

omada Scale Mobile App



## omada Scale Mobile App User Guide

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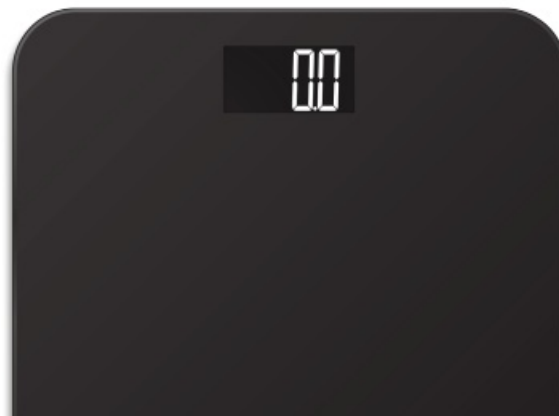
omada Scale Mobile App



## 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

### Load the batteries

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



### Get ready

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



### **Wake up the scale**

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



### **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.

### **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

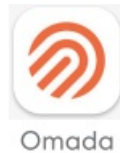
## **GET IT ON**

- Google Play
- App Store

- Google Play
- Download it.
- Click “Get” or “Install” to download the app to your phone.

### 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](https://support.omadahealth.com)
- Send an email to [support@omadahealth.com](mailto:support@omadahealth.com)
- Call us at (888) 409-8687|
- For more tips on using your scale, go to: [www.omadahealth.com/scale](https://www.omadahealth.com/scale)

### Omada

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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. A 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 or leave it near open flames.
- Handle the batteries according to the instructions supplied by the manufacturer.

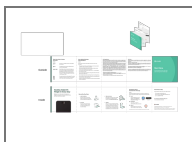
## FCC Regulations

This scale complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This scale has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used by the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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## Documents / Resources



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0028, Scale Mobile App, Mobile App, App

## References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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