

Lose It![®] Health o meter[®]

QUICK START GUIDE



Batteries: Open the battery cover located on the bottom of the scale and remove the battery insulation tab in the battery compartment.

Compatible with Apple devices which support Bluetooth[®] 4.0 including: iPhone 4s, iPhone 5, iPhone 5s, iPhone 5c, iPod Touch (5th Generation), iPad (3rd and 4th Generation), iPad mini.

CONNECTING THE SCALE TO A COMPATIBLE DEVICE AND ACCOUNT

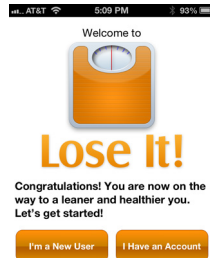
1. Download the Lose It! App from the iTunes store or from www.loseit.com.

It is important to follow the on screen instructions to complete a personal profile. Information such as height, gender and date of birth are necessary to accurately measure body composition. If you are already a Lose It! User, skip to step 4.

2. Make sure that Bluetooth® on your device is turned on. Go to your device settings to activate Bluetooth®.



3. Open the Lose It! app and complete the account setup.

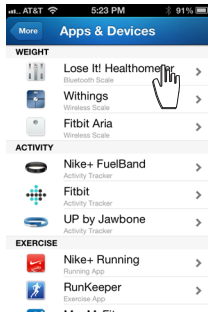


NOTE: You should consult a physician prior to beginning or modifying any weight loss program. Lose It! should not be used by pregnant women or individuals under age 18.

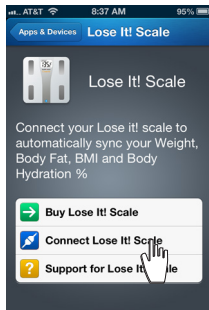
4. Select "More" from the bottom of the screen.
 - Select "Apps & Devices".



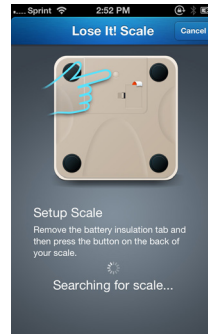
5. Select the Lose It! Healthometer Scale.



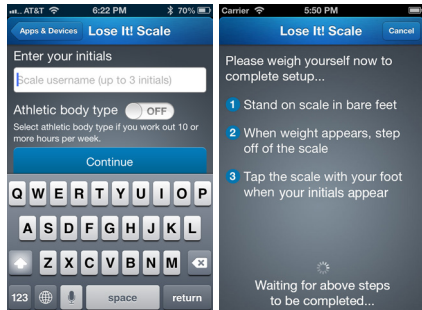
6. Select Connect Lose It! Scale.



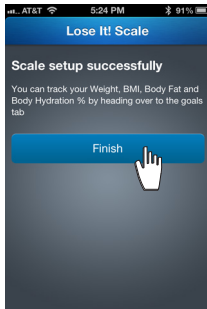
7. Link the scale to your device.



8. Follow the on screen instructions to create your scale profile and take your measurements.



9. Once your profile is confirmed on the scale, select Finish to end the setup. Your scale is now connected.



SETTING UP MULTIPLE USERS:

Your scale can be set up for up to four users. Each user must use their own device. Only one account can be used on each device.

Follow the above instructions for each individual user's device.

TROUBLE SHOOTING:

If data does not sync to your device:

- Try opening the Lose It! app before weighing yourself.
- Make sure the Bluetooth® on your device is turned on.
- Make sure the scale is connected to your device.
- Make sure your device is in close proximity to the scale.

NOTE: We recommend each user should only sync one device to their scale. Syncing multiple devices per user to the scale may cause the scale to not sync properly to the phone. All Lose It! data is automatically kept in sync across multiple devices, so only one mobile device needs to be connected to the scale.

WARNING: Do not use this product if you have a pacemaker, other electronic medical implant or if you are pregnant.

© FitNow, Inc. d/b/a Lose It!, 250 Northern Ave, Boston, MA 02210. All rights reserved.

©2014 Sunbeam Products, Inc. doing business as Jarden Consumer Solutions. All rights reserved. Distributed by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions, Boca Raton, Florida 33431

Printed in China

171115 Rev. C
GCDS-HOM32999-JC