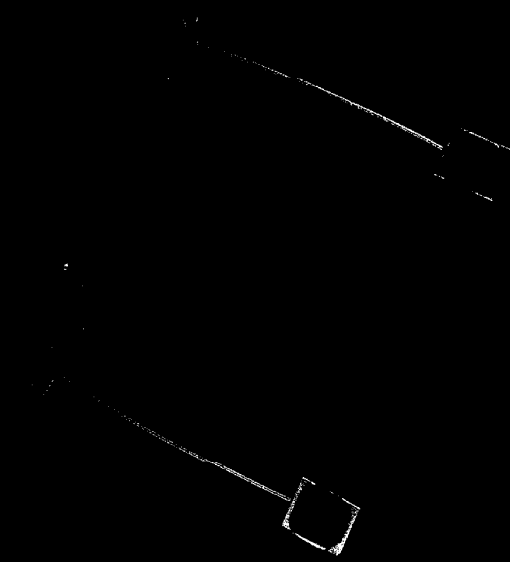


# USER'S MANUAL

## CONTEK™ MODEL WCS-20

### Weight Control System



CONTEK

#### About Weight Control



Most experts agree that the best way to lose weight and maintain weight is to gradually decrease weight over time through a diet and exercise program. As little as a pound or two a month of weight loss can translate to over twenty pounds lost in one year with a good probability of controlling weight at the lower level. The Contek Weight Control System has been designed to make effective weight control simple and easy. The system stores your weight daily, weekly, monthly or yearly by date and it permits recalling of stored information by date so that you can watch weight trends and adjust your diet and exercise program as needed. The stored weight information can be recalled daily, weekly, monthly or yearly. A "browse" function lets you check your weight trends for any selected time period.

We have included a Quick Reference Card that you can refer to as an operational reminder however, it does not show all the information contained in this manual. Use when necessary for operation information. This imprinted plastic part has been designed to conveniently store in the space available in the weight platform when the remote display/controller is removed and mounted elsewhere. It slides into the platform opening.

The Contek WCS-20 Weight Control System and Bathroom Scale is a unique new electronic device using the latest integrated circuit memory chips. It is designed for assisting you to achieve and maintain your desired body weight. The system has two parts: (1) The weight platform, which measures your weight and transmits weight information to (2) its wireless remote display/controller, which stores and recalls your stored weight for any time period you select. You can recall and monitor stored weight information for any time periods you select daily, weekly, monthly, six months or up to two years.

To use the scale as a conventional bathroom scale, the wireless remote display/controller must be installed in its slot at the top of the weight platform. It slides in or out easily. To use the weight store and recall functions, the wireless remote display/controller must be removed from its slot in the weight platform. All functions of the remote may be operated while it is hand held or mounted on a wall or table top for better viewing of weight and stored data on its digital display. It operates in a range of 10 feet from the platform without the need for any wired connection. The wireless remote is particularly useful for storing and recalling stored weights over a period of time. It is not necessary for the weight platform to be on while using the remote out of the platform except for weighing yourself or another person.

#### FCC Notice

This equipment has been tested and found to comply with 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, this 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 the 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.

"Modifications not authorized by the manufacturer may void users authority to operate this device."

## Operating Instructions

### Controls and Functions:

- A: Up and Down Buttons. Used for scanning stored weight data, clock setting, Fahrenheit/Celsius setting, lb/kilo setting.
- B: Clock Button: Displays time and date.
- C: Store Button. To store current weight.
- D: Weight Button. To receive weight from platform.  
Tare Button. To weigh babies or family pets.
- E: Recall Button. To recalled stored weights.
- F: Back Button. To return to previous display.
- G: Hold Button. Holds weight on display for two minutes after stepping off scale
- H: Clock Set Switch. To set time and date.
- I: Battery compartment for wireless remote display/controller (two AAA batteries required).
- J: Battery compartment for weight platform (one 9-volt battery required).
- K: Power on switch for weight platform (turns off automatically after 15-20 seconds).

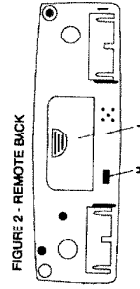
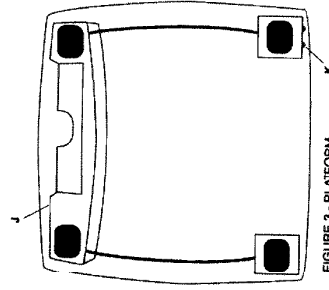
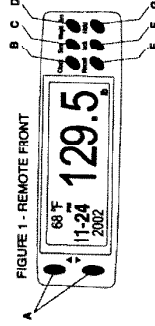


FIGURE 3 - PLATFORM

## Battery Installation

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**IMPORTANT: FOR BEST PERFORMANCE AND LONGEST BATTERY LIFE, USE DURACELL ULTRA OR ENERGIZER "e<sup>2</sup>" HIGH PERFORMANCE BATTERIES OR OTHER BRANDS OF HIGH PERFORMANCE BATTERIES. DO NOT USE RECHARGEABLE BATTERIES.**

Your WCS-20 weight control system will operate for about a year on high performance batteries, depending on the number of people storing weight information and the number of stored entries. To maximize battery life, the weight platform will turn its power off about 15-20 seconds after stepping off of it. The wireless remote display/controller has its own batteries and automatically goes to an energy saver mode after three minutes of non-use. However, it will continue to display time, date, and temperature when not being used. The remote may be turned on at any time to recall and view stored weight information by pressing the "Weight" button. However, if the weight platform has automatically turned off, the display on the remote will show a series of dashes (----). Before standing on the scale, turn the weight platform on again with its footswitch (Red LED will light).

## Low Battery Indicators

When the batteries need to be changed in the Wireless Remote Display/Controller, a  icon will appear on the display. Insert two "AAA" batteries with correct polarity. The smooth end of the battery touches the spring. When the batteries need to be changed in the Scale Platform, a  icon will appear on the display. Insert one "9 volt" battery with correct polarity as indicated on the plastic battery tray.

## Setting Time and Date

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To change time or date, use the clock set switch on the rear of the remote display/controller and the clock button on the front of the display. You can change all of the settings or just one selected setting.

1. The clock setting switch is on the rear of the wireless remote display/controller. It has two positions: "Normal" and "Set".
2. Hour setting. Move clock set switch to the set position. (Check quick reference card included. The hour display will start to blink.
3. Set the correct hour by pushing the "Up or Down" buttons on the front of the display.
4. Press the "Clock" button on the front panel of the remote display once the correct hour is displayed. The hour has been set. The hour display will stop blinking and the minute display will start to blink.
5. To set the minutes on the clock display, adjust minutes with "Up or Down" buttons and push "Clock" button again. Minute display will stop blinking and the year display will start to blink. Follow the same procedure to set the year and the date (push clock button and use "Up/Down" buttons to adjust. Finish the setting procedure by moving the switch on the rear of the display to the "Normal" position.

Note: To set the AM/PM designations correctly, use the "Up or Down" buttons to change the hour setting until the AM/PM setting display is correct for the time of day. Move setting switch on rear to "Set" position. Hour display will blink. If time shows 10:00 and PM is displayed, but the actual time is 10:00 AM, use the "Up or Down" buttons and change the hours by 12 hours. The display will then show 10:00 AM. Move the set switch on the rear back to its "Normal" position.

## Setting the Weight Reading to Pounds or Kilograms 6

When the weight is shown on the remote display, push either of the "Up or Down" buttons to change pounds to kilograms or back to pounds. The digital weight display will change accordingly.

## Setting the Temperature to Read Celsius or Fahrenheit

If the Temperature display shows C (Celsius) push an "Up or Down" button to change it to F (Fahrenheit) or switch from F to C by pushing one of the "Up or Down" buttons.

## Using Your Weight Control System as a Conventional Bathroom Scale Over

Note: You cannot store or recall weight information until remote display controller is removed from the weight platform.

Install the remote display controller into its slot in the weight platform. The digital display shows Temperature, Time and Date.

Place the weight platform on a hard and flat level surface. If you put it on a carpet the weight shown may not be accurate. If the weight platform is unsteady, turn the metal feet with the rubber pad or the bottom of the scale to stabilize.

The Weight Platform "Power On" switch is in the lower right hand corner. To turn power "on", gently actuate this switch with your toe. The LED power light will turn Red and you will hear a beep. The display will show a series of - - - (dashes) and then show "0.0 lb (or kg for kilograms) you will hear another shortbeep. Wait for the C.O to display and step on the scale carefully. Stand in the middle of the platform for highest accuracy readings. Before weighing yourself, try to stand close to the same position on the weight platform each time. After a few seconds the Digital Display will stabilize and your weight will be shown.

## Use of Remote Display Controller for Convenient Eye Level Reading of Weight

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The remote display may be mounted to the wall above the scale with its mounting bracket. Use the enclosed anchor screws for mounting the bracket to the wall. Install plastic anchors into the wall, then insert screws into wall mount and then into plastic anchors. See figure 4

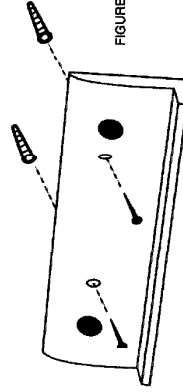


FIGURE 4 - MOUNTING BRACKET

The remote display is attached to the bracket with magnets for easy removal and storage. Position the remote display at a height that will be near eye level for those who will use the scale.

If you do not plan to store your weight at this time, step of the weight platform. It will automatically shut power off in about 15 seconds. The LED power light will go out and a short beep will be heard. To weigh yourself again after the power has turned "off" or for another person to use the Scale, the power must be turned "on" again by pressing the foot switch.

You can perform repeated weighing operations by stepping off the weight platform and back on again as long as the LED power light is "on".

The weight platform capacity is 300 pounds or 136 kilograms.

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## Weight Control Operations

Activate the power switch on the weight platform. The red LED light indicates that power is on.

Remove the remote display/controller by sliding it out of the weight platform. The weight control "Store" and "Recall" functions are performed by the remote display controller. It may be hand held or wall mounted for easy reading of displayed weight and operation of buttons for its store, recall and other functions. The wall mounting bracket provided has a magnetic attachment system to hold the remote display controller and permit it to be easily removed for hand held operation. This is particularly useful when using the controller for recalling a weight or a series of stored weights over time. The remote unit can be used sitting at a table or desk or stored back on the wall mounted bracket.

Note: The remote display controller must be within 10 feet of the weight platform for wireless reception of weight information from the weight platform. After the weight is stored in the electronic memory of the remote display/controller, it does not have to be in range of the transmitter located in the weight platform. It can be used anywhere.