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Welcome!

Congratulations on choosing to buy a Health+® product. By doing so you now have the assurance and peace of mind that comes with purchasing a product made by one of Europe’s leading manufacturers. All products brought to you by Health+® are manufactured to the highest standards of performance and safety, and, as part of our philosophy of customer service and satisfaction, are backed by our comprehensive 3 Year Warranty. We hope you will enjoy your purchase for many years to come.
Safety Instructions

Please read these instructions carefully before using the device and note the warnings in the operating instructions.

Always keep the operating instructions close to hand. If you sell the device or give it away, please ensure that you also pass on these instructions.

Keep battery operated equipment out of reach of children

The device is battery-operated. Batteries may endanger life if swallowed. Therefore, you should keep the device out of reach of children. If a battery is swallowed, please obtain immediate medical assistance.

General information

- Only use the scales on an even surface.
- Do not store the scales in a vertical position.
- Do not put weights on the scales unless you are measuring them and do not store items on it.
- Protect the scales from moisture.
- Do not stand on the scales when your feet or body are wet. Stand in the centre of the weighing area. Your feet must be placed on the metal measuring points for the scales to measure body fat and water.
- Do not continue using the device if it is damaged as you could injure yourself.

Handling batteries properly

- The device uses four 1.5 V batteries Size R03/LR03.
- Before inserting the batteries, check whether the contacts in the device and batteries are clean and, if necessary, clean them.
- Only use new batteries.
- Always change the complete set of batteries.
- Never combine battery types (LR03 or R03).
- Do not use rechargeable batteries.
- Never try to recharge normal batteries. There is a risk of an explosion!
- Store batteries in a cool, dry location. Direct strong heat can damage the batteries. Therefore never expose them to sources of heat (e.g. radiators) or direct sunlight.
- Never short-circuit the batteries.
- Never throw batteries into a fire.
- If the scales are not going to be used for long periods, remove the batteries.
• Immediately remove leaking batteries from the device. Clean the contacts before inserting new batteries. There is a risk of corrosion due to battery acid!

**Measuring body fat**
The following people should not use the body fat and water measurement:
• Pregnant women
• Those who have pacemakers fitted
• Those who are suffering from fever
• People with swollen legs or oedema
• People who are heavily hydrated or dehydrated
• Body fat measurement is not to be used for children under six.

**Never undertake your own repairs**
Never try to open and/or repair the unit yourself. If there is a defect contact our Service Centre or other suitable workshop.

**Cleaning the device**
For cleaning only use mild soap solutions or commercial glass cleaners. Avoid the use of chemical solutions and cleaning products because these may damage the device’s surface or markings.
Always dry the scales off completely. There is a risk of slipping!
Package Contents

Remove all packaging materials.

Caution: Keep the plastic packaging out of reach of babies and children as it can cause suffocation.

Unpack the unit and ensure that the following parts are included:

- Body fat scale
- 4x batteries 1.5V (LR03)
The body fat scales display the ratio of muscle, body fat and water to total body weight. The standing area of the scales has electrodes which measure body fat by means of the body’s electric resistance. Lean body tissue has a lower resistance than fatty body tissue. The integrated computer relates the body fat measured to the person’s body height, age, sex and total weight. This results in the body fat value.

**Body fat**

Too much body fat is unhealthy. What is more important is that a high body fat level is usually accompanied by an increased blood fat level and the risk of various illnesses, such as diabetes, cardiac illness, high blood pressure etc. is raised dramatically.

However, if the body fat ratio is too low this is also unhealthy. In addition to fat tissue under the skin the body also creates important fat deposits to protect internal organs and safeguard important metabolic functions. If these essential fat reserves are used metabolic disturbances may occur, e.g. the risk of osteoporosis rises.

The normal body fat level varies with age and, in particular, gender. The normal value for women is around 10% higher than for men. With increasing age the body breaks down muscle mass and this increases the body fat level.
Percentage ratio of body fat to total weight

<table>
<thead>
<tr>
<th>FEMALE</th>
<th>MALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Low fat level</td>
</tr>
<tr>
<td>6-12</td>
<td>&lt; 7</td>
</tr>
<tr>
<td>20-39</td>
<td>&lt; 9</td>
</tr>
<tr>
<td>40-59</td>
<td>&lt; 11</td>
</tr>
<tr>
<td>60-79</td>
<td>&lt; 13</td>
</tr>
<tr>
<td>Athlete</td>
<td>12-25</td>
</tr>
</tbody>
</table>

Body water

60% of an adult’s body is made up of water. This varies according to certain factors: older people have a lower water level than younger people, and men have a higher water level than women. The difference between men and women is based on women’s higher body fat mass. As the majority of the body water is found in the fat-free mass (73% of the fat-free mass is water) and the water content of fat tissue is naturally very low (around 10% of fat tissue is water), when the body fat ratio is low the body water ratio falls automatically.

A 5% loss of water can reduce body energy by 20–30%. Drink at least 2 litres of liquid every day.

Normal percentage of body water

<table>
<thead>
<tr>
<th></th>
<th>FEMALE</th>
<th>MALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child</td>
<td>58-70</td>
<td>60-73</td>
</tr>
<tr>
<td>Adult</td>
<td>42-61</td>
<td>48-66</td>
</tr>
<tr>
<td>Athlete</td>
<td>56-71</td>
<td>60-73</td>
</tr>
</tbody>
</table>

In general sports people have 5% more body water. As age increases the water ratio falls by around 10%
**Muscle mass**

The muscle mass is the body’s motor. The largest share of the energy we use is consumed by muscles. The muscles ensure that the body temperature is maintained and are the basis of our physical performance. Checking the muscle mass is particularly important for people with weight or fat problems. As the body needs muscles to remove excess energy reserves or fat deposits, weight reduction can only be successful in the long term if muscles are built up at the same time.

<table>
<thead>
<tr>
<th>Age</th>
<th>FEMALE</th>
<th>MALE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Muscle Mass</td>
<td>Muscle Mass</td>
</tr>
<tr>
<td>6 – 12</td>
<td>&gt; 36</td>
<td>&gt; 40</td>
</tr>
<tr>
<td>13 – 79</td>
<td>&gt; 30</td>
<td>&gt; 34</td>
</tr>
<tr>
<td>Athlete</td>
<td>&gt; 38</td>
<td>&gt; 42</td>
</tr>
</tbody>
</table>

**Athlete mode**

Your scales have a separate setting for very fit sports people or those with a lot of muscles (“athletes”). As muscle cells have a similar bio-electric resistance to fat cells the scales could interpret muscles as fat. This problem only occurs if the muscle mass is large; if a person has a normal range of muscles the scales do not measure this as fat. The athlete mode prevents this incorrect interpretation. In this mode the actual body fat values are measured using a different mathematical formula.
Reasons for inaccurate measurement results

The analysis is based on measuring electrical body resistance. Eating and drinking habits over the day and your personal lifestyle affect the level of water. This is noticeable from variations in the indications. In order to achieve an analysis result that is as precise and repeatable as possible ensure that the measurement conditions are the same as this is the only way to observe changes over a longer period of time. You will receive the most reliable measurement results if you always take the measurement in the morning after waking up. This is the best way of detecting a trend.

Other factors can also affect the level of water:

- After bathing you may get a result where the displayed body fat level is too low and the body water level too high.
- The result may be higher after a meal.
- Women experience differences as a result of their menstrual cycle.
- Due to loss of body water as a result of illness or physical exertion (sport). After sporting activity you should wait 6 to 8 hours before taking another measurement.

Variances or implausible results occur for:

- People with osteoporosis
- People being treated with dialysis
- People taking cardio-vascular medicine
- Thick calluses on the feet
- Sports people who do over 10 hours of intensive training per week and have a resting pulse under 60 beats per minute
- Top athletes and bodybuilders
- Young people under 17 years of age
Getting Started

The scales are supplied with four 1.5V batteries, “AAA” (LR03) size.

- Open the battery compartment cover under the device to insert or exchange the batteries.
- Insert the batteries (ensuring that they face in the correct direction).

If the screen shows “Lo” or the display’s intensity falls the batteries must be replaced.

- Only insert new batteries and always exchange the complete set of batteries.
- Do not expose a device containing batteries to direct heat or sunlight. For example, do not store it on a radiator.
- If the scales are not going to be used for long periods, remove the batteries. Ensure you use the batteries properly and adhere to the safety advice on page 2!
Measuring Weight

The scales switch on automatically to simply give a weight measurement.
- Stand on the scales.
- The scales switch on automatically and measures your weight.
- The weight is displayed for around 5 seconds.
- The scales switch themselves off again automatically.

Selecting the weight unit
You can change the weight unit for only one measurement or permanently.

Changing the weight unit before weighing
- Put a little weight on the scale by pushing your hand on the weighing area (don’t stand on the scale). “- - - -” is shown in the display.
- Push SET to choose the desired unit kg, lb or St.
- Stand on the scale.

Setting the weight unit permanently
- Choose memory space 12 (as shown in the following chapter).
- Set the desired weight unit in memory space no. 12. Settings made in this memory space is the main preference for the scale.

The display now shows the symbols for “normal” and “athlete”.
- Use the ↑ or ↓ buttons to select your body structure and confirm by pressing SET.
The display now switches to the weight unit.
- Use the ↑ or ↓ buttons to select your weight unit (kg, lb or st) and confirm by pressing SET. A beep sounds.

The scales display the data that has been entered.
- Press ↑ and ↓ at the same time.

The display now switches to the memory preset number.
- Use the ↑ or ↓ buttons to select the desired memory preset number.
- If the selected memory space is already in use the display shows “HAVE”.
  You can replace the chosen preset number or choose another one.
- Confirm your desired preset number by pressing SET. A beep sounds.

The screen shows the memory space and your set data. Your data is saved to the memory space so you can re-access it later.
When “- - - -” flashes the measurement can be made.
Saving Personal Data

The scales interpret your body fat, water and muscle values on the basis of your personal data. Therefore you have to enter your personal data before measuring your muscle mass, body fat and water. Twelve memory spaces are provided for this.

The personal data is: height, age, sex, body structure and weight unit.

**Entering personal data**

Press the ON/OFF button. The body height flashes on the display.

- Use the ▲ to ▼ buttons to select the height in cm and confirm by pressing SET.

The display now switches to age.

- Use the or buttons ▲ to ▼ select your age and confirm by pressing SET.

The display now shows the symbols for “male” and “female”.

- Use the ▲ or ▼ buttons to select your sex and confirm by pressing SET.

The display now shows the symbols for “normal” and “athlete”.

- Use the ▲ or ▼ buttons to select your body structure and confirm by pressing SET.
The display now switches to the weight unit.

- Use the ↑ or ↓ buttons to select your weight unit (kg, lb, st) and confirm by pressing SET. A beep sounds.

The scales display the data that has been entered.

- Press ↑ and ↓ at the same time.

The display now switches to the memory preset number.

- Use the ↑ or ↓ buttons to select the desired memory preset number.
- If the selected memory space is already in use the display shows „HAVE“.
  You can replace the chosen preset number or choose another one.
- Confirm your desired preset number by pressing SET. A beep sounds.

The screen shows the memory space and your set data. Your data is saved to the memory space so you can re-access it later.
When “----” flashes the measurement can be made.

**Delete memory space content**

- Press the ON/OFF button. The body height entered flashes on the screen.
- Press the ↑ and ↓ buttons at the same time to access memory mode.
- Select the desired memory preset number you’d like to delete: Use the ↑ button to select the uneven memory preset numbers (2, 4, 6, 8, 10, 12) and the ↓ button to select the even ones (1, 3, 5, 7, 9, 11).
- Press the ↑ and ↓ buttons at the same time again to delete the memory content at the chosen memory space. The saved values have been deleted.
Measuring Body Fat, Water and Muscle Mass

Important notes on correct measurement
To measure muscle mass, body fat and water you have to stand barefoot on the measuring points on the scales where the electrodes are located. Your feet must be dry and not moisturised. Stand on the scales with straight legs and without bending your knees; ensure that your knees do not touch each other.

Carrying out measurements
- Press the **ON/OFF** button. The most recently entered option flashes on the screen.
- When the option is flashing press the ▲ and ▼ buttons at the same time.
- Select the desired memory preset number. Use the ▲ button to select the uneven memory preset numbers and the ▼ button to select the even ones.
- Confirm your selection by pressing the **SET** button. A beep sounds. The saved values are displayed.
- Now stand on the scales and carry out the measurement.
## Errors

<table>
<thead>
<tr>
<th>Display</th>
<th>Error message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Err0</td>
<td>Initialisation errors. Carry out the measurement again to achieve a proper result.</td>
</tr>
<tr>
<td>Err1</td>
<td>Incorrect use or unstable base. Take the measurement again.</td>
</tr>
<tr>
<td>Err2</td>
<td>Overloading Remove the weight from the scales immediately otherwise lasting damage may occur.</td>
</tr>
<tr>
<td>Err3</td>
<td>The measurable electricity is beyond the measurement range. Clean the soles of your feet with a dry cloth and carry out the measurement again.</td>
</tr>
<tr>
<td>Err4</td>
<td>The body fat level is outside the measurable range. Clean the soles of your feet with a dry cloth and carry out the measurement again.</td>
</tr>
<tr>
<td>Lo</td>
<td>Battery level too low. Replace the batteries.</td>
</tr>
</tbody>
</table>
### Technical Data

- **Power supply:** 4 x 1.5V LR03/R03 “AAA” batteries
- **Max. weight:** 180 kg/396 lb
- **Measurable fat level:** 3–50%
- **Measurable water level:** 25–75%
- **Measurable muscle mass level:** 25–75%
- **Age range:** 6–100 years
- **Size range:** 80–220 cm
- **Operational temperature:** 10–35 °C

*Subject to technical changes.*
Cleaning

In order to clean the scale wipe it with a suitable cloth, for example a fine, leather, microfibre or dust cloth. You can remove fingerprints and dust with careful wiping movements. Do not expose the appliances to moisture. Never treat the surfaces with hard brushes, aggressive or corrosive liquids, strong cleaning materials or solvents such as paint thinners, oils, acids or similar.

Disposal

Packaging
The scale is packaged to protect it from transportation damage. Packaging is raw material and can be re-used or added to the recycling system.

Device
At the end of its life, ensure that the appliance is disposed of in an environmentally appropriate manner. This may be a local collection point for old appliances. Seek the advice of your local authority about the local options for disposing of waste.