

Measuring Your Weight

The Keys to Using the Weight Scale

1 CONSISTENCY

- Readings are most useful if taken at the same time each day and with the same foot placement and scale location.
- Place scale on a hard flat surface (take care to avoid carpeted areas).

2 BODY POSITION

- Step on the scale and place your feet an equal distance from the middle of the scale (as shown in the picture).
- Stand up straight.
- Avoid contact with anything around you.



3 WEIGHING YOURSELF

- The scale will first self-calibrate--stand still until the blinking stops.
- Stand still until the weight displayed stops blinking. The final weight will be displayed.
- Step off the scale.
- Check the VitalCare application for your updated Weight reading in the "Vitals" tab.