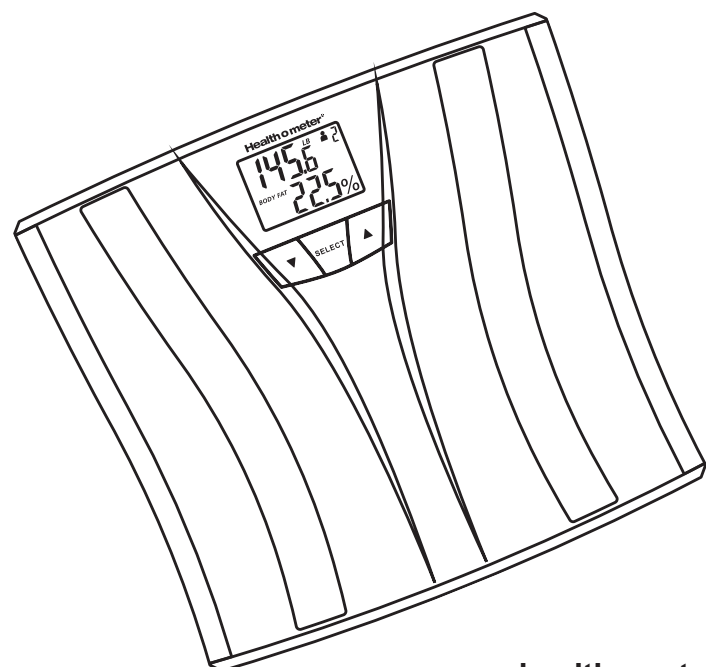


Health o meter®

BODY FAT & HYDRATION MONITORING SCALE

User's Manual
Model BFM883



www.healthometer.com

WELCOME!

Congratulations on your purchase of this Health o meter® wellness monitoring product. It helps monitor the weight, body fat, and body hydration levels for up to two 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 Monitoring Scale can help you in achieving your physical best by providing three critical measurement estimates: BODY FAT COMPOSITION, BODY WEIGHT and BODY HYDRATION LEVEL.

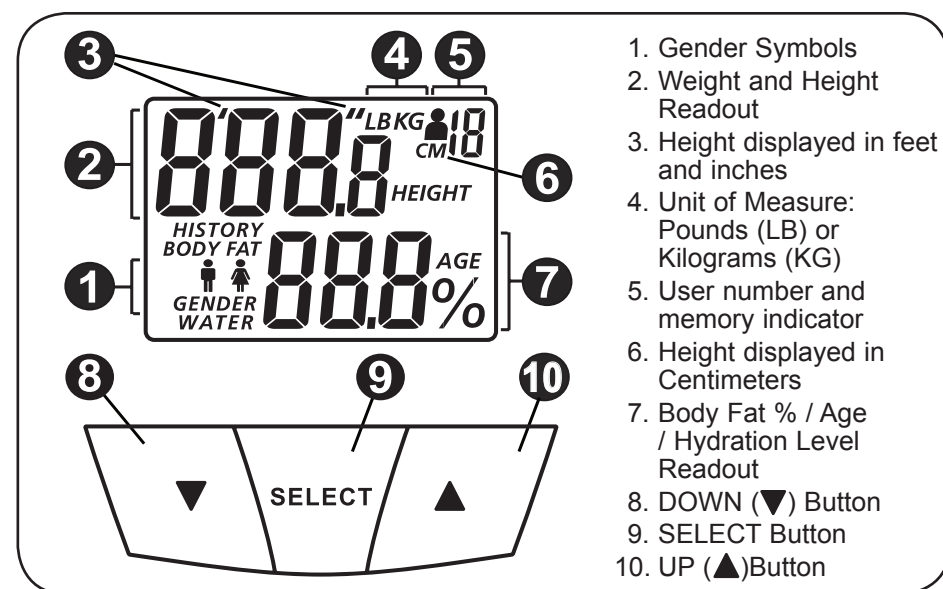
IMPORTANT!

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

CAUTION!

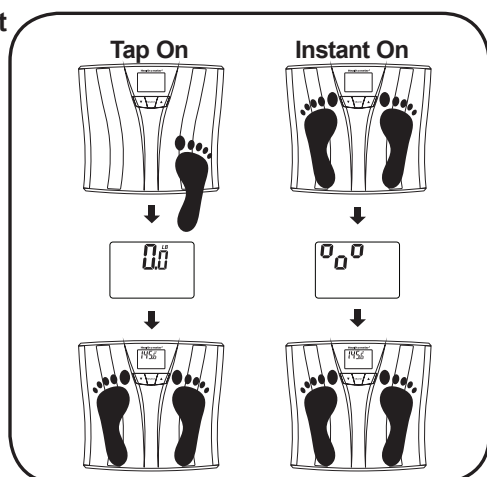
- The use of this scale is not recommended for persons with an electric implant (heart pacemaker).
- The scale will not calculate body fat unless you are bare foot.
- For an accurate body fat estimate, do not bend your knees, and keep your legs/thighs apart and straight when standing on the scale.
- 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



NOTE: This scale offers both "Instant On" (Step onto scale) or "Tap On" (Tap on lower right corner and wait for "0.0" and "Step On"). During the "Instant On" weighing, if you see "E", the scale has recalibrated. Please step on 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 few seconds and then turn off automatically.

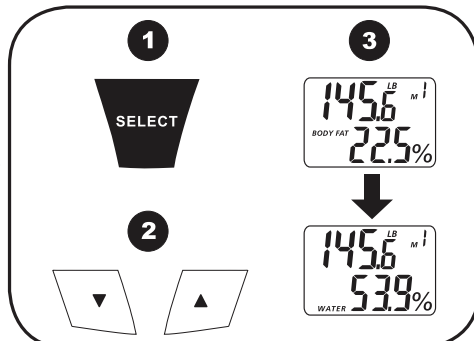


CAUTION: Weight exceeding the capacity (350 lb/159 kg) may damage your scale. Ensure there is no weight being applied to the scale while not in use to prevent battery drainage. This product is designed for personal use only. Not for commercial or industrial use. This unit is not waterproof; avoid contact with excessive moisture.

REVIEW A USER'S HISTORY

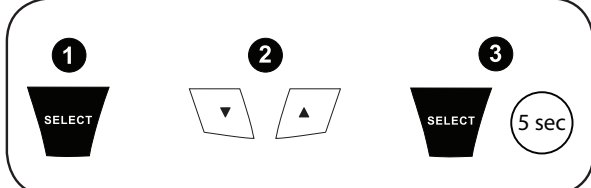
NOTE: The scale can save up to 12 records per user.

- Press the **SELECT** button.
- 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.
- Use the **▲** or **▼** buttons to start reviewing the saved records.



RESETTING AN INDIVIDUAL USER'S DATA

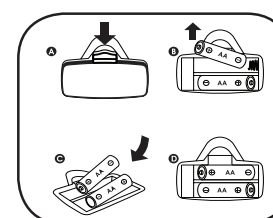
- Press the **SELECT** button.
- Press the **▲** or **▼** buttons to select the desired USER and press **SELECT**. Your last weight and body fat will automatically appear on the screen, followed by your hydration reading.
- Press and hold the **SELECT** button for 5 seconds. The selected user's data has been erased and the scale will turn off.



OPERATING INSTRUCTIONS

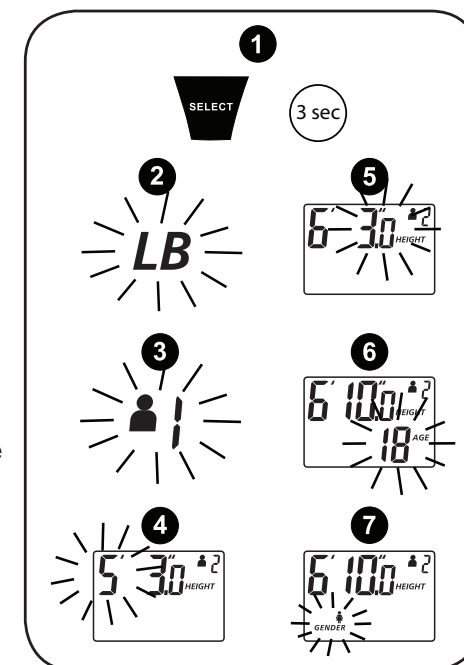
Installing the Batteries

- Locate the battery cover on the back of the scale.
- Remove the battery cover and insert 2 AA batteries.
- Replace the battery cover
- If "Lo" appears in the display, replace the batteries.



First Time Programming

- When the scale is off, press and hold the **SELECT** button for 3 seconds.
- Press the **▲** or **▼** buttons to select the unit of measurement as "LB" (pounds) or "KG" (kilograms) and then press the **SELECT** button.
- Press the **▲** or **▼** buttons to select the desired USER, then press the **SELECT** button.
- Press the **▲** or **▼** buttons to select the desired HEIGHT in feet or centimeters, then press the **SELECT** button.
- If unit of measurement is LB, press the **▲** or **▼** buttons to select the desired INCHES then press the **SELECT** button. Otherwise continue to step 6.
- Press the **▲** or **▼** buttons until your correct AGE is shown on the display; then press the **SELECT** button.
- Press the **▲** or **▼** buttons to select your gender (MALE or FEMALE); then press the **SELECT** button.
- 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 1-7 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, and Hydration Levels

NOTE: Make sure you have programmed your personal data.

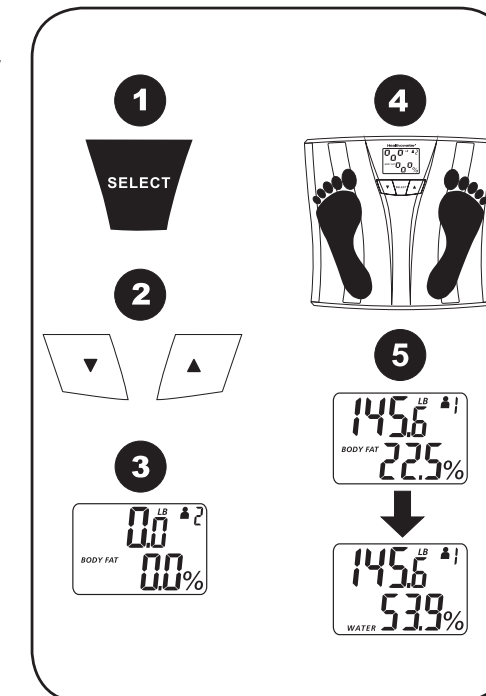
Place the scale on a flat, level surface. A hard surface is best to achieve maximum accuracy.

- Press the **SELECT** button.
- 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.
- Wait until "0.0" appears on the display.
- Stand on the scale with bare feet.

NOTE: For body fat and hydration estimates, always measure with bare feet.

- During the weight measurement, the display will flash "0.0" and your weight will appear. Next, the display will flash "0.0", and your body fat percentage and hydration level will be shown.
- The scale will turn off automatically after a few seconds of inactivity.

NOTE: It is normal for your weight to vary during a day and from one day to another, slight changes in weight are generally normal.



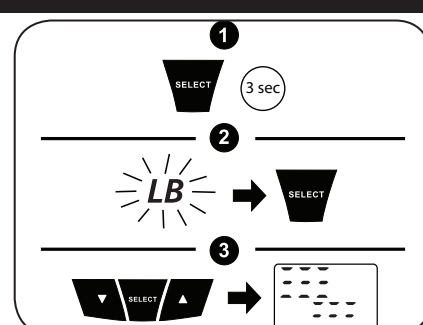
Weight-only Usage

It is not necessary to have the user's personal data programmed into the scale to obtain an accurate weight-only reading.

- Place the scale on a flat surface. A hard surface is best for maximum accuracy.
- 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.

RESETTING ALL DATA

- When the scale is off, press and hold the **SELECT** button for 3 seconds.
- Press the **▲** and **▼** buttons to select the desired unit of measurement (LB/KG), then press the **SELECT** button.
- Press the **SELECT**, **▲** and **▼** buttons simultaneously. Once the "E" appears, release the buttons. The "E" will flash and the scale will turn off. All records have been eliminated.



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 (350 LB/159 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.

CARING FOR YOUR SCALE

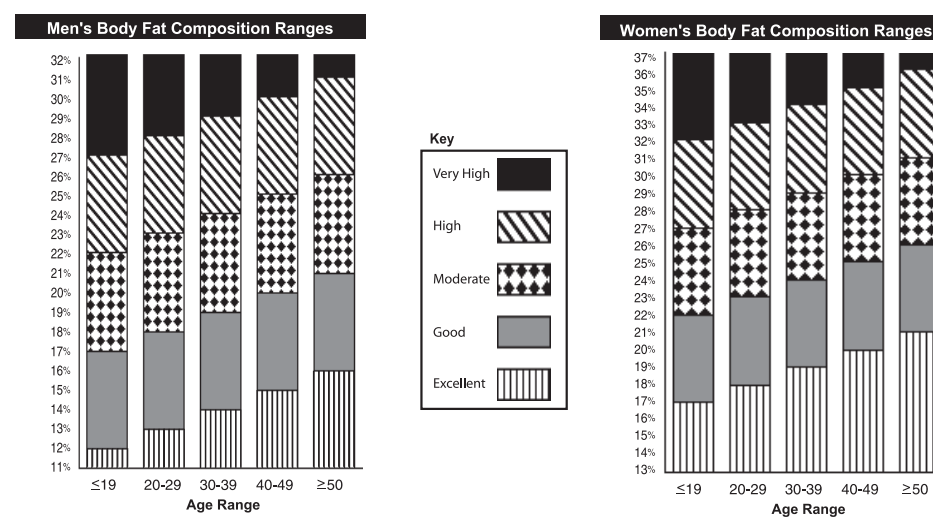
Periodically wipe the scale surface down with a DRY cloth to remove dust.

FCC

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:

- Take your hydration measurements the same time of day.
- Monitor your readings to establish a personal body hydration range.
- Do not drink any caffeinated or alcoholic drinks before taking a measurement.
- 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.

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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