

# Health o meter<sup>®</sup>

P r o f e s s i o n a l

## Installing in Wood, Wood Studs, or Metal

### Carton Contents:

- 1 Installation Sheet
- 1 PORTROD Backboard
- 1 PORTROD Headboard

- 5 Screws and Washers
- 2 Pointed Wall Fasteners

### Use These Screws:

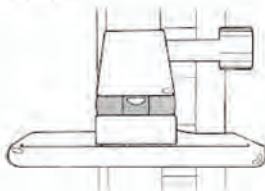


### ATTENTION:

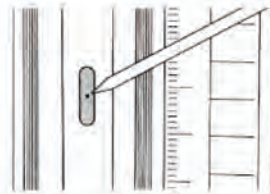
- Follow these instructions BEFORE installing the PORTROD to a wall
- Unfold the backboard to the point where the upper and lower parts are aligned
- Remove the backing from the double-sided tape that is attached to the backboard and tape the measuring strip into the groove exactly as it is taped in the upper portion
- Make sure the measuring tape is straightened BEFORE taping it

### Installation:

1. Select a convenient location near scales
  - An uncarpeted location is preferred. Carpet pile may depress under weight and introduce measurement errors.
  - Installation on doors is not recommended.
  - Install where wall baseboard does not interfere with measurement.
2. Slide headboard onto measuring board.
3. Place wall board 23 5/8 inches off the floor and hold in place.
4. Align backboard until bubble on headboard is level.

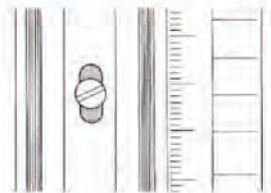


5. Mark screw hole in middle of top slotted hole. Use nail, pushpin, or slender screw to mark hole.



6. Drill hole for screw with 1/16" bit (metal walls or studs will require special bit and electric drill). If drill is not available, start hole by tapping screw with hammer.

7. Insert screw and washer and tighten until board is held gently against wall. Do not tighten screw all the way.



8. Check level bubble and mark bottom hole in center of slot. Insert screw as in steps 6 & 7.

9. Re-measure distance from floor to the lower end of the wall board, it should be 23 5/8 inches. Adjust, if necessary, by moving wall board up or down. Then tighten screws until board is firmly against the wall.

10. Tighten top and bottom screws.

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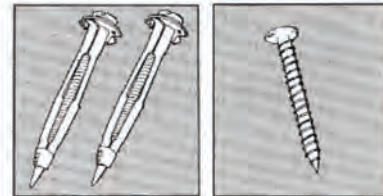
P r o f e s s i o n a l

## Installing in Plasterboard (Drywall)

### Carton Contents:

- 1 Installation Sheet
- 1 PORTROD Backboard
- 1 PORTROD Headboard
- 5 Screws and Washers
- 2 Pointed Wall Fasteners

### Use These Fasteners:



For Top and Bottom Holes

For Center Hole

### ATTENTION:

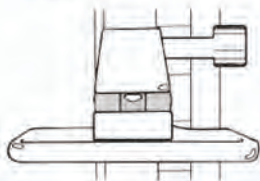
- Follow these instructions BEFORE installing the PORTROD to a wall
- Unfold the backboard to the point where the upper and lower parts are aligned
- Remove the backing from the double-sided tape that is attached to the backboard and tape the measuring strip into the groove exactly as it is taped in the upper portion
- Make sure the measuring tape is straightened BEFORE taping it

### Installation:

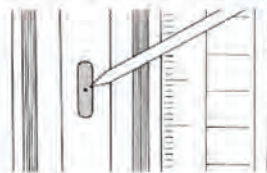
1. Select a convenient location near scales

- An uncarpeted location is preferred. Carpet pile may depress under weight and introduce measurement errors.
- Installation on doors is not recommended.
- Install where wall baseboard does not interfere with measurement.

2. Slide headboard onto measuring board.
3. Place wall board 23 5/8 inches off the floor and hold in place.
4. Align backboard until bubble on headboard is level.

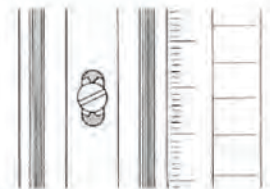


5. Mark screw hole in middle of top slotted hole. Use nail, pushpin, or slender screw to mark hole.



6. Remove backboard and hammer pointed wall fastener screw completely into wall. Tighten screw until firm (this locks fastener into wall). Remove screw, position center of top slot over fastener hole and insert screw.

7. Insert screw and washer and tighten until board is held gently against wall. Do not tighten screw all the way.



8. Check level bubble and mark bottom hole in center of slot. Swing backboard aside and insert fastener as in steps 6 & 7.

9. Re-measure distance from floor to the lower end of the wall board, it should be 23 5/8 inches. Adjust, if necessary, by moving wall board up or down. Then tighten screws until board is firmly against the wall.

10. Tighten top and bottom screws.