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You can easily make your selection by depressing the tab (button) on the underneath of your scale up, so no need to tap to turn on) Open the WW Scale app on your mobile device. Be sure the Bluetooth setting is turned on (go to your settings and check if Bluetooth is turned on). On the first screen you will see 2 buttons on the bottom for log in and Register. Choose register when setting up your scale for the first time. The next screen allows you to enter your first name, email address, and password. Selecting log in allows you to proceed to the next screen, where you can connect to Google Fit, or skip to set that up later. If you are using the same mobile device for multiple users of the same scale, each user is required to Log In, and Log out before and after use. If a user does not log out after using the scale, the next time the mobile device is used, it will remain on the user who was last logged in. You then can set up your profile by inputting your birthdate, gender and height. You will see a Warning Screen. Press OK to proceed once you have read and agree to the warning. Your app will welcome you! And it will then allow you to connect your mobile device. Once connected you can transmit data to the device via Bluetooth. You will see a Bluetooth icon and a check mark on your screen which indicates that you're connected. Step on scale with bare feet. Stand still to see your weight. The scale without using the appPlease consult the instruction booklet that was included with your scale. LIMITED TEN YEAR WARRANTY Conair will repair or replace, at our option, your appliance free of charge for 120 months from the date of purchase if the appliance is defective product to the service center listed below that is nearest you, together with your sales slip and \$7.00 for postage and handling. 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Body weight fluctuates during the day, and from day to day, depending on a variety of factors. • Salt and carbohydrate intake can affect the body's water retention. • A large meal adds weight and can cause water retention. Dehydration from exercise, illness, or low fluid intake can result in weight loss. • Muscle is also a factor. Heavy-duty resistance training can build muscle, which can affect weight. • The menst ... 2 Instructions for use of Weight Watchers bathroom scale Scales by Congratulations! By purchasing this Weight Watchers Scale, you've made the first step towards taking control of your weight. To get the greatest benefit from your purchase, please read this entire brochure before using your scale. Model WW33C IB-5877 *Heshka S, et al. Two-Year Randomized Controlled Study of Self-Help Weight Loss vs. A Structured Commercial Program. 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