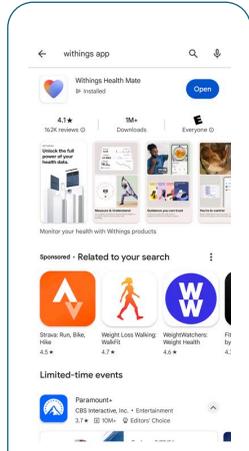


# SETTING UP YOUR WITHINGS BODY SCALE

1.888.799.8742 | info@triahealth.com



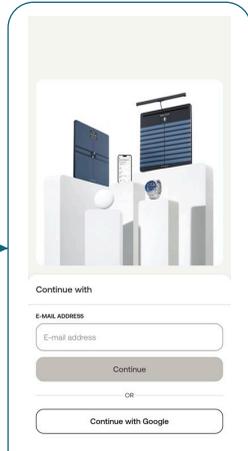
## DOWNLOAD

Visit the app store and download the "Withings Health Mate" app.



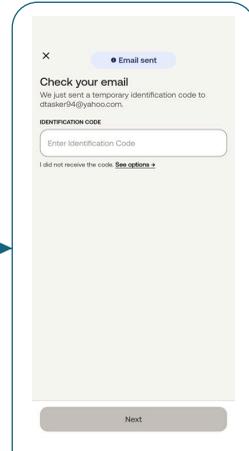
## GET STARTED

Once downloaded, click "Get started"



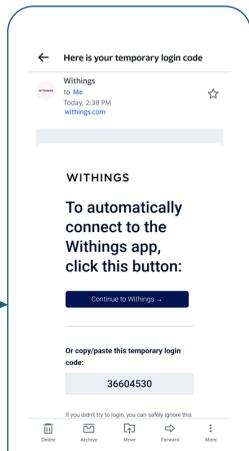
## EMAIL ADDRESS

You'll then need to either input your email or continue with Apple/Google.



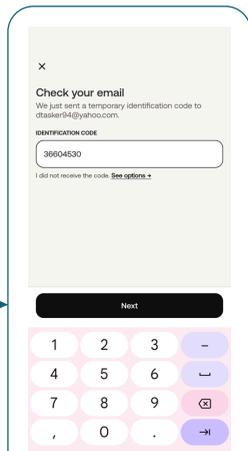
## VERIFICATION CODE

Withings will be sending your email an identification code.



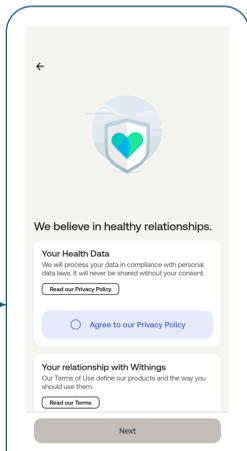
## CHECK EMAIL

Click the "Continue to Withings" button or copy the code and return to the app.



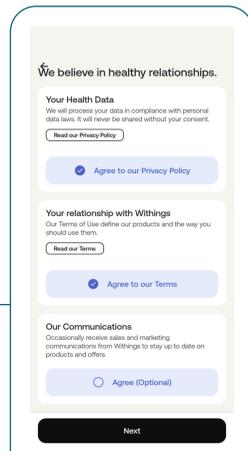
## PASTE CODE

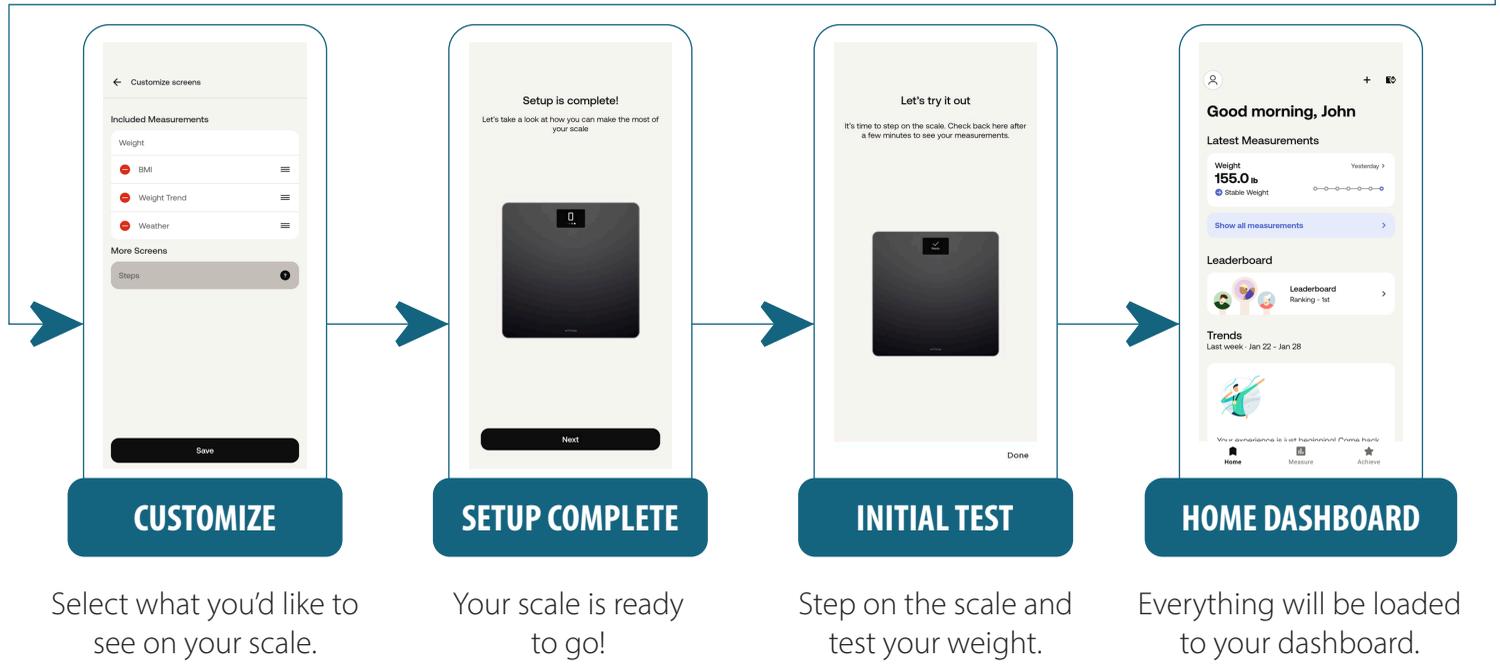
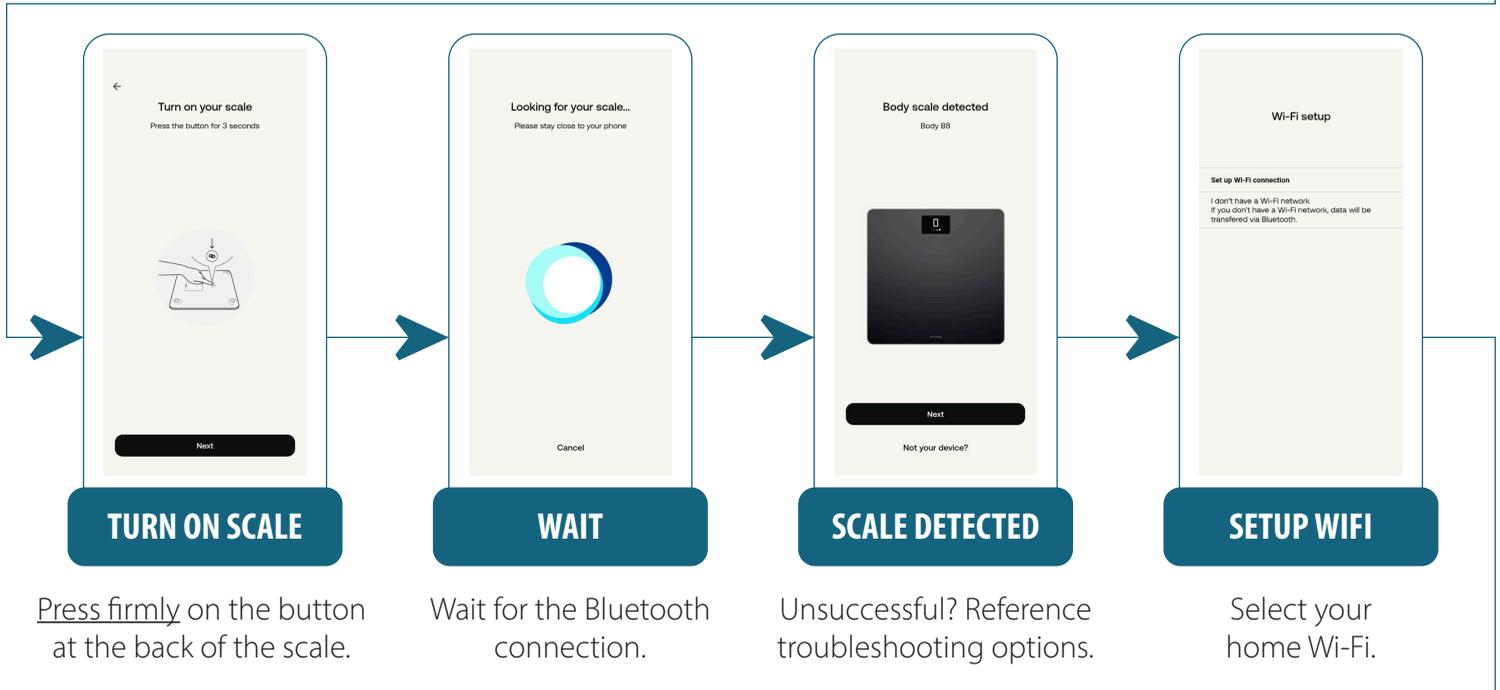
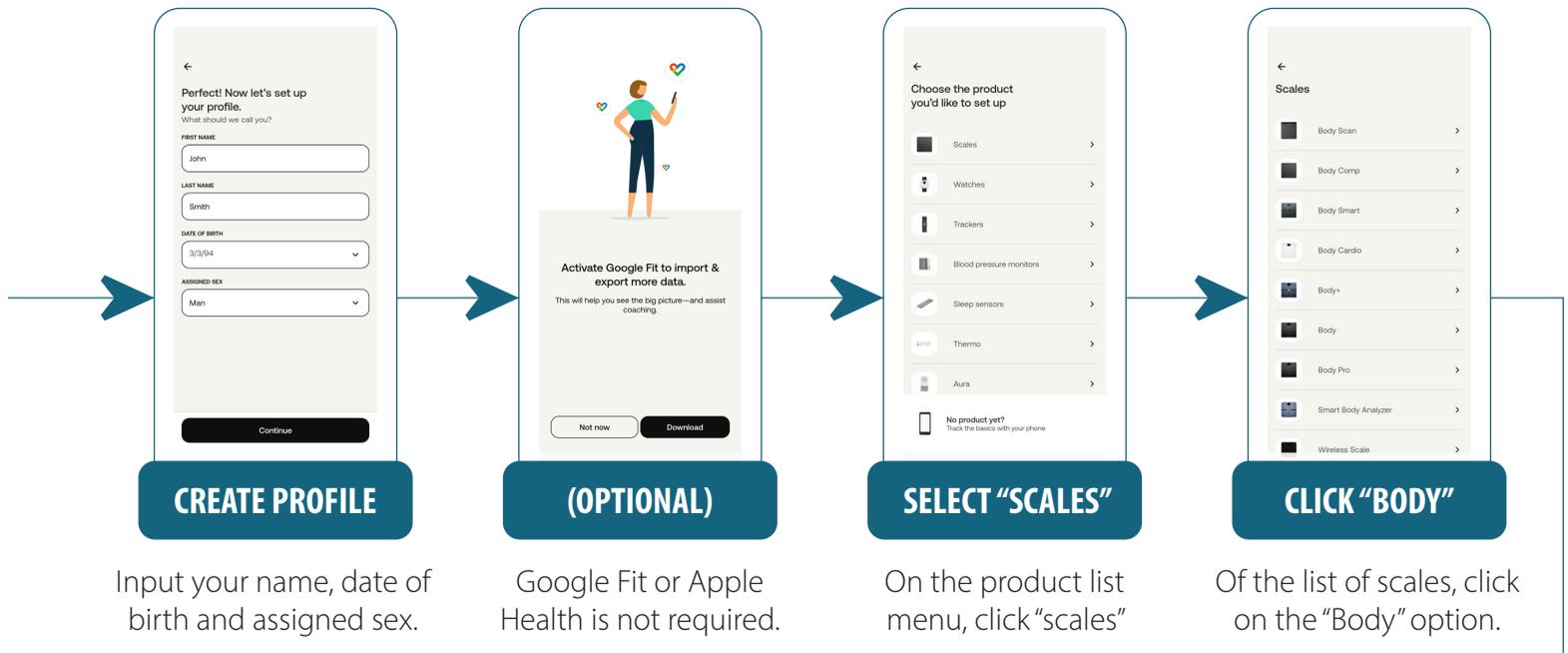
Paste the identification code.



## POLICY AGREEMENTS

The next screen outlines Withings' privacy policy and terms. You'll need to agree to both in order to proceed.

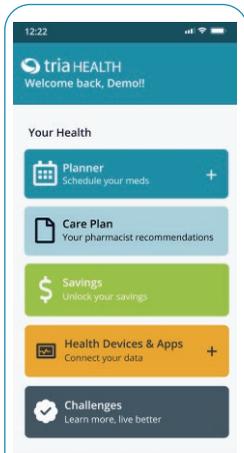




# SHARING WITH YOUR HEALTH COACH

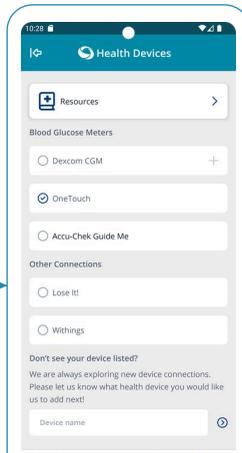


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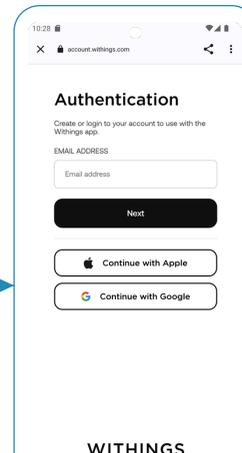
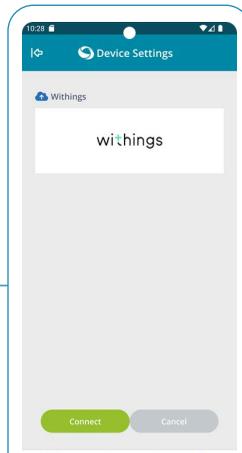
**HEALTH DEVICES**

On your home screen, click "Health Devices & Apps"



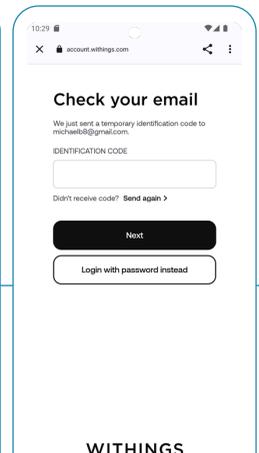
**CONNECT WITH WITHINGS**

Out of the list of devices, you'll select "Withings"



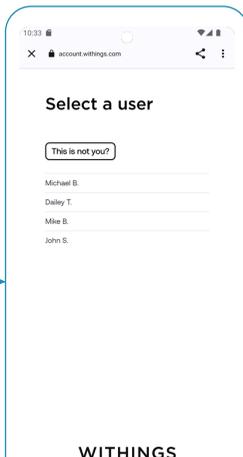
**WITHINGS**

Input either your email address or Apple/ Google account. If email, you'll need to paste the identification code from your email.



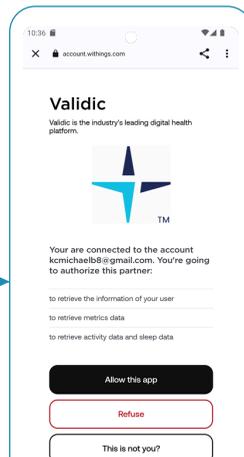
**WITHINGS**

**AUTHENTICATE YOUR IDENTITY**



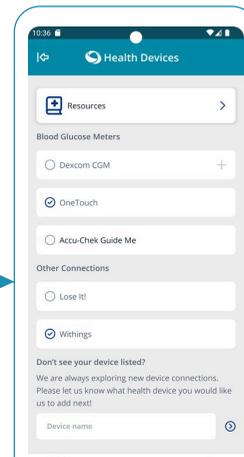
**WITHINGS**

Select your user profile.



**ALLOW THIS APP**

Click "Allow this app" to complete the connection with the Tria Health app.



**FINISH**

You did it! Your health coach will now receive your weight readings from Withings.