

UK AFTER SALES SERVICE

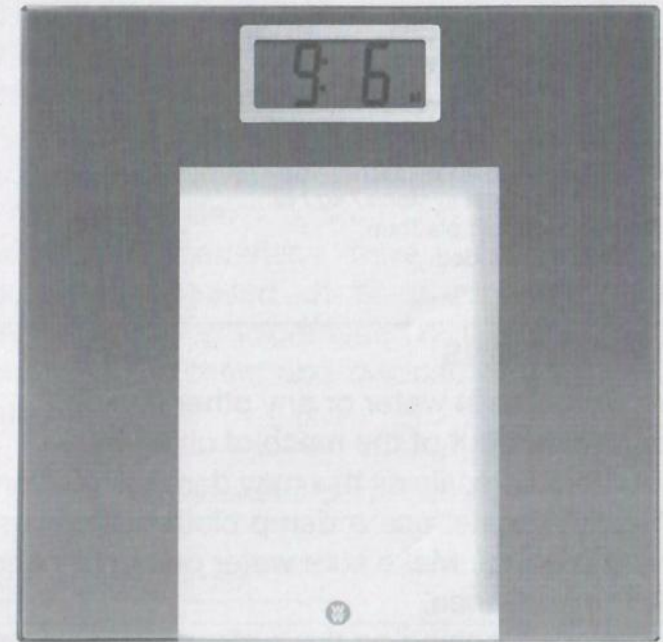
For further advice on using the appliance or should you need to return your product, please contact the Conair Customer Care Line on 0345 2 668951 (09:00 to 17:00 Monday to Friday) or email your enquiry to ukinfo@conair.com.

The return address is:

Customer Care Centre
Conair Logistics
Unit 4, Revolution Park
Buckshaw Avenue
Buckshaw Village
Chorley
PR7 7DW

Please enclose your returns number, name and address details, together with a copy of proof of purchase and details of the fault.

IB-12/406B



ULTRA SLIM DESIGNER PRECISION SCALE

Model 8998U

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ULTRA SLIM DESIGNER PRECISION SCALE

This Weight Watchers scale uses the latest technology for successful weight management.

FEATURES:

- Large 1¼ inch / 33mm LCD display.
- Monitors body weight.
- Maximum capacity 25st 0lb / 160kg / 350lb.
- Measures body weight in 3½ oz / 100g increments.
- Choice of measurement in stone / kg / lb.
- Sturdy, impact resistant platform.
- 3 x AAA batteries included.
- 15 year guarantee.

SAFETY CAUTIONS

- Do not immerse in water or any other liquid.
- Keep the scale out of the reach of children.
- Do not drop the scale as this may damage the sensors.
- To clean the scale, use a damp cloth without using a cleaning product. Make sure water does not penetrate inside the appliance.
- Do not place anything on the surface of the scale.
- Always inspect the appliance before use for noticeable signs of damage.
- Do not use if damaged, or if the appliance has been dropped.
- In the event of damage, contact the Conair Customer Care Line (refer to 'UK After Sales Service' for further

information).

- This product complies fully with all appropriate EU and UK Legislation and the Standards relevant to this type and class of appliance. We are an ISO9001:2015 accredited company that continually evaluates our Quality Management System performance. If you have any queries regarding product safety and compliance, please contact the Conair Customer Care Line (refer to "UK After Sales Service" section.)
- The batteries should be removed for safe disposal at the end of their life.
- When the batteries have run down, they should be disposed of at a recycling centre to safeguard the environment. If the batteries leak, avoid touching them and dispose of it at a recycling centre.
- This scale is designed for home use only and is not suitable for professional purposes.

INSTRUCTIONS FOR USE

IMPORTANT! BEFORE USE:

- Locate the 3 x AAA batteries included in packaging.
- Open the battery compartment on the underside of the scale.
- Insert the 3 x AAA batteries, positioning them as indicated in the battery compartment.
- Clean the battery contacts and also those of the device prior to battery installation.
- Close the battery compartment.
- Your scale is now ready for use.
- The scale is set to (St) stones and pounds, for (Kg) kilos or (Lb) pounds,

move the switch on the underside of the scale.

- Place the scale on a flat, level surface for accurate operation and safety.
- This scale is for use on hard flooring only – NOT to be used on carpet, as the reading will be inaccurate.

INSTRUCTIONS FOR USE

- Tap the scale firmly and quickly in the centre to activate.
- **IMPORTANT!** Wait for '0:0' to display



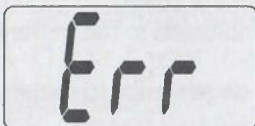
- Step on to the scale.
- Your weight displays.



- The scale turns off.



- 'Err' will display if you stand on the scale before '0:0' appears, or if your weight is greater than the capacity of the scale (see 'Features').



IMPORTANT!

- Your Weight Watchers scale is a precise measuring instrument that is most

accurate when weighing a stationary object.

- To ensure accurate readings, always try to stand on the same area of the scale's platform and **DO NOT MOVE**.
- As this scale is so accurate, it's important to stand still and not to get on and off the scale repeatedly. Even a slight change in your position will cause a different reading. As the scale rounds up or down to the nearest increment, this can contribute further to different readings with repeat weighing.
- Ensure the scale is on a flat, level surface.
- Do not keep moving the scale to a new location, as this too can cause different readings. Try to keep it in the same place.
- It is best to measure yourself using the same scale, as results can vary between scales due to manufacturing tolerances.
- You will get an 'Err' message if you stand on the scale before '0:0' appears.
- You will get an 'Err' message if your weight is greater than the capacity of the scale (see 'Features')
- When you're losing weight, weigh yourself only once a week, on the same day of the week, at the same time of day, wearing the same clothes or the same amount of clothing. Do not weigh yourself after a large meal.
- To clean the scale, use a damp cloth without using a cleaning product. Make sure that water does not penetrate inside the appliance.
- Do not place anything on the surface of the scale.
- This scale is designed for home use only and is not suitable for professional purposes.

Using the scale for tracking progress

Weight Fluctuations

A scale measures your total body weight, which includes bone, muscle, fat, and water. Weight can fluctuate day-to-day (and during the day) due to a number of factors. For example:

- High salt intake can increase the body's retention of water, which may temporarily increase the weight.
- Dehydration from exercise, illness or low fluid intake can cause temporary weight loss.
- Hormonal changes in the menstrual cycle can cause increased water retention leading up to the period – resulting in temporary weight gain.

Scale Readings

Because weight can fluctuate over very short periods, it is advisable not to place too much importance on every scale reading; but your scale is a very valuable tool for monitoring your weight between weeks and over several months.

Take note that different scales may give different readings. The scale at your GP practice may show a different reading to your home scale – use the reading on your home scale to monitor your weight.

Monitoring Weight

Waist circumference can give an indication of change in weight, but regular weight checks are the easiest way to keep track of progress. However, weighing yourself too frequently can cause unnecessary anxiety about temporary changes in scale readings (see Weight Fluctuations above).

Here are 5 steps for monitoring your weight sensibly:

- Weigh once a week and on same day of week.
- Weigh at same time of day (e.g. in morning, after peeing and before drinking).
- Wear same clothing (e.g. what you usually wear in bed).
- Use same scale.
- Place scale in same location.

Although a scale can be a useful tool on your weight-loss journey, it is not in itself a programme for losing weight. Studies show that people lose three times more weight on Weight Watchers than they do on their own.*

Come to a meeting and learn from us the best way to lose weight and keep it off for good. Call 0345 2 668951 or go to www.weightwatchers.co.uk to find a meeting near you.

* Heshka S et al. JAMA 2003;289(14): 1792

Facts You Should Know

Your Weight Watchers scale is a precise measuring instrument that is most accurate when weighing a stationary object. To ensure accurate readings, always try to stand on the same area of the scale platform and **DO NOT MOVE**. Should the weight on the scale exceed the scale's capacity, you may see an error message 'Err'.

REPLACEMENT OF THE BATTERY

Your Weight Watchers Scale is provided with 3 x AAA batteries that can be replaced by batteries of the same type.

To replace the batteries:

- When the batteries are low, the display will show 'Lo' for a few seconds.
- The battery compartment is located on the underside of the scale. Turn the scale over.
- Push in the tab on the battery compartment cover to release the catch and then lift the cover.
- Remove all 3 x AAA batteries as old and new batteries should not be mixed. When the batteries have run down, they should be disposed of at a recycling centre to safeguard the environment. If the batteries leak, avoid touching them and dispose of them at a recycling centre.
- Replace with new batteries of the same type. Do not mix alkaline, standard or rechargeable batteries. Position the batteries with the side marked with a '+' facing upwards.

NOTE: Remove the batteries completely if the scale will not be used for a long period of time.

UK GUARANTEE

This Weight Watchers scale is guaranteed for consumer use for 15 years. (This guarantee does not include the battery/batteries). This guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repairs by unauthorised persons. If the appliance does not perform satisfactorily due to defects in materials or manufacture, it will be repaired or replaced through Conair UK After Sales Service. The Conair Group Ltd reserves the right to amend terms and specifications without prior notice.

This guarantee in no way affects your statutory rights.