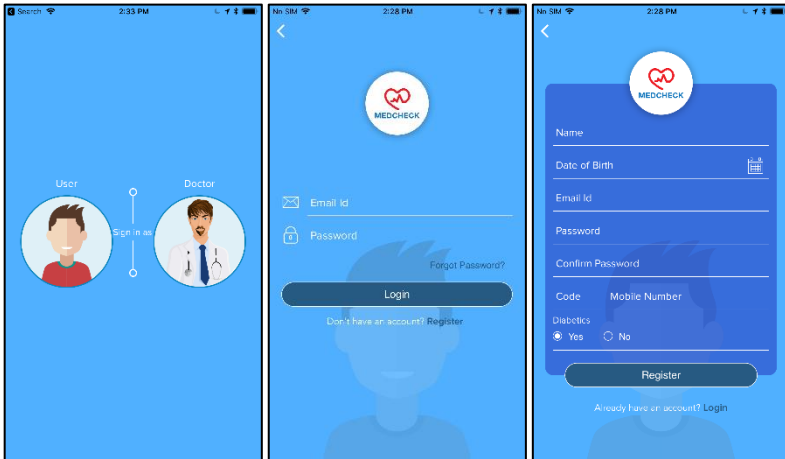


# MedCheck App User Guide for Fat Body Scale

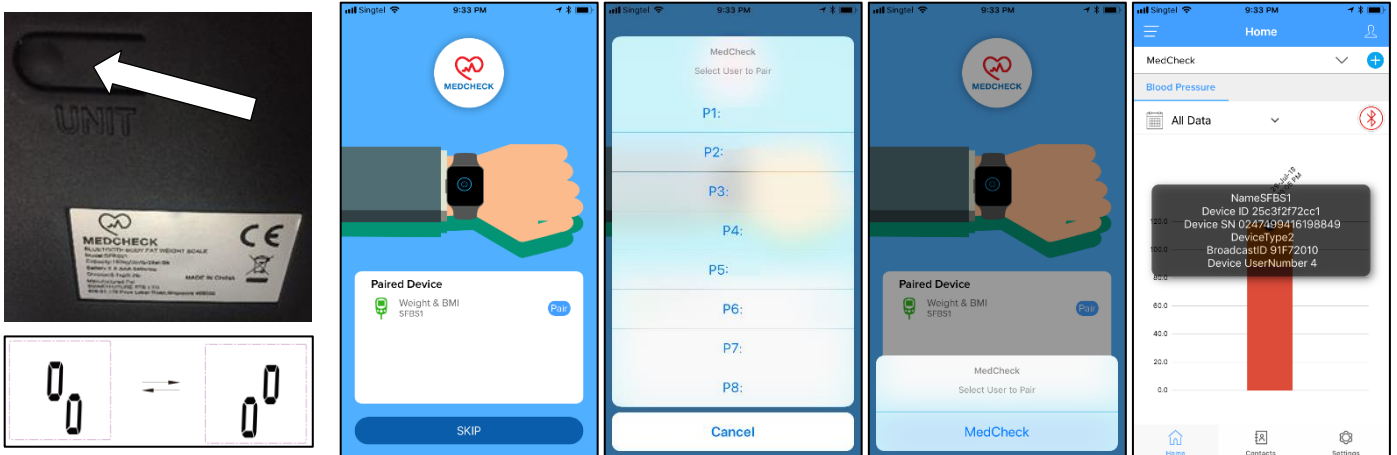
## Sign Up

- Select 'User' in first screen after app has been installed and opened for first time.
- Click 'Register' in login page, enter details to register.
- Click on the link received in email to validate email address.
- Now Sign in to login page.
- After first successful sign-in, you will need to accept the pop-up permission requests.



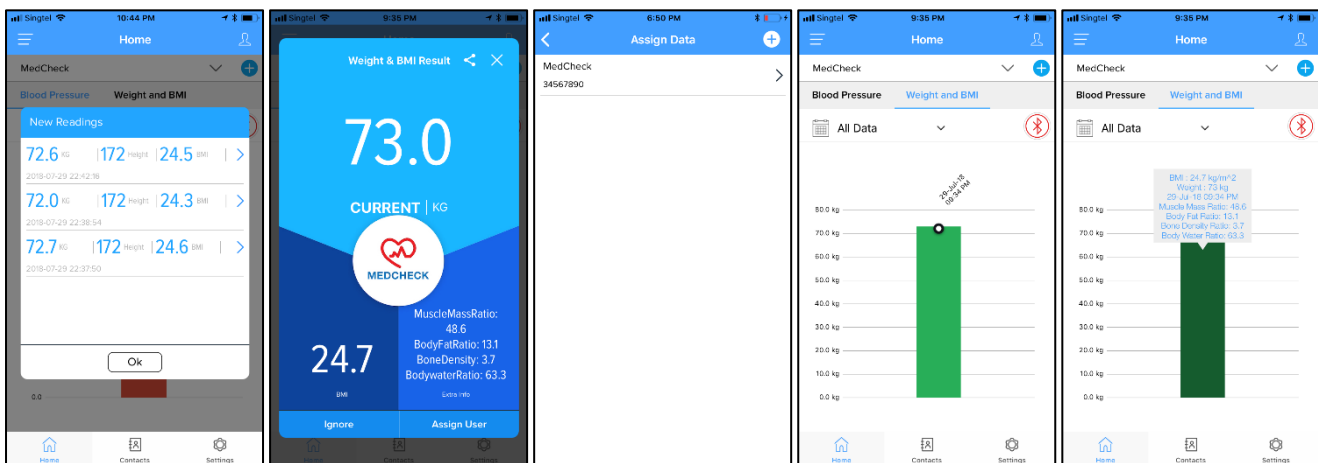
## Connect Fat Body Scale to App

- Open Bluetooth and Location in your Phone.
- Press and hold 'Unit' button behind fat body scale. The device screen will show buffering.
- On 'Paired Device' page in App, click on 'Pair' or 'Pair Up'. In next 2 screens, choose which user id in device and then which user in App you want to link up. Please note when you use device for first time, user id in device might show dummy name.
- Repeat this process to link different user ids in device to different users in the App.
- You can also link different user ids in device to different phones.



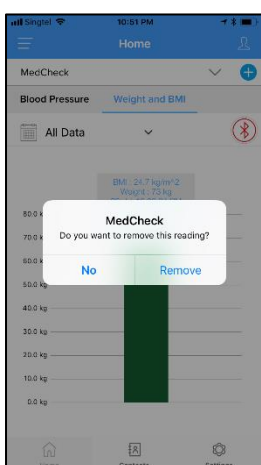
## View readings in App

- After pairing is done, stand on body scale to take measurement and App will pop up a blue screen for you to assign reading to any user in the App.
- The device will remember your weight and next time you take measurement and weight is +/- 2kg of previous measurement, it will automatically save in your user id in device.
- When you want to take reading, open your
- If there are multiple readings in selected user id in device, they will all appear as a list and you can assign one by one by clicking on right arrow next to reading.
- You can slide right-to-left (in iOS) and click on Ignore (in android) to ignore that reading so it doesn't appear in list even if it is in the device and not assigned to any user in the App.
- After connection and transfer of readings to App, readings of that user id in device are automatically deleted.
- After assigning, homepage will open which will show all assigned readings.
- Readings appear as color coded bars. Green means normal BMI, yellow means borderline BMI and red means high BMI.
- Click on any reading to get details such as BMI, Weight, Muscle Mass ratio, Body Fat ratio, Body Water ratio and Bone Mass Density.
- You can choose Weekly, Monthly or Daily from drop down menu to get customized graphs.



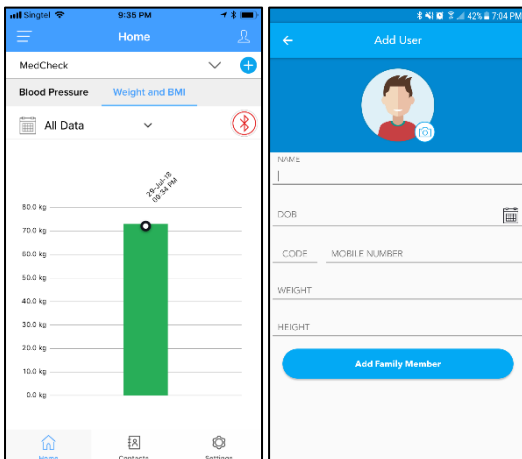
## Delete reading

- Click on any reading for 2 seconds to delete that readings from graph.



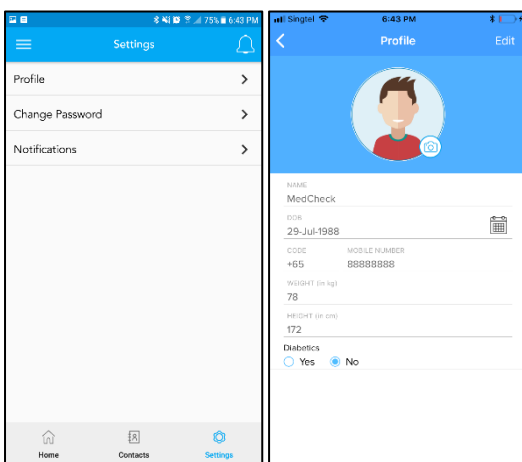
## Add new users

- Click on '+' icon on the right side of drop down user menu on top to add new users.
- Add details and click on 'Add Family Member'. Now you can assign readings to other users.



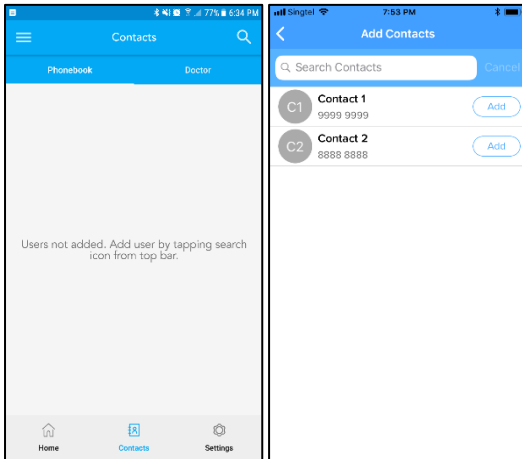
## View and update profile of user

- Click on icon on the right side of 'Home' to view and update profile.
- You can also go to Profile from Settings.
- Add Height, Weight and Diabetic status to access all features of the App.



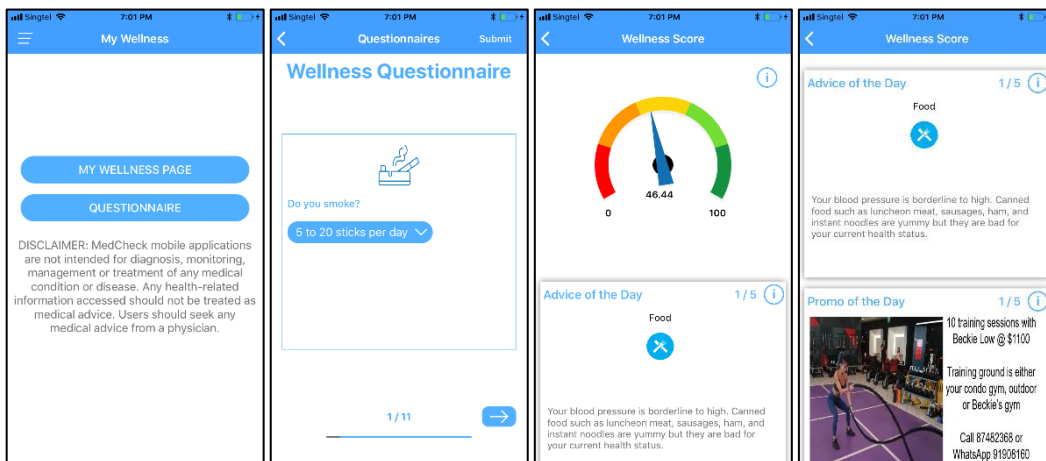
## Add Phonebook Contacts

- Click on Contacts below in homepage.
- Select Phonebook in top bar.
- Click on Search icon on top left.
- Search and 'Add' Phonebook Contact.
- The added Phonebook contact will appear in Contacts page. Right click to Edit or Delete.
- When you assign reading in future, Phonebook Contacts will receive SMS informing them about your latest reading.



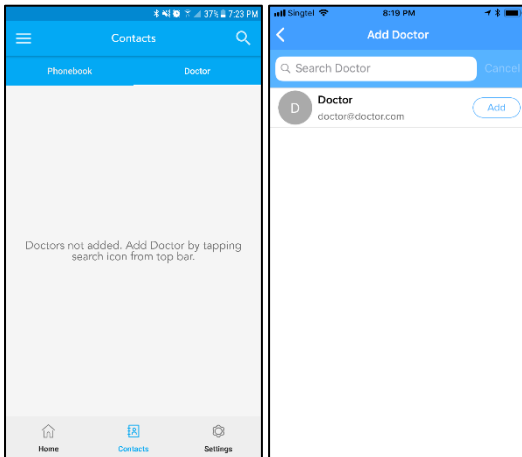
## Wellness Page

- App has a Wellness Page where you can see your MedCheck Wellness Score, get Diet and Fitness recommendations and get access to Promos for wellness activities in your city.
- To access your Wellness Page, you need to go to menu and click on My Wellness.
- Next you need to complete your Wellness Questionnaire.
- If you have completed the Wellness Questionnaire and taken at least reading from any one of the MedCheck devices (Blood Pressure Monitor, Blood Glucose Monitor or Fat Body Scale), you will be able to see your Wellness Page by clicking on My Wellness Page.



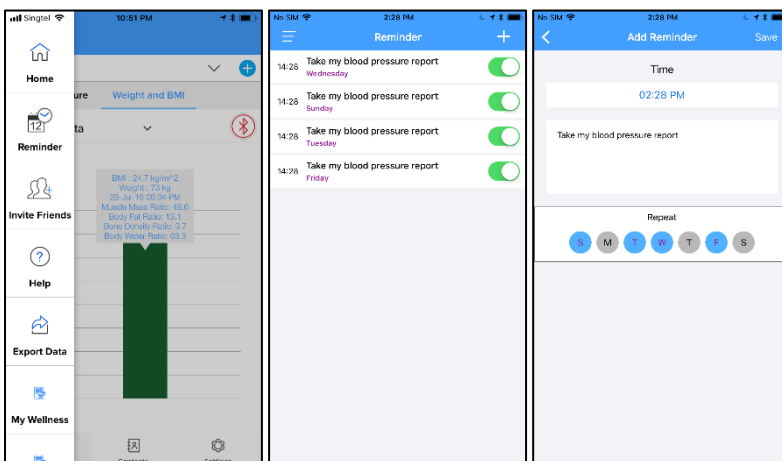
## Add Doctors

- In Contacts page, select Doctor tab.
- Click on Search icon on top left to see Doctors within 25 km radius of you.
- Click on 'Add' to add any Doctor.
- Added Doctor will need to accept your request before he/she can become your doctor. They will appear as 'Pending' in Contacts page.
- After Doctor accepts, you will receive SMS and App notification. And he/she will be able to see your complete history via App or Web panel.
- You can delete Doctor from Contacts page by pressing the red cross next to Doctor.



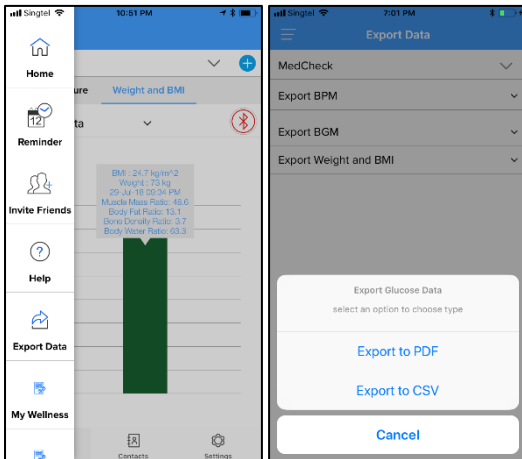
## Set Reminders

- Click on menu icon in top left.
- Click on Reminder to see or change existing reminders
- Click on '+' in Reminder screen to add new reminder.



## Export History

- Click on menu icon in top left.
- Click on Export Data.
- Select Blood Glucose and then Export as CSV or PDF.



## Unregister Device

- Click on Settings.
- Click on Manage Devices.
- Click on cross icon (in android) and slide right-to-left (in iOS) to unregister device.
- Now you will be able to pair this device with a different account.

