# How accurate is my Aria?

The Fitbit Aria scale will measure your weight and body fat percentage. To improve accuracy in your scale's readings, consider the following tips:

   If your Aria is picked up and moved between measurements, or stored sideways against a wall when not in use, the scale will calibrate the next time it is used for weighing. You may need to weigh yourself two or more consecutive times before the scale recalibrates and displays consistent measurements.

   Make sure that your scale is placed on a hard surface during use. Carpet, linoleum, or any other flooring with resilience may affect the accuracy of the Aria's readings.

   Your weight and body fat percentage will naturally vary over the course of a day and depend on what you eat and drink as well as your level of exercise and perspiration.

   The Aria provides a unique measure at each weighing, unlike scales which try to prevent fluctuation by forcing consistency over accuracy.

The Aria measures your body fat percentage using body impedance. Because several different methods can determine body fat percentage and none are 100% accurate, the Aria's body fat reading may not match other scales or manual methods such as calipers exactly. To get a sense of what body fat percentage is healthy for you, you may want to review the standard body fat ranges for your age and gender. Several websites provide this information.

If your scale is not working correctly, contact Customer Support for further assistance.

# How do I set up my Fitbit Aria?

Set up your Aria® using our web-based setup instructions with your mobile device or computer. Because those instructions don't work in all scenarios, we also offer setup software that you can download to your computer instead. Choose a method to get started.

To set up your scale using the web-based method, you'll need a Wi-Fi enabled computer or a mobile device such as a smartphone or tablet.

## Getting Prepared

Before setting up your scale, complete these prerequisite steps:

1. Restart the computer or mobile device that you're going to use to set up your scale.
2. Make sure you know your Wi-Fi password and that it doesn't exceed 31 characters. For help finding your password, see How do I verify my WiFi password before setting up Aria?

3. If you're using a computer:
   - Place your scale within 10 feet of your router.
   - Ensure that your router is compatible with the 802.11b protocol. See What router settings do I need for my Aria to work?
   - If the router is connected to your computer with an Ethernet cable, unplug it. The router and computer must be connected over Wi-Fi.

Connecting your Aria® to an unsecured Wi-Fi network is a security risk. Make sure your network is secure.

## Setting up your Aria Using the Web (step-by-step)

To set up your Aria:

1. Open a web browser on your computer, smartphone, or tablet and go to [www.fitbit.com/scale/setup/start](www.fitbit.com/scale/setup/start).

2. Click Get started, then click it again when you see the pop-up message.

3. Sign in to your fitbit.com account.

4. Personalize your Aria by giving it a name and entering the initials you'd like to see on the scale when it recognizes you.

5. Put the scale into setup mode by removing a battery for 10 seconds and then reinserting it. Click Continue when the scale's display reads "SETUP ACTIVE."

6. Switch to the scale's Wi-Fi network (this will appear as the word "Aria" followed by six characters).
   - On a smartphone/tablet—go to your device's Wi-Fi settings and select your Aria from the list of available networks.
   - On a computer—click on the Wi-Fi icon in your menu or taskbar and select your Aria from the list of available networks.

If you see a network called Bunny Foo Foo, the scale's network has an error. Try setting up your scale using the software client method. If that doesn't work, contact Fitbit Support.

7. Return to your web browser and click I'm Connected. You should be presented with a list of available wireless networks.

8. Click on the name of your home wireless network. If you do not see your home wireless network in this list, click Refresh Networks to scan again. If you still don't see your network, click Join Other Network to enter your network name and password manually.

9. Enter your network password, taking care to ensure it is entered correctly (this password is case-sensitive).

10. Click Submit after entering your password, and then turn your attention to the scale's display as it attempts to connect to your network.

   - If you see a check mark, your Aria is connected and you can stand on the scale to begin tracking your weight.
   - If you see an error message, please consult our router settings information and verify your password before attempting the setup process once more.