

## Personal Data Setting Mode

## 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.

### Select Between kg or lb

When "0.0"(lb) or "0.00"(kg) appears after pressing the scale, set switch on the base of the scale for measuring in pounds (lb) or kilograms (kg).

### To measure weight only:

1. Simply step on the scale with bare feet to turn it on.
2. Stand still to measure your weight. The scale display will flash"000" for a few seconds and then display weight.



## Customising Your User Data

**Please read these instructions completely before programming.**

**This scale can be customised for up to 4 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.**

### Instructions To Set The User Data For BMI Function

**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.

If you make a mistake and need to change the data entered, simply follow steps 1 - 7 again to reset the data.

If you would like to reset the data entered (i.e your age changes), simply follow steps 1 - 7 again to reset.

## Setting The Data

1. When the scale is switched off, press the center of the scale platform with your foot to turn it on.
2. When 0.00 is displayed, firmly press the SET button.
3. P-01 will flash in the display window - press UP or DOWN arrows to select user number. Once OK press SET.
4. Ht, or cm symbol will flash in the display window - press UP or DOWN arrows to select height. Once OK press SET
5. Age will flash in the display window - press UP or DOWN arrows to select age. Once OK press SET.
6. Male and female gender icon will flash in the display window - press UP or DOWN arrows to select gender. Once OK press SET.
7. The scale will now re-display all of the saved data and then switch off.

**NOTE:** You only press the SET button when you want to input data (eg: Height, Age, etc).

## The scale can be used in 2 ways.

### 1. Weight Only

Simply step on the scale with bare feet to turn it on, (ensure you are wearing no shoes, socks or stockings).

Ensure your feet are aligned on the stainless steel electrodes on the platform and be patient, if your feet are not aligned correctly on the stainless steel electrodes, or if you are wearing socks or stockings, the scale will display "Err" and then switch off.

### 2. Body Analysis

**NOTE:** Your age and height etc must be input to operate this function. (see "Instructions To Set The User Data For BMI Function" to set these).

1. When the scale is switched off, simply step on the scale with bare feet to turn it on.
2. Once 0.00 is displayed, firmly press the USER button.
3. P1 will flash - press UP or DOWN arrows to select your user number.
4. Once the user has been selected your previously input information will flash through on the screen.
5. Step onto the platform when the scale displays "0.0" ( do not stand on before)
6. Stand still and be patient while scale is working out all of the information, the scale will display your weight followed by the body fat, body water, etc.

**NOTE:** If you step on the scale before "0.0" appears, the scale will not function properly.

Scale will first show "---," then your weight only and "Err" if there is improper foot contact in the body analysis mode, (for instance, when you stand on the scale with socks or shoes on).

Hard or dry skin can prevent you from making proper contact with electrodes on the surface of the scale. Try applying a small amount of moisturiser to your feet before using the scale, but be careful not to slip on the stepping surface.

## 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 battery is installed correctly with regard to polarity (+ and -).
- 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.

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.

## 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

## Reset The Scale

### NOTE – ALL USER INFORMATION WILL BE DELETED

#### To reset you the user settings on your scale:

1. Press and hold the KG/LB button on the back of the scale.
2. While holding the KG/LB, press the SET button on the front surface of the scale 2 times, holding the SET button down the 3rd time you press it.
3. All user information on the scale will be deleted and the LCD display will show "CLr" for 4 seconds, then power off.
4. Unit settings will now revert to default factory settings.

## SAFETY CAUTIONS

- Use of this appliance is not recommended for people wearing an electronic implant (heart pacemaker, etc). Also, it will not work accurately for pregnant women.
- 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.
- Do not use if damaged, or if the appliance has been dropped.
- The battery should be removed for safe disposal at the end of its life.
- 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.

## 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).

**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)**

WW is the registered trademark of WW International, Inc. and is used under license by Conair Australia Pty Ltd.  
©2022 WW International, Inc. All rights reserved.  
**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 251159  
Pakuranga, Auckland  
New Zealand: 0800 266 247

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

IB-16/361B



## 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.**

WW710A



## 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 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 minimise the loss of lean tissue, include regular physical activity, especially strength training and adequate protein foods 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 100 kg and show 30% body fat, equalling 30 kg of fat (30% of 100 kg = 30 kg). A few weeks later, the same person may have lost a substantial amount of weight. Weight is now at 90 kg, yet body fat is still at 30%. Why? Did that person not lose any fat? Yes, they did. At 90 kg with 30% body fat, the person

now has 27 kg of body fat (30% of 90 kg = 27 kg'), meaning that 3 kg of the total 10 kg 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. Remember, to minimise the loss of lean tissue, include regular physical activity, especially strength training and adequate protein foods 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 – postmenopausal 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.

### Muscle Mass — What Is It?

Muscle mass is part of your lean body mass and gets measured as a percentage of your total body weight. There are different types of muscles in the body and men and women tend to have different amounts of muscle tissue. If you are losing weight, it is important to check if you are losing fat or muscle weight. Typically, you would want to lose fat rather than muscle. Muscles give tone and shape to your body and they help burn energy, even at rest. To minimise the loss of lean tissue, include regular physical activity, especially strength training, in your weight loss plan.

Body Analysis Table						
Always keep in mind that you know your body best. The following ranges of body fat, BMI, body water, bone mass and muscle mass are offered as guides.						
	too low	lower than normal	normal	higher than normal	too 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+

Muscle Mass				
	age	%	%	%
Male	20-29	<33%	44.1% - 55%	66.1% +
	30-39	<32%	42.4% - 52.7%	63.1% +
	40-49	<31%	40.4% - 49.7%	59% +
	50-59	<30%	38.8% - 47.3%	56% +
	60-69	<29%	37.8% - 46.3%	55% +
Female	20-29	< 26%	31.8% - 37.3%	43% +
	30-39	< 25%	30.1% - 35%	40% +
	40-49	< 23%	28.1% - 33%	38% +
	50-59	< 22%	26.8% - 31.3%	36% +
	60-69	< 21%	25.8% - 30.3%	35% +

#### 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 consistent the time of day, day of the week, time before or after food and fluid onsumption, 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 a complete program for losing weight. 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)**

## 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.

### 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 person. 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 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.

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. 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.

## 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, 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).
- Set switch on the base of the scale to measure in pounds (lbs), or kilograms (kg).
- 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.