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.

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 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

Service Centers

Conair Corporation
Service Department
150 Milford Road
East Windsor, NJ 08520

Conair Corporation
Service Department
7475 N. Glen Harbor Blvd.
Glendale, AZ 85307

QUESTIONS about your SCALE?

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

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Weight Watchers®

Scales by
CONAIR™

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.

Before Using Scale

1. Set switch on the base of scale to measure in kg (kilograms) or lb (pounds). If your scale does not have a switch, the scale is automatically set to display weight in lb (pounds).
2. Set scale on floor. Surface must be solid and level for accurate operation and safety.

Weighing In

1. Quickly and firmly tap center of scale platform with foot to activate digital display.
2. When “00.0” appears in display window, step onto scale. DO NOT STEP ONTO SCALE UNTIL “00.0” 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.

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, 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.

Battery Replacement

If battery is low and needs to be replaced, "Lo" will appear on screen, open the battery cover on the bottom of the scale and replace the old battery with a 3V lithium battery (CR2032). Clean the battery contacts and also those of the device prior to battery installation. Ensure the batteries are installed correctly with regard to polarity (+ and -). Remove batteries from equipment which is not to be used for an extended period of time. Remove used batteries promptly. Properly dispose of the old battery.

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

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. Weigh 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.

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.

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. Call 1-800-651-6000 or go to WeightWatchers.com to find a meeting near you.

FCC Markings:

This device complies with Part15 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.

**Heshka S et al. Weight loss with self-help compared to a structured commercial program: a randomized controlled trial. JAMA 2003; 289(14): 1792-1798.*