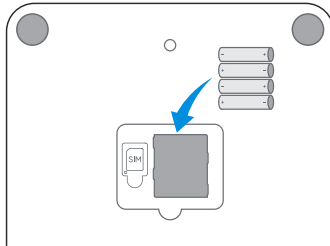


1

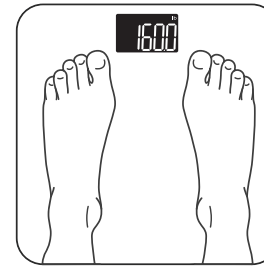
### Insert the batteries

Insert 4 AA batteries into the battery compartment. Make sure to **insert the plus and minus** ends of the batteries correctly.



2

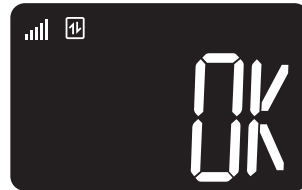
### Take your weight



- A) Step onto the scale with both feet.
- B) Step off after your weight is displayed and flashes twice.



Transmitting



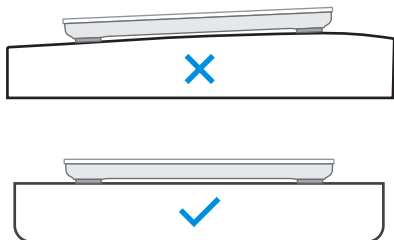
Successfully Transmitted



Unsuccessfully Transmitted

- A) If there is network connectivity, the symbol will appear.
- B) The device will display "OK" within a few minutes if the measurement has been successfully transmitted.
- C) If you see the symbol you have a bad cellular signal. Move your scale near a window and take another measurement. Your measurement will be stored and the device will try again following the next reading.
- D) You may not take another reading until you see either "OK" or the symbol displayed on the screen.

## How to get accurate readings



- A) Place your scale on a flat and hard surface.
- B) Do NOT place the scale on carpet or soft surface.

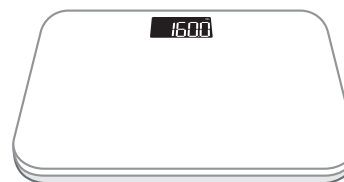


Step on the scale with clean, bare feet.  
Wear as little clothing as possible.



Do not bend your knees when weighing yourself.

8:05 am



Try to weigh yourself at the same time each day.