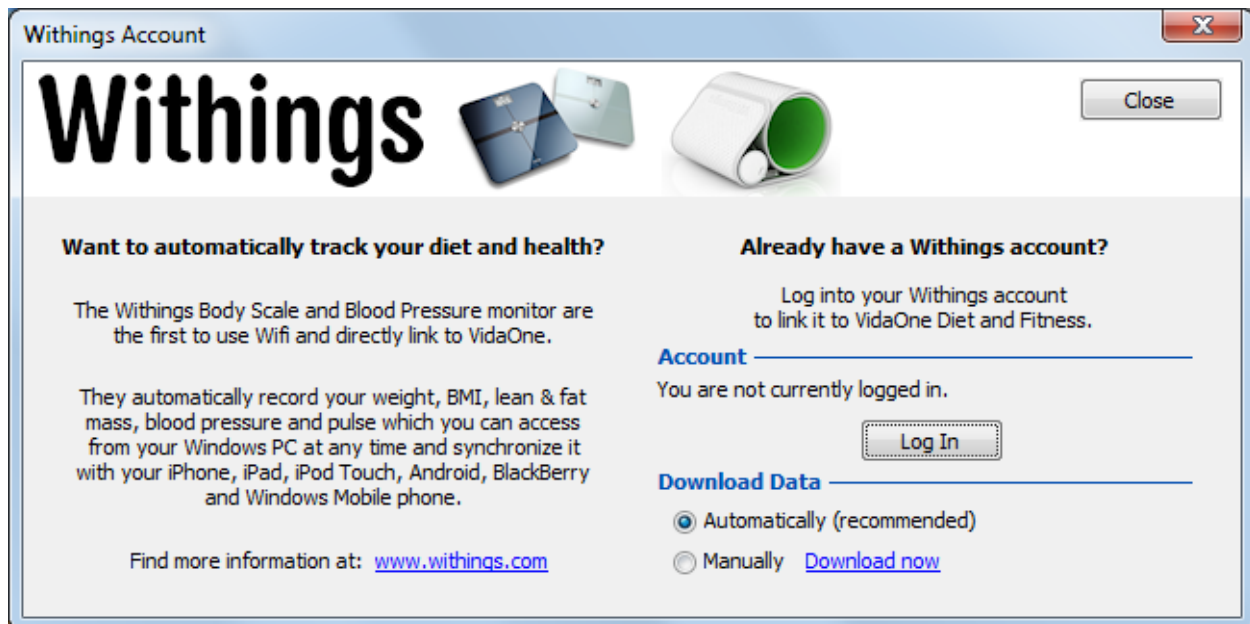


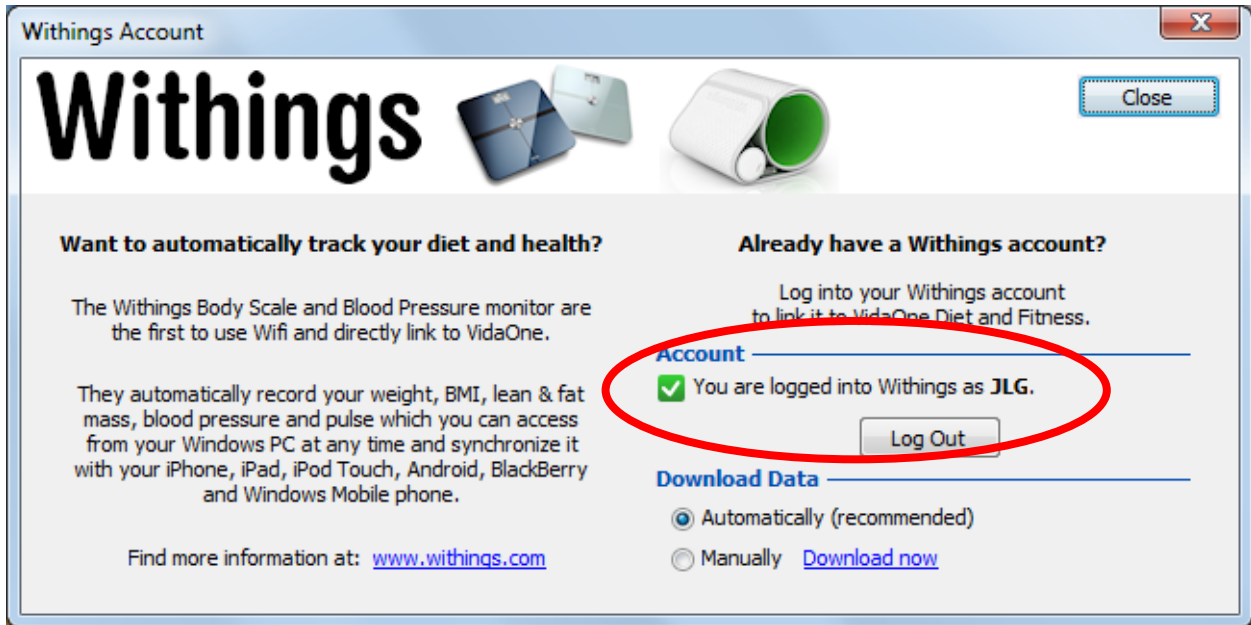


VidaOne Diet & Fitness Withings Integration

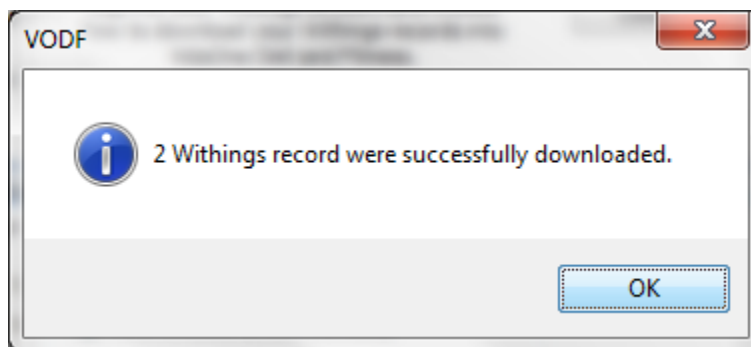
In VidaOne Diet & Fitness 3.8.1 and newer, select the Profile toolbar and click on the Withings icon in the Accounts section. This shows the Withings Account window.



To allow VidaOne Diet & Fitness to retrieve your Withings records, click on the Log In button to enter your Withings username and password. If there are multiple user names under that account (e.g. family members), you will be prompted to select your user name among them. Once logged in, the Withings account is displayed again, and shows your Withings account name.



You can choose to let VidaOne Diet & Fitness automatically download new data from your Withings account (every time VidaOne Diet & Fitness is opened). You can also click **Download now** to download any new data, in which case a message is shown with the result.



Your Withings data records are downloaded and stored in VidaOne Diet & Fitness' health records, as if you had entered the data yourself. Like all other health records, they are listed in the Journal, Calendar, all the related charts, etc. Those health records are also synchronized with VidaOne's mobile apps for Android, iPhone/iPad/iPod Touch, BlackBerry, Windows Mobile and Palm OS.

You can configure which data you share from your Withings account. If you choose not to share data, VidaOne Diet & Fitness will not be able to access it.