

### Setting up your iScale before your first reading



- 1 Read your owner's manual for all safety and use information.



- 2 Insert batteries into your iScale and wait for it to pair. While you are in the battery compartment, double-check that the unit measurement is set correctly to lbs or kgs.



- 3 Place your iScale on a flat surface near an exterior door or window.

Note: Please do not place your iScale on carpeted floors.



- 4 Tap the scale with your foot to wake up the device and allow it to calibrate.



- 5 When you see 00, your iScale is ready to take your reading. Step on the scale to take your first reading.



- 6 Wait for the on-screen confirmation message "oH" or "oK".



- 7 You're done! Your results are automatically sent to your provider.



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