## WARRANTY

### *Limited Warranty*

Your **Hopkins® EZ Carry 440LB Digital Scale** is guaranteed for 5 years against manufacturer's defects in material and workmanship for the original purchaser only, from the date of purchase. The warranty does not apply to damage caused by improper handling, accident, not following the operating instructions, normal wear, or alterations made to the instrument. If a material or manufacturing defect is discovered during the warranty period, Hopkins Medical Products® will repair or replace, at no charge, the scale.

### *Disclaimer of Warranties*

THE FOREGOING EXPRESS WARRANTY, AS CONDITIONED AND LIMITED, IS IN LIEU AND EXCLUDES ALL OTHER WARRANTIES WHETHER EXPRESS OR IMPLIED, BY OPERATION OF LAW OR OTHERWISE, INCLUDING BUT NOT LIMITED TO, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

To register your new Hopkins® Scale for its warranty with Hopkins Medical Products, please visit www.hopkinsmedicalproducts.com/registration or scan this QR code with your smartphone and complete the registration process.

***For Questions or To Order:***

Call 1-800-835-1995 or visit *www.hopkinsmedicalproducts.com*

Hopkins
Since 1945 Medical Products®



Made in China

# Hopkins® EZ Carry 440LB Digital Scale

## *User's Guide*

#683286

Scale with Tote

#683297

## *Popular Complementary Items:*

Three Pocket Tote
#530792

SaniZide
2oz Spray
#694800

Adult Vital Signs Kit
#695269

Rolling Med Bag
#532185

Hopkins®
Fingertip
Oximeter
#594025

Hopkins® Original
Home Health
Shoulder Bag
#530638

**For more information go to www.hopkinsmedicalproducts.com or call 1-800-835-1995**

# How to Use Your Scale

## Operation Instructions For Healthcare Professionals

1. Select the measurement units to either pounds (lb), stone (st), or killograms (kg) using the switch on the back of the scale.

2. For both safety and accuracy, lay the scale on a smooth and level surface.

3. To activate your scale, tap anywhere on the platform with your foot. The scale must be calibrated every time it is moved or turned over. To calibrate, tap the scale as usual, wait until the LCD display reads “0.0” and then wait for the scale to turn off automatically.

4. Have your patient step up onto the platform and remain stationary until after the LCD display stops flashing. Any movement by the patient while weight is being measured will result in an inaccurate reading. If being used by a single patient repeatedly, have them try to stand in the same place every time for best accuracy. If the patient’s weight is more than **440 lbs** an error message of “ERR” will be displayed.

### Changing the Batteries

Turn the scale over and lift up the battery cover. Replace the batteries with new AAA alkaline batteries only, and make sure their polarities (+/-) are in the correct position. Clean the contacts in the scale and on the batteries before inserting them. Do not mix new and old batteries or regular batteries with rechargeable ones. Properly dispose of batteries in accordance with local waste management procedure.

***Never try to open the scale body or repair it yourself!*** If you have any problems with your scale, please call Hopkins Medical Products at 1-800-835-1995 M-F 8:30am to 5pm EST.

# Cleaning and Care

### Cleaning:

For use with multiple patients or multiple locations, we recommend cleaning all equipment each time the scale is used. We recommend using SaniZide Spray (#694800 - 2oz bottle) as it kills a broad spectrum of bacteria. Dampen a paper towel or soft cloth with the SaniZide Spray and wipe clean. Never submerge an electronic device in water.

### Protection:

When using this scale in the field, we recommend a carry tote for protection and cleanliness. Be careful not to drop or impact the scale in any way to avoid damage to the electronics. You can also use this tote to carry cleaning supplies as well as patient literature. For your convenience, a bundled Hopkins® EZ Carry **440LB** Digital Scale and Three Pocket Tote (#683297) is available.

# FCC Markings

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 operation.

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 or an experienced radio/TV technician for help.

# Tracking Weight for Patient Success

## Have Your Patients Follow These Guidelines for Best Results

Data suggests that people who weigh themselves regularly do better with their weight loss plan than those who weigh in inconsistently. Writing down the results and charting them for several weeks will help you to identify any weight fluctuation patterns.

- Weigh in the same day of the week
- Weigh in at the same time of the day
- Wear about the same amount of clothing
- Use the same scale, in the same place

### Weight Fluctuations

Individuals who are more underweight or overweight tend to have more fluctuations in weight. Weight fluctuation is common and can be due to many factors.

- Weight may read higher due to water retention from salt or carbohydrate intake, or a large meal
- Weight may read higher due to gains in muscle mass since, muscle tissue is denser than fat
- Weight may read lower due to dehydration because of an illness or low fluid intake
- Weight may read higher or lower due to temporary changes during the menstrual cycle

# Body Mass Index Calculations

## Another Useful Tool in Weight Management

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

*More information and a BMI calculator can be found at: www.cdc.gov/healthyweight/*

### Formula: weight (lb) / [height (in)]2 x 703

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65")
Calculation: [150 ÷ (65)2] x 703 = 24.96

### BMI Weight Categories

- Underweight = Below 18.5
- Normal = 18.5 to 24.9
- Overweight = 25.0 to 29.9
- Obese = Above 30.0