adolescence and that up to 25% of PBM is acquired during the 2 year period across the adolescent growth spurt.

During the peak of the growth spurt, boys and girls have reached 90% of their adult stature, but only 57% of their adult bone mineral content. At least 90% of PBM is acquired by age 18.

Gender Differences

Peak bone mass tends to be higher in men than in women. Before puberty, boys and girls acquire bone mass at similar rates. After puberty, however, men tend to acquire greater bone mass than women.

Tracking of Bone Mass

The amount of bone that is gained during adolescence is the main contributor to PBM, which, in turn, is a major determinant of osteoporosis and fracture risk in elderly persons.

Determinants of Bone Mass

Studies of various sample populations show that about three fourths of the variance in peak bone mass is attributable to hereditary factors. The remaining fraction of the variance in peak bone mass is caused by environmental factors, such as nutrition and physical activity.

Heredity

This is an important determinant of bone mass. Data from mother-daughter pairs, sibling pairs, and twin studies have estimated the heritability of bone mass to account for 60% to 80% of its variance.

Physical Activity

The impact of exercise and physical activity on skeletal integrity has generated considerable interest over the last two decades. The beneficial effects of exercise on bone mass are well documented and is believed to be maintained throughout adulthood in active adults.

Ethnic Differences

For reasons still not known, African American females tend to achieve higher peak bone mass than Caucasian females. These differences in bone density are seen even during childhood and adolescence.

Nutrition

Calcium is an essential nutrient for bone health. Calcium deficiencies in young people can account for a 5 to 10 percent difference in peak bone mass and can increase the risk for hip fracture later in life. Surveys indicate that teenage girls in the United States are less likely than teenage boys to get enough calcium. In fact, less than 10 percent of girls ages 9 to 17 are actually getting the calcium they need each day.

Lifestyle Behaviors

Smoking has been linked to low bone density in adolescents and is associated with other unhealthy behaviors, such as alcohol use and a sedentary lifestyle. The negative impact that smoking has on peak bone mass is further worsened by the fact that those who begin smoking at a younger age are more likely to be heavier smokers later in life. These older smokers are at further risk for bone loss and fracture.

Source: National Council of Strength and Fitness 2008
US National Institutes of Health

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 is one of the tools that Healthcare providers use to assess a person's risk of developing diabetes, heart disease, or other health problems.

BMI for Adults

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

BMI Weight	Status
Below 18.5	Low
18.5 - 24.9	Normal
25.0 - 29.9	High
30.0 and Above	Very High

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

What should I do if my BMI measurement is too high?

If your BMI is between 25 and 30 and you are otherwise healthy, try to avoid gaining more weight, and look into healthy ways to lose weight and increase physical activity. Talk to your health care provider about losing weight if

- your BMI is 30 or above, or
- your BMI is between 25 and 30 and you have:
  (a) two or more of the health problems listed below or
  (b) a family history of heart disease or diabetes

How does extra weight affect my health?

Extra weight can put you at higher risk for some health problems such as:

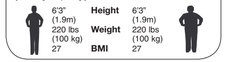
- Type 2 diabetes (high blood sugar)
- High blood pressure
- Heart disease and stroke
- Some types of cancer
- Sleep apnea (when breathing stops for short periods during sleep)

Contact your health care provider for more information.

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 fatness 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.



Your Healthy Lifestyle

Health and fitness isn't just about counting calories and cutting fat out of your diet. It is about a balanced combination of eating right and exercising: neither dieting nor exercising alone will give you the kind of results you get when they are used together. To achieve a healthy lifestyle, you must set realistic fitness goals and reduce the number of calories you take in, regardless of whether they come from foods high in protein, carbohydrates, etc.

When you go on a diet, you may lose weight, but you'll also lose beneficial muscle and bone tissue. Instead, reduce the number of calories you are taking in by eating more healthful foods, and include exercise in your regular routine to lose weight faster by burning fat. Exercise makes you feel better; it helps improve circulation, relieves stress, and speeds up your metabolism. So create a plan of exercise and diet appropriate for your needs, body type, and general health. Soon you'll see how this powerful combination makes it easier to look and feel your best.

Helpful Eating Tips

- Make sure no more than 30% of your daily calories come from fat, with no more than 10% saturated fat.
- Never skip meals! Instead, eat sensible portions at every meal and use small, low calories snacks between meals to help control hunger.
- Learn to read food labels and follow recommended serving sizes.
- Balance your calorie intake with your activity level. Eat less on low activity days than you do on days where you enjoy rigorous exercise.

Helpful Exercise Tips

- Set goals. Write down what you want to achieve in the short and long term.
- Make exercise a habit. Choose a time every day - even 30 minutes - and stick to it.
- Vary your workout. Mix up your activities to avoid burn out.
- Recruit a friend! Working out as a team keeps you both motivated.

NOTE: The materials in this manual are based on information from the National Institutes of Health and Center for Disease Control (CDC). They 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.**

5 YEAR LIMITED WARRANTY

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

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.

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.

© 2011 Sunbeam Products, Inc. doing business as Jarden Consumer Solutions. All rights reserved. Distributed by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions, Boca Raton, Florida 33431.
Printed in China.

137901 GCDS-HOM22711-SZ