

Healthy Habit #1: Weigh in Every Day

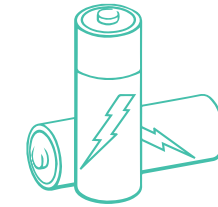
Stepping on your scale every morning keeps you focused on your goals, connects you with your coach, and helps customize your program.



How to Use Your Scale

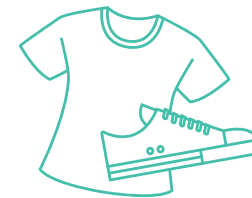
1 Load the batteries.

Flip your scale over to find the battery compartment and install the 4 AA batteries provided for you.



2 Get ready.

Put your scale on the floor (no carpet or tile, please). Take off your shoes and clothes for an accurate reading.



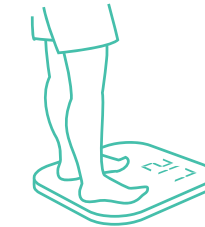
3 Wake up the scale.

Press scale with one foot until a dotted line flashes on the display. Remove your foot, and **wait until you see “0.0.”**



4 Weigh in.

Step on the scale with both feet. When you see your weight on the display, step off. A dotted line will flash as the scale connects with your account, and “Sent” will appear when your weight has been transmitted to your account and coach.



Smartphone Users: Download Our Free App

The Omada mobile app allows you to access your program on the go, snap photos of meals, and get timely tips and reminders.

1 Find it.

Go to the App Store® on your iPhone® or the Google Play™ store on your Android™ phone, and search for “Omada.”



App Store



Google Play

2 Download it.

Click “Get” or “Install” to download the app to your phone.

3 Move it.

Move the app icon to your Home screen, where you’ll see it every day.



Omada

No smartphone? No worries. You’ll have everything you need and more on our website.

We're Here to Help

Have questions? Here are 3 ways to get more info:

- Go to support.omadahealth.com
- Send an email to support@omadahealth.com
- Call us at (888) 409-8687

For more tips on using your scale, go to:

www.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 4 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