



USER GUIDE



Terrailon®

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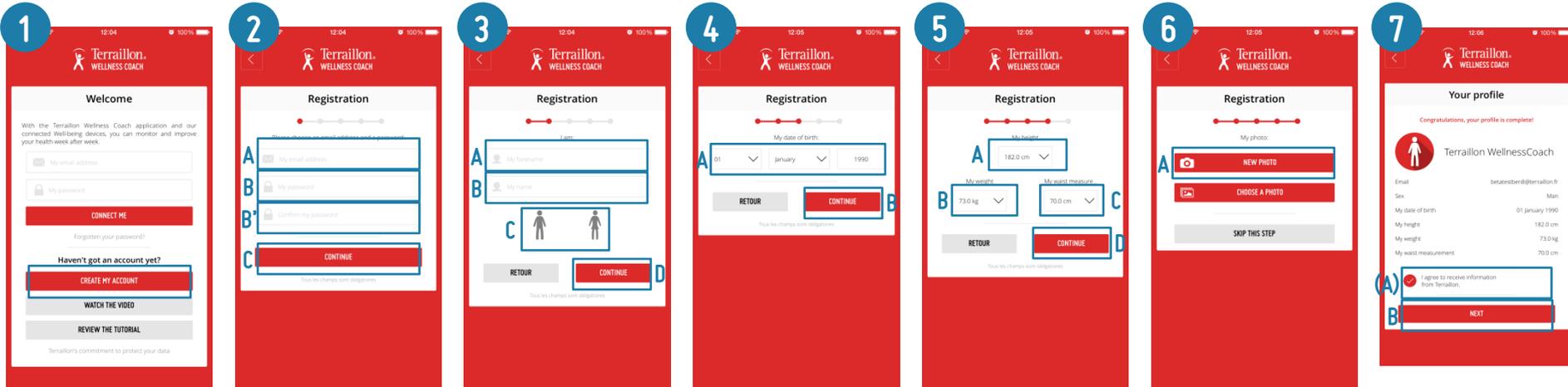
# PROFILE



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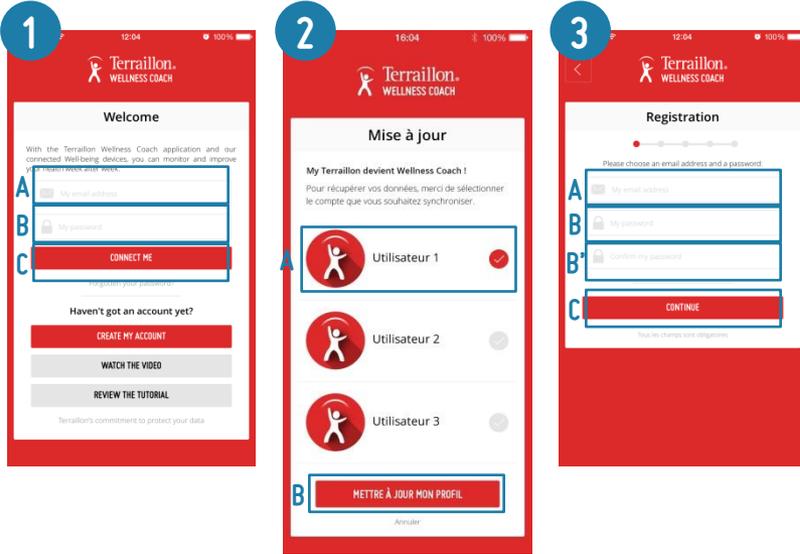


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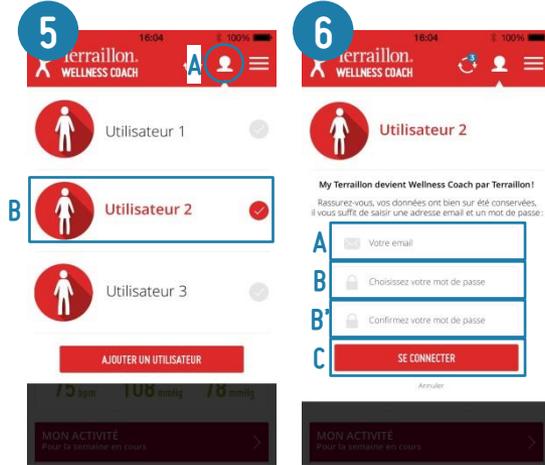


1. Click on "Create my account"
2. Enter a valid email address (you can receive password reminders via email) and a password (+ confirmation)
3. Enter the user's first name and surname and choose their gender
4. Enter the user's date of birth
5. Enter their height (used to calculate BMI), weight (used to recognise them automatically when they are first weighed) and waist size
6. Add a photo for the user (take a photo, add a previously taken photo or use a default Terrailon Avatar)
7. Summary of the information added. Check the box "I am happy to receive information from Terrailon by email" to receive information on new products and current offers. Click on Finish

At each stage, click CONTINUE to move onto the next stage.



4  
See "Create your profile"



7  
See "Create your profile"

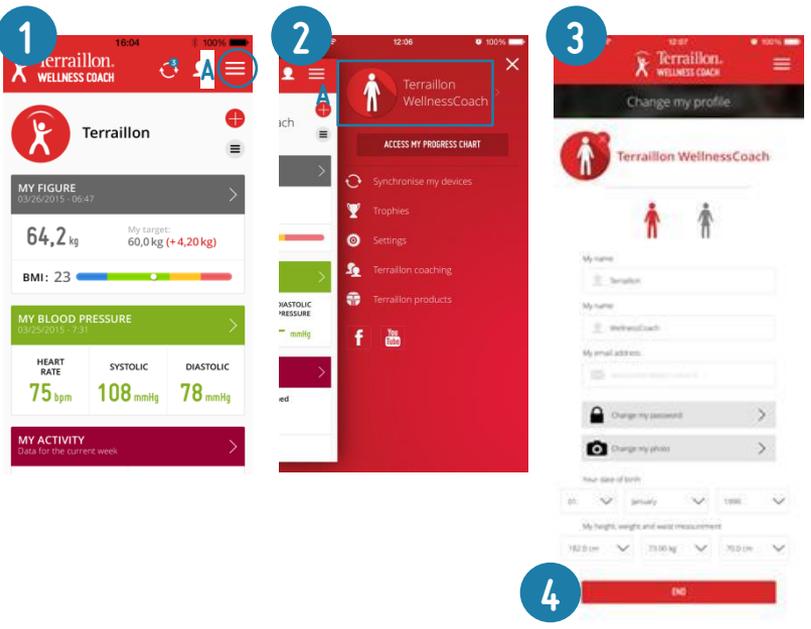
1. Enter your My Terraillon application login details (email address and password). Click on "Log Me In"
2. Wellness Coach displays the profiles created in My Terraillon. Select one of the profiles then click on "Update my profile" to start migrating
3. Choose your email address and password (+confirmation). In Wellness Coach each profile has its own email address and password
4. Follow steps 3 to 7 in the section "Create your profile" (previous page)
5. To migrate other profiles, click the User icon at the top right of the dashboard. All profiles are displayed. Select one of the profiles to migrate.
6. Choose your email address and password (+confirmation) to migrate your profile. Click on "Log Me In".
7. Follow steps 3 to 7 in the section "Create your profile" (previous page)

At each stage, click CONTINUE to move onto the next stage.

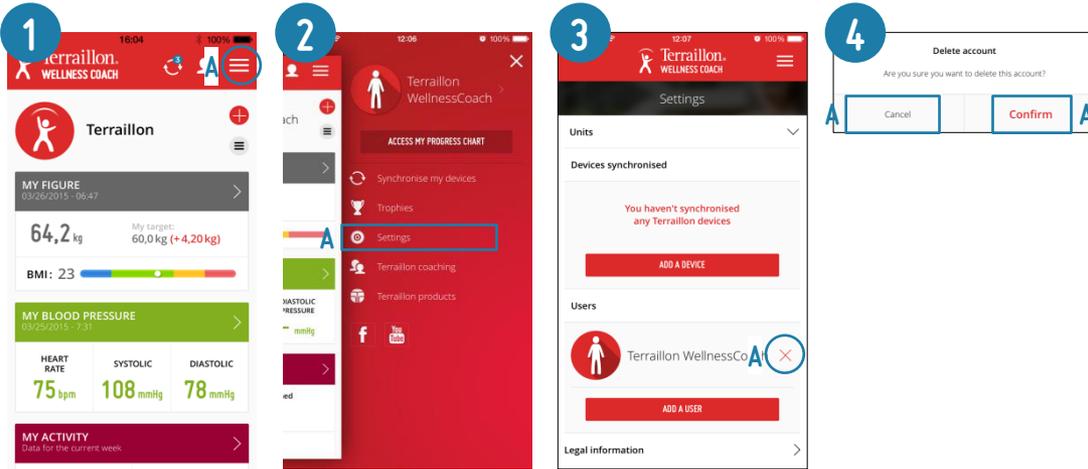
▲ It is important to migrate all the profiles one after another. After migrating the first profile, it is recommended that you migrate the other profiles before using the application's other functions.

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1. Click on the button at the top right to open the drop-down menu
2. Click on your name next to your photo
3. You can now edit: Gender / First name / Surname / Password / Photo / Date of birth / Height / Weight / Waist size
4. Once you have finished editing, click Finish

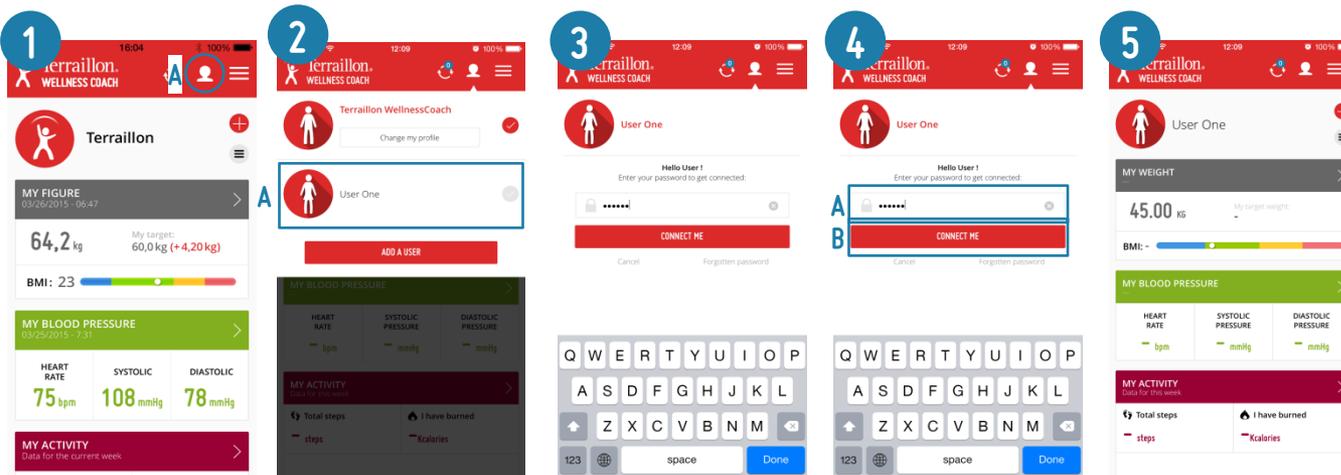


1. Click on the button at the top right to open the drop-down menu
2. Click on Settings
3. Click on the red cross next to the profile you wish to delete
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back

▲Deleting a profile in the application does not mean that it no longer exists. It only means that it is no longer linked to the other profiles and the products linked to these profiles. You can always use this profile and access the data associated with it by logging into the home page of the My Terrailon application.

If you wish to delete your profile completely (login information and saved data) you can, in accordance with the provisions of the Data Protection Act No. 78-17 of 6 January 1978 regarding computing, request access rights and the right to modify and delete personal information that concerns you.

To exercise this right at any time, please send your request by letter to: Terrailon France / 1 Rue Ernest Guoin - CS 50001 / 78 290 CROISSY SUR SEINE CEDEX, FRANCE or by email: [contact@terraillon.fr](mailto:contact@terraillon.fr)



When the application contains several profiles, it is possible to move from one profile to another. In Wellness Coach each profile is made secure using a corresponding email address and password. You therefore need the password to move to a different profile.

1. Click on the User button at the top to display the active profiles in the application
2. Select a profile to open it
3. The application will request the password for the profile selected
4. Enter the profile's password. Click on Log Me In
5. The application will open the selected profile

# PRESENTATION OF THE DASHBOARD



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Current profile (Photo and Name)

Weight Widget - Date of last synchronisation

Last saved weight

Last saved BMI

Blood Pressure Widget - Date of last synchronisation

Last saved data (heart rate and blood pressure)

Physical Activity Widget - Data for the current week

Number of steps taken over the current week

Number of steps taken over the day and the % of the goal achieved

Diet Widget - Average per day for the current week

Number of calories consumed over the day and the % of the goal achieved

Sleep Widget - Average per night for all the data

Average bedtime

Annotations for the dashboard screenshot:

- Data pending linking
- Change user
- Drop-down menu
- Add data manually
- Change the order in which the Widgets are displayed
- Weight goal and what you need to lose/gain
- Number of calories burned over the current week
- Number of steps per day goal
- Average number of calories consumed per day over the current week
- Average number of hours of sleep
- Average time you wake up

Dashboard Data Summary:

Widget	Current Value	Target / Goal	% Achieved
Weight	64,2 kg	60,0 kg (+4,20 kg)	-
BMI	23	-	-
Heart Rate	75 bpm	-	-
Systolic BP	108 mmHg	-	-
Diastolic BP	78 mmHg	-	-
Steps (Current Week)	56,325	10,000 (per day)	-
Steps (Today)	5,248	10,000	52%
Calories Burned (Current Week)	25,897	-	-
Calories Consumed (Current Week)	2,137	2,200 (per day)	-
Calories Consumed (Today)	1,452	2,200	66%
Average Sleep (Hours)	7 hours 46 minutes	-	-
Average Bedtime	11h02	-	-
Average Wake Up	6h48	-	-

**Trophies**



**5 pounds lost**  
Trophie unlocked  
the 26/03/2015



**Super Marmot**  
Trophie unlocked  
the 20/03/2015

[SEE ALL THE TROPHIES](#)



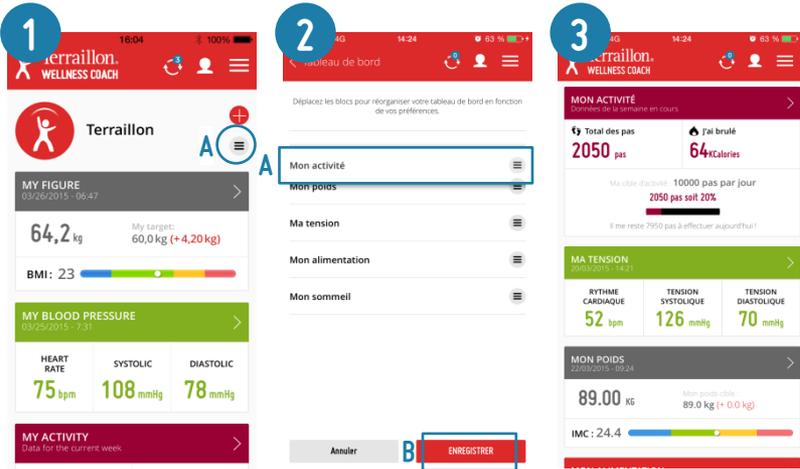
**Coaching Terrailion**  
Choose the type of coaching made for you  
and progress toward your fitness goals!

[OUR COACHING QUESTIONNAIRE](#)

Last trophies unlocked

See all the trophies unlocked / still to unlock

Start/Continue Terrailion coaching (well-being advice) - See "Terrailion Coaching" section for more information



The default widget display order on the dashboard is: WEIGHT - BLOOD PRESSURE - PHYSICAL ACTIVITY - DIET - SLEEP. You can personalise the order in which they are displayed

1. Click on  to reorganise the widgets
2. With the  buttons, move the different widgets to your chosen order (in the example: My Physical Activity is placed before My Weight). Click save to confirm the new arrangement.
3. The new display order is applied to the dashboard

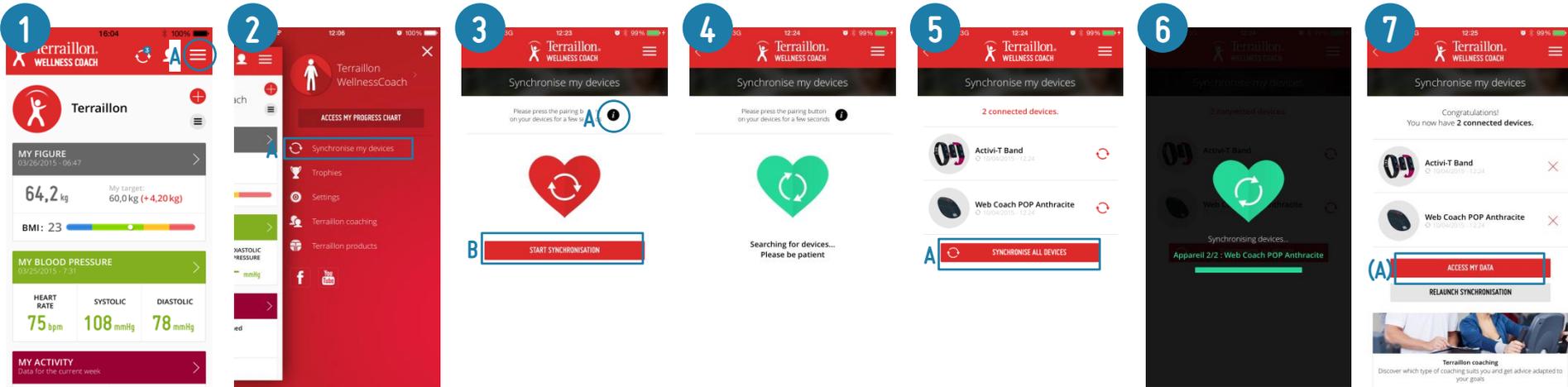
# SYNCHRONISING PRODUCTS



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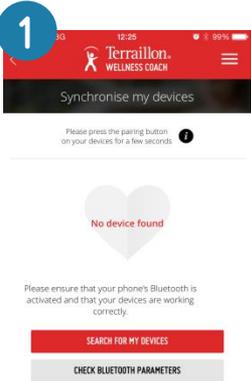


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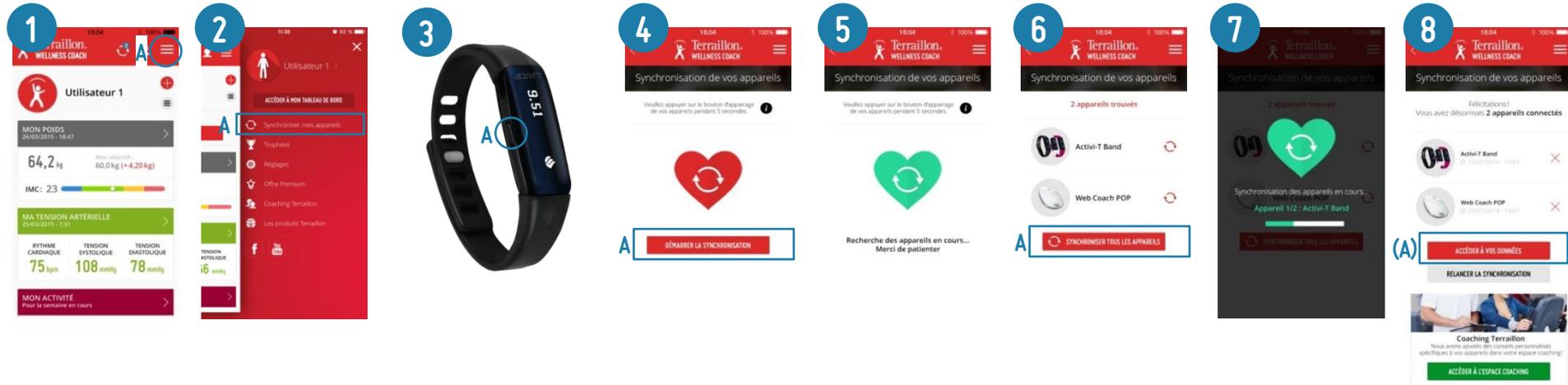


1. Click on the button at the top right to open the drop-down menu
2. Click on Synchronise my devices
3. To find out which button to press on the device, click on the information button . Launch synchronisation on the device then click Start synchronisation
4. The application will search my devices. This search should take 20 seconds.
5. The application displays the devices it has found. To synchronise the devices found, click on Synchronise my devices. To synchronise only one of the devices found, click on the symbol next to the device you want to select
6. The application synchronises the devices
7. The application displays the synchronised products. Click Access my data to go back to the dashboard

If you experience issues, see the following pages

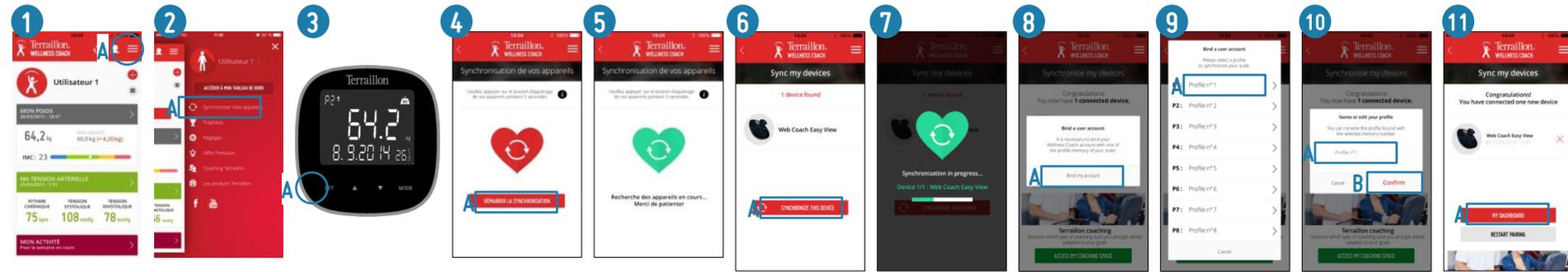


1. If after 20 seconds of searching the application shows the screen above:
  1. Check that Bluetooth is activated on your mobile
  2. Ensure that the synchronisation button on the device has been pressed before clicking Start synchronisation
  3. Ensure that the device and the mobile are less than 10 metres apart



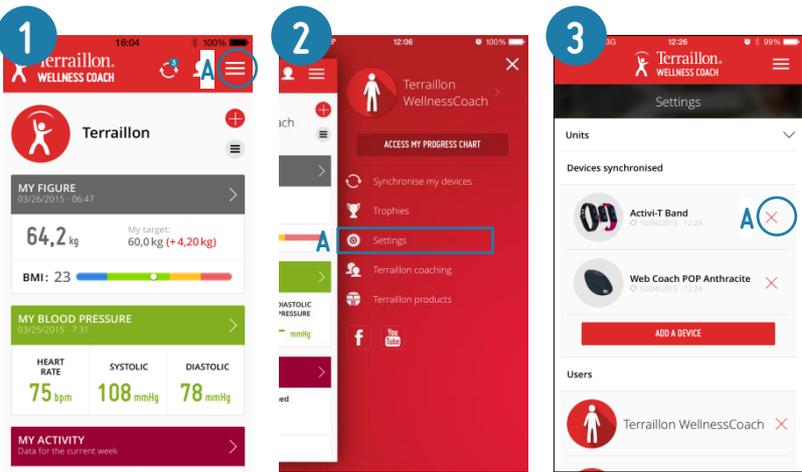
1. Click on the top right button to open the side menu
2. Click Synchronize my devices
3. Press and hold the button on the wristband ten seconds (2 vibrations) until 2 square turn on the screen.
4. Click Start Sync
5. The application searches the device. This research takes 20 seconds.
6. The application displays the found device. To synchronize the device found, click Synchronize my devices.
7. The application synchronizes devices
8. SUCCESS is displayed on the screen of the Activi-T Band. The application displays the synchronized products. Click Access my data to return to the dashboard

**Important: It is important to be fast enough during synchronization. If you wait to click the buttons in the application, synchronization will not work and the bracelet will show FAIL. In this case, start again the synchronization process. In step 6, it is important to click "Synchronize my devices" as soon as the Activi-T band appears in the application. If you wait too long, synchronization will fail.**

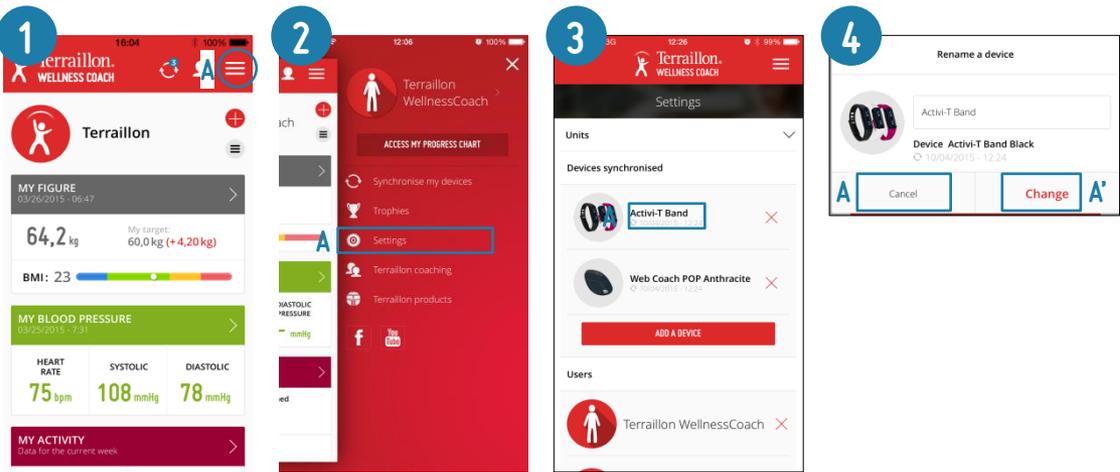


1. Click on the top right button to open the side menu
2. Click Synchronize my devices
3. Press and hold 3 seconds the SET button on the Easy View screen. Two square turn on the screen
4. Click Start Sync
5. The application searches the device. This research takes 20 seconds.
6. The application displays the found device. To synchronize the device, click Synchronize my devices.
7. The application synchronizes devices
8. It is necessary to link a profile number from the Web Coach Easy View with the account Wellness Coach
9. Select a profile number
10. Edit profile by entering its name and then confirm
11. The application displays the synchronized product. Click Access my data to return to the dashboard

**It is important to link your account to a profile number for automatic recognition when weighing. You can synchronize the scale with maximum 8 smartphones. To do this, repeat steps 1-11 on an other Smartphone and select an other profile number. To connect another user on the same smartphone, please log in with this other Wellness Coach account and repeat steps 1 and 11. Then select an other profile number. Before the first weighing, please select your profile number on the scale.**



1. Click on the button at the top right to open the drop-down menu
2. Click on Settings
3. Click on the red cross next to the product to delete



1. Click on the button at the top right to open the drop-down menu
2. Click on Settings
3. Click on the name of the device to rename it
4. Give the device a name then click on "Edit" to confirm the name or on "Cancel" to go back

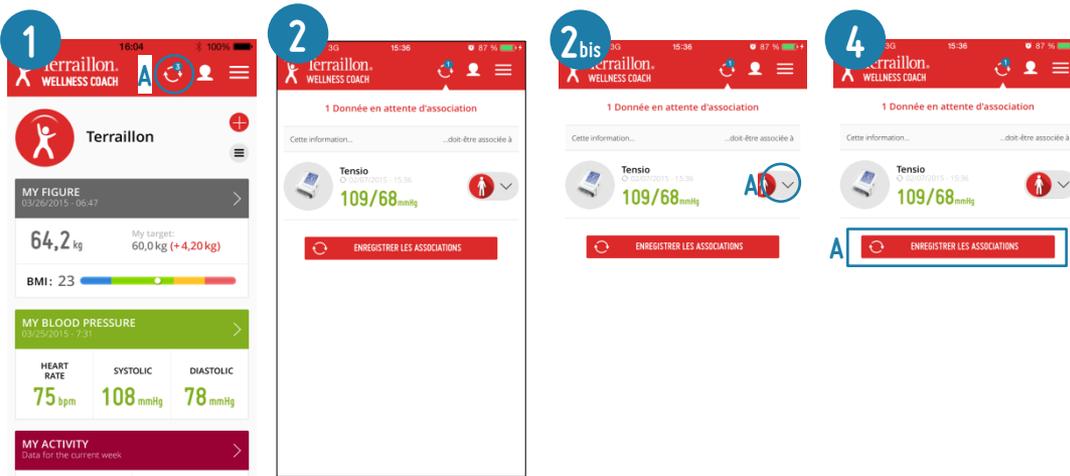
# LINKING DATA



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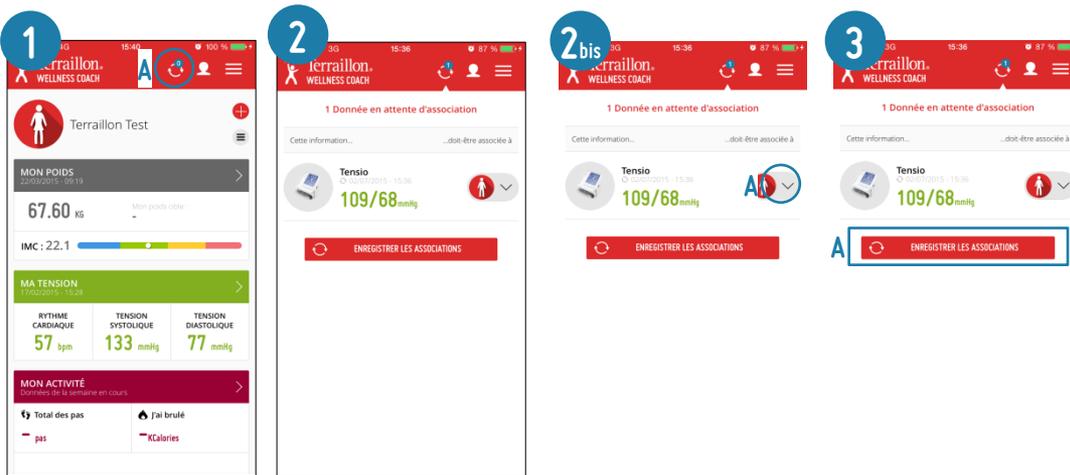


When the application receives data from a Terrailon blood pressure monitor, it must be linked to the corresponding profile. When this is pending, a number will appear in the blue circle at the top of the screen.

1. Click on the button for linking data at the top to display the pending data
2. Pending data is displayed. By default, the data will be assigned to the logged user. To assign it to another user or delete the data, click  to select the profile or select the garbage.
3. Once all the pending data has been linked to a profile, click Save Connections.

*MY WEIGHT: weight and body composition data are automatically linked. If your weight has not varied by +/- 2 kg, the following weight data will be automatically linked to the profile. If two profiles have around the same weight (+/- 2 kg), these two profiles will require manual linking.*

*MY PHYSICAL ACTIVITY/MY SLEEP: the activity and sleep data are automatically associated with the current profile. Just make sure to be logged into your profile before you synchronize product data to the application.*



Lorsque l'application reçoit des données d'un tensiomètre Terraillon, il est nécessaire de les attribuer au profil correspondant. Lorsque des données sont en attente d'association, un chiffre apparaît dans le rond bleu qui se situe en haut de l'écran.

1. Cliquer sur le bouton d'association des données en haut pour afficher le données en attente d'association
2. Les données en attente s'affichent. Par défaut, les données seront attribuées à l'utilisateur en cours. Pour les attribuer à un autre utilisateur ou supprimer les données, cliquer sur  pour sélectionner le profil auquel associer les données ou sélectionner la poubelle.
3. Une fois que toutes les données en attente sont associées à un profil, cliquer sur Enregistrer les associations.

*MON POIDS : le poids et les données de masses corporelles s'associent automatiquement . Si le poids n'a pas varié de +/- 2KG, la donnée de pesée s'associe automatiquement avec le profil. Si deux profils font sensiblement le même poids (à +/- 2KG), une association manuelle pour ces deux profils sera nécessaire.*

*MON ACTIVITÉ/MON SOMMEIL : les données d'activité et de sommeil sont associées automatiquement au profil en cours. Veillez juste à être connecté à votre profil avant de synchroniser les données du produit vers l'application.*

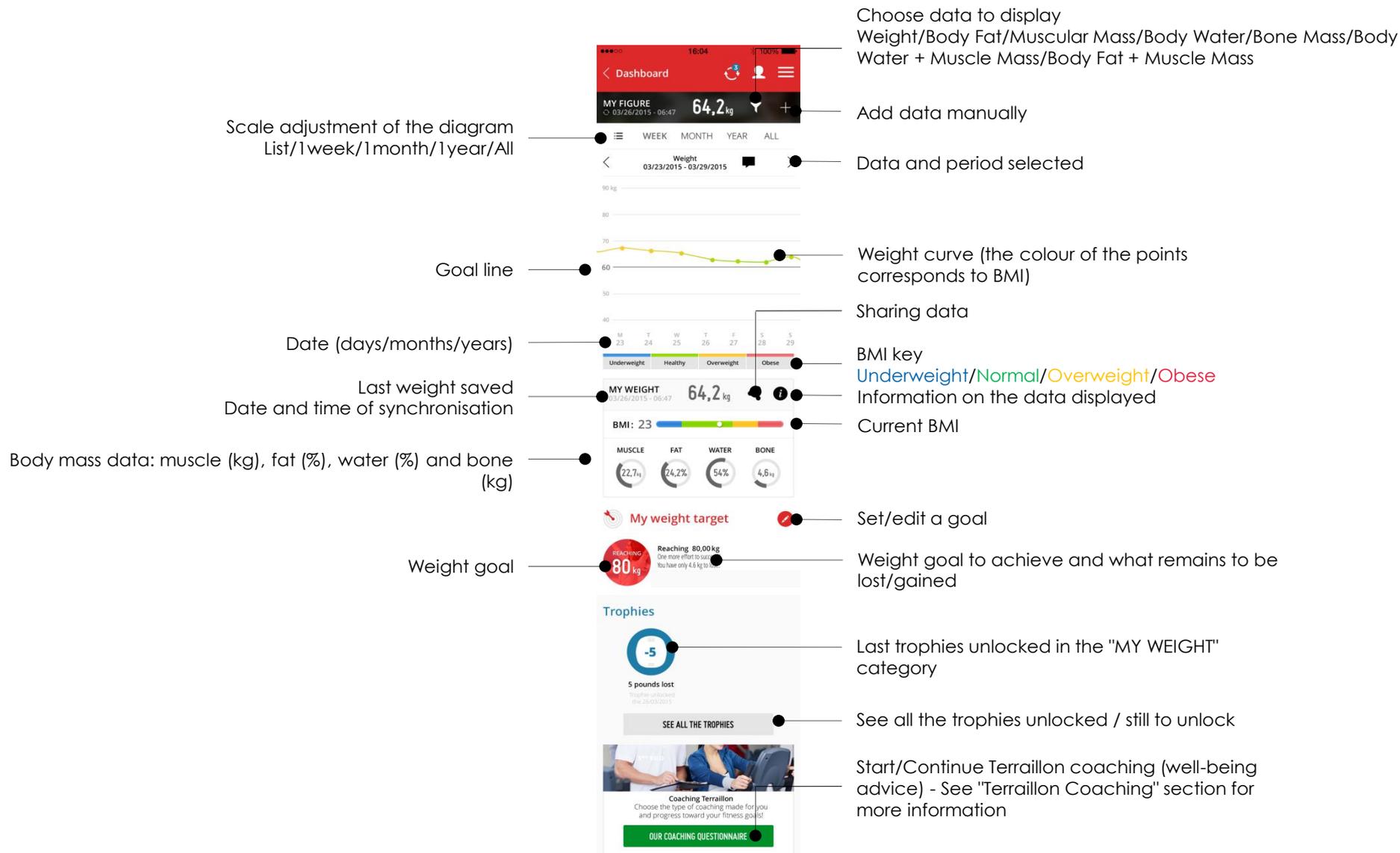
# PRESENTATION OF MY WEIGHT

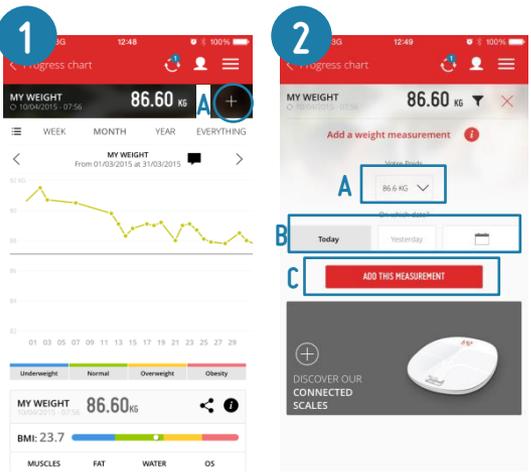


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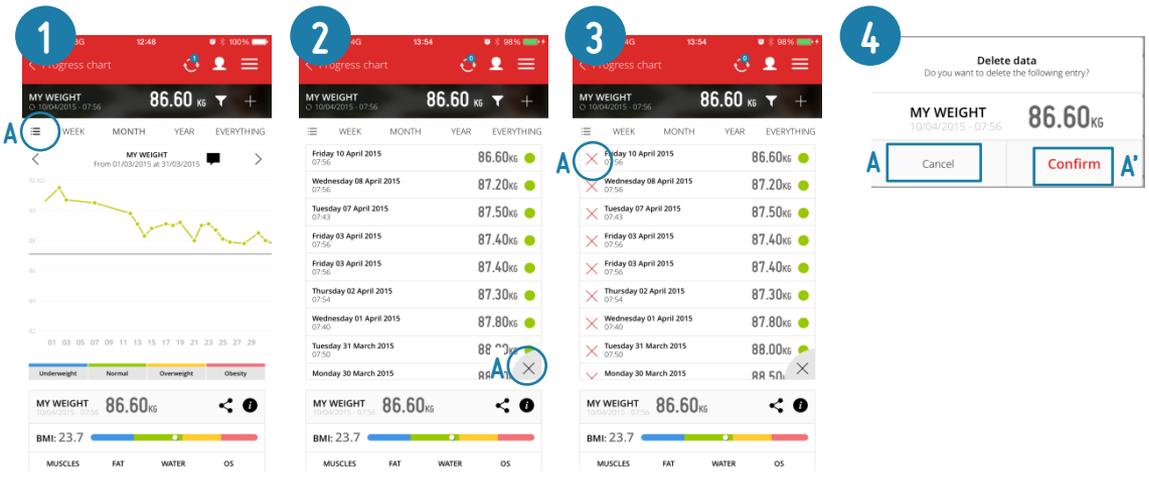


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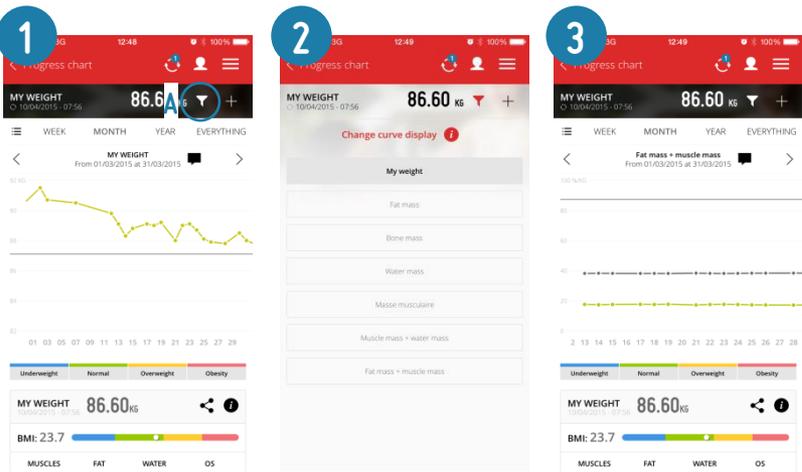




1. Click on "+" at the top right
2. Enter the weight then the measurement date (today, yesterday or choose from the calendar) then click on Add this measurement



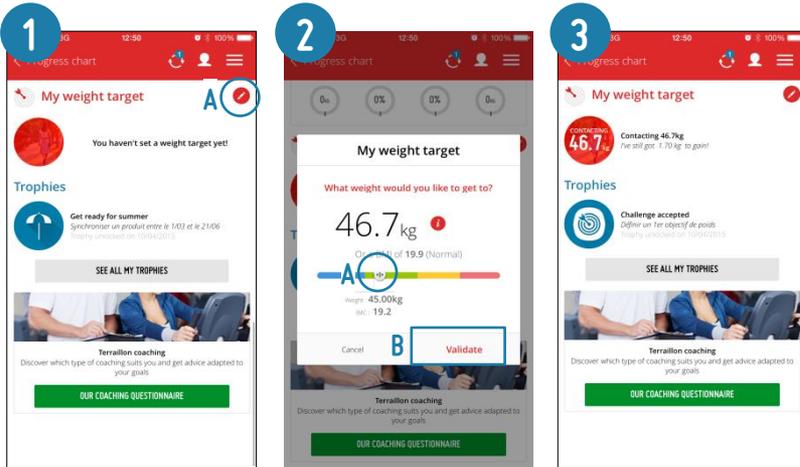
1. Click on to go to List view
2. Click on the cross at the bottom right of the data table
3. Click on the red cross next to the data to be deleted
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back



1. Click on to choose which data to display
2. Select the data to be displayed by clicking above
  - Weight
  - Body fat
  - Bone mass
  - Body water
  - Muscular mass
  - Muscular mass + Body water
  - Body fat + Muscular mass
3. The data displayed on the graph are then edited (muscular mass + body water in the example)



1. For an easier and more detailed view of the graphs, turn your smartphone on its side to put it into landscape mode and pivot the display.



1. Click on  next to My target weight
2. In the window that opens you can set your goal by moving the cursor. You can set a weight or Body Mass Index (BMI) goal in order to get the weight best adapted to your size. **▲ We advise you not to set a BMI goal lower than 19. This would indicate that you are underweight and is dangerous for your health.** Click on Confirm to confirm this goal.
3. Your weight goal is now displayed. The difference between your current weight and your goal is indicated in kg, and a line representing your goal is displayed on the graph.

To change a goal, start the procedure again.

# PRESENTATION OF MY BLOOD PRESSURE



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Scale adjustment of the diagram  
List/1day/1week/1month/1year

Add data manually

Selected period

Systolic blood pressure curve (◆)

Diastolic blood pressure curve (●)

Date (day/month)

Blood pressure level key\*  
Optimal/Normal/Mild/Moderate/High/Severe

Information on the data displayed

Average of the data displayed (Heart rate / Systolic blood pressure / Diastolic blood pressure)

Sharing data

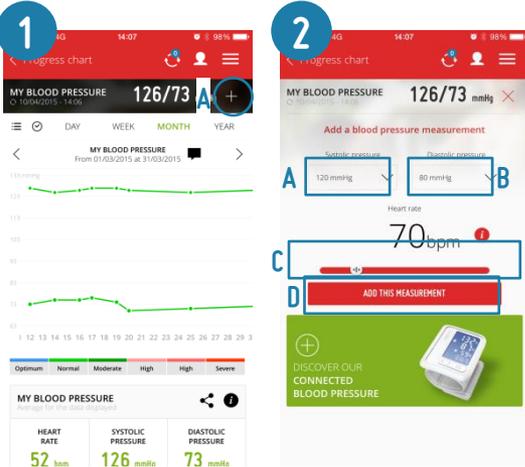
Last trophies unlocked in the "MY BLOOD PRESSURE" category

See all the trophies unlocked / still to unlock

Start/Continue Terrailon coaching (well-being advice) - See "Terrailon Coaching" section for more information

HEART RATE	SYSTOLIC PRESSURE	DIASTOLIC PRESSURE
52 bpm	126 mmHg	73 mmHg

\*Blood pressure classification published by the World Health Organization (WHO) and the International Society of Hypertension (ISH). These data and their interpretation are given for information purposes only. Always contact your doctor for advice, diagnostic and treatment.



1. Click on "+" at the top right
2. Enter the systolic blood pressure, diastolic blood pressure then heart rate and click on Add this measurement

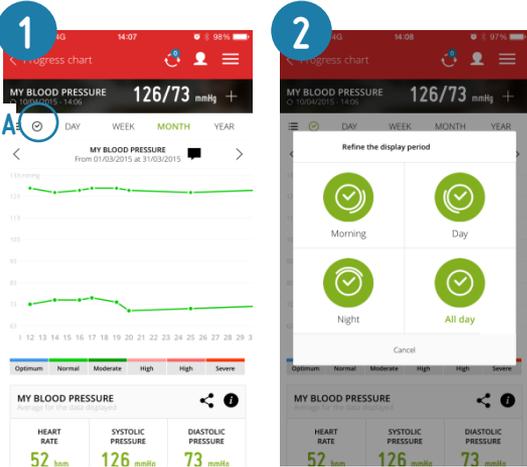
**1** Click on to go to List view

**2** Click on the cross at the bottom right of the data table

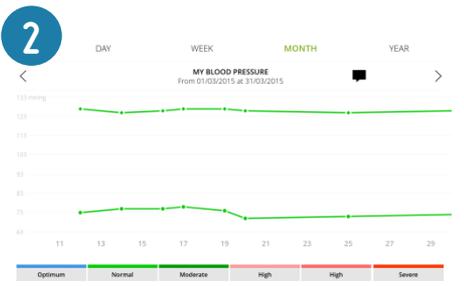
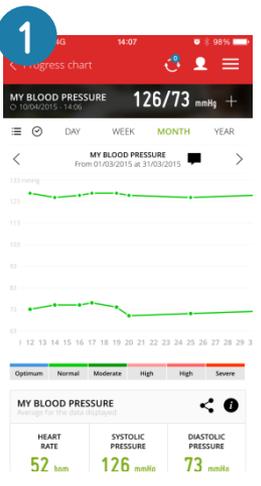
**3** Click on the red cross next to the data to be deleted

**4** Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back

1. Click on to go to List view
2. Click on the cross at the bottom right of the data table
3. Click on the red cross next to the data to be deleted
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back



1. In the day view, click on  to choose which data to display depending on the time of day
2. Choose the period to display
  - Morning: blood pressure readings between 3 am and 11 am
  - Day: blood pressure readings between 11:01 am and 4 pm
  - Night: blood pressure readings between 4:01 pm and 2:59 am
  - All day: data from the entire day
3. The data displayed on the graph will be changed



1. For an easier and more detailed view of the graphs, turn your smartphone on its side to put it into landscape mode and pivot the display.

# PRESENTATION OF MY ACTIVITY



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**Scale adjustment of the diagram**  
List/1day/1week/1month/1year

**Number of steps taken throughout the day**

**Data and period selected**

**Goal line**

**Graph for number of steps taken**

**Sharing data**

**Date (day/month)**

**Physical activity level key**  
Low (<1/2 goal) / Average / Exceeded (>goal)

**Last weight saved**  
Date and time of synchronisation

**Information on the data displayed**

**Number of steps taken over the period selected**

**Number of calories burned over the period selected**

**Active time in the period selected**

**Distance travelled in the period selected**

**Set/edit a goal**

**Step goal to be achieved and what remains**

**Last trophies unlocked in the "MY PHYSICAL ACTIVITY" category**

**See all the trophies unlocked / still to unlock**

**Start/Continue Terraillon coaching (well-being advice) - See "Terraillon Coaching" section for more information**

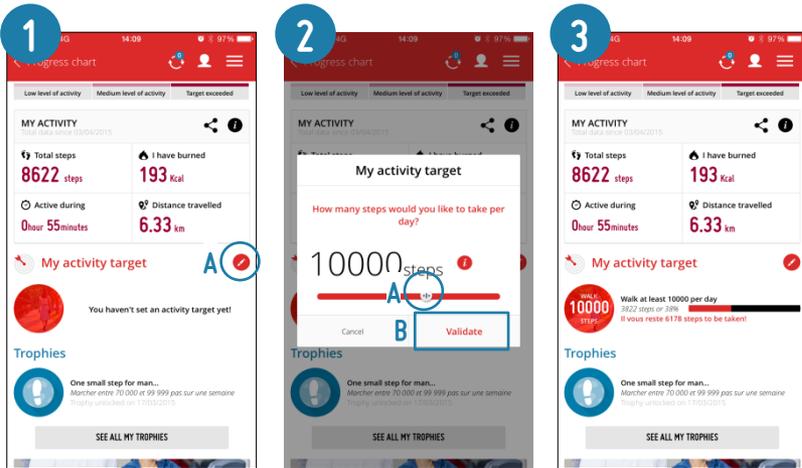
**1** Click on to go to List view

**2** Click on the cross at the bottom right of the data table

**3** Click on the red cross next to the data to be deleted

**4** Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back

1. Click on to go to List view
2. Click on the cross at the bottom right of the data table
3. Click on the red cross next to the data to be deleted
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back



1. Click on  next to My physical activity target
2. In the window that opens you can set your goal for number of steps taken per day by moving the cursor. Click on Confirm to confirm this goal.
3. The goal number of steps is now displayed. The difference between number of steps taken and your goal is indicated, and a line representing your goal is displayed on the graph.

The colours of the graph are therefore changed:

**Low:** under half of your goal was achieved

**Average:** you achieved between 50 and 100% of your goal

**Exceeded:** you exceeded your goal

To change a goal, start the procedure again.

# PRESENTATION OF MY DIET



*Go back to the  
contents*



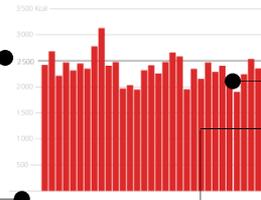
**Terrailon<sup>®</sup>**  
**WELLNESS COACH**

Number of kilocalories consumed over the day  
Scale adjustment of the diagram  
List/1 day/1 week/1 month/1 year



DAY WEEK MONTH YEAR

Calories 05/01/2015 - 05/31/2015

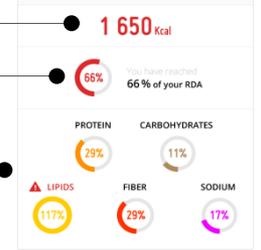


Goal line

Date (day/month)

Average kilocalories consumed for the period  
Percentage of Recommended Daily Intake consumed over the period  
Percentage of Recommended Daily Intake of different nutrients consumed over the period

My nutritional intakes  
Average of displayed data



Trophies  
You haven't won any trophies yet!

SEE ALL MY TROPHIES  
Terrailion coaching  
Discover which type of coaching suits you and get advice adapted to your goals  
OUR COACHING QUESTIONNAIRE

Choose data to display  
Calories/Protein/Carbohydrates/Lipids/Fibre/Sodium

Add data (Weight/Manual/Recipe book)

Data and period selected

Graph for the number of kilocalories consumed  
Sharing data

Information on the data displayed

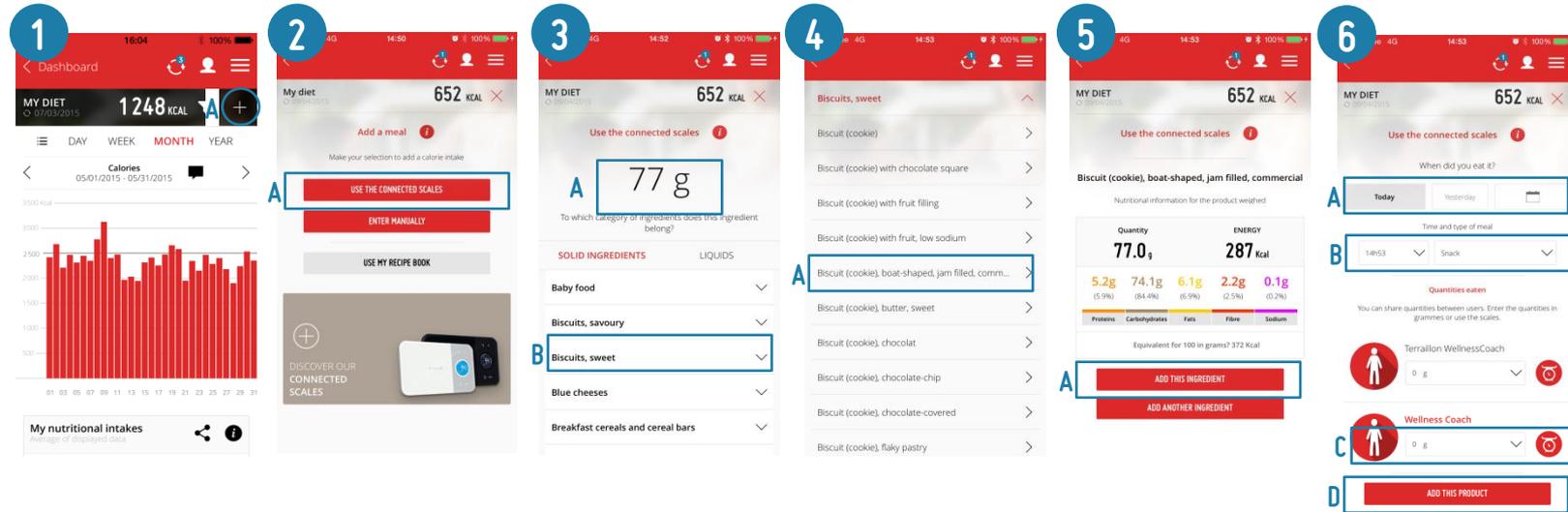
Set/edit a goal

Goal not to be exceeded and average number of kilocalories consumed per day

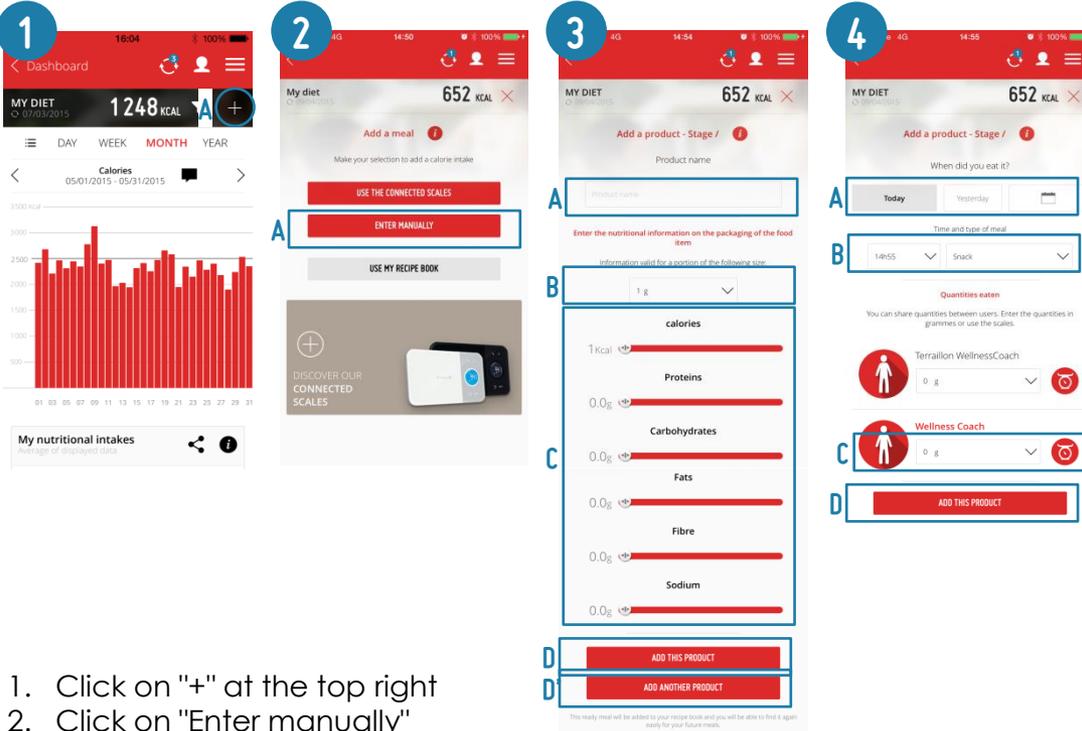
Last trophies unlocked in the "MY PHYSICAL ACTIVITY" category

See all the trophies unlocked / still to unlock

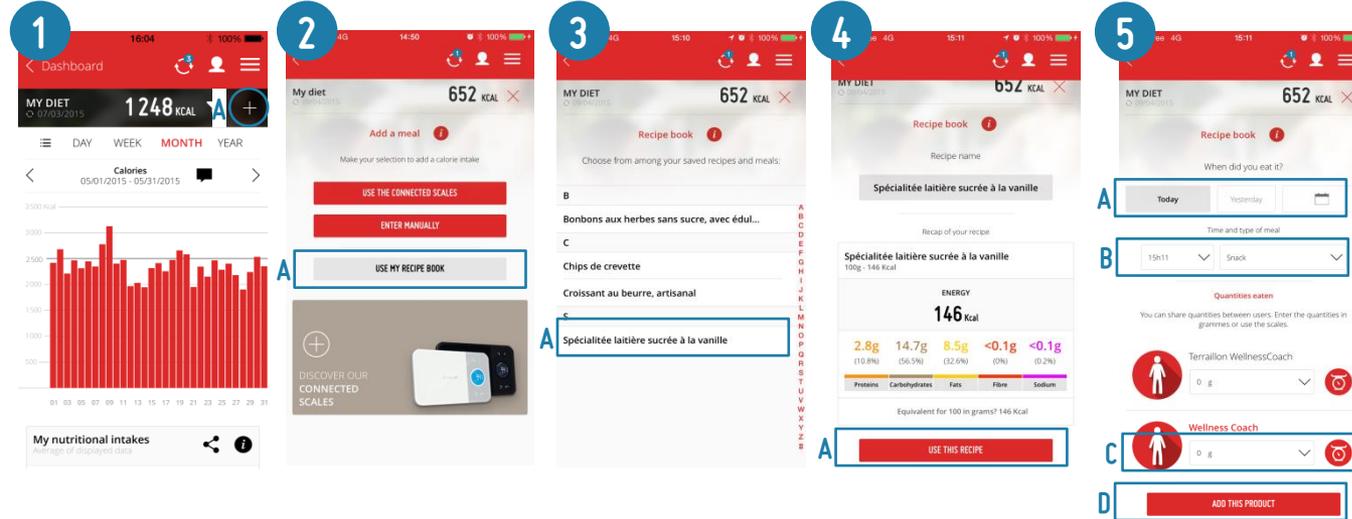
Start/Continue Terrailion coaching (well-being advice) - See "Terrailion Coaching" section for more information



1. Click on "+" at the top right
2. Click on "Use the connected scales" (NutriTab scales available from May 2015)
3. Place the food on the scales, the weight will be displayed in the application. Choose the food group.
4. Select the food
5. The application displays the nutritional value of the food for the quantity weighed. Click on:
  - a. "Add this product" to add it to the dashboard
  - b. "Add another ingredient" to create a recipe using several ingredients
6. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"

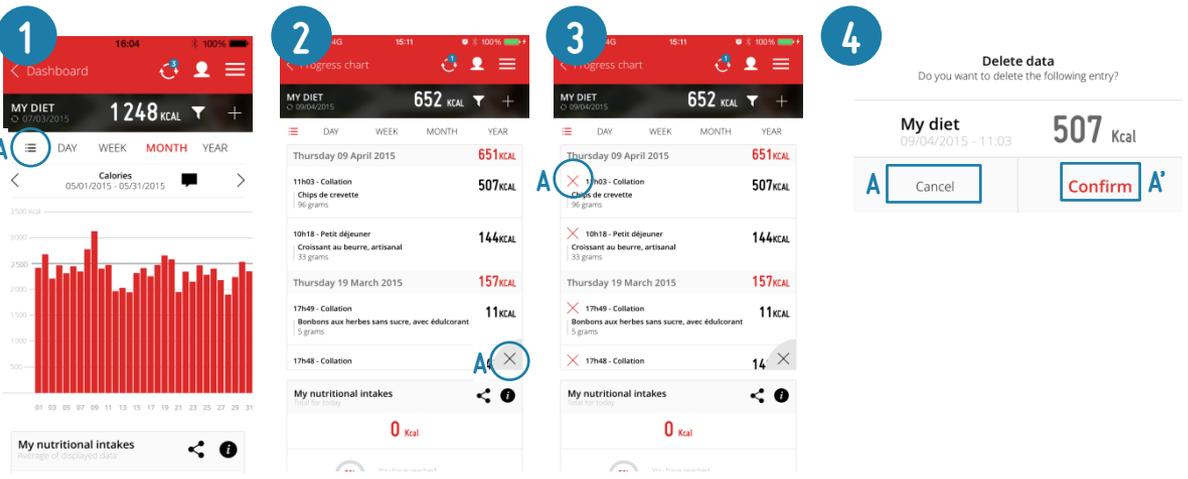


1. Click on "+" at the top right
2. Click on "Enter manually"
3. Enter the name of the ready meal, the quantity for which the nutritional values apply then, using the cursors, enter the nutritional values (calories, proteins, carbohydrates, lipids, fibre and salt).
4. Click on:
  - a. "Add this product" to add it to the dashboard
  - b. "Add another ingredient" to create a recipe using several ingredients
5. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"

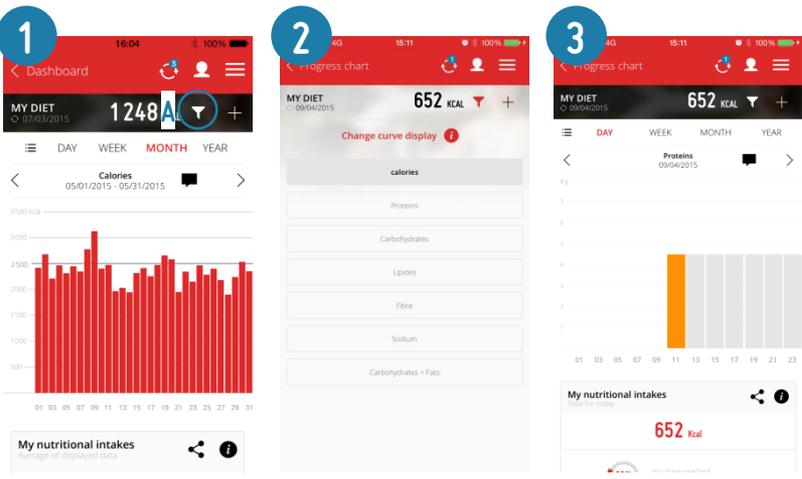


**Products scanned in or added manually and recipes created (using weighing scales or added manually) are automatically saved in the "My Recipe Book" section.**

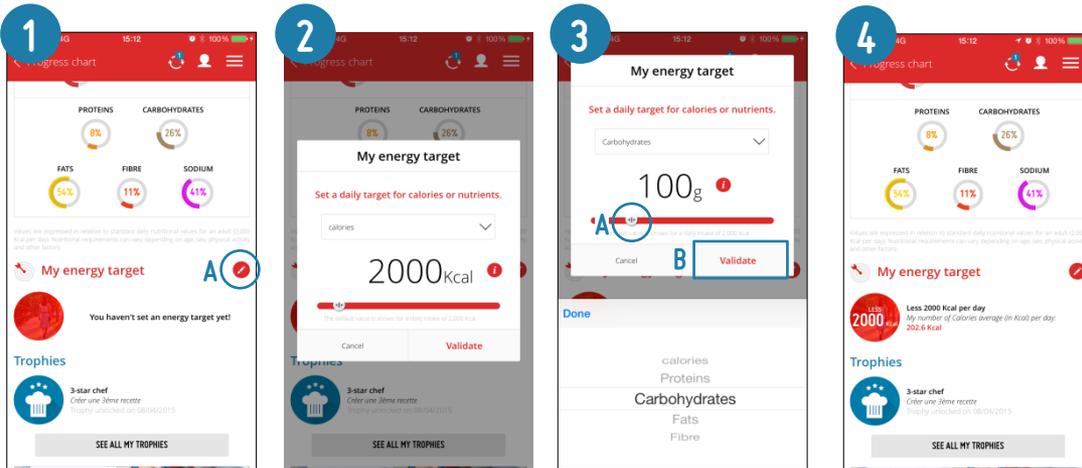
1. Click on "+" at the top right
2. Click on "Use my recipe book"
3. Select a recipe from the list
4. The application displays the recipe's nutritional values as well as the different foods it contains. Click on "Use this recipe"
5. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"



1. Click on to go to List view
2. Click on the cross at the bottom right of the data table
3. Click on the red cross next to the data to be deleted
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back



1. Click on  to choose which data to display
2. Select the data to be displayed by clicking above
  - Calories
  - Proteins
  - Carbohydrates
  - Lipids
  - Fibre
  - Salt
  - Carbohydrates + Lipids
3. The data displayed on the graph are then edited and the colour of the graph corresponds to the data displayed



1. Click on next to My energy target
2. Choose the data you wish to link to a goal (Calories, Proteins, Carbohydrates, Lipids, Fibre or Salt)
3. In the window that opens you can set your goal by moving the cursor. Click on Confirm to confirm this goal.
4. Your goal is now displayed. A line that represents this goal appears on the graph.

To change a goal, start the procedure again.

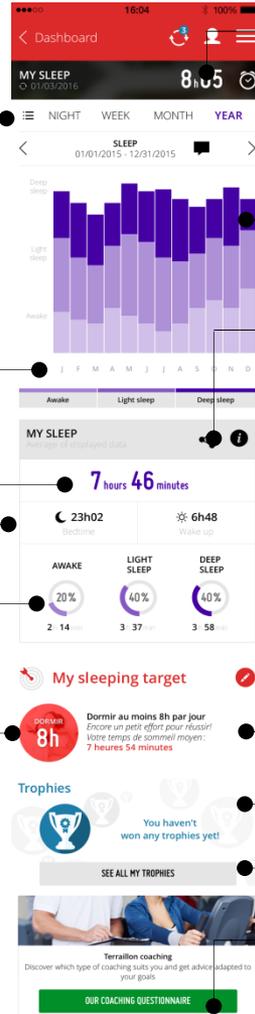
# PRESENTATION OF MY SLEEP



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contents*



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**WELLNESS COACH**



Scale adjustment of the diagram  
List/1 night/1 week/1 month/1 year

Date (day/month)

Average time spent asleep over the period  
Average bedtime over the period

Division of time asleep per phase over the period

Goal for the number of hours spent asleep each night

Sleep time for the last synchronised night

Add/Change an alarm (next available)

Data and period selected

Graph showing sleep time per phase  
(awake/light/deep)

Sharing data

Sleep phase key  
Awake/Light sleep/Deep sleep  
Information on the data displayed

Average wake-up time over the period

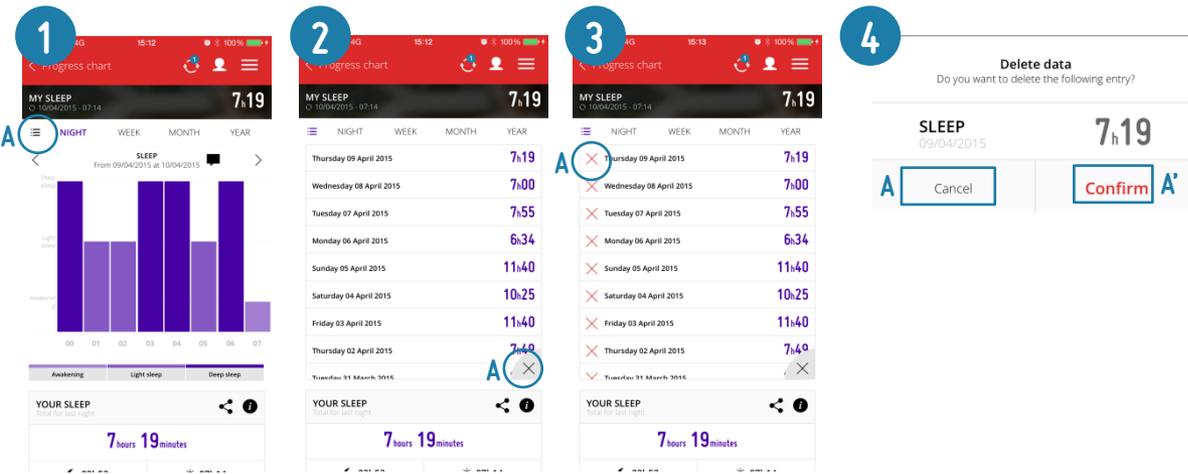
Set/edit a goal

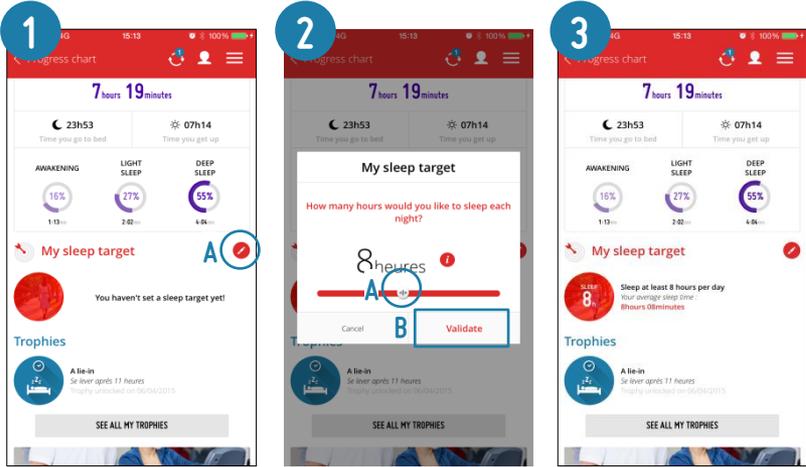
Sleep goal and average time spent asleep

Last trophies unlocked in the "MY PHYSICAL  
ACTIVITY" category

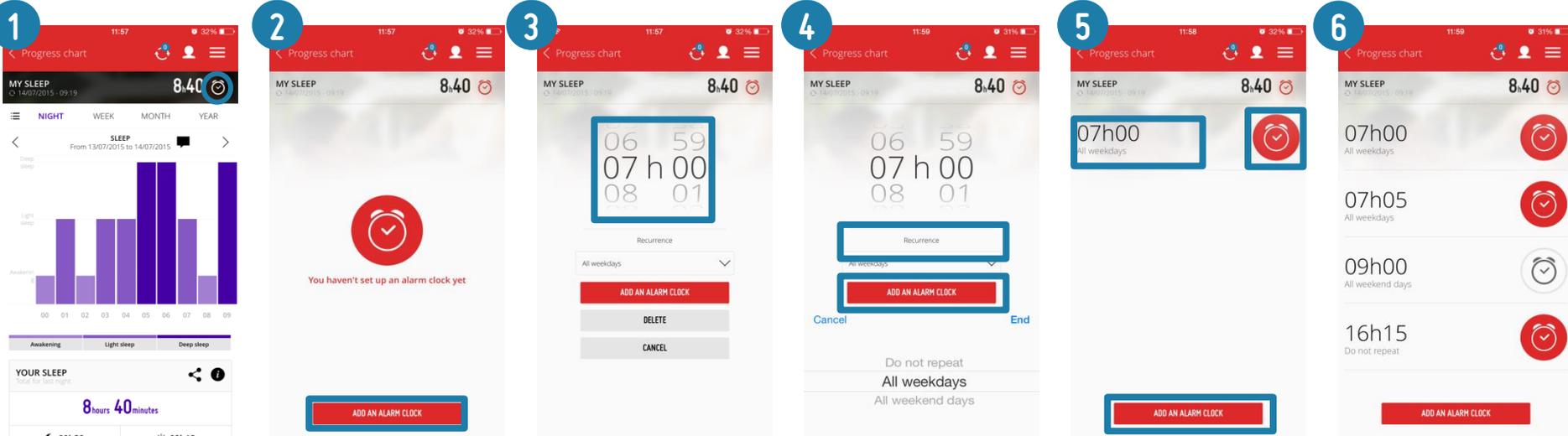
See all the trophies unlocked / still to unlock

Start/Continue Terrailon coaching (well-being  
advice) - See "Terrailon Coaching" section for more  
information





1. Click on next to My sleep target
2. In the window that opens you can set your goal for number of hours of sleep by moving the cursor. Click on Confirm to confirm this goal.
3. The goal number of hours of sleep is now displayed.



1. In MY SLEEP widget, click on the clock symbol in the upper right
2. There are not yet set clock. Click ADD ALARM CLOCK
3. Choose the time that the Activi-T Band should vibrate
4. Select the recurrence:
  1. Do not repeat: 1 time only
  2. All weekdays: Monday to Friday
  3. All weekend days: Saturday and Sunday
    1. Click ADD ALARM CLOCK
5. Press few times the button on the Activi-T Band. The application transmits the parameters of the new alarm clock to the wristband. The new alarm clock is set.
6. List of alarm clocks and settings:
  1. Click on it to change the time or delete it.
  2. Click on the red icon to turn off an alarm clock.
  3. Click ADD ALARM to set another alarm clock (maximum of 4)

# SHARING DATA

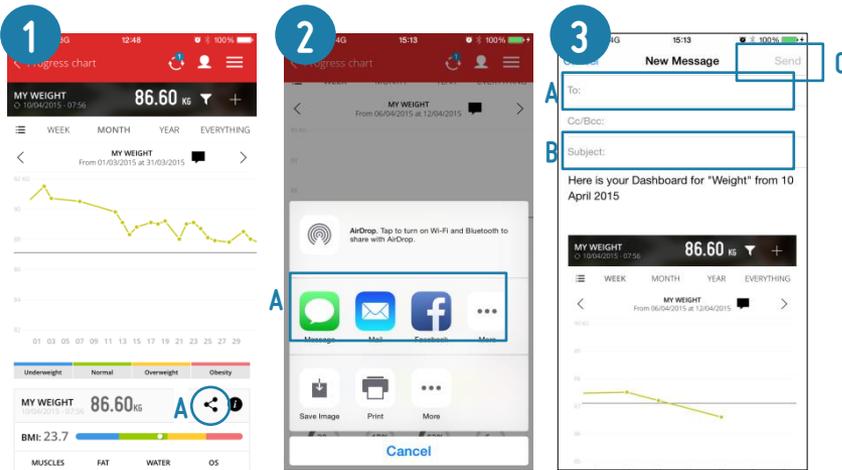


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**WELLNESS COACH**

You can share data on each widget (weight, blood pressure, physical activity, diet and sleep). This consists of sending a screenshot of the data displayed on the graph by text message or email or sharing it on social media



1. From the main dashboard, click on the widget to which you want to add a comment (for example, MY WEIGHT). Display the data you want (day, week, month, etc.), then click on the share icon.
2. Choose the method for sharing: text message/email/facebook
3. If you wish to share it via email, enter the email address of the recipient and a subject then click Send

# ADD COMMENTS

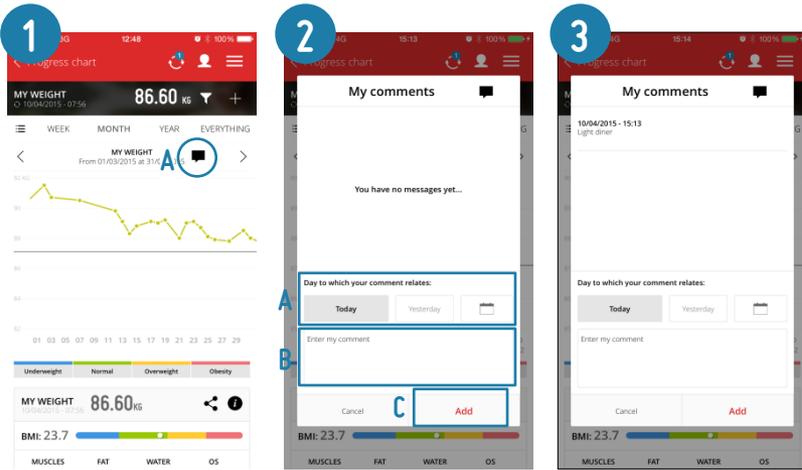


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contents*



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**WELLNESS COACH**

You can add a comment to mark a particular event on each widget (weight, blood pressure, physical activity, diet and sleep).



1. From the main dashboard, click on the widget to which you want to add a comment (for example, MY WEIGHT). Then click on the black bubble.
2. In the window that opens, enter the date the event occurred, write your comment then click confirm.
3. The comment is now displayed for the date selected.

# TERRAILLON COACHING



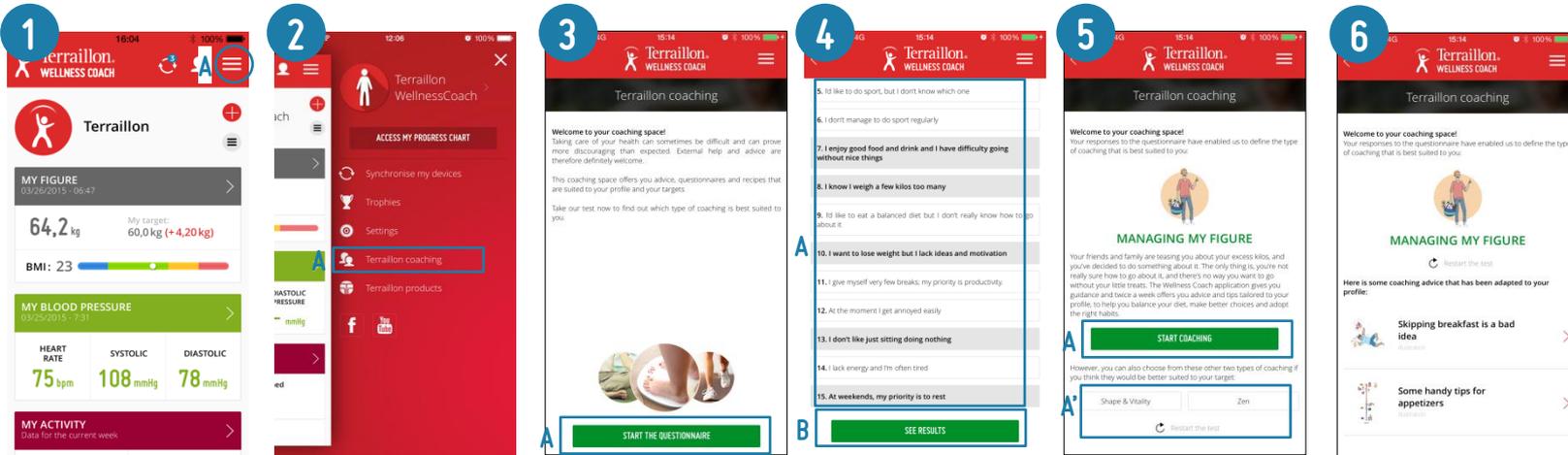
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**WELLNESS COACH**

## The Wellness Coach Application offers you advice to make it easier to reach your goals

Fill in the questionnaire and find out which coaching would be best for you! Online management for people who want to loose weight, Shape and Vitality to get toned or Zen to reduce stress and improve sleep. Once you have synchronised your Terrailon product, you will receive 2 tips per week that tie in with your coaching topic. Recipes, games, pictures or exercises to do, you will get high-quality, scientifically-proven content created by Terrailon.



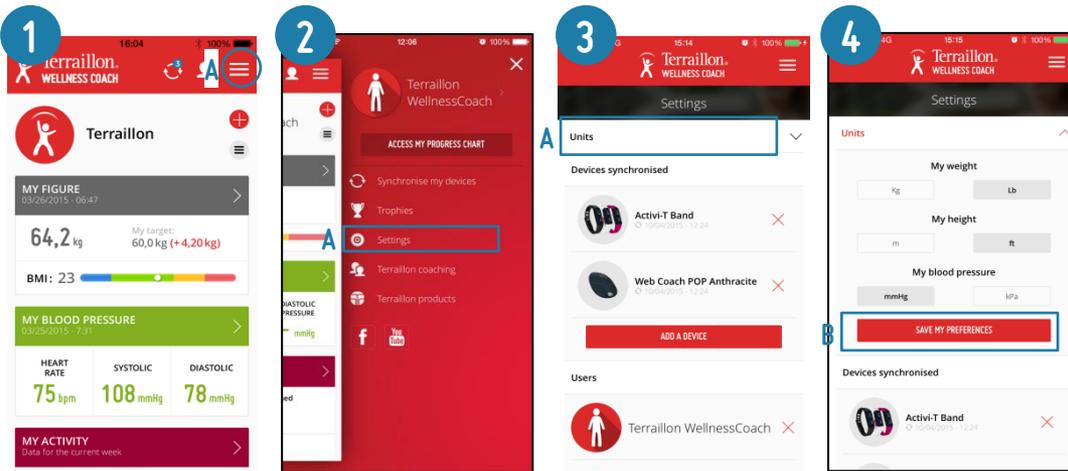
1. Click on the button at the top right to open the drop-down menu
2. Click on Terrailon Coaching
3. On the home page for Terrailon Coaching click on Start the questionnaire
4. Choose 5 of the 15 statements that best suit you (the statements are adapted to your gender). Then click on See the results
5. The application will direct you to one of three coaching topics depending on your answers: Online management, Shape and Vitality or Zen:
  1. Click Start this coaching to launch the coaching suggested by the application
  2. Click on one of the two themes or Retake the test if you want to do a different kind of coaching
6. The application provides 9 basic tips then 2 per week for the topic selected. Once a topic has been completed, it is possible to access two others by clicking on the arrow at the top left that takes you backwards.

# SETTINGS

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**WELLNESS COACH**



1. Click on the button at the top right to open the drop-down menu
2. Click on Settings
3. Click on units
4. Choose the unit of measurements used for weight (kg or lb) and arterial pressure (mmHg or kPa). Click Save my preferences to finalise.