fitbit aria
Wi-Fi Smart Scale

User Manual

Aria Ex-US User Manual Rev A 114-0132-01

Table of Contents

Getting started

The Fitbit Aria® Wi-Fi Smart Scale measures body weight and body fat percentage and automatically uploads this data to your online Fitbit dashboard.

Intended use

The Aria Wi-Fi Smart Scale is a body analyzer that measures body weight and uses bioelectrical impedance analysis (BIA) technology to estimate body fat percentage in generally healthy individuals 10 years of age or older. It is intended for home use only. Aria is not considered a medical device.

What's included

Your Fitbit Aria Scale box includes:

- The Fitbit Aria Wi-Fi Smart Scale
- 4 AA batteries, already installed
- Aria Quick Start Guide

Power on your scale

Your Aria scale is shipped with 4 AA batteries that have been previously installed. Pull the small plastic tab sticking out of the battery compartment to remove the tab and power on your scale.

WARNING

- Do not use if you have a pacemaker or any other internal medical device.
- Do not use if you are pregnant.
- Not intended for use by children under the age of 10.
- Aria should not be used to diagnose or treat any medical condition. Always consult your physician to determine what is ideal for you.

CAUTION

- Slippery when wet.

Setting up your Fitbit Aria

Two methods are available for setting up your Aria scale:

- Use our downloadable software client on a Wi-Fi enabled computer. We recommend trying this method first.
- Use our web-based setup tool on either a Wi-Fi enabled computer or a mobile device such as a smartphone. We recommend trying this method if the client method doesn't work.

Setting up your scale with the software client

Fitbit Wi-Fi Scale Setup is the software application that connects your Aria scale to your Fitbit.com dashboard. It is available to download at no cost from Fitbit.com. Follow the instructions below for your Mac or Windows computer after verifying that your computer and home network meet installation requirements.

Mac OS & Windows requirements

Software
Mac OS 10.5 or later
Internet Connection

Hardware
802.11b compatible Wi-Fi
Network card

Software
Windows 7 or later
Internet Connection

Hardware
802.11b compatible Wi-Fi
Network card

Networking requirements

The Fitbit Aria connects directly to your home's wireless network and supports the following network configurations:

- Wireless 802.11b standard
- WEP / WPA / WPA2 personal security
- Automatic (DHCP) IP setup (static IP configuration not supported)

Aria requires an 802.11b-compatible network to connect and sync your scale data to your Fitbit dashboard. If your computer is not equipped with an 802.11b-compatible network card, use the web-based setup method instead.

Installing the software client on a Mac

1. Make sure you have the following information about your wireless network:
   - Wireless network name (SSID)

- WEP / WPA / WPA2 Password (if applicable)

  If you don't have this information, contact the wireless router manufacturer or internet service provider for assistance.

2. Go to http://www.fitbit.com/setup.
3. Click the Start Here link below the image of an Aria.
4. On the Setting up your Aria page that appears, click Download and save the file.
5. Find the .dmg file in your Downloads folder and double-click it.

NOTE: If the file does not appear on your desktop, search for "Fitbit Wi-Fi Scale Setup" using the Spotlight search feature.

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6. Click Get Started and either set up a Fitbit account or, if you already have an account, log in.
7. Enter or confirm your personal information and click Next. This information personalizes your Fitbit experience. By default this personal information is only visible to your friends, but you can adjust your privacy settings from your Fitbit.com account to control what information is shared with others.
8. Name your scale and input your initials, then click Next. The setup software will attempt to detect your Wi-Fi network. If the software does not detect your Wi-Fi network, it will show all visible networks in range.
9. Select your network from the list. If your network is password-protected, enter your password in the box to the right and click Connect.

  NOTE: If your network is hidden or does not appear in this list, select Add Network. Enter your network's name and password and click Connect to continue.

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10. If you have not already put your scale into setup mode, the onscreen instructions will direct you to do so by removing a battery for 10 seconds and then reinserting it.
11. Click Connect to start searching for your scale. When your computer finds the scale, the setup software will show a success screen. The software will automatically transfer the wireless network credentials to the scale, and your scale's display will show a checkmark.
12. Click Done, place the scale on a hard surface, and weigh yourself to start tracking your weight.

After you weigh yourself, you'll see a checkmark on the scale that indicates a successful sync with your Fitbit.com dashboard.

Installing the software client on a Windows PC

1. Make sure you have the following information about your wireless network:
   - Wireless network name (SSID)

- WEP / WPA / WPA2 Password (if applicable)

  If you don't have this information, contact the wireless router manufacturer or internet service provider for assistance.

2. Go to http://www.fitbit.com/setup.
3. Click the Start Here link below the image of an Aria.
4. On the Setting up your Aria page that appears, click Download and save the file.
5. Go to your Downloads folder and double-click the FitbitScaleSetup_Win.exe file.
6. Click Get Started and either create an account or, if you already have one, log in.
7. Enter or confirm your personal information and click Next. This information personalizes your Fitbit experience. By default this personal information is only visible to your friends, but you can adjust your privacy settings from your Fitbit.com account to control what information is shared with others.
8. Name your scale and insert your initials, then click Next. The setup software will attempt to detect your Wi-Fi network. If the software does not detect your Wi-Fi network, it will show all visible networks in range.
9. Select your network from the list. If your network is password-protected, enter your password and click Connect.

   NOTE: If your network is hidden or does not appear in this list, select Add Network. Enter your network's name and password and click Connect to continue.

10. If you have not already put your scale into **setup mode**, the onscreen instructions will direct you to do so by removing a battery for 10 seconds and then reinserting it.
11. Click Connect to start searching for your scale. When your computer finds the scale, the setup software will show a success screen. The software will automatically transfer the wireless network credentials to the scale, and your scale's display will show a checkmark.
12. Click Done, place the scale on a hard surface, and weigh yourself to start tracking your weight.

After you weigh yourself, you'll see a checkmark on the scale that indicates a successful sync with your Fitbit.com dashboard.

Setting up your Aria with the web-based setup tool

If your mobile device is equipped with Wi-Fi, you can set up your Aria using the steps described below. If you prefer to watch a video, visit https://www.youtube.com/watch?v=D7Q5FvHHPJo.

1. On your mobile device, go to http://www.fitbit.com/scale/setup/start.
2. Tap Get Started.

3. Log in to your existing Fitbit.com account or create a new one
4. Name your scale and insert your initials, then tap Continue.
5. Follow the onscreen instructions to put your scale into **setup mode,** then tap Continue.
6. Follow the onscreen instructions to connect your mobile device to the wireless network that is broadcasting from your Aria. To do this, you will need to leave the browser window and go to your smartphone's Wi-Fi settings. In your list of available wireless networks, look for the word "Aria" followed by a series of six letters and numbers, and connect to this option.
7. When you've connected to your Aria's network, return to your browser and click I'm connected. The setup software will show all visible networks in range.
8. Select your network from the list.
9. If your network is password-protected, enter your password in the box to the right and click Connect.
10. Enter the wireless network password and tap Submit. When you've submitted the correct password, your scale will **save** the network credentials, **join** your Wi-Fi network, **link** to your Fitbit.com dashboard, and show a checkmark once linking is successful.
11. Ensure that your mobile device has switched back to your home network and tap I'm Connected!

Verifying your scale setup

Now that you've linked your scale to your Fitbit.com account, you'll want to verify that the scale appears correctly on your profile.

1. Go to http://www.fitbit.com/login.
2. Login to your Fitbit.com account.
3. Click the **gear icon** at the top-right, and look for the Aria listed in the drop-down menu.

If you don't see your scale in this menu, your setup may not have completed properly or you may be logged into a Fitbit.com account that is not associated with your scale. See http://www.fitbit.com/support for further troubleshooting.

Changing your Wi-Fi network

If you've altered the name, password, router, or provider of your network, you'll need to reconnect your Aria to the updated network using one of the above setup methods.

In this case, you may find that your scale does not display "Set Up Active" after you remove and then reinsert a battery. It may instead display the name of your previous network followed by "Tap to change."

When you see the "Tap to change" message appear, press briefly and firmly on the two corners farthest from the display to put it in "Set Up Active" mode. If the scale's

display goes blank or displays measurement information, you'll need to remove and reinsert a battery and attempt this again.

When the scale reads "Set Up Active," you can continue with the setup as described above.

Using your Aria

Your Aria Scale measures your weight and body fat percentage. When connected to your Fitbit.com account, weight and body fat measurements from your scale will automatically sync to your dashboard.

Viewing your data

When you have weighed yourself and your Aria has synced, you can view the measured data on your Fitbit.com Dashboard. After logging into your account, go to http://www.fitbit.com/weight.

From this page you can view your recorded weight data on a graph. You can also view a full listing of the weights attributed to your account as well as delete or manually enter a weight.

Inviting other users to use the scale

Up to eight users can associate their Fitbit.com accounts with a single Aria scale. If someone who does not have an account linked with the scale steps on the Aria, only their weight will display (body fat % will not appear) and the data will not be shared with anyone or attributed to a user account.

To invite other users to join your Aria scale:

1. Make sure that you've connected your scale to your Fitbit.com account.
2. Click the **gear icon** at the top-right of your dashboard and select the scale from the drop-down menu.
3. Click the pink Invite People button and enter the email address of the person you'd like to invite. If that person already has a Fitbit account, you'll want to use the same email address that they use with Fitbit.
4. An email will be sent to the user at this address. Upon accepting the invitation, their measurements on the scale will automatically sync with their Fitbit account. If they do not yet have an account, they will be prompted to create one to begin using the scale.

Reassigning a measurement

If two users on the same scale are close in weight (within 8 lbs.), the Aria will prompt you to select the correct user, noted by their identifying initials. In the event that the incorrect user is chosen, or if a weight is improperly attributed, you can follow these steps to reassign it to the correct user:

1. Click the **gear icon** at the top-right of your Fitbit.com dashboard and select the scale from the drop-down menu.

2. Click the Measurements tab to see a listing of all measurements synced from the scale.
3. Locate the weight you would like to reassign and choose the appropriate user from the drop-down "People" menu. This weight should now appear correctly on the user's account.

Choosing Regular or Lean modes

"Lean" mode is intended for professional or very high-level athletes like marathon runners or body builders. Individuals with exceptionally low body fat relative to their muscle mass may want to consider lean mode to improve the scale's accuracy; however, many very fit and active people still get more accurate readings in "Regular" mode, which is appropriate for most users.

To change this setting:

1. Log into your Fitbit.com dashboard and click the gear icon in the top right.
2. Click the image of the scale to open the Devices page.
3. Choose "Regular" or "Lean."

The next time you weigh yourself and Aria syncs, the mode will switch.

Ensuring accuracy

Use these tips to get the most accurate and consistent readings from your scale:

- Use the Aria while barefoot. The scale cannot measure body fat percentage if you're wearing shoes or socks.
- Make sure your feet are dry before weighing yourself.
- Place the scale on a hard, flat surface during use. Using the scale on a soft surface - like carpet or linoleum - may affect the accuracy of the Aria's readings.
- Balance your weight evenly between both feet while standing on the scale.
- Weigh yourself at the same time each day to see consistent trends. Your weight and body fat percentage will naturally vary over the course of the day.
- If your Aria is picked up and moved between measurements, or stored sideways against a wall when not in use, the scale will go through a calibration process the next time it is used for weighing. Up to two consecutive weigh-ins will then be required before your scale is recalibrated and again displays consistently accurate measurements. You will know that your Aria is calibrating when you see the "SENSING" message appear on the screen.

NOTE: Body fat percentage measurement requires that your Aria Scale has been set up with your Fitbit.com account. You do not need to complete this setup to weigh yourself.

Fitbit Aria General Info & Specifications

Sensors

Four load cells measure weight. Body fat information is measured through electrical impedance and calculated based on weight and user account data.

The scale measures body mass using bioimpedance analysis. Indium tin oxide (ITO) electrodes form a pattern on the top of scale and send a small, safe signal through the body to measure impedance.

Limitations

- The Aria will accurately measure the weight of children and adults over 20 lbs. (9 kg).
- The maximum weight limit for the Aria is 350 lbs. (158 kg).

Batteries and power

- 4 AA standard 1.5V size AA batteries included
  (Operating max: 3.3V, 0.1A / 300mW)
- No power cord necessary

Size and weight

	Length	Width	Depth	Weight
Aria Scale	12.3in 31.2cm	12.3in 31.2cm	1.3in 33.4mm	4lbs, 4.3oz 1.93kg

Environmental conditions

Operating Temperature	41° to 113° F (0° to 40° C)
Relative Humidity	0% - 95% Aria is designed to operate in a humid

bathroom environment.

Storage and Transportation	-30°C - 60°C 90% rH

NOTE: You will see the most consistent and reliable readings when placing your Aria scale on a hard, flat surface.

Care and maintenance

- Do not submerge the scale or use high-pressure water jets (e.g. shower head) to clean the surface.
- Wipe down the surface with a damp cloth using a mild detergent.
- Do not use antiseptic wipes, chlorine, or highly concentrated glass cleaner on the surface of the scale.

Regulatory and Safety Notices

Model Name: FB201B, FB201W

This symbol indicates that the surface scale is a Type BF applied part intended to deliver an electrophysiological signal to and from the user. The scale measures body mass using bioimpedance analysis. ITO electrodes form a pattern on the top of scale, and send a small, safe signal through the body to measure impedance.

WARNING

- Do not use if you have a pacemaker or any other internal medical device.
- Do not use if you are pregnant.
- Not intended for use by children under 10.
- Aria should not be used to diagnose or treat any medical condition. Always consult your physician.
- Slippery when wet.

Canada: Industry Canada (IC) Statement

IC Notice to Users English/French in accordance with Current RSS GEN Issue:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

IC: 8542A-0000F201A

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB201B, FB201W is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: http://www.fitbit.com/safety.

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB201B, FB201W sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant: www.fitbit.com/safety.

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB201B, FB201W è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet:www.fitbit.com/safety.

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB201B, FB201W die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety.

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB201B, FB201W cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety.
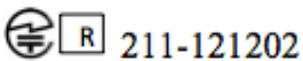
$C\epsilon$

Australia

China

部件名称	有毒和危险品					
Aria Model FB201	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯醚 (PBDE)
外层塑料外壳	O	O	O	O	O	O
电子	X	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O: 表示该项目中涉及的所有物料, 其包含的有害物质的含量低于 GB/T 26572. 标准的限制要求.

X: 表示该项目中涉及的所有物料中至少有一种, 其包含的有害物质的含量高于 GB/T 26572. 标准的限制要求.

Japan

 211-121202

Mexico

NOM

IFETEL: FB201B: RCPFIFB13-1800-A1, FB201W: RCPFIFB13-1800

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Philippines

NTC

Type Accepted
No.: ESD-1510703C

Serbia

И 005   15

Singapore

Complies with IMDA Standards
DA00006A

South Africa

South Korea

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

-. 사용 주파수 (Used frequency):   2412 MHz-2484 MHz

-. 채널수 (The number of channels):   14

-. 공중선전계강도 (Antenna power):   3.5 dBi

-. 변조방식 (Type of the modulation):   Digital

-. 안테나타입 (Antenna type):   Horizontal

-. 출력 (Output power):   17.9 mW/MHz E.I.R.P.

-. 안테나 종류 (Type of Antenna):   Film

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB201W, FB201B

2) Certificate number :   MSIP-CRM-XRA-FB201

3) Applicant :   Fitbit, Inc.

4) Manufacture: Fitbit, Inc.

5) Manufacture / Country of origin: P.R.C.

Taiwan

CCAJ15LP1160T7

注意！

依據　低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

　前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

United Arab Emirates

> TRA
> REGISTERED
> NO:
> ER35115/14
>
> DEALER NO:
> DA35294/14

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011 + A2:2013.

The complete Declaration of Conformity can be found at www.fitbit.com/Aria/specs

Important Safety Instructions

- Read these instructions.
- Keep these instructions.
- Heed all warnings.
- Follow all instructions.
- Do not drop.
- Do not use if cracks are present on the glass surface. Serious injury might occur.
- Do not use abrasive cleaners to clean your Aria scale.
- Do not expose your Aria scale to extremely high or low temperatures.
- Do not leave your Aria scale in direct sunlight for an extended period of time.
- Do not leave your Aria scale near open flames.

Battery Precautions

Handle the battery in accordance with the instructions supplied by the manufacturer.

Disposal and Recycling Information

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off area, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

- Do not dispose of the Aria scale with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Aria scale should be done in accordance with local regulations.

Help and Warranty

Help

Troubleshooting and assistance for your Fitbit Aria Scale can be found at http://help.fitbit.com.

Return policy and warranty

Warranty information and the Fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.