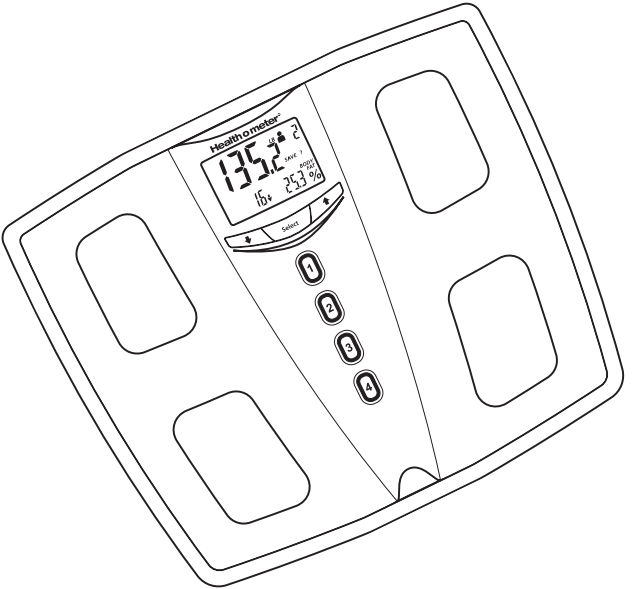


Health o meter®

WEIGHT & BODY FAT MONITORING SCALE

User's Manual

Model BFM884



www.healthometer.com

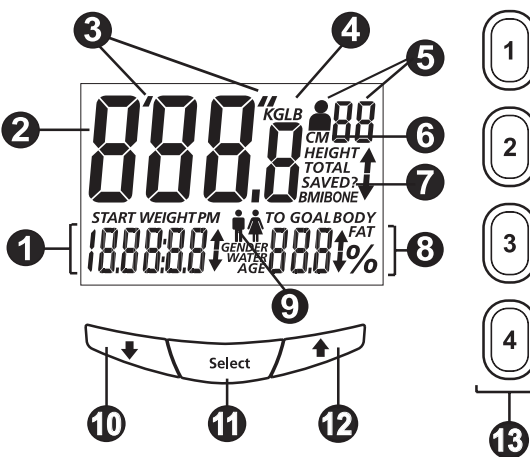
WELCOME!

Congratulations on your purchase of this Health o meter® wellness monitoring product. It helps monitor the weight, body fat, bone mass, body mass index (BMI) and body hydration levels for up to four 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.

KEYS AND ICONS



- Time/Date, start weight and difference in weight compared to previously saved weight
- Height, Weight, BMI, bone mass and total weight readout
- Height displayed in feet and inches
- Unit of Measure: Pounds (LB) or Kilograms (KG)
- User number and memory indicator
- Height displayed in centimeters
- Information ready to be saved
- Body Fat %, Age Readout, hydrations, Goal,
- Gender Symbols
- DOWN Button (↓)
- SELECT Button
- UP Button (↑)
- User Buttons

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 have bare feet.
- 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.

SCALE FEATURES

The Health o meter® Body Fat Monitoring Scale can help you in achieving your physical best by providing five critical measurement estimates: BODY FAT COMPOSITION, BODY WEIGHT, BODY MASS INDEX, BONE MASS and BODY

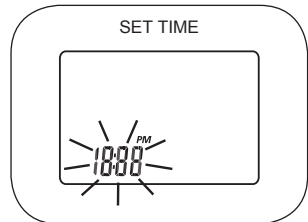
HYDRATION. In addition, it helps you track your progress to a goal by allowing you to set your weight goal and calculating the weight differences between your starting point, your previously saved weight, and your set weight goal. Traditional bathroom scales indicate your overall weight—both lean mass and body fat together. The Health o meter® Body Fat Monitoring Scale lets you track your weight, body fat, and body hydration separately.

FIRST TIME SETUP

- Hold down the **“SELECT”** button until the unit of measurement icon start blinking.
- Press the **↑** or **↓** button to choose the desired unit of measurement (**LB** for pounds or **KG** for Kilograms).
- Press the **“SELECT”** button to confirm your selection. The TIME starts blinking.
- Press or hold down the **↑** or the **↓** button to choose the TIME.

NOTE: The **“PM”** icon will be displayed from noon to midnight.

- Press the **“SELECT”** button. Now your clock is set.
- Press or hold down the **↑** or the **↓** button to choose the desired YEAR.
- Press the **“SELECT”** button.
- Press or hold down the **↑** or the **↓** button to choose the desired MONTH.
- Press the **“SELECT”** button.
- Press or hold down the **↑** or the **↓** button to choose the desired DAY.
- Press the **“SELECT”** button. You have setup time and date.



FIRST TIME PROGRAMMING & SETTING YOUR GOAL/PROFILE

- Press the desired USER button and the height icon will appear.
- Press the **↑** or the **↓** button to choose the desired HEIGHT.
- Then press the **“SELECT”** button to confirm your information.

Now you are ready to set your age and gender:

- Press or hold down the **↑** or the **↓** button to choose the desired AGE. Then press the **“SELECT”** button.



- Press the **↑** or the **↓** button to choose the desired gender (MALE or FEMALE). Then press the **“SELECT”** button.

Display should show HEIGHT, AGE and GENDER. Then **“YES”** will start blinking.

Now you are ready to set your weight goal:

- Press the **↑** or the **↓** button to select **“YES”** or **“NO”**.

NOTE: You can set a goal (by selecting **“YES”**) or just track your weight (by selecting **“NO”**).

- Press the **“SELECT”** button to store your selection.

- Now enter your desired goal weight. Scroll to choose your desired weight and press the **“SELECT”** to store it.

- The display will flash **“SAVED”** twice, followed by “- - -”. Then the scale will calibrate to “0.0” with either **“LB”** or **“KG”**.

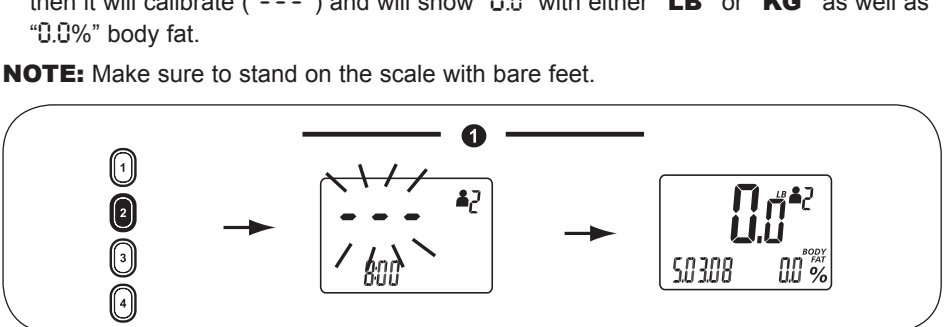
- Your profile and goal (if desired) has been saved and the scale is ready for use.

USING YOUR BODY FAT MONITORING SCALE

A. MONITORING YOUR WEIGHT, BODY FAT PERCENTAGE, BODY HYDRATION LEVEL, BODY MASS INDEX, BONE MASS AND COMPARING IT TO YOUR WEIGHT GOAL.

- Press one of the **“USER”** buttons. Display will show TIME, DATE and user profile; then it will calibrate (“- - -”) and will show “0.0” with either **“LB”** or **“KG”** as well as “0.0%” body fat.

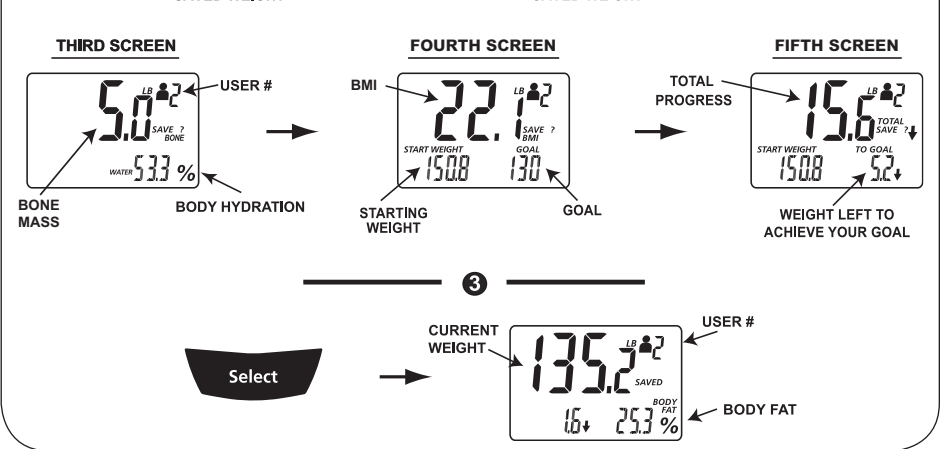
NOTE: Make sure to stand on the scale with bare feet.



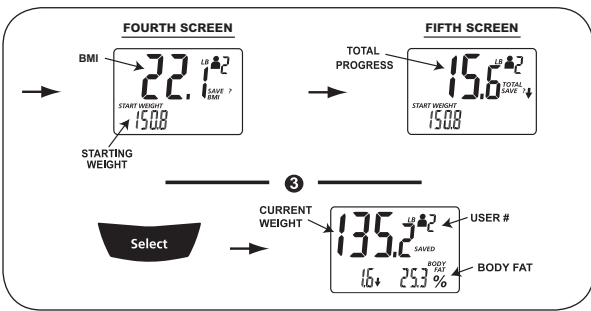
B. MONITORING YOUR WEIGHT, BODY FAT AND BODY HYDRATION OVER TIME WITHOUT SETTING YOUR GOAL

- Press one of the **“USER”** buttons. Display will show TIME, DATE and user profile; then it will calibrate (“- - -”) and will show “0.0” with either **“LB”** or **“KG”** as well as “0.0” body fat.

NOTE: Make sure to stand on the scale with bare feet.



- Step on the scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. Stand still while reading the display.
- Step off the scale and press the **“SELECT”** button to save your reading.

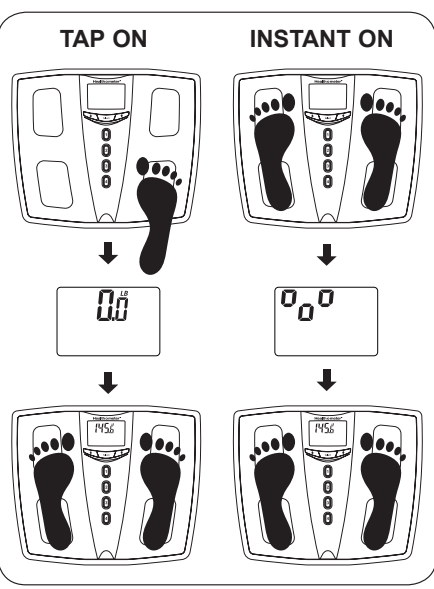


C. WEIGHING WITHOUT SELECTING A USER BUTTON

- 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.

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 “- - -”, 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.

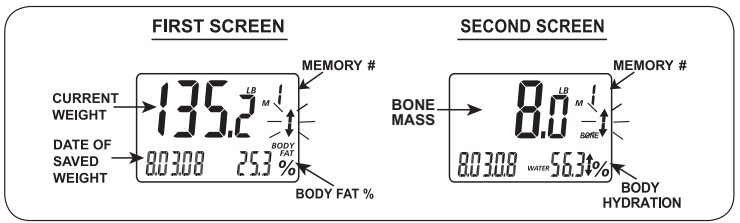


IT IS NORMAL FOR YOUR WEIGHT TO VARY DURING THE DAY AND FROM ONE DAY TO ANOTHER.

REVIEWING SAVED RECORDS (HISTORY)

NOTE: Two screens will be displayed for each record.

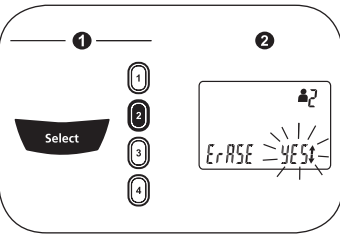
- Press the desired **“USER”** button.
- Press the **↑** or the **↓** button to scroll down the list of saved records.



RESETTING AN INDIVIDUAL USER'S HISTORY DATA

WARNING: This process will erase the records and the profile for the selected user.

- Press the **“SELECT”** button and a **“USER”** button at the same time for 3 seconds.
- Press the **↑** or the **↓** button to choose **“YES”** or **“NO”** and press **“SELECT”** to confirm your selection. All your history and profile will be erased. The scale will shut off automatically.



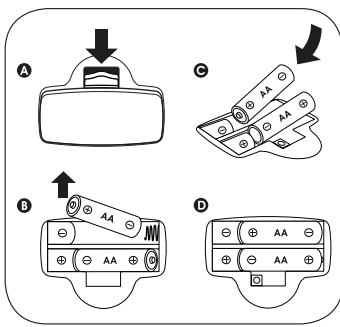
REPLACING THE BATTERIES

This unit includes four (4) AA batteries. When “Lo” appears on the display, replace all batteries.

CAUTION: Do NOT mix old and new batteries. Do NOT mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, nimh, etc.) batteries. Removing the batteries will reset the Date and Time but the recorded data will not be affected.

Battery Replacement

- Locate the battery cover on the back of the scale. Push the locking tab and pull the battery cover up.
- Use the tip of a pen to loosen each battery. Hold the scale at an angle to allow the batteries to slide out.
- Insert four new batteries, pressing them firmly into their slot.
- Replace the battery cover.
- Set the Time/Date (see ADJUSTING TIME AND DATE).



TROUBLESHOOTING

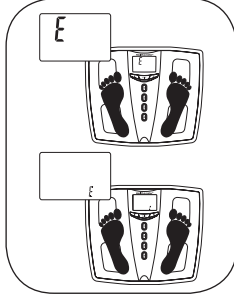
If “E” appears on the upper row of the display:

- The scale cannot detect a stable weight. Stand still while weighing.
- The weight has exceeded the scale's capacity (400 lb / 181 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.



CARING FOR YOUR SCALE

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

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.

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.

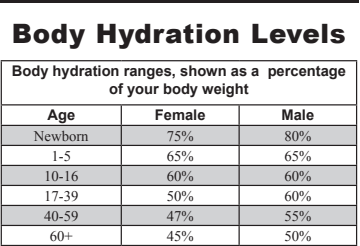
BODY HYDRATION

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.

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.



BODY FAT COMPOSITION RANGES

Men's Body Fat Composition Ranges

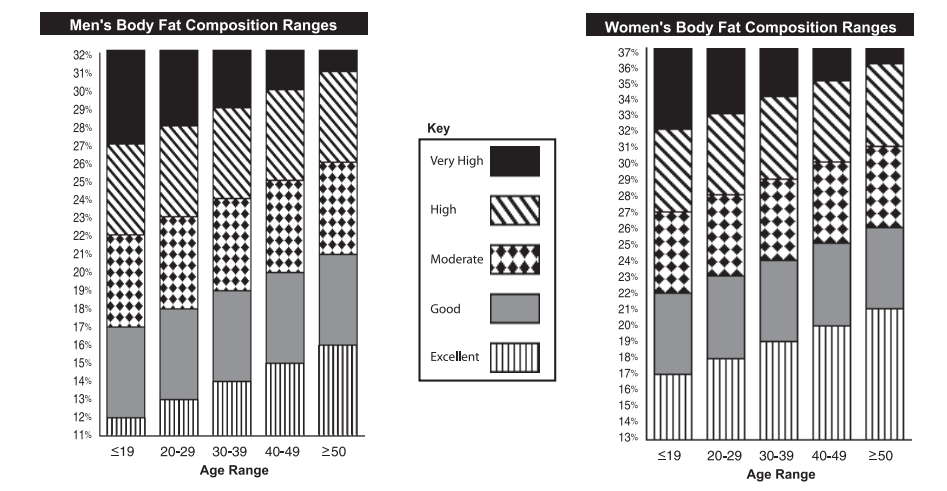
Women's Body Fat Composition Ranges

Key

- Very High
- High
- Moderate
- Good
- Excellent

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.



BONE MASS

This bone mass feature measures the weight of bone or amount of mineralized tissue in the bone in your body.

Importance of Bone Mass

The amount of bone in the skeleton at any age is the result of the quantity of bone gained during growth and the loss of bone that occurs with aging.

Skeletal maturity and peak bone mass (PBM) occurs around age 20 to 30 years of age. Many factors contribute to the achievement of peak bone mass, which is regarded as the bone bank for the remainder of life. Building maximum bone mass contributes to counteracting the inevitable bone loss caused by aging.

Critical Years of Building Bone Mass

Studies have shown that gains in bone mass are Rapid during adolescence and that up to 25% of PBM is acquired during the 2 year period across the adolescent growth spurt.

During the peak of the growth spurt, boys and girls have reached 90% of their adult stature, but only 57% of their adult bone mineral content. At least 90% of PBM is acquired by age 18.

Gender Differences

Peak bone mass tends to be higher in men than in women. Before puberty, boys and girls acquire bone mass at similar rates. After puberty, however, men tend to acquire greater bone mass than women.

Tracking of Bone Mass

The amount of bone that is gained during adolescence is the main contributor to PBM, which, in turn, is a major determinant of osteoporosis and fracture risk in elderly persons.

Determinants of Bone Mass

Studies of various sample populations show that about three fourths of the

variance in peak bone mass is attributable to hereditary factors. The remaining fraction of the variance in peak bone mass is caused by environmental factors, such as nutrition and physical activity.

Heredity

This is an important determinant of bone mass. Data from mother-daughter pairs, sibling pairs, and twin studies have estimated the heritability of bone mass to account for 60% to 80% of its variance.

Physical Activity

The impact of exercise and physical activity on skeletal integrity has generated considerable interest over the last two decades. The beneficial effects of exercise on bone mass are well documented and is believed to be maintained throughout adulthood in active adults.

Ethnic Differences

For reasons still not known, African American females tend to achieve higher peak bone mass than Caucasian females. These differences in bone density are seen even during childhood and adolescence.

Nutrition

Calcium is an essential nutrient for bone health. Calcium deficiencies in young people can account for a 5 to 10 percent difference in peak bone mass and can increase the risk for hip fracture later in life. Surveys indicate that teenage girls in the United States are less likely than teenage boys to get enough calcium. In fact, less than 10 percent of girls ages 9 to 17 are actually getting the calcium they need each day.

Lifestyle Behaviors

Smoking has been linked to low bone density in adolescents and is associated with other unhealthy behaviors, such as alcohol use and a sedentary lifestyle. The negative impact that smoking has on peak bone mass is further worsened by the fact that those who begin smoking at a younger age are more likely to be heavier smokers later in life. These older smokers are at further risk for bone loss and fracture.

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 Herford 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.

