

Congratulations on purchasing this Bluetooth®–connected WW Scales by Conair® Body Analysis Monitor!

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.BTScalesByConair.com** 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 more information, frequently asked questions and support, check **www.BTScalesByConair.com**

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, bone mass, muscle mass 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 subscriber, your weight data will automatically 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.

For more information on setting up the app, pairing the scale, and the features of the app, go to www.BTScalesByConair.com

For more information on the scale, on how to set yourself up as a user without the app, and more information 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.

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, 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.)
3. Use the switch on the back of the scale to set the units. (The scale is factory set to show weight in pounds. Use the switch to select kgs instead if you want your weight to show in kilograms)
4. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

Weight Measurement Only

(Using Scale Without App)

To measure weight only:

1. Simply step on the scale to turn it on.
2. Stand still to measure your weight. The scale display will flash for a few seconds and then display weight.
3. Step off the scale and it will shut off automatically.

Personal Data Setting Mode

(Using Scale Without App)

Personal Data Setting

Step on the platform to activate the scale. Wait for “0.0” to show, then press the SET button to enter into Personal Data setting mode.

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

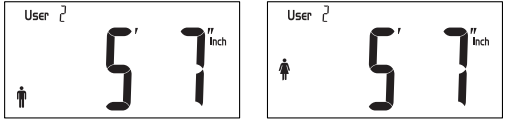
The scale will now enter the Height setting mode.

Height will flash. Press the UP or DOWN arrow 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 kg the height will display in cm. Pressing and holding the UP or DOWN arrow 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 arrow to choose the age (10 to 100). Pressing and holding the UP or DOWN arrow 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 arrow 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 “0.0” will appear on the display.

Note 1: If you need to edit any of your personal Data, you can do so while the 0.0 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

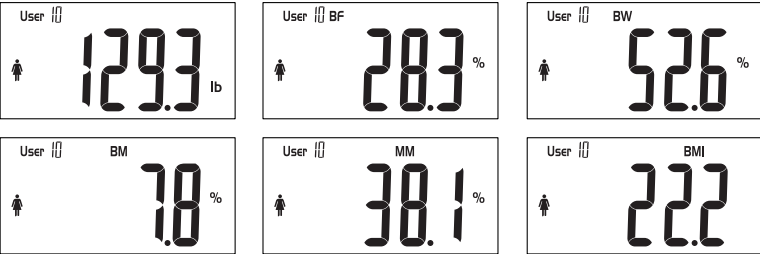
(Using Scale Without App)

Operate the scale on a secure, flat floor. Step on the platform 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 arrow to select your user number. Your data (height, age, gender) will quickly display again.

Once the LCD shows “0.0,” the scale is ready to take body analysis readings. Make sure you are barefoot with your feet aligned on the electrodes (metal strips) on the two sides of the platform. If your feet are not bare, the scale will not be able to take measurements and you will get an error reading.



After a few seconds of showing a flashing display, the LCD will show your body weight, body fat percentage, body water percentage, BMI, bone mass and muscle mass percentages 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) and your feet are aligned on the metal strips. 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 “Err” 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 “0.0” appears or if your feet are not aligned on the electrodes, the scale will not function properly.

Weight and Body Fat

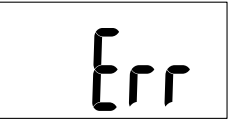
How does it work?

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 pounds 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?

When you lose weight, both the numerator (pounds of body fat) and denominator (total body weight) go down, so when it’s calculated as a body fat percentage, the number can be small. For example, a person may weigh 200 pounds and have 40% body fat (= 80 pounds of body fat). He/She loses 20 pounds, but the body fat has only dropped 4% to 36%. That 4% of body fat was 15.2 pounds of fat – a very significant amount! So do not be overly concerned if you do not see the percentage change quickly as you are losing weight: Monitor the absolute number of body fat pounds lost. 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 US government 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 64 oz. 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.

Body Analysis Table						
Always keep in mind that you know your body best. The following ranges of body fat, BMI, body water, muscle and bone mass are offered as guides.						
		too low	lower than normal	normal	higher than normal	too 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+
Bone Mass						
	age	%	%	%	%	%
Male	20-29	<7.2%	7.3-7.5%	7.6-8.4%	8.5-8.7%	8.8%+
	30-39	<7.0	7.1-7.3	7.4-8.2	8.3-8.5	8.6+
	40-49	<6.6	6.7-6.9	7-7.8	7.9-8.1	8.2+
	50-59	<6.2	6.3-6.5	6.6-7.4	7.5-7.7	7.8+
	60-69	<5.9	6.0-6.2	6.3-7.1	7.2-7.4	7.5+
Female	20-29	<5.8%	5.9-6.1%	6.2-7%	7.1-7.3%	7.4%+
	30-39	<5.6	5.7-5.9	6-6.8	6.9-7.1	7.2+
	40-49	<5.2	5.3-5.5	5.6-6.4	6.5-6.7	6.8+
	50-59	<4.8	4.9-5.1	5.2-6	6.1-6.3	6.4+
	60-69	<4.5	4.6-4.8	4.9-5.7	5.8-6.0	6.1+

