



At-Home Weight Measurement Instructions

Year 4: 2021

Thank you for keeping your scale from 2020! Since we will not see you in-person this year, 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. 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.
2. Get ready to measure your weight. Remove your shoes, any heavy clothing like a jacket or sweatshirt, and empty your pockets.
3. 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.
- Do not take a photo of the scale when you are on it; this can make the measurement less accurate. You will simply note the measurements after each time you weigh yourself.

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: WAGES 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.
2. In addition to the date and measurements, we will need to know:
 - a. Whether or not you had your shoes on
 - b. Which scale model you used (either OM-200 from AWS or Etekcity)

FAQS:

- How do I find out which scale I have?
 - The OM-200 is from American Weigh Scale. The manual is located here if you have additional questions: https://americanweigh.com/pdf/manuals/OM-200_manual.pdf
 - The Etekcity scale was sent by Amazon. More information can be found here: https://www.amazon.com/dp/B00F3J9G1W?ref=emc_p_m_5_i
- Can I use my own scale?
 - No, we'd like you to use the scale we mailed to you so that everyone in the study is being weighed the same way. If you do not have your scale, please contact us to set-up an in-person appointment.
- What if the scale doesn't work?
 - Please call, text, or email us and we'll help troubleshoot. We can always set-up an in-person appointment if it doesn't work.
- What should I do with the scale after I use it for the study?
 - It is yours to keep.