

Health o meter™

DIGITAL TAPE MEASURE

User's Manual
Model HDTM012-69



www.healthometer.com

WELCOME!

Congratulations on your purchase of this Health o meter™ digital tape measure. This product will help to measure and store up to eight body part circumferences.

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.

WARNING

Not a toy.

Not to be used by children without adult supervision.

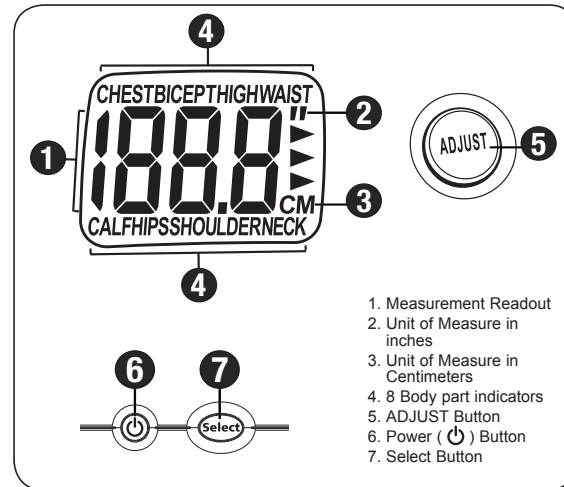
This product is designed for personal use to measure body circumferences only. Not for commercial or industrial use, or linear measurement of length.

Do not retract the tape too fast.

ABOUT YOUR HEALTH O METER TAPE MEASURE

The Health o meter™ Digital Tape Measure helps you to measure and record up to eight body circumferences.

Keys and Icons



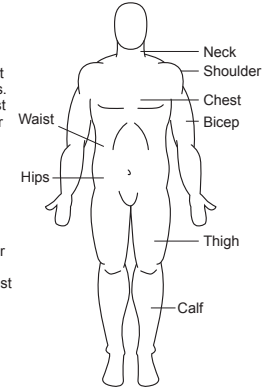
OPERATING INSTRUCTIONS

1. Press the **POWER** (⏻) button to turn the unit on. Make sure the tape is fully retracted.
2. The screen will automatically prompt a body part to be measured.
3. Pull the tape and wrap it around the body part.
4. Insert the locking pin into the tape receptacle.
5. Push and hold the **ADJUST** button until the tape has fully retracted around the body part.
6. Press "**Select**" to confirm the measurement. The unit will make an audible beep.
7. Press "**Select**" to save the reading to memory and move to the next body part. The unit will make an audible beep.
8. Fully retract tape. This will prepare the unit for the next measurement and ensure accuracy.
9. Repeat the same set of steps for each of the body parts.

NOTE: if you don't want to measure a certain body part then press the "Select" button to move to the next body part.

Measuring sites:

- Neck:** While standing, measure neck at largest girth above the Adam's apple
- Shoulder:** While standing, measure the greatest circumference around your shoulders. Take measurement around the widest part of your arm. Arm can be bent or straight.
- Bicep:** While standing, measure the circumference of your chest just above the nipple area. Make sure you have exhaled prior to taking measurement.
- Chest:** While standing, measure at the midway point between the top of your hip and the bottom of your rib cage.
- Hips:** While standing, measure at the largest girth around your hips and buttocks.
- Thigh:** While standing, measure the widest girth below the buttocks.
- Calf:** While seated, measure at its widest girth.



Directions:

- It is recommended to take measurements in a relaxed state. Do not flex while taking the measurements.
- Measurements should be taken prior to any physical activity.
- Measurements should be taken on the right side of the body.

Health o meter™

CINTA MEDIDORA DIGITAL

Manual del usuario
Modelo HDTM012-69



www.healthometer.com

¡BIENVENIDO!

Felicitaciones por adquirir esta cinta medidora digital Health o meter™. Este producto ayudará a medir y guardar hasta ocho medidas de circunferencias corporales.

LEA CON ATENCIÓN ESTE MANUAL Y GUÁRDELO

Para obtener información sobre el servicio o la garantía, comuníquese con Sunbeam Products, Inc. al 1-800-672-5625 o visite www.healthometer.com.

ADVERTENCIA

No es un juguete.

No está diseñado para que lo usen los niños sin la supervisión de un adulto.

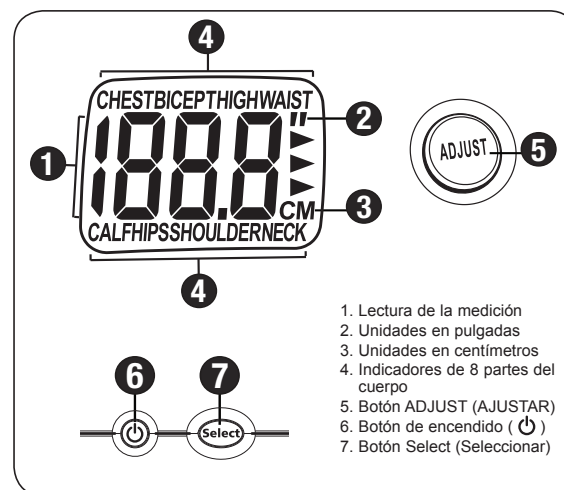
Este producto está diseñado para uso personal para medir la circunferencia corporal solamente. No para uso comercial o industrial ni para medición lineal de longitud.

No retraiga la cinta demasiado rápido.

SOBRE SU MEDIDOR HEALTH-O-METER

La cinta medidora digital Health o meter™ le ayuda a medir y registrar las medidas de hasta ocho circunferencias corporales.

Teclas e iconos

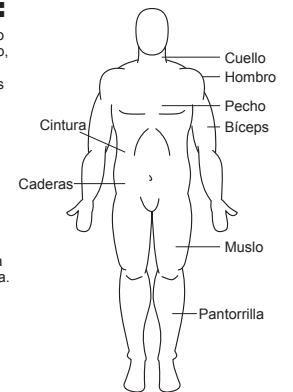


INSTRUCCIONES DE OPERACIÓN

1. Presione el botón **POWER (ENCENDIDO)** (⏻) para encender la unidad. Compruebe que la cinta está completamente recogida.
 2. La pantalla mostrará automáticamente una parte del cuerpo a medir.
 3. Jale la cinta y enróllela alrededor de la parte del cuerpo.
 4. Inserte el pasador de fijación en el receptor de la cinta.
 5. Oprima y sostenga el botón **ADJUST (AJUSTAR)** hasta que la cinta se haya recogido completamente alrededor de la parte del cuerpo.
 6. Presione el botón "**Select**" (**Seleccionar**) para confirmar la medición. La unidad emitirá un "bip" audible.
 7. Pulse el botón "**Select**" (**Seleccionar**) para guardar la lectura de la memoria y pasar a la siguiente parte del cuerpo. La unidad emitirá un "bip" audible.
 8. Retraiga completamente la cinta. Esto permitirá preparar la unidad para la siguiente medición y asegurar la exactitud.
 9. Repita los mismos pasos para cada parte del cuerpo.
- NOTA: Si usted no desea medir alguna parte del cuerpo, oprima el botón "Select" (Seleccionar) para cambiar a la siguiente parte.**

Sitios de medición:

- Cuello:** Mientras está de pie, mida el cuello en la parte más ancha del contorno, por arriba de la manzana de Adán.
- Hombro:** De pie, mida la circunferencia más grande alrededor de los hombros.
- Biceps:** Tome la medición alrededor de la parte más ancha del brazo. El brazo puede estar doblado o estirado.
- Pecho:** De pie, mida la circunferencia del pecho, justo por encima del área del pezón. Debe hacer exhalado antes de tomar la medida.
- Cintura:** De pie, mida en el punto medio entre la parte superior de la cadera y la parte inferior de la caja torácica.
- Caderas:** De pie, mida en la parte más ancha de sus caderas y glúteos.
- Musio:** De pie, mida la parte más ancha por debajo de los glúteos.
- Pantorrilla:** Sentado, mida en la parte más ancha.



Instrucciones:

- Se recomienda tomar las medidas en un estado relajado. No se flexione mientras toma las medidas.
- Las medidas se deben tomar antes de cualquier actividad física.
- Las mediciones deberán hacerse en el lado derecho del cuerpo.

CAUTION This product is designed for personal use only. Not for commercial or industrial use. This unit is not waterproof; avoid contact with excessive moisture.

Recording Measurements

In order to save the measurement for a body part, press the "Select" button while the displayed reading is blinking. The measurement will be displayed on the screen when you are ready to measure that body part again.

NOTE: All saved readings will be reset to zero when battery is replaced.

NOTE: The previously stored measurement will be replaced when a new measurement is saved.

Viewing Prior Measurements

To scroll through prior measurements press the "Select" button to cycle through the different body parts.

Calibrating the Unit

If you want to zero out the unit press and hold the POWER () and "Select" buttons. Make sure that the tape is fully retracted when you are doing this.

Changing Units of Measurement

You can switch between inches and centimeters by pressing and holding the "Select" button.

Turning the Unit Off

To turn the unit off, press and hold the POWER () button.

TROUBLESHOOTING

Error Display ("E")

If the readout is a negative value, "E" will appear on the display:



- To reset the unit, turn the unit off by pressing and holding the POWER () button. Make sure that the tape is fully retracted. Follow the OPERATING INSTRUCTIONS to re-start the measurements again.

- To zero out the unit, follow the above section of "Calibrating the Unit".

NOTE: Display will turn off automatically in 2 minutes if no button is pressed.

Battery Low Display ("Lo")

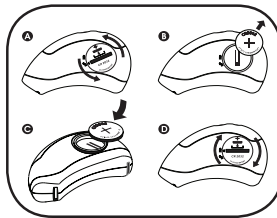
If the battery power is weak, "Lo" will appear on the display, follow the subsequent section of "REPLACING THE BATTERY" to replace with new battery.



REPLACING THE BATTERY

- Locate the battery cover on the back of the tape measure.
- Use a flat head screwdriver or coin to rotate the battery cover counter clockwise to the Unlock () position.
- Remove the used battery and insert a new Lithium battery (CR2032-3V).
- Rotate the battery cover clockwise to the Lock () position.

NOTE: The Lithium coin battery(s) used in this product contains perchlorate material. Special handling may apply in California. Go to: www.dtsc.ca.gov/hazardouswaste/perchlorate for more information.



CARING FOR YOUR TAPE MEASURE

Periodically wipe the surface of the tape measure with a DRY cloth to remove dust.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE

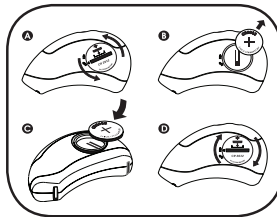
This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

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.

REEMPLAZO DE LA BATERÍA

- Localice la cubierta de la batería en la parte posterior de la cinta medidora
- Use un destornillador de punta plana o una moneda para girar la cubierta de la batería en el sentido contrario a las manecillas del reloj a la posición Unlock (Desbloqueo) ().
- Quite la batería usada e inserte una nueva batería de litio (CR2032-3V).
- Gire la cubierta de la batería en el sentido de las manecillas del reloj para colocarla en la posición Lock (Cerrado) ().

NOTE: Las baterías de botón de litio usadas en este producto, contienen perclorato. Es posible que se requiera un manejo especial en California. Visite: www.dtsc.ca.gov/hazardouswaste/perchlorate para más información.



CUIDADO DE SU CINTA MEDIDORA

Limpie periódicamente la superficie de la cinta medidora con un paño SECO para eliminar el polvo.

POTENCIAL INTERFERENCIA DE RADIO/TELEVISIÓN

Este producto se ha probado y se encontró que cumple con los límites para un dispositivo digital de clase B, según la sección 15 de la reglamentación de la FCC. Estos límites están diseñados para proporcionar una protección razonable contra interferencia dañina en una instalación residencial.

El producto genera, usa y puede irradiar energía de radiofrecuencia y, si no se instala y usa de acuerdo con las instrucciones, puede ocasionar interferencia dañina a las radiocomunicaciones. Sin embargo, no hay garantía de que no ocurrirá interferencia en una instalación determinada. Se puede determinar si el producto produce interferencia dañina a la radio o la televisión al apagarlo o encenderlo. Si produce interferencia, se puede corregir con una o más de las siguientes medidas: a) Reorientar o reubique la antena receptora; b) aumente la separación entre el producto y el receptor; c) Conecte el producto en un tomacorriente o un circuito diferente al que esté conectado el receptor; d) Consulte a su distribuidor o a un técnico de radio o televisión. Los cambios o modificaciones no aprobados expresamente por la parte responsable del cumplimiento podrían invalidar la autoridad del usuario para usar el equipo.

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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PRECAUCIÓN Este producto está diseñado sólo para uso personal. No es para uso comercial ni industrial. No es a prueba de agua, evite el contacto con humedad excesiva.

Registro de mediciones

Para grabar la medida de una parte del cuerpo, presione el botón "Select" (Seleccionar) mientras la lectura de la pantalla esté parpadeando. La medición se mostrará en la pantalla cuando esté listo para medir esa parte del cuerpo de nuevo.

NOTA: Todas las lecturas guardadas se borrarán cuando se reemplace la batería.

NOTA: Le medición almacenada previamente será sustituida cuando se guarda una nueva medición.

Cómo ver las mediciones anteriores

Para ver mediciones anteriores, presione el botón "Select" (Seleccionar) para recorrer las diferentes partes del cuerpo.

Calibración de la Unidad

Si desea poner todas las mediciones de la unidad en cero, presione y sostenga los botones POWER (ENCENDIDO) () y "Select" (Seleccionar). Asegúrese de que la cinta esté completamente recogida cuando haga esto.

Cambio de las unidades de medición

Usted puede cambiar entre pulgadas y centímetros si presiona y sostiene el botón "Select" (Seleccionar).

Apagado de la unidad

Para apagar la unidad, presione y sostenga el botón POWER (ENCENDIDO) ().

SOLUCIÓN DE PROBLEMAS

Pantalla de Error ("E")

Si la lectura tiene un valor negativo, aparecerá una "E" en la pantalla:

- Para reiniciar la unidad, apáguela oprimiendo y sosteniendo el botón POWER (ENCENDIDO) (). Compruebe que la cinta esté completamente recogida. Siga las INSTRUCCIONES DE OPERACIÓN para reiniciar las mediciones.



- Para borrar todas las mediciones, siga las instrucciones de la sección "Calibración de la Unidad".

NOTA: La pantalla se apagará automáticamente en 2 minutos si no se presiona algún botón.

Pantalla de batería baja ("Lo")

Si la batería tiene carga baja, aparecerá la señal "Lo" en la pantalla. Siga las instrucciones de la sección "REEMPLAZO DE LA BATERÍA" para cambiarla por una nueva.



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