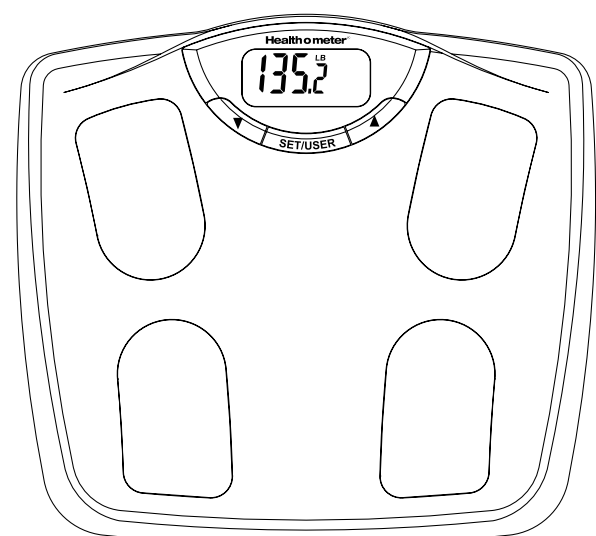


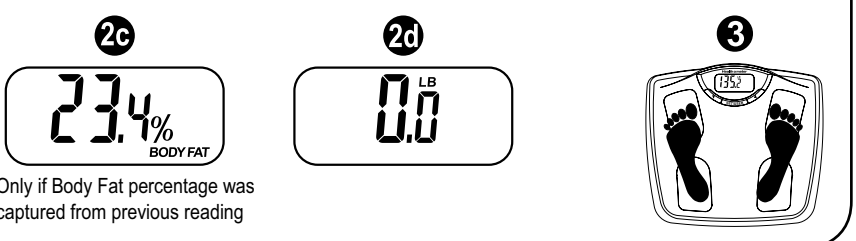
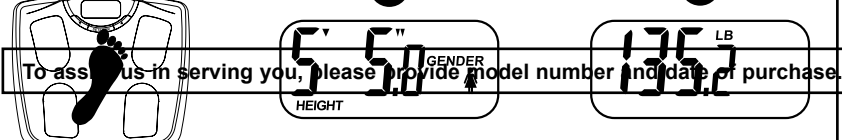
Health o meter® BODY FAT MONITORING SCALE

User's Manual
Model BFM580



PLEASE READ CAREFULLY AND SAVE

For information on service or warranty, contact Sunbeam Products, Inc. at 1-800-672-5625 or www.healthometer.com



WELCOME

Congratulations on your purchase of this Health o meter® wellness monitoring product. It's so much more than just a scale. It helps monitor the weight and body fat composition for one user. It's easy to program and use. Once your data is stored, your scale is ready to use. It's that simple!

ABOUT BODY FAT

The Health o meter® Body Fat Monitoring Scale can help you in achieving your physical best by providing two critical measurement estimates: BODY FAT COMPOSITION and BODY WEIGHT. 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 and body fat separately.

IMPORTANT!

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

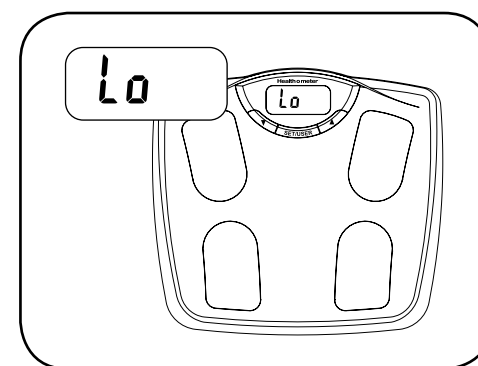
CAUTION!

- 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.

Installing the Batteries

1. Locate the battery cover on the back of the scale.
2. Remove the battery cover and insert the 4 AA batteries.
3. If "Lo" appears in the display, replace the batteries.

Note: Do not use rechargeable batteries.

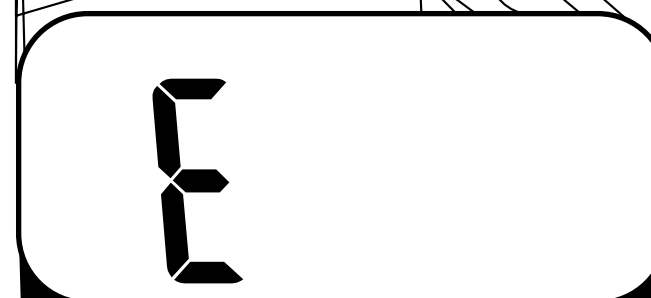
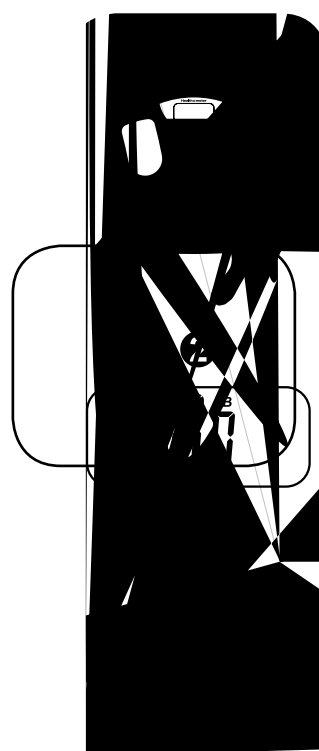


Keys and Icons

Body Fat Composition Ranges

1. Height displayed in feet and inches
2. Height displayed in feet and inches
3. Unit of Measure: Pounds (LB) or Kilograms (KG)
4. Gender Symbols
5. Height displayed in Centimeters

CAUTION!



Healt

**BALANZA CON
MONITOREO DE GRASA
CORPORAL**

Manual del Usuario
Modelo BFM580

POR FAVOR LEA Y GUARDE ESTAS INSTRUCCIONES

Para información sobre reparaciones o garantía, favor de contactar a Sunbeam Products, Inc. al 1-800-672-5625 ó visite www.healthometer.com

Para poder servirle mejor, por favor mencione el número de modelo y la fecha de adquisición del producto.