Business User Guide

260116 V1.0

Contents

Businesses 3
Web Portal - Setup Your Business Account 3
Mobile App - Setup Your Business Account 4
Web Portal – View the Web Portal 5
Ask Clients to Share Their Full Profile with you 6
Accept Shared Client Profiles 8
Web Portal - View Individual Client Progress 11
Mobile App - View Individual Client Progress 13
Web Portal - View Summary Client Progress Report 17
Web Portal - View Scan Frequency Report 20
Web Portal - View Invoices 23
Web Portal - View All Client Profiles 25
Web Portal - Bulk Delete Client Profiles 27
Clients 30
Mobile App - Setup Your Account 30
Web Portal - Setup Your Account 31
Web Portal – View the Web Portal 32
Mobile App - Create Your Avatar 33
Mobile App – Delete An Avatar 43
Mobile App – Create A New Profile 46
Mobile App – Delete A Profile 49
Purchase Profile History Tracking for Users Who No Longer Share Their Full Profile History 53
Mobile App – Purchase Profile History Tracking 54
Web Portal – Purchase Profile History Tracking 59
Web Portal - Update Payment Details 62
Web Portal - View Individual User Progress 64
Web Portal - View Summary Progress Report 66
Web Portal - View Scan Frequency Report 69
Mobile App - Share Your Full Profile With Someone 72
Mobile App – Remove Someone's Shared Access To Your Profile 74
Mobile App – Delete a Shared Profile you Received 79
Web Portal - Share your Full Profile With Someone 84
Mobile App – Update Scan Reminders 89
Support from 3D Measure Me 95

Businesses

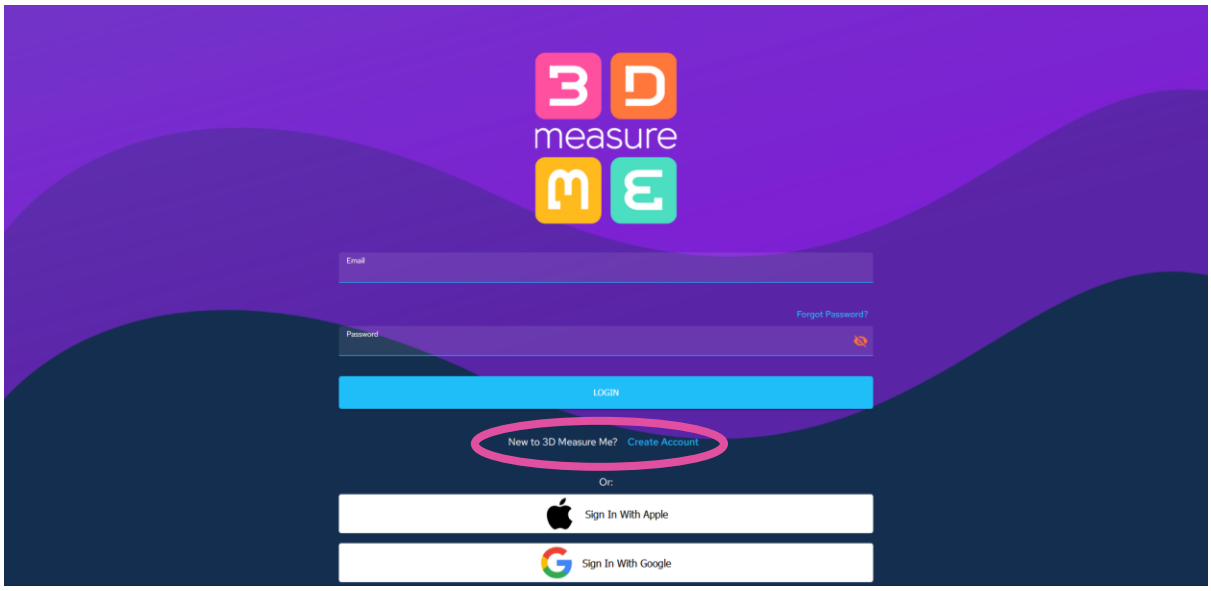
Web Portal - Setup Your Business Account

Setup a 3D Measure Me account for your business so you can track client progress. This should be a general email that all staff can access e.g. info@gym.com. This same login can be used for the app and web portal to see client progress.

To create an account using the 3D Measure Me web portal:

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login

2. Create an account
    - Press 'Create Account', and follow the instructions on screen.



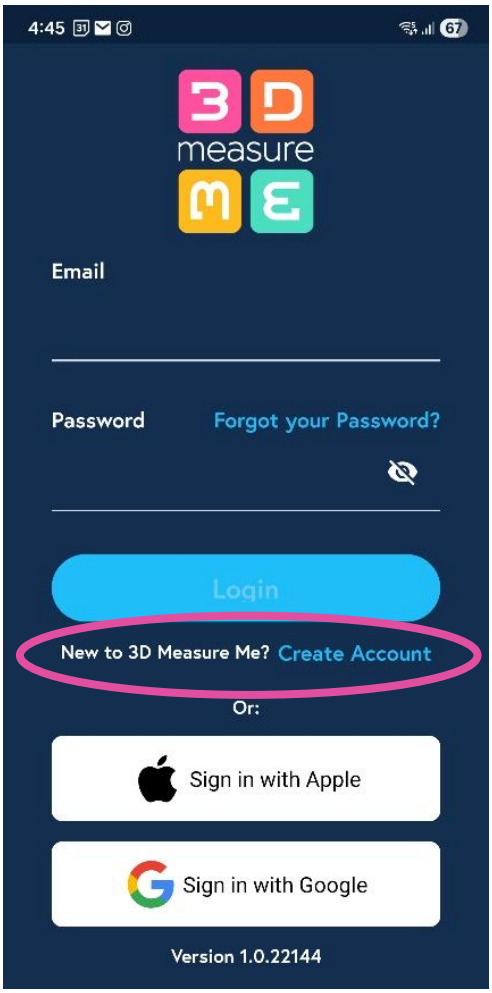
3. These same account details can also be used to login to our app.

Mobile App - Setup Your Business Account

Setup a 3D Measure Me account for your business so you can track client progress. This should be a general email that all staff can access e.g. info@gym.com. This same login can be used for the app and web portal to see client progress.

To create an account in the 3D Measure Me app:

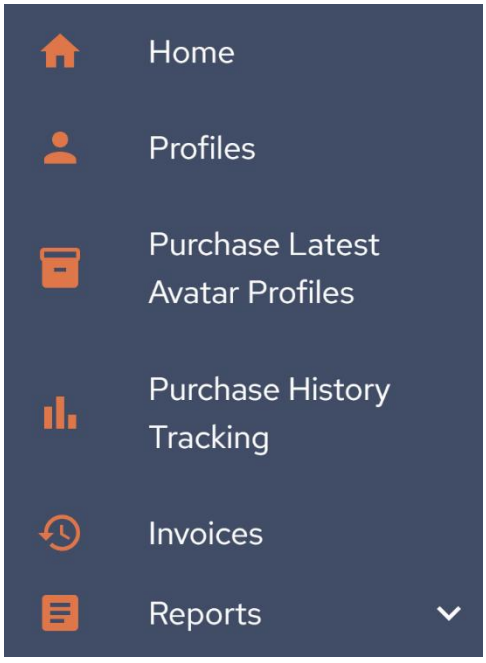
1. Download the App
    - Use the download links on our website - https://3dmeasureme.com/
    - Search '3D Measure Me' on the App Store or Google Play and install it.
2. Create an account
    - Open the app, tap 'Create Account', and follow the instructions on screen to create an account.



3. These same account details can also be used to login to our web portal.

Web Portal – View the Web Portal

1. Click the link below to directly access the Portal. (You can also get this by pressing the "Login" button on top right of our website)
   https://portal.3dmeasureme.com/login



Ask Clients to Share Their Full Profile with you

Anyone can create they first avatar free in the app. They will then need to share their "Full Profile" with you to get profile history tracking.

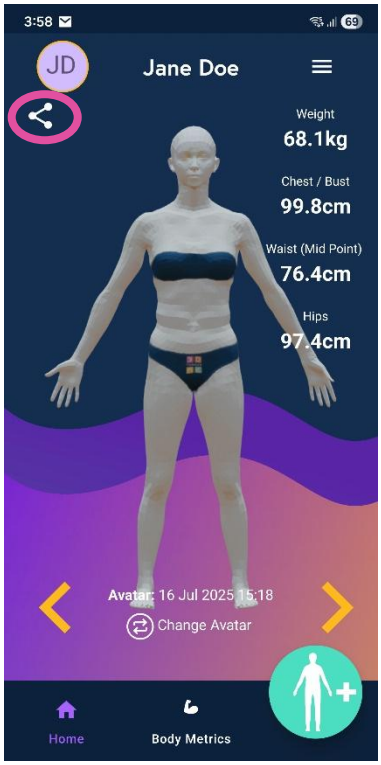
They can do this using the instructions below. The following YouTube video also shows people how to do it.

https://youtube.com/shorts/vWIEvoYWqt4?si=kqL2wg35FstUQQMG

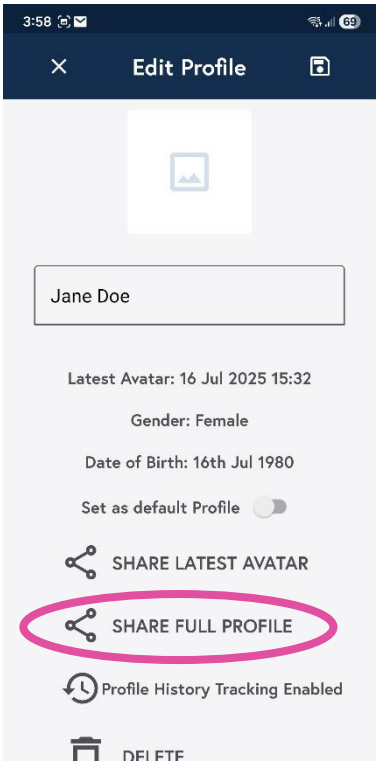
Once you have clicked the sharing weblink and accepted the profile from your account you will instantly get access to your clients results and your clients will get full profile history tracking.

To share a full profile:

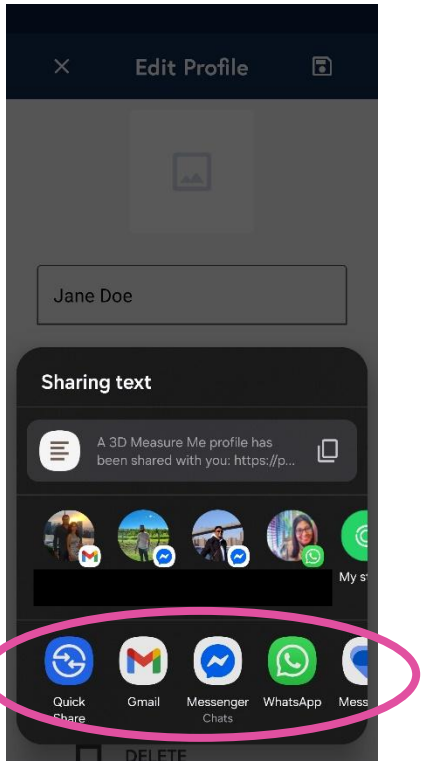
1. Ask clients to download the 3D Measure Me app on their own phone and create their first avatar.
    - Clients do this on their own phone so they own and have control of their data.
2. Ask clients to share their full profile with you.
3. In the app, client presses the share button on the home screen



4. Client presses “Share Full Profile”



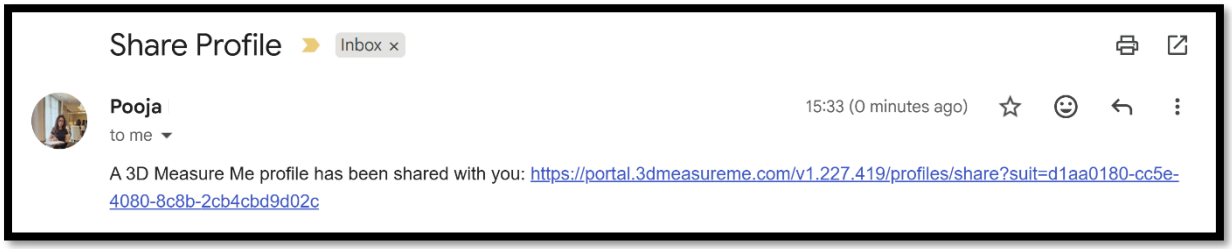
5. Clients select their / your preferred sharing app. (Most people use email, Whatsapp or SMS)



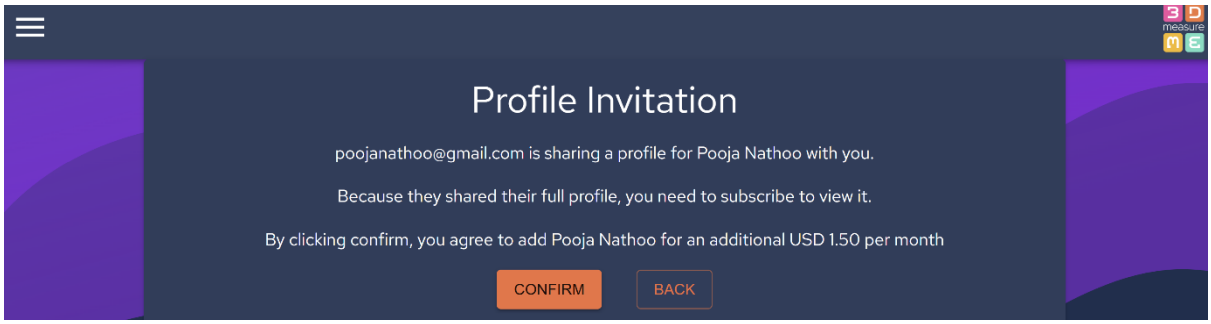
6. Clients sends the message with the sharing link.

Accept Shared Client Profiles

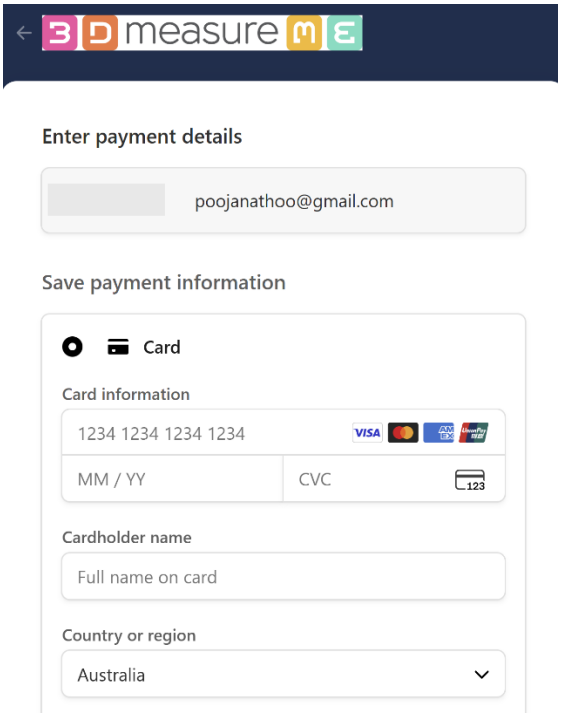
1. You will receive a notification via your preferred messaging service after clients have shared their profile with you.
    - Note: If you selected email please check your spam folder in case it gets stuck there.



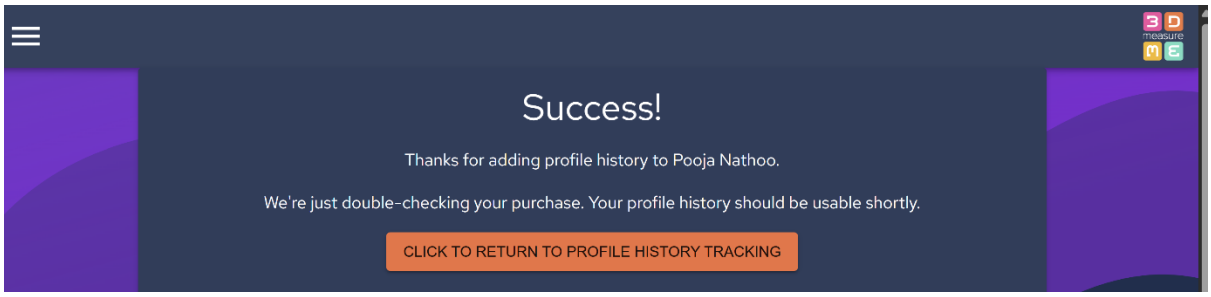
2. Click the link
3. The above link will take you to the following page.
    - Note: If this is your first time logging in you may need to sign in to the web portal first. These sign in details are the same as your app login.



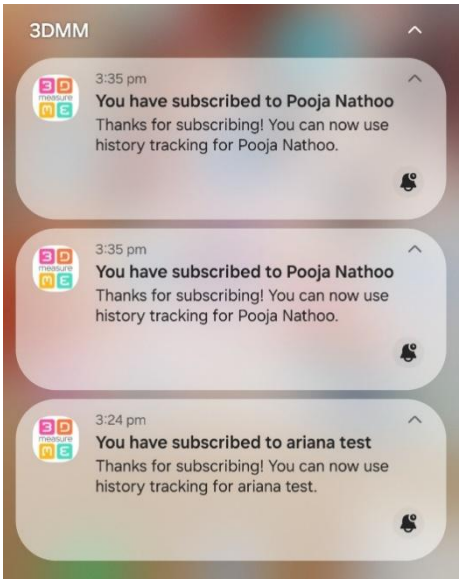
4. The first time you accept a full profile share the following screen will pop up to enter your payment details. You only need to enter these details once.
    - Payment details can also be updated in the web portal.


3D measure ME
Enter payment details
poojanathoo@gmail.com
Save payment information
Card
Card information
1234 1234 1234 1234
MM / YY
CVC
Cardholder name
Full name on card
Country or region
Australia

5. Once payment details have been entered you will see confirmation of success.



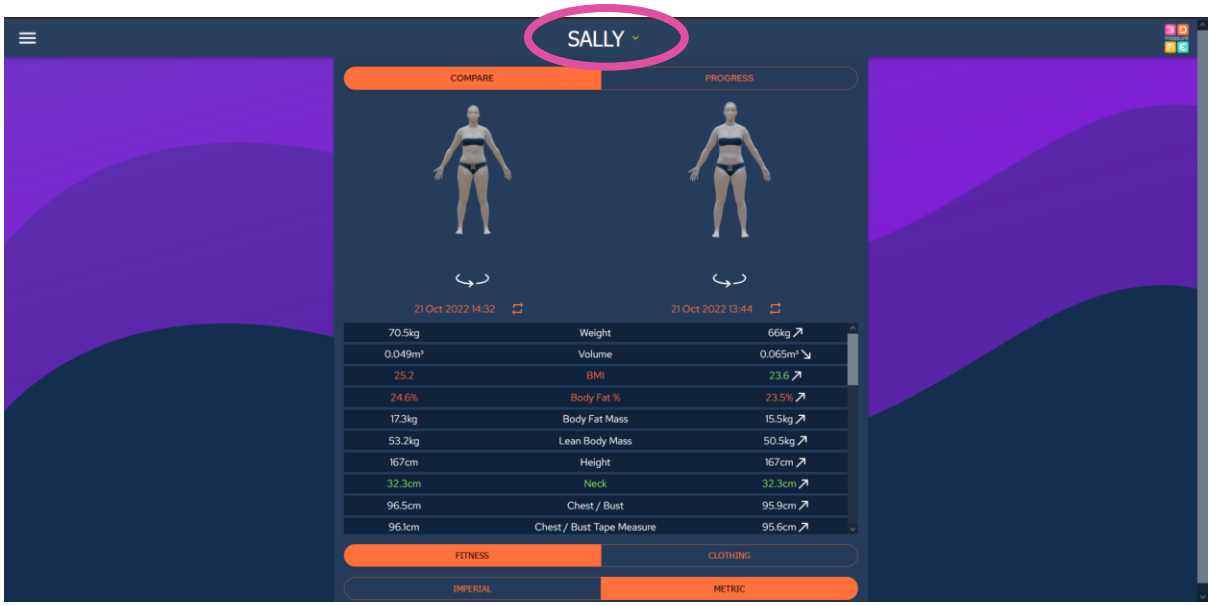
6. You and the relevant client will receive a notification like the ones below once you have successfully registered for profile history tracking.



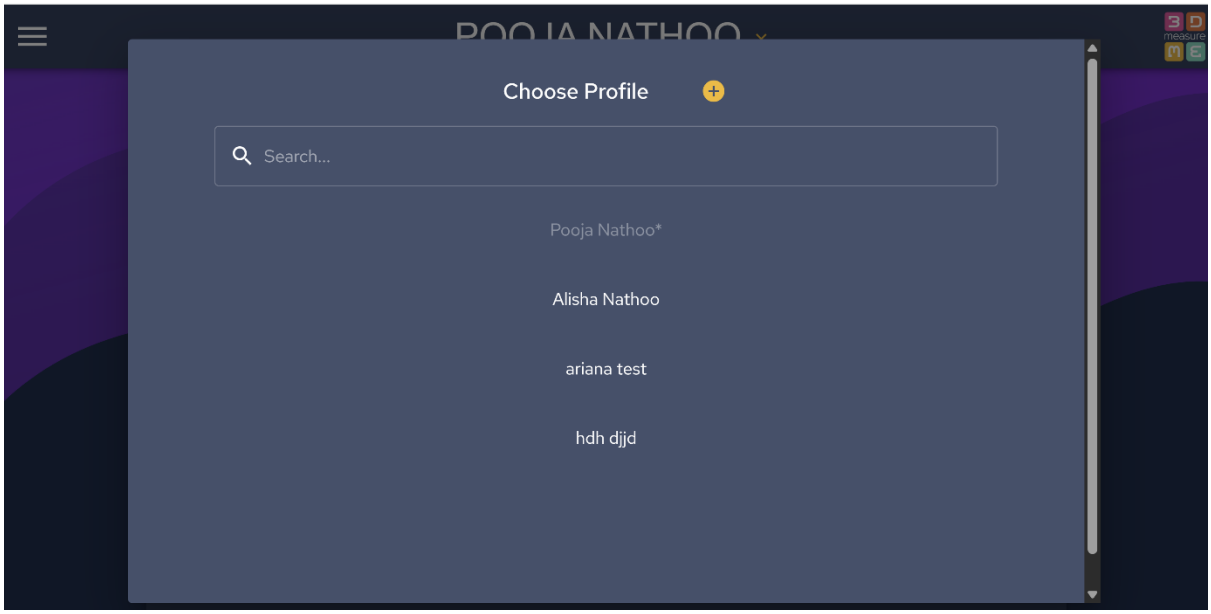
Web Portal - View Individual Client Progress

To view the progress of individual clients.

1. Go to the web portal
2. Click the name at the top of the screen with the yellow down arrow next to it.



3. A list of all clients will be displayed.



4. Select the desired client from the list.
5. Use the compare and progress buttons to switch between viewing avatars and progress graphs.

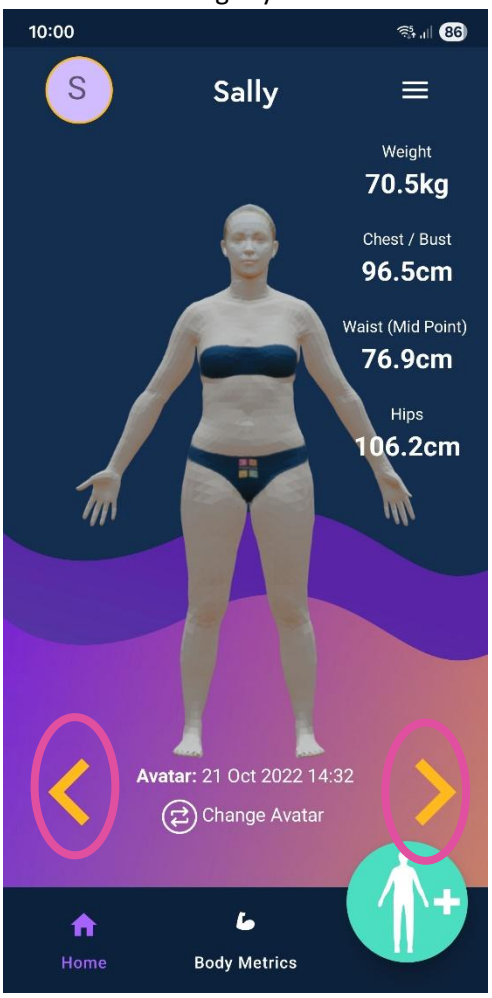
- To change avatars press the date or change avatar button ⟲ under the avatar you wish to change.
- Select the desired avatar from the list.
- Press “Ok”

Mobile App - View Individual Client Progress

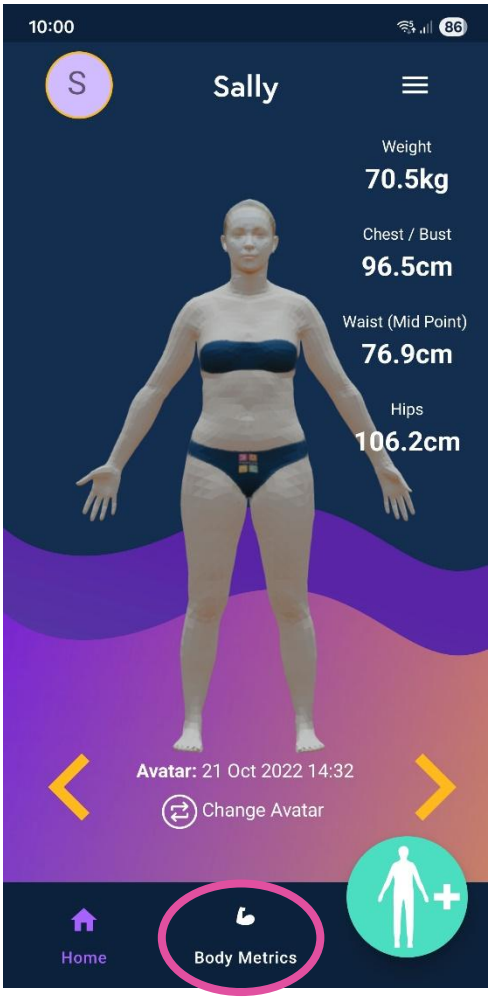
Screenshots from the app are recommended for social media posts as these screens do not show client names or personally identifiable information protecting client privacy.

To view the progress of individual clients.

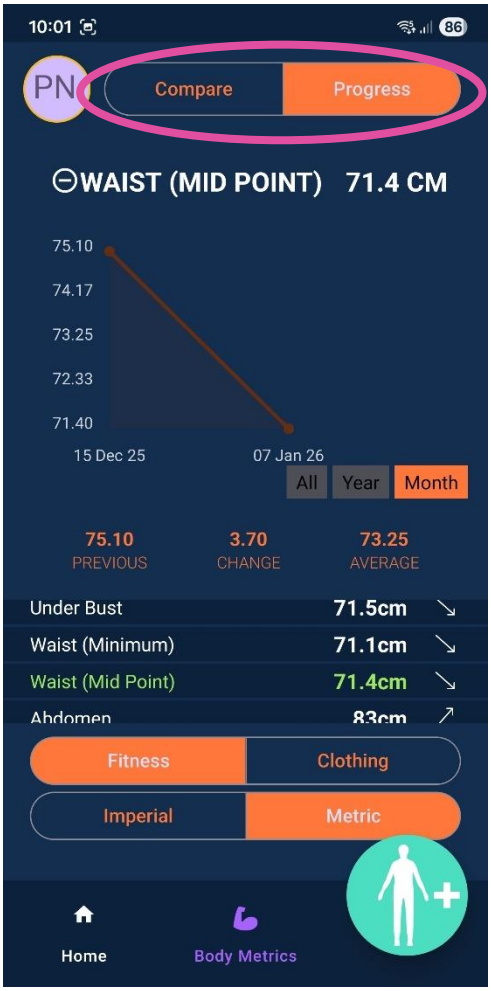
1. Open the 3D Measure Me app.
2. Use the left and right yellow arrows to select the desired client.



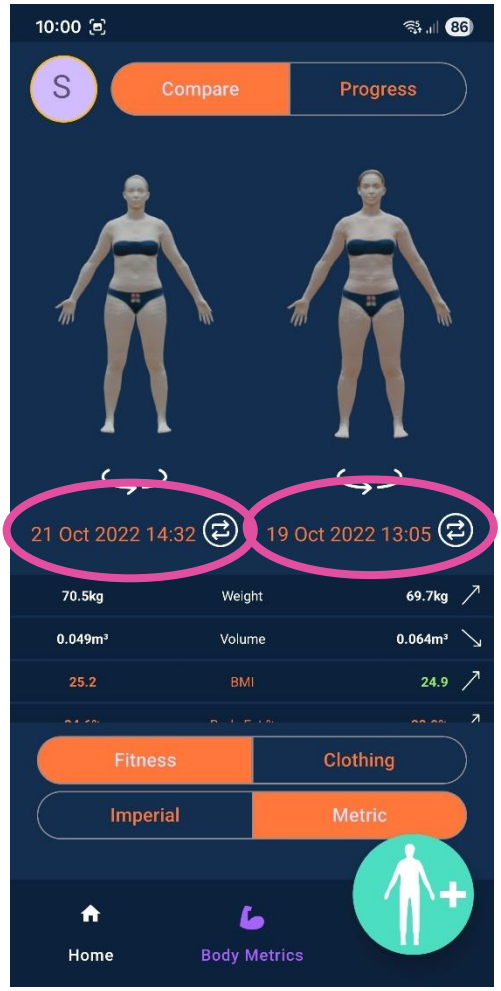
3. Press body metrics to see the full list of results and avatars.

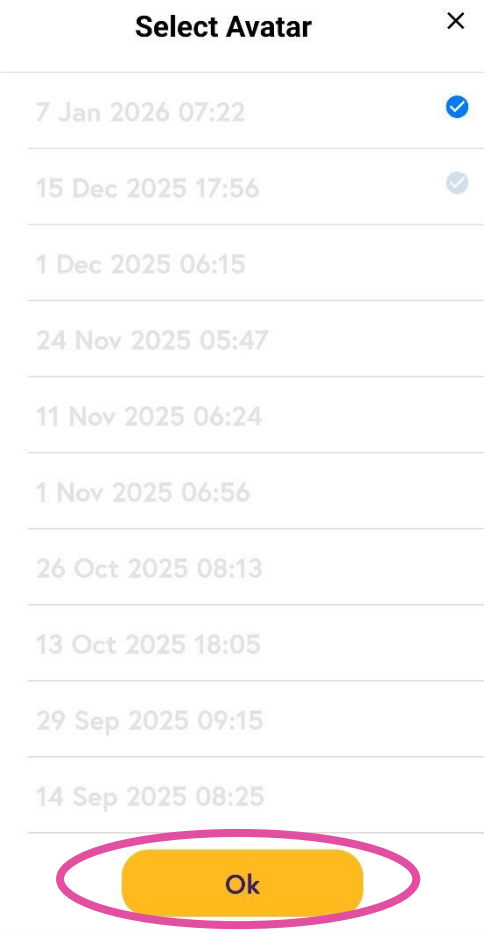


4. Press “Compare” to compare avatars and “Progress” to see progress graphs.
    - You can scroll the measurement list to see all measurements available.
    - On the progress screen press a measurement to see the relevant graph.



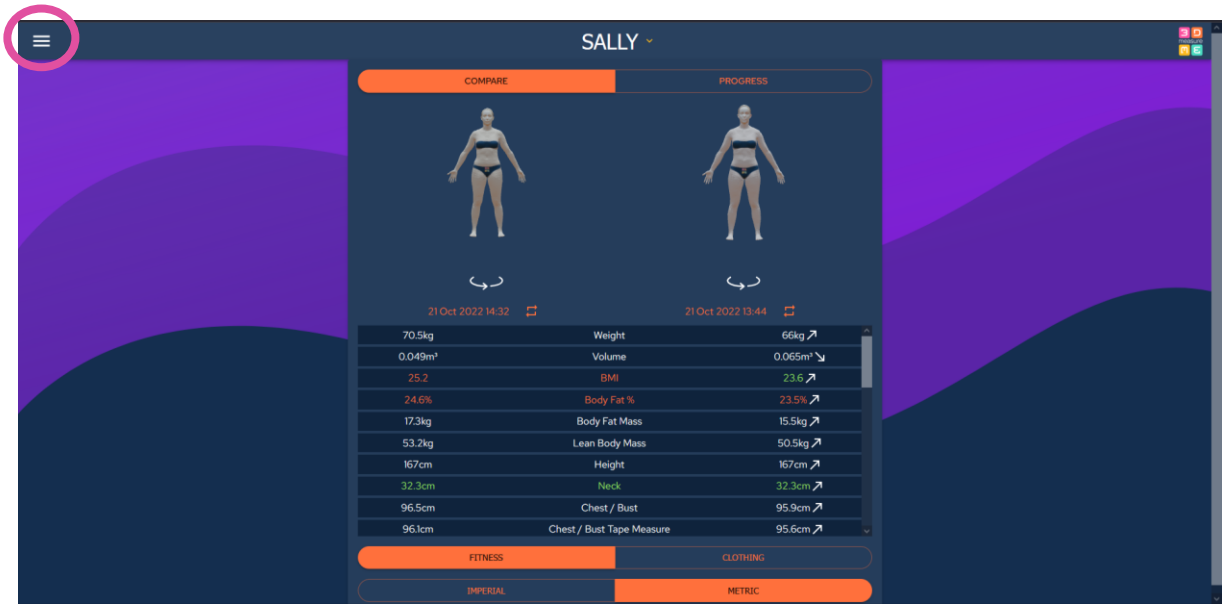
- To change avatars press the date or change avatar button ⟲ under the avatar you wish to change.
- Select the desired avatar from the list.
- Press “Ok”


10:00
86
S
Compare
Progress
21 Oct 2022 14:32
19 Oct 2022 13:05
70.5kg
Weight
69.7kg
0.049m³
Volume
0.064m³
25.2
BMI
24.9
Fitness
Clothing
Imperial
Metric
Home
Body Metrics


Select Avatar
7 Jan 2026 07:22
15 Dec 2025 17:56
1 Dec 2025 06:15
24 Nov 2025 05:47
11 Nov 2025 06:24
1 Nov 2025 06:56
26 Oct 2025 08:13
13 Oct 2025 18:05
29 Sep 2025 09:15
14 Sep 2025 08:25
Ok

Web Portal - View Summary Client Progress Report

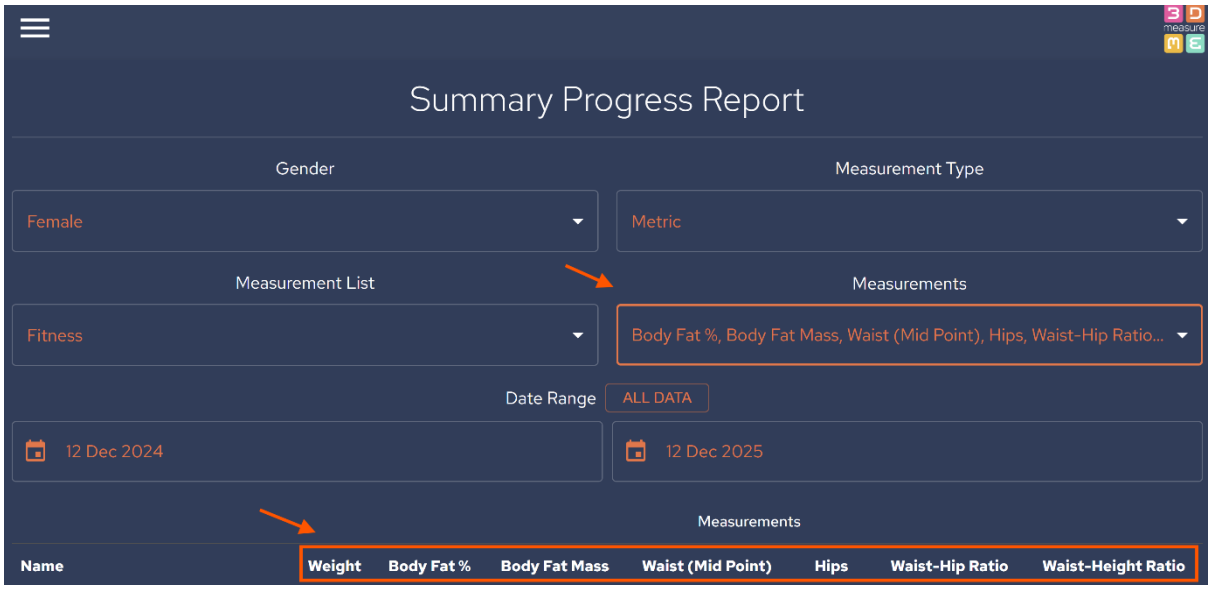
1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button



4. Press “Reports”
5. Press “Summary Progress”

6. The Summary Progress Report will load for all full client profiles you have access to.

7. Click on any of the drop down boxes to customise the report for your requirements.
    - Customisation options include Gender, Measurement Type, Measurement List, Measurements and Date Range.

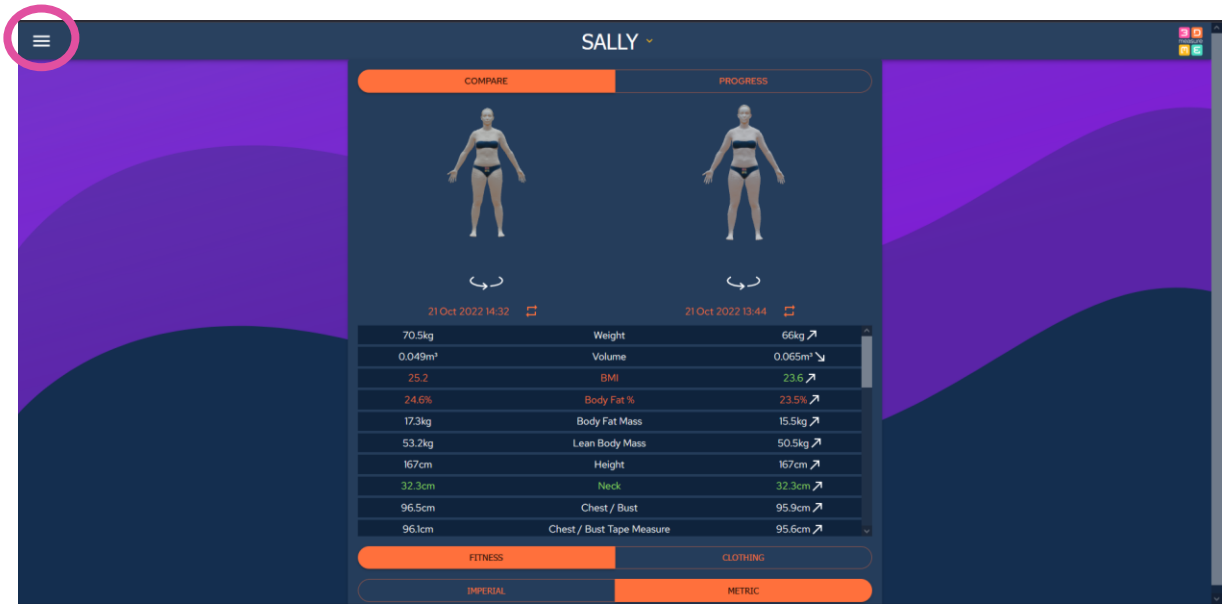


    - Individual client measurements are displayed in the report along with summary statistics at the end of the report.

Jane Doe	16 Jul 2025	70kg	21.8%	15.2kg	79.4cm	99.6cm	0.77	0.44
	16 Jul 2025	68.1kg	20%	13.6kg	76.4cm	97.4cm	0.77	0.42
	Variance	1.9kg	1.8%	1.6kg	3cm	2.2cm	0	0.02
	Variance %	2.7%	8.2%	10.5%	3.7%	2.2%	0%	4.54%
John Doe	05 Aug 2025	89kg	12%	10.6kg	84.6cm	103.8cm	0.81	0.44
	16 Jul 2025	88.8kg	11.8%	10.4kg	84.4cm	104.2cm	0.8	0.43
	Variance	0.2kg	0.2%	0.2kg	0.2cm	-0.4cm	0.01	0.01
	Variance %	0.2%	1.6%	1.8%	0.2%	-0.4%	1.23%	2.27%
Max Variance		1.9kg	1.8%	1.6kg	3cm	2.2cm	0.04	0.02
Max Variance %		2.7%	8.2%	10.5%	3.7%	2.2%	4.12%	4.54%
Min Variance		-20.6kg	-10.9%	-14.7kg	-15.7cm	-7.5cm	-0.08	-0.09
Min Variance %		-27.7%	-52.2%	-94.9%	-17.4%	-7.4%	-9.2%	-17.31%
Mean Variance		-6.8kg	-2.3%	-3.9kg	-3.1cm	-2.9cm	-0.01	-0.02
Mean Variance %		-10.1%	-9.7%	-22.9%	-3.3%	-2.8%	-0.5%	-2.79%
Median Variance		-4kg	0%	-0.3kg	0cm	-2.8cm	0	0
Median Variance %		-4.5%	0%	-0.9%	0%	-2.5%	0%	0%
Total Variance		-47.6kg	-15.7%	-27.1kg	-21.2cm	-19.8cm	-0.03	-0.11
Total Variance %		-70.6%	-67.7%	-159.8%	-22.8%	-19%	-3.5%	-19.47%

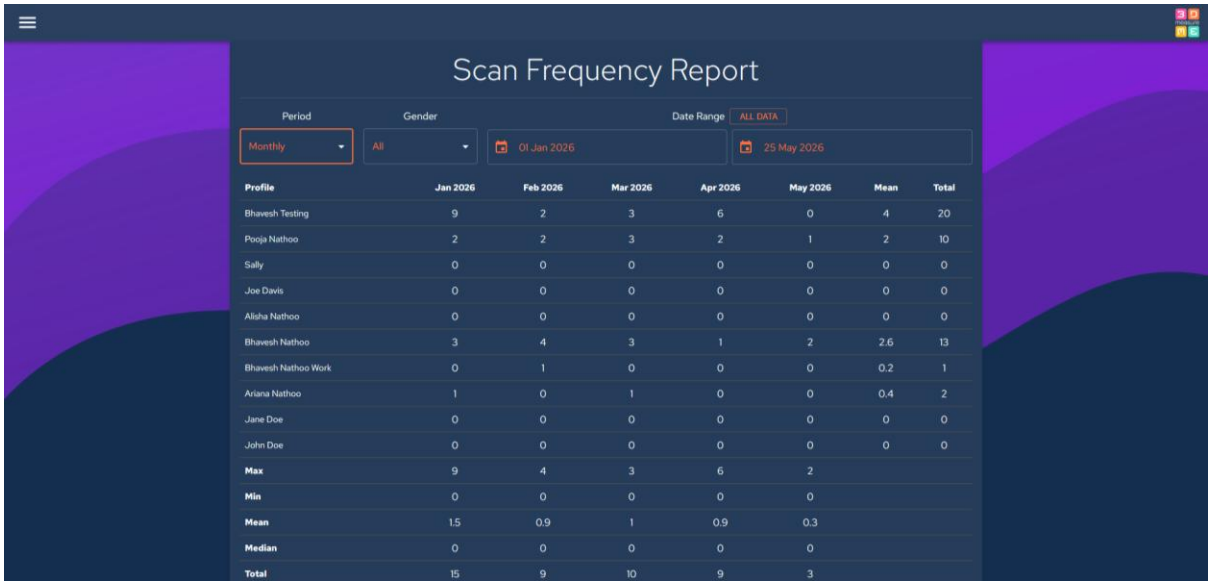
Web Portal - View Scan Frequency Report

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button



4. Press “Reports”
5. Press “Scan Frequency”

6. The Scan Frequency Report will load for all full client profiles you have access to.

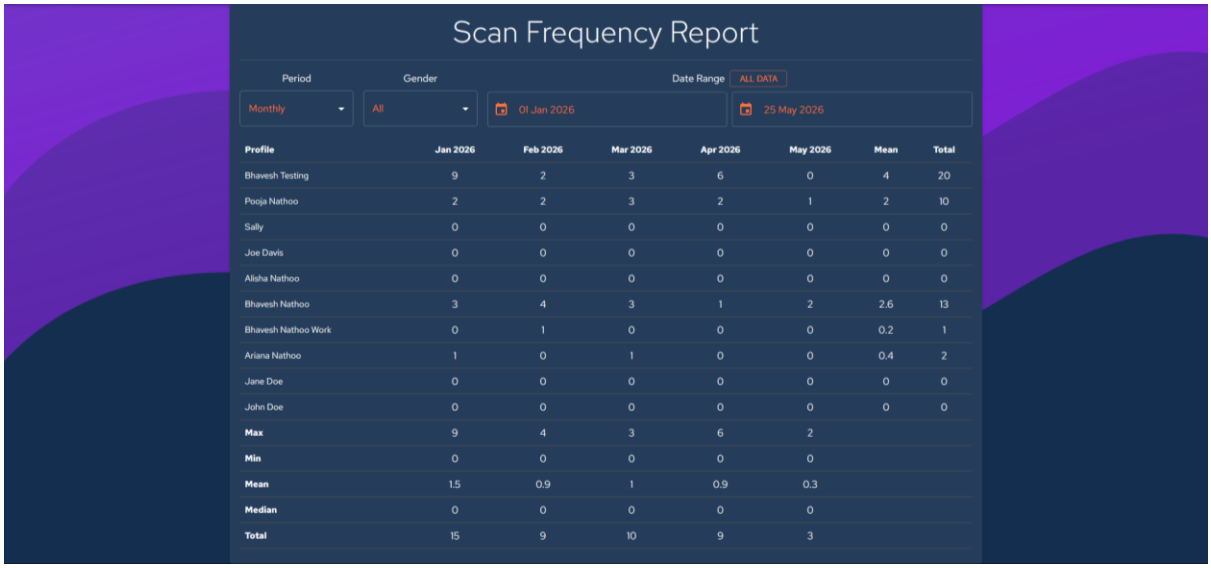


Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
Bhavesh Testing	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

7. Click on any of the drop down boxes to customise the report for your requirements.
    - Customisation options include Period, Gender and Date Range.

Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

    - Individual scan frequencies are displayed in the report along with summary statistics at the end of the report.



Scan Frequency Report

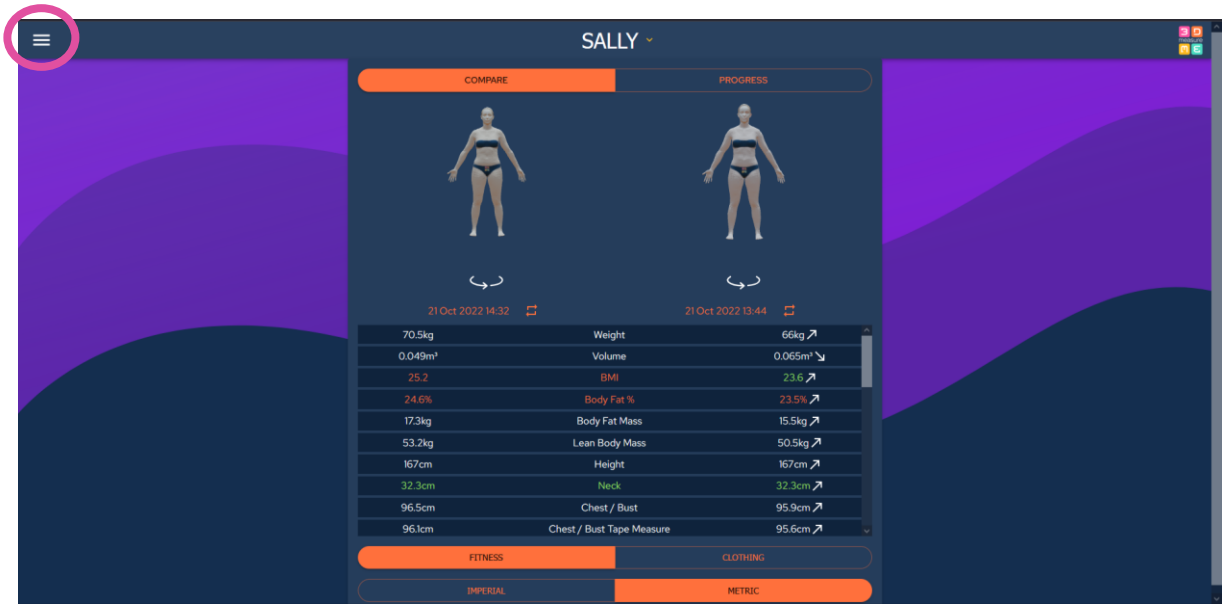
Period: Monthly | Gender: All | Date Range: ALL DATA | 01 Jan 2026 | 25 May 2026

Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
Bhavesh Testing	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

Web Portal - View Invoices

Invoices are automatically sent by email to your registered email address. They are also saved under the “Invoices” tab of the web portal.

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button



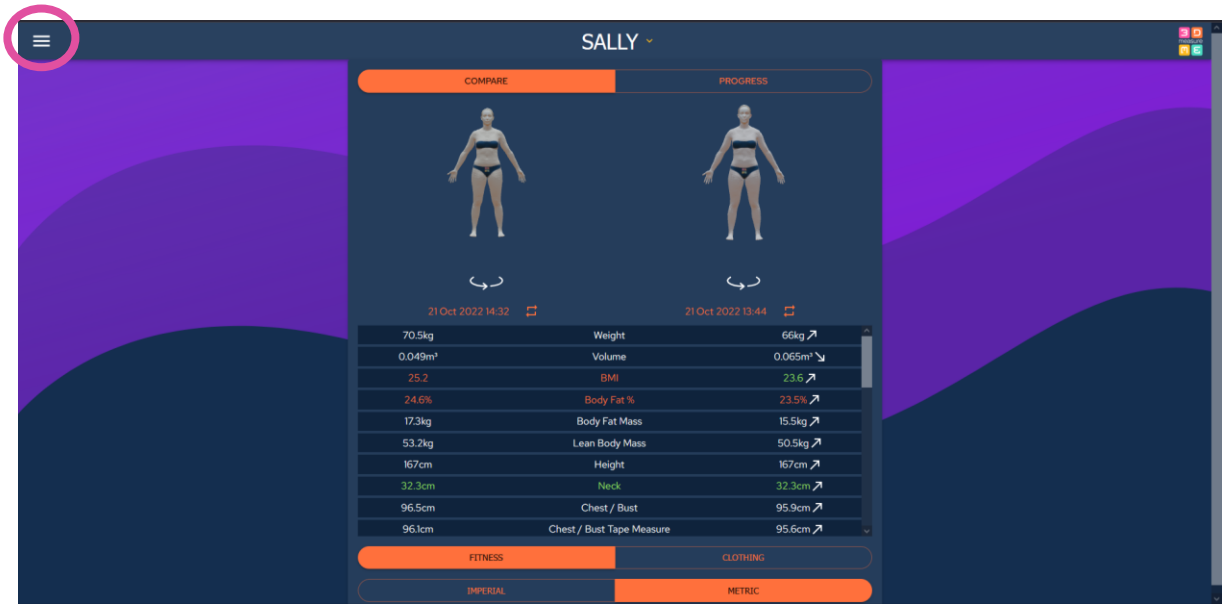
4. Press “Invoices”

5. A list of all invoices will appear.

Invoices
MANAGE PAYMENT DETAILS
Invoice
Date
Status
in_1ScxMiFxxQKHLwBzwZx5IAon
11 Dec 2025
paid
in_1SS52wFxxQKHLwBzXG13SRFM
11 Nov 2025
paid
in_1SGqHZFxxQKHLwBzPGbyRZuc
11 Oct 2025
paid
in_1S5y0dFxxQKHLwBzwCEV2Qvc
11 Sep 2025
paid
in_1RujCvFxxQKHLwBzOa0ejudt
11 Aug 2025
paid
in_1RjURFFxxQKHLwBzfRVQnJIN
11 Jul 2025
paid

Web Portal - View All Client Profiles

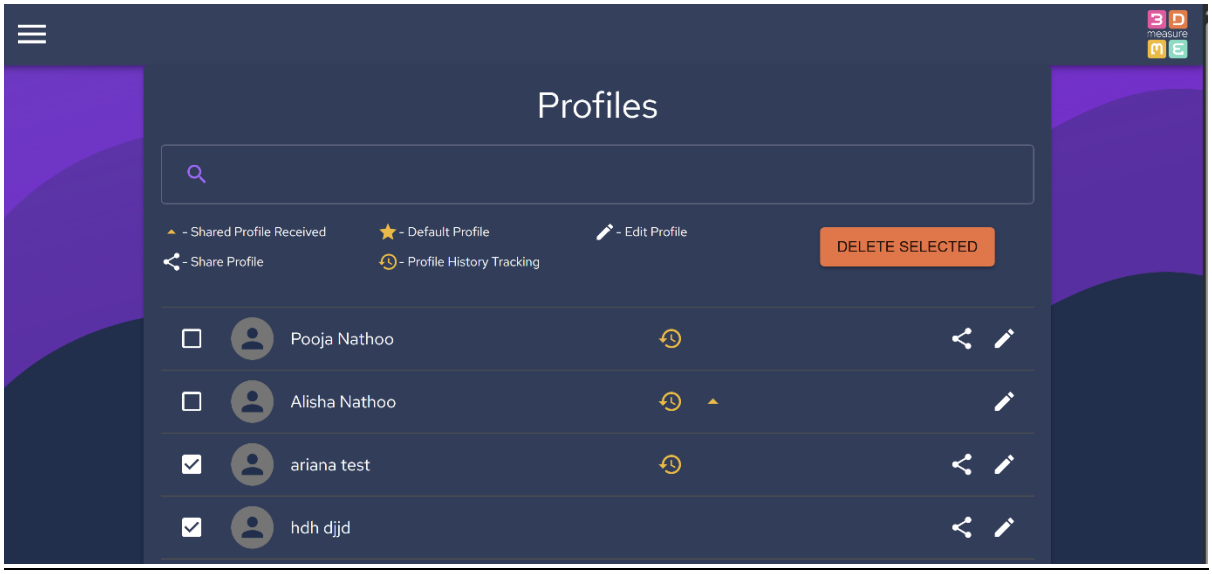
1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button



4. Press “Profiles”

5. Your full list of profiles will appear.
    - This list shows your Shared Profiles Received, Default Profile and profiles with Profile History Tracking.

- You can also edit and share relevant profiles from here. In edit you can delete individual profiles.

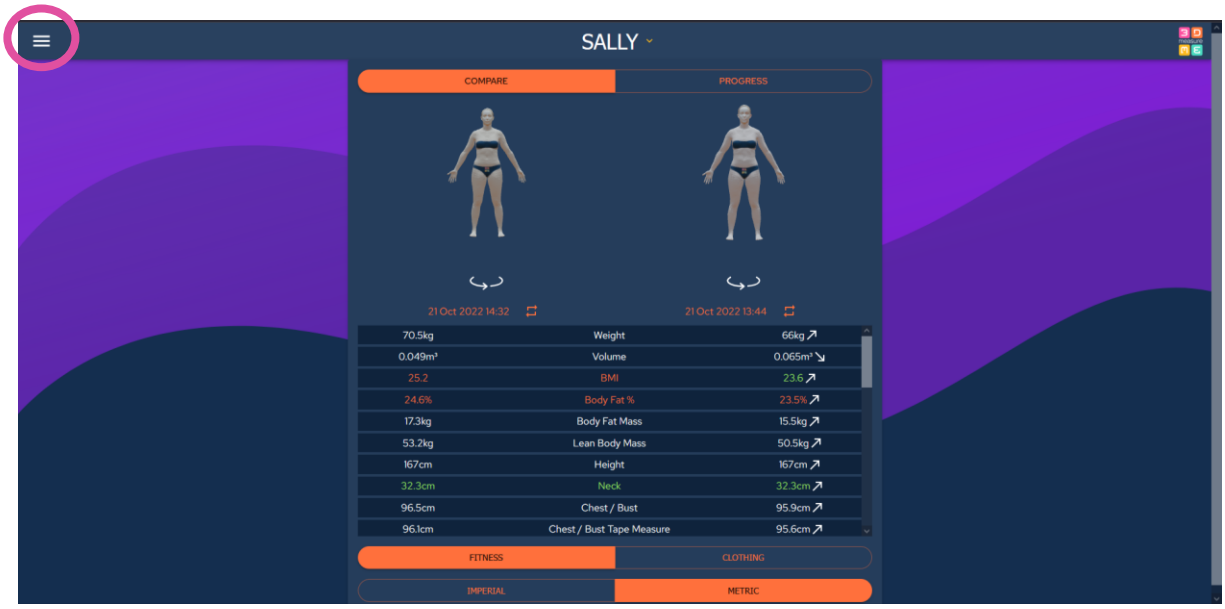


Web Portal - Bulk Delete Client Profiles

You can bulk delete profiles you no longer need through the web portal. This may be needed at the end of a challenge or if a client is no longer using your services.

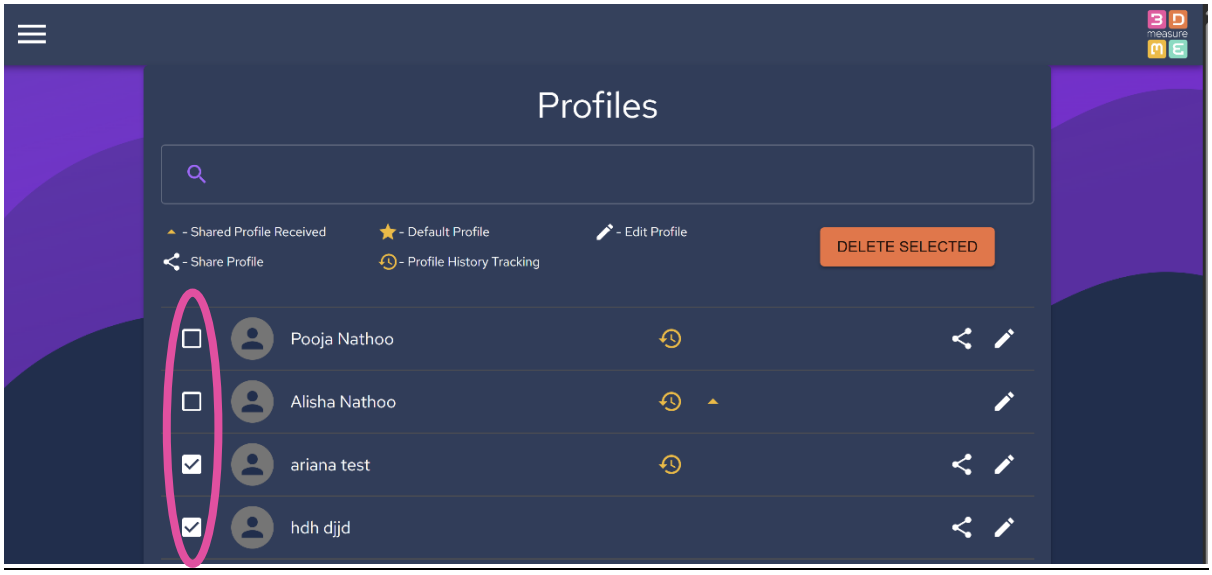
This deletion will automatically cancel their subscription. Deleted profiles will automatically get an email asking them if they want to subscribe to retain their data otherwise it will be automatically deleted after 7 days.

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button

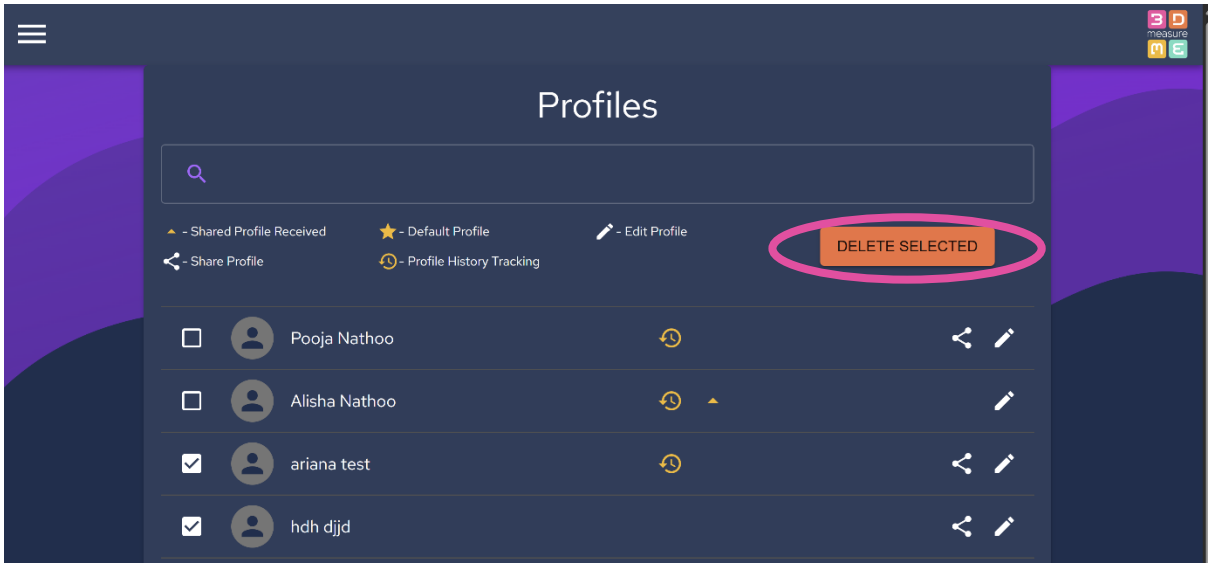


4. Press “Profiles”

5. Your full list of profiles will appear.
6. On the profile list check the boxes for all profiles you wish to delete.



7. Press the “Delete Selected” button.


Profiles
- Shared Profile Received
- Default Profile
- Edit Profile
- Share Profile
- Profile History Tracking
DELETE SELECTED
Pooja Nathoo
Alisha Nathoo
ariana test
hdh djjd

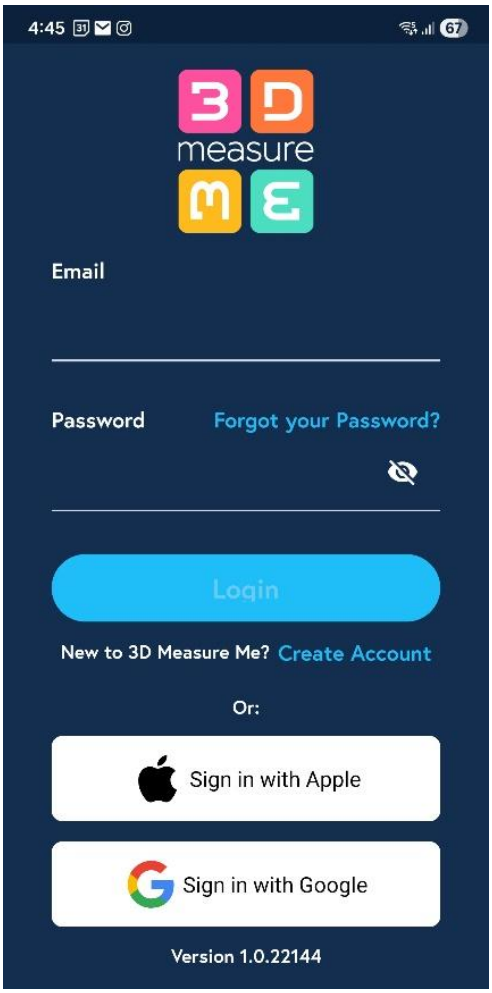
Clients

Setup a 3D Measure Me account for yourself by following the steps below.

Mobile App - Setup Your Account

To create an account in the 3D Measure Me app:

1. Download the 3D Measure Me App
    - Use the download links on our website - https://3dmeasureme.com/
    - Search '3D Measure Me' on the App Store or Google Play and install it.
2. Create an account by pressing
    - Sign in with Apple (No separate password needed); or
    - Sign in with Google (No separate password needed); or
    - 'Create Account' (Email and password need to be created)



3. These same account details can also be used to login to our web portal.

Web Portal - Setup Your Account

To create an account using the 3D Measure Me web portal:

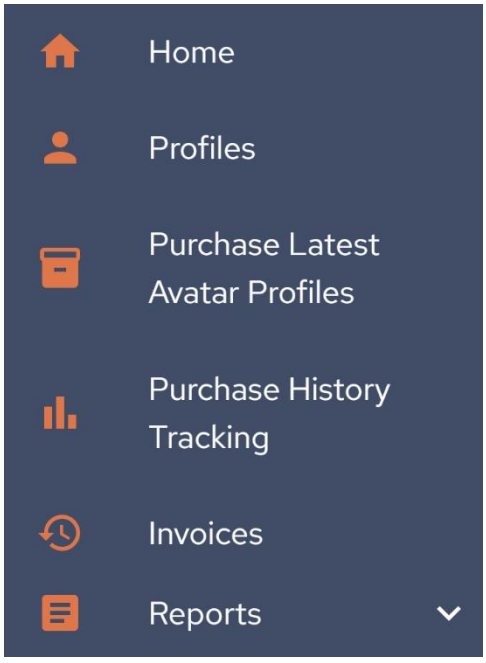
1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login

2. Create an account by pressing
    - Sign in with Apple (No separate password needed); or
    - Sign in with Google (No separate password needed); or
    - 'Create Account' (Email and password need to be created

3. These same account details can also be used to login to our app.

Web Portal – View the Web Portal

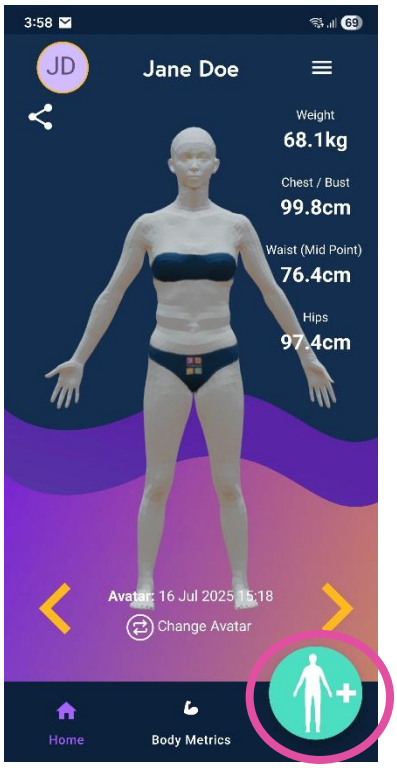
1. Click the link below to directly access the Portal. (You can also get this by pressing the "Login" button on top right of our website)
   https://portal.3dmeasureme.com/login



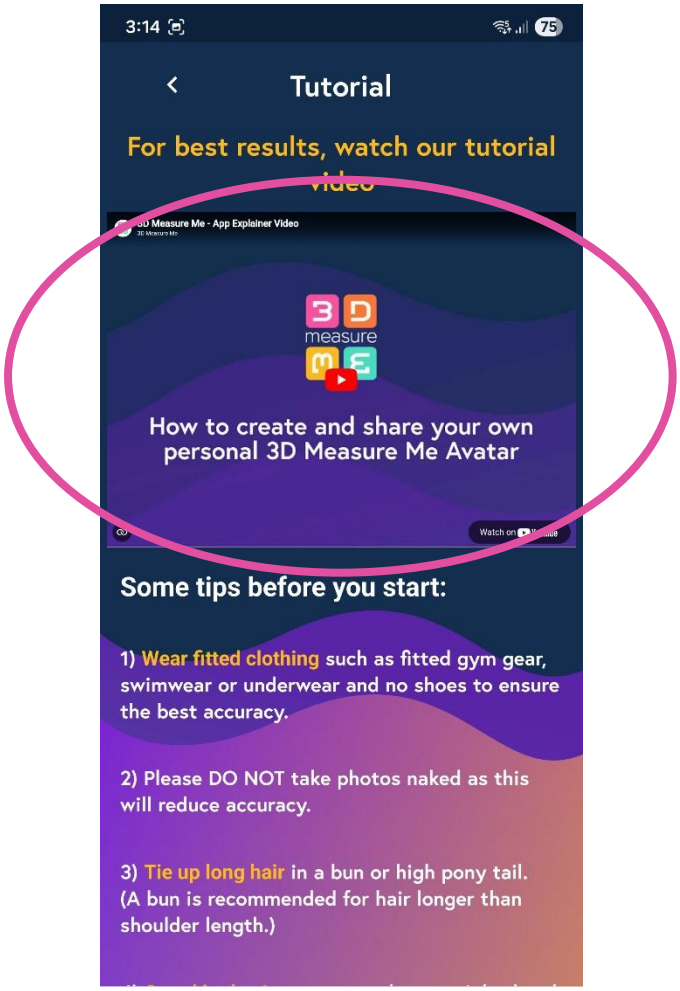
Mobile App - Create Your Avatar

To create an avatar in the 3D Measure Me app:

1. Open the 3D Measure Me App.
2. Press the Create avatar button. (Green circle with a person and + sign in the bottom right of the screen.

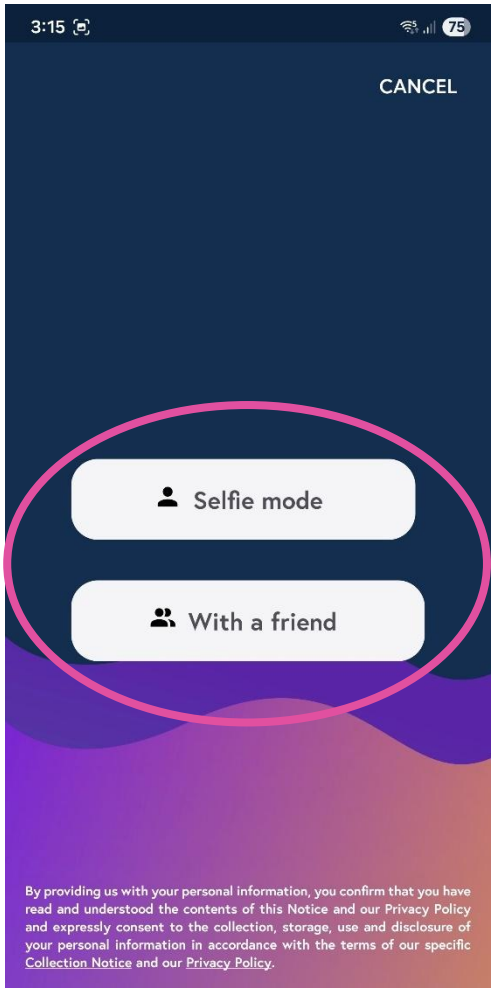


3. On the Tutorial screen, watch the Tutorial video if this is your first time using the app. The tips will help ensure you get the best results.

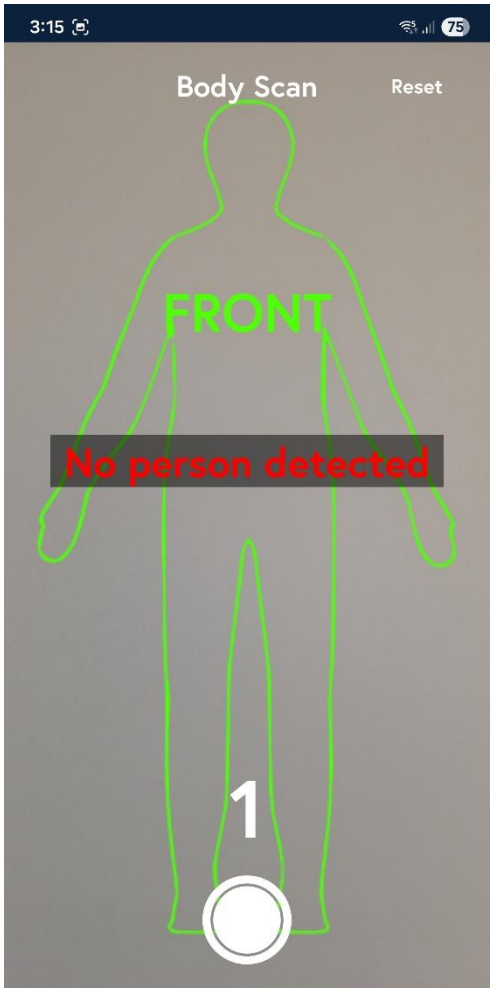


4. Scroll to the bottom of the page and press “Ok”.

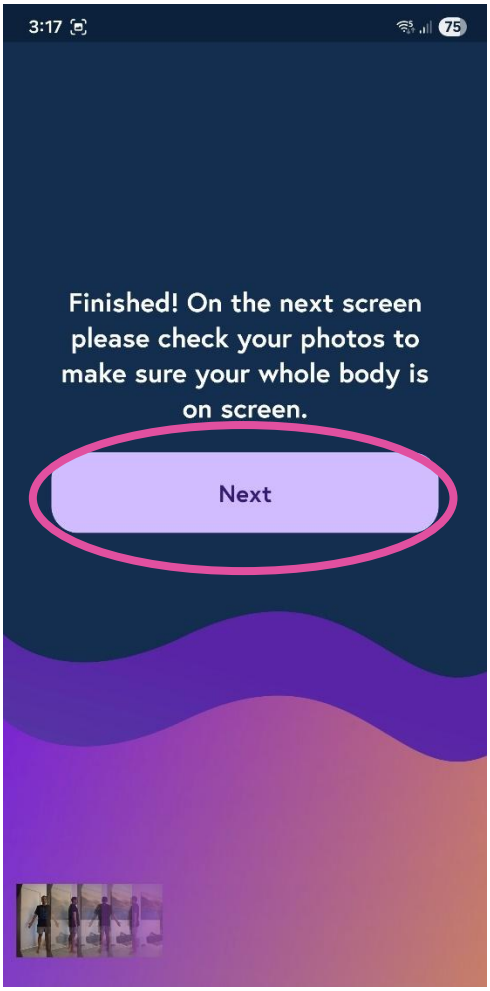
5. Select the desired mode:
    - Selfie mode – You are by yourself
      (In selfie mode put your phone on table or chair so you can stand close to the phone and still keep your phone upright. Turn your volume up so you can hear the instructions.)
    - With a friend – You have someone helping you take your pictures.



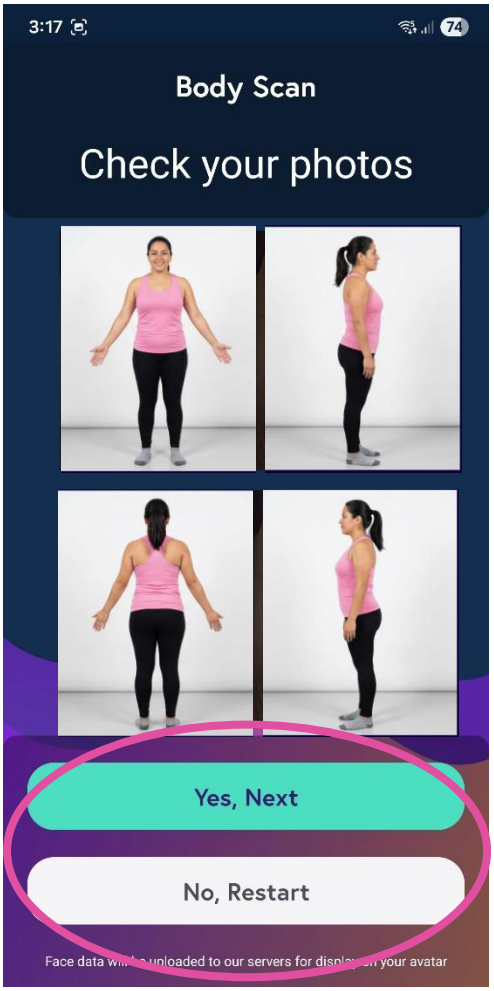
6. Take your 4 photos – Front, Side, Back, Side.
    - The green person outline on screen will guide you on which direction to face.
    - In selfie mode there is an automated time and verbal instructions so ensure your volume it turned up.



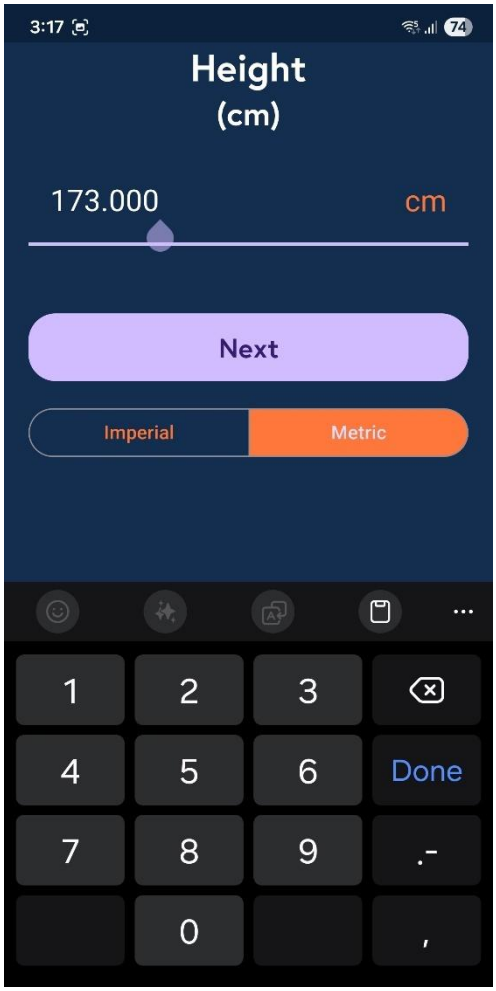
7. After all your photos are done press “Next” to check your photos.



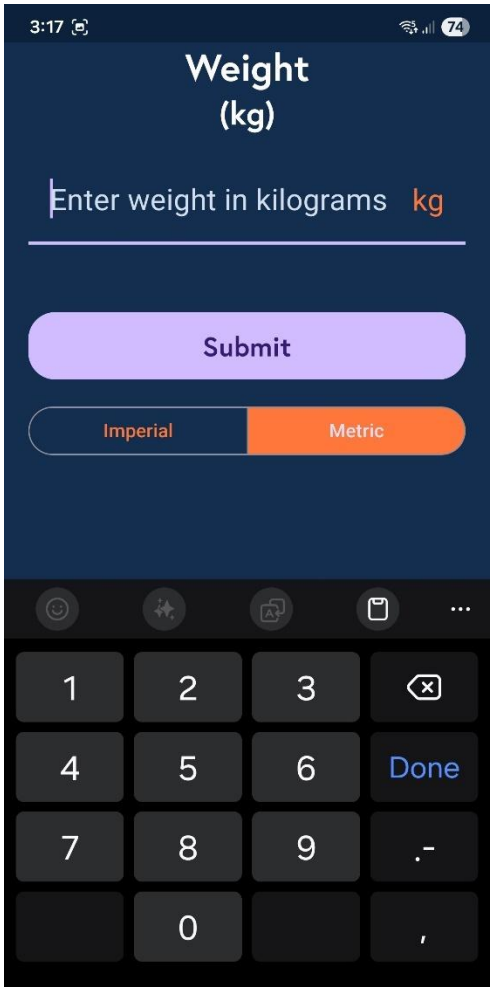
8. Check your photos. Press “Yes, Next” to continue or “No, Restart” to start the process again if you there is an issue with your photos.



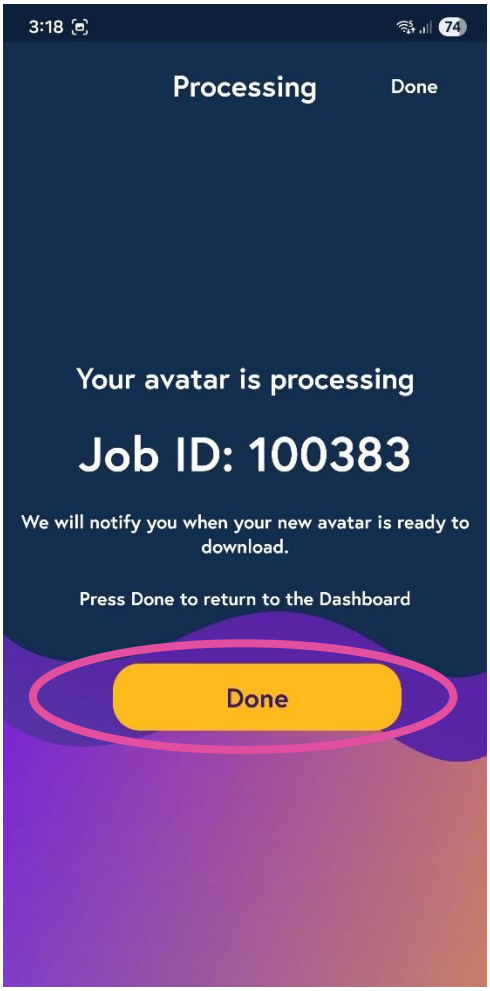
9. Enter your height.
    - You can change between metric and imperial measurements by select the relevant button.
10. Press “Next”.



11. Enter your weight.
    - You can change between metric and imperial measurements by select the relevant button.
12. Press “Next”.



13. Your avatar processing is confirmed. Press “Done”.



14. You will receive a phone notification as soon as your avatar is ready. Press the notification and the avatar will appear in your app.
    - This usually takes about a minute.
    - If you keep the app open the avatar will automatically update as soon as it is ready.

Tips to get the best results when creating an avatar.

- Wear fitted clothing (Fitted gym gear, swimwear or underwear)
- Tie up long hair in a bun or high pony.
- Stand in the A pose
- Make sure your body fills most of the screen. (Green body outline is good indicator)
- Make sure your whole body is visible including hands and feet
- Stand against a contrasting plain background
- Stand in a well-lit area
- Keep the phone as upright as possible
- Selfie mode – put your phone on a table or chair so you can stand close while still keeping your phone up straight and your whole body visible.
- Do your scans at the same time each week or fortnightly for comparable results. E.g. first thing Sunday morning before breakfast.

Mobile App – Delete An Avatar

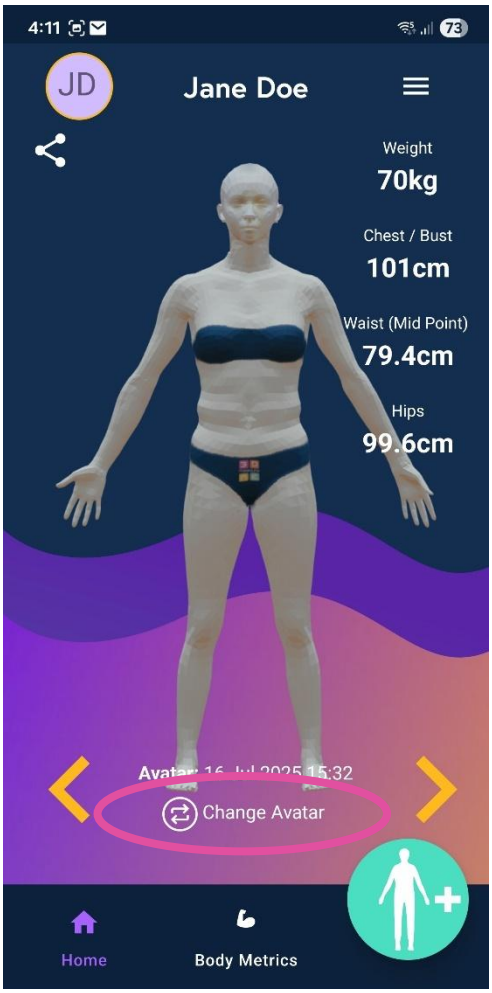
Sometimes something goes wrong with an avatar or you may just want to delete an avatar so it doesn't impact your overall results. You can do this from anywhere you see the change avatar button ⟲ on screen. This is on the home screen and the compare screen.

Note: You can only delete avatar for profiles you create, as that is the data you own.

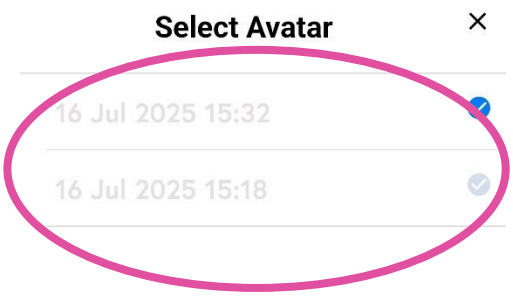
Note: Avatar deletion is permanent and not reversible.

To delete an avatar:

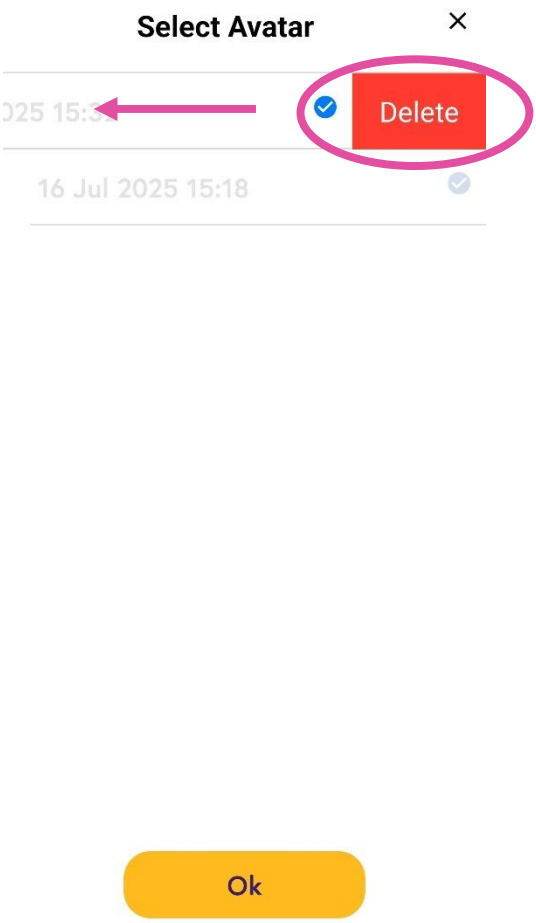
1. Open the 3D Measure Me App.
2. Look for the change avatar button ⟲ on the home screen or the compare screen.



3. A list of all avatars available will appear.



4. Swipe left on the avatar date and time you want to delete.
5. A delete button will appear.
6. Press “Delete”.



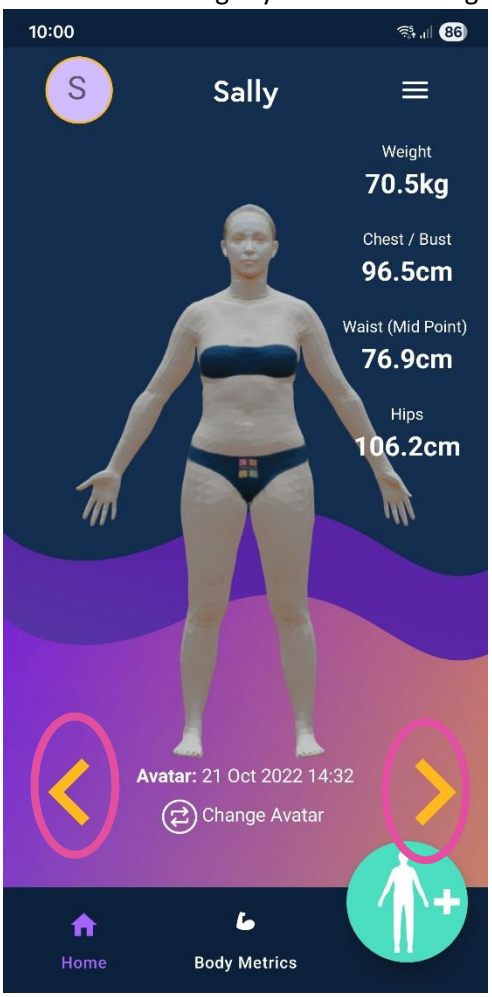
7. Avatar deleted.

Mobile App – Create A New Profile

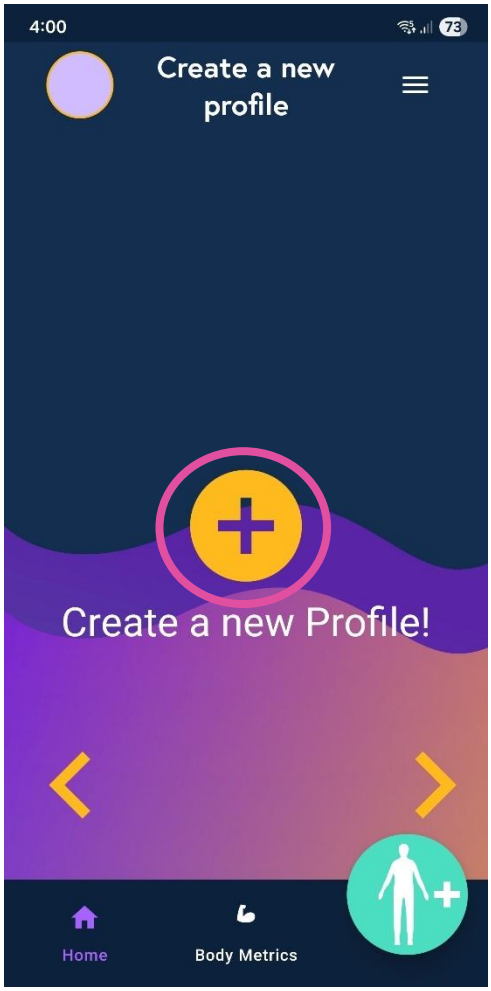
Sometimes you may want to create another profile for another family member.

To create another profile:

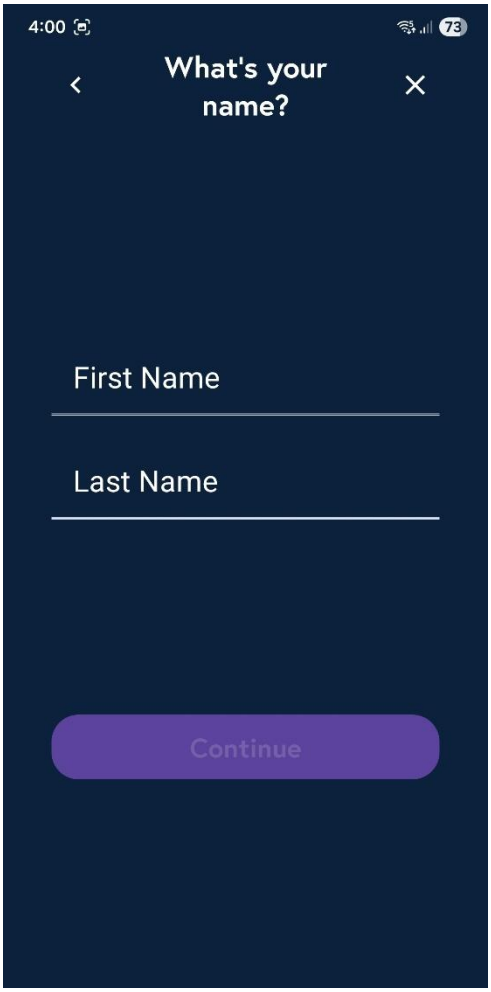
1. Open the 3D Measure Me app.
2. Use the left and right yellow arrows to get to the create a new profile screen



3. Press the yellow circle with a plus to start creating your new profile.



4. Follow the instructions on screen and enter the information required to create your avatar.

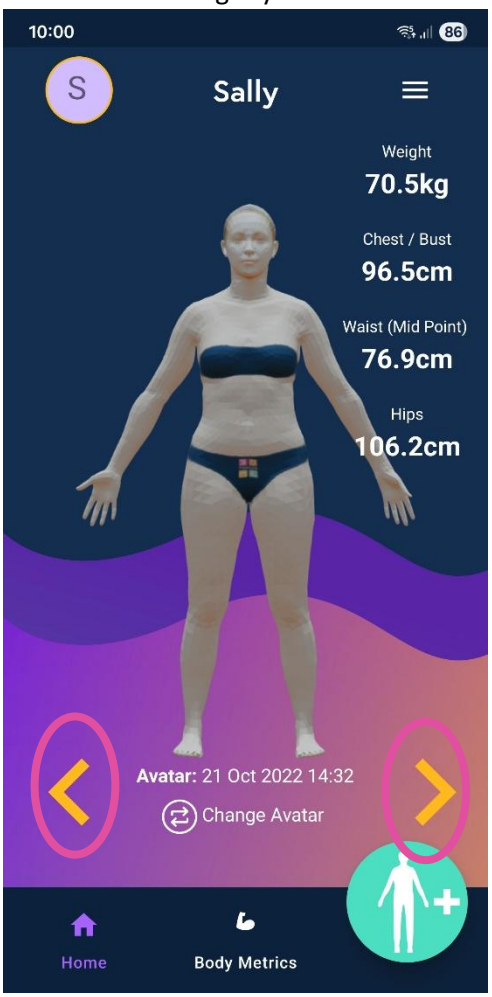

4:00
73
What's your name?
First Name
Last Name
Continue

Mobile App – Delete A Profile

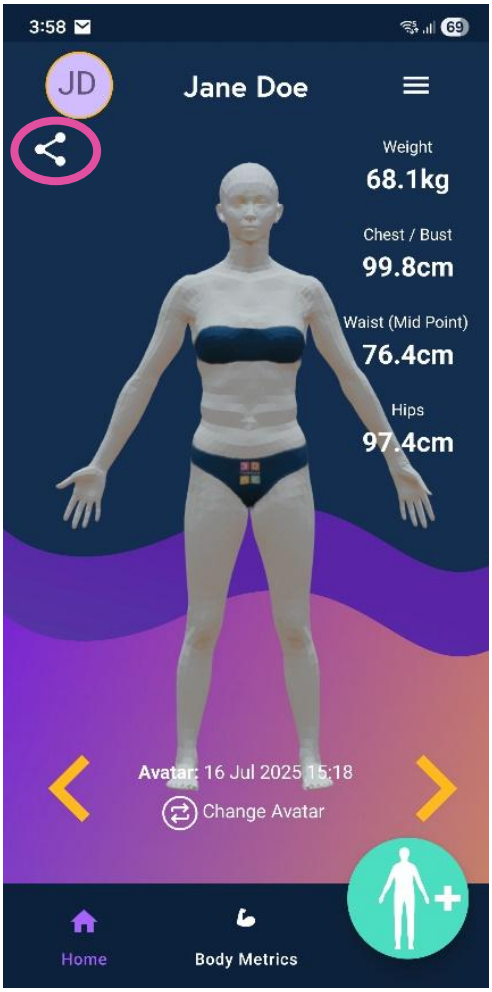
Sometimes you may want to delete a profile you no longer use.

Note: Profile deletion is permanent and not reversible.

1. Open the 3D Measure Me app.
2. Use the left and right yellow arrows to find the profile you want to delete.

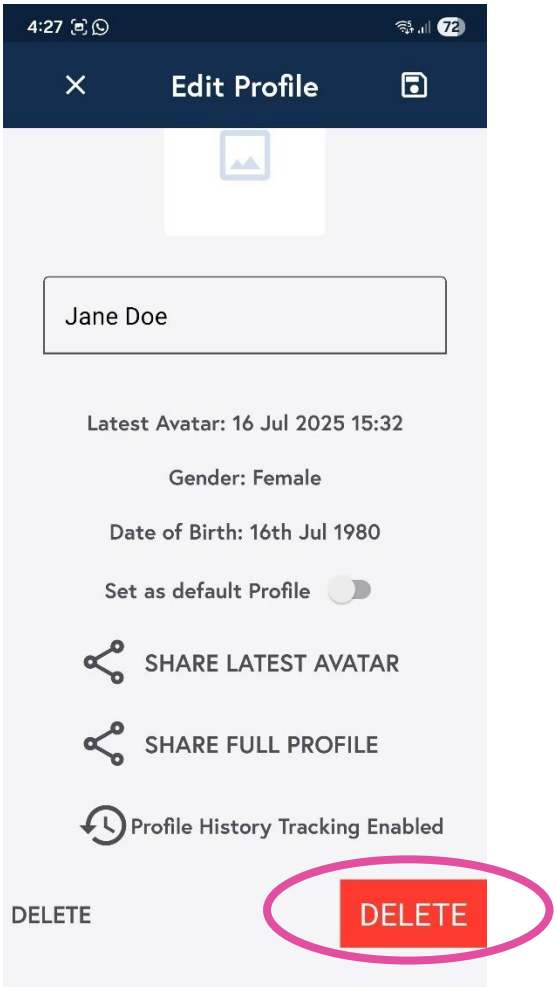


3. Press the share button on the home screen to get to the edit profile screen.



4. Press “Delete”

5. Press the red “Delete” button that appears to confirm deletion.


4:27
72
Edit Profile
Jane Doe
Latest Avatar: 16 Jul 2025 15:32
Gender: Female
Date of Birth: 16th Jul 1980
Set as default Profile
SHARE LATEST AVATAR
SHARE FULL PROFILE
Profile History Tracking Enabled
DELETE
DELETE

Purchase Profile History Tracking for Users Who No Longer Share Their Full Profile History

If you are no longer a client of business who you previously shared your full profile with, you will automatically receive an email informing you that your profile will automatically be deleted unless you subscribe for profile history tracking.

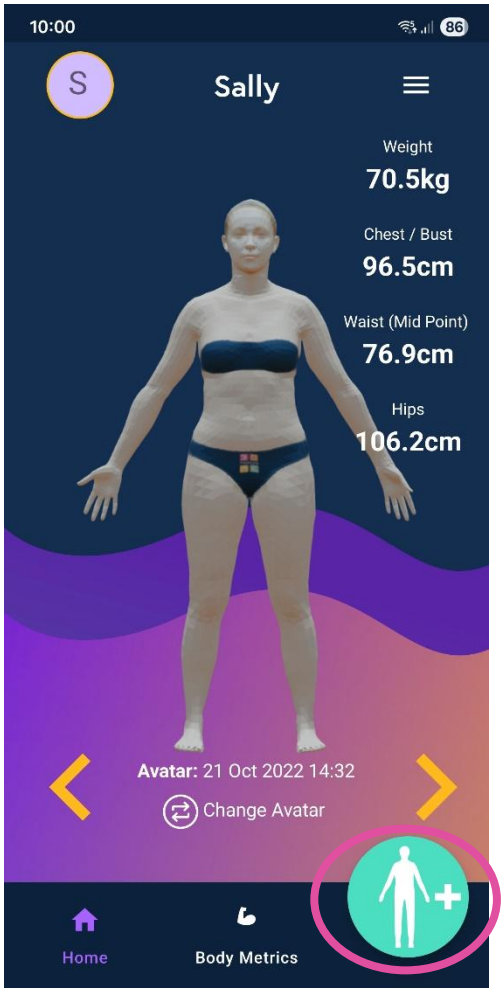
If you no longer wish to keep your profile history, you do not need to take any action.

If you wish to keep your profile history then follow the link in the email to subscribe for profile history tracking yourself.

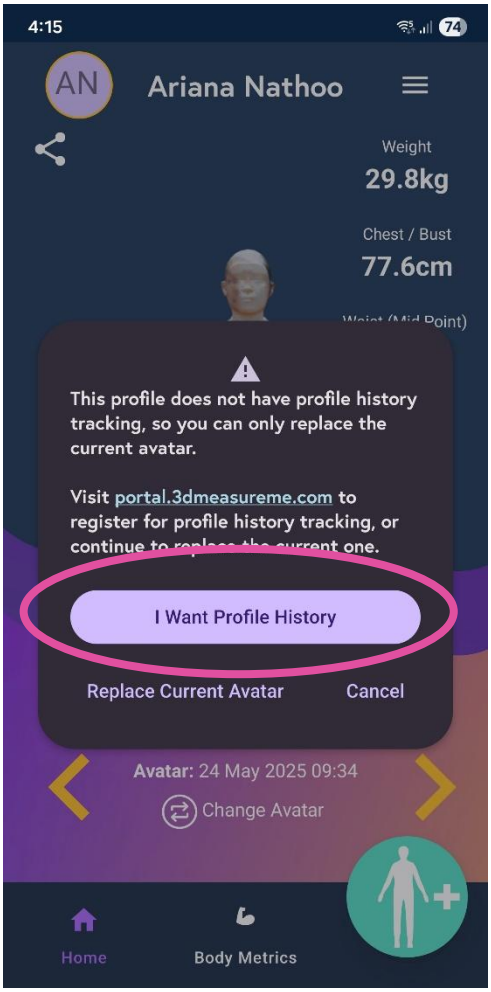
You can also purchase Profile History Tracking directly through our web portal or mobile app.

Mobile App – Purchase Profile History Tracking

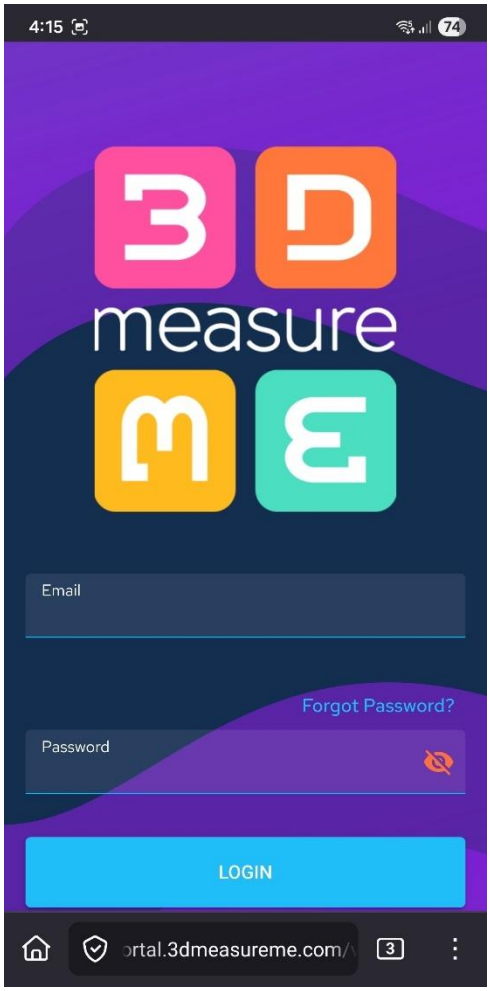
1. Open the 3D Measure Me app.
2. Press the “Create Avatar” button.



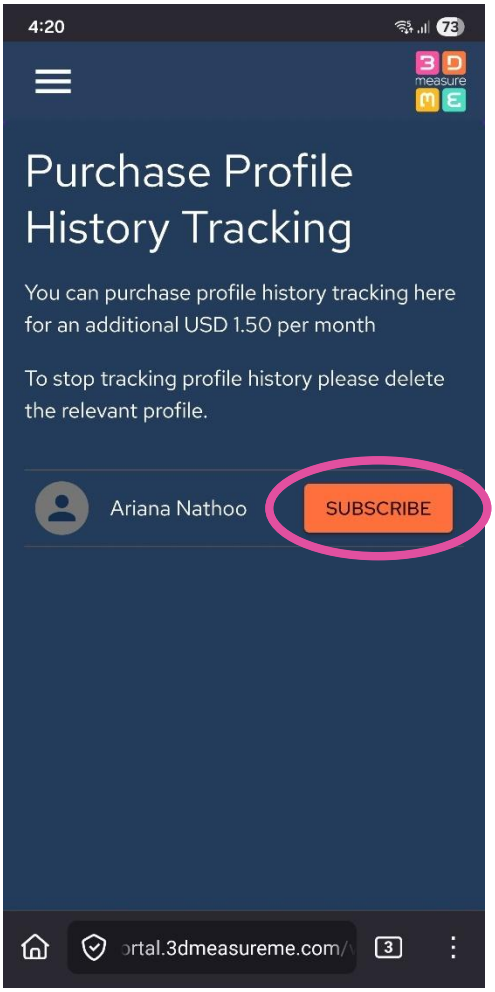
3. Press “I want profile history”



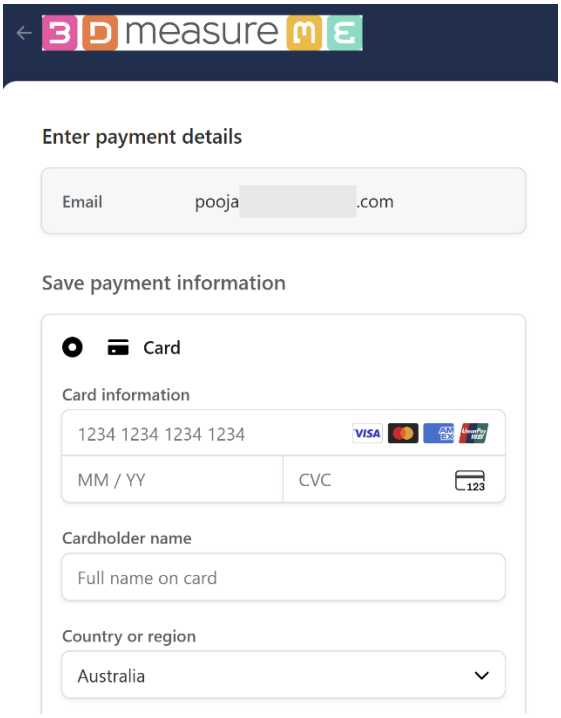
4. Login to your account using the same login as your app login – Apple sign in, Google sign in or email.



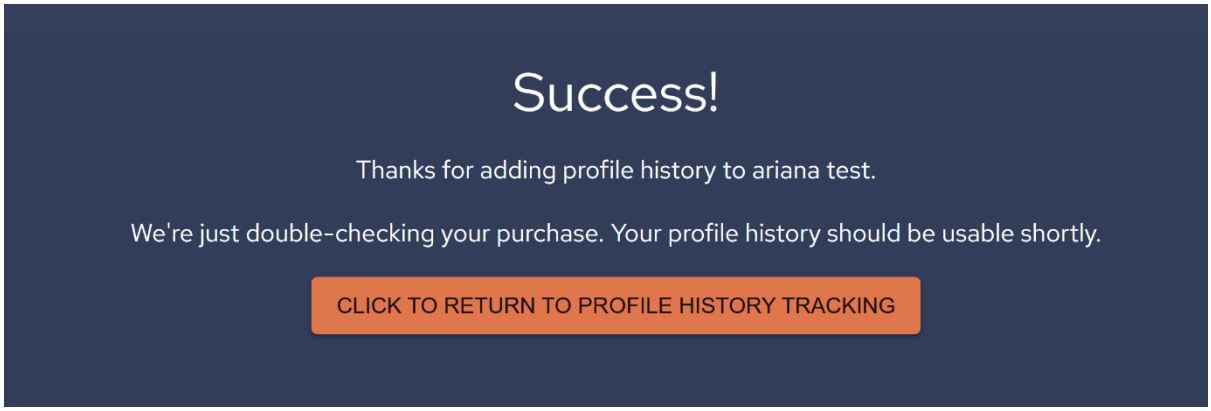
5. Press Subscribe



6. If it is your first time purchasing from us you need to enter payment details.

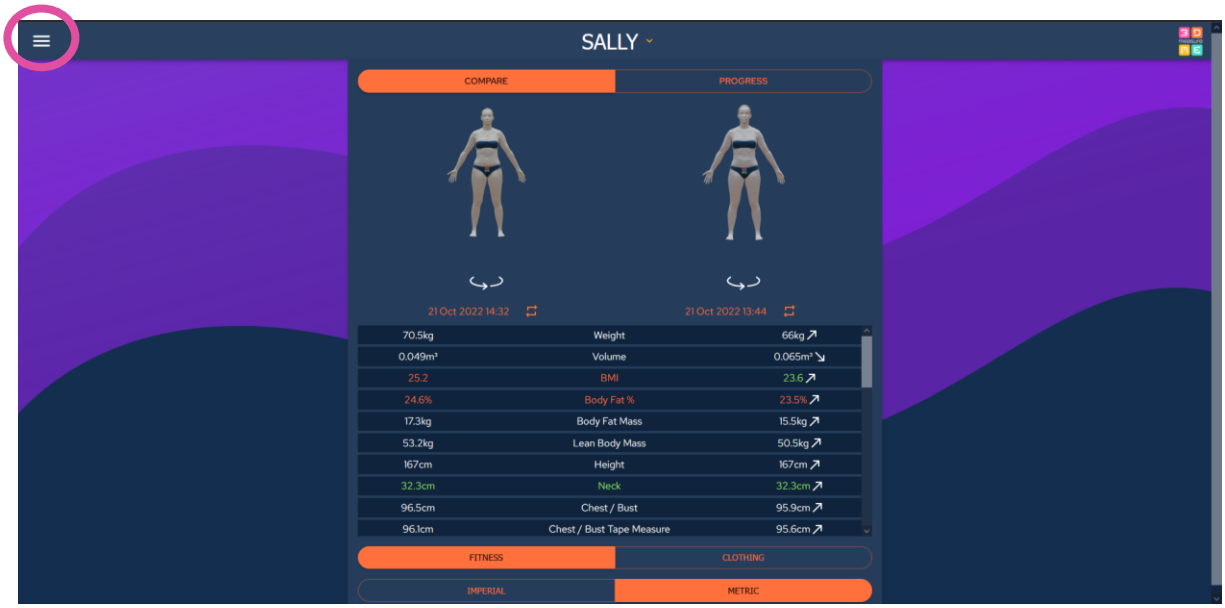


7. Once completed you will receive confirmation on screen for your activation of profile history tracking. You can begin to use your profile history tracking.



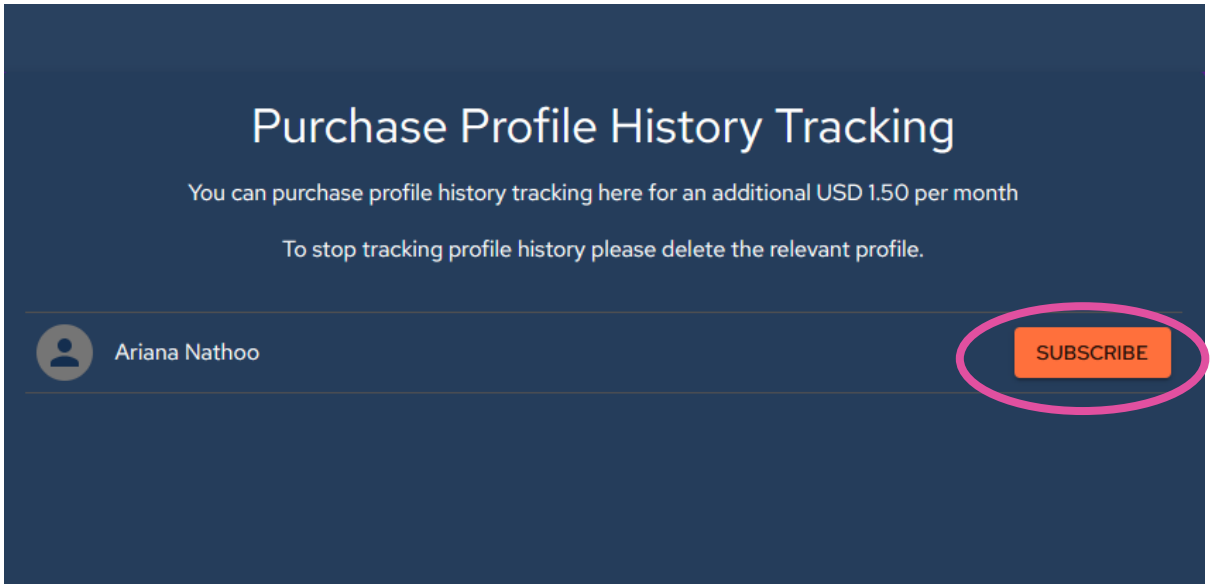
Web Portal – Purchase Profile History Tracking

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button

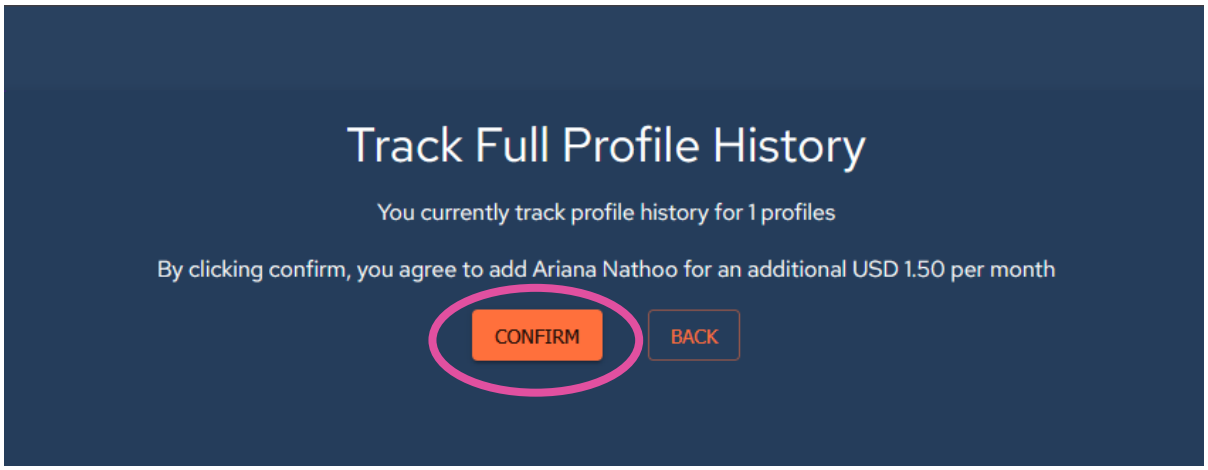


4. Press “Purchase History Tracking”

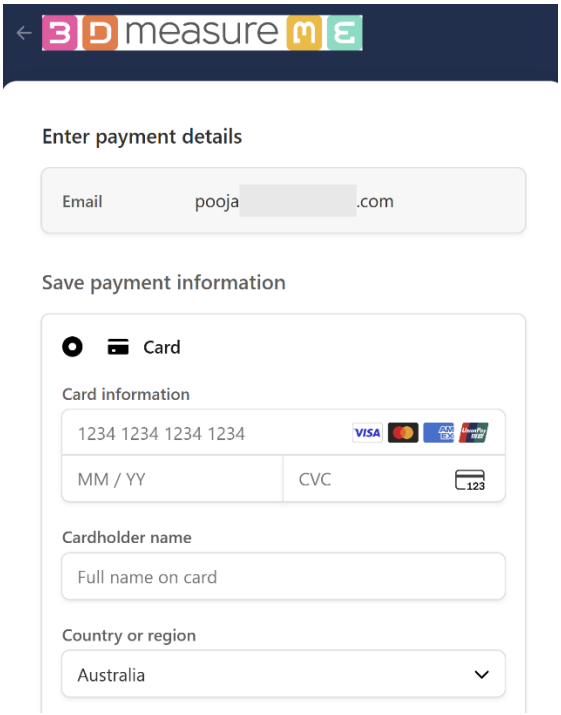
5. All eligible profiles are listed here.
6. Press “Subscribe” for relevant profile.



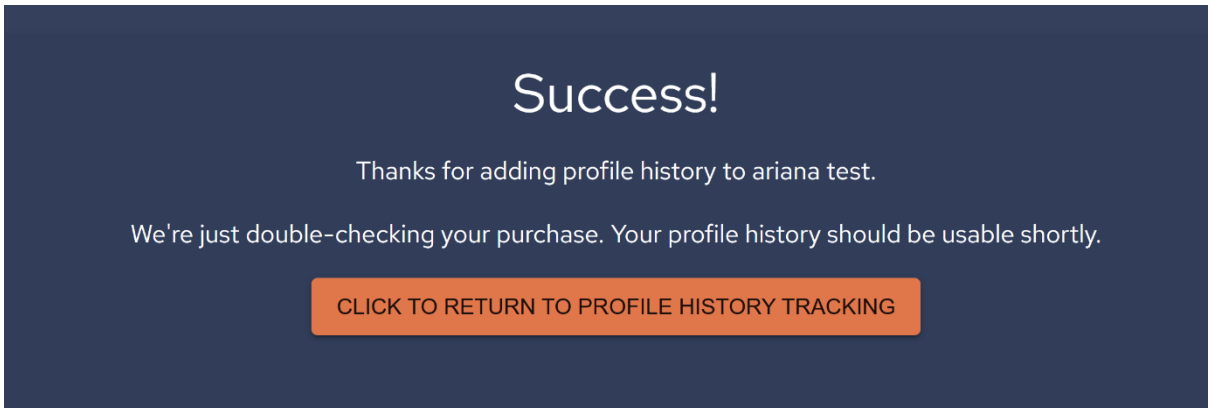
7. Press “Confirm” to confirm your purchase of profile history tracking.



8. If it is your first time purchasing from us you need to enter payment details.



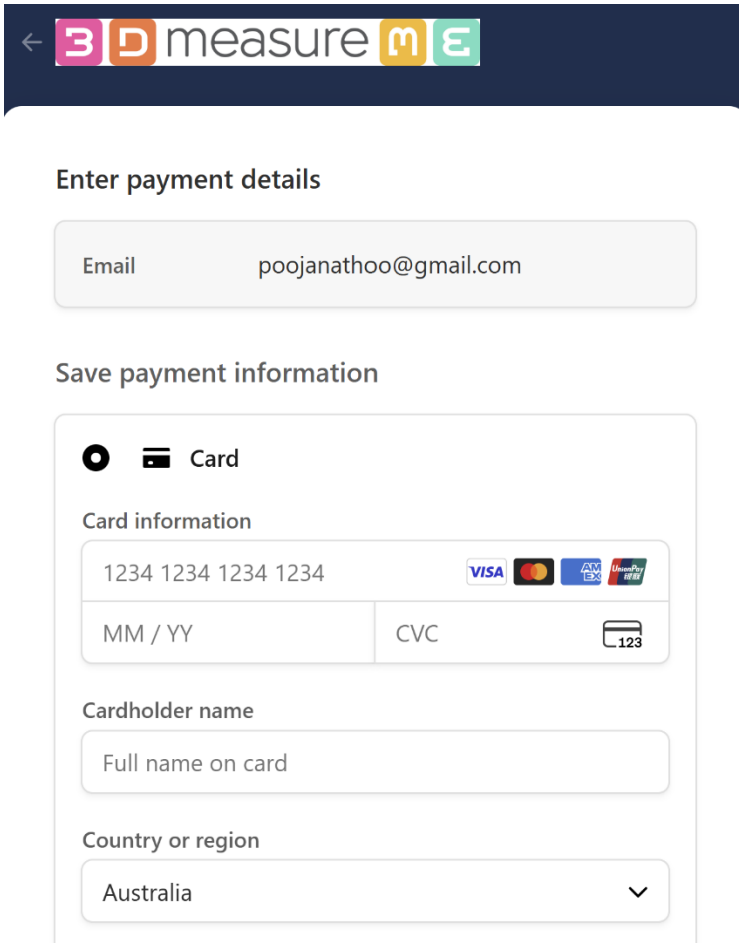
9. Once completed you will receive confirmation on screen for your activation of profile history tracking. You can begin to use your profile history tracking.



Web Portal - Update Payment Details

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button

4. Press “Manage Payment Details”
5. Follow the on-screen instructions to update your payment details.

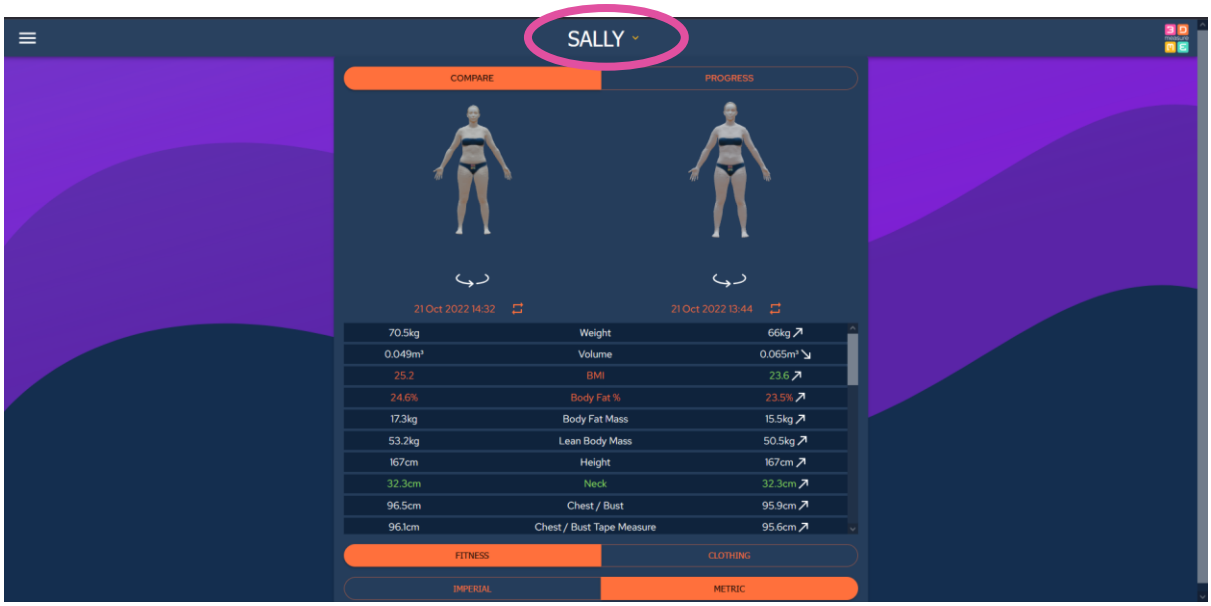


Note: To cancel a subscription simply delete the relevant profile. The profile and associated subscription will be cancelled immediately.

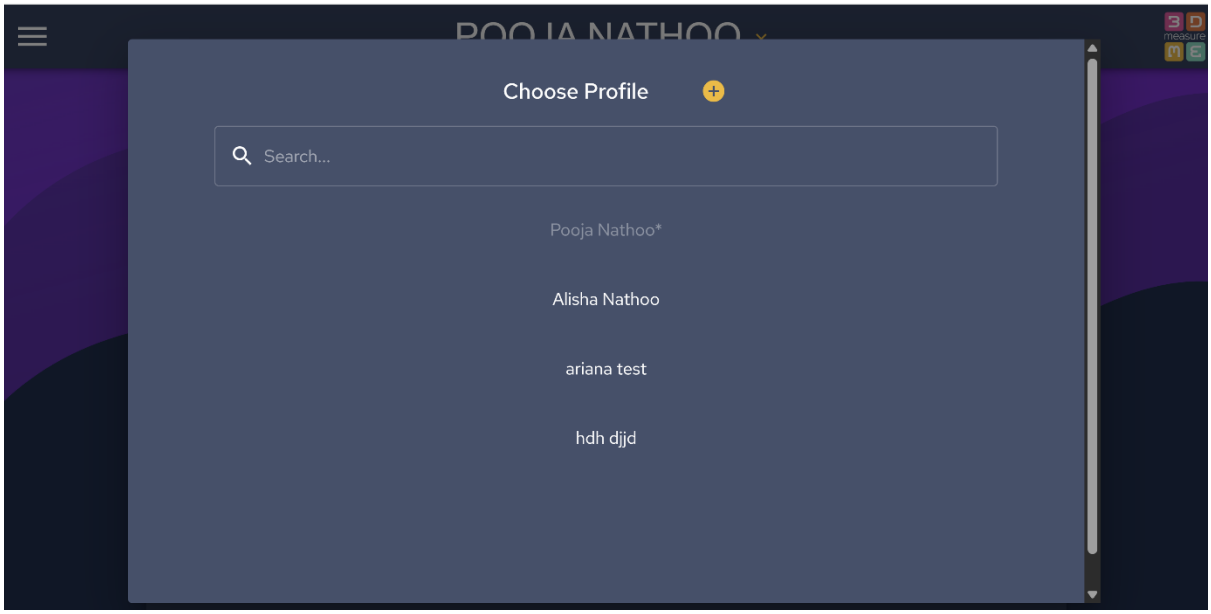
Web Portal - View Individual User Progress

To view the progress of individual users in your account.

1. Go to the web portal
2. Click the name at the top of the screen with the yellow down arrow next to it.



3. A list of all users in your account will be displayed.

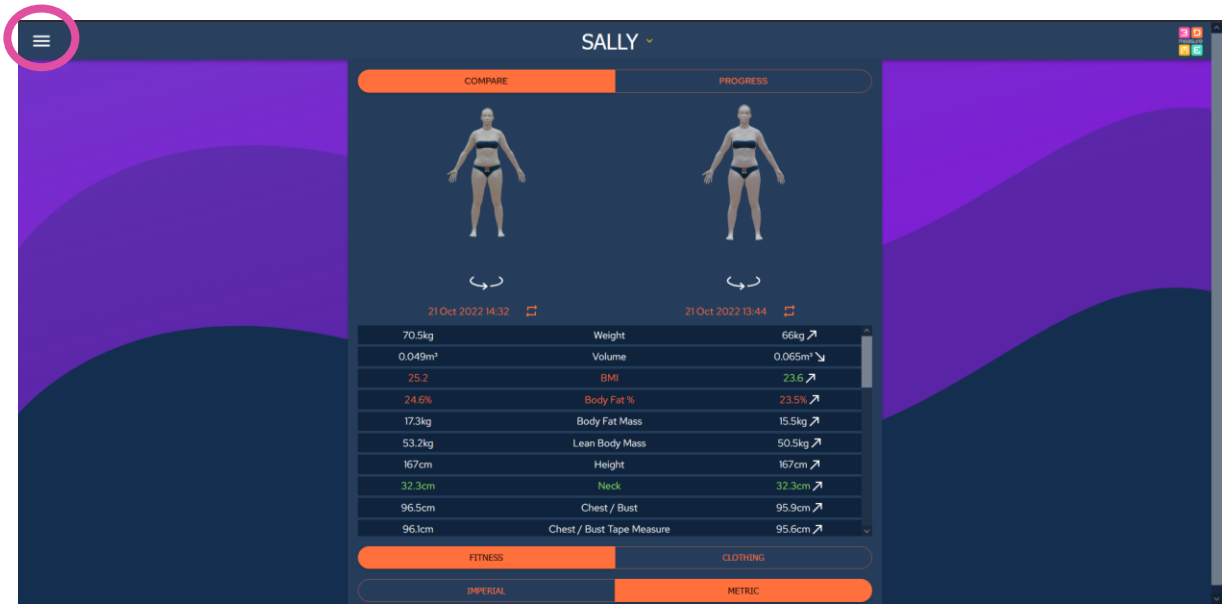


4. Select the desired profile from the list.
5. Use the compare and progress buttons to switch between viewing avatars and progress graphs.

- To change avatars, press the date or change avatar button 🔁 under the avatar you wish to change.
- Select the desired avatar from the list.
- Press “Ok”

Web Portal - View Summary Progress Report

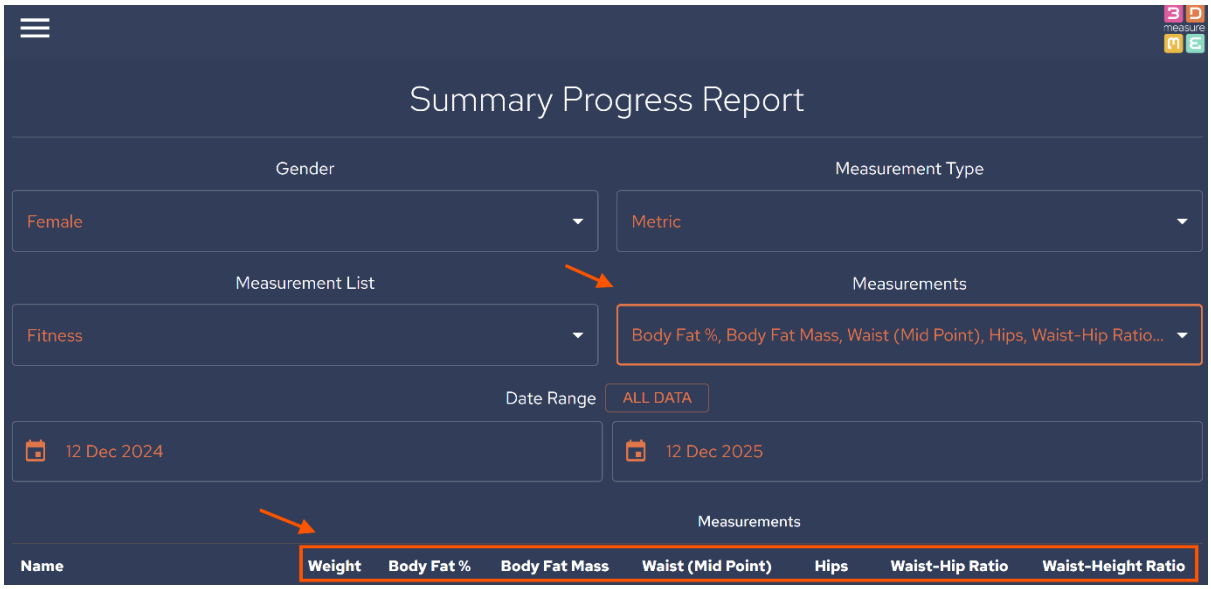
1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button



4. Press “Reports”
5. Press “Summary Progress”

6. The Summary Progress Report will load for all full profiles you have access to.

7. Click on any of the drop-down boxes to customise the report for your requirements.
    - Customisation options include Gender, Measurement Type, Measurement List, Measurements and Date Range.

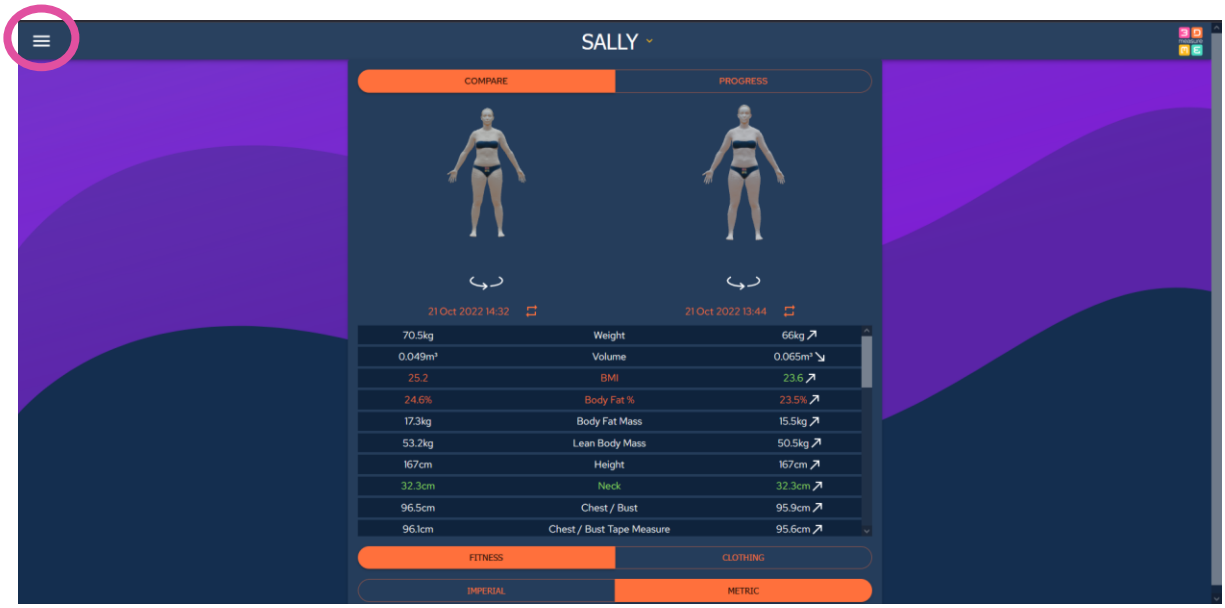


    - Individual profile measurements are displayed in the report along with summary statistics at the end of the report

Jane Doe	16 Jul 2025	70kg	21.8%	15.2kg	79.4cm	99.6cm	0.77	0.44
	16 Jul 2025	68.1kg	20%	13.6kg	76.4cm	97.4cm	0.77	0.42
	Variance	1.9kg	1.8%	1.6kg	3cm	2.2cm	0	0.02
	Variance %	2.7%	8.2%	10.5%	3.7%	2.2%	0%	4.54%
John Doe	05 Aug 2025	89kg	12%	10.6kg	84.6cm	103.8cm	0.81	0.44
	16 Jul 2025	88.8kg	11.8%	10.4kg	84.4cm	104.2cm	0.8	0.43
	Variance	0.2kg	0.2%	0.2kg	0.2cm	-0.4cm	0.01	0.01
	Variance %	0.2%	1.6%	1.8%	0.2%	-0.4%	1.23%	2.27%
Max Variance		1.9kg	1.8%	1.6kg	3cm	2.2cm	0.04	0.02
Max Variance %		2.7%	8.2%	10.5%	3.7%	2.2%	4.12%	4.54%
Min Variance		-20.6kg	-10.9%	-14.7kg	-15.7cm	-7.5cm	-0.08	-0.09
Min Variance %		-27.7%	-52.2%	-94.9%	-17.4%	-7.4%	-9.2%	-17.31%
Mean Variance		-6.8kg	-2.3%	-3.9kg	-3.1cm	-2.9cm	-0.01	-0.02
Mean Variance %		-10.1%	-9.7%	-22.9%	-3.3%	-2.8%	-0.5%	-2.79%
Median Variance		-4kg	0%	-0.3kg	0cm	-2.8cm	0	0
Median Variance %		-4.5%	0%	-0.9%	0%	-2.5%	0%	0%
Total Variance		-47.6kg	-15.7%	-27.1kg	-21.2cm	-19.8cm	-0.03	-0.11
Total Variance %		-70.6%	-67.7%	-159.8%	-22.8%	-19%	-3.5%	-19.47%

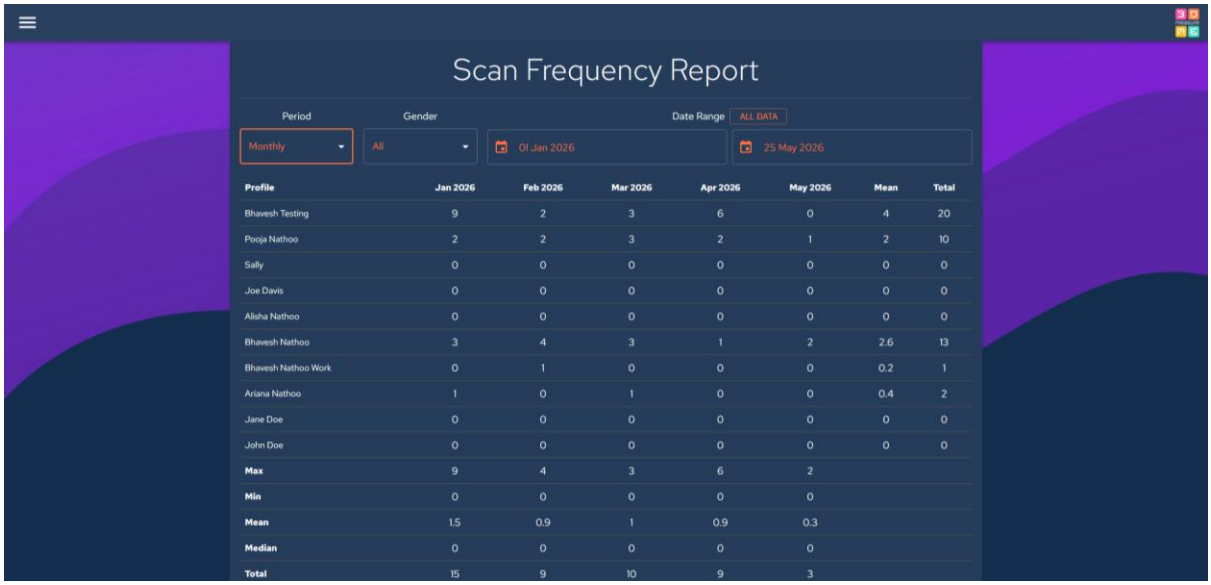
Web Portal - View Scan Frequency Report

8. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
9. Login to your account.
10. Press the menu ☰ button



11. Press “Reports”
12. Press “Scan Frequency”

13. The Scan Frequency Report will load for all full client profiles you have access to.

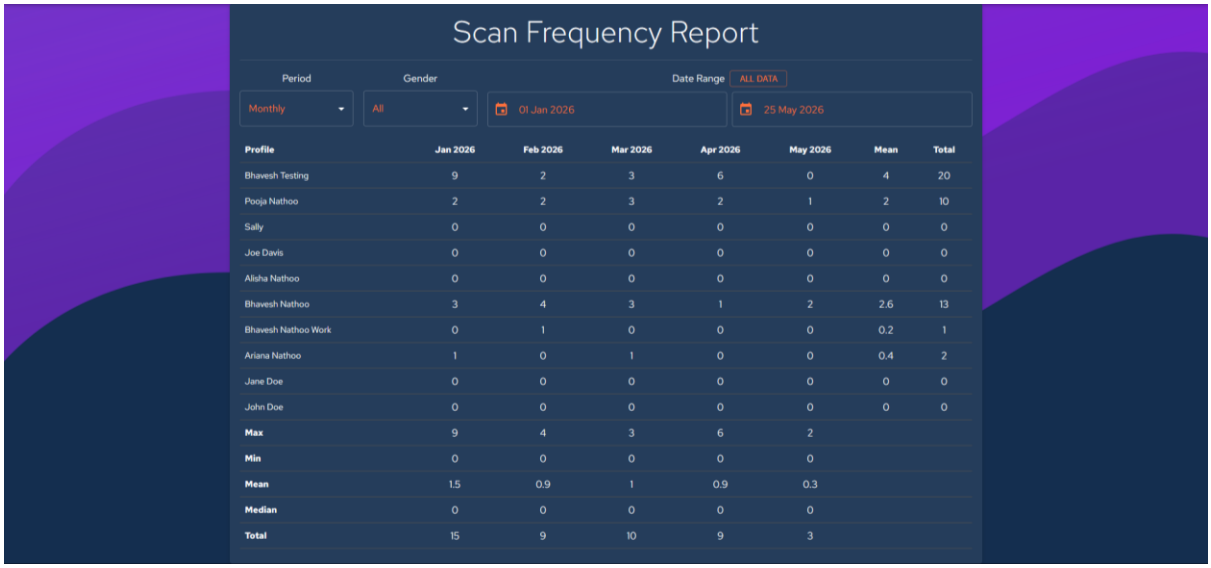


Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
Bhavesh Testing	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

14. Click on any of the drop down boxes to customise the report for your requirements.
    - Customisation options include Period, Gender and Date Range.

Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

    - Individual scan frequencies are displayed in the report along with summary statistics at the end of the report.



Scan Frequency Report

Period: Monthly | Gender: All | Date Range: ALL DATA | 01 Jan 2026 | 25 May 2026

Profile	Jan 2026	Feb 2026	Mar 2026	Apr 2026	May 2026	Mean	Total
Bhavesh Testing	9	2	3	6	0	4	20
Pooja Nathoo	2	2	3	2	1	2	10
Sally	0	0	0	0	0	0	0
Joe Davis	0	0	0	0	0	0	0
Alisha Nathoo	0	0	0	0	0	0	0
Bhavesh Nathoo	3	4	3	1	2	2.6	13
Bhavesh Nathoo Work	0	1	0	0	0	0.2	1
Ariana Nathoo	1	0	1	0	0	0.4	2
Jane Doe	0	0	0	0	0	0	0
John Doe	0	0	0	0	0	0	0
Max	9	4	3	6	2		
Min	0	0	0	0	0		
Mean	1.5	0.9	1	0.9	0.3		
Median	0	0	0	0	0		
Total	15	9	10	9	3		

Mobile App - Share Your Full Profile With Someone

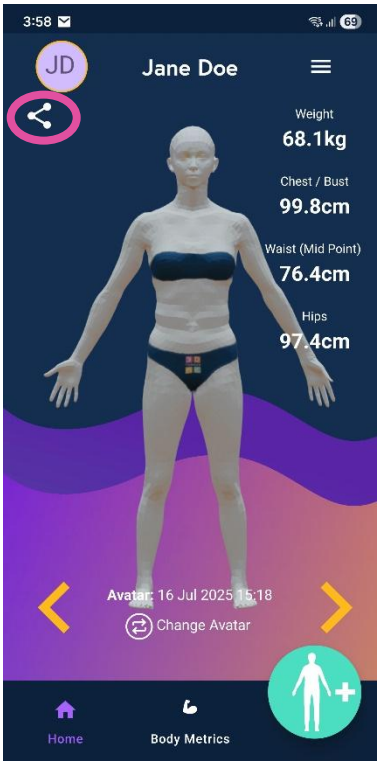
Anyone can create their first avatar free in the app. If a user shares their "Full Profile" with others, like a gym, health & fitness professional, dietician, nutritionist, or others, they will get free profile history tracking.

Users can do this using the instructions below. The YouTube video below also shows people how to do it.

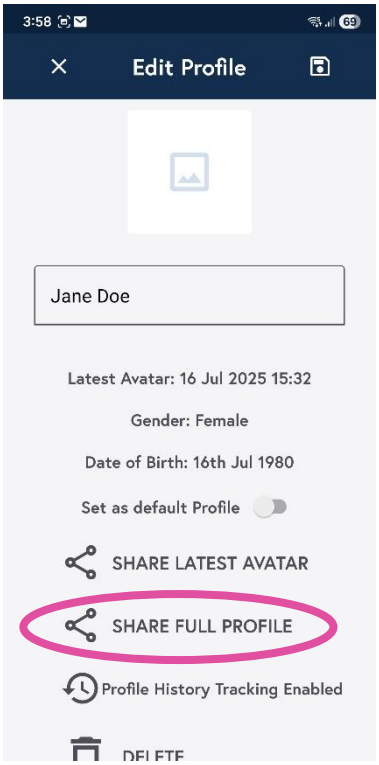
https://youtube.com/shorts/vWIEvoYWqt4?si=kqL2wg35FstUQQMG

Once the person / business you have shared your full profile with has accepted your profile you will instantly get access to full profile history tracking. The person / business you shared your profile with can only see you name, avatars and measurements.

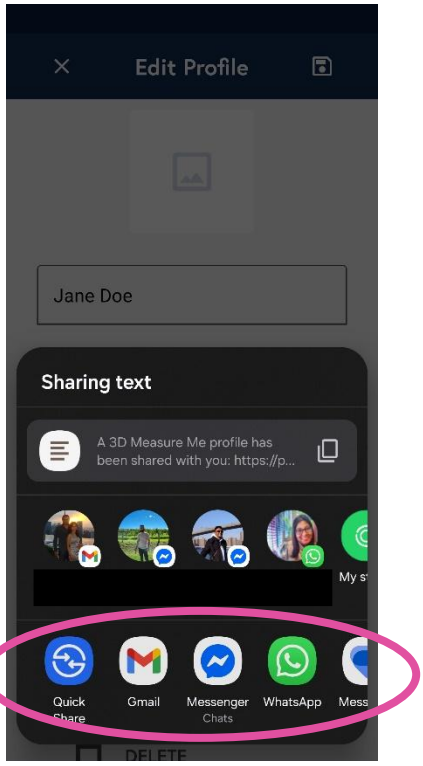
1. Download the 3D Measure Me app on your own phone and create your first avatar.
    - Note: Always do this first scan on your own phone so you own and have control of your data.
2. Make sure the profile you want to share is visible on screen.
3. Press the share button on the home screen



4. Press “Share Full Profile”



5. Select your preferred sharing app. (Most people use email, Whatsapp or SMS)

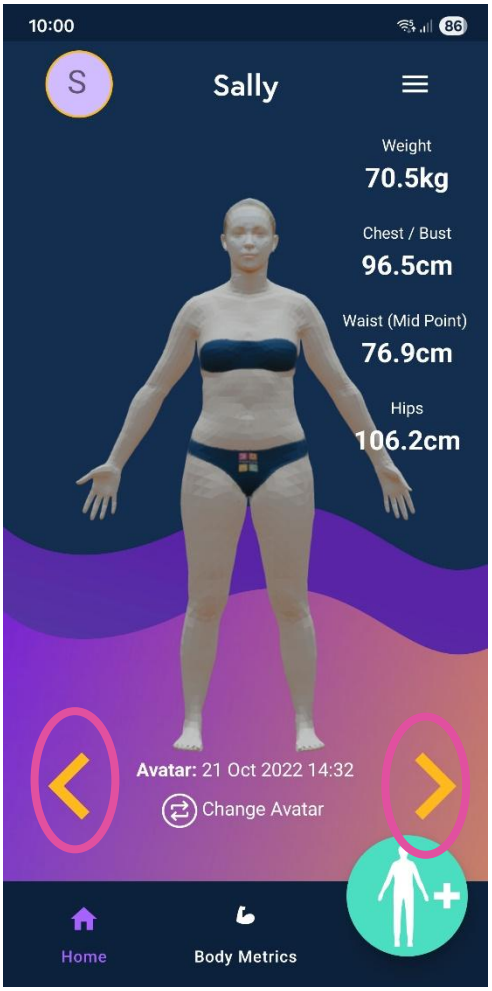


6. Sends the message with the sharing link.

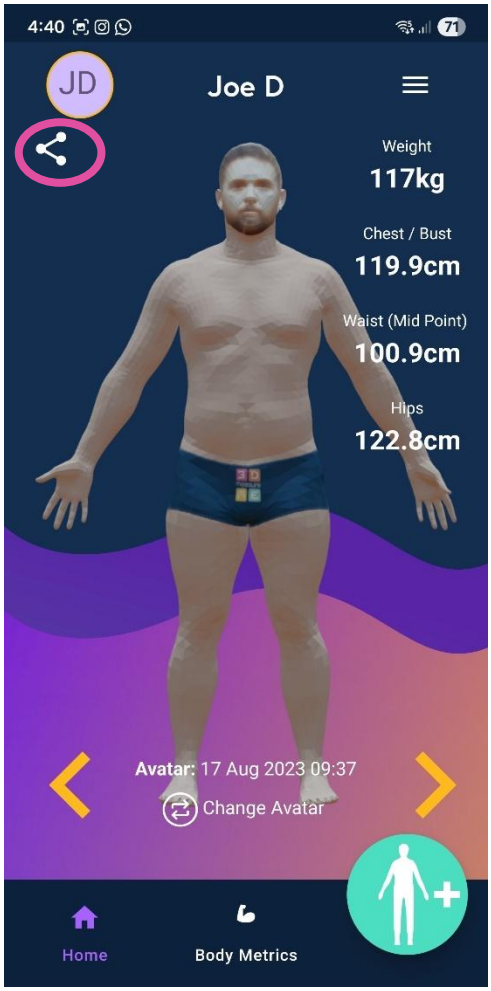
Mobile App – Remove Someone's Shared Access To Your Profile

You control your data. If you have shared your profile with someone who no longer needs access you can remove their access.

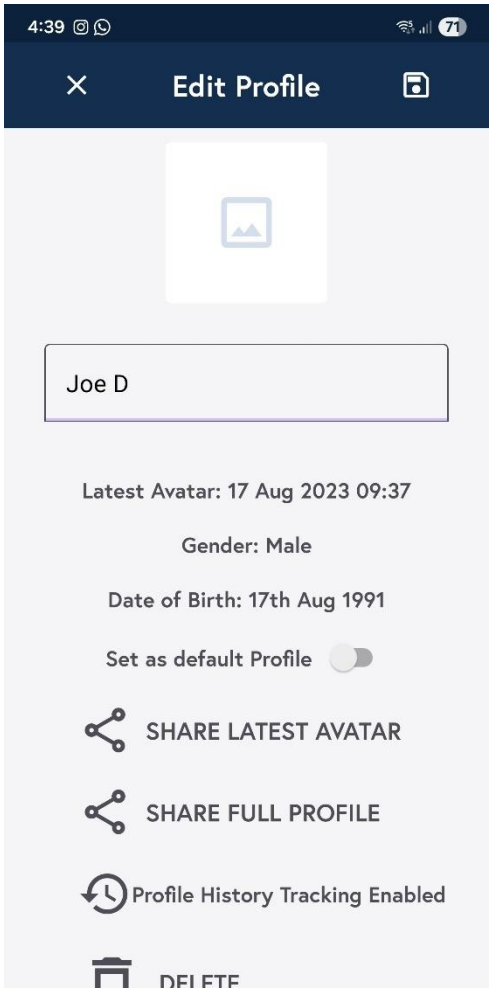
1. Open the 3D Measure Me app.
2. Use the left and right yellow arrows to find the relevant profile.



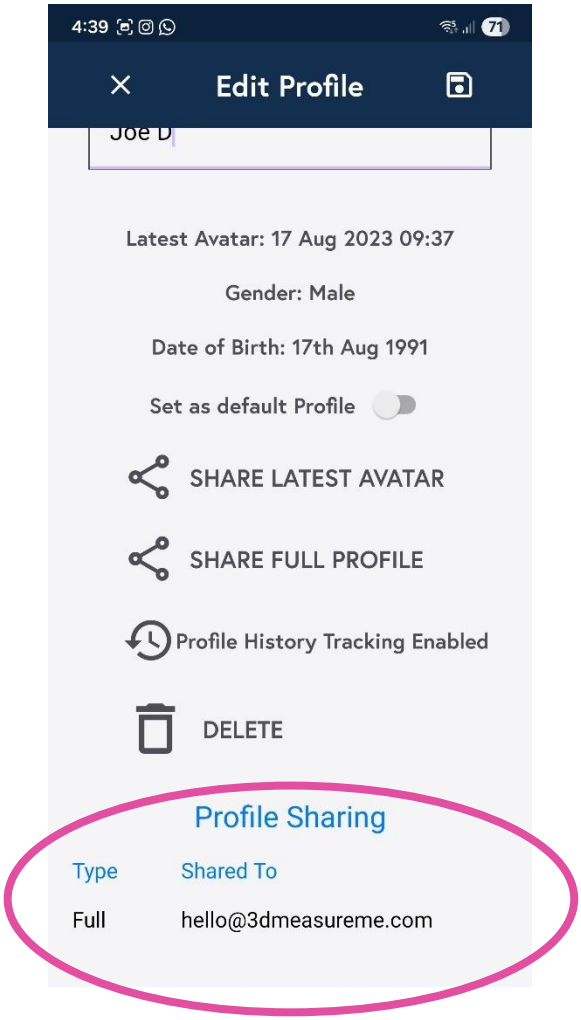
3. Press the share button on the home screen to get to the edit profile screen.



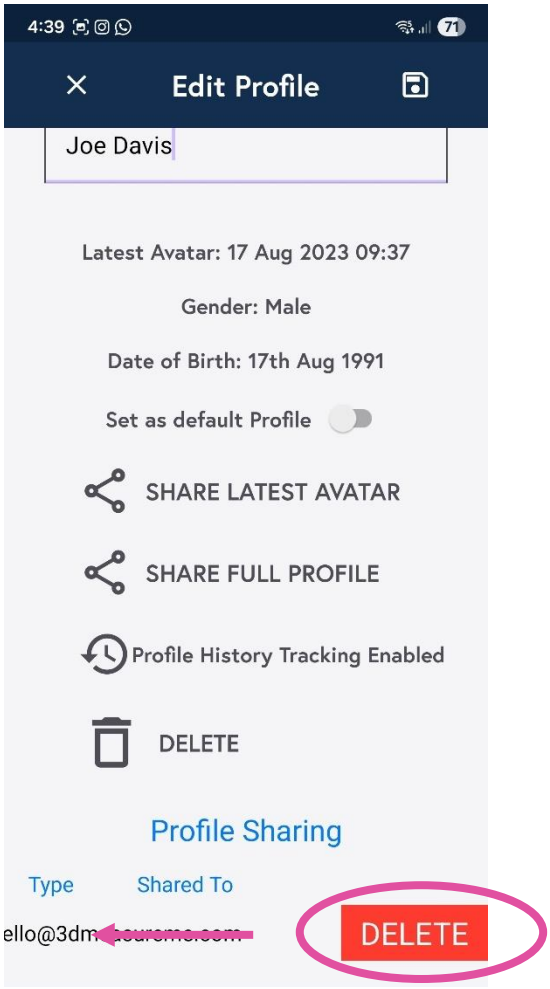
4. Scroll to the bottom of the screen.



5. In the Profile Sharing list identify the share you want to remove.



6. Swipe left of the share you want to remove.
7. Press red “Delete” button.

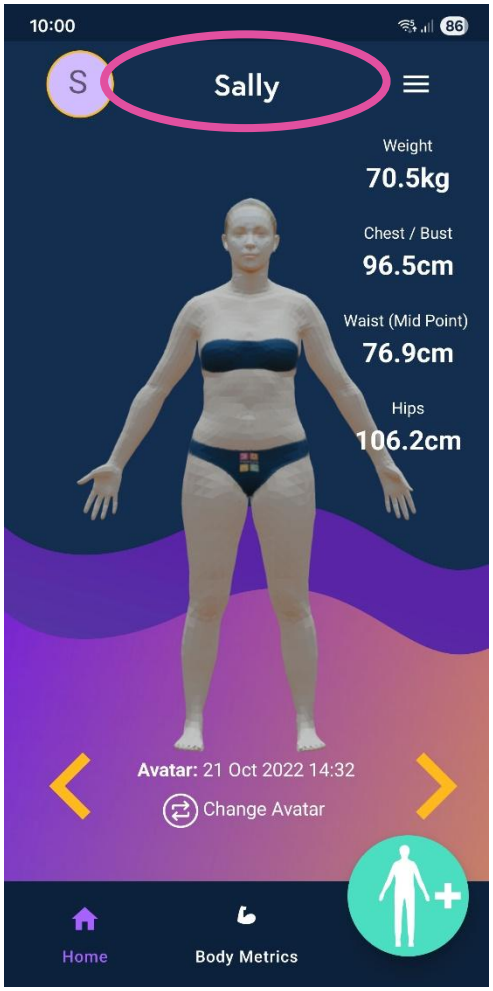


8. Access is instantly removed from the party you previously shared with.

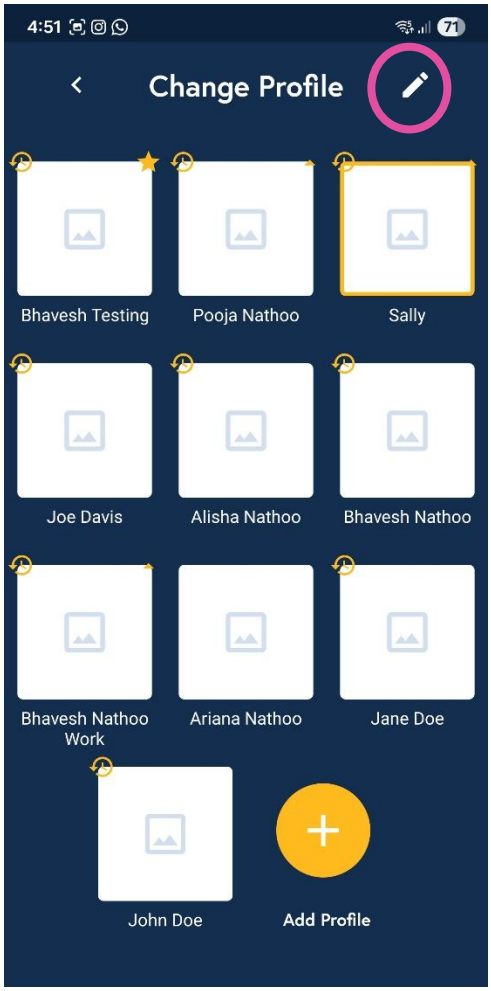
Mobile App – Delete a Shared Profile you Received

Note: This deletion only removes your access to this shared profile you received. The profile creator still has their profile and all their data.

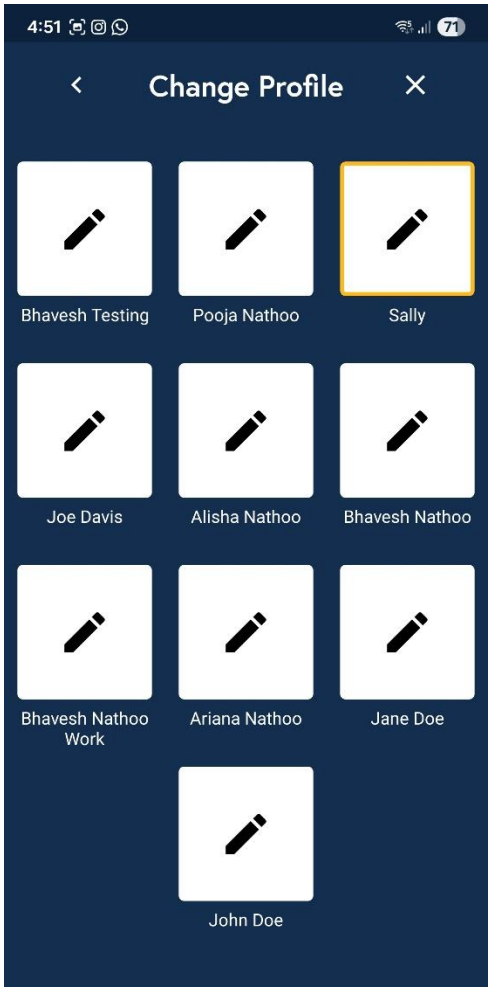
1. Open the 3D Measure Me app.
2. Press the name at the top of the screen.



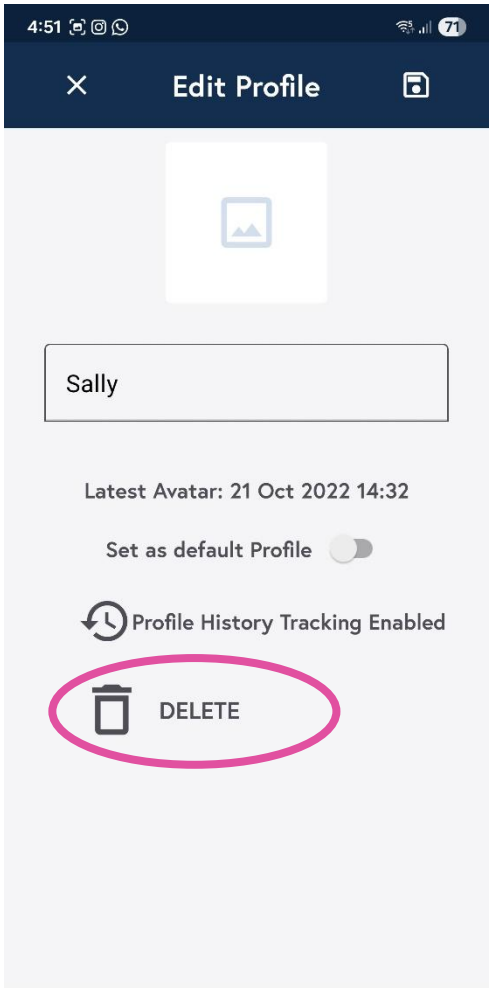
3. The Change Profile screen will appear. Press the Edit icon. to get to the Profile selection edit menu.



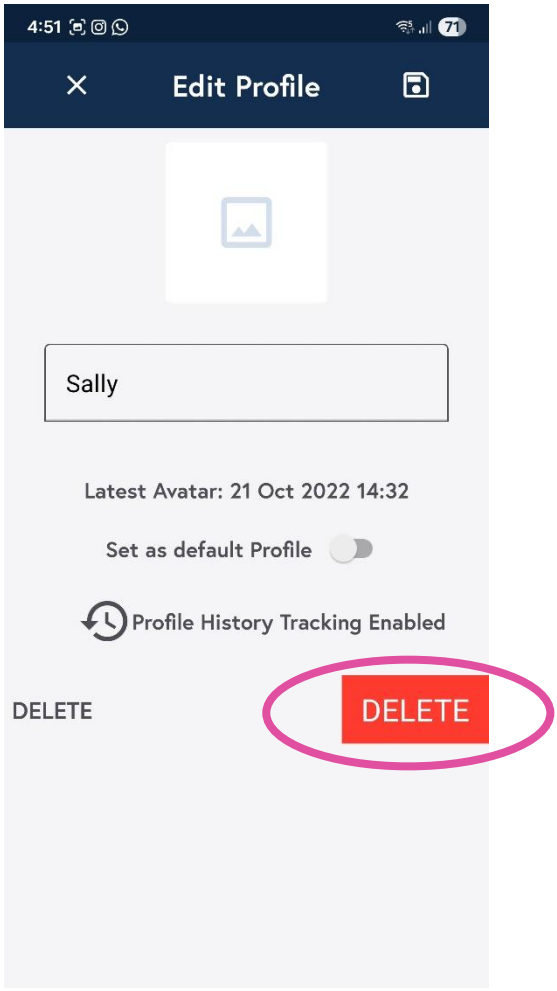
4. Press the shared profile you wish to delete to enter the edit profile menu.



5. Press “Delete”



6. Press the red “Delete” button that appears to confirm your deletion.



7. Your access to this shared profile is removed immediately.

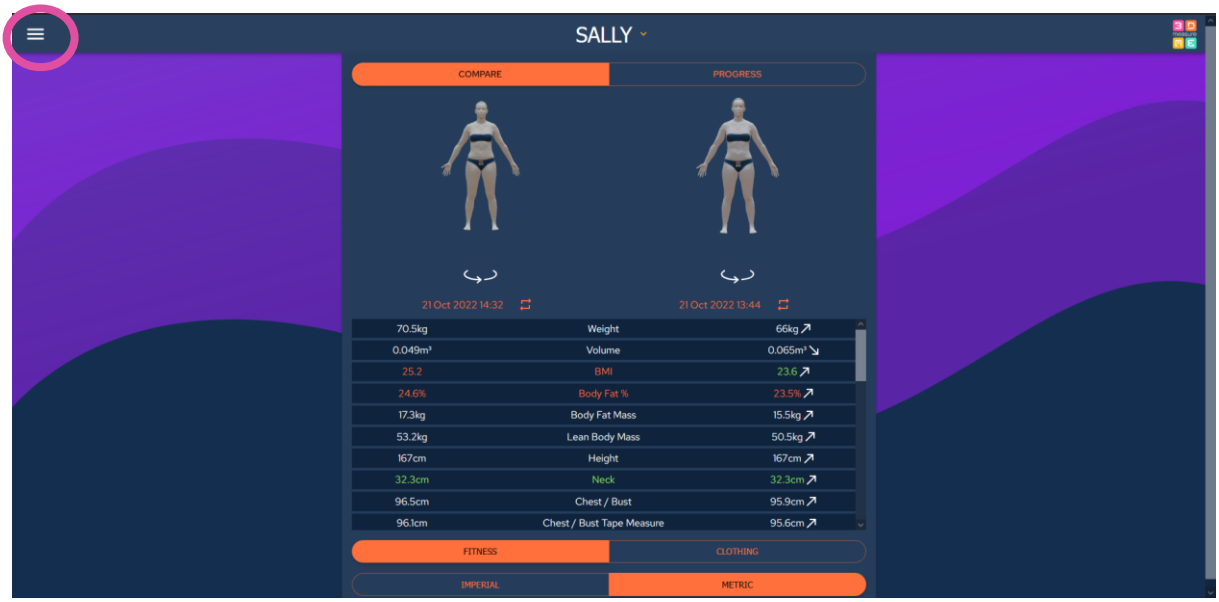
Web Portal - Share your Full Profile With Someone

Anyone can create their first avatar free in the app. If a user shares their "Full Profile" with others, like a gym, health & fitness professional, dietician, nutritionist, or others, they will get free profile history tracking.

Users can do this using the instructions below.

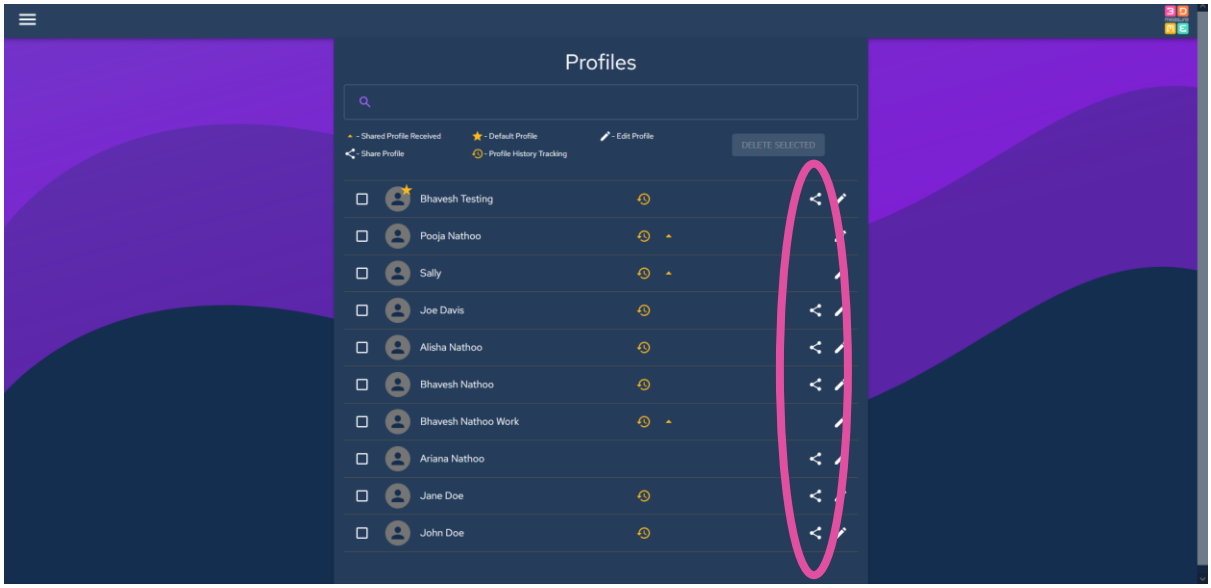
Once the person / business you have shared your full profile with has accepted your profile you will instantly get access to full profile history tracking. The person / business you shared your profile with can only see you name, avatars and measurements.

1. Go to the 3D Measure Me web portal.
    - Click the “Login” button on our website - https://3dmeasureme.com/
    - Click the link below to directly access the Portal. https://portal.3dmeasureme.com/login
2. Login to your account.
3. Press the menu ☰ button

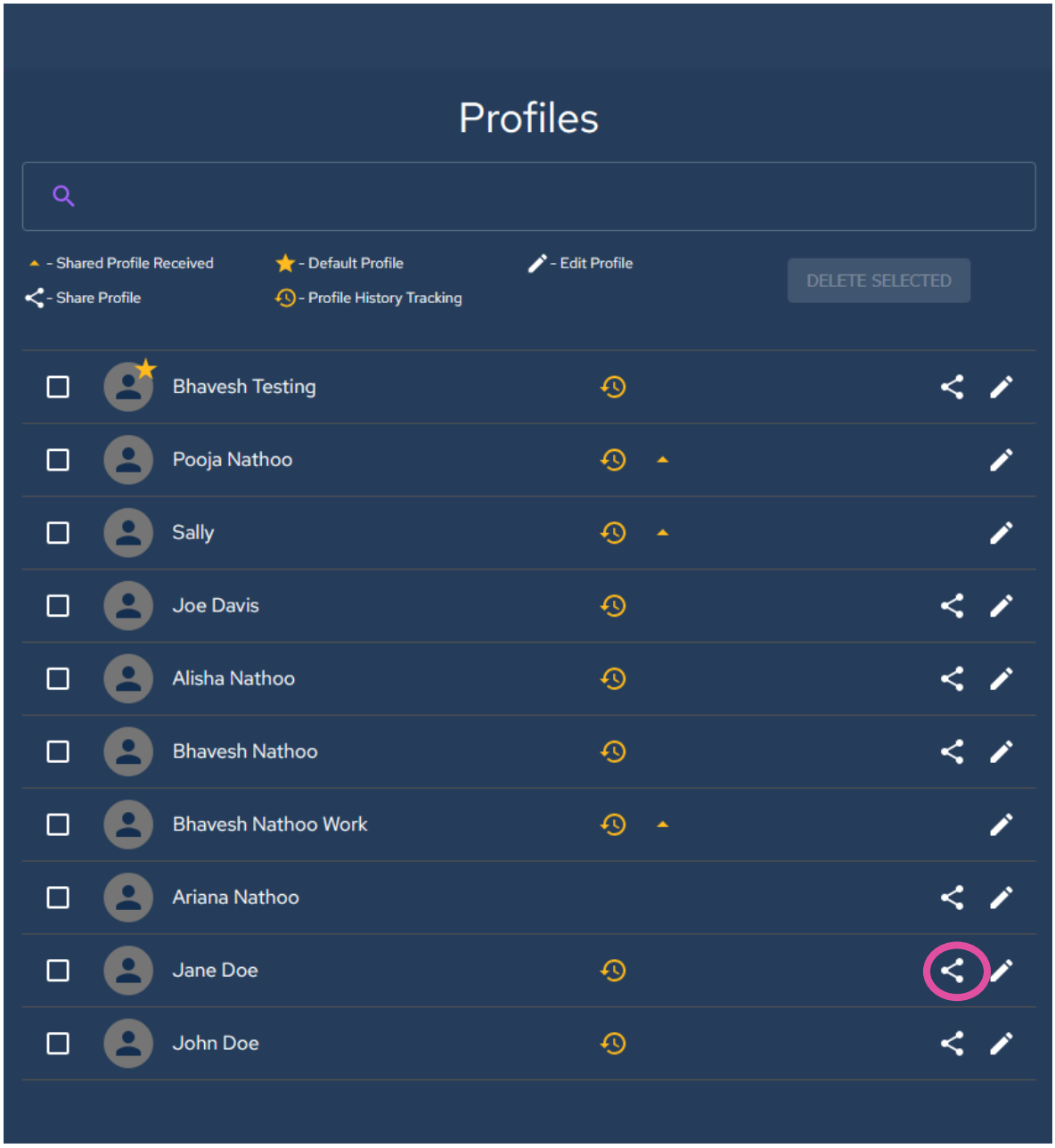


4. Press “Profiles”

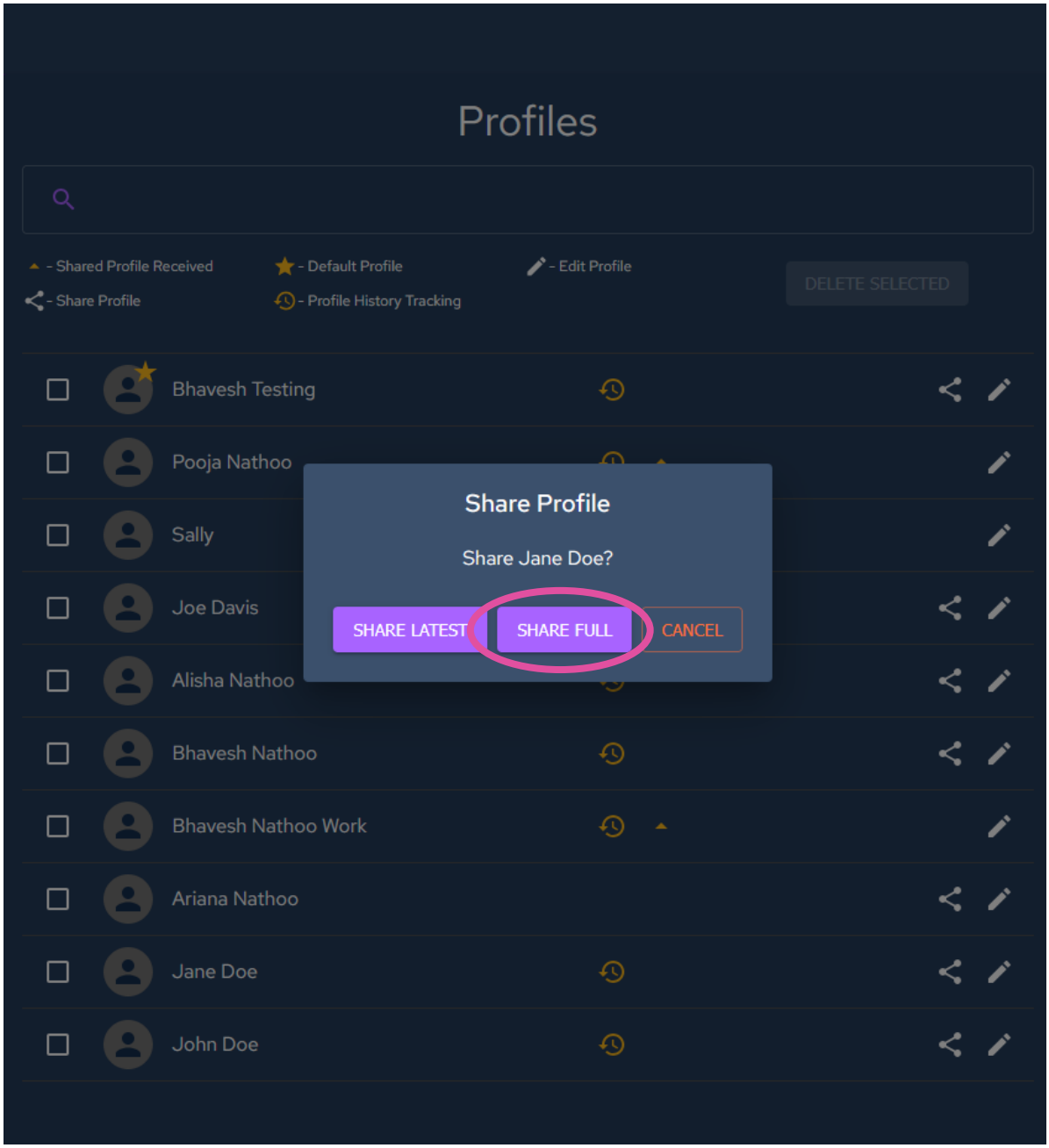
5. A list of all your profiles will appear and any profiles you created that you can share will have a share icon next to them.



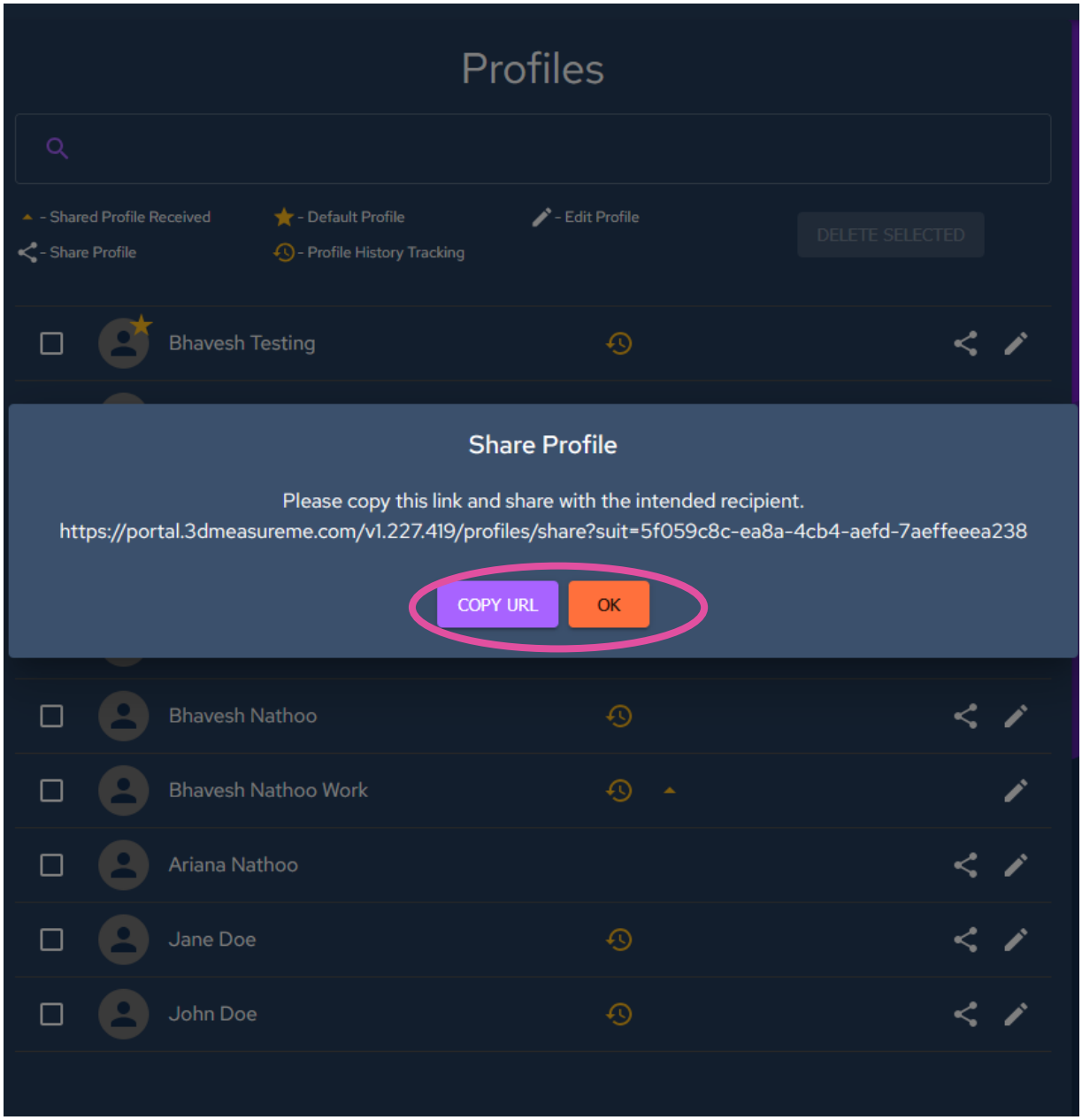
6. Press the share button on the line of the profile you wish to share.



7. Press “Share Full” to share the full profile



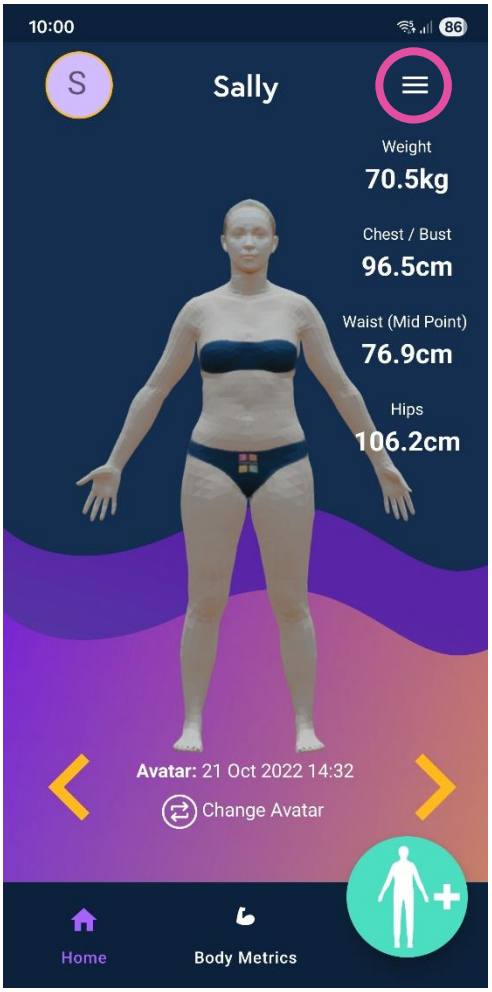
8. Select “Copy URL” and paste it into your email or message to send it to the desired recipient.



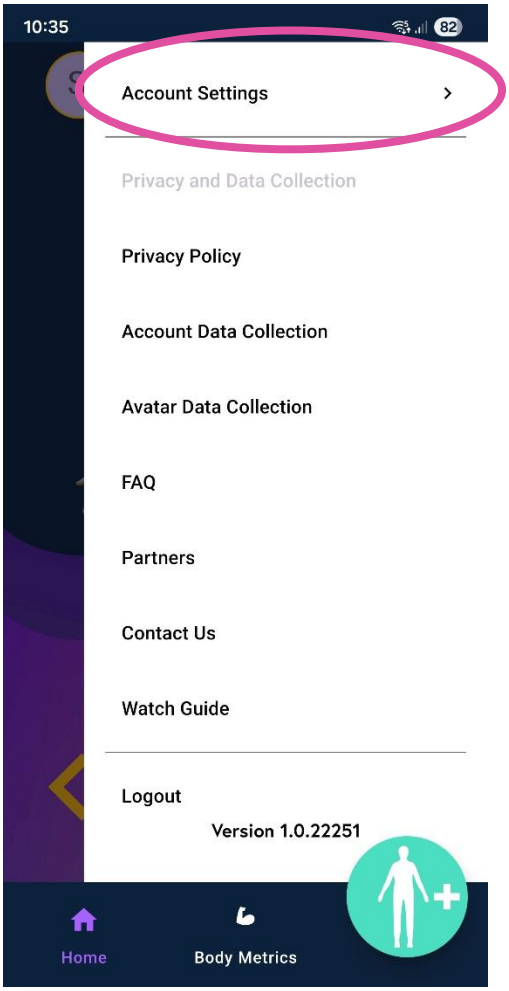
9. Press “OK” to exit this screen.

Mobile App – Update Scan Reminders

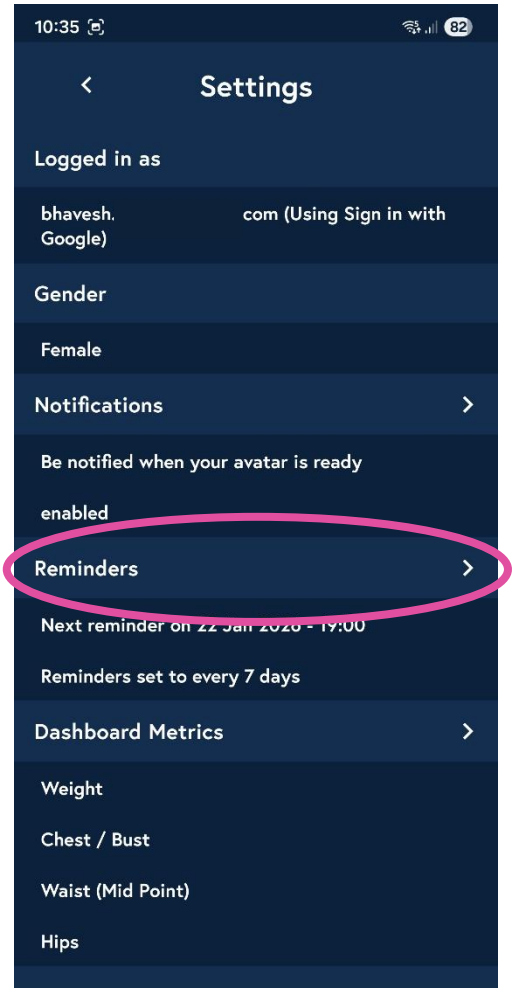
1. Open the 3D Measure Me app.
2. Press the menu button ☰ the top right of the screen.



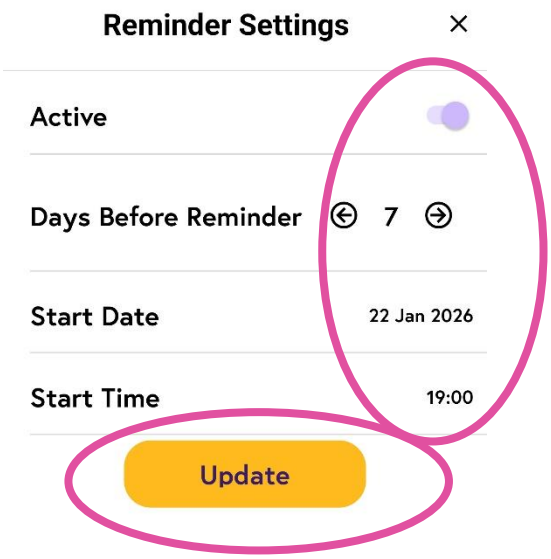
3. Press “Account Settings”



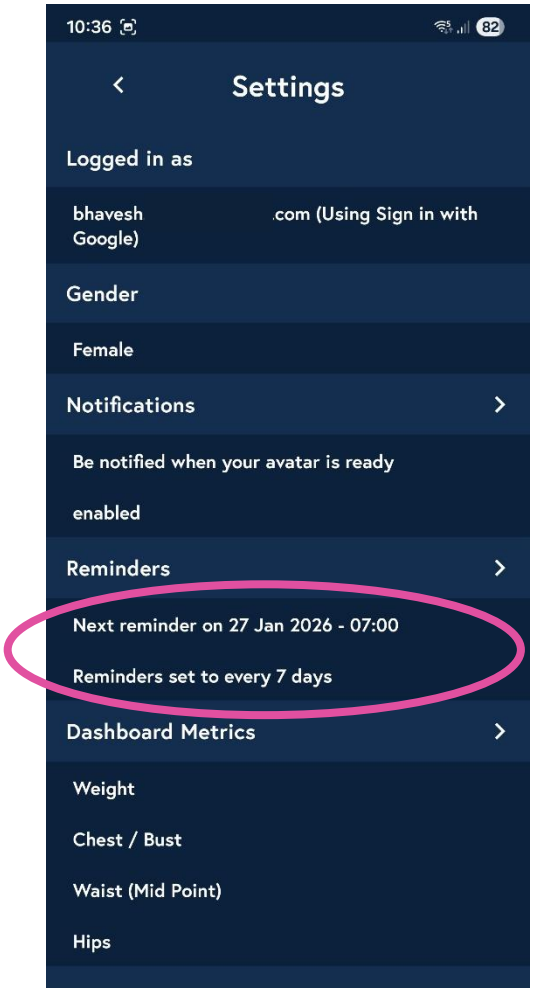
4. Press “Reminders”



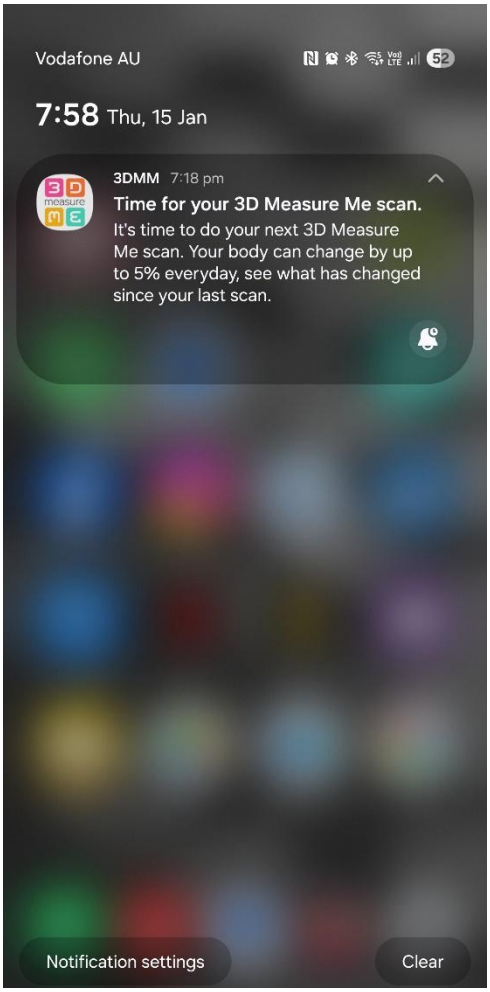
5. Edit the reminder settings you wish to change by pressing the relevant item and changing it.
    - Note: Reminders are enabled by default with a reminder every 14 days.
6. When finished press “Update”



7. Your update reminder details will be noted on the Account Settings menu.



8. At the selected date and time you will receive a notification on your phone reminding you to do your scan.


Vodafone AU
7:58 Thu, 15 Jan
3DMM 7:18 pm
Time for your 3D Measure Me scan.
It's time to do your next 3D Measure Me scan. Your body can change by up to 5% everyday, see what has changed since your last scan.
Notification settings
Clear

Support from 3D Measure Me

Email us at hello@3dmeasureme.com