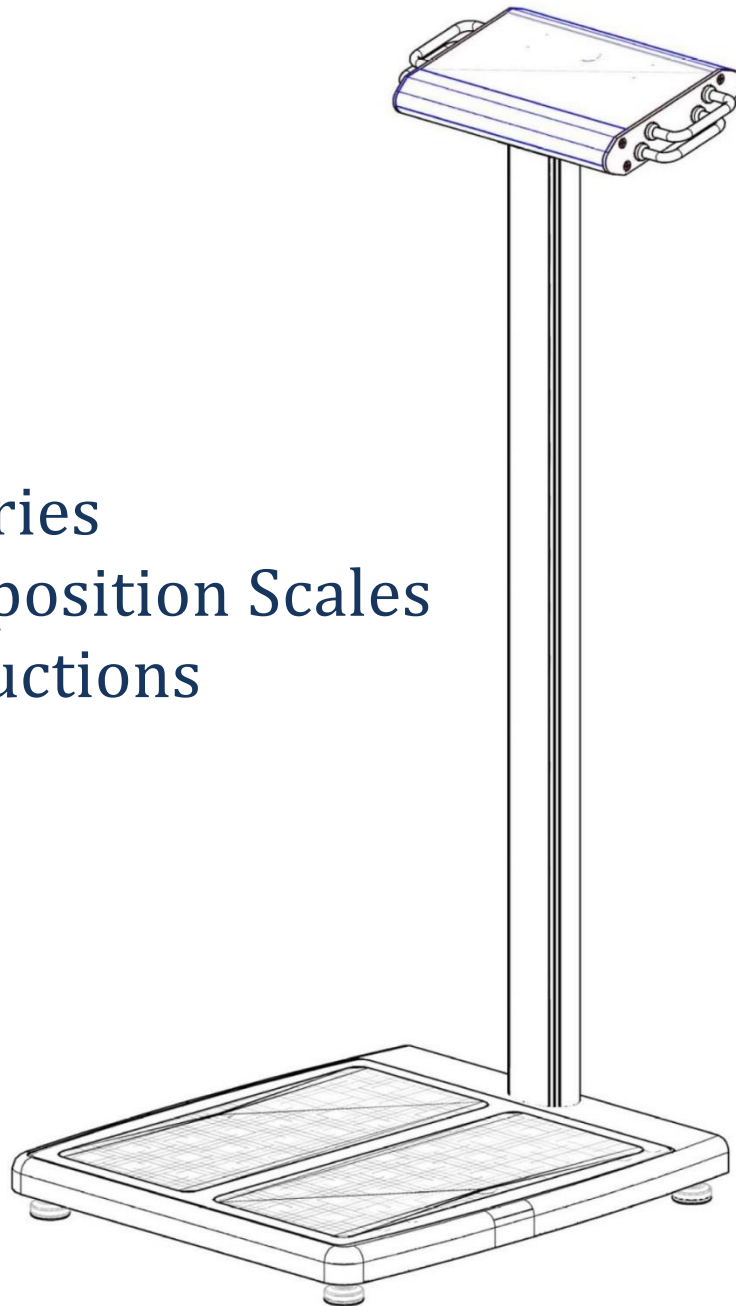


Health o meter[®]
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S C I E N T I F I C

BCS-G7 Series Body Composition Scales User Instructions



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www.homscales.com

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Table of Contents

Section I - Installation	4
Caution and Warnings.....	4
Intended Use.....	4
Scale Specifications	5
Receiving and Inspection	5
Scale Parts	6
Assembly	7
Connecting Scale to PC/Laptop	10
Powering up	11
BodyCompPro App Installation.....	12
BodyCompPro Admin Setup	12
Company Settings	12
Printer Settings	12
Connection Settings	13
Adding Users	13
User Login	13
Section II – Operations.....	14
Patient Information Set Up.....	14
How to Take a Measurement	14
How to Recall the Last Measurement.....	15
Section III – Understanding Results and Norms	16
Section IV - Printouts	18
Summary Printouts	18
Custom Summary Printouts.....	18
Graphic Printouts	18
Section V - Special Modes	19
Weight Only Mode.....	19
Athletic Mode	19

Bodybuilder Mode	19
Section VI – Customizing.....	20
Lock Option	20
Section VII – Maintenance	21
Display Information.....	21
Calibration.....	22
Zero Calibration	22
Cleaning.....	22
Troubleshooting.....	23
Section VIII – Compatible PC’S.....	23

Note: This scale has been factory calibrated, and does not require calibration prior to use.

Section I - Installation

Caution and Warnings

- Individuals who have internally implanted medical devices, such as pacemakers, defibrillators, or nerve stimulators, should not use this equipment due to the risk of malfunction to the device that may be caused by the weak electrical current.
- This scale is not recommended for use with pregnant women as hormonal and fluid changes during pregnancy can affect the accuracy of the readings.
- To prevent injury and damage to your scale, please follow these instructions very carefully.
- Assemble and operate the scale per the enclosed user instructions.
- For accurate weighing, this scale must be placed on a flat, stable surface.
- For accurate weighing, verify before each use the proper operation according to the procedure described in this manual.
- Operating this scale at voltages and frequencies other than specified can damage the equipment and will void the warranty.
- Do not transport the scale with any weight on the platform.
- Do not exceed recommended weight limit of 1000 lbs for this scale.
- Do not use in the presence of flammable or explosive materials.
- To prevent patient injury, the patient must be attended to throughout the entire weighing event.
- Operate this scale exclusively with the power adapter provided by Health o meter® Professional. Use of an unspecified adapter will void the warranty, and can pose a serious safety hazard.
- Prior to using this scale, inspect the power adapter cord for cracking or fraying, or for broken / bent plug prongs.
- Prior to using this scale, ensure that the power adapter is plugged into an outlet with the rated voltage appropriate for operation.
- Ensure that the power adapter outlet is wired to a circuit breaker or other protected power source.
- Ensure that the power adapter and scale do not come in contact with liquids, excessive temperature, or excessive humidity.
- Unplug the power adapter, and carefully store both the power adapter and adapter cord before moving the scale.

Intended Use

This Health o meter® Professional scale is intended to be used in a professional medical environment by trained medical staff. This product was designed to weigh patients who are safely positioned and standing on the platform. The scale measures weight, body fat %, body water %, lean mass, BMR & BMI. Do not modify the product or use it for anything other than its intended purpose.

Scale Specifications

Capacity and Resolution	1000 lb x 0.1 lb	
Power Requirements	110Vac/220Vac to 6VDC/2.5A	
Environmental	Operating temperatures: 0°C to 50°C Storage temperatures: -15°C to 65°C) Humidity: 70% or less up to 40°C non-condensing	
Physical Dimensions	Platform Length: 20" Width: 18" Height: 2.25"	Scale Length: 23.5" Width: 18" Height: 41.5" Weight: 27 lbs.

Receiving and Inspection

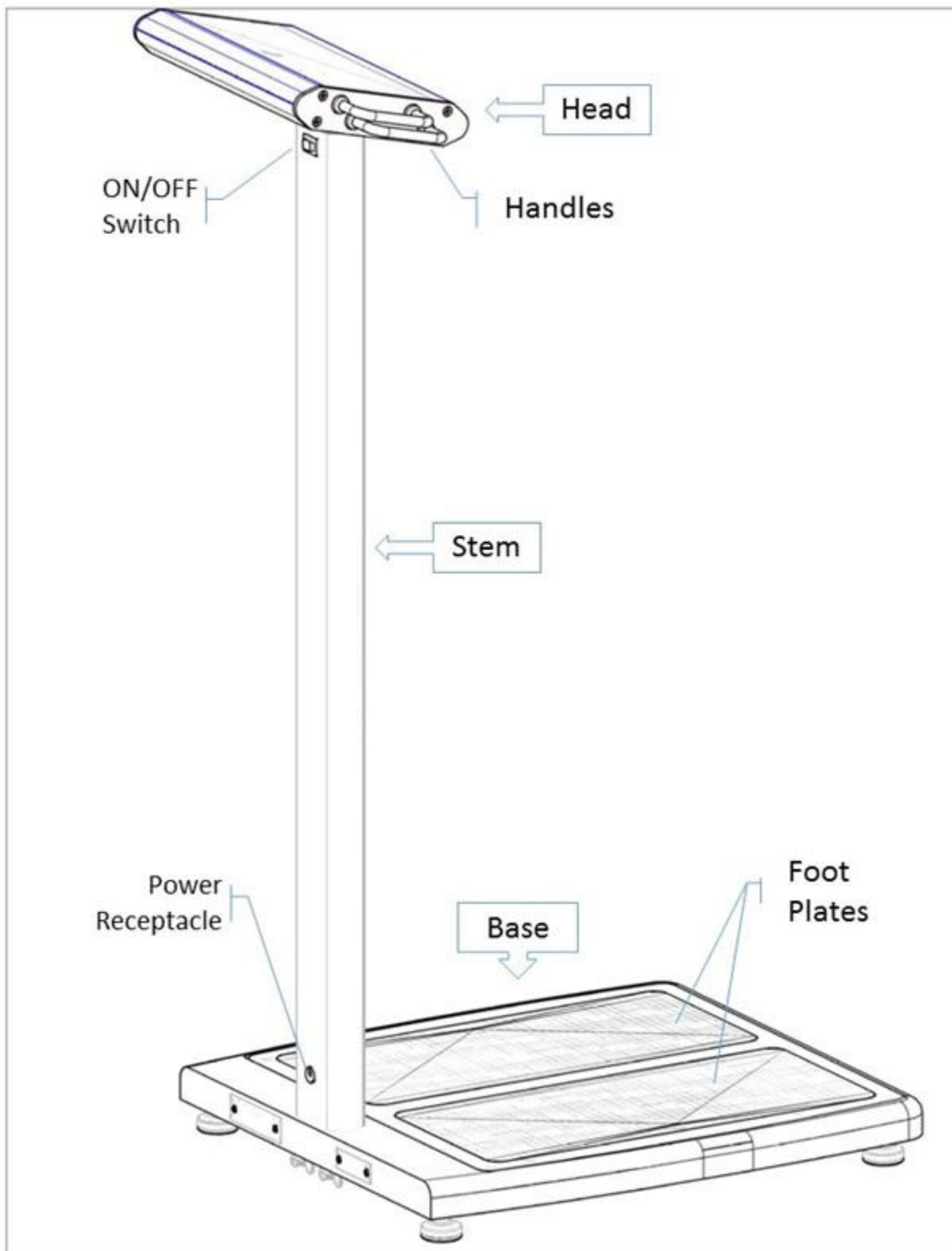
Each BCS-G7 scale is shipped disassembled in one carton. Carefully inspect the carton for shipping damage before unpacking. If damage is found, contact your shipper or a Health o meter® Professional representative immediately at 1-800-815-6615. Claims must be filed with the shipper as soon as possible after receipt of the package. The following information details what you will find inside the main carton as you unpack the parts for assembly.

Included in the box are:

Scale (Base and Stem/Head Assembly),
Feet (4),
Lock Washers (4),
Butterfly Nuts (4),
Power Supply,
Surge Protector,
Manual,
Sample Printouts,
Serial to USB Converter Cable

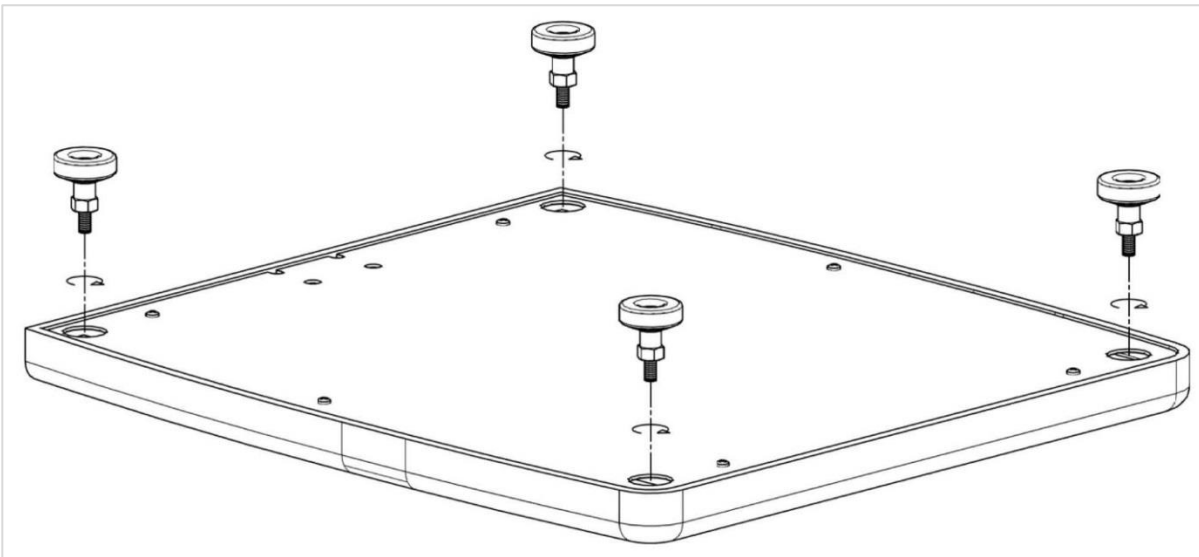
To prevent scratching any components, carefully remove each assembly from the carton and unwrap the packing materials. Set the carton aside for storage. To avoid damaging the scale parts when unpacking, do not use a box cutter, knife, scissors, or any sharp object to open the protective inner packaging.

Scale Parts



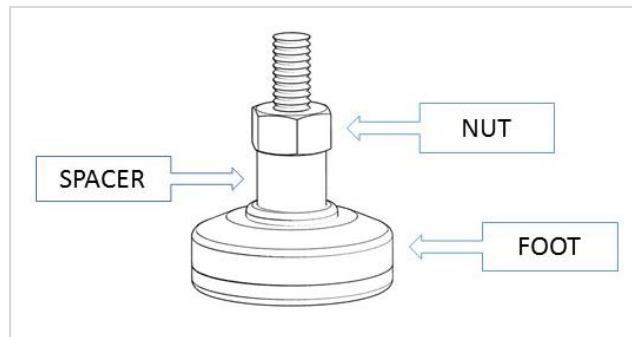
Assembly

Step 1. Remove the base from the box and install the four feet.



NOTE: The feet sub-assembly, come pre-assembled. There are 3 components to each foot assembly:

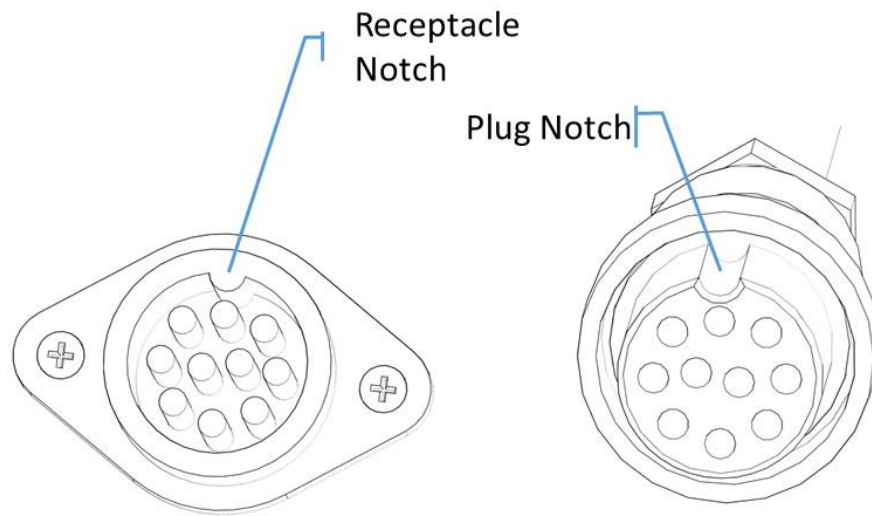
- Foot
- Space
- Nut



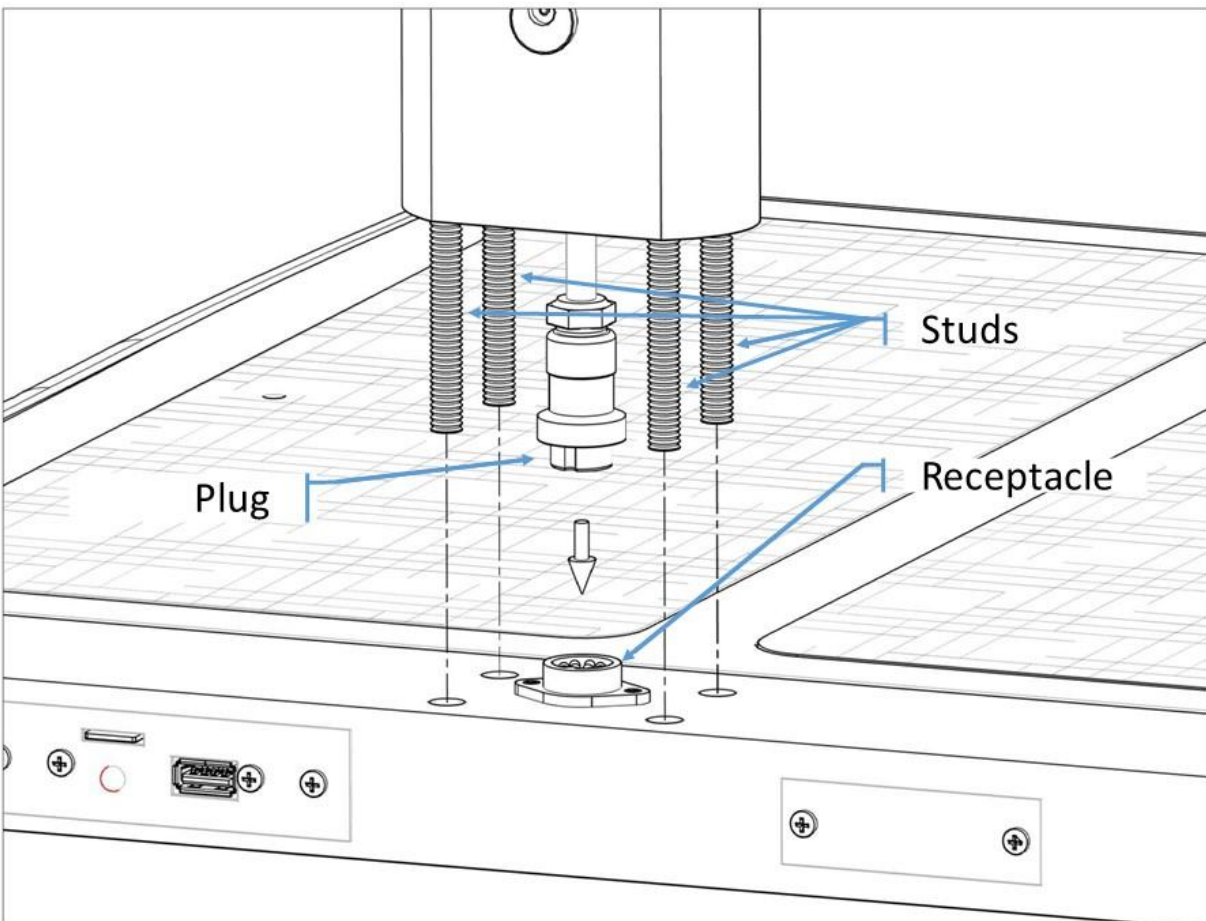
DO NOT DISASSEMBLE FOOT

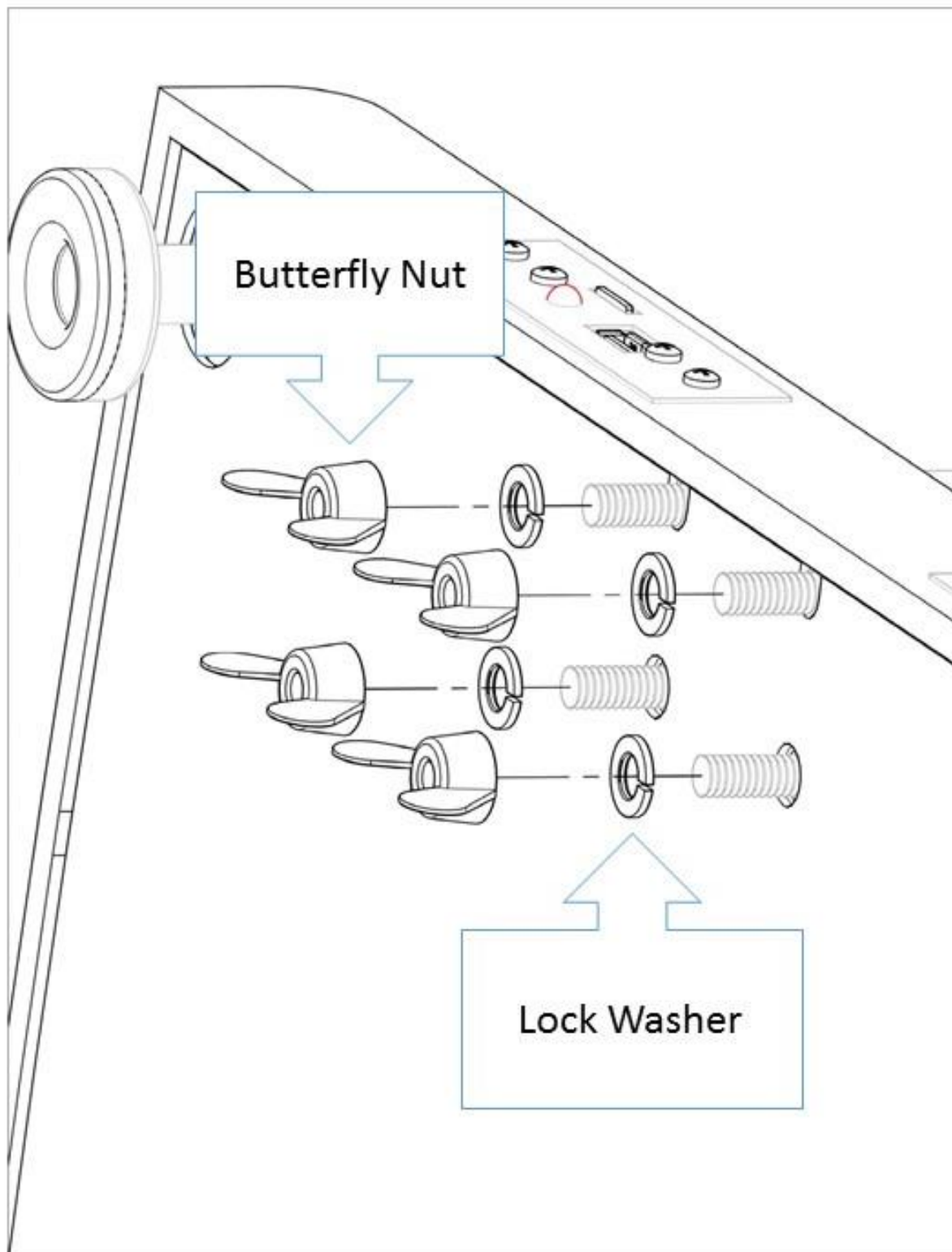
Removing the nut and/or spacer from the foot assembly will cause the scale to malfunction.

Step 2. Connect the plug from the stem to the receptacle on the base.
To properly connect, the notches on the plug and receptacle must align.



Step 3. Align the 4 studs from the stem to the 4 holes on the base and insert.





Step 4. While holding the stem and studs in place, carefully tip the scale at an angle to view the bottom of the base. Insert the 4 lock washers and tighten the butterfly nuts to the 4 studs.

IMPORTANT!!

To utilize the patient portal and print patient results the scale must be connected to a designated PC or laptop and the BodyCompPro App installed on that PC or laptop. Follow the connection instructions below and the App installation instructions on page 11.

Connecting Scale to PC/Laptop

The BCS-G7 is fitted with a Serial Interface port and is designed to work with a laptop or PC running Microsoft Windows 10 or 11 Operating System.



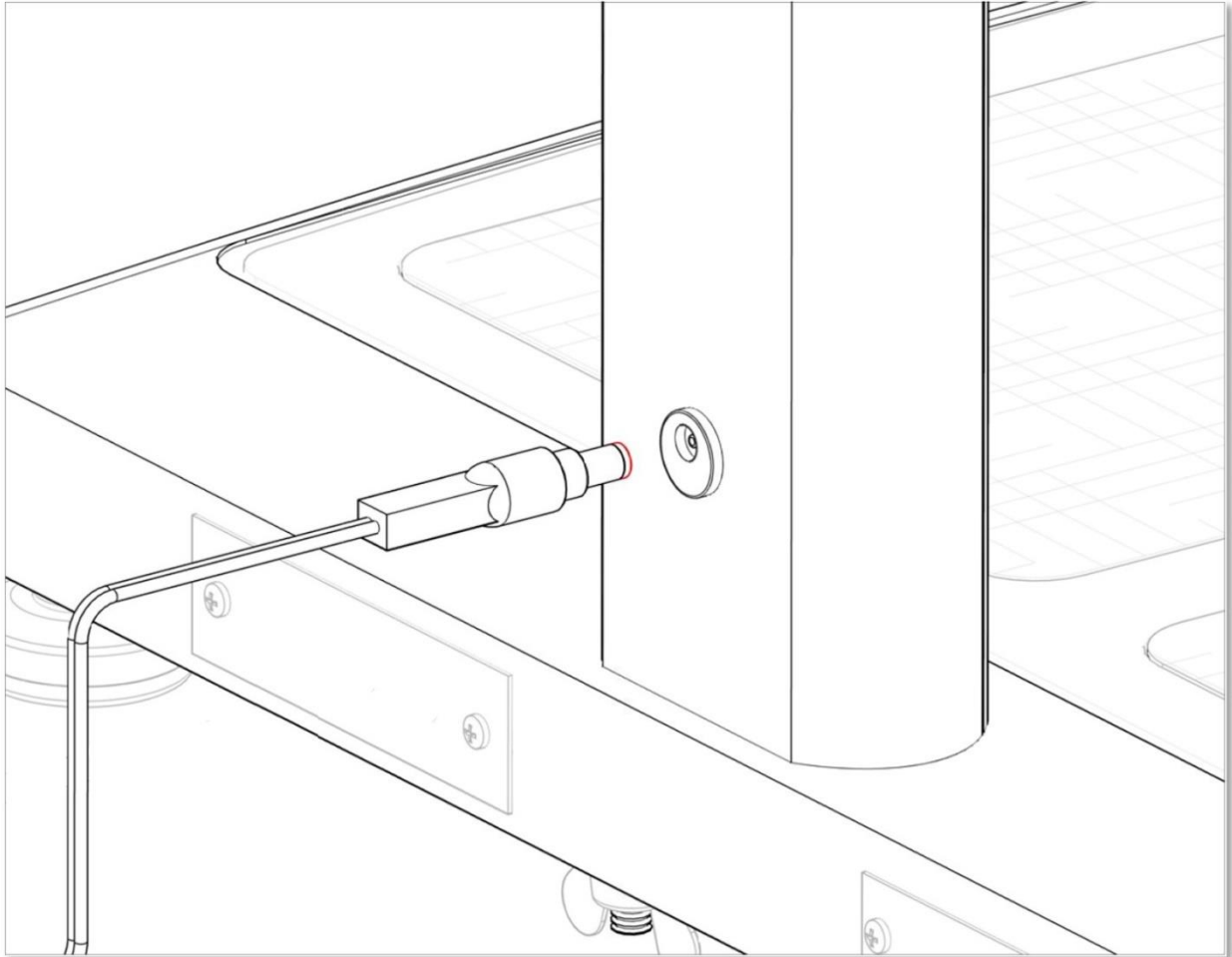
The connection between the scale and the computer is made via a Serial to USB converter cable. (Provided).

1. Insert the Serial end of the converter cable to the scale's serial port.
2. Use the locking screws to secure the cable in place.
3. Insert the USB end of the converter cable to a USB port of the Laptop/PC.



Powering up

Before plugging the power supply into the wall, verify that the ON/OFF switch located on upper part of the stem is in the OFF position. Connect the power supply to the wall socket and then to the scale.



Once the connection is made, flip the switch to the ON position.

Attention:

To avoid failure, never disconnect the power supply from the scale while the scale is ON. Switch the scale off from the ON/OFF switch before disconnecting the power supply from the scale.

When the BCS-G7 turns on, the screen will briefly display a start-up message which includes system technical information.

The startup will be followed by a series of system configuration checks. Once the display goes blank, the scale is ready to be used.

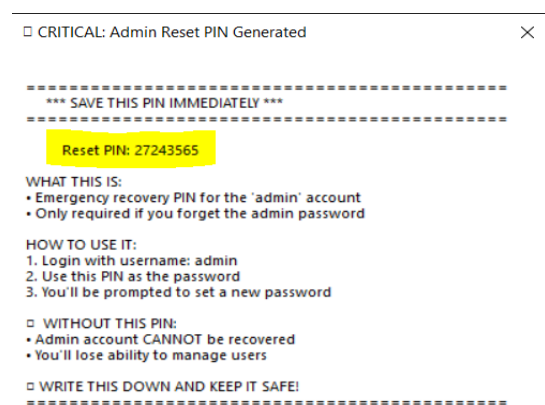
IMPORTANT!!

To utilize the patient portal and print patient results, the BodyCompPro App must be installed on a designated laptop or PC . Follow the installation and setup instructions below.

BodyCompPro App Installation

Download the BodyCompPro App at homscales.com/bcs-g7/. Once downloaded navigate to your download files to find the “BodyCompProInstaller” file. Double click on the file to begin the install. Follow all prompts.

WARNING!! During installation, you will be prompted to record the reset pin and save it in a safe place. The reset PIN is the emergency recovery PIN for the “admin” account and is required in order to change/reset the admin password.



Once installed, you will see the BodyCompPro icon on your desktop screen. Double click this icon to open the application.



BodyCompPro Admin Setup

The first time the BodyCompPro App is opened, the administrator will be prompted to set up an admin password. Ensure to save this new password in a safe place.

Once logged in, the admin can navigate to the upper right hand corner and click on the Settings button, then click on Operator Settings.

The administrator can change settings and add users to the application. The administrator however does not have access to the Patient Portal and Database.

Company Settings

In the company setting tab, select your:

Business type: Medical or Fitness. This option will change some of the verbiage throughout the application.

Unit of Measure: Imperial or Metric

Company Name: Enter your Company Name to be added to the reports.

Printer Settings

In the Printer settings tab, select the printer you wish to print to.

You may also select which options to be available when printing results. Plain Summary and Custom Summary options are automatically included, you may also add graphic printout options IPO-ADU or IPO-ADU (ESP) or the Plain Summary (ESP) in this setting. Depending on the printer you are using, the 5-page IPO-ADU report may print in reverse collation. If that happens, check the Invert Page Order box.

Connection Settings

In the Connection settings tab, select the COM port the scale is connected to. The application should automatically select the correct Com Port. To verify which com port is being used, you will need to check ports in Device Manager.

When done updating settings click “Save Operator Settings” to save your selections.

Adding Users

Navigate to the Operator Settings button on the top right-hand side of the window and click on Users and then Add User. Enter a first and last name followed by the username that will be used for logging in.

Create a user account for anyone who will access the application.

Logout from admin by clicking on the Settings button and selecting logout.

User Login

The first time a new user logs in, simply enter the username and leave the password blank. The app will then prompt the user to set up a new password. Password must contain one uppercase letter, one lowercase letter, and one number.

Once the password is created, it will be used required at each log in.

Users have access to the Patient Portal and database.

App Help

In the Help Tab, you will find a link to additional support and tutorials.

Section II – Operations

To store patient test results the patient information must first be set up in the BodyCompPro app. The scale can also be used in “Test Only” mode but patient data is not recorded and only displayed on the screen. For “Test Only” mode, open the BodyCompPro app, select “Test Only” then follow the prompts on the screen.

Patient Information Set Up

To store patient’s measurements, the patient information must be set up within the BodyCompPro app on your designated computer.

Log into the app, navigate to the patient portal to add a new patient. Before taking the patient’s measurements, the patient information must be set up within the BodyCompPro app on your designated computer.

When entering patient information if a Patient ID is not used by the facility any digits may be entered. Note: the Patient ID must be unique and not duplicated. When done entering the patient information, click “Save & Test” or “Save & Close”.

If “Save and Test” is selected, follow the prompts to perform the test.

To begin a test, select a patient then enter the staff member conducting the test. Click Start Test then follow the instructions below.

How to Take a Measurement

1. Have the patient remove their shoes and socks and stand on the scale.
2. Ensure the patient remains still while the scale measures their weight.
3. When prompted, enter the Age.
Press the flashing ENTER button to confirm.
4. The screen will prompt you to enter the Height.

The height may be entered in the following format. A height of 6 feet 2 inches can be entered as:

6+2

The ½ button is used to add a half inch to the height.

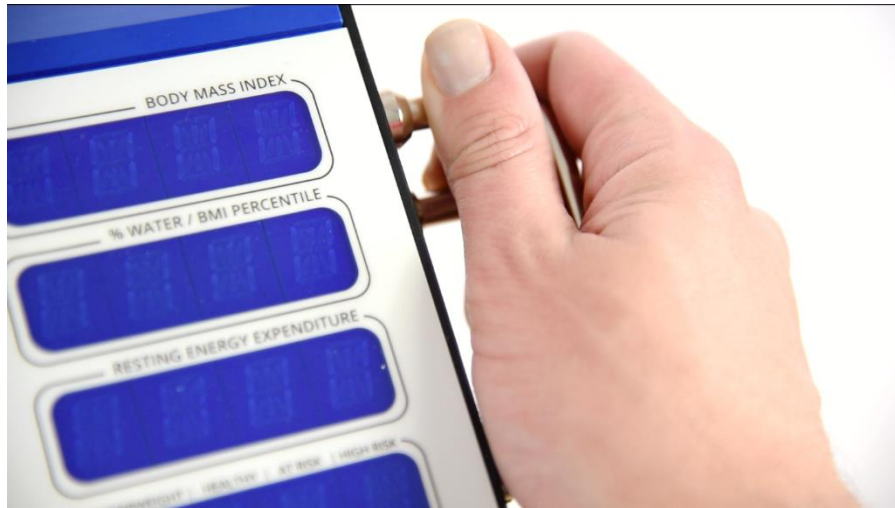
For example 5 feet 7.5 inches is entered as:

5+7+½

If a wrong number is pressed, press CLR (clear) to start over.

Press the flashing ENTER button to confirm the height and move to the next step.

5. When prompted, select Male or Female and press the flashing ENTER button to confirm selection.
6. When prompted, have the patient grip the handles so that the palm of each hand makes contact with both handles on both sides of the display module. The thumb should rest gently on top of upper handle. The scale will now measure their bio-impedance and display their results.



7. To send the results to the computer, press GRAPHIC then press ENTER.

Reviewing Results in the BodyCompPro App

When the scale data is sent to the computer the results will display on the screen. Measurements can be viewed in 3 tabs:

Primary Results: Provides patient body comp measurements including: body weight, body fat, body fat weight, visceral fat index, fat free mass %, fat free mass weight, body water %, body water weight, muscle mass, and BMI.

Energy Results: Provides patient's caloric needs based on activity level.

Segmental Results: Provides body composition information for the torso, arms, and legs.

After results are displayed on the screen scroll to the bottom of the page and click Print. Patient measurements can be saved as a PDF or printed. See Section IV - *Printouts for details on the print types.*

How to Recall the Last Measurement

The BCS-G7 allows the user to recall the last measurement and resend it to the BodyCompPro App. To recall the last results:

1. Press the RCL button on the display panel. The data will be displayed.
The display is be cleared by pressing the CLR button.
2. To resend the results, select graphic and press ENTER.

The last results will be erased if the scale is turned off.

Section III – Understanding Results and Norms

In order to determine a discernable change in body composition a 3 % change in body weight is recommended.¹

Body Weight: Indicates the gross total body weight.

% Body Fat: Total Percent of Body Fat. Norms are based on age²

%Body Fat Norms				
Male:	Under Fat	Optimal	Overfat	Obese
Ages 10-11	<13	13-23	23-28	28+
Age 12	<12	12-23	23-28	28+
Age 13	<12	12-22	22-27	27+
Age 14	<11	11-21	21-26	26+
Age 15	<10	10-21	21-25	25+
Ages 16-18	<10	10-20	20-24	24+
Ages 18-39	<10	10-21	21-26	26+
Ages 40-59	<11	11-22	22-27	27+
Ages 60+	<13	13-24	24-29	29+
Female:	Under Fat	Optimal	Overfat	Obese
Age 10	<16	16-28	28-32	32+
Ages 11-13	<16	16-29	29-33	33+
Ages 14-16	<16	16-30	30-34	34+
Age 17	<16	16-30	30-35	35+
Age 18	<17	17-31	31-35	35+
Ages 18-39	<20	20-34	34-39	39+
Ages 40-59	<21	21-35	35-40	40+
Ages 60+	<22	22-36	36-41	41+

Body Mass Index: BMI is a value derived from the mass (weight) and height of an individual. The BMI is defined as the body mass divided by the square of the body height.

% Body Water: Proper hydration norms are based on % body fat³.

¹ Schoeller, Dale. Human Body Composition: Human Kinetics, 2005. Print

² Based on National Institute of Health/World Health Organization Guidelines.

³ Schoeller, Dale. Human Body Composition: Human Kinetics, 2005. Print

Proper Hydration Ranges		
Body Fat%	Male %Water	Female %Water
10-15	72-65	60-56
16-23	64-59	55-49
24-28	58-54	48-44
29-34	53-49	43-39
35-40	48-45	38-33

REE: Resting Energy Expenditure is the number of calories required over 24 hours to maintain vital organs and body functions. REE is determined by integrating the muscle mass value as a predictive variable for each individual.

Health Status: The health status indicator window is based on recommended BMI ranges⁴.

Health Status Ranges - Adult				
	Underweight	Healthy	At Risk	High Risk
BMI	< 18.5	18.5 – 24.9	25 – 29.9	> 30

Caloric Burn Rates: Caloric Burn Rates are determined by adding the REE calories to various levels of physical activity. For your own calculations, remember 3500 calories make one pound of fat.

Visceral Fat: Visceral fat is body fat that is stored within the abdominal cavity and is therefore stored around a number of important internal organs such as the liver, pancreas and intestines.

Visceral Fat Level Range ⁵		
Normal	High	Very High
1 – 9	10 – 14	15+

⁴ Based on CDC Guidelines

⁵ Simplified Estimation Method for Visceral Adipose Tissue. North American Association for the Study of Obesity.

Section IV - Printouts

When the results are displayed, press GRAPHIC then press ENTER to send the data to the computer. After reviewing the results you can choose to print the results or save as a PDF.

Printing options include:

Summary Printouts

The Summary printout is a single page containing all the results from the measurements and calculations.

Custom Summary Printouts

The Custom Summary Printout is a single page containing just the measurements and calculations you have selected.

Graphic Printouts

The Graphic printout is a 5 page report designed for specific preprinted paper, purchased separately. To choose this option when printing select IPO-ADU or IPO-ADU (ESP).



Available for purchase as item # IPO-ADU

Section V - Special Modes

Weight Only Mode

The BCS-G7 allows you to take weight only measurements.

To enable this measurement mode: Press **Weight Only** before stepping onto the scale.

The scale will display WGT ON. Step on the scale and press **Enter**. The display will count down from 5 to 1 and display your weight.

To clear the weight: Press **CLR**

Athletic Mode

To qualify as “athletic”, the individual must meet the following requirements:

Work out 40 minutes in duration (20 min aerobic/20 min anaerobic), 3 days a week, for at least the last 6 months.

To enable the Athletic Mode predictive equation:

1. Before stepping on the scale, Press **7**. The screen will display: [ATH MODE Y/N?]
2. Press the **YES** key to enable the Athletic Mode equations, **NO** to cancel.

These steps will enable the Athletic Mode for a single use. After the test is performed, the BCS-G7 will automatically return to Standard Mode measurements.

Bodybuilder Mode

To qualify as a “bodybuilder” the individual must be at least 20% above their ideal weight (as defined in the Metropolitan Life Height/Weight Tables), and that weight must be primarily muscle mass.

To enable the Bodybuilder Mode predictive equation:

1. Before stepping on the scale, Press **8**. The screen will display: [BB MODE Y/N?]
2. Press the **YES** key to enable the Body Builder Mode equations, **NO** to cancel.

These steps will enable the Bodybuilder Mode for a single use. After the test is performed, the BCS-G7 will automatically return to Standard Mode measurements.

Section VI – Customizing

Lock Option

The Lock option allows you to “lock” the BCS-G7 and prevent it from being used by unauthorized people. When the BCS-G7 is locked, you will be required to enter an authorization ID before each test.

To enable the Lock feature:

1. Press **3** to access Settings Menu
2. When prompted [MENU ?], press # **9**. The screen will display: [PIN? Y/N?]
3. Press the **YES** key to enable the Lock Pin Option, **NO** to cancel.

The default authorization ID number is 1234. The ID can be changed at any time.

To change the Authorization ID Number:

1. Press **9** to access Maintenance Menu
2. When prompted [MENU ?], press # **1**. - *Enter (PW): 1973*
The screen will display: [NEW PIN ----]
3. Enter the new 4 digit ID.

Note: The master PIN/Password is 1973 and this number can always be used to access the menu should you forget the new PIN/Password.

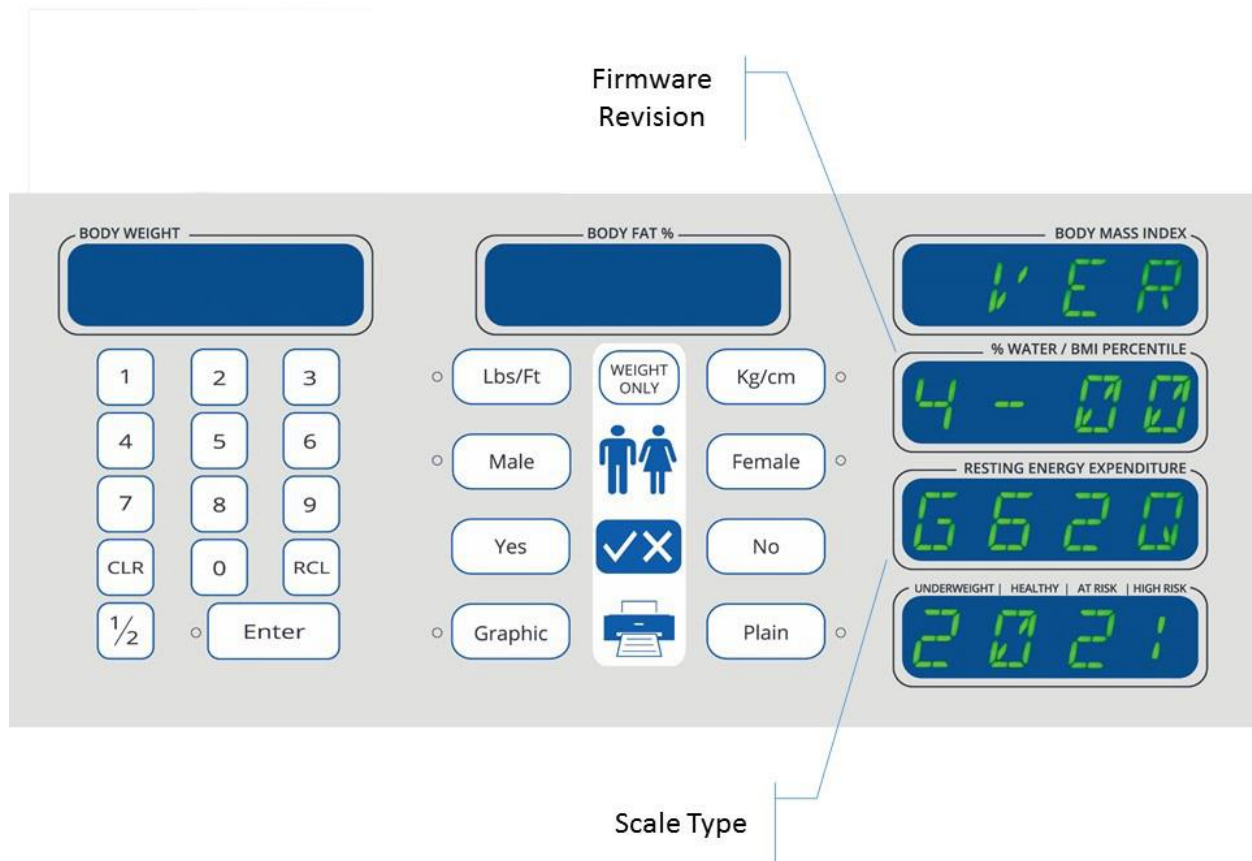
Section VII – Maintenance

The following pages provide instructions for maintenance, cleaning, calibration, and troubleshooting for the BCS-G7 scale.

Caution: Before first use, or after long periods of non-use, check the scale for proper operation and function. If the scale does not operate correctly, refer to qualified service personnel.

1. Check overall appearance of the total scale for any obvious damage, wear, and tear.
2. Inspect the AC adapter for cord cracking or fraying, or for broken/bent prongs.

Display Information



To access technical information about the scale, press [4] on the keypad. The screen will display Firmware Revision, and Model Number of the scale. Press [CLR] cancel.

Calibration

For Calibration instructions, please contact Health o meter® Professional Scales Customer Service at 1-800-815-6615.

Zero Calibration

Press 0 when scale is idle to reset any zero offset.

Cleaning

Proper care and cleaning is essential to ensure a long life of accurate and effective operation.

Caution: Disconnect the scale from the power supply prior to cleaning the unit.



ATTENTION - WARNING

Power Status LED is an indicator that shows the status of scale's internal computer. To avoid damage to the operating system, never disconnect the power supply from the scale while the LED is ON or FLASHING. Switch the scale off with the ON/OFF switch and wait for the LED to turn off before disconnecting the power supply from the scale.

1. Clean all external surfaces with a clean damp cloth or tissue. Mild antimicrobial or antibacterial soap and water solution may be used. Dry with a clean soft cloth.
2. Do not immerse the scale into cleaning or other liquid solutions.
3. Do not use Isopropyl Alcohol or other solutions to clean the display surface.
4. Do not use abrasive cleaners.

Troubleshooting

Issue	Cause	Solution
Graphic forms not printing properly	Wrong collation selected	Set the collation on the Scale App to match printer.
Scale does not turn on.	Wrong power supply used	Verify that the factory provided power supply unit is being used.
	Damaged power supply	Contact technical support at 1-800-815-6615.
	No power to AC outlet	Verify that the outlet used has power.
	Power strip is off	Reset or turn on the power strip.
	Power supply not connected	Verify that the power supply is properly connected to the power receptacle.
	Power Switch in the OFF position	Turn the power switch to the ON position.
Scale not sensing weight	Feet are not installed on the base	Verify that all four feet have been properly installed on to the base. Refer to the assembly procedure in the manual.
	Standoff or nut removed from feet	Verify that during assembly, spacer or nut was not removed from the feet before installing them to the base. See assembly step 1.
	10 Pin plug is disconnected	Remove the stem/head assembly from the base and verify that the cylindrical 10 pin plug is connected to the receptacle. Refer to the assembly procedure in the manual.
Inconsistent weight measurements	Scale is not on a level surface	Turn the scale off. Move the scale to a level surface or adjust the leveling feet.
Scale does not process body composition after patient grips handles.	User did not remove shoes and socks	Remove shoes and socks and try again
	Very dry or callused hands or feet	Use lotion on hands and/or feet.

Section VIII – Compatible PC'S

The BodyCompPro App is compatible with laptops and desktops running Windows 10 and Windows 11 operating systems.

You will need one free USB port to connect to the scale.

For additional information, call 1-800-815-6615

Visit our website at www.homscales.com