

Body

# Analyser

Bluetooth Smart Scales

Bluetooth™  
4.0



# Activ8rlives

*Being active, eating well and staying healthy.*



Body Analyser  
for the  
whole family



As seen at  Gadget Show LIVE



[www.activ8rlives.com](http://www.activ8rlives.com)



***Works with: iOS 7.1 and above (iPhone 4s or later & iPad 3 or later)  
and select Android devices running Android 4.3 and above.***

[www.activ8rlives.com](http://www.activ8rlives.com)



## 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](http://www.activ8rlives.com)

# Body Analyser

## Bluetooth Smart Scales

Bluetooth™  
4.0



### Summary: **Activ8rlives** Body Analyser Bluetooth 4.0 Smart Scales

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** Body Analyser Bluetooth 4.0 Smart Scales is an easy-to-use device that can measure your body's composition — especially useful as part of an exercise schedule or weight loss programme. It sends information to your private personal **Activ8rlives** account via your Bluetooth 4.0 enabled Smartphone or Tablet so that 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** Body Analyser Bluetooth 4.0 does a lot more than just measure your weight— it helps you understand how your body is changing in response to the lifestyle choices you are now making. It measures your % fat and % protein (muscle). It also measures your visceral fat—a key parameters linked to type 2 diabetes. This manual shows you how to quickly set-up your **Activ8rlives** Body Analyser Bluetooth 4.0 — it will take just 5 minutes if you follow this guide through.

Eating well can also be achieved through self-monitoring using our Food Diary. 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 (from the *Body Analyser* Bluetooth 4.0) and food intake can then all be viewed on a single page. Talk about cause and effect—very powerful.



**Bluetooth**  
**4.0**



## How Does the **Activ8rlives Body Analyser Bluetooth 4.0** Work?

The **Activ8rlives Body Analyser Bluetooth 4.0** uses a measurement principle known as Bioelectrical Impedance Analysis (BIA). A very small current is sent through your body, through your feet and legs. The current flows with little electrical resistance through lean muscular tissue, which is full of fluid. By contrast, body fat has a high electrical resistance—it acts as an electrical insulator. By measuring your body’s resistance to the current (its impedance), the proportion of muscle can be calculated. From this, the quantity of fat and water can then be estimated.

The size of the current used is only about 1 mA—this is a minuscule current and you will not feel it. However, the **Activ8rlives Body Analyser Bluetooth 4.0** should NOT be used by those fitted with a pace maker or if you have any other electrically-operated medical device fitted.

## The Best Time to Measure Your Body Composition

Our water content can vary at different times during the day and since body fat percentage is calculated by measuring the water content, our body fat reading can also vary throughout the day. There is no right or wrong time of the day to take a reading, but we find it most consistent to measure our body weight and water content first thing in the morning before eating or drinking and after using the toilet. It is about making the measurement consistent.

Taking measurement after having a bath or sauna, or following intensive exercise, or within 1-2 hours of drinking in quantity or eating a meal is going to distort the values generated.

Never attempt to take readings when you are wet, after a shower or vigorous exercise.

Make sure that your **Activ8rlives Body Analyser Bluetooth 4.0** is placed on a level, hard surface.

**DO NOT** attempt to use the **Activ8rlives Body Analyser Bluetooth 4.0** on a carpeted surface—erroneous values will be generated.

Bluetooth™  
4.0



## Body Analyser Bluetooth 4.0 Overview

Your [Active8lives](#) Body Analyser Bluetooth 4.0 Smart Scales have two parts: the DISPLAY and the FILM.

DISPLAY



FILM—place feet on these surfaces

1

Bluetooth™  
4.0



## Your Bluetooth 4.0 Smartphone or Tablet

**IMPORTANT NOTE:** The *Body Analyser* Bluetooth 4.0 uploads your data directly to your FREE **Activ8rives** account via your **Smartphone or Tablet which must be Bluetooth 4.0 enabled**. Included is a FREE Smartphone App (iOS 7.1 and above and Android 4.3 and above for select Android devices with Bluetooth 4.0). The *Body Analyser* Bluetooth 4.0 will not work fully if you do not have a Bluetooth 4.0 enabled Smartphone or Tablet.

***An iOS 7.1 and above (iPhone 4s or later and iPad 3 or later). Android 4.3 and above for selected Android devices with Bluetooth 4.0 are required to synchronise with your Body Analyser.***

## Compatible Bluetooth 4.0 Smartphones or Tablets

Wireless connectivity uses Bluetooth 4.0 to Smartphones and Tablets.

These operating systems are compatible with the **Activ8rives** App:

- iOS 7.1 and above. Must be run on an iPhone 4S or later or an iPad 3 or later. Earlier versions of these devices are not Bluetooth 4.0 enabled.
- Android 4.3 and above for selected Android devices with Bluetooth 4.0.
- Many non-Bluetooth devices can be made to communicate with the *Body Analyser* using our POGO device, which plugs into the earphone socket of your Smartphone or Tablet and is sold separately. See our website ([www.activ8rives.com](http://www.activ8rives.com)) for further information.







## Adding the Batteries

Your **Active8lives** *Body Analyser* Bluetooth 4.0 uses four AA batteries, which are supplied. These are non-rechargeable batteries and no attempt should be made to recharge these.

Remove the back cover and add the 4 x AA 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. If it is overloaded, it will also power off. Also 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 (4 x AA) in the right direction when the battery sign on the **DISPLAY** is shown as "LO".

3

Bluetooth™  
4.0



## Installing the FREE **Activ8lives** App on Your Smartphone or Tablet (requires Bluetooth 4.0 enabled device)

The *Body Analyser* Bluetooth 4.0 Smart Scales uploads and downloads information directly to and from your **Activ8lives** account each time your Bluetooth 4.0 Smartphone or Tablet is connected to it.

Download the FREE **Activ8lives** Smartphone App from the App Store appropriate to your device. Search for **Activ8lives**.



### **Apple App Store**

iOS 7.1 or higher and iPhone (4s or later) and iPad (3 or later). Earlier versions do not support Bluetooth 4.0.



### **Google Play Store**

Select Android devices running the Android 4.3 or later. Devices must support Bluetooth 4.0. See our website for a list of supported Android Smartphones and Tablets.



13:17 89%

Home Login

Username

Password

Login

Join us, it's Free!

No joining fee and No monthly fee - Ever!

Take the tour Register

13:20 88%

Home About You

Your Gender:

Female

Preferred Units:

Metric

Date of Birth:

26 Feb 1994

Height (cm):

Height

Weight (kg):

Weight

Stride length (cm):

60

## 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 with **Bluetooth 4.0** switched on.

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

If you have not previously Registered for your **FREE Activ8rlives** account, then click the **Register** icon at the bottom right-hand corner of the App screen.

## Completing Your Registration

To complete the Registration for your **FREE Activ8rlives** account, add in the correct details for yourself by following the instructions on the App and selecting **Next** at the top of 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 Username (email) and Password details associated with your account and keep these safe.



5

# Bluetooth 4.0



## Uploading Your Data to Your Free **Activ8rives** Account

The information for each person that can be uploaded is: Weight (kg), Fat (%), Bone (%), Muscle (%), Water (%) and Visceral Fat index. You can then view these data alongside your step data if you have already used an **Activ8rives Buddy** step counter or the *BuddyBand* Bluetooth 4.0. The great thing about the **Activ8rives Body Analyser** Bluetooth 4.0 is that you can upload and permanently store your data on your own secure **Activ8rives** account, so that you may review your information, monitor your activity and join or create your own groups and teams. Ideal for family members of all ages, clubs, voluntary groups or work teams. You can even compete against other teams. It's about having fun and working within a group to achieve your goals. This is more interesting and enjoyable than doing it on your own.

kg, lbs and  
St:lbs

% Fat

% Muscle

Visceral Fat

But to use this powerful and motivating function, first we have to move your *Body Analyser* Bluetooth 4.0 data into your **Activ8rives** account via your Bluetooth 4.0 Smartphone or Tablet using the **Activ8rives** App.

We find it a powerful motivator if you measure yourself frequently—ideally every morning. Not only does this give you great looking graphs, it is also a powerful motivation to keep being active and achieve healthy body weight and composition!

Try to get into the habit of uploading every day via the **Activ8rives** App and chatting with those in a group via your Group's page in the App or our website ([www.activ8rives.com](http://www.activ8rives.com)), but it is your body, so do it the way that works for you.

Once you have uploaded your information, your old information is wiped from the **Activ8rives Body Analyser** Bluetooth 4.0 to free space in its memory and it also means that no one else using the *Body Analyser* gets to see your data. Pretty smart really.



**NO SOCKS!**



## No Socks!

As the **Activ8rlives** *Body Analyser* Bluetooth 4.0 Smart Scales use Bioelectrical Impedance Analysis (BIA), a very small current is sent through your body, through your feet and legs. Therefore, **you must remove socks** and foot attire prior to stepping on to the Smart Scales.



**NO SOCKS!**

The scales will detect if you are wearing socks or your feet are too dry to make a connection and the **Activ8rlives** App will show this symbol.

If you have very dry feet and in particular dry and cracked heels, the *Body Analyser* may also not be able to take a reading. Try moistening your feet with a damp tissue or cloth and take another reading.

Never attempt to take readings when you are wet after a shower/bath or sauna/steam room or after vigorous exercise.

## Can Children Use the **Activ8rlives** *Body Analyser* Bluetooth 4.0?

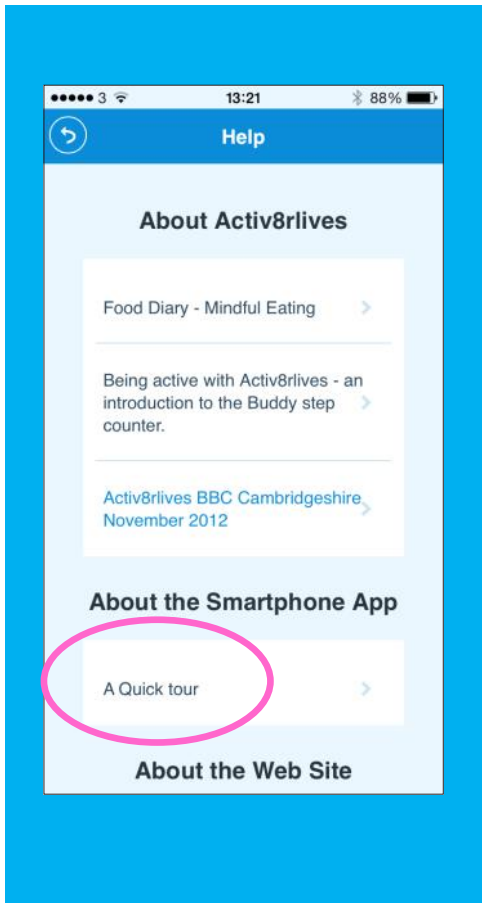
Yes they can. But the medical profession does not recommend placing children on weight loss programmes except under strict medical supervision by their doctor. Children can use the **Activ8rlives** *Body Analyser* Bluetooth 4.0 to measure their weight, but the calculations used to determine body composition are adjusted for adults. Different calculations are needed for children and these are not included in the **Activ8rlives** *Body Analyser* Bluetooth 4.0, so do not apply these to the children in your care.





7

Bluetooth™  
4.0



### Quick Tour on Your App

A Quick Tour showing what the **Activ8lives** Smartphone App can do is available from the App menu on the Smartphone App under the **Help** section.

# Bluetooth™ 4.0



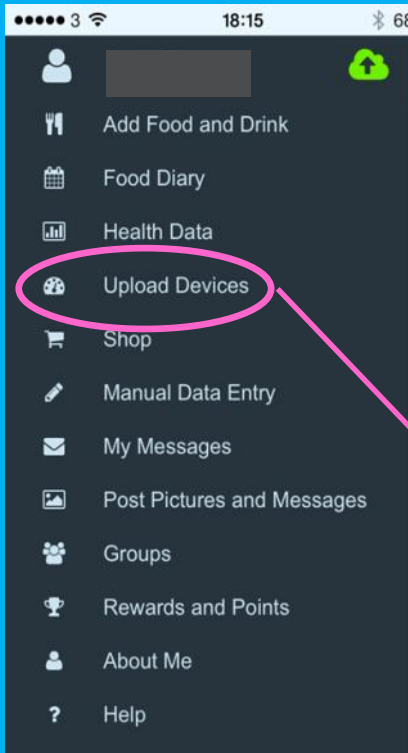


## Connecting to **Activ8rives** App by Bluetooth 4.0

Ensure that **Bluetooth is switched on**, on your Smartphone or Tablet. After Login launch the **Activ8rives** App.



Pressing this icon on each screen takes you to the menu.



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

Stand on the *Body Analyser*....

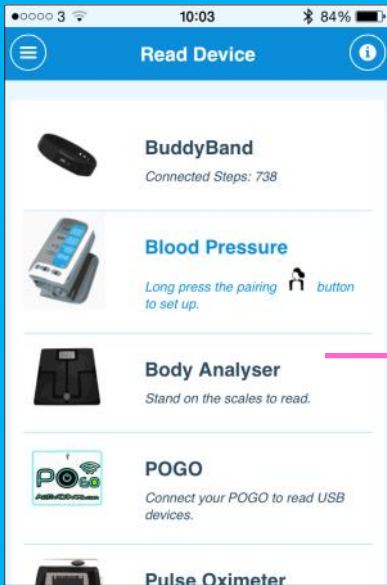


8

Bluetooth™  
4.0



## Automatic Connection Between the **Activ8rlives** App With the Smart Scales



With the **Upload** devices page open on your **Activ8rlives** App and when you are standing on the *Body Analyser*, the Bluetooth symbol will flash.

Once connection is made, the Bluetooth Symbol remains and stops flashing.

The **Activ8rlives** App is now talking with your *Body Analyser*.



9

Bluetooth™  
4.0



## Reading the Data From the Body Analyser

The App will ask

“Do you want to read from the Bluetooth Scales now?”

Select **Yes**.

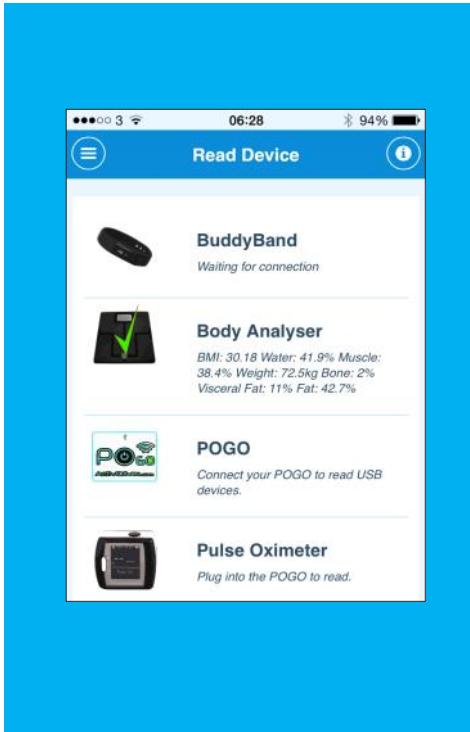
**Please stand still until complete.**

This takes a few seconds and when complete, the display on the *Body Analyser* switches off to save power.

If reading is unsuccessful, step off the *Body Analyser*, moisten your feet with a damp tissue or cloth and try again. Your feet may be too dry to form a connection.

9

Bluetooth™  
4.0



## Reading Complete

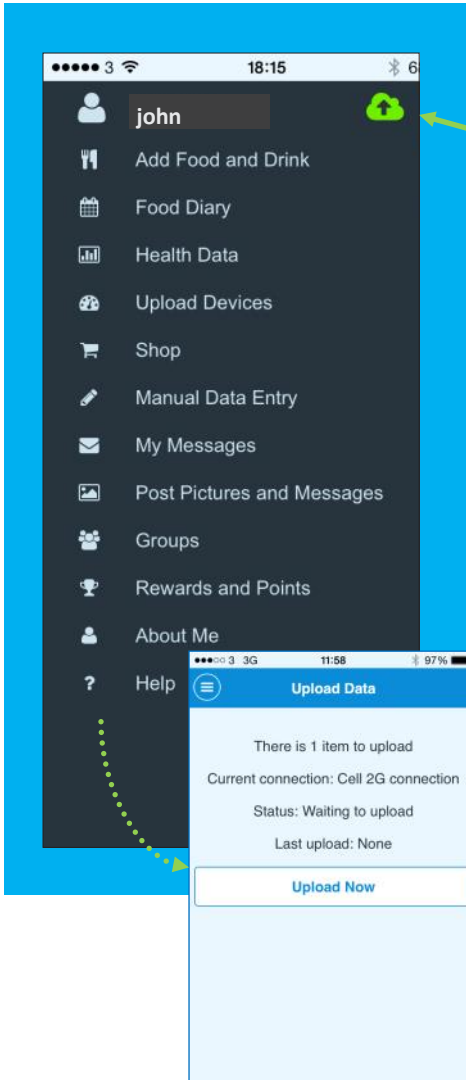
Once the data has been captured on your Smartphone, the *Body Analyser* image indicates a **GREEN** tick/check mark to indicate that the data has been successfully uploaded.

A summary of your data is also displayed.

Easy! No buttons, no programming and you can use this for all the members of the family who can each have their own **Activ8lives** account.



## Sending Your Data to the Cloud



If your Smartphone or Tablet is connected to the internet by WiFi, your data will upload to your online [Activ8lives](#) account automatically.

**Press flashing cloud to upload**

If you are connected by the cellular network, you have the choice whether to upload now or later, perhaps when you are connected by WiFi.

When on a cellular network, notice the Cloud symbol is now alternating **GREEN** and **RED**, indicating that there is data to Upload.

Touch the Cloud and you will be asked whether you want to **Upload Now**.

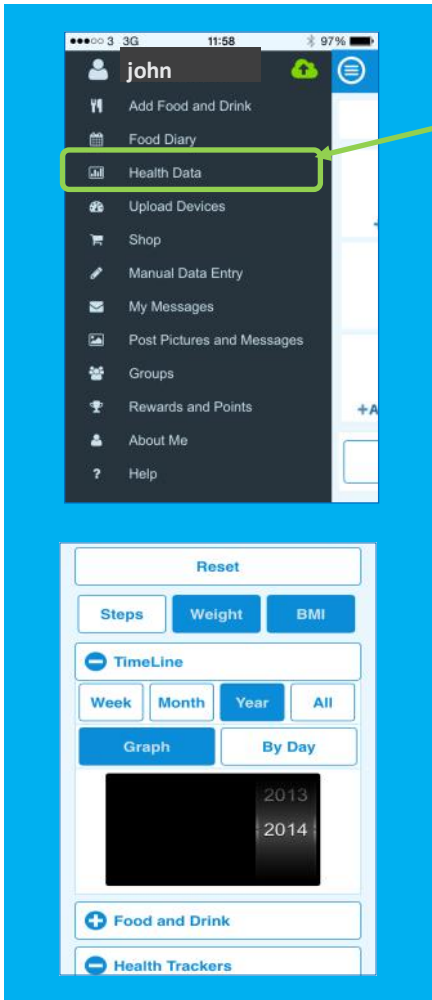
With the data stored in the Cloud, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any time via Smartphone App or via the main [Activ8lives](#) website ([www.activ8lives.com](http://www.activ8lives.com)). Use the same Username and Password that you used for your App to Login to your account on the main website in any browser.

The website has a lot more features than can be incorporated into an App.





## Viewing Body Composition Data on Smartphone



From the menu of the **Activ8lives** App you can view your **Health Data**.

From this screen, you can select and deselect which data you want to show in the top graph. Within this section you can also start to see trends of what affects the other health parameters, and you begin to learn good behaviours.

You can change the timeframe within which to display your data: by week, month or year, or by day of the week.

The **Activ8lives 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.

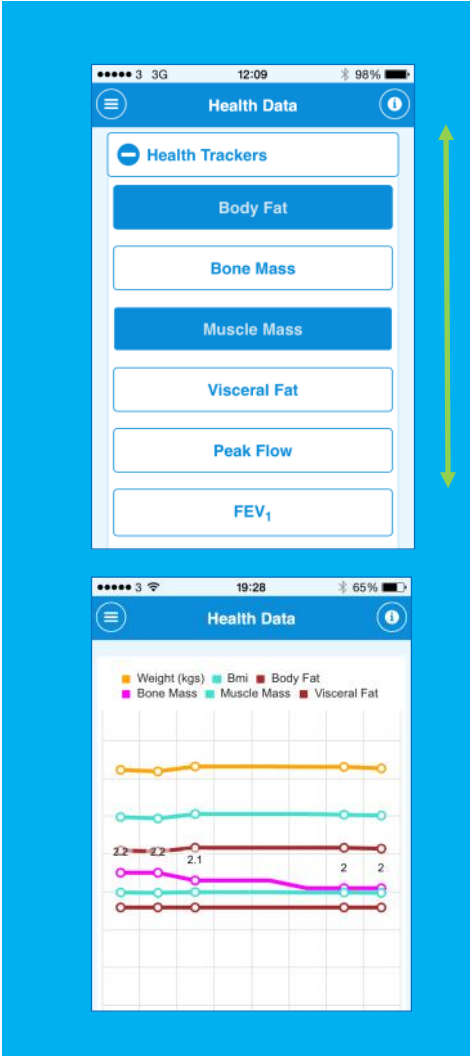
Levels of physical activity, body composition (from the *Body Analyser* Bluetooth 4.0 or USB) and food intake can also be viewed on a single page. Talk about cause and effect - very powerful.

10

Bluetooth™  
4.0



## Changing View and Parameters on Smartphone



Select which parameters to compare on your timeline. There are more to choose from by scrolling up/down.

Learn how your activity and food choices impact on your body composition.

Bluetooth™  
4.0



### Weight

Your weight is calculated and stored in the cloud. For a single view of your weight, it will fall either in the **Red** or **Green** zones of the graph to indicate if you are within a healthy range for your height and age.

### Body Fat %

This value can serve as a guide to whether you need to adjust your diet, fitness programme or fluid intake to help you to achieve a healthy balance.

Our bodies comprise of bone, fat and muscle. Fat is vital for a healthy, functioning body - it protects vital organs, cushions joints, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is in short supply. But too much or too little body fat can be damaging to our health. This is why it is important to measure and monitor our body fat percentage using the **Active8lives Body Analyser Bluetooth 4.0**.

Body fat percentage gives us a good measure of wellness when used in conjunction with weight – if we are aiming to lose weight, our weight loss could be because we are losing muscle mass rather than fat - we can still have a high percentage of fat even when a scale indicates ‘normal weight’.

For guidance for the Body Fat ranges for men and women, tables are supplied over the page.

Bluetooth™  
4.0



For guidance, the Body Fat ranges for men and women are:

AGE	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14-20	15-21	17-23	18-24	19-25
Moderate	21-23	22-24	24-26	25-27	26-28
High	>23	>24	>26	>27	>28

For Men

AGE	20-29	30-39	40-49	50-59	60+
Low <	19	<20	<21	<22	<23
Optimal	20-28	21-29	22-30	23-31	24-32
Moderate	29-31	30-32	31-33	32-33	33-35
High	>31	>32	>33	>34	>35

For Women



### Muscle Mass %

Knowing our muscle mass percentage is useful if we are undergoing any changes in our exercise regime or undertaking a programme of weight loss. Lean muscle mass may decrease by nearly 50% between the ages of 20 and 90. We can replace this loss with fat if we don't maintain our exercise levels. We can also lose muscle rather than fat if we undergo starvation-type diets, which are not recommended. At rest, the body burns approximately 110 additional calories for each kilo of muscle gained. So if we come off a starvation-type diet, we actually put on more weight as fat. Ideally we want to maintain our muscle mass % while reducing fat %, especially visceral fat.



### Visceral Fat

Visceral fat is located in our abdominal cavity (stomach area) and surrounds our vital organs. The more visceral fat you have the greater the chance of developing insulin resistance (leading to type 2 diabetes), heart disease and high blood pressure.

**Activ8lives Body Analyser** Bluetooth 4.0 gives a visceral fat rating between 0 – 29. Rating between 1 – 12: Indicates that we have a healthy level of visceral fat. Rating between 13 – 29: Indicates that we could have excess visceral fat and we may wish to consider modifying our diet or increasing our exercise levels.

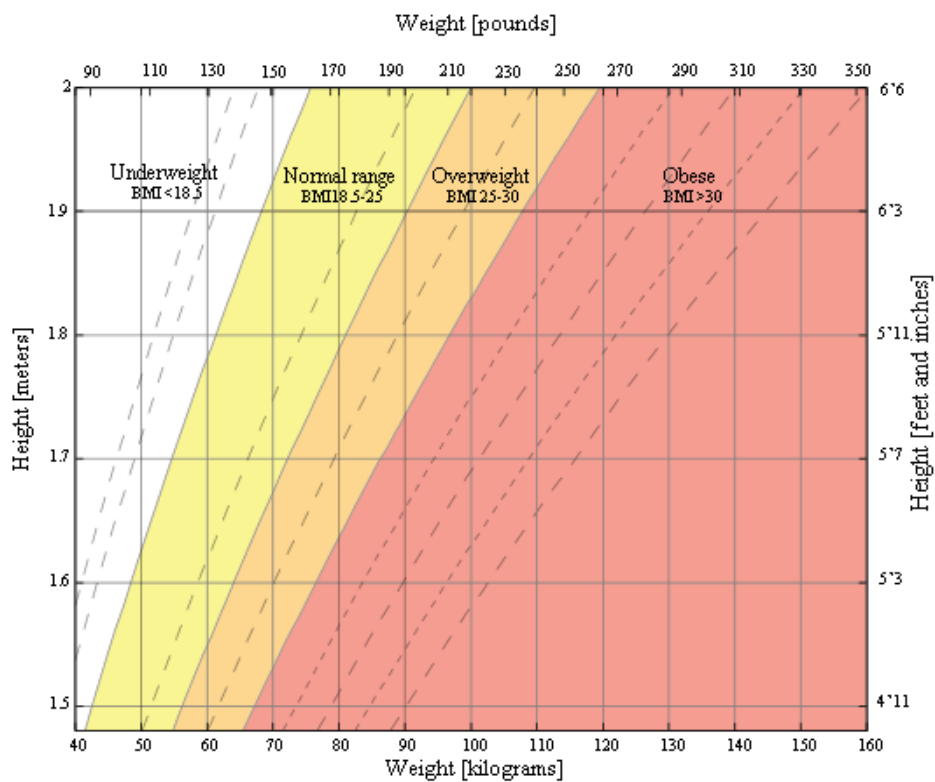


Table indicating Body Mass Index (BMI) based on the WHO values.

Bluetooth™  
4.0



### Bone Mass %

Similar to MUSCLE MASS percentage, understanding changes in our BONE MASS % can be useful, especially during weight reduction programmes.

Male	Weight	60kg less than	60-75kg	75kg more than
	Calculated Bone	2.5kg	2.9kg	3.2kg
Female	Weight	45kg less than	45-60kg	60kg more than
	Calculated Bone	1.8kg	2.2kg	2.5kg

### Body Mass Index (BMI)

Body Mass Index (BMI) is an index of weight-for-height that is routinely used to classify underweight, overweight and obesity in adults.

The [Active8lives](#) *Body Analyser* Bluetooth 4.0 calculates our BMI value for us. The BMI categories shown in the chart on Page 30 are recognized by the WHO (World Health Organization) and can be used to interpret our BMI value.

Not suitable to determine the BMI for children.

## Food diary

&lt; Mar 16 - 22 &gt;

## Step summary

Total steps : 90,573

Steps walked : 12,939 per active day

Distance walked : 64.34 kms

## Weight summary

Calories used 3874

Weight change : -1.70 kgs

BMI change : -0.01



● Bad choices - 2.6%

● Good choices - 97.4%

	Sun 16	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22
Soft drinks	6 items	7 items	6 items	9 items	4 items	3 items	4 items
Alcoholic drinks	No items	No items	No items	No items	No items	No items	No items
Snacks	3 items	No items	No items	4 items	1 item	No items	No items
Dinner	2 items	3 items	2 items	1 item	2 items	4 items	1 item
Lunch	1 item	2 items	1 item	1 item	1 item	1 item	No items
Breakfast	1 item	1 item	1 item	2 items	No items	1 item	1 item





12

Bluetooth™  
4.0



Eat well

## Activ8lives Food Diary

FREE Smartphone App

Smartphone or Tablet



FREE **Activ8lives** 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 **Activ8lives** Smartphone Food Diary.
- See what you eat and drink every week.
- Syncs with your **Activ8lives** 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.



# Health and Safety Notices

**WARNINGS:** The **Activ8rlives Body Analyser Bluetooth 4.0** is **NOT waterproof**. Do not submerge it in water. Removal of the back cover of your **Activ8rlives Body Analyser Bluetooth 4.0** (other than the cover for the battery, which can be replaced by the user —see instructions in this booklet) - will invalidate your warranty.

- **PLEASE seek medical advice before undertaking strenuous exercise or weight loss programmes. Weight loss is not recommended for children and this should only be undertaken under medical supervision.**
- **DO NOT use if you have a pace-maker fitted or medical implant with electronic components.**
- This device is not a toy. It is not calibrated for persons under 16 years of age, pregnant women, or professional athletes.
- Use a soft, microfiber cloth for cleaning. Don't use harsh cleaning products as these will cause damage to your **Activ8rlives Body Analyser Bluetooth 4.0**. Don't allow sharp objects to scratch the screen of the LCD display as this may damage it.
- Do not allow your **Activ8rlives Body Analyser Bluetooth 4.0** to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Don't expose your **Activ8rlives Body Analyser Bluetooth 4.0** to direct sunlight for long periods of time. Harsh physical treatment may stop your **Activ8rlives Body Analyser Bluetooth 4.0** from working properly.
- Your **Activ8rlives Body Analyser Bluetooth 4.0** is a sensitive instrument and may experience interference if placed near to radio transmitting devices such as walkie talkies and microwave ovens etc. In extreme cases, the **Activ8rlives Body Analyser Bluetooth 4.0** may have to be restarted by removing the batteries.
- 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 Body Analyser Bluetooth 4.0** 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.





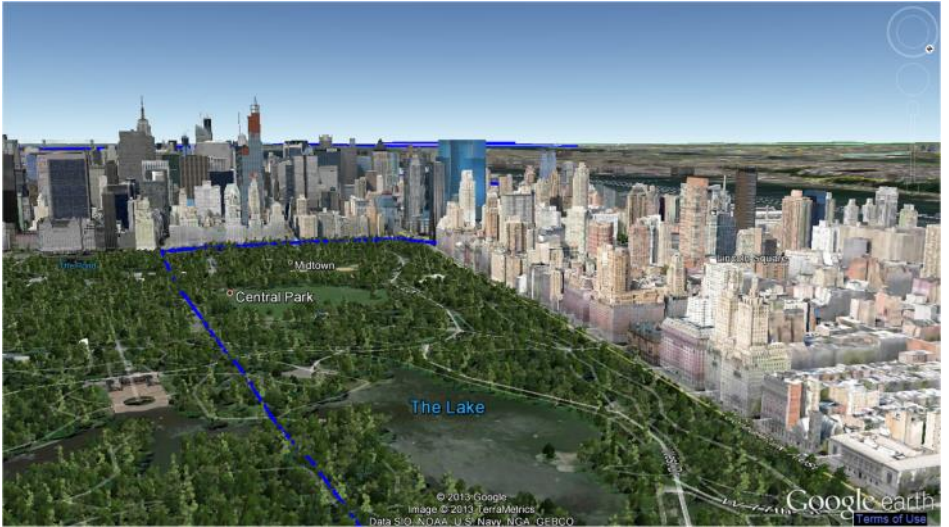
## Quick Guide to the **Activ8lives** Website Home Page



The **Activ8lives** Food Diary and Health App is just the start of the self-monitoring experience. There is so much more to explore online at [www.activ8lives.com](http://www.activ8lives.com)

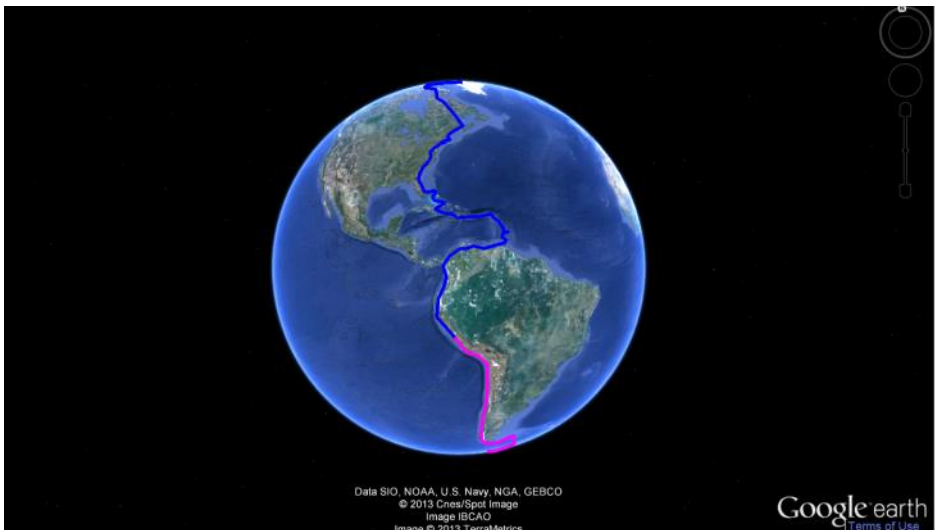
Our website has a secure Login—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. You can create walking adventures, join groups and see your data in powerful new ways. The Food Diary page is an eye opener for many. In this Instruction manual, we 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 **Activ8lives** 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 [Activ8lives](#).

We are walking around the World together *in silico* using Google Earth™. 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.



#### Activ8lives A8 group: Demonstration group and support

This is a demonstration and support group for people who are new to [Activ8lives](#). 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 [Activ8lives](#) users.





BODY

Analyser

Bluetooth Smart Scales

Bluetooth™  
4.0

## Specifications

Dimension (L x W X H)	325 x 325 x 291 mm
Weight	3Kg (including battery)
LCD Display	Back light. 94mm x 56mm
Weight units	kg, lbs and st:lbs
Maximum weight measureable	180kg (400lbs)
Minimum weight measureable	5kg
Muscle % error	± 0.1%
Weight error	± 0.1kg
Fat % error	± 0.1%
Water % error	± 0.1%
Bone % error	± 0.1%
Age range	10-99
Height range	100-220 cm
Working temperature	10-40°C
Working humidity	20-90%
Power	4 x AA non-rechargeable batteries supplied





## Warranty

**Activ8lives** (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 **Activ8lives**—details are on the back of this Instruction manual.

## EU-Declaration of Conformity



**Activ8lives** declares that the **Activ8lives** Body Analyser Bluetooth 4.0 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.

# Activity Tracking

# Buddy Band

# Bluetooth™ 4.0



The **Activ8lives 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 **Activ8lives** 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 throughout the day.
- Synchronises with FREE **Activ8lives** App via Bluetooth 4.0 or PC (Windows or OSX) via integrated USB.
- FREE **Activ8lives** 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. Initial charge for 1 hour and subsequent charges for 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.
- Work in groups for added motivation. No subscription fees - FREE account for life!

# Blood Pressure



The **Activ8rives** 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 **Activ8rives** Blood Pressure Bluetooth 4.0 monitor to your Smartphone or Tablet via FREE **Activ8rives** 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 Activ8rives 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.

# Cardiovascular Health

## Pulse Oximeter Bluetooth 4.0

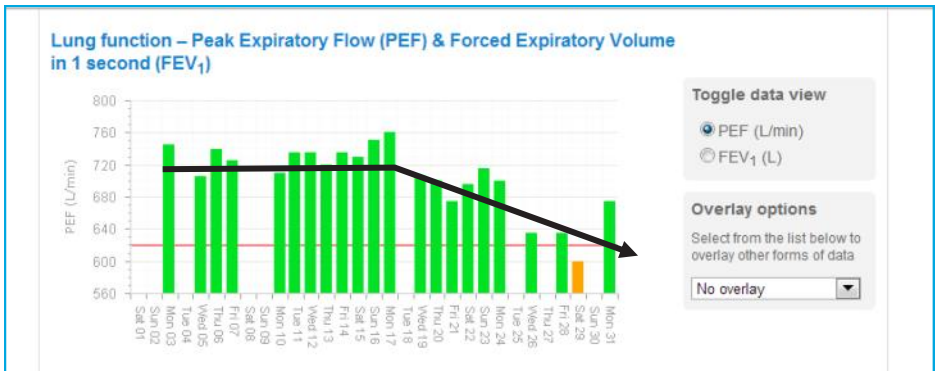


Pulse Oximeter measures blood oxygen saturation and heart rate.

- Measures oxygen saturation.
- Calculates pulse.
- Built-in battery.
- Links data directly via Bluetooth 4.0 to Free [Activ8rives](#) App and account.
- Fully comply with EU Privacy Laws.
- Calculates average value over a 2 minute period.

# Lung Health

## Peak Flow meter



Peak Flow meter measures Peak Expiratory Flow (PEF) and Forced Expiratory Volume at 1 second (FEV<sub>1</sub>).

- Single button operation.
- Upload data directly to your Free [Activ8lives](#) account via USB using dedicated base station supplied.
- Fully comply with EU Privacy Laws.
- Downloads your target PEF and FEV<sub>1</sub> values to the device, with performance indication.
- Takes best of three readings.
- Allows timeline evaluations (before and after treatments etc.).
- Unit is washable with a sealed battery (two year life).





This Instruction manual is available FREE for download at <http://data.activ8lives.com/help/manuals.aspx> after **Login** and can be found in the **Help** section.

It can also be purchased via our online Store <http://activ8lives.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.*



# Activ8rlives

*Be active, eat well and stay healthy.*

Aseptika Ltd (Activ8rlives)

14 Elizabeth Drive

Huntingdon

Cambridgeshire

PE29 1WA

United Kingdom

t: +44 (0) 1480 352 821

e: [support@activ8rlives.com](mailto:support@activ8rlives.com)

w: [www.activ8rlives.com](http://www.activ8rlives.com)



Follow us on



© 2014. All rights reserved.