Congratulations on purchasing this Bluetooth® connected Weight Watchers Scales by Conair™! This device has several unique features that can make your weight monitoring experience better.

Before Using Scale

- The scale will now enter the Height setting mode.
- After you finish setting your height, the scale will enter the Gender setting mode.
- After setting your gender, the scale will enter the Personal data setting mode.
- After setting your personal data, the scale will enter the BMI setting mode.
- After setting your BMI, the scale will enter the Body fat setting mode.
- After setting your body fat, the scale will enter the Body water setting mode.
- After setting your body water, the scale will enter the Bone mass setting mode.
- After setting your bone mass, the scale will enter the Skin temperature setting mode.
- After setting your skin temperature, the scale will enter the Fat free mass setting mode.
- After setting your fat free mass, the scale will enter the Body weight setting mode.
- After setting your body weight, the scale will enter the Body fat measurement mode.
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Weight Management

This will give you a clear picture of any trend your weight is following. To keep track of your weight, record only one number for the week. Consistent weight loss is key to permanent weight loss. While a scale/body fat monitor can be a useful tool on your weight-loss journey, it’s not in and of itself a program for losing weight.

When You’re Losing Weight

It’s important to note the most consistent loss in the number on the scale. For scale readings to be accurate, you must weigh yourself at the same time of day, on the same scale. Your weight may fluctuate throughout the day due to the intake of food and beverages, exercise, and fluid consumption, before or after exercise, etc. The scale is not designed to be an accurate tool for measuring small changes in weight, including dehydration or changes in fluid levels which can affect weight. To get a more accurate picture, weigh yourself in the same way every day — same time of day, same scale, same clothes. Don’t go off your weight too often, as this will only create a cycle of being too caught up or get too concerned with a single number.

When You’re Losing Weight

When you're dieting, though it's hard to stick to this pattern, it's the best way to prevent small weight gains and losses as your body adjusts to fewer calories and more exercise. It’s important not to put too much stock in the exact number on the scale, because that number is not to be used for an extended period of time. Do not attempt to tighten the screw again. Remove used batteries promptly.

When the scale batteries need to be replaced (display shows “LO”), remove the battery and replace it with a new, fresh one. Please call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, California residents need only provide proof of purchase and postage and handling.