

## School HealthOmeter 500KL Scale FAQ's

### **Why did my school receive a free HealthOmeter 500KL Scale?**

In the 2010-2011 school year, the DOE Office of School Wellness Programs(OSWP), through one-time funding provided by the New York City Department of Health and Mental Hygiene (NYC DOHMH) and Communities Putting Prevention to Work (CPPW), provided every school with a free HealthOmeter 500KL scale to use in completing the annual NYC FITNESSGRAM assessment. This digital scale provides a standard, accurate measurement of student height and weight, two of the health-related fitness factors measured by NYC FITNESSGRAM. Because these digital scales are easy to use, they will provide reliable information for students across the city.

### **How can school staff learn how to operate this piece of equipment?**

The scale comes with an easy-to-read instruction manual. If you need multiple copies of the manual or the original copy is lost, you can go directly to the product website <http://www.healthometer.com/Index.aspx> for the manual and additional information. You can also view a demonstration video on how to measure height and weight at <http://schools.nyc.gov/Teachers/Resources/Classroom/FitnessHealth/Videos/FitnessAssessmentVideo.htm>

### **Can the scale be used outside of the annual fitness assessment?**

Absolutely. If your school community encourages wellness programs, the HealthOmeter scale can support efforts to maintain a healthy weight. While the scale is designed to be easy to use, adult supervision is appropriate when students are weighing themselves.

### **Does the HealthOmeter 500KL require any kind of maintenance?**

The HealthOmeter 500KL comes with its own plug-in AC adapter. Keep it plugged in to maintain the scales power or you may use batteries if there is no outlet available. Use a mild soap and damp soft cloth to clean it. DO NOT use abrasive or strong chemical cleaners. Due to the sensitivity of the electronic device, the scale should be kept in a dry, safe and locked location. Do not store it near chemicals, heaters or radiators. Be sure to use it on a flat, hard surface to get the most accurate measurement. Refer to the instruction manual or website for answers to any other questions. Troubleshooting information can be found at <http://www.homscales.com/services/troubleshooting.aspx>

### **What if my school does not have a HealthOmeter 500KL Scale?**

You can use a scale other than the HealthOmeter to take height and weight measurements for NYC FITNESSGRAM. There is no requirement to use a particular scale.

### **How can I be trained in the "Physical Best" program, which includes the NYCFITNESSGRAM assessment?**

OSWP offers "Physical Best – NYCFITNESSGRAM" training and certification. [Visit our website to register.](#)

### **How can I purchase additional scales for my school?**

If you are interested in purchasing additional HealthOMeter 500KL scales, go to the [Shop DOE website](#) and search for "scale".

### **Whom can I contact if I have more questions or need assistance?**

Write to [NYCFITNESSGRAM@schools.nyc.gov](mailto:NYCFITNESSGRAM@schools.nyc.gov) for all questions relating to NYC FITNESSGRAM, about the scales or the AC adapter.