



**Peripheral Devices:
How to use your
digital weighing scales**

Important

This guide was created to offer quick reference information. It is not intended to replace the official product guidance for your weighing scales. Please contact your health provider to view the official instruction manual if you have any issues.



When taking your weight, ensure that a routine is in place. It is important to take weight at a similar time of day, wearing similar pieces of clothing.

Your weighing scale must be a digital weighing scale and set to take weight in KG. It will look similar to these examples



1. Place your weighing scales on a flat, stable surface. Preferably on a hard floor.
2. Activate the scales by switching them on or stepping onto them.
3. Stand with both feet flat on the scales, attempting to keep your body weight even across both feet.
4. Remain still until the reading stabilises on the digital display.
5. It is a good idea to write the reading down as the display will turn off after a short time.



When the batteries require replacing, the battery icon will indicate as low on the digital display screen. Open the battery compartment and replace the old batteries with new ones. The battery icon should now indicate as full.



For technical assistance call 01372 899031

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