



We're So Happy You're Here!

The WeightWatchers program is designed to help you reach and maintain your weight-loss goals. And your new body composition scale can ramp up your results: research shows that people who track their weight more frequently lose *more* weight.*

So let's get you set up. Scan the QR code to connect your scale to the WeightWatchers app.



A few reminders as you begin your journey:

- **Track for better results**
- Tracking is the biggest predictor of success, because it builds awareness of habits that help (or hinder) your progress. The WW app has tools for tracking food, activity, hydration, sleep, body composition, and, of course, weight. Remember to sync your new scale to the WW app—it'll auto-track for you.
- Stay supported, 24/7
- Questions? Chat with expert WeightWatchers coaches any time of day. Plus, join Connect—our members-only social network—for community and encouragement when you need it most.
- Embrace non-scale victories

Your weight is *just* one number that matters. That's why this scale measures body fat, body water, muscle mass, and bone mass—which, science says, are also key for overall health. Remember to also acknowledge (and celebrate!) your non-scale victories. Eating veggies? Clothes fitting looser? Have more energy? These wins all count.

We can't wait to see you succeed.

*Burke, L.A., et al. (2011). Self-monitoring in weight loss: a systematic review of the literature. *Journal of the American Dietetic Association*, 111(1), 92–102.

Syncing Bluetooth

Simply step on the scale to begin syncing with the WW app. Generally, you will see the following in the scale display:

Bluetooth symbol blinking: Scale is trying to communicate with your smart device

Bluetooth symbol stable and check mark symbol: Bluetooth connection has been established

Bluetooth symbol stable and X: Pairing failed, no Bluetooth connection, no data is being transmitted

Bluetooth symbol not visible: Scale is in manual mode, no Bluetooth connection, no data is being transmitted

If a Bluetooth connection cannot be established, the scale will still measure and display all your data, as long as you are set up as a user on the scale (read “Personal Data Setting Mode” next page).

Before Using Scale

Precautions for Use
CAUTION! Use of this device by persons with any electrical implant such as a heart pacemaker, or by pregnant women, is not recommended.

1. Remove all packaging materials.
2. Remove the isolator tab from the battery compartment – without opening the battery cover at the bottom of the scale, gently pull out the isolator tab. (In case the tab cannot be pulled out, or if the scale display does not work after you have pulled the isolator tab, remove the screw from the battery cover and remove the cover. Gently pull out the isolator tab or any pieces of it that may block the battery contacts. Ensure the batteries are installed correctly. Replace the battery cover and tighten the screw again.)
3. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

If you get an error reading, make sure you are stepping on the scale in bare feet (no stockings or pantyhose) and your feet are aligned on the metal strips. If you still get an error reading, your skin may be too dry: Try rubbing a bit of lotion on the soles of your feet and make sure not to slip on the platform of the scale.

NOTE:
Your scale will also read error if your weight is below or above the specifications for the scale.

Low battery warning: When the batteries are critically low, the scale display will show “Lo” and it is time to replace the batteries (see battery replacement instructions).

NOTE:
If you step on the scale before “0.0” appears or if your feet are not aligned on the electrodes, the scale will not function properly.



Weight

Scales are the best tool for monitoring weight and weight loss. A scale measures your total body weight, which includes bone, muscle, fat, and water. While your weight is important, it is only one indicator of overall health. For example, two women with the same height and weight can have very different levels of fat and muscle and different health profiles.

When your goal is to lose or maintain weight, it is best to review and learn from the trends you see over time rather than draw conclusions from what the scale says on any one day. This is because body weight can fluctuate from hour to hour and from day to day due to a variety of factors such as:

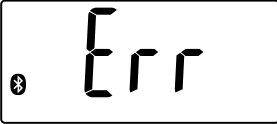
- How much sodium (salt) you have eaten
- How large or small your most recent meals were
- How hydrated you are — which can be influenced by exercise, illness, and fluid intake
- Hormone levels and menstrual cycles

A healthy rate of weight loss is 1-2 pounds a week. But this is an average: it's important to know that weight loss does not occur in a straight line. Small weight gains and losses, as well as plateaus, are common along the way as your body adjusts to your new eating, activity, and other self-care habits. Therefore, weight trends over time (e.g., weeks and months) are a more reliable predictor of progress than what the scale says on any given day.

It's also important to know that different scales often give slightly different results. For example, the scale at your doctor's office or WW Workshop may show one weight, while your scale at home shows another. If you use different scales in different circumstances, we recommend tracking your weight trends based on one scale only.

Recommendations for weighing yourself
WW recommends tracking your weight at least once a week and no more than once a day. Research shows that people who track their weight consistently are more likely to lose weight and keep it off; so aim to develop a habit around weight tracking by doing it at the same time, in the same situation each day you do it. Here are a few other tips:

- Keep your scale somewhere that you'll see it each morning
- Weigh yourself first thing after you wake up. Do it after you have used the bathroom and before you have had anything to eat or drink.
- Weigh yourself without clothes (ideally) or with light clothing and no shoes.
- Use the same scale each time you weigh yourself to track your progress consistently
- Pay attention to your non-scale victories! Even when the scale doesn't move the way you'd like it to, the behavior changes you are making add up to move you forward.
- Track your weight even if you think you gained. Research suggests that the more consistently you maintain the habit of tracking your weight, the more likely it is that you will make progress over time. Consistency is key!



Other measurements

In addition to weight, your scale provides information about other measurements that might be of interest to you: body fat, BMI, muscle, water, and bone mass. Read on for a brief introduction to these factors. Please visit [insert link to landing page] for more information about interpreting specific measurements.

Body fat

While body fat can be measured in many ways, the method used in your scale is bioelectrical impedance. This indirect method of determining body fat starts when a safe and very low electrical current is sent through the lower half of the body. The electrical current flows more quickly through water and muscle than it will through bone and fat. The scale measures the speed of the current. Based on this number, the scale estimates body fat using a multi-step, mathematical formula.

Measurements of body fat tend to fluctuate more than weight. And just as different scales can report different weights, different body fat analyzers can provide different body fat estimates. Even with the same scale, the numbers can vary day to day based on factors such as these:

- The amount of water in the body.
 - Since weight loss leads to changes in the amount of water in your body, results can vary considerably from day to day.
 - If you've just worked out, there is less water for the electrical current to flow through. This may result in a higher body fat result.
 - Similarly, if you measure your body fat after drinking a lot of fluid, it may appear that body fat is lower than it really is.
- Skin temperature.
 - Measuring body fat in warm, humid weather when skin is moist will yield a different result than if skin is cold and dry.
- Age, body temperature, and health conditions
 - Results may not be accurate for persons under the age of 16, or persons with an elevated body temperature, diabetes or other health conditions.

As with weight, when your goal is to change body composition, it is best to measure at the same time and way every day and to review and learn from trends over time rather than draw conclusions from the result on any one day.

BMI

Every time your body analysis monitor reads your weight and calculates your body fat, it also calculates your Body Mass Index (BMI). BMI is a numerical value derived from a mathematical formula using height and weight. It has been used by many health, research, and government organizations to estimate population-level health risks. Like weight, BMI is only one indicator of health and should be considered in the context of a bigger picture of health indicators including physical fitness, blood pressure, glucose control, and cholesterol levels.

Body water/hydration levels

Your hydration level is measured by using Bioelectric Impedance Analysis (BIA); the same analysis used to calculate your body fat. Using your age and sex assigned at birth, the percentage of water in your body is calculated. Staying sufficiently hydrated can help improve your overall health and general feeling of well-being.

Do not take hydration measurements in situations such as: directly following exercise, after drinking a glass of water, or during or shortly after menstrual cycles. Hydration may not be at typical levels during these times.

Bone mass

Bone is a living, growing tissue. During youth, your body makes new bone tissue faster than it breaks down older bone. In young adulthood, bone mass is at its peak; after that, bone loss starts to outpace bone growth, and bone mass decreases. This is a long, slow process that can be further slowed through calcium rich diets and regular weight-bearing exercise.

Contact your healthcare provider for a more detailed explanation of the readings and with any questions or concerns.

While a scale/body composition monitor can be a useful tool on your weight loss and wellness journey, it's not in and of itself a program for losing weight.

Stay supported, 24/7

Questions? Chat with expert WeightWatchers coaches any time of day or go to ww.com to find a workshop near you.

Facts You Should Know

Your WW scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure accurate readings, always try to stand on the same area of the scale platform and **DO NOT MOVE**. Should the weight on the scale exceed the scale's capacity, you may see the error message "Err."

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto floor surface, and store where it will be protected from impact. The scale is an electronic instrument and should never be submerged in water. Clean with damp cloth and/or glass cleaner.

When the scale batteries need to be replaced (display shows "Lo"), remove the screw from the battery cover on the bottom of the scale and remove the cover. Replace the old batteries with 3 new AAA batteries. Replace the battery cover and tighten the screw again. Remove used batteries promptly.

Dispose of the old batteries properly. Remove batteries from equipment that is not to be used for an extended period of time. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.

FCC Markings:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications not expressly approved by Conair LLC, the manufacturer of this product and the party responsible for compliance, could void the user's authority to operate the equipment.

This scale is not a toy.

**LIMITED TEN-YEAR WARRANTY
(U.S. & CANADA ONLY)**

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed, together with your sales slip. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120-MONTH DURATION OF THIS WRITTEN, LIMITED WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Please register this product at: register.conair.com

Service Center
Conair LLC
7475 N. Glen Harbor Blvd.
Glendale, AZ 85307

Questions
about your scale?
800-326-6247
www.conair.com





**Bluetooth®**

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Instructions for Use

To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

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