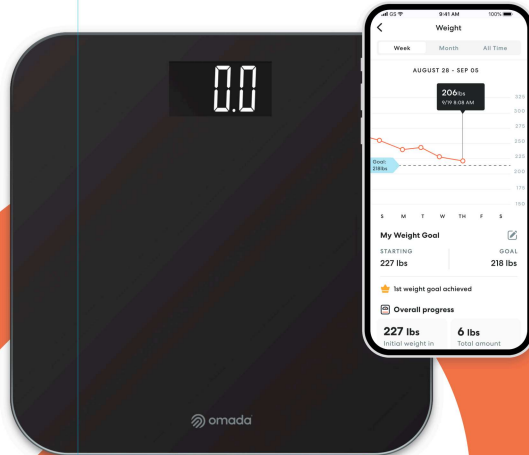


# Meet your new favorite scale.

Step on your Omada scale daily to discover insights in the app and get more personalized care from your coach.



## Setting up your scale is simple

### 1 Load the batteries.

Add the provided batteries (hidden below the scale) to the compartment on the bottom of the scale.



### 2 Weigh in.

Put your scale on the floor (a hard, flat surface is best), press a foot on the scale briefly to wake it up, and wait until you see "0.0." Now, step on the scale with both feet to weigh in.



### 3 See your weight history in the app.

After using the scale, your weight will be sent to your coach and Omada account automatically. The scale comes connected to cellular — no WiFi required.

## Get the Omada app (if you haven't already)

Access your weight history — and many more powerful tools — in the Omada app. Point your phone's camera at the QR code below to download the app now.



You can also search for "Omada" in the App Store or Google Play store.



Common questions

**How often should I use my scale?** It's best to weigh in daily. It's not about a single number on the scale — use the app to see patterns and meaningful progress over time.

**Why should I track my weight?** In the Omada app, you can track your weight, meals, and physical activity. Research shows that tracking these three areas is consistently associated with more successful weight loss.

**Should I remove my clothes before stepping on the scale?** For the most accurate reading, it helps to remove your clothes and shoes.

**For more tips on using your scale, go to:** [omadahealth.com/scale](https://omadahealth.com/scale)



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What Your Scale is Trying to Tell You

SENT Success! Your weight has been transmitted to your account.

BATT The batteries are running low. Replace them with new AA batteries.

STEP OFF Step off the scale and wait for the display to turn off. Then try again, making sure that you press lightly, remove your foot, and wait for the “0.0” to appear before weighing yourself. If “Step Off” continues to appear, contact your Omada support team.

ER4  
ER5  
ER6 Your scale can't get a cellular signal. Try moving it upstairs or closer to a window. If that doesn't work, contact your Omada support team.

Scale Safety Warnings and Instructions

Please read and follow these safety instructions when using your scale.

- The scale should not be used to diagnose or treat any medical condition. Always consult your physician.
- Do not use the scale if you have any internal medical device without first checking with your physician.
- Do not step on the scale if its surface is wet — it will be slippery.
- Do not drop your scale.
- Do not use if cracks are present on the glass surface of the scale. Serious injury might occur.
- Do not expose your scale to extremely high or low temperatures.
- Do not leave your scale in direct sunlight for an extended period of time or leave it near open flames.
- Handle the batteries in accordance with the instructions supplied by the manufacturer.



Start Here

A quick guide to your new scale, plus how to get our mobile app