

Facts You Should Know

Your Weight Watchers 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**. 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 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 (see polarity indicators molded into the battery box), 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. Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information provided.**

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.

Caution: Any changes or modifications not expressly approved by Conair Corporation, the manufacturer of this product and the party responsible for compliance could void the user's authority to operate the equipment.

LIMITED TEN YEAR WARRANTY

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 below that is nearest you, together with your sales slip and \$5.00 for postage and handling. 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 WRITTEN, LIMITED 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.

Please register this product at: www.conair.com/registration

Spanish translation available on our website: www.conairscales.com

Service Centers
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**QUESTIONS
about your
SCALE?**

1-800-326-6247
www.conair.com

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Model WW346

Instructions for use of
Weight Watchers bathroom scale

Congratulations! By purchasing this Weight Watchers 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.



Scales by **CONAIR**

weight
watchers

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, if it does not completely pull out, or if the display does not light up when you tap the scale, remove the screw from the battery cover, remove the cover and gently pull out the isolator tab. Ensure the batteries are installed correctly and then replace the battery cover and tighten the screw.

3. The Scale is set up to measure weight in pounds. To change the display to kilograms, press the lb – ky switch underneath the scale when the display is on.

4. For best accuracy, place scale on tile or hardwood floor, rather than uneven, flexible or soft flooring (such as carpet).

Using the Weight Only Mode

Instructions for customizing your Weight Watchers BMI Scale are provided. However, the scale does not need to be programmed to operate as a simple weight scale.

1. Tap the scale with your foot to turn it on. The display will light up.

2. Wait until all digits light for several seconds and “0.0” appears.



3. Step on the scale and stand still to measure your weight. The display will blink and then shows your weight.



4. The weight reading stays lit for several seconds. Then the scale will shut off automatically.

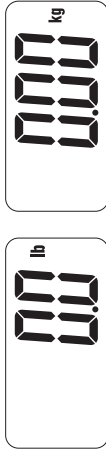
Setting Up Your Scale To Calculate BMI

This scale can be customized for up to 4 users. While the customization process is not difficult, it may be easiest to read all the instructions first to familiarize yourself with them. Then keep the instruction manual handy as you go through the process step by step.

Buttons: USER, SET, Up and Down arrows

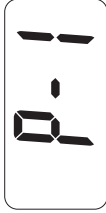
- To set your user data

Tap the scale to turn it on and wait until “0.0” appears.



Setting the user number

Press the “SET” button. The number “P-1” will appear and blink. Use the Up/Down button to select a user number (P-1 to P-4). Press SET to confirm.



Setting the height

Next, the inch or cm symbol lights up (if switch is set to lb, default is height in inches; if switch is set to kg, default is height in cm). Press the up or down arrows to adjust the height. Pressing and holding either the up or the down arrow will advance numbers quickly. Press SET to accept the height.



- Press the set button again to finish set-up. The scale will display your user data for a few moments.



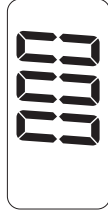
Once the scale display shows 0.0 again, the scale is ready to calculate your BMI. Or, you can let the scale display turn off automatically after several seconds.

BMI Mode

1. Operate the scale on a secure flat floor. Tap the scale to turn it on, and wait until “0.0” appears. Press the USER button repeatedly until your user number shows on the display.

2. Stored data for your user number appears (User number, and Height) then the scale displays “0.0”.

3. Step on the scale and stand still. The Display will flash slowly.



4. The scale will then display your weight.



5. Afterwards, the scale will show your Body Mass Index (BMI).



6. Weight and BMI results will show again and then the scale will turn off automatically.

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.

BMI		
Always keep in mind that you know your body best. The following range of BMI values is offered as a guide only.		
	normal	high
BMI	<20	20-25
		25+

Make the most of it!

To summarize, 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 extra-consistent in the time of day, day of the week, time before or after food and fluid consumption, before or after exercise, etc., when measuring body composition.

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. Come to a meeting and learn from us the best way to lose and maintain weight. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

Important Information Concerning Weight Management

Your scale is the best 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. Heavy-duty resistance training can build muscle, which can affect weight.

• The menstrual cycle can cause temporary weight gains and losses.

When You’re Losing Weight

It's important not to put too much stock in the exact number on the scale, because it can and will vary. This is especially true when you're dieting. Small weight gains and losses are common as your body adjusts to fewer calories 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.**

Don't Overdo It!

A surefire way to get overly concerned with your weight is to weigh yourself too often. 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 5 rules for effectively monitoring your weight – weigh yourself:

- Once a week, on the same day of the week

• In the same place

• At the same time of day

• Wearing the same clothes

• Using the same scale

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 Weight

Fluctuations in day-to-day weight tend to be smaller when weight is stable, so a more frequent weigh-in pattern is helpful. To maintain a stable weight:

- Weigh yourself more often than once a week.

• Use the “5-pound rule” – research shows that people who keep weight within a 5-pound range are more likely to maintain a healthy body weight over the long term.