

Tellspec

User Manual

Note: All errors and omissions should be reported to info@tellspec.com.

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WARNING – PLEASE READ CAREFULLY

Please ensure you keep your scanner clean
and clear of any debris, dust and food.

When scanning powders, sticky, wet or oily substances, crumbly foods
or liquids, please take the utmost care to keep these substances
out of the scanning window.

Place these substances inside a thin, clear sandwich bag, or cling
film/Saran wrap that is untextured, and press the film
up against the scanner, making sure to remove any air bubbles,
or creases in the film/bag.



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Preface

Thank you for using the Tellspec app.

The Tellspec app can be used with or without the Tellspec scanner, however, you will get more out of the app with a scanner.

To purchase, please visit us online at this address:

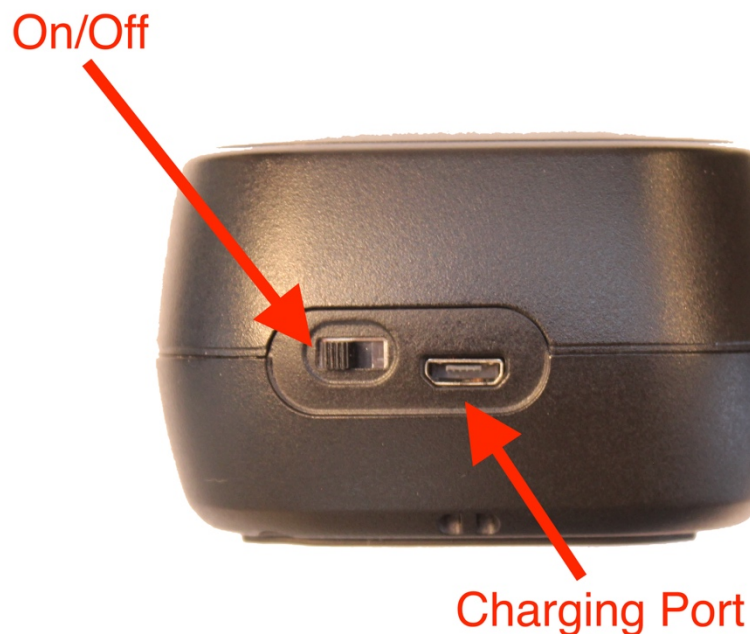
<http://tellspec.com/order/>

Using your Tellspec scanner

Your Tellspec scanner is a precision engineered device that, if treated well, will provide you with trouble-free service for a very long time. The following outlines the basics on how to use it and how to care for it.

Charging

When you first receive your Tellspec scanner, you will need to charge it. To do this, plug a micro-USB cable (not supplied) into the port at the rear of the device. The red charge LED will light up on top of the device. When charging is complete, the light will go out.



Turning on your Tellspec scanner

To turn on your Tellspec scanner, locate the power switch at the rear of the device. Slide the switch to the ON position (to the right). You will notice the power light illuminated on the top of the device.

Turning off your Tellspec scanner

To turn off your Tellspec scanner, locate the power switch at the rear of the device. Slide the switch to the OFF position (to the left).

Enabling/Disabling Bluetooth

By default, Bluetooth is enabled when you switch on your device. You can confirm this by the blue LED lighting up when you turn on the device.

To manually enable/disable your Tellspec scanner's Bluetooth radio, first make sure the device is turned on and charged. You should see the Power LED illuminated.



To disable the Bluetooth, simply press and hold the button on the top of the device, for five (5) seconds and then release it. The blue LED will now be unilluminated indicating that Bluetooth is not enabled.

To re-enable Bluetooth, press and hold the scan button on the top of the device, for five (5) seconds and then release it. The blue LED is now blue, indicating that Bluetooth is enabled again and the device is advertising itself for your phone to connect to. **When your phone is connected/paired to your device, it will flash** blue.

Note: The connection process between the phone and the scanner takes about 5-6 seconds every time you connect. If the device does not reconnect, restart your device, then restart the iOS app.

Caring for your TellSpec scanner

To maintain the life of your TellSpec scanner, do keep it clean with a lint free cloth.

Do not do any of the following with your TellSpec Scanner:

- Immerse it in water.
- Drop it onto a hard surface from any height.
- Expose it to excessive heat or cold.
- Puncture it, drill into it, or attempt to affix it to a permanent fixture.
- Modify it, disassemble it, or hardwire it to a permanent power source.

Please do the following with your TellSpec scanner.

- Keep it in a dry, dust-free environment away from direct sunlight, excessive heat or cold temperatures.
- Keep the scanning window clear of debris, dust and food.
- Wipe your device with a damp lint-free cloth from time to time.

Safety Information

To operate your scanner safely, please follow the following guidelines.

- Do not look directly into the scanner when it is illuminated.
- Do not shine the scanner light into other people's eyes.

Language and Regional support

The app currently supports the following native languages and locales:

- English (US)
- English (British)
- French
- Spanish
- German

Other languages are in progress, and will appear as they become available.

Weights and Measures

The app supports both imperial and metric measurement scales. The app will default to imperial units for users that register from the USA, Liberia or Myanmar and default to metric units for all other countries. This can be overridden in Settings.

The same applies to the temperature settings (used for data collection) where the user can use Celsius or Fahrenheit.

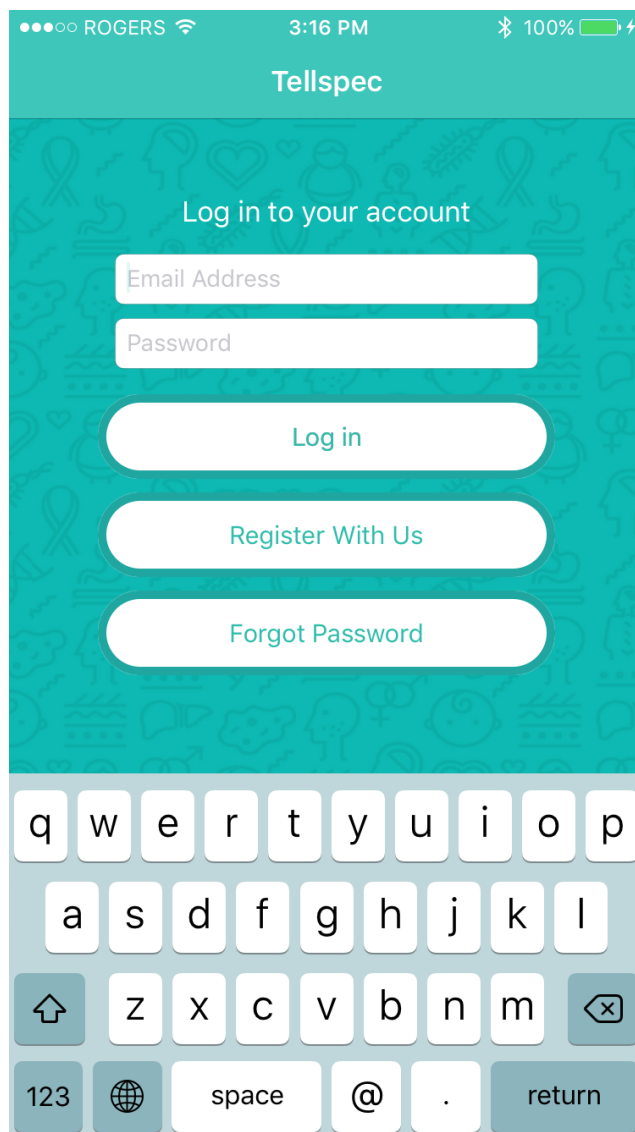
Using the app

Downloading the app

The app is designed to work on iPhone and iPad models that are currently supported by Apple. The minimum version of iOS that the Tellspec app will run on is iOS 8.0. To download the app, please use the official App Store app in iOS.

Logging In

When you first load the app, you are presented with the login screen.



Tip: If you have previously logged in, this screen is automatically skipped when you start the app.

If you have an account, please enter your email address and password, then simply press “Log In”.

If you do not have an account with Tellspec, see the section called “Registering with Tellspec”.

If you have forgotten your password, you can tap the “Forgot Password” button.

The first time you login, the app will ask you if you wish to share your location with the app. This is used purely so we can track which foods are popular in which regions.

Registering With Us

If you need to register an account with Tellspec, on the Login screen, tap “Register With Us”. You will be presented with the registration screen.

Simply fill in the form and tap “Create an account”.

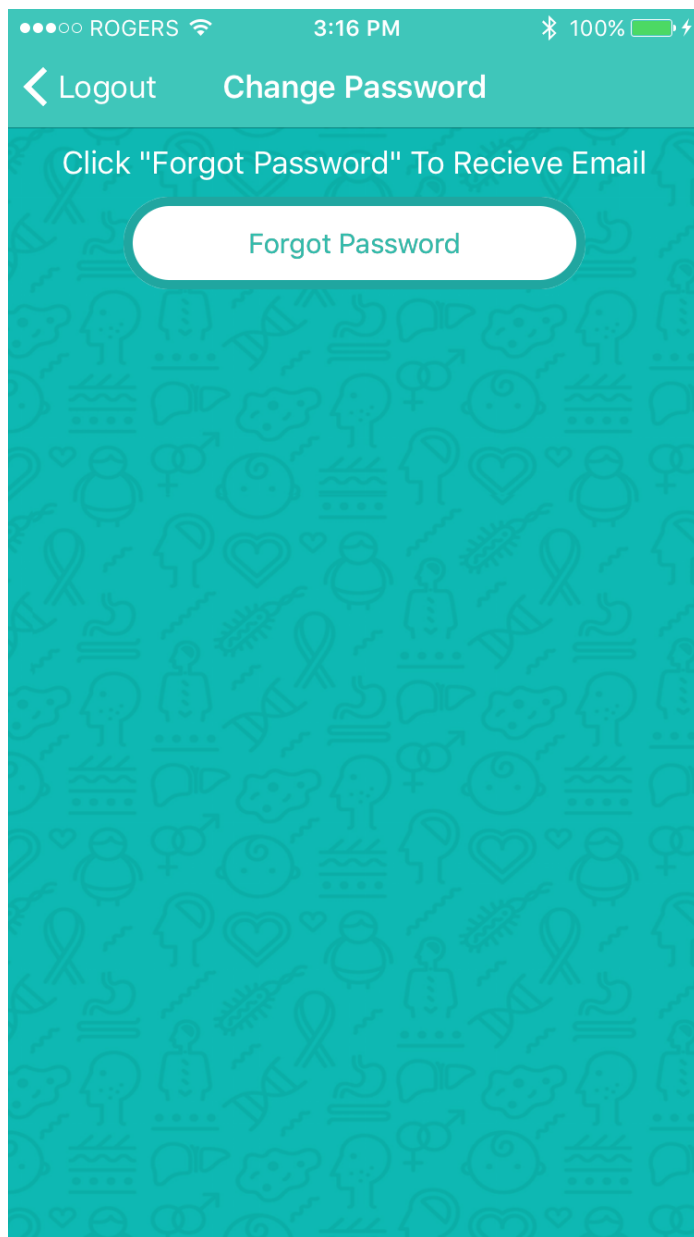
If you wish to receive emails from Tellspec, you can opt in to these at this point, by moving the “Opt in to emails” switch to the ON position.

Tip: Users with iPhones that have a smaller screen, such as the 4S, can slide the form up and down as necessary.

Shortly, you will receive an email from Tellspec, asking you to verify your email address. Click the link and you’re verified.

Forgot Password

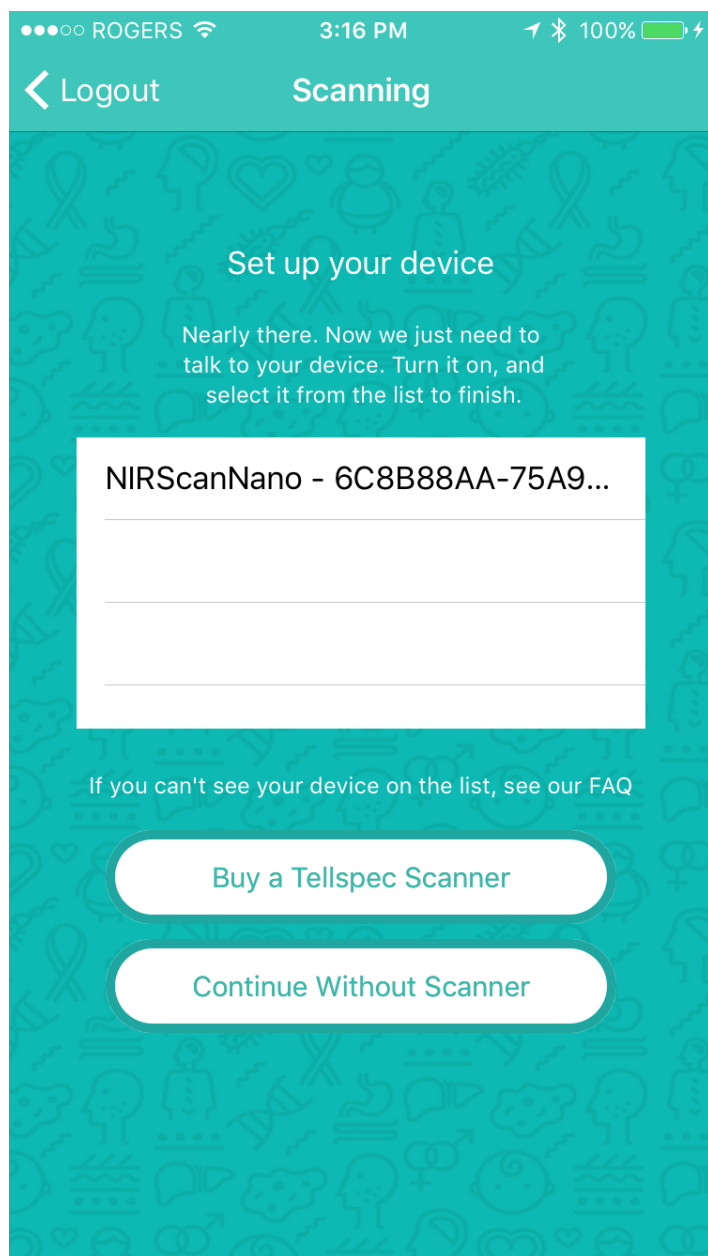
If you have forgotten your password, from the login screen, simply tap “Forgot Password”. You will be presented with this screen.



Tap the “Forgot Password” button and you will receive an email allowing you to reset your password.

Bluetooth Pairing

The first time you load the app on your device, you may wish to pair your phone with the TellSpec scanner. You will be presented with a screen like this:



If you do not have a TellSpec scanner, simply tap “Continue Without Scanner”.

You may also purchase a scanner by tapping the “Buy a TellSpec Scanner” button.

If you see your scanner appear on the list simply tap it to continue.

If you do not see your scanner, please make sure that you have Bluetooth enabled on your iOS device, then refer to the section “Enabling/Disabling Bluetooth” under “Using your TellSpec scanner”.

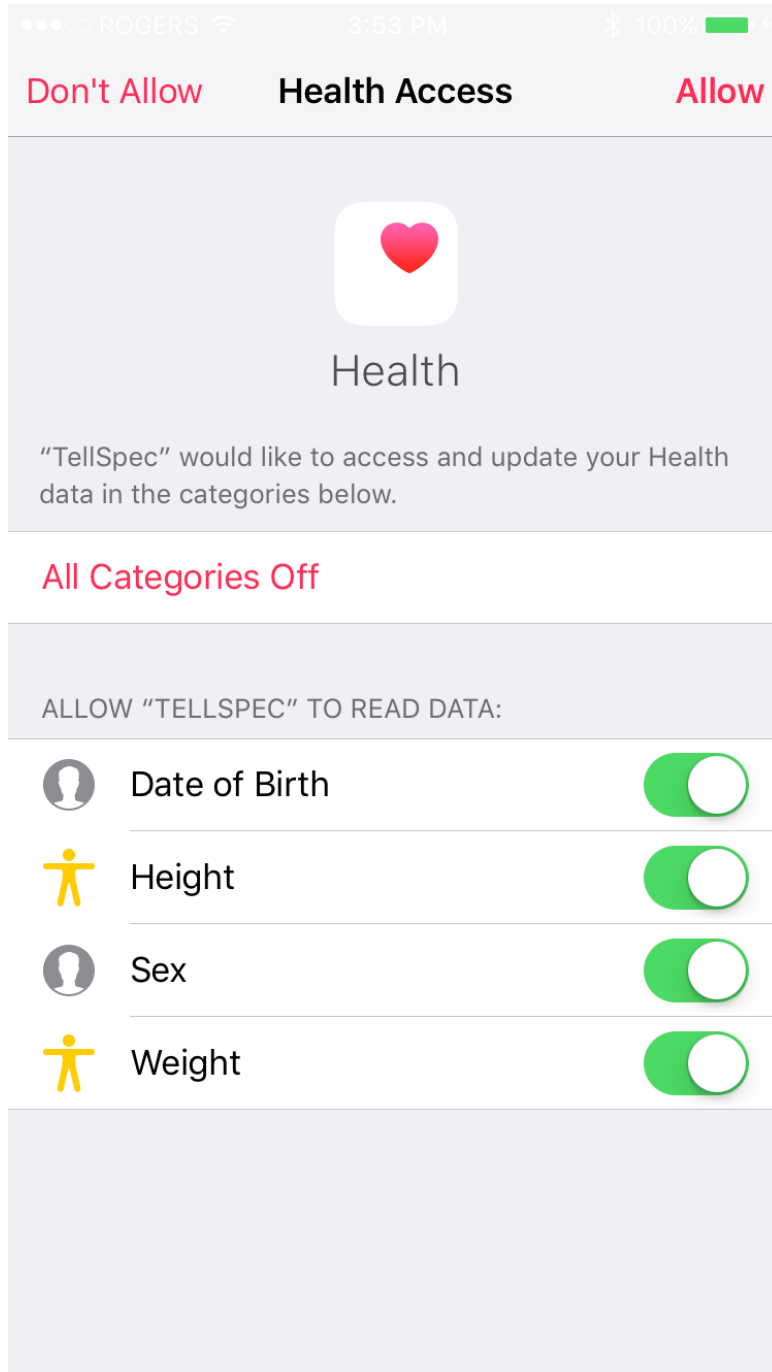
Important:

After pairing a scanner, the first time you go to the home screen, you will momentarily see two progress bars as we pull calibration data from your scanner, to allow us to tailor your results to your particular scanner’s characteristics.

This will happen once only, unless you “forget” and re-pair your scanner.

Apple Health and Tellspec

When available, Tellspec will work with your Apple Health data. If the app detects that Apple Health is available, it will present the following screen, asking for permission to access that data.



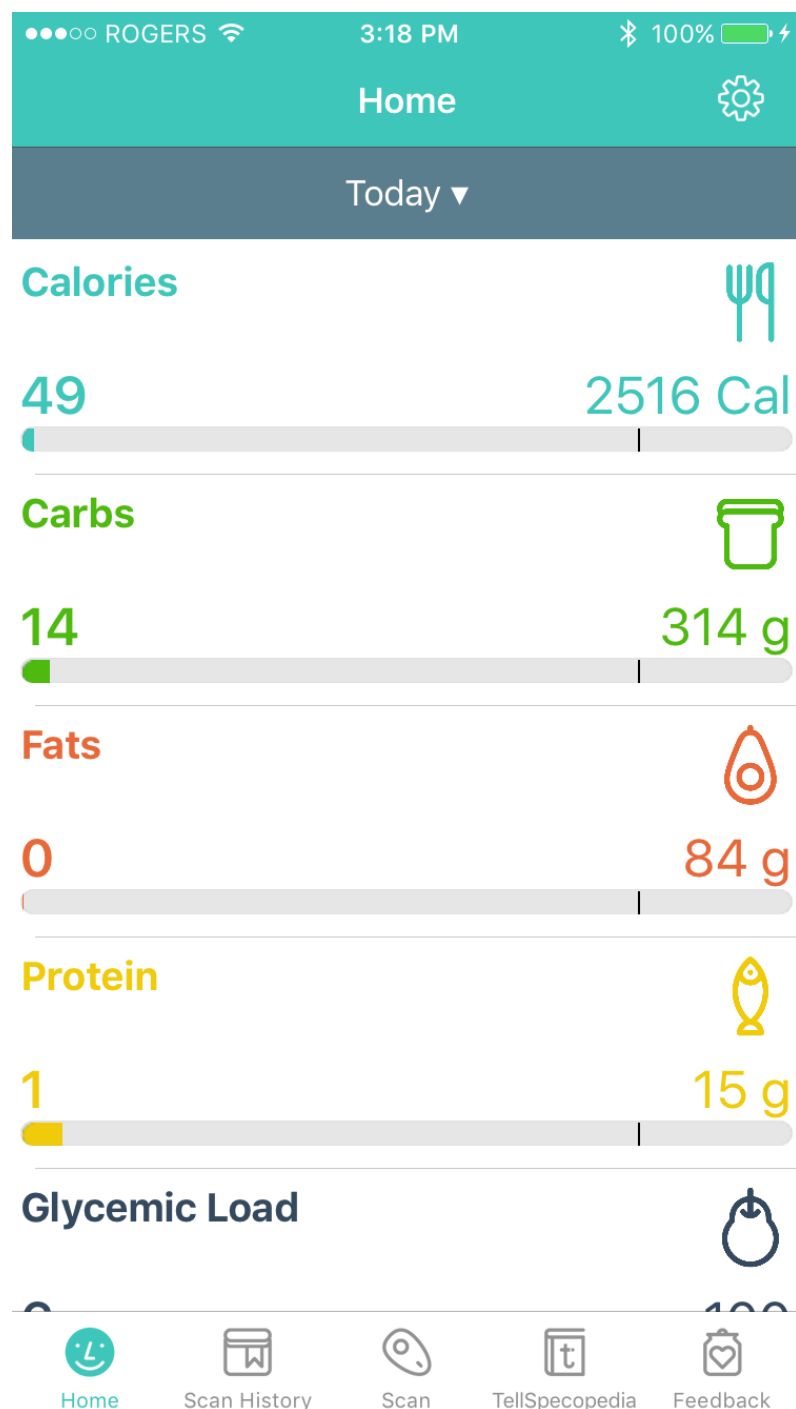
The data that we request is for reading only. We do not request permission to alter or add health data.

The specific items we request are your Date of Birth, Height, Sex and Weight. These are necessary to perform calculations for things like your daily caloric intake, which differ according to age, height, gender and body mass.

Note: If you do not agree to all four items, the app will default back to a standard mathematical model based on 2000 calories a day. In addition, if you agree to all four items but have not entered in one or more items, this will also cause the app to fall back to a standard of 2000 calories a day.

Home Screen

The home screen is the start of the main app. It looks like this:



The items shown are the totals for the meals that you have had in that time period and assigned scan data to.

On each progress bar, there is a line 4/5ths of the way along. This is your 100% line. When you reach that line, you have used 100% of your recommended amounts for that food item. The area to the right of that line will fill up in red as you exceed 100% until that right-most area is full (at 120%).

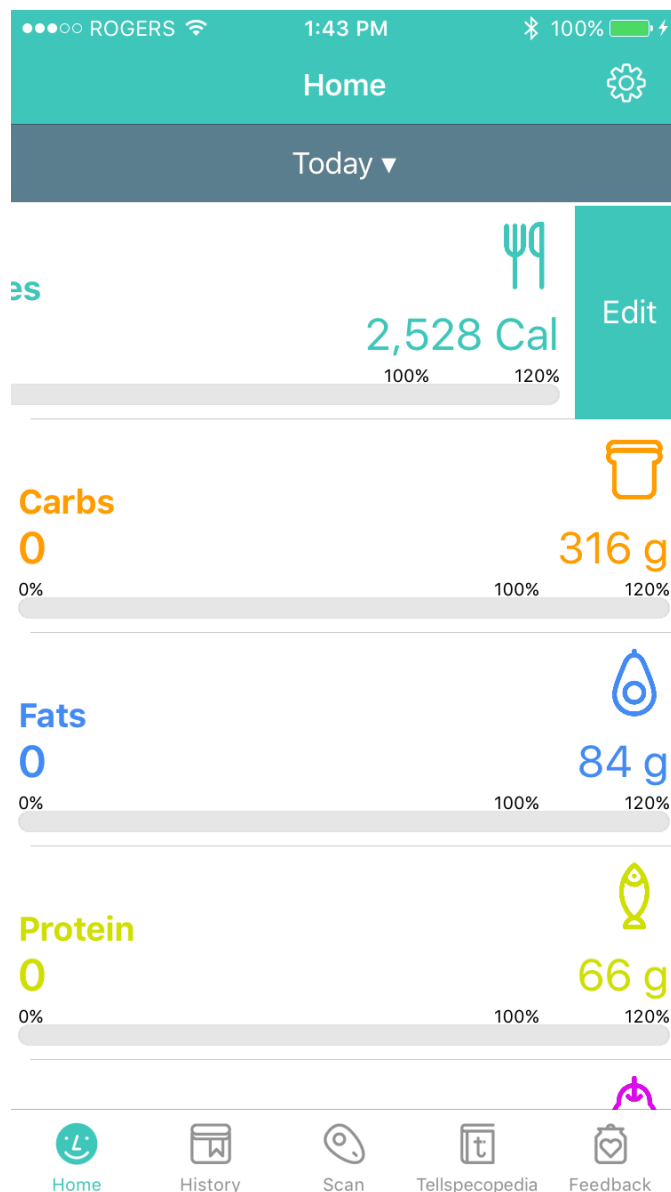
If you have Apple Health enabled and are sharing all the items we require (see “Apple Health and Tellspec”) this screen will be customised to you, otherwise, we will show numbers based on a 2000 calorie diet.

In the top right corner of the screen is the Settings icon.

Tip: This screen supports the “Pull down to refresh” gesture.

Home Screen Custom Ranges

If you wish to replace the calculated targets with your own, you can swipe each row to the left to reveal an “Edit” button.



When you tap the edit button, the screen below is shown, allowing you to add your own target ranges.

The screenshot shows the 'Calories' edit screen with a teal header. Below the header, there's a section for 'Please Enter Lower Limit' with a text input field containing '1800'. Below that, there's a section for 'Please Enter Upper Limit' with a text input field containing '2200'. A 'Submit' button is at the bottom. The bottom navigation bar includes a numeric keypad with digits 1-9, 0, and a backspace key.

Tap submit and then tap “Home” to exit when you are finished setting your own ranges.

Resetting Custom Ranges

Each row on the home screen can be set independently, and you may find that at a later date, you wish to undo your custom ranges. To do this, swipe left, tap “Edit” and on the next screen, delete the values you previously set.

When you delete the values, you will see the word “Unknown” appear.

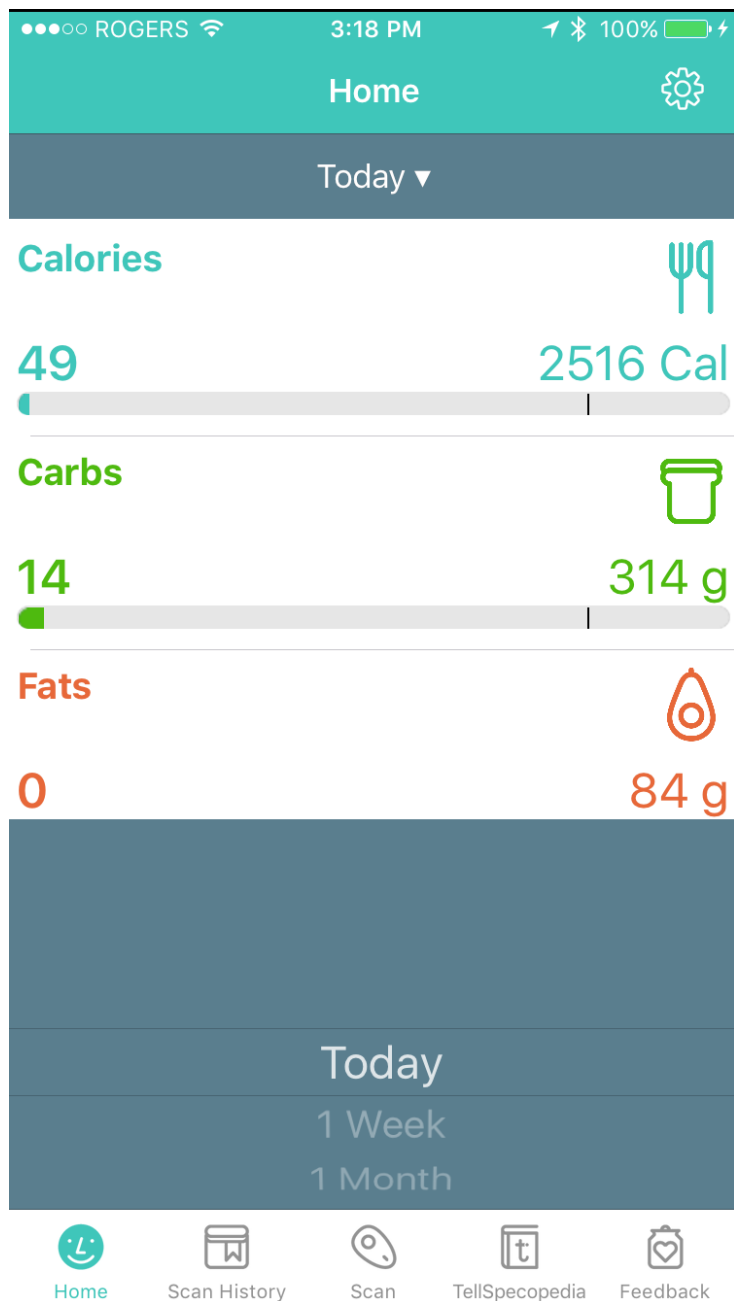
Tap submit and then tap “Home” to exit back to the home screen when you are done.

The row you just emptied the values for will default back to it’s previous calculations.

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	

Home Screen Date Ranges

You can change the date range that the home screen covers, by applying a different range.



To change the active date range:

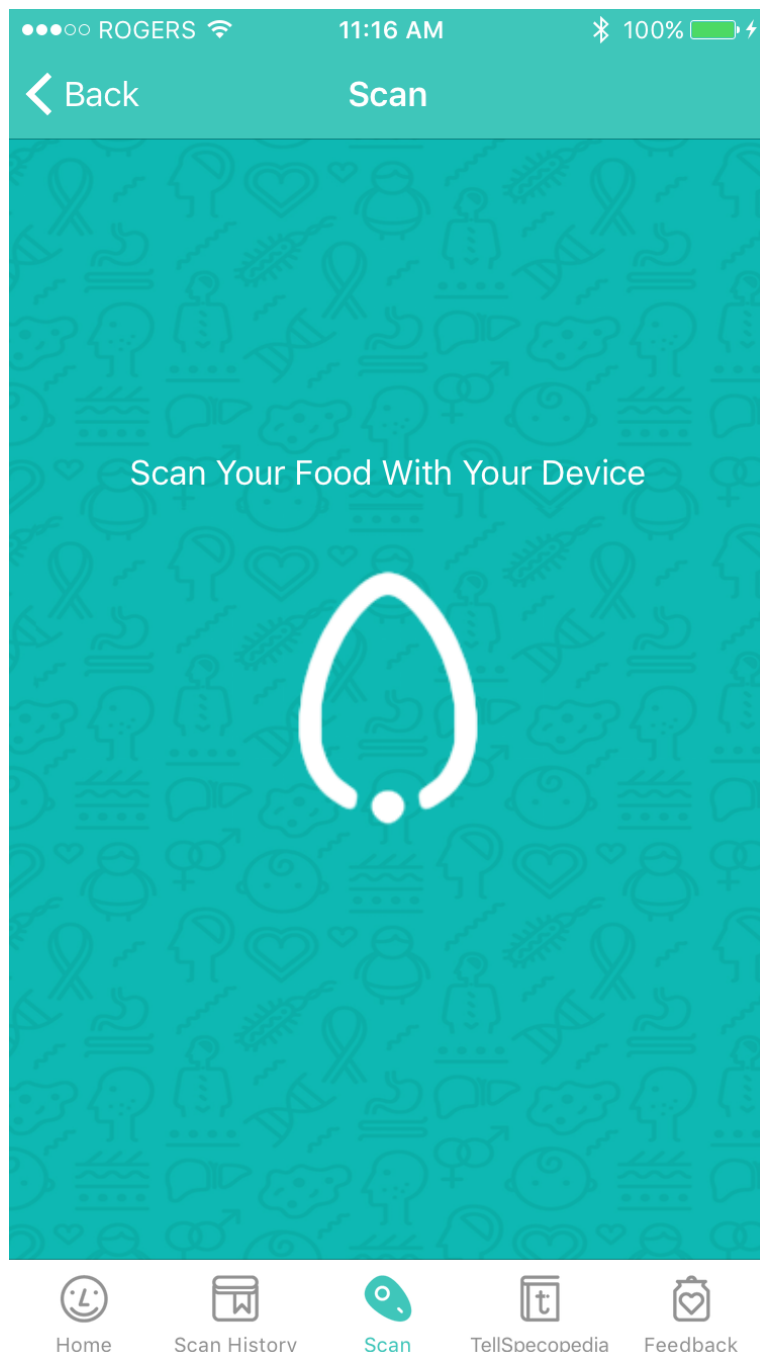
1. Tap the “Today ▼” heading.
2. Select the new range you require.

When you change date ranges, the app will request the new totals from the cloud.

Tip: This screen supports the “Pull down to refresh” gesture.

Scanning

To scan with your scanner, first switch on the scanner and then enable Bluetooth. If you need help with this, please see “Turning on your TellSpec Scanner” and the section titled “Enabling/Disabling Bluetooth”.



Next, start the app and tap “Scan” on the bottom menu bar.

On the next screen, tap the type of food that you are scanning. You will now be taken to the scanning screen, where it will ask you to perform a scan.

Hold the scanner window up to your food. Make sure you eliminate as much of the air gap between the scanner and the food as possible, then press the top button for one short press.

You will see the scanner light come on and go off again after a few seconds.

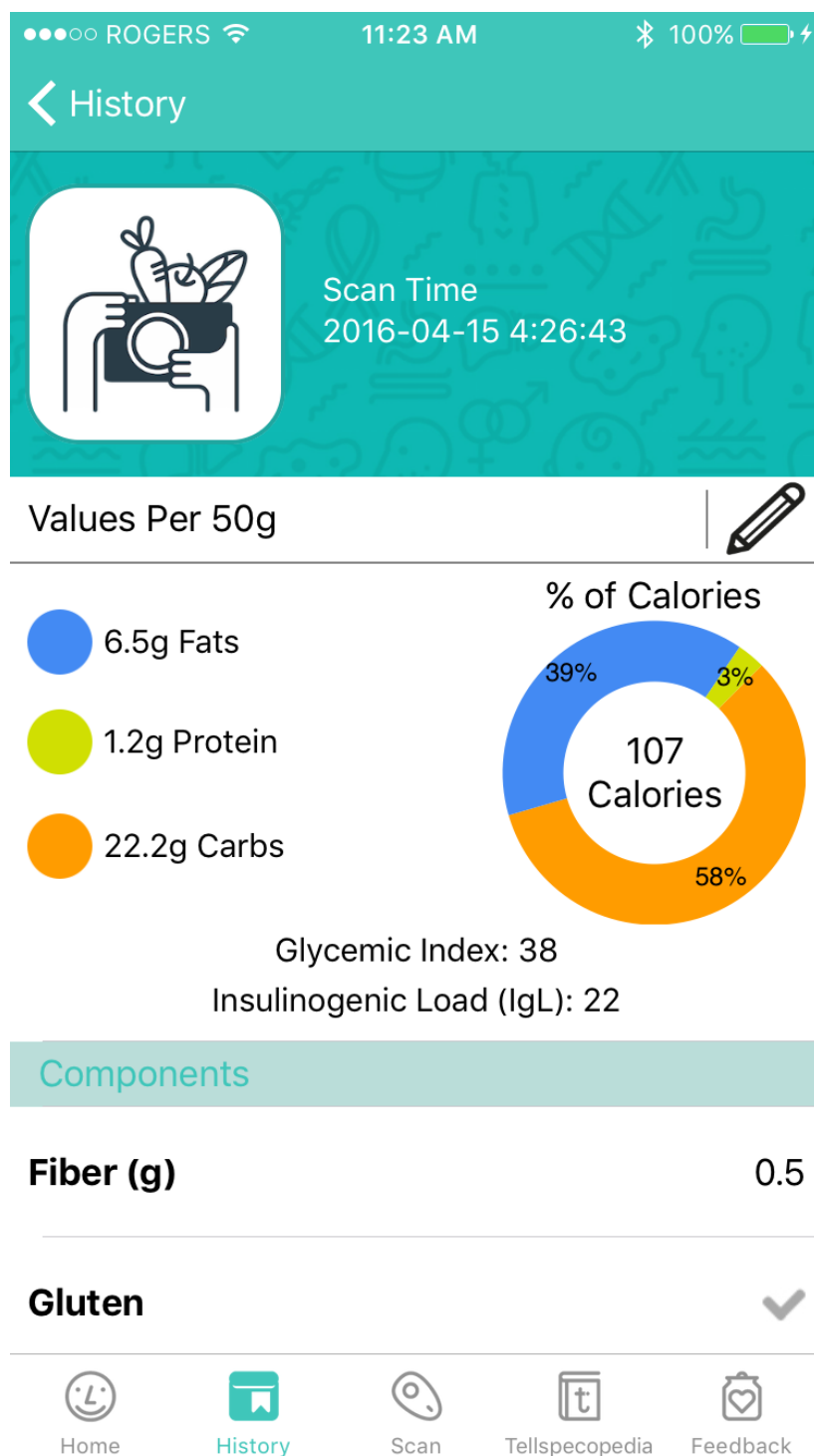
Keep the scanner in place whilst the light is on as this is when data is being collected. When the light goes out, you can remove the scanner from the food. You will notice on the app, that the data is being transferred wirelessly from the scanner to your phone.

When the app has received all the data, it is sent to the cloud to be processed, and you will then get your results displayed.

Warning: Do not hold down the top button for a long period – doing so will not initiate a scan, and will turn off the Bluetooth instead.

Reading Your Results

After a scan is complete you will see a screen like this:



The screen to the left shows the analysis results of your scan. When you do a scan, the results are based on a sample size of 100 grams (3.53 ounces).

Tapping any of the items on the screen (Fats, Calories, Glycemic Index, etc) will take you to the Tellspecopedia screen and look up details on that item. To get back to your results, tap the Scan icon on the toolbar at the bottom of your screen.

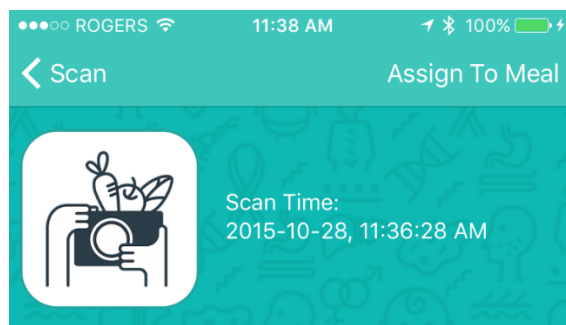
Note: If your app is set to use metric settings, you will see grams only. If you are set to not use metric settings, then the “Values Per” line will be in ounces (with grams in brackets). However, the rest of the screen will always display metric values, in line with food labelling guidelines in the US and worldwide.

Depending on the type of scan you are doing, the Components table at the bottom will show information that pertains to that type of food. For instance, in the results to the left (of an Apple) you

see fiber and sugars, whereas a Bread or Baked Goods will tell you whether it detected something such as Gluten.

Changing the portion size

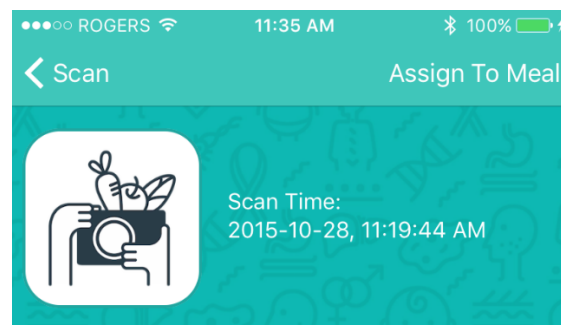
As mentioned in “Reading Your Results” the default serving size is 100 grams or 3.52 ounces. If you wish to change this, tap the pencil icon above the pie chart. You will get one of the following screens:



Portion Size: [Cancel](#) [OK](#)

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
.	0	

Using metric measurements



Portion Size: [Cancel](#) [OK](#)

0 lb	0 oz
1 lb	1 oz
2 lb	2 ozs
	3 ozs

Using imperial measurements

Simply enter the serving size in grams (or pounds and ounces) and press OK. The results screen will reload and calculate the numbers based on this new serving size. To exit without changing anything, tap Cancel and you will be returned to the results screen.

Photographic Records of Scans

After you have the results of your scan, you can attach a photograph of the item being scanned, so that if you assign those results to a meal (see “Assigning to Meal History”), the photo is able to be recalled.



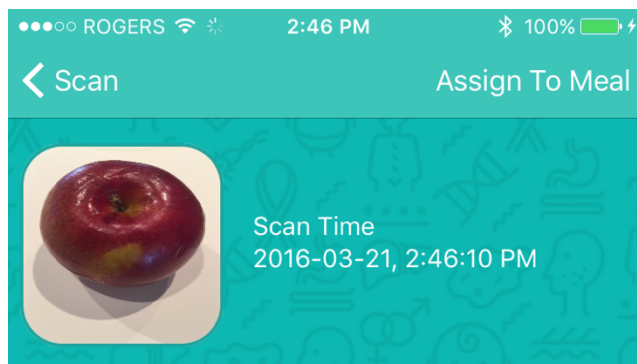
First, tap the food camera button (shown to the left) to launch the camera.

If you are looking at a historical scan, this button is replaced with the photograph that was taken. Pressing this button at that point will launch the photo viewer instead.



Take a photo of the food you scanned. Press “Use Photo” or “Retake” as applicable.

Once you have pressed “Use Photo”, that photo is assigned to the scan results. If you assign those results to a meal, you will be able to recall this as part of your history.



After taking a photo, the camera button is replaced with the photo.

Assigning to Meals

After a scan has been performed, you can assign that scan to your meal history. To do so, tap the “Assign To Meal” button on the top right of the scan results screen.

On the screen that appears, you can choose which meal you are assigning to, which course and then enter the name of the food, as well as the portion size you ate.

After you have assigned an item, it will appear in the meal you assigned it to in the History tab.

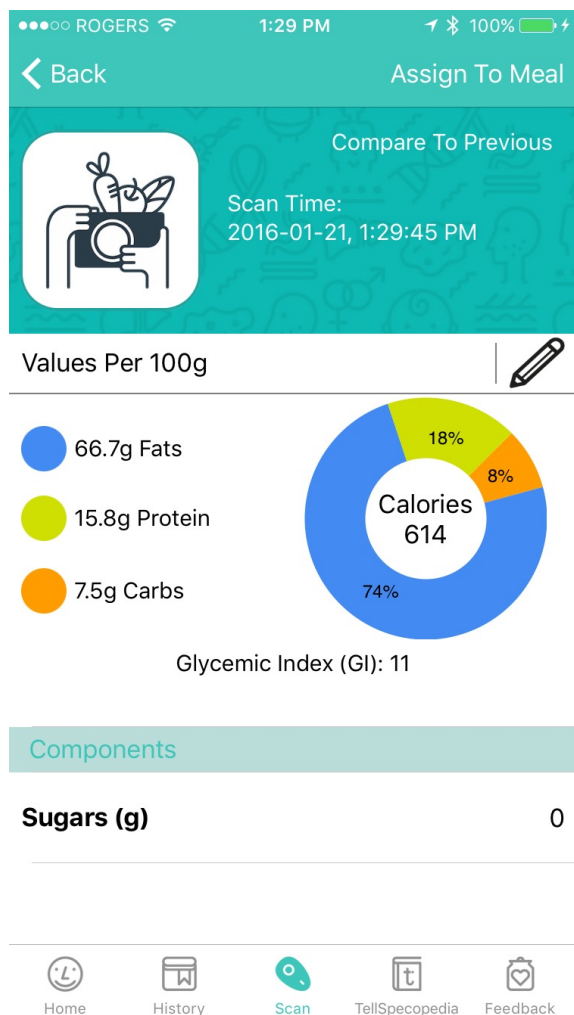
As well as

2016-03-06	
Breakfast	
Course 1	
Apple	
29 Calories Per: 50.0g	Fat: 0.0g Protein: 0.5g Carbs: 5.0g
11:30:38	GI: 53 IgL: 4
Lunch	
Course 1	
Red Grapes	
13 Calories Per: 20.0g	Fat: 0.0g Protein: 0.2g Carbs: 3.0g
11:37:07	GI: 51 IgL: 3

appearing in the history, it will also update your home screen totals for today.

Comparison Of Scans

If you perform multiple scans, a new button appears in the top right of the screen that says “Compare to Previous”. When you tap this, the current scan and the previous scan are displayed side by side.



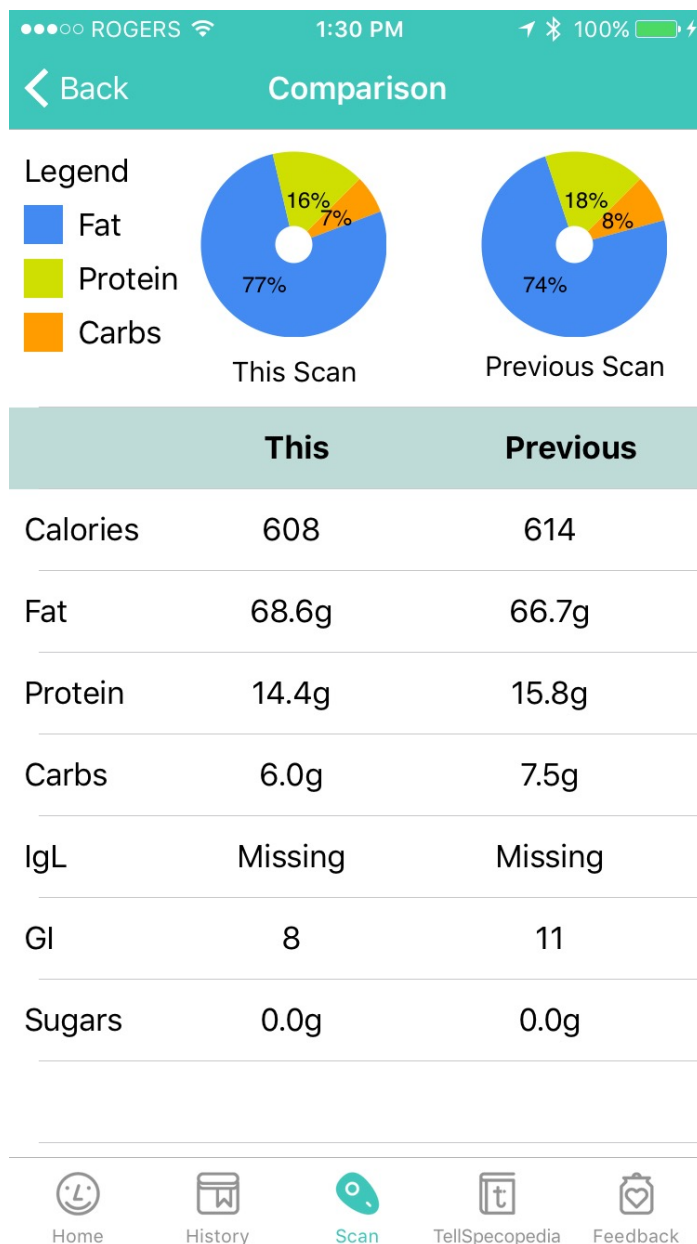
compare items of the same type: When looking at an existing result, simply scan again and the new results will display the “Compare to Previous” button.

To compare items of different types: When looking at an existing result, tap the back button and select a new scan category. The next scan will allow you to compare with the previous scan.

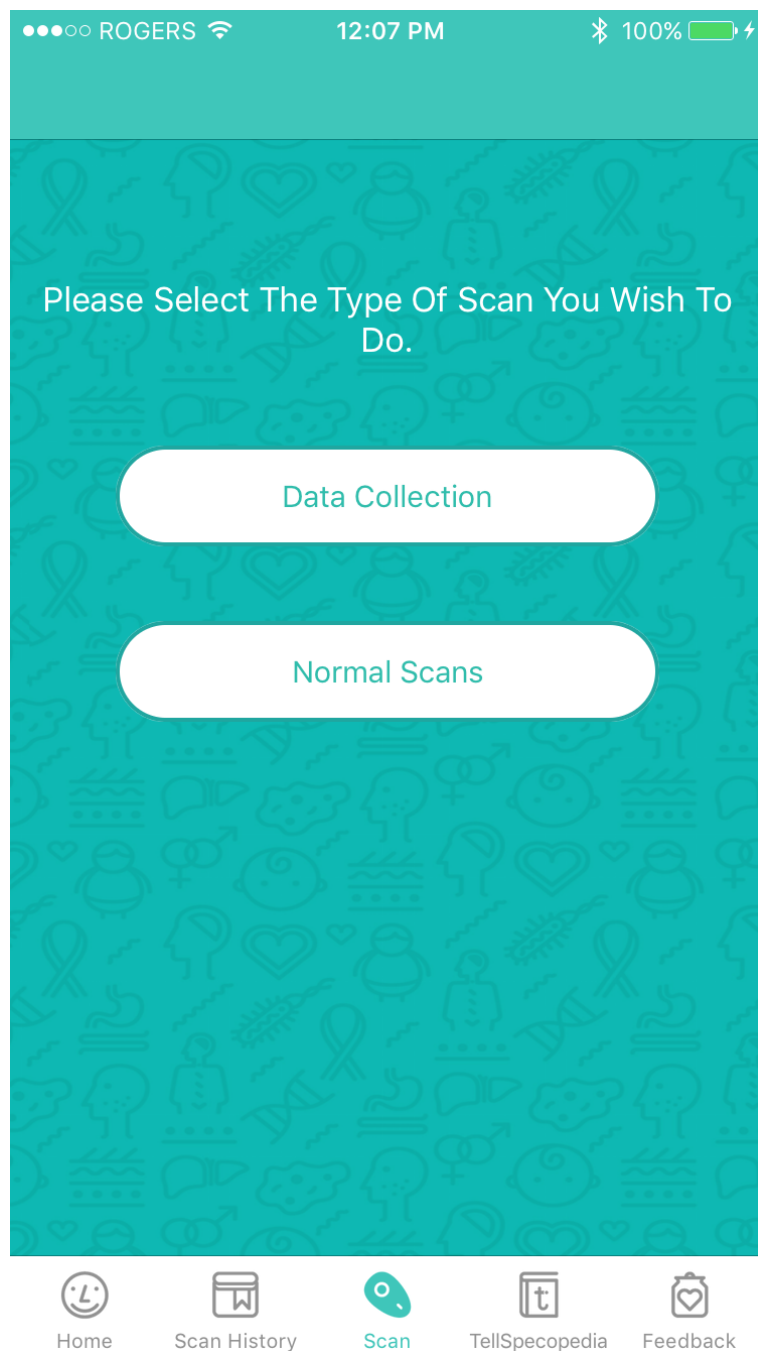
Data Collection Scans

Note: You can compare between items of differing types as well as the same type.

To



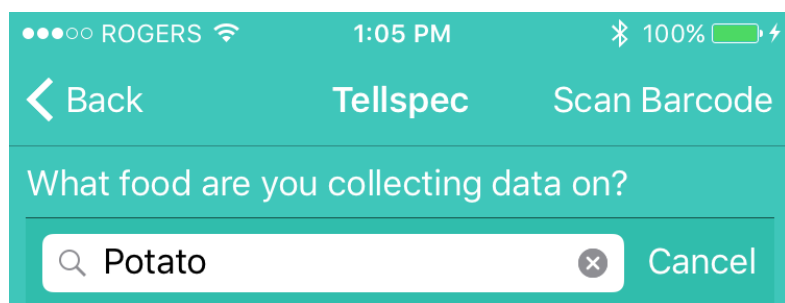
If your account has data collection and export functionality switched on, tapping the “scan” button on the tab bar will give you two choices.



Tap “Data Collection” if you wish to do a data collection scan.

Tap “Normal Scans” if you wish to do a scan like a consumer user would.

When you tap the “Data Collection” button, you will be asked what type of food you are collecting data from.



Potato - 1 NLEA serving (USDA)

Potato - 1 potato medium (USDA)

Potato - 1 potato small (USDA)

Potato - 1 potato large (USDA)

Potatoes, boiled, cooked in skin, flesh, witho...

Baked Potato - 1 skin (USDA)

Potatoes, boiled, cooked in skin, flesh, witho...

Potato (Ferrara)

Potato (Delicious Fresh Pierogie Inc.)

Potato (Merzi)

Potato (Omaha Steaks)



Home



Scan History



Scan



TellSpecopedia



Feedback

You have two choices:

- Scanning by barcode
- Manually searching

To scan by barcode, tap the “Scan Barcode” button in the top-right corner. The camera will pick out the barcode and do the search for you.

To search manually, type the item you wish to look for and tap “Search” on the keyboard. The search criteria can be a partial match. When you see the item you want, tap it on the list.

Edit the nutrition info if you believe that what we retrieved is incorrect, or differs from your source of information such as product label, then tap the Check mark at the top right of the screen.

Lemon - 1 NLEA serving

Nutrition Facts

Saturated Fat	0.02	g
Calories From Fat	1.57	kcal
Vitamin C (DV)	51	%
Calcium (DV)	2	%
Protein	0.64	g
Iron (DV)	2	%
Cholesterol	0	mg
Energy	16.82	kcal
Water	51.61	g
Total Monounsaturated F...	0.01	g
Dietary Fibre	1.62	g

Home Scan History Scan TellSpecopedia Feedback

If you wish to add new fields to the data, press the “+” button at the top of the table and select the field you wish to add, then tap the check mark to continue.

Next, we will ask you to enter the temperature and humidity of your scanning environment. If you don’t know these, leave them blank.

Hit “Save” to save these settings.

Back

Please Enter The Current Information.
Leave blank if unknown.

Temperature (C) 24

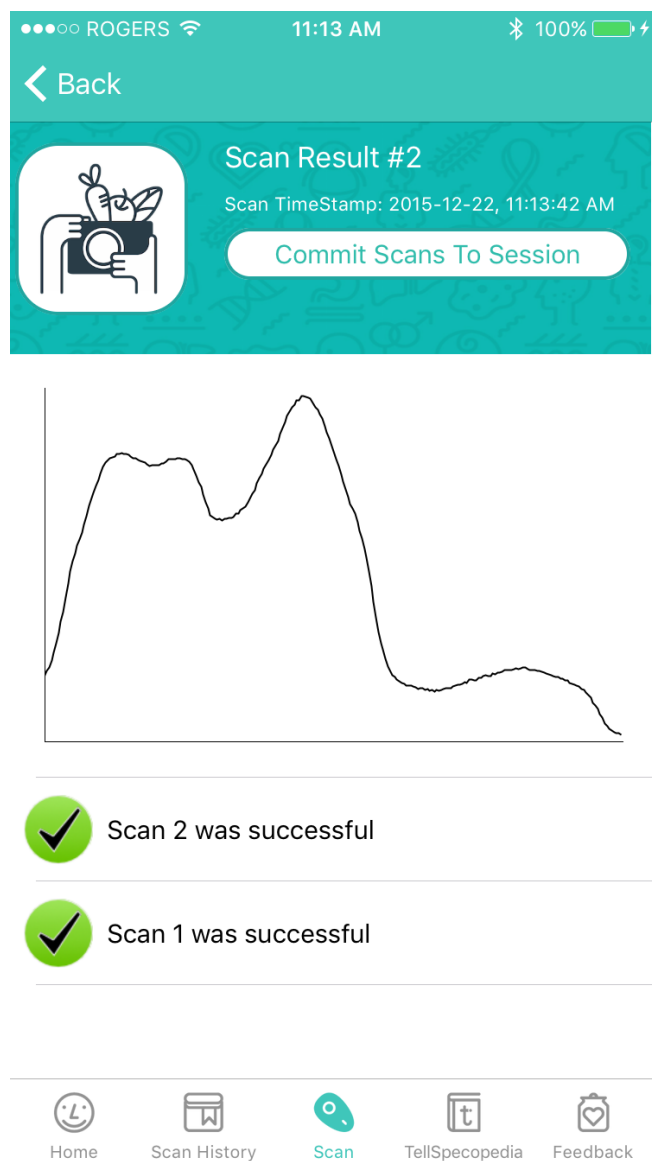
Humidity (%) 20

Save

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
.	0	⌫

Next, perform the scan as you would do for a consumer scan.

IMPORTANT: When you scan samples, please scan from various points on the food, not just scanning the same spot over and over.



When a scan is complete, you will see the spectral chart from the scan data.

For each successive scan, you will see an entry appear below, telling you how many scans you have collected. Tapping a scan row will change the chart above to show that row's scan data.

Note: To delete the most recent scan, swipe that scan row to the left and the red "Delete" button will appear on the right-hand side. Tap the button to delete, and the screen will pop back one scan so you can redo it.

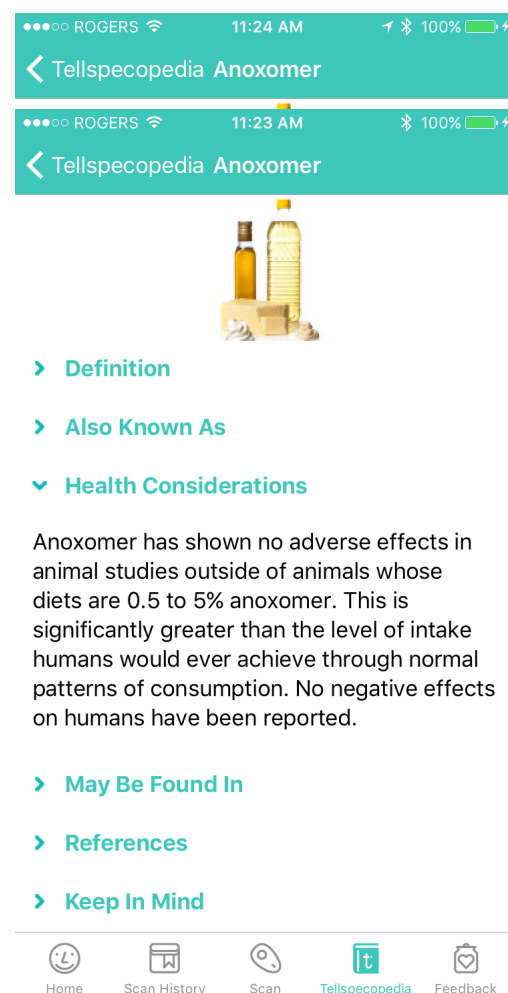
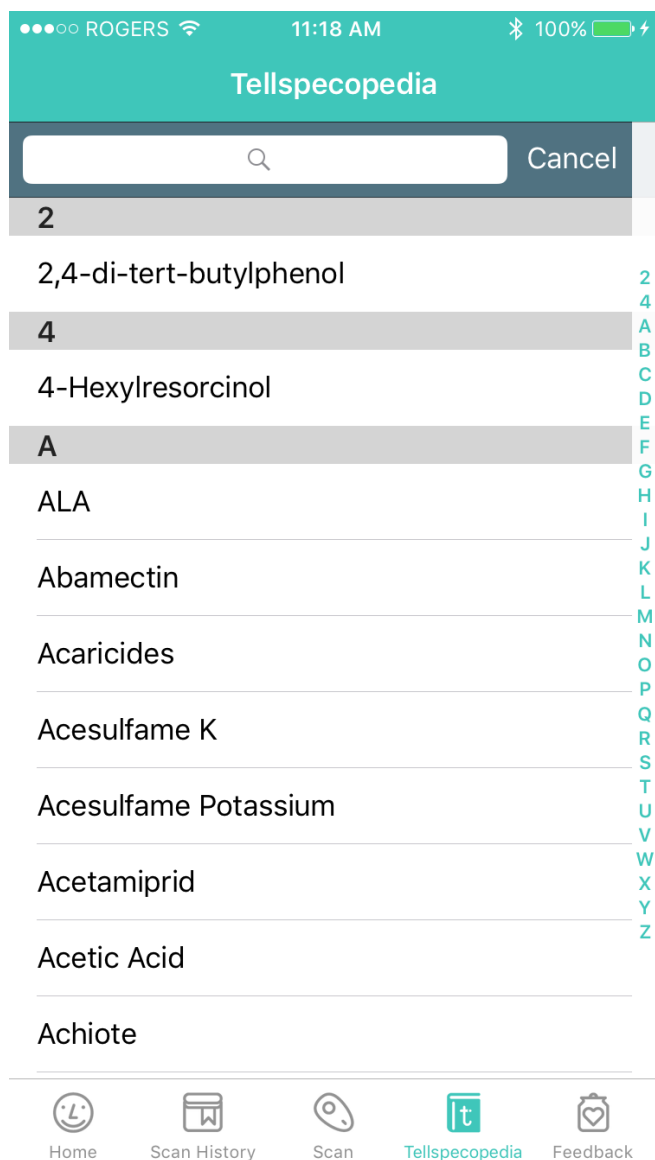
Complete 10 scans and the "Commit Scans To Session" will appear (Tellspec Staff see this all the time).

Tap the commit button. When the scans are uploaded to the server, it will ask you if you wish to export? If you wish to export, you will be taken to the email screen where all the export data is attached as CSV files.

If you do not wish to export, or have just completed an export, the app will automatically bring you out of the data collection screen.

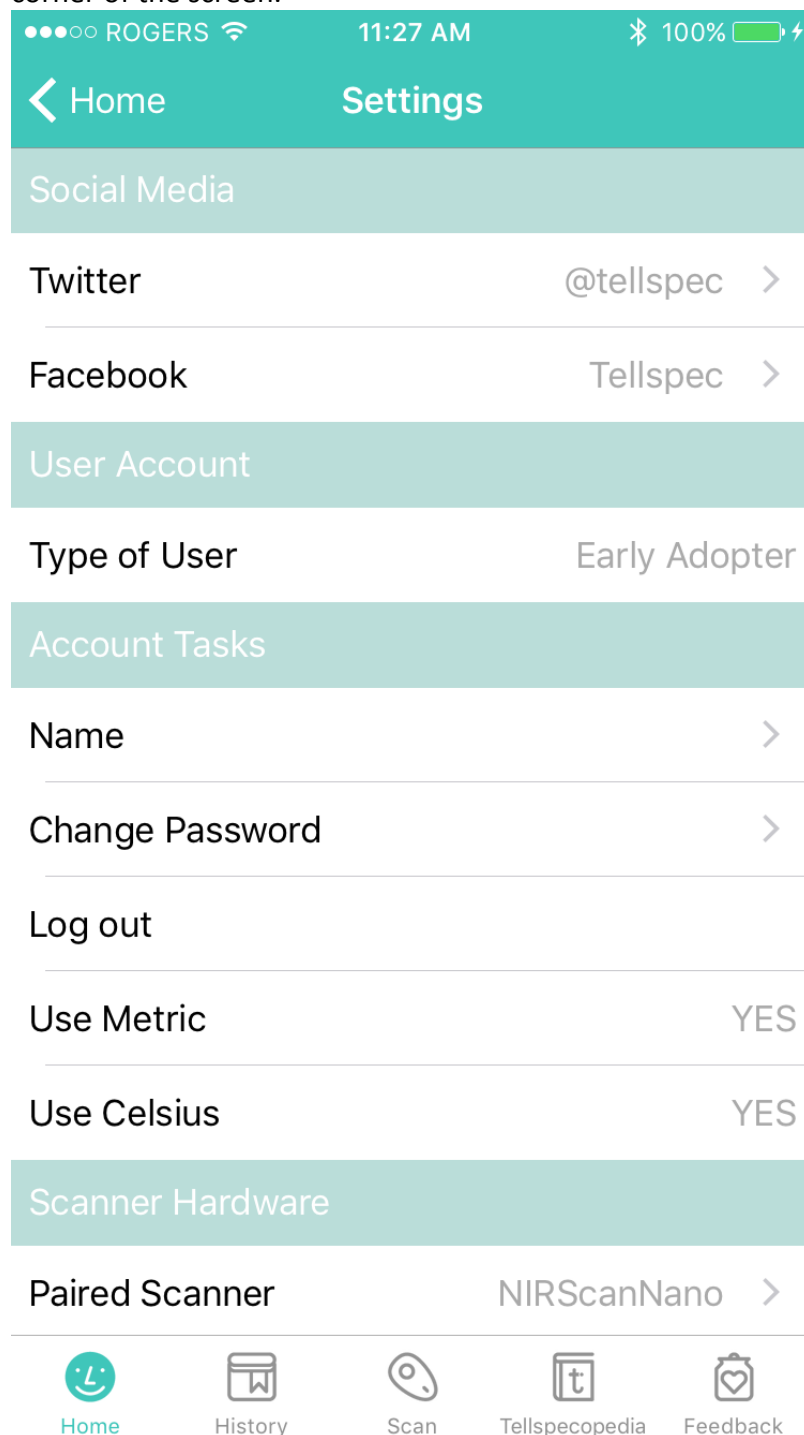
Tellspecopedia

The app contains a comprehensive database of food components and associated terminology. To access this, tap the “Tellspecopedia” icon on the tab bar at the bottom of the screen. Tapping an item will retrieve it from our online service.



Settings

The settings screen is accessed from the home screen. Tap the settings icon in the top-right corner of the screen.



The Settings screen is shown to the left.

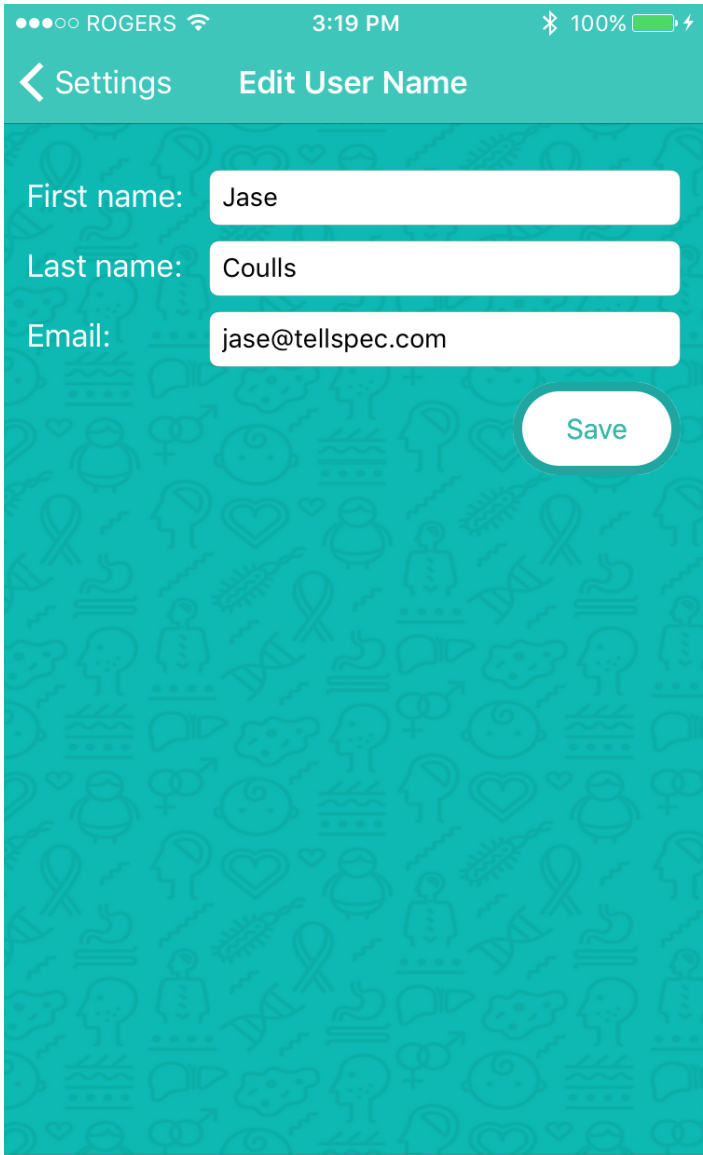
Determining Your Account Type

The Tellspec app supports different functionality for different account types.

To determine what type of account you are using, go to the Settings screen and look at “Type of User” under the “User Account” section.

Changing Your Name or Email Address

To change your name or email address, go to the Settings screen and tap “Name” under the “Account Tasks” section. You will be presented with this screen.



ROGERS 3:19 PM 100%

< Settings Edit User Name

First name: Jase

Last name: Coulls

Email: jase@tellspec.com

Save

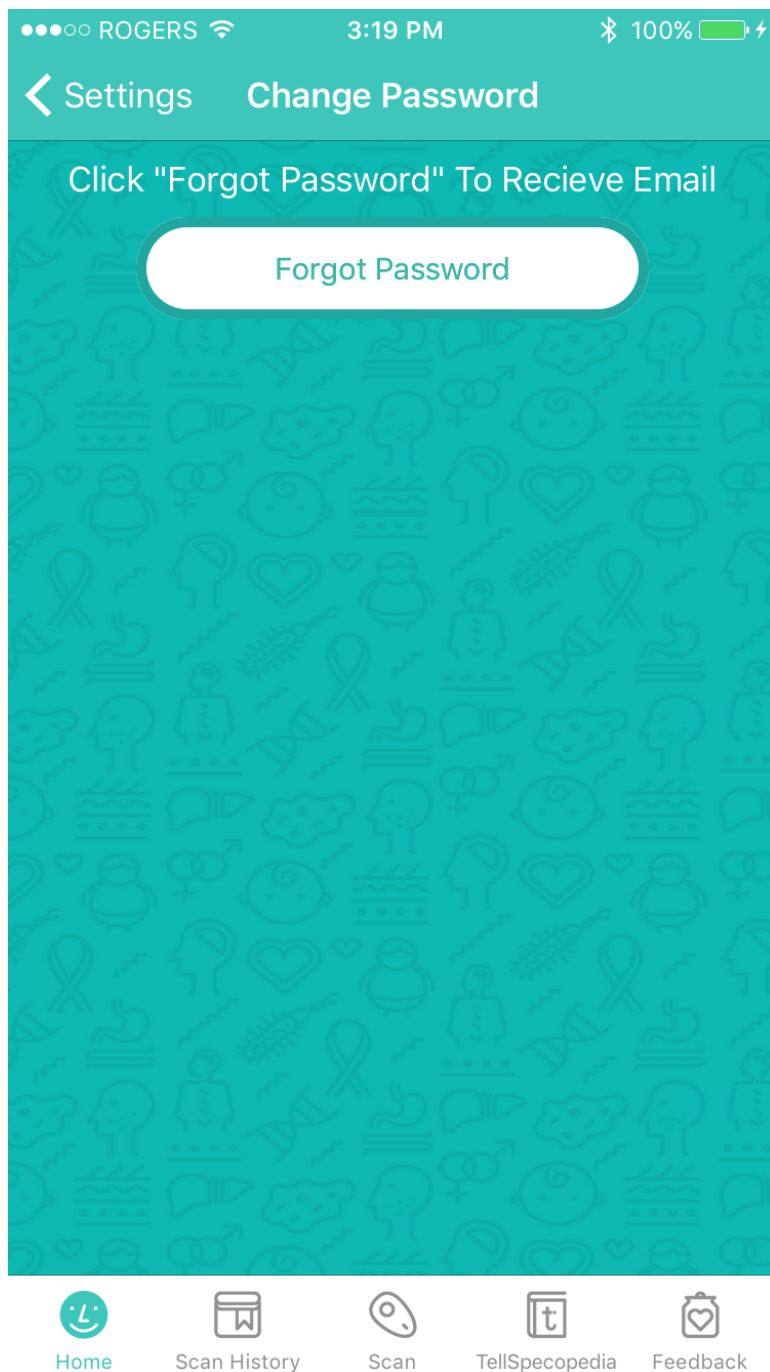
Home Scan History Scan TellSpecopedia Feedback

Simply change your name as necessary, or change your email address and tap the “Save” button. You will get a confirmation on screen that the information has been saved successfully.

If you wish to simply cancel changing these details, just tap the back button and no changes will be saved.

Changing your password

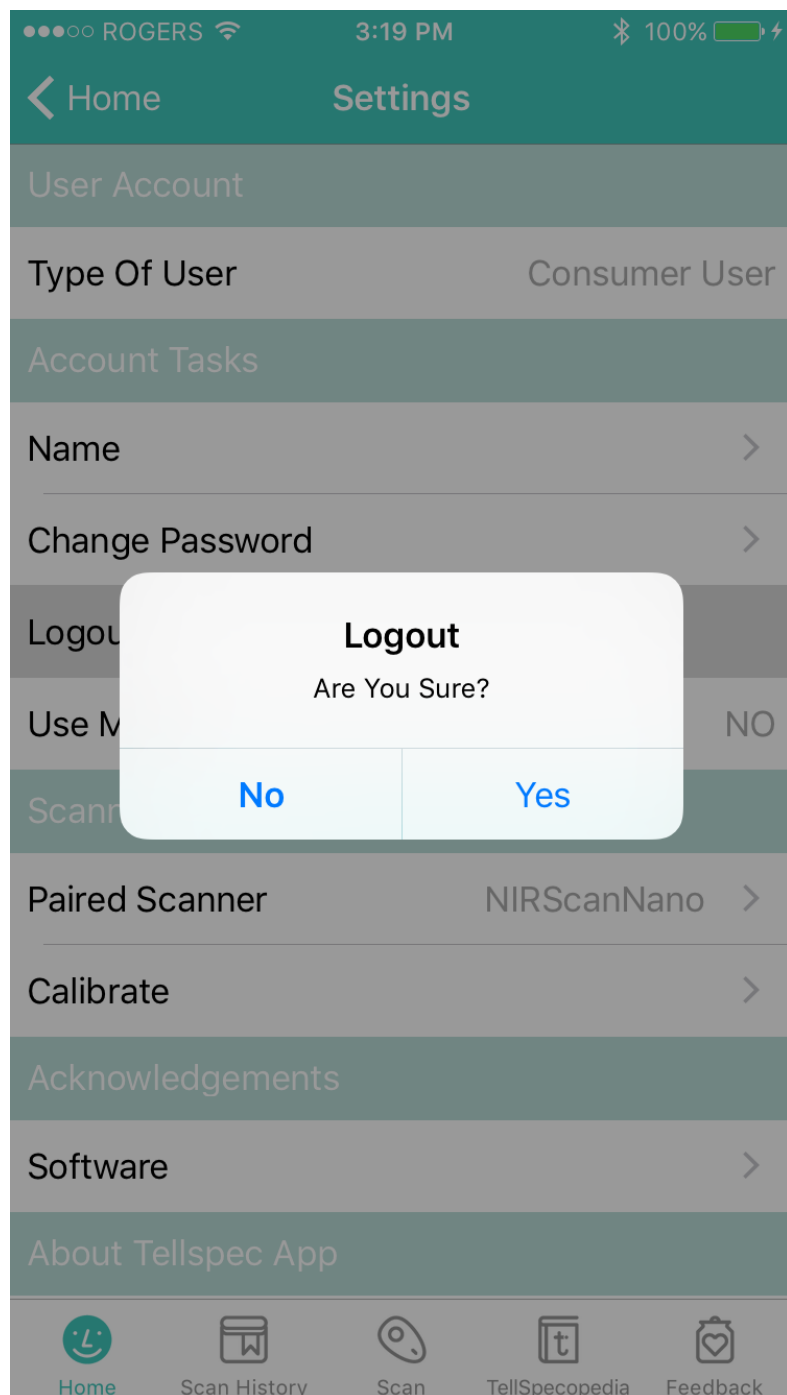
If you wish to change your password, go to the Settings screen. Tap on “Change Password” under “Account Tasks”.



Just tap the “Forgot Password” button and then check your email for further instructions.

Logging Out

If you wish to Log out of your Tellspec account, go to the Settings screen.



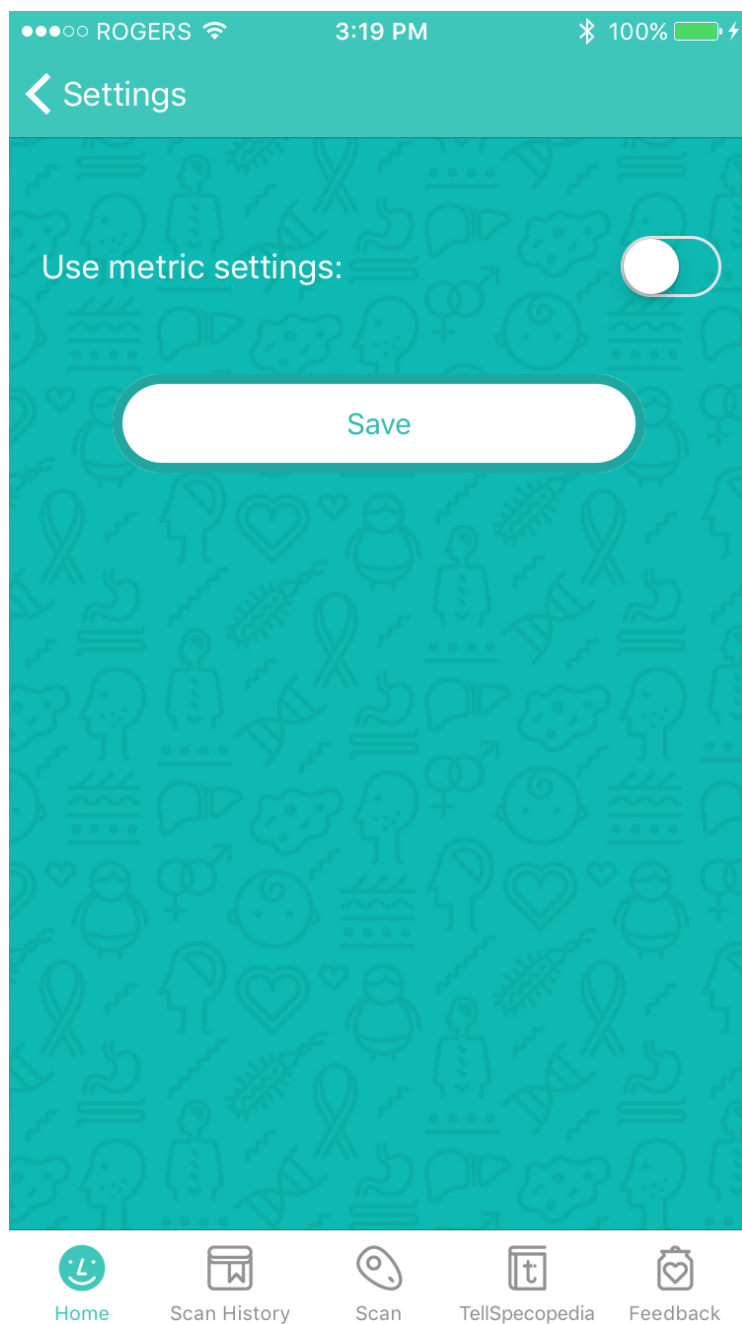
Next, tap the “Logout” item under “Account Tasks”.

Confirm “Yes” to logout, or “No” to cancel logging out.

Changing between Imperial units and Metric units

When you run the app for the first time, it asks your phone for your locale's regional settings. At the time of writing this, the majority of the world is using metric with the exceptions of

Liberia, Myanmar (Burma) and the United States of America.



If your phone is set to one of these three locales, the app will default to Imperial measurements in pounds and ounces. If you are using locale settings for anywhere else in the world, you will default to metric units in grams.

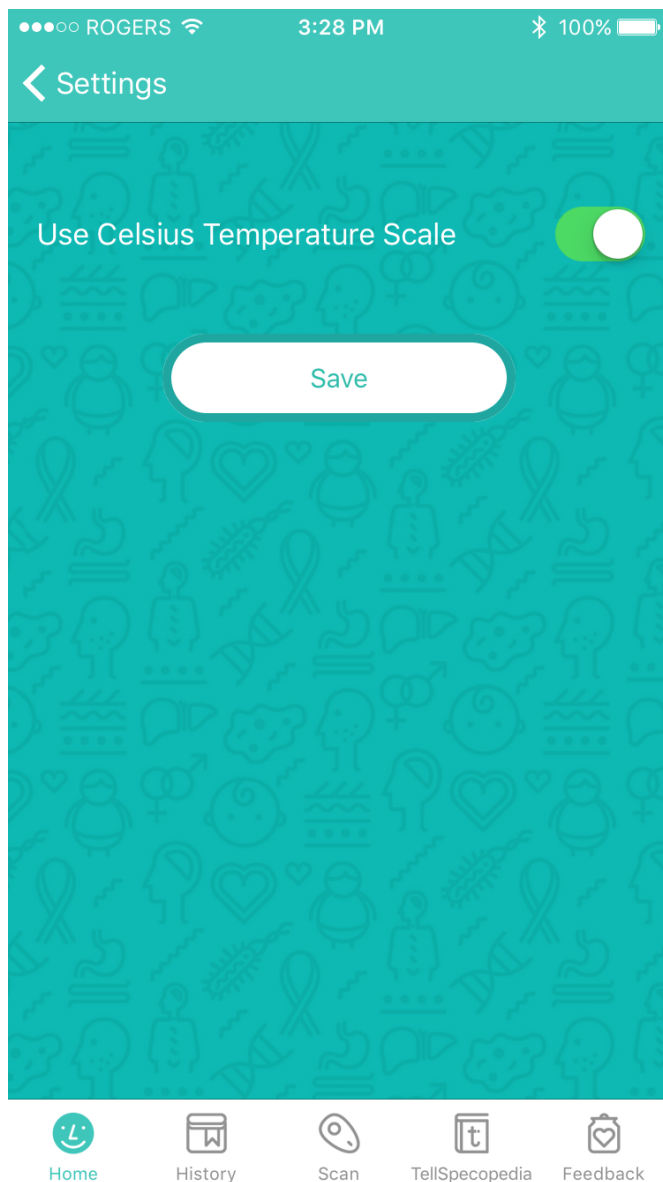
You can override the default setting. Go to Settings and tap “Use Metric”. You will be presented with the screen on the left.

To use metric, move the slider to the right (enabled). To use imperial, move the slider to the left (disabled). Finally, tap the “Save” button.

Note: Locale does not imply location. If your iOS device is set to US locale settings (\$ currency, MM/DD/YYYY date style, etc) and you suddenly fly to Canada or the UK, your new location will not force you to suddenly adopt a different measurement system.

Changing temperature scales

In some special cases, we may ask you for the temperature in your scanning environment. This can be set in the app to either Fahrenheit or Celsius.



To change scales, go to the settings screen, and tap “Uses Celsius”. You will see the screen to the left.

If you use the Celsius scale, enable the switch. If you use Fahrenheit, disable it.

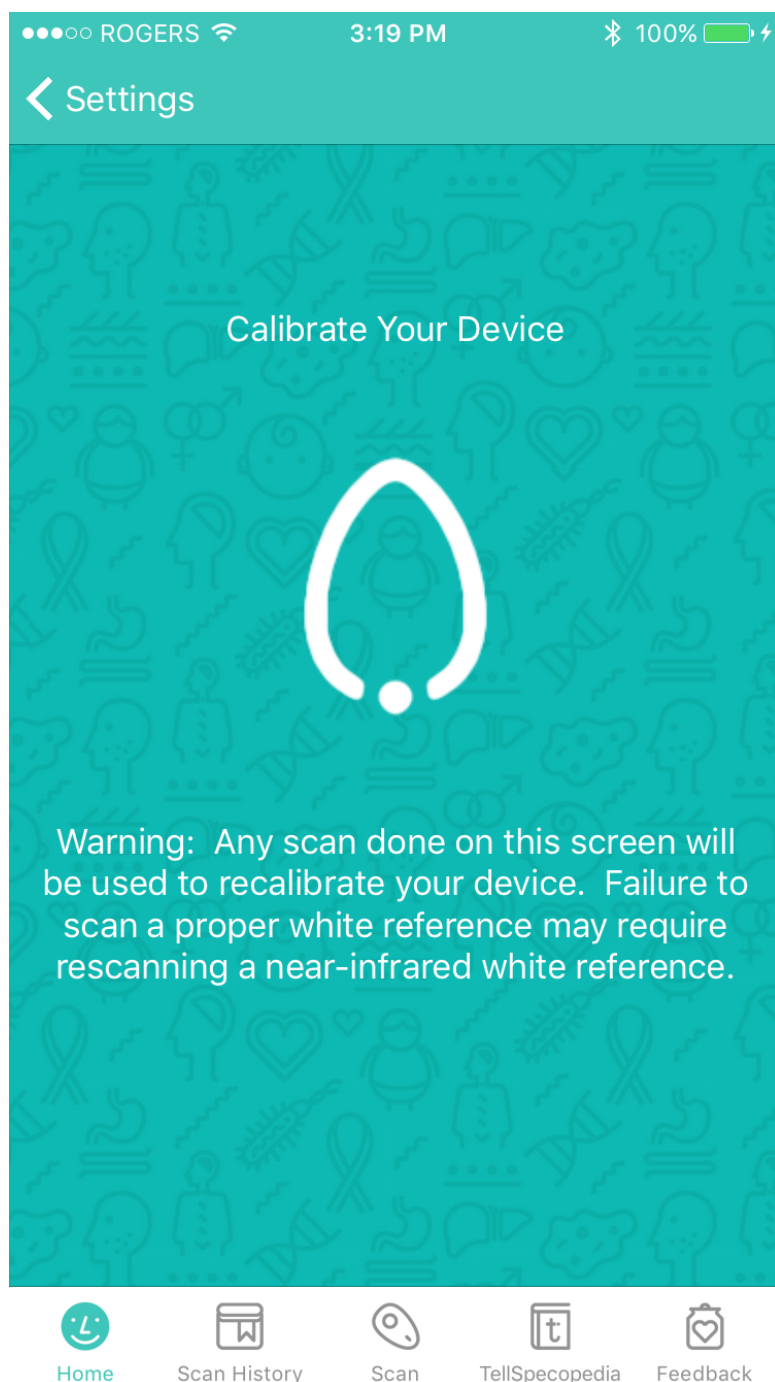
Note: If we don’t know your preference, we default as follows:

- If you use imperial weights and measurements, we assume you use Fahrenheit.
- If you are a metric user, we assume you will use Celsius.

Feel free to override this as you wish.

Calibrating Your Device

If you are submitting data to us for as a special user, or are using the app and need utmost precision, you will wish to recalibrate your device from time to time using a white reference.



To do this, go to the Settings screen and tap “Calibrate” under the “Scanner Hardware” section.

Place your 99% reflectivity reference (not supplied) over the scanning window and tap the scan button.

This scan will be uploaded to the cloud as a special “White Reference” scan.

When you get the message that this has successfully been sent, you may exit this screen.

Watching the About Tellspec video

A video is included in the Settings screen, explaining how Tellspec works. To view this, go to the Settings screen, and tap “Video About Tellspec”.

Finding us on Twitter

You can go to @Tellspec on Twitter, or you can tap Settings and tap “Twitter” under “Social Media”. If you have the official Twitter app installed, it will be opened and you will be taken to the Tellspec profile. If you do not have Twitter’s app installed, you will see Safari open and you will be taken to Tellspec’s profile on Twitter.com.

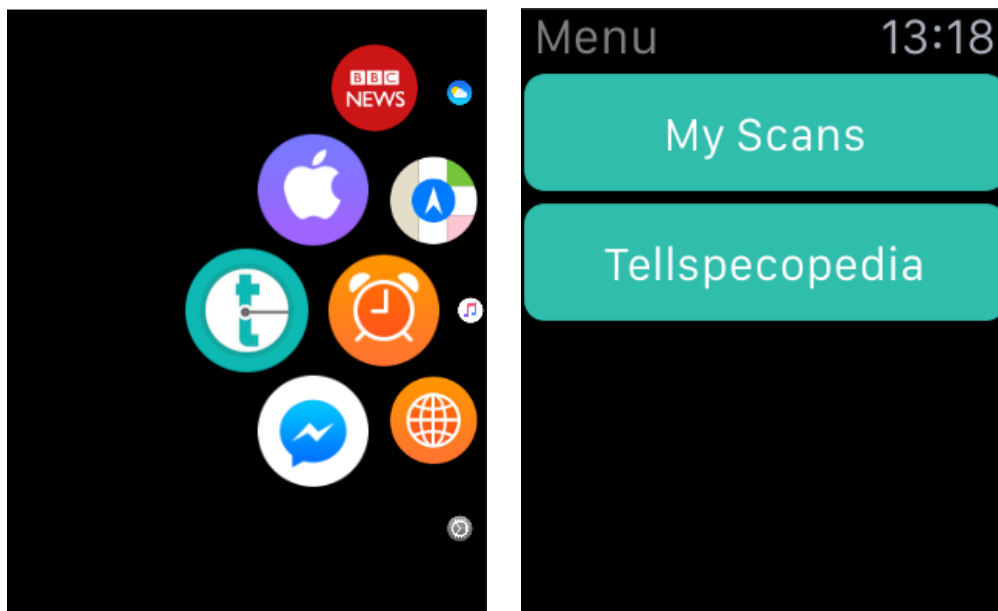
Finding us on Facebook

You can go to Tellspec on Facebook, or you can tap Settings and tap “Facebook” under “Social Media”. If you have the official Facebook app installed, it will be opened and you will be taken to the Tellspec profile. If you do not have Facebook’s app installed, you will see Safari open and you will be taken to Tellspec’s profile on Facebook.com.

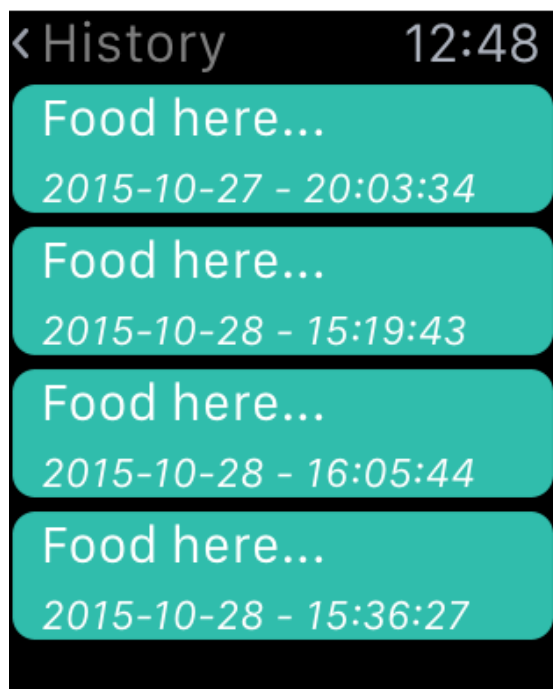
Apple Watch

If you have an Apple Watch running WatchOS 2 or above, you can run the Tellspec watch extension. On the main app screen of the watch, tap the Tellspec icon.

You will be presented with the Main Menu.



NOTE: THIS IMAGE IS FPO. IT WILL BE REPLACED IN FINAL VERSION OF MANUAL.



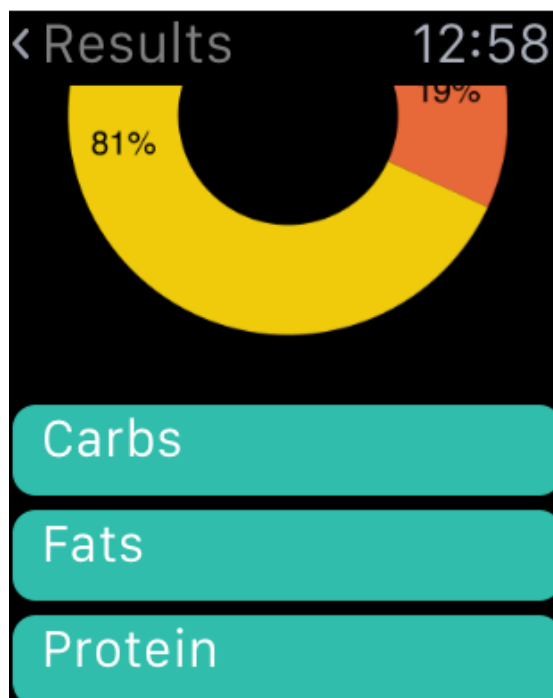
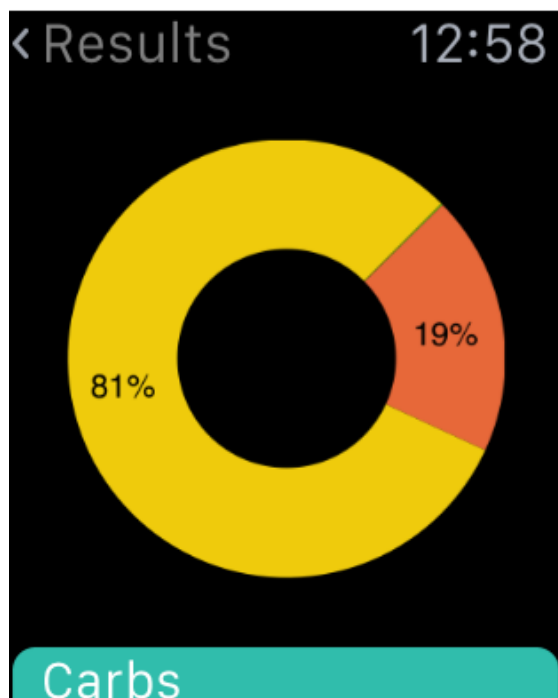
Tapping “My Scans” on the watch will bring up a short history of recent scans.

You can scroll down using your finger on the screen, or using the Digital Crown on the side of the watch.

When you see the scan you want, tap it. Tapping a scan will take you to the results, which shows a subset of the results.

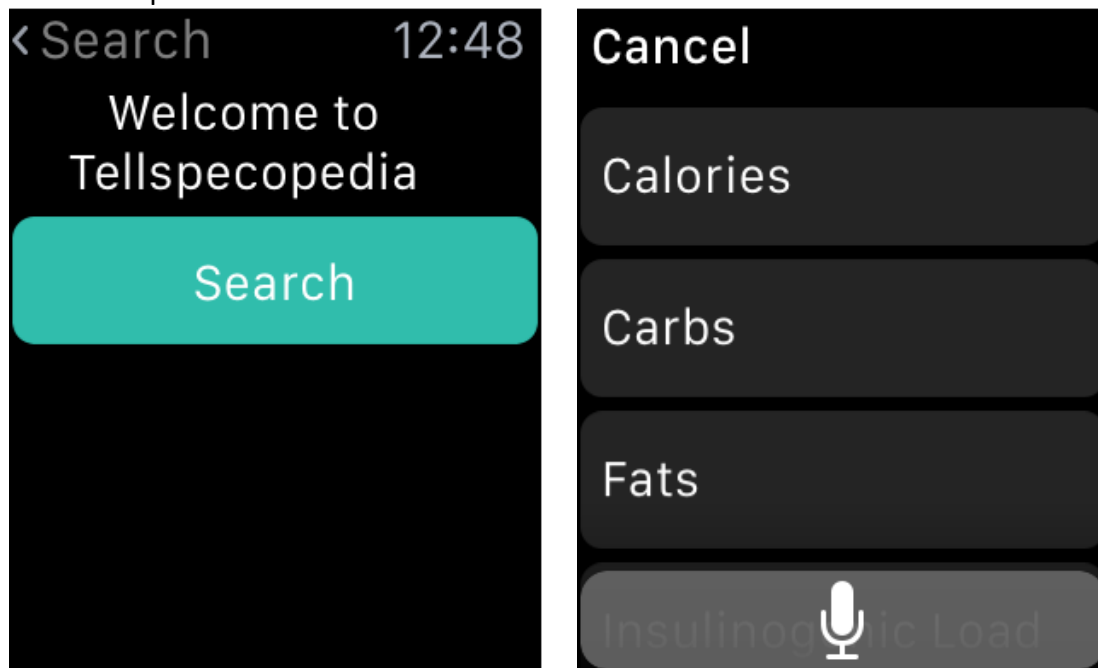
The following is an example of the results screen. At the top is the pie chart of fats, carbs and protein. Scroll down using the digital crown or scrolling with your finger on the screen to get to the values.

NOTE: THESE TWO IMAGES ARE FPO. THEY WILL BE REPLACED IN FINAL COPY OF MANUAL.



Tapping “Tellspecopedia” on the main menu takes you to the Tellspecopedia screen. To search, press the “Search” button.

You will be presented with the search screen.



You can tap from the scrollable list of common items to look up something quickly, and for everything else, tap the microphone button.



Having tapped the microphone button, you can say what it is you want to look for.

When you have told the watch what you wish to search for, press Done. To cancel, just press Cancel and you will be taken back one screen.

Note: If the search is successful, you will be taken to the results table with all the possible matches. If the search does not find your search criteria, you will receive the standard haptic feedback for failure.

When the search is complete, you will see the results. Tap on an item to view its description.

Support

If you run into issues, please refer to the Troubleshooting section that follows. If you cannot resolve your problem, please contact [insert support contact details here].

Troubleshooting

Symptom	Cause	Solution
Scanner will not turn on.	Discharged battery.	See “Charging” for instructions on how to charge your TellSpec scanner.
I do not see my scanner in the app.	Not connected.	See “Enabling/Disabling Bluetooth” for help on enabling Bluetooth.
My scanner works with my iPhone, but not with my iPad.	iPhone has kept communication open, stopping iPad from seeing the scanner.	Turn off Bluetooth on the iPhone. The iPad will now be able to pair with the scanner. After this is done, re-enable Bluetooth on your iPhone.
The scanner performs a scan, but does not send data to the app.	The Bluetooth connection is not working.	Check that the Bluetooth light on the top of the device is illuminated. If not, enable Bluetooth and wait five seconds. If the app still cannot receive scans, restart the app on your phone.
The scanner hibernated and now will not scan.	Bluetooth is not enabled.	Re-enable Bluetooth, wait five seconds and try again.

Frequently Asked Questions

The following is a list of frequently asked questions about the app.

What devices does the app run on?

The app runs on all iOS devices that Apple currently supports. At the time of writing this manual, this is the iPhone 4S and above, and the iPad 3rd Generation and above.

What iOS versions does the app run on?

The app works with iOS 8.0 and above. Some features are only available on some iOS versions. For instance, iOS on iPad does not support Apple Health.

Does the app support Apple’s app thinning?

Yes. The app is built with Apple’s app thinning and bitcode enabled.

Does the app work with Apple Watch?

Yes. The app has an extension that works on Apple Watches that have WatchOS2 installed. Currently this requires the iPhone to be in range and paired as the watch extension uses the

databases and graphics engine on the main phone. This will change in time to be more autonomous.

Does the app support other languages?

Currently US English, British English, French, Spanish, German and Simplified Chinese are supported. Further translations are being worked on.

Does the app support other locales?

Yes. The app works in your local date formats, and respects locale number characters.

Does the app write health data to Apple Health?

No. Currently, we only read height/weight/gender and age to calculate daily totals and goals.

Acknowledgements and Trademarks

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