How to Use iTOVi Face Scan

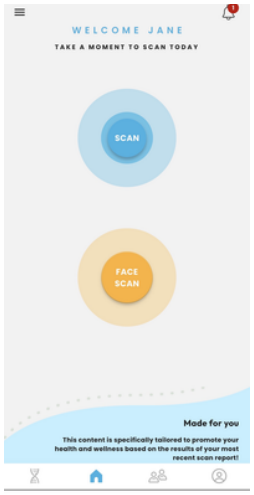
Welcome to iTOVi Face Scan! We're excited to share this technology with you, so you and your clients can use it on your wellness journey.

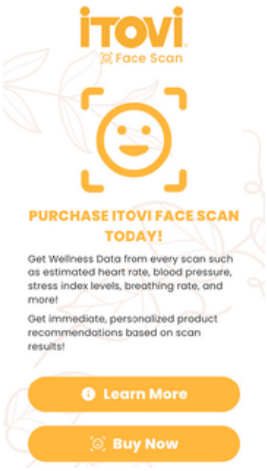
1 Sign up for iTOVi Face Scan

New to iTOVi? Download the iTOVi app and tap **Purchase iTOVi Face Scan Today**.

Tap **Buy Now** to add a Face Scan subscription to a new or existing iTOVi account.

Already signed up? Skip to step 2.

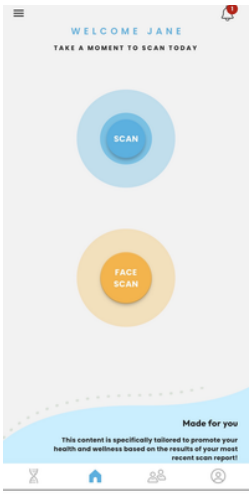




2 Open Face Scan

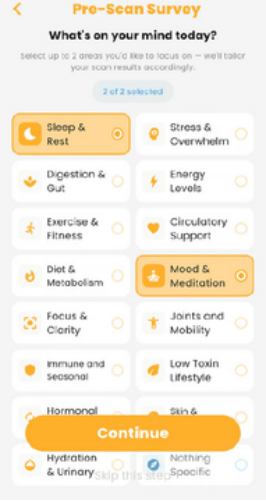
Tap **Face Scan** on your home screen.

Then choose who you'd like to scan: yourself, a client from your Contact List, a new client, or setup a remote scan.



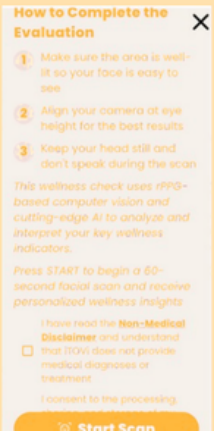
3 Choose your focus areas

Pick 1 or 2 areas you'd like your products to focus on, then tap **Continue**.



Running Your Face Scan

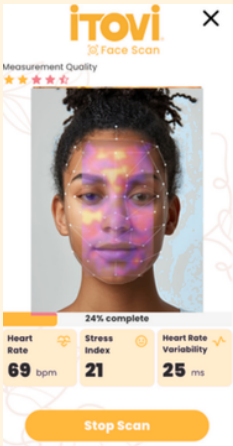
4 Consent to scan



Read the Non-Medical Disclaimer and the Information Sharing Disclaimer. They explain that iTOVi Face Scan isn't a medical device and doesn't diagnose or recommend treatment for any condition, and how iTOVi processes, stores and shares your scan data.

Check both boxes if you agree, then tap **Start Scan**. The scan starts right away.

5 During your scan



Measurement Quality
Stars in the top left show scan quality. More stars is better. If you're too close or too far from the camera, a message tells you how to move.

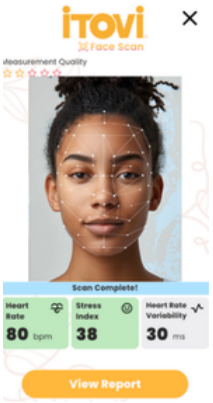
Thermal map
A pulsing thermal map shows on your face as the scan gathers your wellness metrics.

Progress bar
Shows how far along the scan is.

Live metrics
After a few seconds, Heart Rate, Stress Index and Heart Rate Variability appear and update for the rest of the scan.

You can stop the scan anytime before it finishes.

6 Scan complete



When the scan finishes, you'll see **Scan Complete!** with your results.

Tap **View Report** to see your Wellness, Product and Protocol Reports.

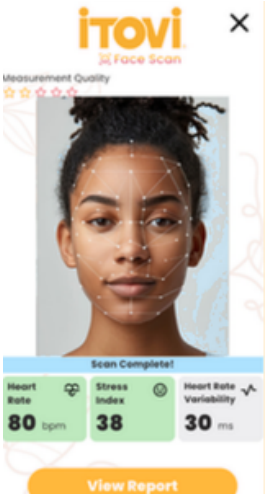
Finding Your Face Scan Reports

Every Face Scan comes with a Wellness Report and a Product Report, plus a Protocol Report (pages 8 and 9).

FINDING YOUR REPORTS

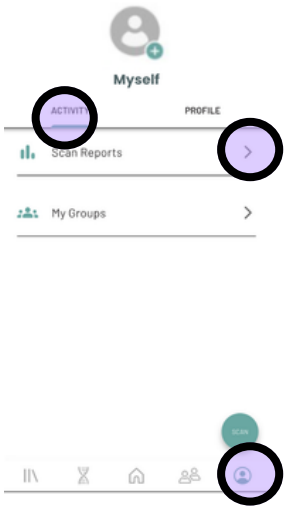
Right after a scan

Tap **View Report**.



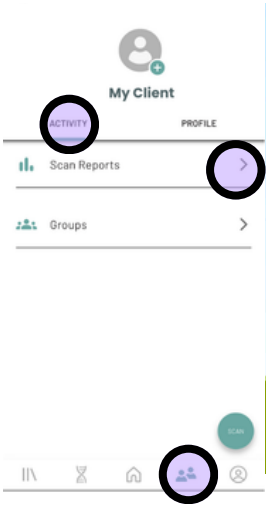
Your own reports

Tap the **Myself** icon, then **Scan Reports** under Activity.



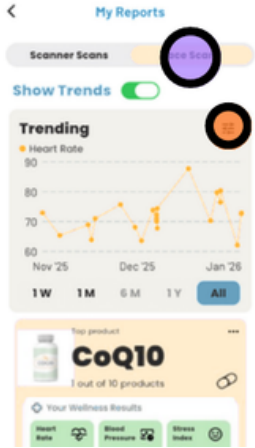
A client's reports

Tap the **Client** icon, choose the client, then **Scan Reports** under Activity.



All past Face Scans

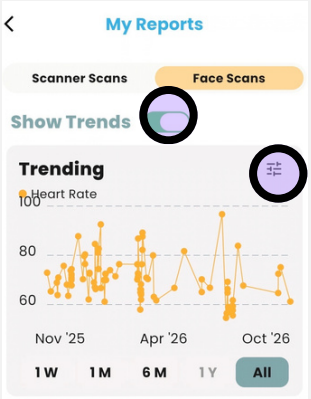
Tap the **Face Scans** tab at the top, then tap a scan to open it.



TRENDING OPTIONS

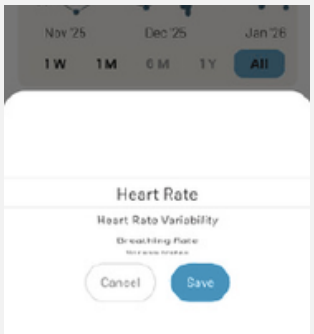
Turn trends on or off

Use the **Show Trends** switch.



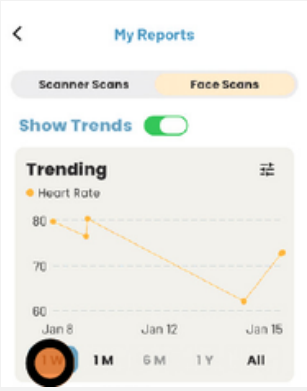
Change the metric

Tap the filter button (three lines), scroll to a metric and tap **Save**.

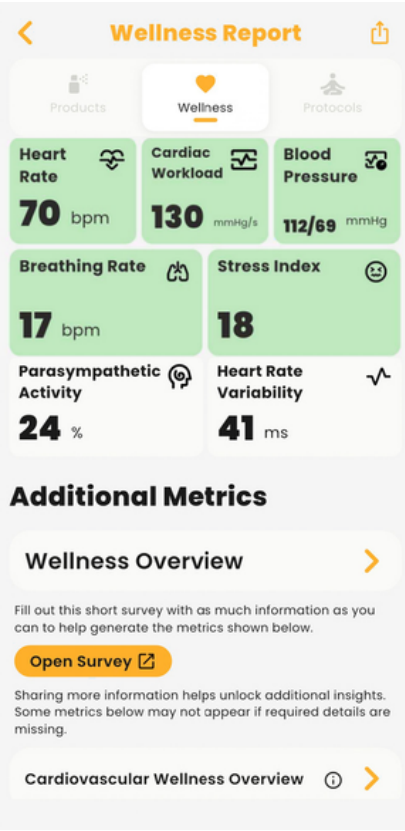


Change the timeframe

Tap 1W, 1M, 6M, 1Y or All along the bottom.

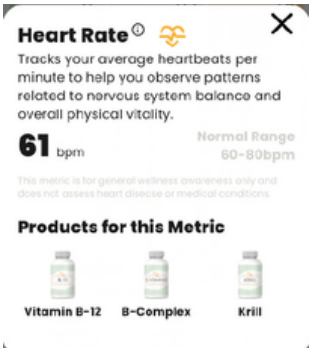


Reading Your Wellness Report



7 primary metrics

These come straight from your Face Scan. Tap any metric to learn more.



The top five

Your estimated value is on the left and the normal range is on the right. You can click on the small i button for expanded information about the metric. Along the bottom are products picked for you for that metric. Tap one to open its product page.

Parasympathetic Activity and Heart Rate Variability

These show your reading only. There is no normal range, because they vary a lot from person to person with age, gender and other factors. Watching your trend over time is the best way to learn what is typical for you, so no products are recommended for these two.

Note: Sometimes a metric may not appear. This can happen when scan quality or data availability isn't enough for a reliable wellness insight.

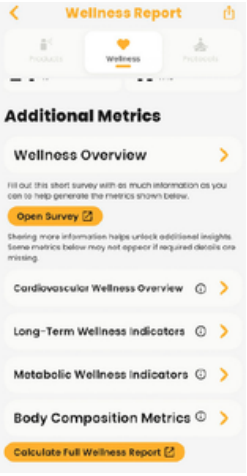
iTOVi Face Scan is a wellness feature and is not a medical device or medical service. It is not intended to diagnose, treat, cure, or prevent any disease or health condition. The metrics and insights provided are for general wellness and informational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment. iTOVi Face Scan does not provide medical opinions or clinical assessments. If you have any health concerns, symptoms, or believe you may be experiencing a medical emergency, seek advice from a qualified healthcare professional immediately. Always consult a licensed healthcare provider before making any health-related decisions based on information provided by this app.

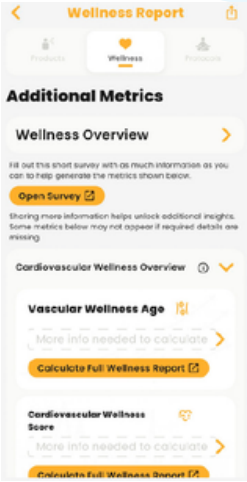
Additional Metrics and Wellness Score

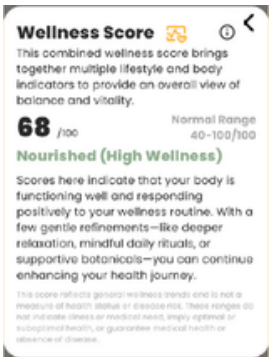
Additional Metrics

These come mostly from what you enter in the survey. iTOVi's wellness algorithms use your answers to calculate scores and indicators for more insight.

Open each section to see its categories, and tap **Open Survey** to add more information.







Wellness Score

Calculated from your Face Scan data with iTOVi's wellness score algorithm.

The survey

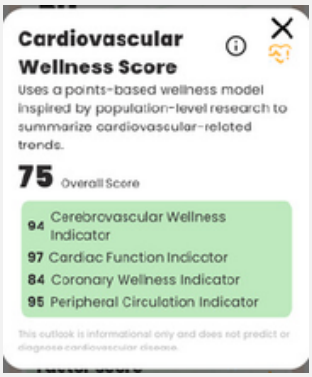
The more you add, the more insights appear in the four lower sections. You can update your answers anytime.

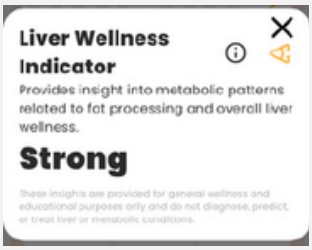
HOW ADDITIONAL METRICS ARE SCORED

Two scoring systems are used: a scale from 0 to 100, and a rating of Low, Moderate or Strong.

Overall scores are weighted combinations of their subscores.

Some metrics won't calculate until all the required details are entered in the survey.

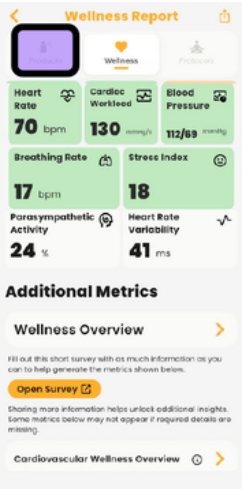


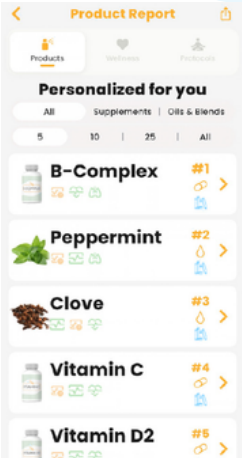


Your Product Report

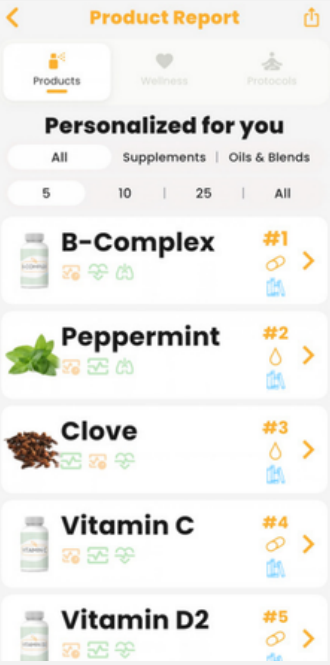
Opening the Product Report

Tap the menu card at the top of your report to switch between reports, then tap the one you'd like to open.





READING YOUR PRODUCT REPORT



Ranking numbers

The higher the rank, the more closely the product matches your weighted wellness metrics. #1 is the closest match.

Metric icons

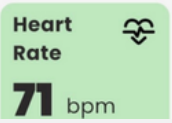
The icons for the three metrics most connected to each product appear under its name. They match the icons on your five primary metric cards.

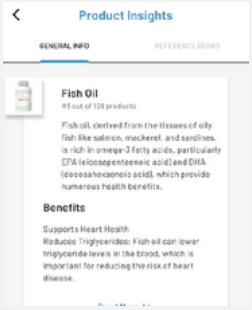
Product type symbols

Show whether each product is an oil, a blend or a supplement.

Product Insights

Tap a product to open its Product Insights page with more information.





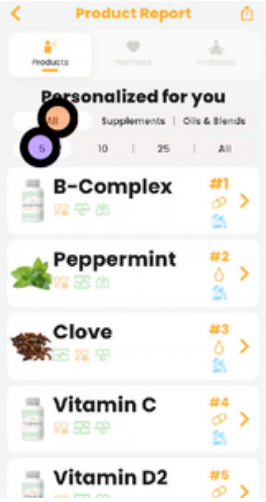
Filtering and Sharing Your Reports

FILTERING YOUR REPORT

Tap the tabs at the top to filter by product type and by number of products.

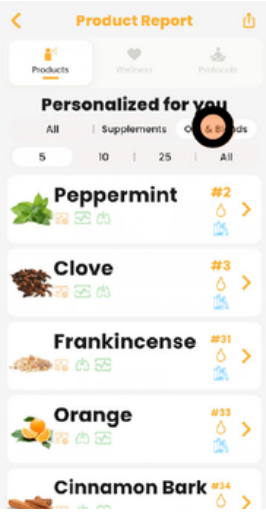
Default view

5 products of all types.



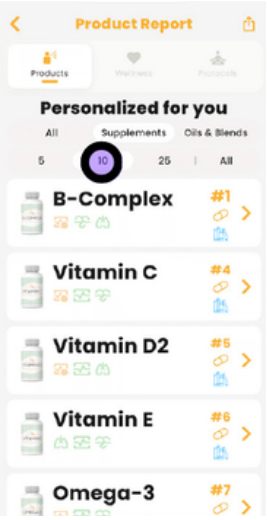
Change product type

All, Supplements, or Oils & Blends.



Change the number

Show 5, 10, 25 or All.



SHARING YOUR REPORTS

Tap the **Share** symbol at the top of the report, then choose PDF or Email.

PDF

Opens your phone's sharing options so you can send it by text, email or another app. It's a multi-page PDF with your scan metrics and Product Report.

Email

Sends a copy of the Product Report to the email address of the person scanned. This email also goes out automatically when a Face Scan is finished.

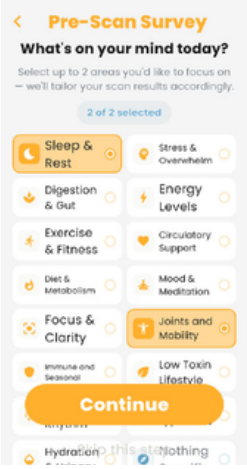
Note: This PDF contains personal wellness information generated at your request. Once you download or share it, you're responsible for protecting it. Some sharing methods, like email or messaging apps, may not be encrypted.

Your Protocol Report

1 Choose up to two focus topics

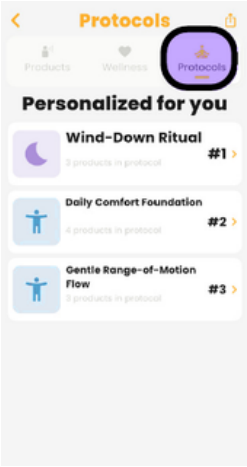
Before your scan, pick up to two focus topics. Not sure where to start? Choose **Nothing Specific** and let the Face Scan guide the recommendations.

Then scan as usual. When your results are ready, open your reports. You'll see a **Protocols** tab at the top right, next to Products and Wellness.



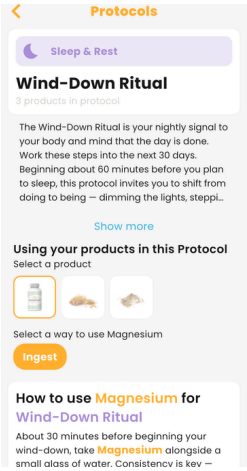
2 Open the Protocols tab

See the one to three protocols matched to you for the next 30 days. Under each protocol's name, you'll see how many products were picked to support it.



3 Open a protocol

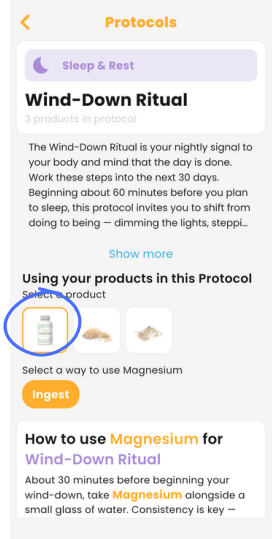
Tap a protocol to open its page, with the benefits and step-by-step instructions for your 30 days. Tap **Show More** to read it all.



Using Your Protocols

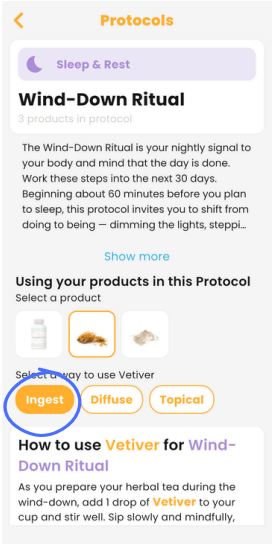
4 Pick a product

At the bottom of each protocol page, under **Using your products in this protocol,** select a product image to choose one.



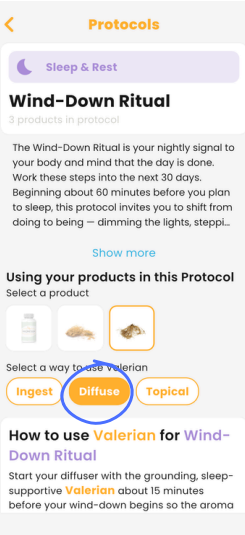
5 Pick how to use it

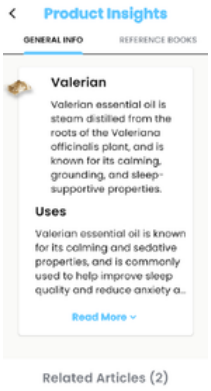
Select a usage button to choose an option like Ingest, Diffuse, Topical, General or Environmental. You'll only see the methods that suit that product.



6 Follow the instructions

Choosing a method shows step-by-step instructions, often with suggestions for complementary products.





Tip: Tap a product's name for more details, including pricing and links where available.

OUR ADVICE

Over your 30 days, experiment. Try the different products and ways of using them, and find what fits you and your lifestyle. Your wellness journey is yours to shape, and iTOVi Protocols is here to help guide the way.

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These products are not an indication of health condition, and are not intended to diagnose, treat, cure, or prevent any disease. If you have any questions about your health, the health of others, if the iTOVi is safe to use, or the products on the iTOVi report, consult your doctor or healthcare provider.