

Important Information Concerning Weight Management

Your scale is a helpful 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. Resistance training can build muscle, which can affect weight.
- The menstrual cycle can cause temporary gains and losses, mostly due to water retention.

When You're Losing Weight

It's important not to put too much emphasis in the exact number on the scale, because it can and will vary. This is especially true when you're trying to lose weight. Small weight gains and losses are common due to water fluctuations, and also as your body adjusts to fewer kilojoules 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.

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

Try Not To Overdo It

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 6 rules 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
- On a flat, hard surface (avoid carpet or uneven tile flooring)

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 Your Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern may be helpful. Also, research shows that people who keep weight within a 2-3 kg range are more likely to maintain a healthy body weight over the long term.

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. The minimum weight capacity for this scale is 5 kg and the maximum weight capacity is 182 kg. Any weights below or above these amounts will result in an "Err" message.

Electronic sensors are sensitive. Be careful not to drop or jar the scale. Place it gently onto a flat, even floor surface, avoiding carpet or uneven floor tiles for the most accurate reading. 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.

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, remove the screw from the battery cover and remove the cover. Gently pull out the isolator tab. Ensure the battery is installed correctly. Replace the battery cover and tighten the screw again).
3. Set switch on the base of the scale to measure in pounds (lbs) or kilograms (kg).
4. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

The scale should not be used on carpet.

Instructions for use

Operate the scale on a secure, even floor.

Ensure you have bare feet (no shoes or socks) when using the scale for the most accurate reading.

To Measure Weight

1. Step on the scale platform.
2. The display will light up --- "000" will appear and flash.



3. Stand on platform without shifting or moving until weight is displayed (4-5 seconds).



NOTE: Digital display automatically turns off after several seconds.



Select Unit of Measure

Step on the scale to turn it on, and then while display is on, press the units button on the back of the scale to change units if desired between pounds (lb.) or kilograms (kg).

- 'Err' will display if your weight is lower or greater than the capacity of the scale.



IMPORTANT - This scale is equipped with a memory feature. If weighing yourself again within 30 seconds, the scale will show the same weight, if the new weight is only a small difference (less than approx. 0.5 kg or 1.0 lbs).

Scale Recalibration

Occasionally your scale will need to be recalibrated, particularly if you store your scale sideways against a wall.

This will reconfigure your scale to ensure it is giving the most accurate readings.

To recalibrate your scale:

1. Place the scale on a hard, flat surface.
2. Step on the scale and off again quickly.
3. Wait around 1-2 seconds.
4. The scale will show "0.0 kg" and is recalibrated.
5. You may need to run through this process up to 3 times to fully recalibrate your scale.

Applying Stickers

To apply stickers, simply peel sticker off the paper backing and place on scale. Press down. If you find that air bubbles are hard to remove, try making the back of the sticker slightly wet (you can use a damp paper towel) and then apply. Use a stiff object (credit card, cardboard) to smooth out air bubbles. When you change stickers, put the used sticker back on the paper. If your stickers ever get dusty and they adhere less, simply wipe them with a damp paper towel.

IMPORTANT!

- Your WW scale is a precise measuring instrument that is most accurate when weighing a person standing still.
- To ensure accurate readings, always try to stand on the same area of the scale's platform and DO NOT MOVE.
- Do not get on and off the scale repeatedly. Even a slight change in your position will cause a different reading.
- Ensure the scale is on a flat, level surface. Avoid carpet.
- Do not keep moving the scale to a new location, as this too can cause different readings. Try to keep it in the same place.
- It is best to measure yourself using the same scale, as readings can vary between scales due to manufacturing tolerances.
- You will get an 'Err' message if your weight is lower or greater than the capacity of the scale.
- To clean the scale, use a damp cloth without using a cleaning product. Make sure that water does not penetrate inside the appliance.
- Do not place anything on the surface of the scale.
- This scale is designed for home use only and is not suitable for professional purposes.

Battery Notes:

- Always purchase the correct size and grade of battery most suitable for the intended use (1x CR2032 battery).
- Clean the battery contacts and also those of the device prior to battery installation.
- Ensure that the batteries are correctly in place (with the "+" positive side facing up).
- Remove screw to open battery cover and remove old battery. Remove battery from scale that is not to be used for an extended period of time.

Low Battery

If the battery charge is low, the scale will show a "Lo" display automatically. Replace the batteries with new batteries of the correct size and grade to use the scale.



When replacing the battery, make sure you dispose of the old battery in accordance with applicable regulations. It 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 the battery.

SAFETY CAUTIONS

- Do not immerse in water or any other liquid.
- Keep the scale out of the reach of children.
- Do not drop the scale as this may damage the sensors.
- To clean the scale, use a damp cloth without using a cleaning product. Make sure water does not penetrate inside the appliance.
- Do not place anything on the surface of the scale.
- Always inspect the appliance before use for noticeable signs of damage.
- Do not use if damaged, or if the appliance has been dropped.
- In the event of damage, contact the Conair Customer Care Line.
- The battery should be removed for safe disposal at the end of its life.
- When the battery has run down, it should be disposed of at a recycling centre to safeguard the environment. If the battery leaks, avoid touching it and dispose of it at a recycling centre.
- This scale is designed for home use only and is not suitable for professional purposes.

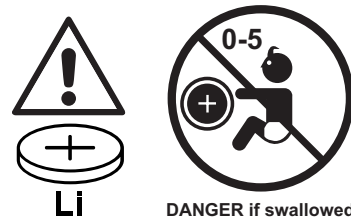
When using electrical appliances, especially when children are present, basic safety instructions should always be followed, including the following:

- 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.

WARNING FOR COIN/BUTTON CELL BATTERIES

WARNING: KEEP BATTERIES OUT OF REACH OF CHILDREN.

Button batteries are hazardous and must be kept out of reach of children at all times, whether the battery is new or used. These batteries can cause severe or fatal injuries in 2 hours or less if swallowed or placed inside any part of the body.



If you suspect your child has swallowed or inserted a coin/button cell battery in any part of the body, immediately call the 24-hour Poisons Information Centre on 13 11 26 (in Australia) or 24-hour National Poisons Centre on 0800 764 766 (in New Zealand) for fast, expert advice, or go straight to a hospital emergency room.

- Keep new and used batteries away from children.
- Dispose of used batteries immediately and safely. Flat batteries can still be dangerous.
- Examine the bathroom scale and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if the compartment is not secure and keep away from children.
- Tell others about the risk associated with button batteries and how to keep their children safe.

This product has been designed so that the coin/button cell battery is not accessible to young children, as the battery compartment cover is secured with a screw or mechanical fastener. Always ensure that the compartment is secured before use.

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 251 159 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

Conair Australia Pty Ltd
PO Box 146 Terrey Hills NSW 2084
Customer Service
Australia
1800 650 263
email: aus_info@conair.com

Conair New Zealand Ltd

PO Box 251 159 Pakuranga, Auckland New Zealand 2140
Customer Service
New Zealand
0800 266 247
email: aus_info@conair.com

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WW ASSURANCE:

Questions? Comments? Call Conair Customer Service.
Conair Australia Pty. Ltd.
Suite 101, 18 Rodborough Rd
Frenchs Forest NSW 2086 Australia
Australia: 1800 650 263

Conair New Zealand Limited
PO BOX 251 159
Pakuranga, Auckland 1706 New Zealand
New Zealand: 0800 266 247

For advice & tips on your new WW scale email us on:
aus_info@conair.com

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WW BODY WEIGHT DIGITAL 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.

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