

## 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.ww.com/au/workshop](http://www.ww.com/au/workshop) or join online to learn how to build healthy eating habits, shift your mindset, improve your sleep, become more active and understand how to better manage your weight.**

**In Australia: 13 19 97 or [www.ww.com/au](http://www.ww.com/au)**

**In New Zealand: 0800 009 009 or [www.ww.com/nz](http://www.ww.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 your 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.

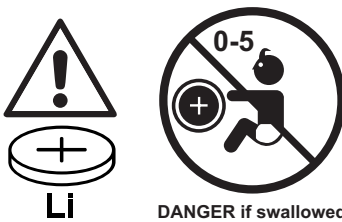
When using electrical appliances, especially when children are present, basic safety instructions should always be followed, including the following:

- 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.

### 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 battery) 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 purchasers.

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](mailto:aus_info@conair.com).

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#### WW ASSURANCE:

Questions? Comments? Call Conair Customer Service.

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For advice & tips on your new WW scale email us on: [aus\\_info@conair.com](mailto: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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