

Biometric Scale Operation Instructions

These instructions are for the Omron HBF-400 Fat Loss Monitor with Scale

You will need the participant's age, sex, and height prior to using the scale.

1. Turn the scale on by touching the button at the front edge of the scale.
2. When the scale turns on and calibrates "cal", then press the "Guest Memory" button.
3. Use the up or down arrows to adjust the age to the participant's age, and press the "set" button.
4. Then press the up or down arrows to choose the sex (symbol fatter on top is male, fatter on bottom is female) and press the "set" button.
5. Then press the up or down arrows to choose the participant's height and press the "set" button.
6. The scale will calibrate again. After it calibrates and the screen flashes, have the participant stand barefoot on the scale with heels on the back squares and toes over the front squares.
7. The scale will calibrate and show the participant's weight, and then it will calibrate again (black bars sequentially light up across the bottom of the screen. When it starts showing numbers after that, the participant can step off the scale.
8. Record the numbers shown (BMI = Body Mass Index, fat % = percent of the body that consists of fat, and weight) on the Health Fair Booklet.
9. Turn the scale off by pressing the button at the front edge of the scale.
10. Clean the surface of the scale with an alcohol-soaked cotton ball between each participant.