

BMI BODY WEIGHT MONITOR

MODEL : BWR102

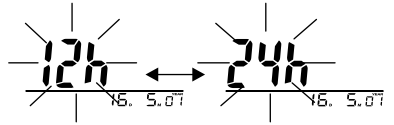
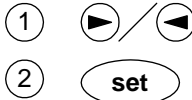
USER'S MANUAL

ADJUST THE SETTING OF THE REMOTE DISPLAY UNIT

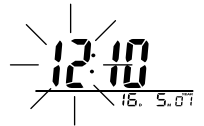
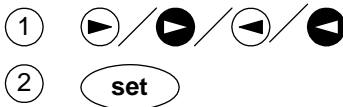
1. enter the setting mode.



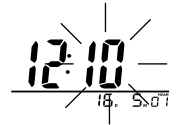
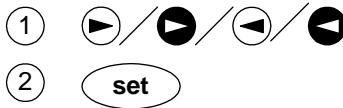
2. set the display format.



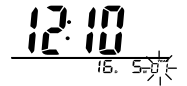
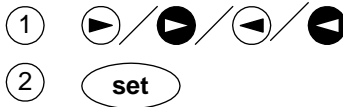
3. set the hour.



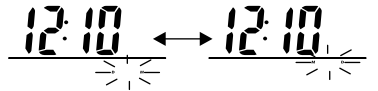
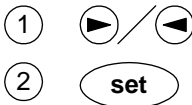
4. set the minute.



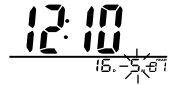
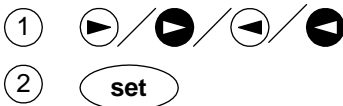
5. set the year.



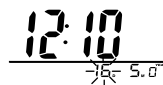
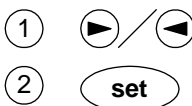
6. set the date-month format.



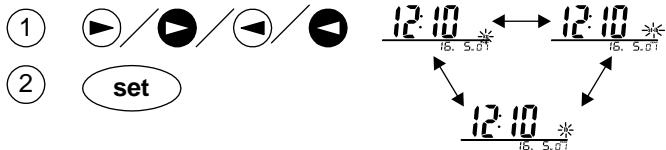
7. set the month.



8. set the date.

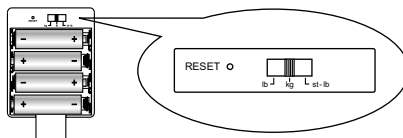


9. set the format of the measurement unit.

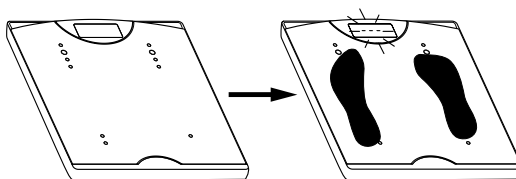


ACQUIRE WEIGHT FROM SCALE

1. select the display unit on scale.



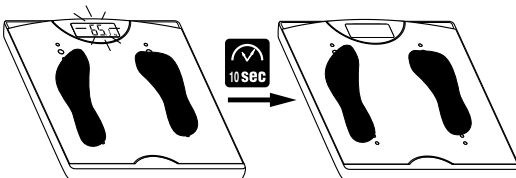
2. step on the scale.



3. stand still till reading come out.

Note:

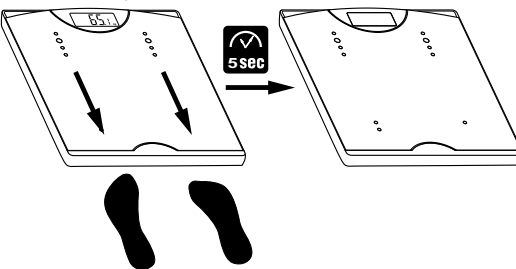
Beep sound to indicate end of measurement.



4. step off the scale.

Note:

Repeat step 2 - 3 for next measurement.



STORE WEIGHT TO REMOTE DISPLAY UNIT

1. take measurement from scale.



2. activate receiving mode.

Note:

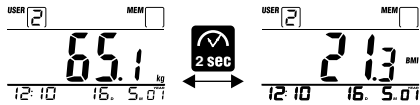
Beep sound to indicate the activation of receiving mode.
Receiving function will be activated for 30 sec.



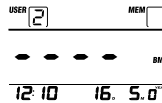
3. weight received from scale.

Note:

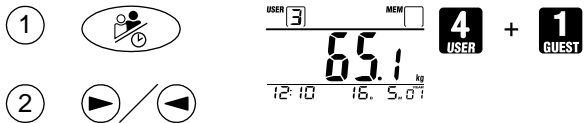
Beep sound to indicate signal is being received from the scale.



If the height is not set, there will not have BMI displayed.



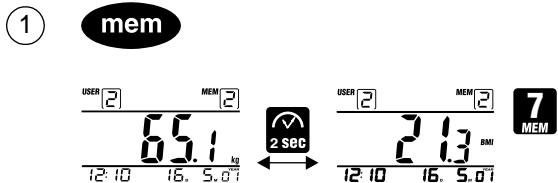
4. select the user.



5. store the weight.

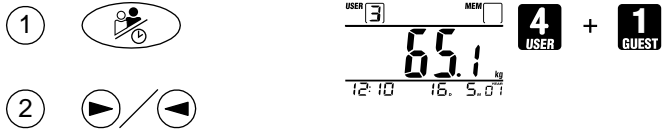
Note:

Beep sound to indicate the weight is stored to memory.
No memory for guest mode.



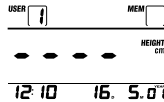
USER SETTING / MEMORY RECALL FROM THE REMOTE DISPLAY UNIT

1a. select the user.

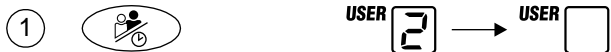


Note:

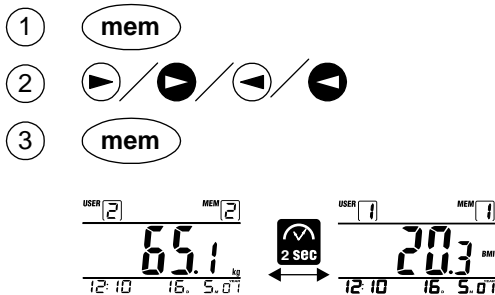
If the height is not set, there will not have height displayed.



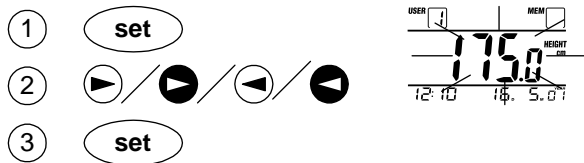
1b. quit user mode.



2a. recall memory.

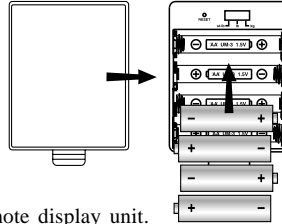


2b. set the height.





TIPS

A. install the batteries to the unit.



B. when battery is first installed on both scale and remote display unit.

B-1. acquire weight on scale.

B-2. match the remote display unit with the scale.  +  + **mem**

Note:



- beep sound to indicate the matching is activated.
- check the reading on scale and remote display unit .
- if fail, repeat step B-1 & B-2.

B-3. set the clock.

C. after changing batteries of the scale, repeat step B-1 & B-2.

D. after changing batteries of the remote display unit, set the clock only.

E. replace all batteries when  appears on the scale.

F. replace battery when  for scale or  for remote display unit appears on remote display unit.

G. memory stored in remote display unit will not be erased after changing batteries.

H. if there exist irregularity in weighing, press reset on the scale and then repeat step B-1 & B-2.

Note:

- place a blunt stylus into the slot to press be reset.
- after reset please wait for few seconds for the scale to self-calibrate.

I. allow the scale to settle for around 30 min if there is a sudden change in ambient environment . eg. from an air conditioned room to an open area.



If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

To extend battery life, when battery power is low, replace all the batteries.

WHAT IS BODY MASS INDEX (BMI) ?

Body Mass index (BMI) is a measurement of your body height to weight ratio. BMI is the most widely used an international standard for evaluating obesity. It is expressed as your body weight in kilograms divided by the square of your body height in meters.

$$\text{BMI} = \frac{\text{body weight (kg)}}{[\text{body height (m)}]^2}$$

It can be used as indication to estimate whether you are overweight or underweight.

According to various statistics when BMI closes to 22, the mortality rate is the minimal thus the health condition is most ideal.

The following can be used as a guidance reference for the interpretation of BMI reading.

BMI is low :

You have low amount of body fat. It will be desirable if you are an athlete. If your body weight and BMI is low and you are not an athlete, it is suggested you to gain weight through a balance diet and exercise to improve your own immunity.

BMI is average :

This shows an ideal BMI - your amount of body fat is at healthy level. It shows the lowest incidence for you to have serious illness.

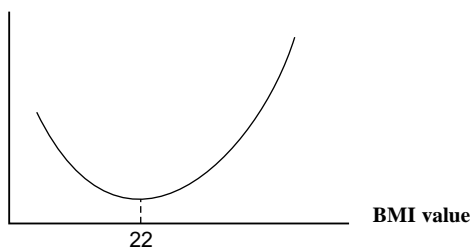
BMI is high :

This is the board line. Your risk to get illness increases. It is better to lower your body weight through diet and exercise.

BMI is very high :

This is an unhealthy situation. You are excessive prosperity. You are at high risk to get heart disease, high blood pressure and other series illness. It is strongly recommended you to lose weight by changing the diet and excise more.

Mortality Rate



Asian



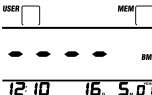
Level	Low	Average	High	Very High
BMI	19.7 or less	19.8~24.1	24.2~26.3	26.4 or more

Non-Asian

Level	Low	Average	High	Very High
BMI	19.9 or less	20.0~24.9	25.0~26.9	30.0 or more

Important : Please consult your doctor for the diet program.

TROUBLE SHOOTING

Symptom	Description	Action
1. 	incorrect use or weight measured is not stable.	step off the scale first and repeat the measurement.
2. 	scale overloaded.	be sure no excessive mass is put on scale and then repeat the measurement.
3. 	no data of height is input for BMI or BMI is out of range.	check the height and repeat the measurement

NOTES FOR THE USER



A. maximum capacity: 150 kg / 330 lb / 23st8lb



B. graduation: 0.1 kg / 0.2 lb

C. height input range : 94.0 - 240.0 cm / 3'1.0" - 7'10.5"



D. BMI measurement range : 5 - 50 kg / m²



E. use additional foot pad for use on carpet



F. power: scale - 4 x LR6 / AA / UM-3 1.5V batteries;



remote display unit - 4 x LR6 / AA / UM-3 1.5V batteries



G. avoid soft and unlevelled grounding



H. do not store the scale erect



I. do not load the scale when not in use



J. avoid from wet



K. avoid from abrasive or corrosive cleaning agent

EC-DECLARATION OF CONFORMITY

This product contains the approved transmitter module **TX 01** and complies with the essential requirements of Article 3 of the R&TTE 1999/5/EC Directives, if used for its intended use and that the following standard(s) has/have been applied:

Efficient use of radio frequency spectrum

(Article 3.2 of the R&TTE Directive)

applied standard(s)

EN 300 220-1(2,3):1997

Electromagnetic compatibility

(Article 3.1.b of the R&TTE Directive)

applied standard(s)

ETS 300 683:1997

Safety of information technology equipment

(Article 3.1.a of the R&TTE directive)

applied standard(s)

EN 60950:1997

Additional information:

The product therefore conforms with the Low Voltage Directive 73/23/EC, the EMC Directive 89/336/EC and R&TTE Directive 1999/5/EC (appendix II) and carries the respective CE marking.

VS-Villingen / Germany August 2001

Gerhard Preis




EC representative of manufacturer









RTTE Compliant Countries :




All EU countries, Switzerland (CH)




And Norway (N)




GB Legend:  - Press
 - Press and hold
 - Flashing

F Légende:  - Key Appuyer
 - Key Appuyer et maintenir appuyer
 - Clignotant

D Legende:  - Betätigen
 - Gedrückt halten
 - Blinkt

I Legenda:  - Premere il tasto
 - Premere il tasto e tenerlo premuto
 - Flashing lampeggiante

ES Leyenda:  - Pulsar
 - Pulsar y mantener oprimido
 - Parpadeando

P Legenda:  - Pressione
 - Pressione e segure
 - Intermittente

NOTE FOR THE USER

- Please read the manual carefully before use.
- The scale will calibrate automatically to provide accurate measurement when the scale is placed on the ground. Message:

CAL

 ,

000

 will be displayed on the scale to indicate the calibration is in process. Normally it will take 2-3 seconds only. Please leave the scale alone when you see such message.

