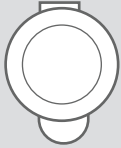


how to get started

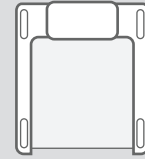
The ActiPed™, the ActiLink™, and the ActiScale™ automatically work together to give you and your health care provider a complete record of your activity and weight to help you stay on track to achieve your program goals. The devices communicate wirelessly through your computer to a secure website that keeps you connected to your health care provider. Please follow the steps below for setting up each device.



The ActiPed™



The ActiLink™



The ActiScale™

setting up the devices

Step 1: Put on the ActiPed

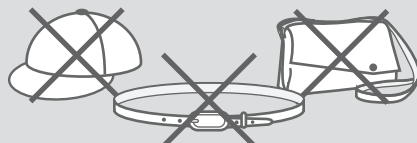
Remove from package—the ActiPed is a small, black device (about the size of a stack of quarters). Clip the ActiPed onto **footwear** of choice. The unique clip allows for quick and easy placement of the ActiPed on different pairs of shoes.

Wearing the ActiPed

- The ActiPed **must** be attached to footwear. (i.e. ActiPed **cannot** be put on belts, handbags, watches, headwear, etc.)
- The ActiPed must be:
 - TOP-MOUNTED (**not** on the side of the footwear or at angle)
 - FLAT against the shoe
 - SNUG (the device should **not** move freely on the shoe)
- If using lace shoes: place clip under as many laces as possible and towards the lower portion of your footwear. We recommend at least two points where the laces cross for best results
- For non-lacing shoes: mount the clip with the **open end** pointing down **towards** the toe



YES!



NO!

Step 2: Connect the ActiLink to your computer

Remove the ActiLink from package – the ActiLink is a small, black stick about 2.5" long.

- Plug the ActiLink into the USB port on your computer
- In a web browser, type in the web address provided in your welcome email and follow the instructions to safely download the client software. The installation of files will not harm your computer and should take no longer than 3 minutes

Step 3: Setting up the ActiScale

Remove all packaging and place the scale on a hard and even surface for accurate results.

- Place the scale within 100 feet of the computer where the ActiLink is installed
- Quickly and firmly tap the center of the scale platform with your foot to activate the digital display
- When “0.0” appears in display window, step onto scale. **Do not step onto scale until “0.0” appears in window**
- Stand on platform without shifting or moving until weight is displayed (4 - 5 seconds)
- Step off the scale. After stepping off the scale, the weight reading will remain on the display for approximately 10 seconds indicating that it has been captured. If your weight reading does not remain on the scale display for 10 seconds after you step off, step back on the scale and wait for the reading to lock in

Using the ActiScale

- Do not use on carpet
- Make sure your scale is set to measure in “lb” (kg/st/lb switch on back of scale should be set to “lb”)
- Place the scale on a flat surface for accurate operation and safety
- The scale is designed to work in most households where the scale and computer are in different rooms or on different floors. The scale can be placed up to 100 feet from your computer. The distance will vary depending on the number of walls, ceilings, and floors between the scale and the ActiLink
- Maximize your range by keeping as much unobstructed space as possible between the ActiLink and the scale. For best results, avoid metal objects between the scale and ActiLink. Install the ActiLink in a USB port that is free of obstacles such as cables, metal objects, power strips, etc. If your USB port is in a confined area with lots of interference, you may want to purchase a USB extension cable

Please Note:

Digital display automatically turns off after several seconds.