

HEALTHOMETER MECHANICAL FLOOR SCALE AND MEASURING TAPE



Patient Care Kit Item

Your Kit includes one (1) Healthometer Mechanical Floor Scale and one (1) TECHMED measuring tape.

Why is it Important to Track My Weight and Measure My Waist?

Your weight matters. When your weight is at a healthy level, it is easier to prevent or manage diabetes and prevent other health problems. You will also feel better and have more energy. Losing extra pounds may mean you will need less medicine. It can also reduce your risk for heart attack and stroke. The best ways to lose weight are to eat with your health in mind and to get more exercise.

Measuring the length around my waist, called “waist circumference” helps screen for possible health risks that come with excess weight. If most of your fat is around your waist rather than at your hips, you’re at a higher risk for heart disease and type 2 diabetes.



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Weight Management: Healthometer Mechanical Floor Scale Instructions

- ✓ To learn your weight, put the scale on a flat, hard floor. The scale will automatically turn on as soon as you step on the scale with both feet.
- ✓ You should weigh yourself at least once per week. It is best to weigh yourself on the same day and at about the same time each week (e.g., Saturday mornings). Be sure to weigh yourself on session days; before joining the session and record your weight in the Wellocity portal or app.

Weight Management: TECHMED Retractable Tape Measure Instructions

- ✓ To learn your waist circumference, start at the top of your hip bone, then bring the tape measure all the way around your body, level with your belly button. Make sure it's not too tight and that it's straight, even at the back. Don't hold your breath while measuring. Check the number on the tape measure right after you exhale.
- ✓ You should measure your waist circumference at least once a week to measure your weight loss progress. This can be done the same day and time that you weigh yourself.