



Digital Bathroom Scale  
Model ESBS-01



HealthTools LLC  
Mahwah, NJ

## TROUBLESHOOTING

PROBLEM	SOLUTION
Scale is inaccurate or weight varies	Place feet in center of glass platform and stand still. Allow scale to shut off completely after weighing. Do not move scale unnecessarily.
First weight is higher than normal	Your scale must be allowed to auto-calibrate. Follow instructions under "Operation" for proper use.
Scale displays "ERR"	Place scale on hard, flat surface. Allow scale to shut off and restart.
Low battery indicated "LO" No power	Check batteries for proper installation (polarities are correct). Replace all four worn batteries.
Overload indicated "O_LD"	Too much weight has been placed on the scale and it is overcapacity. Remove weight before proceeding.
Other conditions	Call HealthTools for support at 201-465-4381

## CARE & MAINTINANCE

To protect your EatSmart Bathroom Scale in the best possible condition follow these directions as closely as possible.

**1.Store and operate the unit in safe dry location.**

Drastic changes in temperature over time can effect the quality of weight measurement. Do not expose to direct sunlight, extreme hot/cold or humidity.

**2.Clean with a soft, damp cloth.** Avoid abrasive cleaners and never sink or submerge in water.

**3.Remove batteries if not in use for three months or longer.**

**4.Use unit consistent with instructions provided in this manual.**

## SPECIFICATIONS

Model: EatSmart Digital Bathroom Scale ESBS-01
Capacity: 400lbs or 180 kgs
Measurement Units: Pounds / Kilograms / Stones
Graduation: .2 lb / .1 kg
Display: 3.5" Backlit LCD
Low Battery Indicator "LO"
Overload Indicator "O_LD"
Unit Dimensions: Approximately 12.5" x 12" x 1.75"
Unit Weight: Approximately 4.6 lbs
Power: 4 AAA Batteries (included)

## WARRANTY

HealthTools LLC warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our options) while under warranty, please contact HealthTools for return authorization and troubleshooting.

HealthTools LLC  
(201) 465-4381

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state. NOT LEGAL FOR TRADE.

4

## INTRODUCTION

Thank you for purchasing an EatSmart Product. Your EatSmart Digital Bathroom Scale has been specifically designed for your use, with an easy to use interface and superior EatSmart accuracy and design.

Your EatSmart Bathroom Scale comes with the following:

- EatSmart Digital Bathroom Scale
- Instruction Manual
- 4 AAA batteries located on underside of polyfoam packing
- 2 Year EatSmart Guarantee

Please read this instruction manual carefully before using your scale.

Please fill out your purchase information for future reference:

Date Purchased: .....

Place of Purchase: .....

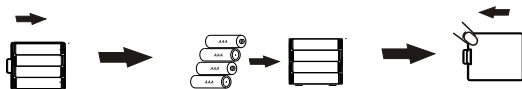
Order ID (if any): .....

1

# OPERATION

## **Battery Installation and First Time Setup**

1. This scale operates on 4 AAA batteries. Batteries are located on the underside of the polyfoam packing. Unwrap batteries before proceeding.



2. Locate the battery cover on the underside of the unit. Press the battery cover tab inward and lift to remove.
3. Insert batteries as indicated by the polarity symbols (+ and -) marked inside the battery cover. Close the cover.
4. The scale needs to be initialized and auto-calibrated before first use or after moving your scale. Place the scale on a hard, flat surface and weigh yourself. You should see your weight and then “C” will appear. Please keep in mind the first reading will not be accurate and can be disregarded.
5. Get off the scale and allow it to turn off.
6. You can now step on and weigh yourself normally. If you move the scale again you must repeat this calibration process.
7. Replace batteries when scale indicates “LO” on the display.

### **NOTES**

1. New batteries should last for approximately one year under moderate use (less than three times daily). Batteries included with your scale are trial batteries and may last a shorter length of time.
2. Dispose of batteries within the legal restrictions of local government.

2

## **Weighing Operation**

**Your EatSmart Bathroom Scale operates as a basic body weighing scale. No special programming is required.**

1. **Select your desired measurement unit.** Your scale is set to default to pounds at the factory, but you can switch the measurement units to kilograms or stone by moving the switch under your scale with a small tool.
2. **Place the scale on a hard, flat surface.** Carpeted or uneven floors can negatively effect the accuracy of your readings.
3. **Initialize the scale.** If you are placing the scale down for the first time or moving your unit you must auto-calibrate the scale (see steps 4 - 6 under the “Operation” tab of this manual).
4. **Step on.** Place both feet on the center of the glass platform and stand still.
5. **Your weight will appear on the LCD.** Your weight will blink three times when your final weight has been calculated.
6. **Step off your scale.** It will reset to “0.0” and turn off automatically.

**IMPORTANT:** Your EatSmart scale operates with “Step-On” technology but still needs to be auto-calibrated after battery installation and when the scale is moved.

You will see that the first time weighing yourself after battery installation or moving the scale a “C” will appear. This means your scale is now auto-calibrated and can be used normally. Measurements done after this will be accurate until the scale is moved again.

3