

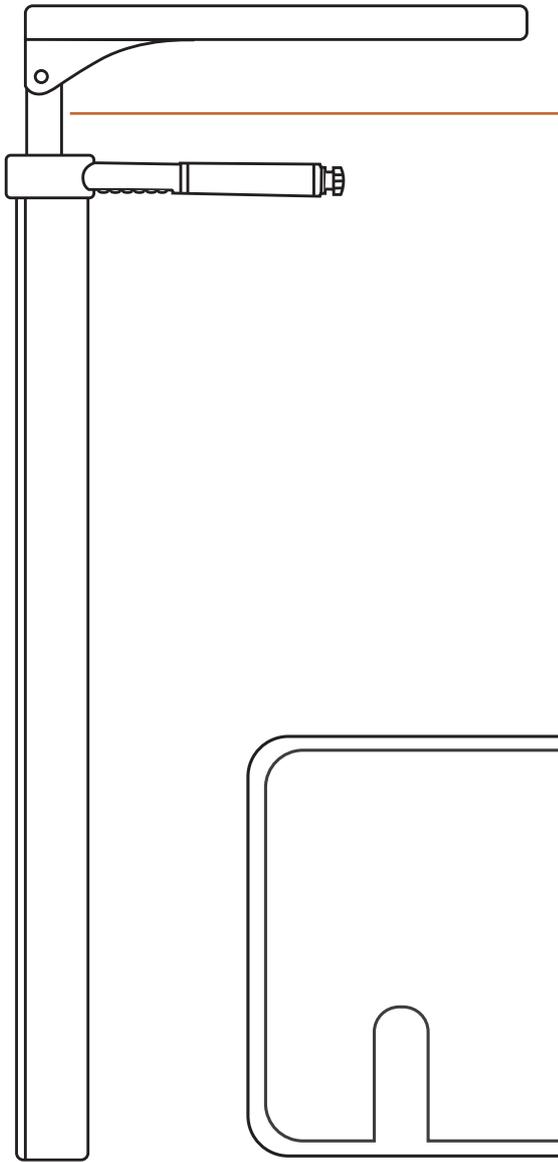


PHYSICIAN SCALE HH

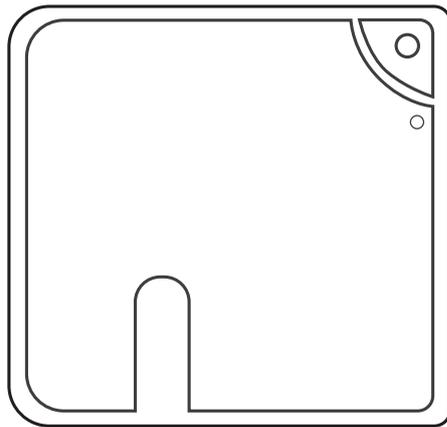
USER MANNUAL



PART1
Product List



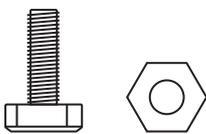
Retractable Manual Graduation Ruler
Range:119-224cm



Pole Stand

Platform

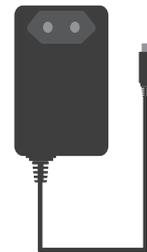
X2-BMI Indicator



Hexagon Head Screw*2

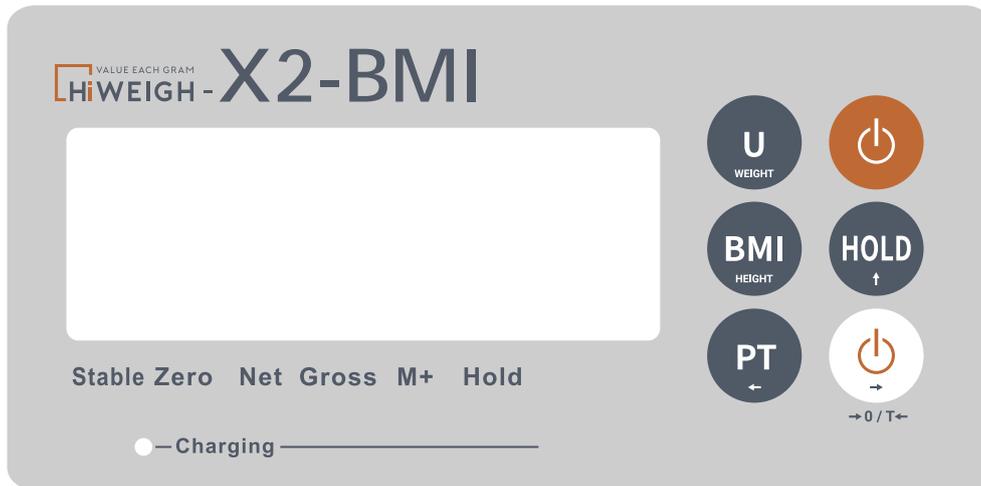


Philip's Head Screw*3



Charger

Button Description



UNIT/Weight:
Back to weight display or change weight unit



BMI/Height:
Input the height and calculate the BMI



Print Button:
Print or display time or move digits leftward



Off Button:
Switch off the scale



Hold Button:
Manual hold or increase the digit



On/TARE/Zero:
Switch on the scale or tare or zero or move digits rightward

Technical Specification

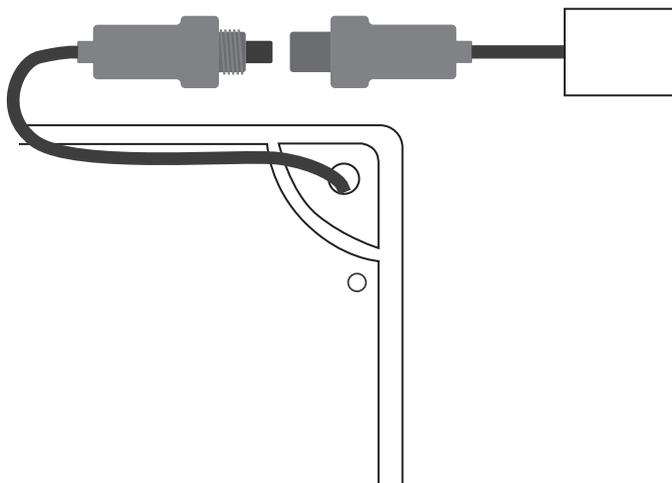
Weight Capacity	200kg(300kg on demand)
Division	50g
Weight Unit	kg/lb
Height Measure Arrangement	119-224cm
Height Measure Method	Manual
Platform Size	400*400mm
Communication Interface	5 Core Connector and Optional RS232
Battery and Operating Life	6v1.2ah Lead-acid Battery 40hrs
Adaptor	100-240v AC 9v500mA

| PART 2

| Assembly Instructions

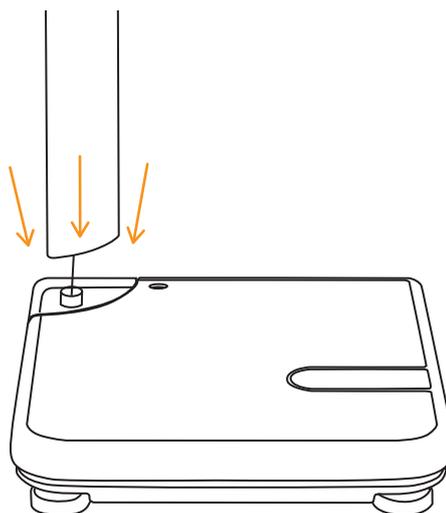
Step 1.

Connect and tighten the wire terminals between the pole stand and the platform.



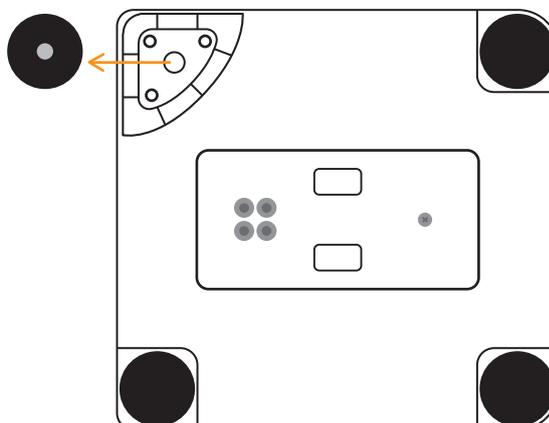
Step 2.

Arrange the cables and tuck them into the pole. Insert the pole stand fully into until it reaches the bottom



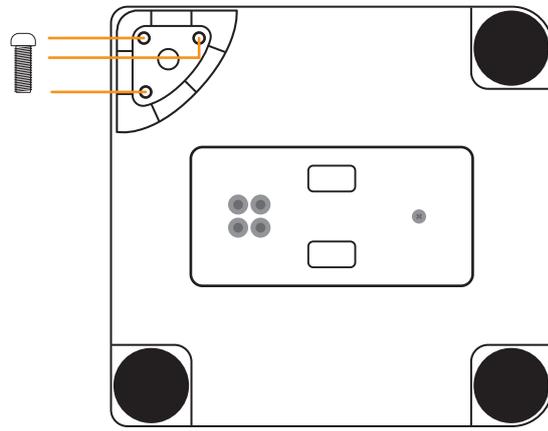
Step 3.

Unscrew one foot from the base of platform of the mounting position.



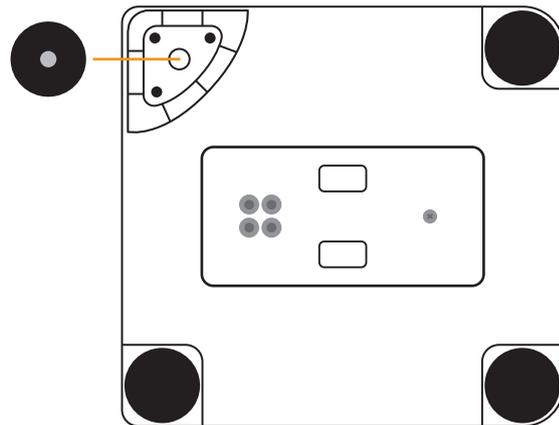
Step 4.

Screw the 3pcs philip's head.



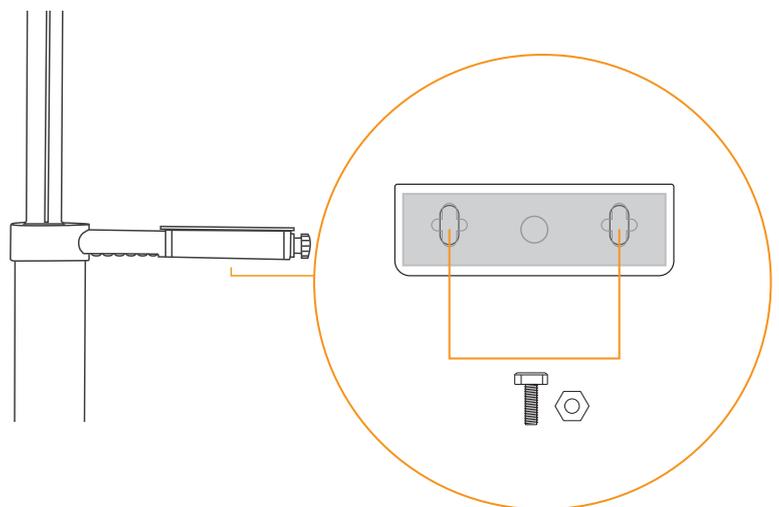
Step 5.

Screw the foot back.



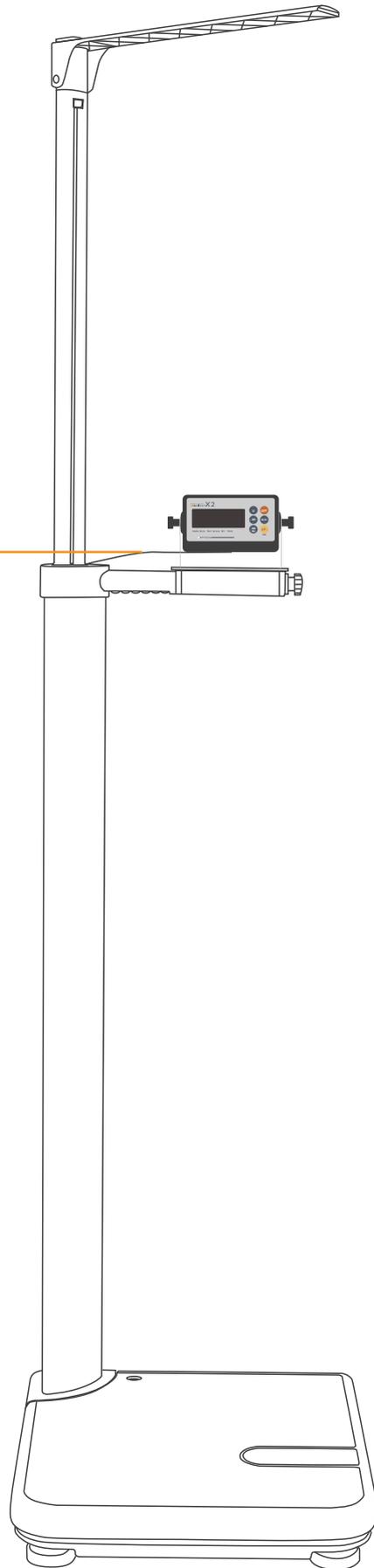
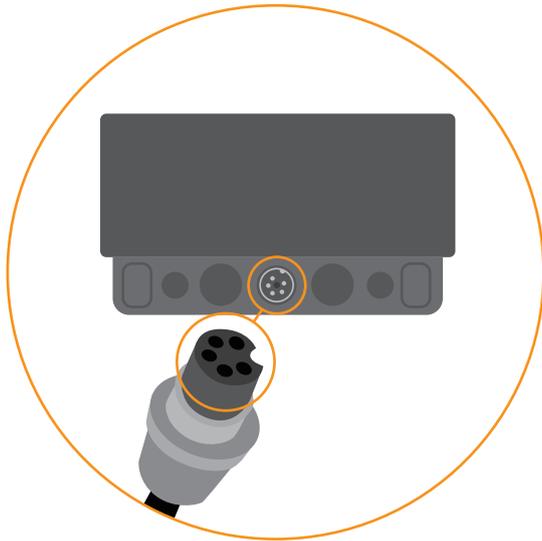
Step 6.

Align the holes of the indicator bracket with the holes of the support plate and fix them with 2pcs hexagon head screw.



Step 7.

Connect the wire terminal on the scale body and the indicator connector, than it can be used.

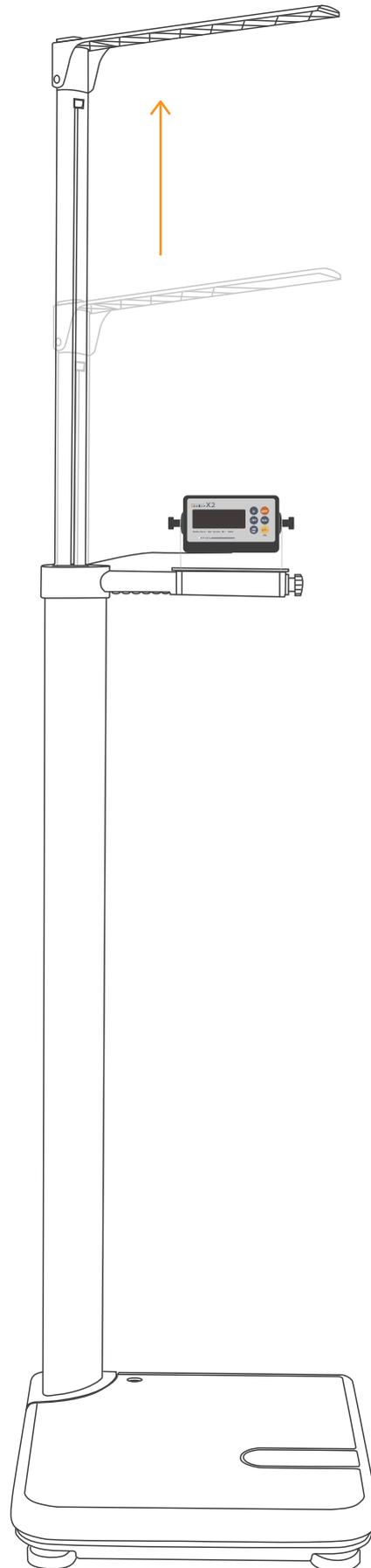




PART 3
Measure Height

Step 1.

Open the ruler head, pull out the scale ruler gently.



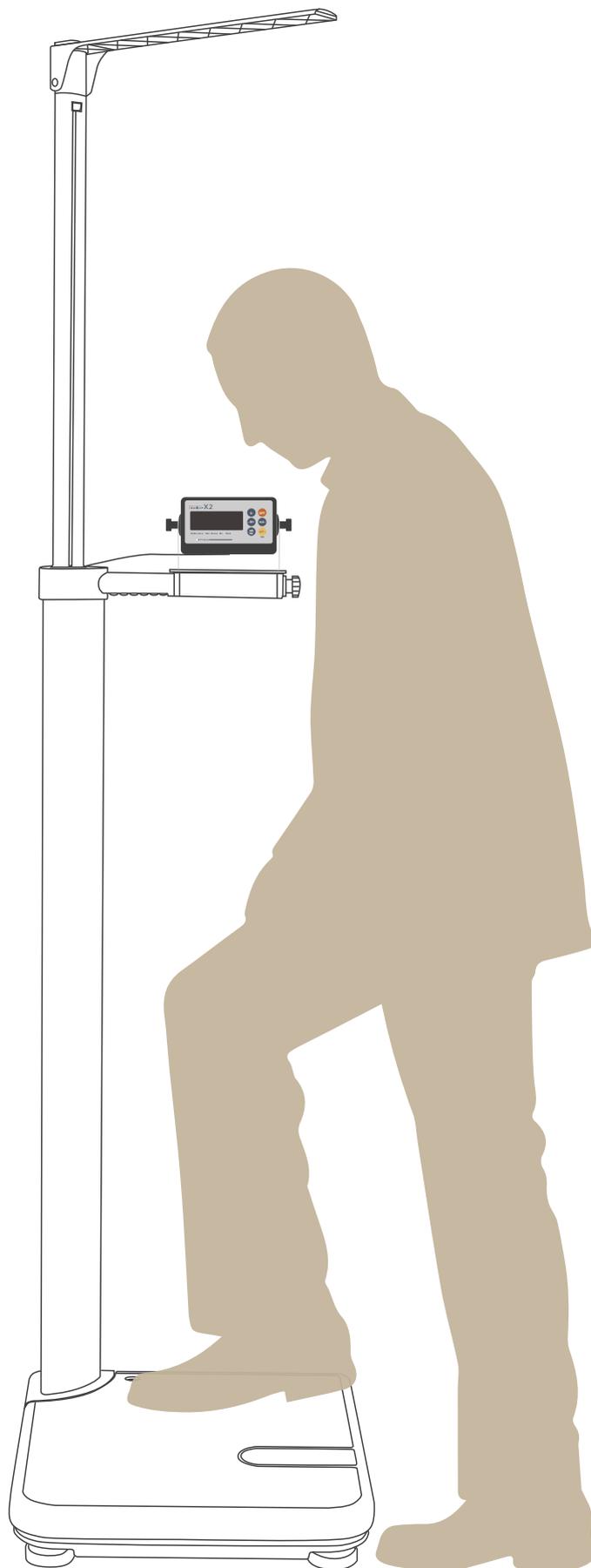
Tips:

1. For precise height measurement, shoes must be taken off
2. The device supports measurements from 119cm to 224cm

Step 2.

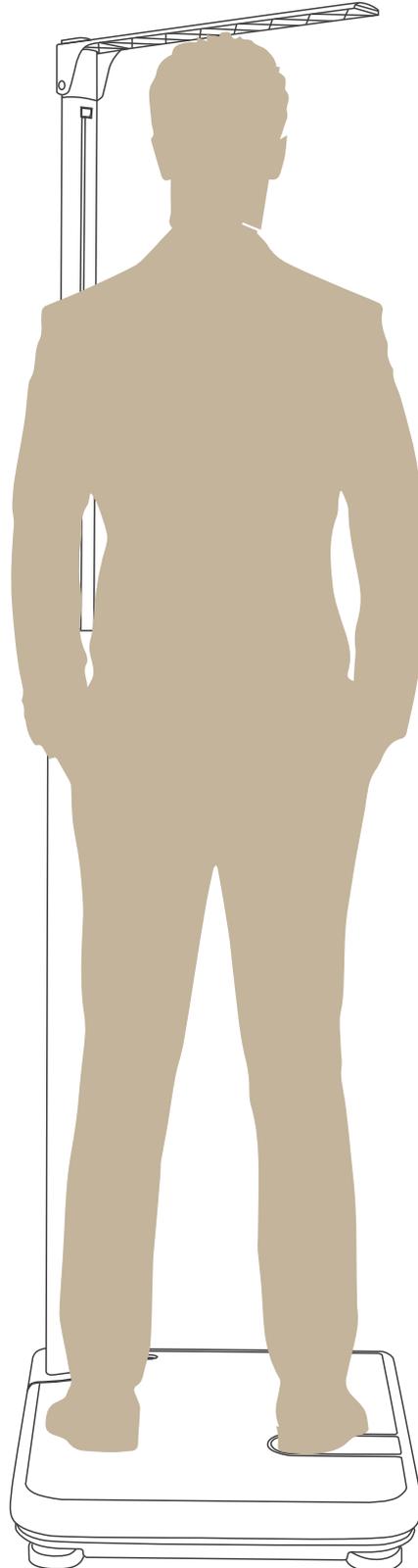
Walk onto the measuring platform slowly

(jumping is strictly prohibited).



Step 3.

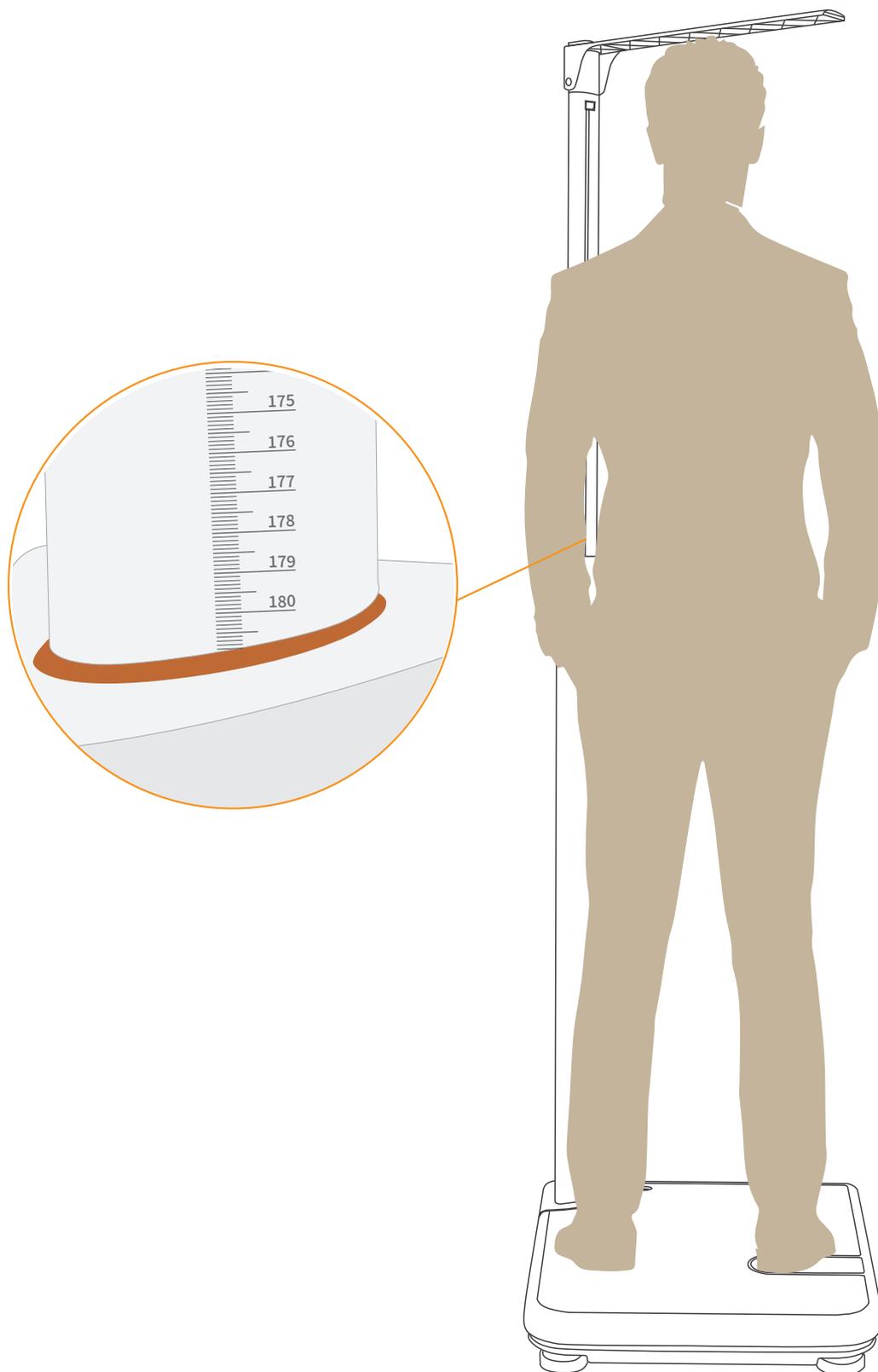
Lower the scale ruler gently until the ruler head touch the head.



Step 4.

Read the height measurement

(Note: the correct reading is taken from the bottom edge of scale ruler)



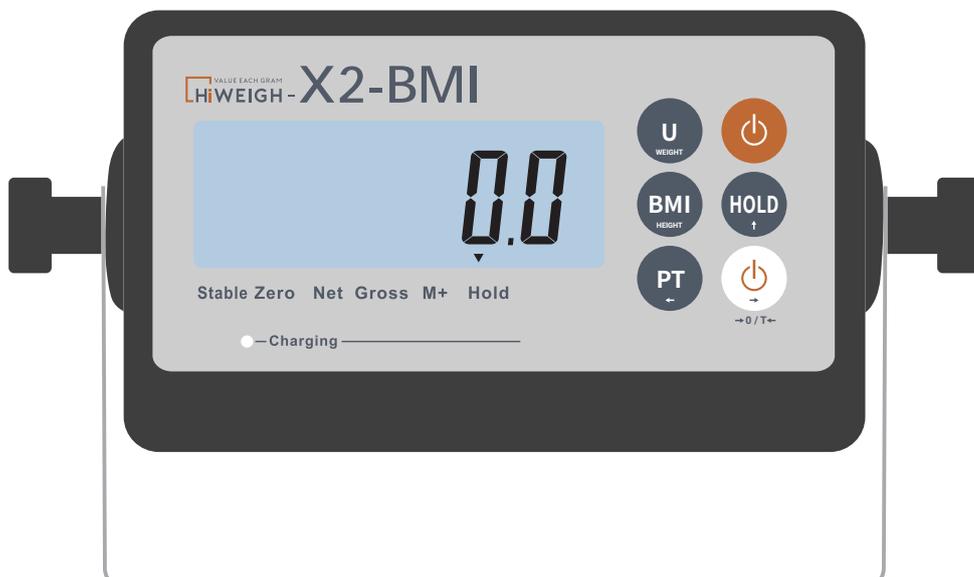
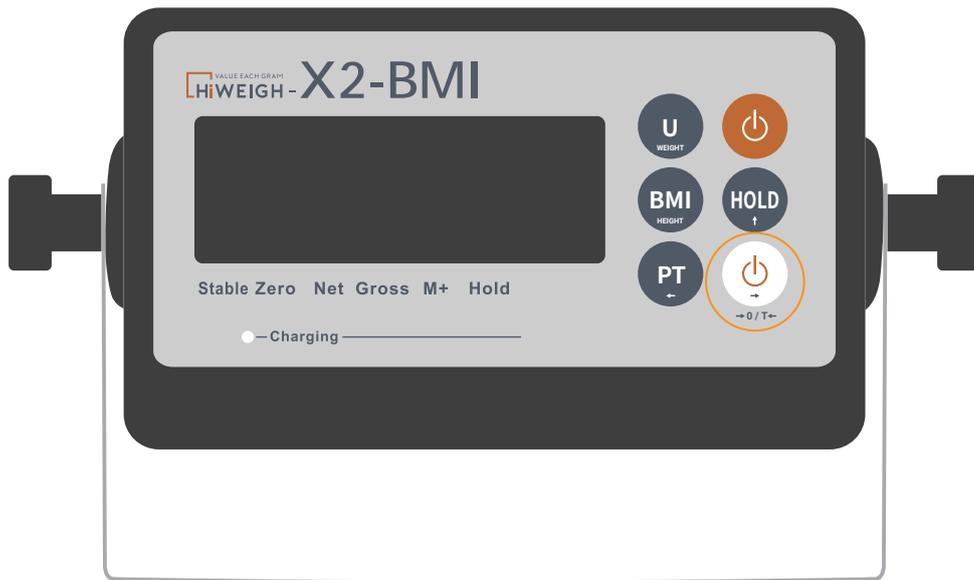
| PART 4
| Measure Weight & BMI

Step 1.

Press  to power on the indicator.

Waiting the display to be [0.0kg]

Stand on the platform and reading the number



Step 2.

Press  key to input the height value , after the height input, press  key again to get the BMI index.

(Note: on kg unit, it' s in the unit of cm, on lb unit display, the height unit is feet and inch)

Press  key back to the weight display

Adult body BMI Index Assessment

$BMI < 18.5$

Underweight, it is recommended to consult a doctor how to gain weight

$18.8 \leq BMI \leq 24.9$

Normal weight, keep on!

$25 \leq BMI \leq 30$

Mild to moderate obesity, highly recommended to regular medical checkup to prevent diseases

(e.g., fatty liver, diabetes, hypertension, etc)

$BMI > 30$

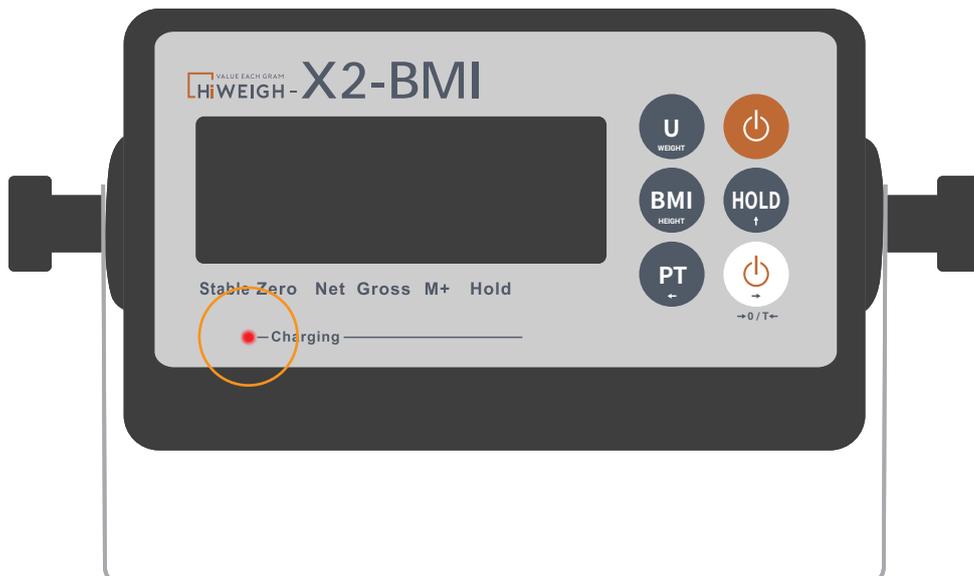
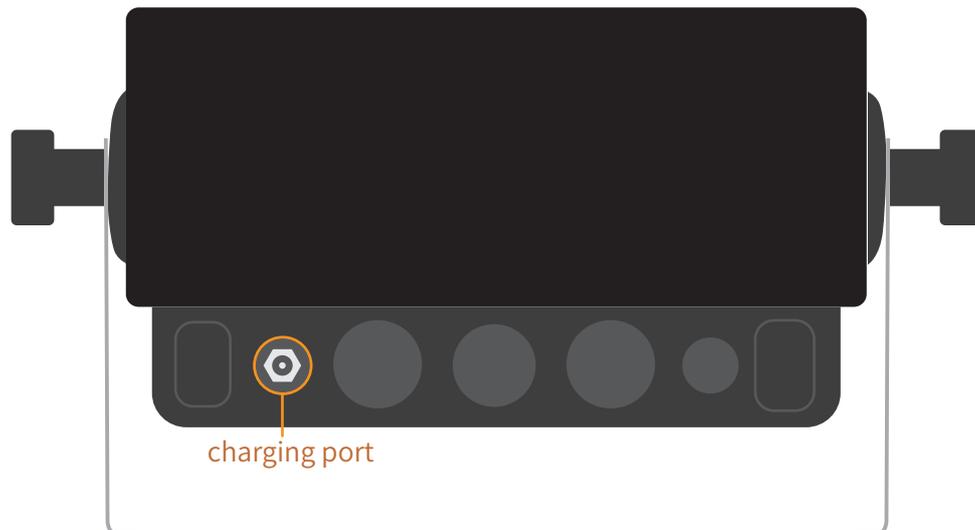
Severe obesity. You have serious health risk and must lose weight immediately. It is strongly advised to consult a doctor

PART 5

Adapter

Step 1.

If the indicator show low battery, plug the adapter into the power port which back of indicator, then charging light will light.



Tips:

1. Don't handle the adapter with wet hands, it will be a risk of electric shock.
2. Please use our adapter only.
3. X2 indicator has a built-in 6V1.2Ah lead-acid battery, supporting 40 hours of continuous operation.



PART 6
Attention

1. Calibration if unused over six months
2. Place on a horizontal surface
3. Don't jump on the platform
4. Don't handling the adapter with wet hands
5. To avoid pinch hands, Please hold the middle part when pull out the scale ruler
6. Return the scale ruler to original position when finish measuring
7. Unplug the adapter from the socket if unused for a long time



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