



*Easy and Affordable Solutions  
for Better Health™*



# INSTRUCTION MANUAL

Model BWM 0001

# PLEASE READ BEFORE USE

# Body Weight Scale WEIGHT MANAGEMENT SYSTEM

# IDEAL LIFE Body-Manager™



NOTE: The system is intended for information 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.

Version 2.0 Jan 2009

Products may vary  
from pictures shown.

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# Introduction

## Preface

Thank you for purchasing the IDEAL LIFE Body Manager™ or BWM 0001 and IDEAL LIFE Pod™, or ILP 0001. 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™ can be purchased.

### **CAUTION:**

***Before using this product, read all instructions thoroughly.***

## Before Using Scale

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) 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 1-888-IDEAL-41 (888-433-2541)***

## Package Contents

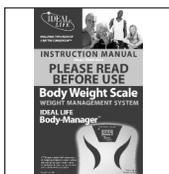
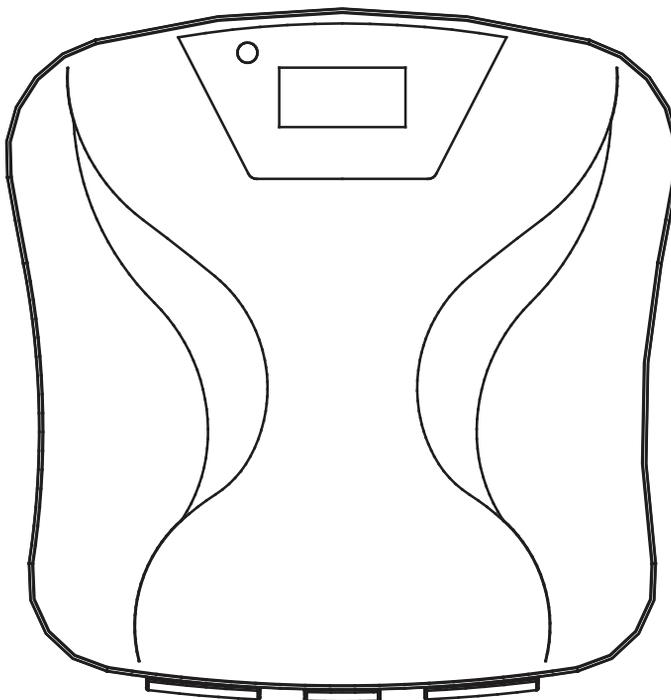
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# Package Contents

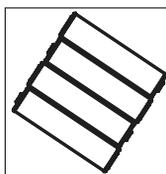
Your IDEAL LIFE Body Manager™ has been designed and tested to produce accurate body weight measurement results.

### ***YOUR SYSTEM INCLUDES:***

#### ***BWM 0001 IDEAL LIFE BODY MANAGER™***



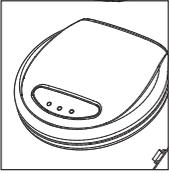
**INSTRUCTION  
MANUAL**



**4 "AA"  
BATTERIES**

## Package Contents

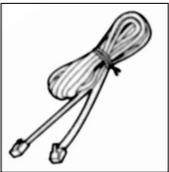
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**ILP 0001 IDEAL LIFE POD™**  
*(\*An optional accessory, sold separately)*



**AC ADAPTER**



**TELEPHONE LINE CORD**

**NOTE!**

***Check your system to be sure that it is unopened prior to use and that it contains all parts listed above. If either of these conditions occurred, please return your system to the place of purchase.***

## Requirements

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# Requirements

### ***MODULAR JACK REQUIREMENTS***

When using your IDEAL LIFE Body-Manager™ with an IDEAL LIFE Pod™, you will need an RJ11 or RJ45 type modular jack, which is the most common type of phone jack or Ethernet jack and might look like the one pictured here. If you don't have a modular jack, call your local phone company or Internet service provider to find out how to get one installed."



### ***ADDITIONAL BATTERIES***

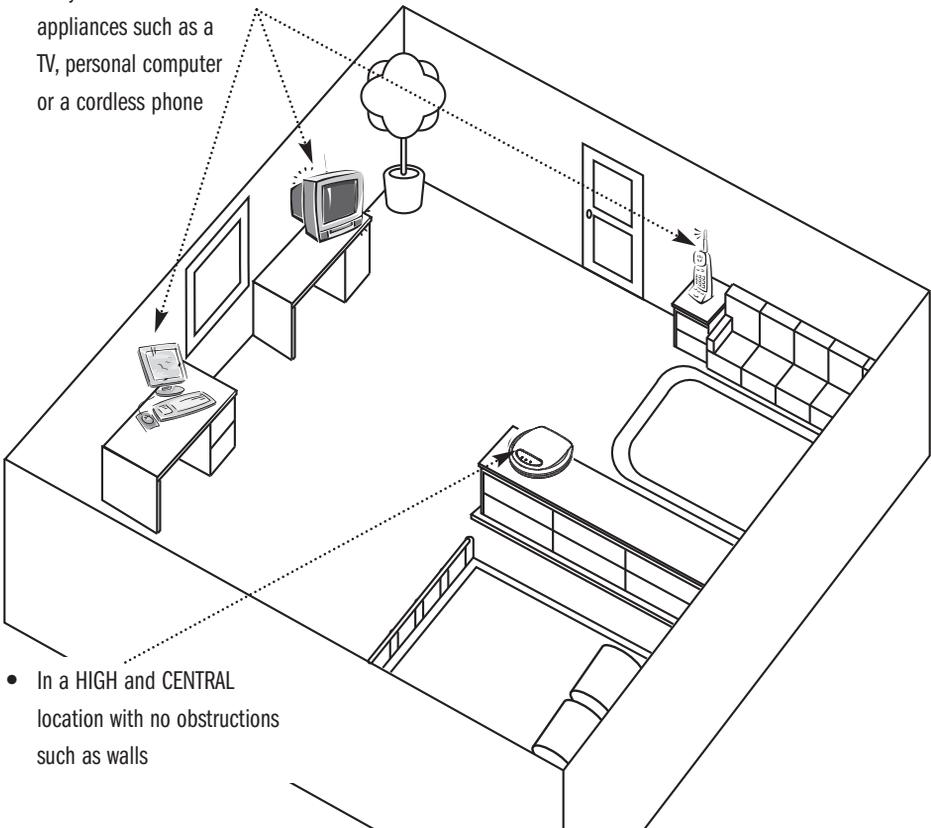
You may wish to use rechargeable batteries in your IDEAL LIFE Manager™. The IDEAL LIFE Pod™ is equipped to recharge batteries.

## IDEAL LIFE Pod™ Location/Interference

# IDEAL LIFE Pod™ Location/Interference

When using an IDEAL LIFE Pod™ to communicate information from your IDEAL LIFE Body-Manager™, wireless radio waves are used. For maximum distance and interference-free operation, 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

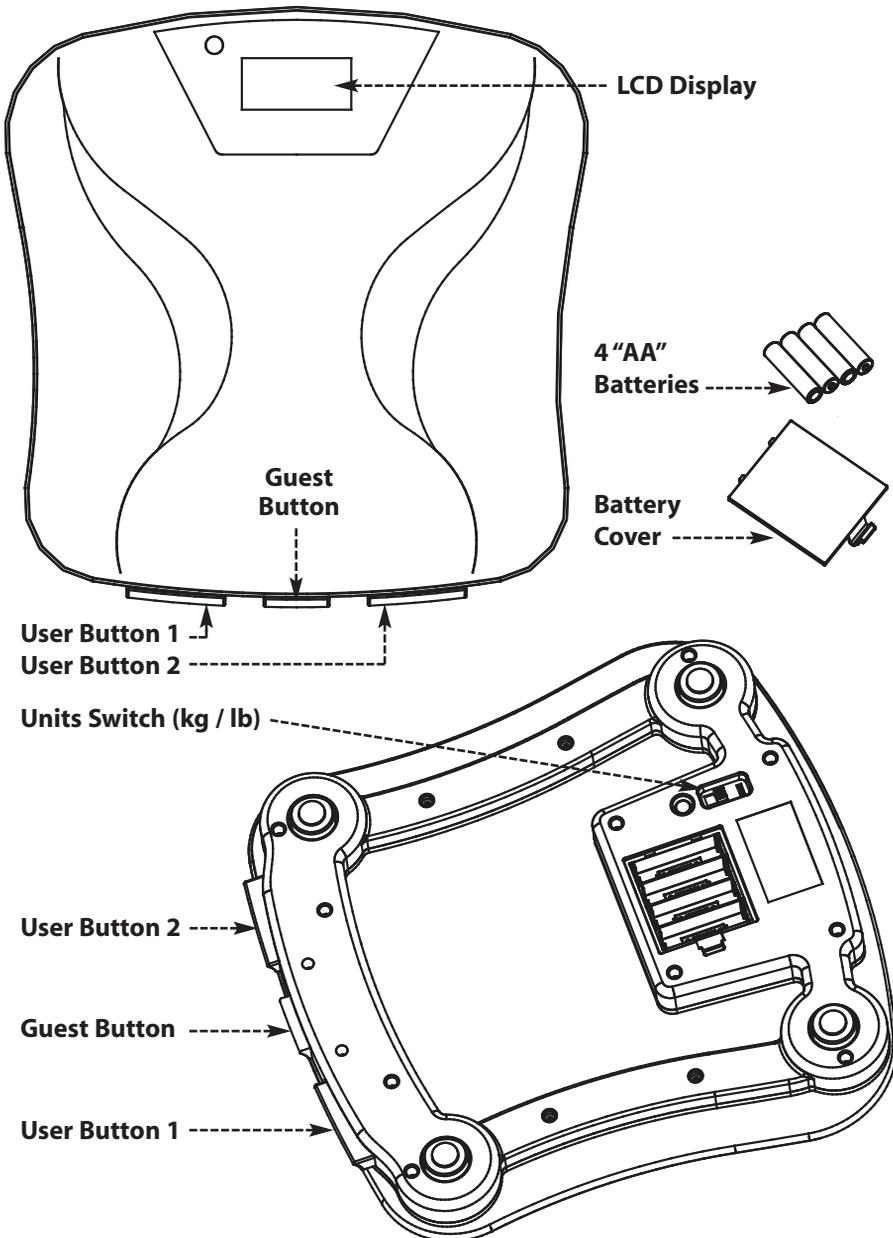
### **NOTE:**

While using an IDEAL LIFE Pod™, the telephone line will be in use. If the telephone line is in use before using your IDEAL LIFE Pod™ and you wish to use your IDEAL LIFE Pod™ while the telephone line is being used, the unit will not be able to make a connection and will store the information in your IDEAL LIFE Body-Manager™ for later transmission.

## Before You Start

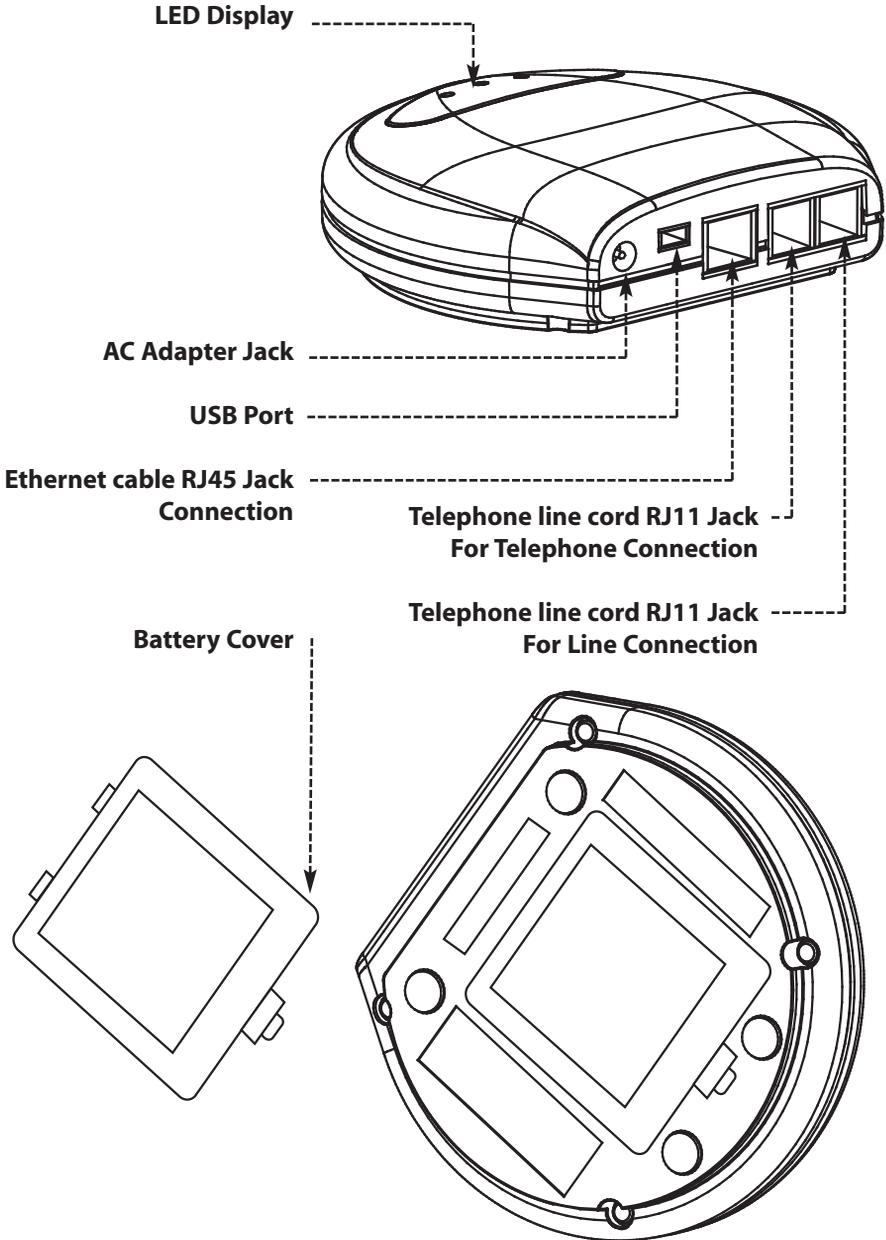
# Before You Start

## Your IDEAL LIFE Body-Manager™



## Before You Start

### Your IDEAL LIFE Pod™ (\*An optional accessory, sold separately)



## Installation

# Installation

**! FOR YOUR IDEAL LIFE Pod™ !**

## Connecting your IDEAL LIFE Pod™ USING AN RJ11 JACK

### CAUTION!

- Unplug phone cord from wall before installing, plugging in an external power source, or changing batteries.
- Never install telephone wiring during a lightning storm.
- Never touch uninsulated telephone wire or terminals, unless the telephone line has been disconnected at the network interface.
- Use caution when installing or modifying telephone lines.

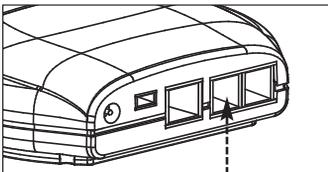
Plug one end of the telephone line cord (provided) into the jack on the back of your IDEAL LIFE Pod™ marked LINE.

### NOTE:

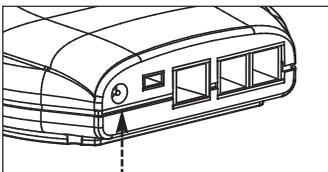
***The IDEAL LIFE Pod™ is designed not to draw power from the batteries when the AC adapter is in use.***



Plug the other end of the telephone line cord (provided) into a modular wall jack.



If you wish to use the same modular wall jack for your IDEAL LIFE Pod™ and your telephone, connect the telephone line cord from your telephone into the jack on the back of your IDEAL LIFE Pod™ marked PHONE.



Connect the small end of the power supply into the power AC jack on the back of the IDEAL LIFE Pod™ marked POWER. Plug the other end into an AC power outlet.

Your IDEAL LIFE Pod™ will automatically power up once it is plugged in to an AC power outlet.

## Installation

### **RECHARGING BATTERIES WITH YOUR IDEAL LIFE POD™:**

- Remove the battery compartment door on the bottom of your IDEAL LIFE Pod™ by pushing gently in the direction shown on the battery cover.
- Place the rechargeable batteries as marked.
- Replace the battery compartment door and push the compartment door shut in the opposite direction shown on the battery cover.
- When using rechargeable batteries with your IDEAL LIFE Body Manager™, simply place them in your IDEAL LIFE Pod™ for 10 hours to recharge when battery status is low.

## **Powering Up Your IDEAL LIFE Body-Manager™**

### **INSTALLING THE BATTERIES (INCLUDED)**

- Remove the battery compartment door on your IDEAL LIFE Body-Manager™ by lifting the battery door using the notch
- Place the batteries as instructed on the device
- Replace the battery compartment door and click into place

#### **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 damages 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). The batteries should be kept away from small children as they pose a choking hazard. If swallowed, promptly see a doctor for help.

## Functions

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# Functions

## Taking Your Body Weight Reading

### *TAKING A READING*

#### **Step 1. Unit Setting**

Set “LB/KG” switch for either pound or kilogram readings.

#### **Step 2. Selecting User**

Your IDEAL LIFE Body-Manager™ allows multiple users to use the same scale to measure weight readings. To start the reading, first select the proper user. Press the LEFT Button labeled “1” to select User 1, press the RIGHT Button labeled “2” to select User 2. The center button labeled “GUEST” is reserved for guests and can be used when other individuals wish to take a weight reading. The GUEST option will not store the reading, only display the weight reading.

#### **Step 3. Initializing Reading**

When “0.0” appears in the display window, step onto scale. DO NOT STEP ONTO SCALE UNTIL “0.0” APPEARS IN THE DISPLAY SCREEN.

#### **Step 4. Reading Result**

Stand on platform without shifting or moving until weight is displayed (up to 7 seconds).

#### **Step 5. Reading Communication (when using the IDEAL LIFE Pod™, an option accessory sold separately)**

When the measurement is complete, your IDEAL LIFE Body Manager™ will then display your reading automatically and begin to communicate. Connection times may vary depending on many factors. If a connection has not occurred, your IDEAL LIFE Body Manager™ will try to connect at a later time. After displaying your reading and automatically communicating the information, your IDEAL LIFE Body Manager™ will automatically turn off.

#### **NOTE!**

***Should the weight on the scale exceed the scale’s capacity, you may see an error message displayed.***

## Functions

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### 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 jar the scale. Place it gently on a flat surface and store where it will be protected from impact. 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

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# 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.

## Specificaitons

# Specificaitons

## IDEAL LIFE Body-Manager™

Model:	BWM 0001 IDEAL LIFE Body Manager™
Display:	LCD Digital Display
Power Source:	Four 1.5V AA alkaline batteries
Scale Capacity:	Max 180kg/400lbs
Accuracy:	Max +/- 0.2lb/0.1kg
Graduation:	100g/0.2 lbs
Measurement Units:	kg/lbs/st

Note: these specifications, to improve performance, are subject to change without notice.

## IDEAL LIFE Pod™

Model:	ILP 0001 IDEAL LIFE Pod™
Display:	3 LED's
Power Source:	AC adapter
Operating Temperature/Humidity:	10°C - 40°C/Below 85% relative humidity
Storage Temperature/Humidity	-5°C - 50°C/Below 90% relative humidity
Console Weight:	Approx. 142 g without batteries
Outer Dimensions:	Approx. 120 mm Width x 105 mm Depth x 30 mm Height

Note: These specifications are subject to change without notice.

## FCC Statement

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# 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.

**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.

FCC Number is located on the Cabinet Bottom. SFSBWM0001A

REN Number is located on the Cabinet Bottom.

## Customer Information

# Customer Information

This equipment complies with Part 68 of the FCC rules and the requirements adopted by the ACTA. On the bottom of this equipment is a label that contains, among other information, a product identifier of [US: 5CQMM00BILP0001]. If requested, this number must be provided to the telephone company. If this equipment [ILP 0001] caused harm to the telephone network, the telephone company will notify you in advance that temporary discontinuance of service may be required. But if advance notice isn't practical, the telephone company will notify the customer as soon as possible. Also, you will be advised of your right to file a complaint with the FCC if you believe it is necessary. The telephone company may make changes in its facilities, equipment, operations or procedures that could affect the operation of the equipment. If this happens the telephone company will provide advance notice in order for you to make necessary modifications to maintain uninterrupted service. If you experience trouble with this equipment, you disconnect it from the network until the problem has been corrected or until you are sure that the equipment is not malfunctioning. Please follow instruction for repairing if any (e.g. battery replacement section) otherwise do not alternate or repair any parts of the device except specified. Connection to party line service is subject to state tariffs. Contact the state public utility commission, public service commission or corporation commission for information. If the telephone company requests information on what equipment is connected to their lines, inform them of:

- a) The telephone number that this unit is connected to,
- b) The ringer equivalence number [0.0B]
- c) The USOC jack required [RJ11C], and
- d) The FCC Registration Number [US:5CQMM00BILP0001]

Items (b) and (d) are indicated on the label. The ringer equivalence number (REN) is used to determine how many devices can be connected to your telephone line. In most areas, the sum of the RENs of all devices on any one line should not exceed five (5.0). If too many devices are attached, they may not ring properly.

## Service Requirements

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# 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 INC.**

55 Eglinton Avenue East, Suite 808, Toronto ON M4P 1G8

Between 9:00 am and 5:00 pm (EST): Tel 416-489-1494 Fax: 416-489-3009 [www.IDEALLIFEonline.com](http://www.IDEALLIFEonline.com)

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

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