

INSTRUCTIONS FOR USE

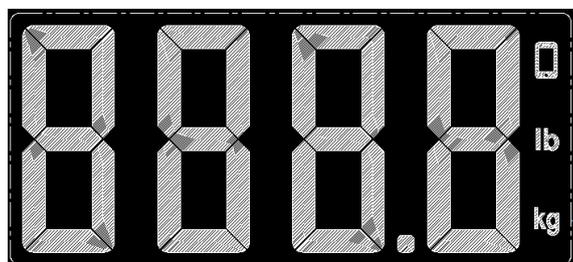
Before Using Scale

1. Remove all packaging materials.
2. Remove the isolator tab from the battery compartment – without opening the battery cover at the bottom of the scale, gently pull out the isolator tab. (In case the tab cannot be pulled out, remove the screw from the battery cover and remove the cover. Gently pull out the isolator tab. Ensure the battery is installed correctly. Replace the battery cover and tighten the screw again.)
3. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible, or soft flooring (such as carpet).

SPECIFICATIONS

- Equipped with a high-precision “Strain-Gauge” sensor
 - Product Size:365X315mm
 - LCD size:90X40mm
 - Capacity 250kg (550lbs)
 - Division 100g/0.2lb
 - Tap-on start
 - Automatic zero reset
 - Overload indicator
 - Automatic switch off
- a. Startup shows 0.0, if the user has no operation, the scale will automatically shut down after about 15S.
 - b. After the weighing weight is locked, if the user does not get off the scale, the body will automatically shut down after about 10S.
 - c. After the weighing weight is locked, if the user comes down from the scale, the body will automatically shut down after about 10S.

- LCD display



Connectivity status indicator

lb unit

kg unit

Battery Replacement

If battery is low and needs to be replaced, “Lo” will appear on screen. Please loosen the screw and remove with the battery cover. Replace the old battery with three new AAA batteries. Clean the batteries contacts and also those of the device prior to battery installation. Ensure the batteries are installed correctly with regard to polarity, then replace the batteries cover and tighten the screw again. Remove batteries from the scale if it will not be used for an extended period of time. Remove used batteries promptly. Properly dispose of the old battery.

Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only.

Switch Unit

Press the button on the back to switch. Lb or kg is available.

Helpful Hints

Bariatric scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings always try to stand on the same area of the scale platform and do not move. Should the weight on the scale exceed the scale's capacity, you may see an error message "Err."

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto a flat surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth only.

THINGS YOU SHOULD KNOW ABOUT MANAGING YOUR WEIGHT

Diet, exercise, and determination all play a part in effective weight management. Your scale is the tool that lets you chart your progress, and measure your success, whether your goal is weight loss, weight gain, or maintaining your current weight.

Because weight varies, as explained below, focus on the progression and sustained long-term changes rather than on exact day-to-day readings. When you're dieting and exercising, small, fluctuating weight gains and losses are common.

Common Causes of Weight Fluctuations (during the day, and day-to-day)

- Water retention and weight gain from consumption of large meals
- Water retention from salt and carbohydrate intake
- Muscle buildup (muscle weighs more than fat) from strenuous resistance training
- Weight loss caused by dehydration due to illness, low fluid intake or strenuous exercise
- Temporary weight gains and losses from menstrual cycle

Weight Maintenance vs. Weight Loss/Gain

Get into the habit of weighing yourself no more than once a week when you're on a weight management program. Weighing in at consistent intervals will give you the most accurate picture of your progress, eliminating many short-term, unrelated weight changes.

Follow These Simple Rules

- Weigh yourself once a week.
- Weigh yourself on the same day of the week.
- Weigh yourself at the same time of day.
- Weigh yourself wearing the same clothes.
- Weigh yourself in the same place.
- Weigh yourself on the same scale.

Weight fluctuates more when a person is overweight or underweight. When the goal is to maintain current weight, weighing yourself more than once a week is a good way to stay on track.

Remember: A scale is an essential tool in any weight management program, but it only records your progress. Exercise, diet and determination are what you need to reach your goal.

Note: This equipment 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. This equipment 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 interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

This equipment complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment.