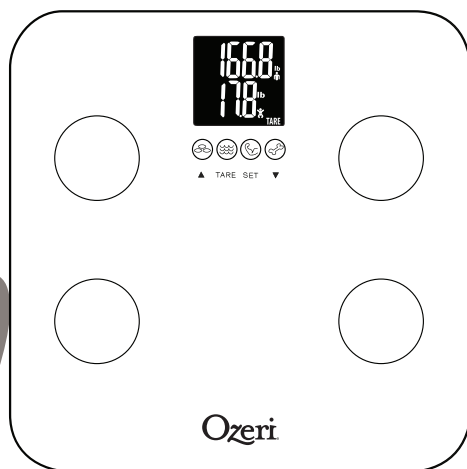


Ozeri Touch II

Total Body Scale
with Touch Sensitive
User Controls

Model #: ZB13, ZB13-W



Quick Start Guide

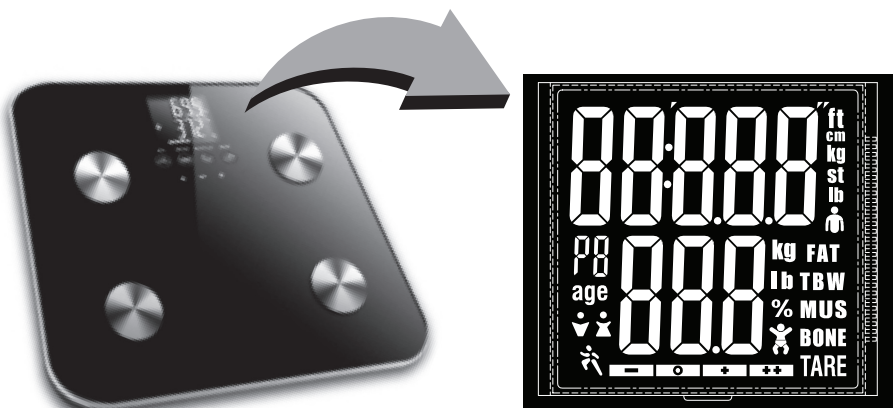
Note: Before attempting to use your scale for the first time, remove the battery insulating strip located underneath the scale. To change the unit of measurement, turn on the scale by stepping onto it. Then step off and press the Unit button located underneath the scale.

1. Place the scale on a hard flat surface. Avoid carpets or uneven floors as these can cause inaccurate results.
2. Remove socks and shoes and ensure that your feet are dry.
3. Press “SET” to enter Setup Mode. The PN symbol (Profile Number) will flash on the screen.
4. Select a profile number by pressing the Up or Down Arrow buttons and press “SET” to confirm.
5. Next select your Gender by pressing the Up or Down Arrow buttons to toggle between the male / female / male athlete / female athlete icons. Press SET button to confirm your Gender selection.
6. Enter your Height next by pressing the Up or Down Arrow buttons and press “SET” to confirm.
7. Enter your Age by pressing the Up or Down Arrow buttons and press “SET” to confirm.
8. After entering your Age, the scale will display “0.0” on the LCD screen. **Immediately step onto the scale and remain standing.** The scale will save your weight in your profile. The scale will next display your body fat, water, muscle and bone ratios, which you can write down to track. You do not have to remain standing on the scale. The scale will then automatically turn off.

The above steps complete the programming of your profile. The next time you use your scale, it will identify you by comparing your current weight with the stored weight, and automatically provide you with your current body fat, water, muscle and bone ratios.

Note, this scale features a Tare mode that allows you to weigh your infant, pet or anything that you are carrying while standing on the scale. Please see Page 5 for using the Tare mode.

LCD Full Display

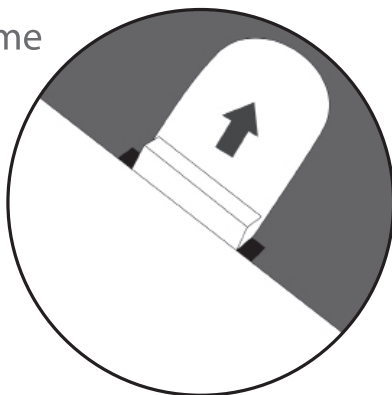


Features

- Capacity: 200 kg / 440 lbs / 31 st: 6 lbs
- Graduation: 0.1 kg / 0.2 lbs / 0.2 lbs
- Auto Power On (automatically turns on upon stepping on the scale. Also turns on via the UNIT button)
- 4 Touch screen Function Keys: ▲, TARE, SET, ▼
- Provides Body Fat, Water, Muscle and Bone Measurements
- Automatic Identification Function: Stores 8 users' parameters
- Auto Power Off (automatically turns off to preserve battery life)
- Overload Indicator: "----"
- Low Battery Indicator: "Lo"
- Power: 2x CR2032 Batteries
- Body fat ratio range: 3% - 50%
- Body Fat Graduation: 0.1%
- Body water ratio range 25% - 75%
- Body Water Graduation: 0.1%
- The body muscle ratio range 25% - 75%
- Body Muscle Graduation: 0.1%
- Bone ratio range: 1.1 lb - 22 lb
- Body Bone Graduation: 0.1kg or 0.2lb
- Age Range: 10 - 80 (Body Fat Calculation Age Range: 12 - 80)
- Height Range: 100cm - 220cm (3ft 3.5in - 7ft 2.5in)

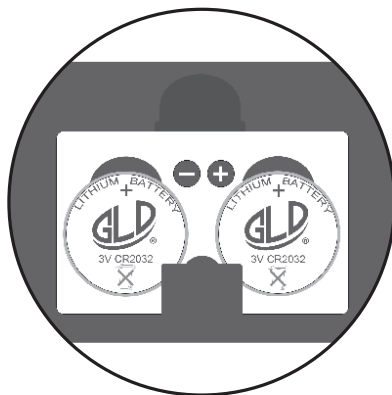
Using your Scale for the First Time

To protect from accidental activation during shipping, your scale is configured with a battery insulating strip located underneath the scale. Please remove the insulating strip before first use. Your scale will not turn on without first removing the strip.



To change the Batteries

- Replace the batteries with 2 CR2032 Lithium batteries
- Ensure +/- terminals are correctly oriented.
- Please use a small tool to help remove the battery from the battery compartment if necessary.



To change the Unit of Measurement

The unit of measurement can easily be changed from Kilograms (kg) to Pounds (lb) to Stones (used in UK: st). With the scale turned on, simply push the Unit button located underneath the scale to change the unit of measurement.



Using the Scale in Tare Mode

This scale features a Tare mode that allows you to weigh your infant, pet or anything that you are carrying while standing on the scale. When using Tare mode, the scale's body fat and other measurements are disabled. The Tare mode is able to detect net weights ranging from 4.4 lbs – 99.2 lbs / 2kg – 45 kg.

Note: Always ensure that the scale is on a level flat surface before stepping on the scale. Never step on the scale if it is wet or with wet feet. Ensure that both the scale and your feet are completely dry before stepping on the scale.

For your convenience, this scale features 2 methods of using Tare mode.

Method 1 works by first stepping on the scale without your infant so that the scale registers your weight. Then upon stepping back on to the scale with your infant, the scale will display both you and your infant's weight separately on the screen.

Method 2 allows you to step on the scale with your infant at first. Then upon stepping on the scale again without your infant, the scale will display both you and your infant's weight separately on the screen.

Method 1:



1. To enter Tare mode, press the Tare button on the scale. A TARE icon will appear on the bottom right of the screen. To exit Tare mode, press the Tare button again or simply allow the scale to automatically power off.
2. With the Tare mode activated, step onto the scale without carrying your infant. Wait for your weight to lock on the screen, and then step off



the scale (Note: in the illustrated example, the adult's weight is 50 kg). The scale will remain on for 25 seconds.

3. Pick up and securely hold your infant. Then carefully step onto the scale. The scale will display the adult's weight on top of the screen, and the infant's weight on the bottom of the screen. An infant icon will appear next to the infant's weight (Note: in the illustrated example, the infant's weight is 8.2 kg).
4. Both weights will remain on the screen for 20 seconds, after which the scale will automatically power off.

Method 2:

With the Tare scale activated, step onto the scale while securely carrying your infant. Wait for the scale to display the combined weight on the top of the screen (the scale will only display one weight at this point). Then step off the scale and within 25 seconds, step back onto the scale without your infant. The scale will display both the adult and infant weight separately on the screen, with an infant icon next to the infant's weight, and an adult icon next to the adult's weight. The dual weights will remain on the screen for 20 seconds, and then the scale will power off automatically.

Note, when using Tare mode to weigh an infant, never rush through the process. The scale provides 25 seconds in between picking up and returning your infant. If 25 seconds is not enough, move the scale to a location that is close to the infant's crib. Always hold your infant securely.

Programming a Memory Profile

This scale has 8 personal memory profiles (P1-P8) that can be used to record gender, height and age data for up to 8 different users. In order for this scale to provide measurements on body fat, water, muscle and bone ratios, it must first have gender, height and age data saved in one of the scale's memory profiles, followed immediately by a reference weight. The scale will reference this information in the algorithms it uses to provide the additional measurements. Please note you do not need to set up a memory profile if you only desire a weight measurement. By storing your data in a memory profile, you will not need to re-enter your gender, height and age data each time you desire the additional measurements of body fat, water, muscle and bone ratios.

1. Place the scale on a hard flat surface. Please avoid carpets or uneven floors as these can cause inaccurate results.
2. Remove socks and shoes and ensure that your feet are dry.
3. Press "SET" to enter Setup Mode. On the left side of the LCD you will see a flashing PN (where N will be a profile number from 1-8, such as P1 as shown in the image below). The flashing PN indicates you are in setup mode and can now enter personal information for one of the 8 profiles that can be stored within the device's memory.
4. Select profile number by pressing the Up or Down Arrow buttons and press "SET" to confirm. For example, pressing "SET" while P1 is flashing will activate the Memory Profile 1.
5. Once the profile number has been set, the device will next switch to Gender. Press the Up or Down Arrow button to toggle between the male / female / male athlete / female athlete icons. Press "SET" button to confirm your Gender selection.
Note: select the corresponding athlete icon if you perform 14 hours of intense physical activity a week and have a resting heart beat of 60 beats a minute or less.
6. The device will next switch to Height. Press the Up or Down Arrow button to select your Height and press "Set" to confirm.
7. The device will next switch to Age. Press the Up or Down Arrow button to select your Age and press "Set" to confirm.

8. After entering your Age, the scale will display “0.0” on the LCD screen.

Immediately step onto the scale and remain standing. The scale will first display your weight, which will be saved in your profile. The scale will next display your body fat, water, muscle and bone ratios.

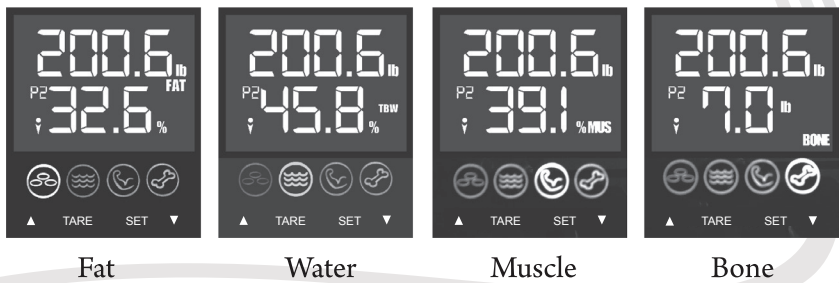
This completes the programming of your profile. The next time you use your scale, it will identify you by comparing your current weight with the stored weight, and automatically provide you with your current body fat, water, muscle and bone ratios.

Note: If your weight changes by 3 kg (6.6 pounds) or more, the scale may have trouble identifying your profile. It is recommended that you reprogram your profile by resetting the scale. It is also recommended that you reset the scale if you experience any errors. To reset the scale, simply press and hold the Unit button for 4 or more seconds. All reference weights will be deleted from each profile, and all values reset to their default settings. After resetting the scale, repeat the above steps to program your profile.

Using the Scale

Note: Place the scale on a hard flat surface. Using the scale on carpets will cause inaccurate results. To generate body fat, water, muscle and bone measurements, you must remove your shoes and socks and ensure your feet make good contact with the 4 metal pads. This is because this scale uses BIA (bio impedance analysis) which sends a tiny electrical signal through the body, via the 4 metal pads.

Before using the scale, please program your Memory Profile by following the instructions on the previous page. To measure your body weight and generate your body fat, water, muscle and bone measurements, turn on the scale by stepping onto the scale with your socks off. The scale will automatically identify your profile based on your weight. Your profile number will display on the LCD screen. The scale will then display a flashing 0 on the LCD to indicate that it will begin determining your body fat (FAT), water (TBW), muscle (MUS) and bone (BONE) measurements. The 0 will move from left to right twice to indicate it is calculating these measurements, and then display the current measurements of your weight, body fat, water, muscle and bone data. Your body weight will remain on the screen, while your body fat, water, muscle and bone measurements display repeatedly in 3 sequences. The corresponding indicator will illuminate as your body measurements are displayed on the screen. You do not have to remain standing on the scale once your body fat, water, muscle and bone measurements begin to display. You can step off the scale to write down this information on a notepad.



*Note: Under the Body Fat Indicator you will see a “-” “0” “+” or “++” at the bottom of the screen. These additional indicators provide a guide to body fat measurements. Refer to the **More about Body Fat Ratios Section** for more information.*

- “-” indicates Underweight
- “0” indicates Normal Weight
- “+” indicates Overweight
- “++” indicates Obesity

Using this Scale with Multiple Memory Profiles

Please note that the scale can only determine your correct memory profile number if no other user’s stored weight is within 3 kg (6.6 pounds) of your weight. If another user’s stored weight is within 3 kg (6.6 pounds), the scale will display a choice of memory profile numbers corresponding to each memory profile whose stored weight is within 3 kg (6.6 pounds) of your weight. You can then use the Up and Down Arrow keys to confirm the correct memory profile number. For example, in the following Figure, you would press the ▲ Arrow to select P1 (Profile 1) and the ▼ Arrow to select P2 (Profile 2). Upon confirming, the scale will display the body fat, water, muscle and bone measurements. If you do not confirm a profile, the scale will automatically turn off after several seconds.



Resetting the Scale

If your weight changes by more than 3 kg (6.6 pounds), the scale may have trouble identifying your Profile. It is recommended that you reprogram your Profile by resetting the scale. It is also recommended that you reset the scale if you experience any errors. To reset the scale, simply press and hold the Unit button for 4 or more seconds. The following symbol will appear on the screen. The scale will then turn off to complete the reset process. All reference weights will be deleted from each Profile, and all Profile values reset to their default settings. After resetting the scale, please program your Memory Profile by following the instructions under “Programming a Memory Profile.”



Body Fat, Water, Muscle and Bone Ranges

1. Body Fat Ratio Range: 3%-50%

Gender		Female			Male			
Age	Underweight	Healthy	Overweight	Obese	Underweight	Healthy	Overweight	Obese
<39	<21	21.1-33	33.1-39	>39	<8	8.1-20	20.1-25	>25
40-59	<23	23.1-34	34.1-40	>40	<11	11.1-22	22.1-28	>28
>59	<24	24.1-36	36.1-42	>42	<13	13.1-25	25.1-30	>30

More about Body Fat Measurements

This bathroom scale measures your weight, the electrical impedance between your feet, and combines those readings with the information you provide (Height, Age, Gender). It uses this information to determine your body fat percentage. Please note that your level of hydration (water content) varies throughout the day and can affect your impedance levels. If you are dehydrated, there is a greater chance for fluctuation in the body fat percentage displayed by this analyzer than when you are fully hydrated.

For best results, choose a consistent time to use this analyzer, such as in the morning. By establishing the pattern of your body’s fluctuation over a period of one month, you can determine your average level of body fat. Women will have more fluctuation in water content than men and need to monitor their reading over a longer time period to establish a personal average. You should determine this as a reference point before measuring progress in a health program. It is recommended you wait several hours before attempting to measure your body fat reading when: drinking coffee or alcohol, taking diuretic medications, or exercising. These all affect your level of hydration and the accuracy of this scale.



Ideal body fat content is not the same for all people. Age, sex, and heredity are variables in this measurement. The table above may be used as a general guide. Consult your physician to determine what is most ideal for you. It is recommended to measure body fat or weight at the same time period daily. Please be aware that clothes can vary in weight and affect the percentage calculation. For best accuracy, feet must be bare and clean.

A certain amount of body fat is important for healthy living. Body fat helps protect vital organs and cushions joints. It also stores fat soluble vitamins and breaks down into energy when food is scarce.

This scale's body fat measurements help determine your body fat percentage alone. This is useful in a weight loss and exercise regimen where the goals are not to lose muscle mass at the expense of overall body weight, but rather to maintain muscle mass while losing body fat.

Note: This device is not intended for clinical or diagnostic use. Please consult your physician.

2. Body Water Ratio Range 25%-75%

Gender Age	Female			Male		
	Low	Normal	High	Low	Normal	High
10-15	<57	57.1-67	>67	<58	58.1-72	>72
16-30	<47	47.1-57	>57	<53	53.1-67	>67
31-60	<42	42.1-52	>52	<47	47.1-61	>61
61-80	<37	37.1-47	>47	<42	42.1-56	>56

More about Body Water Measurements

Body water is an important component of body weight. It accounts for over half your total weight and almost 66% of your lean body mass. Water

is critical to healthy cell function in the body and in regulating your body’s temperature. An important hydration level is important for healthy living. Water plays many other important roles. It helps control the blood pressure by balancing electrolytes, it acts as a shock absorber to cushion the body’s organs, it helps lubricate joints, and it moistens the eyes, mouth and nasal passages.

3. Body Muscle Ratio Range 25%-75%

Age	Female	Male
	Healthy	Healthy
10-99	>34	>48

More about Body Muscle Measurements

This scale’s body muscle measurements help determine your body muscle percentage alone. This is useful in a weight loss and exercise regimen where the goals are not to lose muscle mass at the expense of overall body weight, but rather to maintain muscle mass while losing body fat.

According to the American College of Sports Medicine, lean muscle mass can begin to decrease at the age of 20 and can decrease by as much as 50% through old age. Maintaining a healthy muscle mass can help reverse the decline in overall strength and bone density that occurs with age. It can also help maintain flexible joints and lead to fat loss combined with a healthy diet.



4. Bone Ratio Range: 0.5 kg~10 kg (1.1lbs~22lbs)

Female				Male		
Weight	<45kg (<99.21lbs)	45-60kg (99.2-132.3lbs)	>60kg (>132.31lbs)	<60kg (<132.31lbs)	60-75kg (132.3-165.31lbs)	>75kg (>165.31lbs)
	1.77kg (3.9lbs)	2.18kg (4.8lbs)	2.50kg (5.5lbs)	2.50kg (5.5lbs)	2.90kg (6.4lbs)	3.22kg (7.1lbs)

More about Bone Mass Measurements

Regular exercise and a balanced diet can help maintain healthy bones. Like muscle, bone is a living tissue that can respond to exercise by becoming stronger. For most people, bone mass peaks during their thirties. After that time, we can begin to lose bone mass. Regular exercise can help prevent that loss.

Calcium and vitamin D contribute to healthy bones. Good sources of these are dairy products, green leafy vegetables and fish.

The bone mass readings given by this product are an estimation of the amount of bone in your body. Those with osteoporosis or low bone densities may not get accurate estimations. If you have concerns regarding your bones you should always consult your doctor.



Warnings

1. **OVERLOAD WARNING:** the maximum weight capacity of this scale is 440 lbs / 200 kgs / 31 st: 6 lb. Remove any weight immediately when the scale displays “----”; otherwise the scale may become permanently damaged.
2. The product is intended for home / consumer use only; it is not intended for clinical use in hospitals or medical facilities.
3. This product is not intended for children or pregnant women.
4. This scale uses BIA (Bioelectrical Impedance Analysis) to determine your body fat percentage. BIA sends a harmless signal through the body. **DO NOT USE THIS PRODUCT IF YOU HAVE A PACEMAKER OR OTHER INTERNAL MEDICAL DEVICE.** When in doubt, contact your physician.
5. Do not disassemble this product. Other than replacing the batteries, it contains no user serviceable parts.
6. Clean after use with a lightly dampened cloth. Do not use solvents or immerse the product in water. Thoroughly dry the scale after cleaning. Moisture can damage the scale’s sensors and electronics.
7. Do not use the scale on a carpet or uneven surface.
8. Do not drop or jump on it. Treat it with care to ensure the best performance.
9. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale. Do not store the scale on its side.
10. Store your scale in a clean, dry location at room temperature. Dust, dirt, and moisture from humidity can accumulate on the weighing sensors and electronics, causing inaccuracy or malfunction.
11. To prevent battery drainage, do not store anything on the scale.
12. Do not dispose of batteries in fire. Batteries may explode or leak.

WARRANTY INFORMATION

Your product is warranted to the original owner for 1 year from the date of purchase against defects in material and workmanship under normal use and service. Should your product prove defective within 1 year from the date of purchase, return the defective part or unit, freight prepaid along with your receipt and an explanation of the claim to Ozeri. Please pack your product carefully to avoid damage in transit. Under this warranty, Ozeri will repair or replace any parts found to be defective due to manufacturer's defect. This warranty extends only to personal use and does not extend to any product that has been used for commercial use, rental use, or use which is not intended. There are no warranties other than those expressly set forth herein. This warranty is not transferable. Ozeri is not responsible in any way for damages, losses or inconveniences caused by equipment failure due to user negligence, abuse, or use not in accordance with the user guide or any additional safety, use, or warnings included in the product materials. Further, Ozeri is not liable for incidental or consequential damages of any nature resulting from the use of this product and any liability shall not exceed the purchase price of the product.

This Warranty gives you specific legal rights. You may also have other rights which vary from state to state.

THIS WARRANTY DOES NOT APPLY TO THE FOLLOWING

- Damage due to accident, misuse, abuse, alterations or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit
- Unsupervised use by children under 18 years of age

Ozeri Scale Customer Service:

Phone: 1-877-299-1296

Email: support@ozeri.com

(Ozeri® and its subsidiaries assume no liability for damage caused by the use of the product other than for its intended use or as instructed above and in the User Manual.)

