



fitbit aria 2™



## Product Manual

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# Getting started

Welcome to Fitbit Aria 2™, the Wi-Fi Smart Scale that uses advanced technology to measure weight, body fat percentage, and body mass index (BMI) to help you take control of your fitness.

## Intended use

The Aria 2 Wi-Fi Smart Scale is a body analyzer that measures body weight and uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage in generally healthy individuals 13 years of age or older. It is intended for home use only.

## What's included

Your Fitbit Aria 2 Scale box includes:

- Fitbit Aria 2 Wi-Fi Smart Scale
- 3 AA batteries, already installed
- Aria 2 Quick Start Guide

## What's in this document

We get you started creating a Fitbit® account and making sure your scale can transfer the data it collects to your dashboard. The dashboard is where you may set weight goals, analyze historical data, identify trends, log food and water, keep up with friends, and much more. As soon as you're done setting up your scale, you're ready to begin your weigh-ins. To find more information, tips, and troubleshooting, please browse our comprehensive articles at [help.fitbit.com](https://help.fitbit.com).

## Power on your scale

Your Aria 2 scale is shipped with 3 AA batteries that have been previously installed. Pull the small plastic tab sticking out of the battery compartment to remove the tab and power on your scale.





### **WARNING**

- Do not use if you have a pacemaker or any other implanted medical device or are pregnant.
- Always consult your physician to determine what is ideal for you.
- Not intended for use by children under 13 years of age.
- Aria 2 should not be used to diagnose or treat any medical condition.
- Handle the batteries in accordance with the instructions supplied by the manufacturer.

### **CAUTION**

- Read and keep these instructions.
  - Heed all warnings.
  - Follow all instructions.
  - Exercise caution when using the scale.
  - Slippery when wet.
  - Do not use if cracks are present on the glass surface. Serious injury might occur.
  - Do not use if feet are broken.
  - Do not use if anti-slip pad is missing on any of the scale's feet.
  - Do not use if any plastic parts are broken.
  - Do not drop.
  - Do not use if irritation or other reactions develop after contact with your Aria 2.
  - Do not expose your Aria 2 to extremely high or low temperatures.
  - Do not leave your Aria 2 in direct sunlight for an extended period of time.
  - Do not leave your Aria 2 scale near open flames.
  - Your scale will receive automatic firmware updates. Allow these occasional updates to complete prior to use.
-

# Setting up your Fitbit Aria 2

For the best experience we recommend pairing your scale to the free Fitbit mobile app for iOS, Android, or Windows 10.

Your Fitbit account asks for information such as height, weight, and gender to make various calculations such as basal metabolic rate to estimate calorie burn. Your name is visible to Fitbit friends by default. You have the option to share your age, height, or weight with Fitbit friends, but the information you provide is private by default.

## Networking Requirements

Aria 2 connects directly to your home's Wi-Fi network and supports the following network configurations:

- Wireless 802.11b/g/n, 2.4 GHz standard
- WEP / WPA / WPA2 personal security
- Automatic (DHCP) IP setup (static IP configuration not supported)

Aria 2 requires an 802.11b/g/n-compatible network to connect and sync your scale data to your Fitbit account.

## Installing the Fitbit app

The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems.

To get started, install the app and pair your scale with your mobile device:

1. Make sure the Fitbit app is compatible with your mobile device by checking <http://www.fitbit.com/devices>.
2. Find the Fitbit app in one of these locations, depending on your device:
  - The Apple® App Store® for iOS devices such as an iPhone® or iPad®.
  - The Google Play™ Store for Android devices such as the Samsung® Galaxy® S5 and Motorola Droid Turbo.
  - The Microsoft® Windows Store for Windows 10 mobile devices such as the Lumia™ phone or Surface™ tablet.
3. Install the app. Note that if you don't have an account with the store you'll be required to create one before you can download the app.
4. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or login to your existing account.
5. Continue following the onscreen instructions to connect, or *pair*, your Aria 2 to your mobile device. Pairing makes sure the scale and mobile device can communicate with one another (transfer data back and forth).

Next, connect your scale to your Wi-Fi network:

1. Follow the onscreen instructions to select your preferred Wi-Fi network from the list of available options. By connecting Aria 2 to your Wi-Fi network, your


scale will automatically and privately transfer, or *sync*, your stats wirelessly to your Fitbit account after each use to help you track your progress.

2. Enter your Wi-Fi network password and Aria 2 will attempt to connect automatically.

When you're done connecting to the Wi-Fi network, choose a personalized icon that will appear on your Aria 2's screen after each use and read through the guide about your new scale.

## Verifying your scale setup

Now that you've linked your scale to your Fitbit account, you'll want to verify that the scale appears under your devices. Follow these steps to confirm your setup:

1. Login to the Fitbit app on your mobile device.
2. Tap the Account icon ()
3. Look for Aria 2 listed under your devices.

## Changing your Wi-Fi network

If you've changed the name, password, router, or provider of your Wi-Fi network, you'll need to reconnect your Aria 2 to the updated network using the setup method above.

For step-by-step instructions, see [help.fitbit.com](https://help.fitbit.com).

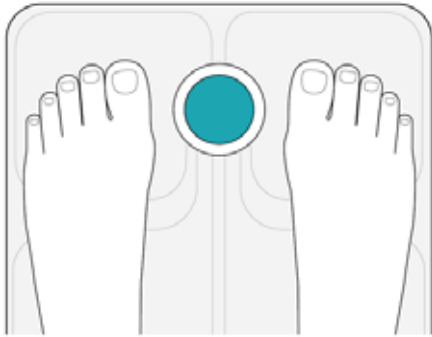
# Using Your Aria 2

Your Fitbit Aria 2 scale measures your weight, body fat percentage, and BMI. When connected your Fitbit account, measurements from your scale will automatically and privately sync to your dashboard.

## Completing a weigh-in

Follow these steps to complete a weigh-in on your Aria 2:

1. Place the scale on a flat, hard surface.
2. Remove your socks and shoes and then step onto the scale while barefoot.



Aria 2 will display your weight and body fat measurement.

3. Step off the scale. Aria 2 will automatically send your stats to your dashboard.

## Viewing your data

After you've weighed yourself and your Aria 2 has synced, you can view your data in your dashboard. The dashboard is where you'll track progress, view your stats including lean mass on a graph, and manually enter or delete a weight.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Inviting other users to use the scale

Up to eight users can sync their Fitbit accounts with a single Aria 2 scale. If someone who does not have an account linked with the scale steps on the scale, only their weight will display (body fat percentage and BMI won't appear). Registered users will see this weigh-in attributed to "Guest".

For step-by-step instructions, see [help.fitbit.com](https://help.fitbit.com).



## Reassigning a measurement

If two users on the same scale are close in weight or body composition, your Aria 2 will prompt you to select the correct user noted by their personalized icon. If an incorrect user is chosen, or if a weight is improperly attributed, you can reassign it to the correct user in the Fitbit app or on the fitbit.com website.

For step-by-step instructions, see [help.fitbit.com](https://help.fitbit.com).

## Choosing Regular or Lean modes

“Lean” mode is intended for professional or very high-level athletes like marathon runners or body builders. Individuals with exceptionally low body fat relative to their muscle mass may want to consider lean mode to improve the scale’s accuracy; however, many very fit and active people still get more accurate readings in “Regular” mode, which is appropriate for most users.

For step-by-step instructions, [help.fitbit.com](https://help.fitbit.com).

## Ensuring accuracy

Use these tips to get the most accurate and consistent readings from your scale:

- Use your Aria 2 while barefoot. The scale cannot measure body fat percentage if you’re wearing shoes or socks.
- Make sure your feet are dry before weighing yourself.
- Place your Aria 2 on a hard, flat surface during use. Using the scale on a soft surface - like carpet or linoleum - may affect the accuracy of the Aria 2’s readings.
- Balance your weight evenly between both feet while standing on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and body fat percentage will naturally vary over the course of the day.
- If your Aria 2 is picked up and moved between measurements, or stored sideways against a wall when not in use, the scale will go through a calibration process the next time it is used for weighing. Up to two consecutive weigh-ins will then be required before your scale is recalibrated and again displays consistently accurate measurements.

**NOTE:** Body fat percentage, BMI, and lean mass measurements require that your Aria 2 scale has been set up with your Fitbit account. You do not need to complete this setup to weigh yourself.

## Factory reset

Factory reset clears all user data from the scale including stored weights and Wi-Fi networks. To factory reset your scale, complete these steps:

1. Turn your scale over and pull up on the tab to remove the cover from the battery compartment.

2. Remove the batteries.
3. Press down on the small button directly above the battery slots.
4. While continuing to press down on the button, reinsert the batteries. Be sure to press down on the button for at least ten seconds.
5. Return the cover to the battery compartment and press down until it's secure.
6. Turn your scale over to begin the setup process.

# Fitbit Aria 2 General Info & Specifications

## Sensors

Four load cells measure weight. Body fat information is measured through electrical impedance and calculated based on weight and user account data.

The scale measures body fat using bioimpedance analysis. Indium tin oxide (ITO) electrodes form a pattern on the top of scale and send a small, safe signal through the body to measure impedance.

## Limitations

- The scale's weight range is 10-400 lbs. (4.5-181.4 kg).
- Aria 2 is not user serviceable. If you need assistance with your scale, [contact support](#).

## Batteries and power

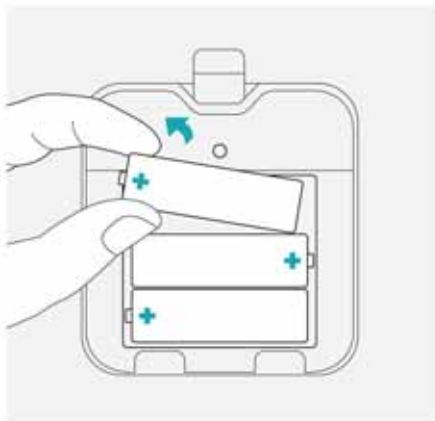
- 3 alkaline 1.5V size AA batteries included (Operating max: 3.3V, 0.1A / 300mW)
- No power cord necessary

To change the batteries in your Aria 2, complete these steps:

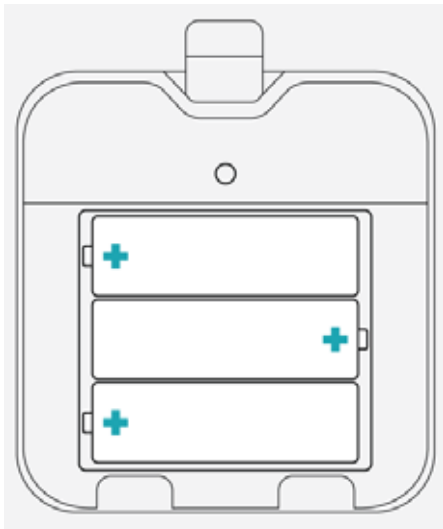
1. Turn your scale over and pull up on the tab to remove the cover from the battery compartment.



2. Remove the batteries.



3. Insert 3 alkaline 1.5V size AA batteries as shown in the compartment.



4. Return the cover to the battery compartment and press down until it's secure.
5. Turn your scale over and wait a few moments for Aria 2 to calibrate before starting your weigh-in.

## Size and weight

	Length	Width	Depth	Weight
Aria 2 Scale	12.3in 31.2cm	12.3in 31.2cm	1.3in 31.9mm	4.6lbs. 2.1kg

## Environmental conditions

Operating Temperature	41° to 104° F (5° to 40° C)
Relative Humidity	15% to 93% Aria 2 is designed to operate in a humid

	bathroom environment.
Storage and Transportation	-25°C to 70°C 93% rH

**NOTE:** You will see the most consistent and reliable readings when placing your Aria 2 scale on a hard, flat surface.

## Care and maintenance

- Wipe down the surface with a damp cloth using a mild detergent before your first use.
- Do not submerge Aria 2 or use high-pressure water jets (e.g. shower head) to clean the surface.
- Do not use antiseptic wipes, chlorine, or highly concentrated glass cleaner on the surface of the scale.
- Do not use abrasive cleaners to clean your scale.

# Regulatory and Safety Notices

Model Name: FB202



The scale measures body fat using bioimpedance analysis. ITO electrodes form a pattern on the top of scale, and send a small, safe signal through the body to measure impedance.

Type BF Applied Part

This symbol indicates that the surface scale is a Type BF applied part intended to deliver an electrophysiological signal to and from the user. The scale measures body mass using bioimpedance analysis. ITO electrodes form a pattern on the top of scale, and send a small, safe signal through the body to measure impedance.

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## USA: Federal Communications Commission (FCC) Statement

This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.

### FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**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.

This device meets the FCC for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB202

## Canada: Industry Canada (IC) Statement

IC Notice to Users English/French in accordance with Current RSS GEN Issue:

This device complies with Industry Canada license exempt RSS standard(s).  
Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

IC: 8542A-FB202

## European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB202 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:  
<http://www.fitbit.com/safety>.



## Australia & New Zealand



## Japan



Cert ID TBD

## Mexico



IFETEL: CERT ID TBD

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

## Oman

Cert ID TBD  
D090258

## Philippines



No.: TBD



## Serbia



И 005 15

## Singapore

Complies with IMDA Standards  
DA00006A

## South Africa



Approval # TBD

## South Korea

클래스 B 장치 (가정 사용을위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.



- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz
- 채널수 (The number of channels): TBD
- 변조방식(Type of the modulation): TBD
- 안테나타입 (Antenna type): TBD
- 출력 (Output power): TBD
- 안테나 종류 (Type of Antenna): TBD

KCC 인증정보approval information

1) 기기명 Equipment name (model name): 무선데이터통신시스템용 특정소출력무선기기

FB202

2) 인증번호Certificate number: MSIP-CMM-XRA-FB202

3) 상호 또는 성명Applicant: Fitbit, Inc.

4) 제조자Manufacture: Fitbit, Inc.

5) 제조 년월Manufacture / Country of origin: P.R.C.

## Taiwan



Cert ID TBD

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

# United Arab Emirates



## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

The complete Declaration of Conformity can be found at [www.fitbit.com/Aria/specs](http://www.fitbit.com/Aria/specs)

## Battery Precautions

Handle the battery in accordance with the instructions supplied by the manufacturer.

## Disposal and Recycling Information



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off area, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un

centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

- Do not dispose of the Aria 2 scale with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Aria scale should be done in accordance with local regulations.



# Help and Warranty

## Help

Troubleshooting and assistance for your Aria 2 may be found at [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

Warranty information and the Fitbit.com Store Return Policy may be found at [fitbit.com/returns](https://fitbit.com/returns).