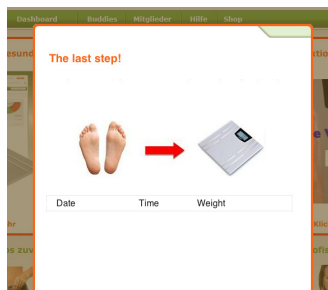


3 Weighing

A Weighing for the first time

- Now log in using your e-mail address and password.
- Weigh yourself once to start the recognition.



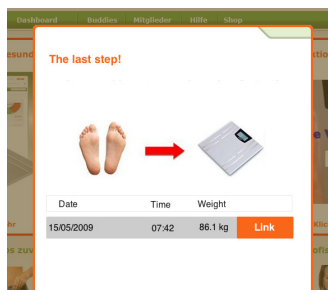
B Step on the Scale

- Step barefoot onto the scale.
- Wait until you see the word SEND, then step off.



C Select your weight

- When you see the correct weight in the list, select **Link**.
- From now on the system will recognise your weights.
- You have successfully installed the product.



You can now use your Internet Body Monitor.

www.youw8.com

Need help?

Internet

For more information please go to www.youw8.com/support and the FAQ questionnaire.

Helpdesk

The Netherlands 0900 2502501 (€ 0.30/ min)
(Monday-Friday between 9 AM and 5 PM)

Other countries support@youw8.com

The information in this installation manual is subject to change.

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QSG-INK10-UK-V2.0

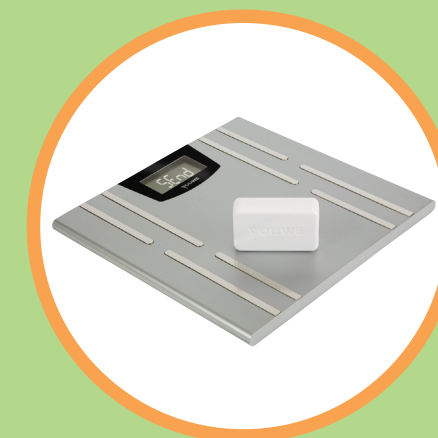
YOUW8
DASHBOARD YOUR LIFE

Internet Body Monitor
English

INK10

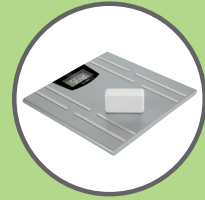
Welcome

Quick start guide



- 1 Installation
- 2 Registration
- 3 Weighing

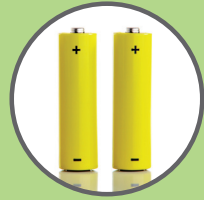
What's in the box



Internet Body Monitor



Power adapter



2 AAA batteries



Tape measure



Ethernet cable



Receiver

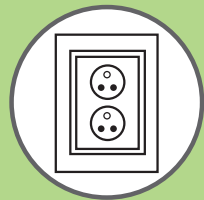


Quick start guide

What else do you need



Computer



Wall socket



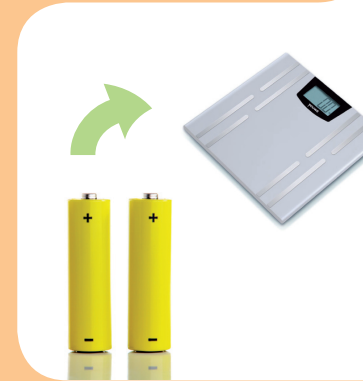
Broadband modem or router

Warning: Only use the cables and batteries supplied with the product.

1 Installation

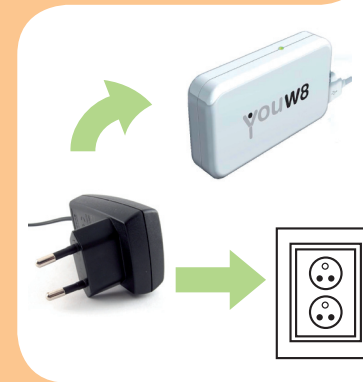
A Place the batteries in the scale

- Open the back of the scale.
- Place the batteries in the correct sequence.
- Close the compartment.



B Plug in the receiver

- Attach the power adapter to the receiver.
- Plug the adapter into the wall socket.



C Attach the receiver to your modem/router

- Plug the Ethernet cable into the receiver.
- Plug the other end of the Ethernet cable into a free Ethernet port of your modem/router.
- The LED will flash first and then will turn on.



2 Registration

A Go to the Youw8.com website

- Open a web browser on your computer.
- Go to the following url: www.youw8.com.



B Create a profile

- Go to Registration on this page.
- Now fill in your details.
- Use an existing email address.



C Enter your activation code

- The receiver has a sticker underneath with the activation-code.
- Use this code when registering your product.

