

You've been enrolled in

Body Weight Monitoring

What to do when you get home:



Take your weight

Take your weight and our device will securely send your weight directly to us.



We're Monitoring

We'll be monitoring your weight and will be alerted if your values are abnormal or trending in the wrong direction.



Technical Support

A Care Navigator from our remote monitoring partner HealthSnap is available to assist you if you have any issues with your device. They may reach out periodically to help keep you on track. See their contact information on the last page.

Tips on taking your weight

Your weight can fluctuate throughout the day as you eat or exercise. For this reason, we recommend that you take your weight in the morning as soon as you wake up for consistent readings.

Make sure that your scale is placed on a hard surface, like your bathroom floor, and not on a carpet or rug as this may affect the measurement.



Once you stand on the scale, your scale will measure your weight, show you your reading, and send your weight directly to your doctor.

Do's

- Take your weight in the morning
- Stand firmly with two feet and make sure weight is distributed equally and you are not off balance

Don'ts

- Place your scale on a rug or carpet
- Wear excessive clothing or hold any objects that may increase your weight