

healthengine.net

For Models : HE-500/HE-520/HE-550

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INSTRUCTION MANUAL

- Thank you for purchasing the healthengine.net Pedometer.
- Please read this Instruction Manual thoroughly before using this Pedometer to ensure correct and safe use.
- Please keep this INSTRUCTION MANUAL, which includes one(1) year Warranty Certificate.
- For further information on how to use the Pedometer as well as questions, please access to our :

URL at <http://www.healthengine.net>
Or
E-Mail info@healthengine.net

FEATURES OF THE MODELS HE-500 520 550

- The Pedometer can be used for your walking at NORMAL or FAST speed and JOGGING speed at your choice.
- WALK SPEED METER (km/h) and CLOCK (Hour and Minute) display which will make your walking enjoyable one are standard equipment.
- MEMORY functions for each day's records for 7- Days and Total 7- Days records are standard equipment.
- The series of our models will help you to select the most suitable Pedometer to meet your health control plan.
- Metal Clip attached to this Pedometer assures firm fitting to your body, more durable life than the plastic clip, strong clipping force prevent from unfastening accident, for the Pedometer to work without trouble the metal clip can minimize the slant to the right or left angle regardless of the type of clothes.
- Equipped with AUTO RESET function. (At 12 o'clock midnight each day, the previous day's records are saved in the memory device, then the Pedometer is automatically reset to zero (0).)

SAFETY INFORMATION

The WARNING signs shown here are used to ensure safe and correct product usage. Please read all instructions to prevent injury and damage to the owner and others.

	WARNING	Indicates matters in which death or severe bodily injury may arise as a result of disregarding or incorrect handling.
	CAUTION	Indicates matters in which bodily harm or material damage (including house, household goods, and pets) may arise as a result of disregarding or incorrect handling.

	WARNING
Store the product away from babies and infants. Consult your home doctor immediately if a battery and/or set screws are swallowed.	

	CAUTION
Do not disassemble or modify any part of the Pedometer. It may be the cause of trouble and accident.	

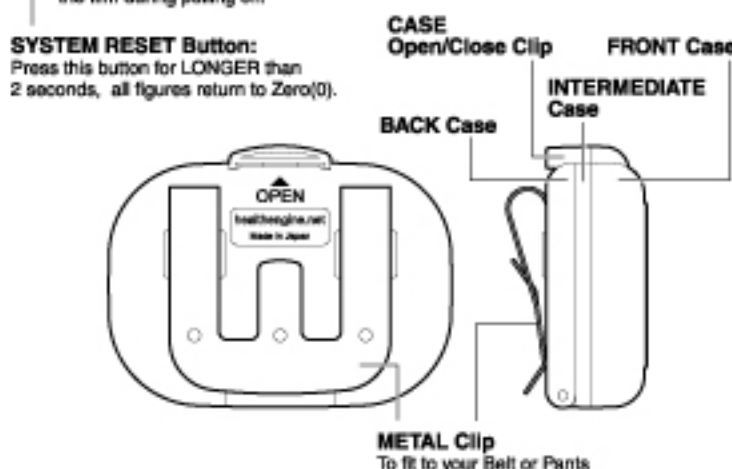
OTHER IMPORTANT NOTICE

- This Pedometer is not a water-proof model.
Do not wash or touch with the wet hand(s).
- Pay attention when handling the Metal Clip to prevent from damaging the clothes and/or your finger(s) during fitting and removing the Pedometer from your belt or pants.
- Do Not drop the Pedometer or give strong shock deliberately. It may be the cause of trouble.

FEATURES IDENTIFICATION

Note:

Before use, please remove the PROTECTIVE FILM from the face of Display panel. Also, PULL OUT the battery INSULATION FILM STRIP as these are assembled at the factory before shipment for the purpose of protecting the panel surface and battery power loss.



DISPLAY DESCRIPTION (Display may vary depends on Model)



- HE-500**
STEPS, CALORIES, STOPWATCH, 7-Days (Day by Day) MEMORY and TOTAL 7- Days MEMORY
- HE-520**
STEPS, DISTANCE, STOPWATCH, 7-Days (Day by Day) MEMORY and TOTAL 7-Days MEMORY.
- HE-550**
STEPS, CALORIES, DISTANCE, 7-Days (Day by Day) MEMORY and TOTAL 7-Days MEMORY

DESCRIPTION of MODES

- STEP Mode :** Displays STEPS
- Kcal Mode :** Displays CALORIES burned
- Km Mode :** Displays DISTANCE traveled

MODE CHANGE by MODEL



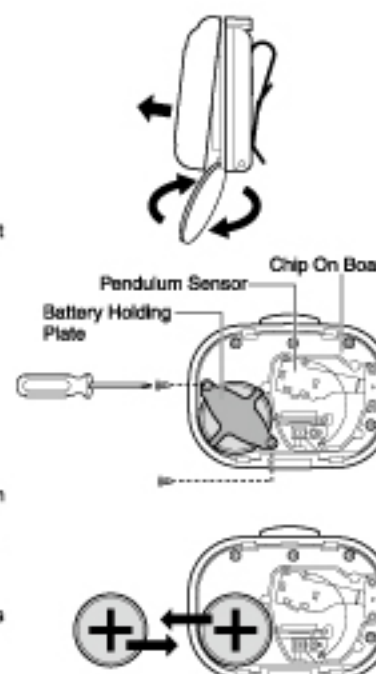
BATTERY LIFE and HOW TO REPLACE THE BATTERY

REPLACING THE BATTERY and PRECAUTION

- When the voltage of the battery reached to low level, all figures on display panel starts to blink. It is necessary to replace the battery with the new type CR2032 battery.
- Please note when you replace the battery, the set data covering CLOCK, WEIGHT and STRIDE are cancelled entirely and it will return to default setting as zero(0). It is necessary for you to make setting again.

HOW TO REPLACE THE BATTERY

- Insert a coin into the slot of the bottom of body case and then twist with a coin to remove the FRONT CASE.
- You will find the BATTERY HOLDING PLATE at the bottom of left corner as illustrated. Remove the PLATE by loosening two(2) Set Screws with a plus(+) tipped screwdriver.
- Take out the old battery and replace it with a new battery by placing polarity position of (+) to be UPSIDE position.
- Place the BATTERY HOLDING PLATE to the original position by tightening two(2) Set Screws. To finish assembly of the Pedometer, hook up two(2) protrusion parts on upper side of INTERMEDIATE CASE to be matched with the rear side rim of FRONT CASE. Then, press by fingers the front bottom part of FRONT CASE until you hear the click sound.
- CAUTION:** Please DO NOT TOUCH the parts such as the pendulum sensor mechanism it may affect accuracy of the Pedometer.



SPECIFICATIONS

PRODUCT NAME:	healthengine.net Pedometer
MODELS & FUNCTIONS:	HE-500: STEPS + CALORIES burned + STOPWATCH + 7-Days (each day) MEMORY + TOTAL 7-Days MEMORY + CLOCK + SPEED METER HE-520: STEPS + DISTANCE traveled + STOPWATCH + 7-Days (each day) MEMORY + TOTAL 7-Days MEMORY + CLOCK + SPEED METER HE-550: STEPS + CALORIES burned + DISTANCE traveled + 7-Days (each day) MEMORY + TOTAL 7-Days MEMORY + CLOCK + SPEED METER
POWER SUPPLY & TYPE OF BATTERY:	3 Volt DC One(1) Type CR2032 lithium battery of a coin shape
DISPLAY:	NUMBER OF STEPS: 0 to 99999 steps (minimum counting one step. Display panel shows steps with 6 digits) CALORIES BURNED: 0.0 to 9999.9 kcal (minimum unit: 0.1 kcal) DISTANCE Travelled: 0.00 to 9999.99 km (minimum display unit: 0.01 km) CLOCK: 00:00 to 23:59 (Hour/Minute) Setting unit: one minute. Displays in 24-hour clock system. STOPWATCH: 00:00:00 to 23:59:59 (Hour/Minute/Second) Minimum unit: 1 second SPEED METER: 0.00 to 9.99 km/h (minimum display unit: 0.01 km/h)
MEMORY:	7 Days MEMORY: Records for each day covering 7 days from the previous day to before the beginning of 7th day are recorded TOTAL 7 Days MEMORY: 7 days total records for each mode are recorded
SETTING:	CLOCK: 00:00 to 23:59 (24-hour clock system display at rate of 1 minute) WEIGHT: 30 to 120 kg (with minimum setting unit of 1 kg) STRIDE: 30 cm to 180 cm (with minimum setting unit of 1 cm)
OPERATING TEMPERATURE RANGE:	-10°C to +40°C
STEP COUNTING ACCURACY RATE:	±3% (when measured by the specified vibration test machine)
CLOCK ACCURACY RATE:	Average monthly deviation within ±30 seconds at room temperature
BATTERY LIFE:	Approximately 1.5 years (at rate of 10,000 steps per day)
EXTERNAL DIMENSIONS:	Approx. 40 x 55 x 18 mm (excluding metal clip)
MATERIALS:	BODY CASE: ABS Resin CLIP: Hardened Steel with chromium plated finish
WEIGHT:	Approx. 32 grams (including battery)
ACCESSORIES:	One (1) Lithium battery type CR2032 (which is assembled at the factory before shipment for trial use) Instruction Manual including Warranty Certificate

*The Specifications are subject to change without notice.

INQUIRIES & CUSTOMER SERVICES

For repairing request and inquiries about how to use the Pedometer, contact at:
YOKOHAMA HEALTH ENGINE, INC. Attn: Customer Services
TEL: 045-989-2251 FAX: 045-989-2252
(Business Hours: AM 9:00 to PM 18:00 Closed on Saturdays, Sundays and Holidays)
or
E-mail info@healthengine.net
(Available for 24 hours service)

You can also access to our home page to learn about the setting procedures with photographs at:
URL <http://www.healthengine.net>

CONDITIONS of WARRANTY

- Your healthengine.net Pedometer is warranted to be repaired free of charge for a period of one (1) year under normal use in accordance with Instruction Manual.
- Should repair is needed within the warranty period, send Pedometer with Warranty Certificate duly filled in and postage prepaid to YOKOHAMA HEALTH ENGINE, INC. Attn: Customer Services.
- The Warranty however will not apply to the following cases and repair costs are charged.
 - Incorrect use and/or failure or damages due to improper repair or modifications or dropping.
 - Warranty Certificate is not attached to the Pedometer to be repaired. Lack of Date of Purchase and Name of Retail Store, etc.
 - The Warranty excludes the battery.

WARRANTY

Product Name : healthengine.net
Model : HE-500/520/550

Your Name: _____
Your Mailing Address: _____
TEL No: () _____

Date of Purchase: Year _____ Month _____ Day _____

Name of Retail Store with its official seal: _____
Address of Retail Store: _____
Retail Store Tel No. _____

YOKOHAMA HEALTH ENGINE, INC.

4-7-201, Enokigakoa, Aoba-Ku, Yokohama, Kanagawa-Pref, JAPAN 227-0063
TEL: 045-989-2251 FAX: 045-989-2252

CORRECT USAGE

- POSITIONING THE PEDOMETER to your BELT or top edge of PANTS.**
- With the Metal Clip open, insert the Pedometer into your belt or top edge of pants deep enough and vertical direction to the ground.
 - To prevent losing the Pedometer during the use, we recommend the use of a Safety Strap and tie it to the Metal Clip. (Safety strap is NOT included in the accessories).



- The Pedometer may not count steps when:**

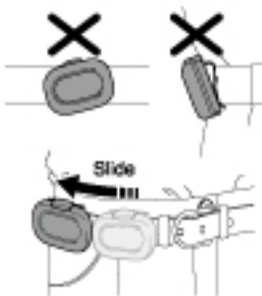
○ The Pedometer is not attached correctly.

- The Pedometer is not set horizontally to the ground but leaning LEFT or RIGHT angle.
- The Pedometer is leaning FORWARD or BACKWARD against your body.

NOTE: In the latter case, slide the Pedometer around your belt to find less leaning spot.

○ Irregular walking or other behavior:

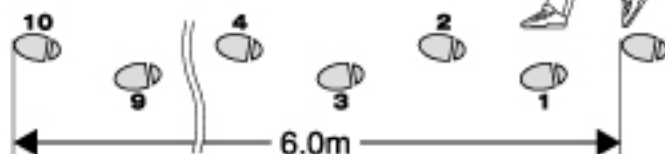
- Walk with a shuffle, or short stride with less impact to the ground.
- Walk with sandals or other strange footwear.
- Walk at an inconsistent pace in a crowded place or up and down stairs, or steep path.
- Sitting and Standing motion without walking, or during Train and other vehicle ride or during playing sports.



PREPARATION before USE

1 MEASURING THE STRIDE

- Between the Toe to Toe distance is the correct STRIDE length.
- First of all, Walk ten (10) steps with your normal stride and measure the TOTAL DISTANCE (in meters) from the toe of your 1st step to toe of 10th step. To decide your STRIDE length, calculate by dividing the TOTAL DISTANCE measured by 10 (steps).
- The benchmark of the STRIDE length for your reference can be obtained by (your height in cm - 100 = your approximate STRIDE length in cm).



EXAMPLE
Suppose your TOTAL DISTANCE walked in 10 normal steps was 6 meters.
Calculate your stride length by dividing the total distance (6 meters) by 10 (steps).
Formula is : 6 meters ÷ 10 steps = 0.6 meters (or 60 centimeters)
Set your STRIDE length to 60 cm, accordingly.

2 PULL OUT the INSULATION FILM STRIP to turn supply power ON

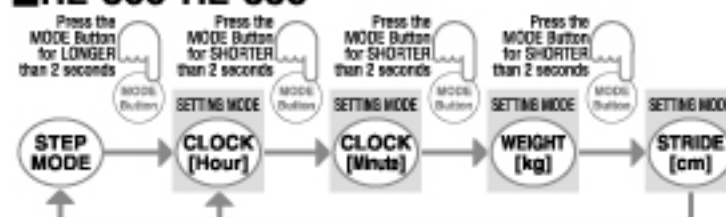
- PULL OUT with your fingers the INSULATION FILM as shown, the power is turned ON automatically. After the displays are turned ON, the Pedometer will proceed to STEP mode display.

When you pull out the insulation film, care should be taken not to break the film.

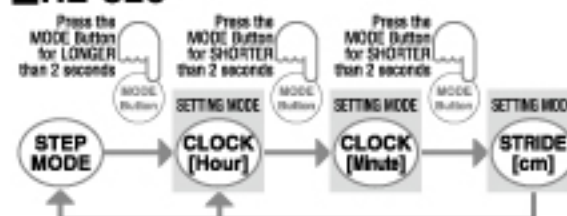


3 PROCEDURE for INITIAL SET UP and HOW TO PRESS the BUTTONS by MODEL

HE-500·HE-550



HE-520



- When the STRIDE length setting is finished, PRESS the MODE Button for SHORTER than 2 seconds, the display will return to CLOCK [Hour] Mode.
- When the STRIDE length setting is finished, PRESS the MODE Button for LONGER than 2 seconds, the display will return to STEP Mode.
- When you are holding up the Button operation for longer than 3 minutes display will return to STEP Mode.

SETTING THE TIME, WEIGHT and STRIDE

- First of all, CLOCK (Hour/Minute) setting must be finished for all Models of HE-500, HE-520 and HE-550.
- STRIDE setting must be finished to measure DISTANCE travelled (km) and SPEED (km/h) for all Models of HE-500, HE-520 and HE-550.
- Body WEIGHT setting must be finished to measure CALORIES burned (kcal) for Models HE-500 and HE-550.
- For setting any mode, it should be started from STEP mode for all Models of HE-500, HE-520 and HE-550.

STEP MODE STEPS are displayed



1 SETTING THE CLOCK (All Models are 24-hour time display system)

- CLOCK Mode, in addition to hour and minute display, also saves walk records of every day at AM 3:50, so we recommend that you make it rule to adjust the clock periodically.
- Setting EXAMPLE: To set PM 6:30

HOW to SET the HOUR

- Press the MODE Button for longer than 2 seconds, the [HOUR] display starts to blink.
- Press the MEMORY Button each time will increase hour by 1 hour. Continue to press until the hour figure shows 18. After reached to 23 hours the display will return to zero (0).
- Press the MEMORY Button for LONGER than 2 seconds, FAST FORWARD to increase the hour can be made.
- Press the RESET Button for SHORTER than 2 seconds, decreasing the hour can be made by each press.
- Press the RESET Button for LONGER than 2 seconds, FAST BACKWARD to decrease the hour can be made.



HOW to SET the MINUTE

- Press the MODE Button to switch HOUR display to MINUTE display. Then, MINUTE display starts to blink.
- Press the MEMORY Button each time increases by the minute. Continue pressing until the display shows 30 minutes. Straight after 59 minutes, the display shows 00 minute however the HOUR is not changed.
- Press the MEMORY Button for longer than 2 seconds, FAST FORWARD to increase the minute can be made.
- Press the RESET Button each time decreases minute. Straight after 00 minute, the display shows 59 seconds however the HOUR is not changed.
- Press the RESET Button for LONGER than 2 seconds, FAST BACKWARD to decrease the minute can be made.



2 HOW to SET the WEIGHT (for Models HE-500 and HE-550)

EXAMPLE: To set the body weight to 60 kg

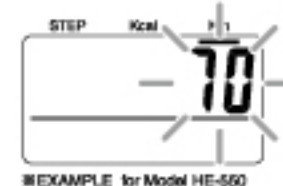
- After the CLOCK (both Hour and Minute) setting is finished, Press the MODE Button will proceed to the WEIGHT (kg) setting mode.
- Body WEIGHT setting range is from 30 kg up to 120 kg. If the setting exceeds maximum weight setting limit of 120 kg, the display returns to 30 kg.
- Press the MEMORY Button increases the body weight by 1 kg starting from 30 kg. Continue to Press the MEMORY Button until display shows 60 kg.
- Press the MEMORY Button for LONGER than 2 seconds, FAST FORWARD to increase the weight can be made.
- Press the RESET Button each time decrease the weight by 1 kg
- Press the RESET Button for LONGER than 2 seconds, FAST BACKWARD to decrease the weight can be made.



3 HOW to SET the STRIDE (for all Models HE-500, HE-520 and HE-550)

EXAMPLE: To SET the STRIDE to 70 cm

- For Models HE-500 and HE-550:
After the setting of CLOCK (for both HOUR and MINUTE) and body WEIGHT (kg) are finished, Press the MODE Button will proceed to the STRIDE (cm) setting mode.
For Model HE-520:
Straight after the setting of CLOCK (for both HOUR and MINUTE), Press the MODE Button will proceed to the STRIDE (cm) setting mode.
- STRIDE setting range is from 30 cm up to 180 cm. If the setting exceeds maximum setting limit of 180 cm, the display returns to 30 cm.
- Press the MEMORY Button, it starts from the STRIDE length of 30 cm, each press increases the STRIDE length by 1 cm. Continue to press until the display shows 70 (cm).
- Press the MEMORY Button for LONGER than 2 seconds, FAST FORWARD increase the STRIDE can be made.
- Press the RESET Button each time will decrease the STRIDE by 1 cm.
- Press the RESET Button for longer than 2 seconds, FAST BACKWARD to decrease the STRIDE can be made.



Now INITIAL SET UP is Finished

- Press the MODE Button for longer than 2 seconds will return to STEP Mode.
* If you do not operate the Button for LONGER than 3 minutes, the display also returns to STEP Mode.

3 kinds of RESET

- RESET:** If you keep pressing RESET button for longer than 2 seconds, today's data are reset to Zero (0). When you use the Pedometer as a Stopwatch, use the Reset button to switch START/STOP in sequence.
 - AUTO RESET:** At AM 3:50 every day, the previous day's records are automatically saved and figures in display window are automatically reset to zero (0). So, you do not need to press RESET Button every day.
 - SYSTEM RESET:** Press the SYSTEM RESET button, then all figures are reset to zero (0).
- NOTE(1): The Pedometer is adjusted to SYSTEM RESET condition when it is shipped from the factory.
NOTE(2): In case of irregular display is shown due to static electricity and/or electrical noise. By pressing the SYSTEM RESET Button it will return to normal display except CLOCK, WEIGHT and STRIDE mode which should be re-adjusted by yourself once again.

7 DAYS MEMORY and TOTAL 7 DAYS MEMORY

To Recall 7-Days Records

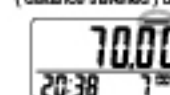
- (Everyday's records for 7 days)
- Press the MODE Button to search for which MODE you would like to recall
 - Press the MEMORY Button to search for which day's records you would like to recall from the lower display window. For example, if you would like to review the records of 2 days ago, press the MEMORY Button until [days] mark shows 2 in the lower display, thus same operation for 3 days ago through 7 days ago.
 - Day search by MEMORY Button only proceeds as per arrow mark direction.
 - The records of older than 7 days ago are cancelled automatically
 - At AM 3:50 of every day, the previous day's records are automatically saved in the MEMORY device and it is automatically reset to zero (0) by AUTO RESET function.



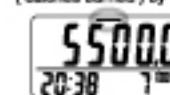
TO RECALL TOTAL 7-DAYS RECORDS

- Press the MEMORY Button each time until days 7 appears in the lower display window. Press MEMORY Button once again. Recorded total of the last 7 days for each MODE will appear in the lower display window.

EXAMPLE: km MODE display 70.00 km (distance travelled) by Model HE-550



EXAMPLE: kcal MODE display 5500.0 kcal (calories burned) by Model HE-550



- If you would like to recall Total records of less than 7 Days, press MEMORY Button until right side of the lower display window shows days 7. Then press MEMORY Button once, the Total records will appear in the display.

* STOPWATCH MODE has no MEMORY function.

WALK SPEED DISPLAY (km/h) and SETTING PROCEDURES

- STRIDE Setting is essential to measure WALK Speed (km/h)
- WALK SPEED METER indicates the speed in km/h.
- WALK speed indicates from 0.00 up to 9.99 km/h with minimum display at 0.01 km/h.

- WALK Speed calculation is based on [How many seconds did you take to walk 10 steps] and it is calculated to km/h. Until next 10 steps walk speed is calculated, the latest 10 steps walk speed remains in display.
- If you took longer than 12 seconds to walk 10 steps or walk intermittently and/or stop walking for longer than 12 seconds, the measurement is cancelled and Walk Speed display remains to indicate the speed of the latest 10 steps.

EXAMPLE of Display: 4.60 km/h



STOPWATCH (for Models HE-500 and HE-520)

- Press MODE Button to set to STOPWATCH Mode.
- Press MEMORY Button each time for switching START/STOP in sequence.
- Press RESET Button to reset to zero (0).
- Display ranging from 00:00:00 to maximum time count up to 23:59:59 (Hour : Minute : Second) by start counting from 1 second.

EXAMPLE of Display: 1 Hour 23 Minutes and 40 Seconds

