

Connected nutritional Kitchen scales

iOS/ Android

Note: You don't need to pair your nutritional Kitchen scale, it will automatically pair.

1. Depending on your device, download the Terraillon Wellness Coach app from the App Store (iOS) OR Google Play Store (Android). Create your account (if you don't already have one). Ensure your Bluetooth connection is on.
2. From the menu on the right hand corner, click on "ACCESS MY PROGRESS CHART" (fig. 1) Scroll down and click on "MY DIET" tab (fig.2). Then click on "ADD A DATA" to add your ingredients and choose "USE THE CONNECTED SCALES" (fig. 3).

Note: In the future, go to "MY DIET" and click on the "+" symbol.



fig.1

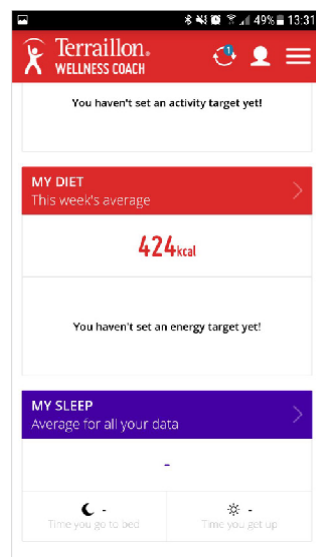


fig.2

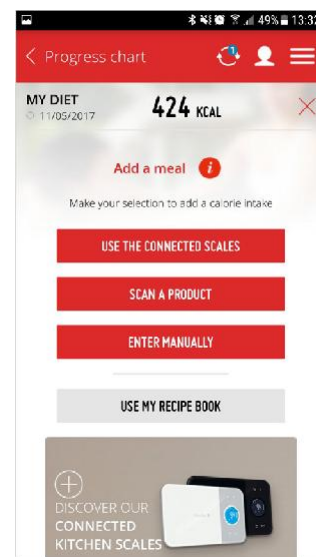


fig.3

3. Place the nutritional kitchen scale on a hard, flat surface. Press the "ON/OFF/TARE" button to turn the scale on and ensure the reading is 0 (please wait a couple of seconds).
4. Put your first ingredient on the scale. The weight now appears on the app. Select the appropriate food/liquid item from the drop down lists (fig.4). This will display the nutritional information for the weight of the food/liquid you placed on the nutritional kitchen scale (fig.5).

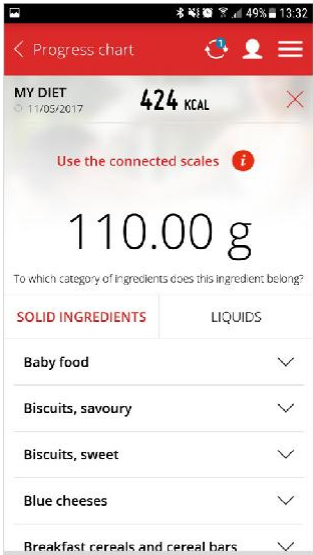


fig.4



fig.5

5. Tap “ADD THIS INGREDIENT” and register the time and date (fig.6). Press the scale icon at the bottom of the page to validate the food / liquid item (fig.7). Then click on “ADD THIS PRODUCT”. Note – At the bottom of the page, you can also share quantities between users by using the scale look alike button.

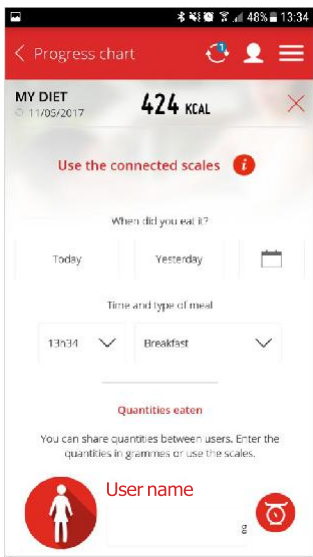


fig.6

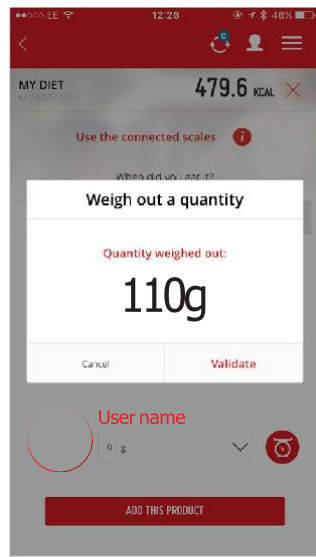


fig.7



6. Calories are now taken into account in the "MY DIET" tab (fig.8).

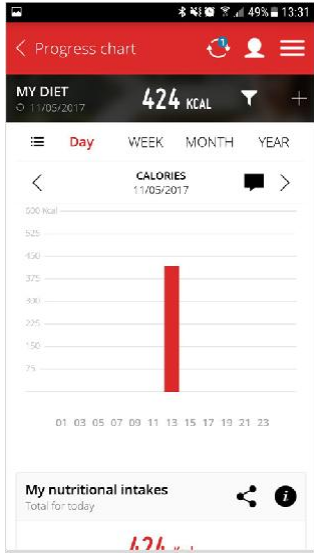


fig.8

Note: You can also enter your ingredient manually or enter a product barcode label. To do so, go back to the step 2 and choose between "SCAN A PRODUCT" or "ENTER MANUALLY".

Please note that the Wellness Coach APP is supported with IOS 8 (4S) and Android 4.3 and above.