

Your Scale

Rapid weight gain can be an early sign of fluid retention. Weighing yourself daily helps your care team identify changes before you begin feeling worse.

How often should I check my weight?

- Weigh yourself at least once daily, or as instructed by your provider.
- For the most consistent results, weigh yourself at the same time each morning.
- Try to weigh yourself after using the restroom and before eating or drinking anything.

A note about these guidelines

The information included reflects our most common recommendations. Your provider or care team may give you specific instructions that are different — always follow their guidance first. If you have questions about how or when to take your readings, call the care team.

For The Most Accurate Reading

- Weigh yourself at the same time each day, preferably in the morning.
- Wear similar clothing each time you weigh yourself, or ideally, weigh yourself before getting dressed at all.
- Follow any weight guidelines provided by your care team and contact them if you notice a significant or unexpected change in your weight.

Capturing Your First Reading

1



Read your owner's manual for all safety and use information

2



Insert batteries into your iScale and wait for it to pair. While you are in the battery compartment, double-check that the unit measurement is set correctly to lbs or kg.

3



Place your iScale on a flat surface near an exterior door or window.

Note: Please do not place your iScale on carpeted floors.

4



Tap the scale with your foot to wake up the device and allow it to calibrate.

5



When you see 00, your iScale is ready to take your reading. Step on the scale to take your first reading.

6



Wait for the on-screen confirmation message "oH" or "oK".

7



You're done! Your results are automatically sent to your provider.

**For more
information,
see full
user manual.**

Need Help?

Smart Meter® Support:
1-844-445-8267
Monday - Friday 9AM - 5PM EST