

## 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, 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).

## Weighing In

1. Press the scale in the centre to activate. The display will light up.
2. When “0.00” appears in display window, step onto scale. DO NOT STEP ONTO SCALE UNTIL “0.00” APPEARS IN WINDOW.
3. Stand on platform without shifting or moving until weight is displayed (4–5 seconds). NOTE: Digital display automatically turns off after several seconds.
4. When scale display is on, set switch on the base of the scale for measuring in pounds (lb) or kilograms (kg).

## Facts You Should Know

Your Weight Watchers scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure the most accurate readings for 99% of your total body weight, 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.

**Do not attempt to open the scale or to remove any components. Servicing should be done by qualified technicians only. See warranty information on previous page.**

## Load Cell Technology

*Why is Load Cell Technology so accurate?*

Bathroom Scales manufactured using load cell and electronic strain gauge technology provide the most accurate weight measurement on the market. Custom electronics inside the scale automatically calibrates the scale every time it is turned on - no matter how often you use your bathroom scale.

The Weight Watchers scales manufactured with four load cells sense the weight at multiple points and electronically transfer the additive weight. Single load cell scales, measure the total weight on the scale, independent of the distribution. Without the need for springs and levers, there are virtually no moving parts inside the scale, providing a lifetime of accurate weight measurement.

Mechanical bathroom scales, manufactured with springs and levers, have a tendency to become less accurate over time. Environmental influences causing levers to rust or springs to become less flexible with use can affect accuracy of the reading. All Weight Watchers Scales by Conair are manufactured using precision electronic Load Cell Technology.

## Important Information from Weight Watchers:

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.

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.

## Make the most of it!

Your scale is a valuable tool when used to track weight over a period of weeks and months. Be aware, too, 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
- At the same time of day
- In the same place
- 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.**

## Weighing and weight maintenance

Once you lose weight, your scale will be a valuable tool in keeping it off. Fluctuations in day-to-day weight tend to be smaller when weight is stable, so at this point, a more frequent weigh-in pattern may be helpful. To keep lost weight off:

- 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 of their goal are more likely to maintain a healthy body weight over the long term.

**While a scale can be a useful tool on your weight-loss journey, it’s not in and of itself a program for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own\*.**

**Come to a meeting and learn from us the best way to lose and maintain weight. Go to [WeightWatchers.ca](http://WeightWatchers.ca) to find a meeting near you.**

## Battery Replacement

In the event that the scale battery needs 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 battery with a new CR2032 battery. Clean the battery contacts and also those of the device prior to battery installation. Ensure the battery is installed correctly with regard to polarity (with the “+” side facing up), then replace the battery cover and tighten the screw. Remove battery from equipment that is not to be used for an extended period of time. Remove used battery promptly. **Dispose of the old battery properly. 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

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 \$7.00 for postage and handling.

**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.**

**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.** This warranty gives you specific legal rights, and you may also have other rights which vary from province to province.

## Have a Question?

*Please do not return this product to the retailer.*

## Call Us First!

**Our customer service and product experts are ready to answer ALL your questions.**

**Please call our TOLL-FREE customer service number at: 1-855-926-6247 or visit us online at [www.conaircanada.ca](http://www.conaircanada.ca)**

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**QUESTIONS about your SCALE?**  
**1-855-926-6247**  
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## Instructions for use

To get the greatest benefit from your purchase, please read this entire brochure before using your scale.

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