



At-Home Weight Measurement Instructions Year 3: 2020

Since we will not see you in-person this year due social distancing guidelines, we would like you to follow these instructions to measure your weight at home. Once you complete these steps, we will add \$30 to your Visa Bank of America card within two business days. Thank you for your help, and please feel free to call/text or email us with any questions!

Getting Ready

1. Before using the scale for the first time, check the battery compartment and remove any plastic insulation strips or packaging that may be in place to prevent battery drainage during shipping/storage.
2. Place the scale on a hard surface. We recommend placing it on the kitchen or bathroom floor. Do not place it on a carpeted floor.
3. Get ready to measure your weight. Remove your shoes, any heavy clothing like a jacket or sweatshirt, and empty your pockets.
4. Turn on the scale and make sure it is set to record in kilograms (kg):
 - Press the UNIT key on the bottom of the scale to change the scale's displayed unit of measure.
 - If the scale is turned off then back on, it will default to the last unit used.

Measuring Your Weight

1. First Measurement:
 - a. Step on the scale. Try to stand in the center of the scale and make sure you are not touching or holding anything (e.g. a wall, chair). Take note of the number.
 - b. Step off and record the measurement below (Weight 1).
 - c. Make sure the scale is back to 0 before stepping up for your second measurement.
2. Second Measurement:
 - a. Step on the scale. Try to stand in the center of the scale and make sure you are not touching or holding anything (e.g. a wall, chair). Take note of the number.
 - b. Step off and record the measurement below (Weight 2).
3. Third Measurement (*only needed if first and second measurements are more than 0.2 kg different*)
 - a. Make sure the scale is back to 0 before stepping up for your third measurement.
 - b. Step on the scale. Try to stand in the center of the scale and make sure you are not touching or holding anything (e.g. a wall, chair). Take note of the number.
 - c. Step off and record the measurement below (Weight 3).

Date Measurement Taken:	
Weight 1	kilograms
Weight 2	kilograms
Weight 3	kilograms

Submitting Your Weight Measurements

1. Make sure to share this information by:
 - a. Calling or texting us at 919-617-7505.
 - i. We will ask you to share these numbers over the phone.
 - b. Emailing us at wages@unc.edu.
 - i. Please send the measurements above.
 - c. Sending them by mail to UNC HPDP, Attn: WAGE\$ Study, 1700 Martin Luther King Boulevard, CB 7426, Chapel Hill, NC 27599-7426.
 - i. Please send the measurements above on this form. If mailing it, please include your name or participant ID.

FAQS:

- Which scale will I receive for the study?
 - You will receive the OM-200 from American Weigh Scale. The manual is located here if you have additional questions: https://americanweigh.com/pdf/manuals/OM-200_manual.pdf
- Can I use my own scale?
 - No, we'd like you to use the scale we mail to you so that everyone in the study is being weighed the same way
- What if the scale doesn't work?
 - Please call, text, or email us and we'll help troubleshoot.
- What should I do with the scale after I use it for the study?
 - It is yours to keep. Feel free to keep it, donate it, sell it - do whatever you'd like with it.