

How to prepare for the screening (one-minute video)

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Watch the quick video below to see how you should get ready to screen.

Your browser does not support HTML5 video.

Video transcript

Ready to do your first screening. Let's get you set up smartphone check, correct model check, battery level check. If your phone doesn't check these boxes. Set your invite, link to someone with a compatible phone. Now look around and take your lighting. Natural light creates the best results and so does a natural look.

Now let's talk numbers. What's your height and weight? No, not your goal weight, your actual height and weight. That's it. Next, make sure you have an id, passport or driver's license handy. Great. You ready for your screening? Find a comfy spot and set up your phone or a table or somewhere where it's steady.

Now, relax, keep still, and look directly into the camera. Ready? Hit the play button. Hold still for 90 seconds. Complete your selfie and get your results. It's as easy as that.