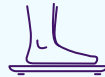


How to weigh in with your Teladoc Health WM2000 weight scale

Getting the most accurate measurement



Make sure your height and weight are up to date in your online account profile.



Weigh yourself with bare feet and without clothing. Keep your feet apart and your knees straight.



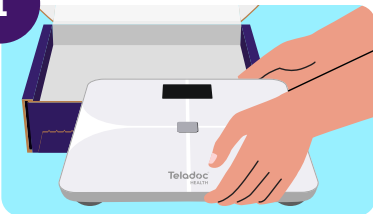
Weigh yourself at the same time each day (for example, in the morning before eating or drinking).



Use the Teladoc Health app to see your trends and insights.

How to weigh in

1



Your connected scale comes ready to use right out of the box.

Your first setup should only take a few minutes.

Place the scale on a hard surface (not on carpet or tile grooves).

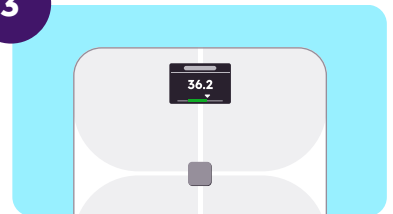
2



Step onto the scale with both bare feet. Stay on the scale for all measurements.

If you chose to activate body composition mode, these measurements display after your weight. It may take a couple minutes for body composition mode to sync for your first weight-in.

3



Upload successful! Your data has been successfully uploaded online and to the app.

Step off the scale. It will power off automatically.