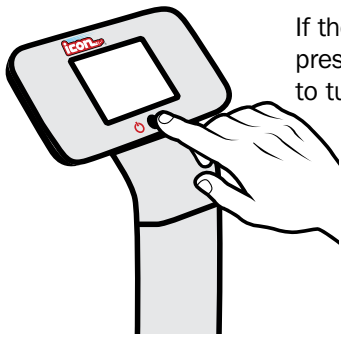


HEALTHCARE SCALE

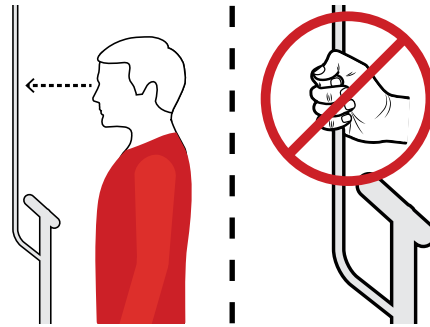
QUICK OPERATION GUIDE

1.



If the display is not on, press the Power button to turn on the scale.

2.



Step on the scale platform and look straight ahead (not down at scale display). Do not touch or hold onto the height rod pole or column and display.

3.



When the weight is stable, a beep will sound and the weight reading will automatically lock and show AUTO LOCK on the display. The weight reading will hold approximately 7 seconds.

NOTE: If more time is needed, press the lock key to hold the locked weight reading.

4.



The scale will also have simultaneously completed measuring your height and calculating your Body Mass Index (BMI).

5.

Read your weight, height and BMI displayed.

BODY MASS INDEX

UNDERWEIGHT

<18.5

HEALTHY

18.5-24.9

OVERWEIGHT

25.0-29.9

OBESSE

>30.0