

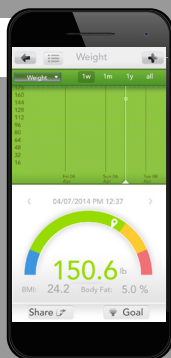
DOWNLOAD THE FREE APP



Download on the
App Store



ANDROID APP ON
Google play



Vitasigns makes health awareness easy with intelligent devices that support Smart Routines for you and those you love.

Track your weight as part of your Smart Routine for health awareness. Pair your device with the Vitasigns App to store data, monitor progress, set and achieve goals or even share your information with a personal trainer or physician. Download the free Vitasigns App from the Apple App Store or Google Play.

www.vitasigns.com/app

Setting Up the **Application**

Downloading the App

The first step in setting up your Vitasigns Application is to download the Application from either the App Store or Google Play.

You can also visit vitasigns.com/app

Set Up Your Account

After you launch the App it's time to set up your Vitasigns account. To begin, press the "Sign Up" button:

1. Enter your email address and create a password.
2. Enter your name and select your gender.
3. Select your birthday.
4. Enter your height and weight.
5. Select or take a photo of yourself to be used as your account avatar.
6. Confirm that your information is correct and press the "OK" button.

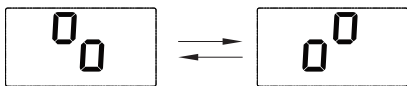
After adding an initial user profile on the devices menu, Vitasigns will find all compatible Bluetooth devices that are powered up and within range. Be certain that your approved Vitasigns device is on and within close proximity.

Syncing Your Digital Scale

Download the App Before Proceeding

Follow these easy steps to sync your Smart Series Bluetooth Digital Scale:

1. Make sure the Bluetooth setting on your mobile device is turned "On."
2. Launch the application on your mobile device.
3. Select the settings icon in the top right corner and press the plus sign to "Add a Device."
4. All compatible devices detected will be displayed. Click on the device that you want to pair.
5. Press and hold the "Unit" button on the back of the scale. The symbols below will appear indicating that the device is attempting to pair.



6. When the symbol on the scale changes to the image below, you will know you have paired your device successfully.



If the pairing fails, "E1" will display and you should try again.



TWO-YEAR WARRANTY

This Vitasigns product is warranted to be free of manufacturer's defects in materials or workmanship for two years from the date of purchase. Damage or wear resulting from an accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair are not covered under this warranty.

Should this product require warranty service (or replacement at our discretion) please contact client service to obtain a Return Merchandise Authorization number (RMA) and return instructions, proof of purchase is required. Products returned without a Vitasigns generated RMA number will not be accepted and the sender will not receive a refund, replacement, or repaired product.



info@vitasigns.com

1.888.824.2424

There are no express warranties except as listed above. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

PLEASE DO NOT RETURN PRODUCT TO A RETAILER. TO OBTAIN WARRANTY SERVICE OR REPAIR SIMPLY CONTACT US DIRECTLY. THANK YOU.

The Vitasigns logo is located in the top right corner. It features a green heart-shaped pulse line icon followed by the brand name "Vitasigns" in a white, sans-serif font.A close-up of the digital display on the scale. The display is red and shows the number "180.125". To the right of the number are the units "lb" and "kg". Below the number is the text "BIA" and a Bluetooth symbol. The display is set against a dark background.

Max. 180kgx100g / 396lbx0.2lb

Smart Series

Bluetooth Digital Scale

Quick Start Guide

The Vitasigns logo is located at the bottom of the page. It features a green heart-shaped pulse line icon followed by the brand name "Vitasigns" in a white, sans-serif font.

VS41133-0200

Welcome to



Our mission is to empower you to live a healthy life. We're passionate about creating simple technology that helps you monitor your vital signs so you can achieve your health and fitness goals.

Our intelligent devices improve your health awareness by making it easy to measure, monitor, and track your weight, pulse rate, blood pressure, steps, activity, and more.

Every day – people just like you choose our products. We honor that choice by ensuring our products are the highest quality and by doing business responsibly.

Thank you for making Vitasigns a part of your life.

Getting Started

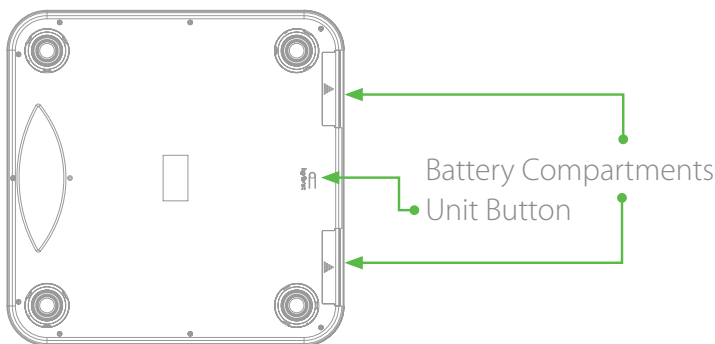
Inserting the Batteries

Before using your Smart Series Bluetooth Digital Scale, you need to insert the enclosed batteries. Do this by opening both battery compartments on the bottom of the unit and inserting **2-AAA batteries into each compartment** (total of 4-AAA).

Make certain that you insert the batteries in line with the polarity indicators inside the compartment.

This display will flash “8888” when you insert the batteries.

Close the battery compartment doors and wait for the



Selecting the Unit of Measure

To select your unit of measure, press the “Unit” button on the bottom of the scale to cycle through and choose between pounds, kilograms or stones.

Initializng Your **Digital Scale**

Setting the Scale to Zero

The first time you use your Smart Series Bluetooth Digital Scale, and anytime you move your scale, it will need to be initialized or set to zero so that it weighs you properly.

Follow these simple steps to initialize your scale:

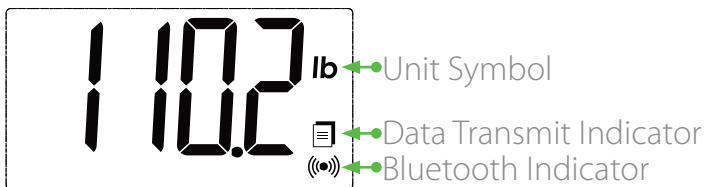
1. Make sure your scale is on a hard flat surface, not carpet.
2. Tap one foot onto the scale until you see the display illuminate and "0: 0.0" appears.
3. Remove your foot and wait for the display to go dark.
4. Your scale is now initialized. From this point, simply step onto the scale to take your weight.



Taking a **Measurement**

Measuring your Body Weight

1. Make sure your scale is on a hard flat surface, not carpet, and has been initialized.
2. Step onto the scale and remain there until the measurement displayed is stable, which will be indicated when the unit symbol "lb" stops blinking.
3. You may step off of the scale, the measurement will continue to be displayed for 5 seconds, after which time the scale will turn off.
4. If your scale is paired with a mobile device using the Vitasigns App, data will transmit automatically. The symbols below will display during data transmission and will disappear once data has been transmitted successfully.



Note:

If the scale is turned on and no measurement is taken, it will shut off automatically after 10 seconds.

Tips for **Good Measurement**

Weigh-in Daily or Weekly at the Same Time

When you're trying to lose weight, it's only natural to want to jump on the scale frequently. But doing this can lead to frustration. Weighing yourself daily or at different times of day can put you on a weigh-in roller coaster, since body weight fluctuates throughout the day.

Instead of acting on that urge to weigh yourself constantly, transform it into a Smart Routine. Get on the scale once a week at the same time of day.

Experts suggest that a morning weigh-in, done before eating and drinking, may give you the most accurate and consistent readings.

Remember that the scale isn't the only measure of weight loss success. If you are strength training regularly, you may find that the scale isn't moving as much as you expected -- even though you feel and look better. The reason: strength training builds muscle, and an increase in muscle weight can hide the fact that you're actually losing body-fat weight. So to put your weekly weigh-ins in the proper perspective, ask yourself a few big-picture questions: Do my clothes fit better? Do I have more energy? Is my outlook more positive?

If so, you're certainly on the right track.