Peak Flow and FEV₁ Meter

Activ8rlives

Being active, eating well and staying healthy.
Lung function and health.

www.activ8rlives.com

Image-based Food Diary

Eating well

Being active

BuddyBand Activity Tracker
Bluetooth 4.0/USB

Pulse Oximeter
Bluetooth 4.0

Bacterial Biomarkers
Respiratory Test
(Laboratory)

Peak Flow Meter

Blood Pressure
Bluetooth 4.0

Non-contact Thermometer
Bluetooth 4.0

Body Analyser
Bluetooth 4.0

Staying healthy

Activ8rlives

We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-management through self-monitoring.

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at **www.activ8rlives.com**

Peak Flow and FEV$_1$ Meter

Summary: Activ8rlives Peak Flow and FEV$_1$ Meter

Please read this manual carefully before you use your new device so that you do not injure yourself or others, or cause damage to your new device through improper use.

The **Activ8rlives** *Peak Flow and FEV$_1$ Meter* is a simple electronic device, which allows you to monitor your lung function—especially useful if you have Asthma, Chronic Obstructive Pulmonary Disease (COPD), Cystic Fibrosis (CF) and need to track your Peak Expiratory (PEF) and Forced Expiratory Flow at 1 second (FEV$_1$).

It sends information to your private FREE **Activ8rlives** account via a USB connection to your PC, or using **Activ8rlives** POGO USB Hub (available separately) to your Smartphone or Tablet. You can see how well you are doing and keep track of your health and wellbeing. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8rlives** is designed to help you achieve this.

The **Activ8rlives** *Peak Flow and FEV$_1$ Meter* helps you to understand how your lung function can change throughout the week, during periods of ill health or as you change your weight and activity levels. It measures your total lung flow rate (PEF) and also determines how restricted your airways are (FEV$_1$) using a non-invasive monitoring technology.

When used with the **Activ8rlives** website or App, this device will help you to work out how close to your target values you are at any given time. This manual shows you how to quickly set-up your **Activ8rlives** *Peak Flow and FEV$_1$ Meter* — it will take just 5 minutes if you follow this guide through.

Included is a FREE Smartphone App and website, which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your Free **Activ8rlives** account. Your activity, body composition and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.

Your *Peak Flow and FEV$_1$ Meter*

Your **Activ8rlives** *Peak Flow and FEV$_1$ meter* has several parts, the **DISPLAY** (LCD), battery compartment, **On/Off BUTTON**, data compartment, memory scroll, measuring tube and mouth piece. It is also supplied with a storage bag.

On/Off BUTTON

Battery compartment

LCD Display

Memory scroll

Data compartment

Measuring tube

Mouth piece

Peak Flow meter

How does the Activ8rlives *Peak Flow and FEV$_1$ Meter* work?

The **Activ8rlives** *Peak Flow and FEV$_1$ Meter* is a non-invasive method allowing the monitoring of the peak expiratory flow (PEF), also called peak expiratory flow rate (PEFR) is a person's maximum speed of expiration. The **Activ8rlives** *Peak Flow and FEV$_1$ Meter* is a small, hand-held device used to monitor a person's ability to breathe out air. It measures the airflow through the bronchi of the lungs and can be used to estimate the degree of obstruction in the airways.

Peak Flow readings are higher when we are well, and lower when the airways are constricted. From changes in recorded values, we may determine lung function, severity of Asthma or COPD symptoms and treatment and how well our treatment is working.

Measurement of PEF requires some practise to correctly use a meter and the normal expected value depends on a patient's gender, age and height. It is classically reduced in obstructive lung disorders such as Asthma, COPD or Cystic Fibrosis.

Due to the wide range of **Normal** values and high degree of variability, peak flow is not the recommended test to identify respiratory disease. However, it can be useful in some circumstances to monitor the severity of it or efficacy of treatment.

It is important to use the same meter every time to ensure consistency of the readings.

It is generally recommended by Doctors to take one measurement in the morning and one in the evening, every day, before inhaling your prescribed medication. Also it is advisable to carry out additional measurements whenever you feel unwell or perceive shortness of breath.

The highest peak flow value is the measurement of interest. Repeat your measurement until you have got the best possible result for the moment. Take care to have sufficient relaxation between measurements.

The **Normal** value (Target value) for PEF varies according to gender, age and height. The chart on page 32 of this manual can be used to read-off your **Normal** value. Enter this value in your **Target PEF** when registering for your Free **Activ8rlives** account.

If in doubt, contact your Doctor for advice.

Adding the Batteries

Your **Activ8rlives** *Peak Flow and FEV$_1$ Meter* uses two AAA 1.5V batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Open the battery compartment from underneath and insert 2 x AAA batteries in the direction indicated.

Replace the cover. The **DISPLAY** should light up now.

If not used, it will power off after about 30 seconds. A faulty operation would make it power off.

Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge.

Replace the set of batteries (2 x AAA) in the right direction when the battery low symbol appears on the **DISPLAY**. During the battery exchange the data stored in the memory of the monitor is well protected and NOT be lost.

Note: Do not tamper or attempt to open the unit in which the battery is housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and thus is a risk of electrical shock or burns. When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.

Peak Flow and FEV$_1$ Meter

Carry Case

Washable Mouth Piece

USB Cable

Two ways to set-up your Activ8rlives *Peak Flow and FEV$_1$ Meter*

Smartphone or Tablet

Windows or OSX Computer via USB connection

Set-up for Smartphones and Tablets via POGO (available separately)

For Laptop set-up go to Section 3.

Installing the FREE Activ8rlives App on Your Smartphone or Tablet

The *Peak Flow and FEV$_1$ Meter* uploads and downloads information via the **Activ8rlives POGO USB Hub** to your Smartphone or Tablet using the FREE **Activ8rlives** App open on your Smartphone or Tablet.

Download the FREE **Activ8rlives** Smartphone App from the App Store appropriate to your device. Search for **Activ8rlives.**

Apple App Store
iOS 7.1 or higher and iPhone (4s or later) and iPad (3 or later).

Google Play Store
Select Android devices running Android 4.3 or later.

Register for Your FREE
Activ8rlives Account

Once you have installed the **Activ8rlives** App, open the App making sure your Smartphone or Tablet is connected to the **internet.**

If you have already Registered, you can **Login** to your **Activ8rlives** account, click **Login**.

If you have not previously registered for your **Activ8rlives** Account, then click the **Register** icon at the bottom left-hand corner of the App screen.

Completing your Registration

To complete the registration, add in the correct details for yourself by following the instructions on the App and selecting **Next** on each page.

As you complete the information, your **Activ8rlives** account begins to learn more about you and your health. These data are used to help you with your self-management through self-monitoring. You can always edit these data later if you make an error, but please try to be accurate in entering your weight, height and age. These are important data. A conversion chart to assist you can be found on our website under the **Information** tab in the top menu.

Remember your **USER NAME** (email) and **PASSWORD** details associated with your account and keep these safe.

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## Part of the Registration Process Will Calculate the Expected Values for Your Peak Flow and FEV$_1$

Normal Values are calculated using the NHAINES III data and uses the values you have entered for your Height, Weight, Age and Gender.

These are then automatically set as your targets in your **Activ8rlives** account.

Complete registration.

When completed, login to the App using your **USER NAME** and **PASSWORD**.

Lung Function

If you want to track your lung function, you can set your targets here. These initial values are an estimate based on gender, age and height.

FEV1 (L)
3.64

PEF (L/min)
445

About Lung Function

Previous | Next
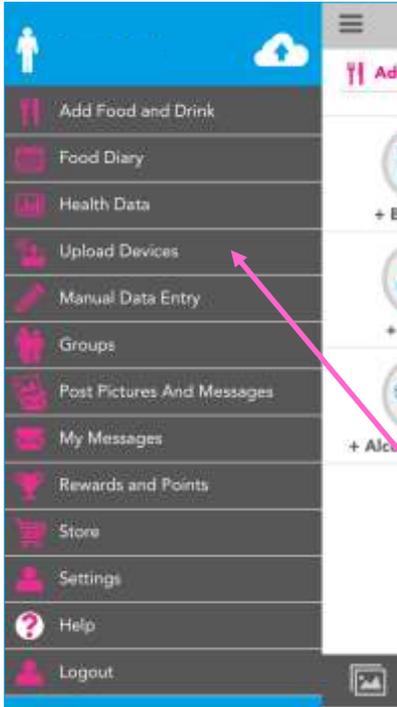
Connecting to **Activ8rlives** App by POGO

Open the **Activ8rlives** App on your Smartphone or Tablet, making sure your Smartphone or Tablet is connected to the internet or cellphone network.

Login to your **Activ8rlives** account and press this icon on each screen to take you to the menu screen

Select **Upload Devices** from the menu list.

Connecting POGO and Peak Flow to Smartphone or Tablet

Select the USB Peak Flow Meter from the list of devices which you can use to upload data to **Activ8rlives** .

Then follow the instructions on-screen which will guide you through each step.

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Setting the Time and Date

Press the **On/Off BUTTON** to turn the *Peak Flow and FEV$_1$* monitor on.

For the first time of set-up, the display on the *Peak Flow and FEV$_1$ Meter* will not show the correct date. This needs to be set, by connecting it to the App via the POGO.

Following the instructions, check the DATE and TIME on the *Peak Flow and FEV$_1$ Meter*.

If the DATE and TIME are incorrect (they usually are for first set-up), answer **NO** on the screen of the Smartphone or Tablet.

Press ON button once.
Wait for 3 seconds.
Listen for two "beeps".
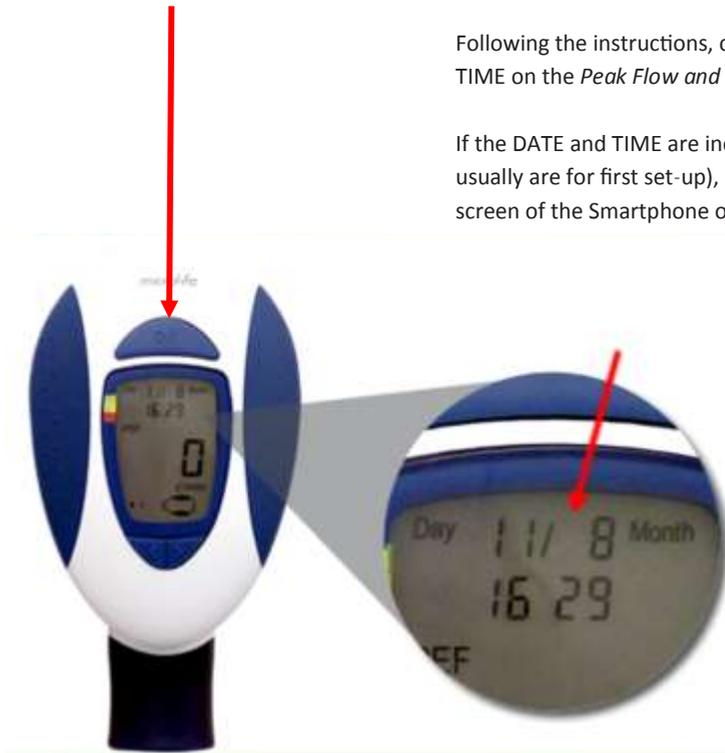
Connect the POGO

Connect the POGO to the Smartphone or Tablet by pushing the jack of the POGO into the ear phone socket of the Smartphone or Tablet.

Make sure that the POGO jack is inserted all the way into the socket.

Press the **ON** button of the POGO. The green light on the POGO should flash rapidly and the images on the Smartphone or Tablet will advance, indicating that the POGO is being seen by the App.

Remove the blue left cover of the *Peak Flow and FEV$_1$ Meter* and connect the USB cable to the POGO.

With the USB cable connecting the *Peak Flow and FEV$_1$ Meter* to the POGO, with the POGO switched on, the *Peak Flow and FEV$_1$ Meter* will briefly show a series of 3 lines on its display.

Check the Meter's display. It should now have the correct time and date.

Unplug the USB cable. Switch OFF the Meter by pressing the ON/OFF button once (brief press).

Set-up for Windows or OSX Computers via USB Connection

Getting your computer up-to-date…..

The **Activ8rlives** Service Link is designed to run on Windows 7 and 8 and Apple's Leopard, Snow Leopard, Lion and later versions of its OSX.

It is strongly recommended that before you install the **Activ8rlives** Service Link that you bring your computer's operating system **fully up-to-date** with the latest version of its operating system. You will need an internet connection throughout.

PCs running Microsoft's Windows: If you have not already done so, go to the **START** menu and navigate to **Windows UPDATE**. From there, and depending on the version of the Windows operating system, you can install all of the updates required to make your system current.

This is good practice for all Windows PC users and will make the installation and operation of the Service Link a great deal easier for you if a little time is spent doing this before proceeding.

A special note for Windows XP users. We all loved XP—it was stable and simple—but it has now been left behind by the developers at Microsoft and you may need to upgrade your operating system:

- If you are running XP, it must be updated to at least **Service Pack 2**. This free upgrade can be found on the Microsoft support pages. With Windows XP, go to your Start Button (bottom left) and to WINDOWS UPDATE to automatically update your system.

Once you have got your Windows PC up-to-date, we can get started. Worth spending the time doing this though—as it is good practice and keeps your PC in good working order.

Creating a FREE Activ8rlives Account Using Your PC

You can use the great online facility we have created to help you work in groups, to increase your motivation and to help you achieve your goals.

Go to

Joining is FREE FOR LIFE.

www.activ8rlives.com

To create your FREE Activ8rlives account, go to our website: **www.activ8rlives.com** and select the **FREE Wellness Check and Registration** button which appears on the homepage. If you already have an account, select **Login** from the top menu bar to open your account.

FREE Wellness Check and Registration

When you choose the **FREE Wellness Check and Registration** link, you will be presented with a series of screens that will take you through the registration process and will also give you valuable information about your health status.

Welcome to our Health Check and registration

We will guide you through your personalised Health Check and help you move to a healthier and more active lifestyle.

We can calculate your Body Mass Index (BMI) for you and advise if you need to adjust your weight.

We need some details from you:

Gender: Male / Female

Date of Birth: 1 / 0 / 1979 DD/MM/YYYY

Weight: kgs

Height: cms

Stride length: cms

Click here to use imperial measurements

Some basic details are needed for the calculations used for your Body Mass Index, the calories you use and the distances you walk.

You can create your own target values for steps and weight to. **Activ8rlives** will help you to understand whether your activity levels and weight are in the "healthy" zones. Simply follow along as the software guides you.

Stride length: A default of 60cm (24 inches) is a pretty good setting for most average sized adults.

If you also track your lung and heart health, there is a screen in which you can enter these details. You can skip these sections if you do not track your heart rate, oxygen saturation, Peak Flow or Forced Expiratory Volume at 1 second (FEV_1).
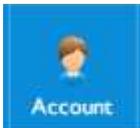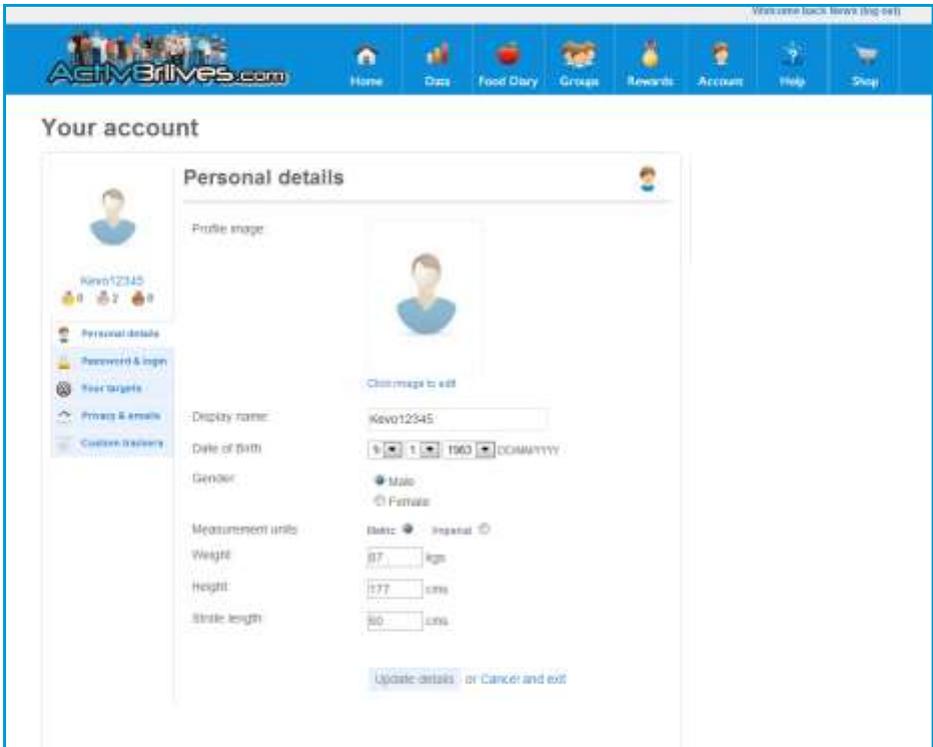
Your Account

Once you have worked through the Registration process on the website, you can review and edit your details and parameters used to programme the *Peak Flow and FEV$_1$ Meter* in your **Activ8rlives** ACCOUNT section.

You can also upload an image to represent yourself so that your friends know who you are when you post messages.

Your account

Target setting

General targets

| Steps per day: | 10000 | steps |
| Weight target: | 85 | kgs |

Lung Function Normal Values

| Peak Expiratory Flow (PEF): | 620 | (60-850 L/min) |
| Forced Expiratory Volume in 1 second (FEV1) | 3.92 | (3.6-6.00 L) |

Update targets or Cancel and exit

Kevo12345

Personal details
Password & logon
Your targets
Privacy & emails

Your Targets

You can change your targets for steps, weight and lung function in the YOUR TARGETs tab.

Make your targets achievable and realistic for your current level of fitness. These individual targets can easily be changed should you find that you have set your goals too low. We also suggest making small changes to your lifestyle habits and building up to more challenging targets as your level of fitness changes with time.

Downloading Service Link via Internet to PC

The Service Link is a small software programme, which we use to upload and download information to and from devices.

After you have logged into your **Activ8rlives** account, go to the **SOFTWARE** tab on the top menu, scroll down the menu to COMPUTER SOFTWARE and select which version of the software to suit your PC.

If you find the installation process difficult, do call us during office hours (9am—6pm) on UK +44(0)1480 352 821 and we can help you over the telephone and by logging into your computer remotely.

Note: Do make sure that your computer is up-to-date with all its operating updates, either Windows or OSX before you start the process to install the Service Link Software.

To install the Service Link Software, click on the link for the Service Link. This will initiate the installation process. Depending on the antivirus protection software you have, our software may trigger various messages and warning about installing software.

Please go ahead and install the software—it has no viruses and there is no malware embedded within it. Click Next to proceed with the installation.

Downloading Service Link to Your PC

Once the installation process has been started, the software will automatically install all of the services you need to run it and to download data from any of our devices: the *Buddy Step Counter* USB, *BuddyBand*, *Pulse Oximeter, Peak Flow and FEV$_1$ Meter* as well as the *Body Anal*yser USB. Just work through the installation Wizard and the software will do everything for you.

It make take a few minutes. Please be patient - **allow the auto-installation process to work. At times it may seem as if nothing is happening but watch for the processor light on your computer to see that the software is busy being installed.**

This Service Link Software icon will sit on the desktop of your PC and when you want to upload your data from your *Peak Flow and FEV$_1$ Meter* you will need to double click to open the software programme.

Downloading the Service Link

For Windows Vista

Windows Vista has its own set of oddities, which were removed when Microsoft brought out its successors, Windows 7 and Windows 8. If you are still using Vista, there are some changes which may have to be made to enable you to edit users.

1.   First, go to the Start Menu and select Control Panel.
2.   Next, chose to see the options in the "Classic View."
3.   Open the page called Users.
4.   There is an option which is generally checked (selected) called "Turn User Account Control on or off."
5.   This takes you to another window, where you simply untick the checkbox to disable UAC.

ONCE COMPLETED, REBOOT YOUR WINDOWS or APPLE PC FOR THESE CHANGES TO TAKE EFFECT.

Using the Service Link on Your Computer

Once you have downloaded the Service Link, you must link it to your Account on **Activ8rlives.**

Open the software icon that will be in your programmes or on your desk top.

Here, you can connect various devices and you can also record your Wellness and severity of Cough as part of your respiratory health.

Connecting to your Activ8rlives Account.

Click on MANAGE USERS to display the window below.

Click on ADD and enter your Nick Name (screen name), USERNAME and PASSWORD. This connects you to your account via your PC.

Using the Service Link on Your Computer

Make sure your *Peak Flow and FEV$_1$ Meter* is **SWITCHED OFF**

Connect the USB data cable to the *Peak Flow FEV$_1$ Meter* to your Windows or Apple PC via the USB port.

Open the Service Link software that can be located on the desktop of your computer.

SWITCH ON your meter.

The *Peak Flow Meter* will automatically make a connection with your PC.

Your PC may display a message indicating that it is looking for drivers, which it will automatically install.

Be patient if your computer is old and a bit slow. On older PCs, this may require a second attempt.

Once the drivers have been installed, then the Service Link software programmes your *Peak Flow and FEV$_1$ Meter* and even your preference for metric or imperial units. This all takes place in seconds.

We recommend uploading your data at regular intervals throughout the week to prevent loss of data due to damage or loss of your *Peak Flow and FEV$_1$ Meter*.

That's it. All you have to do from now on is plug the *Peak Flow and FEV$_1$ Meter* into your PC with the Service Link open (an internet connection is required) and then switch on the meter to upload your data to your account on **Activ8rlives**.

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First Reading on Your *Peak Flow and FEV$_1$ Meter*

ON
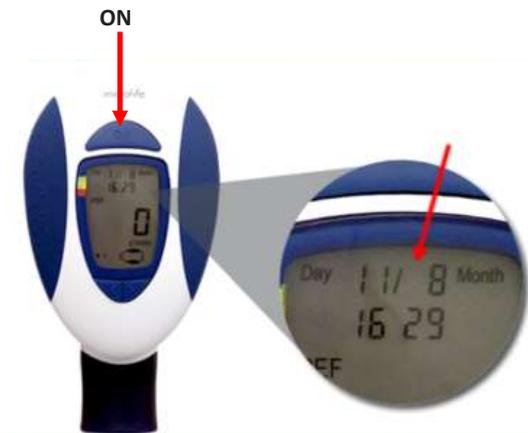
Switch on the Peak Flow FEV$_1$ Meter.
Check the DATE and TIME are correct. This will be corrected automatically when you connect to your PC/Mac or via the App. See previous sections.

Sitting or Standing, blow as fast and as hard as you can.

First Reading on Your *Peak Flow and FEV$_1$ Meter*

Press the **On/Off BUTTON** to turn the Meter on.

At first, the last result of the memory is shown (0 if there are not yet data) and then the device indicates **READY** for a measurement by two short beeps and flashing arrows.

You must wait for the beeps before making a measurement.

You can perform the measurement while standing or sitting upright .

Hold the monitor with both hands on the two blue rubber areas (compartments).

Inhale completely and hold your breath for 2 seconds.

Cover the mouthpiece tightly with your lips.

Blow into the measuring tube as hard and as fast as you can.

A long beep confirms that the measurement has been recorded.

The peak flow value is displayed for about 3 seconds, the FEV$_1$ is shown.

Afterwards the monitor is ready for a new measurement, which is indicated by two short beeps.

YOU MUST SWITCH OFF THE METER TO STORE THE DATA. IT WILL NOT UP LOAD IF THE METER IS LEFT ON.

OFF

Normal values for peak expiratory flow (PEF)
EN 13826 or EU scale
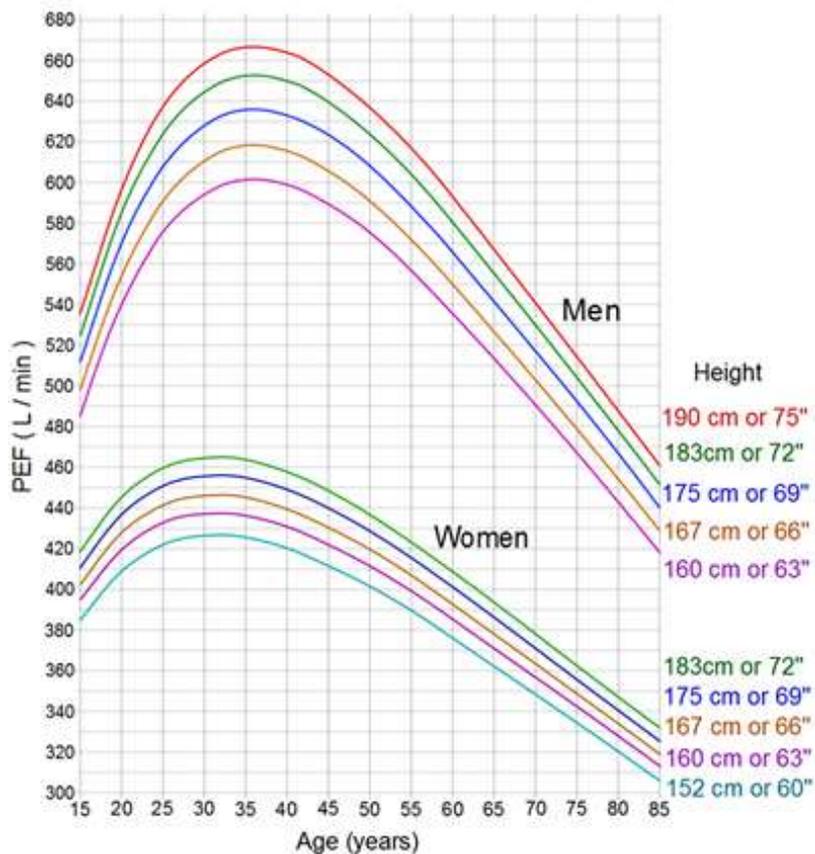
What Your Measurement Means

Peak flow values are often classified into 3 zones of measurement according to the American Lung Association: **Green**, **Yellow** and **Red**.

Doctors and health practitioners develop self-management plans based on the green-yellow-red zones.

This device automatically stores the highest (best) value for each session, with the green range being any reading above 80% of this best value. A reading in the yellow range indicates a reading between 60% and 80% of the best value. A reading in the red range indicates a reading below 60% of the best value. However, these ranges are driven from the Normal Values calculated for you within the software.

Green Zone: 80 to 100 percent of the usual or normal peak flow readings indicating that your lungs are clear. A peak flow reading in the green zone indicates that the lung function management is under good control.

Yellow Zone: 50 to 79 percent of the usual or normal peak flow readings indicates caution. It may mean respiratory airways are narrowing and additional medication may be required.

Red Zone: Less than 50 percent of the usual or normal peak flow readings. Indicates a medical concern. Severe airway narrowing may be occurring and immediate action needs to be taken. This would usually involve contacting a doctor or hospital.

IF IN DOUBT, CONTACT YOUR DOCTOR FOR ADVICE

Viewing your Peak Flow Data on your Smartphone and Tablet.

From the main menu, select Health Data.

Scroll back up to see your data trends.

In the App, you can overlay any number of trackers to see what influences increases or decreases in lung function.

Scroll down and open "Health Trackers,"
Select Peak Flow and FEV$_1$.

Viewing your Peak Flow Data on your Computer

From the top menu of your **Activ8rlives** account you can view your **Data.** Select the time period for which you wish to display your data (Day, Week, Month or Year) and scroll down to see your data.

Within this section you can start to see trends of what affects the other health parameters, and you begin to learn good behaviors.

Along with the **Activ8rlives** *Peak Flow and FEV₁ Meter,* you can monitor and adjust your levels of physical activity (*BuddyBand),* body composition (from the *Body Analyser* Bluetooth 4.0), blood oxygen saturation (Pulse Oximeter) and food intake can also be viewed on a single page. Talk about cause and effect - very powerful.
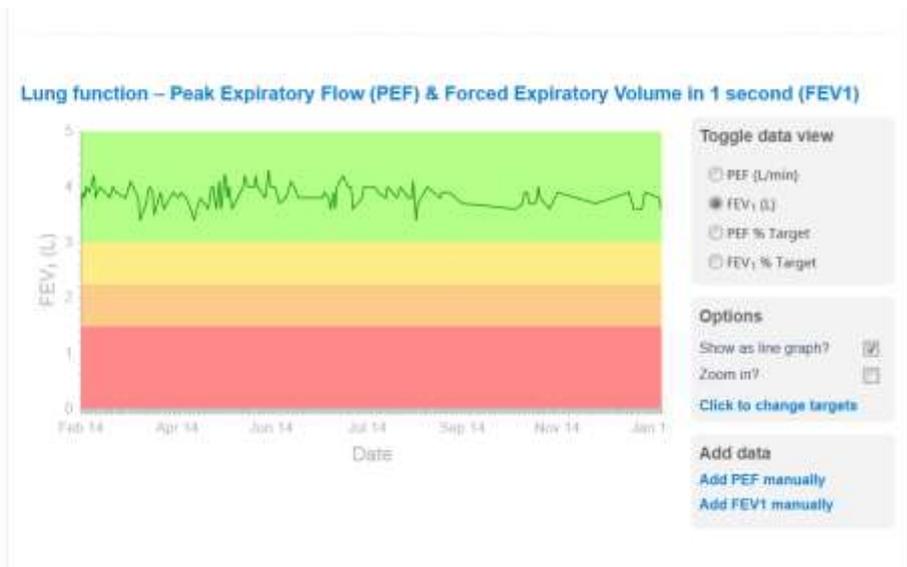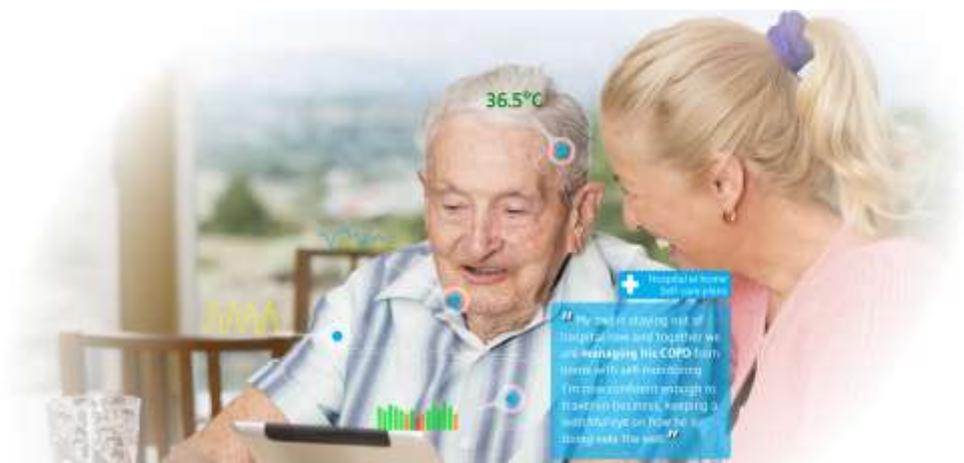
Cleaning and Disinfection

It is recommended that you disinfect the **mouthpiece** and **measuring tube** before its first use and at least once a week using the following procedures. Never immerse the Meter's central unit in water or disinfecting solution.

Disconnect the **mouthpiece** from the measuring tube and stand it in continuously boiling water for 10 minutes. Or stand the mouthpiece in commonly used disinfecting solution and follow the instructions on its label. Leave the mouthpiece on a clean piece of paper towel to dry. Reassemble the mouthpiece onto the measuring tube.

Disconnect the **measuring tube** from the mouthpiece and rinse it well with **distilled water. DO NOT USE TAP WATER**. Or lay the measuring tube down in a container of commonly used disinfecting solution and follow the instructions on its label. **DO NOT IMMERSE THE MEASURING TUBE IN BOILING WATER**. Leave to stand and dry on a clean piece of paper towel and then reassemble.

Peak Flow meter (never immerse in water or disinfecting solution)

Washable Mouthpiece

Washable Measuring Tube

Health and Safety Notices

WARNINGS: The **Activ8rlives** *Peak Flow and FEV$_1$ Meter* is **NOT waterproof.** Do not submerge it in water.

Seek advice from your Doctor about any long-term condition. This device should not be used to make a primary diagnosis.

- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.

- Do not wash the Meter's central unit in water. Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rlives** *Peak Flow and FEV$_1$ Meter.* Don't allow sharp objects to scratch the screen of the LCD display as this may damage it.

- Do not allow your **Activ8rlives** *Peak Flow and FEV$_1$ Meter* to be subjected to excessive forces, shocks, dust, temperature changes or humidity over the range specified. Harsh physical treatment may stop your **Activ8rlives** *Peak Flow and FEV$_1$ Meter* from working properly. Don't expose your **Activ8rlives** *Pulse Oximeter* to direct sunlight for long periods of time.

- Don't remove the back cover and tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the replacement of the batteries, there are no user serviceable parts.

- Take precautions when handling all battery types and dispose of batteries properly. Remove the batteries if you are planning to store the device for a long period of time. We hope you use your device for many years of course, but long periods of storage with the batteries in place may damage the device and will cause the batteries to discharge. Only use the battery type recommended in this manual. Do not touch the exposed electronic circuits, as there is a danger of electric shock.

- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.

- The measurement functions built into the **Activ8rlives** *Peak Flow and FEV$_1$ Meter* are not meant to substitute professional measurement or industrial precision devices. Values produced by the unit should be considered as reasonable representations only.

- The technical specifications for this product and the contents of the user manual are subject to change without notice.

- Contact **Activ8rlives** if your *Peak Flow and FEV$_1$ Meter* does not work properly.

Peak Flow and FEV$_1$ Meter

Specifications

Measuring range: PEF from 50 to 900 l/min, FEV1 from 0.01 to 9.99 litres.

Measuring method: Rotating wing wheel.

Accuracy: PEF ± 20 l/min or 10% of the reading, whichever is greater.
FEV1 ± 0.1 l or ± 5% of the reading, whichever is greater.

Measuring resolution: PEF 1 l/min; FEV1 0.01 l.

Memory: 240 measurements with date/time.

Size: 77 (W) x 144 (L) x 48 (H) mm.

Weight: 150g (with batteries).

Storage temperature: -5 to +50 °C or 23 to 122 °F,
10 to 90% relative humidity max.

Operation temperature: 10 to 40 °C or 50 to 104 °F,
10 to 85% relative humidity max.

Power source: 2 batteries of 1.5 V, size AAA.

Reference to standards: CE (EU Guidelines 93/42/EWG) EN60601-1
ATS standard 1994 update.

Warranty

Activ8rlives (Aseptika Limited) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof-of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8rlives**—details are on the back of this Instruction manual.

EU-Declaration of Conformity

Activ8rlives declares that the **Activ8rlives** *Peak Flow and FEV$_1$ meter* is in compliance with EMC directive 2004/108/EC.

This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please use the retailer's return and collection systems or contact the retailer you purchased this product from, who will advise on correct disposal.

Quick Guide to the Activ8rlives Website Home Page

The **Activ8rlives** Food Diary and Health App is just the start of the self-monitoring experience. There is so much more to explore online at **www.activ8rlives.com**

Our website has a secure Login—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. You can create walking adventures, join groups and see your data in powerful new ways. The Food Diary page is an eye opener for many. In this Instruction manual, we won't explain everything—half the fun is learning what the site can do for you, but we will cover the basic set-up to get you started. The site has 7 major sections:

1. **HOME**—where you can see at a glance what is going on.
2. **DATA** —this is information about your activity and health (KPIs), which only you can see. It's where you can set-up your personal details and add/remove devices.
3. **FOOD DIARY**— powerful tool to track your food and drink intake, to help you manage your weight. Works with the FREE **Activ8rlives** Smartphone App.
4. **GROUPS** — this is where you can find, join and create groups and chat to your friends.
5. **REWARDS** —where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
6. **ACCOUNT**—how to change your details, passwords, targets and a place to create custom trackers.
7. **HELP**—video instructions and App software downloads.
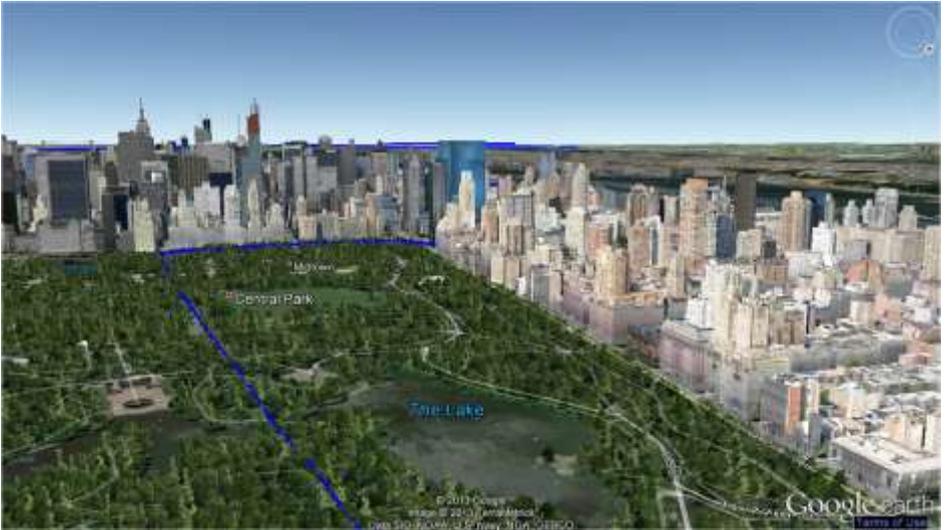
A Walk in the Park

Google Earth™ is built into **Activ8rlives**. This tool can be used by group Administrators to design a route for the group to walk along. Steps from each group member are combined and progress can be tracked using the stunning imagery available.
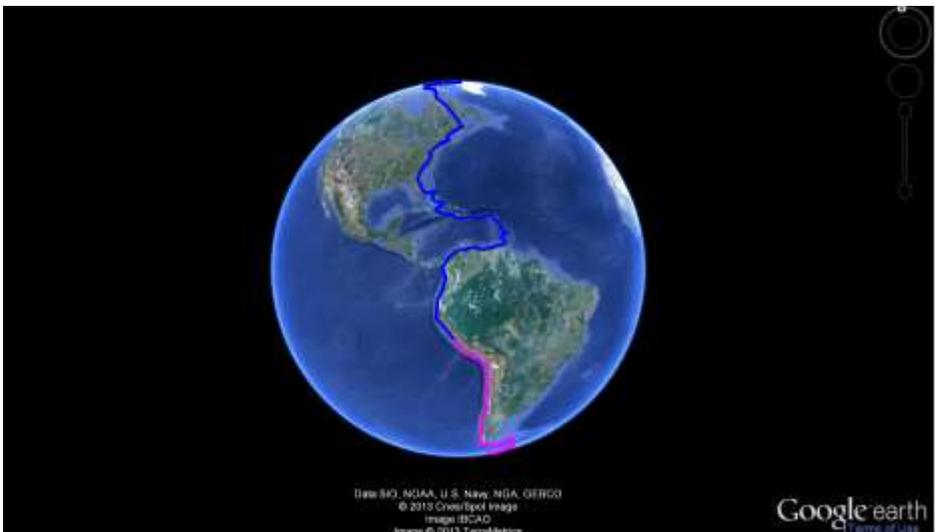
Join a Group or Start Your Own!

We work best in groups. This motivates and provides support for this function. Can be used for: family, friends or Corporate teams, for charity events, personal health training or fundraising.

Personal Activity Medals are earned for achieving targets. Donation points are also earned for physical activity and for self-monitoring. These Donation points can be awarded to the groups you are a member of: a way of saying "Great Job!" to group members. The more in your group, the more points your group will receive and the higher it moves up in the ranking.

Some of our best performing groups

Walk around the World
This is a group supported by **Activ8rlives.**
We are walking around the World together *in silico* using Google Earth^{TM}. The aim is to work together and support each other to be more active. While we do this, we want to have some fun too.

Activ8rlives A8 group: Demonstration group and support
This is a demonstration and support group for people who are new to **Activ8rlives.** The purpose is to help you get orientated, supported and up-and-running. Once you get how the site works, you can unjoin (if you want to) and create your own groups. This is a public group and open to all **Activ8rlives** users.

Eat well

Activ8rlives Food Diary
FREE Smartphone App

Smartphone or Tablet

FREE **Activ8rlives** Account

Take photos with your Smartphone or Tablet

Track your food and liquid intake using our photo-based Food Diary.
- Take pictures of what you eat and drink with your Smartphone.
- Records photos in your **Activ8rlives** Smartphone Food Diary.
- See what you eat and drink every week.
- Syncs with your **Activ8rlives** cloud account.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- Learn how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.

Activity Tracking

The **Activ8rlives** *BuddyBand* Bluetooth 4.0 is a wearable wristband with integrated Bluetooth 4.0, 3D Sensor, upgradable firmware, with data upload to FREE Smartphone App via Bluetooth 4.0 or USB to your PC (Windows or OSX). The *BuddyBand* allows you to track your activity levels and energy expenditure — especially useful as part of an exercise schedule or weight loss programme. It uploads information to your private personal FREE account at **Activ8rlives** so that you can learn to manage your health and wellbeing and better support your family and friends with theirs.

- Records steps, calories burned, vibration alerts and LED shows intensity of exercise.
- Adjustable size, 3 interchangeable straps in Black/Blue/Pink. May not be suitable for sensitive skin.
- Displays time – looks like a modern watch and you can check your progress through-out the day.
- Synchronises with FREE **Activ8rlives** App via Bluetooth 4.0 or PC (Windows or OSX) via integrated USB.
- FREE **Activ8rlives** Smartphone App (iOS 7.1 and above and select Android devices running Android 4.3 and above).
- Fully comply with EU Privacy Laws.
- No cable required, no programming. Charges in 15 mins and works 3 days between charges.
- Sweat and splash proof but NOT waterproof. Not for use in swimming pool, shower or sauna.
- Learn from visualisation of combined weight, activity and Food Diary and work in groups for added motivation.

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Blood Pressure

The **Activ8rlives** Blood Pressure Bluetooth 4.0 monitor is an easy-to-use device that can measure your blood pressure — especially useful if you suffer from previously diagnosed conditions, which result in high or low blood pressure. This device is intended for measuring the blood pressure on the upper arm for people with an upper arm circumference of 22 to 42 cm (about 9-17 inches). It is intended for use by adults only.

Automatically uploads information from your **Activ8rlives** Blood Pressure Bluetooth 4.0 monitor to your Smartphone or Tablet via FREE **Activ8rlives** App. Devices support are: iOS 7.1 and above (iPhones 4s or later or iPads 3 or later) and selected Android devices running 4.3 and above.

- Accurately measures Systolic and Diastolic blood pressure, and irregular heart beat.
- Upper arm measurement for accuracy, with adjustable cuff for 22-42cm circumference.
- Single integrated unit with wireless Bluetooth 4.0 set-up – no programming required.
- Automatically uploads to FREE Activ8rlives account via Smartphone App (iOS 7.1 or later & Android 4.3 or later).
- Easy to use, large LCD display and buttons for ease of use.
- Fully comply with EU Privacy Laws.

Body Composition

The **Activ8rlives** *Body Analyser* Bluetooth 4.0 determines your weight and your visceral fat index. In addition to calculating your Body Mass Index (BMI), it will also calculate your percentage of muscle and fat, so that you can see whether your exercise or weight loss programme is removing fat (good) or losing muscle (bad), allowing you to monitor and adjust your regime.

The *Body Analyser* Bluetooth 4.0 uploads your stored data directly to your FREE **Activ8rlives** account via your Smartphone or Tablet with Bluetooth 4.0 enabled devices. Includes a FREE Smartphone App (iOS 7.1 or later, selected Android 4.3 devices or later), which also tracks your food intake via our photo-based Food Diary. You can also use your FREE **Activ8rlives** App to track your lung and heart function, blood pressure, blood glucose, medication and any custom tracker you wish to record.

- Requires Bluetooth 4.0 Smartphone or Tablet to use and uploads data to your FREE account.
- Accurately measures: weight, BMI, Visceral fat, Body fat, Bone and Muscle Mass.
- FREE Smartphone App (iOS 7.1 or above and select Android devices running 4.3 or above).
- Fully comply with EU Privacy Laws.
- Simple – no programming of smart scales required.
- Learn from visualisation of weight, combined with activity and Food Diary.
- Work in groups for added motivation.

General Health
Contactless Thermometer

The **Activ8rlives** Contactless Thermometer Bluetooth 4.0 is an easy-to-use device that can measure your body's temperature. It sends information to your private personal **Activ8rlives** account via your Bluetooth 4.0 enabled Smartphone or Tablet (not included) so that you can see your precise temperature without contact and to help you keep track of your health and wellbeing.

The **Activ8rlives** Contactless Thermometer Bluetooth 4.0 does a lot more than just measure your body temperature — it helps you understand how your body is changing in response to numerous factors, such as age, sex, type and thickness of skin, internal biochemical and physiological changes. It also measures surface temperature.

- Contactless and simple operation.
- Measures body, ambient and surface temperatures.
- Upload data directly to your Free **Activ8rlives** account via Bluetooth 4.0.
- Fully comply with EU Privacy Laws.
- Replaceable 2 x AA battery.
- Suitable for all ages.

This Instruction manual is available FREE for download at **http://data.activ8rlives.com/help/manuals.aspx**
after **Login** and can be found in the **Help** section.

It can also be purchased via our online Store **http://activ8rlives.hostedbywebstore.co.uk/**

Make it fun—do it together!

We are more effective when we work in groups.

Be active, eat well and stay healthy.

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