Health o meter®

WEIGHT TRACKING SCALE WITH PROGRESS BAR

User's Manual
Model HDM166-60



www.healthometer.com

WELCOME!

Congratulations on your purchase of this Health o meter® weight tracking scale. In addition to tracking your weight, the scale features a LED Progress Bar that shows you how close you are to achieving your weight goal.

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

PRIOR TO FIRST USE:

Be sure to remove the protective battery tab underneath the platform. Refer to Battery Replacement section for additional information.

IMPORTANT!

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

⚠CAUTION!

- Always place your scale on a flat hard surface, which will offer the most consistent and accurate measurement of your weight. **Placing the scale on any type of rug, carpet or soft surface will cause an inaccurate weight reading.**

Keys and Icons



1. Weight, Height and BMI Readout
2. Height displayed in feet and inches
3. Unit of Measure: Pounds (LB) or Kilograms (KG)
4. User number indicator
5. Height displayed in Centimeters
6. Step On / Start weight / BMI / Goal weight / Reset indicators
7. Progress Bar display
8. DOWN (▼) Button
9. SELECT Button
10. UP (▲)Button

Operating Instructions

Weight-only Function (2 Options)

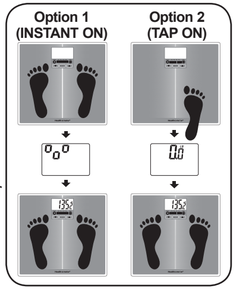
Option 1 (INSTANT ON)

Step on scale and position both feet in a manner that will distribute the weight evenly over the scale. Scale will calibrate for a few seconds prior to displaying your weight.

Option 2 (TAP ON)

Tap on lower right hand corner of scale. After the scale has calibrated, step on scale and position both feet in a manner that will distribute your weight evenly over the platform.

After stepping on the platform, the scale will display your weight and unit of measurement.



Progress Bar Feature

Your scale includes an innovative progress bar display which shows you how close you are to getting to your goal weight. LED bars will illuminate as you get closer to your goal.

Set up

In order for you to use the progress bar feature **you must set up a user profile and a goal weight**. Up to four user profiles can be saved on the scale.

User profile set up

1) While the scale is off, press the SELECT button below the display.
2) A user number will blink on the display. Press the arrow buttons to select user. Confirm the user number (1-4) by pressing SELECT again.
3) The display will transition to your height in feet and inches. Use the arrow buttons below the display to cycle through the digits. Press SELECT to confirm your height in feet and inches.
4) The display will then transition to whether you want to set up a weight goal. Use the arrow buttons to cycle through YES or NO. Confirm your selection by pressing SELECT.

Operating Instructions

NOTE: if you choose NO then the progress bar will not be able to be used.

5) If you select YES, then the display will transition to your goal weight. Use the arrow buttons to cycle to your goal weight and then press SELECT to confirm and save your goal weight.

Using the Progress Bar feature

1) Press the SELECT button while the scale is off.
2) Use the arrow buttons to cycle through the user numbers and press SELECT to confirm your user number.

Note: Your prior weight measurement will also display after your initial weigh in.

3) The scale will then take a few seconds to calibrate.
4) Step on the scale after it calibrates and position both feet in a manner that will distribute the weight evenly over the scale platform.

Progress Bar/BMI Readout

1st screen: Displays your current weight.
The Start/Goal and progress LED's will be illuminated.
2nd screen: Displays your start weight.
The Start LED will be illuminated on the Progress Bar.
3rd screen: Displays your goal weight.
The Goal LED will be illuminated.
4th screen: Displays weight loss (or gain) remaining to achieve goal.
Start, Goal, and current progress LED's will be illuminated in solid green. Weight loss (or gain) to go will blink in sequence.
5th screen: Display will transition to the users BMI - Body Mass Index. BMI (body mass index) is a measure of your health and compares your weight in relation to your height. See Page 6 for additional information on BMI.

Power off

The scale will automatically shut off whether you continue standing on the scale or if you get off of it.

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.

HDM166-60_11EM1.indd 1 9/9/11 8:20 AM

TROUBLESHOOTING

If “E” is displayed then the weight has exceeded 400 pounds or the scale needs to be calibrated.

If the scale needs to be recalibrated in User/Progress Bar mode, simply wait for the scale to automatically calibrate. A “Step On” message will appear on the display when the calibration has been completed.

Weight Variation

It is normal for your weight to vary during a day and from one day to another. Slight changes in your weight are normal.

Changing unit measurements/Resetting data

1) Press and hold the SELECT button while the unit is OFF.
2) The LB measurement will blink on the screen.
3) Use the arrow buttons to toggle between LB and KG.
4) Press SELECT to confirm.
5) Display will transition to “RESET?”
6) Use the arrow buttons to cycle through the individual users and press SELECT to confirm.

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

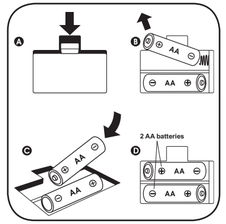
INSTALLING THE BATTERIES

Battery

This scale includes two (2) AA batteries.

Battery Replacement

1) Locate the battery cover on the back of the scale.
2) Push the locking tab and pull the battery cover up.
3) Remove both of the old batteries.
4) Insert two new batteries and press them firmly into the compartment.
5) Replace the battery cover.



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 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.

6'3" (1.9m)	Height	6'3" (1.9m)
220 lbs (100 kg)	Weight	220 lbs (100 kg)
27	BMI	27

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.

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