

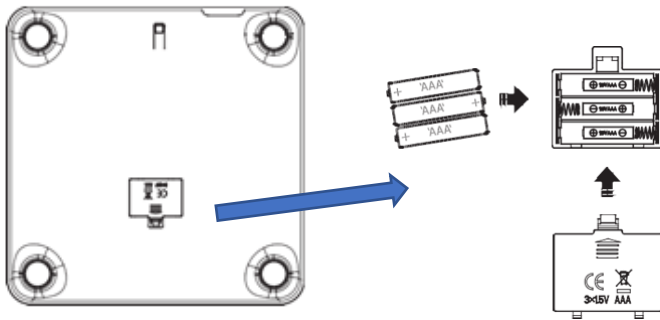


Wireless Scale Quick Start Guide

Model # ADF-B833

Installing the Batteries

New batteries were installed in your device before shipping. Unless instructed by a support person, skip this section



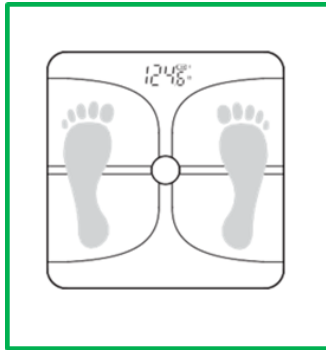
The scale operates on 3 AAA batteries.

1. Open the battery cover on the back of the scale.
2. Insert the batteries according to the "+" and "-" polarity symbols at the bottom of the compartment.
3. Replace the battery compartment cover.

Do not allow other people to use your scale. The scale is specifically assigned to you and you only. Allowing other people to use your scale can mislead your provider.

Taking a Measurement

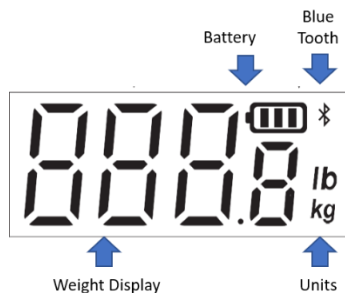
1. Always place the scale on a flat, hard surface. Do not use on carpets.
2. Press lightly on the scale platform and then release it to start. The Scale will display 0.0 and then the display will turn off. You can now step onto the scale to get a measurement.
3. The scale will turn off automatically after your measurement is complete.
4. The reading will be automatically transferred to the RCP SmartHub and sent to your provider.



1 Proper Placement of Feet

Understanding the Results

Your weight will be displayed on the LED readout at the top of the scale. The display will indicate if it is showing your weight in Pounds or Kilograms. If the unit is not correct, press the switch on the back of the scale and take another measurement.



Healthy weight ranges vary by individual. Consult your provider to determine your optimal weight range.