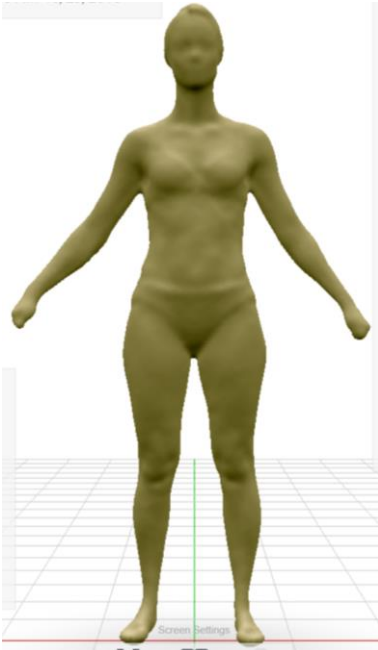




Getting Ready for Your 3D Body Scan

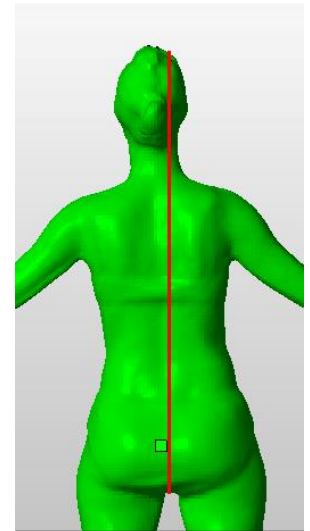
Thank you for scheduling a DittoForm 3D body scan! We are providing this information so that you can feel as prepared as possible for the scanning experience.

Practicing Your Posture



During the scan, you will be asked to stand with your feet about hip-width apart and your arms at 35-45 degrees from your body. We will also do one scan with the feet wider and the arms higher so that the scanner can capture areas hidden in your regular stance under your arms and between your legs.

We generally want you to stand in a way that feels balanced and natural, but if we see that you are bearing weight or leaning to one side, or that one arm is raised higher than another, we will help you to adjust to your straightest comfortable stance. Even with these adjustments, however, **every person is asymmetrical in some way**. This is normal, and it is okay! Muscles on one side may be larger, or you may carry one shoulder higher than another due to curvature of the spine or the way you hold things. Our goal is to help you stand with good posture, but still be yourself.



We help you correct leaning or twisting during the scan.

Take Photos at Home Before Your Scan

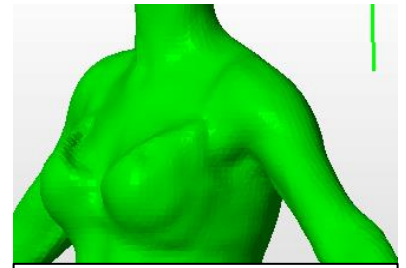


It can be helpful to have someone take a picture of you from behind while facing a wall. This will give you a chance to see if your shoulder height is different or if you naturally lean to one side a little. This exercise is a way to help you get familiar with your own body before the scan, so that seeing a 3D version of yourself is not such a surprise on the day of the scan. You can also try other pictures from other angles.

What to Wear

Foundation garments that fit well are key to a good scan. The scanner does not see through clothes, so what you are wearing will be included on the form that is made from the scan. We do a little editing work after the scan is done to reduce some bra or underwear lines, but these cannot be removed completely. In general, we recommend wearing undergarments like what you wear most often, taking into account these guidelines:

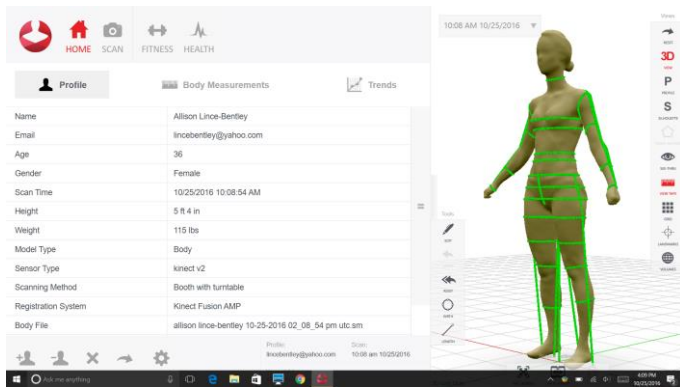
- **Structured bras are best.** Ideally the bridge of the bra will sit flush with your body. Padded and push-up bras add undesirable volume in the finished DittoForm. They can also be problematic if there is a gap between your bust and the bra straps. It's a good idea to try on your undergarments at home and check to see that the bra strap length fits well, and your underwear fits smoothly. Also check to see that the bra supports your chest evenly on both sides as much as possible.



Foundation garments that don't fit the body closely can add volume.

- **Neutral or black undergarments are best, preferably matte.** Shapewear (like Spanx) is okay if that is what you normally wear.
- **Lace** can cause texturing on the scan, and **shiny white** garments can trick the scanner into thinking the measurements are larger than they are.
- **Leotards, tank tops, and leggings** will add volume to your form, so we don't recommend them unless it is your personal preference and something you wear under your home-sewn garments all the time.

If you have any uncertainty about your foundation garments, please bring a few options to try.



What the Scan is Like

We try to ensure that the scanning process is as comfortable and private as possible. You will be in a fully curtained booth or private room. You will stand on a low platform that rotates slowly (about 60 seconds for one full rotation) while the scan is underway. We typically take 3-4 scans in a row, making small adjustments between them to ensure good results. We then look at the scans with you and check the scan results with hand measurements on landmark areas of

the body so that you are comfortable with the results. When we are checking the hand measurements, you will still be in your undergarments but you will have privacy in the scanning booth.

How We Handle Your Files

Privacy is a top priority for us. We know that you are sharing sensitive information about your body, and so we only use images we collect in the scanning process to make your form. Occasionally, we may ask permission to take photographs of you from different angles so that we may compare the images with our scans and correct the form, especially if undergarments appear to be causing distortion in the scans. We will get your permission before doing this and save images securely for the editing process; they are never shared with a third party for any reason. You will receive a copy of the scan. All images in our system are deleted after six months.

How Long Does It Take to Make Your DittoForm?

We commit to having your DittoForm completed within 8 weeks from your order. Approximately one week before the form is ready to ship, we contact you to make sure you will be in town and able to receive the package. We require signature confirmation unless you specify otherwise. The stand ships separately and should arrive within a few days of your DittoForm.