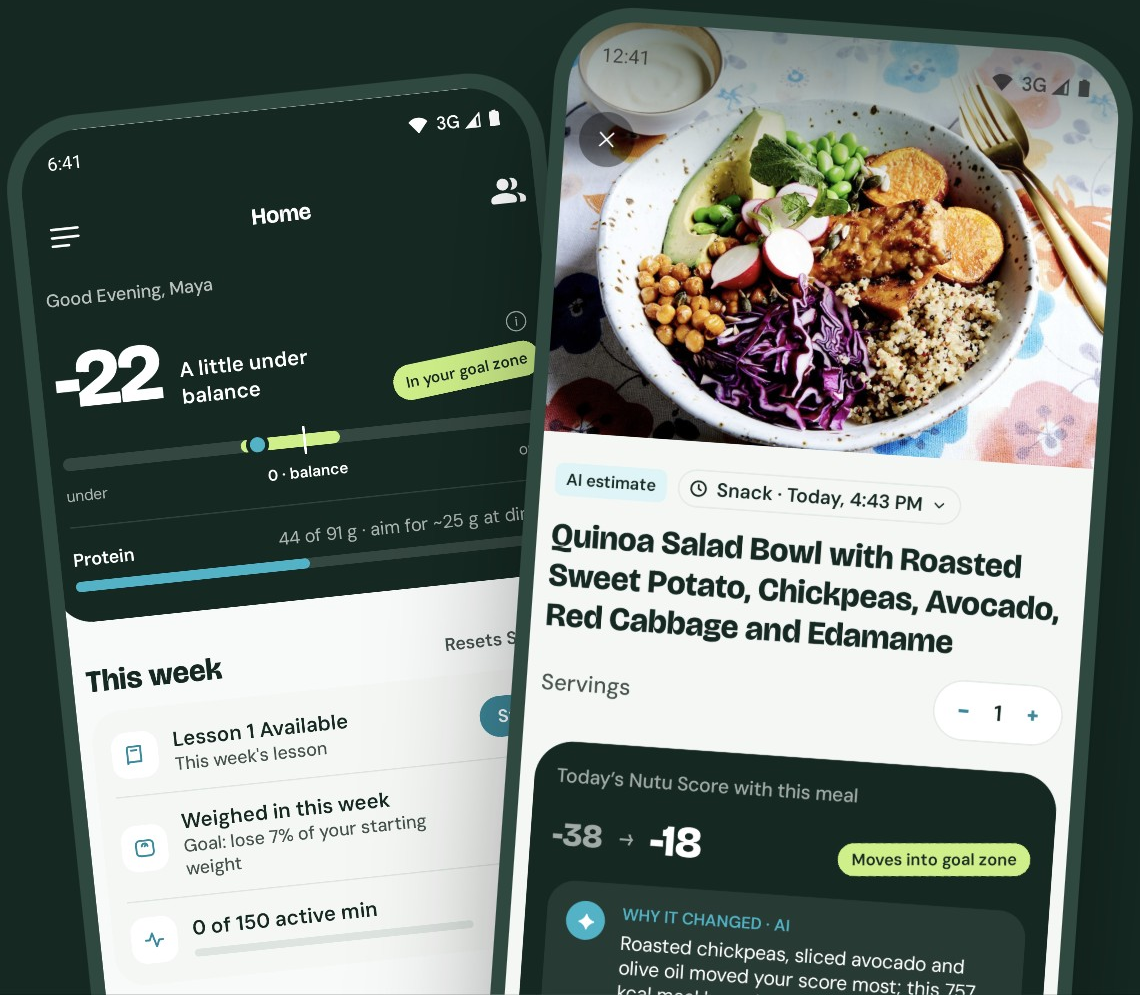
nutu

Your guide to Nutu

Logging with a photo, your Nutu Score, your coach and everything else, in a few minutes' reading.

Updated for Nutu 2.5



Set up in five minutes

Nutu helps with healthy living, diabetes prevention and weight management, one small step at a time. Here's how to get going.

1

Check your phone

iPhone with iOS 15.6 or later, or Android 11 or later. Enough free storage for a new app, Wi-Fi or mobile data, and your email address.

2

Download Nutu

Use the link or QR code you were given, then tap Get on iPhone or Install on Android.

3

Create your account

Open Nutu, tap Sign Up, accept the Terms of Service and Privacy Policy, and enter your details.

4

Answer a few questions

Then choose the Healthy Living Program or the Diabetes Prevention Program. Not sure Nutu is right for you? Talk with a healthcare professional first.

EVERY DAY

Open Nutu, snap or log your meals, and check where your day is heading. Pick one small thing to focus on.

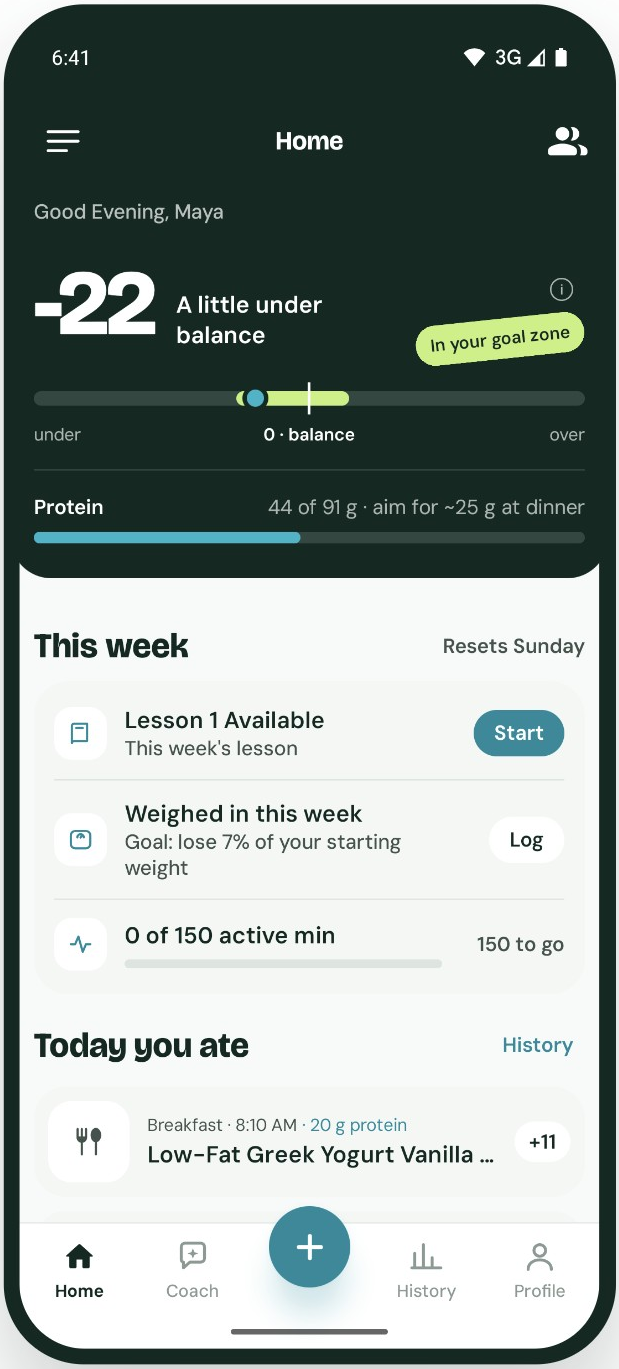
EVERY WEEK

Weigh in at least once a week. In the Diabetes Prevention Program, the This week card on Home also tracks your lesson and active minutes. It resets every Sunday.

STAY SAFE Download Nutu only from the link or QR code you were given, the App Store or Google Play.

Find your way around

Home shows today's Nutu Score, your protein and what you've eaten. The bar at the bottom takes you everywhere else.



1 Home

Your score and your day at a glance.

2 Coach

Chat with your AI Coach, or your Certified Coach in the Diabetes Prevention Program.

3 The round +

Log a meal: scan, search, describe or log again.

4 History and Profile

Your past days and meals; your account and subscription.

READING YOUR SCORE

The big number is today's Nutu Score. The lime part of the bar is your goal zone: try to end the day there. Tap **i** to learn more.

Everything else is in the menu

Tap the three lines at the top left of Home.

1 **Track**

Food, Exercise, Sleep, Weight and Reports.

2 **Plan & learn**

Goals, Future You and Tree of Wisdom, where your lessons are.

3 **Settings & help**

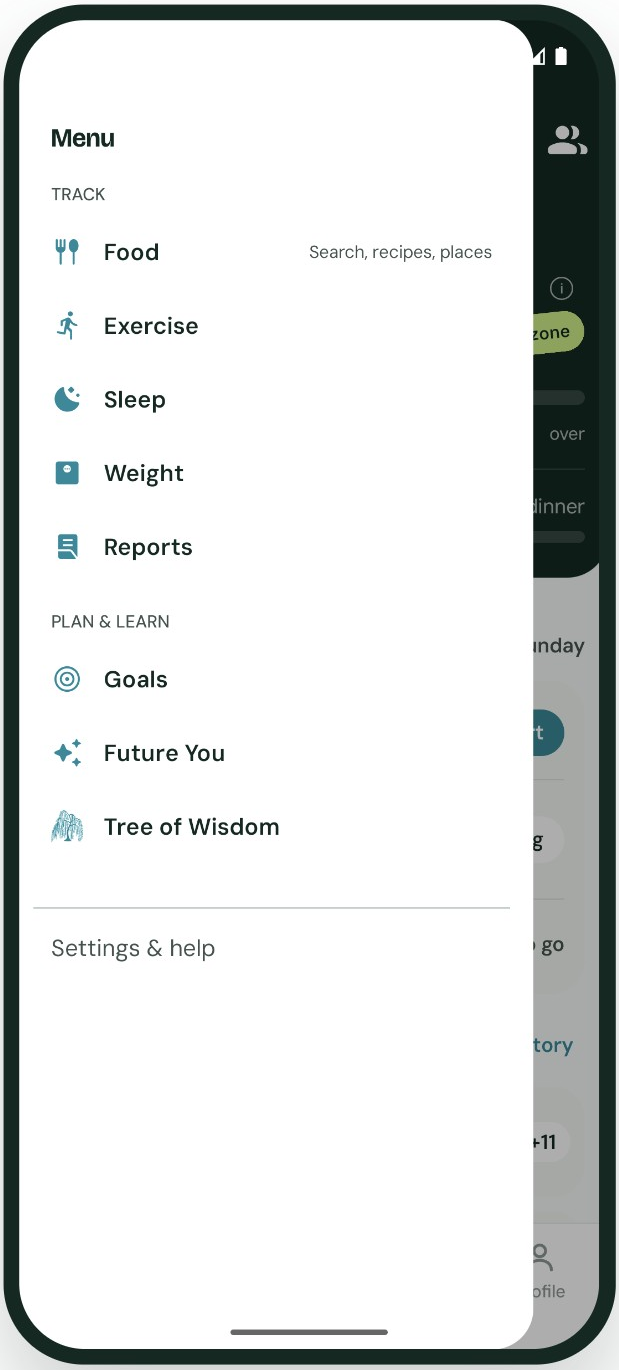
Notifications, language, connected apps and support.

4 **Your Social Team**

In the Diabetes Prevention Program, the people icon at the top right of Home opens your team.

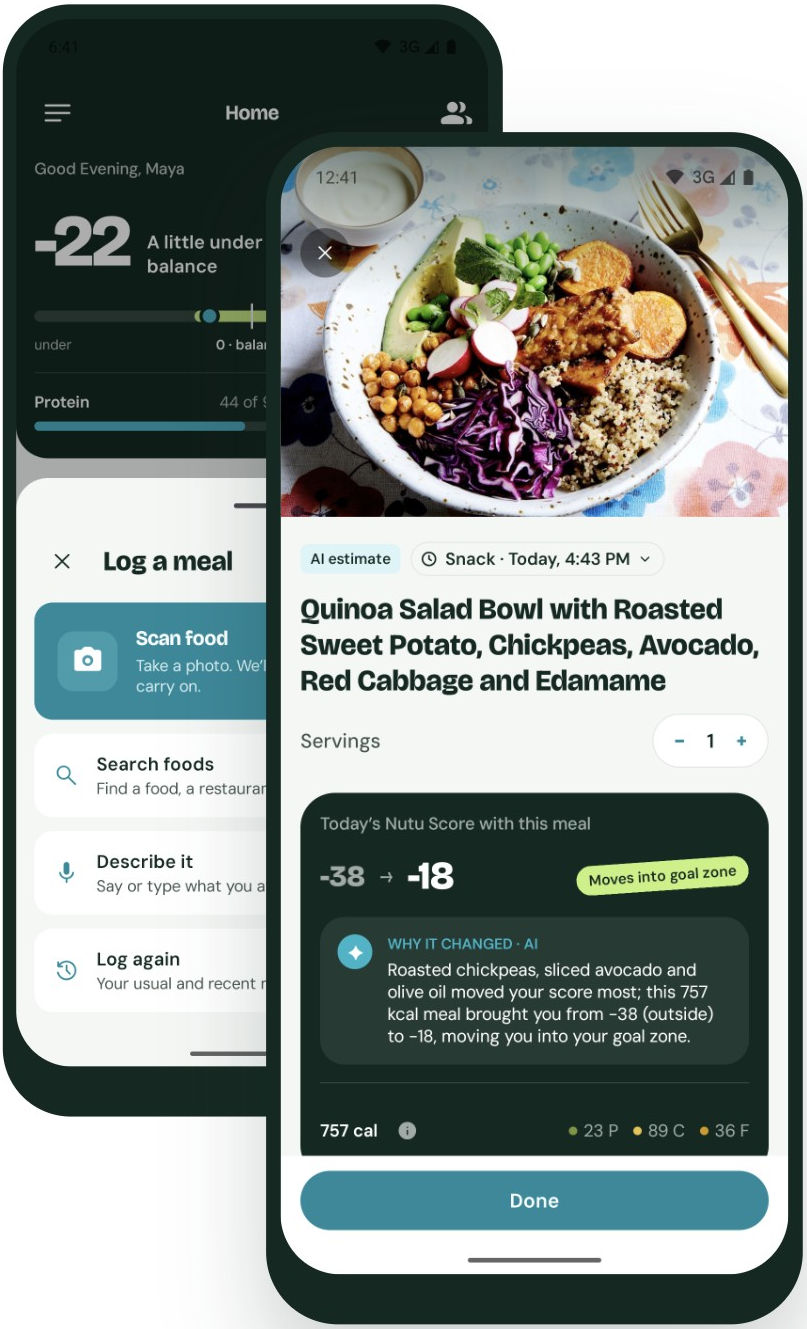
THIS WEEK

In the Diabetes Prevention Program, the This week card on Home shows your lesson, your weigh-in and your active minutes. It resets every Sunday.



Log a meal with a photo

Snap your plate and carry on. Nutu works out what's on it in the background, and nothing is logged until you've checked it.



1 **Tap + and Scan food**

The round + sits in the middle of the bottom bar.

2 **Fit the whole plate in the frame**

Shoot from above in good light. The info button has more tips.

3 **Carry on with your day**

A card on Home shows your meal's progress. When it says Ready to review, tap it.

4 **Check it, then tap Done**

Tap any food to fix the amount, swap it or remove it. If Nutu asks a quick question, answer it or tap Not now.

ATE EARLIER?

A photo meal is logged at the time you add the photo. To change it, tap the time under the photo, like **Lunch · Today, 1:05 PM**.

Read and fix the meal card

The card shows where your day will land before you log, and lets you fix anything the photo got wrong.

1 **Your score with this meal**

Today's Nutu Score before and after the meal, and whether it keeps you in, moves you into or takes you out of your goal zone.

2 **Why it changed**

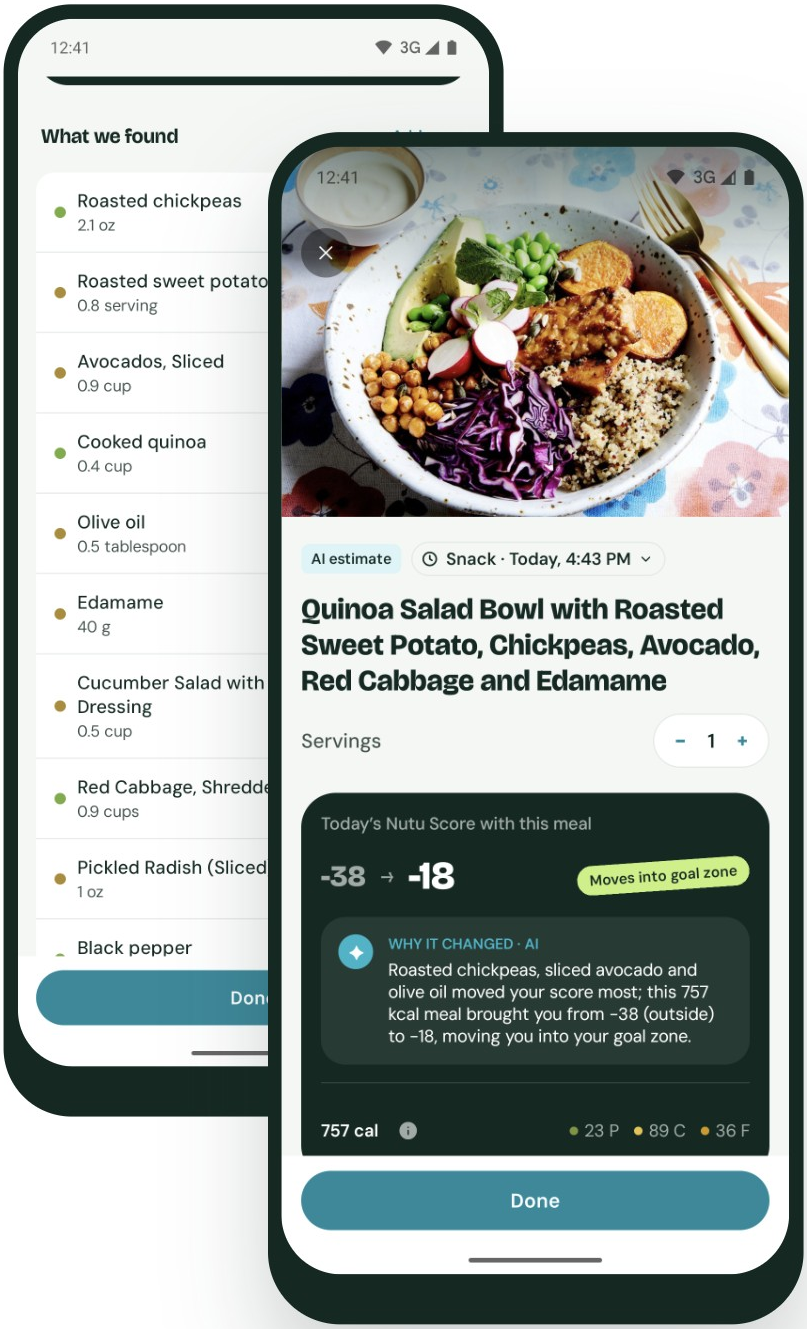
One sentence from Nutu's AI on what moved your score.

3 **Traffic-light dots**

Green: choose often. Yellow: go easy. Red: limit.

4 **Fix anything that's off**

Tap a food to change the amount, swap it or remove it. **+ Add more** adds what the photo missed.

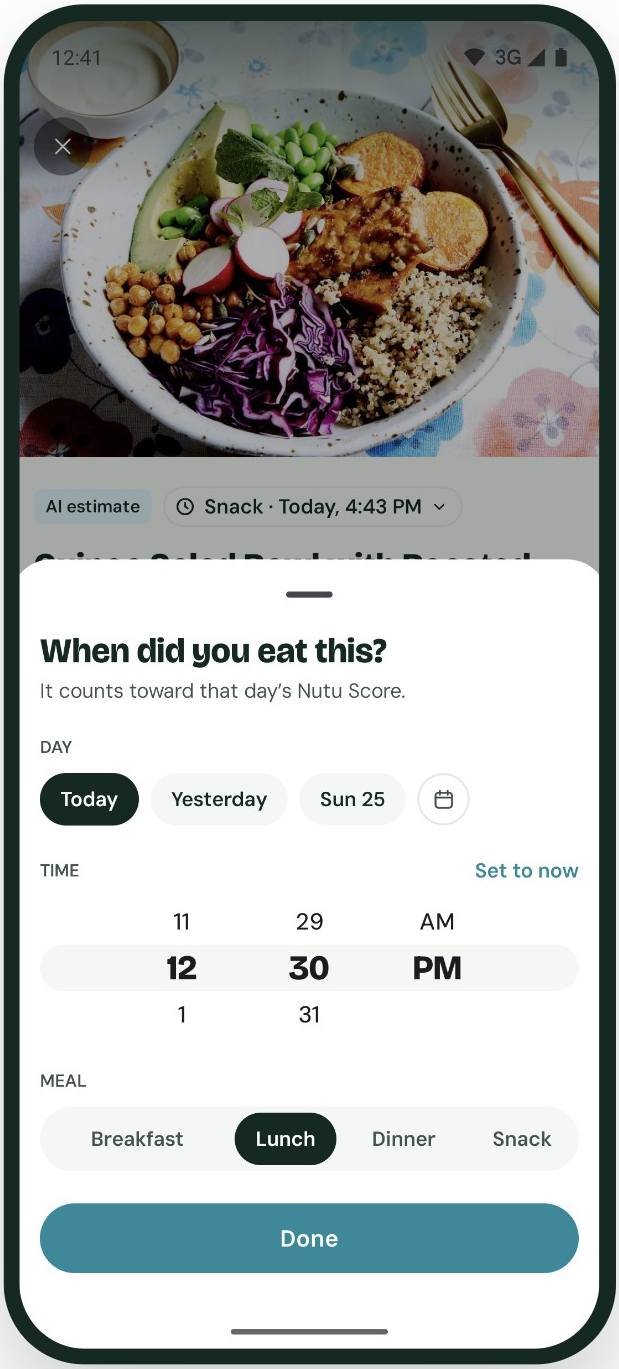


HOW DID WE DO?

Tap a thumb at the bottom of the card to tell us whether the estimate was good. It helps Nutu get better.

Change when you ate

Logged late, or picked the wrong meal? Every meal card has a time you can change.



1 **Tap the time under the photo**

It reads like Lunch · Today, 1:05 PM.

2 **Pick the day**

Today, Yesterday, the day before (shown by its date, like Sun 25), or the calendar for anything earlier.

3 **Set the time and the meal**

Scroll the wheel, then pick Breakfast, Lunch, Dinner or Snack.

4 **Tap Done, then Done on the card**

For a meal you already logged, tap **Save changes**. It moves to that day's score.

PHOTO MEALS

A photo meal starts at the time you add the photo, so you only need to change it if you ate earlier.

Other ways to log

No photo? Tap + and pick another way.

1 **Describe it**

Say or type what you ate, like “two scrambled eggs on toast and a coffee with oat milk”.

2 **Search foods**

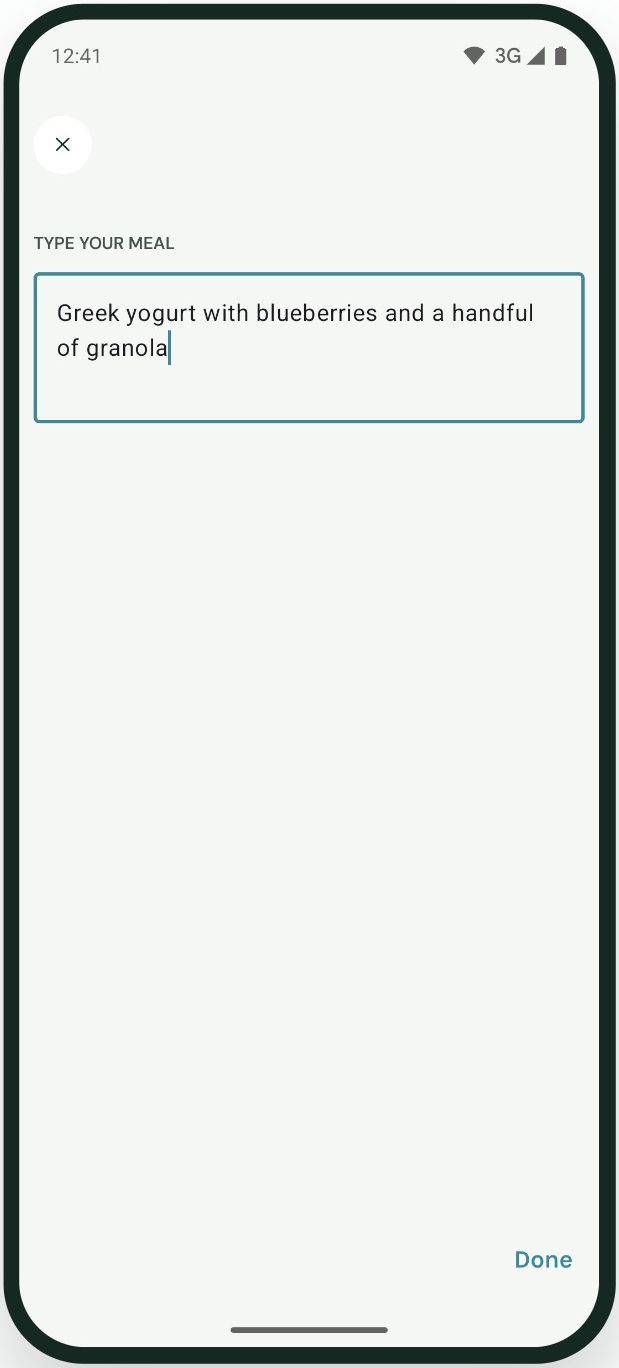
Find a food, a restaurant meal or one of your recipes.

3 **Log again**

Your usual meal for this time of day, or a recent one, in one tap.

4 **Scan a barcode**

For packaged food, open Scan food and switch to Barcode.

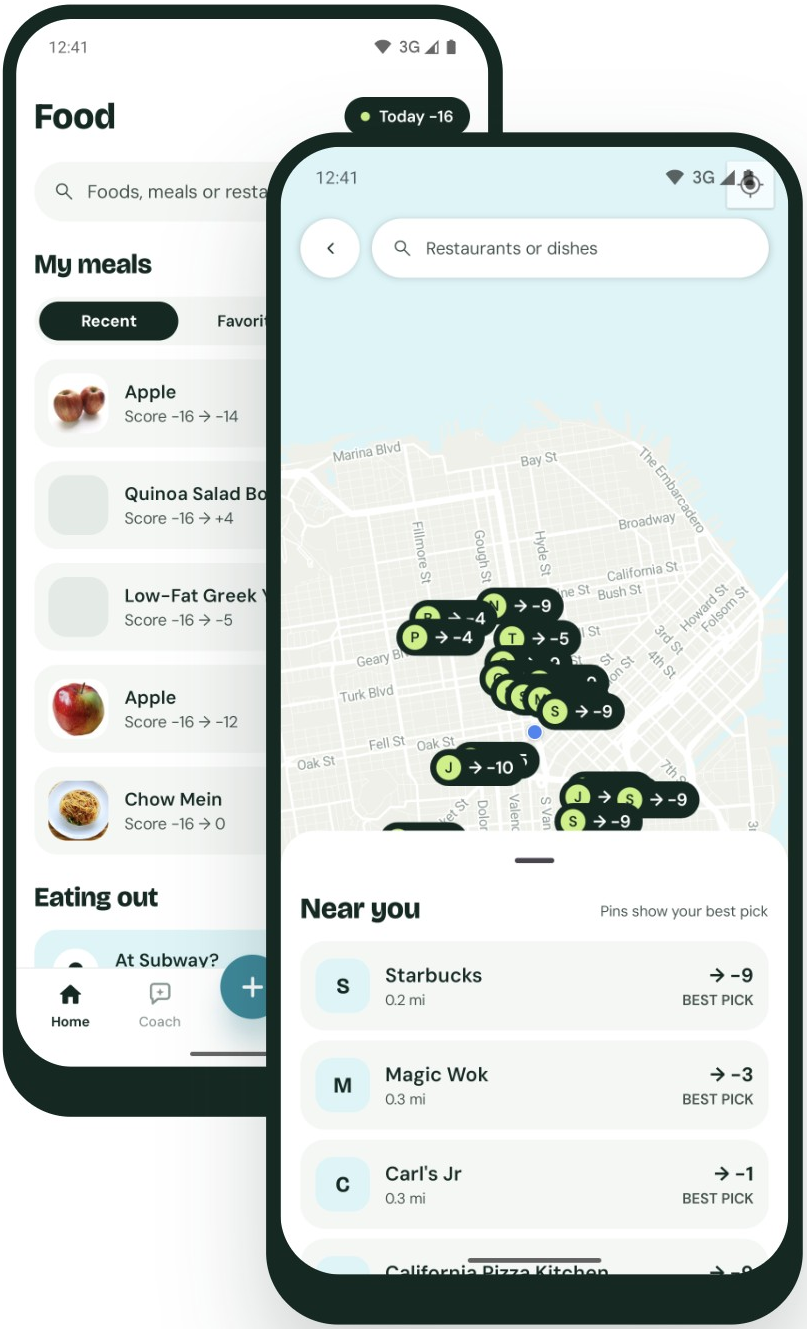


MOST WAYS END ON THE SAME CARD

Check the foods and amounts, fix anything that's off, and tap **Done** (or **Log** for a food you picked). Log again logs in one tap.

Your meals, recipes and restaurants

Open the menu and tap Food.



1 My meals

Switch between Recent, Favorites and Recipes, and tap Log to log one again.

2 Build a recipe

+ New recipe: name it, add ingredients and set the servings. Nutu scores one serving.

3 Eating out

The two places nearest you, or tap Map for more. Each dish shows where your score would land.

4 Snap it at the restaurant

A photo taken at a restaurant is matched to its menu.

LOCATION

Nutu uses your location only to show restaurants near you. You can turn it off any time in your phone's settings.

Activity, sleep and weight

Log them from the menu, or let your phone sync them for you.

1

Log your weight

Once a week, at about the same time of day. Menu › Weight (or Log on the This week card, in the Diabetes Prevention Program). You can add a before photo only you see.

2

Log activity

Menu › Exercise. Pick an activity and adjust the time and intensity. Gardening and walking the dog count too.

3

Log sleep

Menu › Sleep. Enter your sleep, or sync it from your phone.

4

Sync your phone

On Android: Menu › Settings & help › Additional Connectivity, then turn on Health Connect. On iPhone: tap Connect steps in the Activity tile on Home.

ON IPHONE

Also open Settings › Privacy & Security › Health › Nutu, and turn on the data Nutu can read.

ON ANDROID

On Android 13 or earlier, download Health Connect from Google Play first. On Android 14 and later, it's in your phone's Settings.

GOOD TO KNOW Syncing depends on your phone settings, app permissions and the apps or devices you use.

See how you're doing

History and Reports show your days, weeks and trends.

1 **History**

In the bottom bar. Your Nutu Score for each day. Swipe the week strip, or tap the date to open the calendar.

2 **Open a day**

See every meal, activity and sleep entry. Tap a meal to change or delete it.

3 **Reports**

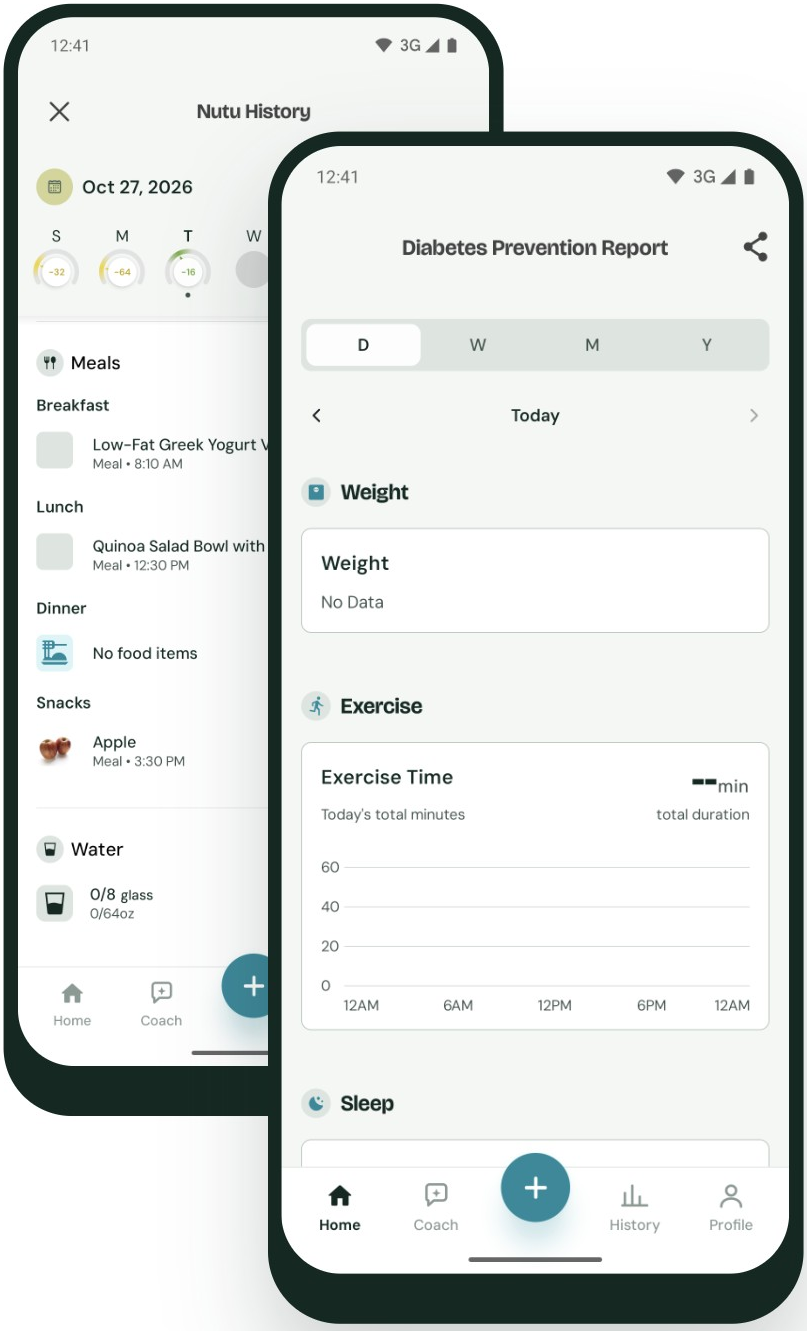
Menu › Reports: your food, weight, exercise and sleep over time, for your program.

4 **Pick a period**

Switch between D, W, M and Y for a day, week, month or year.

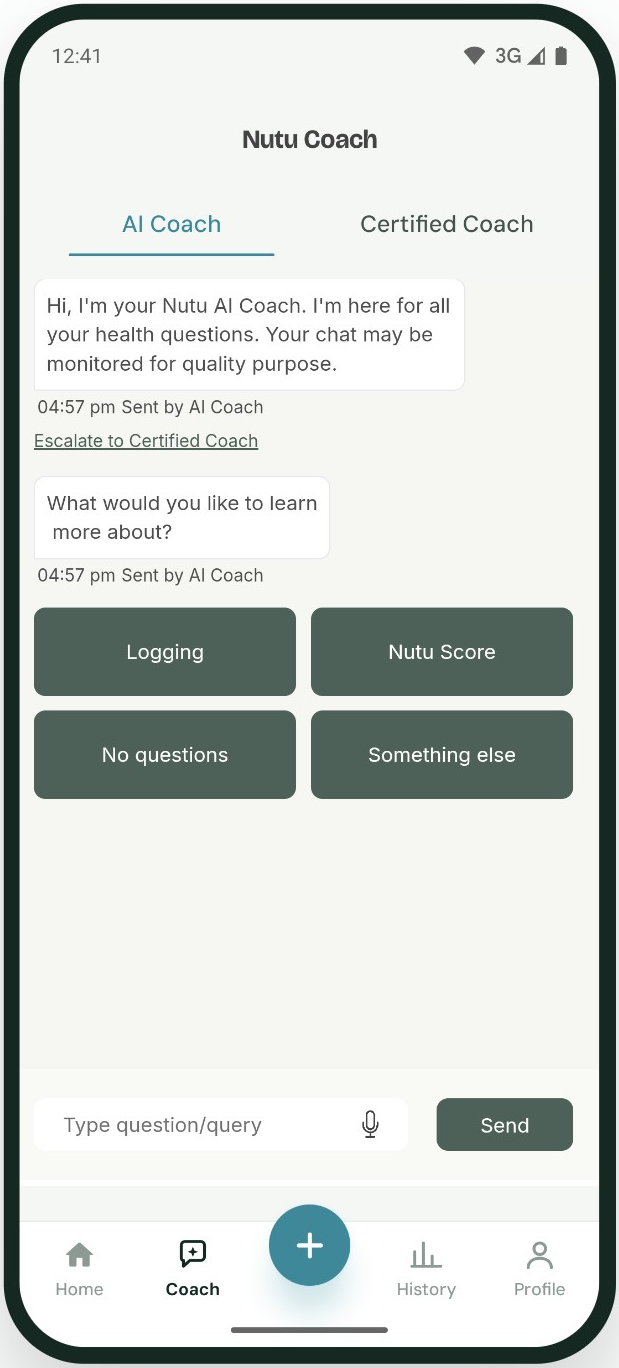
DELETED A MEAL BY MISTAKE?

If you deleted it from its meal card, tap Undo right away and it comes back.



Talk with your coach

Help is one tap away, any time of day.



1 Tap Coach

In the bottom bar. Your AI Coach answers right away, 24/7.

2 Your Certified Coach

In the Diabetes Prevention Program, switch to the Certified Coach tab. They reply within 1 business day.

3 What coaches help with

The program, the app, encouragement and problem-solving. Not medical advice.

4 Your Social Team

In the Diabetes Prevention Program, share tips and support with your team: tap the people icon on Home.

SET A SMART GOAL

Menu › Goals. “Walk 10 minutes after lunch three days this week” is easier to keep than “exercise more”.

Settings, language and help

Open the menu and tap Settings & help.

1 **Notifications**

Turn each kind of alert on or off.

2 **Language**

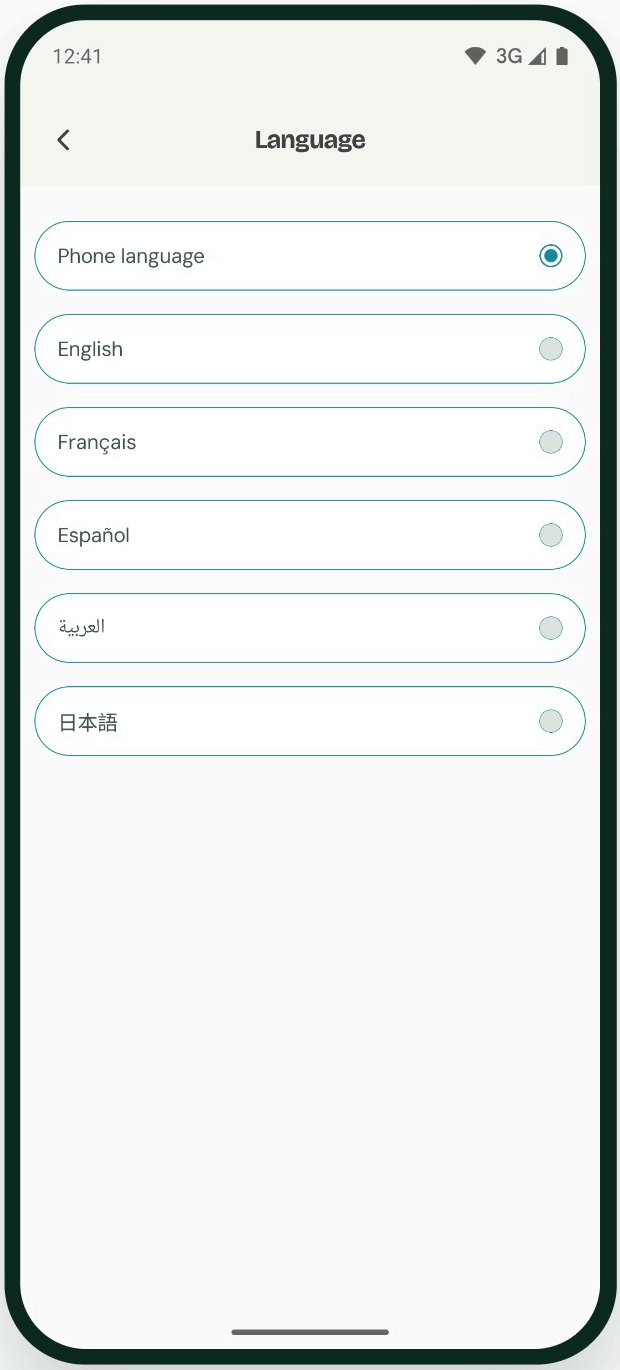
Preferences › Language: English, French, Spanish, Arabic or Japanese, or your phone's language. On iPhone, this opens Nutu's page in your iPhone's Settings; if Language isn't there, first add a second language under Settings › General › Language & Region.

3 **Your account**

Profile › My Account › Edit. Tap your picture to add a photo.

4 **Something not working?**

Close and reopen Nutu, check your connection and install any updates. Still stuck? Contact us.



NEED HELP?

support@nutuapp.com
1 (888) 705-7569