Outside

What Your Scale is Trying to Tell You

SENT	Success! Your weight has been transmitted to your account.
BATT	The batteries are running low. Replace them with 4 new AA batteries.
STEP OFF	Step off the scale and wait for the display to turn off. Then try again, making sure that you press lightly, remove your foot, and wait for the "0.0" to appear before weighing yourself. If "Step Off" continues to appear, contact your Omada support team.
ER4 ER5 ER6	Your scale can't get a cellular signal. Try moving it upstairs or closer to a window. If that doesn't work, contact your Omada support team.

Scale Safety Warnings and Instructions

Please read and follow these safety instructions when using your scale.

- The scale should not be used to diagnose or treat any medical condition. Always consult your physician.
- Do not use the scale if you have any internal medical device without first checking with your physician.
- Do not step on the scale if its surface is wet — it will be slippery.
- Do not drop your scale.
- Do not use if cracks are present on the glass surface of the scale. Serious injury might occur.
- Do not expose your scale to extremely high or low temperatures.
- Do not leave your scale in direct sunlight for an extended period of time or leave it near open flames.
- Handle the batteries in accordance with the instructions supplied by the manufacturer.

FCC Regulations:
This scale 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.
This scale 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 radiated 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.

FCC Note:
Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user´s authority to operate the equipment.
RF Exposure Information (SAR)
This scale is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the United States.

The exposure standard for wireless devices employing a unit of measurement is known as the Specific Absorption Rate, or SAR.
The SAR limit set by the FCC is 4.0W/kg(10g).

This device is complied with SAR for general population /uncontrolled exposure limits in ANSI/IEEE C95.1-1992 and had been tested in accordance with the measurement methods and procedures specified in IEEE1528.

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Start Here

A quick guide to your new scale, plus how to get our mobile app

Inside

Healthy Habit #1: Weigh in Every Day

Stepping on your scale every morning keeps you focused on your goals, connects you with your coach, and helps customize your program.

How to Use Your Scale

1 **Load the batteries.**
Flip your scale over to find the battery compartment and install the 4 AA batteries provided for you.

2 **Get ready.**
Put your scale on the floor (no carpet or tile, please). Take off your shoes and clothes for an accurate reading.

3 **Wake up the scale.**
Press scale with one foot until a dotted line flashes on the display. Remove your foot, and **wait until you see "0.0."**

4 **Weigh in.**
Step on the scale with both feet. When you see your weight on the display, step off. A dotted line will flash as the scale connects with your account, and "Sent" will appear when your weight has been transmitted to your account and coach.

Smartphone Users: Download Our Free App

The Omada mobile app allows you to access your program on the go, snap photos of meals, and get timely tips and reminders.

1 **Find it.**
Go to the App Store® on your iPhone® or the Google Play™ store on your Android™ phone, and search for "Omada."

App Store Google Play

2 **Download it.**
Click "Get" or "Install" to download the app to your phone.

3 **Move it.**
Move the app icon to your Home screen, where you'll see it every day.

Omada

No smartphone? No worries. You'll have everything you need and more on our website.

We're Here to Help

Have questions? Here are 3 ways to get more info:

- Go to support.omadahealth.com
- Send an email to support@omadahealth.com
- Call us at (888) 409-8687

For more tips on using your scale, go to:
www.omadahealth.com/scale

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