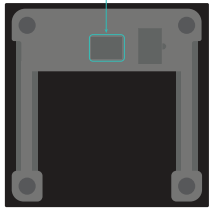


Step 1

Please confirm your model number is:

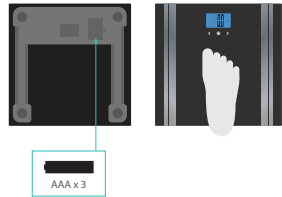
SA00144

The model no. is located on the base of your product



Step 2

Please choose a user number for your measurements



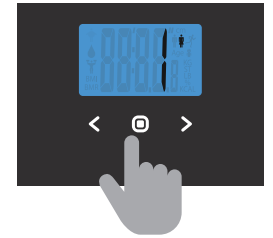
Ensure that Bluetooth is enabled on your mobile device and then step on the centre of the scale platform to turn your scale on

Step 3



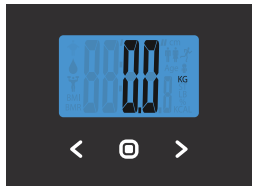
Place your scale on a firm flat surface and press the centre of the platform with your foot to turn it on

Step 4



Press the  button and use the   buttons to select your user number

Step 5



Wait whilst the scale confirms your personal data and then shows a zero reading

Step 6



When zero is displayed, with bare feet, step onto the platform and stand still

Your scale will then weigh you and measure a range of other values using BIA analysis

Step 7



If your scale is on and your app is open then your data will be synced automatically

If your scale is unable to connect, then your data will be saved to your scale until a connection is available

Step 8



You can sync your saved data at any time by opening the app and pressing on the centre of the platform to turn your scale on