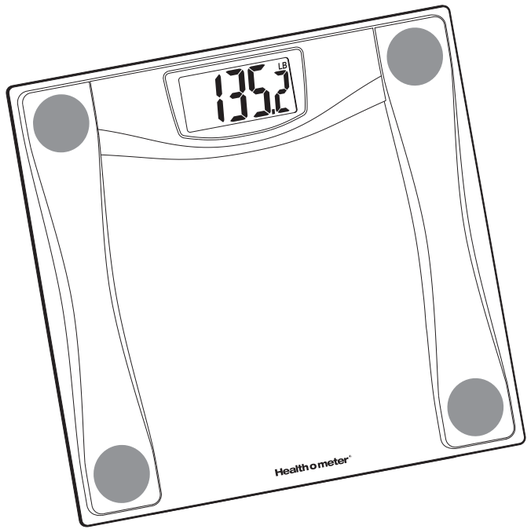
Health o meter®

WEIGHT TRACKING SCALE

User's Manual

Model HDM165-53



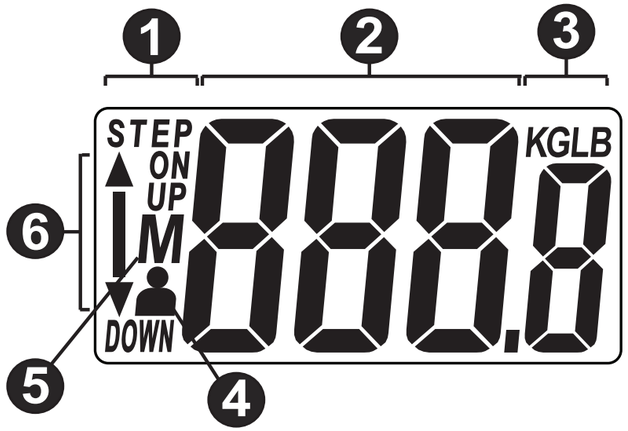
PLEASE READ CAREFULLY AND SAVE

Congratulations on your purchase of this Health o meter® weight tracking scale. It is so much more than just a scale! You can monitor your weight and weight changes for up to 4 different users.

Due to continuous product development, your scale might look different than the one shown in this user's manual.

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

KEYS AND ICONS



1. Step On Indicator
2. Weight Readout
3. Unit of Measure: Pounds (LB) or Kilograms (KG)
4. User Number
5. Memory Indicator
6. Difference in weight compared to previously saved weight

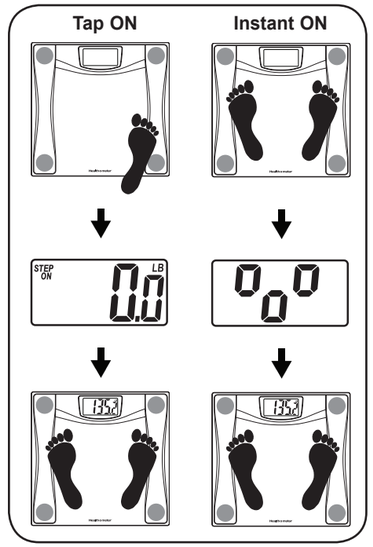
IF WEIGHING IN KG

1. Turn on the scale by tapping the bottom right corner of the platform.
2. Choose kilograms (KG) using the selector push button on the back of the scale.



USING YOUR WEIGHT TRACKING SCALE

Your scale includes a weight tracking feature which will show the user how much weight has been gained/lost from the previous weight reading.



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. The LCD display will flash "0.0" several times for a few seconds before displaying your weight. Stand still while reading the display.

NOTE: This scale offers both "Instant ON" (Step onto scale) or "Tap ON" (tap on lower right corner and wait for "0.0" for weight measurement). During the "Instant ON" weighing, if you see "---", the scale has recalibrated. Please step on the scale to weigh yourself again. This model will save readings for up to four (4) users.

3. Step off of the scale and prepare to select a user number for weight tracking.

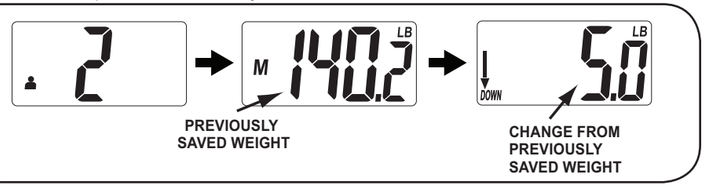
NOTE: Your weight will be displayed for a few seconds and then the scale will begin cycling through user numbers (1 - 4).

4. Select a user number by tapping the lower right hand corner of the scale when the number appears.

NOTE: Your current weight has now been saved under a user number.

5. After saving, the display will briefly show your previously saved weight (if applicable) and will then show the difference between your current weight and previously saved weight.

NOTE: In order to preserve battery life, your scale will automatically turn off after a short period of inactivity.



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REPLACING THE BATTERIES

This unit includes two (2) AA batteries. When "LO" appears on the display, replace the battery.

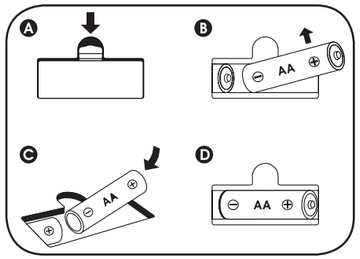
Battery Replacement

a) Locate the battery cover on the back of the scale. Push the locking tab and pull the battery cover up.

b) Use the tip of a pen to loosen the battery. Hold the scale at an angle to allow each battery to slide out.

c) Firmly place two new batteries into the battery compartment.

d) Replace the battery cover.



CAUTION

Do not mix old and new batteries.
Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries. Removing the battery will not affect the recorded data and user profile.

CARING FOR YOUR SCALE

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

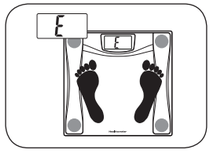
CAUTION

Weight exceeding the capacity (400 LB/182 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.

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 / 182 kg).



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 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.

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

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