



fitbit aria air™



User Manual
Version 1.1

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Get started

Get a more complete picture of your health with the Fitbit Aria Air smart scale that displays your weight and uses Bluetooth technology to sync it to the Fitbit app where you can track trends over time.

What's in the box

Your Aria Air box includes:



Scale



3 AAA batteries

Set up Aria Air

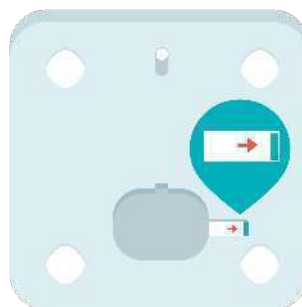
Set up your scale with the Fitbit app for iPhones and iPads or Android phones.



To create a Fitbit account, you're prompted to enter your birthdate, height, weight, and sex. These details help to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn if you have a Fitbit device. After you set up your account, your first name, last initial, and profile picture are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

Turn on Aria Air

On the back of Aria Air, find the battery compartment and pull out the plastic tab. Your scale will turn on.



Set up with your phone or tablet

Set up Aria Air with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. For more information, see fitbit.com/devices.



To get started:

1. Download the Fitbit app:
 - Apple App Store for iPhones and iPads
 - Google Play Store for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.
 - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Aria Air to your account.

When you're done with setup, read through the guide to learn more about your new scale and then explore the Fitbit app.

For more information, see help.fitbit.com.

Set unit of measurement

1. On the back of Aria Air, tap the button to switch between pounds, stones, or kilograms.

2. When the screen shows the unit of measurement you want to use, the scale is ready.



For more information, see help.fitbit.com.

Use Aria Air

Basics

To ensure accuracy 	• Use Aria Air while barefoot. • Make sure your feet are dry before weighing yourself. • Place Aria Air on a hard, flat surface during use. • Balance your weight evenly between both feet when you stand on the scale. • Weigh yourself at the same time each day to see consistent trends. Your weight naturally varies over the course of the day. • Aria Air needs to recalibrate if you move it between measurements or store it sideways when not in use. Up to 2 weigh-ins might be required before Aria Air displays accurate measurements.
To prevent accidents and injuries 	• Follow all instructions, and exercise caution when using Aria Air. • Don't use Aria Air when wet. • Don't use if cracks are present on the glass surface. Serious injury might occur. • Don't use if the scale's feet are broken or missing any anti-slip pads. • Don't use if any plastic parts are broken. • Don't drop Aria Air. • Don't leave Aria Air near open flames. • Don't expose Aria Air to extremely high or low temperatures. • Don't leave Aria Air in direct sunlight for an extended period of time.
Warning 	• Not intended for use by children under 13 years of age. • Aria Air should not be used to diagnose or treat any medical condition. • Handle the batteries in accordance with the instructions supplied by the manufacturer.

Error messages

	Replace batteries. For instructions, see "Batteries" on page 13 .
	Step off the scale and let the display reset. Then complete a weigh-in.
	The weight exceeds the scale's limitations. For more information, see "Limitations" on page 13 .

Weigh yourself

1. Place the scale on a flat, hard surface.
2. Open the Fitbit app on your nearby phone, and tap the Today tab .



3. While barefoot, step onto Aria Air. The screen displays your weight.



4. Step off the scale, and check the Fitbit app. Tap **Save** when your weight log appears.
5. Tap the weight log for more details. To see your weight trends over time, tap the Today tab  > weight tile, and swipe on the graphs at the top.

Invite others to use Aria Air

1. Confirm the person you want to invite has a Fitbit account.
2. From the Fitbit app, tap the Today tab  > your profile picture > Aria Air tile.
3. Tap **People Using This Scale > Invite More People**.
4. Choose from the list of your Fitbit friends, or enter an email address, and tap the invite button. The person you invited will receive an email invitation, with instructions to set up Aria Air.



For more information, see help.fitbit.com.

Delete a measurement

If you receive a notification to save another person's weight:

1. Tap **Cancel** when the weight log appears.
2. Close the Fitbit app on your device, and have the other person complete another weigh-in. For instructions, see "[Weigh yourself](#)" on page 9.

To delete a weight log from your account:

1. From the Fitbit app, tap the Today tab  > weight tile.
2. Tap the weight log you want to delete.
3. Tap the 3 dots > **Delete Log**.



For more information, see help.fitbit.com.

Restart Aria Air

To restart your scale:

1. On the back of Aria Air, touch and hold the button for 5 seconds. The display flashes **otA**.



2. Touch and hold the button for another 5 seconds, until the display shows **clr**. Your scale is reset.



General Info and Specifications

Sensors

Four load cells measure weight.

Limitations

- The scale's weight limit is: 397lbs, 28st: 5lbs, or 180kg.
- Aria Air isn't serviceable. If you need assistance with your scale, contact [Customer Support](#).

Batteries

- 3 alkaline 4.5V size AAA batteries included

To change the batteries in Aria Air:

1. On the back of your scale, pull up on the tab to remove the cover from the battery compartment.
2. Remove the batteries.
3. Insert 3 alkaline 4.5V size AAA batteries.
4. Return the cover to the battery compartment and press down until it's secure.
5. Turn over your scale and wait a few moments for Aria Air to calibrate before starting a weigh-in.

Size and weight

Length	Width	Depth	Weight
300mm	300mm	25.7mm	1.79kg

Environmental conditions

Operating Temperature	41° to 104° F (5° to 40° C)
Non-operating Temperature	-4° to 41° F (-20° to 5° C) 104° to 140°F (40° to 60° C)
Relative Humidity	Up to 90% RH Aria Air is designed to operate in a humid bathroom environment.
Environmental Pressure Range	86kPa to 106kPa

Care and maintenance

Clean Aria Air as needed. To clean your scale, follow these tips:

- Wipe down the surface with a damp cloth using a mild detergent before your first use.
- Do not submerge Aria Air or use high-pressure water jets (for example, shower head) to clean the surface.
- Do not use antiseptic wipes, chlorine, or highly concentrated glass cleaner on the surface of the scale.
- Do not use abrasive cleaners to clean your scale.

Learn more

To learn more about your scale, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy at [fitbit.com/legal/returns-and-warranty](https://www.fitbit.com/legal/returns-and-warranty).

Regulatory & Safety Notices

USA: Federal Communications Commission (FCC) statement

Model FB203

FCC ID: XRAFB203

Supplier's Declaration of Conformity

Unique Identifier: FB203

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105
United States
877-623-4997

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement

Model/Modèle FB203

IC: 8542A-FB203

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

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 dispositif

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB203 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB203 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 FB203 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

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB203 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 FB203 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



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, EN 62368-1: 2014 + A11: 2017.

Frequency Information

Frequency range (MHz): 2400-2483.5

Highest EIRP power in the range (dBm): 1.8

Australia and New Zealand



Belarus



Customs Union



China

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
Model FB203						
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



CMIIT ID 2019DJ11768

Frequency band: 2400-2483.5 MHz

Transmitted power: Max EIRP, 1.8 dBm

Occupied bandwidth: BLE: 2400-2483.5MHz; BT: 2400-2483.5MHz

Modulation system: BLE: GFSK, BT: GFSK

CMIIT ID displayed: On device labeling

Mexico



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

Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 21120 ANRT 2019

Date d'agrément: 08/10/2019

Nigeria

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

OMAN-TRA/TA-R/8369/19

Philippines



South Korea

클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

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



Translation:

Class B devices (broadcast communications equipment for home use): EMC

registration is mainly for household use (B class) and can be used in all areas get this device.

United Arab Emirates

TRA Registered No: ER75569/19

Dealer No: DA35294/14

Model: FB203

Type: Body Scale

Zambia



ZMB / ZICTA / TA / 2019 / 11 / 1

