

Welcome to myWW+

We're so happy you're here! This program was designed to give you all the tools you need to achieve success on and off the scale. As you begin, remember: **Enjoy everything the WW app has to offer, any time.**

Track everything from food to sleep to hydration, plus, get support from our members-only social network, Connect, and get meal ideas and challenges throughout your day. **Chat with a Coach 24/7.**

Reaching your goals has never been easier! Ask questions and get support from our experts straight through the app—whenever, wherever. **Get rewards for building healthy habits.**

With our WellnessWins™ rewards program, you'll receive Wins when you track food and weight. Wins can earn you gifts like kitchen tools, new apparel, and more exciting products to keep you motivated! **Enjoy the journey.**

To help you start strong, stay on track, and make life a little easier, we're sending you a scale that allows you to track your progress in a separate scale app that also syncs your weight data to the WW app. We hope you love it. You got this! We'll be cheering you on,

Your WW family

Congratulations on purchasing this Bluetooth® connected WW Scales by Conair Body Weight Monitor!

It is designed to work with the free WW Scales by Conair™ app to give you an easy-to-use way of tracking your measurements. To download the app, go to the Apple® App Store or Google® Store and type “WW Scales by Conair” into the search box. Or, you can go to **www.BTScalesByConair.com** and download the app there.



Once you have downloaded the app to your device, it will walk you through the easy pairing and setup process with the scale. For more information, frequently asked questions and support, check **www.BTScalesByConair.com**

Did you know?

- Your scale will measure your weight even without the app or a smart device.
- But you will need a smart device to set goals, track your progress, earn badges, and participate in other fun activities that are only available on the app.
- If you are a WW subscriber, your weight data will automatically sync with your account on the WW app; no more need for manual data entries! Make sure you use your WW subscriber username and password also as username and password for the app, so your weight data can sync!
- If you use other health and fitness apps, and would like them to receive data from your scale, the app will sync data to the Health app (Apple) and to the Google Fit app (Android) and allow your favorite apps to pull your data from there.

For more information on setting up the app, pairing the scale, and the features of the app, go to www.BTScalesByConair.com

For more information on the scale, and on how to set yourself up as a user without the app, please read this instruction booklet.

Syncing Bluetooth

This is a Bluetooth-enabled scale. It will try to broadcast a Bluetooth signal every time, even if you are not using it with the app, or your smart device is out of range. Generally, you will see the following in the scale display:

Bluetooth symbol blinking: Scale is trying to communicate with your smart device when the scale is turned on.



Bluetooth symbol stable: Bluetooth connection has been established.

Bluetooth symbol keeps blinking until scale turns off: the pairing has failed. There is no Bluetooth connection and no data is being transmitted. Turn the scale on again and try again or use without app.

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

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 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.)
3. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

Weight Measurement Only

(Using Scale Without App)

To measure weight only:

1. Step on the scale and stand still to measure your weight. The scale display will flash for a few seconds and then display weight.
2. Step off the scale and it will shut off automatically.

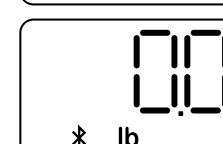
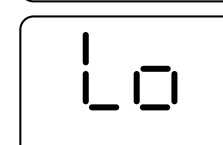
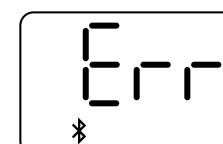
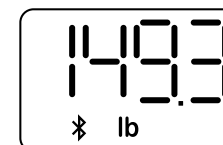
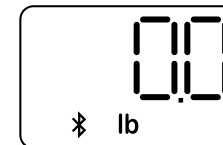
NOTE:

Your scale will 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, the scale will not function properly.



Important Information Concerning Weight Management

Your scale is a great tool for monitoring weight. While not the only measure of weight loss, scales are the most popular method used to gauge weight-loss success. A scale measures the sum of your total body weight, which includes bone, muscle, fat, and water.

Body weight fluctuates during the day, and from day to day, depending on a variety of factors.

- Salt and carbohydrate intake can affect the body's water retention.
- A large meal adds weight and can cause water retention.
- Dehydration from exercise, illness, or low fluid intake can result in weight loss.
- Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary weight gains and losses.

When You're Losing Weight

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're changing the way you eat. Small weight gains and losses are common as your body adjusts to different foods and more exercise. Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware that different scales often give different results. The scale at your doctor's office may show one weight, and your scale at home another. **So don't get too caught up with a single number.**

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. We generally recommend weighing yourself no more than once a week when you are changing the way you eat. Though it's hard to stick to this pattern, it's the best way to prevent unnecessary concern with normal weight fluctuations, which are unrelated to your weight-loss efforts. Regardless of your weighing habits, it's important that you're consistent.

Here are 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week
- In the same place
- At the same time of day
- Wearing the same clothes
- Using the same scale

Recording only one number for the week will give you a clear picture of any trend your weight is following.

When You're Maintaining Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- Weigh yourself more often than once a week
- Use the “5-pound rule” – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term

Make the most of it!

Make the most of your scale by:

- Tracking change over time and not day to day.
- Using the same scale as much as possible.
- Being extra-consistent in the time of day, day of the week, time before or after food and fluid consumption, before or after exercise, etc., when measuring body composition.

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

Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WW.com to find a meeting 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"), from the battery cover on the bottom of the scale. Replace the old batteries with 3 new AAA batteries. Replace the battery cover. 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 Corporation, 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.
FCC ID:DJT-WW941

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, 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: www.conair.com/registration

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

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Track
Goals



Free
App



Weigh up
to 400 lbs.

Instructions for Use

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

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