

BMI BODY WEIGHT MONITOR

MODEL : BWR102

USER'S MANUAL

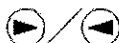
ADJUST THE SETTING OF THE REMOTE DISPLAY UNIT

1. enter the setting mode.

set

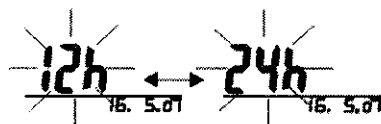
2. set the display format.

①



②

set



3. set the hour.

①



②

set



4. set the minute.

①



②

set



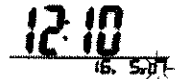
5. set the year.

①



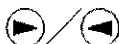
②

set



6. set the date-month format.

①



②

set



7. set the month.

①



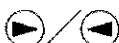
②

set



8. set the date.

①



②

set



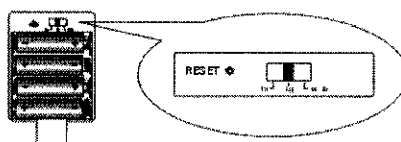
GB

9. set the format of the measurement unit.

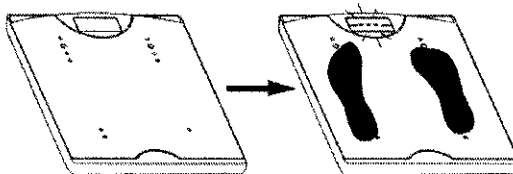


ACQUIRE WEIGHT FROM SCALE

1. select the display unit on scale.



2. step on the scale.



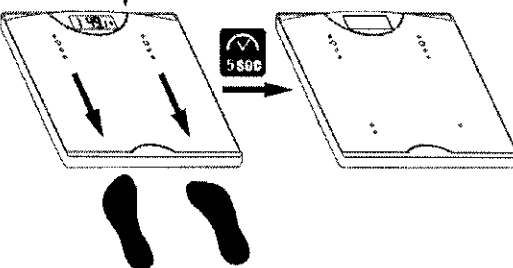
3. stand still till reading is displayed.

Note:
Beep sound to indicate
end of measurement.



4. step off the scale.

Note:
Repeat steps 2 - 3 for
next measurement.



STORE WEIGHT TO REMOTE DISPLAY UNIT

1. take measurement from scale.



2. activate receiving mode.

Note:

Beep sound indicates the activation of receiving mode.
Receiving function will be activated for 30 sec.

①

any key



3. weight received from scale.

Note:

Beep sound to indicate signal is being received from the scale.



If height is not set,
BMI will not be displayed.



4. select the user.

①



②



5. store the weight.

Note:

Beep sound to indicate the weight is stored to memory.

No memory for guest mode.

①

mem



USER SETTING / MEMORY RECALL FROM THE REMOTE DISPLAY UNIT

1a. select the user.



Note:

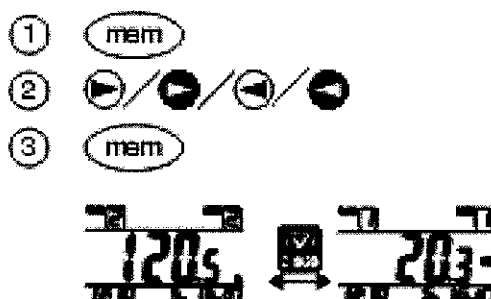
If height is not input,
it will not be displayed.



1b. quit user mode.



2a. recall memory.

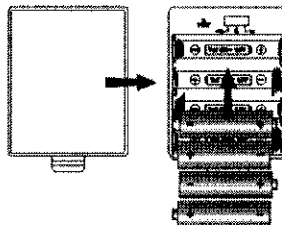


2b. set the height.



TIPS

A. install the batteries into the unit.



B. When batteries are first installed on both the scale and remote display unit.

B-1. acquire the weight on the scale.

B-2. match the remote display unit with the scale.

Note:



a) beep sound indicates that the matching is activated.

b) check the reading on the scale and the remote display unit .

c) if this fails, repeat step B-1 & B-2.

B-3. set the clock.

C. after changing batteries of the scale, repeat steps B-1 & B-2.

D. after changing batteries of the remote display unit, set the clock.

E. replace all batteries when  appears on the scale.

F. replace battery when  for scale or  for remote display unit appears on remote display unit.

G. memory stored in remote display unit will not be erased after changing the batteries.

H. if the unit malfunctions or operates irregularly, press reset on the scale and then repeat step B-1 & B-2.

Note:

a) place a blunt stylus into the slot to press reset.

b) after reset please wait for few seconds for the scale to self-calibrate.

I. allow the scale to settle for around 30 min if there is a sudden change in environment . eg. from an air conditioned room to an open area.



If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

To extend battery life, when battery power is low, replace all the batteries.

J. If there exists irregularity in the remote display unit, press reset on the unit to reset it.

WHAT IS BODY MASS INDEX (BMI) ?

Body Mass index (BMI) is a measurement of your body height to weight ratio. BMI is an international standard that is used for evaluating obesity. It is expressed as your body weight in kilograms divided by the square of your body height in meters.

$$\text{BMI} = \frac{\text{body weight (kg)}}{[\text{body height (m)}]^2}$$

It can be used as an indication to estimate whether you are overweight or underweight.

According to various statistics when BMI is close to 22, mortality rate is minimal thus the health condition is most ideal.

Following can be used as a reference for interpretation of BMI.

BMI is low :

Amount of body fat is low. This is desirable for athletes. If the body weight and BMI is low and you are not an athlete, it is suggested to gain weight through a balanced diet and an exercise program to improve immunity.

BMI is average :

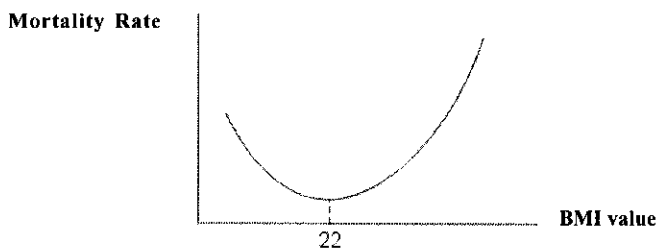
This shows an ideal BMI i.e. amount of body fat is at a healthy level. It shows low incidence for having a serious illness.

BMI is high :

Risk for having a serious illness increases. It is better to lower body weight through diet and exercise.

BMI is very high :

This is unhealthy. You are at a high risk for having heart disease, high blood pressure or other serious illness. It is recommended to lose weight by changing the diet and exercising more often.



Asian

Level	Low	Average	High	Very High
BMI	19.7 or less	19.8~24.1	24.2~26.3	26.4 or more

Non-Asian

Level	Low	Average	High	Very High
BMI	19.9 or less	20.0~24.9	25.0~26.9	30.0 or more

Important : Please consult your doctor for the diet program.

TROUBLE SHOOTING

Symptom	Description	Action
1. 	incorrect use or weight measurement is not stable.	step off the scale and repeat the measurement.
2. 	scale overloaded.	check whether an excessive mass is put on the scale and then repeat the measurement.
3. 	no height data is inputted for BMI or BMI is out of range.	check the height and repeat the measurement

NOTES FOR THE USER



A. maximum capacity: 150 kg / 330 lb / 23st8lb



B. graduation: 0.1 kg / 0.2 lb

C. height input range : 94.0 - 240.0 cm / 3'1.0" - 7'10.5"



D. BMI measurement range : 5 - 50 kg / m²



E. use additional foot pad for use on carpet



F. power: scale - 4 x LR6 / AA / UM-3 1.5V batteries;



remote display unit - 4 x LR6 / AA / UM-3 1.5V batteries



G. avoid soft and unlevelled grounding



H. do not store the scale erect

GB



I. do not load the scale when not in use



J. avoid on wet surfaces



K. avoid from abrasive or corrosive cleaning agent

NOTE ON COMPLIANCE

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operations.

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 :

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the 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 of an experienced radio/TV technician for help.

Company Name: Oregon Scientific, Inc.

Address: 19861 SW 95th Place, Tualatin, Oregon 97062, USA

Name and model number of the product: REMOTE WEIGHT SCALE WITH BMI BWR102

Website Address : www.oregonscientific.com

CUSTOMER ASSISTANCE

Should you require assistance regarding this product and its operation, please contact our customer care department at 800-853-8883 or via email at helpme@oscientific.com.

WARRANTY

This product is warranted to be free of manufacturing defects for a period of 3 months from date of retail purchase. Defective product should be directed to the place of retail purchase for exchange. Should this not be possible, contact our customer care department for assistance and a return material authorization. No returns may be made without a return authorization. Please retain your retail receipt as you may be asked to provide a copy of it for proof of date purchased.

Upon return of the defective product, Oregon Scientific will at its discretion, replace the product with either a new or a tested reconditioned product. Should the product be out of warranty, the consumer may purchase directly from Oregon Scientific a replacement at reasonable cost plus shipping and handling.

GB Legend:  - Press
 - Press and hold
 - Flashing

F Légende:  - Key Appuyer
 - Key Appuyer et maintenir appuyer
 - Clignotant

D Legende:  - Betätigen
 - Gedrückt halten
 - Blinkt

I Legenda:  - Premere il tasto
 - Premere il tasto e tenerlo premuto
 - Flashing lampeggiante

ES Leyenda:  - Pulsar
 - Pulsar y mantener oprimido
 - Parpadeando

P Legenda:  - Pressione
 - Pressione e segure
 - Intermittente

GB

NOTE FOR THE USER

- * Please read the manual carefully before use.
- * The scale will calibrate automatically to provide accurate measurement when the scale is placed on the ground. Message:
 ,  will be displayed on the scale to indicate the calibration is in process. Normally it will take 2-3 seconds only. Please leave the scale alone when you see such message.