

How to use the Auto Height and Weight Machine

STEP 1

Log-in to the Self Health Kiosk with your Name and Date of Birth



STEP 2

For a more accurate reading, please remove your shoes before standing on the scales

Place Height Rod
on top of head



STEP 3

- Stand upright on the scales
- Adjust the height bar so that it just touches the top of your head

STEP 4

- After you have adjusted the height bar, stand still on the scales
- When a stable measurement has been made, the scales will beep once

STEP 5

- The kiosk screen will update when the measurement has been taken from the scales
- Continue to complete the remaining questions on the kiosk before submitting your data

