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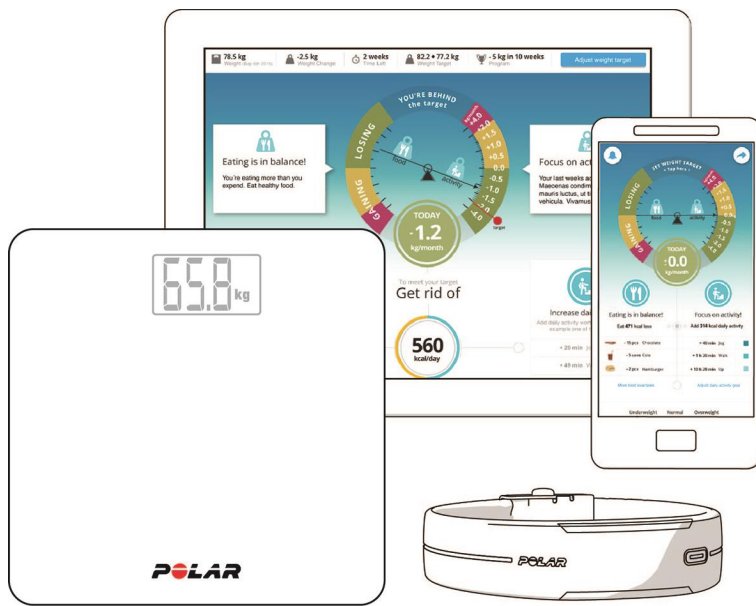
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POLAR BALANCE SCALE USER MANUAL

INTRODUCTION

Congratulations on your new Polar Balance scale! Together with the Polar Balance weight management service and a Polar wrist unit with the activity tracking feature, you'll get personalized guidance on how to maintain or lose weight. The Polar Flow mobile app is also a part of the service functionality.

This user manual helps you get started with your new Polar Balance scale. To check the video tutorials and the latest version of this user manual, go to support.polar.com/en/support/polar_balance.



POLAR BALANCE SCALE

Weigh yourself by stepping on the Polar Balance scale, and then sync your weight to the web service wirelessly via Flow app or by plugging your wrist unit into your computer with the USB cable. The multi-user Polar Balance scale can be paired with up to 7 different Polar wrist units, and it also works as a normal *Bluetooth®* Smart scale.

POLAR WRIST UNIT WITH ACTIVITY TRACKING (LOOP, V800, M400..)

Get a personalized activity goal based on your current weight target from the Polar Balance weight management service to your Polar wrist unit. The wrist unit allows you to instantly see how active you've been during the day, and how much activity you need to accumulate to reach your daily activity goal.

POLAR BALANCE WEIGHT MANAGEMENT SERVICE

Polar Balance is a part of the Polar Flow web service. Set a weight target, and receive a daily activity goal and advice on how many calories less you need to consume per day to help reach your target. Get guidance to balance your activity and nutrition as well as follow your weight trend and see your BMI online. Find all this at polar.com/flow.

POLAR FLOWSYNC SOFTWARE

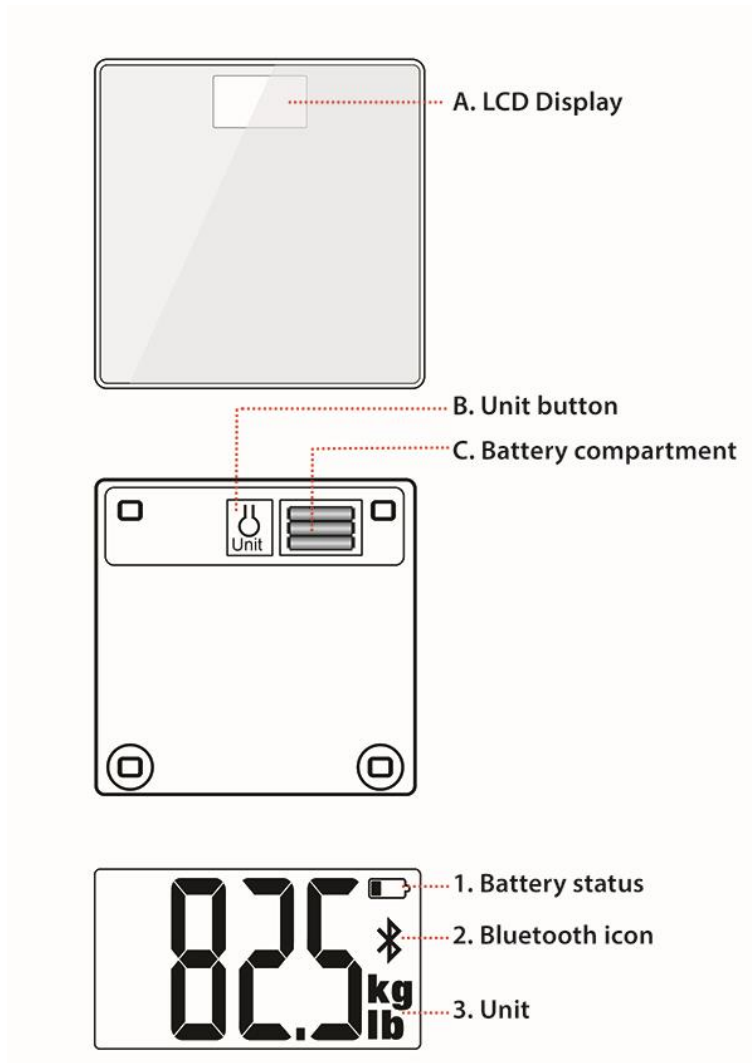
Polar FlowSync syncs data between your wrist unit and the Polar Flow web service on your computer. Go to flow.polar.com/start to download and install the FlowSync software.

POLAR FLOW APP (IOS AND ANDROID)

View your activity and progress at a glance on your phone. Flow app syncs your activity and weight wirelessly to the Polar Balance weight management service. Get it on the App StoreSM or Google PlayTM.


GET STARTED

GET TO KNOW YOUR BALANCE SCALE



UNBOX THE SCALE

1. Open the battery cover and **remove the insulation strip**.
2. Close the cover.
3. Press the unit button to choose kilograms (kg) or pounds (lb). (The unit in use is shown on the display).
4. Place the scale on the floor.


 Please use the provided batteries. When you need to change them, do not use rechargeable batteries or mix old and new batteries. Make sure you place the scale on a hard floor as carpet can distort weighing results.


PAIR THE SCALE WITH YOUR WRIST UNIT

Before pairing the scale with your wrist unit, make sure you've done the first time setup for your wrist unit in the Flow web service. See the user manual of your wrist unit for more information.

1. Step on the scale, the display shows your weight.
2. After a beep sound, the Bluetooth icon starts flashing, which means that the connection is now on. The scale is now ready to be paired with a Polar wrist unit, such as a training device or an activity tracker.
3. Press the button* on your wrist unit and wait until your wrist unit display indicates the pairing is complete.

*If your wrist unit has one button (for example Polar Loop), press it until the display turns on and release. If your wrist unit has five buttons (for example Polar V800 and M400), press and hold the BACK button for 2 seconds and wait. With Polar A360, press and hold the side button for a couple of seconds and wait. When the scale is found, accept the pairing request.

 The scale can be paired with 7 different Polar devices. When the number of paired devices exceeds 7, the first pairing will be removed and replaced.

 Please note that if you do a factory reset on your wrist unit after the initial pairing, the wrist unit must be paired with the scale again. Also, if you remove or change the batteries of your scale, the wrist unit must be paired with the scale again.

MEASURE YOUR WEIGHT

1. Step on the scale, and after the beep sound press the button* on your wrist unit.
2. Your weight is updated when the scale display shows OK and your wrist unit display shows your weight.

*If your wrist unit has one button (for example Polar Loop), press it until the display turns on and release. If your wrist unit has five buttons (for example Polar V800 and M400), press and hold the BACK button for 2 seconds and wait. With Polar A360, wake up the display by pressing the side button. Then tap the side button, and wait until your weight is shown on the A360 display. Accept the weight update.

- If **ERR** is displayed, either the scale is not on a flat and hard enough surface, or the weight on the scale exceeds the scale's capacity. Make sure you remain still when on the scale, and that the scale is on a flat and hard surface.
- If you step off the scale before it reaches a final weight reading, the scale turns off in 5 seconds.

- The scale is a precise measurement instrument that is most accurate for weighing a stationary object. To ensure the most accurate readings, always try to stand on the same area on the scale and do not move.

SIGN INTO THE POLAR FLOW WEB SERVICE

Sign into Polar Flow at www.polar.com/flow with the same Polar account details you created during the first-time setup for your wrist unit.

DOWNLOAD FLOW APP

1. Download Flow app onto your phone from the App StoreSM or Google PlayTM.
2. Pair your wrist unit with Flow app. For more information see the user manual of your Polar wrist unit.

SYNC YOUR WEIGHT TO THE BALANCE WEIGHT MANAGEMENT SERVICE

After measuring your weight, it's time to update it to the Balance web service. There are two ways to sync your weight to the service:

- Wirelessly syncing via Flow app on your phone.
- Connecting your Polar wrist unit to your computer with the USB cable.

See the user manual of your Polar wrist unit for detailed instructions on syncing.

WEIGHT MANAGEMENT

Polar Balance provides you with a personalized prescription on how to lose or maintain weight. It is based on your personal and physical information, activity background, the amount of weight you wish to lose and the time you wish to lose it in. There is no need for separate food diaries or calorie intake estimations. When starting you choose the amount of weight you want to lose, and the time in which you wish to lose it. The maximum amount of weight you can choose to lose is 10 percent of your body weight. In addition, your weight target cannot be below normal weight (BMI<18.5).

The difference between the calories you have eaten and burned is estimated from your daily energy expenditure and weight change. Based on this information you get a daily energy deficit you should follow to reach your target. 60 percent of your daily energy deficit is achieved by eating less, and 40 percent by increasing daily activity. In order to reach your weight target you need to meet both requirements.

Polar Balance gives you a daily activity based calorie target, and also it also tells you how many calories less you should eat per day. In addition, you get suggestions on how to reach your daily activity target through minutes of light (UP), moderate (WALK), or vigorous (JOG) activity as well as examples of foods that make up the amount of calories you need to get rid of.

It is important that you weigh yourself and sync your weight to the weight management service every day. Based on your body weight trend, the activity and nutrition recommendations can be automatically updated for the first time after four days, and after this they will be updated whenever necessary for you to reach your target. If your weight has not decreased as planned and reaching your target would become unhealthy, you will receive a new longer time period to achieve your target.

LOSE WEIGHT

If your goal is to lose weight, start by setting a weight target. In order to lose weight you must fulfill the daily activity goal as well as the calorie deficit.

SET WEIGHT TARGET

When setting a weight target, the wizard will tell you what the recommended period to lose the amount is. It will not let you set a time period that is too short.

1. Click **Set new weight target**.
2. Choose the amount of weight you wish to lose.
3. Choose the time in which you want to lose it.
4. Click **Set new weight target**.

ADJUST WEIGHT TARGET

If at some point you wish to change your weight target you can do it by choosing **Adjust weight target**.

1. Click **Adjust weight target**.
2. Adjust the amount of weight you wish to lose.
3. Adjust the time in which you want to lose it.
4. Click **Set new weight target**.

MAINTAIN WEIGHT

You can also use the service without a weight loss target. If your goal is to maintain your current weight, the recommended calorie deficiency can be fulfilled either through activity or through eating less. You do not need to fulfill both as you do when trying to lose weight.

ADJUST DAILY ACTIVITY GOAL

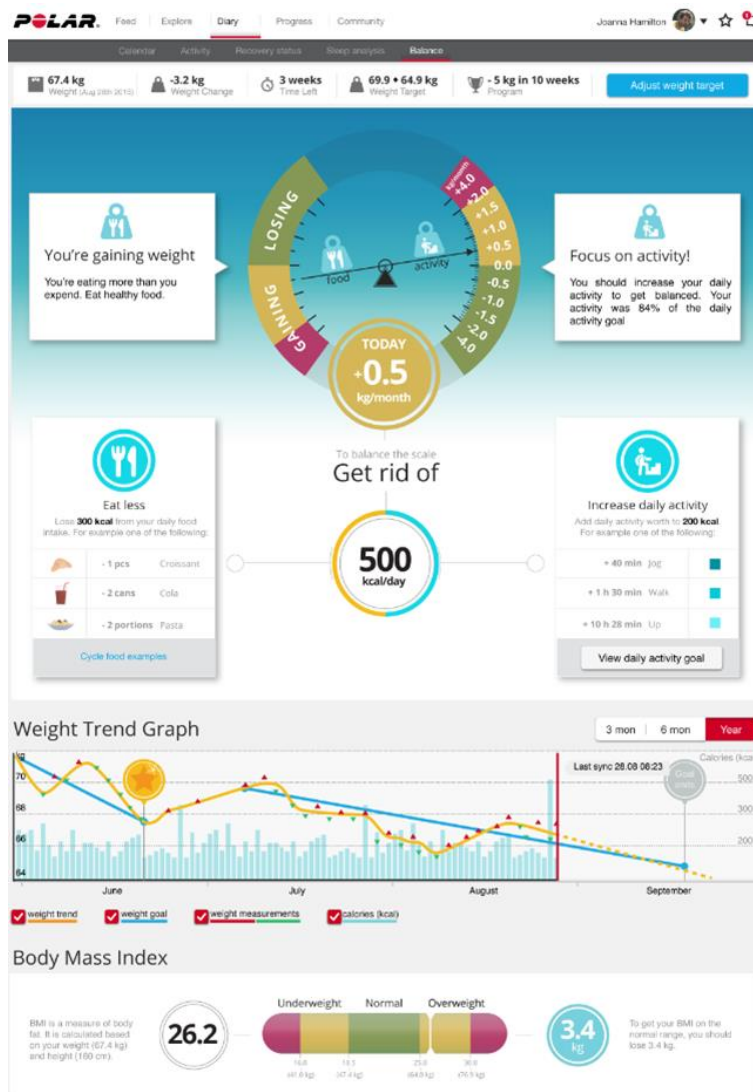
When your goal is to maintain your current weight, you can adjust your daily activity goal so that by reaching it you will get rid of enough calories to stay at your current weight.

1. Click **Adjust daily activity goal**.
2. Click **Set new activity goal**.

DAILY USE

Follow the steps below daily to make sure you get the most of the Polar Balance weight management service and reach your target.

1. Weigh yourself by stepping on the Polar Balance scale, and update your weight to your Polar wrist unit.
2. Sync your weight and activity from your wrist unit to the Balance service wirelessly via Flow app or by connecting it to your computer with the cable.
3. You'll get personalized guidance from the web service or from the mobile app for eating and activity.
4. See your adaptive, automatically updated daily activity goal on your wrist unit. Fulfill it every day until you have reached your weight loss target.



WEIGHT LOSS/GAIN SPEEDOMETER

The speedometer shows your current weight loss/gain speed, in other words how much weight you will lose or gain if you keep up your current daily pace. It shows you how many calories you need to get rid of per day to reach your weight loss target, and examples on how to reach it through activity and by eating less.

DAILY ACTIVITY GOAL

To reach your weight target you need to fulfill your daily activity goal. Remember to sync it to your wrist unit daily. Your wrist unit shows how much activity you have accumulated for that day, so you can see how active you still need to be to reach your goal.

CALORIE DEFICIT

To reach your weight target you need to fulfill the calorie deficit (the amount of calories you should shed from your daily intake).

WEIGHT TREND GRAPH

The weight trend graph allows you to follow your progress. By ticking the box you can choose to view your weight trend, weight target, weight measurements and calories.

BMI

You can follow how your BMI (body mass index) develops from the graph. It also tells you how much weight you need to lose to reach the normal range.

IMPORTANT INFORMATION

SPECIFICATIONS

Battery: 3 x AAA 1.5 V alkaline batteries

Maximum weighing capacity: 180 kg (397.8 lb)

Weight display resolution: 0.1 kg / 0.2 lb

Operating temperature: 0°C to 45°C (32°F to 113°F)

CHANGING BATTERIES

The Polar Balance scale uses three AAA 1.5 V alkaline batteries. Please use the provided batteries. When you need to change them, do not use rechargeable batteries or mix old and new batteries.

1. Open the battery cover, and remove the old batteries.
2. Place the new batteries into place so that the + (positive) and - (negative) ends are aligned correctly.
3. Close the cover.



For safety reasons, please make sure you use the correct battery type.

SERVICE

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit www.polar.com/support and country-specific websites.

PRECAUTIONS

Polar products (training devices, activity trackers and accessories) are designed to indicate the level of physiological strain and recovery during and after exercise session. The Polar training devices and activity trackers measure heart rate and/or tell your activity. The Polar training devices with an integrated GPS show speed, distance and location. With a compatible Polar accessory the Polar training devices show speed and distance, cadence, location and power output. See www.polar.com/en/products/accessories for a complete list of compatible accessories. The Polar training devices with a barometric pressure sensor measure altitude and other variables. No other use is intended or implied. The Polar training device should not be used for obtaining environmental measurements that require professional or industrial precision.

Minimizing risks when exercising: Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you

answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, drugs, alcohol, and nicotine may also affect heart rate. It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Note! If you are using a pacemaker or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. In case of any skin reaction, stop using the product and consult your physician.

The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. It may also cause a darker color to come off clothing, possibly staining lighter-colored training devices. To keep a light-colored training device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor.

If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training device under the sleeve of your jacket, directly on your skin.

Disturbance may occur near electrical devices and WLAN base stations. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see www.polar.com/support.

LIMITED INTERNATIONAL POLAR GUARANTEE

Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc. Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase. The guarantee period for the wristband with crystals is one (1) year. The guarantee does not cover normal wear and tear of the battery, or other normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel. The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product. Guarantee does not cover products which have been purchased second hand. During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Central Services regardless of the country of purchase. Guarantee issued by Polar Electro Oy/Inc. does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract. **You should keep the receipt as a proof of purchase!** Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc. **You can find terms of Polar Electro limited international guarantee at www.polar.com/en/support/warranty.**

Polar Electro Oy is a ISO 9001:2008 certified company.



This product is compliant with Directives 2014/53/EU and 2011/65/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at www.polar.com/en/regulatory_information.



■ This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2013/56/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

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