



**Let's connect your scale to the  
My Health Online app**

# Have everything?

Make sure you have what you need for an easy setup.



**Your phone**



**Your scale**

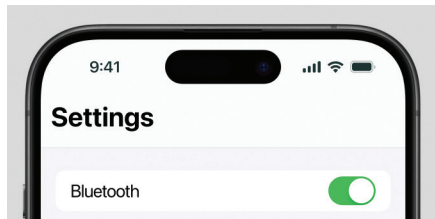


**Batteries (included)**

Call us if you have questions **855-320-5200**

## Make sure your phone's Bluetooth is on

It's how your monitor connects to My Health Online.



1. Open your settings app on your phone
2. Tap **CONNECTED DEVICES** or **BLUETOOTH**
3. Tap the **SWITCH**

## You'll need Sutter's My Health Online app

Don't have the app on your phone? Download it now!



For iPhone,  
download at  
App Store



For Android,  
download at  
Google Play  
Store



Update the app in your App Store or Google Play profile to get the latest version.

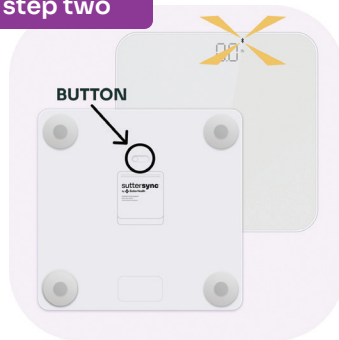
**Let's set up your scale**

### step one



Open the battery cover on the back of your scale and insert 4 AAA batteries (included).

### step two



A flashing Bluetooth symbol means it's in pairing mode. If it times out, that's OK—press the **BUTTON** on the back of the scale and try again.

**Now let's connect to My Health Online**

## step one



On your smartphone, log in to Sutter Health's My Health Online mobile app. Click the **MENU** in the top left corner.



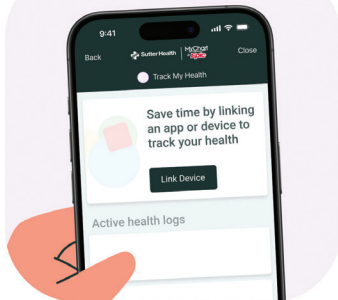
You can also scan this **QR CODE** and skip to step 4.

## step two



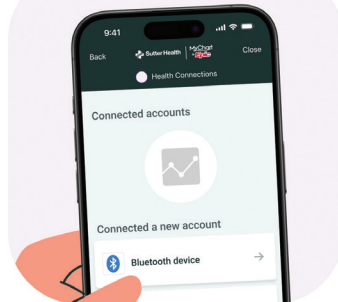
Scroll down to My Record and tap **TRACK MY HEALTH.**

### step three



Tap **LINK DEVICE** (the button may say **MANAGE CONNECTIONS** if other monitors are connected).

### step four

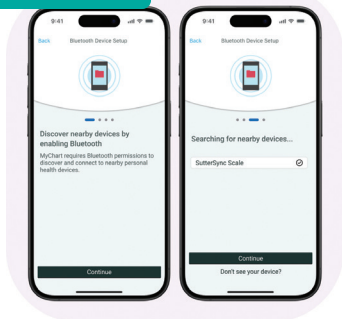


Scroll down to Connect a New Account and tap **BLUETOOTH DEVICE**.

You might see a message asking if My Health Online can use Bluetooth. Tap **OK**.



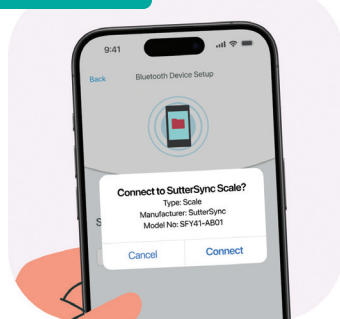
## step five



Tap **SUTTER SYNC SCALE** and then tap **CONTINUE**.

If you don't see it or the scale has timed out, that's OK—press the **BUTTON** on the back of the scale and try again.

## step six



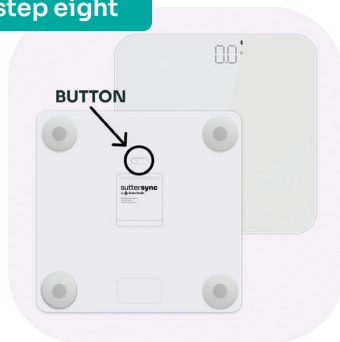
The phone may ask if you want to connect to SutterSync Scale — tap **CONNECT**.

### step seven



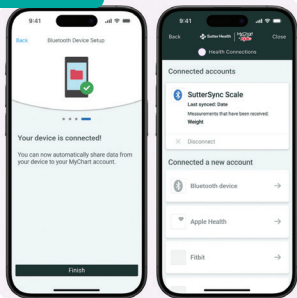
Your phone will show you a 6-digit code. Look for the code on your scale's screen — it'll alternate between flashing the first 3 digits and then the second 3 digits. If they match what's in the app, tap **PAIR**.

### step eight



Press the **BUTTON** on the scale to confirm the pairing.

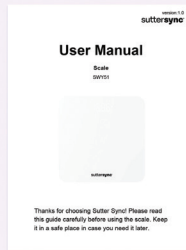
## step nine



The app will say “Your device is connected!” You’ll see it under Connected Accounts.

Your scale’s date and time should match your phone. If not, call us at **855-320-5200**.

## next steps



For other settings, see the full user manual (it’s also in the box).



Watch tutorials and tips at [sutterhealth.org/sync/resources](https://sutterhealth.org/sync/resources)

**Call us if you have questions 855-320-5200**

We're available Monday – Friday 7 am – 7 pm PT. After hours, please leave a message and we'll get back to you in 2 business days.

**[sutterhealth.org/sync](https://sutterhealth.org/sync)**