

Note: To set the weight unit for measuring in pounds (lb) or kilograms (kg), press on the scale with one of your feet and once it turns on, take off your foot before a weight reading appears, and then you will see "0.0"(lb) or "0.00"(kg) appears, press the unit switch on the base of the scale to set the unit (the display will instantly show the unit with your setting).



You could also set the unit when a weight reading is stable during weight only mode, and the reading will instantly adjust with your unit setting.

Customising Your Body Analysis Monitor

This scale can be customised for up to 6 users. While the customisation process is not difficult, it may be easiest to read all the instructions first to familiarise yourself with them. Then keep the instruction manual handy as you go through the process step by step.

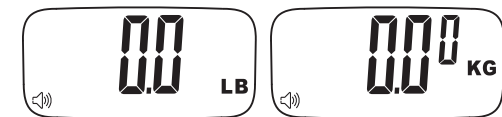
Buttons: SET, UP and DOWN arrows

To set your user data

- When the scale is switched off, press on the scale with one of your feet and take off your foot once it turns on before a weight reading appears, at the same time the speaker will say "HELLO" if the voice mode is turned on, and will not read out if voice mode is turned off. Then "0.00" and voice icon (voice on ) or voice off ) appear.

) or voice off ) appear.

- Once "0.0" is displayed, press the SET button.



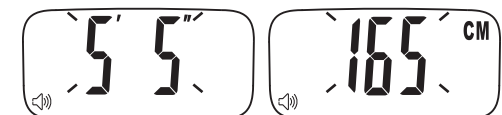
User Number

- P-01 will flash in the display window – press UP or DOWN arrows to select user number (P-01 to P-06). Once OK press SET.



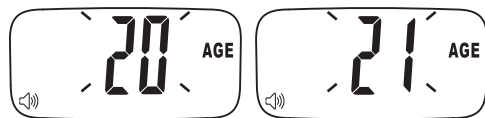
Height

- The inch or cm symbol will flash in the display window – press UP or DOWN arrows to adjust height (if switch is set to lb, default is height in inches; if switch 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. Press SET to accept the height.



Age

- Age will flash in the display window – press UP or DOWN arrows to select age. Once OK press SET.



Gender

- Male or female gender icon will flash in the display window – press UP or DOWN arrows to select gender. Once OK press SET.



Your personal data has now been entered and stored into the bathroom scale. The scale will now re-display all of the saved data for a few seconds, and then "0.0" will appear.

If you make a mistake and need to change the data entered, simply press SET, and repeat process 3-6 again. If you would like to change the data previously input (i.e. your age changes), simply follow the instructions 1-6 again. The new information will override any data previously stored.



NOTE: If at any time during the personal data entry process a button is not pressed within 15 seconds, the scale will automatically switch off.

Body Analysis

NOTE:

- Place the scale on a hard level floor. The surface must be flat and level for the scale to operate correctly.

NOTE: THE SCALE SHOULD NEVER BE USED ON CARPET.



- Press on the scale with one of your feet and take off your foot once it turns on before a weight reading appears, at the same time the speaker will say "HELLO" if the voice mode is turned on, and will not read out if voice mode is turned off. Then "0.00" and voice icon (voice on ) or voice off ) appear.

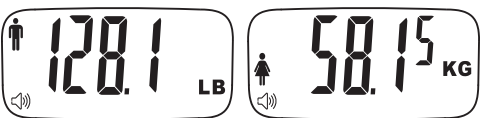
- Press UP and DOWN button repeatedly until your user number shows on the display. Stored data for your user number appears, then the scale displays "0.00".





- Step on the scale barefoot, with your feet aligned on the electrodes (metal strips) on both sides of the platform.



Note: You must be barefoot in order for the scale to read your body analysis measurements.

- Your current weight will be displayed for a few seconds and the speaker will read out your weight reading as it appears on screen once if voice mode is turned on  and will not read out if voice mode is turned off .





- Next, the display will show your body fat percentage and the speaker will read out your body fat reading as it appears on screen once if voice mode is turned on  and will not read out if voice mode is turned off .





- Then, the display shows your body water percentage and the speaker will read out your body water reading as it appears on screen once if voice mode is turned on  and will not read out if voice mode is turned off .



- Next, the display shows your bone mass value and the speaker will read out your bone mass reading as it appears on screen once if voice mode is turned on  and will not read out if voice mode is turned off .



- Next, the display shows your Body Mass Index (BMI) score and the speaker will read out your BMI reading as it appears on screen once if voice mode is turned on  and will not read out if voice mode is turned off .



- Finally, the display will repeat your current weight, body fat, body water, bone mass and BMI once. Then it will automatically switch off.

If an error "Err" message appears:

The scale must be on a hard, flat surface, not carpet. You must stand on the scale barefoot, with no shoes or socks, and also ensure your feet are aligned on the stainless steel electrodes on the platform.

If your feet are not aligned correctly on the stainless steel electrodes, or if you are wearing shoes, socks or stockings, the scale will display "- - -" and "Err".

The "Err" message will also be displayed if the weight on the scale exceeds the scales capacity.

You might be standing on the scale before "0.0" is displayed. When the scale is switched off, quickly and firmly tap the center of the scale platform with foot to activate. Wait a few seconds, then "0.0" will be displayed. You should then stand on the scale –never stand on the scale before "0.0" is displayed. The "Err" message will also be displayed if the weight on the scale exceeds the scales capacity.



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.



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 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.

LIMITED TEN YEAR WARRANTY

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 for 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. In New Zealand our goods come with a guarantee that cannot be excluded under the Consumer Guarantee Act 1993.

Conair Australia Pty Ltd. will repair or replace (at our option, and excludes batteries) your bathroom scale free of charge for one hundred and twenty months from the date of purchase if the appliance is defective in workmanship or materials under normal home use.

This warranty covers working parts that affect the function of the appliance. It does not cover cosmetic deterioration caused by fair wear and tear, damage caused by accident, misuse, shipment or other ordinary household use. Conair shall not be responsible for any incidental, consequential or special damages.

This warranty is available to consumers only. You are a consumer if you are the owner of a WW Scale by Conair that was purchased at a retail outlet for personal, family or household use. This warranty is not available to retailers or other commercial to sit on one line.

This warranty is an additional benefit and does not affect your legal rights. To obtain service under this warranty, please read the Warranty Leaflet included or contact Conair Customer Service at aus_info@conair.com.

While a scale can be a useful tool on your wellness journey, it's not a complete program. Come to a WW Workshop www.ww.com/au/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: 13 19 97 or www.ww.com/au In New Zealand: 0800 009 009 or www.ww.com/nz

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



WW BODY ANALYSIS SMART 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.

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 analysers 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 18, 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 minimise 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 100 kg = 30kg). A few weeks later, the same person may have lost a substantial amount of weight. Weight is now at 90kgs, yet body fat is still at 30%. Why? Did that person not lose any fat? Yes, they did. At 90kgs with 30% body fat, the person now has 27kgs of body fat (30% of 90kgs = 27kgs), meaning that 3kgs of the total 10kgs 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 minimise 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 organisations, including the Australian and New Zealand Governments and the World Health Organisation, 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.

Bone Mass — What Is It?

Bone is a living, growing tissue. During youth, your body makes new bone tissue faster than it breaks down older bone. In young adulthood, bone mass is at its peak; after that, bone loss starts to outpace bone growth, and bone mass decreases. But it's a long and very slow process that can be slowed down even more through calcium-rich diets and weight-bearing exercise.

Who should monitor bone mass?

Most people have no need to monitor bone mass, but certain groups – post-menopausal women, men and women with certain diseases, and anyone who takes medications that affect bone tissue – might want to watch for decreases in bone mass. The bone mass reading is to be used as guide only. Watch for trends over time and contact your healthcare provider for a more detailed explanation of the readings and with any questions or concerns.

Body Analysis Table						
Always keep in mind that you know your body best. The following ranges of body fat, BMI, body water and bone mass are offered as guides.						
	low	lower than normal	normal	higher than normal	high	
BMI	<20		20-25		25+	
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+
Bone Mass						
	age	%	%	%	%	%
Male	20-29	<7.6%	7.6-8.4%	8.5%+		
	30-39	<7.4	7.4-8.2	8.3+		
	40-49	<7.0	7-7.8	7.9+		
	50-59	<6.6	6.6-7.4	7.5+		
	60-69	<6.3	6.3-7.1	7.2+		
Female	20-29	<6.2%	6.2-7%	7.1%+		
	30-39	<6.0	6-6.8	6.9+		
	40-49	<5.6	5.6-6.4	6.5+		
	50-59	<5.2	5.2-6	6.1+		
	60-69	<4.9	4.9-5.7	5.8+		

Make the most of it!

To summarise, 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 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 wellness journey, it's not a complete program. Come to a WW Workshop www.ww.com/au/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: 13 19 97 or www.ww.com/au

In New Zealand: 0800 009 009 or www.ww.com/nz

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 to 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.

Don't Overdo It!

We generally recommend weighing yourself no more than once a week as part of an overarching wellness plan. Though it is 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
- 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:

- Weigh yourself more often than once a week.
- 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.

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, place the scale on a hard, flat surface (not carpet). With bare feet 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.

In the event that 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 alkaline 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, then replace the battery cover and tighten the screw. Remove batteries from equipment that is not to be used for an extended period of time. Remove used batteries promptly. **Dispose of the old batteries properly. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information provided.**


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, if it does not completely pull out or if the display does not light up even when you step on the scale, remove the screw from the battery cover, remove the cover and gently pull out the isolator tab. Ensure the batteries are installed correctly and then replace the battery cover and tighten the screw.
- For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

Using Voice Mode



To activate voice mode, press the switch on the back of the scale when the scale is on. You will hear the voice of "Hello!" and the icon in  fig 1 below will appear on the display screen.

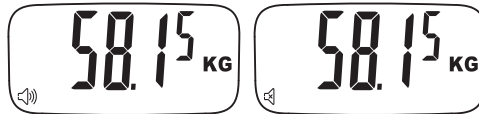
To turn off the voice mode, press the switch on the back of the scale when the scale is on. You will hear the voice of "Goodbye!" and the icon in  fig 2 below will appear on the display screen.

Note: The voice on and off switch cannot activate during user data setting mode and body analysis mode.

Using the Weight Only Mode

Instructions for customising your WW Body Analysis Scale are provided. However, the scale does not need to be programmed to operate as a simple weight scale.

- Step on the scale and stand still to measure your weight. The display will blink and the speaker will say "HELLO" if the voice mode is turned on, and will not read out if voice mode is turned off. The voice icon will appear on screen if voice mode is turned on , and will not read out if voice mode is turned off .



- The weight reading stays lit for several seconds. Then the scale will shut off automatically.