

Weight Scale

Readings should be taken in the morning, before breakfast:

- Daily
- Weekly

For Heart Failure:

CRITICAL LOSS

Greater than or equal to 15 lbs loss over month / unexplained

OUT-OF-RANGE GAIN

Greater than or equal to 3 lbs in one day

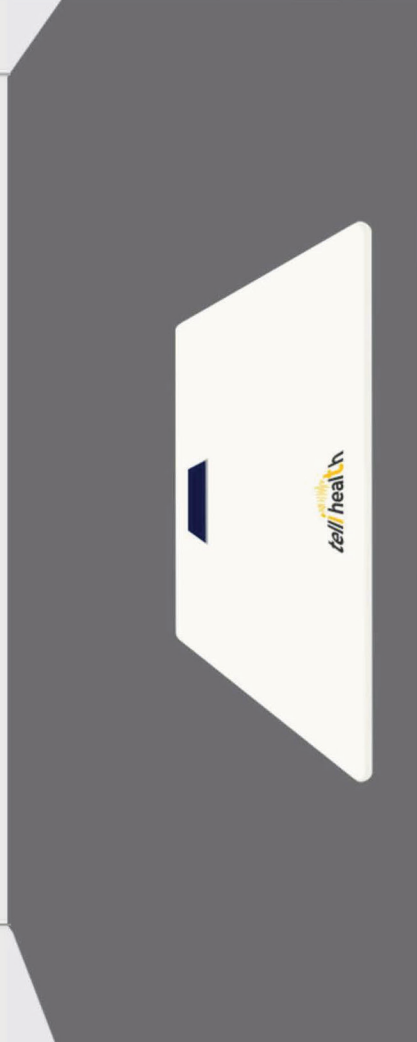
CRITICAL GAIN

Greater than or equal to 5 lbs in one week

If any reading is in the **OUT-OF-RANGE** values, call the office at 219-476-3687.

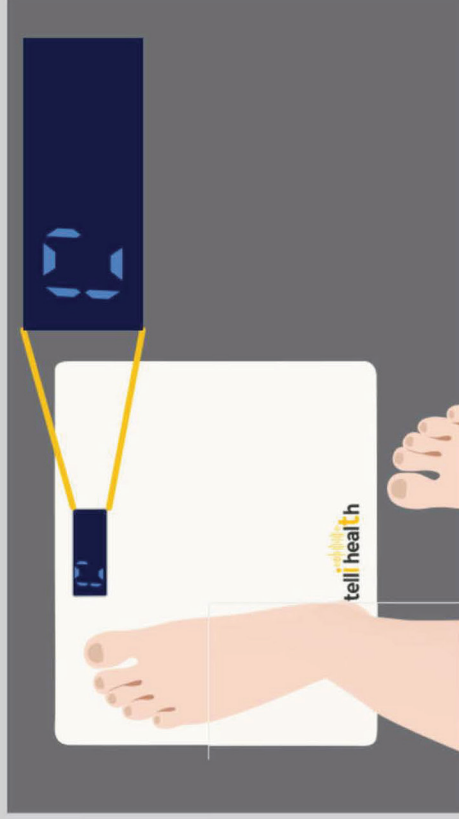
With any **CRITICAL** value, re-check your weight and if it's still critical, call us at 1-888-580-1060 to speak to a HealthLinc nurse.

Place the scale on a hard, flat surface. (avoiding carpets or anything soft).



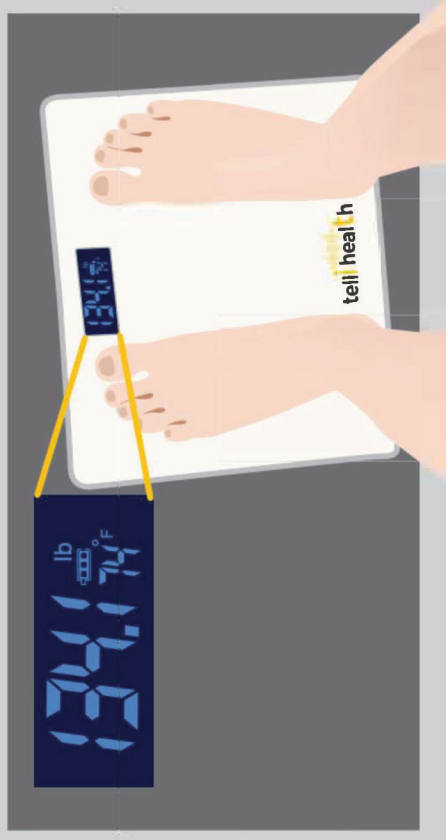
1

Step off the scale, it will display a circling line.



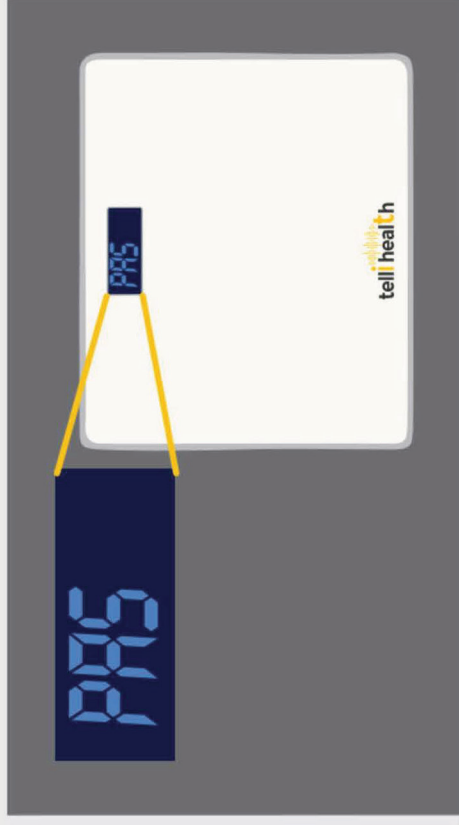
3

Stand on the scale with your feet evenly spaced and hold still. It will turn on automatically. Your weight will display on the screen after three seconds, as pictured below.



2

Wait until it displays "PAS." This means the results have been sent to your provider.



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