

# **A 10 STEP GUIDE TO REMOTESCREEN**

The road to your DIY "health selfie"



4:52



Q app

Cancel

Q app

Q apple pay

Q apple store

Q apple event

Q apple tv

APPLICATIONS



App Store



Cash App



WhatsApp



Apple Store

FILES

Show More



4,5 - Causation, US Court of appeals

415 KB

Pages Document

Last Opened 4/16/20

q w e r t y u i o p

a s d f g h j k l

↑ z x c v b n m ↵

123

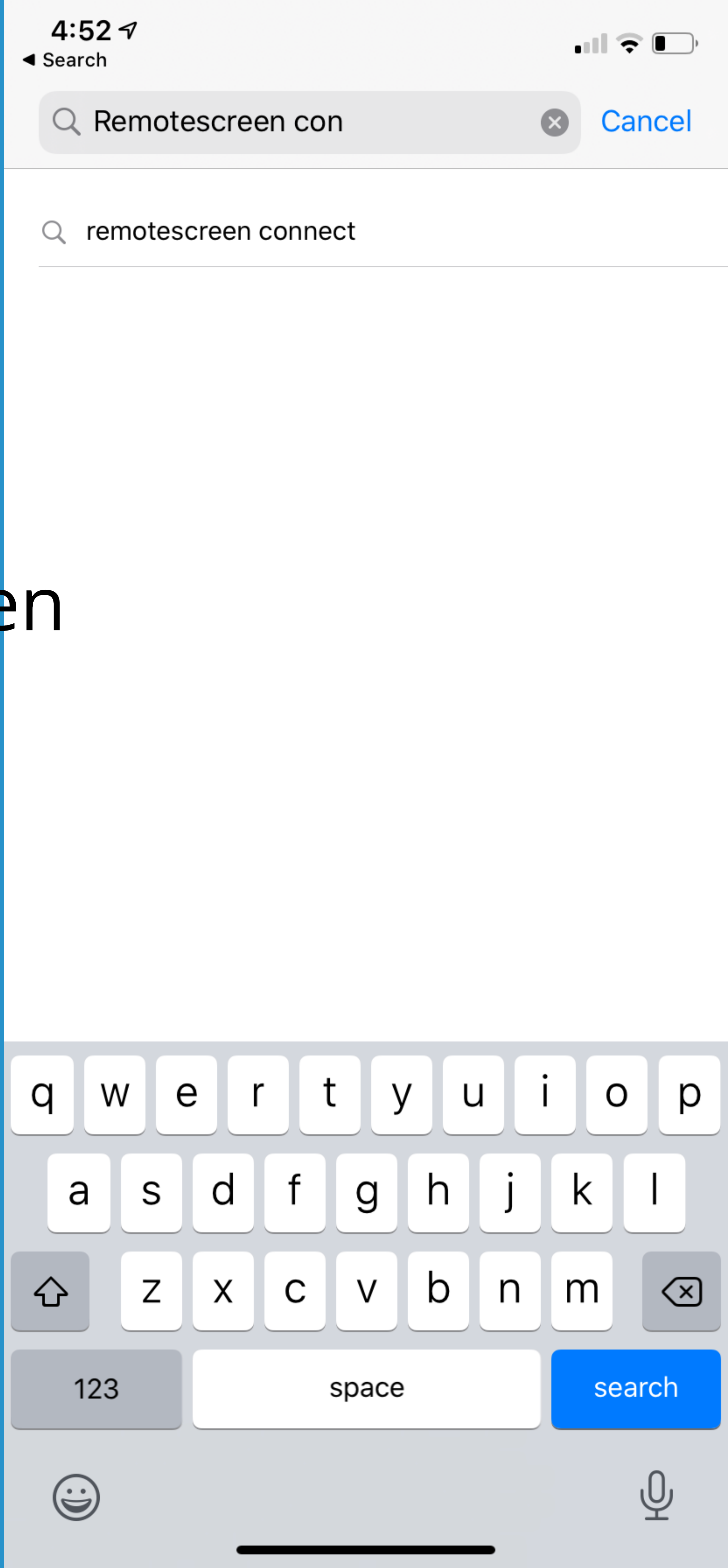
space

search



Step 1:  
Find Your  
APP store

# Step 2: Search for RemoteScreen Connect



remotescreen connect



Cancel

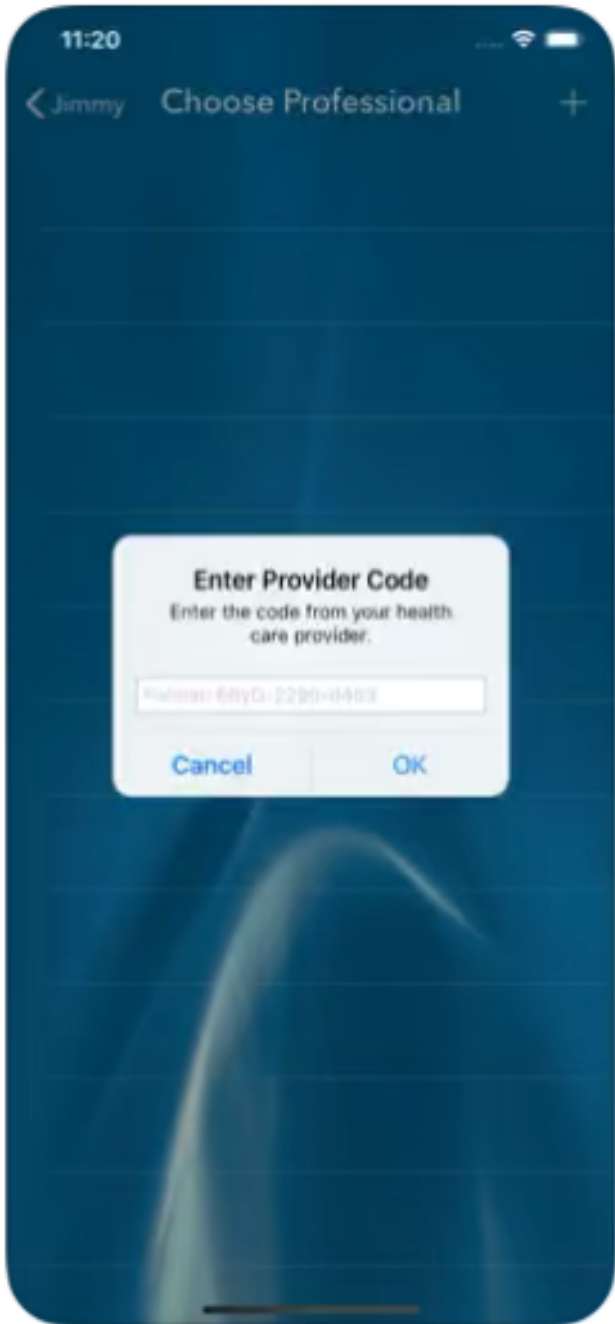


# RemoteScreen Connect

Health & Fitness

★★★★★ 4

OPEN



# Step 3: Download the APP



Today



Games



Apps



Arcade



Search



**RemoteScreen**  
Simplifying Remote Assessments

## Let's Get Started!

Welcome to RemoteScreen - The secure and easy way to connect to your healthcare or fitness professional for your Posture, Body Composition, and Movement Assessments!\n\nSimply sign up below, link to your professional using the RemoteScreen code or link by opening the email and clicking the link and then have a friend take your photos, it's that easy!

## Step 4:

Open the APP and  
select how you'd  
like to sign in  
phone # is the easiest



Sign in with Google



Sign in with Facebook




Sign in with phone

Back

Enter phone number

Verify

Country  +1 (United States) >

Number 8133629592 ✕

Step 5:

Assuming you've  
chosen the phone #  
option; enter your  
phone # and click  
verify

1

2

ABC

3

DEF

4

GHI

5

JKL

6

MNO

7

PQRS

8

TUV

9

WXYZ

0



4:53

App Store



MESSAGES

now

**443-98**

229446 is your verification code for RemoteScreen Connect.

Enter the 6-digit code we sent to

[+18133629592](#)

— — — — —

Resend code in 0:12

Verify your  
phone #  
now...

|           |          |           |
|-----------|----------|-----------|
| 1         | 2<br>ABC | 3<br>DEF  |
| 4<br>GHI  | 5<br>JKL | 6<br>MNO  |
| 7<br>PQRS | 8<br>TUV | 9<br>WXYZ |
|           | 0        | ⌫         |

4:53

◀ App Store



◀ Choose Person

Next



Change Profile Pic

First Name

First Name

Last Name

Last Name

Male

Female

Birthday

MM/dd/yy

Height

ft

in

Weight

Weight

lbs

Phone

+18133629592

Email

Email

Take Photos & Video

Step 6:  
Fill out the  
required  
Information



4:53

◀ App Store



◀ Choose Person

Next



Change Profile Pic

First Name Jill

Last Name Cherry

Male

Female

Birthday 09/14/92

Height 5 ft 5 in

Weight 170 lbs

Phone +18133629592

Email jm@cherryfamilychiropractic.c...

Take Photos & Video

Yes... it  
NEEDS your  
weight and height!...

Step 7: Click  
"Take Photos & Video"

4:55

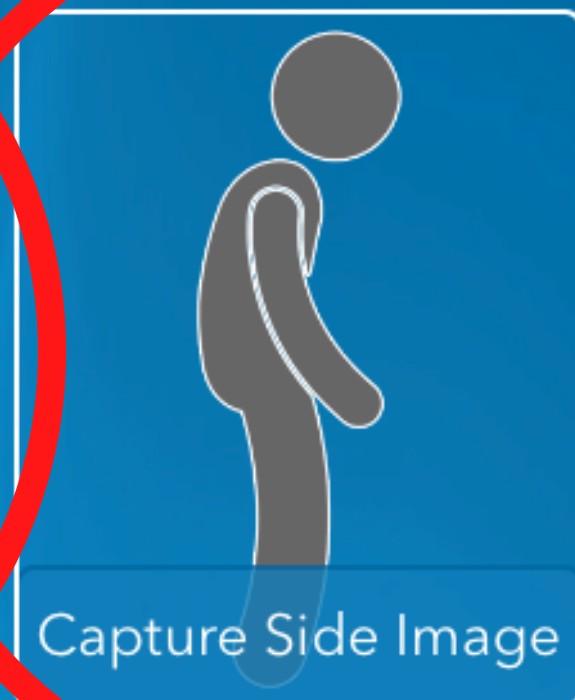
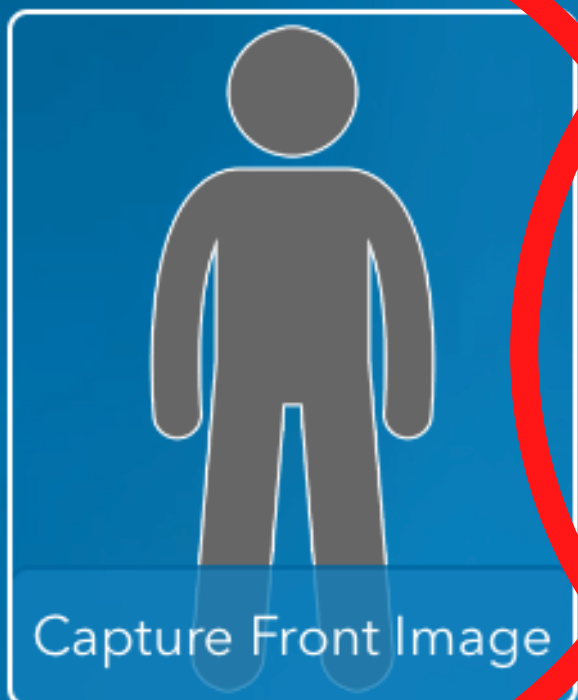
App Store



Back

Jason Cherry

Edit



jcherry@cherryfamilychiropractic.com 1 (609) 703-8275

6 ft 2 in, 250 lbs. 2/26/85

Select a professional



\*Here you'll need a helper or selfie stick!

You'll need to capture a Front Image and Side Image **ONLY.**



Make sure the entire person is in photo.

Make sure the entire person is in photo.

Align to Top of Head



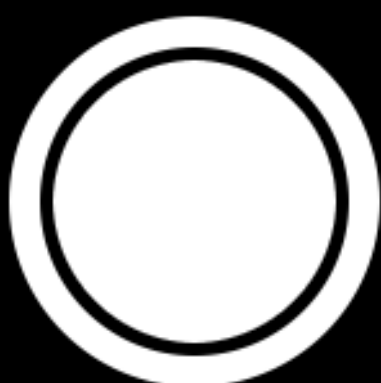
Align to Bottom of Feet

Align to Top of Head



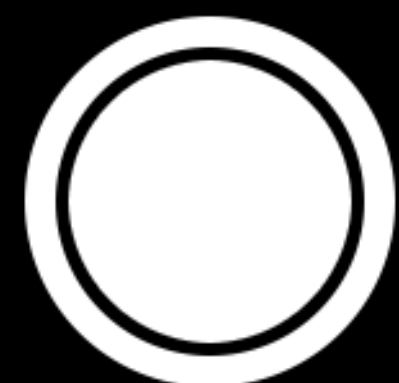
Align to Bottom of Feet

PHOTO



Cancel

PHOTO



4:55

◀ App Store

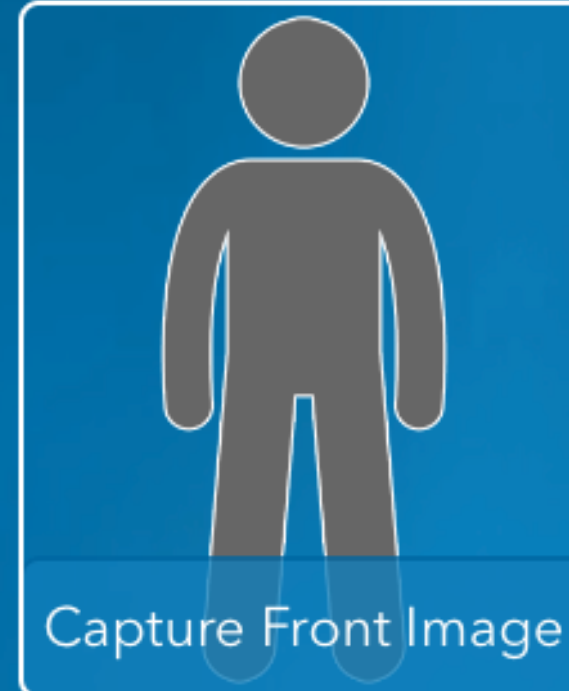


◀ Back

Jason Cherry

Edit

After adding your photos...



Capture Front Image



Capture Side Image



Capture Right Sitting



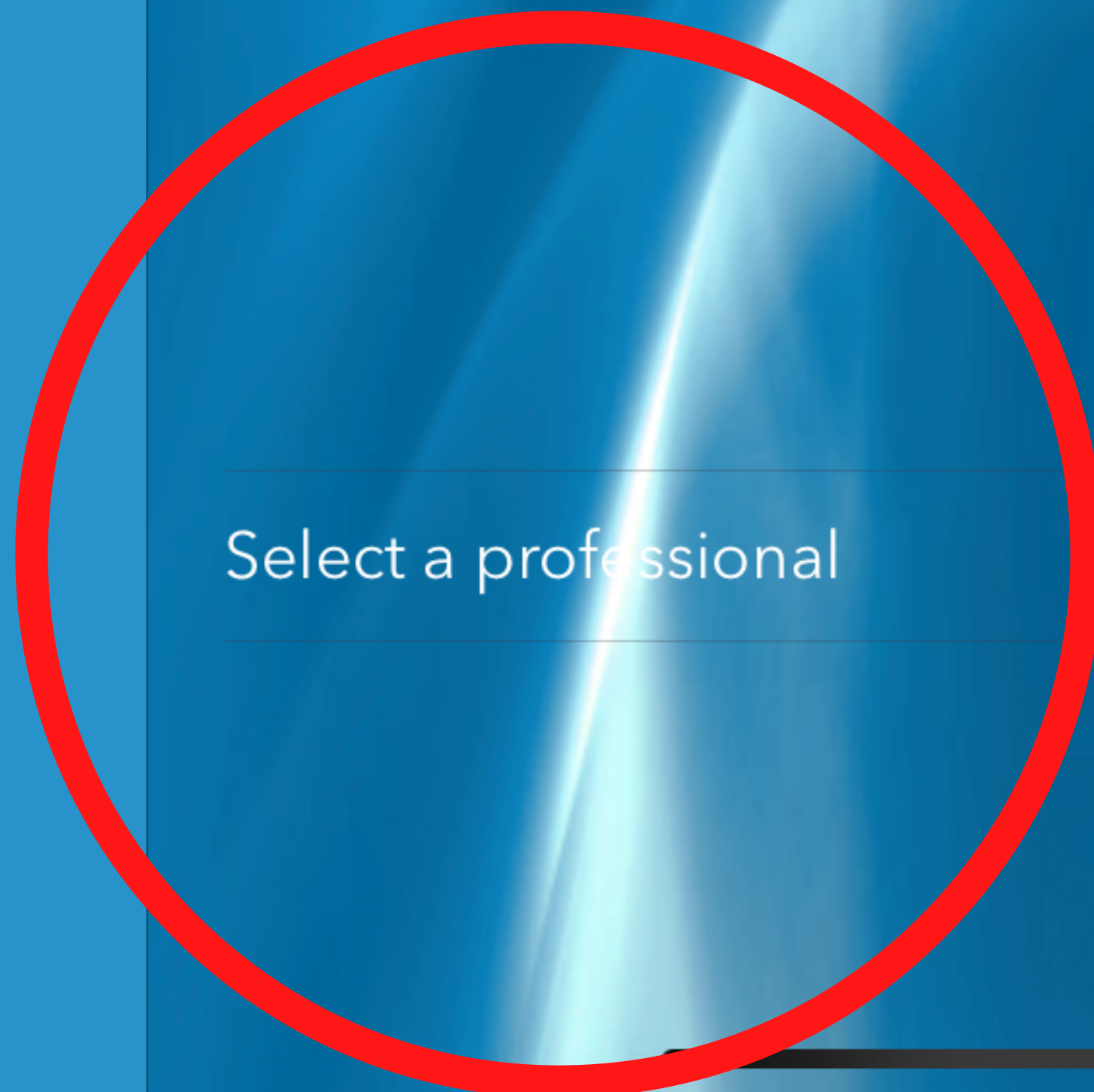
Capture Video

Step 8:  
Add a

professional

jcherry@cherryfamilychiropractic.com 1 (609) 703-8275

6 ft 2 in, 250 lbs. 2/26/85



Select a professional



4:56

App Store

Jason

# Choose Professional



Cherry Family Chiropractic

**THIS CODE MUST BE ENTERED EXACTLY HOW IT IS SHOWN OR ELSE THE CONNECTION WON'T WORK.**

## Enter Provider Code

Enter the code from your health care provider.

Email or Format: 6ByD-2290-d4S3

Cancel

OK

Enter our provider code:

**qZ94-aWn7-Ywn7**

q w e r t y u i o p

a s d f g h j k l

↑ z x c v b n m ↵

123

space

return





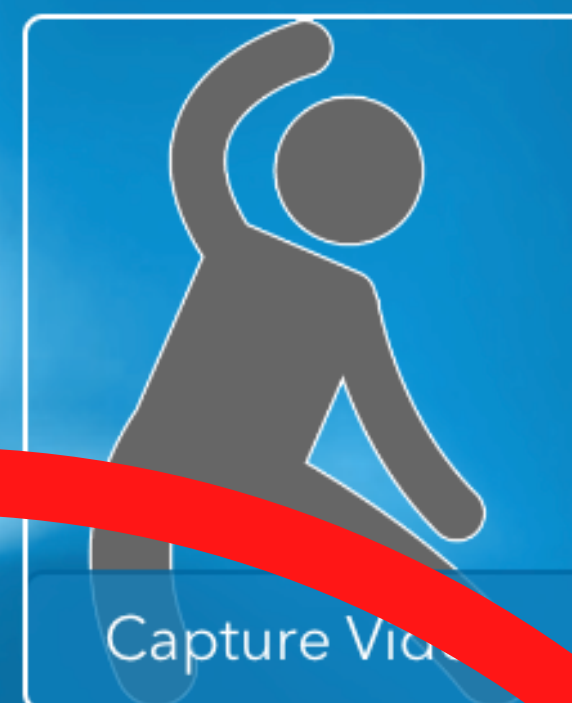
Capture Front Image



Capture Side Image



Capture Right Sitting



Capture Video

jcherry@cherryfamilychiropractic.com 1 (609) 703-82...

6 ft 2 in, 250 lbs. 2/26/85

Send to Cherry Family Chiropractic

Take New Photos

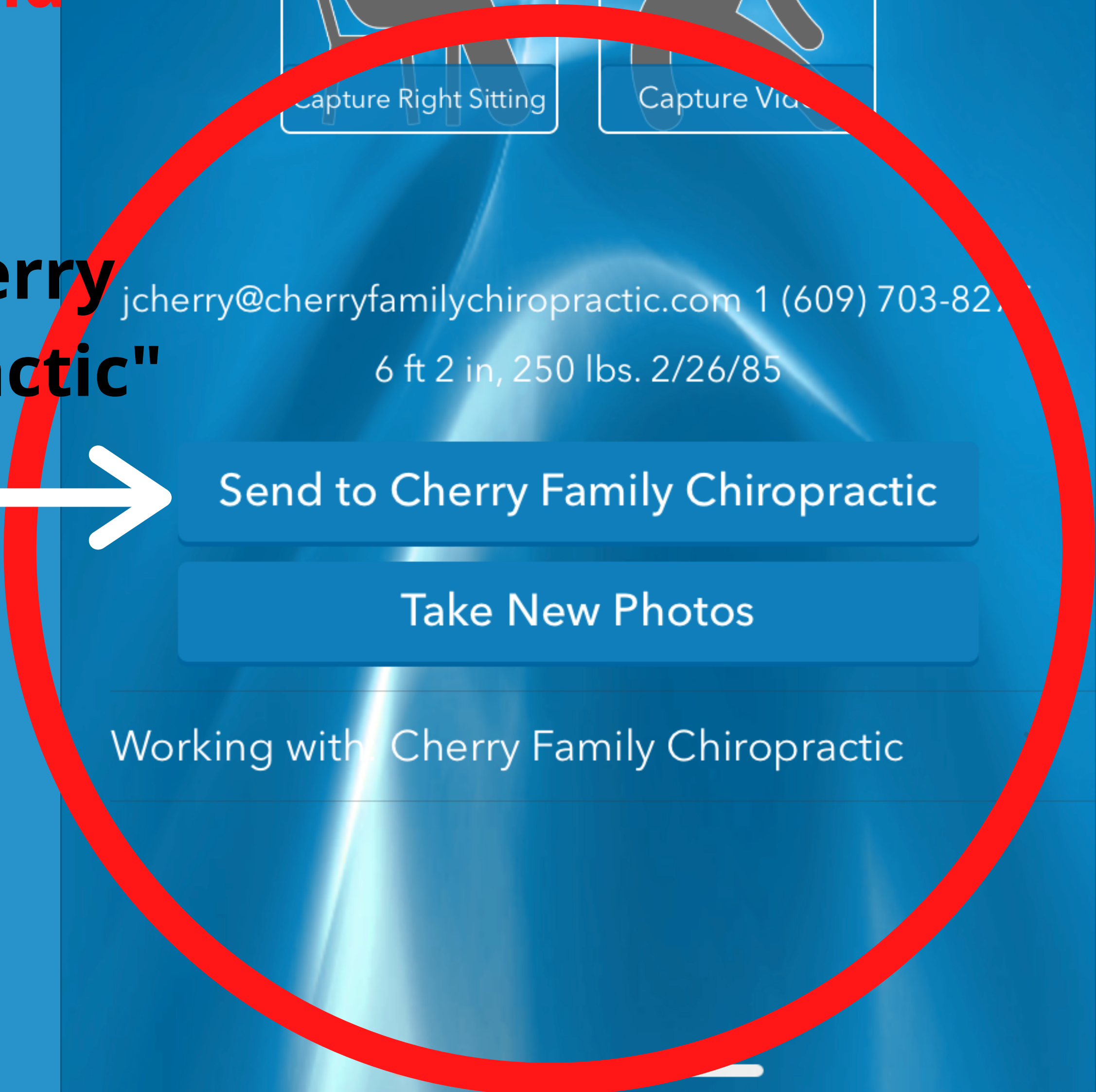
Working with Cherry Family Chiropractic

# Step 9:

Once you have entered in the provider ID correctly, your home screen should have our information here...

after filling out **your information, taking your pictures and verifying your provider...**

hit **"Send to Cherry Family Chiropractic"**



5:38



< Jason

# Jason Cherry



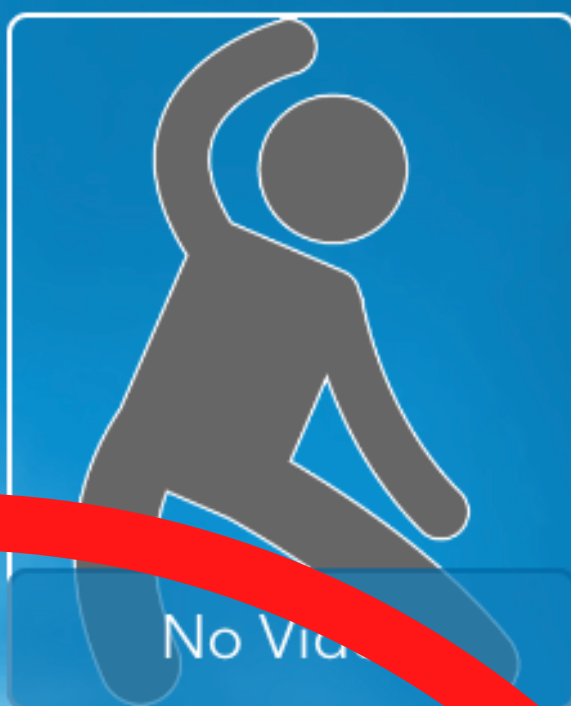
Front Image



Right Image



No Sitting Image



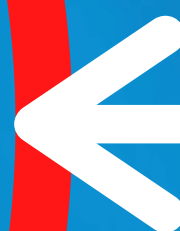
No Video

Today's Body Weight

250

lbs

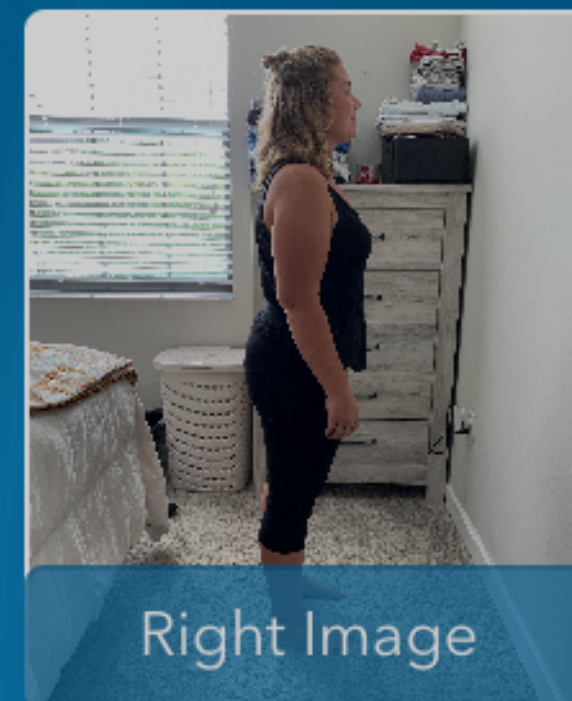
Send to Cherry Family Chiropractic



Hit "Send to Cherry Family Chiropractic"



Front Image



Right Image



**Send to Cherry Family  
Chiropractic**

Are you sure you want to share your  
images and personal information with  
Cherry Family Chiropractic

NO

YES

250

105

Send to Cherry Family Chiropractic

Step 10:  
Click "YES"



5:38



< Jason

Jason Cherry



Front Image



Right Image

Sending Files...



Today's Body Weight

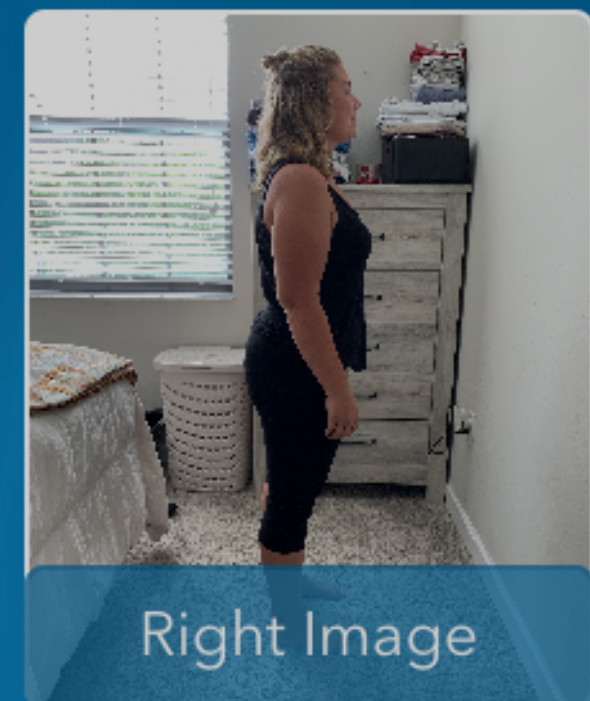
250

lbs

Send to Cherry Family Chiropractic

Then wait  
for it...

If you see this screen you've done it!



**Files Sent**  
We have sent your files to  
Cherry Family Chiropractic

---

[Add A New Person](#)

[Return To Person List](#)

[Back to Jason Cherry](#)

Send to Cherry Family Chiropractic

From this point on, you just sit back and relax!  
I will have received your information and  
begun my detailed analysis that will be  
emailed back to you shortly. (Give me around  
30 minutes)




# What to expect:

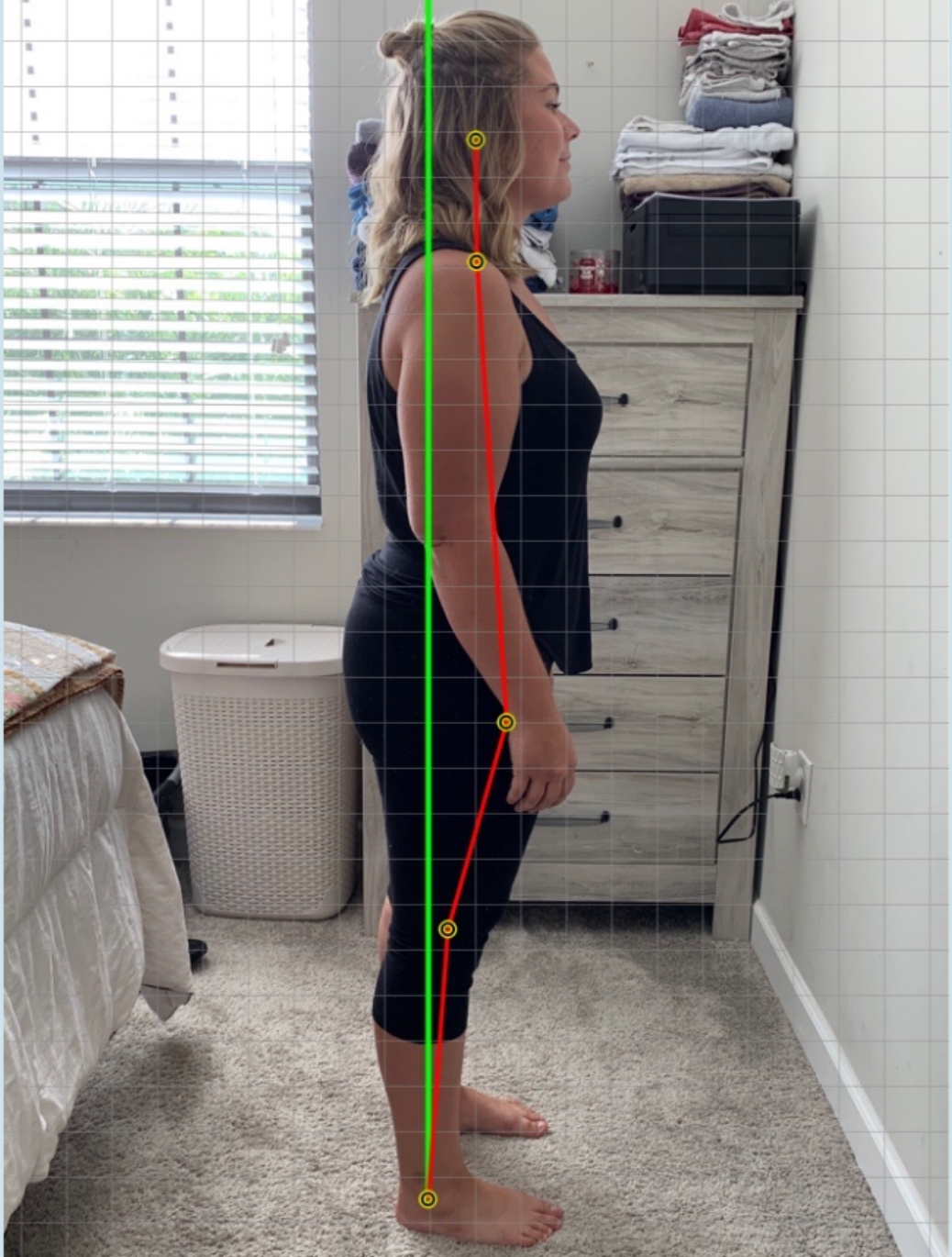
An email with your detailed report that looks something like this...

6:01 PM Tue Jul 21 11%

Right view of Jason Results Screenings



| Posture Index® Values: Front View |       |
|-----------------------------------|-------|
| Total Shifts                      | 2.54" |
| Total Tilts                       | 6.2°  |



| Posture Index® Values: Right View |       |
|-----------------------------------|-------|
| Total Shifts                      | 6.40" |
| Total Tilts                       | 23.7° |

**Front View Deviations**

Head is shifted 0.81" left. Head is tilted 6.2° left.

Shoulders are shifted 0.36" left. Shoulders are not tilted.

Ribcage is shifted 0.53" left.

Hips are shifted 0.84" left. Hips are not tilted.

**Right View Deviations**

Your head weighs approximately 18.9 lb. It is not shifted significantly.


No additional head weight.


Shoulders are shifted 1.74" backward, 3.7° off vertical.


Hips are shifted 2.44" forward, 15.8° off vertical.


vertical.

ResultsFrontRight

 PostureScreen

 LeanScreen

 Exercise

 Send

If you have any questions, concerns or would like to make a **COMPLIMENTARY APPOINTMENT** in our office; here is how you can reach us.

*Dr. Jason Cherry*

*620 S. MacDill Ave, Tampa, FL 33609*

*813-878-2288*

***jcherry@cherryfamilychiropractic.com*** (for detailed health questions)

***elara@cherryfamilychiropractic.com*** (to make an appointment)

***jm@cherryfamilychiropractic.com*** (to make an appointment or tech questions)

