

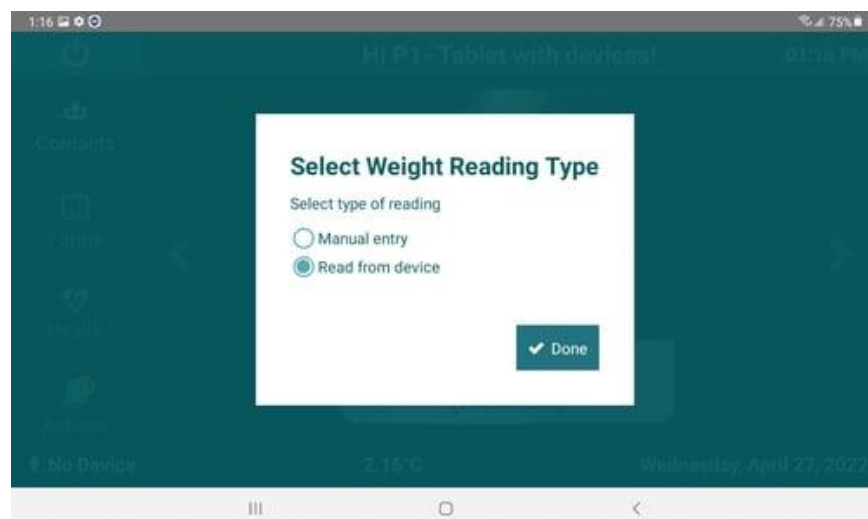
How to Check your Weight using the A&D Scale

Step-by-step instructions to check your weight using the A&D scale connected to the aTouchAway app.

Your A&D scale should have already been paired to your tablet by your healthcare provider. These instructions will show you how to respond to the tablet when you receive instructions to check your weight.

Prior to taking your weight, you should make sure that the scale is on a hard surface. It will read incorrectly if it is placed on a rug or carpet. Also, ensure that you're wearing similar amounts of clothing every time you take your weight.

You will see this white box pop up on your screen. Select **Read from device** by touching the circle next to it.



Then touch the **Done** button.

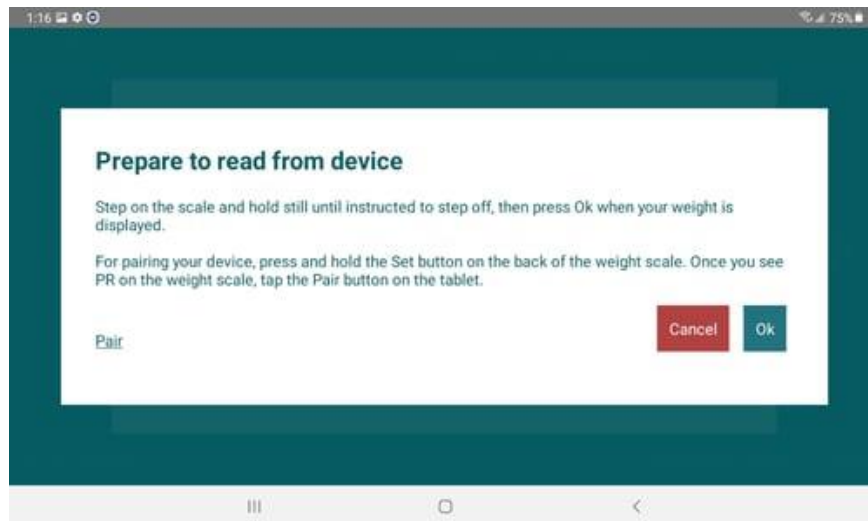
Touch **Read from device** to continue.



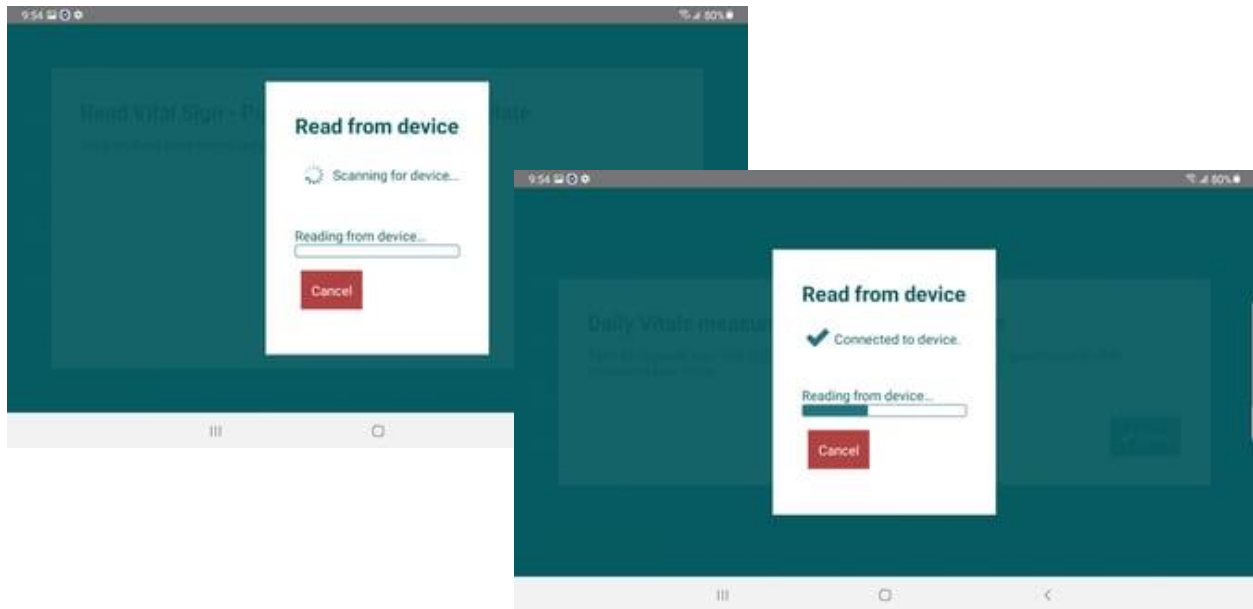
The following instructions will appear on your screen.

You do not need to do anything to turn the scale on. Simply step onto the scale. The scale will tell you to Step Off. Then it will display your weight.

Touch the **Ok** button to continue.

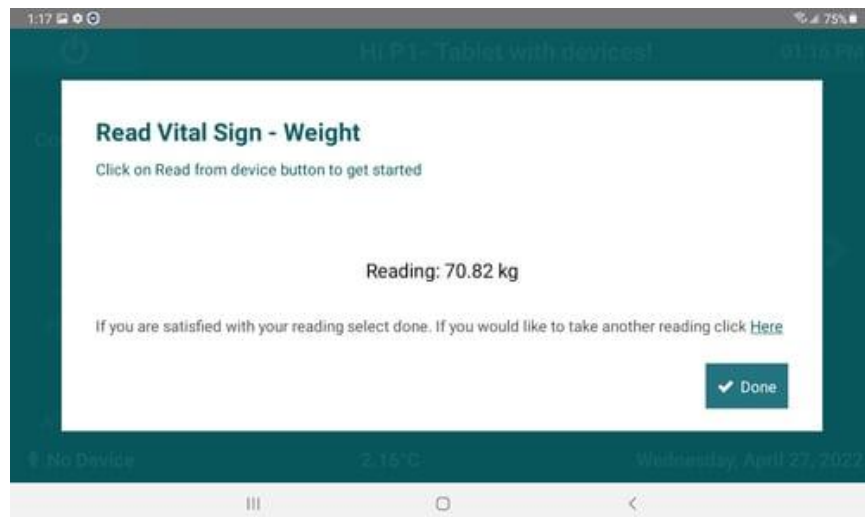


The tablet will then connect to the scale.



Your weight will then be uploaded to the tablet. If the weight is not accurate, you can start the process again by touching **Here** on the tablet screen.

If the weight looks correct, touch **Done** to complete the reading.



If your scale does not connect to the tablet, touch **Here** on the last screen, and start the process again but select **Manual entry** to enter the numbers you see on your device.

