



# fitbit aria air™



User Manual  
Version 1.5

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# Get started

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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.

Take a moment to review our complete safety information at [fitbit.com/safety](https://fitbit.com/safety). Aria Air is not intended to provide medical or scientific data.

## What's in the box

Your Aria Air box includes:



Scale



3 AAA batteries

# Set up Aria Air

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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

Set up Aria Air with the Fitbit app. The Fitbit app is compatible with most popular phones. See [fitbit.com/devices](https://www.fitbit.com/devices) to check if your phone is compatible.



To get started:

1. Download the Fitbit app:
  - [Apple App Store](#) for iPhones
  - [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 [the related help article](#).

## 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 [the related help article](#).




# Use Aria Air

## Basics


<p>To ensure accuracy</p> 	<ul style="list-style-type: none"><li>• Use Aria Air while barefoot.</li><li>• Make sure your feet are dry before weighing yourself.</li><li>• Place Aria Air on a hard, flat surface during use.</li><li>• Balance your weight evenly between both feet when you stand on the scale.</li><li>• Weigh yourself at the same time each day to see consistent trends. Your weight naturally varies over the course of the day.</li><li>• 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.</li></ul>
<p>To prevent accidents and injuries</p> 	<ul style="list-style-type: none"><li>• Follow all instructions, and exercise caution when using Aria Air.</li><li>• Don't use Aria Air when wet.</li><li>• Don't use if cracks are present on the glass surface. Serious injury might occur.</li><li>• Don't use if the scale's feet are broken or missing any anti-slip pads.</li><li>• Don't use if any plastic parts are broken.</li><li>• Don't drop Aria Air.</li><li>• Don't leave Aria Air near open flames.</li><li>• Don't expose Aria Air to extremely high or low temperatures.</li><li>• Don't leave Aria Air in direct sunlight for an extended period of time.</li></ul>
<p>Warning</p> 	<ul style="list-style-type: none"><li>• Not intended for use by children under 13 years of age.</li><li>• Aria Air should not be used to diagnose or treat any medical condition.</li><li>• Handle the batteries in accordance with the instructions supplied by the manufacturer.</li></ul>



## Error messages

	Replace batteries. For instructions, see " <a href="#">Batteries</a> " 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 " <a href="#">Limitations</a> " 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 [the related help article](#).

## 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 [the related help article](#).

## Restart Aria Air

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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

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## Sensors and Components

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](https://help.fitbit.com).

## Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

# Regulatory and Safety Notices

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## 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)

### Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Bluetooth 2400-2483.5 MHz < 13 dBm EIRP

### Simplified EU Declaration of Conformity

Hereby, Fitbit LLC 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](http://www.fitbit.com/safety)

### Vereinfachte EU-Konformitätserklärung

Fitbit LLC 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](http://www.fitbit.com/safety)

### Declaración UE de Conformidad simplificada

Por la presente, Fitbit LLC 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](http://www.fitbit.com/safety)

### Déclaration UE de conformité simplifiée

Fitbit LLC 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](http://www.fitbit.com/safety)

#### Dichiarazione di conformità UE semplificata

Fitbit LLC 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](http://www.fitbit.com/safety)



#### Frequency Information

Frequency range (MHz): 2400-2483.5

Highest EIRP power in the range (dBm): 1.79

#### Argentina



RAMATEL

C-24170

#### Australia and New Zealand



Belarus



Customs Union



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.

## Paraguay



NR: 2022-01-I-0060

## 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.

## Taiwan

低功率警語:

- 取得審驗證明之低功率射頻器材，非經核准，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。
- 低功率射頻器材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。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材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。

Translation:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.
- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF

devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及 / 或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium-ion battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- Rest for 10 minutes after every 30 minutes.
- Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

設備名稱：無線活動追蹤器 Part Name: Wireless Activity Tracker		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB421	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr <sup>+6</sup> )	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○

備考1. “超出0.1 wt %”及“超出0.01 wt %”係指限用物質之百分比含量超出百分比含量基準值  
備考2. “○”係指該項限用物質之百分比含量未超出百分比含量基準值。  
備考3. “--”係指該項限用物質為排除項目。

United Arab Emirates

TRA - United Arab Emirates



TRA Registered No: ER75569/19  
Dealer No: DA35294/14  
Model: FB203  
Type: Body Scale

## United Kingdom

### **Simplified UK Declaration of Conformity**

Hereby, Fitbit LLC declares that the radio equipment type Model FB203 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address:

[www.fitbit.com/legal/safety-instructions](http://www.fitbit.com/legal/safety-instructions)



## Zambia



ZMB / ZICTA / TA / 2019 / 11 / 1

## About the Battery

3 AAA batteries

**CAUTION:** Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly
- Use the battery only in the specified equipment

- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

## IP Rating

Aria Air has a water ingress rating of IPX3 under IEC standard 60529, which indicates spraying water shall have no harmful effects.

## 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.

## Regulatory Markings

Additional Regulatory markings can be viewed on the label on the back of the body scale and/or on the accompanying packaging.

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