

**Remember:** A scale is an essential tool in any weight management program, but it only records your progress. Exercise, diet and determination are what you need to reach your goal.

**FCC Markings: Warning:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## SUPPLIER'S DECLARATION OF CONFORMITY

Brand: Thinner®

Model No.: TH106

Description: Bathroom Scale

Responsible Party: Conair LLC,

1 Cummings Point Road, Stamford, CT 06902

(203) 351-9000

**Standards:** FCC Part 15 Subpart B, ANSI C63.4-2014

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**DATE OF ISSUE:** December 31, 2020

**Please register this product at:** [www.conair.com/registration](http://www.conair.com/registration)

**Service Center**  
Conair LLC  
7475 N. Glen Harbor Blvd.  
Glendale, AZ 85307

**Questions**  
about your scale?  
**800-326-6247**  
[www.conair.com](http://www.conair.com)

# THINNER.

BY **CONAIR**

Scales for the way you live



**Extra-large,  
easy-to-read display**



**High-contrast blue  
backlight LCD**



**Tempered safety  
glass scale**



**Weighs up  
to 400 lb**

## Instructions for use of TH322 Scale

*Congratulations! By purchasing this Thinner scale, you've made the first step toward taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale.*

## INSTRUCTIONS FOR USE

### How to Operate

1. Remove all packing 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 display does not light up after the tab is pulled, 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. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).
4. Step on scale platform. The display will light up. Stand on platform without shifting or moving until weight is displayed (4–5 seconds). **NOTE:** Digital display automatically turns off after several seconds.
5. To change measurement units, when scale display is on, set switch on the base of the scale for measuring in pounds (lb) or kilograms (kg).

### Helpful Hints

Your Thinner® scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most 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 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 only.

### Battery Replacement

If battery is low and needs to be replaced ("Lo" will appear on screen), 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 again. Remove used batteries promptly. Properly dispose of the old batteries. **Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information below.**

## LIMITED TEN-YEAR WARRANTY (US and Canada only)

Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed, together with your sales receipt. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a receipt, the warranty period shall be 120 months from the date of manufacture.

**ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 120-MONTH DURATION OF THIS WARRANTY.** Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

**IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER.** Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

## THINGS YOU SHOULD KNOW ABOUT MANAGING YOUR WEIGHT

Diet, exercise, and determination all play a part in effective weight management. Your scale is the tool that lets you chart your progress, and measure your success, whether your goal is weight loss, weight gain, or maintaining your current weight.

Because weight varies, as explained below, focus on the progression and sustained long-term changes rather than on exact day-to-day readings. When you're dieting and exercising, small, fluctuating weight gains and losses are common.

### Common Causes of Weight Fluctuations (during the day and day-to-day)

- Water retention and weight gain from consumption of large meals
- Water retention from salt and carbohydrate intake
- Muscle buildup (muscle weighs more than fat) from strenuous resistance training
- Weight loss caused by dehydration due to illness, low fluid intake or strenuous exercise
- Temporary weight gains and losses from menstrual cycle

### Weight Maintenance vs. Weight Loss/Gain

Get into the habit of weighing yourself no more than once a week when you're on a weight management program. Weighing in at consistent intervals will give you the most accurate picture of your progress, eliminating many short-term, unrelated weight changes.

#### Follow These Simple Rules:

- Weigh yourself once a week.
- Weigh yourself on the same day of the week.
- Weigh yourself at the same time of day.
- Weigh yourself wearing the same clothes.
- Weigh yourself in the same place.
- Weigh yourself on the same scale.

Weight fluctuates more when a person is overweight or underweight. When the goal is to maintain current weight, weighing yourself more than once a week is a good way to stay on track.