



# Instructions for Mini Glass Electronic Scale 輕巧玻璃電子磅 使用說明書

*Congratulations! By purchasing this Weight Watchers scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.*

恭喜您！購買Conair電子磅，代表您在體重控制上邁進了一步。為獲得最佳效果，請在使用本電子磅前先詳閱全套說明書。

Model C2998H/C2999H

## Mini Glass Electronic Scale Model C2998H/C2999H

WHAT IS IT?	WHY DO I NEED IT?
Body Weight ✓	To monitor your overall weight

### BEFORE USING SCALE

1. Open the battery cover at the underside of the scale. Gently pull out the plastic tab.
2. Ensure the battery is correctly in place (with the "+" positive side facing up), then replace the battery cover.
3. When the scale is on , you can set the switch on the base of the scale to measure in either kg (kilograms), lb (pounds) measurements.
4. Place the scale on the floor. The surface must be flat and level for the scale to operate correctly – THE SCALE SHOULD NEVER BE USED ON CARPET.

### USING THE WEIGHT ONLY MODE

1. Step on the scale when the scale is standby mode, the LCD will display "000" and flash.
2. Stand on the scale platform without shifting or moving until the weight is displayed.
3. Once the weight is displayed, if you step off the scale it will automatically switch off after 10 seconds. If you stay standing on the scale, the scale will automatically switch off after 15 seconds.

**NB - This scale is equipped with a memory feature. If weighing yourself again within 30 seconds, the scale will show the same weight, if the new weight is only a small difference (less than approx 0.5kg).**

### WEIGHT LOSS/MAINTENANCE

Your scale is the best tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method to gauge weight loss. A scale measures the sum of your total body weight, which includes bone, muscle, fat and water.

**Body weight fluctuates during the day, and from day to day, depending on a variety of factors, such as:**

- Salt and carbohydrate intake can affect the body's water retention
- A large meal adds weight and can cause water retention
- Dehydration from exercise, illness, or low fluid intake can result in weight loss
- Muscle is also a factor. Heavy-duty resistance tracking can build muscle, which can affect weight
- The menstrual cycle can cause temporary weight gains and losses.

When you're losing weight, it's important not to put too much focus on the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories and more exercise. Your scale is a valuable tool when used to track weight over a period of weeks and months. **Be aware that different scales often give different results. The scale at your doctor's office may show one weight, whilst your scale at home may show another. So don't get too caught up with a single number.**

**Don't overdo it!**

A surefire way to get overly concerned with your weight is to weigh yourself too often. Weigh yourself no more than once a week. Though it's hard to stick to this pattern, it's the best way to prevent unnecessary concern with normal weight fluctuations. Regardless of your weighing habits, it's important to be consistent.

**Here are 5 rules for effectively monitoring your weight – weigh yourself:**

- Once a week
- At the same time of the day
- In the same place
- Wearing the same clothes
- Using the same scale.

**To keep track of your weight, record only one number for the week. This will give you a clear picture of any trend your weight is following.**

**When you're maintaining weight:**

- Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:
- Weigh yourself more often than once a week
- Research shows that people who keep weight within a 2-3kg range are more likely to maintain a healthy body weight over the long term.

### FACTS CONCERNING YOUR BATHROOM SCALE

Your Weight Watchers scale is a precise measuring object that is most accurate when weighing a stationary object. To ensure the most accurate readings, always try to stand on the same area of the scale platform and DO NOT MOVE.

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto a flat, level surface and store it where it will be protected from impact. This scale is an electronic instrument and should never be submerged in water. To keep your scale looking good, clean often with a damp cloth and/or glass cleaner.

- This scale will display weight in 0.1kg / 0.2lb increments.
- The minimum weight capacity for this scale is 5kg and the maximum weight capacity is 150kg. Any weights below or above these amounts will result in an "Err" message.

Your bathroom scale could display the following messages:



There is an error in measuring.



The weight on the scale exceeds the scales capacity.



The battery needs to be replaced.



Your weight needs to be re-measured.

Should the battery need to be replaced, open the battery cover at the underside of the scale and replace the old battery with one new 3V lithium battery (CR2032). Ensure that the battery is correctly in place (with the "+" positive side facing up), then replace the battery cover and dispose of the old battery.

DO NOT ATTEMPT TO OPEN THE SCALE OR TO REMOVE ANY COMPONENTS.

Please do not move the scale or leave heavy weight on the scale platform when the scale shuts off. Otherwise , the next measurements will display "C".

### ONE YEAR LIMITED WARRANTY

This Conair Appliance is guaranteed for consumer use for one year. To obtain this warranty service, please keep the original purchase receipt. This guarantee is no longer valid in case of alteration or repair by any unauthorized persons and only covers defects under normal use from the date of purchase. If your product does not perform satisfactorily because of defects in materials or manufacture, it will be repaired or replaced under guarantee through the Conair Service Centre. Conair reserves the right to amend terms and specifications without prior notice.

### OUT OF GUARANTEE

Call Conair Service Centre in your region as listed in this Instruction Booklet for details of repair service. Or email to us at email\_asia@conair.com with your name, contact telephone number and email address and details of the fault.

### CONAIR CUSTOMER SERVICE:

35/F., Standard Chartered Tower, Millennium City,  
388 Kwun Tong Road, Kwun Tong, Kowloon, Hong Kong  
Conair Customer Hotline: (852) 2751 4604  
E-mail: email\_asia@conair.com  
Website: www.hkconair.com

## CONTINENTAL CONAIR LIMITED CHINA CREATIVE DEPARTMENT

Date	01/19/2022
Customer	CONAIR-HK
Model No.	C2998H/C2999H
Description	IB
Job No.	11CF00038
Reference No.	IB-11/171A
Revision No.	6
Color	1C (Black) + 1C (Black)
Open Size	508mm(W) x 203mm(H)
Folded Size	127(W) x 203(H) / mm
Material	80gsm Artpaper
Prepared by	Betty Bai
Approved by	Phoebe Laung
Vendor	Shine
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Folding method:  
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C2998H  
C2999H

IB-11/171A

## 輕巧玻璃電子磅 型號 C2998H/C2999H

<b>這是什麼？</b>	<b>為什麼我需要它？</b>
體重 <span>✓</span>	控制您的整體重量

### 使用電子磅前注意事項

- 打開電子磅底部的電池蓋，輕輕拉起塑膠標籤。
- 確保安裝電池時極性與位置相符（+記號向上），然後蓋好電池蓋。
- 當電子磅已開，您可以在電子磅底座上設定以公斤（kg）或磅（lb）為度量單位。
- 將電子磅放置於地板上。為確保讀數準確及使用安全，放置平面必須水平。不應將電子磅放置於地氈上。

### 使用只需量度體重模式

- 在待機模式下踏上電子磅，顯示屏會亮起並顯示“000”。
- 站到電子磅後需保持不動，直至顯示您的體重。
- 當體重顯示後，如您從電子磅上下來，電子磅會在10秒後自動關機。如您保持站立在電子磅上，電子磅會在15秒後自動關機。

**注意** – 這個電子磅備有記憶功能。如您30秒內再次量度體重，而重量沒有太大偏差（少於約0.5公斤），電子磅會顯示跟上次相同的重量。

### 重量管理

您的電子磅是監察體重的最佳工具。雖然它不是量度體重下降的唯一方法，但卻是量度體重下降並取得成功的最受歡迎方法。電子磅能量度您的體重總體數據，包括骨骼、肌肉、脂肪及水分等。

**體重在同一天、每天之間都會變化，變化幅度受多方面因素影響。**

- 鹽及碳水化合物攝入量會影響人體的水分保留狀況。
- 大餐一頓會增加體重及保留水分。
- 運動、疾病或少飲水或飲品會令體內缺水，致體重下降。
- 肌肉同樣是影響因素之一。高強度的抗力性運動會令肌肉增加，從而影響體重。
- 經期也會導致臨時性體重上升或下降。

切勿過度倚賴電子磅來提供確切數據。這些數據會不斷變化，在節食期間尤其如此。隨著所吸收的熱量減少、運動增加，體重隨著輕微增加或下降是很普通的狀況。利用您的電子磅量度在幾個星期或幾個月期間的體重變化，可以說相當有用。請記住，不同的電子磅會給您帶來不同的結果。例如，醫務所的電子磅會顯示某個體重數據，而您自己的電子磅又會顯示另外一個數據。**因此不要過度依賴某一次數據。**

**切勿過度使用！**

過於頻繁量度體重會令您過度擔憂自己的體重變化。我們建議每周稱量體重的次數不應超過一次。雖然要遵守這個原則不容易，但這是防止自己過度擔憂正常的體重變化的最佳方法。這些正常的體重變化與您的瘦身計劃並沒有太大的關係。無論您在量度體重方面有何習慣，最重要的是您能貫徹自己的計劃。

### 監察體重的5條有效法則 – 量度自己的體重：

- 每周一次
- 在當天的同一時間
- 在同一個地方
- 穿著同一套衣服
- 使用同一個電子磅

**要觀察體重變化，您只需記錄該星期的一個數據。這樣會讓您對自己的體重變化趨勢有一個清晰的認識。**

### 在維持體重穩定時

當體重趨向穩定時，每天之間的變化幅度會比較小，因此適當增加量度次數會有所幫助。**如要維持體重穩定：**

- 每周量度體重多於一次。
- 應用「5磅原則」：調查顯示，能將體重浮動幅度保持在5磅之內的人士較能在長期範圍內維持健康的體重。

### 重讀體重數據

單用戶電子磅：在啟動模式下，按下「Save/Recall」（記憶 / 重讀）按鍵查看過往5個體重數據。

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### 您應了解的事實

您的美康雅電子磅是精確的量度工具，而在量度靜止的物體時數據更為準確。為確保能取得精確的讀數，請在量度時站在電子磅平面的同一個位置並保持不動。

電子感應器是相當敏感的儀器，切勿摔跌或震動電子磅。請將電子磅小心輕放於地板上，或收存於不會受到撞擊的地方。本電子磅是電子儀器，因此切勿浸入水中。

請使用濕布或玻璃清潔劑清潔電子磅。

- 準確度至0.1公斤 / 0.2磅。
- 最低量度重量為5公斤，而高量度重量至150公斤。如體重超出量度範圍，電子磅會顯示錯誤提示訊息「ERR」。

您的電子磅有可能出現以下顯示：



量度錯誤



超出最高量度重量



請更換電池



需要重新量度體重

如需要更換電子磅電池，可打開電子磅底部的電池蓋，然後換上新的3V鋰電池(CR2032)。請確保安裝電池時極性與位置相符（+記號向上），然後蓋好電池蓋，並妥善處置舊電池。**切勿打開電子磅或拆卸任何元件。**當電子磅關機了，不要移動電子磅也不要放置重物於電子磅上，否則下次測量將顯示" C"。

**一年保養限期**

在您購買日期起一年內，在正常使用的情況下，如產品的品質或零件有任何問題，美康雅顧客服務中心將會為您免費提供維修或換貨服務。

**注意：**此項保修不包括一切因錯誤使用、不依指示處理產品及意外損毀、遺失零件及經自行改造的產品，美康雅公司有權在不預先通知的情況下更改條款和說明書。如需獲得此保修服務，請保留正本收據，倘若產品於保養期內有任何問題，可蒞臨您所在地區的美康雅顧客服務中心處理。

**保修期之後**

請致電使用說明書中所列出您所在地區的美康雅顧客服務中心，詢問維修服務詳情，或是電郵至email\_asia@conair.com，附上您的名字，電話號碼和電郵地址，及說明產品問題的詳細情況。

**美康雅顧客服務中心**

香港九龍觀塘觀塘道388號創紀之城渣打中心35樓

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