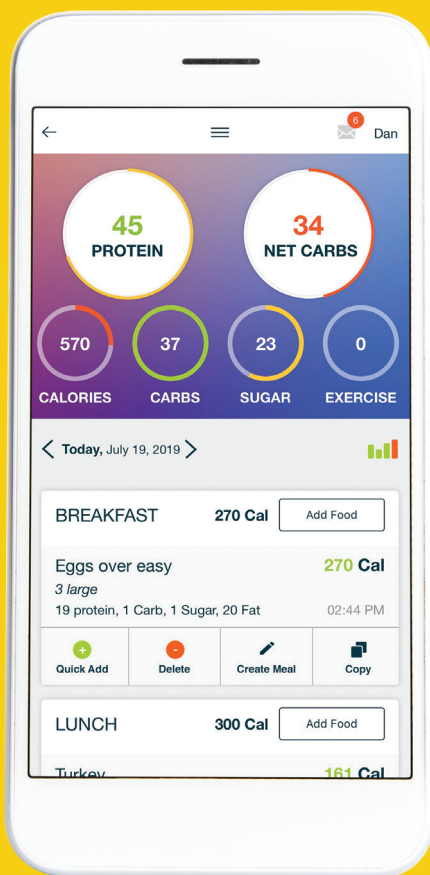# Baritastic
Getting Started

1

Download the app

Scan the QR code below to download the Baritastic app or search in the Apple App Store (iPhone) or Google Play (Android) for "Baritastic."

Open the app and sign up, or use the login details provided by your bariatric program to get started.

45 PROTEIN

34 NET CARBS

570 CALORIES | 37 CARBS | 23 SUGAR | 0 EXERCISE

Today, July 19, 2019

| BREAKFAST | 270 Cal | Add Food |

Eggs over easy
3 large
19 protein, 1 Carb, 1 Sugar, 20 Fat   02:44 PM

Quick Add | Delete | Create Meal | Copy

| LUNCH | 300 Cal | Add Food |

Turkey   161 Cal

Available on the **App Store**

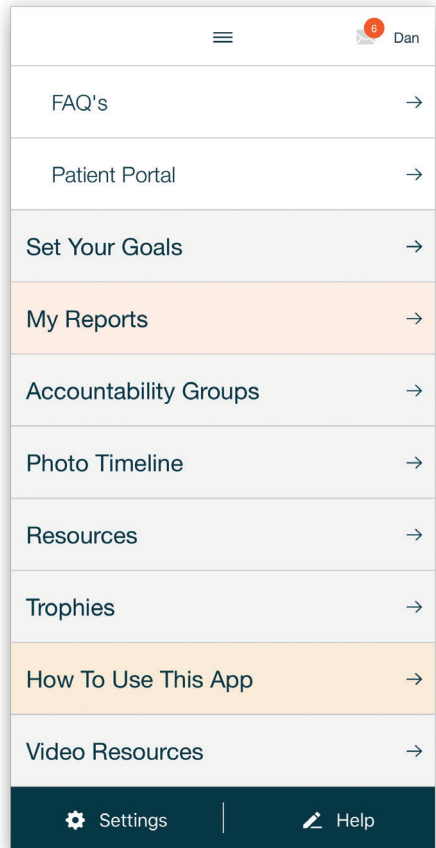Get it on **Google play**

BARITASTIC

Getting to know the app

2

Click the main menu
(3 bars at the top)

> Important content and calendar events are located in this section.

> Scroll down to the section called "How to Use This App."

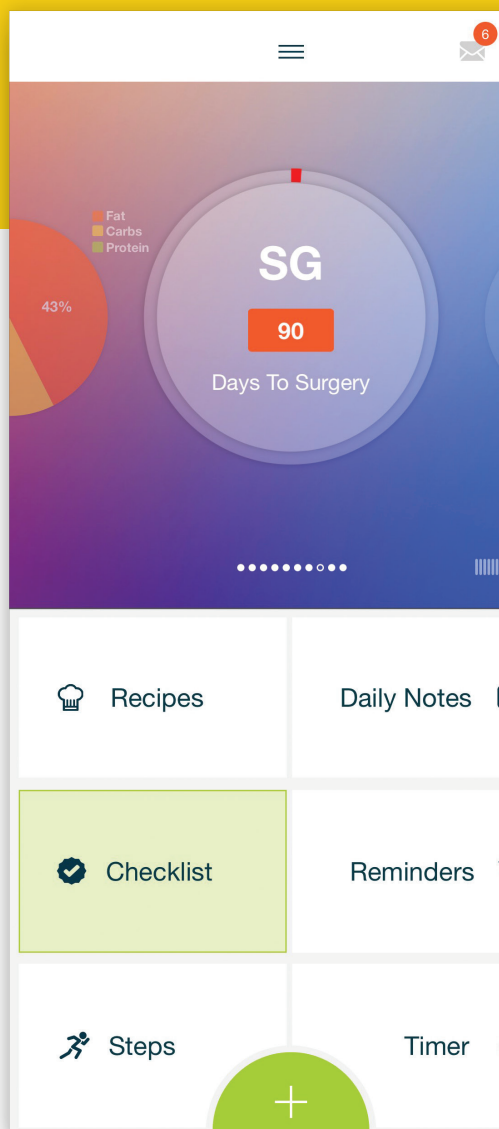> The "Help" button can be used to answer any app questions.

Tip: This section has tutorial videos.

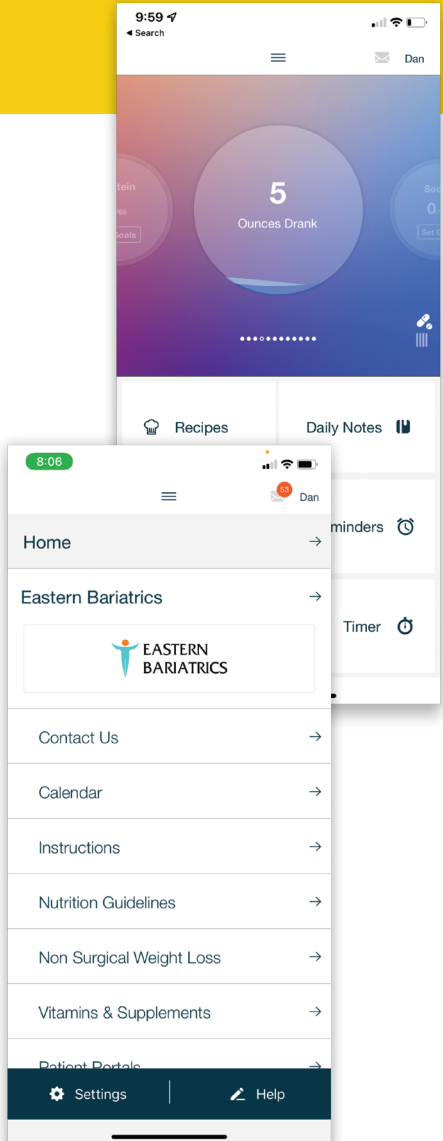|	
☰	✉ 6 Dan
FAQ's	→
Patient Portal	→
Set Your Goals	→
My Reports	→
Accountability Groups	→
Photo Timeline	→
Resources	→
Trophies	→
How To Use This App	→
Video Resources	→
⚙ Settings	✎ Help

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3

Click the "home" button in the main menu

› Click the green + button at the bottom of the screen to open your trackers.

› Your "Daily Log" is where you track your food intake.

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4

Explore other areas of the app

> Click the main menu and then click the home button to get back to the homescreen from anywhere in the app.

> Swipe left or right on the circles at the top to access different metrics.

  ‣ You can customize this section by swiping all the way to the left.

  ‣ You can tap circles to perform a corresponding action.

5 Other features

❯ Set up reminders for food, water, vitamins, supplements, and more.

❯ Explore the Baritastic "Timer," "Daily Notes," and "Recipes" sections.

❯ Set up a checklist to follow to stay on track.

❯ Track your nutrition by scanning barcodes, searching for food items, or simply speaking everything on your plate into the app.

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Connect to your program!

Enter this code to connect to your clinic on the Baritastic app.

Don't have a code?
Contact us at info@baritastic.com

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