

Congratulations on purchasing this WW Body Analysis Bluetooth® Diagnostic Scale.

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.conairaustralia.com.au/bathroom-scales-app and download the app there.



Once you have downloaded the app to your device, it will walk you through the easy pairing and set-up process with the scale. For guidance on setting up the app, pairing the scale, frequently asked questions and support, go to www.conairaustralia.com.au/bathroom-scales-app.




Did you know?

- Your scale works as a body analysis monitor even without the app – you do not need a smart device to check your weight, body fat, body water or BMI!
- 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 member, your weight data will sync with your account on the WW app; no more need for manual data entries!
- 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.
- If you travel without your scale, you can monitor your weight on any other scale and enter it manually into the app.

For more information on the scale, on how to set yourself up as a user without the app, and about what your body analysis readings mean, please read this instruction booklet.

Syncing Bluetooth

This is a Bluetooth enabled scale. It will try to broadcast a Bluetooth signal every time it is being used, 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 
- 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.

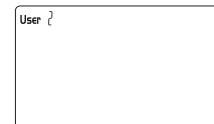
- Remove all packaging materials.
- Remove the isolator tab from the battery compartment – without opening the battery cover at the bottom of the scale, gently pull out the isolator tab. (In case the tab cannot be pulled out, or if the scale display does not work after you have pulled the isolator tab, 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.)
- For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet). Ensure that the floor surface is even.

Weight Measurement Only

(Using Scale Without App)

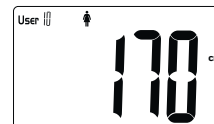
To measure weight only:

- Tap the scale in standby mode. The whole screen appears.
- Wait about 2 seconds until “0.00” appears.
- Step on the scale and stand still to measure your weight. The scale display will flash for a few seconds and then display weight.
- Step off the scale and it will shut off automatically.



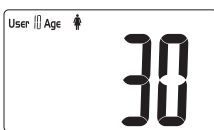
User 2 will flash. Press the UP or DOWN button to choose user number (user 2 to user 10). Press the SET button to confirm.

The scale will now enter the Height setting mode.



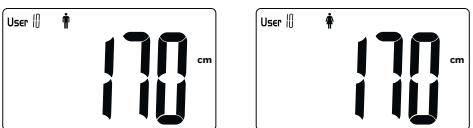
Height will flash. Press the UP or DOWN button to choose the height. If the scale is set to measure in pounds, the height will display in feet and inches. If it is set to measure in kgs, the height will display in cm. Pressing and holding the UP or DOWN button will advance numbers quickly. Press the SET button to confirm the Height.

The scale will now switch to Age setting mode.



Age will flash. Press the UP or DOWN button to choose the age (10 to 100). Pressing and holding the UP or DOWN button will advance numbers quickly. Press the SET button to confirm the Age.

The scale will now enter the Gender setting mode.



Default icon will flash. Press the UP or DOWN button to choose between female, and male. Press SET button to confirm selection. The scale will display the user data for a few seconds and then will enter into body analysis mode and “0.00” will appear on the display.

Note 1: If you need to edit any of your personal data, you can do so while the data is being displayed: Simply press the SET button and scale will go back to the Personal data setting mode again. Follow the instructions above.

Note 2: In the Personal data setting mode, the scale will return to standby mode automatically if no button is pressed within 15 seconds, and already entered data will not be saved. If that happens, simply repeat the Personal data setting process described above.

User Recognition

(when using scale without app)

After your initial setup on the scale, the scale will automatically recognize you (based on your weight being within a certain range of your last measured weight) and display your user number. User number will blink for a few seconds, then become stable. If an incorrect user number is displayed (which could happen if the weight of another user of the scale is very close to yours), you can adjust to the correct user number by manually pushing the up/down arrows until the correct user number shows.

If the scale cannot establish a match with an existing user profile, the word “user” will blink on the display. If you have a user number set up, you can manually enter it now (push up/down arrows until your user number shows).

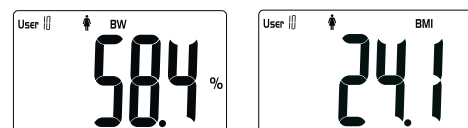
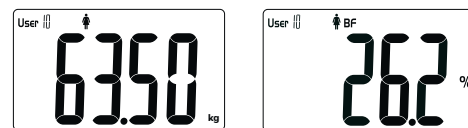
Body Analysis Measurement

(Using Scale Without App)

Operate the scale on a secure flat floor. Tap on the platform firmly to activate the scale. Wait until you see “0.00” in kg mode or “0.0” in lb mode, then press the UP or DOWN button to select your user number. Your data (height, age, gender) will quickly display again.

The scale measures body mass using Bio Impedance Analysis. Once the LCD shows “0.00”, step on the scale barefoot, with your feet aligned on the electrodes (stainless steel metal strips) on both sides of the platform. Note: You must be barefoot in order for the scale to read your body analysis measurements. If your feet are not bare, the scale will not be able to take your body analysis measurements and you will get an error reading.

After a few seconds, the LCD will show your body weight, body fat percentage, body water percentage and BMI for several seconds, and then turn off automatically.



If you get an error reading, make sure you are stepping on the scale in bare feet (no stockings or pantyhose). 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:

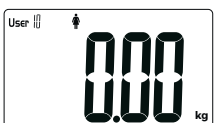
Your scale will also read error if your weight is below or above the specifications for the scale.

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 “0.00” appears or if your feet are not aligned on the electrodes (stainless steel metal strips), the scale will not function properly.



Weight and Body Fat

How does it work?

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.

Is it accurate?

- Measurements of body fat tend to fluctuate a lot more than simple weighing, and different methods of estimating body fat yield very different results. Just as different scales give different results, different body fat analyzers can provide very different body fat estimates. Even with the same scale the numbers will vary because:
- Weight loss tends to produce substantial, continuous, and unpredictable changes in body water content. Because body fat analysis is determined by water content in the body, results can vary considerably from day to day.
 - Hydration status affects body fat results. 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. In the same way, 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 can have an influence also. Measuring body fat in warm, humid

weather when skin is moist will yield a different result than if skin is cold and dry.

- As with weight, when your goal is to change body composition, it is better to track trends over time than to use individual daily results.
- Results may not be accurate for persons under the age of 16, or persons with an elevated body temperature, diabetes or other health conditions.

What you need to know!

- Percent body fat refers to the number of kilograms of fat divided by your total body weight and multiplied by 100.
- During weight loss, percent body fat doesn’t appear to be reduced as quickly as expected because total weight loss and total body fat are decreasing at the same time (for a more detailed explanation, see next section).
- Weight loss in the form of body fat and lean tissue (muscle) is common, and is normal.
- To minimize the loss of lean tissue, include regular physical activity, especially strength training, in your weight-loss plan.

Why do I lose weight, but my body fat percentage doesn’t change much?

Remember that your WW body fat monitor is showing your body fat as a percentage, not as an absolute number of kilograms. At the beginning of a weight loss program, a person may weigh 100kg and show 30% body fat, equaling 30kg of fat (30% of 100kg = 30kg). A few weeks later, the same person may have lost a substantial amount of weight. Weight is now at 90kg, yet body fat is still at 30%. Why? Did that person not lose any fat? Yes, they did. At 90kg with 30% body fat, the person now has 27kg of body fat (30% of 90kg = 27kg), meaning that 3kg of the total 10kg lost were fat. So, do not be overly concerned if your percentage of body fat does not change despite the fact that you are losing weight. Remember, to minimize the loss of lean tissue include regular physical activity, especially strength training, in your weight loss plan.

BMI – What Is It?

BMI stands for Body Mass Index, a statistical term derived from height and weight. It is closely linked to body fat and health outcomes. Over 50 organizations, including the Australian & New Zealand Governments and the World Health Organization, have adopted BMI guidelines. BMI is inversely related to fitness, meaning that the higher your BMI, the less likely you are to be fit. Every time your body analysis monitor reads your weight and calculates your body fat, it also calculates your BMI. Along with your weight and your body fat measurements, the BMI reading gives you yet one more tool to monitor your health and fitness.

Body water/hydration levels

General health standards indicate that one should consume approximately 2L. of water per day from food and liquids to maintain a healthy level of hydration. Maintaining a good hydration level will help improve your overall health and general feeling of well-being. If your hydration levels are lower than average, you should increase your water intake accordingly.

Body water/hydration level – how is it measured?

The hydration level is measured by using Bioelectric Impedance Analysis (BIA). The same analysis that is used to calculate your body fat is used to calculate your hydration level. Taking into consideration a user’s age and gender, a calculation is made that determines the percentage of water.

Please note: It is not recommended to take the hydration measurements in certain situations, such as following exercise, after drinking a glass of water, or directly prior to, during or shortly after menstrual cycles. Hydration may not be at normal levels during these times.

Body Analysis Table						
Always keep in mind that you know your body best. The following ranges of Body Fat, Body Water, Bone Mass, BMI and Muscle Mass are offered as guides.						
	low	lower than normal	normal	higher than normal	high	
Body Fat						
age	%	%	%	%	%	%
Male	20-29	<13%	13.1-18%	18.1-23%	23.1-28%	28.1%+
	30-39	<14	14.1-19	19.1-24	24.1-29	29.1+
	40-49	<15	15.1-20	20.1-25	25.1-30	30.1+
	50-59	<16	16.1-21	21.1-26	26.1-31	31.1+
	60-69	<17	17.1-22	22.1-27	27.1-32	32.1+
Female	20-29	<18	18.1-23	23.1-28	28.1-33	33.1+
	30-39	<19	19.1-24	24.1-29	29.1-34	34.1+
	40-49	<20	20.1-25	25.1-30	30.1-35	35.1+
	50-59	<21	21.1-26	26.1-31	31.1-36	36.1+
	60-69	<22	22.1-27	27.1-32	32.1-37	37.1+
Body Water						
age	%	%	%	%	%	%
Male	20-69	<46.4%	46.5-49.9%	50-65%	65.1-70%	70.1%+
Female	20-69	<43.9	44-44.9	45-60	60.1-67.6	67.7+
BMI						
		<18.5		18.5-25		25+

Important Information Concerning Weight Management

Your scale is the best 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 dieting. Small weight gains and losses are common as your body adjusts to fewer calories 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.**

Try Not To Over Do 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're dieting. 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 guidelines for effectively monitoring your weight – weigh yourself:

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

To keep track of your weight, record only one number for the week. This 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:

- Research shows that people who keep weight within a 2-3kg range are more likely to maintain a healthy body weight over the long term.

Make the most of it!

To summarize, make the most of the body analysis feature by:

- Tracking change over time and not day to day.
- Using the same scale as much as possible.
- Being 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 wellness journey, it's not a complete program. Come to a WW Workshop www.weightwatchers.com/au/find-a-workshop or join online to learn how to build healthy eating habits, shift your mindset, become more active and understand how to better manage your weight. In Australia: 1800 958 288 or www.weightwatchers.com/au In New Zealand: 0800 009 009 or www.weightwatchers.com/nz

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 an 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.

Battery Notes:

- Always purchase the correct size and grade of battery most suitable for the intended use.
- Replace all batteries of a set at the same time.
- Do not mix old and new batteries. Do not mix alkaline and standard (carbon-zinc) batteries. Do not use rechargeable (Ni-Cad, Ni-MH, etc.) batteries.
- Clean the battery contacts and also those of the device prior to battery installation.
- Ensure the batteries are installed correctly with regard to polarity (+ and -).
- Remove screw to open battery cover and remove old batteries. Remove batteries from scale that is not to be used for an extended period of time.
- "Lo" will appear on the display if battery is low and needs to be replaced. Remove and replace batteries.

When replacing the batteries, make sure you dispose of the old batteries in accordance with applicable regulations. They should be disposed of in a location specifically designated for that purpose so they can be recycled safely and without posing any risk for the environment. Do not burn or bury them.

When using electrical appliances, especially when children are present, basic safety instructions should always be followed, including the following:

- Polythene bags over product or package may be dangerous. To avoid danger of suffocation, keep this wrapper away from babies and children. This bag is not a toy.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

WARRANTY

WARRANTIES

1. In this warranty document ("Warranty Document"), "Conair", "we" or "us" means:
 - Conair Australia Pty Limited (ABN 64 068 492 044) of The Equinox Centre, Suite 101, 18 Rodborough Rd, Frenchs Forest, NSW, 2086, in relation to products purchased in Australia; or Conair New Zealand Ltd of Conair New Zealand Limited, PO BOX 251159 Pakuranga, Auckland 2140, New Zealand in relation to products purchased in New Zealand.
 - Nothing in this Warranty Document limits or reduces (or purports to limit or reduce) any statutory guarantees pursuant to the Australian Consumer Law for Australian customers or the Consumer Guarantees Act 1993 for New Zealand customers.
 - If you have any questions about the product you have purchased in either Australia or New Zealand, please contact us on 1800 650 263 (for Australian customers) or 0800 266 247 (for New Zealand customers). Further contact details are set out at the bottom of this Warranty Document.

STANDARD 10 YEAR (120 MONTH) WARRANTY

2. **AUSTRALIA:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

NEW ZEALAND: Our goods come with guarantees that cannot be excluded under the Consumer Guarantees Act 1993. This guarantee applies in addition to the conditions and guarantees implied by that legislation.

3. Conair's name, postage address, email and phone number are available at the bottom of this Warranty Document, under "Contact Information".
4. This Standard 10 Year (120 Month) Warranty ("Standard Warranty") applies for a period of 10 years (120 months) from the date that you purchased your product ("Standard Warranty Period"). For clarity, the relevant defect must appear within the Standard Warranty Period timeframe for this Standard Warranty to apply.
5. If your product is defective, and the product is covered under this Standard Warranty, you should, in the first instance, take the product back to the place you purchased it from or contact us directly if you are unable to take the product back to the place of purchase. The procedure for claiming under this Standard Warranty is as detailed below.
6. To make a Standard Warranty claim, you will need to return the defective product back to the place it was purchased where it will be assessed under this Standard Warranty. Or if you are unable to return the defective product back to the place of purchase, you will need to call our Customer Service team on 1800 650 263 (for Australian Customers) or 0800 266 247 (for New Zealand customers) or send an email to the email address provided below under 'Contact Information'.
7. In order to make a claim under this Standard Warranty, you will need to provide the following details to Conair:
 1. Date of purchase
 2. Retailer name & location
 3. Product model number & name
 4. Confirm you have your purchase receipt
 5. Detail the problem with your product.
8. If you make a Standard Warranty claim directly with us, we will ask for you to send us back the defective product along with the purchase receipt. To do this, please head to your local post office and send to the product to our reply paid address which is: Reply Paid 146, PO Box 146, Terrey Hills NSW 2084. For clarity, we will be responsible for covering the cost of postage to the above reply paid address.
9. Once we receive your product, we assess it accordingly. Upon analysing the defect, we will either: a) have the product replaced and sent back to you; or b) refund you (either in part or in full).
10. The benefits provided to you under this Standard Warranty are in addition to other rights and remedies available to you under consumer law.
11. Within the Standard Warranty Period, if your product suffers a defect in the materials or workmanship, Conair will either refund or replace your product, in our sole discretion, for no charge.
12. Under this Standard Warranty, we do not have to refund, repair or replace your product if the product's defect or damage is a result of misuse, abuse, accident, act of God such as lightning, or nonobservance of Conair's instruction booklet on the part of the user.
13. The Standard Warranty does not cover ordinary wear and tear of the product.
14. This Standard Warranty is immediately void if: a) any serial number or product plate is removed or defaced, or b) the product has been serviced or otherwise repaired by a person not authorised to do so by Conair or where non-approved replacement parts are used.
15. You are aware that the product is designed for domestic use only and that it must be connected to the electrical voltage supply as specified in the ratings label located on the product itself and detailed in the product's instruction booklet. The Standard Warranty does not cover defects arising from non-domestic use or use of incorrect voltage supply.

16. This Standard Warranty may only be claimed where proof of original purchase is presented, for example, original receipt or invoice.
17. The Standard Warranty on any replacement product or parts will expire on the same date that the Standard Warranty Period on the original product expires, as far as the law permits.
18. In order to obtain a remedy under this Standard Warranty, the defect must have occurred during the Standard Warranty Period and you (as the purchaser) bear the onus of proving that fact, and that the defect was not caused by any of the exclusions above.
19. This Standard Warranty does not cover any product purchased from any entity who is not an authorised Conair distributor or reseller. For clarity, all warranties are only enforceable in Australia and New Zealand.
20. To the fullest extent permitted by law, Conair does not accept liability for: a) any loss or damage however suffered, caused by or arising out of any failure to use a product in accordance with Conair's instruction booklet; and b) any indirect, consequential or economic loss or damage however caused.
21. We will be responsible for all postage and freight charges and any other expenses incidental to claiming under the Standard Warranty, however you must send the product back to our Reply Paid address (which is: Reply Paid 146, PO Box 146, Terrey Hills NSW 2084).
22. If your product is defective, and the product is covered by this Standard Warranty, you should take the product back to the place you purchased it from or contact us directly using the contact information provided in the Contact Information section below.
23. To honour the Standard Warranty, you must retain your proof of original purchase, for example, original receipt or invoice and you must present the proof of original to obtain replacement, refund or service under this Standard Warranty, alongside your defective product.
24. You understand that the Standard Warranty may only be claimed where proof of original purchase is presented, i.e. original purchase receipt or invoice. When asked to do so, please provide your proof of original purchase along with the requested information/defective item.

CONTACT INFORMATION
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For advice & tips on your new WW scale email us on:
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WW BODY BALANCE BLUETOOTH DIAGNOSTIC SCALE

Congratulations! By purchasing this WW Scale, you've made a positive step in your wellness journey. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

IB-16/447C

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