

OMRON®

INSTRUCTION MANUAL

Pedometer Model **HJ-151**



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INTRODUCTION

Thank you for purchasing the Omron® HJ-151 Pedometer.

Fill-in for future reference

DATE PURCHASED: _____

Staple your purchase receipt here.

This pedometer is a great motivational tool to track the number of total steps, number of steps and minutes walked at a moderate pace, distance walked, and how many calories burned. The convenient memory function supports the management of daily walking on this pedometer. The power saving feature on this pedometer continues to record your activity even when the display has automatically turned off.



Your HJ-151 comes with the following components:

- Pedometer
- Battery (CR2032 installed)
- Instruction Manual

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
 WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

- ⚠ Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
- ⚠ Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
- ⚠ Read all information in the instruction book and any other literature included in the box before using the unit.
- ⚠ Operate the unit only as intended. Do not use for any other purpose.
- ⚠ Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal can cause environmental pollution.
- ⚠ Do not throw the battery into fire. The battery may explode.

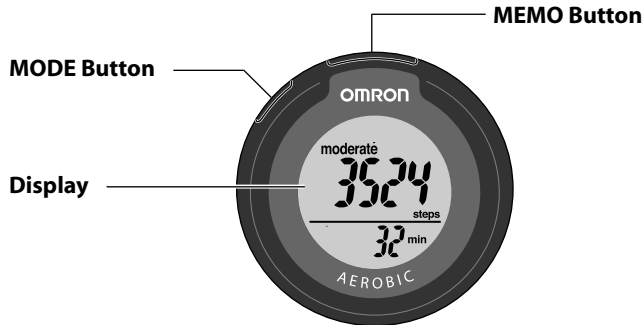
IMPORTANT SAFETY INFORMATION

CARE AND MAINTENANCE

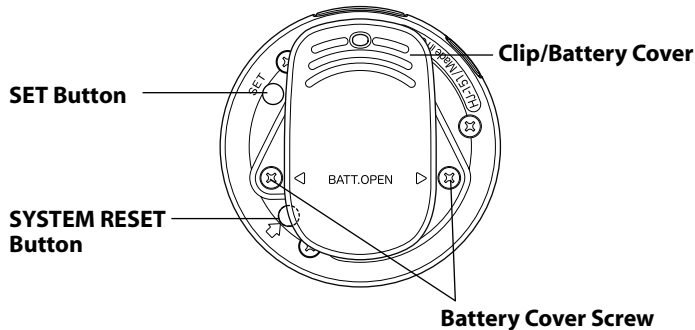
- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the unit or any of the components in water.

KNOW YOUR UNIT

FRONT OF UNIT



BACK OF UNIT



MODERATE STEP FUNCTION

This pedometer displays the number of steps and minutes walked at a moderate or brisk pace in a day. Moderate intensity activity is defined as 3.0 to 6.0 METs by the American College of Sports Medicine (ACSM). The unit automatically determines if the pace is a moderate or brisk by minute.

NOTES:

- The “moderate” display will blink on the display after the first minute has been completed.
- METs represents the ratio of exercise metabolic rate. One MET is defined as the energy expenditure at resting condition, which, for an average adult, is approximately 3.5 ml of oxygen intake per kilogram (2.2 lb) of body weight per minute.

ACSM and the Center for Disease Control and Prevention (CDC) physical activity recommendation for adults is at least 30 minutes of moderate intensity activity 5 or more days per week. Moderate to brisk walking at approximately 3.0 to 4.5 mph (may differ in individuals) is one of the most popular activities to meet this recommendation.

NOTE:

Walking up or down stairs or a steep slope, and walking on treadmill may not be counted as moderate steps.

CALORIE AND DISTANCE DISPLAY

The calorie is calculated by the height, weight and activity level while walking. The distance is calculated by the height and walking pace.

SETTING THE TIME

The unit comes with the battery installed. Set the unit by using a thin stick that is not easily breakable.

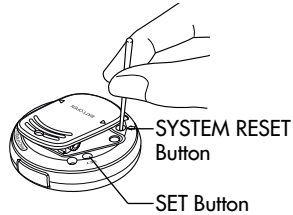
Setting range: 12:00 AM-11:59 PM

1. A. Initial set-up or battery replacement

Press the SYSTEM RESET Button on the back of the unit as illustrated.

B. To adjust the settings

Press the SET Button.

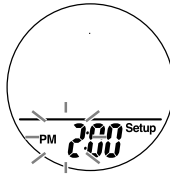


The hour flashes on the display.



2. Press the MEMO (up) or MODE (down) Button to adjust by increments/decrements of one hour.

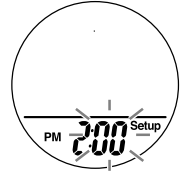
If no button is pressed for 5 minutes, the unit will automatically turn off.



SETTING THE TIME

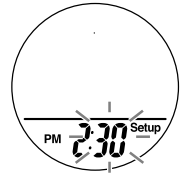
3. Press the SET Button to set the hour.

The minutes flash on the display.



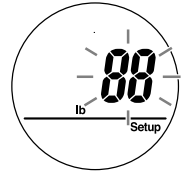
4. Press the MEMO (up) or MODE (down) Button to adjust by increments/decrements of one minute.

Press and hold the button to adjust the time in 10 minute increments/decrements.



5. Press the SET Button to set the minute.

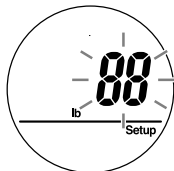
The weight flashes on the display.



SETTING THE WEIGHT

Setting range: 70 to 300 lb.

The weight flashes on the display.



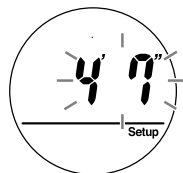
- 1. Press the MEMO (up) or MODE (down) Button to adjust by increments/decrements of 1 lb.**

Press and hold the button to adjust weight in 10 lb increments/decrements.



- 2. Press the SET Button on the back of the unit to set the weight.**

The height flashes on the display.



SETTING THE HEIGHT

Setting range: 3'4" to 6'6".

The height flashes on the display.



- 1. Press the MEMO (up) or MODE (down) Button to adjust by increments/decrements of 1 inch.**

Press and hold the button to adjust the height in 4-inch increments/decrements.



- 2. Press the SET Button to set the height.**

The number of steps and time will display.



All the settings are completed.

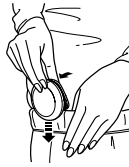
ATTACHING THE PEDOMETER

Attach the unit to your belt or the top of your waistband.

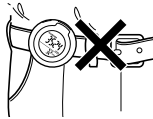
- Do not place the unit in the back pocket of your pants.

NOTE:

Press the clip open to remove the unit. The clip may cause scratches to the belt if it is attached or removed roughly, depending on the belt material.



The unit must be positioned horizontally with the ground.



When Steps are Counted

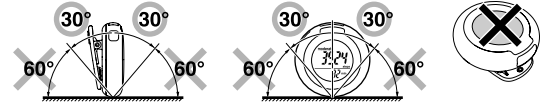
The unit determines whether you are walking continuously to avoid counting movement other than steps. It does not display the step count for the first four seconds of walking. If you continue walking for more than four seconds, it displays the step count for the first four seconds and then continues to count.

ATTACHING THE PEDOMETER

The unit may not count steps correctly in the following conditions:

1. Incorrect unit position

- When the front of the main unit is placed at an angle of less than 60° (shown to the right) or horizontal to the ground.



2. Walking at an inconsistent pace

- When you shuffle or wear sandals
- When you fail to walk consistently in a crowded place

3. Irregular unit movement

- Standing up and/or sitting down movement
- Taking part in sports other than walking
- Ascending or descending movement on stairs or on a steep slope



4. Vibrations from a moving vehicle

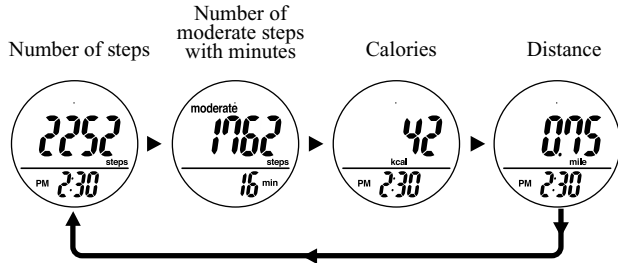
- Such as riding a bicycle, automobile, train or bus

5. Extremely slow walking

CHANGING THE DISPLAY

Press the MODE Button to change the display.

Each time you press the MODE Button, the display will change.



BATTERY SAVING MODE

After 5 minutes with no button being pressed, the display will automatically turn off. However, the unit continues measuring steps. This mode extends the battery life. Press the MEMO or MODE Button to activate the display again.

USING THE MEMORY FUNCTION

This unit can store and display up to seven days of previous data. The current day's data is automatically stored in memory when the time reaches 12:00AM. The display will return to 0.

NOTE:

The time must be correctly set in the unit.

How to view data stored in the memory

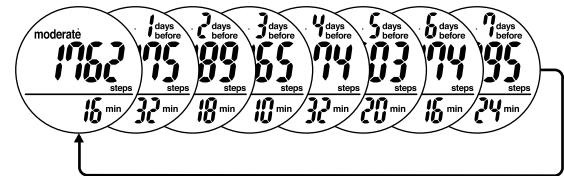
Press the MODE Button until the data you want to see is displayed:

- Steps
- Moderate steps with minutes
- Calories
- Distance



Press the MEMO Button.

The previous day's data is displayed. Continue to press the MEMO Button to display all seven days of data.



NOTE:

If no button is pressed for more than 1 minute, the display will return to the current day's data.

Press the MODE Button to return to the current day's data.

USING THE SYSTEM RESET FUNCTION

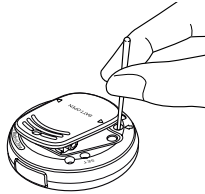
Use the **SYSTEM RESET** function in the following cases:

- When the display becomes unrecognizable
- When you want to delete all data

Press the SYSTEM RESET Button on the back of the unit.

All the data in memory is deleted and settings return to default values.

To reset the time, height and weight refer to “Setting the Time” on page 8.



BATTERY INSTALLATION

The battery is installed in the pedometer when this unit is purchased.

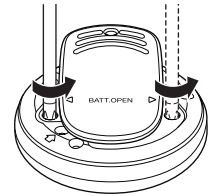
 Low Battery Indicator

When the Low Battery Indicator appears on the display, immediately replace the battery with a new CR2032 battery.

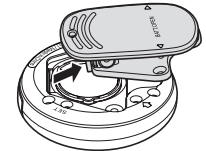
When the battery is removed from the unit the settings and all data stored in the memory will be erased. Be sure to write important data stored in the memory in a notebook.

1. Remove the screws on the battery cover located on the back of the unit.

Use a small screwdriver to remove the screws on the battery cover.



2. Remove the battery cover.



BATTERY INSTALLATION

3. Remove the old battery.

Take the battery out with a thin stick that is not easily breakable.

NOTE:

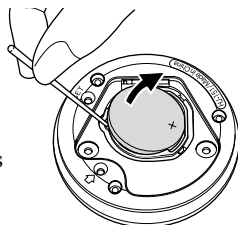
- DO NOT use a pair of metal tweezers or a screwdriver.

⚠ CAUTION

Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal be cause environmental pollution.

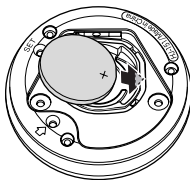
⚠ CAUTION

Do not throw the battery into fire. The battery may explode.



4. Insert the new battery.

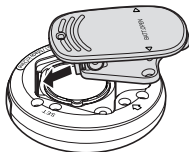
Place the positive (+) side of the battery upward. Insert the battery in the direction of the arrow as illustrated.



5. Replace the battery cover.

Insert the projected portion of the battery cover as illustrated.

Tighten the screws on the battery cover.



After installing the battery, set time of day, weight and height. Refer to "Setting the Time" on page 8.

CARE AND MAINTENANCE

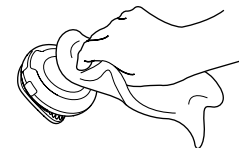
To keep your pedometer in the best condition and protect the unit from damage follow the directions listed below:

⚠ CAUTION

Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

Clean the unit with a soft dry cloth.

Do not use any abrasive or volatile cleaners.



Do not immerse the unit or any of the components in water.

The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

Store the unit in a safe and dry location.

Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

Do not subject the unit to strong shock, drop, or step on the unit.

Remove the battery if the unit will not be used for three months or longer.

Use of the unit must be consistent with the instructions provided in this manual.

TROUBLESHOOTING TIPS

Problem	Cause	Solution
The Low Battery Indicator blinks.	The battery is low or worn.	Replace the battery with a new one (CR2032).
Nothing is displayed.	The polarities of the battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment.
	The battery is worn.	Replace the battery with a new one (CR2032).
The displayed values are incorrect.	The unit is positioned incorrectly.	Refer to “Attaching the Pedometer” on page 12.
	Irregular movement.	
	Inconsistent pace.	
	Up and down movement.	
	The set values are wrong.	Check the weight and height settings.

SPECIFICATIONS

Model:	HJ-151
Power Supply:	3 VDC (1 lithium battery CR2032)
Measurement Range:	Steps: 0 to 99,999 steps Moderate Steps: 0 to 99,999 steps Minutes for Moderate Steps: 0 to 1,440 minutes Calories: 0 to 99,999 kcal Distance: 0.00 to 999.99 miles
Memory:	Previous 7 days on display
Setting Range:	Time: 12:00AM to 11:59PM Weight: 70 to 300 lb Height: 3'4" to 6'6"
Operating Temperature/ Humidity:	14°F to 104°F (-10°C to 40°C) /30 to 85% RH
Storage Temperature/ Humidity/Air Pressure:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH /700 - 1060 hPa
Precision of Step Counting:	Within +/- 5% (by vibration testing machine)
Time Precision:	Within +/- 90 seconds of the average monthly deviation (under normal temperature)
Battery Life:	Approximately one year (when used for walking 10,000 steps a day)
External Dimensions:	Approximately 2"(diameter) × 1"(d) (ø53 mm × 25.8 mm)
Weight:	Approximately 1 1/4 oz (battery included)
Contents:	Pedometer, Battery (CR2032 installed) and Instruction Manual
UPC:	0 73796 80151 9

- Specifications are subject to change without notice.

FCC STATEMENT

NOTE:

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product 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. The product 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 the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, 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 product and the receiver.
- Connect the product 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.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

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

WARRANTY

Limited Warranty

Your Omron HJ-151 Pedometer, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any pedometer covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE. Some provinces do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

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