LIFE SOURCE®

Instruction Manual

Precision Health Scale
Model UC-322

Precautions

- ☐ Please read this booklet before using your scale.
- ☐ Your scale contains delicate, high-precision parts. Avoid extremes in temperature, humidity, direct sunlight, shock, moisture and dust.
- ☐ Do not place scale on a soft, wet or slippery floor. Place scale on a solid and level floor.
- ☐ Do not step on scale with your feet wet to prevent from slipping. Step on the center portion of your scale gently.
- ☐ Do not step on the display window.
- ☐ Holding the switch for extended periods will shorten battery life.
- ☐ Keep scale free of dust and foreign materials.

No! Display

No! Shock
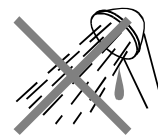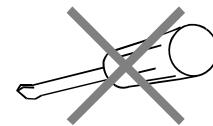
Indications for Use

- ☐ The UC-322 is designed to be used indoors.

Compliance with European Directives

CE The scale complies with the statutory EMC (Electromagnetic Compatibility) directive 89/336/EEC and the Low Voltage Directive 73/23/EEC. **Note: The displayed value may be adversely affected under extreme electromagnetic influences.**

1WMPD4001312A

Scale Components

Display
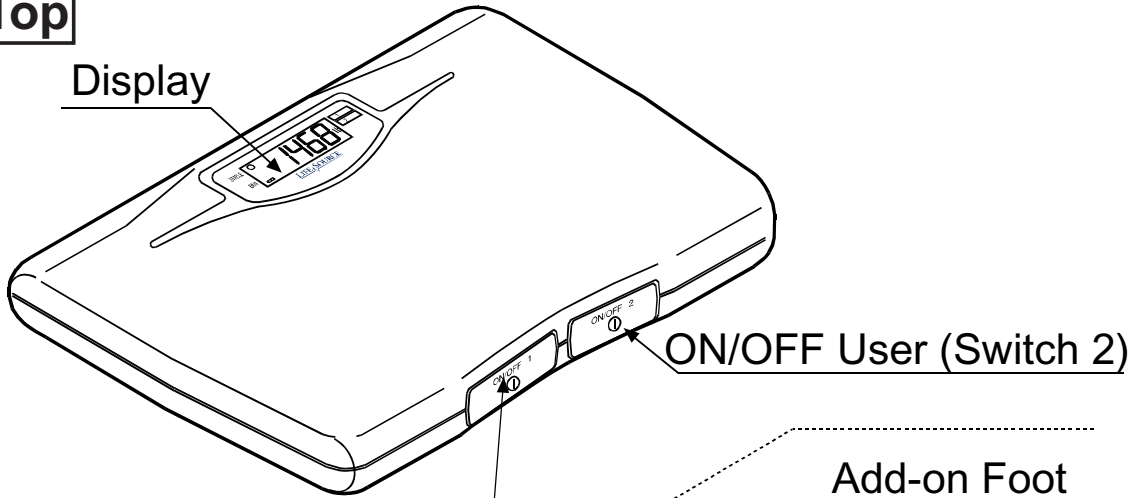
ON/OFF User (Switch 2)

ON/OFF User (Switch 1)
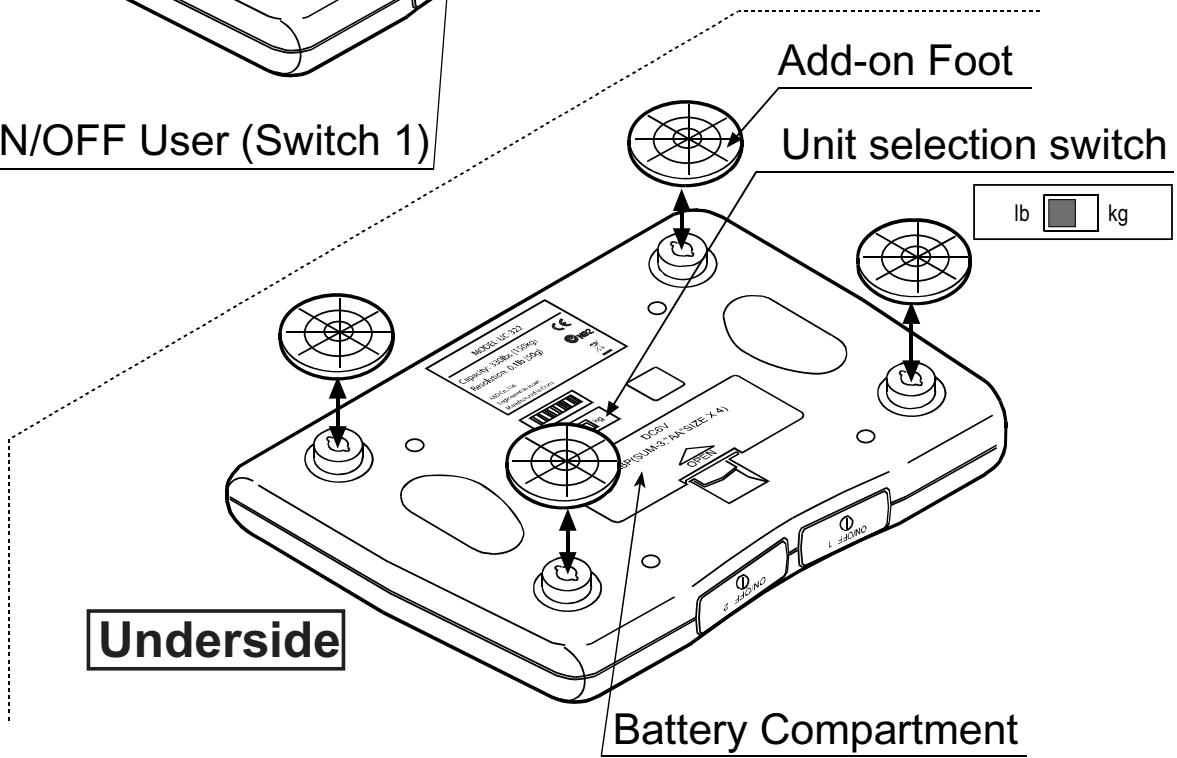
Add-on Foot

Unit selection switch

lb		kg

Underside

Battery Compartment

------- Standard Accessories -------

Instruction Manual

Batteries
(Type AA)

Add-on Feet

- 2 -

Display Symbols

Stable Symbol

Weight Measured

User 1

BMI Indicator
Height Indicator

STABLE

BMI

Battery
Indicator

LIFE SOURCE

146.8 lb

1
2

User 2

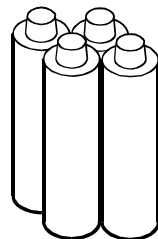Unit of Measure
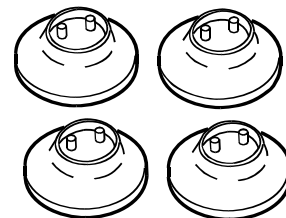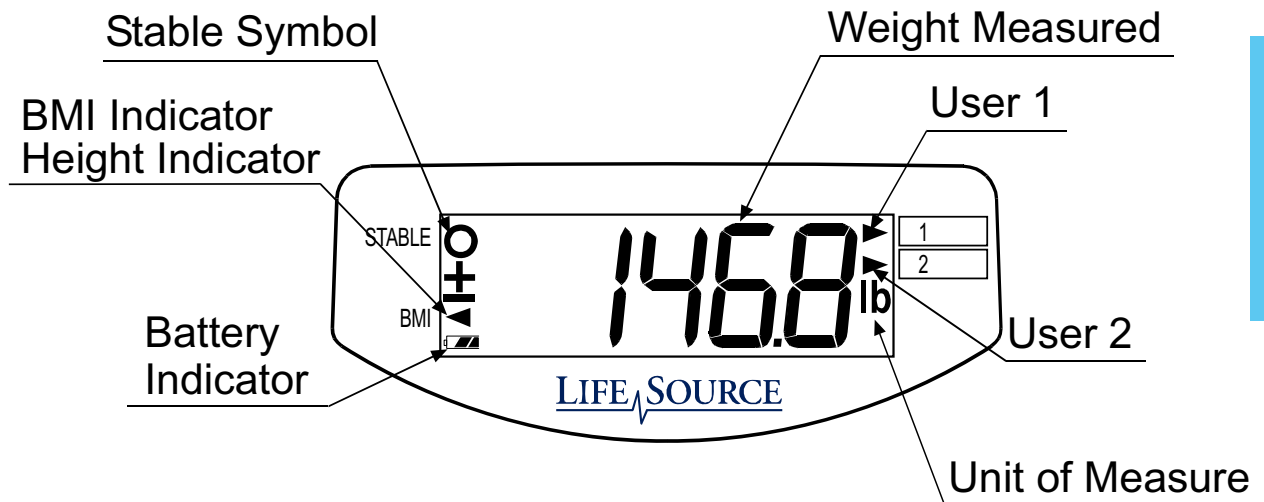
Symbol	Description	Operation
O	This symbol appears when the measurement display is stable.	――
◄ BMI	This symbol appears when the BMI score is displayed after weight measurement.	Refer to "Measuring Your Weight" on page 7.
◄	This symbol appears when you are presetting your height.	Refer to "Presetting Your Height" on page 6.
► User 1	This symbol appears when User 1 is measuring, displaying memory data or presetting the height.	Refer to pages 6-8, 10 and 11.
► User 2	This symbol appears when User 2 is measuring, displaying memory data or presetting the height.	
▭▰▰	The battery capacity is sufficient.	Use the scale as is.
▭▰	The battery capacity is a little low.	
▭	The battery capacity is low.	Insert new batteries.
▭ Flashing	The battery capacity is very low.	Insert new batteries.

Installing (or Replacing) Batteries

Caution

☐ Insert each battery with its positive (+) and negative (-) terminals properly aligned with the corresponding symbols in the battery compartment.

☐ Replace all four batteries with new ones, when the ▭◢ symbol appears flashing.

☐ When the batteries are depleted completely, nothing is displayed even if the switch is pressed.

☐ Do not mix used and new batteries. It may cause damage to the batteries or scale, if used.

☐ The battery life is dependant upon the environmental temperature, battery type and usage.

☐ Remove the batteries from the battery compartment, when the scale is not to be used for a long time. They may leak and damage the scale.

☐ The battery life of the accessory batteries may be shorter than new ones.

Steps for Installing (or Replacing) Batteries

1 Remove the battery compartment cover on the underside of the scale by gently pushing the hook in the direction indicated by the arrow and lifting the cover backward.

2 Install four new batteries with the positive (+) and negative (-) terminals properly aligned with the corresponding symbols in the battery compartment.

3 Replace the cover by sliding it into the compartment and gently pressing into place.
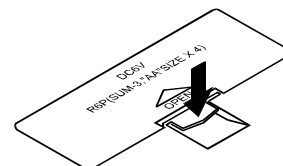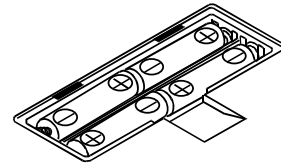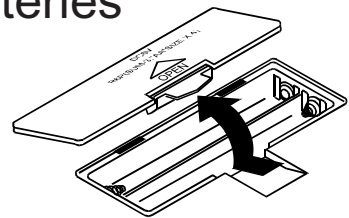
Maintaining the Scale

☐ Clean the scale with a soft dry cloth or a cloth moistened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean the scale.

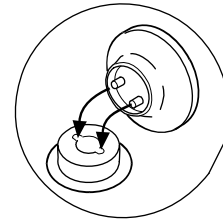☐ Remove the batteries, if the scale is not going to be used for a long time.

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Measuring Your Weight on a Carpet

Please use the accessory add-on feet if you wish to use the Precision Health Scale on carpet.

Steps for Installing the Add-on Feet

1 Each add-on foot has two pins. Match those pins to the holes on the scale leg and insert firmly.

2 Place add-on feet on all four legs.

Note
☐ Please be careful not to fall when using the add-on feet.
☐ We recommend using this scale on a solid and level surface.
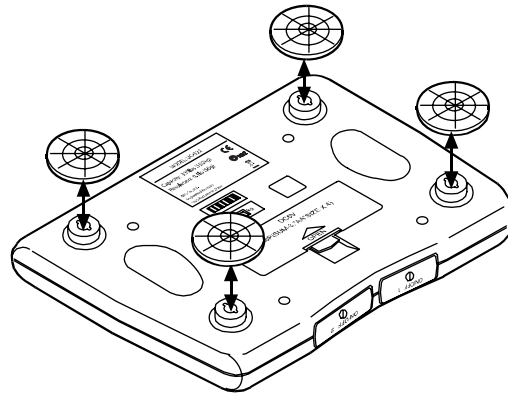
Before Measuring Your Weight

☐ If you preset your height, the scale can calculate your Body Mass Index or BMI. Refer to "Presetting Your Height" on page 6.

What is BMI:

Body Mass Index or BMI (kg/m^2), based on an individual's height and weight, is a helpful indicator of underweight, overweight or obesity, in adults.
According to the WHO (World Health Organization) classification, the BMI scores are as listed to the right.

Underweight	Below 18.5
Normal	20 to 25
Overweight	25.0 to 29.9
Obese	30.0 and above
Very obese	Above 40

$$BMI = 703 \times \frac{Weight\ (lb)}{Height\ (in) \times Height\ (in)}$$

$$BMI = \frac{Weight\ (kg)}{Height\ (m) \times Height\ (m)}$$

☐ The scale can save weight data for two persons with recall, 15 weight data for each user.
Refer to "Displaying Weight Data Saved in Memory" on page 10.

Before Measuring Your Weight

❑ Switching the unit of measure

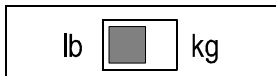A unit selection switch is provided on the underside of the scale so that you can choose the unit to measure your weight, kg or lb.

lb [■] kg

Slide the switch to the lb side. : lb (weight) and ft-in (height)
Slide the switch to the kg side. : kg (weight) and cm (height)

Presetting Your Height

The scale can save a height between 1-8 ft (increments of 0.1). The procedure below is an example of how to preset the height of User 1 to 5 ft 10.5".

1 **With the scale turned off, press and hold Switch 1.**
To preset the height of User 2, press and hold Switch 2.

2 **Release the switch when " - " appears. Then, press Switch 1 again.**

3 **The height currently set appears.**
When the height has not been preset (factory setting), "OFF" appears. Under this condition, the BMI calculation is not available.

4 **Set your height.**
Press Switch 1 to decrease the number or Switch 2 to increase the number. Press and hold the switch to increase or decrease the number continuously. The setting range is 1-8 ft. When the number reaches 8, "OFF" appears and the number returns to 1.

5 **After five seconds, the height is saved in memory. "End" appears and the scale turns off automatically.**

Press and hold
[Switch 1]

Symbol ⟶ ⬇ User 1

Press [Switch 1]

OFF

4-09.5

Press [Switch 1] to decrease

Press [Switch 2] to increase

5- 10.5

5 seconds

End

- 6 -
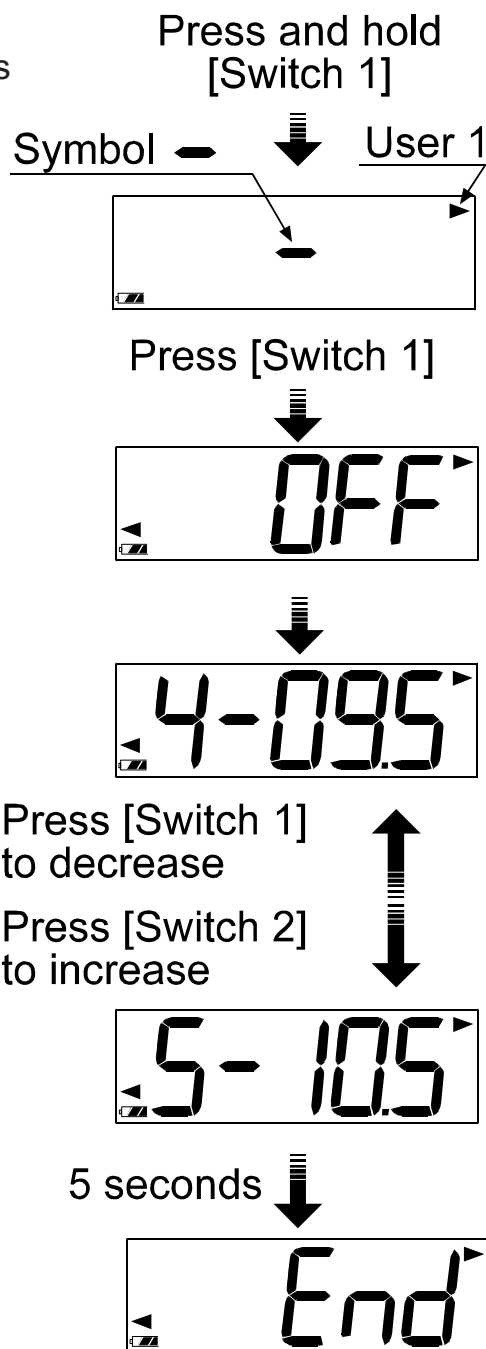
Measuring Your Weight (With a Preset Height)

Up to 30 weight results can be saved in memory, 15 for User 1 and 15 for User 2. Additional measurements are saved by deleting the oldest data in memory. After measurement, the BMI score is displayed.

The procedure below is an example of how to measure the weight of User 1 with a preset height of 5 ft 10.5".

Press [Switch 1]

1 **Press Switch 1. The height currently set appears flashing.**
To measure the weight of User 2, press Switch 2.

5 - 10.5

User 1

2 **Wait until the Stable symbol appears.**
Wait until the display "0.0 lb" and the Stable symbol appear. Step on the scale gently.

Stable symbol

0.0 lb

Step on

3 **Stand still during measurement.**
When the Stable symbol disappears, the measurement sequence has started. Stand still during the measurement.

69.6 lb

146.9 lb

Step off

4 **Your weight is displayed after the Stable symbol appears.**

5 **Step off the scale.**

BMI score

20.8

6 **The BMI score and the weight are displayed alternately. At this time, the weight is saved in memory.**
After displaying the BMI score three times and the weight two times, the scale turns off automatically.

Alternately

Weight

146.9 lb

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Measuring Your Weight (With No Preset Height)

Up to 30 weight results can be saved in memory, 15 for User 1 and 15 for User 2. Additional measurements are saved by deleting the oldest data in memory.

The procedure below is an example of how to measure the weight of User 1, with no preset height.

1 **Press Switch 1. "88888" appears flashing.**
To measure the weight of User 2, press Switch 2.

2 **Wait until the Stable symbol appears.**
Wait until the display "0.0 lb" and the Stable symbol appear. Step on the scale gently.
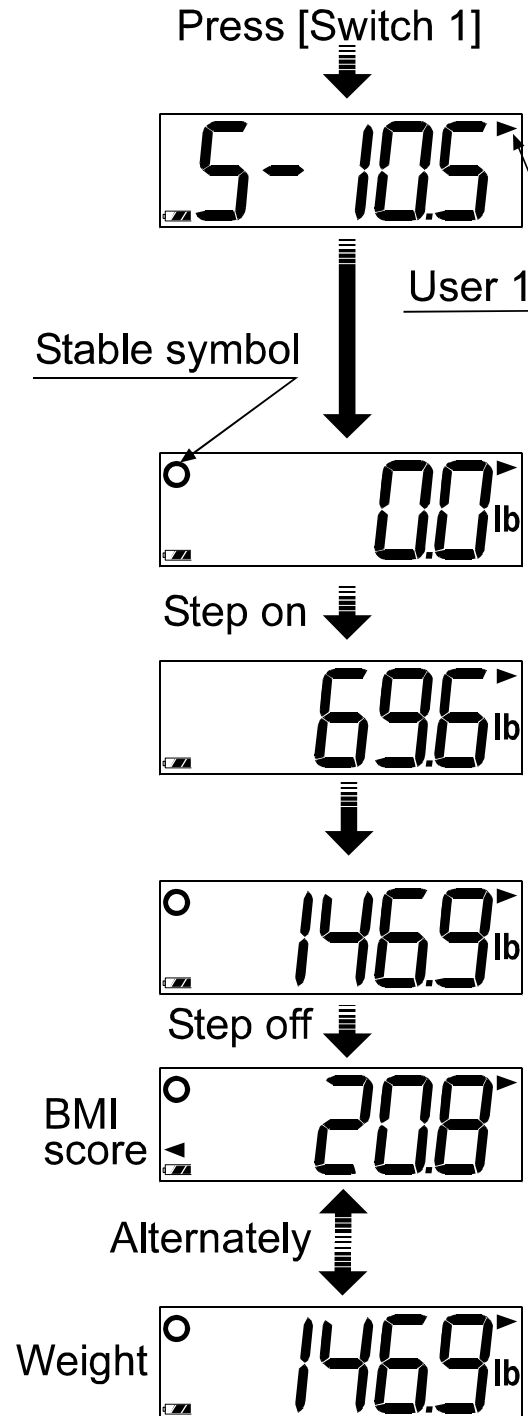
3 **Stand still during measurement.**
When the Stable symbol disappears, the measurement sequence has started. Stand still during the measurement.

4 **Your weight is displayed after the Stable symbol appears.**

5 **Step off the scale.**
For five seconds, the weight is displayed. At this time, the current measurement is saved.
After five seconds, the scale turns off automatically.

Press [Switch 1]

88888 lb

User 1

Stable symbol

0.0 lb

Step on

69.6 lb

146.9 lb

Step off

146.9 lb

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Measuring Your Weight (Guest Mode)

The Guest Mode is a procedure to measure your weight without saving the weight data.

Press [Switch 1] and [Switch 2]

1 **Press Switch 1 and Switch 2 at the same time. "88888" appears flashing.**

`88888 lb`

2 **Wait until the Stable symbol appears.**
Wait until the display "0.0 lb" and the Stable symbol appear. Step on the scale gently.

Stable symbol

`0.0 lb`

Step on
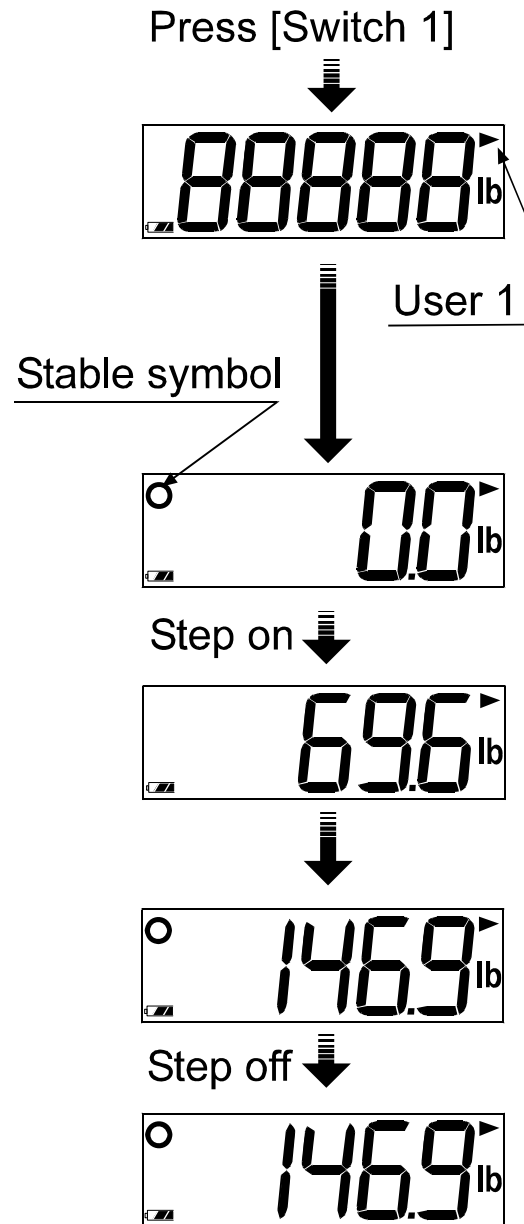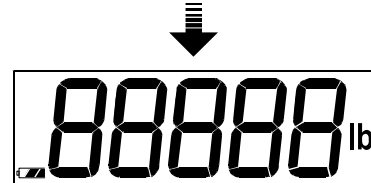
3 **Stand still during measurement.**
When the Stable symbol disappears, the measurement sequence has started. Stand still during the measurement.

`69.6 lb`

4 **Your weight is displayed after the Stable symbol appears.**

`146.9 lb`

Step off

5 **Step off the scale.**
For five seconds, the weight is displayed, and then the scale turns off automatically.

`146.9 lb`

Displaying Weight Data Saved in Memory

The procedure below is an example of how to display the weight data of User 1 that was saved in memory.

1 **With the scale turned off, press and hold Switch 1.**
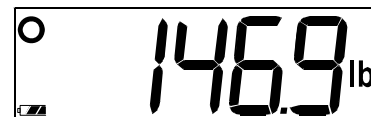To display the weight data of User 2, press and hold Switch 2.

2 **Release the switch when " - " appears. Then, press Switch 2 within five seconds.**
If Switch 2 is not pressed within five seconds, the scale turns off automatically.

3 **The data number and weight data are displayed.**
The weight data is displayed in order from the most recent to the oldest.

4 **After the oldest data is displayed, "End" appears and the scale turns off automatically.**

Press and hold
[Switch 1]

Symbol ➖ ⬇ User 1

Press [Switch 2]

⬇ Data number

3

⬇ Weight

146.9 lb

2

146.8 lb

⋮

End

- 10 -

Deleting Weight Data Saved in Memory

The procedure below is an example of how to delete the weight data of User 1 that was saved in memory.

1 **With the scale turned off, press and hold Switch 1.**
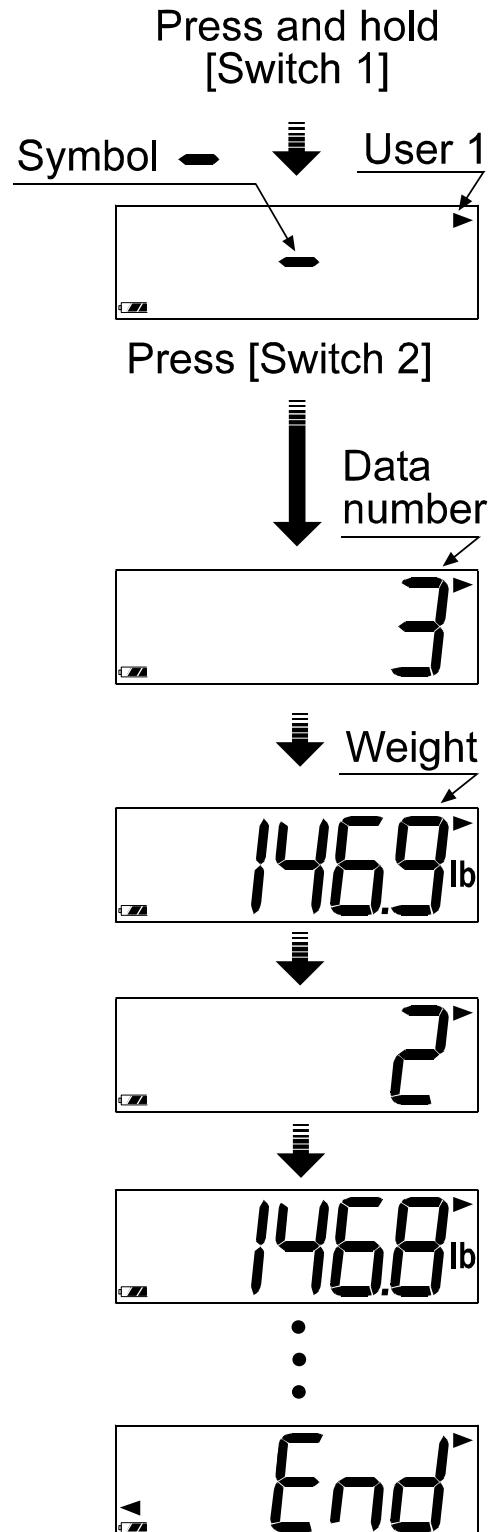To delete the weight data of User 2, press and hold Switch 2.

2 **Release the switch when " - " appears. Then, press Switch 2 within five seconds.**
If Switch 2 is not pressed within five seconds, the scale turns off automatically.

3 **After displaying the number of data currently saved in memory for one second, the weight data is displayed.**
At this time, press and hold Switch 1 and Switch 2 at the same time.

4 **Up to five dashes appear from the right side of the display.**
If the switches are released before the display " - - - - - " appears, the scale turns off automatically and does not delete the weight data.

5 **"End" appears and the scale deletes the weight data in memory.**

Press and hold
[Switch 1]

Symbol ➖   User 1

Press [Switch 2]

Number
of data

3

Weight

146.9 lb

─

─ ─ ─ ─ lb

End

- 11 -
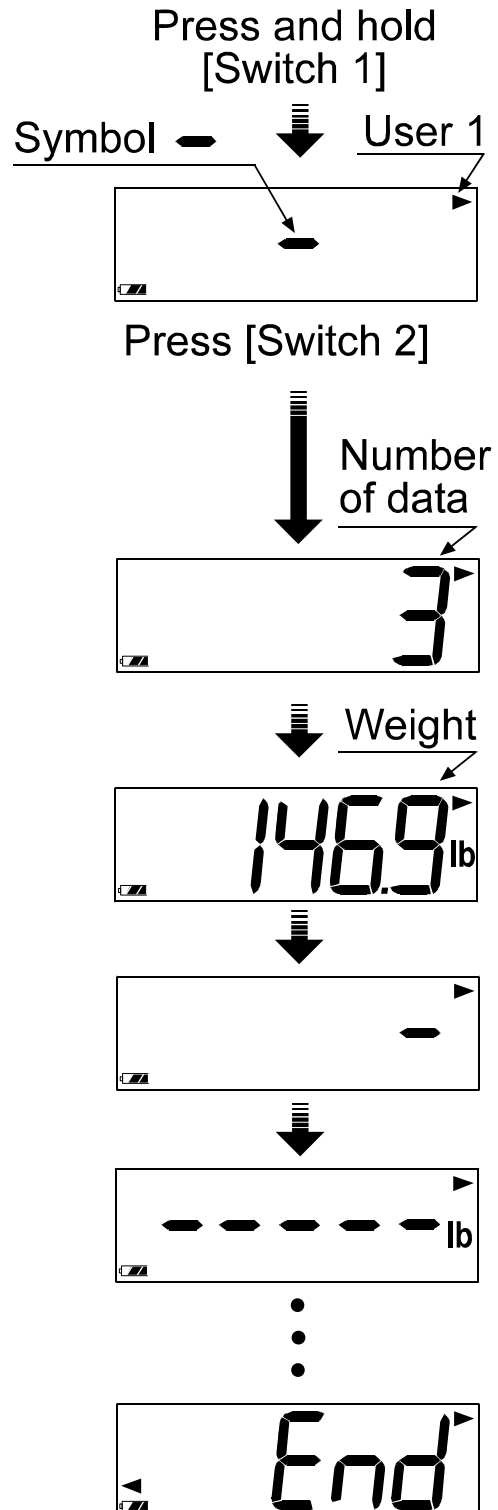
Specifications

Measuring method	Electric resistance
Digital display	Liquid crystal display, 18 mm character height
Maximum capacity (MAX)	330 lb (150 kg)
Minimum display (d)	0.1 lb (0.05 kg)
Power source	Four type AA batteries (1.5 volt x 4)
Battery life	Approximately 2000 measurements
Dimensions	210 (D) x 295 (W) x 40 (H) mm
Weight	Approx. 3.7 lb (1.7 kg), including the batteries
Accessories	Instruction manual, add-on feet (4), batteries (4)

Specifications are subject to change without prior notice or any obligation on the part of the manufacturer.

Before Requesting Service

Problems	Corrective action
Nothing is displayed by pressing Switch 1 or Switch 2.	Check the battery installation. Replace all four batteries with new ones.
The display is flashing or displays " - - - - - ". "E-0", "H" or "L" is displayed.	Is anything touching the scale? Is there anything under the scale? Remove and reinstall the batteries.
The difference between an estimated weight and a measured weight is excessive.	Place the scale on a solid and level surface. When the scale is placed on a carpet, use the add-on feet. Is there anything under the scale?

How to Dispose of the Scale

Follow the local regulations when disposing of the scale.

For more information regarding the use, care or service of your Precision Health Scale, contact:

LifeSource®
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