

# HANNA DIST 4 SALTS METER TIPS

(Updated 1/2/21)

The meter may not arrive in a calibrated condition. After you check the calibration you should recheck it monthly or if it is subjected to a drastic temperature change. Otherwise, it should retain its calibration.

IMPORTANT: Follow the calibration instructions in the manual or in the below CALIBRATION TIPS before you move to the next step.

## TESTING SALTS (CONDUCTIVITY):

1. Put urine into the 4 oz. specimen cup or use any container that allows the urine to reach near the top of the arched notch on the probe at the bottom of the Salts meter.
2. Insert the meter into the urine no deeper than the height of the protective cap or near the top of the arched notch.
3. Press the Power button.
4. The first reading is the battery status, then you will get a reading on the display.
5. If you get an ERROR, skip to below ERROR instructions.
6. Make note of this meter reading.
7. If you had to dilute the urine, put 2X after your meter reading notation.
8. Turn off power and remove meter from urine.
9. Rinse the probe in pure water.
10. Shake dry and replace protective cover.
11. If you had an ERROR, multiply your reading x 2, otherwise skip this step.
12. Divide the reading by .667 to convert to BIA® Salts reading then report this value on your Client Record.

## ERROR

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An ERROR means your Urine Salts reading is too high for the meter and you must dilute the urine.

If this happens, add pure water to the specimen cup to the top mark, stir the mix and re-insert the meter no deeper than the height of the protective cap or at least to the top of the arched notch and proceed to Step #6.

CONGRATULATIONS on taking this step to taking control of your health. Keeping your final Salts reading under 10 is an important factor to enjoy a healthy longevity!

Remember, always test at the same time of day so you are comparing apples to apples.

## **CALIBRATION TIPS:**

1. Open the battery compartment using a coin or screwdriver.
2. Remove the protective film between the bottom of the battery and the (-) terminal. It is easy to miss, as it is transparent with a slight green tint.
3. Replace the battery with the (+) side UP.
4. If you want the temperature (bottom of display) to display in Fahrenheit instead of Centigrade degrees, press the power side of the black button and click it until you see the Centigrade temperature reading. Then use a small screwdriver, or paperclip, to press the small button at about the 5 o'clock position near the battery. Each time you press the small button, it changes from Fahrenheit to Centigrade on the display. NOTE: Whether you do this or not has no bearing on your test. This is just a personal preference.
5. To calibrate the Salts Meter, pour enough of the Salts Meter Calibrating Solution into a container so that the liquid comes near to the arch of the probe notch at the bottom of the Salts meter.
6. You can use the small 1 oz specimen container for this purpose, but if you are using thin plastic specimen containers, use two in case the inside one breaks as you press the meter down into the solution to make it come near to the top of arch in the probe notch. If you have the heavier 1 oz. specimen cup, you do not need to be concerned about it breaking as it bends.
7. Insert the Salts meter into the calibrating solution you have poured.
8. Press the power side of the black button.
9. Wait for the display to read the solution.
10. Press the CAL side of the black button.
11. Wait for the blinking CAL and then the blinking REC to stop and return to 12.88 on the display.
12. Your Salts meter is now calibrated. Unless you subject your Salts meter to extreme temperature change, you should not need to recheck the calibration more than monthly, but you can do it as often as desired.
13. Now, you are ready to proceed to testing your Urine Salts (conductivity) by starting at Step #1 of the TESTING SALTS (CONDUCTIVITY) section above.

## **CON-6 CONDUCTIVITY METER AUTOMATIC CALIBRATION**

- Set meter to OFF.
- Pour just enough 12,880 calibrating solution into test tube to cover the probe.
- Insert probe into 12,880 solution.
- Press [ON].
- Press [MODE] to select CONDUCTIVITY mode.
- Press [CAL].
- When display flashing stops and shows 12.88, press [ENTER].
- When DONE appears on display, press OFF.
- Meter is now calibrated.

## **CON-6 CONDUCTIVITY METER MANUAL CALIBRATION**

- Set meter to OFF.
- Pour just enough 12,880 calibrating solution into test tube to cover the probe.
- Insert probe into 12,880 solution.
- Press [ON].
- Press [MODE] to select CONDUCTIVITY mode.
- Press [CAL].
- When display flashing stops, use UP | DOWN KEYS to adjust to 12.88
- Press [ENTER] to confirm your setting.
- When DONE appears on display, press OFF.
- Meter is now calibrated.