



IDEAL LIFE Body ManagerTM

Body Weight Scale

Model BWM0002

INSTRUCTION MANUAL

Read before use

May be used with IDEAL LIFE PodTM
(sold separately) for use with IDEAL LIFE
Health Management SystemTM



Products may vary from images shown

*NOTE: This system is intended for informational purposes only. For expert advice make sure to consult a healthcare professional. Any instructions for change in treatment and health related information or advice should only be made directly with a healthcare professional.

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Introduction

Preface

Thank you for purchasing the IDEAL LIFE Body Manager™ or BWM0002 along with your IDEAL LIFE Gateway. This completely automatic system measures your body weight for automatic transmission and recording so that you can better manage your body weight with your health and wellness care provider. Your measurement reading is clearly displayed on a large screen on the IDEAL LIFE Body Manager™ after each measurement, and later stored for a more detailed analysis in the form of tables for easy viewing and graphs for easy interpretation online, if you wish to do so. Your new IDEAL LIFE Body Manager™ provides you with accurate results. The system is stylish with convenient operation so it is simple to use.

The IDEAL LIFE Body Manager™ is intended for use in the measurement of body weight. It is intended for use by adults (individuals aged 18 and older) in a non-clinical environment such as in the home, as an aid to monitoring body weight. It is not intended for the diagnosis of, or screening for medical conditions.

The IDEAL LIFE Body Manager™ can be used alone to automatically measure your body weight. If you would like to transmit information for display on a personal computer, the optional IDEAL LIFE Pod™ (sold separately) or the IDEAL LIFE Gateway Application™ may be used.

CAUTION:

Before using this product, read all instructions thoroughly.

Before Using the Body Manager™

If your scale is packaged with plastic shields or coverings on the base of the scale, please remove them. Set the switch on the base of the scale to measure in kg (kilograms), st (stones) or lb (pounds). Set the scale on the floor. The surface must be level for accurate operation and safety.

For any questions or comments, please call an IDEAL LIFE customer representative at 1-866-IDEAL-41 (866-433-2541)

Package Contents

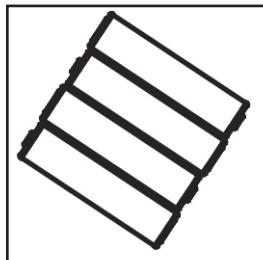
Your IDEAL LIFE Body Manager™ has been designed and tested to produce accurate body weight measurement results.

YOUR SYSTEM INCLUDES:

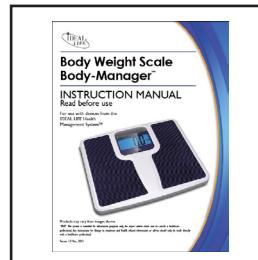


BWM0002 IDEAL LIFE
Body Manager™

Product may vary from image shown

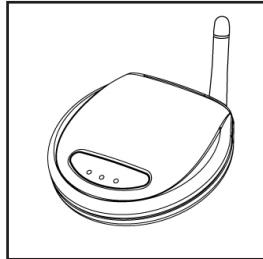


4 "AA" BATTERIES FOR
YOUR IDEAL LIFE BODY
MANAGER™

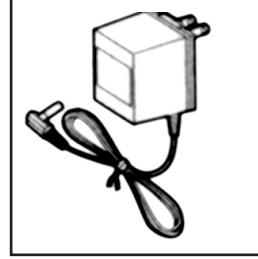


INSTRUCTION MANUAL

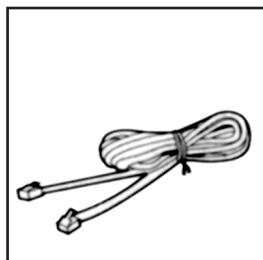
IDEAL LIFE POD (Optional Accessory)



ILP 0001 IDEAL LIFE POD™



AC ADAPTER



TELEPHONE LINE /
ETHERNET CORD

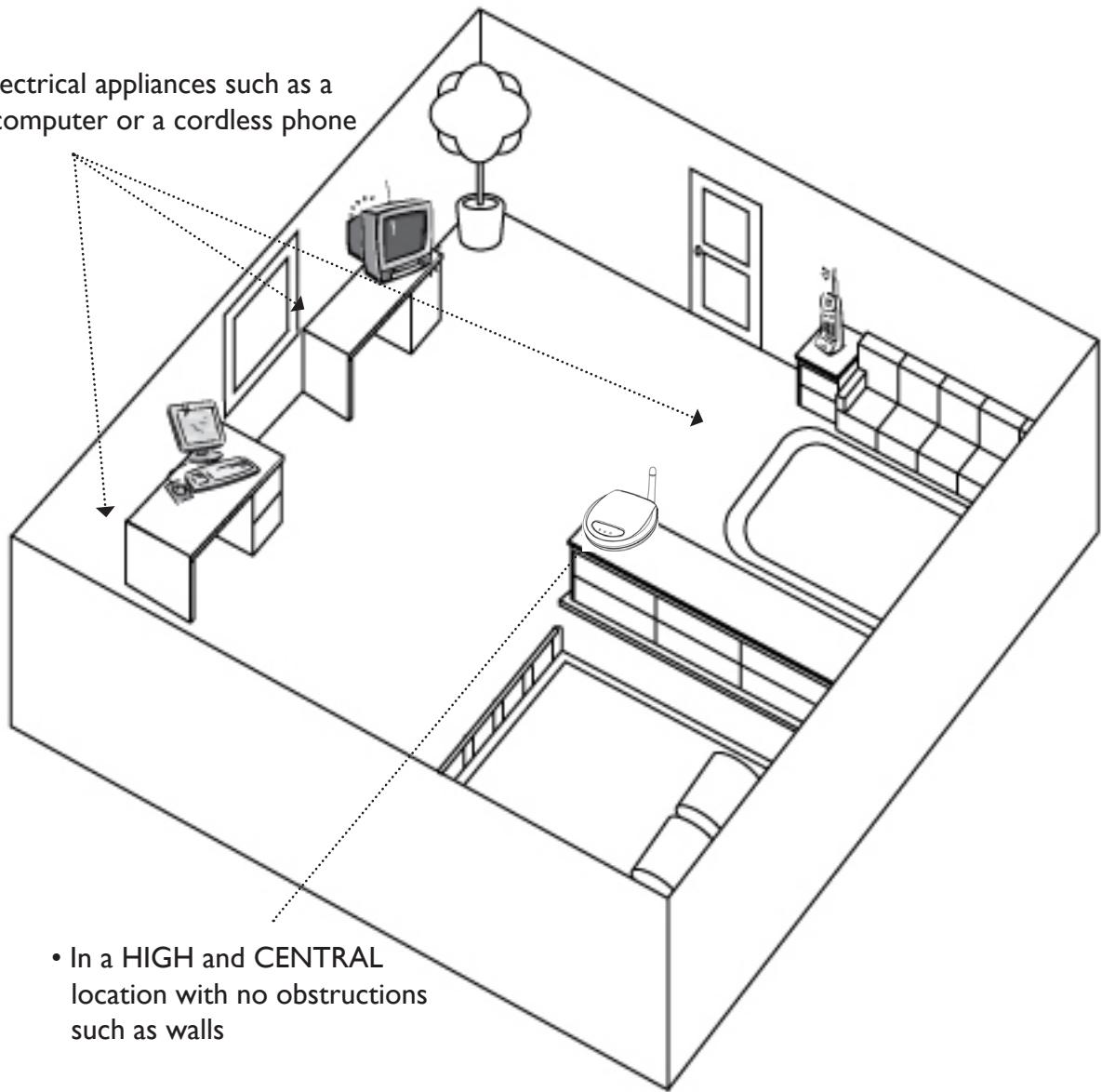
NOTE: Check your system to be sure that it is in working order and that it contains all parts listed above. If either of these conditions is not met, please return your system to the place of purchase.

Location/Interference

 (when using and IDEAL LIFE Pod™ sold separately)

The IDEAL LIFE Pod™ uses wireless radio waves to transfer information from your IDEAL LIFE Body Manager™. For the best distance and least interference, the recommended IDEAL LIFE Pod™ location is:

- Away from electrical appliances such as a TV, personal computer or a cordless phone

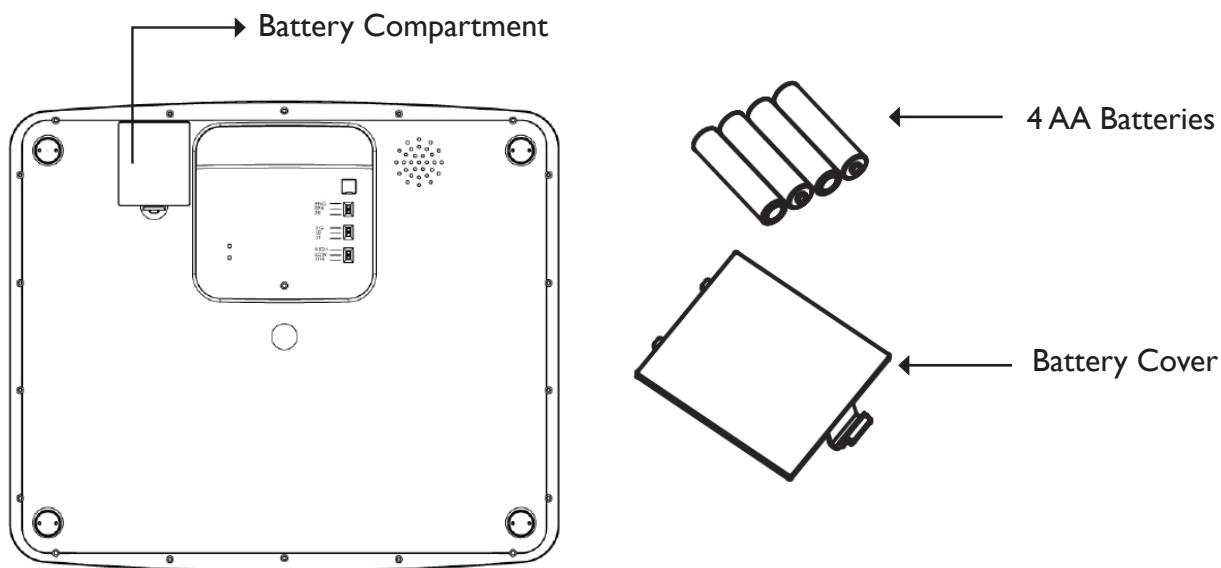
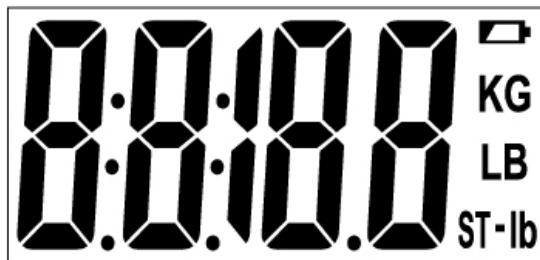


- In a **HIGH** and **CENTRAL** location with no obstructions such as walls

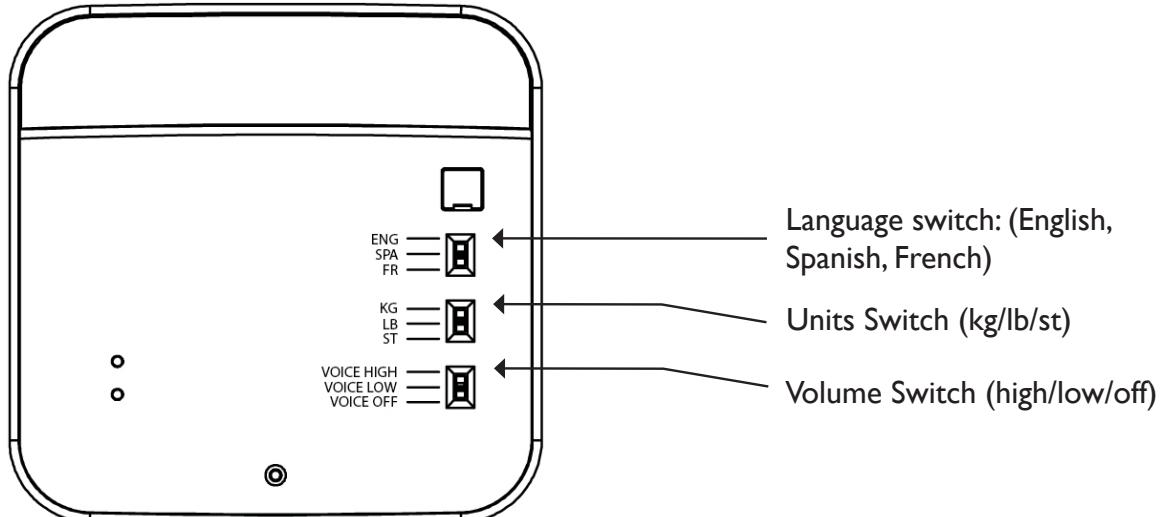
NOTE:

While using an IDEAL LIFE Pod™ with telephone line connectivity, the telephone line will be in use. If the telephone line is in use while trying to use your IDEAL LIFE Pod™, the information will be stored in your IDEAL LIFE Body Manager™ and will be sent later.

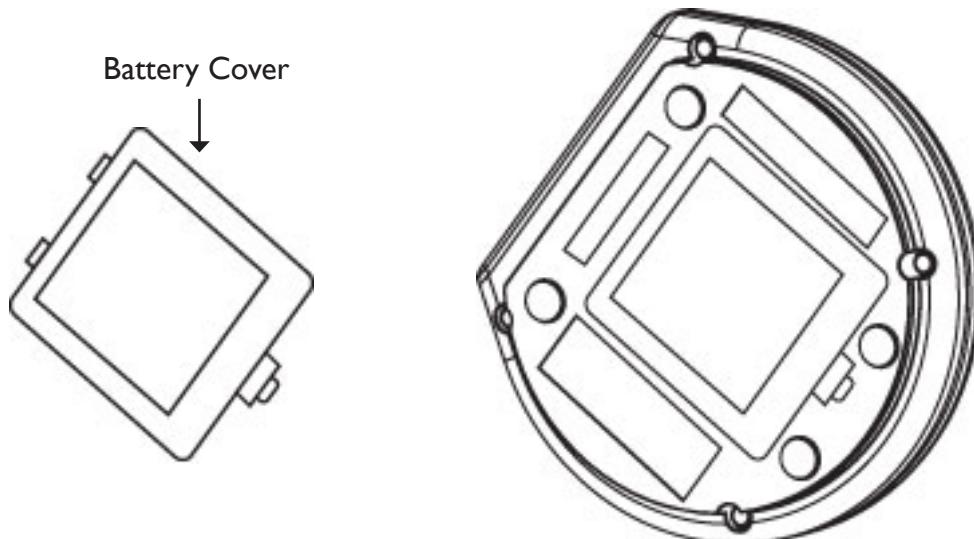
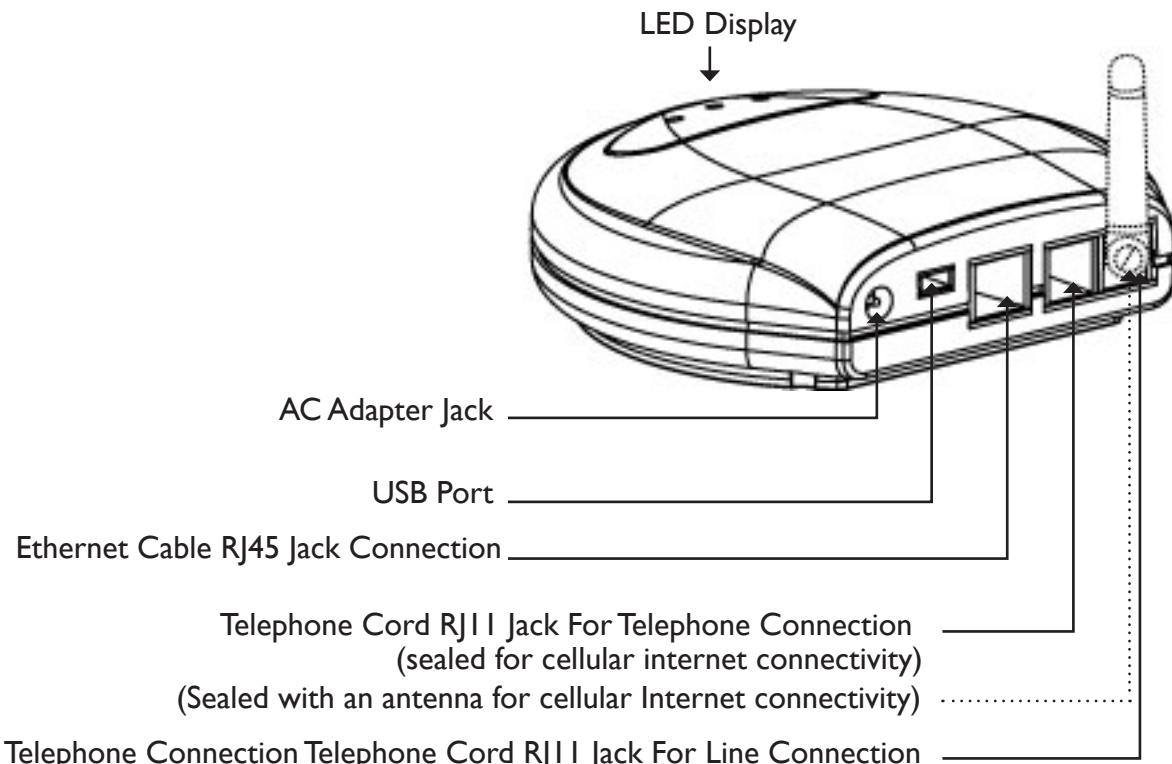
Your IDEAL LIFE Body Manager™



Back of Scale. Switches for Language, Units and Volume



Your IDEAL LIFE Pod™ (Optional Accessory)

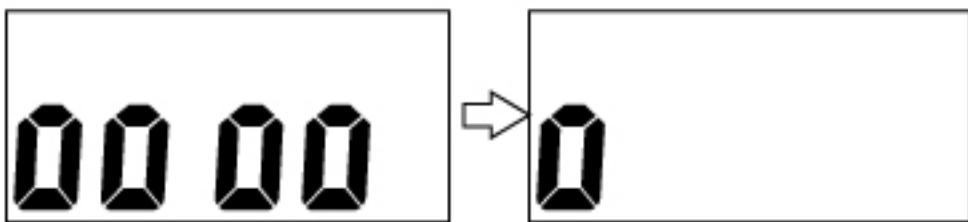


* Note: There is only a battery compartment for telephone line connectivity

Powering Up Your IDEAL LIFE Body Manager™ and one time Setup

INSTALLING THE BATTERIES (INCLUDED)

1. Insert the batteries, ensuring that the + and - ends of the batteries are placed correctly.
2. Step on and step off the the scale to turn it on.
3. The LCD screen will show “0000”, and then show a moving “0”. Remove all weight from the platform while the scale calibrates itself.



4. After calibration is successful the scale will turn itself off.

NOTE:

Replacing the battery does not affect previous test results stored in memory of the scale. However, the time and date settings may need to be updated if batteries are not in the device for an extended period of time. Use only new batteries of the required size and the recommended type. For best performance and the longest life, alkaline batteries are recommended. Do not mix different type, date or brand name batteries together. Be sure to follow the instructions when installing the batteries. Since batteries can leak chemicals that damage electronic parts, leaving the battery in the housing for a long period without using the device may damage the main unit. Please remove the batteries if you are not going to use the device for an extended period of time (i.e., 3 months or more). Batteries should be kept away from small children as they pose a choking hazard. If swallowed, immediately see a doctor for help.

Functions

Taking Your Body Weight Reading

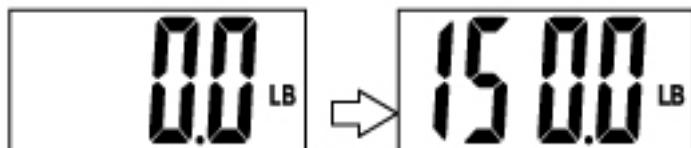
TAKING A READING

Step 1.

Place scale on floor. This should be a hard, stable, level surface.

Step 2

Step on the scale to begin measuring weight. The scale will turn on automatically.



Step 3.

After the weight measurement is locked it will be displayed on the screen. Step off the scale.

The blue light on the scale will start blinking. Once communication with an Ideal Life Pod™ has been made, the blue light will stop blinking and remain constant. The screen will blink 3-4 times and a voice (if voice volume is not set to "OFF") will let you know that the measurement has been sent. A moving "0" will appear briefly on the screen. Do not step on the scale during this time. The screen will turn off and the scale will go into sleep mode.

NOTES

If the scale cannot send a reading, the blue light will turn off. After one minute the scale will try again. It will try to send a reading up to 3 times. If the process still fails after 3 tries, the unsent reading will be stored inside the scale. The scale will turn off and automatically try to send stored readings every hour.

You can change the displayed weight measurement units, language spoken, and voice volume by using the switches on the back of the scale.

If something goes wrong while taking a reading, you may be presented with an error message.

1. "Err1" means that the scale is unable to take a reading due to movement or instability. Ensure the scale is on a flat surface and try to remain still while taking a reading.
2. "Err2" means that you have exceeded the maximum weight of the scale.
3. A low battery icon means that the scale's batteries are low and need to be replaced.

Facts You Should Know

- Your IDEAL LIFE Body Manager™ is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings for 99% of your total body weight, always try to stand on the same area of the scale platform and DO NOT MOVE. Should the weight on the scale exceed the scale's capacity, you may see an error message displayed.
- Electronic sensors are sensitive. Be careful not to drop or hit the scale. Place it gently on a flat surface and store it in a safe place. The scale is an electronic instrument and should never be submerged in water.

CAUTION!

Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only.

Care and Maintenance

Your scale does not require special maintenance. Take care to avoid getting your scale dirty. A dampened cloth with water and mild detergent or glass cleaner can be used to wipe down the outside of the scale. Your scale is a precision instrument. Please handle it with care.

Specifications

IDEAL LIFE Body Manager™

Model:	BWM0002
Display:	LCD Digital Display
Power Source:	Four 1.5V AA alkaline batteries
Scale Capacity:	Max 227kg/500lbs/35st 10lb
Measurement Units:	kg/lbs/st
Dimensions:	17"(W) x 14.5"(H) (433mmW x 370mmH)
Graduation:	0.1 kg/0.2 lbs

Note: These specifications are subject to change without notice.

IDEAL LIFE Pod™ (Optional Accessory)

Model:	ILP 0001
Display:	LED's
Power Source:	AC adapter
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C)/Below 85% relative humidity
Storage Temperature/Humidity:	23°F to 122°F (-5°C to 50°C)/Below 90% relative humidity
Console Weight:	Approx. 142g without batteries
Outer Dimensions:	Approx. 120mm Width x 105mm Depth x 30mm Height

Note: These specifications are subject to change without notice.

FCC Statement

Interference Information

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

This device complies with Part 15 of the FCC Rules. Operation is subjected to the following two conditions: (1) this device may cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

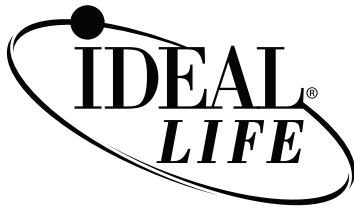
- This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

WARNING:

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

Service Requirements

In the event of equipment malfunction, all repairs should be performed by our company or an authorized agent. It is the responsibility of users requiring service to report the need for service to our company or to one of our authorized agents. Please refer to the location you purchased or received your equipment for details of where service can be facilitated through.



IDEAL LIFE US INC.

Customer Support Hours: Between 9:00 am and 8:00 pm (EST)

Tel 1-866-IDEAL-41 1-866-IDEAL-41 www.IDEALLIFEonline.com

At all other times, you should contact your healthcare professional for assistance.

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