5 YEAR LIMITED WARRANTY

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of five years from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty. This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. JCS dealers, service centers, or retail stores selling JCS products do not have the right to alter, modify or in any way change the terms and conditions of this warranty. This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

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This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to Obtain Warranty Service

In the U.S.A: If you have any questions regarding this warranty or would like to obtain warranty service, please call 1 800-672-5625 and a convenient service center address will be provided to you.

In Canada: If you have any questions regarding this warranty or would like to obtain warranty service, please call 1 800-667-8623 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions located in Boca Raton, Florida 33431. In Canada, this warranty is offered by Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions, located at 20 B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write our Consumer Service Department.

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

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Lose It!® Health o meter®

BLUETOOTH GLASS BODY FAT SCALE

User's Manual
Model BFM147-01



www.healthometer.com

Thank you for purchasing the Lose It! Health o meter bluetooth body fat scale. You will now be able to measure, track and share body composition vitals in addition to the ability to track your calories, exercises and join challenges with the millions of other Lose It members. You are now one step closer to achieving your weight goals.

In addition to body weight, the Lose It Health o meter scale measures:

- Body Fat
- BMI
- Hydration

This guide will help you through the set up process and show you the scale's key features.

To learn more about these measurements, please go to the FAQ section of the Lose It App or visit www.healthometer.com.

About Your Health o meter® Scale

Package Contents

- Lose It! Health o meter BLUETOOTH body fat scale
- Owner's Manual
- Quick Start Guide
- 4 Heavy Duty "AA" Batteries

Body Fat Scale Safety Notes

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 electronic implant (heart pacemaker).
- The scale will not calculate body fat unless you are barefoot.
- 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.

Set Up Requirements

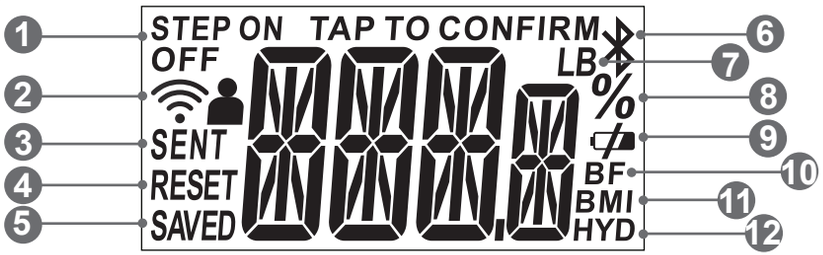
The Lose It! Health o meter Bluetooth Body Analysis Scale features Bluetooth® 4 technology (also called Bluetooth® Smart). It is designed to work with BLUETOOTH devices that feature Bluetooth® 4.

Compatible with Apple devices which support Bluetooth 4.0 including:

iPhone 4s, iPhone 5, iPhone 5s, iPhone 5c, iPod Touch (5th Generation), iPad (3rd and 4th Generation), iPad mini.

NOTE: To ensure a personalized experience, only one user account can be associated per user with a Lose It! App. Additional users can download the Lose It! app and track their metrics and weight loss progress from a separate device.
We recommend each user should only sync one device to their scale. Syncing multiple devices per user to the scale may cause the scale to not sync properly to the phone. Individual users can access their account data across multiple devices via the cloud.
The scale can communicate with multiple mobile devices through Bluetooth®. If there are multiple Bluetooth® mobile devices within range, the data upload could be delayed as the scale searches for the correct device sync data.
Please refer to the FAQ section at www.healthometer.com or www.loseit.com/devices for a continually updated list of compatible devices.

Keys and Icons



1. Step On or Step Off Instruction
2. Data uploading
3. Data Sent - See Note in Measurement Instructions Section
4. Reset
5. Data Saved - See Note in Measurement Instructions Section
6. Bluetooth® Status Indicator
7. Pounds
8. Percentage
9. Battery Low Indicator
10. Body Fat
11. Body Mass Index
12. Hydration

Operating Instructions

Set Up Instructions

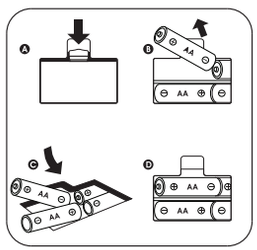
Download the FREE "Lose It!" App from the iTunes App Store. It is important to follow the on screen instructions for registration with Lose It! and complete the personal profile, as measurements such as height and age are necessary to accurately measure body composition.

Installing or Replacing the Batteries

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

Rechargeable batteries are not suitable for this scale.

To avoid damages as a result of battery leakage, remove the batteries if the scale is not going to be used for 3 months or more.



NOTE: Do not use rechargeable batteries. We recommend the use of alkaline batteries for longer battery life.

CAUTION **Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc) or rechargeable (Nickel-Cadmium) batteries. Removal of the battery will not affect the recorded data and user profile.**

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Connecting the Scale to Your Mobile Device and Account

NOTE: Make sure you have a registered account with Lose It!. Please follow the instructions on the Lose It! App to register your account.

Open the Lose It! App and complete the account registration. Or go to the website, www.loseit.com to complete your registration.





1. Make sure Bluetooth® on your device is turned on - Go to your Settings and turn on Bluetooth® "ᛒ".
2. Open the Lose It! App.
3. Select the Lose It! Health o meter scale.
4. Follow the on screen instructions to connect your scale and set up your scale profile.
5. If there is an error with pairing, you will see an error message displayed on the screen.
6. If you see the error message displayed on the screen, repeat the above steps.
7. If the scale does not respond within 2 minutes, the scale does not pair or you do not receive an error message, repeat the above steps.

NOTE: Due to the characteristics of Bluetooth® 4 technology, the scale will NOT appear in the list of devices in your Bluetooth® settings. This does not mean it is not paired.

NOTE: The scale may need to self calibrate after you have set up and linked the scale to your device. If the scale needs to self calibrate it will show 3 moving bars after you have weighed yourself and ask you to step back on the scale.

Measurement Instructions

Place the scale on a flat, level surface. A hard surface is best to achieve maximum accuracy. Placing the scale on a rug or carpet may affect the scale's weighing accuracy.

1. Launch the Lose It! App. Step on the scale to turn it on.
2. Stand and cover all four stainless steel electrodes with bare feet. Your weight data will appear on the Scale display first.
3. The Scale can hold up to 4 users. The Scale will prompt you to select the user. Tap on the scale when you see your initials or other identifying screen name you selected during the scale setup on the Lose It! App.

NOTE: If there is only one user linked to the scale, and the scale detects a weight within 5 lbs of the last weight by the user, it will not ask to select the user but automatically select the linked user and update the information to the App.

NOTE: To ensure a successful data sync from the scale to the device, be sure to have the Lose It! App open on your device and the device is in close proximity to the scale.







4. The scale will display the body analysis data including BMI, Body Fat and Hydration.







5. The scale will then send the data to your mobile device via Bluetooth®. If there are multiple Bluetooth® enabled devices within range, it can take a few minutes for the scale to find the correct device to upload the data to.





6. Your Data should be successfully synced with your Lose It! Account.
7. If the scale does not find your mobile device with Bluetooth® turned on, it will store the data until a new measurement is taken and it can find a successful connection.
   NOTE: When Data SAVED occurs, it is an indication that the mobile device was not able to connect to the scale because of distance, interference with other Bluetooth devices or the App is not running on the device. If this occurs, bring the device closer to the scale, open the App and step on the scale again. If the mobile device is able to connect with the scale, the previously SAVED data will be sent to the App and sync to your LoseIt! account. The new weight will overwrite any older measurements taken earlier in the same day.



NOTE: To ensure a successful data sync from the scale to the device, be sure to have the Lose It! App open on your device and the device is in close proximity to the scale.

NOTE: The scale will display weight only without the App.

Updating a User Profile:

In the event that you need to update or change your user profile – for example you need to adjust your height settings or change to athlete mode, you will need to disconnect the scale from your device and reconnect the scale back to your device for the updated profile to sync to the scale. Failure to follow these steps will result in inaccurate data measurements.

1. Open the Lose It! App
2. Select MORE from the bottom of the screen
3. Select APPS and DEVICES
4. User will need to Select Lose It! Health o meter Bluetooth Scale first before Select Disconnect Scale
5. Select DISCONNECT SCALE
6. Select CONNECT SCALE
7. Follow the onscreen instructions to complete setup

Resetting Users

You may reset one, two, three or all 4 of the users if you would like to open up slots for new users.

1. Press and Hold the button on the bottom of the scale for 5 seconds. This will put the scale into reset mode.
2. The scale will ask you to select the user you would like to reset. **NOTE:** The scale will choose the last user first and then scroll through the other users. Tap to confirm the user you would like to reset.
3. If you would like to reset all of the users, tap to select ALL.





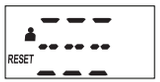
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4. The scale will confirm with if you would like to reset that user in case of accidental resetting. The scale will scroll through NO and then Yes. Tap to confirm your selection.





5. You will then see an animation that confirms the user has been reset.



Firmware Updates

Periodically, as part of our continuous improvement policy, there may be a **FIRMWARE UPDATE** for the scale. You will be notified through the app that it is available. Select update firmware to proceed with the update. You will see a confirmation on the scale screen.

If the firmware update is successful, the scale will recalibrate and be ready to take a measurement.

If the firmware update was not successful, you will see an error message and the scale will attempt another firmware update the next time it syncs with your device.

NOTE: The firmware update could take up to 5 minutes to complete. When updating the firmware, please keep the device in close proximity to the scale as the device is the conduit to the scale for updates. The scale will display the progress percentage to keep you informed of the progress.



Trouble Shooting:

Bluetooth Connection Failed –

- Turn Bluetooth OFF and then ON in your settings to re-establish the connection.
- If the problem persists, restart your device

App and Scale Connection Failed –

Try each of the following:

- Make sure your mobile device is within range of the scale.
- Try reconnecting scale. To do this:
  1. Open the App
  2. Select More
  3. Select Apps and Devices
  4. Select Lose It! Health o meter scale
  5. Select Disconnect Scale
  6. Select Connect and complete the setup process
- If scale does not respond, check the batteries in the scale. They may need replacing.

Body Fat and Body Hydration are not displayed –

- Make sure you are standing on the scale with bare feet and all 4 electrodes are covered by your feet.

"Err" appears on the display –

One of the following may be occurring:

- The scale cannot detect a stable weight. Stand still while weighing
- The weight has exceeded the scales capacity (400lb).
- The scale is not placed on a hard, stable surface. Placing the scale on carpeting can interfere with the scale's balance and measurement.

Cannot see other users information on my device –

- Your scale can be set up for up to four users. Each user must use their own device. Only one account can be used on each device.

A second mobile device isn't syncing the information from the scale –

- Make sure you pair each device to the scale by following the onscreen instructions

The firmware update was interrupted midstream –

- You will need to re-do the update. To do this:
  1. Open the App:
  2. Select More
  3. Select Apps and Devices
  4. Select Lose It! Health o meter scale
  5. Select Firmware update

NOTE: The scale may need to self calibrate after you have set up and linked the scale to your device. If the scale needs to self calibrate it will show 3 moving bars after you have weighed yourself and ask you to step back on the scale.

CARING FOR YOUR SCALE

Periodically wipe the scale surface down with a DRY cloth to remove dust.

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IC STATEMENT

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditionssuivantes :

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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BODY FAT COMPOSITION RANGES

Body Fat Readings can fluctuate throughout the day mostly due to hydration changes. For best results, take your body fat measurement at the same time of day. Hydration level changes are common during the day and are dependent on how much fluid is taken in and how much fluid is lost as a result of exercising, sleeping, having an illness, alcohol consumption, and other lifestyle choices and activities.

For the highest level of accuracy, measure body fat while feet are slightly damp. Moisture from water or sweat helps reduce inaccurate body fat measurements resulting from poor placement or stability on the scale.

Recommended Body Fat Ranges and BMI

Gender	Age	Low (-) (BMI < 18.5)	Normal (0) (BMI 18.5 - 24.9)	High (+) (BMI 25.0 - 29.9)	Very High (+ +) (BMI ≥ 30.0)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

Based on NIH/WHO guidelines for BMI
Based on Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000
To determine the percentage of body fat that is appropriate for your body, consult your physician.

BODY HYDRATION

Body hydration percentage indicates the amount of fluids you have in your body. Water in your system is important because it regulates body temperature, converts food into energy and protects vital organs. Individuals with more body fat have proportionately less total body water and are more susceptible to fluid imbalances that cause dehydration.

When tracking your body hydration level you should consider the following:

1. Take your hydration measurements the same time of day.
2. Monitor you readings to establish a personal body hydration range.
3. Do not drink any caffeinated or alcoholic drinks before taking a measurement.
4. Drink water if dehydration is detected.

Body Hydration Levels

Body hydration ranges, shown as a percentage of your body weight		
Age	**Female**	**Male**
Newborn	75%	80%
1-5	65%	65%
10-16	60%	60%
17-39	50%	60%
40-59	47%	55%
60+	45%	50%

Extracted from Dialysis & Transplantation, © 2001; Sports Nutrition For Young Adults: Hydration; Crystal Springs: Hydration Information; The National Women's Health Information Center: 4woman.gov

Please consult with your physician to determine the appropriate hydration level for your body.

BODY MASS INDEX (BMI)

Body mass index (BMI) is one way to tell whether you are at a healthy weight. It measures your weight in relation to your height, and is closely associated with measures of body fat. The higher the BMI, the greater the risk of developing health problems.

BMI is one of the tools that Healthcare providers use to assess a person's risk of developing diabetes, heart disease, or other health problems.

BMI for Adults

For adults over 20 years old, BMI falls into one of the following:

BMI Weight	Status
Below 18.5	Low
18.5 - 24.9	Normal
25.0 - 29.9	High
30.0 and Above	Very High

To determine the BMI that is appropriate for your body, consult your physician.

What should I do if my BMI measurement is too high?

If your BMI is between 25 and 30 and you are otherwise healthy, try to avoid gaining more weight, and look into healthy ways to lose weight and increase physical activity. Talk to your health care provider about losing weight if

- your BMI is 30 or above, or
- your BMI is between 25 and 30 and you have:
  (a) two or more of the health problems listed below or
  (b) a family history of heart disease or diabetes

How does extra weight affect my health?

Extra weight can put you at higher risk for some health problems such as:

- Type 2 diabetes (high blood sugar)
- High blood pressure
- Heart disease and stroke
- Some types of cancer
- Sleep apnea (when breathing stops for short periods during sleep)

Contact your health care provider for more information.

BMI Limitations

Because BMI does not show the difference between fat and muscle, it is not the only predictor of a weight issue that could lead to health problems. For example, someone with a lot of muscle (such as a body builder) may have a BMI in the unhealthy range, but still be healthy.

BMI also may not accurately reflect body fatness in people who are under 5 feet (1.5m) or in older people, who tend to lose muscle mass as they age. But for most people, BMI is a reliable way to tell if your weight is putting your health at risk.



6'3" (1.9m)	**Height**	6'3" (1.9m)
220 lbs (100 kg)	**Weight**	220 lbs (100 kg)
27	**BMI**	27



Your Healthy Lifestyle

Health and fitness isn't just about counting calories and cutting fat out of your diet. It is about a balanced combination of eating right and exercising: neither dieting nor exercising alone will give you the kind of results you get when they are used together. To achieve a healthy lifestyle, you must set realistic fitness goals and reduce the number of calories you take in, regardless of whether they come from foods high in protein, carbohydrates, etc.

When you go on a diet, you may lose weight, but you'll also lose beneficial muscle and bone tissue. Instead, reduce the number of calories you are taking in by eating more healthful foods, and include exercise in your regular routine to lose weight faster by burning fat. Exercise makes you feel better; it helps improve circulation, relieves stress, and speeds up your metabolism. So create a plan of exercise and diet appropriate for your needs, body type, and general health. Soon you'll see how this powerful combination makes it easier to look and feel your best.

Helpful Eating Tips

- Make sure no more than 30% of your daily calories come from fat, with no more than 10% saturated fat.
- Never skip meals! Instead, eat sensible portions at every meal and use small, low calories snacks between meals to help control hunger.
- Learn to read food labels and follow recommended serving sizes.
- Balance your calorie intake with your activity level. Eat less on low activity days than you do on days where you enjoy rigorous exercise.

Helpful Exercise Tips

- Set goals. Write down what you want to achieve in the short and long term.
- Make exercise a habit. Choose a time every day - even 30 minutes - and stick to it.
- Vary your workout. Mix up your activities to avoid burn out.
- Recruit a friend! Working out as a team keeps you both motivated.

NOTE: The materials in this manual are based on information from the National Institutes of Health and Center for Disease Control (CDC). They are not intended to replace advice from your doctor or fitness professional. Please consult with your physician before beginning any fitness program or fat or weight reduction program. Individual weight loss will vary. **Jarden Consumer Solutions takes no responsibility for individual results or any claim made by a third party.**

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