

Operating Your Scales



Scales are used to monitor your weight and how much fluid you are retaining. Your weight variances can show how well your heart is beating and the condition of your heart. This is why we ask you to weigh yourself.

Operating your scales

- 1.** Press the ON/ZERO/OFF button at the top of the scales to activate them. The display will show 0.00kg.
 - 2.** Remove any excess weight e.g. shoes, items in your hands, heavy clothing.
 - 3.** Place both feet flat on the scales, wait until the reading settles.
- The scales you have been supplied operate on six (6) AA type alkaline batteries. These must be replaced when the error message LobAt appears on the display screen.
 - The scales have an in-built battery save function and will de-active after a period of inactivity, usually around 5 mins.
 - The ON/OFF switches located on the bottom of the scales must remain in the ON position. Please do not adjust these.