

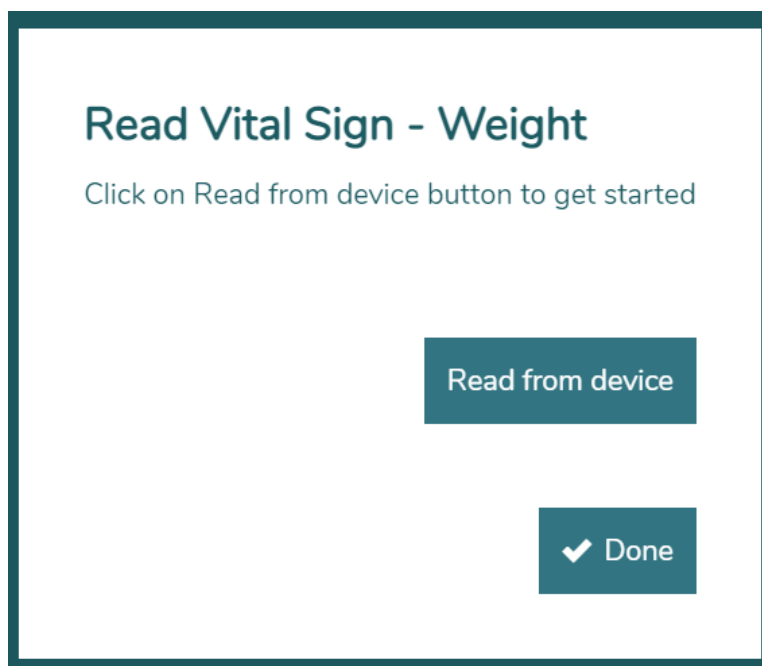
How to Check your Weight using the A&D Scale

Step-by-step instructions to check your weight using the A&D scale connected to the aTouchAway™ App.

Your A&D scale should have already been paired to your tablet. These instructions will show you how to respond to the tablet when you receive instructions to check your weight.

Prior to taking your weight, you should make sure that the scale is on a hard surface. It will read incorrectly if it is placed on a rug or carpet. Also, ensure that you're wearing similar amounts of clothing every time you take your weight.

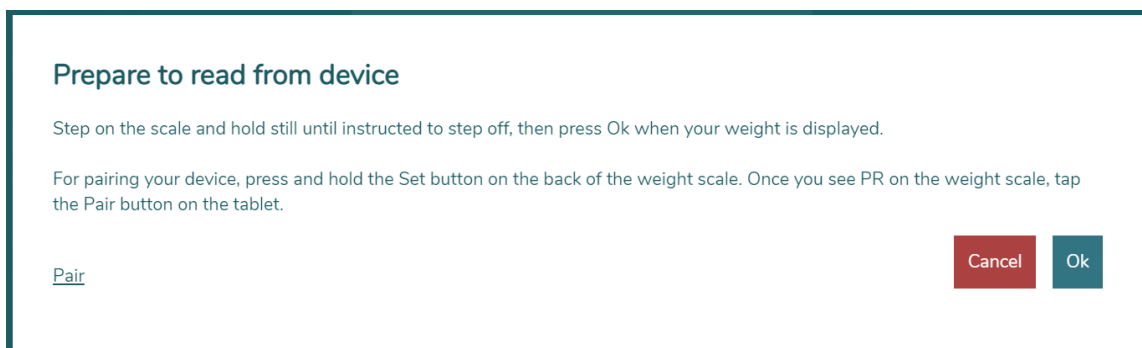
You may have the option to manually enter your weight results or to have the aTouchAway™ App read the results directly from your device. We recommend reading directly from the device.



Once you've selected **Read from device**, touch the **Done** button. Follow the instructions on the screen and the directions on the scale to get a correct weight reading.

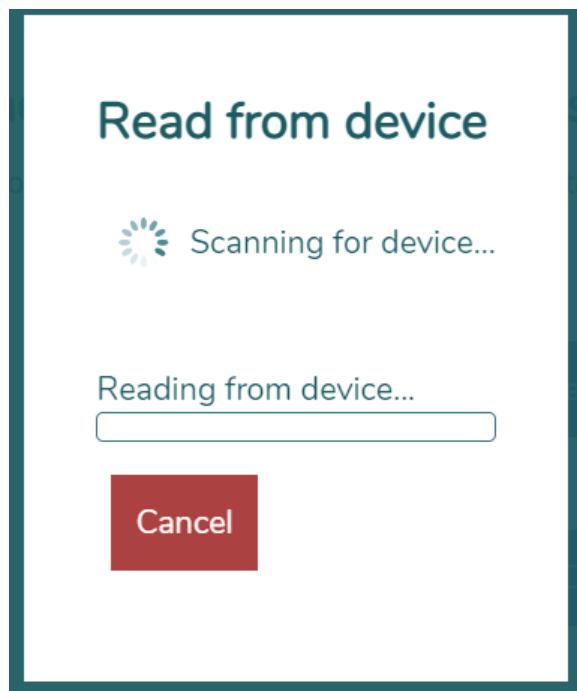
The following instructions will appear on your screen.

You do not need to do anything to turn the scale on. Simply step onto the scale. The scale will tell you to **Step Off**. Then it will display your weight.



Touch the **Ok** button to continue.

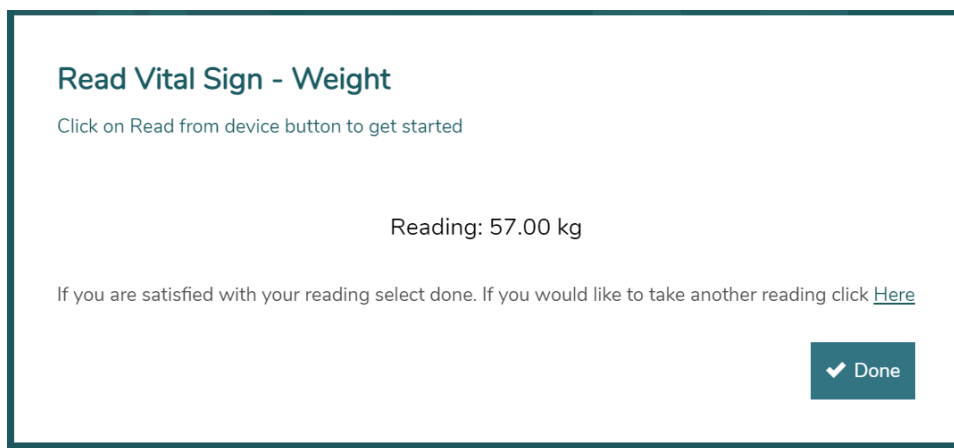
The tablet will then connect to the scale.



Your weight will then be uploaded to the tablet. If the weight is not accurate, you can start the process again by touching **Here** on the tablet screen.

If your scale does not connect to the tablet, you can choose to manually enter your reading on the initial screen. Touch **Here** above the **Done** button, to return to the main screen.

If the weight looks correct, touch **Done** to complete the reading.



Touch **Ok** to try the process again or select **Manual entry** and enter your weight results as they appear on your scale.

