

# USER INSTRUCTIONS

## Health o meter Digital Lithium Scale Model HDL977

### Battery

This scale includes two replaceable CR2032 long-life 3-volt Lithium batteries. When "bAtt" appears on the digital display, replace the 3-volt batteries.

**NOTE: BEFORE USING SCALE, REMOVE RED TAB TO ACTIVATE BATTERIES OR SCALE WILL NOT OPERATE.**

### Battery Replacement

1. Locate the battery cover on the back edge of the scale.
2. Squeeze black tabs on both sides of battery compartment and slide the battery compartment out to replace 3-volt batteries. (The battery compartment slides in/out.)

### Scale Use

1. Choose pounds (LB) or kilograms (KG) using the selector switch located on bottom of scale.
2. **To open the scale:** Lift scale by the handle and hold scale a few inches above the floor. Securely hold scale and press the release button underneath handle allowing platform to fully open and lock into position.
3. Place scale on a flat, level surface. A hard surface is best for maximum accuracy. Placing scale on a very soft, deep pile rug may affect the weighing accuracy.
4. Before each weighing, tap on lower corner of scale. Scale will calibrate and display "Cal", then '0.0' and either "LB" or "KG".
5. Step on scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. The LCD display will flash "----" several times for approximately 3 seconds before displaying weight. Stand still while reading display.
6. If you remain standing on scale after weight has displayed, weight will continue to display for 10 seconds and then turns off automatically.
7. If you step off scale immediately after weight has displayed, weight will continue to display for 3-4 seconds before returning to zero and then turns off automatically.
8. **To close the scale:** Securely hold scale by the handle. Fold the scale platform upward towards the handle, ensuring the scale locks in the closed position.

NOTE: It is normal for your weight to vary during a day and from one day to another. Slight changes in your weight are generally normal.

If 'Err' is displayed, scale has exceeded the 330 lb. (150 kg.) maximum weight load.

**If service is required, do not return to your retailer.**

For service call Sunbeam Products, Inc. at 1-800-638-3722;

7:30 a.m. to 5:00 p.m. Central Standard Time, Monday through Friday

To assist us in serving you, please have the model number and date of purchase available.

### NOT LEGAL FOR TRADE

Made to our exact specifications in China

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